

EMERGENCY PREPAREDNESS

HANDBOOK

Colville First Ward

The Church of Jesus Christ of Latter-day Saints

May 2020

Emergency Preparedness Handbook

INTRODUCTION

Since the 1930s, The Church of Jesus Christ of Latter-day Saints has taught the necessity and wisdom of provident living and providing for our own needs. However, the past years of prosperity and plenty have lulled many into a false sense of security and we have become lax in our commitment to heed those profound teachings. The COVID-19 pandemic has served as a great awakening for the need to be prepared.

I have been given the challenge to invite and encourage people to develop, or increase, their efforts in preparing for emergencies. To help you be successful, I have compiled this Emergency Preparedness Handbook as a guide. Please adapt the ideas, suggestions, and recommendations to fit the needs of your own family.

The goal for each of you is to:

- Know what to do during a variety of possible emergency situations;
- Have a 72 hour kit for each member of your family;
- Have a Grab and Go file containing important, necessary and irreplaceable documents;
- Be debt free with cash available for emergencies;
- Have a three-month supply of food for normal meals;
- Have a long-term (year) supply of basic foods and water to sustain life;
- Have a Will or Trust designating your wishes for who would raise your children, end-of-life health care, and the distribution of your estate; and
- A draft plan for your burial and funeral arrangements

We are assured that “If we are prepared we shall not fear.” The Lord will bless you for your obedience in planning and preparing for the future, this I know! I assure you that peace will be your companion and replace former fears; your faith in Jesus Christ will increase and you will learn to trust Him in ways you never thought possible as you successfully prepare ‘every needful thing’. Please do your very best to make Emergency Preparation a priority in your family.

If you would like a PDF (including fillable forms) of the Handbook to share with family and friends, I will be happy to email you a copy. If you have questions or need any assistance, I am here to help.

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April 2020

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What You Need for Survival

What are the basic elements of survival? Contrary to popular belief, electricity, natural gas and indoor plumbing are not on the list. The basic elements are the same for everyone. However, each person based on his knowledge and experience, may require more or less man-made equipment to survive. A true survivalist can be dropped in the wilderness with no equipment, water, clothing, or food and be able to survive for an indefinite period. On the other hand, some people may lack the skills to survive if the electricity goes off for an extended time in cold weather. Most of us would be classified somewhere between these two extremes, but regardless of your skill level, the basic elements for survival are:

- Air 4 to 6 minutes without
- Shelter Depends on the weather
- Water 3 to 5 days without
- Fire Often necessary to keep warm/dry and to cook food
- Food **Starvation Metabolism – read immediately below**

“Your body stores enough carbohydrates to maintain your blood sugar to last anywhere from two (2) hours if you’re active, to 24 hours if you’re lying in bed. After carbohydrate stores are depleted, the body will begin breaking down muscle. Some of the amino acids from muscle can be converted into sugar, which are primarily used to maintain your blood sugar. This is not ideal, because the body is unable to differentiate between skeletal muscle (biceps, quadriceps, etc.) and cardiac muscle (your heart).

“If you have not eaten for 1-3 days, body fat becomes the main source of energy, known commonly as ketosis. For the average person, this is okay. Some body organs depend on sugar for their fuel such as the brain, but can adapt to using ketones, if needed. However, ketosis can be dangerous if you are diabetic, pregnant, or breastfeeding.

“There is no single macronutrient (carbohydrates, fats, and protein) that is more important than the other. All are essential for life. If you are in a situation with limited food options, having one mid-day meal and a bedtime snack should prevent many of the negative metabolic consequences of starvation.” (Colton R. Schille, MPH, RD, CNSC, LDN)

Survival Tools

As a general rule, avoid products that require batteries, or use consumables such as gasoline and propane, unless you have large storage tanks for fuel. If you can, look for radios and flashlights that can be powered by hand or contain rechargeable batteries and a self-contained solar panel. Spend your money wisely, as the amount you might spend on a night vision device could buy you a month’s supply of food. Following are a list of tools that could be very useful in a true survival situation:

- | | | |
|--------------------------|--------------------------|----------------------------------|
| Axe and/or hatchet | Bicycle | Bucket |
| Cast iron pan/Dutch oven | Chain saw, spare gas/oil | Fire starters |
| Knife | Light sources | Rope |
| Sharpening stone | Shortwave radio | Shovel |
| Tin cups/plates | Tarps/plastic sheets | Wheat grinder/mill, non-electric |
| Water jugs, plastic | Wrenches | |

Emergency Phone Numbers

Signup for Stevens County emergency alerts and weather:

Go to www.stevenscountywa.gov; at the top of the screen select Government; now select Emergency Services; then select Resources on the left; now select Hyper-reach sign-up and complete the form.

To review the Stevens County Emergency Plan (CEMP & HMP):

Go to www.stevenscountywa.gov; at the top of the screen select Government; now select Emergency Services; then select Resources on the left; now select CEMP & HMP.

Signup for Outage Alerts from Avista: myavista.com/sign-in

Avista	1-800-227-9187
City of Colville	
City Clerk	684-5094
Water/Sewer	684-2244
Emergency	911
Fire Dept/Fire District	911 The dispatcher will route your call to the appropriate Fire Dept or Fire District. If you don't live within city limits or a fire district, they may not respond to your call. <u>Join your local Fire District.</u>
Stevens County Sheriff	911
Business office	684-5296
After Hours Only	684-2555
Washington State Patrol	911
Colville Office	684-7431

Medical Facilities:

Colville Community Health Center, 358 North Main, Colville	684-1440
Heartland Medicine Colville Clinic, 250 South Main, Colville	684-7925
Providence Mount Carmel Hospital, 982 East Columbia, Colville	685-5100
Providence Northeast Washington Medical Group, 1200 E. Columbia, Colville	684-3701

Ministering Priesthood (Pastor): _____

Family Members: _____

Personal Family Evacuation Plan

Practice with your family

The following suggestions are from FEMA and others with experience:

- If you are asked to evacuate, please do so as quickly as possible.
- Wear protective clothing and sturdy shoes, even in summer.
- Take your 72-Hour Emergency Kit, your Grab and Go container, medications for at least 72 hours, cell phone charger and items listed below. Be prepared to be gone longer than you might think. Once you leave, you may not be allowed to return home.
- Put your pets on a leash or in a carrier 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.
- Lock all doors and windows. Be sure that all appliances, large and small, are turned off, and that candles are out.
- Leave a note on your front door where you have gone and who is with you.
- Check in with your ministering Priesthood.
- Follow travel routes recommended by local authorities to reach evacuation destination.
- 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:

In case your home is destroyed and/or you are unable to return, identify items that are **irreplaceable** (journals, family photos, scrapbooks, family heirlooms, family records) and have a plan so you can grab them and take them with you.

Item	Location

What to do in an Emergency

- Ensure the safety of your own family
- Report your status to your ministering Priesthood
- Check on the status of the families you minister to
- If you evacuate your home, follow your Personal Family Evacuation Plan
 - Do not attempt emergency rescue unless trained or if you are alone.
 - Do not administer Advanced First Aid unless you are trained.
 - Do not attempt to move any electrical obstructions such as downed power lines.
 - Do not turn off the natural gas to your house unless you detect a leak.

Shelter-in-Place Checklist

General Preparation

- Keep your vehicle at least half-full of gasoline at all times.
- Bathe, change clothes.
- Run the dishwasher and do the laundry.
- Fill tubs and washing machines with water.
- Unplug computers, TVs, and other important electrical appliances.
- Turn the freezer to the coldest temp, put in dry ice, and cover with a blanket. Eat perishables first.
- Feed pets.
- Listen to the TV or radio for instructions from emergency officials.
- Check on your neighbor, especially the elderly or disabled.

Winter Storms

- Layer Clothing and wear a hat. See Keeping Warm
- Arrange for an emergency heat supply, allowing for ventilation.
- Shut blinds and drapes. Insulate windows with newspapers and blankets
- Hang sheets in open doorways to block off a room
- Seal the freezer with duct tape and cover it with a blanket.
- Put perishables outside in a lined garbage can.
- Run water at a dribble and wrap pipes, so they won't freeze
- Obtain emergency water
- Avoid overexertion that can cause a heart attack.

Thunderstorms with Lightning

- Stay indoors.
- Unplug all electrical items including heaters, and air conditioners.
- Avoid using running water.
- If driving, stay in the car.
- Get out of water and off small boats.
- Stay away from metal objects, motorcycles, bicycles, wire fences, sheds, etc.
- Don't stand underneath a tree or project yourself above the surrounding landscape. Get into a cave, ditch, or canyon if outdoors.
- People struck by lightning do not carry an electrical charge and may be handled safely. A person killed by lightning can often be revived by CPR.
- In a group struck by lightning, the apparently dead should be treated first.

