

EMERGENCY ARE YOU PREPARED?

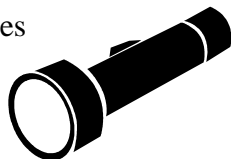
There's **NO TIME** to gather food from the kitchen, fill bottles with water, grab a first-aid kit from the closet and snatch a flashlight and a portable radio from the bedroom. These items need to be packed and ready in **one** place before disaster strikes, because you might not have access to food, water and electricity for days or weeks. Your 72-hour emergency kit should be individually tailored to meet the basic survival needs of your family for three days to a week. Rethink each family member's needs at least once a year. Also, replace batteries, update clothes, etc.

72-Hour Emergency Kits

Most families prefer to store their emergency supplies in one location that is relatively safe, yet easily accessible if evacuation is required. Items may be stored in a 32-gallon trash can, suitcase, duffle bag, backpack, footlocker or an individual pack.

Emergency Needs

- Battery-powered radio--News about the emergency may change rapidly as events unfold. You also will be concerned about family and friends in the area. Radio reports will give information about the areas most affected.
**Include batteries*
- First Aid Kit and manual
- Sleeping bags and blankets (wool or thermal)
- Manual can opener
- Waterproof/windproof matches
- Non perishable foods*
- Flashlight
- Water storage (1 gal./day)
- Water purification tablets
- Extra eyeglasses/contact lenses
- Utility knife
- Extra clothing
- Essential medications
- Infant and small children's needs (if appropriate)



Suggested nonperishable food items:

- Ready-to-eat goods in unbreakable containers
- Canned meats, ramen noodles
- Juice, fruits and vegetables
- Powdered milk
- Infant care foods
- Crackers, peanut butter
- Freeze-dried and dehydrated goods
- High-energy foods (granola bars, energy bars, nuts, etc.)
- Comfort/stress foods--cookies, hard candy, sweetened cereals, instant coffee, tea bags, etc.

Sanitation Kit

- Plastic bucket with tightly fitted lid
- Plastic bags and ties
- Disinfectant
- Improvised toilet seat
- Paper cups and plates
- Personal toiletries
- Baby supplies
- Soap
- Aluminum foil
- Paper towels
- Personal hygienic needs
- Plastic utensils



*Food Needs

Replace stored food every six months. You need to have enough non perishable food for each family member to last 72 hours. Select foods that require no refrigeration, preparation or cooking and little or no water.

Standard First Aid Kit

- First Aid manual
- Aspirin or pain relievers
- Laxatives
- Rubbing alcohol
- Diarrhea medicine
- Petroleum jelly
- Soap
- Hand sanitizers
- Salt
- Gauze
- Adhesive bandages
- Triangular bandage (36x36x52)
- Elastic bandage
- Cotton balls
- Cotton swabs
- Safety pins
- Scissors
- Thermometer
- Sanitary napkins (pressure dressing)
- Disposable diapers (dressing/splint/padding)
- Micropore adhesive, paper tape
- Matches
- Needles
- Tweezers
- Small splints, popsicle sticks
- Heavy string
- Syrup of Ipecac
- Individual medical needs
- Baking soda (1/2 tsp. soda + 1 tsp. salt + 1 quart water for shock)



Additional Tools and Supplies

- Pen and paper
- Money
- Paper plates, cups, plastic utensils
- Work gloves
- Personal hygiene items including a toothbrush, toothpaste, comb, brush, soap, towel, contact lens supplies and feminine supplies
- Toilet paper, disinfectant
- Whistle
- Aluminum foil
- Needles, thread
- Shut-off wrench (for household gas and water)
- Shovel and other useful tools
- Map of area
- Household chlorine bleach
- Plastic storage containers
- Supplies for persons with special needs such as infants, elderly or disabled persons
- Family or workplace disaster plan
- Entertainment--games and books

Records Needs

Make copies of all legal papers and put in a waterproof, portable container.

