

UNITED WAY OF UTAH COUNTY

EMERGENCY PREPAREDNESS

PERSONAL AND FAMILY

United Way Staff

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A guide to provide staff and families with key information needed to prepare them for any potential disasters whether natural or man-made.

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INTRODUCTION

The need to prepare is real Disasters disrupt hundreds of thousands of lives each year. Each disaster has lasting effects, both on people and property.

When a disaster occurs in your community, local government and disaster-relief organizations are there to help, but you need to be ready as well. Local responders may not be able to reach you immediately, or they may need to focus their efforts elsewhere.

The benefits are real Being prepared can reduce fear, anxiety and losses that accompany disasters. Individuals, families and communities should know what to do in the event of a fire and where to seek shelter during an earthquake. They should be ready to evacuate their homes, take refuge in public shelters and take care of their basic medical needs.

Individuals can reduce the impact of a disaster and sometimes avoid the danger completely by being prepared.

You should know how to respond to cold weather or any disaster that could occur in your area. In Utah that means earthquakes, extreme cold, flooding, mudslides or terrorism.

You will need to be self sufficient for at least three days. This means providing your own shelter, food, water, first aid and sanitation.

Are you ready?

This guide is designed to help you protect yourself and your family in the event of an emergency. Through applying what you will learn from the information in this guide, you are taking the necessary first steps to ensure your chances of safety by knowing what to do before, during and after a disaster.

Some of the things that you can do to prepare for the unexpected, such as developing a household emergency plan and having the right tools, are the same for both natural and man-made disasters. However, there are important differences among potential emergencies that will impact the decisions you make and the actions you take. With a little planning and common sense, you can be better prepared for the unexpected.

BEFORE A DISASTER

The old saying, “failing to plan is the same as planning to fail” applies to emergency preparedness. All preparedness begins with developing a plan for what you will do in an emergency.

Be prepared to assess the potential situation when it occurs, use common sense and whatever you have on hand to take care of yourself and loved ones.

Depending on your circumstances and the nature of the disaster, the first important decision is deciding whether to stay where you are or to evacuate to somewhere else. You need to understand the needs and plan for both possibilities.

Let's start with the plans.

MAKE A FAMILY COMMUNICATION PLAN

Your family may not be together when disaster strikes, so you will need to plan how you will contact one another and review what you will do in different types of disasters. Consider a plan where each family member calls or emails the SAME friend or relative in the event of an emergency. This will be the single point of contact where members of the family can let others know they are safe and well, where they are and where they might be going.

With power lines down or local lines busy, it may be easier to make a long-distant phone call than to call across town. A contact that is out-of-state, maybe in a better position to collect and share information among separated family members.

You may have trouble getting through, or the phone system may be down altogether, be patient and keep trying.

Think about the places where your family spends time, such as school and work. Talk to your child's school and your employer about their emergency plans. Find out how they will communicate with families during an emergency.

Elderly Care- If you are a parent or guardian of a disabled or an elderly adult, make sure they or the facility they live in has an emergency response plan.

Ask how they will communicate with families during a crisis

Ask if they store adequate food, water and other basic supplies

Ask if they are prepared to "Shelter-in-Place" if needed, and where they plan to go if they must evacuate.

A communication list should be prepared and a copy provided to each member of the family. See Appendix "A" for an example

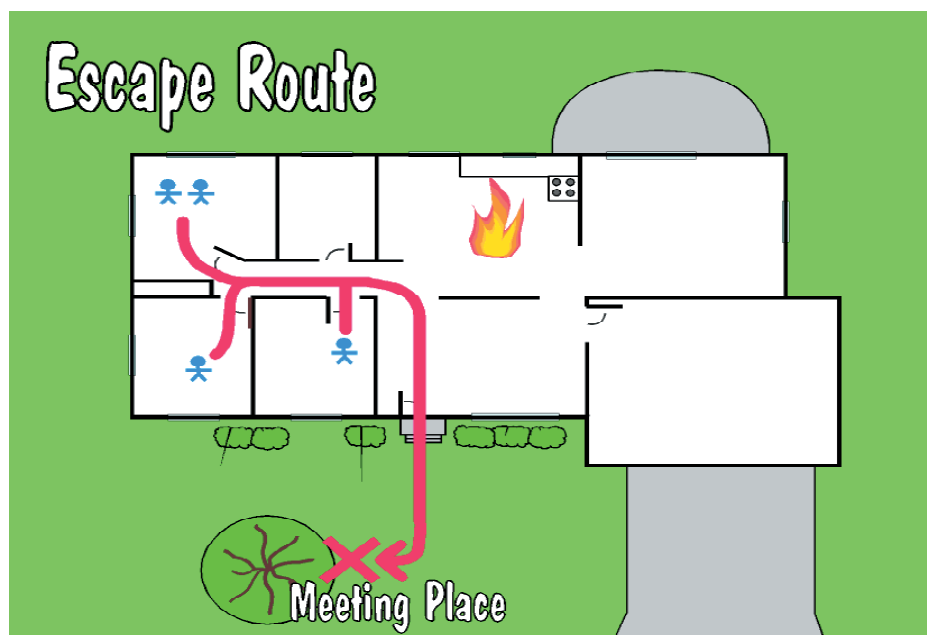
MAKE A FAMILY FIRE EVACUATION PLAN

House fires occur far more often than natural hazards. Follow these suggestions to help prevent fires as well as to be prepared for their occurrence.

Before a Fire

- Make sure your home is free of unnecessary combustible materials.

- Do not store flammable liquids inside the home.
- Do not run wires under carpets or rugs.
- Do not store matches or cigarette lighters where they are accessible to children.
- Do not leave cooking food unattended.
- If you smoke, do not smoke in bed or in other positions where you may doze. Also, have many large ashtrays around the home.
- Know avenues of escape. Always have two ways out of every room.
- Have a place to meet so no one tries to go back into a burning building to look for someone needlessly.
- Have fire extinguishers near the kitchen and the garage.
- Have escape ladders for all windows higher than eight feet off the ground. Practice using escape ladders.
- Install a smoke detector in every bedroom, in every hallway outside of a bedroom, and at least one on every level of the house. Test the smoke detectors monthly. Change the batteries in the smoke detectors in the fall when you change your clocks.
- Plan and practice a family fire drill on the first of each month. A good plan will have a place to meet, two ways out of every room, and escape ladders.



During a Fire

If you are outside, **STAY OUTSIDE**. Do not return for anything. Do not reenter the building until the appropriate authorities have given permission.

If you are inside, **GET OUT**. Go to the nearest house or building and call your local Fire and Rescue by dialing 911. Report the address and type of fire. Listen to and follow instructions. Go to your family meeting place.

If you are inside and have time, make sure everyone is out.

If you are in a closed room or office, do not open the door without first feeling it or the doorknob. If it is warm or hot, do not open it, but unlock it to help rescue or fire personnel.

If there is smoke, get under the smoke, no matter how low it is, and get out of the building.

If you cannot use the door or other means of escape to exit and if there is smoke, close the door and use clothes, sheets, etc. to stop the smoke from coming in. Go to the window and yell or blow a whistle.

If there is a window, stay close to the floor and exit through the window, using the escape ladder if necessary.

If your clothes catch on fire, do not run. **STOP** where you are. **DROP** to the ground and cover your face. **ROLL** over and over to smother the flames.

If you see someone on fire, use a coat or blanket, etc., to smother the flames. Do not use your bare hands to extinguish flames.

Watch to see that nobody goes back inside to rescue anything or anyone.

Turn off the gas and electricity from outside of the house if possible.

In a public building, you should know two ways out. If you hear a fire alarm, immediately exit the building regardless of what you are doing. Follow the established evacuation instructions.

