



Fire
Police
Rescue
Paramedics
Emergency



What to do in an Emergency:

- Calm Yourself
- Assess the Situation
- Call 911

Family Preparedness Handbook





910 South Mountain Road, Fruit Heights, Utah 84037
www.fruitheightscity.com (801)546-0861 Fax (801)546-0058

Subject: **FAMILY EMERGENCY HANDBOOK**

Dear Fellow Citizens of Fruit Heights;

This document you are holding in your hand could be one of the most important documents you will ever have for the safety and well-being of you and your family. It can provide instruction, answer questions, and help you plan, with your family, what to do in an emergency. In short, it can give you peace of mind.

I encourage you to make the manual an active part of your family life. Don't let it gather dust on a shelf or get stuffed into a drawer and be forgotten. Review it often with all members of your family. Discuss scenarios and what to do in each of them. This manual is designed to be dynamic, to be added to, to be used. City Officials, relief workers, and emergency management specialist can only do so much. You hold the key to your family's understanding of what to do in an emergency and your ability to be self-reliant will help others do their jobs more thoroughly.

We cannot control all emergencies that occur in our lives, but we can be prepared to face them more efficiently by knowing what to do and having the necessary resources on hand to help us take the right actions. This manual will help you accomplish this goal.

Sincerely,



John Pohlman



FRUIT HEIGHTS CITY FAMILY EMERGENCY HANDBOOK

Updated March 2019

Before an EMERGENCY happens....

PLAN.....PREPARE.....BE INFORMED

This handbook will help you and your family to **PLAN** for an emergency, **PREPARES** your home, supplies and equipment for an emergency, in **INFORMS** you about what to do for the most likely emergencies to occur in our area. It can also provide essential information to neighbors or emergency personnel who may be trying to help you and your family.

Suggested uses for your EMERGENCY PRPAREDNESS HANDBOOK:

- This is your book – please personalize it so that it will be useful to you! Using pencil will help you be able to make changes later. **UPDATE IT YEARLY.**
- Emergency Personnel have been told that the most likely spot for them to locate this book will be somewhere close to the top of your **refrigerator**.
- You might want to keep a copy of any **Medical Directives** you may have in this book
- Use a small card to write down your **communications plan** for each member of your family. It should contain information such as: your out-of -state contact name and phone number, your family meeting place and any other useful information. Send one with each member of the family in backpacks, jogging shoes, wallets, etc.
- In the event of a major disaster, use a piece of **colored paper** (as demonstrated in the back) **taped up to be visible from the street** to let others quickly assess your need for assistance. If you are evacuated, let others know where you have gone.
- **Additional copies** can be printed by going to www.fruitheightscity.com, hover over “For Residents” click on “Emergency Management”, then Fruit Heights City Family Emergency Handbook.

Acknowledgements:

We appreciate the time and efforts of the past and present Fruit Heights City Citizens Corps Council. Current members include: Bob Fowler, Jim Crismer, Linda Crismer, Jim Lamb, Julia Busche, Darren Frandsen, Carol Stewart, Valynn Rigdon, Starli Taft, and Layne Butterfield.

We acknowledge and express appreciation to those who have contributed to the creation of this book.

Family Preparedness, 1999 Teri Cook, Fruit Heights, UT
Preparing for an Emergency, Brigham City, UT
Family Emergency Handbook, Woods Cross, UT
Federal Emergency Management Agency (FEMA)

Utah Department of Homeland Security
Utah Department of Emergency Services
American Red Cross
Weber County Department of Emergency Services

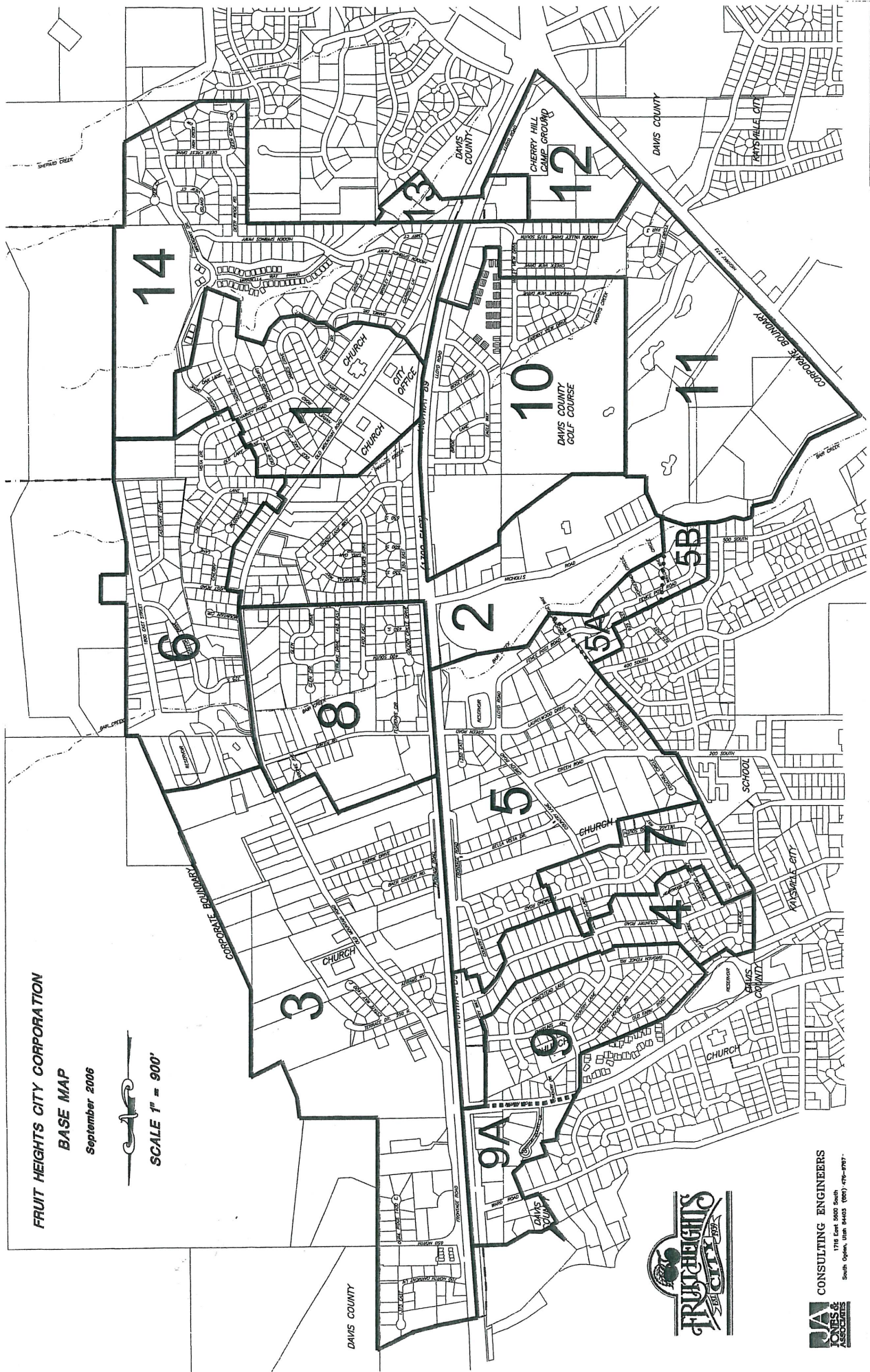
FRUIT HEIGHTS CITY CORPORATION

BASE MAP

September 2006



SCALE 1" = 900'



RA
CONSULTING ENGINEERS
1775 East 5000 South
South Ogden, Utah 84403 (801) 479-4787

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PLAN

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PLAN

Individual Household Information

Address _____ Phone _____

Adult Household Members	B-day	Work Phone	Cell Phone
1.			
2.			
3.			
4.			

Child's Name	B-day	Cell Phone	Child's Name	B-day	Cell phone
1.			5.		
2.			6.		
3.			7.		
4.			8.		

Family Meeting Place - Outside the home (example: the mailbox) _____

Family Meeting Place - Outside the neighborhood (example: Grandmas house; Entry of School) _____

Emergency Contact (*Be sure to list one "Out of Town" Contact)

Name/Address	Relationship	Home Phone	Work Phone	Cell Phone

Emergency Care Authorization: I hereby authorize the following individuals to make medical decisions on behalf of my family if I am unavailable in the event of an emergency:

Name/Address	Relationship	Home Phone	Work Phone	Cell Phone

Preferred Hospital _____ Health Plan _____

Group # _____ Medicare # _____

Other Medical Insurance: _____

Preferred Pharmacy _____

Signed _____ Date _____

Family Preparedness Checklist

Meet with your family today and discuss why you need a preparedness plan. Explain the dangers of fire, flood, wind, earthquakes and chemical spill to children. Use this checklist to prepare your family.

- ☐ 1. Complete the Family Information forms in this book.
- ☐ 2. Make your house plan - mark the location of utilities and emergency supplies.
- ☐ 3. Plan for an evacuation - list the most important items to take with you
- ☐ 4. Teach older children how and when to turn off all utilities
- ☐ 5. Evaluate your home security and plan how to improve it.
- ☐ 6. Check and rotate emergency water supplies.
- ☐ 7. Be able to purify unsafe water.
- ☐ 8. Take inventory of your food storage and make a plan to increase it.
- ☐ 9. Check and rotate your 72 hour "Go Kit". Store where it is easily accessible.
- ☐ 10. Check and rotate items in your First Aid Kit.
- ☐ 11. Take a First Aid Class: Learn CPR. Take a CERT class.
- ☐ 12. Make plans for emergency cooking, heating, and lighting.
- ☐ 13. Prepare a sanitation kit.
- ☐ 14. Check and recharge fire extinguishers if necessary.
- ☐ 15. Check and replace smoke and Carbon Monoxide detectors.
- ☐ 16. Bolt down water heaters, tall shelves and appliances before the earthquake.
- ☐ 17. Prepare financially by staying out of debt and saving for the future.
- ☐ 18. Replace batteries in emergency radios and lights.
- ☐ 19. Review your Emergency Plan with your family!

**PLAN – PREPARE – BE INFORMED
SURVIVE**

FAMILY MEMBER INFORMATION

Name _____

Age _____

Birth date _____

Gender _____

Height _____

Weight _____

Hair color _____

Eye color _____

School/Employer _____

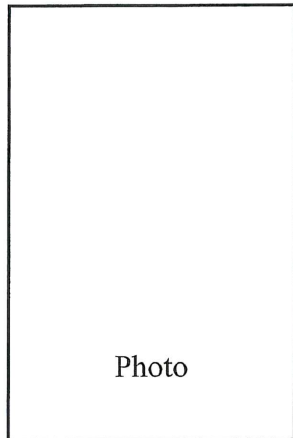
Phone _____

Physician _____

Phone _____

Allergies/Medical Condition _____

Medications _____



Name _____

Age _____

Birth date _____

Gender _____

Height _____

Weight _____

Hair color _____

Eye color _____

School/Employer _____

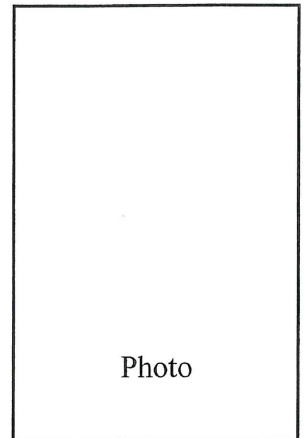
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Phone _____

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Medications _____



Name _____

Age _____

Birth date _____

Gender _____

Height _____

Weight _____

Hair color _____

Eye color _____

School/Employer _____

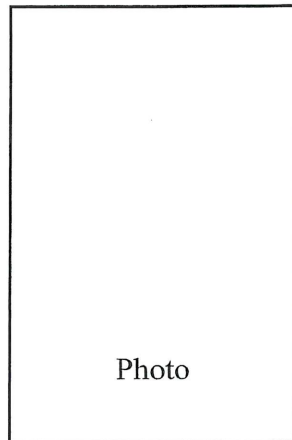
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Name _____

Age _____

Birth date _____

Gender _____

Height _____

Weight _____

Hair color _____

Eye color _____

School/Employer _____

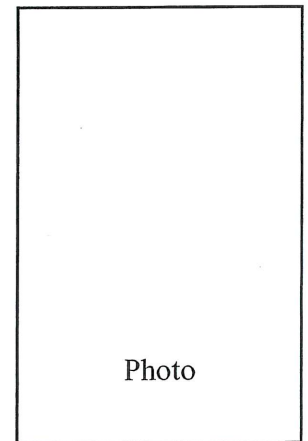
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FAMILY MEMBER INFORMATION

Name _____

Age _____

Birth date _____

Gender _____

Height _____

Weight _____

Hair color _____

Eye color _____

School/Employer _____

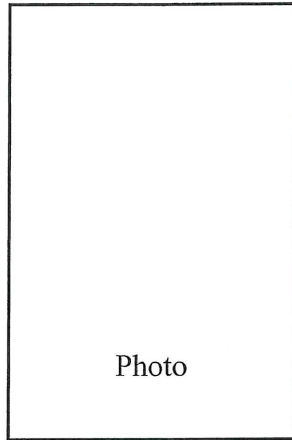
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Name _____