- Family records (birth, marriage, death certificates)
- House mortgage, vacation home/property ownership
- Automotive, motor home, trailers, snowmobiles, boats ownership
- Wills
- Insurance policies, contracts, deeds, stocks and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Driver licenses
- Bank accounts
- Credit card account numbers and companies
- Inventory of valuable household goods
- Addresses and telephone numbers



Amount of Water Needed:

1 GALLON per person per day

- 2 quarts for drinking
- 2 quarts for each person in your household for food preparation or sanitation
- More is needed when taking medications.
- Store water in thoroughly washed plastic, glass, fiberglass or enamel-lined metal containers.
- Never use a container that has held toxic substances.

WATER Is a Top Priority in Any Emergency

A normally active person needs to drink at least two quarts (1/2 gallon) of water each day. Hot environments can double that amount. Children, nursing mothers and sick people need even more. Store a total of at least one gallon per person, per day and at least a two-week supply of water for each member of your family. If supplies run low, never ration water. Drink the amount you need today, and try to find more for tomorrow. You can minimize the amount of water your body needs by reducing activity and staying cool. Store additional water for food preparation and hygiene.



How to Store Water

If your water comes from a public water supplier or is disinfected, you can store it in clean soda bottles or milk jugs with screw-on tops. Follow the directions below:

1. Thoroughly wash plastic soda bottles or milk jugs with warm, soapy water. Sanitize the container by putting one teaspoon of household liquid bleach (5.25 percent sodium hypochlorite) in one gallon of water. Pour this solution in the container and leave it there for two minutes. Pour the sanitizing solution from the container. Rinse the container with water from your faucet.
2. Fill bottles or jugs directly from the faucet. Cap tightly and label each container with the words "Drinking Water" and the date stored.
3. Store sealed containers in a dark, dry and cool place.
4. If after six months you have not used the stored water, empty it from the containers and repeat steps 1 through 3 above.

CAUTION: Never use a container that has held toxic substances or is not labeled *food grade*.

Outdoor Water Sources

If you need to find water outside your home, here are some possible sources.

- Rainwater
- Ponds and lakes
- Natural springs
- Streams, rivers and other moving bodies of water



Hidden Water Sources

- Hot-water tank, pipes, ice cubes or water in toilet reservoir tank (not the bowl) may be used.
- Stop contaminated water from entering by shutting water off to the house.
- To use the water in the pipes, let air into the plumbing by turning on the faucet at the highest level (water flows from lowest faucet in house).
- To use water from the hot-water tank, turn electricity or gas off, then open the drain at the bottom of the tank. Start the water flowing by turning off the water intake valve and turning on a hot-water faucet. ****Do not turn on the gas or electricity when the tank is empty.**

****Be sure to treat the water to make it safe before drinking it.***

CAUTION: Avoid water with floating material, an odor or dark color. Use salt water only if you can distill it first. Do **not** drink flood water!

Ways to Purify Water

In addition to having a bad odor and taste, contaminated water can contain microorganisms that cause diseases such as dysentery, typhoid, etc.

Water from a contaminated source must be disinfected or purified before use. If the contaminated water contains visible particles, let the particles settle to the bottom first, then strain the water through clean cloths, layers of paper towel, or coffee filters before disinfecting. The water cannot be disinfected unless particles are removed by filtration first. Purify enough water to last a maximum of 48 hours. Water allowed to sit for longer than this may become re-contaminated.

NOTE: These measures will kill most microbes but will not remove other contaminants such as heavy metals, salts and most other chemicals.

BOILING (*This is the safest method.*)



- Bring water to a rolling boil for 10 minutes, keeping in mind that some water will evaporate. Let the water cool before drinking.

DISINFECTION (*This method uses household liquid bleach to kill microorganisms.*)

- For clear water, use two drops of bleach per liter; stir and let stand for 30 minutes. If the water is cloudy then these amounts should be doubled. Mix thoroughly by stirring or shaking water in container. Let stand for 30 minutes.
- If the water does not have a slight bleach odor, repeat the dosage and let stand an additional 15 minutes.