Shelter-in-Place Checklist

Tornados or High Winds

- Secure outdoor objects.
- Close windows, drapes, and shutters.
- Listen to the TV or radio. **Tornado Watch**—tornadoes possible, **Tornado Warning**—tornado has been seen. Stay away from windows, heavy objects, chimneys, etc.
- Shelter in a basement, interior hallway, bathroom, open ditch. Stay away from cars.
- Get under something sturdy and protect your head from flying debris.
- Check for injuries after.
- Look out for broken glass and downed power lines.
- Do not enter damaged buildings.

Nuclear

- Shelter below ground in building of heavy construction. Move dirt around the outside of your shelter.
- Turn off air conditioner, furnace, fans, and block other air intakes.
- Warning Signals: **Attention/alert**—steady 3-5 minute blast of sirens, **Attack warning**—rising and falling tone.
- What happens:
 - Heat Wave—take cover behind a wall
 - Shock Wave—Curl up in a ball and cover your head
 - Wind—will blow out and then back
 - Fallout—starts after 30 minutes and lasts for 72 hours to 14 days. Shelter underground until local authorities advise leaving. If traveling, go upwind.
- After:
 - Wash hair, nose and contaminated clothing thoroughly.
 - Take potassium iodide (two 130 mg tablets per day for 14 days)
 - Guard against secondary infection.

Evacuation Checklist

Before an Evacuation

- Choose a location outside your home to gather and account for each family member.
- Assemble a message jar with pencils and paper. Put in a hiding place outside your home for family members to leave messages for each other in the event that your home is unsafe.
- Choose a place outside your neighborhood to gather. Discuss routes from work and from school.
- Find out where children will be sent if they are in school when an evacuation starts.
- Make up a family code word to help children identify trusted adults.
- Keep your car at least half filled with gas and have an extra can of gas.
- Complete the list of irreplaceable items and location. (Personal Family Evacuation Plan).

Immediate Evacuation

- Grab: 72 Hour Kit
 - Grab and Go File Container & items on your Personal Family Evacuation Plan
 - First Aid Kit
- Leave note where you went on your front door.
- Meet at the designated family meeting place.
- Contact your ministering Priesthood.**

Evacuation with Advance Notice

- Warn family members and neighbors.
- Gather: 72 Hour Kit
 - Grab and Go File Container & items
 - Equipment: Tent, sleeping bags, pads, food for 2 weeks, cooking equipment, pillows, blankets, cell phone, and charger
 - Medicines: (Don't forget toilet paper, wipes, cell phone charger, eye glasses)
 - Activities: comfort items, coloring books, crayons, deck of cards, books
- Pack Clothes for two weeks: Heavy duty shoes, boots, coat, hat, gloves, underclothing
- Gather items listed in your Personal Family Evacuation Plan
- Pets and their supplies
- Change clothes and use the restroom.
- Close blinds and drapes
- Lock the house and remaining vehicles
- Contact your ministering Priesthood**
- Follow all civil instructions for shelter locations and evacuation routes.
- Keep a diary of things as they happen.

Earthquake Checklist

Before an Earthquake:

- Identify safe spots in every room. Not doorways, but under a table.
- FEMA says **Drop, Cover, and Hold On in an earthquake.**
- Secure water heaters and other gas appliances and top-heavy furniture and pictures.
- Put latches on cabinets.
- Put a wrench near the main gas shutoff
- Store heavy duty shoes, a flashlight, and a bottle of water under each bed,
- Do not place beds near chimneys, shelves, large windows, pictures or mirrors.

During an Earthquake:

- Do not run outside! **Drop, Cover, and Hold On**, under beds, tables, desks next to interior walls, couches, or next to bathtubs.
- Stay away from windows, door frames, shelves, mirrors, chimneys, light fixtures, large appliances or furniture pieces, and staircases.
- Cover your face. Shield your head with a coat, blanket, etc.

After an Earthquake:

- Wear heavy shoes and gloves.
- Take care of your own family, then check on your neighbors.**
- Contact your ministering Priesthood.
- Do not light a flame, use light switches, telephones, electrical equip. until you know there is no gas leak.
- Turn off gas only if you smell it, hear a leak, or roaring sound. Once the gas is shut off it will need to be turned back on by the gas company. Refer to instructions.
- Turn off electricity and water only if necessary.
- Don't flush until you know the lines aren't broken.
- Check for fires, downed/damaged utility lines, structural damage, and chemical spills. Do not go into any structurally damaged home. Let the professionals do the job. **Don't become a victim.**
- Check for injuries and administer first aid.
- Report any problems to your ministering Priesthood.**
- Open cupboards and closets carefully.
- Be prepared for aftershocks: Tape windows and cover furniture with blankets or cardboard to protect against further damage.

Fire Checklist

Before a Fire:

- Choose a location outside your home to gather and account for each family member.
- Assemble a message jar with pencils and paper. Put in a hiding place outside your home for family members to leave messages for each other in the event that your home is unsafe.
- Choose a place outside your neighborhood to gather. Discuss routes from work and school.
- Find out where children will be sent if they are in school when an evacuation starts.
- Make up a family code word to help children identify trusted adults.
- Keep your car at least half filled with gas and have an extra can of gas.

During a Fire:

- Get out, do not hide**
- Cover your mouth with a cloth and crawl to the outside.
- Feel doors and doorknobs with the back of your hand to see if they are hot before opening.
- Take a deep breath before opening doors. Turn your head to one side.
- Close doors behind you to prevent drafts.
- Go to the family meeting place. The second person there should notify the fire department.
- When trapped: Stuff a wet cloth around doors
 - Open or break windows at the top to let the smoke out.
 - Open or break windows at the bottom to breathe.
- When a person is on fire: Stop, drop, and roll
 - Wrap up in a blanket
 - Treat for shock
- Electrical Fire: Shut off electricity.
 - Use a fire extinguisher – **not water!**
- Grease Fire: Do not use water or flour
 - Cover with a lid, use a fire extinguisher, baking soda, salt, or sand.

After a Fire:

- Check for injuries and administer first aid.
- Don't reenter the building until officials give permission.

Flood Checklist

Before a Flood:

- Learn the fastest escape routes to higher ground from home, work, and school.
- Confirm that Grab and Go File Container and 72 Hour Kits are protected.
- Prepare the inside of your home:
 - Install check valves in sewer traps or have test plugs that fit your drains.
 - Plug all drains, toilets, sinks, and tubs with test plugs, tennis balls, or racquetballs in socks. Water that goes down also brings sewage up.
- Prepare the outside of your home:
 - Attach extensions to down spouts to direct water.
 - Secure outdoor objects.
 - Board up windows, vents, and doors.
 - Open basement windows to equalize water pressure on foundations and walls.
 - Use polyethylene-covered planking on the outside of the foundation.
 - Sandbag away from house walls.

During a Flood:

- Listen to the local radio or TV for information
 - A flood **WATCH** means flash flooding is possible in your area.
 - A flood **WARNING** means flooding is already occurring or will occur soon.
- Stay away from natural streambeds, beware of flash floods.
- If driving, do not cross where water is above the car axles. Drive slowly and use low gear.
- Watch for damaged roads, slides, and fallen wires.
- If the car stalls, abandon it immediately and seek higher ground.
- If walking, do not cross where water is above your knees.

After a Flood:

- Wear heavy duty shoes and gloves.
- Do not step into water unless the electricity is turned off.
- The water may be full of sewage, which causes serious life-threatening diseases.
- Check for downed utility lines, structural damage AND CHEMICAL SPILLS.
- Do not use an open flame in case of escaping gas.
- Watch for snakes.
- Do not eat or drink anything touched by the floodwater.
- Have wells checked for contamination.

Keeping Your Body Warm

Keep Dry:

Keeping dry is as important as keeping warm when it comes to survival and comfort. An adult normally loses about one liter of water a day through evaporation from the skin and lungs. During a day of strenuous activity, a person can lose ten liters of water. As the body burns energy during physical exertion, it creates heat. The body then produces sweat, which provides a cooling effect as it evaporates. A sweaty person in the cold will have wet clothes or even ice form next to their body. They can lose heat rapidly. The best way to expend the water on your body and keep warm is to have an inner layer of 3/8 inch foam or fleece.

Layers:

The best way to keep warm is by wearing layers. Insulation works by trapping air in tiny pockets that then retain heat, forming a bubble of warmth around your skin. Each layer traps more air, allowing more warmth to be captured. The theory is that the more layers you wear, the warmer you will become.