Age _____

Birth date _____

Gender _____

Height _____

Weight _____

Hair color _____

Eye color _____

School/Employer _____

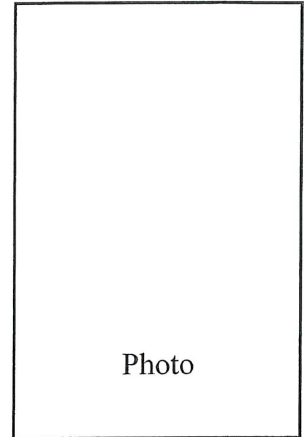
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Name _____

Age _____

Birth date _____

Gender _____

Height _____

Weight _____

Hair color _____

Eye color _____

School/Employer _____

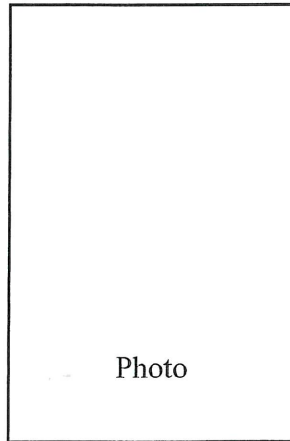
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Medications _____



Name _____

Age _____

Birth date _____

Gender _____

Height _____

Weight _____

Hair color _____

Eye color _____

School/Employer _____

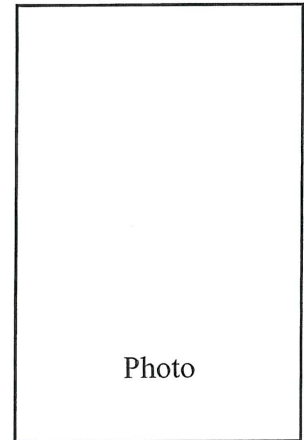
Phone _____

Physician _____

Phone _____

Allergies/Medical Condition _____

Medications _____



NEIGHBORHOOD INFORMATION

FAMILY ADDRESS & PHONE #	THOSE LIVING AT HOME	EMERGENCY CONTACTS & SPECIAL INSTRUCTIONS	
NAME: ADDRESS: HOME PHONE: WORK PHONE: CELL PHONE:	ADULTS: CHILDREN: PETS:	<u>EMERGENCY CONTACTS:</u>	<u>PHONE NUMBERS:</u>
		<u>SPECIAL INSTRUCTIONS:</u>	
NAME: ADDRESS: HOME PHONE: WORK PHONE: CELL PHONE:	ADULTS: CHILDREN: PETS:	<u>EMERGENCY CONTACTS:</u>	<u>PHONE NUMBERS:</u>
		<u>SPECIAL INSTRUCTIONS:</u>	
NAME: ADDRESS: HOME PHONE: WORK PHONE: CELL PHONE:	ADULTS: CHILDREN: PETS:	<u>EMERGENCY CONTACTS:</u>	<u>PHONE NUMBERS:</u>
		<u>SPECIAL INSTRUCTIONS:</u>	
NAME: ADDRESS: HOME PHONE: WORK PHONE: CELL PHONE:	ADULTS: CHILDREN: PETS:	<u>EMERGENCY CONTACTS:</u>	<u>PHONE NUMBERS:</u>
		<u>SPECIAL INSTRUCTIONS:</u>	
NAME: ADDRESS: HOME PHONE: WORK PHONE: CELL PHONE:	ADULTS: CHILDREN: PETS:	<u>EMERGENCY CONTACTS:</u>	<u>PHONE NUMBERS:</u>
		<u>SPECIAL INSTRUCTIONS:</u>	

NAME: ADDRESS:	ADULTS: CHILDREN:	EMERGENCY CONTACTS:	PHONE NUMBERS:
HOME PHONE: WORK PHONE: CELL PHONE:	PETS:	SPECIAL INSTRUCTIONS:	
NAME: ADDRESS:	ADULTS: CHILDREN:	EMERGENCY CONTACTS:	PHONE NUMBERS:
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HOME PHONE: WORK PHONE: CELL PHONE:	PETS:	SPECIAL INSTRUCTIONS:	
NAME: ADDRESS:	ADULTS: CHILDREN:	EMERGENCY CONTACTS:	PHONE NUMBERS:
HOME PHONE: WORK PHONE: CELL PHONE:	PETS:	SPECIAL INSTRUCTIONS:	

Last Updated:

NOTES:

HOUSE PLAN

It is important for every member of the family to know where important utility valves and shut-offs are located in the house. It is also important to know where important papers, emergency supplies and other important resources are stored. A simple floor plan of each floor of your home drawn on graph paper will be of great assistance. The following should be prominently identified on the floor plan:

Gas shut-off

Inside the house _____

Outside the house _____

Water shut-off

Inside the house _____

Outside the house _____

Electricity shut-off

Inside the house _____

Outside the house _____

Include in the plan primary and alternate routes of evacuation from all locations in the house. You should also identify the location of all smoke alarms and when batteries should be changed. These floor plans should follow this page.

It may be useful to include here any additional information that may be useful about your house such as:

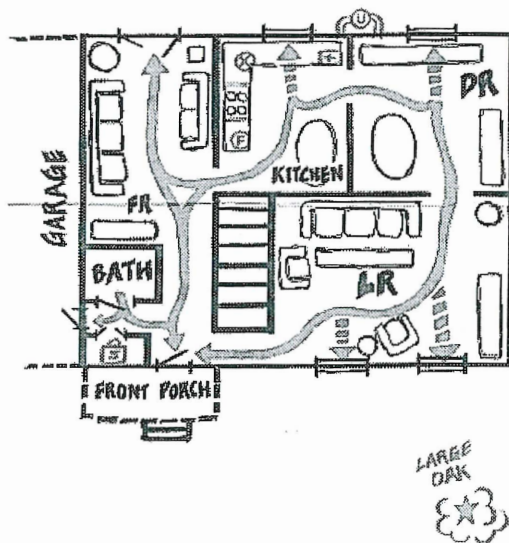
Previous owners of your home

Diagrams of electrical wiring, cable, phone wires, plumbing, etc.

Paint colors by room

Date of significant modifications and improvements

Example:



- Normal Exit Route
- Emergency Exit Routes
- Fire Extinguisher
- Smoke Detectors

- Disaster Supplies Kit
- Doors
- Collapsible Ladder
- Reunion Location (Outside)

- Stairways
- Utility Shut Off
- Windows
- First Aid Kit

EVACUATION PLAN

**There have been 3 evacuations within Fruit Height City in the last 1½ years. We have learned many things.
The following suggestions are from FEMA and from our own experience.**

- If you are asked to evacuate, please do so as quickly as possible.
- Wear protective clothing and sturdy shoes.
- Take your emergency kit, and medications for at least 72 hours. Even though it may appear to you that you will only be gone a few hours, be prepared for longer. Once you leave, you may not be allowed to return home.
- Leash or cage pets and take them with you if possible. However, most shelters will not accept pets. Some animal hospitals may be willing to board your pets. If you take them with you, be sure to take their food, water and other items they will need. A possible place to board your pet _____.
- Lock all doors and windows. Be sure all appliances (large or small) are turned off; all candles are out.
- Leave a note as to where you have gone and what family members are with you.
- Follow travel routes recommended by local authorities to reach the Evacuation "reception" Center.
- Please go straight to the evacuation "reception" center and check in. Let them know where you are going if you leave to go to another location (a relative's home, motel, etc)
- Do not return home until local authorities say that it is safe to do so.

You may be given a few minutes to gather some extra things. Plan ahead so you know what is most important to take with you. Think about things that are irreplaceable in case your home is destroyed and/or you are not able to return, such as journals, family photos, scrapbooks, family heirlooms, family records. . . Write down the things of top priority and their location.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

How does your home measure up against burglary?

PROTECT YOURSELF AND YOUR NEIGHBORS BY STARTING A
NEIGHBORHOOD WATCH PROGRAM IN YOUR AREA.

DOORS:

YES NO

1.	Are all outside doors made of solid core wood or metal and at least 1 3/4" in thickness?		
2.	Are the locks on all your outside doors either the "deadbolt" or "jimmy-proof" type?		
3.	Are your door locks at least 40" from a window or a thin wood panel that may be broken out by a burglar?		
4.	Do you have a wide-angle viewer ("peep hole") on all exterior doors so you can identify the person at the door?		
5.	Do the exterior doors have heavy duty strike plates securely mounted with screws long enough to go through the doorframe and into the wall?		
6.	Can all of your doors (main, basement, porch, French, balcony, patio, etc.) be securely locked?		
7.	Is your sliding glass door secure? (Place a strong piece of wood in the track, drill a hole through the inside frame and insert a nail to prevent sliding, or install locks designed to prevent sliding or lifting.		
8.	Do your basement doors have locks that allow you to isolate that part of your house?		
9.	Are all your locks in good repair?		
10.	Do you know everyone who has a key to your house?		
11.	Did you get <u>all</u> the keys from the previous owners of your house?		

WINDOWS:

YES NO

12.	Are your window locks properly and securely mounted?		
13.	Do you keep your windows locked when they are shut?		
14.	Do you use locks that allow you to lock a window that is partially open?		
15.	Are you as careful about locking basement windows as you are about main floor windows?		
16.	Have you made it more difficult for the burglar by locking up ladders, avoid placing trellises that can be used as a ladder or similar aids for climbing?		

GARAGE/STORAGE SHED:

YES NO

17.	Do you lock your garage and/or storage shed at night?		
18.	Do you lock your garage and/or storage shed when you are away from home?		
19.	Do you have good, secure locks on all garage and/or storage-shed doors and windows?		
20.	Do you lock your car and take the keys out, even when parked in your garage?		

WHEN YOU GO ON A TRIP:

		YES	NO
21.	Do you stop all deliveries or arrange for neighbors to pick up papers, mail, packages, etc.?		
22.	Do you notify a neighbor when you are leaving and how long you will be gone?		
23.	Do you contact the police department to see if they provide extra protection for vacant homes?		
24.	Do you leave some shades up and set 2 or more lights on timers so the house doesn't look deserted? Use timers daily not just when you are away.		
25.	Do you arrange to have your lawn mowed or snow shoveled off walks and driveways?		

SAFE PRACTICES:

		YES	NO
26.	Do you plan so that you do not need to hide a key under the doormat?		
27.	Do you keep as much cash as possible, and other valuables, in the bank?		
28.	Do you keep a list of all valuable property?		
29.	Do you keep a list of the serial numbers of your TV's, VCR's, CD players, cameras, etc.?		
30.	Do you have a description or a picture of other valuables that do not have serial numbers?		
31.	Do you have all your valuables marked with your own personal ID number? (Driver's License number or other meaningful ID)		
32.	Have you told your family what to do if they should discover a burglar breaking in or already inside the house?		
33.	Have you told your family to leave the house undisturbed and to call the police if they discover a burglary has been committed?		
34.	Do you know the telephone number of the law enforcement agency in the area your home is located?		
35.	Do you have outdoor lighting that properly lights the outside of your home (motion detection activated, flood, or regular lighting)?		

ALARM SYSTEMS:

		YES	NO
36.	Do you have an alarm system in your home?		
37.	Is the system in good working order?		
38.	Have you had a false alarm?		
39.	Do you know your neighbors and watch out for each other's property?		

Totals _____

Rate yourself on home security

30 or more YES answers.....you are pretty safe
 20-29 YES answers.....you could be burglarized
 19 or fewer YES answers.....you are at high risk
 and could be easily burglarized.

ONLY YOU CAN LOCKOUT CRIME!!!

UTILITY SHUT-OFF

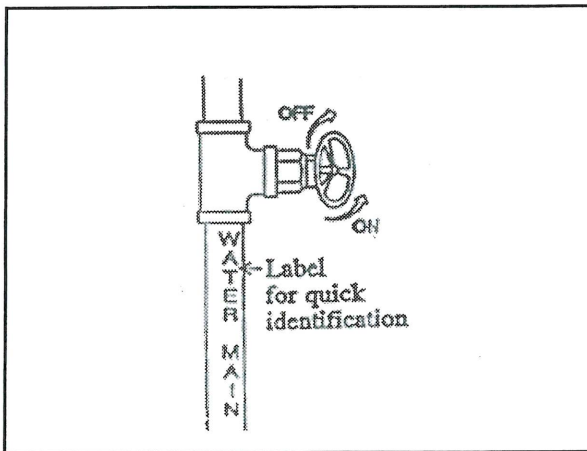
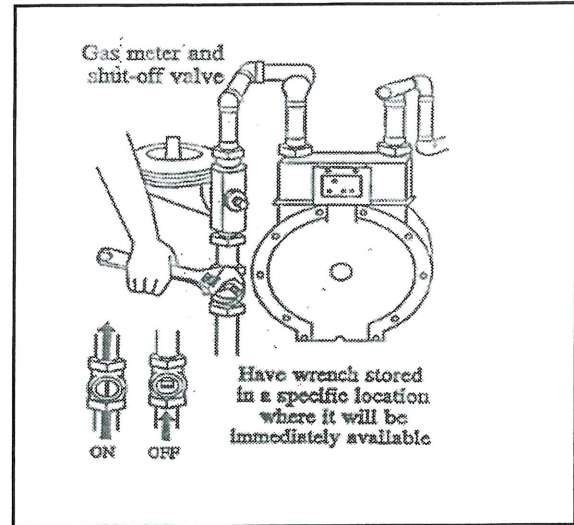
Know how to shut off all your utilities and where the shut-offs are, inside and outside the house.