DISTILLATION (*This method involves boiling water, collecting vapor that condenses back to water and does not include salt and other impurities.*)

- Fill a pot halfway with water. Tie a cup to the handle on the pot's lid so that the cup will hang right-side-up when the lid is upside-down (don't let cup touch water); boil the water for 20 minutes.
- The water that drips from the lid into the cup is distilled.

CAUTION: ONLY household liquid bleach is to be used to treat water! Other chemicals, such as iodine or water treatment products sold in camping or surplus stores that do not contain 5.25 percent sodium hypochlorite as the only active ingredient, are not recommended and should not be used.



CHILDREN'S RESPONSE TO AN EMERGENCY

Roles

- **Children depend on daily routines** - They wake up, eat breakfast, go to school and play with friends. When emergencies or disasters interrupt this routine, they may become anxious.
- **Adult reaction** - In a disaster children will look to you and other adults for help. How you react to an emergency gives them clues on how to act. Maintain discipline--be firm and supportive.
- **Children's feelings** - Adults should take a child's fears seriously. A child who feels afraid is afraid. Provide reassurance by talking with them and presenting an honest, realistic picture.
- **Children's fears** - Recognize their concerns;, such as the event will happen again, someone will be injured or killed, they will be separated from the family, they will be left alone.
- **Stay in control** - Adults must stay in control of the situation, and remember that their response during this time may have a lasting impact.

After the Emergency

- Concentrate on the child's emotional needs by talking with them about their feelings. Try to reduce your child's fear and anxiety.
- Keep the family together. Calmly and firmly explain all situations as best as you can. Tell children what you know about the disaster. Explain what will happen next; i.e., "Tonight, we will all stay together in the shelter."
- Let children talk about the disaster and ask questions as much as they want. Encourage children to describe what they're feeling. Listen to what they say. If possible, include the entire family in the discussion.
- Include children in recovery activities. Give children chores that are their responsibility. This will help children feel they are part of the recovery. Having a task helps them understand that eventually things will be all right.
- If a child does not respond to the above suggestions, seek help from a mental health specialist or a member of the clergy.

Advice to Parents



1. **Create a Family Disaster Plan**

- a. Fire drill--determine escape routes
 - b. Determine reunion locations (home and away from home)
 - c. Practice the plan so everyone will remember what to do when a disaster happens.
 - d. Conduct calm family discussions about earthquakes and other possible disasters.
- ### 2. **Recognize Danger Signals**
- Make sure children know what smoke detectors, fire alarms and local community warning systems (horns, sirens) sound like.

3. **Who to Call**

Check the telephone directory for local emergency phone numbers. Place a list that children can read by all telephones.

4. **Help Children Memorize Information**

Include family name, address and phone number. If the child is not old enough to memorize, they could carry a small index card that lists emergency information to give to an adult or babysitter.

5. **Emergency Supplies**

Teach children what to take with them in an emergency, which includes a bag by their bed and their 72- hour kit near exit.

6. **First Aid**

Teach all family members basic First Aid. Practice on each other to help children become comfortable with the necessary procedures.

HOME EARTHQUAKE PLAN

Safe Location

- Choose a safe place in every room--under a sturdy table or desk or against an inside wall where nothing can fall on you.
- Choose an out-of-town family contact.
- Consult a professional to find out additional ways you can protect your home, such as bolting the house to its foundation or other structural mitigation techniques.
- Take a First Aid class from the local Red Cross chapter. Keep training current.
- Learn how to use a fire extinguisher from the local fire department.
- Inform babysitters and caregivers of your family's emergency plan.

Eliminate Hazards

- Bolt bookcases, china cabinets and tall furniture to wall studs.
- Install strong latches on cupboards.
- Strap the water heater to wall studs.

When the Shaking Begins

There will be no warning, so stay where you are until the initial shock has passed. Most injuries happen as people enter or leave a building.

