

EMERGENCY PREPAREDNESS HANDBOOK Kaysville Utah Crestwood Stake

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EMERGENCY PHONE NUMBERS & WEBSITES (CALL 911 IF IT IS AN EMERGENCY)

	NUMBER	WEB
KAYSVILLE CITY FIRE	801-544-2860	https://www.kaysvillecity.com/236/Fire
LAYTON CITY FIRE	801-363-3940	https://www.laytoncity.org/LC/Fire
KAYSVILLE POLICE	801-546-1131	https://www.kaysvillecity.com/215/Police
LAYTON POLICE	801-336-3520	https://www.laytoncity.org/LC/Police
POISON CONTROL	800-222-1222	www.aapcc.org

LOCAL HOSPITALS

	NUMBER	WEB
DAVIS	801-807-7177	www.davishospital.com
LAYTON	801-543-6000	https://intermountainhealthcare.org/locations/layton-hospital/
MCKAY-DEE	801-627-2800	www.intermountainhealthcare.org/hospitals/mckaydee/
RAPE CRISIS	801-467-7273	
SAFE HARBOR SHELTER	801-444-3191	www.womensdvshelter.org

PUBLIC UTILITIES

	NUMBER	WEB
KAYSVILLE ELECTRIC	801-546-1235	
CENTRAL DAVIS SEWER	801-451-2190	
QUESTAR GAS	800-767-1689	www.questargas.com
ROCKY MOUNTAIN POWER	888-221-7070	www.rockymtnpower.net

MISC. OTHER

	NUMBER	WEB
DAVIS COUNTY HEALTH	801-451-3351	www.daviscountyutah.gov/health/
DOMESTIC VIOLENCE INFO	800-897-5465	
UTAH RED CROSS	801-323-7000	www.redcross.org
DAVIS SCHOOL DISTRICT	801-402-5261	www.davis.K12.ut.us
DAVIS ANIMAL CONTROL	801-444-2200	
UTA	801-743-3882	
WEATHER INFORMATION	801-524-5133	
UDOT ROAD CONDITIONS	800-492-2400	

Pandemic Information: <http://www.pandemicflu.gov/>
 Public Safety: www.publicsafety.utah.gov/homelandsecurity
 State Preparedness: www.bereadyutah.gov
 Weather & Road Conditions: www.wrh.noaa.gov/slc/

Federal Emergency Preparedness: www.cms.gov
 Federal Emergency Management Agency: www.fema.gov
 Emergency Prep www.emergencymanagement.org/states/
 Center for Disease Control & Prevention: www.cdc.gov

FAMILY PREPARATION CHECKLIST

- Fill out "Emergency Information /Contact"
- Create family disaster response plan
- FHE regarding your plan
- Other emergency preparedness topics
- Water storage 2-week supply
- Basic food storage
- Commodity storage
- Fuel, cooking, and light storage
- Contingency cash fund in place
- Emergency supplies locator

- Shelter-in-place kit assembled
- Annual Update**
- 72-hour kit(s) for the family
- Valuable documents consolidated
- Install smoke detectors (change batteries)
- Install CO2 detectors (change batteries)
- Fire extinguisher(s) home and auto
- 6th Month Update**
- Family first aid kit
- Automobile emergency kit

FAMILY MEMBER	BLOOD TYPE	MEDICAL CONDITIONS/DOSAGES

EMERGENCY CONTACTS

Contact	Name	Number/s	Address
<i>Block Captain</i>			
<i>Contact/ Minister</i>			
<i>Contact/ Minister</i>			
<i>Local</i>			
<i>Family</i>			
<i>Out of Town</i>			
<i>Work</i>			
<i>School 1</i>			
<i>School 2</i>			
<i>School 3</i>			
<i>Physician</i>			
<i>Dentist</i>			

Insurance Policy	Agent	Phone	Plan/ Policy #	Group #
<i>Health</i>				
<i>Dental</i>				

Family Designated Meeting Place

Primary?

· Secondary?

FAMILY DISASTER RESPONSE PLAN

Purpose:

This handbook is designed to assist you & your family in preparing for an emergency. It can also provide essential information to neighbors or emergency personnel trying to help your family. Make this information part of a special FHE. Remember, "...if ye are prepared ye shall not fear. " (D&C 38:30)

A. Possible Local and National Emergencies (for details see pages 16-21)

- Earthquake
- Fire/Wildfire
- High Winds
- Power Outages
- Severe Storm
- Flooding
- Chemical Spills
- Pandemic
- Nuclear Attack
- Civil Disorders or Terrorist Actions

* Preparation should be taken for other emergencies as well (job loss, illness, death or separation).

B. Create a Disaster Response Plan

1. **Why and What?** Discuss with your family about why, and what, you need to prepare for a potential disaster. Update your plan annually.
2. **Meeting Place?** Pick two safe places to meet immediately following a disaster:
 - a. a. Immediately outside your home during a sudden emergency (in-home fire).
 - b. b. Outside your neighborhood in case you cannot return home. Each family member must know the address and phone number.
3. **Contacts?** Choose an out-of-state friend to be your family contact. After a disaster, it is often easier to call long distance, and most phone service is active for 10 minutes. If family members are separated during an emergency, they should call this person and tell them where they are. Everyone must know the contact phone number.
4. **Special Needs?** Address special needs (disabled, elderly, pets, etc.)
5. **911?** Teach children how and when to call 911 for emergency help.
6. **Escape Routes?** Determine the best escape routes from your home (multiple routes if possible).
7. **Safe Spots?** Find the safe spots in your home for each type Of disaster, especially an earthquake.
8. **Turn Off?** Instruct family members how & when to turn off the water, gas, & electricity.
9. **Extinguisher?** Instruct family members how, where, & when to use the fire extinguisher (ABC type).
10. **Smoke Detector?** Install smoke detectors on each level of your home, especially near bedrooms.
11. **CO2 Detector?** Install CO2 detectors within 40 feet of all rooms used for sleeping. Install a detector near your gas furnace; follow manufacturer's installation instructions.