1. NATURAL GAS— Sniff for gas leaks, If you smell gas or there is significant structural damage to your home, turn off the gas.

“DO NOT TURN OFF IF NO LEAK IS SUSPECTED. If you turn the gas off, you will need a professional to turn it back on.”
FEMA

The meter shut-off valve is located next to the meter. Use a wrench to turn the valve a quarter turn in either direction to the “off” position. Notify the gas company or 911 of the gas leak. **DO NOT** attempt to turn the gas back on!!!

Depending on the severity of the emergency, and the number of meters that have been turned off, you may have to wait some time for your gas service to be restored, even if there is no damage to the gas pipelines in your area.



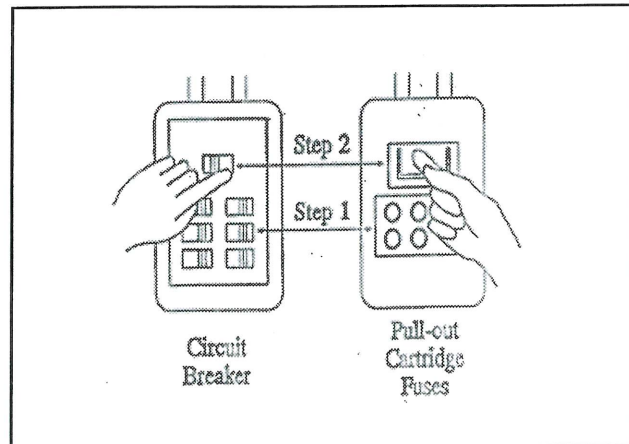
2. WATER— Shut off the main water valve to keep contaminated water from entering the house.

If there are water leaks in your home or between your home and the meter, the water valves should be turned off to maintain pressure.

3. ELECTRICITY

If there are downed power lines **STAY AWAY, DO NOT TOUCH!** If you see or hear electrical sparking, **DO NOT TOUCH** or attempt to operate any electrical appliances or switches. If possible, locate the electrical service panel inside your home. Open the metal panel on the box and turn the switches to the “off” position or pull out the main fuse.

If you are unable to locate the internal service panel, or unable to get to it, find the electrical “meter” box on the outside of your house and turn the switch to “off”.



PREPARE

PREPARE

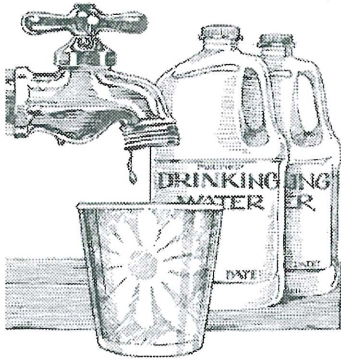
PREPARE

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WATER STORAGE



WHY—Water is more essential than food in sustaining life. Natural disasters may pollute or disrupt water supplies.

HOW MUCH—Store one gallon of

water per person per day. Two quarts for drinking and two quarts for food preparation and sanitation. Very hot weather, nursing mothers and children may require more. A minimum two-week supply of water is recommended for your home. 72-hours of water should be available in your EMERGENCY GO KIT. Store as much as possible, at least a minimum of 14 gallons per person.

HOW—Store water in plastic food grade containers such as water and beverage bottles. Glass can break and cartons decompose. Water from water beds may be used for sanitation purposes only. Do Not Store in Chlorine bleach bottles and milk bottles.

HOW TO PURIFY—

1. BOIL vigorously for 3-5 minutes.
2. Add unscented household bleach (5.25% sodium hypochlorite) at the following rate:

AMOUNT OF WATER	CLEAR WATER	CLOUDY WATER
1 quart	2 drops	4 drops
1 gallon	8 drops	16 drops
5 gallons	½ teaspoon	1 teaspoon
55 gallons	2 TBSP	4 TBSP

Stir and let stand for 30 minutes. If the water does not have a slight bleach odor,

repeat the dosage and let stand 15 min. Use fresh bleach.

3. Water Purification tablets: (Halizone, or potable aqua.) Different types of tablets are available at drug stores or sporting good stores. Follow the manufacturer's directions. Do not use tablets that are yellowish in color or have a strong odor. Watch expiration dates.

4. Iodine: Use 2% tincture of iodine to purify small amounts of water. Add 3 drops per quart of clear water. Let stand 30 min. *"Pregnant or nursing women or people with thyroid problems should not drink water with Iodine."* Dept of Environmental Quality Division of Drinking Water

- Stored water goes flat, aerate by pouring it between two containers.

ADDITIONAL INFORMATION:

- Immediately after a major disaster, prevent contamination of home water supply by shutting off the main incoming water valve. If water from the tap looks cloudy, or has an unpleasant odor, don't take a chance. PURIFY BEFORE USING!
- Clearly label and date all storage containers, especially those reused from other products.
- Consider canned soups, juice from canned fruits and vegetables, bottled soft drinks, bottled juice etc. as sources of liquid.
- Use water stored in the hot water tank, ice cube trays, toilet tank (not bowl).
- Dirty water can be strained through paper towels or clean cloth to remove particulates, then boil and treat with chlorine bleach as directed.
- There is no effective way for home decontamination of water which contains radioactive or chemical contamination.
- Do not drink water from hot tub or pool, use only for hygiene purposes.

FOOD STORAGE

Use storage areas that are well ventilated, cool, dark, dry and clean

These basic items should be considered for storage. They provide adequate calories, protein, vitamins and minerals. Note the approximate storage life and the suggested amount needed to sustain one person's life for one year (if no other foods are added).

THE BASICS			
Item	Storage Life	*Suggested Amount 1 adult per 1 year	Suggested Amount 1 adult per 1 month
Grains (Wheat, Flour, Rice, Corn, Oatmeal, Pasta)	varies	400 lbs	33.3 lbs
Legumes (Dry beans, peas, lentils)	6-8 years	60 lbs	5 lbs
Powdered Milk	2-3 years	16 lbs = 64 quarts	1.3 lbs
Sugar/Honey	20+ years	60 lbs	5 lbs
Salt	20+ years	5-8 lbs	0.5 lbs
Oil (shortening, butter, mayonnaise, p-nut butter)	2+ years	20 lbs = 10 quarts	1.6
**Water	Indefinite	14 gal/person/2wk	

*These amounts are suggested by The Church of Jesus Christ of Latter Day Saints. For more information go to www.providentliving.org

*Children's % of adult portion: 0-3yrs =50%; 4-6 yrs = 70%; 7-10 yrs = 90%

* Start using wheat and whole grains in diet regularly to allow digestive system to adapt to increased roughage.

**It is impractical for most families to store a year's supply of water. Fourteen gallons per person is a suggested minimum reserve.

Successful food storage depends on several factors:

- Quality of products - obtain top grade food products when possible
- Proper Containers - use heavy plastic, metal or glass with tight fitting lids
- Storage areas - easy access, dark, cool, dry, free from rodents insects/other pests
- Temperature - food stores best at 40-60° F
- Variety - provides better nutrition and avoids appetite fatigue
- Rotation - date and rotate to minimize loss of food value and flavor, prevent spoilage
- Inventory - Maintain a record of items used and added to

Begin with the basics that are life sustaining and store well for long periods of time. Then add other foods for variety, interest and personal preference. Expanded storage could include such items as meats, fruits and vegetables, (canned, bottled, frozen, dehydrated, pickled or smoked). Also include spices, flavorings, cornstarch, baking powder, soda, and yeast.

Consider your families likes and dislikes, allergies and needs when deciding what to store.

It is better to have food storage for a short period of time than none at all!

STORE WHAT YOU EAT -- EAT WHAT YOU STORE

72 HOUR EMERGENCY KIT

The following emergency preparedness kit should be kept cool, dry, and readily accessible for rapid exit. It could be stored in easy to carry backpacks, duffle bags, suitcases, or 5 gallon buckets. Include a master list in the top of each kit with date prepared. A copy of this page with checkmarks or notes works well.

Water

1 gallon per person per day
Water Purification Tablets or chlorine bleach

Equipment

Adjustable wrench - hammer - Pocketknife
Battery powered radio (extra batteries)
Fire Extinguisher (very small)
Flashlight (extra batteries) - light stick
Folding shovel
Plastic- 2 sheets 9' x 12'(shelter, ground cloth, water collection)
Rope (1/4 x 26') - duct tape
Tent - Tarp (Shelter)
Whistle - 1 per person
Work gloves

Sanitation

Plastic bucket with tight fitting lid
Plastic trash bags (large & small, also zip locks)
Disinfectant (bleach, lysol, pwd. chlorinated lime)
Toilet paper - Soap/Towel

Cooking/Heating

Aluminum Foil
Buddy burners/sterno/alcohol stove/backpack stove
Candles-2 large
Can opener - manual
Dish soap/Dish cloth/towel
Knife
Matches in foil or waterproof container
Mess kit (1 per 2 people)/ Pan for cooking/washing
Metal cup -Pan, can or small tin pail
Paper plates/cups/napkins/plastic utensils
Spoon & Fork - Metal for mixing

Stress/Morale Boosters

Scriptures
Ball, small games, crossword puzzles, cards
Hard candy, chocolate chips
Harmonica/Needlework/pictures
Paper, pencils, crayons, permanent marker

Food for 3 days

Baby Food- baby cereal -formula - juice
Beef Jerky - Canned meats: tuna, spam,
Candy - hard candy, lollipops, gum
Canned fruits/vegetables - juice
Canned Foods -chili, pork&beans, ravioli, soup, spaghetti, stew,
Cereals (Oatmeal, cracked wheat, sweetened)
Crackers - cookies
Dry Soup Mix - Ramen Noodles -
Dried Fruits - raisins, trail mix, Fruit roll-ups
Granola Bars - peanuts, trail mix
MRE's (Meals Ready to Eat)
Peanut butter, jelly, honey
Powdered milk/Cocoa mix

Clothing/Bedding

1 space blanket per person
Wool /fleece blanket or sleeping bag (1 per person)
1 change of clothes: include underwear & 2 pair socks (at least 1 wool), sweatshirt, gloves, shoes
Infants: disposable diapers, pacifiers, blankets, clothing

Hygiene

Comb & brush (Hair needs: barrettes, clips, elastics)
Deodorant, Lotion
Feminine Hygiene needs
Lip balm, chap stick, Blistex, Tube of Vaseline
Nail clippers, nail file
Shaving supplies
Shampoo
Small mirror
Soap (preferably liquid, if bar, it needs a container)
Toothbrush/toothpaste
Washcloth/towel

Other

First Aid Kit
Insect repellent/Sun screen
Money - (Coins, small bills, credit card)
Safety pins, needle, thread, scissors, buttons
Extra Glasses - Extra set of car keys

Keep the families most valuable documents (or copies) in your emergency kit or in a packet ready to pick up and take with you: deeds, mortgage, titles, insurance, wills, home contents & pictures, social security numbers, drivers license or ID cards, birth cert., account numbers, genealogy, current pictures of family members, Name, address, & telephone number of out of state contact, other phone numbers. All this information could be put on one 3½" computer disk, CD or flash drive.

Infants/Toddlers/ Senior Citizens/Pets

Infants and children have special needs in a 72 hour kit. Items should include:

Their own bag - labeled with their own name
Disposable diapers (36 -48 minimum)*
Disposable wet wipes*
Plastic garbage bags*
Two changes of clothes*
Two pair pajamas
Two blankets
Hat/gloves/socks
Infant formula (May need to supplement nursing babies)
Instant baby cereal
Canned food & juices - must be eaten at one meal to prevent spoilage
Teething biscuits & Orajel
Sterilized water/also Pedialyte
Plastic bottles (label with name)
Disposable bottle liners
Extra nipples
Bib
Plastic spoon and bowl
Pacifier (Label with name)
Safety pins
Baby powder
Baby Oil
Diaper rash medication
Children's Tylenol
Assorted toys (label with name)

The most critical aspect of infant care during emergencies is sanitation. Infants, by nature, become soiled and dirty from one minute to the next, thus providing excellent breeding grounds for disease-causing bacteria which may infect not only the infant but also adults that come in contact.

*For proper sanitation, it is important that you store a sufficient supply of disposable diapers, wipes, and garbage bags. Change infants regularly and keep them clean. Dispose of the soiled diapers in the garbage can liners and keep them tightly sealed to prevent spread of disease. Wash hands often.

Emergency diapering needs may be met by lining plastic pants with scraps of cloth, tissue, paper towels, or other absorbent material.

Before the emergency, young children can help prepare and store supplies. Teach them about the warning sounds (smoke alarms, sirens, etc in your home & neighborhood)

Young children should memorize family name, address, and phone number as early as possible.

Children need extra reassurance - take time to hold, cuddle, talk and especially listen to them. Encourage them to talk about their feelings. Keep them with the rest of the family. Be prepared to sing songs and play simple games such as I Spy; Duck, Duck Goose; Button, Button; Lion Hunt; etc.