- **Inner Layer** should be quick drying synthetic made of a lightweight synthetic material that allows perspiration to move away from the skin as it wicks moisture away. A quick-drying fabric with holes is best (think of the holey fabric in football uniforms). Do not use cotton as it absorbs and retains moisture.
- **2nd Layer** is a synthetic fleece shirt and pants. This provides additional wicking of moisture and also insulation. You can also use 3/8 inch open-cell foam.
- **3rd Layer** is a jacket that covers the first two layers, offering insulation. This should be made of a heavier fleece designed for use in extreme cold. The jacket should have two-way underarm zippers to help regulate temperature.
- **4th Layer** is a lightweight second jacket made of a very fine, tightly woven micro-fiber. This will slow the rate of moisture loss.
- **5th Layer** is the final layer. It should be a durable storm shell that is waterproof and breathable and will protect against wind, rain, and snow. The shell is laminated with a film containing microscopic pores that will allow sweat to escape while keeping moisture out.

A word about denim jeans: they are very durable – BUT – they absorb water and take ages to dry if wet. They will not keep you warm.

Protecting the Extremities:

Keeping your hands, feet, head and face warm is critical when you are in the outdoors. These outer areas of your body are the most likely to be affected by frostbite and half of your body heat escapes through your head.

- Wear a hat
- Use chemical hand warmers
- Mittens are warmer than gloves because they keep your fingers together. Attach your mittens to your coat. Wearing large waterproof outer mittens with glove liners is a great idea. Always carry extra mittens and gloves. Change them if they get wet.
- Wear 2 pair of socks—a polypropylene sock liner and a pair of woolen or wool blend socks are the best combination. Make sure you can still wiggle your toes. Cramped feet will freeze very quickly.
- Wear warm, insulated hiking boots. DO NOT wear sneakers or your toes will freeze. In extreme weather, wear felt lined "snowmobile" boots—waterproof on the outside with felt

Thinsulate liners. The old Moon Boots work well. Boots must be large enough to wiggle your toes with 2 pairs of socks on them. Cramped feet hurt and freeze!

- Suspenders are better than a belt in the winter. A belt cuts off warmth around your body.
- Be active enough to keep warm without sweating. Standing still or sitting for long periods of time will not keep you warm.
- Carry a whiskbroom to brush off snow. The idea is to KEEP DRY. If your clothes become wet, change them immediately.

Food Keeps You Warm Too:

- Make sure that you have a least one hot meal each day. Regular hot drinks throughout the day will help you keep going.
- A hot drink at bedtime is a good idea. If you get into the habit of taking a thermos to bed with you, you can have a hot drink easily if you wake in the night feeling cold.
- Homemade soup is easy to cook, cheap and nutritious. If you keep a batch going, you will always have something hot to eat when you don't have time for fancy cooking.
- You should never eat snow or drink lots of cold liquids. They will make your insides cold.
- Drink lots of warm liquids. You lose a lot of body fluids in the cold and will never even know it. Try to keep your water bottle warm by keeping it close to your body.

Staying Warm at Night:

- Insulate your sleeping bag from the ground with a full-length foam bed pad. A closed cell pad should be at least $\frac{3}{4}$ -inch thick, while an open cell pad needs to be $1\frac{1}{2}$ inches thick. Place $\frac{1}{2}$ of the bed pad on top of a survival blanket silver side up, allowing the exposed half to be pulled on top of your sleeping bag as a cover. Foam pads can be purchased online or at a sporting goods store for less than \$10.00. NEVER sleep on an air mattress in the cold.
- Put a survival blanket on the floor of your tent, silver side up to keep moisture and cold out.
- Make sure your bedding and sleeping clothes are dry. Air bedding out during the day to allow body moisture to escape. Sleeping bags will dry, even in freezing weather.
- Never sleep with your mouth and nose inside the sleeping bag. Breath will make it wet.
- Change your clothes before going to sleep. Your daytime clothes will be damp from sweat and are dirty. This will cause you to chill.
- Put on clean socks and polar fleece booties for sleeping.
- Wear a hat to sleep. Fifty percent (50%) of your body heat escapes through your head.
- Your sleeping bag needs to be cold-rated to at least -20 degrees. If not, use two bags, one inside the other, or put a polar fleece blanket, sewn on three sides, inside your bag.
- Keep your boots warm and dry at night. If necessary, after cleaning and drying them, put them inside a plastic bag and then at the bottom of your sleeping bag. In the morning, put boot warmers in your boots before putting them on. If you have removable boot liners, remove them before going to bed. They will dry quicker that way.
- Wear a sweat shirt with a hood at night to keep your neck, head, and shoulders warm.
- Dress and undress in your sleeping bag.
- Keep your clean clothes inside your bag or underneath it.
- Nibble on high calorie food before going to sleep. Pepperoni or cheese is a good choice.
- Still shivering? Put on your rain gear - pants and jacket. It will act as a vapor barrier to hold in your body warmth.
- Use the latrine BEFORE getting in that sleeping bag! No one wants to get up in the middle of the freezing night. But if you have to, get up and go!

First Aid

Having adequate first aid supplies in your home, in your car and in your 72-hour kit will allow you to care for and protect your family and others during minor and major emergency health injuries.

First aid supplies and training are available on line. Here are a few ideas for you:

Kits:

Included in this Emergency Preparedness Handbook is a list of supplies to select from and to include in your self-assembled first aid kits. However, if you prefer to purchase first aid kits, they are available online from a number of sources including *Redcross.org*. The Red Cross kits range in price from \$10.00 to \$42.00. They also have a few emergency preparedness items including light sticks and emergency blankets. The blankets sell 3 for \$10.00.

Videos:

You can refresh your first aid skills by watching training videos online. The American Red Cross First Aid YouTube channel includes instructions on training services, health and safety, and disasters as well as first aid. Watching the videos will add variety to your Family Home Evenings. Go to *Youtube.com/user/AmRedCross/playlists*.

Online Resources:

Two very reliable sources for first aid care are *Redcross.org* and *Mayoclinic.org/first-aid*.

Smart Phone:

Your phone is a marvelous resource during an emergency. If you are in a location unavailable for emergency responders and there is a serious injury, use your phone for direct contact with your doctor, the hospital or find answers online. One of our older grandsons was injured on an outing with friends. They followed instructions on YouTube and cared for him appropriately while transporting him to a medical facility. So, remember to use your phone for creative answers when local medical assistance is unavailable.

First Aid Kit

Tailor to your needs

Tools and Equipment:

Four-inch Ace bandages (3)
One-inch cloth-type bandages. No latex
Lots of 4x4" sterile gauze pads (can cut down)
Feminine hygiene pads or diapers (cut for bandages)
Hypoallergenic adhesive tapes (Sports tape)
Triangular bandages (3)
Sterile roller bandages assorted sizes (6)
Antiseptic soap
Q-Tips
Collapsible drinking cups/paper cups
Dental Floss (plain, no scent or flavor)
Gloves, heavy duty & Nitrile medical (No latex)
Matches in waterproof container
CPR Micro-mask or other barrier to use in CPR
Safety pins (quilting ones are sharper)
Sewing needles & thread (include curved ones)
Paint mixing sticks for splinting
Scissors, new
Medical Sheers (cut heavy fabrics/some metal)
Tweezers, new
Thermometer, use small plastic covers on it
Medicine dropper/dose cups
Chemical cold pack
Chemical heat pack
Styptic pencil
Flashlight and extra batteries
Tourniquet
Bio-hazard red plastic bag
Sam splints, used to hold ankles, etc., still
Freezer bags, for chest punctures
Knife
Super Glue for wound closure

Colds:

Antihistamine/decongestant
Cough lozenges/syrup, disinfectants
Vitamin C & others as desired

Eye Care:

Lubricating eye drops
Contact lens solutions/Saline eye flush
Contact lens case
Ophthalmic antibiotic ointment, RX only
Boric Acid solution eye wash (in small container)

Gastrointestinal Relief:

Antacids, liquid or tablets, or use baking soda
Anti-nausea – Dramamine\
Diarrhea medicine – Imodium
Laxatives
Pepto-Bismol, Alka-Seltzer, Milk of Magnesia
Syrup of Ipecac, for some poisons
Activated Charcoal for some poisons

Insect Bites and Stings

Baking soda
Benadryl, for allergic reactions
Epi-Pen prescribed for specific allergic reactions
Antihistamines
Calamine, Hydrocortisone creams
Insect string relief pads
Insect repellent

Ointments

Burn ointment/spray – creams are best
Triple Antibiotic Ointment for wound treatment
Mentholated creams (Vicks)
Petroleum jelly
Hydrocortisone Cream
Zinc Oxide – diaper rash cream
Sunscreen
Disinfectants – Hydrogen Peroxide, Betadine, Alcohol
Iodine pads
Gel hand sanitizer, waterless
Liquid Bandage or Super Glue for wound closure

Pain Relief

Aspirin & non-aspirin pain relievers
Chewable baby aspirin – for chest pain
Earache drops
Toothache drops
Tylenol drops for babies, if needed

Miscellaneous:

Water purification tablets
CPR Guide
First Aid Manual/Instruction Card
Granola bars, hard candy (for low blood sugar). No nuts in case of allergies
Wipes—disinfecting, cleansing, baby

First Aid Basics

Recognizing an emergency and taking action in the first few minutes can mean the difference between death, 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. Care for the victims, reassure and keep them warm while watching for changes.

