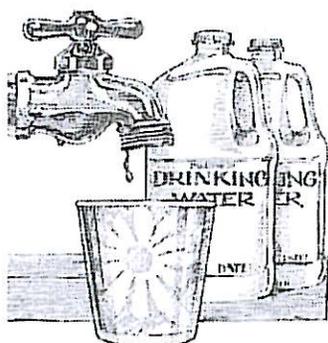


PREPARE

**PREPARE**

PREPARE

# WATER STORAGE



**WHY**—Water is more essential than food in sustaining life. Natural disasters may pollute or disrupt water supplies.

**HOW MUCH**—Store one gallon of

water per person per day. Two quarts for drinking and two quarts for food preparation and sanitation. Very hot weather, nursing mothers and children may require more. A minimum two-week supply of water is recommended for your home. 72-hours of water should be available in your EMERGENCY GO KIT. Store as much as possible, at least a minimum of 14 gallons per person.

**HOW**—Store water in plastic food grade containers such as water and beverage bottles. Glass can break and cartons decompose. Water from water beds may be used for sanitation purposes only. Do Not Store in Chlorine bleach bottles and milk bottles.

## HOW TO PURIFY—

1. BOIL vigorously for 3-5 minutes.
2. Add unscented household bleach (5.25% sodium hypochlorite) at the following rate:

AMOUNT OF WATER	CLEAR WATER	CLOUDY WATER
1 quart	2 drops	4 drops
1 gallon	8 drops	16 drops
5 gallons	½ teaspoon	1 teaspoon
55 gallons	2 TBSP	4 TBSP

Stir and let stand for 30 minutes. If the water does not have a slight bleach odor,

repeat the dosage and let stand 15 min. Use fresh bleach.

3. Water Purification tablets: (Halizone, or potable agua.) Different types of tablets are available at drug stores or sporting good stores. Follow the manufacturer's directions. Do not use tablets that are yellowish in color or have a strong odor. Watch expiration dates.

4. Iodine: Use 2% tincture of iodine to purify small amounts of water. Add 3 drops per quart of clear water. Let stand 30 min. *"Pregnant or nursing women or people with thyroid problems should not drink water with Iodine." Dept of Environmental Quality Division of Drinking Water*

- Stored water goes flat, aerate by pouring it between two containers.

## ADDITIONAL INFORMATION:

- Immediately after a major disaster, prevent contamination of home water supply by shutting off the main incoming water valve. If water from the tap looks cloudy, or has an unpleasant odor, don't take a chance. PURIFY BEFORE USING!
- Clearly label and date all storage containers, especially those reused from other products.
- Consider canned soups, juice from canned fruits and vegetables, bottled soft drinks, bottled juice etc. as sources of liquid.
- Use water stored in the hot water tank, ice cube trays, toilet tank ( not bowl).
- Dirty water can be strained through paper towels or clean cloth to remove particulates, then boil and treat with chlorine bleach as directed.
- There is no effective way for home decontamination of water which contains radioactive or chemical contamination.
- Do not drink water from hot tub or pool, use only for hygiene purposes.

# BASIC FOOD STORAGE SUGGESTED QUANTITIES FOR ONE YEAR

	PER ADULT *	# IN FAMILY	TOTAL SUGGESTED	AMOUNT ON HAND	ADDITIONAL NEEDED	✓
<b>GRAINS</b>	<b>400 LBS.</b>					
WHEAT	175 lb.					
ENRICHED WHITE FLOUR	20 lb.					
CORN MEAL	30 lb.					
ROLLED OATS	50 lb.					
ENRICHED WHITE RICE	80 lb.					
PEARLED BARLEY	5 lb.					
SPAGHETTI OR MACARONI	40 lb.					

<b>MILK</b>	<b>16 LBS. **</b>					
NONFAT DRY MILK	14 lb.					
CANNED MILK (5 CANS=1 LB.)	12 12-oz cans					

<b>SUGARS</b>	<b>60 LBS.</b>					
GRANULATED SUGAR	40 lb.					
BROWN SUGAR	3 lb.					
MOLASSES	1 lb.					
HONEY	3 lb.					
CORN SYRUP	3 lb.					
JAMS OR PRESERVES	5 lb.					
POWDERED FRUIT DRINK	6 lb.					
FLAVORED GELATIN	1 lb.					

<b>SALT / MISCELLANEOUS</b>						
SALT	8 lb.					
DRY YEAST	0.5 lb.					
BAKING SODA	1 lb.					
BAKING POWDER	1 lb.					

<b>FATS AND OILS</b>	<b>10 QUARTS</b>					
COOKING OIL	5 q.					
SHORTENING	2 q.					
MAYONNAISE	1 q.					
SALAD DRESSING (MAYONNAISE TYPE)	1 q.					
PEANUT BUTTER	1 q.					

<b>LEGUMES</b>	<b>60 LBS.</b>					
DRY BEANS	45 lb.					
DRY LIMA BEANS	2 lb.					
DRY SOY BEANS	2 lb.					
DRY SPLIT PEAS	2 lb.					
DRY LENTILS	2 lb.					
DRY SOUP MIX	7 lb.					

<b>MEDICAL</b>						
<b>FUEL AND LIGHT</b>						
<b>WATER ***</b>	<b>14 GALLONS</b>					

\* Children's % of adult portion, except milk: 0-3 years: 50%; 4-6 years: 70%; 7-10 years: 90%

\*\* Provides approximately one glass of milk per day. Children and pregnant or nursing mothers will require more.

\*\*\* It is impractical for most families to store a year's supply of water. 14 gallons/person is a suggested minimum reserve.