Senior Citizens

In addition to preparing a 72 hour kit:
Arrange for someone to check on you
Have a plan to signal the need for help
Have extra batteries for hearing aids, wheel chairs, extra oxygen, extra eyeglasses
List the style and serial numbers of medical devices such as pacemakers, and a list of all medications and dosages
Teach those who may need to assist you how to operate necessary equipment.

Pets

Consider your pet's needs in planning for an emergency.

- *Have a current ID tag, license.
- *Keep their vaccinations current.
- *Keep pet carriers, extra collars, and leashes on hand to contain and calm your pet.
- *Your pet also needs ½ gallon of drinking water per day.
- *Store at least 2 weeks supply of food

In case of evacuation, be aware that pets are not allowed in Red Cross emergency shelters.

OTHER EMERGENCY KITS

Basic Minimal First Aid Kit

2 pairs of Latex gloves (or other sterile gloves if you are allergic to latex)
Sterile Dressings to stop the bleeding
Adhesive Bandages in a variety of sizes
Cleansing Agent or soap
Antibiotic Ointment to prevent infection
Burn ointment
Tube of Petroleum Jelly or other lubricant
Eye Wash solution to flush the eyes
Triangle Bandage
Waterless Alcohol Based hand sanitizer or Germicidal Handwipes
Thermometer
Scissors
Tweezers
Personal Medications including a list of all medications and dosages
Non prescription drugs (Aspirin and non aspirin pain reliever, Anti diarrhea medication, antacid, laxative, Syrup of Ipecac)

Office Emergency Kit

Keep a backpack or tote bag under your desk for any emergency use.

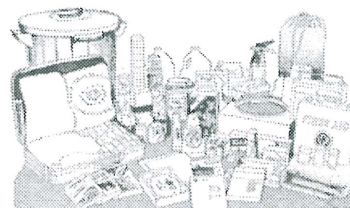
In case of emergency you could be stranded at your office for several days. Plan for at least 72 hours.

Blanket, flat sheet, pillow or sleeping bag
Change of clothes, socks, shoes, undies
Coat or Jacket
First Aid Kit
Flashlight & extra batteries
Food - non perishable -
Hygiene supplies - trial size lotions soaps, shampoo/ conditioner, toothpaste, toothbrush, mouthwash, toothpicks
List of family names and telephone #'s
Medications
Sweet hard candy
Towel, washcloth
Water - clear liter bottles
Whistle with lanyard to hang around neck

Car Survival Kit

*Not all items are mandatory, but could prove useful.
Always maintain at least ½ tank of gas!*

Bag of sand or rock salt
Blankets or sleeping bag
Bottled Water (2 Liter)
Candles
Car tool kit (pliers, screw driver, hatchet, folding shovel, wire saw, nails, twine, wire, tape, file)
Clothes, including boots, socks, hat, etc.
Compass
Fire extinguisher (Standard class ABC)
First aid kit and manual
Flashlight & extra batteries
Fold up Stove & fuel tablets
Food - non perishable
Gloves (work gloves & rubber disposable gloves)
Ice Scraper for winter season
Jumper Cables
Map
Matches
Mirror
Paper, Pencils
Pre-moistened towels
Portable radio & batteries
Reflectors, flares
Rope
Sewing Kit
Short rubber hose for siphoning
Space blanket
Tissues
Tow Rope
Waterproof matches
Whistle
Zip lock bags



IMPORTANT NON FOOD ITEMS FOR STORAGE

Tools

Adjustable wrench/hammer & nails
Ax/Saw
Bailing Wire/Twine
Broom/dustpan
Bucket
Crowbar
Gloves (Heavy Work)
Pliers
Rope
Screwdrivers
Shovel
Tape (Duct/plastic/electrical)
Tarps

Cooking

Aluminum Foil (Heavy Duty & regular)
Bucket or dishpan
Canning lids/paraffin wax)
Can opener (non-electric)
Campstove & Fuel
Charcoal & lighter fluid
Dish cloth/ dish towel/scrubbie
Dish detergent
Napkins/paper towels
Paper plates/cups/utensils
Plastic wrap/wax paper/zip lock bags, coffee filters
Pots/pans (at least 2)
Sharp Knife
Utensils

Bedding

Blankets/quilts (enough to keep each person warm
with no other heat source)
Pillows
Rubberized Sheets
Sheets (Flannel are warmer & more absorbent)
Sleeping bags

Clothing

Boots
Gloves
Jacket/ Warm Coat
Poncho
Seasonal Clothing
Shoes/2 socks (at least 1 pair wool)

Safety Items

Batteries - many sizes
Candles
Flashlights
Fire Extinguisher
Garden Hose (firefighting/ siphoning gas)
Insecticides
Lantern & Fuel
Matches/lighters
Paper & pencils
Radio (battery operated)

Sanitation

Large trash can w/ tight fitting lid
Ammonia
Bleach
Clean rags
Disinfectant (Lysol, Pinesol, etc)
Newspapers (to wrap garbage & waste in, could also
be used for fuel or blankets)
Plastic bags (various sizes especially garbage bags)
Toilet paper
Wet Wipes

Hygiene Supplies

Combs/brushes
Contact Lens solutions
Deodorant
Extra Glasses
Feminine Supplies
Hand soap (15 bars/person/year)
Infant Supplies (Disposable diapers, plastic pants,
bottles)
Laundry detergent (25 lbs/person/year)
Shampoo/Conditioner
Shaving supplies
Tissue
Toothbrush/toothpaste
Wash Cloths/Towels

Pets

Food
Leashes/collars
Litter box supplies
Medications

Basic List of Medical and First Aid Supplies

Bandaging

Ace bandages – assorted sizes
2", 3" 4" gauze rolls
sterile dressing assorted sizes
1" tape - cloth, plastic or paper
Band-aids – variety including:
 Assorted sizes of strips
 Butterfly bandages
 Extra large
 Fingertip/Knuckle
Sanitary napkins, individually packed
Super Glue for wound closure
Triangular bandages

Colds

Antihistamine/decongestants
Cold medicine of choice
Cough lozenges &/or syrup
Vitamin C - & others as desired

Disinfectants

Alcohol
Alcohol preps individually wrapped
Gel hand sanitizer – waterless
Hydrogen peroxide
Bar soap
Triple antibiotic ointment (neosporin)
Water purification tablets

Eye Care

Lubricating eye drops
Contac lens solutions
Ophthalmic antibiotic ointment –RX only

Gastrointestinal Relief

Antacids – liquid or tablets
Anti-nausea- i.e. Dramamine
Diarrhea medicine i.e. Immodium
Glycerine suppositories
Laxative
Pepto Bismol &/or Alka-Seltzer

Insect bites and stings

Baking soda
Benadryl –for allergic reactions
Calamine or Caladryl lotion

Ointments

KY jelly – water-soluble
Mentholatum
Petroleum jelly
Zinc oxide

Pain Relief

Aspirin & non-aspirin pain reliever
Earache/toothache drops
Prescribed medicines
Tylenol drops for babies if needed

Skin Rashes-Allergic reactions

Antihistamine tablets & syrup
Benadryl or Caladryl
Hydrocortisone cream
Prescribed medicines i.e. Epi pens

Miscellaneous

Favorite home remedies
First aid manual
Lip balm
Insect repellent
Personal medications and equipment – i.e.
 insulin, and syringes, heart meds etc.
Sun screen and block

Tools and Equipment

Container - tackle box, plastic box etc.
Collapsible drink cup/paper cups
(Consecrated oil - if LDS)
Dental floss
Gloves - Heavy-duty work & Latex
Instant ice pack
Matches – waterproof container
Medicine dropper/dose cups
Q-tips
Penlight & batteries
Pocket knife - sharp
Pocket mask - other barrier device to use in CPR
Scissors – bandage & heavy duty
Sewing needles/thread, Safety pins
Splinting materials
Thermometer
Tongue depressors – (many uses)
Tweezers

FIRST AID BASICS

First Aid and CPR classes are routinely available in the community through Red Cross. CERT classes are taught regularly and teach important disaster response skills. Plan to register for an upcoming class.

In addition, Emergency 911 dispatchers are trained and able to give patient care instructions while awaiting the ambulance. Stay calm and stay on the phone until they conclude the call upon the arrival of medical personnel.

The ABC's to providing first aid...

Airway---

Without proper airway positioning and maintenance, anything else you might try to do for the victim will be in vain. If the victim is conscious, talking or breathing, the airway is assumed to be clear. If snoring sounds are heard, it could signal a partially obstructed airway and steps must be taken to secure a better airway. If the victim is not breathing, make sure there are no obstructions in the victim's mouth and that the head is tipped back to open the airway. Reposition the victim on his or her back, making sure to keep the head in line with the spine, and turning the victim as one unit. Get help if possible.

Breathing---

If upon repositioning and securing the airway the patient does not start to breathe, begin rescue breathing.

Circulation--

Circulation includes the pumping of the heart as well as controlling bleeding. If no pulse is detected, CPR is needed.

Most bleeding can be controlled by placing a bandage and applying direct pressure. If the bleeding is not controlled, do not remove bandages. Simply apply another layer of bandaging material. If bleeding is still not controlled, consider elevating the limb and/or applying pressure to the pressure points.

First Aid Basics continued

Recognizing an emergency and taking action in the first few minutes can mean the difference between death or life-long injury and full recovery.

- Check the scene for safety. Do not become a victim of an unsafe scene! Make the scene safe before proceeding.
- Check the victim's level of consciousness or responsiveness, airway, breathing, circulation.
- Call 911—be prepared to give the:
 - ▶ exact location;
 - ▶ Caller's name;
 - ▶ What happened &
 - ▶ how many are involved
 - ▶ Condition(s) of victim(s)
 - ▶ What help is being given
- Call 911 if the victim:
 - ▶ Is or becomes unconscious
 - ▶ Has trouble breathing
 - ▶ Has chest pain or pressure
 - ▶ Is bleeding severely
 - ▶ Has seizures, severe headache, slurred speech
 - ▶ Appears to have overdosed or been poisoned.
 - ▶ Has injuries to the head, neck or back
- Call 911 if the situation involves:
 - Fire or explosion
 - ▶ Downed electrical wires
 - ▶ Swiftly moving or rapidly rising water
 - ▶ Presence of poisonous gas.
 - ▶ Vehicle collisions
 - ▶ Victims who cannot be moved easily.
- Care for the victim, reassure, and keep them warm. Watch for changes.

CPR Basics

INFANT

Assess Responsiveness

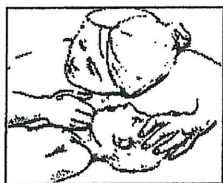
Shout and gently tap the child on the shoulder. If there is no response, position the infant on his or her back.



- Because airway problems are the main cause of not breathing in infants and children, clearing the airway takes precedence over calling 911. For victims under 8, perform CPR for 1 minute, then call 911.

Airway

Open the airway. Tilt the head lifting the chin. Do not tilt the head too far back. Clear any objects from the mouth. Look, listen and feel for breathing.



Rescue Breathing

If the baby is **NOT** breathing give 2 small gentle breaths (puffs). Cover the baby's mouth and nose with your mouth. Repeat 1 puff every 3 seconds. Each breath should be 1.5 to 2 seconds long. You should see the baby's chest rise with each breath. If air won't go in, reposition head and try again



Chest Compression

Give 5 gentle chest compressions at the rate of 100 per minute. Position your 3rd and 4th fingers in the center of the chest half an inch below the nipples. Press down only ½ to 1 inch.



CONTINUE WITH 1 BREATH AND 5 COMPRESSIONS.

After one minute of repeated cycles call 911 immediately!



For more information:

<http://depts.washington.edu/learncpr/index.html>

ADULT

Assess Responsiveness

If there is no response, Call 911 and return to the victim.



Airway

Tilt the head back. Lift the chin. Clear any objects from the mouth. Look, listen and feel for breathing.



Rescue Breathing

If not breathing normally, pinch nose and cover the mouth with yours and blow until you see the chest rise. Give 2 breaths. Each breath should take 2 seconds. Continue rescue breathing: 1 breath every 4 to 5 seconds, as long as pulse is present but person is not breathing.



Chest Compression

If the victim is still not breathing normally, coughing or moving, and there is no pulse, begin chest compressions. Push down on the chest 1½ to 2 inches 15 times right between the nipples. Pump at the rate of 100/minute, faster than once per second.

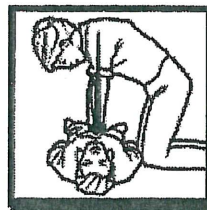


In children (ages 1-8)

- Place one hand on forehead, the heel of the other hand in the center of the chest (so you don't push too hard) for chest compressions.
- Press the sternum down 1 to 1½ inches
- Give 1 full breath followed by 5 chest compressions

FOR ADULTS CONTINUE WITH 2 BREATHS AND 15 PUMPS UNTIL HELP ARRIVES

NOTE: This ratio is the same for one-person & two-person CPR. In two-person CPR the person pumping the chest stops while the other gives mouth-to-mouth breathing.



CHOKING

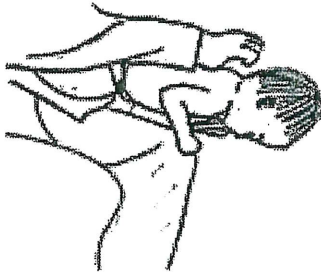
How to help clear an obstructed airway in a conscious adult or child.