Call 911 prepared to give the following information:

- Exact location;
- Your name;
- What happened;
- How many individuals are involved;
- Conditions of victims; and
- What help is being given.

Call 911 if the victim is experiencing any of the following:

- 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; or
- Has an injury to the head, neck or back.

Call 911 if the situation involves any of the following:

- Fire or explosion;
- Downed electrical wires;
- Swiftly moving or rapidly rising water;
- Presence of poisonous gas;
- Vehicle collisions; or
- Victims who cannot be moved easily

The ABC's

Without these ABC's, anything else you might try to do for the victim will be in vain.

Airway: 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 their head is tipped back to open the airway. Reposition the victim on his/her back, making sure to keep the head in line with his 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.

72-Hour Emergency Kit

(www.providentliving.org for more information)

Place the following items in a backpack or bag of your choice that you can lift/carry when filled. Update your 72-Hour Kit every six months. Time change weekends are good times to swap summer items for winter items and to ensure supplies have not expired, clothing fits, and batteries are charged. Personalize the items you include depending on the time of year and where you are going (a relative/friend's home, evacuation center, motel, park, or remote area). **Take your Grab and Go File, prescription medications and items on your Personal Evacuation Plan. Review your Evacuation Check List before leaving home.**

Food and Water. Personalize to meet individual/family needs:

(A three-day supply of food/water per person when refrigeration/cooking are unavailable)

- Protein/Granola Bars
- Trail Mix/Dried Fruit/Nuts/Seeds
- Crackers/Cereal/peanut butter
- Tuna, canned beans, turkey, beef, Vienna Sausages, etc. (Pop-top cans and pouches are best.)
- Canned juice
- Candy/Gum
- **Water (1 gallon per person per day)**

Bedding and Clothing:

- Change of clothing (short & long-sleeved shirts, pants, jackets, socks, etc.)
- Undergarments
- Rain coat/poncho
- Blankets/emergency heat blankets (that keep in warmth)
- Cloth sheet
- Plastic Sheet
- Pillows

Fuel and Light:

- Battery lighting (Flashlights, lamps, etc.)
- Extra batteries
- Flares
- Lighter and/or waterproof matches

Equipment. Personalize depending on where you are headed:

- Hand-held can opener
- Dishes/utensils/metal cup
- Folding shovel, axe, rope
- Radio (with batteries)
- Pen and paper
- Leatherman and/or pocket knife
- Disinfecting wipes

Personal Supplies and Medication:

- First Aid Supplies—sunscreen, insect repellent during summer
- Toiletries (toilet paper roll: remove center tube, flatten, put in zip-lock bag; feminine hygiene; toothbrush, toothpaste; brush, comb, small mirror; etc.)
- Cleaning supplies (soap, shampoo, dish soap, hand sanitizer, pre-moistened wipes, washcloth, towel)
- Medication (Acetaminophen, Ibuprofen, children's and personal medications, etc.)
- **Prescription medication—Epinephrine Auto-Injectors (add at last minute)**

Personal Items and Money:

- Scriptures, puzzles, card games, etc.
- Cash—small bills; credit card
- Cell phone, charger and other electronic device

Grab and Go File Container

Placing designated important documents in your Grab and Go Container may be some of the most important emergency planning you can do. This file will save you untold hours if your house is damaged or destroyed and if/when your spouse dies. Place original documents in this Grab and Go (G&G) file or in your safe-deposit box (SDB) at your bank. Keep this container where you can easily grab it in an emergency.

Individual Personal Records:

Complete summary sheets in Emergency Preparedness Handbook. File the following important documents:

G&G	SDB	
<input type="checkbox"/>	<input type="checkbox"/>	Adoption Decrees
<input type="checkbox"/>	<input type="checkbox"/>	Birth Certificates
<input type="checkbox"/>	<input type="checkbox"/>	Church Records
<input type="checkbox"/>	<input type="checkbox"/>	Concealed Carry Permits
<input type="checkbox"/>	<input type="checkbox"/>	Custody Agreements
<input type="checkbox"/>	<input type="checkbox"/>	Diplomas
<input type="checkbox"/>	<input type="checkbox"/>	Divorce Decree
<input type="checkbox"/>	<input type="checkbox"/>	Driver's Licenses
<input type="checkbox"/>	<input type="checkbox"/>	Marriage Certificate
<input type="checkbox"/>	<input type="checkbox"/>	Military Discharge Form
<input type="checkbox"/>	<input type="checkbox"/>	Naturalization Records
<input type="checkbox"/>	<input type="checkbox"/>	Passport Numbers
<input type="checkbox"/>	<input type="checkbox"/>	Resume/Employment Information
<input type="checkbox"/>	<input type="checkbox"/>	Retirement
<input type="checkbox"/>	<input type="checkbox"/>	Social Security Cards

Financial Records:

Complete summary sheets in Emergency Preparedness Handbook. File the following important documents:

G&G	SDB	
<input type="checkbox"/>	<input type="checkbox"/>	Annual Budget
<input type="checkbox"/>	<input type="checkbox"/>	Blank Checks (or other location)
<input type="checkbox"/>	<input type="checkbox"/>	Cash in small bills
<input type="checkbox"/>	<input type="checkbox"/>	Contracts
<input type="checkbox"/>	<input type="checkbox"/>	Income tax records, previous year
<input type="checkbox"/>	<input type="checkbox"/>	Safe deposit box key

Home/Property/Vehicles:

Complete the summary sheet in Emergency Preparedness Handbook. File the following documents:

G&G	SDB	
<input type="checkbox"/>	<input type="checkbox"/>	Car and other vehicle titles
<input type="checkbox"/>	<input type="checkbox"/>	Spare set of vehicle keys
<input type="checkbox"/>	<input type="checkbox"/>	Property deeds and titles
<input type="checkbox"/>	<input type="checkbox"/>	Video or photos of outside and inside of your home
<input type="checkbox"/>	<input type="checkbox"/>	Photo inventory of household items, date purchased, value
<input type="checkbox"/>	<input type="checkbox"/>	Spare set of house keys
<input type="checkbox"/>	<input type="checkbox"/>	Photos of well location
<input type="checkbox"/>	<input type="checkbox"/>	Well logs
<input type="checkbox"/>	<input type="checkbox"/>	Photo of septic system location

Estate Planning:

- Complete summary sheet in Emergency Preparedness Handbook prior to contacting an attorney for your Last Will or Trust documents.
- Complete summary sheet in Emergency Preparedness Handbook to plan a funeral.

G&G	SDB	
<input type="checkbox"/>	<input type="checkbox"/>	Will or Trust, associated documents and/or amendments
<input type="checkbox"/>	<input type="checkbox"/>	Funeral plans

Individual Information Summary*

Full Name _____ Male Female

Single Married Widowed Divorced

Father's Name _____

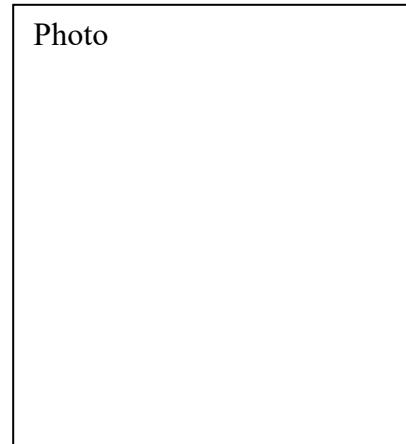
Mother's Name _____

Home Phone # _____ Work # _____ Cell # _____

Date of Birth _____ Place of Birth _____

Hair Color _____ Height _____ Weight _____

Birthmarks, Scars, Tattoos _____



Driver's License # and State _____

DL Expiration Date _____ Social Security _____

Spouse _____ Date of Birth _____ Marriage Date _____

Children:

Name _____ DOB _____ Name _____ DOB _____

Name _____ DOB _____ Name _____ DOB _____

Name _____ DOB _____ Name _____ DOB _____

Name _____ DOB _____ Name _____ DOB _____

School Attended:

