



Cache County Sheriff's Office



Family Emergency Guide



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The Cache County Sheriff's Office Family:

This year the Sheriff's Office is establishing the Emergency Preparedness Program for employees. The goal of this program is to insure that all of our employees are properly prepared for any and all emergencies. Knowing that our families are prepared and knows what to do in an emergency will reduce our stress while we are working during an emergency.

This Family Emergency Guide was created to assist and train your family in emergency situations. It will help you in formulating a response strategy to ensure your family's well-being. Along with this guide, we are planning some training classes for employees and their spouses to assist them in this process.

Sincerely,

A handwritten signature in blue ink, appearing to read "D. Chad Jensen".

D. Chad Jensen, Sheriff





This guide was designed to help you and your family develop an overall emergency strategy. Some steps involved in this process include: creating an emergency plan, assembling a family emergency kit, educating yourself and your family on what to do in the event of an emergency, and compiling a list of emergency contact numbers to place near your telephones. It is impossible to devise an emergency plan subsequent to the emergency occurring. Plans must be well thought out, reviewed, modified and familiar to all family members.

WHEN AN EMERGENCY OCCURS

An emergency can occur at any time without warning, leaving little or no time for you and your family to plan ahead. It is important to remember the following in order to keep you and your family safe during an emergency:

- *Be Prepared*
- *Stay Calm*
- *Remain Flexible*
- *Follow instructions of trained personnel*





START GETTING PREPARED

Emergencies often occur without warning, leaving minimal time for you and your family to plan your response to a crisis. If you sufficiently plan in advance, you and your family can successfully face a variety of different emergencies with as little disruption as possible.

There are two pre-planning activities which will assist you in handling an emergency: development of a Family Emergency Plan, and the preparation of a Family Emergency Kit.

CREATING A FAMILY EMERGENCY PLAN

Before creating a plan, find out about the different types of emergencies that may affect your community. You will also need to be educated on how the community will be notified in the event of an emergency. Emergencies may strike when you and your family members are away from home. Research plans which have been established at your place of employment, school, or anywhere else you and your family frequent. After creating a family emergency plan, you should review it regularly with your family and any other occupants of your residence. No matter what the emergency, the following steps can be utilized to assist you in developing your family's emergency plan:

- Talk to family members and discuss the dangers of possible emergency events, to include fire, severe weather, power outages, hazardous spills, and terrorism.
- Discuss everyone's responsibilities in responding to these different types of emergencies, and make sure that everyone is cross-trained in the event that someone is unable to make it home. Everyone should know everybody's job.
- Discuss what to do in case of personal injury (any first aid training a family member may have, 911, know how to get to your local doctor's office or hospital).
- Draw a floor plan of your home outlining escape routes for each room. If the room is on an upper level, consider purchasing rope ladders for deployment in the event the use of a door is unsafe.
- Educate teenagers along with the adults of the family on how to turn off the water and gas at the main switch. Remember if you turn off the natural gas service to your home, you must have the gas company respond to turn it back on. **DO NOT ATTEMPT TO RESTORE GAS SERVICE TO YOUR HOME BY YOURSELF. IF YOU SMELL GAS, GET OUT OF THE HOUSE, AND TURN OFF THE GAS TO YOUR HOME.** If this takes place during a disaster in most cases you will not have the luxury of calling your local fire department.
- Post emergency contact phone numbers, to include emergency phone numbers (poison control, police, fire), work, cell phones, schools, babysitters, other family members, neighbors, and utility companies near each phone. If you have small children in the home, you should consider pre-programming these numbers into your phone for easy access.



- Teach your children how to dial 911 in case of emergencies.
- It is a good idea to have a local and long distance contact (preferably out of state). If a major natural disaster occurs, the family members should call the long distance contact if they cannot get through to the local contact. All members of the family, including children, should have these phone numbers with them at all times. These contacts should be family members or close family friends.
- Instruct family members to turn on available radio and/or local television stations for further emergency information (local Emergency Alert System is KVNU 610 AM).
 - Instruct family members on how to properly use fire extinguishers and discuss
 - Where they are located in your home.
- Make sure you have smoke detectors and carbon monoxide detectors. Check monthly to make sure they are working properly and change the batteries every six months (at Daylight Savings time).
- Take a basic first aid and/or CPR class so you will know what to do in case you are isolated. For further information, contact the American Red Cross.
- You should keep family records, keepsakes, and a cash supply in a water/fire-proof safe. Safes can be purchased at your local hardware store.