Infants

First Aid for a Choking Conscious Infant
(less than 1 year old)

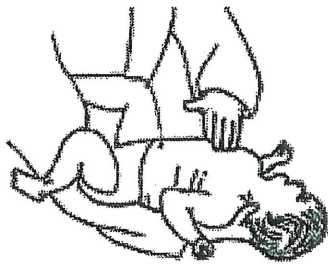
Step 1: Determine if the infant can cry or cough.

Step 2: **Tip the baby face down** on your forearm, supporting with your hand. Give 5 firm back blows between the shoulder blades with the heel of your hand.



If ineffective, turn baby over and....

Step 3
Give 5 chest thrusts with index and middle fingertips.



Step 4
Repeat steps 2 & 3 above until effective or the infant becomes unconscious.

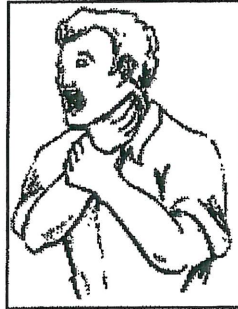
If the infant becomes unresponsive, perform CPR- if you see an object in the throat or mouth, remove it.

Adults

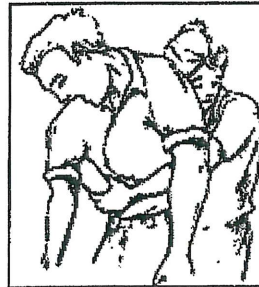
First Aid for a Choking Conscious Adult and children (1-8 years old)

Step 1: Ask "Are you choking?" Maintain

eye contact. Assume "YES" if victim cannot breathe, speak, gasp, cough or make high pitched sounds.



Step 2: Perform Heimlich Maneuver: From behind victim:



- wrap arms around waist.
- Make a fist, thumb side down, and grasp with other hand on victim's stomach, just above navel.
- Press fist into stomach and give

quick, inward and upward thrusts until object comes out or victim becomes unconscious.



A chest thrust may be used for markedly obese persons or in late stages of pregnancy.

If the adult or child becomes unresponsive perform CPR- if you see an object in the throat or mouth, remove it.

ALTERNATIVE HEAT, LIGHT, & POWER SOURCES

***FIRE STARTERS** - store matches (waterproofed), butane lighters, flint & steel, charcoal starter.

***FIREPLACE, OPEN FLAME** (Campfire or Outside Fire Pit) suspend a Dutch oven over the heat by using a tripod, much like the early settlers did, or set the Dutch oven directly on the hot embers you have made in the fireplace or outside campfire.

* **WOOD BURNING - COAL STOVES** use frying pans or pots on top to cook your meal.

* **GAS CAMP STOVES** (white gas, gasoline, kerosene, propane) - Two burners using white gas will operate 4 hours on 1 quart. Use outdoors only.

* **BARBECUE GRILL** with 5 gallon tank of propane, stores well and is easy to use.

* **STERNO** works well for small quantities of food.

* **VOLCANO** is a type of outdoor cook stove that you can use with 2 Dutch ovens and charcoal. It is very fuel efficient, using about half of the charcoal you would use normally with your Dutch oven. A few briquettes can roast, fry, bake, etc.

***DUTCH OVENS** a 10" dutch oven with 6 or 7 briquettes on the lid and 5 or 6 underneath will cook a pot full of food. Use outdoors only.

* **HIBACHI** - Four or five charcoal briquettes in an 8"x8" Hibachi will generate enough heat to cook a simple meal. Should only be used outdoors.

***ALCOHOL STOVE** - Place 1 roll of Toilet paper in 1 quart paint can - pour Isopropyl rubbing alcohol over the TP and light with a match. The can will not get hot on the bottom until the alcohol has burned down. Extinguish the flame, add more alcohol and relight. Control the intensity of the heat by adjusting the lid.

***CHARCOAL STOVE** - Turn a #10 Can into a charcoal stove. Cut out top and bottom of the can. Punch holes around the top and bottom. Punch many holes in the lid and wire it about half way up the can. Place the charcoal on it to light. Use a sturdy piece of wire screening, or crisscross wire across the top to create a cooking rack.



***FLASHLIGHTS:** New batteries last 6-7 hours of continuous use. Six-month old batteries last 5-6 hours.

***CANDLES:** 3/4"x4" will burn 2 hrs 20 min.

***COLEMAN MANTLE LANTERN:** Two mantle lantern will burn 5 hours on 1/2 quart of white gas.

***KEROSENE LANTERN:** With a 1 inch wick will burn 45 hours on 1 quart of kerosene.

***LIGHT STICKS** are safest emergency light

***GENERATORS** are an excellent source of safe power. However, they use a great deal of fuel. Most run on gasoline, burning 1/2 to 3 gallons per hour. Itemize energy requirements in order to select the appropriate size needed. Use the smallest size possible for less fuel needs. Operate generators in an open area with good ventilation. DO NOT ATTACH the generator to your house current without approved transfer switches. The electrical "back feed" can injure or even kill utility workers repairing the power lines.

For more information and or to calculate wattage needed go to <http://www.powerprotection.org/powergeneration/portablegenerators>.

SANITATION

During emergencies, sanitation becomes a real problem and can be the cause of disease. In an emergency, hygiene is even more important! **Wash your hands frequently!** Substitutes for cleansing without water include: Purel, rubbing alcohol, lotions containing alcohol, shaving lotion, face creams and lotions, towelettes, (baby wipes), a wet washcloth.

Toilet with a bag: Remove the water from your toilet bowl and line it with 2 sturdy trash bags. When ½ full remove the 1st bag, tie it securely for disposal and store in a covered trash can until disposal service is resumed.

SANITATION KIT (Store in 5 or 6 gal bucket)

- (1) 5 or 6-Gallon bucket with tight fitting lid
- Snap-on type toilet seat with lid
- (12) plastic liners (garbage bags)
- (4) pairs of rubber gloves
- (2) rolls of toilet paper
- Disinfectant: Liquid chlorine bleach, Nilogel clean-up gel, Pinesol, Powdered laundry soap, powdered chlorinated lime available at building supply store. It can be used dry. Be sure to get chlorinated lime and not quick lime which is highly alkaline and corrosive.
- (1) bottle of 3% Hydrogen Peroxide
- (1) box of Baking Soda
- (1) ½ gallon of white vinegar
- (1) large bottle of a hand sanitizer
- (1) roll paper towels
- (1) pkg. Baby Wipes
- (1) 2 liter bottle of water
- 6 or 10 gal container with tight fitting lid
- A supply of old newspapers for wrapping garbage
- 2-3 spray bottles
- Feminine Hygiene items

DIRECTIONS FOR EMERGENCY TOILET:

1. Put 2 garbage bags as a liner in the 6-gallon bucket, and snap on the toilet seat.
2. Sprinkle one tablespoon of Nilogel (or other disinfectant) in the bucket. The Nilogel will absorb over 100 times its own weight (up to two gallons of liquid). The liquid becomes a gel and will deodorize the toilet contents. The gel is also biodegradable. If using other disinfectant sprinkle some disinfectant on top after each usage.
3. The toilet is ready to use. Use toilet paper as usual.
4. Use baby wipes or hand sanitizer on hands after each use and dry hands with paper towels.
5. Replace the tight fitting lid after each use of the

toilet. The key to disease control is to **KEEP IT TIGHTLY COVERED.**

6. When the bag is ⅓ to ½ full, carefully remove the first bag, tie it together and place it in the larger container. Use rubber gloves .
7. Replace liner so the bucket remains double bagged.

Disinfectant: When using bleach use ¼ cup bleach to 1 quart water. Other commercial disinfectants include HTH, or calcium hypochlorite, which is available at swimming pool supply stores; also portable toilet chemicals are available through recreational vehicle supply stores.

Never deposit waste or garbage on open ground. *"In times of emergency, the military procedure, is to bury human waste in trenches 24"-30" deep, and cover with a thin layer of lime."* (Earthquake Preparedness, 1989, pg 16)

Garbage should be drained and wrapped in several thicknesses of old newspaper to absorb extra moisture, it can be stored longer before developing unpleasant odors. A tight fitting lid is important to keep out flies. Other rubbish, trash that will not decompose may need to be burned, (with permission from local authorities).

ADDITIONAL SUPPLIES FOR DISINFECTING AND ODOR CONTROL:

Baking Soda: will help to control odor; it stops mold, fungus or mildew, and is a natural Whitener. Baking soda relieves heartburn, indigestion and it neutralizes acids in a sour stomach associated with diarrhea. Use 1 teaspoon of baking soda mixed with 1 cup of water and drinks it down. Baking soda plus a little salt will help clean your teeth.

3% Hydrogen Peroxide(Put in a small spray bottle, no water added) Hydrogen Peroxide is an antiseptic, and a cleaning agent for minor cuts and abrasions. It can be used as an oral rinse and gargle. To disinfect toilet seat just spray it on and wipe off.

White Distilled Vinegar: Put in a small spray bottle, no water added. Studies show that vinegar kills 99% of bacteria, 82% of mold, and 80% of germs {viruses}. To disinfect toilet seat just spray it on and wipe off.

COMBINING VINEGAR AND HYDROGEN PEROXIDE: Spraying solutions of vinegar and hydrogen peroxide, one after the other, in any order, kills virtually all Salmonella, Shigella or E. coli bacteria on heavily contaminated surfaces. (*Science News* 8/8/98; Vol 154, Issue 6 pg 83-85)

COMMUNICATIONS

In a wide scale disaster or emergency, the most common means of communication will probably not work. If they do, you will be able to call out of state more easily than locally. Thus, all members of your family should know or have the number of an "out of state contact."

Telephones, cellular phones, and pagers will likely be unavailable or of little use. Be sure to keep a cell phone charger in your car just in case.

Walkie-talkies or 2 way family radio service (FRS) radios, and CB radios may be very useful, but are likely to experience heavy usage. A supply of batteries is advisable. Rechargeable batteries may be unuseable if there is no power. GMRS radios have a longer range - about 5 miles.

Amateur (HAM) Radio may be operational but operators must be licensed.

"CityWatch" is a county automated notification system that operates as a reverse 911 system. It calls your home to notify you of emergency situations. In a recent use, the system called 1,600 homes in 30 minutes. The system may not work if your telephone number is unlisted or blocked. This system may repeat the same pre-recorded message two times. Your caller ID may identify the call as being from the Davis County Health Department. Check with your neighbors, if they received a call to evacuate - it probably means you need to evacuate also!

Battery powered standard AM and FM radios will provide emergency alerts and messaging for our area. Radio may function when other forms of communication do not. Tune to KSL 1160 AM Radio.

CERT Volunteers or runners may be used to communicate and coordinate response activity.

Essential Documents

To be prepared for emergencies, there are some important financial and legal documents you need to keep safe in a place where you or your heirs can get them. Sometimes a copy is not the same as the original and does not have the same validity.

*It is necessary to have the original or a certified copy.

- *Living Wills, *Powers of attorney and *Medical powers of attorney
- *Wills and trusts
- *Titles and Deeds
- *Birth Certificates/*Adoption decrees/*Naturalization Records
- *Marriage License/divorce papers and child custody papers
- Passports and military/veteran papers

- Social Security cards, Drivers License or ID cards
- Certificates for stocks, bonds, investments
- Insurance policies (life, home, auto)
- List of health and medical information
- List of financial investment information including account numbers
- Important contact information (family, friends, doctors, attorneys, ins. agents)
- Household inventory documentation
- Mortgage
- Genealogy, pictures, and Family History

This information could be put on a 3½ disk or CD. **CAUTION!!!** This information must be safeguarded and protected. This information in the wrong hands would make identity theft very easy.

How to make your home safer during earthquakes

Most injuries, deaths and economic loss in an earthquake are due to man-made problems. Many of the solutions, which limit loss, are simple and inexpensive. If building a new home or considering retrofitting an existing home for seismic protection, seek help from a professional contractor specializing in seismic construction techniques. In the mean time consider the following suggestions to reduce damage to your property in the event of an earthquake.