High School _____ City/State _____ Degree/Date _____

College _____ City/State _____ Degree/Date _____

College _____ City/State _____ Degree/Date _____

Other _____ City/State _____ Degree/Date _____

Military Service Branch _____ Serial # _____

Enlistment Date _____ Discharge Date _____ Rank _____

Disability _____

Fraternal, Service, Social, and Union Memberships _____

Employment Information:

Employed By _____ Position _____

Starting Date _____

Extended Family:

Name	Address	Phone

Place the following records in your Grab and Go File (G&G) or Safety Deposit Box (SDB):

- | G&G | SDB | |
|--------------------------|--------------------------|-------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Adoption Decrees |
| <input type="checkbox"/> | <input type="checkbox"/> | Birth Certificates |
| <input type="checkbox"/> | <input type="checkbox"/> | Church Records |
| <input type="checkbox"/> | <input type="checkbox"/> | Concealed Carry Permits |
| <input type="checkbox"/> | <input type="checkbox"/> | Custody Agreements |
| <input type="checkbox"/> | <input type="checkbox"/> | Diplomas |
| <input type="checkbox"/> | <input type="checkbox"/> | Divorce Decree |
| <input type="checkbox"/> | <input type="checkbox"/> | Driver's Licenses |
| <input type="checkbox"/> | <input type="checkbox"/> | Marriage Certificate |
| <input type="checkbox"/> | <input type="checkbox"/> | Military Discharge Form |
| <input type="checkbox"/> | <input type="checkbox"/> | Naturalization Records |
| <input type="checkbox"/> | <input type="checkbox"/> | Passport Numbers |
| <input type="checkbox"/> | <input type="checkbox"/> | Resume/Employment Information |
| <input type="checkbox"/> | <input type="checkbox"/> | Retirement |
| <input type="checkbox"/> | <input type="checkbox"/> | Social Security Cards |

*Complete Individual Information form for each member of the family.

Medical Information Summary*

Individual _____ Birthdate _____ Male Female
 Doctor _____ Phone # _____
 Doctor _____ Phone # _____
 Doctor _____ Phone # _____
 Dentist _____ Phone # _____

Medical Conditions:

Vaccination Record:

Immunization	Date Given	Expiration

Medications/Supplements (including over the counter):

Medication Name	Reason for Med	Amount/How Often	Doctor	Pharmacy

Childhood Diseases:

Disease	Date

Allergies:

Type	Doctor	Medication

Surgeries:

Date	Type	Doctor	Hospital

Medical Tests and Results:

Date	Type	Doctor	Results

*Complete Medical Information form for each member of the family.

CONSENT TO TREAT MINOR CHILDREN *

I, _____, parent or legal guardian of _____, born the ___ day of _____, 20___ do hereby consent to any medical care and the administration of anesthesia determined by a physician to be necessary for the welfare of my child while said child is under the care of _____ of _____, City of _____ State of _____ and I am not reasonably available by telephone to give consent.

This authorization is effective from the ___ day of _____, 20___ to ___ day of _____, 20___

Signature of Parent or Legal Guardian

Date

Witness Signature

Witness Name (please print)

This consent form should be taken with the child to the hospital or physician's office when the child is taken for treatment. This additional information will assist in treatment if it can be furnished with the consent but is not required.

Family Address _____

Father's Telephone: _____ Mother's Telephone: _____

Last Tetanus: _____

Allergies to drugs or foods: _____

Special Medications, Blood Type or Pertinent Information: _____

Child's Physician: _____ Phone: _____

Insurance: _____ Policy # _____

Preferred Hospital: _____

*Complete one for each minor child

Financial Preparedness

Jesus Christ is the true source of all blessings. To achieve financial preparedness, faithfully keeping His commandment to pay a full tithe and generous offerings is the key to opening the windows of heaven on our behalf (Malachi 3:10). It also shows our love and gratitude for His blessings. Other simplistic keys to financial preparedness are:

- Spend less than you make;
- Be honest in all of your dealings; and
- Don't spend money you don't have for things you don't need.

Allan Marjui teaches a Self-Reliance class in the Colville First Ward that includes a section on personal finances. The manual for his class can be found online at the Church of Jesus Christ of Latter-day Saints: www.churchofjesuschrist.org/self-reliance/course-materials/personal-finances.

The Personal Finances manual teaches how to get out of and avoid debt; to develop and live on a budget; to build reserves; and much, much more. You are encouraged to study the manual and/or take the class and to develop an all-inclusive annual budget and to be diligent in living within your budget.

All members of the Church of Jesus Christ of Latter-day Saints are invited and encouraged to develop and maintain:

- A financial fund equal to one month of your expenses;
- Savings equal to three to six months of your expenses; and
- Adequate insurance to meet the needs of your family.

Do you know that an emergency flight from Colville to Sacred Heart Hospital in Spokane costs over \$20,000 unless you have Life Flight coverage? Their insurance coverage costs only \$69.00 per year and covers all members of your household. For more information contact Life Flight at 1-800-982-9299.

Complete and then file the Financial Summary sheet in your Grab and Go file container.

Steps to get out of debt

Are you drowning in the anxiety that accompanies debt? Reclaiming your financial future starts by taking positive steps to get out of debt. Even if you have serious problems with debt, there is hope. There are two simplistic actions you can take: spend less or earn more. Consider taking at least some of the steps below:

1. Don't wait to act—act now. Just as investments compound over time, so do debts.
2. Cut expenses. Learn to separate your wants from your needs. Try to find a few things that you could stop buying or buy less often.
3. Create a get-out-of debt plan. Although each creditor has to receive payment every month, put any extra cash toward the debt with the highest interest rate.
4. When one debt is paid off, keep making the same payment—just put it toward another remaining debt.
5. Consolidate loans. Shift higher interest loans to a single lower-rate loan and stop running up new charges.
6. Keep only one or two major credit cards. Cut up the other credit cards and call the credit card companies to cancel the accounts. Keep the remaining one or two credit cards at home, as long as the cards won't be used by anyone else. Consider having the credit limit lowered. To stop most credit card offers from arriving in your mail, call 888-5OPT-OUT.
7. Honestly assess your ability and then take the appropriate action. For example, if you bought a car and you are having trouble making the payments, it may be better to sell the car and to pay off the loan than to let the creditor repossess the car. Repossession will hurt your credit record.
8. Try to increase income. Is it possible to get a second job or to get paid overtime and to use the extra money to reduce debt? If you have family responsibilities, first consider what effect your absence will have on the well-being of your family. It's important to balance the need to get out of debt with the need to spend time with your family.
9. Sell rarely used items. Sell these items yourself. Avoid going to a pawnshop.

(Source: *Your Spending Your Savings Your Future: A Beginner's Guide to Financial Readiness*, National Endowment for Financial Education, pp 26-27.)

Financial Records Summary

Assets

Checking Accounts:

BANK NAME:	Account #:	Routing #:
Phone #:	URL:	
User Name:	Password:	
BANK NAME:	Account #:	Routing #:
Phone #:	URL:	
User Name:	Password:	
BANK NAME:	Account #:	Routing #:
Phone #:	URL:	
User Name:	Password:	

Savings Accounts:

BANK NAME:	Account #:	Routing #:
Phone #:	URL:	
User Name:	Password:	
BANK NAME:	Account #:	Routing #:
Phone #:	URL:	
User Name:	Password:	
BANK NAME:	Account #:	Routing #:
Phone #:	URL:	
User Name:	Password:	

Investment/Retirement Accounts:

FIRM NAME:	Account #:
Phone #:	URL:
User Name:	Password:
FIRM NAME:	Account #:
Phone #:	URL:
User Name:	Password:
FIRM NAME:	Account #:
Phone #:	URL:
User Name:	Password:
FIRM NAME:	Account #:
Phone #:	URL:
User Name:	Password:
FIRM NAME:	Account #:
Phone #:	URL:
User Name:	Password:

Liabilities

Credit Cards:

Name	Number	Expiration	CVV	Phone

Loans/Mortgages:

ITEM (home, car, etc.):	Company:	Phone #
Loan #	Monthly Payment:	Due Date:
URL:	User Name:	Password:
ITEM (home, car, etc.):	Company:	Phone #
Loan #	Monthly Payment:	Due Date:
URL:	User Name:	Password:
ITEM (home, car, etc.):	Company:	Phone #
Loan #	Monthly Payment:	Due Date:
URL:	User Name:	Password:
ITEM (home, car, etc.):	Company:	Phone #
Loan #	Monthly Payment:	Due Date:
URL:	User Name:	Password:

Regular Monthly Payments:

Item	Company Name	Phone #	Payment Method	Amount
Gas/Electricity				
Water				
Garbage				
House Phone				
Cell Phone				
Satellite/Cable				
Internet Service				
Health Care				
Insurance				
Alarm System				
Newspapers, etc.				
Yard Care				

Regular Annual Payments:

Item	Company Name	Phone #	Payment Method	Amount
Property Taxes				
Income Tax				
Home/Rental Ins				
Vehicle Ins				

Place the following records in your Grab and Go File (G&G) or Safety Deposit Box (SDB):

- | G&G | SDB | |
|--------------------------|--------------------------|-----------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Annual Budget |
| <input type="checkbox"/> | <input type="checkbox"/> | Blank Checks (or other location) |
| <input type="checkbox"/> | <input type="checkbox"/> | Cash in small bills |
| <input type="checkbox"/> | <input type="checkbox"/> | Contracts |
| <input type="checkbox"/> | <input type="checkbox"/> | Income tax records, previous year |
| <input type="checkbox"/> | <input type="checkbox"/> | Safe deposit box key |

Home/Property/Vehicle Maintenance

It is important for all family members to know where utility valves, electrical boxes and shut-offs are located in the house and how to turn them off and on. The location and maintenance of smoke alarms and carbon monoxide alarms and the location of important items is also important. Maintenance records for the home, well and septic system will be of value to anyone dealing with loss, including the death of a spouse.