C. Immediate Response Instructions to an Emergency

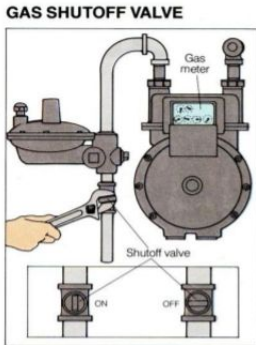
1. Save your life & family's first. Families should stay together during the initial phase of disaster.
2. Report your family's status to your out-of-state contact within 10 minutes.
3. Report your condition or request critical help through your Block Captain.
4. Post family condition on front door before evacuating (**use cards or ribbons, see pgs. 23-27**):
5. After your own families are safe and secure, block captains and teachers check on assigned families.
6. Check Status Of immediate neighbors and help post status cards.
7. If your area is required to evacuate, make sure all living household members evacuate together with members of your block and possibly, area. If the situation becomes dangerous waiting for neighbors who do not report, leave without them, but leave a note where you are going.
8. If you are asked to "Shelter in Place," stay in your home for the length of time the local authorities deem it is necessary.

UTILITIES LOCATION & SHUT-OFF INSTRUCTIONS

Turning off utilities can prevent unnecessary danger or damage (earthquake, fire, flood, & severe storm).

Shut utilities off in the following order:

Attach the appropriate wrench to the gas meter and let it stay there for emergency use.



Gas: Only turn off if you smell gas anywhere. To avoid the danger or an explosion following the onset of a fire or after an earthquake, turn this utility off first.

- Evacuate all persons from your home.
- The shut off valve is located outside next to the meter.
- Call from a neighbor's home for assistance unless a general disaster has occurred. Natural Gas Office Phone # _____
- Do not light a fire or use your telephone, light or electrical/battery operated equipment. Turn flashlights on before entering an area containing gas-fed equipment.
- Ventilate your home by opening windows and doors.

Electricity

Because a fire or earthquake could damage the electric wiring found in the walls, ceiling, and floor of your home, turn this utility off next in one of two places:



Circuit Breaker



Pull-out Cartridge Fuses

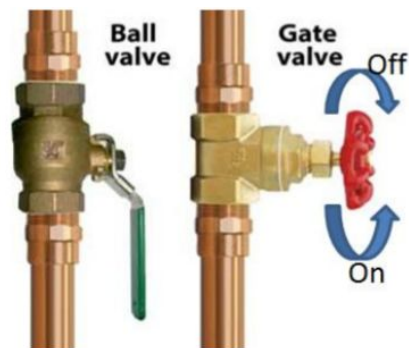
- **Fuse or circuit box:** This box is usually located in the hallway or basement of your home. To shut off all the power, pull out all the fuses or "trip" all of the circuit breakers.
- **Meter box:** To turn off the power, use the switch on the electric meter below the glass bubble. The meter may be mounted on an Outside wall Or On a utility pole found on your property.

Our location is: _____

*When electrical service is restored, power surges may occur. To avoid damage, turn off circuits except to lights. Turn on other circuits after lights are steady for a few minutes.

Water

In order to prevent contamination of your water supply, turn this utility off as soon as possible in one of two places.



- **Home Shutoff Valve:** This valve is usually located in your basement where the water feed enters your home. You may need pliers to turn it Off. (Check now to see if it is loose.) If the house must be evacuated without heat during freezing weather, turn off the water and drain water lines by opening all water faucets and the water heater drain valve. Make sure to refill the water heater before turning on the gas pilot.

- **Outside Meter and Valve Box:** This valve is usually located between the curb and the sidewalk. It is harder to get to and will probably need a wrench.

Our location is: _____

Remember: Most Valves Turn off Clockwise

Family Notes:

72 HOUR EMERGENCY KIT

The following items are suggested. Each family should adapt the list for its own special needs and wants. The emergency preparedness kit should be kept cool, dry, and readily accessible. It could be stored in backpacks, duffle bags, suitcases, or 5 gallon buckets.

Water (per person)

1 gallon per day (purification filters and/or tablets)

Tools/ Equipment

Adjustable wrench, hammer, pocket knife
Battery powered radio (extra batteries)
Flashlights (batteries), light stick, whistles
Folding shovel, Ax, pliers, work gloves
Rope (1/4 x 26'), duct tape
Tent - tarp/ plastic (shelter)

Sanitation

Plastic bucket with tight fitting lid
Plastic trash bags (large & small, also zip locks)
Disinfectant (bleach, Lysol, powdered chlorinated lime)
and baking soda
rodent traps

Cooking/Heating

candles - 2 large Can opener
Buddy burners/Sterno/alcohol stove
Dish soap, dish cloth, towel
Knife Matches in foil Mess kit (1 per person)
Metal cup, pan, can, or small tin pail
Paper plates, cups, napkins, utensils

Stress/Morale Boosters

Scriptures
Balls, games, crossword puzzles
Harmonica, needlework, pictures Paper, pencils,
crayons, permanent marker

Food for 3 days (date each item)

Baby food, baby cereal, formula. juice
Jerky, canned foods
Candy, gum
Cereals (oatmeal cracked wheat)
Crackers, cookies
Dry foods (soup, ramen, milk, fruits)
Granola bars, peanuts
MRE's (Meals Ready to Eat)

Peanut butter and honey

Clothing/Bedding (per person)

Space/fleece/wool blanket or sleeping bag
1 change of clothes: include underwear &
2 pair socks (at least 1 sweatshirt, gloves, shoes)

Hygiene

Comb & brush (barrettes, elastics)
Deodorant
Feminine hygiene needs Lip balm, Chapstick, Blistex
Lotion and Shaving supplies
Soap (container), shampoo
Small mirror
Toothbrush, toothpaste
Washcloth, towel

Other

First aid kit (See items under first aid kit)
Insect repellent, sunscreen
Money - (cash, travelers' checks, credit card)
Safety pins, needle, thread, scissors, buttons
Extra glasses & set of car keys

Infants/Toddlers/ Children

Their own bag labeled With their own name Disposable
diapers and wipes (36 minimum)*
Plastic garbage bags*
Plastic pants (label with name)*
Two changes of clothes*
Two blankets
Hats, gloves, socks
Teething biscuits Orajel, pacifier
Sterilized water, also Pedialyte
Plastic bottles (disposable bottle liners)
Extra nipples, Bib
Plastic Spoon and bowl
Safety Pins Baby powder
Baby Oil & diaper rash medication
Children's Tylenol

SPECIAL NEEDS:

Infants and Young Children

- Before the emergency, young children can help prepare and store supplies.
- Teach them about the warning sounds (smoke alarms, sirens, etc in your home and neighborhood). Have practice fire and earthquake drills.
- Young children should memorize family name, address, and phone number as early as possible.
- Children need extra reassurance. Be prepared to sing songs and play simple games.
- Children imitate the way adults cope with emergencies. They can detect adults' uncertainty and grief. Be calm and honest.
- Change diapers on infants regularly. Dispose of the soiled diapers in garbage can liners and keep them tightly sealed to prevent spread of disease.