## 72 HOUR EMERGENCY KIT

*The following emergency preparedness kit should be kept cool, dry, and readily accessible for rapid exit. It could be stored in easy to carry backpacks, duffle bags, suitcases, or 5 gallon buckets. Include a master list in the top of each kit with date prepared. A copy of this page with checkmarks or notes works well.*

### Water

1 gallon per person per day  
Water Purification Tablets or chlorine bleach

### Equipment

Adjustable wrench - hammer - Pocketknife  
Battery powered radio (extra batteries)  
Fire Extinguisher (very small)  
Flashlight (extra batteries) - light stick  
Folding shovel  
Plastic- 2 sheets 9' x 12'(shelter, ground cloth, water collection)  
Rope (1/4 x 26') - duct tape  
Tent - Tarp (Shelter)  
Whistle -1 per person  
Work gloves

### Sanitation

Plastic bucket with tight fitting lid  
Plastic trash bags (large & small, also zip locks)  
Disinfectant (bleach, lysol, pwd. chlorinated lime)  
Toilet paper - Soap/Towel

### Cooking/Heating

Aluminum Foil  
Buddy burners/sterno/alcohol stove/backpack stove  
Candles-2 large  
Can opener - manual  
Dish soap/Dish cloth/towel  
Knife  
Matches in foil or waterproof container  
Mess kit (1 per 2 people)/ Pan for cooking/washing  
Metal cup -Pan, can or small tin pail  
Paper plates/cups/napkins/plastic utensils  
Spoon & Fork - Metal for mixing

### Stress/Morale Boosters

Scriptures  
Ball, small games, crossword puzzles, cards  
Hard candy, chocolate chips  
Harmonica/Needlework/pictures  
Paper, pencils, crayons, permanent marker

### Food for 3 days

Baby Food- baby cereal -formula - juice  
Beef Jerky - Canned meats: tuna, spam,  
Candy - hard candy, lollipops, gum  
Canned fruits/vegetables - juice  
Canned Foods -chili, pork&beans, ravioli, soup,  
spaghetti, stew,  
Cereals (Oatmeal, cracked wheat, sweetened)  
Crackers - cookies  
Dry Soup Mix - Ramen Noodles -  
Dried Fruits - raisins, trail mix, Fruit roll-ups  
Granola Bars - peanuts, trail mix  
MRE's (Meals Ready to Eat)  
Peanut butter, jelly, honey  
Powdered milk/Cocoa mix

### Clothing/Bedding

1 space blanket per person  
Wool /fleece blanket or sleeping bag (1 per person)  
1 change of clothes: include underwear & 2 pair  
socks (at least 1 wool), sweatshirt, gloves, shoes  
Infants: disposable diapers, pacifiers, blankets, clothing

### Hygiene

Comb & brush (Hair needs: barrettes, clips, elastics)  
Deodorant, Lotion  
Feminine Hygiene needs  
Lip balm, chap stick, Blistex, Tube of Vaseline  
Nail clippers, nail file  
Shaving supplies  
Shampoo  
Small mirror  
Soap (preferably liquid, if bar, it needs a container)  
Toothbrush/toothpaste  
Washcloth/towel

### Other

First Aid Kit  
Insect repellent/Sun screen  
Money - (Coins, small bills, credit card)  
Safety pins, needle, thread, scissors, buttons  
Extra Glasses - Extra set of car keys

Keep the families most valuable documents (or copies) in your emergency kit or in a packet ready to pick up and take with you: deeds, mortgage, titles, insurance, wills, home contents & pictures, social security numbers, drivers license or ID cards, birth cert., account numbers, genealogy, current pictures of family members, Name, address, & telephone number of out of state contact, other phone numbers. All this information could be put on one 3½" computer disk, CD or flash drive.

# Infants/Toddlers/ Senior Citizens/Pets

*Infants and children have special needs in a 72 hour kit. Items should include:*

Their own bag - labeled with their own name  
Disposable diapers (36 -48 minimum)\*  
Disposable wet wipes\*  
Plastic garbage bags\*  
Two changes of clothes\*  
Two pair pajamas  
Two blankets  
Hat/gloves/socks  
Infant formula (May need to supplement nursing babies)  
Instant baby cereal  
Canned food & juices - must be eaten at one meal to prevent spoilage  
Teething biscuits & Orajel  
Sterilized water/also Pedialyte  
Plastic bottles (label with name)  
Disposable bottle liners  
Extra nipples  
Bib  
Plastic spoon and bowl  
Pacifier (Label with name)  
Safety pins  
Baby powder  
Baby Oil  
Diaper rash medication  
Children's Tylenol  
Assorted toys (label with name)

The most critical aspect of infant care during emergencies is sanitation. Infants, by nature, become soiled and dirty from one minute to the next, thus providing excellent breeding grounds for disease-causing bacteria which may infect not only the infant but also adults that come in contact.

\*For proper sanitation, it is important that you store a sufficient supply of disposable diapers, wipes, and garbage bags. Change infants regularly and keep them clean. Dispose of the soiled diapers in the garbage can liners and keep them tightly sealed to prevent spread of disease. Wash hands often.

Emergency diapering needs may be met by lining plastic pants with scraps of cloth, tissue, paper towels, or other absorbent material.

Before the emergency, young children can help prepare and store supplies. Teach them about the warning sounds (smoke alarms, sirens, etc in your home & neighborhood)

Young children should memorize family name, address, and phone number as early as possible.

Children need extra reassurance - take time to hold, cuddle, talk and especially listen to them. Encourage them to talk about their feelings. Keep them with the rest of the family. Be prepared to sing songs and play simple games such as I Spy; Duck, Duck Goose; Button, Button; Lion Hunt; etc.

