

NEWPORT BEACH STAKE EMERGENCY PREPARATION

September 2006



STRATEGIC GOAL:

To help every member of the Newport Beach Stake be prepared to survive & endure both personal, family and community emergencies & disasters and to follow the counsel of the First Presidency to obtain "the basic foods that would be required to keep them alive if they did not have anything else to eat".

GOALS:

- 1) Obtain One-Year Supply from Dry Pack Cannery for Each Family.
- 2) Obtain Immediate Emergency Needs.
- 3) Improve Home Teaching Communications
- 4) Establish, Maintain and Operate Emergency Radio Communications System

GOALS for OBTAINING SUPPLIES & WATER STORAGE:

GOAL 1 (Dry Pack Foods):

- | | |
|---|---------------------------|
| - Minimum 1-Month Supply of Dry Pack in place | by 6 th month |
| - 6-Month Supply of Dry Pack in place | by 12 th month |
| - 12-Months Supply of Dry Pack in place | by 18 th month |

GOAL 2 (Other Immediate Needs in place):

- | | |
|---|---------------------------|
| - Immediate Needs in place:
First Aid & Emergency Supplies, 5-Day Pack,
Min. 14-day water supply (1 gal. per person – per day)
& Additional Groceries. | by 18 th month |
|---|---------------------------|

EMERGENCIES THAT ARE MOST LIKELY TO OCCUR:

- | | |
|---------------|---------------------|
| a) Earthquake | e) Civil Unrest |
| b) Fire | f) Tsunami |
| c) Epidemic | g) Terrorist Attack |

RECOMMENDED EMERGENCY SUPPLIES & FHE TOPICS

9-Month Revolving Plan

MONTH 1 FHE: Create Family Emergency Plan (see info at www.providentliving.com)

1. First Aid Supplies Group A (From Attachment)
2. Advance Supply of prescription and other necessary medications.
3. Flashlight with extra batteries.
4. 2 Gals. Water per family member / Buy Extra Canned or Packaged Goods.

MONTH 2 FHE: Simple First Aid Procedures

1. First Aid Supplies Group B (From Attachment)
2. First aid instruction book.
3. Waterproof matches, and either long-burning candles or a kerosene-type lamp with extra fuel, all properly stored.
4. 2 Gals. Water per family member / Buy Extra Canned or Packaged Goods.

MONTH 3 FHE: Fire Safety and Evacuation Procedures

1. First Aid Supplies Group C (From Attachment)
2. Fire extinguisher, ABC or dry-chemical type for all classes of fires. Check the expiration date and be sure you practice and know how to use it.
3. Consecrated oil with your supplies so priesthood blessings can be given if needed.
4. 2 Gals. Water per family member / Buy Extra Canned or Packaged Goods.

MONTH 4 FHE: Family Emergency Communications

1. First Aid Supplies Group D (From Attachment)
2. Blankets and sheets. These can be used for warmth, for splints, and for transport of injured persons.
3. Portable, battery-powered radio for receiving emergency communications
4. 2 Gals. Water per family member / Buy Extra Canned or Packaged Goods.

MONTH 5 FHE: Earthquake Safety – Tsunami Response

1. First Aid Supplies Group E (From Attachment)
2. Rope ladder to hold your weight if you need to exit upper floors of your home to ground level, and some additional length of rope for multipurpose use.
3. Personal hygiene items: toothbrush/paste, washcloth, etc.
4. 2 Gals. Water per family member / Buy Extra Canned or Packaged Goods.



MONTH 6 FHE: Civil Unrest - Terrorist Attack

1. First Aid Supplies Group F (From Attachment)
2. Moist wipes, toilet paper, high-density trash bags and ties
3. Dust masks and eye wash
4. 2 Gals. Water per family member / Buy Extra Canned or Packaged Goods.

MONTH 7 FHE: Home Invasion - Epidemics

1. First Aid Supplies Group G (From Attachment)
2. Flashlight / Extra batteries or "shaker" flashlight, light sticks, waterproof matches.
3. Work gloves, ball cap, rain poncho
4. 2 Gals. Water per family member / Buy Extra Canned or Packaged Goods.

MONTH 8 FHE: Fire Safety and Evacuation Procedures

1. First Aid Supplies Group H (From Attachment)
2. Multi-tool (Leatherman type), adjustable wrench, whistle
3. Mess kit, paper plates, cups, towels, plastic utensils
4. 2 Gals. Water per family member / Buy Extra Canned or Packaged Goods.

MONTH 9 FHE: Family Emergency Communications

1. First Aid Supplies Group I (From Attachment)
2. Emergency blanket, plastic sheeting and duct tape
3. Changes of clothing / mild detergent for hand-washing clothes
4. 2 Gals. Water per family member / Buy Extra Canned or Packaged Goods.

*A cash reserve should be kept in small bills and coins.
Put it aside all at once or a little each month.*



FIRST AID SUPPLIES



GROUP A

Medical-grade vinyl gloves
Burn relief cream
Antibiotic ointment, Polysporin® or similar

GROUP B

Sting relief lotion or ointment, calamine or similar
Box of sterile gauze pads, either 3" x 3" or 4" x 4"
Abdominal (ABD) or combine sterile pad, 5" x 9"

GROUP C

Sterile oval eye pad
Small sharp scissors
Tweezers with pointed tip

GROUP D

Instant ice pack
Roll of adhesive tape, 1" wide, may use plastic type if preferred
Triangular bandages, 2

GROUP E

Diarrhea remedy, Pepto-Bismol® or Kaopectate® or similar
Popsicle® (craft) sticks or finger splints
Large plastic trash bag and several smaller, zip-closure bags

GROUP F

Thermometers, oral and rectal (for babies)
Elastic bandage, 3" x 6"
Sunscreen, SPF of 30 or greater

GROUP G

Rolled gauze of 2 sizes, 2" x 4 yards and 4" x 4 yards
Bandages of assorted types: finger, knuckle, plastic, Telfa®, and general adhesive
Poison ivy relief cream

GROUP H

Antibacterial soap, liquid or bar
Medicine dropper
Absorbent cotton balls, 1 box

GROUP I

Package of safety pins, assorted sizes
Water purification tablets

These emergency items need to be stored in a waterproof, durable container and protected from the access of small children. Be sure to check the dates on medications at least annually to make sure medications are current.