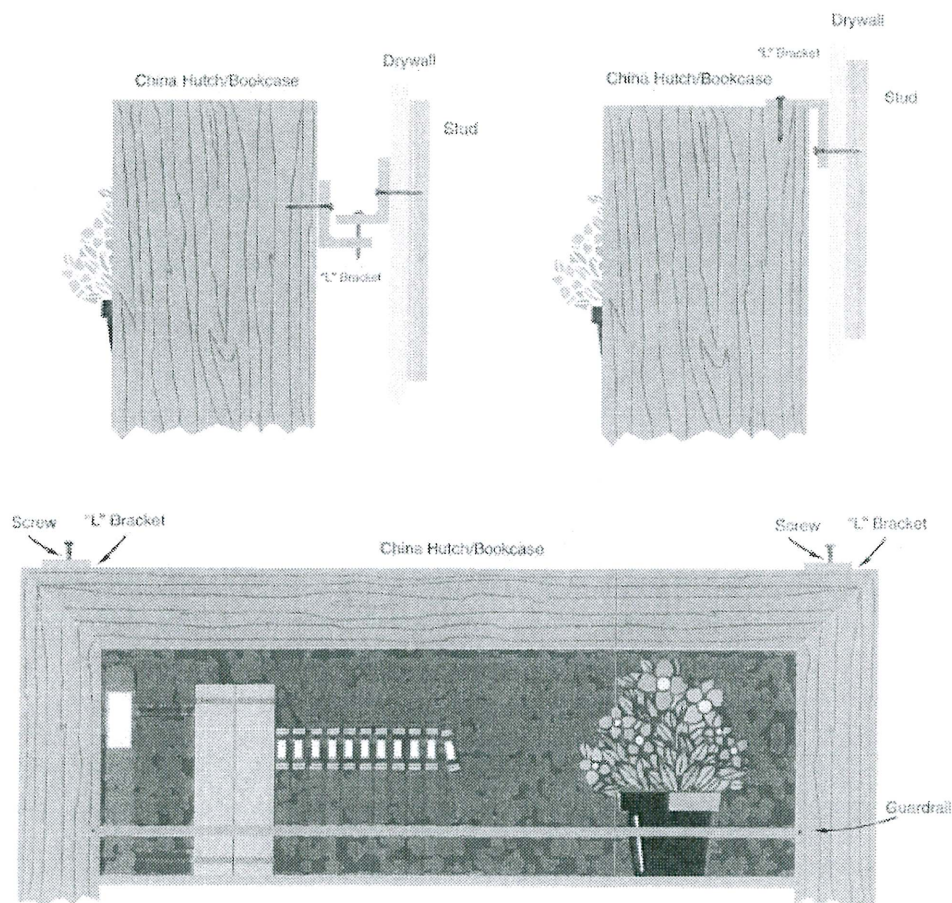
- Secure fixtures such as lights, cabinets, bookcases, and top-heavy objects to resist moving, coming loose, or falling during the shaking. Place hard and heavy objects on lower shelves and securely fasten shelves to walls. Special care should be taken to remove objects from above sleeping areas. Do not hang plants in heavy pots that could swing free of hooks.

Secure your furniture by using:

“L” brackets, corner brackets or “anodized aluminum molding to attach tall or top-heavy furniture to the wall.

Corner brackets or eye bolts to secure items located a short distance from the wall.

Attach a wooden or metal guardrail on open shelves to keep items from sliding or falling off. Fishing line can be used as a less visible means of securing an item (guardrail).



- **Store bottled goods**, glass, vases, china, and other breakables in low or closed cabinets and use non-skid padded matting, hold fast putty, or Velcro whenever possible.
- **Check the electrical wiring and connections to gas appliances.** Defective electrical wiring, leaking gas or inflexible connections are very dangerous in the event of an earthquake.
- **Develop a family plan**, which addresses what to do if the earthquake occurs while family members are at home, school, or work. This plan should include a possible central meeting location for family members after the earthquake and an out-of-area contact person so other family members can find out information concerning their loved ones in the disaster area. It is usually easier to call out of a disaster area than it is to call into one.
- **Hold practice drills** so each member of your family knows what to do in an earthquake.
- **Locate master switch and shut-off valves for all utilities** and teach all responsible family members how to turn them off.
- **Is the water heater securely strapped in place?** Strapping the water heater to wall studs and having flexible gas and water lines installed will greatly reduce the risk of fire and water damage in an earthquake.

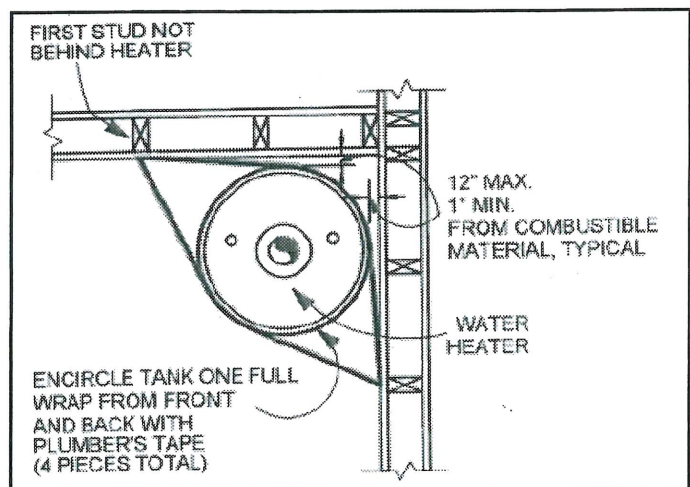
Water heater in corner or closet

Materials

- 3/4" x 24 gauge perforated steel plumber tape
- 1/4" diameter x 3" lag screws and flat washers or 1/4" expandable anchors with 2" embedment for concrete or masonry walls

Directions:

- The water heater should be 1" to 12" away from the corner walls.
- Locate the wall studs on both sides of the water heater (not behind it).
- Anchor plumber's tape (a flexible steel strap) to a wall stud with a 1/4" diameter x 3" lag screw and flat washer.
- From about 9" from the top of the tank, wrap the plumber's tape all the way around the tank in a clockwise direction. Then anchor the tape to the stud on the other wall. Make sure the tape is tight.



Overhead view of water heater in corner

- Repeat the process, again about 9" from the top of the tank, but this time wrap the tape in a counter clockwise direction.
- Repeat the process two more times about 4" from the bottom of the tank. Wrap one band of tape in a clockwise direction and the other band of tape in a counter clockwise direction.

Water heater on straight wall

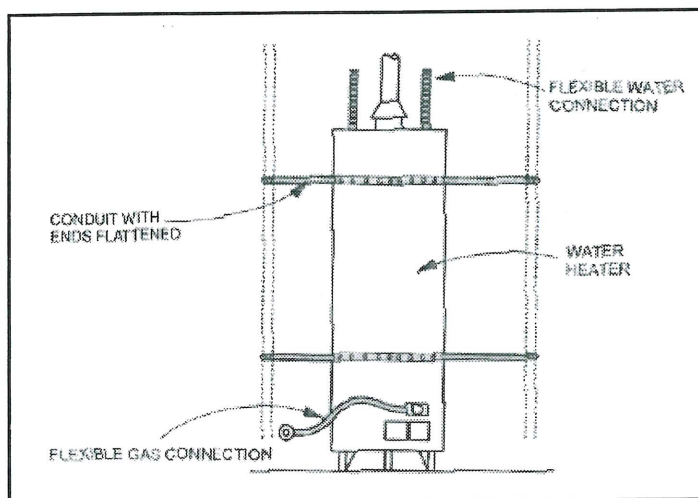
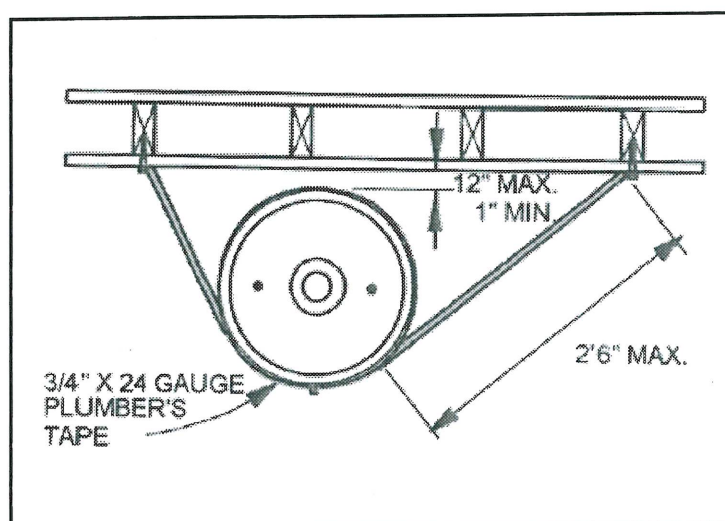
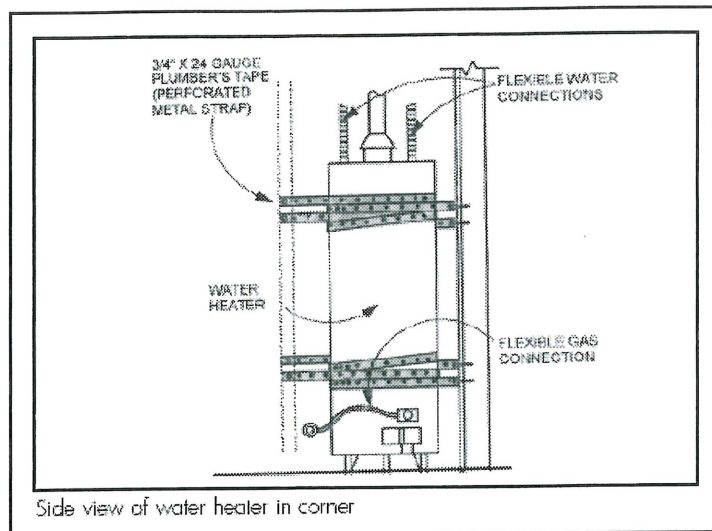
Materials

- 3/4" x 24 gauge perforated steel plumber's tape
- 1/2" diameter conduit
- 1/4" diameter x 1" round head machine screws with nuts and flat washers
- 1/4" diameter x 3" lag screws and flat washer or 1/4" expandable anchors with 2" embedment for concrete or masonry walls

Directions

- The water heater should be 1" to 12" away from the wall.
- Locate the wall studs on both sides of the water heater (not behind it).
- Wrap plumber's tape around the tank 9" from the top and 4" from the bottom. Secure tape with round head machine screw, flat washers and nut.
- Cut four pieces of conduit to size. The conduit is used as angle bracing from the wall studs to the tank. Flatten 1" at each end of the conduit and bend 45 degrees. Drill holes 1/2" from each end.
- Anchor the conduit to the wall studs. Use 1/4" diameter x 3" lag screw and flat washer. Then anchor the conduit to the plumber's tape. Use 1/4" diameter x 1" round head machine screw, washer and nut.

If you're using gas, have your utility company or a licensed plumber install a flexible hose where the gas line connects to the water heater at its base. Install flexible hoses for the water connections as well.



BE INFORMED

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EMERGENCY BASICS

I. BEFORE an Emergency:

1. Know how to turn off gas, water and electricity to your home.
2. Know Basic First Aid.
3. Have a "72 Hour Emergency Kit" readily available.
4. Keep your car 1/2 full of gas.
5. Have a plan for reuniting your family - one place right outside your home and another outside the immediate neighborhood.
6. Have an "out of area" contact person - every family member needs to know the number or have it with them.
7. Have operational smoke alarms, carbon monoxide alarms and fire extinguishers installed.
8. Children at school - make sure your list of adults authorized to pick up your children is current and complete. Tell older children who self transport to follow the instructions of authorities.
9. Know your neighbors, their skills and their needs Plan how you could help each other - special needs, elderly, disabled, child care if children come from school and parents cannot get home. Working together as neighbors can save lives and property.
10. Have a "**Home Hazard Hunt**" -
 - Repair defective electrical wiring and leaky gas connections
 - Secure water heater with straps to stud walls
 - Fasten shelves securely
 - Place large heavy objects on lower shelves
 - Hang pictures and mirrors away from beds
 - Brace overhead light fixtures, china cabinets, bookcases, top heavy objects
 - Store weed killers pesticides and flammable products away from heat
 - Clean and repair chimneys, flue pipes, vent connections and gas vents
 - Place oily rags or waste in covered metal cans
 - Clear surrounding brush or weeds 30' from home
 - Take care of anything that could move, fall, break, or cause a fire

II. DURING an Emergency

1. STAY CALM, REASSURE OTHERS (especially young children), THINK through the consequences of any action.
2. DO NOT TIE UP TELEPHONE LINES needed for emergency operations.
3. LISTEN to portable radio for ALL weather service advisories. KSL 1160AM
4. REMAIN INDOORS, Stand in hallway, strong interior doorway or take cover under a desk or table away from glass.
5. FOLLOW ADVICE OF LOCAL AUTHORITIES. If you are told to evacuate, do so promptly. If told to go to a certain location, go straight there and check in.

III. AFTER an Emergency.

1. Check for injuries - provide First Aid
2. Check for safety using a light stick or flashlight. Check for gas, water, or sewage breaks, check for downed electric lines and shorts. "Turn off appropriate utilities only if you suspect the lines are damaged or if you are instructed to do so.

"If you turn the gas off, you will need a professional to turn it back on." FEMA

3. Check for home hazards - fire dangers or dangerous spills. Be aware that spilled bleaches, gasoline and other liquids may produce deadly fumes when chemicals mix. Get advice from emergency personnel on how to clean up spilled liquids especially if there are noxious fumes.
4. Listen to the radio for specific instructions from Public Safety agencies.
 - * Local Media will announce change in school openings and closings
5. Wear shoes.
6. Stay off the telephone except to report emergencies.
7. Check on neighbors especially the elderly, disabled or those with small children
8. After the emergency is over, let relatives know how and where you are.

IN CASE OF . . .

EARTHQUAKE:

BEFORE:

Follow Emergency Basics 1-9 plus.....

