

MORMON HELPING HANDS



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

PUEBLO STAKE

EMERGENCY PREPAREDNESS
CERTIFICATION PROGRAM

WARD MEMBER PACKET
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Emergency Preparedness

Overview

Individual self-reliance and emergency preparedness has long been an important teaching and practice within the Church of Jesus Christ of Latter-Day Saints. The First Presidency has Said, "We encourage all members worldwide to prepare for adversity in life by having a basic supply of 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.

In addition to this, we have been encouraged to prepare 72-hour kits, have emergency communication plans, and more. With all of the various areas of Emergency Preparedness and Individual Self Reliance, it is easy to see how many families can become overwhelmed and wonder where they should start. From a church perspective, how are Ward Bishops and Emergency Preparedness specialists able to gauge the level of preparedness of their members? Unlike other metrics that are easily traceable within the Church, individual and family preparedness is more ambiguous arbitrary.

Recognizing the vital importance of Emergency preparedness, and in an effort to overcome some of these challenges, the Pueblo Colorado Stake is implementing a new Emergency Preparedness Certification Program (hereafter "Program"). The purpose of this is to outline how this program can assist individuals and families within the Pueblo Colorado Stake to be prepared as the Lord has encouraged.

The Program

Objectives

The Stake Emergency Preparedness Certification Program's ("Program") primary object is to increase the level of preparedness for the families and individuals within the Pueblo Colorado Stake.

In addition to this, we have three secondary objectives:

- Overcome the misperception that emergency preparedness is just *food storage*
- Overcome the inertia or "*paralysis by analysis*" that stalls many individuals and families from taking action and getting prepared
- Have a means for tracking the level of preparedness of each of the members, units, and the Stake as a whole,

Motto

"By the inch it's a cinch, by the yard it's hard."

Slogan

"...if ye are prepared ye shall not fear..." D&C 38:30

Program Details

The Program is designed to break down the overwhelming task of Emergency Preparedness into manageable groups/tasks that constitute a level of certification. The Program consists of three levels of certification, each one advancing the individual or family toward greater emergency preparedness. This approach can help individuals and families by identifying each area of preparedness that they need to work on and prioritizing them in order of importance.

The first level of certification is designed to be attainable by all members of the Stake within a reasonable amount of time. It focuses on preparing families for the most basic disaster preparedness. It is also more family oriented, whereas levels two and three tend to have suggestions that will primarily involve the parents or heads of household. Each level helps to progress the individual and family towards greater preparedness. Careful planning and some sacrifice may be required to achieve all of these requirements, but sacrifice and obedience to the counsel of the prophets will undoubtedly bring peace and blessings to your family.

When you or your family have completed all of the requirements for a particular level of certification, you may contact your Ward Emergency Preparedness Specialist so you may be called upon to assist other in time of need.

Resources

Here is a list of great resources for working on your Emergency and Family Preparedness:

- Your Ward Emergency Preparedness Specialist is always a valuable resource
- www.ProvidentLiving.org was created by the Church for this very purpose. This site has excellent information on food storage preparation, financial preparations, emergency communications, and much much more.
- The Church of Jesus Christ of Latter Day Saints website (www.churchofjesuschrist.org) will have this packet, as well as additional supplemental information for help with your certification. If you don't have access to www.churchofjesuschrist.org please speak with your ward clerk to get your username/password setup. Once you login.

- **Certification Levels**

Level 1 Certification

1. Cover the following three items as part of a Family Home Evening
 - a. Teach all family members of a responsible how to turn off all utilities in the home. (Including the Water, Electricity and Gas). Discuss various circumstances that would warrant turning off these utilities.
 - b. Create a Fire Escape for your home. There should be two exits for each member.
 - i. If they are in the basement. be sure that family members have a way out of the window well.
 - ii. If they are on the second floor, be sure they have a safe way to escape from the second floor (again, a ladder).
 - iii. Teach family members how to remove window screens so they can escape.
 - iv. Practice your escape plan with your family. Teach the 18" crawl under smoke.
 - v. Test all smoke detectors in the home. Replace batteries if necessary. Also, check all fire extinguishers. Make sure they are still within their use-by-date. Teach children the fundamentals of using a fire extinguisher. Have more than one in the home (one in the kitchen and one on every level of the house).
 - c. Cover "What to in an Earthquake, Fire. Etc."
2. Create a Family Emergency plan:
 - a. Designate three meeting places.
 - b. Provide contact numbers for local police, Fire, Ambulance, Poison Control, etc...
 - c. Provide contact numbers for Family and Friends you wish to contact in an Emergency.
 - d. Designate one out of state relative or friend, if possible, to contact in an emergency if possible. In large emergency situations, local circuits are the first ones to become overloaded. Long distance phone calls have a chance of being available.
 - e. Decide who will pickup any kids from school. Know the policy for releasing children in an emergency.
 - f. Create a brief checklist things to if to leave your home on short notice. This will help someone in a panic to remember important things to bring (like your 72 hour kit, or copies of important documents, pets. etc).
 - g. Laminate the Family Emergency Plan and give a copy to each child, and place a copy in each car, 72 hour kit, and within the home near a phone.