## Senior Citizens

In addition to preparing a 72 hour kit:  
Arrange for someone to check on you  
Have a plan to signal the need for help  
Have extra batteries for hearing aids, wheel chairs, extra oxygen, extra eyeglasses  
List the style and serial numbers of medical devices such as pacemakers, and a list of all medications and dosages  
Teach those who may need to assist you how to operate necessary equipment.

## Pets

Consider your pet's needs in planning for an emergency.

- \*Have a current ID tag, license.
- \*Keep their vaccinations current.
- \*Keep pet carriers, extra collars, and leashes on hand to contain and calm your pet.
- \*Your pet also needs ½ gallon of drinking water per day.
- \*Store at least 2 weeks supply of food

In case of evacuation, be aware that pets are not allowed in Red Cross emergency shelters.

# OTHER EMERGENCY KITS

## Basic Minimal First Aid Kit

- 2 pairs of Latex gloves (or other sterile gloves if you are allergic to latex)
- Sterile Dressings to stop the bleeding
- Adhesive Bandages in a variety of sizes
- Cleansing Agent or soap
- Antibiotic Ointment to prevent infection
- Burn ointment
- Tube of Petroleum Jelly or other lubricant
- Eye Wash solution to flush the eyes
- Triangle Bandage
- Waterless Alcohol Based hand sanitizer or Germicidal Handwipes
- Thermometer
- Scissors
- Tweezers
- Personal Medications including a list of all medications and dosages
- Non prescription drugs (Aspirin and non aspirin pain reliever, Anti diarrhea medication, antacid, laxative, Syrup of Ipecac)

## Office Emergency Kit

*Keep a backpack or tote bag under your desk for any emergency use.*

*In case of emergency you could be stranded at your office for several days. Plan for at least 72 hours.*

- Blanket, flat sheet, pillow or sleeping bag
- Change of clothes, socks, shoes, undies
- Coat or Jacket
- First Aid Kit
- Flashlight & extra batteries
- Food - non perishable -
- Hygiene supplies - trial size lotions soaps, shampoo/ conditioner, toothpaste, toothbrush, mouthwash, toothpicks
- List of family names and telephone #'s
- Medications
- Sweet hard candy
- Towel, washcloth
- Water - clear liter bottles
- Whistle with lanyard to hang around neck

## Car Survival Kit

*Not all items are mandatory, but could prove useful. Always maintain at least 1/2 tank of gas!*

- Bag of sand or rock salt
- Blankets or sleeping bag
- Bottled Water (2 Liter)
- Candles
- Car tool kit (pliers, screw driver, hatchet, folding shovel, wire saw, nails, twine, wire, tape, file)
- Clothes, including boots, socks, hat, etc.
- Compass
- Fire extinguisher (Standard class ABC)
- First aid kit and manual
- Flashlight & extra batteries
- Fold up Stove & fuel tablets
- Food - non perishable
- Gloves (work gloves & rubber disposable gloves)
- Ice Scraper for winter season
- Jumper Cables
- Map
- Matches
- Mirror
- Paper, Pencils
- Pre-moistened towels
- Portable radio & batteries
- Reflectors, flares
- Rope
- Sewing Kit
- Short rubber hose for siphoning
- Space blanket
- Tissues
- Tow Rope
- Waterproof matches
- Whistle
- Zip lock bags



# IMPORTANT NON FOOD ITEMS FOR STORAGE

## Tools

Adjustable wrench/hammer & nails  
Ax/Saw  
Bailing Wire/Twine  
Broom/dustpan  
Bucket  
Crowbar  
Gloves (Heavy Work)  
Pliers  
Rope  
Screwdrivers  
Shovel  
Tape (Duct/plastic/electrical)  
Tarps

## Cooking

Aluminum Foil (Heavy Duty & regular)  
Bucket or dishpan  
Canning lids/paraffin wax)  
Can opener (non-electric)  
Campstove & Fuel  
Charcoal & lighter fluid  
Dish cloth/ dish towel/scrubbie  
Dish detergent  
Napkins/paper towels  
Paper plates/cups/utensils  
Plastic wrap/wax paper/zip lock bags, coffee filters  
Pots/pans (at least 2)  
Sharp Knife  
Utensils

## Bedding

Blankets/quilts (enough to keep each person warm  
with no other heat source)  
Pillows  
Rubberized Sheets  
Sheets (Flannel are warmer & more absorbent)  
Sleeping bags

## Clothing

Boots  
Gloves  
Jacket/ Warm Coat  
Poncho  
Seasonal Clothing  
Shoes/2 socks (at least 1 pair wool)

## Safety Items

Batteries - many sizes  
Candles  
Flashlights  
Fire Extinguisher  
Garden Hose (firefighting/ siphoning gas)  
Insecticides  
Lantern & Fuel  
Matches/lighters  
Paper & pencils  
Radio (battery operated)

## Sanitation

Large trash can w/ tight fitting lid  
Ammonia  
Bleach  
Clean rags  
Disinfectant (Lysol, Pinesol, etc)  
Newspapers (to wrap garbage & waste in, could also  
be used for fuel or blankets)  
Plastic bags (various sizes especially garbage bags)  
Toilet paper  
Wet Wipes

## Hvgiene Supplies

Combs/brushes  
Contact Lens solutions  
Deodorant  
Extra Glasses  
Feminine Supplies  
Hand soap (15 bars/person/year)  
Infant Supplies (Disposable diapers, plastic pants,  
bottles)  
Laundry detergent (25 lbs/person/year)  
Shampoo/Conditioner  
Shaving supplies  
Tissue  
Toothbrush/toothpaste  
Wash Cloths/Towels