10. Know the earthquake plan for your children's school. Discuss it with them.
11. Have earthquake drills
 - Identify safe spots in each room
 - Act out getting to the safe spot in less than 2 seconds and covering your head
 - Identify danger zones to stay away from bookcases, windows, furnishings that could fall
 - Drill: Once a month have a child yell "EARTHQUAKE" - Everyone should respond then discuss choices made

DURING:

1. STAY CALM, REASSURE OTHERS: expect loud noises, sounds will come from the motion of the ground, the structure of the building, and from falling objects.
 2. IF INSIDE: Stay inside and find protection in a doorway, hallway, under a desk or table, away from tall book shelves, or glass. Avoid (brick) masonry walls, chimneys fireplaces. Cover your head and face with anything handy (coat, blanket, cardboard) to shield from falling debris and splintering glass.
 3. IF OUTSIDE: Stay there, move away from buildings, trees, power poles/lines. The greatest danger from falling debris is just outside doorways and close to outer walls.
 4. IF DRIVING: Stop as soon as possible. Never stop on or under bridges, overpasses, under power lines or where buildings can fall on you, stay in the vehicle. A car is an excellent shock absorber, it will shake but is fairly safe. When you drive on watch for hazards created by the earthquake such as fallen objects, downed power lines, broken or undermined roads.
 5. IF IN AN OFFICE BUILDING: Stay next to a pillar or support column, under a heavy table or desk, away from windows. File cabinets should not open toward you.
 6. IF AT A PUBLIC EVENT: theater/ athletic stadium: drop to the floor between the seats, cover your head, hold on and ride it out. DO NOT RUSH FOR THE EXITS as hundreds of others will do. Leave calmly, avoid elevators, watch for panic in crowds.
- #### **AFTER:** Be prepared for additional aftershocks.
1. Check for injuries - provide emergency First Aid. Do not try to move seriously injured persons.
 2. Be prepared to respond to psychological needs created by the trauma of the experience. Stay with small children - they fear separation during times of stress.
 3. Check for safety. Turn off appropriate utilities. Check for gas, water, sewage breaks.
 - Check for downed electric lines and shorts.
 - Check for fire hazards, chemical spills, toxic fumes. If there is leaking gas, leave the house and report to authorities.
 - Check building for cracks around chimney and foundation.
 - Open cabinets and closets carefully and be ready for falling objects
 4. Flashlights or lightsticks are safe: Do not turn on electrical switches, light matches, or create sparks until you are sure there are no gas leaks.
 5. Wear shoes - clean up dangerous spills and broken glass and debris.
 6. Listen to the radio for specific instructions from Public Safety agencies.
 7. Stay off the telephone except to report emergencies - put phones back on the hooks.
 8. Stay out of severely damaged buildings, aftershocks may finish them off.
 9. Confine or leash frightened pets.

10. NEVER ASSUME DOWNED POWER LINES ARE DEAD - or you may be!
People, metal and damp objects are good electrical conductors. To avoid shock and serious burns stay back. If you are in your car, and live wires have fallen across the car, remain in your car until help arrives. If trying to rescue someone in contact with live wires, use a wooden pole or other non conductive material to move the wire.
11. Do not go sightseeing.
12. Notify family to let them know how and where you are. If you must leave, leave a message of your intended route and destination and who is with you.
13. Practice strict sanitation. Keep fingers out of mouths.

POWER OUTAGE:

BEFORE:

1. Know the location of electrical fuse box and circuit breaker.
2. Have antifreeze.
3. Have emergency supplies (water, food, first aid, flashlight, etc.)

DURING:

1. Unplug all major appliances. When the power comes on, the power surge could ruin appliances.
2. Report any downed power lines.
3. DO NOT OPEN the refrigerator and freezer doors.
4. In case of long term power failure in the winter, you may need to winterize your home to protect your pipes from freezing.
 - Shut off the water at the street.
 - Drain all the water from your pipes at the lowest faucet. Flush all toilets so there is no water left in them.
 - Turn off the gas to the water heater and drain it.
 - Pour antifreeze in all drains, toilet bowls and toilet tanks.

3. Leave for a location with power or stay in your home. If you stay, it is easier to heat one room than the whole house.
Remember that heating/cooking equipment requiring gasoline, propane, white gas, coalman fuel or charcoal briquets should not be used inside.

AFTER:

1. When the power comes on, plug in appliances one by one to prevent overloading the system.
2. Turn the water back on. Be sure all taps are turned off first.
3. Check the food in the refrigerator/freezer. If the door is not opened, food in the refrigerator should stay cold up to 6 hours. Foods "*warmer than refrigeration*" temperatures more than 2 hours should be discarded. If food from the freezer is still as cold as refrigeration temperatures, it can be eaten but do not re-freeze. Meat that still has ice crystals can safely be re-frozen. If meat is thawed and "refrigeration cold", it can be cooked and eaten or re-frozen. In a well filled freezer, food will have ice crystals for about 3 days.(USU Extension)

HIGH WINDS

BEFORE:

1. Secure objects such as outdoor furniture, tools, trash cans, etc.
2. Have emergency supplies: water, food, first aid, etc.
3. Listen to the radio for weather updates.
4. Be prepared to board or tape up windows.
5. Open a window at the opposite end of the house about 1" to relieve pressure.

DURING:

1. Take shelter in center hallways, closets or basement areas away from windows.
2. Avoid areas where flying objects may hit you.

AFTER:

1. Clean up.
2. Windows: use duct tape and plastic to mend if cracked; plywood to board up if broken.

SEVERE THUNDER & LIGHTNING:

INDOORS:

1. Stay away from open doors, windows, fireplaces.
2. Close the curtains to protect you from shattered glass.
3. Don't use electrical equipment (hair dryers, electric blankets, etc) during the storm.
3. Don't use the telephone except for emergency. Lightning may strike telephone lines.

OUTDOORS:

1. Don't use metal objects (lawn mowers, fishing rods, golf clubs. Remove metal cleated golf shoes).
2. Get out of the water and off of small boats.
3. Avoid being the highest object in any area. **If you feel an electrical charge** (your hair stands on end or skin tingles) drop to the ground in a crouched position with hands on knees and your head between them. **DO NOT** lie flat on the ground.

FIRST AID:

1. Persons struck by lightning receive a severe electrical shock and may be burned where the lightning entered and left the body, but they can be handled safely, they carry no electrical charge.
2. A person struck by lightning can often be revived by prompt mouth to mouth resuscitation, cardiac massage and prolonged artificial respiration.

BLIZZARDS:

Listen to weather advisories and avoid traveling in blizzard conditions if possible.

If you are trapped in a car by a blizzard:

1. Stay in the vehicle, do not attempt to walk out; disorientation occurs quickly in blowing, drifting snow.
2. Avoid overexertion from trying to push the car out or shoveling heavy drifts.
3. Run the motor only about 10 minutes each hour for heat and only with a rear window slightly open for ventilation. Be cautious of carbon monoxide poisoning make sure the exhaust pipe does not become blocked with snow.
4. Make yourself visible: raise the hood, tie red cloth to the antenna.
5. Exercise by clapping hands, moving fingers, arms, legs to keep blood circulating. Change positions frequently.
6. Do not eat snow - it will lower your body temperature.
7. Keep watch - do not allow all occupants of the car to sleep at once.

FLOODS:

BEFORE:

1. Find out if your residence is in a probable flood plain. Make plans what to do, where to go.
2. Store emergency supplies: water, food, first aid, medications, documents, radio, flashlights etc.
3. Listen to the radio or TV for changing weather conditions.
1. Place sandbags, lumber, plastic sheeting etc. in strategic places. (Sandbags should be stacked away from the building far enough to avoid damaging the walls.)
2. Make sure vehicles are at least ½ full in case of evacuation.
3. Prepare for evacuation.
1. Move valuables to an upper floor or as high as possible.

DURING:

1. Stay calm.
2. If there is time, disconnect all gas and electric appliances. Shut off the main water valve to keep contaminated water from entering the house. Also shut off the power at the main breaker. Remember, if you shut off the gas, a professional will have to come turn it back on.
2. If asked to evacuate, use travel routes recommended by local authorities to reach the Evacuation Center. Drive slowly in water, use low gear. If your car stalls, abandon it as soon as possible.
3. Listen for further instructions on the emergency frequency of your radio. (KSL 1160 AM)

AFTER:

1. Do not return home until local authorities say that it is safe.
2. Check your home carefully for structural damage, gas leaks and downed electrical wires.
3. Don't use electrical appliances that have been flooded until repaired.
4. Don't use food that has been contaminated by flood waters.
5. Don't drink tap water until authorities say it is safe to do so.
6. Clean everything. Flood water carries contaminants and disease. Throw out all wet food, medicines and cosmetics.

FIRES:

TAKE AWAY FUEL

TAKE AWAY AIR

TAKE AWAY HEAT

PREVENTION

1. Practice fire resistant housekeeping, discard rubbish, trash, oily rags in metal cans outside home. Use proper size fuses, replace frayed cords, don't

overload electrical outlets.

2. Store flammable liquids outside the home in tightly closed metal containers.
3. Maintain smoke detectors and fire extinguishers in working order.
4. Keep garden hose near the faucet, especially in the winter when fire danger is the greatest
5. Keep oak brush, weeds, etc cut back at least 30' from the house

BASIC FIREFIGHTING

1. Keep an escape route between you and the fire.
5. Point the fire retardant at the base of the fire, where the flames meet the fuel in asweeping motion.
3. If your clothes catch on fire:

STOP! DROP! And ROLL!!

4. Escape: Have two ways out of every room. GET OUT FAST! Don't stop to dress, gather pets, valuables or toys. Smoke and toxic gasses rise and can kill you in minutes. Crawl on your hands and knees. Take short small breaths. Cover mouth with a cloth if possible. If a door is hot, do not open it. Keep doors and windows closed. ONCE OUT - STAY OUT!
5. Have a pre-arranged meeting place outside. When 2 people arrive one should leave to call the fire department. The 2nd stays to tell the family the 1st has gone so no one tries to go back in to find him.

TYPES OF FIRES

Electrical fires - be sure to shut off the electricity first. Then put out the flames with an extinguisher, water or other fire retardant. **IF YOU CAN'T SHUT OFF THE ELECTRICITY, DO NOT USE WATER ON AN ELECTRICAL FIRE.**

Oil Grease or Gasoline Fire - Smother the flames. Use your fire extinguisher, a lid, bread board, salt, baking soda, or earth. DO NOT USE WATER.

Gas Fire- Shut off the gas supply. Use a fire extinguisher, water, sand or earth.

CHEMICAL:

Hazardous Materials are chemical substances, which if released or misused, can pose a threat to our health and/or environment. This is most likely in the case of a tanker spill on the highway.

ON THE SCENE:

1. If you witness a Chemical emergency, stay clear of the chemical and vapors or smoke. CALL 911.
2. If you are in a vehicle, close the windows, turn off the air systems, and leave the area.

NOTIFICATION:

Orders to Evacuate or Shelter-In-Place may be given if there is a threat to the community.

You may be notified by:

1. City Watch - a reverse 911 system with a pre-recorded message.
2. A knock on the door by uniformed fire or police personnel or by CERT volunteers.
3. An announcement by loud speaker from an official police or fire department vehicle.
4. The Emergency Alert System on TV or Radio.
5. Sirens at a local refinery or business.
6. Neighborhood block captain.

IF YOUR NEIGHBORS TELL YOU THEY RECEIVED NOTIFICATION, IT PROBABLY APPLIES TO YOU TOO!

EVACUATE:

If you are requested to evacuate directions may be provided for safe routes to

follow. Go to a designated shelter - "reception center" to check in then you may go to another safe location (home of a relative or friend, motel etc)

1. Take 72 hour kits - include all necessary medications for extended period of time.
2. Shut off all appliances.
3. Leash or cage pets and/or take them with you, if possible. However, most shelters will not accept pets.
4. Lock all doors and windows. Leave a message as to where you have gone.
5. Follow given evacuation routes.

SHELTER-IN-PLACE

This is a method of protecting yourself, family and small pets from the effects of a released chemical.

1. If possible, bring pets inside.
2. Go inside, close and lock all doors and windows to the outside.
3. Turn off all heating/air conditioning systems and switch vents to the "closed" position.
4. Close all fire place dampers.
5. Go to one room and
 - Use a basement room only as a last resort. Some chemicals are heavier than air and may seep into basements.
 - Choose a room with a bathroom attached if possible.
 - Seal all windows, doors, and vents with plastic sheeting, wax paper, or other material and tape. Include spaces around pipes.
 - Place damp towels under doorways
 - Close the drapes/shades over windows and stay away from the windows.
6. Remain in place until you are told by police or fire personnel or through radio/TV broadcasts that it is safe to leave.
7. When the chemical emergency is over, open all doors and windows for ventilation.

UTAH HOMELAND SECURITY

Shortly after September 11, 2001, Governor Mike Leavitt directed the creation of the Utah Homeland Security Task Force (HLS). Its mission is to secure and protect the safety, health, well being and rights of all people in Utah from man-made threats. The Homeland Security Advisory System Provides a means to distribute information regarding the risk of terrorist acts to Federal, State and local authorities and the American people. The threat level warnings are issued as following:

RED - Severe Risk - terrorist attack has occurred or one is imminent. Comes from a specific location or critical facility.

- Expect delays, bag search & traffic.
- Restrictions to public buildings.
- Avoid crowded gatherings.
- Do not travel in areas affected.
- Keep emergency supplies accessible.
- Report suspicious people.
- Monitor Emergency Alert news.