- **Indoors** - Take cover under a desk or table. Sit or stand against an inside wall or strong doorway. Move away from windows, ceiling fixtures, bookcases, etc. In a high-rise building, expect the fire alarms and sprinklers to go off during a quake. If you are in bed, hold on and stay there (protect your head with a pillow).



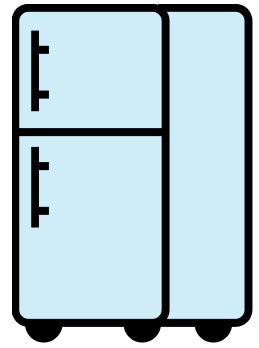
- **Outdoors** - Move away from buildings, tall objects, trees or power lines. Drop to the ground.
- **Car** - Slow down and drive to a clear place. Stay in the car until the shaking stops.

What to Do When Shaking Stops

- Provide emergency care. Don't move injured people unless they are in immediate danger.
- Put on long pants, a long-sleeved shirt, sturdy shoes and work gloves as protection from further danger.
- Eliminate fire hazards. Only use flashlights (they won't create sparks).
- Fill bathtub with water.
- Listen to the radio for instructions.
- Expect aftershocks, be prepared.
- Inspect your home for damage. Get everyone out if your home is unsafe.
- Use the telephone only to report extreme emergency situations.

Electrical Outage

- Use perishable food in the refrigerator first.
- Then use the foods from the freezer. To minimize the number of times you open the freezer door, post a list of freezer contents on it.
- In a well-filled, well-insulated freezer, foods are safe to eat if they still have ice crystals in their centers and will last at least three days.
- Begin to use nonperishable foods and staples last.



EVACUATION PLAN

Evacuate Immediately

Stay at home if possible. If instructed to leave immediately, take your 72-hour kit and include:

- Bottled water
- Medical supplies; i.e., prescription medications and dentures
- Clothing and sleeping bag or bedroll and pillow for each household member
- Car keys and keys to the place you may be going (friend's or relative's home)



Home Protection

If local officials have not advised an immediate evacuation, take steps now to protect your home and belongings.

- **Bring objects indoors** - Lawn furniture, trash cans, children's toys, garden equipment, clotheslines, hanging plants and any other objects that may fly around and damage property.
- **Look for potential hazards** - Anything that could blow or break off and fly around in high winds should be brought inside (tree limbs, fruit, nuts, chimes, etc.)

- **Turn off electricity and water** - Turn off electricity at the main fuse or breaker, and turn off water at the main valve.
- **Leave natural gas on** - Unless local officials advise otherwise, leave natural gas on because you will need it for heating and cooking later.
- **High winds expected** - Cover the outside of all windows of your home. Use shutters rated to provide significant protection from windblown debris, or fit plywood coverings over all windows. Using tape on windows is not recommended.
- **Flooding expected** - Use sand bags to keep water away from your home. It takes 2 people about 1 hour to fill and place 100 sandbags, which makes a 1 ft by 20 ft wall.
- **Protect valuables** - Move to higher levels in the home, away from windows. Wrap them in sheets, blankets or burlap. To protect furniture from water, place on thick stack of newspapers topped with cardboard or plywood.

Houses do not EXPLODE due to air pressure differences. Damage occurs when wind gets inside a home through a broken window, door or damaged roof.

CAR EMERGENCY

It is important to have a car survival kit to help you through a 24- and 48-hour period. People who travel in areas of winter storms, deserts, on the highway or on back roads need to have the necessities to survive almost anything.

Car Survival Kit

- Always maintain at least ½ tank of gas
- First Aid kit and manual
- Flashlights and batteries
- Class ABC fire extinguisher
- Radio and batteries
- Bottled water
- Nonperishable food stored in coffee can
- Bag of sand, shovel and tools
- Blankets or sleeping bags
- Miscellaneous kit with paper and pencil, map, tissues, premoistened towels, plastic bags, essential medications
- Reflectors and flares
- Waterproof matches and candle
- Jumper cables
- Short rubber hose for siphoning



Additional Survival Supplies

If you travel extensively in your car, you might want to have some of these additional survival supplies.