Senior Citizens and Disabled

Arrange for someone to check on you. Have a plan to signal for help. Have extra batteries for hearing aids, wheel chairs, extra oxygen, and extra eyeglasses. Maintain at least a two-week supply Of medications and a current list.

Pets

Consider your pet's needs in planning for an emergency: Have a current ID tag and license. Keep their vaccinations current. Keep pet carriers and leashes on hand to contain and calm your pet. Your pet also needs 1/2 gallon of drinking water per day as well as food. In case of evacuation, be aware that pets are not allowed in emergency shelters.

Documents

Keep your most valuable documents (or copies) in your emergency kit or in a packet ready to pick up and take with you. Preferably keep originals in a fireproof safe. Consider scanning documents on a computer and burning two CD's; one for your 72- hour kit and one for a member of your extended family.

Recommended:

Legal Marriage Certificate
Birth Certificate
Passports
Vehicle(S) Registration/title
Power Of Attorney Deeds Will

Insurance

Life/Auto/ Home/ Medical (Agent & Policy #)

Medical

Immunization records Medication lists

Financial

Assets Personal property lists, include SN, cost, model #
Outstanding major debts (Mortgages)
Recent Tax Returns
Safety Deposit, Checking, and Savings Account # and location

Other Important Records

Diplomas
Military
School Certificates
Social Security Numbers
Genealogy
Patriarchal Blessings

SHELTER-IN-PLACE

In-place sheltering simply means staying inside your home, business, or other facility, or seeking shelter in the nearest available building. During a release of toxic chemicals or an emergency involving hazardous material where the air quality may be threatened, there may not be time to evacuate. If that is the case, local officials will notify you through the Emergency Alert System (EAS), loud speakers, telephone or go door-to-door to give you instructions. Where evacuations will get you out of the affected area, in-place sheltering will keep you inside a protected area and out of danger if there is no time to evacuate. As soon as you are notified of an order to in-place shelter, tune in to local TV, or radio station for further instructions and information. The city or county may even establish an information center complete with a recorded message or phone bank to directly answer your questions. DON'T go outside or attempt to drive unless you are specifically instructed to evacuate.

HOW TO:

- If possible, tie up outside pets immediately. Do not unnecessarily risk your safety for your pet.
- Close and lock all doors and windows to the outside.
- Turn off all fans and heating and air conditioning systems.
- Switch inlets and vents to the closed position. Close all fireplace dampers.
- Seal gaps around mounted air conditioners, fireplaces, doors and windows with plastic sheeting and duct tape or other suitable materials. use a damp towel to seal the crack under the doors.
- Seal bathroom exhaust fans, range or grill Vents, dryer vents, and any other openings to the outside using the duct tape and plastic.
- Seal all Of these areas from the inside. (Don't go outside)
- Close drapes or shades over Windows. Stay away from doors and Windows. GO to an interior room that is above ground level if possible.
- Keep a damp dish towel handy to cover your mouth and nose, if needed.
- Stay inside until told to do otherwise. Monitor the Emergency Alert stations. Be ready to leave (evacuate) when told it is safe to go outside or directed to do so.
- If time does permit you to seal the entire home, close as many interior doors as possible, move to the most central, above ground room in the home and seal that room as above.

YOUR HOME IN-PLACE SHELTERING KIT SHOULD CONTAIN AT LEAST THE FOLLOWING:

- Plastic sheets- Pre-cut to fit your windows, doors, exhaust fans, range or grill vents, dryer vents, and any other openings to the outside. Thickness of the plastic is not critical.
- Additional plastic sheets- In case you forget an opening that needs to be covered or if you accidentally tear a sheet of plastic that has already been cut to fit a specific window, Door, etc.
- Tape - Use this to tape the plastic over windows, doors, etc.
- Towels - A towel for each door going to the outside.
- Scissors

FIRST AID KIT

First Aid Kits are an essential. Contents should be arranged to quickly find items without unpacking the entire contents. Keep in a dry place, out of reach of children, yet readily accessible in an emergency. Label ALL supplies and date all medications. Take inventory annually. Replace used, expired or deteriorated items. Include a basic first aid manual. Filling a small tool box with items your family needs may be better than buying a pre assembled kit. Focus on being able to treat things that are most likely to happen.

BANDAGES

Ace wrap bandages
Band-aids & moleskin (various sizes)
Cotton balls and Eye pads
Gauze bandage rolls (3" and 4")
Sterile gauze pads (4" x 4" & 2"x2")
Steri-Strips - Butterfly bandages
Tape- hypoallergenic cloth/adhesive
Triangular Bandage 36" x 36" x 52"

MEDICATIONS

Advil/Tylenol/Aspirin
Antibiotic ointment- Neosporin,
Bacitracin, Betadine
Antihistamine - Benadryl
Antiseptic cleansing-hydrogen peroxide
Decongestants -
Diarrhea remedy -
Drops (eye, ear, nose)
Hydrocortisone cream/ Calamine lotion
Sunscreen, insect repellent
Lubricant- (Vaseline)
Personal prescriptions (30-day supply) Rubbing alcohol
Throat lozenges

OTHER

Consecrated Oil Cup
Flashlight & batteries
Ice Bag - chemical cold pack
Gloves
Hot water bottle - chemical heat pack
Knife
Matches
Mask- face shield
Medicine dropper
Money (cash)
Needle & thread
Paper bag for hyperventilation
Pencil
Plastic bags (human waste/trash)
Razor blades
Safety pins
Scissors
Space blanket
Splints (tongue depressors)
Soap - antibacterial
Thermometer
Tissues
Tweezers
Water/Water purification tablets

CAR SURVIVAL KIT

Since many emergencies require evacuation or may cause you to travel and relocate, always maintain at least half a tank of gas in your Car. The following are recommended items to include:

Backpack or duffel bag
Paper, pencils, Map
Tissues, wet-wipes,
Plastic bags
Medications
Flashlight & batteries

Reflectors & flares
Matches/candles
First aid kit & manual
Radio and batteries
Jumper cables
Non-perishable food

Short hose for siphoning
Bottled water
Small pup-tent
Shovel. ax
Screwdriver, pliers
Blankets, sleeping bags

SAFE DRINKING WATER FOR STORAGE

Minimum water storage is 1/2 gallon per day per person for drinking and food preparation, and 1 1/2 gallon per day for cleaning and miscellaneous (a 2-week supply is 14 gallons per person).