Gas Shut-off Inside the house _____

Outside the house _____

Electricity Shut-off Inside the house _____

Outside the house _____

Water Shut-off Inside the house _____

Outside the house _____

Alarm System Inside the house _____

Location of Septic Tank _____

Septic Pumping Dates _____

Service/Repair/Replacement Data

(house, yard, systems, appliances, well, vehicles etc.)

Date	Item	Company	Phone

Place the following records in your Grab and Go File (G&G) or Safety Deposit Box (SDB):

G&G	SDB	
<input type="checkbox"/>	<input type="checkbox"/>	Car and other vehicle titles
<input type="checkbox"/>	<input type="checkbox"/>	Spare set of vehicle keys
<input type="checkbox"/>	<input type="checkbox"/>	Property deeds and titles
<input type="checkbox"/>	<input type="checkbox"/>	Video or photos of outside and inside of your home
<input type="checkbox"/>	<input type="checkbox"/>	Photo inventory of household items, date purchased, value
<input type="checkbox"/>	<input type="checkbox"/>	Spare set of house keys
<input type="checkbox"/>	<input type="checkbox"/>	Photos of well location
<input type="checkbox"/>	<input type="checkbox"/>	Well logs
<input type="checkbox"/>	<input type="checkbox"/>	Photo of septic system location

Insurance Records Summary

Life Insurance:

Insured Name	Insurance Company	Policy Number	Phone Number

Home Owner's or Renter's Insurance:

Insurance Company	Account Number	Policy Number	Phone Number

Vehicle Insurance:

<u>Insurance Co:</u>		<u>Policy #</u>	<u>Phone #</u>
Vehicle Name	Year	VIN #	License #

<u>Insurance Co:</u>		<u>Policy #</u>	<u>Phone #</u>
Vehicle Name	Year	VIN #	License #

Health Insurance:

<u>Insurer:</u>		<u>Acct #</u>	<u>Phone #</u>
Family Member	ID#	Doctor	Doctor's Phone #

<u>Insurer:</u>		<u>Acct #</u>	<u>Phone #</u>
Family Member	ID#	Doctor	Doctor's Phone #

Pet Information Summary*

Photo

Name _____

Breed _____

License # _____

Vaccination Record:

Vaccinations	Date	Expires

Medical Information – Visits to Vet, Surgeries, Hospitalizations, Tests, etc.:

Date	Follow up	What

Pet Food/Treats:

Brand	Amount	When

*Complete this form for each pet.

Estate Planning

We plan for many of life's events, but often neglect, or procrastinate, planning for – or even discussing – death. Do we think that if we don't talk about it, it won't happen? Earth life is temporary. We come with a round-trip ticket. We just don't know when the number on our return ticket will be called.

Advance planning for death, at any age, has many advantages, including:

- Selecting who will make decisions if you become incapacitated;
- Determining your level of end-of-life medical care;
- Arranging for financial means for your survivors;
- Selecting who will raise your children;
- Identifying your assets and liabilities;
- Designating how and to whom your estate will be divided;
- Selecting your burial place and grave marker; and
- Planning your own funeral.

Having all these decisions made in advance and formalized in legal documents, will be a great gift for the surviving spouse and children. During the stressful time of unexpected or even anticipated death, family members will be free to love, to serve, and to grieve without the stress of making painful decisions—decisions that may, or may not, be what you would have wanted.

An attorney can help you decide if a Will or a Trust best suits your situation. They may also include Health Care Directives, Community Property Agreement, and Durable Power of Attorney, including for health care. Here is a list of potential items for you to compile before sitting down with the attorney. The list may not be all inclusive, so add things specific to your situation. Take the completed list with you when you meet the attorney; it will shorten the time you spend with them and save you money.

Will or Trust—Items to Include in Estate Planning

Each Adult:

- Name
- Birthday
- Social Security Number
- Veteran—Induction date/discharge date
- Marriage date and place

Children:

- Full Name
- Birth date
- Birth place
- Current mailing address
- Current phone number

Guardian: Name couple as guardian of your children

Grandchildren:

- Group by family last name
- Name of child and birth date

Executor of your estate: Name, contact information

Cash:

- Name of Bank(s), checking/savings
- Safe Deposit Box
- Retirement Plans, Stocks, Bonds, Mutual Funds, 401k, other investments—include Names/contacts

Real Estate:

- Location, and/or legal description
- Cemetery Plot, where, legal description

Personal Property:

- Vehicles, vintage/antique furniture, paintings, silver, family keepsakes/heirloom, jewelry, power and hand tools, clothing, other

Credit Cards: Name, contact, balance, copy of card

Mortgage/Insurance/Taxes: Name, contact, amount, date due

List of People to notify upon your death: Name, address, phone number, and/or email address

Funeral Plans

1. This is a subject for discussion about the time you are thinking of retirement, sometime after age 55 and before age 75. Preplanning your own funeral may seem a little strange, but your family will love you for having done so.
2. The choice is between burial or cremation.
3. If you choose burial, select the cemetery and purchase your plot.
4. Contact a monument shop to design your monument. Make the purchase and have it installed. They will engrave your death date after your burial.
5. Dedicate enough money in a special savings account to pay for your funeral. Choose a person, spouse, son/daughter or trusted friend to pay for your funeral expenses with the dedicated funds. (If you investigate Burial Insurance, read the fine print carefully.)
6. Select the photo you want to appear in the local newspaper with your obituary.
7. Write, or direct a loved one or trusted friend, to write your obituary notice. They can fill in the death date and other information prior to publication. (The obituary notice will go to the funeral director and he will see that it is published.)
8. Write a draft of your Eulogy.
9. There are three local funeral homes to select from—one in Colville, one in Deer Park and one in Newport. The funeral home schedules with the cemetery. Very affordable caskets are available from Costco. Ask the funeral home if they will match the price.
10. Who do you want to dress your body for burial? Do they know where to locate your burial clothes? If you wear glasses, do you want to be buried wearing them?
11. Prepare a draft funeral program. Who will conduct? Who will give the opening and closing prayers? Who will play the piano or organ, and who will direct the singing? Select the opening and closing songs and special number if you want one. Select the person to give your Eulogy and other speakers. Select your six casket bearers. Keep the program to less than one hour.
12. Select a person to coordinate your funeral with the Bishop/Pastor, the funeral home, obtaining flowers, and honor guard (if you are military).
13. Share your plans with your family so there are no surprises. Place a copy in your Grab and Go file.

Water

We are blessed to live in Stevens County where water is abundant, but not always located where we need it, when we need it. Many people live in rural areas with individual wells as their water source. The wells, powered by electricity, are useless during power outages unless you have a generator. Power outages occur most frequently during high winds and winter storms.

As you develop your family plan for water during emergencies, consider water for these distinct purposes: for sanitation (flushing the toilet), watering your animals; and for drinking and hygiene.

There are many water storage containers available. Find what will work best for your situation and keep them filled and ready for use.

Sheltering in place

If you have a stream on your property or near-by, a bucket for dipping water and containers to haul water, you can provide water for your sanitation and drinking water for your animals.

If your well is low-producing and you have a storage tank, it is your source of water during power outages. You will need a clean bucket, a rope and containers to haul the water into your house.

During normal non-freezing months, approximately May to October, you can purchase water from the City of Colville, 1044 North Lincoln Street. The cost is \$5.35 whether you obtain one gallon or up to 1,000 gallons of water. Many people arrive with a large tank—100 to 500 gallons, mounted on the back of their truck or on a trailer. For more details call 684-2244.