HAVE THE RIGHT TOOLS

You may need to survive on your own after an emergency. Have your own food, water, and other supplies in sufficient quantities to last each member of the family at least three days. You might receive help in only a few hours or it may take days or even weeks. In addition basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days or longer.

Recommended items can be divided into two groups.

- Basic emergency supply kit (your 72 hour supply kit)
 1. Home Kit (those items which will be stored in your home and will be evacuated with you if instructed to do so and if time permits)
 2. GO BAG (a part of your 72 hours kit, but it will include those critical items that you will take with you if you must leave in a hurry or if you are away from home. The GO BAG might be kept in your car.)

NOTE: See Appendix “B” for a list of items you might want to consider putting in your supply kit. The items listed only suggestions. Evaluate your family’s individual needs and stock what is appropriate.

Basic Emergency Supplies

Looking at the list, it may seem costly and overwhelming, but it does not need to be. Many of the items you may already have and just need to organize them, so they are portable and readily accessible.

Be prepared to improvise and have a Disaster Kit that is made to fit your family. Make it your own and include only what you and your family needs and will use. While there are many thing that might make you more comfortable, think first about fresh water, food and clean air. Consider putting together two

kits. In your 72hour Kits, put everything needed to stay in your home. Include those items you know you need and will actually use.

You'll need a gallon of water per person per day. Your kit should also include canned and dried Food. It will be easy to store and prepare. Remember, we live in a cold weather climate area; you should include warm clothes and a sleeping bag (emergency space bag) for each member of the family. An entertainment pack could include family photos, notebooks, literature and games

The other kit is your GO BAG. It should be a light-weight, smaller version that you can take with you if you have to get away. This may also be the one you keep in the trunk of your car or at work.

GO BAG

The following items should be kept in your GO BAG.

- Nylon carrying bag or day-pack
- Bottled water
- Nonperishable food
- Can opener
- Transistor radio and extra batteries
- Flashlight and extra batteries
- First aid kit
- Sanitary and hygiene items
- Pre-moistened towelettes
- Gloves (both work gloves and latex or rubber gloves)
- Essential medication (if refrigeration is not required)
- Blanket, sleeping bag, space blanket
- Sealable plastic bags
- Matches and lighter
- Walking shoes with extra socks
- Change of clothes
- Jacket
- Cash (small denominations \$1.00, \$5.00 and coins) ATMs and credit cards may not work if power is out. In a time of price the price of an item may depend on how much money people think you have.
- Small tool kit

Personal Survival Kit at Work

THE FOLLOWING CAN BE USED FOR A PERSONAL SURVIVAL KIT AT WORK

Your workplace kit should be small and portable. Place it into a small day-pack. You should be able to carry your supplies with you if your business is closed, and you need to evacuate to another location. It should include:

- Dry food -candy bars, dried fruits, jerky, cookies, crackers, etc.

- Drinks - water and juice
- Tennis shoes/walking shoes
- First-aid kit with routine medications (aspirin, acetaminophen, cough/cold tablets, allergy tablets, etc.)
- Extra prescription medications
- Flashlight with extra batteries
- Chemical light sticks
- Matches
- Small radio (battery operated)
- Small and large plastic bags
- Toiletries/personal hygiene items

REMEMBER: You could be stranded for up to 72 hours. Make sure you have enough supplies to meet your needs

Start now by gathering basic emergency supplies. Purchase items a few at a time, a flashlight and first-aid kit one week, extra cans of soup or meat the next. In time you will have a good supply. Don't forget special need items such as prescription medicines and food for your pets. It is also important to have something for each member of the family that covers their mouth and nose. Filter masks are readily available in hardware stores. Do whatever you can to make the best fit for children.

Also include duct tape and heavyweight garbage bags or plastic sheeting that can be used to seal windows and doors. We will learn more about a "Safe Room" later.

BECOME INFORMED

Earlier we mentioned that there are important differences among potential emergencies you will face here in Utah, which will impact the decisions you make and the actions you will need to take for each of them. Learn more about the potential emergencies and the appropriate way to respond to them. In addition, learn about the emergency plans that have been established in your area by your state and local government.

In Utah, the potential hazards include the following:

- Weather/natural disasters
 3. Winter storms
 4. Flooding/mudslide
 5. Earthquakes
- Man-Made Disasters

1. Chemical spills
2. Radiation
3. Terrorist threats

For information on any of these potential dangers and the kind of supplies needed, see Appendix “C”.

DURING A DISASTER

SHOULD WE STAY OR SHOULD WE GO?

The rule of thumb, “Stay-put”, is always your best chance of survival, unless your home is damaged or unsafe for any reason.

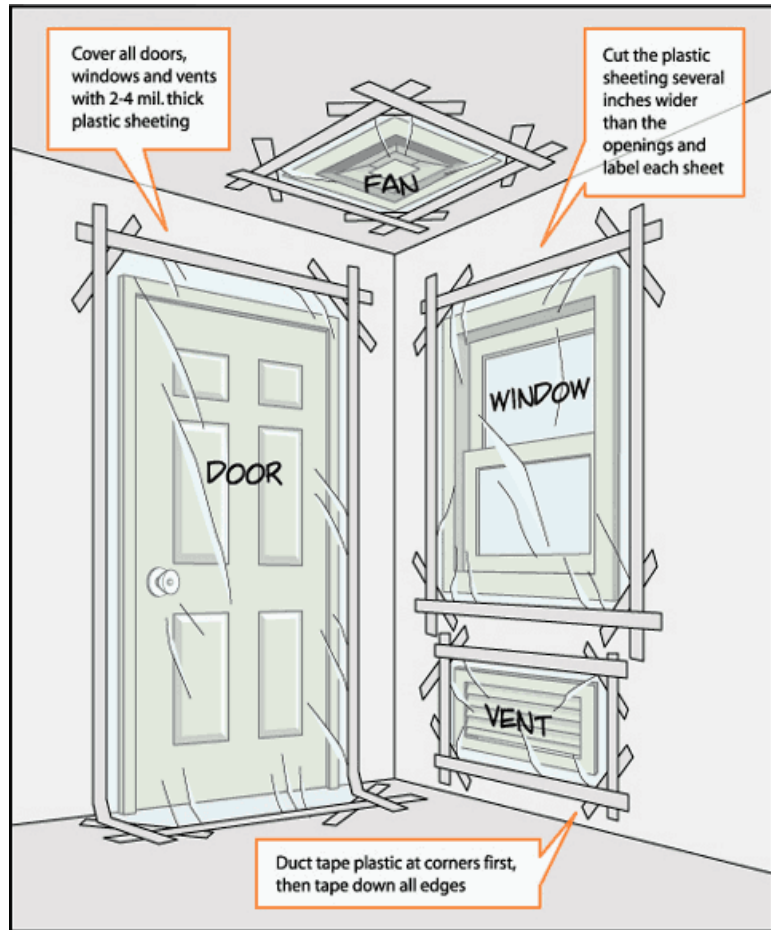
Whether you are at home, work or elsewhere, there may be situations when it’s simply best to stay where you are and avoid any uncertainty outside. There are other circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as “sealing the room” or “safe room” is a matter of survival. Using available information to assess the air or if local authorities say air is badly contaminated, will lead you to take this kind of action.

SHELTER-IN-PLACE

The process for sheltering-in-place is considered a temporary protective measure for when the air quality is considered unhealthy or toxic. It is a type of sheltering that requires preplanning. Choose an interior room or one with a few windows and doors as possible. Sealing the room is a critical and time consuming step in the protection process. Consider pre-cutting plastic sheeting (33 gallon garbage bags work fine) to seal windows, doors and air vents. (See picture on the next page). Each piece should be several inches larger than the space you want to cover so that you can duct tape it flat against the wall. Label each piece with the location where it fits. Store the sheeting, duct tape and knife or scissors in a large bag in the safe room.