Storage containers: Ideal is a heavy, dark plastic container with tight fitting cap or top. Plastic milk bottles are not recommended (they will deteriorate). Water, if stored in dark clean containers and if the water is safe bacterially at the time of storage, will remain safe because disease organisms tend to die out during storage. If light can penetrate a container, water must be rotated each year. Containers must be thoroughly clean. To sanitize bottles, wash in solution of 1/4 cup Clorox to 1 quart water. Store container openers, siphons, and pumps in an accessible place.

Other Sources: Use water from ice cubes, your hot water tank, toilet tank (NOT the bowl). Canned fruits and vegetables, etc. To obtain water from the hot water heater, it is sometimes necessary to open the valve at the top of the tank and other hot water taps in the house as well as the faucet at the bottom of the heater. Be sure to turn off gas or electricity to the water heater before draining off water for emergency use (after turning the water main off). To use the water in your pipes, let air into plumbing by turning on the faucet in your house at the highest level. A small amount of water will trickle out. Then, obtain water from the lowest faucet in the house.

How to purify Water

Boiling	Boil vigorously for 3-5 minutes. To improve taste, pour from one container to another several times. This is the safest method.
Tablets	Available at any drug store. Follow directions on package.
Bleach	Liquid household bleach can also be used. It must contain hypochlorite, preferably 5.25%. Add according to table below, then stir and mix.

<i>Amount of Water</i>	<i>Clear Water</i>	<i>Cloudy Water</i>
1 quart	2 drops	4 drops
1 gallon	8 drops	16 drops
5 gallons	1/2 teaspoon	1 teaspoon

FOOD STORAGE

Food storage is another form of insurance for you and your family, It is an even wiser investment if you practice the idea of storing what you use and using what you store. Using and rotating your food storage on a regular basis maintains your original investment because nothing is wasted. Food storage provides a feeling of security and helps you to become self-reliant.

There are 4 basic rules for storing foods:

1. KEEP IT COOL
2. KEEP IT DARK
3. KEEP IT DRY
4. ROTATE IT

WHERE TO START

- Buy what your family eats. It is much easier when a crisis occurs if you don't have to change your diet.
- Start by planning 1 week of menus filled with your favorite meals.
- Gather the recipes and list the ingredients.
- Multiply the ingredients by 4.
- Take an inventory of items you currently have.
- Purchase the items needed in bulk as much as possible. Purchase items that can be stored but substituted for fresh ingredients (powdered milk, powdered eggs, dehydrated foods; freeze-dried are the best tasting, but store only those ingredients you will be using).
- This gives you one month of food storage containing items your family eats. Continue this process until you have a one-year supply.

TIPS

- Choose food your family likes and uses. Date and rotate your storage items.
- Store a variety of items and flavorings to go with them. You'll fare better on having a one month supply of a variety of items than a year's supply of 2-3 items.
- For an emergency, store quick and easy-prepare foods for when you are psychologically or physically unable to cook.
- Always store your bulk foods in food storage containers. Keep food in the driest and coolest spot in the house and choose a dark area if possible.
- Keep all food covered at all times.
- Open food Containers carefully so that they can be tightly closed after each use.
- Empty opened packages of sugar, dried fruits or nuts into screw-top jars or some other airtight container because insects or rodents may be a problem.
- You may want to store non-perishable foods for your pets.
- Freezer food will last from 48-72 hours if the freezer is full and the door stays closed.
- Borrowing money or putting food storage on a credit card is highly discouraged. Don't go into debt for food storage.
- Keep your food inventory list handy and mark the items as you use them so they can be replaced.

These are the BASICS recommendations for one year:

- Grains (wheat, rice, Corn, Oats, etc.) 300-400 lbs per person
- Powdered milk (nonfat) 20 lbs per person
- Sugar (honey, syrups, jams) 60 lbs per person
- Salt 8 lbs per person
- Shortening or oil 20 lbs per person
- Dried Legumes (beans, peas, etc.) 60 lbs per person

Beyond the basics (rotate regularly):

- Canned or freeze-dried fruits & vegetables
- Canned or freeze-dried meats & soups
- Dry pasta
- Baking powder and soda
- Vitamin & mineral supplements
- Bouillon, spices, yeast

COMMODITY STORAGE

Store a sufficient amount for your family's needs for one year of:

Paper products

- Toilet tissue
- Paper towels
- Cups & plates
- Napkins

Garden Seeds

Cleaning Supplies

- Disinfectant
- General household cleaning supplies

Matches/lighters

Canning supplies

- Lids and rings

Personal Hygiene

- Bath soap
- Shaving supplies
- Hair supplies
- Shampoo & conditioner
- Deodorant
- Contact lenses & solution
- Toothpaste and toothbrushes
- Feminine supplies

Plastic Goods

- Eating utensils
- Plastic wrap, bags, foils, etc.
- Garbage bags

EMERGENCY SUPPLIES LOCATOR

Take some time to evaluate the best spot for all essential supplies and equipment that you would need in the event of an emergency. These could include 72-hour kit, first aid kit, medication, and camping gear. You might note these locations on a sketch of a floor plan of your home so others could help you get what you need. Consider placing some essential supplies in different locations in case one area is inaccessible.

HEATING, COOKING & LIGHTING

Coal

The best type for heating homes is anthracitic (hard). Should be stored in plastic-lined pit or in sheds, bags, boxes, or barrels and should be kept away from circulating air, light, and moisture.

Wood

Hardwood is slow burning, but needs more kindling. Should be seasoned and kept dry.

Newspaper

Good and inexpensive. To make newspaper logs: Use 8-10 pages of newspaper and open flat. Spread the stack, alternating the cut sides and folded sides. Place a 1" wooden dowel or metal rod across one end and roll the paper around the rod very tightly. Roll it until there are 6-8 inches left to roll, and then slip another 8 pages underneath the roll. Continue this procedure until you have a roll 4-6 inches in diameter. With a fine wire, tie the roll on both ends. Withdraw the rod. Your newspaper log is ready to use. Four of these will burn about 1 hour.

