

Emergency Preparedness Checklist

Stocking up now on emergency supplies can add to your safety and comfort during and after a disaster. Store enough supplies for at least 5 days, and be prepared to grab your 5-day kit & go!

- **Water.** At least a five-day supply. One gallon per person per day.
- **Food.** Five-day supply of non-perishable food (if using canned goods, include manual can opener).
- **Portable radio.** Hand-crank or battery powered radio (include extra batteries).
- **Flashlight.** Pack extra batteries (or hand-crank or shaker version) Light sticks are another option.
- **First Aid kit.** Include a reference guide, essential medications, prescription medication & consecrated oil.
- **Money.** Cash and coins.
- **Sanitary supplies.** Garbage bags and plastic ties, toilet paper, towelettes, feminine hygiene supplies, bleach.
- **Tools.** Adjustable wrench, hammer, pliers, screwdriver, knife (could use multi-tool), shovel and work gloves.
- **Clothing.** Provide a change of clothes for family members, including sturdy shoes, a cap & warm clothing.
- **Personal items.** Include copies of identification, important family documents and contact information (e.g. family or friends outside of area). Customize to meet unique family needs – e.g. infant formula or diapers, eye glasses, pet supplies.
- **Misc.** Other items to consider adding – a map of the local area; a whistle to signal for help; a dust mask or cotton t-shirt to help filter the air; rain poncho; blankets or sleeping bags; tent or plastic sheeting and duct tape for shelter; ABC fire extinguisher; water purification tablets or liquid chlorine bleach; waterproof matches and long-burning candles; rope; camp stove; stress relievers (e.g. games, toys, books, scriptures).
- **Gas in Car.** Keep your car's gas tank at least half full in case you're able to evacuate using roads. Use your vehicle for shelter & radio as needed.

Useful sites to visit for additional preparedness info:

Department of Homeland Security: <http://www.ready.gov/>

FEMA Are You Ready? An In-depth Guide to Citizen Preparedness: <http://www.fema.gov/areyouready/>

Governor's Office of Emergency Services: <http://www.oes.ca.gov/>

Orange County Fire Authority: <http://www.ocfa.org/> (safety & education section)

Provident Living (LDS site): <http://www.providentliving.org>

Red Cross: <http://www.redcross.org/>

Digitize your Documents. Consider making digital copies of essential documents & photos to include in your grab & go kit. Using a CD-ROM, DVD or a portable external drive, all docs could be included on one lightweight disk or drive. Sample: copies of birth certificates, social security cards, marriage certificates, mortgage and title documents, wills, recent tax-return information, insurance policies, medical and eyeglass prescriptions, vehicle registration & ownership papers, investment accounts, bank account & credit card account numbers, photo inventory of valuable household goods, family photos. Digital or hard copies of vital records could also be stored in a safe deposit box, and copies of photos and/or videos could be kept w/family or friends in another city or state.

Visit the following site for additional disaster preparation document tips:

<http://www.investopedia.com/articles/05/disasterprep.asp>

Insurance. Obtain property, health, and life insurance if you do not have them. Review existing policies for the amount and extent of coverage to ensure that what you have in place is what is required for you and your family for all possible hazards. If you are renting, you may want to consider renter's insurance. In the event of a disaster (or fire) the landlord's insurance does not include replacement of your personal property.

EARTHQUAKE PREPAREDNESS TIPS

BEFORE THE QUAKE

- Prepare a 5-day emergency kit of food, water and supplies including a flashlight, portable radio (w/batteries or a hand-crank version), medicines, first aid kit, money and clothing. Get an ABC fire extinguisher in case there's a small fire after the quake.
- Know the safe spots in each room: against inside walls, under sturdy tables, or desks.
- Know the danger spots: near windows, hanging objects, fireplaces. and tall, unsecured furniture.
- Practice DUCK, COVER, & HOLD.



- 1) DUCK (or drop) down on the floor.
- 2) Take COVER under a sturdy desk, table or other furniture. If that isn't possible, seek cover against an interior wall and protect your head and neck w/your arms.

3) If you take cover under sturdy furniture, HOLD ON to it and be prepared to move with it. Protect your eyes by pressing your face against your arm. Hold the position until the ground stops shaking and it is safe to move.