To “Shelter in place” and Seal the Room

- Bring your family and pets **inside**.
- **Lock** doors, **close** windows, air vents and fireplace dampers.
- **Turn off** fans, air conditioners and forced air heating system.
- If possible **go into an interior room** with few windows.
- **Move your emergency supply kit** with you unless you have reason it has been contaminated.
- **Seal** all windows, doors and air vents with plastic sheeting and duct tape.
- Be prepared to **improvise** and use what you have on hand to **seal gaps**, so that you create a barrier.



Local authorities may not immediately be able to provide information on what is happening and what you should do. Tune a radio to an emergency station and listen for instructions from public safety agencies. KSL 1160 AM and KBYU (89.1 and 89.5 FM) are the primary and secondary emergency alert stations in our area.

If there is danger to your home or you are instructed to turn off your utilities:

- Locate the electric, gas and water shut-off valves.
- Keep necessary tools near gas and water shut-off valves.
- Teach members how to turn off utilities
- IF you turn the gas off, a professional must turn it back on. DO NOT attempt to do this yourself.

TURNING OFF THE UTILITIES

There is no cost involved in teaching everyone in your home about how and when to turn off the gas, electricity and water after an earthquake. This can be as simple as clearly marking where the shut-off valves are and posting instructions close by. In the following

pages there are some common examples of shut-off valves. All shut-off valves are similar including a propane tank. If you cannot find the shut-off valves, or you do not understand the valve system, call your local utility company or tank provider.

Consider shutting off utilities if you can smell gas, smell or see fire, or see damage to, from or near the utility lines. It is wise to shut off utilities if you are going to leave the home for extended periods of time during a disaster. This will prevent further damage that may be caused by an aftershock.

TURNING OFF THE ELECTRICITY



First, locate all of your home's electrical panels. **Note:** There may be more than one. Your house may be equipped with fuses or circuit breakers.

If your house has fuses, you will find a knife switch handle or pullout fuse that should be marked MAIN.

If your house has circuit breakers, you may need to open the metal door of the breaker box to reveal the circuit breakers (never remove the metal cover). The main circuit breaker should be clearly marked showing on and off positions.

Each breaker should be identified on the door by its use (i.e. 1= Main; 5=master bedroom; 8 = kitchen)

First remove all the small fuses or turn off all the small breakers, then shut off the main.

If you have any sub-panels adjacent to the main fuse or breaker panel or in other parts of the house, in an emergency, be safe and shut them off too. Shorts can sometimes develop that cause a circuit to bypass the breaker or fuse.

Note: All responsible family members should know how to turn off utilities in case of emergency. They need to know what the utilities look like in both on and off positions.

TURNING OFF THE GAS

Gas leaks can occur from line breaks or as a result of another emergency, such as an earthquake. In planning for emergencies, consider the possibility of a gas leak. Know where the gas meter to your home is located and how to shut the gas off. Consider teaching older, responsible children how to shut the gas off. Once the gas has been shut off, it must be turned back on by technicians from the gas company, so only turn off gas if you suspect a leak. It is always better to err on the side of safety.

Before an earthquake test your gas valves

- Locate and identify your gas meter and main shut-off valve with those persons you believe could and should know how to shut off your gas if necessary. Identify the master shut-off valve.
- Use the illustrations of gas meter and main shut-off valve on the next page to help you identify yours.
- Then paint the valve a bright red. **Note:** There may be more than one shut-off on your meter.

Using a 12" adjustable, or other appropriate wrench, turn the main valve 1/8 of a turn only to the right or left. (This movement may be difficult at first)

Emergency Control of Gas

- For your personal safety, wear heavy shoes in all areas near broken glass or debris. Keep your head and face protected from falling debris.
- Check house piping, appliances and vents for damage.
- Check for fires or fire hazards.
- Do not use matches, lighters or other open flames.
- Do not operate electrical switches, appliances or battery operated devices if you suspect natural gas leaks. This could create sparks that could ignite gas from broken lines.
- Shut off the gas at the meter if gas line breakage is suspected.

Do not use your house telephone except in extreme emergency situations. It is tied to your home electrical system and can cause a spark that could ignite the leaking gas.



- Be careful to not to turn any valve MORE than 1/8 turn to the right or left when testing. (If you do, pilot lights will very likely go out and it will require a trained person to relight them.)
- After you have moved that valve to ensure that it works, KEEP THE WRENCH AT THE METER, use plastic "zip ties" or straps to secure it to your meter.
- If you use an adjustable wrench, be sure to store it pre-fit to your valve; that way, In case it rusts or corrodes, it will still fit. Apply heavy oil or grease to the moving parts of the wrench to keep it functional and ready for use. **(Do not buy any plastic or fiberglass gas wrenches. They become brittle with time.)**

If the main valve will not turn 1/8 of a turn, call the gas company immediately, and they will come out and fix or replace it.

Turning off the Water



You can turn off all water to your property by closing the main valve at the water meter box. The water meter is usually located somewhere by the street or sidewalk in front of your house. Look for a round metal cover the size of a car's hubcap. It should have the word "water" stamped on it.

Open the cover with a long screwdriver or specialty tool. If this box is inaccessible or you cannot find it, call your local water department. Be sure to identify the box and the water valve inside before the need to use them arises. Inside the water meter box, you will see a valve that is similar to the valve on your gas meter. Turn it just the same as your gas valve.

Another place that you can shut off the water to the whole house is usually found in the basement and is sometimes called "the gate valve". Locate the main water service pipe into your house (probably in the front near ground level).

In the picture below, you will see a gate valve on the pipe. If you know you have leaks after an earthquake, you can shut off all water in your house with this valve. You may wish to paint the valve blue so it is easy to find in an emergency. The valve will probably look like one of the two shown below.



GETTING AWAY (EVACUATION)

Plan in advance how you will assemble your family and decide where you will go. Choose several destinations in different directions, so you have options in emergency. If you have a car, always have a half tank of gas.



Become familiar with alternate routes as well as other means of transportation to leave the area. If you do not have a car, plan how you will leave if necessary. Take your emergency supply kit and lock the doors behind you. If you believe the air may be contaminated, drive with your window and vents closed and keep the air conditioning and heater turned off. Listen to the radio for instructions.

Create an Evacuation Plan

- Plan places where your family will meet both in and outside your immediate neighborhood.
- Take your emergency supply kit unless you have reason to believe it has been contaminated.
- Lock the door behind you.
- Take your pets with you but understand that only service animals may be permitted in public shelters. Plan how you will care for your pets in an emergency.
- If time allows:
 1. Call or email the out-of-state contact in your family communication plan.
 2. Tell them where you are going and what route you might be taking.
 3. If there is damage to your home, and you are instructed to do so, shut off water, gas and electricity before you leave.
 4. Leave a note (just inside the front door) telling others when you left and where you are going.
 5. Check with neighbors who may need a ride.

TEST YOUR PLAN

A plan only works if you practice it. Test your plan to see how it plays out and if everyone knows his or her role. Hold emergency drills with all household members at least twice a year.

During drills, test fire extinguishers, smoke detectors and batteries. Recharge, refresh or replace batteries twice a year. A good way to remember to make the changes is to do it in the spring and fall during daylight savings.

Make sure each family member knows where and how to turn off the utilities (water, gas and electricity) at the main switches or valves.

Check the expiration dates and replace water and food supplies as needed.

Additional Resources can be found at the following sites:

www.ready.gov

www.beready.com

www.beready.utah.gov

www.publicsafety.utah.gov/homelandsecurity

www.utahcountyonline.org/Dweot2/health/emergency

LET'S REVIEW

WHAT WILL YOU NEED TO DO

- ✓ Develop a household disaster plan
- ✓ Create GO-BAGS for each family member
- ✓ Create an emergency supply kit
- ✓ Know the types of hazards you might face
- ✓ Conduct family emergency preparedness meetings (drills)
- ✓ Motivate others to be prepared.
- ✓ PRACTICE; PRACTICE; PRACTICE

Be prepared to adapt this information for your personal circumstances and make every effort to follow instruction received from authorities on the scene. Above all, stay calm, be patient and think before you act. With these simple preparations, you can be ready for the unexpected.