## Pets

Food  
Leashes/collars  
Litter box supplies  
Medications

# Basic List of Medical and First Aid Supplies

## Bandaging

Ace bandages – assorted sizes  
2", 3" 4" gauze rolls  
sterile dressing assorted sizes  
1" tape - cloth, plastic or paper  
Band-aids – variety including:  
    Assorted sizes of strips  
    Butterfly bandages  
    Extra large  
    Fingertip/Knuckle  
Sanitary napkins, individually packed  
Super Glue for wound closure  
Triangular bandages

## Colds

Antihistamine/decongestants  
Cold medicine of choice  
Cough lozenges &/or syrup  
Vitamin C - & others as desired

## Disinfectants

Alcohol  
Alcohol preps individually wrapped  
Gel hand sanitizer – waterless  
Hydrogen peroxide  
Bar soap  
Triple antibiotic ointment (neosporin)  
Water purification tablets

## Eye Care

Lubricating eye drops  
Contac lens solutions  
Ophthalmic antibiotic ointment –RX only

## Gastrointestinal Relief

Antacids – liquid or tablets  
Anti-nausea- i.e. Dramamine  
Diarrhea medicine i.e. Immodium  
Glycerine suppositories  
Laxative  
Pepto Bismol &/or Alka-Seltzer

## Insect bites and stings

Baking soda  
Benadryl –for allergic reactions  
Calamine or Caladryl lotion

## Ointments

KY jelly – water-soluble  
Mentholatum  
Petroleum jelly  
Zinc oxide

## Pain Relief

Aspirin & non-aspirin pain reliever  
Earache/toothache drops  
Prescribed medicines  
Tylenol drops for babies if needed

## Skin Rashes-Allergic reactions

Antihistamine tablets & syrup  
Benadryl or Caladryl  
Hydrocortisone cream  
Prescribed medicines i.e. Epi pens

## Miscellaneous

Favorite home remedies  
First aid manual  
Lip balm  
Insect repellent  
Personal medications and equipment – i.e.  
    insulin, and syringes, heart meds etc.  
Sun screen and block

## Tools and Equipment

Container - tackle box, plastic box etc.  
Collapsible drink cup/paper cups  
(Consecrated oil - if LDS)  
Dental floss  
Gloves - Heavy-duty work & Latex  
Instant ice pack  
Matches – waterproof container  
Medicine dropper/dose cups  
Q-tips  
Penlight & batteries  
Pocket knife - sharp  
Pocket mask - other barrier device to use in CPR  
Scissors – bandage & heavy duty  
Sewing needles/thread, Safety pins  
Splinting materials  
Thermometer  
Tongue depressors – (many uses)  
Tweezers

# FIRST AID BASICS

First Aid and CPR classes are routinely available in the community through Red Cross. CERT classes are taught regularly and teach important disaster response skills. Plan to register for an upcoming class.

In addition, Emergency 911 dispatchers are trained and able to give patient care instructions while awaiting the ambulance. Stay calm and stay on the phone until they conclude the call upon the arrival of medical personnel.

The ABC's to providing first aid...

## **Airway---**

Without proper airway positioning and maintenance, anything else you might try to do for the victim will be in vain. If the victim is conscious, talking or breathing, the airway is assumed to be clear. If snoring sounds are heard, it could signal a partially obstructed airway and steps must be taken to secure a better airway. If the victim is not breathing, make sure there are no obstructions in the victim's mouth and that the head is tipped back to open the airway. Reposition the victim on his or her back, making sure to keep the head in line with the spine, and turning the victim as one unit. Get help if possible.

## **Breathing---**

If upon repositioning and securing the airway the patient does not start to breathe, begin rescue breathing.

## **Circulation--**

Circulation includes the pumping of the heart as well as controlling bleeding. If no pulse is detected, CPR is needed.

Most bleeding can be controlled by placing a bandage and applying direct pressure. If the bleeding is not controlled, do not remove bandages. Simply apply another layer of bandaging material. If bleeding is still not controlled, consider elevating the limb and/or applying pressure to the pressure points.

## **First Aid Basics continued**

Recognizing an emergency and taking action in the first few minutes can mean the difference between death or life-long injury and full recovery.

- Check the scene for safety. Do not become a victim of an unsafe scene! Make the scene safe before proceeding.
- Check the victim's level of consciousness or responsiveness, airway, breathing, circulation.
- Call 911—be prepared to give the:
  - ▶ exact location;
  - ▶ Caller's name;
  - ▶ What happened &
  - ▶ how many are involved
  - ▶ Condition(s) of victim(s)
  - ▶ What help is being given
- Call 911 if the victim:
  - ▶ Is or becomes unconscious
  - ▶ Has trouble breathing
  - ▶ Has chest pain or pressure
  - ▶ Is bleeding severely
  - ▶ Has seizures, severe headache, slurred speech
  - ▶ Appears to have overdosed or been poisoned.
  - ▶ Has injuries to the head, neck or back
- Call 911 if the situation involves:
  - Fire or explosion
  - ▶ Downed electrical wires
  - ▶ Swiftly moving or rapidly rising water
  - ▶ Presence of poisonous gas.
  - ▶ Vehicle collisions
  - ▶ Victims who cannot be moved easily.
- Care for the victim, reassure, and keep them warm. Watch for changes.

# CPR Basics

## INFANT

### Assess Responsiveness

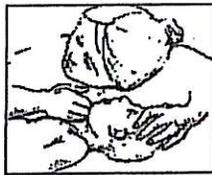
Shout and gently tap the child on the shoulder. If there is no response, position the infant on his or her back.