PREPARE A FAMILY EMERGENCY KIT

In an emergency, you may be faced with power outages, loss of telephone and cell service, and limited access to water. Preparing a Family Emergency Kit ahead of time will save precious moments in the event you must evacuate your home. You may have no electricity, heat, or water for an extended period of time. Storing water, non-perishable food items, first-aid supplies, clothing, bedding, toiletries, and other essential items will enable you to safely and comfortably weather most emergencies. Customize this kit to your specific family to include needed items for infants, elderly, or those with disabilities.

Each family should consider the following items as part of their Family Emergency kit:

72 HOUR KIT

Water

- An active person needs at least two quarts of water each day. Severe temperature and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more. Store one gallon per person per day (two quarts for drinking, two quarts for food/sanitation) for 3 days. Store water in sealed, approved, unbreakable containers. Replace every six months.



Food

- Store at least a three-day supply of nonperishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. Select foods that are compact and lightweight and that your family will eat including:
 - Ready-to-eat canned meats, fruits, and vegetables.
 - High energy foods: peanut butter, crackers, granola bars, trail mix.
 - Vitamins.
 - Special foods for infants, elderly persons, or persons on restricted diets.
 - Comfort/stress foods: cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags.
 - Cooking source (stove, fuel, pans). Manual can opener.

Clothing and Bedding

- Include at least one complete change of clothing and footwear per person. Rotate clothing seasonally to ensure proper sizes. Include:
 - Sturdy shoes or work boots.
 - Rain gear / Winter gear.
 - Blankets and sleeping bags, tents and tarp.
 - Hat and gloves.
 - Thermal underwear.
 - Sunglasses.

Sanitation Supplies

- Toilet paper.
- Baby items.
- Towelettes (baby wipes).
- Soap, liquid detergent.
- Feminine hygiene products.
- Personal items such as toothbrush, toothpaste, comb, etc.
- Household chlorine bleach or disinfectant.
- Porta potty, air-tight bucket, shovel.



Tools and Emergency Supplies

- Mess kits or paper/plastic cups, plates, and utensils.
- Emergency preparedness manual.
- Battery-operated radio and extra batteries.
- Flashlight and extra batteries.
- Identification, CASH, credit cards.
- Cell phone/calling card.
- Important family documents including home insurance information.
- Non-electric can opener.
- Utility knife.
- Pliers.
- Duct tape.
- Compass.
- Matches in waterproof container.
- Aluminum foil.
- Plastic storage containers.
- Signal flare.
- Pencil and paper.
- Needles, thread.
- Medicine dropper.
- Shut-off wrench to turn off household gas and water if necessary.
- Whistle.
- Plastic Sheeting.
- Map of the area (for locating shelters).
- Fire extinguisher.
- Garbage bags.
- Rope.
- An extra set of car, trailer, and house keys.
- A list of family physicians, important medical information, and the model and serial number of any needed medical devices.

Papers

- Wills.
- Stocks/securities.
- Insurance.
- Family Records – birth certificates.
- Cash.

*ALWAYS keep your car's gas tank at least half full!!!



FIRST AID KIT

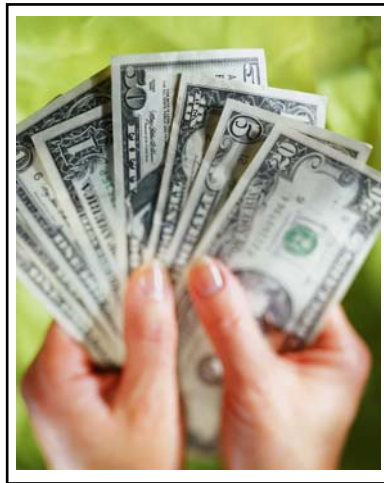
A well supplied first aid kit must be tailored to your families needs. Any existing family health problems may make it necessary to include specific items in your first aid kit. It is also necessary to consider ages of family members. Prepare your first aid kit in advance and learn how to use its contents. The following is a basic list of medical and first-aid supplies recommend for all. Medicines should be carefully labeled with their name and directions for use.