APPENDIX A - COMMUNICATION PLAN

Family Communications

Your family may not be together when disaster strikes, so plan how you will contact one another. Think about how you will communicate in different situations.

Complete a contact card for each family member. Have family members keep these cards handy in a wallet, purse, backpack, etc. You may want to send one to school with each child to keep on file. Pick a friend or relative who lives out of state for household members to notify when/if they are safe.

To the right is a sample contact card. Copies to fill out can be found on page A-3. Also included is a more detailed family communications plan that should be completed and posted, so the contact information is readily accessible to all family members. You may want to include key address and cell phone numbers. Today, many of us have that information programmed into our cell phones and if the phones aren't working, we may not have access to them. A copy should also be included in your family disaster supplies kit.



The image shows a sample contact card with a dashed border. At the top, there are several horizontal lines for writing. Below these lines is a black header with the text "Other Important Phone Numbers & Information:" written in white. Underneath the header is the title "Family Communications Plan" in a bold, serif font, accompanied by a small circular logo on the left. Below the title are several rows of text labels followed by horizontal lines for input: "Contact Name:", "Telephone:", "Out-of-State Contact Name:", "Telephone:", "Neighborhood Meeting Place:", and "Meeting Place Telephone:". At the bottom of the card, the text "Dial 9-1-1 for Emergencies!" is written in a bold, italicized font.



Homeland Security

Family Communications Plan

Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations.

Out-of-State Contact Name: _____
Email: _____

Telephone Number: _____
Telephone Number: _____

Fill out the following information for each family member and keep it up to date.

Name: _____
Date of Birth: _____

Name: _____
Date of Birth: _____

Name: _____
Date of Birth: _____

Name: _____
Date of Birth: _____

Name: _____
Date of Birth: _____

Name: _____
Date of Birth: _____

Name: _____
Date of Birth: _____

Social Security Number: _____
Important Medical Information: _____

Social Security Number: _____
Important Medical Information: _____

Social Security Number: _____
Important Medical Information: _____

Social Security Number: _____
Important Medical Information: _____

Social Security Number: _____
Important Medical Information: _____

Social Security Number: _____
Important Medical Information: _____

Social Security Number: _____
Important Medical Information: _____

Where to go in an emergency. Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans.

Home

Address: _____
Phone Number: _____
Neighborhood Meeting Place: _____
Regional Meeting Place: _____

Work

Address: _____
Phone Number: _____
Evacuation Location: _____

School

Address: _____
Phone Number: _____
Evacuation Location: _____

Work

Address: _____
Phone Number: _____
Evacuation Location: _____

School

Address: _____
Phone Number: _____
Evacuation Location: _____

Other place you frequent:

Address: _____
Phone Number: _____
Evacuation Location: _____

School

Address: _____
Phone Number: _____
Evacuation Location: _____

Other place you frequent:

Address: _____
Phone Number: _____
Evacuation Location: _____

Important Information	Name	Telephone #	Policy #
Doctor(s):			
Other:			
Pharmacist:			
Medical Insurance:			
Homeowners/Rental Insurance:			
Veterinarian/Kennel (for pets):			

Other useful phone numbers: **9-1-1** for emergencies. Police Non-Emergency Phone #: _____

Every family member should carry a copy of this important information:

Other Important Phone Numbers & Information:

Family Communications Plan

Contact Name:
Telephone:

Out-of-State Contact Name:
Telephone:

Neighborhood Meeting Place:
Meeting Place Telephone:

Dial 9-1-1 for Emergencies!

< FOLD HERE >

Other Important Phone Numbers & Information:

Family Communications Plan

Contact Name:
Telephone:

Out-of-State Contact Name:
Telephone:

Neighborhood Meeting Place:
Meeting Place Telephone:

Dial 9-1-1 for Emergencies!

Other Important Phone Numbers & Information:

Family Communications Plan

Contact Name:
Telephone:

Out-of-State Contact Name:
Telephone:

Neighborhood Meeting Place:
Meeting Place Telephone:

Dial 9-1-1 for Emergencies!

< FOLD HERE >

Other Important Phone Numbers & Information:

Family Communications Plan

Contact Name:
Telephone:

Out-of-State Contact Name:
Telephone:

Neighborhood Meeting Place:
Meeting Place Telephone:

Dial 9-1-1 for Emergencies!

APPENDIX B - Disaster Supplies Checklists

The following list is to help you determine what to include in your disaster supplies kit to meet your family's needs. Don't include things you don't know how to use just because it is on a list.

Remember to make it your own and include only what you and your family needs and will use. Be prepared to improvise. While there are many things that might make you more comfortable, think first about fresh water, food and clean air.

First Aid Supplies

Supplies	Home	Vehicle	Work
Adhesive bandages, various sizes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5" x 9" sterile dressing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Conforming roller gauze bandage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Triangular bandages	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3" x 3" sterile gauze pads	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4" x 4" sterile gauze pads	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Roll 3" cohesive bandage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Germicidal hand wipes or waterless, alcohol-based hand sanitizer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Antiseptic wipes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pairs large, medical grade, non-latex gloves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tongue depressors (can be used as a splint)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adhesive tape, 2" width	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Antibacterial ointment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cold pack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scissors (small, personal)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tweezers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Assorted sizes of safety pins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cotton balls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thermometer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tube of petroleum jelly or other lubricant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunscreen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CPR breathing barrier such as a face shield	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
First aid manual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Non-Prescription and Prescription Medicine Kit Supplies

Supplies	Home	Vehicle	Work
Aspirin and non-aspirin pain reliever	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anti-diarrhea medication	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Antacid (for stomach upset)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Laxative	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prescriptions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Extra eyeglasses/contact lenses and solution	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Sanitation and Hygiene Supplies

Item		Item	
Washcloth and towel	<input type="checkbox"/>	Heavy-duty plastic garbage bags and ties for personal sanitation uses and toilet paper	<input type="checkbox"/>
Towelettes, soap, hand sanitizer	<input type="checkbox"/>	Medium-sized plastic bucket with tight lid	<input type="checkbox"/>
Tooth paste, toothbrushes	<input type="checkbox"/>	Disinfectant and household chlorine bleach	<input type="checkbox"/>
Shampoo, comb, and brush	<input type="checkbox"/>	A small shovel for digging a latrine	<input type="checkbox"/>
Deodorants, sunscreen	<input type="checkbox"/>	Toilet paper	<input type="checkbox"/>
Razor, shaving cream	<input type="checkbox"/>	Contact lens solutions	<input type="checkbox"/>
Lip balm, insect repellent	<input type="checkbox"/>	Mirror	<input type="checkbox"/>
Feminine supplies	<input type="checkbox"/>		

Equipment and Tools

Portable, battery powered radio or television and extra batteries	<input type="checkbox"/>	NOAA Weather Radio, if appropriate in your area	<input type="checkbox"/>
Flashlight and extra batteries	<input type="checkbox"/>	Signal flare	<input type="checkbox"/>
Matches in a waterproof container (or waterproof matches)	<input type="checkbox"/>	Shut-off wrenches, pliers, shovel and other tools	<input type="checkbox"/>
Duct tape and scissors	<input type="checkbox"/>	Plastic sheeting (33 gal) garbage bags)	<input type="checkbox"/>
Whistle (To attract the attention of emergency personnel)	<input type="checkbox"/>	Tube tent	<input type="checkbox"/>
Compass	<input type="checkbox"/>	Work gloves	<input type="checkbox"/>
Small canister, ABC-type fire extinguisher	<input type="checkbox"/>	Battery operated travel alarm clock	<input type="checkbox"/>
Paper, pens and pencils	<input type="checkbox"/>	Needle and thread	<input type="checkbox"/>