- Move beds away from windows, and move pictures and other hanging objects away from beds.
- **Keep a pair of sturdy shoes & a flashlight near all family member's beds (TIP: put in a drawstring bag attached to a bedpost).**
- Teach all family members how to shut off gas, water and electricity (shut off gas only if lines are damaged – if you can smell it).
- Bolt bookshelves, heavy furniture and water heaters into wall studs, and latch cabinets so glass & china won't shatter.
- Have a family emergency plan for reuniting family members after an earthquake occurs.

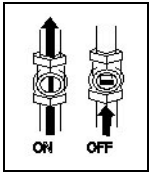
DURING THE QUAKE

- DUCK, COVER, AND HOLD! If indoors, stay there. Get under a desk or stand in a corner, and duck, cover & hold on.
- If you are in bed, hold on and stay there, protecting your head with a pillow.
- If outdoors, get into an open area away from trees, buildings, walls, and power lines.
- If in a high-rise building, stay away from windows and outside walls. Get under a desk. If you are not near a desk, move against an interior wall & protect your head and neck with your arms. Do not use the elevator.
- If driving, pull to the side of the road & stop. Avoid overpass & power lines. Stay inside your vehicle until the shaking is over.
- If you are in a crowded place, do not rush for the doors. Move away from display shelves containing objects that could fall. Crouch and cover your head and neck with your hands and arms.

AFTER THE QUAKE

- Put on shoes to protect feet from broken glass. Check for injuries and fires.
- Use a flashlight to inspect your residence for damage including gas, water, and electrical lines and appliances. If you smell gas or if there is a fire, turn off the main gas valve, and shut off electrical circuit breakers.
- Prevent contamination to your home's water supply by immediately shutting off the valve that leads to the water main.
- Do not go into damaged areas, and if your home is unsafe, get everyone out.
- Do not use telephones or vehicles unless there is an emergency. Keep the streets clear for emergency vehicles.
- Turn on your portable radio for instructions and news reports. Follow instructions and cooperate with public safety officials.
- Be prepared for aftershocks, and each time you feel one, DUCK, COVER, & HOLD!
- If you evacuate, leave a message at your home telling family members where you can be found.

SAMPLE GAS VALVE



EMERGENCY WATER SUPPLY

STORE: 1 gallon of water per person per day (2 quarts for drinking, 2 quarts for food prep/ sanitation.) Keep at least a 5-day supply of water for each person. Ideal: 2 week supply per person. Store water in sturdy plastic containers such as FDA approved food grade plastic barrels or jugs or 2 liter soda pop bottles. DON'T use containers that will decompose or break e.g. milk cartons or glass bottles.

WATER SHUT-OFF: Know where your home's emergency water shut-off valve is (could be a valve at the front of your home, or at the water meter --usually located in concrete vault between your front door and the street). Immediately after a major disaster, prevent contamination to your home's water supply by shutting off the valve that leads to the water main.

PURIFY: contaminated water before drinking. If it has sediment in it, strain first through paper towels or several layers of clean cloth. To purify, heat water to a rolling boil for 10 minutes or use commercial purification tablets. Water can be purified using household liquid chlorine bleach or two percent tincture of iodine (those w/thyroid problems & who are pregnant should avoid iodine-treated water). Only use bleach that is pure, unscented 5.25% sodium hypochlorite (with no soap or additives. Never use granular bleach – it's poisonous). Use the following table as a guide. Include an eyedropper or spoon in your emergency supplies or precise measurement is impossible.

Note: Iodine crystals can purify water too, but extreme care should be used (crystals can burn skin, be fatal when swallowed, produce toxic fumes).


WATER QUANTITY	BLEACH ADDED	IODINE ADDED
1 Gallon	8 Drops (clear water) 16 Drops (cloudy water)	12 Drops (clear water) 24 Drops (cloudy water)
5 Gallons	½ Teaspoon (clear water) 1 Teaspoon (cloudy water)	¾ Teaspoon (clear water) 1 ½ Teaspoons (cloudy water)
60 Gallons	1 ounce (clear); 2 ounces (cloudy)	

After adding bleach or iodine, shake or stir the water container and let it stand thirty minutes before drinking. If a slight chlorine smell is not detected after treatment & waiting period, add same dose of the solution to the water and let mixture stand for an additional 15-20 minutes. Additional water sources: hot water heater (strain sediment), ice in freezer, water in pipes. To use water in your pipes, let air into plumbing by turning on faucet in home at the highest level. A small amount of water will trickle out, then obtain water from lowest faucet in the home.