- Newspapers - Use as insulation under sleeping bags, as a fire starter, emergency splints, etc.
- Gas stove, propane, heavy foil
- Cooking utensils - Cup (tin can), can opener, cooking pot
- Shovel
- Gloves
- Winter coats, boots
- Tent, poles, tarps, lantern
- Port-a-potty
- Paper products, garbage bags
- Plastic bucket with tight fitting lid. Use as mixing bowl, washing pan, water carrier
- Extra blankets, sleep mats, foam pads
- Extra gas for car

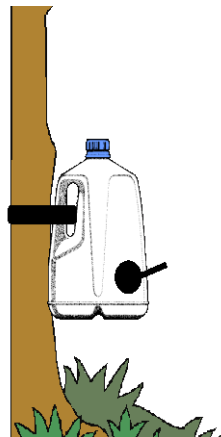
Your Car Can Help in Emergencies Too

- **Shovel** - Top of air cleaner.
- **Fire** - Start fire with cigarette lighter or sun with dome light covers. Use dry car fibers for kindling. Burn tires (last 3 to 4 hours).
- **Siphon gas** - Disconnect hoses under hood.
- **Shish kabobers** - Car antennae, oil dipstick
- **Signals** - Remove head lamp and aim upwards at night; burn oil in hubcap to make black smoke (will be visible for miles).
- **Shelter** - Use the hood. It will also reflect heat from fire back to you for warmth.

Procedures

- **Slow down** - Driving 25 to 35 mph will extend the distance you can travel when low on fuel; coast downhill when possible.
- **Use as a moving shelter** - It is better to creep along at 5 mph than to walk home in a storm of wind, rain or heat.
- **Loss of traction** - This happens in sand, mud or snow and is often due to a weight distribution problem. Floor mats can be used to give short distance traction and adding weight (rocks, snow, sand or people) to drive wheels is traction enough to get over a hill.

Emergency Kitchen



Punch hole in bottom of plastic milk jug with a golf "T" or similar instrument. Using a rope, belt or heavy string, tie bottle full of water to a tree. By removing the "T", a small stream of water will run out which then can be used for washing hands, brushing teeth, washing dishes, etc.

BLIZZARD EMERGENCY

Stay with your car unless you are sure help is a short distance away.

- If gasoline is leaking from car, get away from it as quickly as possible.
- Cars can be airtight, so open a window enough to allow oxygen to enter.
- Make a trouble sign - Bright colored cloth on antennae, turn emergency flashers on, raise hood, stamp a deep SOS in the snow or make three small fires (SOS that a plane could see).
- If alone, stay awake as long as possible. If in a group, take turns sleeping.
- Keep your head covered – 30 percent of body heat is lost through your head.
- Work slowly and rest often.
- Avoid eating too much snow, it will make you thirstier and could cause diarrhea.



FLOOD EMERGENCY

- Listen for disaster sirens. Pay close attention to the radio or TV for emergency information.
- Stay indoors and barricade basement windows and foundation (unless told to evacuate).
- Secure your home--tie down anything that might float away including outdoor items.
- Move furniture, important family papers and food to higher areas.
- Disconnect small appliances (avoid shocks).
- Use bleach to clean bathtubs and large containers; rinse well and fill with water. Shut off water so contaminated water will not back up into supply.
- Adjust thermostats on freezers to lowest setting.

If Evacuation Is Ordered . . .

- Gather immunization records--especially notice the date of last tetanus shots.
- Shut off main gas and water valves and main power switch.
- Follow your state's evacuation plans and routes.
- Stay away from downed electrical wires; never wade in flood water above the knees.
- Avoid all unnecessary contact with flood water and items contaminated by flood water.
- Register at designated shelter; remain there until informed otherwise.