Kitchen Items

Manual can opener	<input type="checkbox"/>	All-purpose knife	<input type="checkbox"/>
Camp kit or paper cups, plates, and plastic utensils	<input type="checkbox"/>	Household liquid bleach to treat drinking water	<input type="checkbox"/>
Sugar, salt, pepper	<input type="checkbox"/>	Reseal able plastic bags (both galleon and quart size to save leftover food)	<input type="checkbox"/>
Small cooking stove and a can of cooking fuel (if food must be cooked)	<input type="checkbox"/>	Aluminum foil and plastic wrap	<input type="checkbox"/>
Aluminum foil and plastic wrap	<input type="checkbox"/>	Small cooking stove a can of cooking fuel (if food must be cooked.	<input type="checkbox"/>

Comfort Items

Games	<input type="checkbox"/>	Toys for children	<input type="checkbox"/>
Cards	<input type="checkbox"/>		<input type="checkbox"/>
Books	<input type="checkbox"/>		<input type="checkbox"/>
Snacks	<input type="checkbox"/>		<input type="checkbox"/>

Food and Water

Supplies	Home	Vehicle	Work
Water (recommend 1 galleon/person/day)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ready-to-eat meats, fruits and vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Canned or boxed juices, milk and soup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High-energy foods such as peanut butter, jelly, low-sodium crackers, granola bars and trail mix	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Special food for infants or persons on special diets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cookies, hard candy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Instant coffee, tea or herb drink	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cereals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Powdered milk, eggs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Household liquid bleach to treat drinking water Add 1/8 teaspoon (or 8 drops) of regular, unscented, liquid household bleach for each gallon of water, stir it well and let it stand for 30 minutes before you use it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sugar, salt, pepper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Clothes and Bedding Supplies

Item	
Complete change of clothes	<input type="checkbox"/>
Sturdy shoes or boots	<input type="checkbox"/>
Rain gear	<input type="checkbox"/>
Hat and gloves	<input type="checkbox"/>
Extra socks	<input type="checkbox"/>
Extra underwear	<input type="checkbox"/>
Thermal underwear	<input type="checkbox"/>
Sunglasses	<input type="checkbox"/>
Blankets/sleeping bags and pillows	<input type="checkbox"/>

Documents and Keys

Item	Stored
Personal identification	<input type="checkbox"/>
Credit cards (May not be of any use if there is a power outage.)	<input type="checkbox"/>
Cash and coins Cash (small denominations \$1.00, \$5.00 and coins) ATMs and credit cards may not work if power is out. In a time of price the price of an item may depend on how much money people think you have.	<input type="checkbox"/>
Extra set of house keys and car keys	<input type="checkbox"/>
Birth certificate	<input type="checkbox"/>
Marriage certificate	<input type="checkbox"/>
Driver's license	<input type="checkbox"/>
Social Security cards	<input type="checkbox"/>
Passports	<input type="checkbox"/>
Wills	<input type="checkbox"/>
Deeds	<input type="checkbox"/>

APPENDIX “C” - POTENTIAL HAZARDS IN UTAH

Natural Hazards

- Flooding and mudslides
- Winter storms
- Earthquakes

Man-Made Hazards

- Terrorist threats
- Biological Attack
- Chemical Attack
- Nuclear Blast
- Radiation Threat

The basic preparation for most hazards is the same; however, there are some things that we can do and items we will need to add to our emergency supply kits to minimize the potential danger of these hazards. Each of these special requirements is addressed in the following pages.

KBYU is the emergency communication station in the Utah County area. Turn to this station for information and instruction during an emergency. KBYU broadcasts on 89.1 FM or 89.5 FM, depending on coverage.

KSL 1160 AM is the state wide communication source for Emergency Alert System and will broadcast messages on a statewide basis.

Natural Hazards

FLOODING AND MUDSLIDES



Flooding is the nation's most common natural disaster. Flooding can happen in every U.S. state and territory. However, all floods are not a like; some can develop slowly during an extended period of rain or in a warming trend following a heavy snow. Other such as flash floods, can occur quickly, even without any visible signs of rain.

It is important to be prepared for a flood no matter where you live, but particularly if you are in a low-lying area, near water or downstream from a dam. Even a small stream or dry creek bed can overflow and create flooding.

Flooding in Cedar Hills, UT. Caused by a computer glitch.

Floods are one of the most common hazards in the United States. Flood effects can be local, impacting a neighborhood or community, or very large, affecting entire river basins and multiple states.

Provo has experienced flooding 14 times since its founding in 1849. That is an average of one flood every 14 years. Review the following information to help your family prepare Provo's the next flood.

However, all floods are not alike. Some floods develop slowly, sometimes over a period of days. But flash floods can develop quickly, sometimes in just a few minutes and without any visible signs of rain. Flash floods often have a dangerous wall of roaring water that carries rocks, mud, and other debris and can sweep away most things in its path. Overland flooding occurs outside a defined river or stream, such as when a levee is breached, but still can be destructive. Flooding can also occur when a dam breaks, producing effects similar to flash floods.

Be aware of flood hazards no matter where you live, but especially if you live in a low-lying area, near water or downstream from a dam. Even very small streams, gullies, creeks, culverts, dry streambeds, or low-lying ground that appears harmless in dry weather can flood.

Before the Flood

- *Know the elevation of your property in relation to flood plains, streams and other waterways. Determine if your property may be flooded.*

- *Plan what to do and where to go in case of a flood.*
- *Store food, water and critical medical supplies.*
- *Keep your car filled with gas in case you must evacuate.*
- *Move furniture and essential items to higher elevation, if time permits.*
- *Have a portable radio and flashlights with extra batteries.*
- *Open basement windows to equalize water pressure on foundations and walls.*
- *Secure your home to the foundation.*
- *Consider flood insurance.*

During a Flood

If a flood is likely in your area, you should:

- Listen to the radio or television for information.
- Be aware that flash flooding can occur. If there is any possibility of a flash flood, move immediately to higher ground. Do not wait for instructions to move.
- Be aware of streams, drainage channels, canyons, and other areas known to flood suddenly. Flash floods can occur in these areas with or without such typical warnings as rain clouds or heavy rain.

Evacuation

- *Listen to local radio or TV for weather information or dial (1-524-5133, Monday through Friday), 8 a.m. - 4:30 p.m. (After hours: 575-7669 or 575-7246. Tune radio to 162.55 VHS.)*
- If asked to evacuate, shut off main power switch, main gas valve and water valve.
- Do not attempt to drive over a flooded road it may be washed out. While on the road, watch for possible flooding of bridges, dips and low areas.
- Watch for damaged roads, earth slides and fallen wires.
- Drive slowly in water; use low gear.
- Abandon your vehicle immediately if it stalls and seek higher ground.
- Do not attempt to cross a stream on foot when water is above your knees.
- Register at your designated evacuation center and remain there until told you may leave.



After the Flood

- Stay away from evacuated area until public health officials and building inspectors have given approval.

- Check for structural damage before entering buildings.
- Make sure electricity is off; watch for electrical wires.
- Do not use an open flame as a light source due to the possibility of escaping gas. Use flashlights. Beware of sparks.
- Do not use food contaminated by flood water.
- Test drinking water with test kits before use.
- Avoid walking in flood water. Do not let children play in flood water.
- *Stop flood water from backing up into the drains of your home.* The simplest way to stop sewer backup is to plug the opening where it first occurs. This is at the floor drain, the sanitary sewer system's lowest opening in the house. Commercial plugs are available and can be placed in the floor drain below the grate. Bolts on metal end pieces are tightened causing a rubber gasket to expand and seal the plug in the pipe.

