

Steps to Preparing

Begin individual and household preparedness activities with those that are free or low-cost. The wide range of preparedness actions include planning ahead for what to do **during** and **after** a disaster and **mitigation actions** to prevent or limit the damage.

1. Make **plans** for what to do to be better prepared at home, work, school, and other settings.
 - a. Call the FEMA Distribution Center at 1-800-480-2520 M-F before 3 p.m. to order: ***Are You Ready? An In-depth Guide to Citizen Preparedness*** (204 pages).
 - b. Attend a free Rebound in 72 workshop, offered on the 3rd Thursday of each month from 7:00–8:30 p.m. at Sandy City Fire Station #31 on 9010 South 150 East.
 - c. Identify **safe locations** in each room.
 - d. Select evacuation **routes** and return routes with alternatives for each family member to travel by foot, car, or public transportation.
 - e. Choose family **meeting places**.
 - 1) Outside the home in case of fire.
 - 2) Outside the neighborhood in case of evacuation.
 - 3) Outside the area in case of major devastation.
 - f. Establish **out-of-state contacts** and make sure each family member has the contact information for who to text with their location, condition, and plans.
 - g. Make provisions for assisting **special needs** populations:
 - 1) Infants and children.
 - 2) Elderly individuals.
 - 3) Those with disabilities—Register individuals who require special assistance in an emergency on the **Utah Special Needs Registry** (SNR) at www.specialneedsutah.org or by calling 2-1-1.
 - 4) Pets and domestic animals.
2. Prepare important personal **documents** to facilitate receiving disaster relief and recovery services.
 - a. Make hardcopy lists of **contacts** and phone numbers.
 - b. Make **copies** of the following and store on- and off-site (can also store digital copies):
 - 1) Personal (government-issued) identification, such as passports, birth certificates, etc.
 - 2) Medication prescriptions.
 - 3) Pet information, including vaccinations and photos.
 - 4) Insurance policies.
 - c. Prepare **medical consent forms for dependents** to allow them to receive medical treatment in the event of a disaster when a parent or guardian is not present.
3. Gather and organize important **supplies** useful in an emergency and store in strategic locations.
 - a. Identify the many common **household items** already owned, which can be useful in a disaster.
 - b. Assess what you need to acquire by referring to **lists** of essential supplies and equipment available from the *Red Cross* and government agencies like the *Be Ready Utah* website.
 - c. **Purchase** things to be safer, like gas masks and duct tape, and things to make your home safer.
 - d. Keep some **cash** on hand, preferably in small bills.
4. Learn and practice **skills** useful during an emergency, such as deep breathing.
 - a. Practice immediate **self-protective actions** to provide a foundation for future action, like “drop, cover, and hold on,” “stop, drop, and roll,” etc.
 - b. Take **courses** in first aid, CPR, fire suppression, and Community Emergency Response Teams (CERT) search and rescue training.
5. Safeguard **finances**.
 - a. Purchase **insurance** and set aside emergency funds.
 - b. Learn about **costs** of various readiness actions to budget for expenses.
6. Mitigate homes and businesses for disaster.
 - a. Secure **building contents**.
 - 1) Secure loose objects, appliances, or furniture that can fall or break during shaking (causes most injuries in minor to moderate earthquakes where relatively good building standards exist).
 - 2) Rearrange contents of cabinets and shelves to place heavy or breakable items lower.
 - 3) Fasten furniture and appliances to walls, including strapping hot water heaters.
 - b. Make **structural adjustments** to protect and reinforce buildings.
 - 1) Install gas appliance shutoff valves for protection from earthquakes.
 - 2) Bolt house to foundation and secure roof to house in unreinforced masonry (URM) structures.
 - c. **Landscape** to create a defensible space protect against fire, flooding, and crime.

Organizing Disaster Supplies

Analyze what supplies you may want according to these eight need areas and who you are preparing. Make a **bedside kit** with flashlight, sturdy shoes, and clothes or robe in a bag secured to each bed.

1. Emotional/educational

- a. Written materials
 - 1) FEMA's *Are You Ready? An In-depth Guide to Citizen Preparedness* (Order at 1-800-480-2520.)
 - 2) *Be Ready Utah* materials
 - 3) First aid manual
- b. Comfort items
 - 1) Games (dice), reading materials, art supplies, music, etc.
 - 2) Favorite foods

2. Communication

- a. Whistle
- b. Cell phone
- c. Written list of contact numbers
- d. Charger that works without power
- e. Battery-powered radio and fresh batteries for updates

3. Water/food

- a. Apple boxes filled with 12 2-L soft drink bottles of water (approx. 6 gal./box)
- b. 5-gallon water containers
- c. Water purification supplies and/or equipment
- d. Nutritious, ready-to-eat foods
- e. Alternative cooking methods

4. Tools

- a. Pocketknife
- b. LED flashlight and batteries
- c. Wrench to turn off gas (if you hear or smell it, have structural damage, or a nearby fire)
- d. Hurricane tape and plastic sheeting
- e. Shovel
- f. Insurance policies

5. Shelter/clothing

- a. Good jacket and boots for cold weather
- b. Lightweight, cotton clothing for extreme heat
- c. Tarp and tent
- d. Blankets, sleeping bags, layered clothing

6. Transportation

- a. Good walking shoes
- b. Gas tank half full
- c. Stroller, wagon, bike, etc.

7. Sanitation/hygiene

- a. Toilet paper, diapers, feminine hygiene items, etc.
- b. Bucket with toilet-seat or pipe insulation seat and lid
- c. Heavy-duty plastic bag and paper grocery bags
- d. Absorbent material like kitty litter, sawdust, peat moss, or dirt
- e. Pump soap bottles filled with soap and water (store in paper boxes)
- f. Wipes (nontoxic type) and/or cleaning cloths (embedded with silver disinfect in 24 hours)
- g. Broom, dust pan

8. Medical

- a. 30-day supply of medications (fill few days early each month to build up a supply)
- b. Bandages and gauze pads
- c. BZK antiseptic wipes and antibiotic ointment
- d. SAM (Structural Aluminum Malleable) splint for immobilizing bone or soft tissue injuries
- e. C-128 tuning fork to determine if a bone is broken
- f. Wound Seal powder for use in place of stitches
- g. Nontoxic burn ointment (without Lidocaine) like Burn/Cool Gel