- A first-aid manual
- Antiseptic Solution (Betadine or chlorhexidine)
- Antibiotic Ointment (Neosporin)
- Antiseptic Soap
- Normal Saline Solution (1 teaspoon salt to 1 pint water)
- Rubbing Alcohol 70%
- Hydrogen Peroxide
- Alcohol Preps
- Aspirin/ Tylenol
- Diarrhea & Nausea Medications
- Cold & Flu Tablets
- Antacid Tablets
- Allergy Medication
- Petroleum Jelly
- Tweezers & Scissors
- Scalpels or Razor Blades
- Thermometer
- Measuring Spoon
- Disposable Diapers-for dressings or splint padding
- Sanitary Napkins – for pressure dressings
- Safety Pins
- Heavy string
- Matches (waterproof)
- Triangular bandages
- Burn Cream
- Micro shield for CPR
- Ipecac Syrup
- Insect Repellent
- Sewing Needles
- Eye Wash
- Disposable Gloves
- Sun screen
- Epsom Salts
- Moleskin
- Clean sheet
- Elastic bandages
- Snake bite kit
- Lip Balm
- Lubricant - water soluble
- Calamine Lotion
- Dental Floss
- Baking Soda



FIGURE FINANCIAL CONTINGENCIES

Develop a comprehensive “Financial Contingency Plan” geared to your particular set of economic circumstances and designed to respond to the possible interruption of normal cash flow and debt retirement obligations. Among those “emergencies” most likely to occur at some point, but least anticipated and planned for is the interruption of income occasioned by loss of employment, illness or even the unexpected death of a bread-winner. The economic consequences of a natural or manmade disaster may also affect cash flow in a temporary or even long-term way, reducing our ability to deal with everyday affairs and activities. In addition to making use of food storage supplies already identified, and thereby freeing up financial resources, contingency plans might also include such goals as the accumulation of cash reserves on an ongoing basis, and the pre-payment of some key monthly obligations, i.e. Home mortgages, car contracts, and medical insurance plans. “Buying time” thus becomes an important dimension of the overall emergency plan. While this may not be accomplished easily, or all at once, it is a worthwhile long-term objective well worth pursuing.



The following list will help you obtain a 72 hour kit within a one year period. Each week corresponds with an item that will contribute to your family’s emergency kit. Remember to customize this list to your family’s specific needs. Feel free to add any additional items that may be beneficial to your family.