A plug stops water from flowing in either direction. Therefore, if the laundry tub overflows or other spillage occurs, it will stay in the basement unless the plug is removed. Because of this, it may be best to leave the plug out under normal circumstances and put it in place only during heavy rains.

The advantage of the plug is its low cost and ease of installation. A standard floor drain plug can be purchased at most hardware stores for \$5-\$10.

One variation is a plug with a float. It allows water to drain out of the basement. When the sewer backs up, the float rises and plugs the drain. A float plug permanently installed will not interfere with the drain's normal operation.

- If feasible, construct barriers to stop floodwater from entering the building and seal walls in basement with waterproofing compounds.
- Find out how to keep food safe during and after emergency by visiting <http://www.foodsafety.gov/keep/emergency/index.html>

WINTER STORMS-AKA- The Deceptive Killers



Snowed in at Lehi, UT



Interstate 80

While the danger from winter weather varies across the country, nearly all Americans, regardless of where they live, are likely to face some type of severe weather at some point in their life. This could mean snow or sub-freezing temperatures, as well as strong winds or even ice or heavy rain storms. One of the primary concerns is the winter weather's ability to knock heat, power and communication services to your home, sometimes for days.

Heavy snowfall and extreme cold can immobilize an entire region. Even areas that normally experience mild winters can be hit with a major snowstorm or extreme cold. Winter storms can result in flooding, storm surge, closed highways, blocked roads, downed power lines.

Be prepared for isolation at home. Make sure you can survive for a week or two without outside help.

Know the Terms

Familiarize yourself with these terms to help identify a winter storm hazard:

- Freezing Rain: Rain that freezes when it hits the ground, creating a coating of ice on roads, walkways, trees, and power lines.
- Sleet: Rain that turns to ice pellets before reaching the ground. Sleet also causes moisture on roads to freeze and become slippery.
- Winter Storm Watch: A winter storm is possible in your area. Tune in to NOAA Weather Radio, commercial radio, or television for more information.
- Winter Storm Warning: A winter storm is occurring or will soon occur in your area.
- Blizzard Warning: Sustained winds or frequent gusts to 35 miles per hour or greater and considerable amounts of falling or blowing snow (reducing visibility to less than a quarter mile) are expected to prevail for a period of three hours or longer.
- Frost/Freeze Warning: Below freezing temperatures are expected.

Utah County is at risk for winter storms. It is prudent to develop a winter storm specific plan. This plan should be based on your general family plan but should include considerations for extreme cold as well as being stranded at home or in an automobile.

Before the Storm

You can be prepared for a winter storm that occurs while you are at home or in your car.

At home

- Arrange for emergency heat supply in case of power failure
- Prepare battery powered equipment, food, heating fuel and other supplies
- Assemble a warm coat, gloves or mittens, hat and water-resistant boots for each member of the family, extra blankets and warm clothing, and non-clumping kitty litter. Kitty litter will generate temporary traction. Rock salt will melt ice on walkways but can damage vegetation and concrete. Other, less damaging, ice melting products is available from building supply stores
- Make sure your home is properly insulated. If necessary, insulate walls and attic. This will help you to conserve electricity and reduce your home power demands for heat. Caulk and weather-strip doors and windowsills to keep cold air out, allowing the inside temperature to stay warmer longer
- Install storm windows or cover windows with plastic from the inside. This will provide an extra layer of insulation, keeping more cold air out

To keep pipes from freezing

- Wrap pipes in insulation or layers of old newspaper
- Cover the newspaper with plastic to keep out moisture
- Let faucets drip a little to avoid freezing
- Know how to shut off water valves

In your car

- Prepare a winter survival kit for your car. Include the following list: blankets or sleeping bags, extra clothing, flares, high energy foods (candy, nuts, raisins), first-aid kit, flashlights, knives, compass, candles and matches, maps, jumper cable, tow chain, shovel, windshield scraper, sack of sand, and paper and pen to leave a note in case you evacuate your car.
- Your car will help you keep warm, visible and alive if you get trapped in a winter storm. A lighted candle will help keep you from freezing, but remember to have a window open slightly for ventilation.
- Keep car fuel tank above half full.

During and After the Storm

The following are guidelines for what you should do during a winter storm or under conditions of extreme cold:

- Listen to your radio, television, or NOAA Weather Radio for weather reports and emergency information.
- Eat regularly and drink ample fluids, but avoid caffeine and alcohol.
- Avoid overexertion when shoveling snow. Overexertion can bring on a heart attack—a major cause of death in the winter. If you must shovel snow, stretch before going outside.
- Watch for signs of frostbite. These include loss of feeling and white or pale appearance in extremities such as fingers, toes, ear lobes, and the tip of the nose. If symptoms are detected, get medical help immediately.
- Watch for signs of hypothermia. These include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. If symptoms of hypothermia are detected, get the victim to a warm location, remove wet clothing, warm the center of the body first, and give warm, non-alcoholic beverages if the victim is conscious. Get medical help as soon as possible.

- Conserve fuel, if necessary, by keeping your residence cooler than normal. Temporarily close off heat to some rooms.
- Maintain ventilation when using kerosene heaters to avoid build-up of toxic fumes. Refuel kerosene heaters outside and keep them at least three feet from flammable objects.
- Drive only if it is absolutely necessary. If you must drive, consider the following:
 - Travel in the day, don't travel alone, and keep others informed of your schedule
 - Stay on main roads; avoid back road shortcuts
- Beware of the chill factor if winds are present. Keep dry. Change wet clothing frequently to prevent a loss of body heat.
- Be prepared for isolation at home. Make sure you can survive for a week or two in case a storm isolates you and makes it impossible for you to leave.

EARTHQUAKES

How serious is the threat of an earthquake in Utah?-

90% of Utah's population lives in active earthquake zones. If a Magnitude 7.5 quake were to occur in the Salt Lake City area, it is projected that 7,600 people would die and approximately \$18 billion would be lost to physical damage and loss of jobs and economic activity.



Downtown Port-au-Prince, Haiti

Utah County is in a seismically active area. The beautiful mountains to our east were formed through earthquake movements. In the past 100 years, Utah County has had at least three with magnitudes between 5.0 and 5.5. Differing earthquake reoccurrence scenarios say that there is between a 1 and 30 percent chance of a major earthquake (6.5 magnitude or greater) occurring on the Provo segment of the Wasatch Fault within the next 100 years.

Earthquakes create a number of hazards. Not only does the ground shaking create damage, but it can also cause landslides, liquefaction, ground surface rupture, tide like waves (large waves formed in a lake), ground tilting and deformation. All of these have a potential to occur in Utah County.

While there are a broad range of effects from an earthquake, the steps to prepare are relatively simple. Here are some suggestions to help prepare your home and family for an earthquake.

Before an Earthquake

The following are things you can do to protect yourself, your family, and your property in the event of an earthquake:

- Repair defective electrical wiring, leaky gas lines, and inflexible utility connections. Get appropriate professional help. Do not work with gas or electrical lines yourself

- Bolt down and secure to the wall studs your water heater, refrigerator, furnace, and gas appliances. If recommended by your gas company, have an automatic gas shut-off valve installed that is triggered by strong vibrations
- Place large or heavy objects on lower shelves. Fasten shelves, mirrors, and large picture frames to walls. Brace high and top-heavy objects
- Store bottled foods, glass, china, and other breakables on low shelves or in cabinets that fasten shut
- Anchor overhead lighting fixtures
- Install flexible pipe fittings to avoid gas or water leaks. Flexible fittings are more resistant to breakage
- Locate safe spots in each room under a sturdy table or against an inside wall. Reinforce this information by moving to these places during each drill
- Hold earthquake drills with your family members: Drop, cover, and hold on!

During an Earthquake

Minimize your movements during an earthquake to a few steps to a nearby safe place. Stay indoors until the shaking has stopped and you are sure exiting is safe.