During normal conditions, Fogle Pump, 685-7037, will deliver 2,000 gallons of water to your location. The price varies from \$250.00 to \$450.00 depending on distance.

Evacuation

If you must evacuate, you will need water in containers you can easily lift and take with you. (See your Personal Family Evacuation Plan and Evacuation Check List.)

Drinking Water Guidelines

(www.providentliving.org, March 2020, with minor additions)

Water Storage

Commercially bottled water in PETE or (PET) plastic containers may be purchased. Follow the container's "best if used by" dates as a rotation guideline. Avoid plastic containers that are not PETE plastic. If you choose to package and store water yourself, consider the following guidelines:

Containers: Use only food-grade containers marked PETE or heavier plastic buckets or drums. Do not use containers that have stored other food or milk bottles which are biodegradable and not suitable for long storage. Glass may break and freeze. Clean, sanitize, and thoroughly rinse all containers prior to use. A sanitizing solution can be prepared by adding 1 teaspoon of liquid household chlorine bleach (5 to 6% sodium hypochlorite) to one quart of water. Only household bleach without thickeners, scents, or additives should be used.

Water Pretreatment: Water from a chlorinated municipal water supply does not need further treatment when stored in clean, food-grade containers. Non-chlorinated water should be treated with bleach. Add 8 drops of liquid household chlorine bleach (5 to 6% sodium hypochlorite) for every one gallon of water. Only household bleach without thickeners, scents, or additives should be used.

Storage: Container should be emptied and refilled regularly. Store only where potential water leakage would not damage your home or apartment. Protect stored water from light and heat. Some containers may also require protection from freezing. The taste of stored water can be improved by pouring it back and forth between two containers before use. If water is over-chlorinated, allow time for chlorine to evaporate, shake and then use.

Water Purification

If your water supply is not known to be safe or has become polluted, it should be purified before use. Water purification is generally a two-step process:

Step 1: Clarify

Cloudy or dirty water must first be made clear. It should be passed through filter paper, fine cloth, or some other filter. It should be allowed to settle, and then the clear water on top can be carefully drawn. Filtered or clear settled water should always be disinfected before use.

Step 2: Disinfect

Boiling Method: Bringing water to a rolling boil for 3 to 5 minutes will kill most water-borne microorganisms. However, prolonged boiling of small quantities of water may concentrate toxic contaminants if present.

Bleach Method: Adding 8 drops of fresh liquid household chlorine bleach (5 to 6% sodium hypochlorite) to every one gallon of water will kill most microorganisms. Only household bleach without thickeners, scents, or additives should be used. The use of bleach does not address toxic contamination.

Commercial Water Filters: Commercial water filters can effectively filter and purify water contaminated with microorganisms, toxic chemicals, and heavy metals. Their effectiveness depends on design, condition, and proper use.

Drinking Water Treatment Methods for Backcountry and Travel Use

This document should only serve as a guide for individuals intending to use untreated or poorly treated water as a drinking water source. This document may also aid travelers and backcountry water users in researching drinking water treatment methods. Except for boiling, few of the water treatment methods are 100% effective in removing all pathogens.

Table Key for Pathogen Removal	
-	not effective
+	low effectiveness
++	moderate effectiveness
+++	high effectiveness
++++	very high effectiveness

Contaminant	Potential Health Effects from Ingestion of Water	Sources of Contaminant in Drinking Water	Methods that may remove some/all of the contaminant				
			REMEMBER: If boiling water is not a feasible option, the most effective pathogen reduction method in untreated or poorly treated drinking water is a combination treatment, using the appropriate filtration and disinfection methods.				
			Boiling (Rolling boil for 1 minute minimum) *	Filtration **	Disinfection ***		Combination Filtration and Disinfection ****
					Iodine or Chlorine	Chlorine Dioxide	
Protozoa- <i>Cryptosporidium</i>	Gastrointestinal illness (e.g., diarrhea, vomiting, cramps)	Human and animal fecal waste	++++	+++	-	+ to ++	++++
				Absolute ≤ 1.0 micron filter (NSF Standard 53 or 58 rated "cyst reduction / removal" filter)			Absolute ≤ 1.0 micron filter (NSF Standard 53 or 58 rated "cyst reduction / removal" filter)
Protozoa- <i>Giardia intestinalis</i> (aka <i>Giardia lamblia</i>)	Gastrointestinal illness (e.g., diarrhea, vomiting, cramps)	Human and animal fecal waste	++++	+++	+ to ++	+++	++++
				Absolute ≤ 1.0 micron filter (NSF Standard 53 or 58 rated "cyst reduction / removal" filter)			Absolute ≤ 1.0 micron filter (NSF Standard 53 or 58 rated "cyst reduction / removal" filter)
Bacteria- (e.g., <i>Campylobacter</i> , <i>Salmonella</i> , <i>Shigella</i> , <i>E. coli</i>)	Gastrointestinal illness (e.g., diarrhea, vomiting, cramps)	Human and animal fecal waste	++++	++	+++	+++	++++
				Absolute ≤ 0.3 micron filter			Absolute ≤ 0.3 micron filter
Viruses- (e.g., enterovirus, hepatitis A, norovirus, rotavirus)	Gastrointestinal illness (e.g., diarrhea, vomiting, cramps)	Human and animal fecal waste	++++	-	+++	+++	+++

Treatment methods listed above:

* **Boiling** can be used as a pathogen reduction method that should kill all pathogens. Water should be brought to a rolling boil for 1 minute (at altitudes greater than 6,562 feet (>2,000 m), boil water for 3 minutes.)

** **Filtration** can be used as a pathogen reduction method against most microorganisms, depending on the pore size of the filter, amount of the contaminant, particle size of the contaminant, and charge of the contaminant particle. Manufacturer's instructions must be followed. More information on selecting an appropriate water filter can be found at www.cdc.gov/crypto/factsheets/filters.html. Only filters that contain a chemical disinfectant matrix will be effective against some viruses.

*** **Disinfection** can be used as a pathogen reduction method against microorganisms. However, contact time, disinfectant concentration, water temperature, water turbidity (cloudiness), water pH, and many other factors can impact the effectiveness of chemical disinfection. The length of time and concentration of disinfectant varies by manufacturer and effectiveness of pathogen reduction depends on the product. Depending on these factors, 100% effectiveness may not be achieved. Manufacturer's instructions must be followed.

**** If boiling water is not possible, a **Combination of Filtration and Chemical Disinfection** is the most effective pathogen reduction method in drinking water for backcountry or travel use. Manufacturer's instructions must be followed.

Other treatment methods can be effective against some of the above pathogens:

- **Ultraviolet Light (UV Light)** can be used as a pathogen reduction method against some microorganisms. The technology requires effective prefiltering due to its dependence on low water turbidity (cloudiness), the correct power delivery, and correct contact times to achieve maximum pathogen reduction. UV might be an effective method for pathogen reduction in untreated or poorly treated water; there is a lack of independent testing data available on specific systems. Manufacturer's instructions must be followed.

- **MIOX®** systems use a salt solution to create mixed oxidants, primarily chlorine. As a result, refer to the category above for chlorine disinfection. Manufacturer's instructions must be followed.

Important: Water that has been disinfected with iodine is **NOT** recommended for pregnant women, people with thyroid problems, those with known hypersensitivity to iodine, or continuous use for more than a few weeks at a time.

In addition to using the appropriate drinking water treatment methods listed above, you can also protect yourself and others from waterborne illness by:

- Burying human waste 8 inches deep and at least 200 feet away from natural waters.
- Practicing good personal hygiene. Wash hands before handling food, eating, and after using the toilet.

Food Storage Basics

“We encourage Church members worldwide to prepare for adversity in life by having a basic supply of food and water and some money in savings. “We ask that you be wise as you store food and water and build your savings. Do not go to extremes; it is not prudent, for example, to go into debt to establish your food storage all at once. With careful planning, you can, over time, establish a home storage supply and a financial reserve.” The First Presidency

Three-Month Supply of Food

We have been asked to build a three-month supply of food that is part of our normal, daily diet. One way to do this is to purchase a few extra items each week to build a one-week supply of food. Then gradually increase the supply until it is sufficient for three months. These items should be rotated regularly to avoid spoilage. We should also build a three-month supply of sundry items including toilet paper, tooth paste, soap and other hygiene items and non-edible necessities for our family.

One-Year Supply of Food

Gradually build a one-year supply of food that can last for a long period of time, up to 30 years when stored properly. Focus on foods that will sustain life as suggested below. You should also gather a one-year supply of sundry items including toilet paper, tooth paste, soap and other hygiene items and non-edible necessities for your family.