WEEKLY PREPAREDNESS GOALS



JAN	Add \$10 cash to 72-hour kit.	<input type="checkbox"/>
FEB	Add winter and rain gear.	<input type="checkbox"/>
FEB	Add tuna fish/canned meat to 72-hour kit.	<input type="checkbox"/>
FEB	Add 1 large roll paper towels to 72-hour kit.	<input type="checkbox"/>
FEB	Add blankets, sleeping bags, and tarps to 72-hour kit.	<input type="checkbox"/>
MAR	Add \$10 cash to 72-hour kit.	<input type="checkbox"/>
MAR	Add 4 rolls toilet paper and extra set of keys (car, trailer, house) to 72-hour kit.	<input type="checkbox"/>
MAR	Add bar of soap, toothbrush and tooth paste, comb etc. for each person to 72-hour kit.	<input type="checkbox"/>
MAR	Add stress relief factors to 72-hour kit (books, magazines, coloring books, games).	<input type="checkbox"/>
APR	Add pocket/utility knife, pliers and duct tape to 72-hour kit.	<input type="checkbox"/>
APR	Add \$10 cash to 72-hour kit.	<input type="checkbox"/>
APR	Add 1 container of baby wipes and other baby items if necessary to 72-hour kit.	<input type="checkbox"/>
APR	Add 1-2 changes of clothing to 72-hour kit.	<input type="checkbox"/>
MAY	Add non-carbonated canned juice to 72-hour kit (date for rotation).	<input type="checkbox"/>
MAY	Add canned fruits and vegetables to 72-hour kit (date for rotation).	<input type="checkbox"/>
MAY	Add \$10 cash to 72-hour kit.	<input type="checkbox"/>
MAY	Add 1 box of matches, compass and signal flare to 72-hour kit.	<input type="checkbox"/>
MAY	Add hard candy (jolly ranchers, lifesavers) and trail mix 72-hour kit.	<input type="checkbox"/>
JUN	Add 1 1/2 lb peanut butter, and granola bars 72-hour kit.	<input type="checkbox"/>
JUN	Add Ziploc bags (variety of sizes) and fire extinguisher 72-hour kit.	<input type="checkbox"/>
JUN	Add \$10 cash to 72-hour kit.	<input type="checkbox"/>
JUL	Add crackers and cookies 72-hour kit.	<input type="checkbox"/>
JUL	Add cooking source 72-hour kit.	<input type="checkbox"/>
JUL	Add large candle, needles and thread 72-hour kit.	<input type="checkbox"/>
JUL	Add \$10 cash to 72-hour kit.	<input type="checkbox"/>
JUL	Add Graham crackers and sweetened cereal 72-hour kit.	<input type="checkbox"/>
AUG	Add flashlight and rope to 72-hour kit; check batteries.	<input type="checkbox"/>
AUG	Add disinfectant (betadine, bleach, sterile wipes, hand sanitizer) 72-hour kit.	<input type="checkbox"/>
AUG	Add paper cups, plates and plastic utensils to 72-hour kit.	<input type="checkbox"/>
AUG	Add \$10 cash to 72-hour kit.	<input type="checkbox"/>
SEP	Add basic first aid kit 72-hour kit.	<input type="checkbox"/>
SEP	Add 1 lb dried fruit 72-hour kit (date for rotation).	<input type="checkbox"/>
SEP	Add 1/2 lb non-fat dried milk 72-hour kit.	<input type="checkbox"/>
SEP	Add battery powered radio and whistle to 72-hour kit; check batteries.	<input type="checkbox"/>
OCT	Check the batteries in your smoke detector. Practice escape routes.	
OCT	Add \$10 cash to 72-hour kit.	<input type="checkbox"/>
OCT	Add items related to individual medical needs and medicine dropper to 72-hour kit.	<input type="checkbox"/>
OCT	Add diapers, feminine hygiene supplies to 72-hour kit.	<input type="checkbox"/>
OCT	Add sturdy shoes, hats, and gloves to 72-hour kit.	<input type="checkbox"/>
OCT	Add hand shovel and map of area to 72-hour kit.	<input type="checkbox"/>
NOV	Add \$10 cash to 72-hour kit.	<input type="checkbox"/>
NOV	Add plastic sheeting. Verify each family member's tetanus immunization is up to date.	<input type="checkbox"/>
NOV	Add 1 large roll heavy duty aluminum foil and manual can opener to 72-hour kit.	<input type="checkbox"/>
NOV	Add 1 axe to 72-hour kit.	<input type="checkbox"/>
DEC	Add vitamins and calling card to 72-hour kit.	<input type="checkbox"/>
DEC	Add \$10 cash to 72-hour kit.	<input type="checkbox"/>
DEC	Add cooking pans, fuel and utensils 72-hour kit.	<input type="checkbox"/>
DEC	Add photocopies of personal documents to 72-hour kit (wills, insurance policies, birth certificates). Send 1 copy to family member/friend in separate location.	<input type="checkbox"/>



WHAT DO I DO AFTER AN EMERGENCY STRIKES?

During and after an emergency, it is important to remain calm. Even after an initial crisis, there may be residual dangers. You should, therefore, constantly reassess the dangers and decide if you are safely out of the danger zone. Stay tuned to your local emergency radio station, and follow the direction and advice of trained professionals. Unless directed to evacuate, avoid being on the roads as you may impede the progress of emergency vehicles.

EVACUATION

In some events, it may be necessary to evacuate your home. Many localities have established emergency evacuation routes. It is important to become familiar with these routes prior to an emergency actually occurring. During an emergency, stay tuned to your local Emergency Alert Radio Station (610 AM KVNU) for instructions on which route to follow.

Cache county employees and their families should discuss the various types of emergencies that can occur. Families should decide where family members should go if the employee is not able to be with them. It is important all options be discussed to ensure the safety of the family. Select two meeting places to which your family members should respond:

- A place near your home. This should be a place where your family feels comfortable and their needs can be met.
- A place outside of the valley. The emergency may warrant the relocation of the family to a friend or relative outside of the valley.