▶ Because airway problems are the main cause of not breathing in infants and children, clearing the airway takes precedence over calling 911. For victims under 8, perform CPR for 1 minute, then call 911.

### Airway

Open the airway. Tilt the head lifting the chin. Do not tilt the head too far back. Clear any objects from the mouth. Look, listen and feel for breathing.



### Rescue Breathing

If the baby is NOT breathing give 2 small gentle breaths (puffs). Cover the baby's mouth and nose with your mouth. Repeat 1 puff every 3 seconds. Each breath should be 1.5 to 2 seconds long. You should see the baby's chest rise with each breath. If air won't go in, reposition head and try again



### Chest Compression

Give 5 gentle chest compressions at the rate of 100 per minute. Position your 3rd and 4th fingers in the center of the chest half an inch below the nipples. Press down only ½ to 1 inch.



CONTINUE WITH 1 BREATH AND 5 COMPRESSIONS.

After one minute of repeated cycles call 911 immediately!



For more information:

<http://depts.washington.edu/learncpr/index.html>

## ADULT



### Assess Responsiveness

If there is no response, Call 911 and return to the victim.



### Airway

Tilt the head back. Lift the chin. Clear any objects from the mouth. Look, listen and feel for breathing.



### Rescue Breathing

If not breathing normally, pinch nose and cover the mouth with yours and blow until you see the chest rise. Give 2 breaths. Each breath should take 2 seconds. Continue rescue breathing: 1 breath every 4 to 5 seconds, as long as pulse is present but person is not breathing.

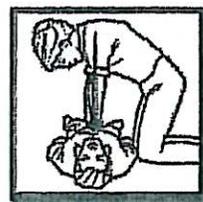
### Chest Compression

If the victim is still not breathing normally, coughing or moving, and there is no pulse, begin chest compressions. Push down on the chest 1½ to 2 inches 15 times right between the nipples. Pump at the rate of 100/minute, faster than once per second.



In children (ages 1-8)

- Place one hand on forehead, the heel of the other hand in the center of the chest (so you don't push too hard) for chest compressions.
- Press the sternum down 1 to 1½ inches
- Give 1 full breath followed by 5 chest compressions



FOR ADULTS CONTINUE WITH 2 BREATHS AND 15 PUMPS UNTIL HELP ARRIVES

NOTE: This ratio is the same for one-person & two-person CPR.

In two-person CPR the person pumping the chest stops while the other gives mouth-to-mouth breathing.

# CHOKING

How to help clear an obstructed airway in a conscious adult or child.

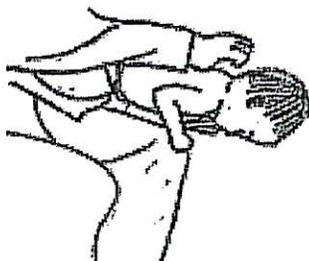
## Infants

First Aid for a Choking Conscious Infant  
(less than 1 year old)

Step 1: Determine if the infant can cry or cough.

Step 2: Tip the baby face down on your forearm, supporting with your hand.

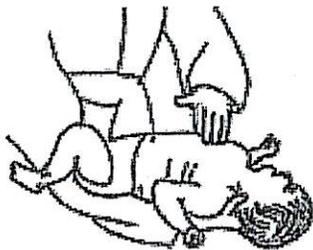
Give 5 firm back blows between the shoulder blades with the heel of your hand.



If ineffective, turn baby over and....

Step 3

Give 5 chest thrusts with index and middle fingertips.



Step 4

Repeat steps 2 & 3 above until effective or the infant becomes unconscious.

If the infant becomes unresponsive, perform CPR- if you see an object in the throat or mouth, remove it.

## Adults

First Aid for a Choking Conscious Adult and children (1-8 years old)

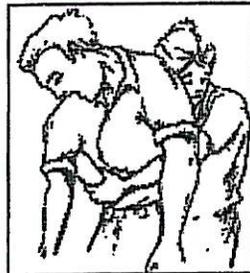
Step 1: Ask "Are you choking?" Maintain eye contact. Assume "YES" if victim cannot breathe, speak, gasp, cough or make high pitched sounds.



Step 2: Perform Heimlich Maneuver: From behind victim:

- wrap arms around waist.
- Make a fist, thumb side down, and grasp with other hand on victim's stomach, just above navel.
- Press fist into stomach and give

quick, inward and upward thrusts until object comes out or victim becomes unconscious.



A chest thrust may be used for markedly obese persons or in late stages of pregnancy.

If the adult or child becomes unresponsive perform CPR- if you see an object in the throat or mouth, remove it.

## ALTERNATIVE HEAT, LIGHT, & POWER SOURCES

\***FIRE STARTERS** - store matches (waterproofed), butane lighters, flint & steel, charcoal starter.

\***FIREPLACE, OPEN FLAME** (Campfire or Outside Fire Pit) suspend a Dutch oven over the heat by using a tripod, much like the early settlers did, or set the Dutch oven directly on the hot embers you have made in the fireplace or outside campfire.

\* **WOOD BURNING - COAL STOVES** use frying pans or pots on top to cook your meal.

\* **GAS CAMP STOVES** (white gas, gasoline, kerosene, propane) - Two burners using white gas will operate 4 hours on 1 quart. Use outdoors only.

\* **BARBECUE GRILL** with 5 gallon tank of propane, stores well and is easy to use.

\* **STERNO** works well for small quantities of food.