Propane

Stores indefinitely, but requires proper ventilation. By law, you can only store up to 25 gallons (up to five 5-gallon containers). Keep at least 10 feet from combustible or flammable liquids. You are only allowed to store two 1- 1b disposable propane bottles inside your home or attached garage.

White Gas (Coleman Fuel) Never use indoors or store indoors. Maximum residential storage limited to 25 gallons, preferably stored in unattached garage or shed. NO more than 10 gallons in an attached garage and no flammable liquids in basements. Use containers approved for use with flammable liquids. Store ABC fire extinguisher Within 50 feet and no closer than 10 feet. Keep away from open flames and high temperature devices.

Kerosene. Lamp Oil Diesel (Cheapest and Not AS Explosive)

Stores well for long periods. You will need a heater to burn at least 9,600 BTU's of heat. Can double as a cooking surface. Heating appliances are limited to a fuel capacity of 2 gallons. Crack a window 1/4 inch for proper ventilation. Use a battery powered carbon monoxide detector to help prevent poisoning. Buy on K-1 rated kerosene. Maximum residential storage limited to 60 gallons (10 only to be stored in attached garage with none in basements). Store in approved containers. Fire extinguishers and open flame rules are the same as for flammable liquids. Remember, the Aladdin lamps bum Very hot. Fashion a tomato cage over the lamp to prevent it from toppling over and to help keep children away from the 750-degree heat produced. Kerosene lantern burn time is about 45 hours per quart. Store extra wicks, chimneys, and mantles for lamps.

Candles and Several Flashlights Shelf-life is about 3-5 years when batteries are stored in a cool location and in an airtight container.

Charcoal

Never use indoors. Buy at the end of summer when it is least expensive. Store in metal, airtight containers such as metal trash cans.

High Power Generator

Expensive, but useful.

Light Sticks up to 12 hours of lighting. Cyalume sticks are safest and won't ignite natural gas.

Miscellaneous

Waterproof matches

Extra fuses

Extra light bulbs

Rubber hot water bottle

Weather stripping materials such as duct tape

Heating fuels do not have an indefinite shelf-life. Many heating/cooking manufacturers recommend that you consume all said fuels within 6 months of purchase.

FINANCIAL PREPAREDNESS

There are many advantages in establishing good financial practices in our homes. Savings permit us to continue to provide for ourselves during changes in employment or emergencies. Your goal should be to acquire enough savings to support your family for at least six months.

KEYS TO FINANCIAL STABILITY - (from one for the Money by Marvin J. Ashton)

- Pay an honest tithing.
- Live on less than what you earn.
- Distinguish between needs and wants.
- Use a budget, Teach family members the importance of work and accomplishment.
- Teach Children to make money decisions - teach about credit.
- Teach each family member to contribute to total family welfare such as chores and service.
- Make education a continuing process.
- Work toward home ownership.
- Obtain adequate insurance.
- Have a food storage and emergency preparedness program.
- Be honest in all your financial affairs.

PREPARE A FAMILY BUDGET-

- Estimate family income based on average minimum (take-home pay, interest, additional income).
- Calculate fixed expenses (tithing, taxes, rent or mortgage, fixed housing expenses, and debts).
- Plan daily expenditures including incidentals (food, household, clothing, transportation, medical, internet, personal allowances, interests and recreation, and variable items such as, crafts, etc.).
- Plan savings and emergency funds. Try to pay yourself 10%. Make your savings large enough to cover emergency funds and long-range goals (education. missions, retirement, etc.)
- Make a plan to get out and stay out of debt!

EARTHQUAKE

EARLY PRECAUTIONS

- Store breakable items in secured cabinets. Sleep away from areas where heavy objects could fall.
- Store paper goods in areas unlikely to get wet. Food items should be arranged so that paper goods and nonbreakable items are stored on the upper shelves and breakables on lower shelves. Retainers can be installed to assure that everything remains intact during the quake.
- Have a battery operated, crank or solar radio and flashlight available near your bed.
- Locate gas meter and valve: 1) Have a wrench and know how to turn Off the gas to the house if you smell gas and, 2) Know how to turn Off the water to the house.
- Keep a pair of shoes near your bed. Have water heaters and heavy appliances secured to the wall (nylon binding or metal straps can be wrapped around the heater and attached to wall).
- Have a family plan of response in an earthquake. Have a common meeting place (if separated).
- Close drapes at night to keep flying broken window glass away from center floor areas.

DURING AN EARTHQUAKE

- If inside, stay inside. Drop/Cover/hold- Crouch under a desk or table, or against an inside wall or dresser/cabinet and try to keep children with you.
- Stay away from windows, bookcases, ceiling fixtures, and cupboards.
- If outside, stay outside. Stay away from buildings, trees, lines and poles. Move to an open area.
- If in a car... stay away from underpasses, and overpasses. Stop in a safe area. Stay in your vehicle.
- In tall buildings... get under your desk. Do not dash for exits since stairways may be broken or jammed with people. Check stairs carefully. DO NOT USE elevators.

AFTER AN EARTHQUAKE

- Check for: 1) structural safety, and 2) injuries and provide first-aid.

Gas Lines

If you smell gas, open windows and shut off the main gas. Leave the building and stay out. Don't light, matches, lighters, turn on light switches or use the telephone until you know there is no leak. Gas leaks cause explosions. Turn off burners and pilot lights. Do not operate any appliances if you suspect a leak.

Electrical Lines

Lines can cause fires. Shut off all power if there is damage to your house wiring (inside or out).

Water Lines

Turn off the water where it enters the home so you won't lose water in the water heater if lines are broken. Do not flush toilets until you know sewer lines are not broken. Do not pour or flush water down drains if there is no electric power. Sewage treatment plants operate on electricity so sewage could back up into your home. Wear shoes. Turn on the radio and listen for instructions from public safety agencies. Stay away from damaged buildings. Aftershocks can collapse them. You will probably be on your own for at least 72 hours.

Resources:

This is a link to the state of Utah's earthquake preparation material and k-12 schools utilize this (*it is highly recommend that you view & review with your family*): <https://www.shakeout.org/utah/>

FIRE

Fire prevention

- Clear closets, attic, basement, garage, and yard Of cast-off articles and rubbish that will burn.
- Never store flammable fluids indoors (i.e. gasoline, kerosene, benzene etc). Remove fire hazards.
- Check your wiring system, especially extension cords (*Many fires are due to overloaded electrical circuits, worn out cords, and careless use of appliances*). Keep space heaters away from traffic areas.
- Do not use flammable liquids to start a fire.
- Use a screen for fireplaces. Clean grease from stoves/ovens. Keep matches away from children.
- Have smoke alarms in all rooms (and some carbon monoxide detectors).
- Have a fire extinguisher in the kitchen & store important documents in a fire safe container.