EMERGENCY CONTROL OF NATURAL GAS

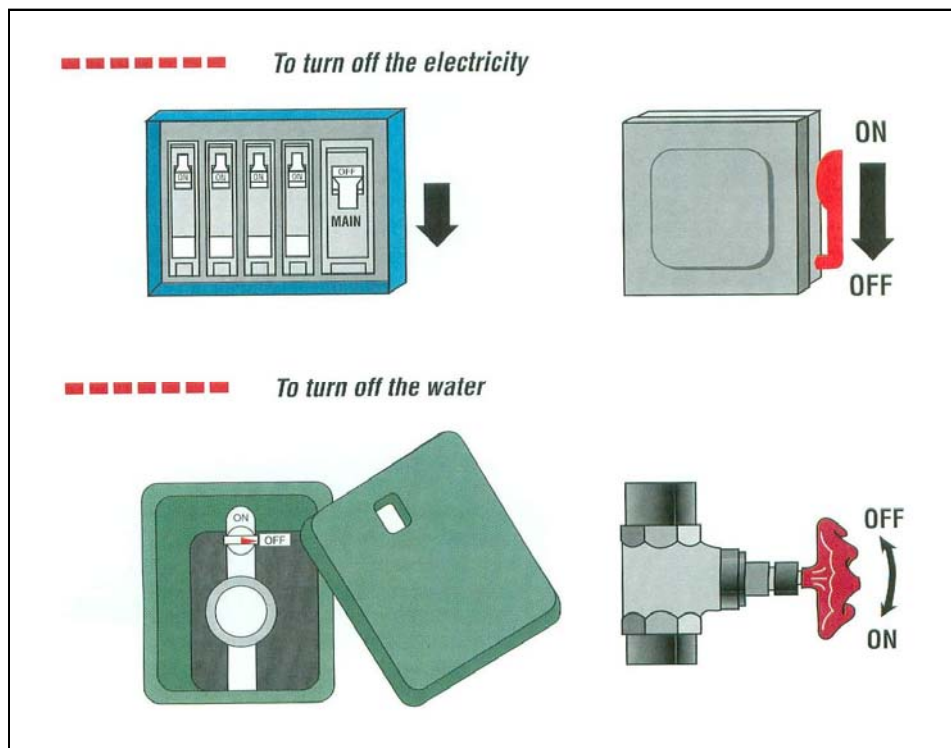
- Check house piping and appliances for visible damage.
- To check for leaks, mix a solution of 1 part water to 1 part soap. Spray the mixture on the joints of the natural gas pipes. If bubbling results, there is a leak.
- Check for fires and fire hazards. Don't use matches or lighters, or other open flames. Use glow sticks for low light areas.
- Do not operate electrical switches, appliances or battery-operated devices if gas leaks are suspected.
- If gas line breakage is suspected, shut off the gas at the meter. This should be done only if there is a strong natural gas smell or if you hear gas escaping.





EMERGENCY PROCEDURES FOR HOME ELECTRICAL CIRCUITS

- Familiarize yourself and family with the location of the electrical breaker panel.
- Turn off breakers for areas of concern. Main breaker may be shut off if in doubt.
- In cases of flooding before stepping in any water. A shock hazard may exist even in an inch of water if an electrical connection is on the floor.
- If the electrical panel is upstairs, shut off all circuits.
- If the electrical panel is in the basement, determine whether it can be reached on dry ground. If not refer to next step.
- Check your house electrical meter. If it is on your home there may be a main disconnect switch (breaker) next to it. If the meter is on an underground service, it may be in front of your home; but there should be a main breaker where the line enters the home. Shut it off!





CHEMICAL EMERGENCY

PROTECTIVE ACTIONS

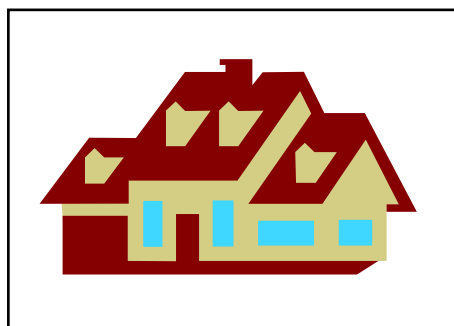
Protective actions are steps we take to protect our family members and ourselves from harm. The two most common forms of protective actions are shelter-in-place and evacuation. It is important to know the type of emergency that is occurring and the severity in order for us to implement the proper plan. During and after an event, stay tuned to your local emergency radio (610 AM KVNU) or television station and listen to emergency personnel to know which protective action you should use.