ORANGE - High Risk - indications that there is a high risk of local terrorist attack but no specific target.

- Continue normal activities but expect delays.
- Continue to monitor world & local events.
- Avoid leaving unattended packages etc. in public area.
- Inventory emergency supply kits.
- Discuss family emergency plan.
- Be alert to your surroundings & monitor your children.
- Maintain close contact with family & neighbors.

YELLOW - Elevated Risk: Elevated - risk of terrorist attack but no specific region or target identified.

- Continue normal activities but report suspicious activities.
- Take a first aid or CERT class, become active in Crime Watch.
- Network with family, neighbors & community for support during attack.
- Learn about critical facilities in your community & report, suspicious activities near them.

GREEN - Guarded Risk - General risk, no credible threats or target

- Continue normal activities, but be watchful for suspicious activities.
- Increase family emergency preparedness, supplies, food, water & emergency family plan.
- Monitor local & national news.
- Update immunizations.

Low Risk - Low risk of terrorism. Routine security is implemented.

- Continue to enjoy individual freedom.
- Be prepared for disaster & family emergencies.
- Support the efforts of your local emergency responders.
- Know what natural hazards are prevalent in your area & what you can do to protect your family.

OVERVIEW of POSSIBLE THREATS

Be Informed Disaster preparedness is no longer the sole concern of earthquake prone Californians and those who live in the part of the country known as "Tornado Alley." For Americans, preparedness must now account for man-made disasters as well as natural ones. Knowing what to do during an emergency is an important part of being prepared and may make all the difference when seconds count.

Biological Threat

A biological attack is the deliberate release of germs or other biological substances that can make you sick. Many agents must be inhaled, enter through a cut in the skin or be eaten to make you sick. Some biological agents, such as anthrax, do not cause contagious diseases. Others, like the smallpox virus, can result in diseases you can catch from other people.

Unlike an explosion, a biological attack may or may not be immediately obvious. While it is possible that you will see signs of a biological attack, as was sometimes the case with the anthrax mailings, it is perhaps more likely that local health care workers will report a pattern of unusual illness or there will be a wave of sick people seeking emergency medical attention. You will probably learn of the danger through an emergency radio or TV broadcast, or some other signal used in your community. You might get a telephone call or emergency response workers may come to your door.

In the event of a biological attack, public health officials may not immediately be able to provide information on what you should do. It will take time to determine exactly what the illness is, how it should be treated,

and who is in danger. However, you should watch TV, listen to the radio, or check the Internet for official news including the following:

- Are you in the group or area authorities consider in danger?
- What are the signs and symptoms of the disease?
- Are medications or vaccines being distributed?
- Where? Who should get them?
- Where should you seek emergency medical care if you become sick?

During a declared biological emergency:

If a family member becomes sick, it is important to be suspicious.

- Do not assume, however, that you should go to a hospital emergency room or that any illness is the result of the biological attack. Symptoms of many common illnesses may overlap.
- Use common sense, practice good hygiene and cleanliness to avoid spreading germs, and seek medical advice.
- Consider if you are in the group or area authorities believe to be in danger.
- If your symptoms match those described and you are in the group considered at risk, immediately seek emergency medical attention.

If you are potentially exposed:

- Follow instructions of doctors and other public health officials.
- If the disease is contagious expect to receive medical evaluation and treatment. You may be advised to stay away from others or even deliberately quarantined.
- For non-contagious diseases, expect to receive medical evaluation and treatment.

If you become aware of an unusual and suspicious substance nearby:

- Quickly get away. Do not wait to be told!
- Protect yourself. Cover your mouth and nose with layers of fabric that can filter the air but still allow breathing. Examples include two to three layers of cotton such as a t-shirt, handkerchief or towel. Otherwise, several layers of tissue or paper towels may help.
- Wash with soap and water.
- Contact authorities.
- Watch TV, listen to the radio, or check the Internet for official news and information including what the signs and symptoms of the disease are, if medications or vaccinations are being distributed and where you should seek medical attention if you become sick.
- If you become sick, seek emergency medical attention.

Chemical Threat

A chemical attack is the deliberate release of a toxic gas, liquid or solid that can poison people and the environment. It is most likely to happen in a crowded place.

Possible Signs of Chemical Threat

- Many people suffering from watery eyes, twitching, choking, having trouble breathing or losing coordination.
- Many sick or dead birds, fish or small animals are also cause for suspicion.

If You See Signs of Chemical Attack:

- Find Clean Air Quickly
- Quickly try to define the impacted area or where the chemical is coming from, if possible.
- Take immediate action to get away.
- If the chemical is inside a building where you are, get out of the building

without passing through the contaminated area, if possible.

- If you can't get out of the building or find clean air without passing through the area where you see signs of a chemical attack, it may be better to move as far away as possible and "shelter-in-place."
- If you are outside, quickly decide what is the fastest way to find clean air. Consider if you can get out of the area or if you should go inside the closest building and "shelter-in-place."

If You Think You Have Been Exposed to a Chemical

If your eyes are watering, your skin is stinging, and you are having trouble breathing, you may have been exposed to a chemical.

- If you think you may have been exposed to a chemical, strip immediately and wash.
- Look for a hose, fountain, or any source of water, and wash with soap if possible, being sure not to scrub the chemical into your skin.
- Seek emergency medical attention.

Explosions

If there is an explosion:

- Take shelter against your desk or a sturdy table.
- Exit the building ASAP.
- Do not use elevators.
- Check for fire and other hazards.
- Take your emergency supply kit if time allows.

If There is a Fire

- Exit the building ASAP.
- Crawl low if there is smoke

- Use a wet cloth, if possible, to cover your nose and mouth.
- Use the back of your hand to feel the upper, lower, and middle parts of closed doors.
- If the door is not hot, brace yourself against it and open slowly.
- If the door is hot, do not open it. Look for another way out.
- Do not use elevators
- If you catch fire, do not run. Stop-drop-and-roll to put out the fire.
- If you are at home, go to a previously designated meeting place.
- Account for your family members and carefully supervise small children.
- Never go back into a burning building.

If You Are Trapped in Debris

- If possible, use a flashlight to signal your location to rescuers.
- Avoid unnecessary movement so that you don't kick up dust.
- Cover your nose and mouth with anything you have on hand. (Dense-weave cotton material can act as a good filter. Try to breathe through the material.)
- Tap on a pipe or wall so that rescuers can hear where you are.
- If possible, use a whistle to signal rescuers.
- Shout only as a last resort. Shouting can cause a person to inhale dangerous amounts of dust.

Nuclear Blast

A nuclear blast is an explosion with intense light and heat, a damaging pressure wave and widespread radioactive material that can contaminate the air, water and ground surfaces for miles around. During a nuclear incident, it is important to avoid radioactive material, if possible. While experts may predict at this time that a

nuclear attack is less likely than other types, terrorism by its nature is unpredictable.

If there is advanced warning of an attack:

Take cover immediately, as far below ground as possible, though any shield or shelter will help protect you from the immediate effects of the blast and the pressure wave.

If there is no warning:

- Quickly assess the situation.
- Consider if you can get out of the area or if it would be better to go inside a building to limit the amount of radioactive material you are exposed to.
- If you take shelter go as far below ground as possible, close windows and doors, turn off air conditioners, heaters or other ventilation systems. Stay where you are, watch TV, listen to the radio, or check the Internet for official news as it becomes available.
- To limit the amount of radiation you are exposed to, think about shielding, distance and time.
 - Shielding: If you have a thick shield between yourself and the radioactive materials more of the radiation will be absorbed, and you will be exposed to less.
 - Distance: The farther away you are away from the blast and the fallout the lower your exposure.
 - Time: Minimizing time spent exposed will also reduce your risk.

Use available information to assess the situation. If there is a significant radiation threat, health care authorities may or may not advise you to take potassium iodide.

Potassium iodide is the same stuff added to your table salt to make it iodized. It may or may not protect your thyroid gland, which is particularly vulnerable from radioactive iodine exposure. Consider

keeping potassium iodide in your emergency kit, learn what the appropriate doses are for each of your family members. Plan to speak with your health care provider in advance about what makes sense for your family.

For more information, see Potassium Iodide from Centers for Disease Control.

For more general information, see "Are you Ready?" from Federal Emergency Management Agency.

Radiation Threat

A radiation threat, commonly referred to as a "dirty bomb" or "radiological dispersion device (RDD)", is the use of common explosives to spread radioactive materials over a targeted area. It is not a nuclear blast. The force of the explosion and radioactive contamination will be more localized. While the blast will be immediately obvious, the presence of radiation will not be clearly defined until trained personnel with specialized equipment are on the scene. As with any radiation, you want to try to limit exposure. It is important to avoid breathing radiological dust that may be released in the air.

If There is a Radiation Threat or "Dirty Bomb"

- If you are outside and there is an explosion or authorities warn of a radiation release nearby, cover your nose and mouth and quickly go inside a building that has not been damaged. If you are already inside, check to see if your building has been damaged. If your building is stable, stay where you are. Close windows and doors; turn off air conditioners, heaters or other ventilation systems.
- If you are inside and there is an explosion near where you are or you are

warned of a radiation release inside, cover nose and mouth and go outside immediately. Look for a building or other shelter that has not been damaged and quickly get inside. Once you are inside, close windows and doors; turn off air conditioners, heaters or other ventilation systems.

- If you think you have been exposed to radiation, take off your clothes and wash as soon as possible.
- Stay where you are, watch TV, listen to the radio, or check the Internet for official news as it becomes available.
- Remember: To limit the amount of radiation you are exposed to, think about shielding, distance and time.
 - Shielding: If you have a thick shield between yourself and the radioactive materials more of the radiation will be absorbed, and you will be exposed to less.
 - Distance: The farther away you are away from the blast and the fallout the lower your exposure.
 - Time: Minimizing time spent exposed will also reduce your risk.

As with any emergency, local authorities may not be able to immediately provide information on what is happening and what you should do. However, you should watch TV, listen to the radio, or check the Internet often for official news and information as it becomes available.

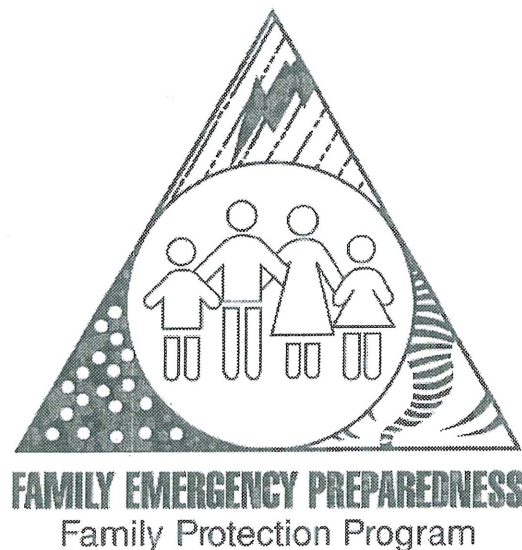
For more general information, see "Are you Ready?" from Federal Emergency Management Agency. www.fema.gov

Other Sources of Information

Emergency Preparedness Information:

www.beprepared.com - (Emergency Essentials)
www.bt.cdc.gov (CDC - Emergency Preparedness & Response)
www.citizencorps.gov/programs/cert.shtm (Community Em. Response)
www.des.ut.gov (Utah State Division of Emergency Services & Homeland Security)
www.disaster-resource.com (Disaster Resource Guide)
www.fruitheightscity.com (Fruit Heights City)
www.fema.gov (Federal Emergency Management Agency)
www.geology.utah.gov (Utah Geological Survey)
www.hlunix.hl.state.ut.us/ (Utah Department of Health)
www.nws.noaa.gov (National Weather Service)
www.neic.usgs.gov (National Earthquake Information Center)
www.nod.org/emergency/index (National Organization on Disability >Emergency Preparedness)
www.providentliving.org (LDS church) - guides to food storage, preparation
www.ready.gov (US Department of Homeland Security) much good information
www.redcross.org/services/disaster/ (American Red Cross)
www.training.fema.gov/emiweb/CERT/ (CERT Training)

Check Google or other web search engines for emergency preparedness products and information
This is a partial list and is intended for information only.
Fruit Heights City does not endorse any of the above listed sources.



Notification For Emergency Personnel

The following colored paper should be put (taped) on the front door or the front of your house where it may be easily spotted by Emergency Services personnel.

GREEN: ALL IS WELL

YELLOW: WE NEED HELP BUT IT IS NOT CRITICAL

RED: WE NEED IMMEDIATE HELP

BLACK: THERE IS A DECEASED PERSON HERE

WHITE: THIS HOME IS VACANT - NOBODY IS HOME --
ALREADY EVACUATED

The black card is used in conjunction with any of the other four colors of paper, depending on the situation.

These colored sheets can be replaced by blank sheets of similar colors.

GREEN

**ALL
IS
WELL**

**WE NEED
HELP
BUT IT IS
NOT
CRITICAL**

RED

**WE
NEED
IMMEDIATE
HELP**



White

**THIS HOME IS
VACANT
OR
NOBODY IS
HOME
OR
ALREADY
EVACUATED**

We have gone to _____ Phone _____

WE includes _____