What To Do If Fire Occurs

- Have a family plan of action and evacuation. PRACTICE home fire Drills!
- Take away fuel and remove burning material before the fire spreads if possible.
- Take away air. A rug or blanket will smother the fire & you can't have too much water on hand.
- Turn off electricity and gas. Do not use water on oil, grease, or electrical fire.
- There is more oxygen near the floor, so crawl. If you are in a building, do not use elevators.
- Test the door knob using the back of your hand: if it is hot don't open the door.
- Use a previously determined means of exit, then call 911, & warn others.

WILDFIRE

Design with fire safety in mind. Select materials & plants that can help contain fire. Hardwood trees are less than evergreen. Use fire resistant materials on the roof/exterior of your home. Create a 30-50 foot safety zone around your home (*100 if connected to a forest*). Protect your home by doing the following:

- Regularly clean roof and gutters & remove leaves and rubbish from under structures.
- Remove limbs within 15 ft of ground, stovepipe, or that extend over the roof.
- Clear branches from power lines & stack firewood at least 100 feet away from your home
- Store gasoline, oily rags, and other flammable materials in approved safety cans.
- Inspect chimneys at least twice a year. Clean them at least once a year.
- Identify & maintain an adequate outside water source (*cistern, well, swimming pool, or hydrant*)
- Have exterior water outlets on at least 2 sides of the home & near other structures.

ONLY IF THERE IS TIME! Your life is most critical

When Wildfire Threatens: Back your car into the garage or park in an open space facing the direction of escape with windows rolled up. Close windows and doors, but leave them unlocked. Disconnect automatic garage door openers. Confine pets to one room and have a plan for them during an evacuation. Arrange temporary housing outside the threatened area.

IF THERE IS TIME to Protect Your Home Inside: Close windows, vents, doors, & blinds. Remove lightweight curtains. Shut off gas at the meter. Turn off pilot lights. Open fireplace damper, Close fireplace screens. Turn on a light in each room to increase the visibility Of your home in heavy smoke.

IF THERE IS TIME Outside: Turn Off propane tanks; otherwise stay well clear. Connect garden hose to outside taps, turn on sprinklers and wet the roof.

HIGH WINDS

- Check your battery-powered equipment. Your radio may be your most essential item. Emergency cooking facilities and flashlights should also be checked.
- Board up windows, protect them with shutters, or tape. Make a large X across the window with the tape. Danger to small windows is mainly from wind-driven debris. Larger windows may be broken by wind pressure (*To relieve pressure, open windows about 1 inch at opposite ends of the home*).
- Secure outdoor objects that might be blown away or uprooted.
- Remain indoors during a storm, stay away from windows & in the most reinforced area.
- Stay away from fallen or damaged electric wires; these may still be dangerous.

POWER OUTAGE

- Keep freezers as full- open the door only briefly. A full freezer could last 3 days without power.
- Have a heat source that is not dependent on electrical power.
- Kerosene and propane heaters must be well ventilated.
- Turn off electrical equipment when the power goes out. Unplug appliances - power surges can damage appliances, but leave one light turned so you'll know when your power returns.
- Do not run a generator inside a home or garage, nor connect a generator to a home's electrical system. Connect only the equipment you want to power directly to the outlets on the generator.
- Keep computer files backed up regularly, and have a high quality surge protector.
- Keep your car fuel tank at least half full (gas stations rely on electricity to power their pumps).
- Check on neighbors (especially the elderly).

WINTER STORMS

- Stay at home if at all possible.
- If you must travel, try not to go alone. Ensure others know your route & when you will be back.
- Keep at least half a tank of gas at all times.
- Have flares, flashlight, blankets, and a first aid kit in the car.
- If stranded in a car, run the engine intermittently (not continuously) to warm the interior
 - Keep snow away from the exhaust pipe
 - Keep a window slightly down to provide ventilation
- If trapped at home:
 - Close off the remainder of the house.
 - Stay together.
 - Check your supply of alternative heating sources.
- Use moderation when shoveling snow. It can be dangerous if you're not in good condition.
- Dress to fit the season. Layers are more effective and efficient than single layers of thick clothing.
- Stay dry: When clothes get wet, they lose their insulating value.
- Check on neighbors (especially the elderly).

CHEMICAL SPILL

You may be exposed to a chemical even though you may not be able to see or smell anything unusual. You may be exposed in one of four Ways:

1) Breathing chemical, **2) Swallowing** contaminated food, water, or medication. **3) Touching** the chemical or coming into contact with clothing (*that have touched the chemical*), or **4) Eye exposure**.

Prevent Chemical Emergencies in the Home

- Store chemicals according to the instructions on the label (*out of sight & reach of children*)
- Avoid mixing common household chemical products.
- Always read the directions before using a new product and disposing of them properly.
- Never smoke while using household chemicals. Avoid using hair spray, cleaning solutions, paint products, or pesticides near the open flame (*i.e., pilot light, candle, fireplace, stove, etc.*)
- If you spill a chemical, clean it immediately with rags, being careful to protect your eyes and skin.
- Buy only as much of a chemical as you think you will use.
- Keep an ABC-rated fire extinguisher in the home & car (*get training how to use them*).
- Post the number of the nearest poison control center by all telephones.
- Learn to recognize the symptoms of toxic poisoning: 1) Difficulty in breathing, 2) Irritation of the eyes, skin, throat, or respiratory tract. 3) Changes in skin color. 4) Headache or blurred vision. 5) Dizziness 6) Clumsiness or lack of coordination, 7) Cramps or diarrhea.

What to Do During a Home Chemical Emergency... Call 911!