If you are	Then:
Indoors	<p>Take cover under a sturdy desk, table, or bench or against an inside wall, and hold on. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.</p> <p>Stay away from glass, windows, outside doors and walls, and anything that could fall, such as lighting fixtures or furniture.</p> <p>Stay in bed - if you are there when the earthquake strikes - hold on and protect your head with a pillow, unless you are under a heavy light fixture that could fall. In that case, move to the nearest safe place.</p> <p>Use a doorway for shelter only if it is in close proximity to you and if you know it is a strongly supported, load bearing doorway.</p> <p>Stay inside until shaking stops and it is safe to go outside. Most injuries during earthquakes occur when people are hit by falling objects when entering into or exiting from buildings.</p> <p>Be aware that the electricity may go out or the sprinkler systems or fire alarms may turn on.</p> <p>DO NOT use the elevators.</p>
Outdoors	<p>Stay there.</p> <p>Move away from buildings, streetlights, and utility wires.</p>
In a moving	Stop as quickly as safety permits and stay in the vehicle. Avoid stopping near

vehicle	<p>or under buildings, trees, overpasses, and utility wires.</p> <p>Proceed cautiously once the earthquake has stopped, watching for road and bridge damage.</p>
Trapped under debris	<p>Do not light a match. Do not move about or kick up dust.</p> <p>Cover your mouth with a handkerchief or clothing.</p> <p>Tap on a pipe or wall so rescuers can locate you. Use a whistle if one is available. Shout only as a last resort - shouting can cause you to inhale dangerous amounts of dust.</p>

After an Earthquake

- For personal safety, wear sturdy shoes and leather gloves.
- Check for injuries. Provide first aid. Assess yourself first, then those in closest proximity next.
- Check for fires; gas, water, sewage breaks; downed electric lines; building damage and potential problems during aftershocks, such as cracks around fireplace and foundation. Turn off interrupted utilities as necessary.
- Clean up dangerous spills.
- Tune radio to an emergency station and listen for instructions from public safety agencies. KSL 1160 AM and KBYU (89.1 FM and 89.5 FM) and are the primary and secondary Emergency Alert Stations in Provo.
- Use the telephone only for emergencies.
- As soon as possible, call your out of state contact to notify family that you are safe.
- Do not use matches or open flames until you are sure there are no gas leaks.
- Don't turn light switches off and on. Sparks created by the switch contacts can ignite gas fumes.
- In public buildings, follow evacuation procedures immediately and return only after the building has been declared safe by the appropriate authorities.

Tips

- Know how, where and when to turn off electricity, gas and water.
- Do not place mirrors or glass frames above beds.
- Secure shelves and furniture that could fall over.
- Plan and practice a family drill at least once a year.

EARTHQUAKE SAFETY TIPS

Duck, Cover, and Hold Tips

If you're in a high-rise building, and you are not near a desk or table, move against an interior wall, and protect your head with your arms. Do not use the elevators. Do not be surprised if the fire alarm or sprinkler systems come on.

- If you're outdoors, move to a clear area, away from trees, signs, buildings or downed electrical wires and poles.
- If you're on a sidewalk near buildings, duck into a doorway to protect yourself from falling bricks, glass, plaster, and other debris.
- If you're driving, pull over to the side of the road and stop. Avoid overpasses, power lines and other hazards. Stay inside the vehicle until the shaking is over.
- If you're in a crowded store or other public place, do not rush for exits. Move away from display shelves containing objects that could fall.
- If you're in a wheelchair stay in it. Move to cover, if possible, lock your wheels, and protect your head with your arms.
- If you're in the kitchen, move away from the refrigerator, stove, and overhead cupboards. [Anchor appliances and install security latches on cupboard doors to reduce hazards now.]
- If you're in a stadium or theater, stay in your seat and protect your head with your arms. Do not try to leave until the shaking is over. Then leave in a calm, orderly manner.

Be prepared for aftershocks

- Fasten shelves securely to the walls.
- Place large and heavy objects on lower shelves.
- Store breakable items such as bottle foods, glass and china in low, closed cabinets with latches.
- Hang heavy items such as pictures and mirrors away from beds, couches and anywhere people sit.
- Repair defective electrical wiring and leaky gas connections. These are potential fire risk.
- Secure a water heater by strapping it to the wall studs and bolting it to the floor.
- Identify "Safe Places" like under sturdy furniture or against an inside wall away from where glass shatter around windows, mirrors, pictures or where heavy bookcases could fall over.
- For additional information on Utah Earthquake Preparedness go to:
<http://ussc.utah.gov/threat.htm>

MAN-MADE HAZARDS

SPECIFIC TERRORIST THREATS



This section will provide some general information regarding specific terrorist threats which may occur here in Utah. In our area, we have a large supply of biological agents stored in the Army chemical storage depot at Dugway, UT. There is also radioactive waste stored in the west desert at Clive, UT.

Two major military installations are located within 100 miles of Utah County.

Three major highways, as well as major rail lines run through the county. These open the state to a number of potential threats.

A possible terrorist attack that affects many people who work in sensitive or government buildings is a bomb threat. Usually the person who receives the threat is someone who works for a corporation targeted by individuals or factions who have some type of violent complaint.

A terrorist attack with conventional weapons such as firearms, explosives or incendiary devices in the United States remains possible, though unlikely.

A Biological Threat

A biological threat is the deliberate or accidental release of germs or other substances that can make you sick. Biological agents are organisms or toxins that can kill or incapacitate people, livestock, and crops. The three basic groups of biological agents that would likely be used as weapons are bacteria, viruses, and toxins. Most biological agents are difficult to grow and maintain. Many break down quickly when exposed to sunlight and other environmental factors, while others, such as anthrax spores, are very long lived. Biological agents can be dispersed by spraying them into the air, by infecting animals that carry the disease to humans and by contaminating food and water. Delivery methods include:

- Aerosols - biological agents are dispersed into the air, forming a fine mist that may drift for miles. Inhaling the agent may cause disease in people or animals.
- Animals - some diseases are spread by insects and animals, such as fleas, mice, flies, mosquitoes, and livestock.
- Food and water contamination - some pathogenic organisms and toxins may persist in food and water supplies. Most microbes can be killed, and toxins deactivated, by cooking food and boiling water. Most microbes are killed by boiling water for one minute, but some require longer. Follow official instructions.
- Person-to-person - spread of a few infectious agents is also possible. Humans have been the source of infection for smallpox, plague, and the Lassa viruses.

Specific information on biological agents is available at the Centers for Disease Control and Prevention's web site. <www.bt.cdc.gov>

If there is a threat

Unlike an explosion, a biological attack may or may not be immediately obvious. While it is possible that you will see signs of a biological attack, as was sometimes the case with the anthrax mailings, it is perhaps more likely that local health care workers will report a pattern of unusual illness or there will be a wave of sick people seeking emergency medical attention. You will learn of the danger through an emergency radio or TV broadcast, or some other signal used in your community. You might get a phone call or emergency response worker may come to your door.

In the event of a biological attack, public health officials may or may not immediately be available to provide information on what you should do. It will take time to determine exactly what the illness is, how it should be treated, and who is in danger. However, you should watch TV, listen to the radio, or check the Internet for official news including the following:

- Are you in the group or area authorities consider in danger?
- What are the signs and symptoms of the disease?
- Are medications and Vaccines being distributed?
- If so where?
- Who should get them?
- Where should you seek emergency medical care if you become sick?

Protect Yourself

If you become aware of an unusual and suspicious release of an unknown substance nearby, protect yourself. Quickly get away. Cover your mouth and nose with layers of fabric that can filter the air but still allow breathing. Examples include two or three layers of cotton such as a t-shirt, handkerchief or towel. Otherwise, several layers of tissues or paper towels may help. Wash with soap and water and contact authorities.