Suggested Amounts of Basic Foods for Home Storage: (per adult for one year)

- Grains 400 lbs
- Legumes 60 lbs (include dry beans, split peas, lentils, etc.)
- Powdered Milk 16 lbs (non-fat instant)
- Cooking Oil 10 qts
- Sugar or honey 60 lbs
- Salt 8 lbs
- Water 1 gal (per day)

To access further information on Home Food Storage, including basic recipes, go to providentliving.churchofjesuschrist.org. In addition, the pamphlet *All is Safely Gathered In* is available at churchofjesuschrist.org/bc/content/shared/content/english/pdf/language-materials/04008_eng.pdf

Old Storage Tips: Placing flour, pasta, oatmeal (grain products) in the freezer in their original packages for a minimum of two weeks will kill any weevil larva they may contain. Then store in plastic containers with firm fitting lids in cool, dark area.

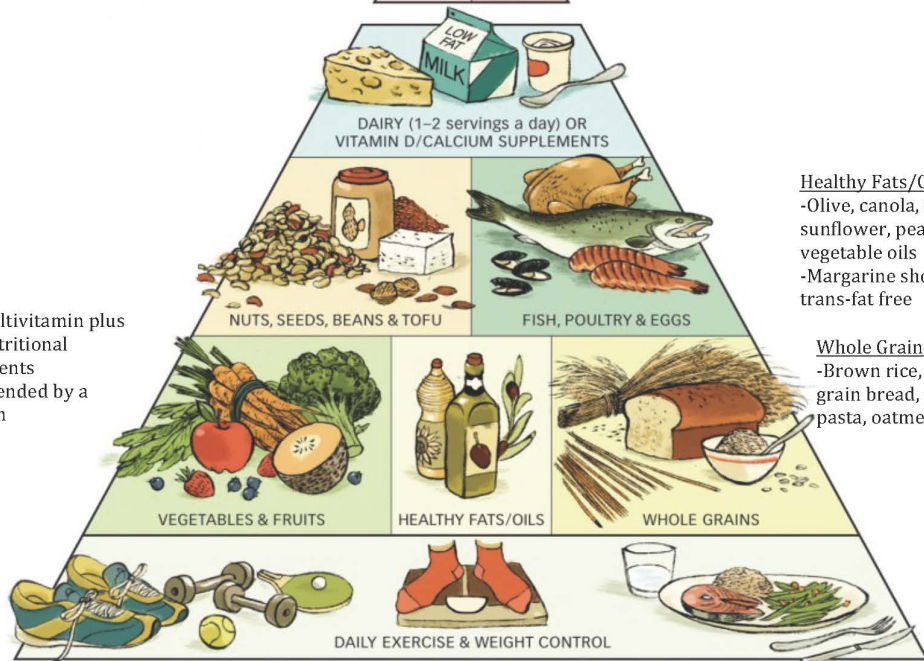
It is easy to make your own soy milk and soy flour. To enhance the nutritive value of most baked goods, you can replace up to 1/3 of the flour in most recipes with low-fat soy flour. Soy flour is high in protein but lacks gluten so it will not thicken sauce or gravy.

Harvard University's Healthy Eating Pyramid

(with some modifications)



Use sparingly:
-Red meat & butter
-Refined grains (white bread, rice, pasta)
-Sugary drinks & sweets
-Salt



Daily Multivitamin plus other nutritional supplements recommended by a physician

Healthy Fats/Oils:
-Olive, canola, soy, corn, sunflower, peanut & other vegetable oils
-Margarine should be trans-fat free

Whole Grains:
-Brown rice, 100% whole grain bread, whole-wheat pasta, oatmeal, etc.

Food storage tips:

- Store in a cool, dry spot (not garage or attic)
- If the power goes out, eat refrigerated foods first. Frozen foods (as long as the freezer door stays closed) can be good for up to 2 days
- Consider cooking methods: have camp stove, utensils, plates/bowls etc. stored

Food Group	Serving Size	Servings for 2000 calories
Vegetables	Cooked: ½ cup Raw or leafy greens: 1 cup	3-6
Fruits	Generally: ½ cup Dried: ¼ cup Juice: ½ cup Berries: ¾ cup	2-5
Grains & Starchy Vegetables	Cooked pasta/rice: ½ cup Bread: 1 oz. (1 slice of bread, 6 saltines, 3 cups popped popcorn) Beans, corn, potatoes, peas: ½ cup	4-6 (make half your grains whole grains -
Dairy	Milk/yogurt: 1 cup Cheese: 1 oz. (1 string cheese = 1 oz.)	1-3
Protein foods	Meat/seafood: 1 oz. (deck of cards sized portion is ~3 oz.) Eggs: 1	4-6 (dairy, beans, and nuts can also count as protein foods)
Oil/Fats	Nuts: ~2 tablespoons Oil/butter/mayo: 1 teaspoon Cream: 1 tablespoon Cheese: 1 oz. (1 string cheese = 1 oz.)	2-3

Healthy eating tips for emergency preparedness:

- The average person can survive for long periods of time on ½ their normal intake (except children & pregnant/nursing women)
- Drink 2 quarts of water per day
- Limit salty foods to avoid excessive thirst
- Rinsing canned foods reduces salt
- Combine plant-based foods to form a “complete protein” (has all essential amino acids)
- Liver contains high levels of many vitamins & minerals – if multivitamins are in short supply, try having liver once or twice a week
- Take a multivitamin (WalMart brand Centrum is great!) especially if rationing
- When in doubt, rice & beans with a little oil, a canned vegetable, and a multivitamin will keep you alive for a long time
- Visit ready.gov/food or fema.gov/pdf/library/f&web.pdf for more information!

Copyright © 2008. For more information about The Healthy Eating Pyramid, please see The Nutrition Source, Department of Nutrition, Harvard T.H. Chan School of Public Health, www.thenutritionsource.org, and *and Eat, Drink, and Be Healthy*, by Walter C. Willett, M.D., and Patrick J. Skerrett (2005), Free Press/Simon & Schuster Inc."

Protein Guide for Meatless Meals*

Meals combining the following foods (raw ingredients) will provide complete protein
in the amounts indicated:

COMBINE THIS FOOD	IN THIS FORM	CUPS	WITH THIS	IN THIS FORM	CUPS	AND THIS	IN THIS FORM	CUPS	GRAMS USABLE PROTEIN	
WHEAT	Berries ¹ Bulgur ² Flour	1½ 2½ 3	Beans		½				46	
	Bulgur Flour Pasta	1½ 2 1	Milk	Liquid Pwdr ³ Instant ⁴	1 ¼ ⅓				28	
			Cheese	Grated Cottage Ricotta	⅓ ¼ ⅓					
	Berries Bulgur Flour	2 3 3¾	Peanuts	Whole Butter	⅞ ½		Milk	Liquid Pwdr Instant	1 ¼ ⅓	83
Cheese							Grated Cottage Ricotta	⅓ ¼ ⅓		
	Berries Bulgur Flour	½ ¾ 1	Soy	Flour Tofu	1 12 oz.	Rice		1	41	
DRY BEANS		¼	Corn		1				14	
		½	Milk	Liquid Pwdr Instant	1 ¼ ⅓				22	
			Cheese	Grated Cottage Ricotta	⅓ ¼ ⅓					
			¼	Rice		¾			15	
			½	Wheat	Berries Bulgur Flour	1½ 2½ 3				46
DRY RICE		1	Brewer's Yeast		¼				24	
		¾	Beans		¼				15	
		¾	Milk	Liquid Pwdr Instant	1 ¼ ⅓				17	
			Cheese	Grated Cottage Ricotta	⅓ ¼ ⅓					
			1	Soy	Flour Tofu	1 12 oz	Wheat	Berries Bulgur Flour	½ ¾ 1	41
			2½	Soy	Flour Tofu	½ 6 oz				37

*Source unknown.

1. Berries are whole wheat kernels.
2. Bulgur is cracked whole kernels of wheat, parboiled and dried.

3. Whole Milk Powder (12-month shelf-life)
4. Non-fat Instant Powdered milk (30-yr shelf life)

Food Storage Shelf Life

FOOD	NEW "LIFE-SUSTAINING" SHELF-LIFE ESTIMATES (IN YEARS)
Wheat	30+
White rice	30+
Corn	30+
Sugar	30+
Pinto beans	30
Rolled oats	30
Pasta	30
Potato flakes	30
Apple slices	30
Non-fat powdered milk	20
Dehydrated carrots	20

Product Recommendations

The following suggested amounts are for one adult.

QUANTITY FOR ONE MONTH	RECOMMENDED PRODUCTS	LONG-TERM STORAGE LIFE
11.5 kg / 25 lbs	Wheat, white rice, corn, and other grains	30+ years
2.5 kg / 5 lbs	Dry beans	30+ years