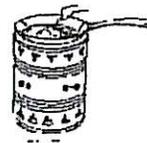
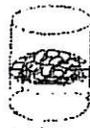
\* **VOLCANO** is a type of outdoor cook stove that you can use with 2 Dutch ovens and charcoal. It is very fuel efficient, using about half of the charcoal you would use normally with your Dutch oven. A few briquettes can roast, fry, bake, etc.

\***DUTCH OVENS** a 10" dutch oven with 6 or 7 briquettes on the lid and 5 or 6 underneath will cook a pot full of food. Use outdoors only.

\* **HIBACHI** - Four or five charcoal briquettes in an 8"x8" Hibachi will generate enough heat to cook a simple meal. Should only be used outdoors.

\***ALCOHOL STOVE** - Place 1 roll of Toilet paper in 1 quart paint can - pour Isopropyl rubbing alcohol over the TP and light with a match. The can will not get hot on the bottom until the alcohol has burned down. Extinguish the flame, add more alcohol and relight. Control the intensity of the heat by adjusting the lid.

\***CHARCOAL STOVE** - Turn a #10 Can into a charcoal stove. Cut out top and bottom of the can. Punch holes around the top and bottom. Punch many holes in the lid and wire it about half way up the can. Place the charcoal on it to light. Use a sturdy piece of wire screening, or crisscross wire across the top to create a cooking rack.



\***FLASHLIGHTS:** New batteries last 6-7 hours of continuous use. Six-month old batteries last 5-6 hours.

\***CANDLES:** 3/4"x4" will burn 2 hrs 20 min.

\***COLEMAN MANTLE LANTERN:** Two mantle lantern will burn 5 hours on 1/2 quart of white gas.

\***KEROSENE LANTERN:** With a 1 inch wick will burn 45 hours on 1 quart of kerosene.

\***LIGHT STICKS** are safest emergency light

\***GENERATORS** are an excellent source of safe power. However, they use a great deal of fuel. Most run on gasoline, burning 1/2 to 3 gallons per hour. Itemize energy requirements in order to select the appropriate size needed. Use the smallest size possible for less fuel needs. Operate generators in an open area with good ventilation. DO NOT ATTACH the generator to your house current without approved transfer switches. The electrical "back feed" can injure or even kill utility workers repairing the power lines.

For more information and or to calculate wattage needed go to <http://www.powerprotection.org/powergeneration/portablegenerators>.

# SANITATION

During emergencies, sanitation becomes a real problem and can be the cause of disease. In an emergency, hygiene is even more important! **Wash your hands frequently!** Substitutes for cleansing without water include: Purel, rubbing alcohol, lotions containing alcohol, shaving lotion, face creams and lotions, towelettes, (baby wipes), a wet washcloth.

**Toilet with a bag:** Remove the water from your toilet bowl and line it with 2 sturdy trash bags. When ½ full remove the 1<sup>st</sup> bag, tie it securely for disposal and store in a covered trash can until disposal service is resumed.

## SANITATION KIT (Store in 5 or 6 gal bucket)

- (1) 5 or 6-Gallon bucket with tight fitting lid
- Snap-on type toilet seat with lid
- (12) plastic liners (garbage bags)
- (4) pairs of rubber gloves
- (2) rolls of toilet paper
- Disinfectant: Liquid chlorine bleach, Nilogel clean-up gel, Pinesol, Powdered laundry soap, powdered chlorinated lime available at building supply store. It can be used dry. Be sure to get chlorinated lime and not quick lime which is highly alkaline and corrosive.
- (1) bottle of 3% Hydrogen Peroxide
- (1) box of Baking Soda
- (1) ½ gallon of white vinegar
- (1) large bottle of a hand sanitizer
- (1) roll paper towels
- (1) pkg. Baby Wipes
- (1) 2 liter bottle of water
- 6 or 10 gal container with tight fitting lid
- A supply of old newspapers for wrapping garbage
- 2-3 spray bottles
- Feminine Hygiene items

## DIRECTIONS FOR EMERGENCY TOILET:

1. Put 2 garbage bags as a liner in the 6-gallon bucket, and snap on the toilet seat.
2. Sprinkle one tablespoon of Nilogel (or other disinfectant) in the bucket. The Nilogel will absorb over 100 times its own weight (up to two gallons of liquid). The liquid becomes a gel and will deodorize the toilet contents. The gel is also biodegradable. If using other disinfectant sprinkle some disinfectant on top after each usage.
3. The toilet is ready to use. Use toilet paper as usual.
4. Use baby wipes or hand sanitizer on hands after each use and dry hands with paper towels.
5. Replace the tight fitting lid after each use of the

toilet. The key to disease control is to KEEP IT TIGHTLY COVERED.

6. When the bag is ⅓ to ½ full, carefully remove the first bag, tie it together and place it in the larger container. Use rubber gloves .
7. Replace liner so the bucket remains double bagged.

**Disinfectant:** When using bleach use ¼ cup bleach to 1 quart water. Other commercial disinfectants include HTH, or calcium hypochlorite, which is available at swimming pool supply stores; also portable toilet chemicals are available through recreational vehicle supply stores.

Never deposit waste or garbage on open ground. "In times of emergency, the military procedure, is to bury human waste in trenches 24"-30" deep, and cover with a thin layer of lime." (Earthquake Preparedness, 1989, pg 16)

Garbage should be drained and wrapped in several thicknesses of old newspaper to absorb extra moisture, it can be stored longer before developing unpleasant odors. A tight fitting lid is important to keep out flies. Other rubbish, trash that will not decompose may need to be burned, (with permission from local authorities).