- If your child **eats or drinks a toxic substance**, find the container.
- Follow the operator's instructions carefully. If a **hazardous substance gets in the eye**, take immediate action. Delaying first aid can greatly increase the likelihood of injury.
 - Flush the eye with clear, lukewarm water for a minimum of 15 minutes, unless authorities instruct you not to use water on the particular chemical involved.
- If there is **danger of a fire or explosion**. get out of the house immediately.
- If there is a fire or explosion, call the fire department from outside
 - Stay away from the house to avoid the possibility of breathing toxic fumes.
- Wash hands or parts of the body that may have been exposed (*discard contaminated clothing*).
- Administer first aid treatment to **victims of chemical burns**.
 - Remove clothing & jewelry from around the injury.
 - Pour clean, cool water over the burn for 15 to 30 minutes.
 - Loosely cover the burn with a sterile or clean dressing.
 - Refer victim to a medical professional for further treatment.

What to Do During a Major Chemical Emergency

If you hear a siren or other warning signal, turn on a radio or television for further emergency information. Strictly follow instructions. You will be told the following:

- 1) The type of health hazard, 2) area affected, 3) How to protect yourself, 4) Evacuation routes (if necessary), 5) Shelter locations, 6) Type and location of medical facilities, 7) The phone numbers to call if you need extra help.

Your children may be sheltered in place or evacuated from school. If protective actions are being taken at your children's school. do not go to the school or call the school. For further information, listen to local emergency radio and TV stations to learn when and where you can pick up your children.

FLOODS

- Avoid (if possible) sloping landscaping toward the home.
- Stay out of fast moving water.
- If flooding of significant depth is occurring and is entering your home or basement, don't try to stop it. It is better for your home to flood and equalize the inside and outside pressures.
- If driving your car, avoid driving over a flooded road, and do not drive through water of unknown depth. If your vehicle stalls, abandon it immediately and seek higher ground,
- Keep materials like sandbags, plywood, plastic sheeting, and lumber handy for emergency waterproofing.
- Protect your valuables by transferring them to floors above projected flood levels and enclose them in polyethylene sacks.
- Store drinking water in closed, clean containers.
- Turn off the main water valve to trap the maximum amount of uncontaminated water in your home.
- DO not use fresh food that has come in contact with flood waters.
- Do not handle live electrical equipment in wet areas; electrical equipment should be checked and dried before it is returned to service.

NUCLEAR ATTACK

WARNING SIGNAL OF NUCLEAR ATTACK:

The standardized warning signal of a nuclear attack is a 3 to 5 minute wavering sound of a siren or series of short blasts on whistles, horns, or other similar devices. This signal will be used for no other purpose. There is also an attention or alert signal which is a steady 3-5 minute blast of the same sirens, whistles, or horns. If this signal is heard, you should turn on your radio or television for important information that is about to be broadcast.

If you are unable to evacuate, construct a shelter in your basement or crawl space. Your main concern will be to protect your family from radioactive fallout. Nuclear fallout can be expected anywhere from 20 minutes to a few hours depending on how close the blast was and also weather conditions.

There are three ways to protect yourself from nuclear fallout. They are **distance, mass, and time**. The more distance between you and the fallout particles, the less radiation received. The more dense materials between you and the fallout particles, the better. Materials such as concrete, bricks and earth will absorb much of the radiation & keep it from reaching you. Fallout radiation decays rapidly with time. Be prepared to spend anywhere from 3 days to 2 weeks in your shelter.

There are three types of radiation:

- 1) **Alpha Particles**- Alpha and beta particles can simply be washed off the skin and clothing.
- 2) **Beta Particles**- See above.
- 3) **Gamma Rays**- Gamma rays are the most feared and difficult to protect you from, but occur only in the immediate aftermath of the blast. They can be stopped with 18-24 inches of concrete, or feet of earth. After many studies, the Federal Government feels that most remaining food supplies would be safe for use after an attack. Food must simply be washed to clean off any of the fallout particles.

PANDEMIC FLU

Even though there will be fatalities during a pandemic, with proper preparation, the situation is manageable. It is important to think about the challenges that you might face, particularly if a pandemic is severe. It may take time to find the answers to these challenges. The more you plan in advance, the more in control of your situation you're likely to feel and the better you'll respond emotionally. During a pandemic, the normal routines may change completely. Prepare for disruption or loss of: food/water, electricity, hospitals/clinics treatment, banks, post office, government offices, telephone, workplace and school, entertainment events and worship services, travel restrictions.

BEFORE a Pandemic: Plan What You'd Do and Do It Now.

- Social disruption may be wide spread. Plan for services that may be disrupted (*i.e., hospitals & healthcare facilities, banks, stores, restaurants, government & post offices*). Prepare backup plans for public gatherings such as worship service and volunteer meetings. Consider how to care for people with special needs in case the services they rely on are not available.
- Being able to work may be difficult. Find out if you can work from home. Ask your employer about how business will continue during a pandemic. Plan for the possible reduction or loss of income if you are unable to work. Check with your employer about leave policies.
- Schools may be closed for extended periods. Consider childcare needs. Plan home learning activities and exercises. Have materials, such as books on hand. Also plan recreational activities that your children can do at home. Talk with teachers, administrators and PTA organizations.
- Transportation services may be disrupted. Think about how you can rely less on public transportation. For example, store food and other essential supplies so you can make fewer trips to the store. Prepare backup plans for taking care of loved ones who are far away.
- Store food & medical supplies. You should have supplies to last for at least 2 weeks (*up to 90 days if possible*). Review plans with your family. Plan to meet the needs of college children and small children (and pets). Plan for quarantine & shelter-in-place (*see details on page 8*).

List of Essential Items for Two Weeks:

- Water - 1 gallon per person per day
- Food - select food that requires no refrigeration, long shelf life, and requires little or no water to prep (ready-to eat canned goods, protein bars, dried fruit and crackers).
- Hygiene and sanitation
 - Respiratory masks (*N95 or comparable*)
 - Moist towelettes & hand sanitizer
 - Toothpaste and toothbrush
 - toilet paper and paper towels
 - Garbage bags (heavy-duty) and ties
- Prescribed Medications (*1 month supply*)
- First-aid kit
 - Rubber gloves
 - Cleansing agent (soap or towelettes)
 - Antibiotic ointment and bum ointment
 - Cold packs
 - Adhesive bandages, cotton balls, swabs
 - Sterile dressing, tape, and elastic wrap
 - Thermometer
 - Tweezers, sharp scissors, spoon
 - Eyewash solution
 - Medication for fever and pain relief such as acetaminophen or ibuprofen
 - Anti-diarrheal medication
 - Antihistamines
- Tools
 - Manual can opener
 - Eating utensils
 - Flashlight
 - Light sticks
 - Radio, battery'-powered (*batteries*)

- o Matches, in waterproof container
- o Duct tape
- o Knife or pliers
- Additional Items
 - o Cash and coins
 - Special needs such as inhalers, contact lenses, extra eyeglasses, and hearing aid batteries
- o Copies of credit cards, bank numbers, important documents, medical prescriptions, driver's licenses and passports
- o Keys, extra sets
- o Feminine hygiene supplies
- o Infant supplies
- o Recreational materials
- o Food and supplies for pets

*In case of evacuation, include 72 Hour packs.