Create a Family Emergency Plan & Practice It

Meet with your family and discuss why you need to prepare for disaster. Explain the dangers of fire, severe weather and earthquakes to family members. Plan to share responsibilities and work together as a team. Hold frequent drills so children will know how to safely exit your home, where to gather, and how to respond if some family members are not home.

- Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
- Show each family member how and when to turn off the water, gas and electricity at the main switches (shut off gas only if lines are damaged). Always have a wrench or pliers handy to shut off utilities in the event of an emergency.
- Pick two places to meet: 1) Right outside your home in case of a sudden emergency, like a fire. 2) Outside your neighborhood in case you can't return home. Everyone must know the address and phone number.
- Ask an out-of-state family member or friend to be your "check-in contact." After a disaster, it's often easier to call long distance. Family members should call this person and tell them where they are. Everyone must know the contact's phone number. Investigate a toll-free number or calling card your family could use for these calls.
- Discuss what to do in an evacuation. Plan how to take care of your pets.
- Teach each family member how to use the fire extinguisher (ABC type), & show them where it's kept. Install smoke detectors on each level of your home, especially near bedrooms, and obtain rope or fire ladders for second floors.
- Determine the best escape routes from your home. Find two ways out of each room.
- Find the safe spots in your home for each type of disaster.
- Consider taking a first aid, CPR or Community Emergency Response Training (CERT) class.
- Help your family know that if they are prepared, they need not fear emergency situations.
- Provide each family member with an emergency communications card (see sample below).



Family Communications Plan

Contact Name _____
Telephone _____
Out-of-town Contact Name _____
Telephone _____
Neighborhood Meeting Place _____
Meeting Place Telephone _____

Fold Here

Other Important Phone Numbers

Name	Home #	Work #	Cell #

<http://www.ready.gov> <http://www.ocfa.org>

Emergency Kit Scavenger Hunt

Is the thought of preparing an emergency supply kit overwhelming? Turn preparing a kit into a family emergency preparedness game. Involve your children in a FHE scavenger hunt for supplies you need.

- 1) Make a list of supplies for the search. Consider family members' individual needs (sample: baby – bottle, formula, diapers. Husband – sturdy clothes & work gloves)
- 2) At the start of family night, discuss possible disaster situations & the importance of being prepared so we don't have to be afraid. (see D & C 38:30).
- 3) Divide the family into teams. Give each group an empty laundry basket & part of the list.
- 4) Have a one hour scavenger hunt throughout the house, collecting needed supplies.

"What once had seemed an overwhelming task became a fun activity for our family, and we now feel better prepared should an emergency arise." - Windy L. Hasson, "Emergency Preparedness Game," Ensign, Sept. 2002, 73.

"Find the Dot Emergency Preparedness Game"

Prepare your family for emergencies by playing the following fun game.

- 1) Divide family members into teams of two, pairing one parent or older child with each younger child.
- 2) Select team colors; place a colored sticker dot for each team in various places (see below).
- 3) Prepare a game sheet with different questions for each team.
- 4) Assign each family member to a team and a color, and give each team a game sheet.
- 5) Each team searches for its own colored dots and places them on the game sheet, then answers the questions.
- 6) The first team that answers correctly wins a prize.

Dot Placement and Questions:

- Water: Where is the main turn-off valve to the house? How do you turn it off? Where do you turn off a toilet's water supply?
- Electricity: Where is the main breaker to turn off power to the house? Where are the circuit breakers or fuse box? How do you reset a tripped breaker or replace a blown fuse?
- Gas: How do you turn off the supply to the main house? The water heater? The furnace?
- Smoke alarms: Where are the smoke alarms? How many do we have? Do they require batteries that need to be changed regularly?
- Telephone: Who do we call in an emergency? How can we contact Mom or Dad? When might we appropriately dial 911 (or your country's emergency number)? Who is our out-of-state phone "check-in contact"? (and what is their number)
- Evacuation: Where should we meet if we have to leave the house during an emergency?

"Playing this game has helped all of us learn more about how to take better care of ourselves and our home during a crisis." -Alison Affeltranger, "Ready for an Emergency?" Ensign, Oct. 2000, 70.