3. Create or update 72 kits. Be sure it has the following and is in a backpack for easy transportation:
 - a. Basic first aid kit
 - b. Food/water to survive for 3 days
 - c. Blankets/space clothing for family members
 - d. AM/FM Radio or Two way (KCCY 96.9 FM is Emergency Broadcast for Pueblo County)
 - e. Extra batteries.
 - f. Flashlight
 - g. Toilet paper in a waterproof bag.
 - h. Cash in small denominations, including coins (pay phones are some of the first to be activated after an emergency)
 - i. Pre-paid phone card.
 - j. Personal medications for each family member, including prescriptions
 - k. Pocket knife/leatherman/swiss army
 - l. Copy of your Family Emergency Plan.
4. Food Storage (1 month of food and toiletries, one week of water). Prepare by thinking. "What if we had to live in our house for 3 months, without any outside assistance. What would we need besides our food and water?"
5. Emergency Cash Fund (this is cash on hand — not in a bank): \$50 per family minimum

Level 2 Certification (it is helpful to be Level I Certified, but feel free to work on these areas also)

1. One family member must be CPR certified
2. Family must have the following Insurance:
 - a. Home owners Insurance (With Fire coverage)
 - b. Auto insurance for any vehicles they drive
 - c. Life insurance policy for providers
3. Create a Family Estate Overview (Sample outline is provided by the Stake)
 - a. Family Member Information: names, blood types, DOBs, social security numbers, medical information (allergies, prescriptions, pre-existing conditions. etc)
 - b. Work information for those employed
 - c. Emergency contact #s (Family, Neighbors, Family Doctor, Pediatrician, Insurance Agent, Attorney)
 - d. Quick Reference Insurance Information (Life, Auto, Home, etc.)
 - i. Policy numbers for each policy
 - ii. Basic amounts
 - iii. Contact number for filing insurance claims, etc.
 - e. Family Balance Sheet and Inventory (List of Family Assets/Liabilities. with account contact Information, Serial Numbers, etc.)

*Making a video of your house, and all major assets is extremely valuable for insurance claims
4. Photocopies/digital backups of all your important documents (All insurance policies, Titles, Wills, power of Attorneys, Securities, Home appraisal. inventory, Social Security cards, front pages of your passport, etc). Include a copy of these important documents with your Family Estate Overview. You may consider putting a copy of your Family Estate Overview with copies of your important documents in a water proof bag inside your 72-hour kits.
5. Family Financial Review (review budget, expenditures, debt payoff, short term goals. retirement goals)
6. Acquire at least one Two Way Radio (GMRS (General Mobile Service), FRS (Family Radio CB (Citizen Band). or Ham Radio)
 - a. Keep it charged, and have spare batteries
 - b. Know the emergency frequency (check to manual to be sure)
 - i. FRS Radios: Channel 1 unofficially
 - ii. GRMS Radios: (Channel 20 or Channel 6 for the Motorola or Icom standard respectively)
 - iii. CB Radios: (Channel 9 for Emergencies, Channel 19 for highway use)
7. Food Storage (6 months of food and toiletries, two weeks of water)

8. Emergency Cash Fund: 100 per person/\$200 per family minimum

Level 3 Certification (it is helpful to be Level I and Level II Certified, but feel free to work on these areas also)

1. One Family member must be currently certified with one of the following:
 - a. CPR certified
 - b. First Aid
 - c. CERT (Citizen's Emergency Response Team)
 - d. Licensed Amateur Radio Operator
2. Family must have completed the Following Estate Documents:
 - a. Last Will and Testament (for both parents)
 - b. Living Will (for both parents)
 - c. General Durable Power of Attorney (Allows someone to make financial decisions on your behalf if you are not able to — normally your spouse. unless they are unable. then it is someone else)
 - d. Health Care Pro" (Allows someone to make medical decisions on your behalf if you are not able – normally it is your spouse unless they are unable, then it is someone else)
 - e. HIPAA Proxy (Authorizes the Disclosure of protected Health Information to people: including Spouse. and normally whoever you appoint in your Health Care proxy)
3. Insurance: Natural Disaster Policy (Covers floods that occur as a result of things outside of your home, Earthquake. and other “Acts of God”)
4. Financial Reserve: Three months of budgeted expenditures in a savings account
5. Food Storage (1 year of food and toiletries, 1 month of Water, and N95 Masks for family members that protect against Airborne disease, bird anthrax. etc)
6. Safe Deposit Box or Home Safe (should be fire/water resistant) for Important Documents and Cash
7. Emergency Cash Fund: \$300 per family minimum