During a Pandemic: Stay Balanced

Use these steps to help manage stress during a crisis:

1. Focus on the facts. Stay informed and follow official directions to protect your family.
2. Keep your strength up. Eat right, exercise, and get enough sleep.
3. Stay connected. You may be quarantined for a time, but stay in touch with family & friends through e-mail, phone, and text. Designate an emergency contact for your family.
4. To reduce anxiety, limit access to news on a "need-to-know" basis.
5. Continue to enjoy activities (reading, games, & music).
6. Take time for relaxation. Find a quiet place to collect your thoughts and feelings.
7. Limit caffeine intake. Caffeine can add to feelings of anxiety and agitation.

Reduce Your Risk of Becoming Ill

1. Stay healthy. Keep your immune system strong.
2. Get a standard flu shot to prevent simultaneous infections.
3. Wash your hands frequently. Use warm water and scrub at least 15 seconds. Use alcohol-based hand sanitizers. Avoid touching your mouth or eyes with your fingers.
4. Use proper respiratory hygiene. Cover your mouth & nose with tissue when you cough or sneeze. Discard tissue.
5. Keep your home and work areas clean. Use disinfecting wipes or cleanser to clean common surfaces (door handles, phones, computer keyboards, countertops, etc.).
6. Be careful about the food you eat. Don't eat undercooked poultry or raw eggs.
7. Avoid contact with birds and bird-related material in areas where bird flu is occurring.

Treating Those Who Are Sick

- **Be able to recognize flu symptoms.** Take temperatures often and treat symptoms early.
- **Rest In bed.** Those with fever, muscle aches, and chills need to rest in a quiet, comfortable place.
- **Prevent dehydration.** Drink at least a quart of liquid daily through small sips or spoon feed.
- **Control fever.** Give acetaminophen or ibuprofen to keep the fever low (*feel better & reduces the risk of dehydration*). Sponge bath with lukewarm water if fevers reach 104 or more.
- **Prevent the spread of infection:**
 1. Isolate those infected to a single room and restrict entrance.
 2. Wear a mask, safety goggles, & makeshift gown (*bathrobe, apron*), disposable shoe covers and thin rubber gloves when you enter the sick room.
 3. Remove these articles as you leave the room & store them away from others. These items must be removed in the proper sequence to avoid contaminating yourself.
 4. Wash your hands before entering the room and after leaving.

5. Follow these steps for 3 days after fever as the flu can be contagious for a long time.
6. Keep a record of vital signs. Record temperature, blood pressure, pulse & general observations regarding breathing, bathroom trips & fluid intake. This helps when communicating with healthcare providers (*blood pressure & pulse monitor may assist you*).

- **Disinfection** - Cups, glasses, dishes, all eating utensils, thermometers, etc., must be disinfected after use. The eating utensils can be disinfected either by use of a dishwasher Or dishwater with 1.5 tsp. of household bleach to one gallon (3.8 liters) of water.
- **Wear gloves while handling potentially contaminated items.** Surfaces should be cleaned with a solution of bleach water as noted above or with Lysol, Clorox spray, wipes, or liquid. Pay particular attention to faucets. doorknobs. telephones, refrigerator, oven, and toilet flush handles. This should be done whenever there is contact by an infected person or otherwise daily. Linens & clothing need to be washed in warm water with detergent. Remember if you are not careful in your personal protective wear & hygiene measures, you may carry infected material on your skin or clothing which may contaminate others or yourself. Designate a specific garbage bag for infected, disposable materials.

COPING WITH CRISIS/DISASTER

Some basic steps you can take to meet physical and emotional needs:

- Try to return to as many of your personal and family routines as possible.
- Get rest and drink plenty of water.
- Limit your exposure to the sights and sounds of disaster, especially in the media
- Focus on the positive.
- Recognize your own feelings.
- Reach out and accept help from others.
- DO something you enjoy. DO something as a family that you have enjoyed in the past.
- Stay connected with your family and/or other support systems.
- Realize that, sometimes. recovery can take time.

Emotional Reactions

- Grief Depression
- Anger/ agitation
- Fear/ Panic
- Shock

Physical Reactions

- Fatigue/loss of energy
- Sleep disturbance
- Appetite change
- Headaches
- Increased heart rate
- Feeling nauseous

Mental Reactions

- Impaired judgment
- Forgetfulness
- Poor concentration
- Confusion
- Flashbacks to past traumas
- Trouble making decisions
- High or low alertness

Behavioral Reactions

- Withdrawal
- Changes in eating habits
- Irritable reactivity
- Restlessness
- Acting out

Spiritual Reactions

- Feeling abandoned by God
- Feelings Of guilt Feelings of worthlessness
- Finding it hard to pray and read scriptures
- Decrease in yearning for righteousness
- Decrease in gratitude
- Loss of hope

Other Effects and Symptoms

- Marital/relationship tension
- Parenting/discipline challenges
- Anxiety reactions
- Reliving of past
- Addiction

ALL

IS WELL

Green - "All is well."

Yellow - "We need help. but it is not critical."

Red – "We need immediate help or critical care."

Black – "There is a deceased person(s) here." (can be used with any color)

White – "This home is vacant or nobody home."

We Need Help, but It Is Not Critical

Green - "All is well."

Yellow - "We need help. but it is not critical."

Red – "We need immediate help or critical care."

Black – "There is a deceased person(s) here." (can be used with any color)

White – "This home is vacant or nobody home."

Need Immediate Help or Critical Care

Green - "All is well."

Yellow - "We need help, but it is not critical."

Red - "We need immediate help or critical care."

Black - "There is a deceased person(s) here." (can be used with any color)

White - "This home is vacant or nobody home."

There is Nobody Home or House Is Vacant

Green - "All is well."

White – "This home is vacant or nobody home."

Yellow - "We need help. but it is not critical."

Red – "We need immediate help or critical care."

Black – "There is a deceased person(s) here." (can be used with any color)