Symptoms and Hygiene

At the time of a declared biological emergency, if a family member becomes sick, it is important to be suspicious. Do not automatically assume, however, that you should go to a hospital emergency room or

that any illness is the result of the biological attack. Symptoms of many common illnesses may overlap. Use common sense, practice good hygiene and cleanliness to avoid spreading germs and seek medical advice.

A Chemical Threat

A chemical threat is the deliberate or accidental release of toxic gas, liquid or solid that can poison people and the environment. Chemical agents are poisonous vapors, aerosols, liquids, and solids that have toxic effects on people, animals, or plants. They can be released by bombs or sprayed from aircraft, boats, and vehicles. They can be used as a liquid to create a hazard to people and the environment. Some chemical agents may be odorless and tasteless. They can have an immediate effect (a few seconds to a few minutes) or a delayed effect (2 to 48 hours). While potentially lethal, chemical agents are difficult to deliver in lethal concentrations. Outdoors, the agents often dissipate rapidly. Chemical agents also are difficult to produce.

A chemical attack could come without warning. Signs of a chemical release include people having difficulty breathing; experiencing eye irritation; losing coordination; becoming nauseated; or having a burning sensation in the nose, throat, and lungs. Also, the presence of many dead insects or birds may indicate a chemical agent release.

Before a Chemical Attack

The possible signs of a chemical threat may include; suffering from watery eyes, twitching, choking, having trouble breathing or losing coordination. Many sick or dead birds, fish or small animals are also cause for suspicion.

The following are guidelines for what you should do to prepare for a chemical threat:

Check your disaster supplies kit to make sure it includes:

- A roll of duct tape and scissors.
- Plastic for doors, windows, and vents for the room in which you will shelter in place. To save critical time during an emergency, pre-measure and cut the plastic sheeting for each opening.
- Choose an internal room to shelter, preferably one without windows and on the highest level.

During a Chemical Attack

Following are guidelines for what you should do in a chemical attack:

If you are instructed to remain in your home or office building, you should:

- Close doors and windows and turn off all ventilation, including furnaces, air conditioners, vents, and fans
- Seek shelter in an internal room and take your disaster supplies kit
- Seal the room with duct tape and plastic sheeting
- Listen to your radio for instructions from authorities

If you are caught in or near a contaminated area, you should:

- Move away immediately in a direction upwind of the source.

- Find shelter as quickly as possible.

After a Chemical Attack

Decontamination is needed within minutes of exposure to minimize health consequences. Do not leave the safety of a shelter to go outdoors to help others until authorities announce it is safe to do so.

A person affected by a chemical agent requires immediate medical attention from a professional. If medical help is not immediately available, decontaminate yourself and assist in decontaminating others.

Decontamination guidelines are as follows:

- Use extreme caution when helping others who have been exposed to chemical agents.
- Remove all clothing and other items in contact with the body. Contaminated clothing normally removed over the head should be cut off to avoid contact with the eyes, nose, and mouth. Put contaminated clothing and items into a plastic bag and seal it. Decontaminate hands using soap and water. Remove eyeglasses or contact lenses. Put eyeglasses in a pan of household bleach to decontaminate them and then rinse and dry.
- Flush eyes with water.
- Gently wash face and hair with soap and water before thoroughly rinsing with water.
- Decontaminate other body areas likely to have been contaminated. Blot (do not swab or scrape) with a cloth soaked in soapy water and rinse with clear water.
- Change into uncontaminated clothes. Clothing stored in drawers or closets is likely to be uncontaminated.
- Proceed to a medical facility for screening and professional treatment.
- Take immediate action to get away from the area.
- If the chemical is inside a building where you are, get out of the building without passing through the contaminated area, if possible.
- Otherwise, it may be better to move as far away from where you suspect the chemical release is and “shelter-in-place.”
- If you are outside, quickly decide what the fastest escape route from the chemical
- If you have been exposed, strip immediately and wash. Look for a hose, fountain, or any source of water, and wash with soap if possible. Seek emergency medical attention.

A Nuclear Threat

A nuclear blast is an explosion with intense light and heat, a damaging pressure wave, and widespread radioactive material that can contaminate the air, water, and ground surfaces for miles around. All nuclear devices cause deadly effects when exploded, including blinding light, intense heat (thermal radiation), initial nuclear radiation, blast, fires started by the heat pulse, and secondary fires caused by the destruction.

Radioactive Fallout

Even if individuals are not close enough to the nuclear blast to be affected by the direct impacts, they may be affected by radioactive fallout. Any nuclear blast results in some fallout. Blasts that occur near the earth’s surface create much greater amounts of fallout than blasts that occur at higher altitudes.

If there is a Nuclear Blast

- Take cover immediately, below ground if possible, through any shield or shelter will help protect you from the immediate effects of the blast and the pressure wave.
- Quickly assess the situation.
- Consider if you can get out of the area or if it would be better to go inside a building and follow your plan to “shelter-in-place.”

A Radiation Threat

The three factors for protecting oneself from radiation and fallout are distance, shielding, and time.

- Distance - the more distance between you and the fallout particles, the better. An underground area such as a home or office building basement offers more protection than the first floor of a building. A floor near the middle of a high-rise may be better, depending on what is nearby at that level on which significant fallout particles would collect. Flat roofs collect fallout particles so the top floor is not a good choice, nor is a floor adjacent to a neighboring flat roof.
- Shielding - the heavier and denser the materials - thick walls, concrete, bricks, books and earth - between you and the fallout particles, the better.
- Time - fallout radiation loses its intensity fairly rapidly. In time, you will be able to leave the fallout shelter. Radioactive fallout poses the greatest threat to people during the first two weeks, by which time it has declined to about 1 percent of its initial radiation level.

Any protection, however temporary, is better than none at all, and the more shielding, distance, and time you can take advantage of, the better.

Before a Nuclear Blast

To prepare for a nuclear blast, you should do the following:

- Find out from officials if any public buildings in your community have been designated as fallout shelters. If none have been designated, make your own list of potential shelters near your home, workplace, and school. These places would include basements or the windowless center area of middle floors in high-rise buildings, as well as subways and tunnels.
- If you live in an apartment building or high-rise, talk to the manager about the safest place in the building for sheltering and about providing for building occupants until it is safe to go out.
- During periods of increased threat increase your disaster supplies to be adequate for up to two weeks.

Taking shelter during a nuclear blast is absolutely necessary. There are two kinds of shelters - blast and fallout. The following describes the two kinds of shelters:

- Blast shelters are specifically constructed to offer some protection against blast pressure, initial radiation, heat, and fire. But even a blast shelter cannot withstand a direct hit from a nuclear explosion.
- Fallout shelters do not need to be specially constructed for protecting against fallout. They can be any protected space, provided that the walls and roof are thick and dense enough to absorb the radiation given off by fallout particles.

During a Nuclear Blast

The following are guidelines for what to do in the event of a nuclear explosion.

If an attack warning is issued:

- Take cover as quickly as you can, below ground if possible, and stay there until instructed to do otherwise.
- Listen for official information and follow instructions.

If you are caught outside and unable to get inside immediately:

- Do not look at the flash or fireball - it can blind you.
- Take cover behind anything that might offer protection.
- Lie flat on the ground and cover your head. If the explosion is some distance away, it could take 30 seconds or more for the blast wave to hit.
- Take shelter as soon as you can, even if you are many miles from ground zero where the attack occurred - radioactive fallout can be carried by the winds for hundreds of miles. Remember the three protective factors: Distance, shielding, and time.

After a Nuclear Blast

Decay rates of the radioactive fallout are the same for any size nuclear device. However, the amount of fallout will vary based on the size of the device and its proximity to the ground. Therefore, it might be necessary for those in the areas with highest radiation levels to shelter for up to a month.