

Myth vs. Fact Wall

What people believe about preparedness — and what's actually true.



 MYTH

A tourniquet means you'll lose the limb.

 FACT

Limbs are regularly saved even after 2+ hours with a tourniquet in place — a person who bleeds out loses the limb either way.

Source: Stop the Bleed (stopthebleed.org)

 MYTH

72 hours of supplies is enough to get through any disaster.

 FACT

Recent events like the 2021 Texas winter storm and Hurricane Maria caused outages lasting weeks to months — 14 days is the more realistic standard today.

Source: FEMA / Ready.gov

 MYTH

I shouldn't call 911 unless I'm completely sure it's serious.

 FACT

When in doubt, call. Dispatchers are trained to triage — a false alarm costs a phone call; hesitation can cost a life.

Source: American Red Cross

 MYTH

Pressing hard during CPR will break their ribs and hurt them.

 FACT

Broken ribs are a common, survivable side effect of correctly performed CPR. The real danger is compressing too shallow.

Source: American Heart Association

 MYTH

If an infant is choking, sweep their mouth with your finger to clear it.

 FACT

Never blind-sweep. Only remove an object you can clearly see — a blind sweep can push it deeper.

Source: American Red Cross

 MYTH

Sealed bottled water lasts forever — no need to rotate it.

 FACT

The water itself doesn't spoil, but the plastic container can degrade or leach over time. Mark purchase dates and rotate.

Source: CDC

 MYTH

It's safe to run a generator in the garage if the door is open.

 FACT

Carbon monoxide can still build up rapidly and seep into the home even with the door open. A federal survey found 62% of people believe this myth — it has caused real deaths. Run generators outdoors, 20+ feet from windows, doors, and vents.

Source: CDC / U.S. Consumer Product Safety Commission (CPSC)

 MYTH

Good preparedness is too expensive and too complicated.

 FACT

There are many free or low-cost ways to prepare — community food banks, garage-sale finds, and free smoke/CO detector programs through local fire departments. Preparing now can save thousands later.

Source: Ready.gov (ready.gov/low-and-no-cost)

Which myth did you believe? Walk through and see how many you can bust.