DESERT EMERGENCY

Stay with your car unless you are sure help is only a short distance away.

- Your car will become like a furnace, so stay by the car but not in it (use car for shade).
- Keep inside dome light on for rescuers to see, **or** make an SOS sign with branches, brush or clothing.
- Keep covered for protection against insects, blowing sand and the sun (*biting insects can be deadly on the desert*).
- Find water--suck on the pulp of cactuses or mash up and cut off a piece for slush. Peel and eat desert plant roots or follow animal tracks to water holes.
- If you leave your car, leave a note telling rescuers which direction you went.
- Sip water to make it last longer. Make sure you have a pint of water each day before eating anything.

FIRE EMERGENCY



Most home fires start between midnight and 6:00 a.m.

Practicing a family fire drill escape plan can save lives. Plan two exits from each bedroom.

Make sure children can open windows and screens.

- Sleep with bedroom and hall doors closed. Closed doors can keep fire out long enough to use your emergency escape route.
- Test doors before opening. If the door feels hot or smoke is leaking through it, **KEEP THE DOOR CLOSED!**
- Stay low and go! Cover mouth and nose with wet cloth.
- Have a specific outside meeting place.
- Notify fire department from a neighbor's phone.

For Further Information: Call USU Extension, Weber County, (801)399-8200

Other Bulletins Available: Food Storage Fact Sheets (Wheat, Beans, Honey, Milk, Rice); Food Storage Bulletins (Use it or Lose it, All You Need to Know)

FOOD STORAGE

If activity is reduced, healthy people can survive on half their usual food intake for an extended period and without any food for many days (except for children and pregnant women).

- Try to avoid storing salty foods.
- Choose familiar foods that lift morale and give a feeling of security in time of stress.
- Include foods high in calories and nutrition that the family will enjoy.
- Select foods that require no refrigeration, preparation or cooking are best.
- Pay particular attention to the needs of babies, toddlers and elderly people with special diets and allergies.
- Nursing mothers should store formula in case they are unable to nurse.
- Provide canned dietetic foods, juices and soups for ill or elderly people.
- Don't forget nonperishable foods for your pets.
- Consider storing candle warmers, chafing dishes and fondue pots to heat food.
- Canned food can be eaten right out of the can. If you heat it in the can, be sure to open the can and remove the label first.
- Develop a two-week stockpile by purchasing a little extra each time you shop to increase the amount of basic foods stored.

LOCAL SOURCES	AVAILABLE INFORMATION
American Red Cross 2955 Harrison Blvd, Ogden 627-0000	Your Family Disaster Plan; Your Family Disaster Supplies Kit; Emergency Preparedness Checklist; Helping Children Cope with Disaster; Food & Water in an Emergency; Are you Prepared for an Emergency
FEMA 500 C Street S. W. Washington, DC 20472	Emergency Preparedness Checklist; Are you Ready? Your Guide to Disaster Preparedness; Your Family Disaster Plan; Your Family Disaster Supplies Kit
LDS Church Distribution Center 930 W Hill Field Rd, Layton 84041	Essentials of Home Production and Storage www.ldsprovidentliving.org
Weber County Sheriff's Office 721 W 12 th Street, Ogden	Emergency Services, 801-778-6602
INTERNET SOURCES	
Earthquake Preparedness Handbook	www.lafd.org/eqbook.pdf
USGS - U.S. Geological Surveys	www.usgs.gov (earthquake occurrences, preparedness, etc.) Links to: American Red Cross, REMA, HAZUS, etc.
CDC - Centers for Disease Control and Prevention	Wwwemergency.cdc.gov (hurricanes, floods, earthquakes, wildfires, etc) 1-800-232-4636
U.S. Dept. of Homeland Security	www.ready.gov
USU Extension Disaster Education Network	extension.usu.edu/cooperative/ueden/index.cfm Links to: Utah Dept of Agriculture and Food, Health, Food Safety, Red Cross, Fire Information, etc.