## ADDITIONAL SUPPLIES FOR DISINFECTING AND ODOR CONTROL:

**Baking Soda:** will help to control odor; it stops mold, fungus or mildew, and is a natural Whitener. Baking soda relieves heartburn, indigestion and it neutralizes acids in a sour stomach associated with diarrhea. Use 1 teaspoon of baking soda mixed with 1 cup of water and drinks it down. Baking soda plus a little salt will help clean your teeth.

**3% Hydrogen Peroxide**(Put in a small spray bottle, no water added) Hydrogen Peroxide is an antiseptic, and a cleaning agent for minor cuts and abrasions. It can be used as an oral rinse and gargle. To disinfect toilet seat just spray it on and wipe off.

**White Distilled Vinegar:** Put in a small spray bottle, no water added. Studies show that vinegar kills 99% of bacteria, 82% of mold, and 80% of germs {viruses}. To disinfect toilet seat just spray it on and wipe off.

**COMBINING VINEGAR AND HYDROGEN PEROXIDE:** Spraying solutions of vinegar and hydrogen peroxide, one after the other, in any order, kills virtually all Salmonella, Shigella or E. coli bacteria on heavily contaminated surfaces. (*Science News* 8/8/98; Vol 154, Issue 6 pg 83-85)

## COMMUNICATIONS

In a wide scale disaster or emergency, the most common means of communication will probably not work. If they do, you will be able to call out of state more easily than locally. Thus, all members of your family should know or have the number of an "out of state contact."

Telephones, cellular phones, and pagers will likely be unavailable or of little use. Be sure to keep a cell phone charger in your car just in case.

Walkie-talkies or 2 way family radio service (FRS) radios, and CB radios may be very useful, but are likely to experience heavy usage. A supply of batteries is advisable. Rechargeable batteries may be unuseable if there is no power. GMRS radios have a longer range - about 5 miles.

Amateur (HAM) Radio may be operational but operators must be licensed.

"CityWatch" is a county automated notification system that operates as a reverse 911 system. It calls your home to notify you of emergency situations. In a recent use, the system called 1,600 homes in 30 minutes. The system may not work if your telephone number is unlisted or blocked. This system may repeat the same pre-recorded message two times. Your caller ID may identify the call as being from the Davis County Health Department. Check with your neighbors, if they received a call to evacuate - it probably means you need to evacuate also!

Battery powered standard AM and FM radios will provide emergency alerts and messaging for our area. Radio may function when other forms of communication do not. Tune to KSL 1160 AM Radio.

CERT Volunteers or runners may be used to communicate and coordinate response activity.

## Essential Documents

To be prepared for emergencies, there are some important financial and legal documents you need to keep safe in a place where you or your heirs can get them. Sometimes a copy is not the same as the original and does not have the same validity. \*It is necessary to have the original or a certified copy.

- \*Living Wills, \*Powers of attorney and \*Medical powers of attorney
- \*Wills and trusts
- \*Titles and Deeds
- \*Birth Certificates/\*Adoption decrees/\*Naturalization Records
- \*Marriage License/divorce papers and child custody papers
- Passports and military/veteran papers

- Social Security cards, Drivers License or ID cards
- Certificates for stocks, bonds, investments
- Insurance policies (life, home, auto)
- List of health and medical information
- List of financial investment information including account numbers
- Important contact information (family, friends, doctors, attorneys, ins. agents)
- Household inventory documentation
- Mortgage
- Genealogy, pictures, and Family History

This information could be put on a 3½ disk or CD. CAUTION!!! This information must be safeguarded and protected. This information in the wrong hands would make identity theft very easy.

# How to make your home safer during earthquakes

Most injuries, deaths and economic loss in an earthquake are due to man-made problems. Many of the solutions, which limit loss, are simple and inexpensive. If building a new home or considering retrofitting an existing home for seismic protection, seek help from a professional contractor specializing in seismic construction techniques. In the mean time consider the following suggestions to reduce damage to your property in the event of an earthquake.

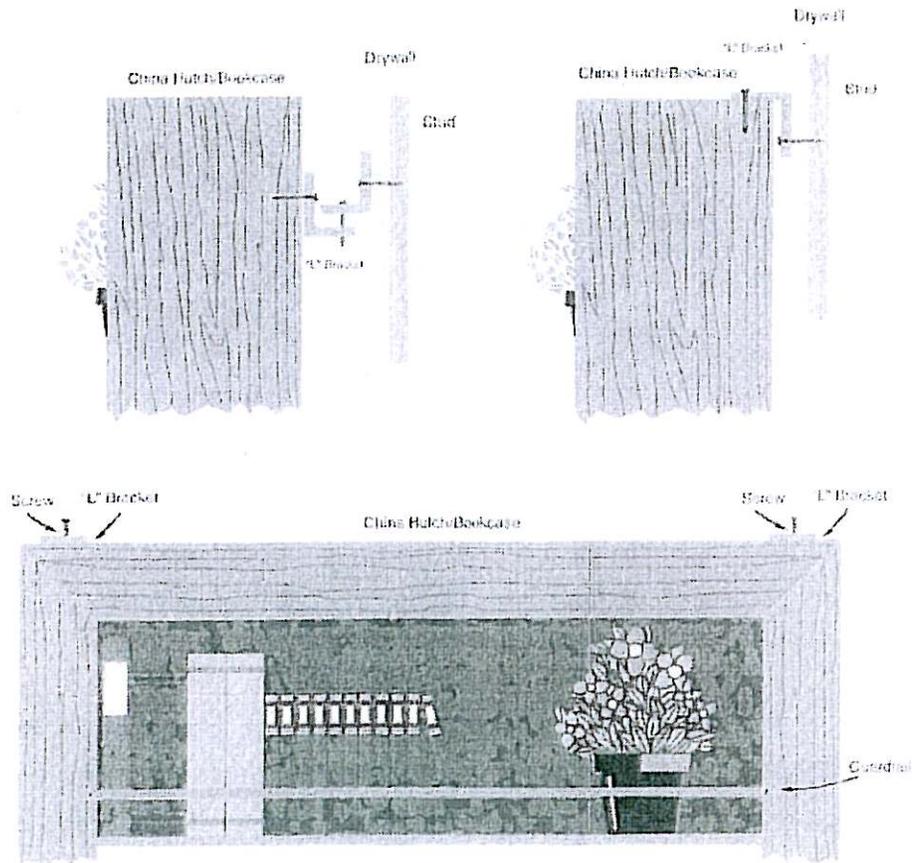
- Secure fixtures such as lights, cabinets, bookcases, and top-heavy objects to resist moving, coming loose, or falling during the shaking. Place hard and heavy objects on lower shelves and securely fasten shelves to walls. Special care should be taken to remove objects from above sleeping areas. Do not hang plants in heavy pots that could swing free of hooks.

## Secure your furniture by using:

“L” brackets, corner brackets or “anodized aluminum molding to attach tall or top-heavy furniture to the wall.

Corner brackets or eye bolts to secure items located a short distance from the wall.

Attach a wooden or metal guardrail on open shelves to keep items from sliding or falling off. Fishing line can be used as a less visible means of securing an item (guardrail).



- **Store bottled goods, glass, vases, china, and other breakables** in low or closed cabinets and use non-skid padded matting, hold fast putty, or Velcro whenever possible.
- **Check the electrical wiring and connections to gas appliances.** Defective electrical wiring, leaking gas or inflexible connections are very dangerous in the event of an earthquake.
- **Develop a family plan,** which addresses what to do if the earthquake occurs while family members are at home, school, or work. This plan should include a possible central meeting location for family members after the earthquake and an out-of-area contact person so other family members can find out information concerning their loved ones in the disaster area. It is usually easier to call out of a disaster area than it is to call into one.
- **Hold practice drills** so each member of your family knows what to do in an earthquake.
- **Locate master switch and shut-off valves for all utilities** and teach all responsible family members how to turn them off.
- **Is the water heater securely strapped in place?** Strapping the water heater to wall studs and having flexible gas and water lines installed will greatly reduce the risk of fire and water damage in an earthquake.

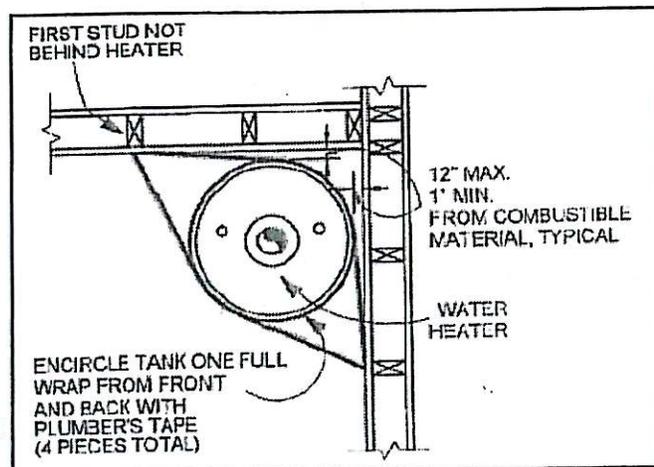
### Water heater in corner or closet

#### Materials

- 3/4" x 24 gauge perforated steel
- plumber tape
- 1/4" diameter x 3" lag screws and flat washers or 1/4" expandable anchors with 2" embedment for concrete or masonry walls

#### Directions:

- The water heater should be 1" to 12" away from the corner walls.
- Locate the wall studs on both sides of the water heater (not behind it).
- Anchor plumber's tape (a flexible steel strap) to a wall stud with a 1/4" diameter x 3" lag screw and flat washer.
- From about 9" from the top of the tank, wrap the plumber's tape all the way around the tank in a clockwise direction. Then anchor the tape to the stud on the other wall. Make sure the tape is tight.



Overhead view of water heater in corner

- Repeat the process, again about 9" from the top of the tank, but this time wrap the tape in a counter clockwise direction.
- Repeat the process two more times about 4" from the bottom of the tank. Wrap one band of tape in a clockwise direction and the other band of tape in a counter clockwise direction.

## Water heater on straight wall

### Materials

- 3/4" x 24 gauge perforated steel plumber's tape
- 1/2" diameter conduit
- 1/4" diameter x 1" round head machine screws with nuts and flat washers
- 1/4" diameter x 3" lag screws and flat washer or 1/4" expandable anchors with 2" embedment for concrete or masonry walls

### Directions

- The water heater should be 1" to 12" away from the wall.
- Locate the wall studs on both sides of the water heater (not behind it).
- Wrap plumber's tape around the tank 9" from the top and 4" from the bottom. Secure tape with round head machine screw, flat washers and nut.
- Cut four pieces of conduit to size. The conduit is used as angle bracing from the wall studs to the tank. Flatten 1" at each end of the conduit and bend 45 degrees. Drill holes 1/2" from each end.
- Anchor the conduit to the wall studs. Use 1/4" diameter x 3" lag screw and flat washer. Then anchor the conduit to the plumber's tape. Use 1/4" diameter x 1" round head machine screw, washer and nut.

If you're using gas, have your utility company or a licensed plumber install a flexible hose where the gas line connects to the water heater at its base. Install flexible hoses for the water connections as well.