SHELTER-IN-PLACE

Shelter-in-place involves simply staying in your home or present location to avoid harm. In the event of an incident, such as the release of a hazardous material into the environment, depending upon the circumstances, it is not always recommended to immediately evacuate. Sometimes leaving the safety of a structure might expose you to harmful agents that have been dispersed into the air, or other dangers.

When do you shelter-in-place?

Local authorities are responsible for issuing orders for in place sheltering during chemical or hazardous material emergencies. You may receive notice from Police, Fire and Emergency Management Officials, directly or through radio or television broadcasts. If you hear or see an emergency vehicle going through your area sounding a Hi-Lo (European) siren continuously it means that an emergency situation may exist in your area and you should shelter-in-place. Do not go outside unless you are specifically instructed to evacuate. You should also immediately tune to your local Emergency Alert System (EAS) radio (610 AM KVNU) or television station for more information. They will be able to provide you with more information about what is happening in your area, and the steps that need to be taken. They will also inform you when you can go outside again, and they will broadcast continuously until the emergency is over. Do not call 911 unless you have life threatening emergency at your location.





How do you shelter-in-place?

- If possible, bring pets inside.
- Close and lock all doors and windows to the outside.
- Close drapes and shades covering windows.
- Turn off all heating and air conditioning systems, and if you can, switch inlets or vents to the “closed” position.
- Close all fireplace or wood stove dampers.
- Seal gaps around window-type air conditioners, fireplace dampers, doors, and windows with tape, plastic sheeting, wax paper, aluminum foil, wet towels or other material.
- Seal all bathroom exhaust fans or grills, range vents, dryer vents, and all other openings as much as possible.
- Stay away from windows and doors.
- Remain inside until you are informed by Sheriff, Fire, and Emergency Management Officials directly, or through radio or television broadcasts, that it is safe to leave your home.

If time does not permit you to seal the entire home, close all exterior doors and windows and as many internal doors as possible, then move to a room that can be easily sealed and seal that room.

How do you shelter-in-place at work?

In addition to the directions listed for your home, you should take the following steps:

- Make sure that ventilation systems are set to 100 percent re-circulation so that no outside air enters the building. If that is not possible the ventilation system should be turned off.
- Minimize, or if possible stop the use of elevators as they tend to “pump” air in and out of the building while moving up and down.
- Again, remain inside until you receive notice from Sheriff, Fire and Emergency Management Officials directly, or through radio broadcasts, that it is safe to leave.





POWER OUTAGE

Before the Power Outage

Learn the location of your fuse box, or circuit breaker. Learn how to re-set the breakers. If you have a fuse box learn how to replace fuses.

- Know how to manually open electric doors i.e., garage doors.
- Keep cash on hand.
- Have a 72 hour kit on hand including food and water.
- Have a secondary heat source such as a wood stove or kerosene heater. (Know how to use and store fuels, and the legal amounts allowed.)
- Store candles, matches, flashlights and batteries in a handy place.

During the Power Outage

- Remain calm.
- If this happens at night locate your flashlight and batteries. Do not use the flashlight if you suspect a flammable gas in your location. If there has been damage to your home, or if you suspect flammable gas, use glow sticks they will not ignite a fire.
- Turn on your battery powered radio to 610 AM to listen for emergency information and updates.
- Check for damage to your home. Clean up spilled medicines, cleaning agents, or any other flammable liquids immediately.
- Turn off household equipment and appliances that were on when the power went out. The surge of power that comes when power is restored could ruin your appliances. Turn off all but one light switch.
- After you have taken care of your family assist any neighbors that may need help. Check on elderly, those who are medically dependent, mobility impaired or children who are home alone.
- **DO NOT USE CAMPING EQUIPMENT REQUIRING GASOLINE, PROPANE, WHITE GAS, COLEMAN FUEL, OR CHARCOAL BRIQUETS INSIDE. THESE SHOULD NOT BE USED INSIDE THE HOUSE FOR COOKING, OR HEATING. THEY SHOULD ONLY BE USED OUTSIDE. THEY MAY CAUSE A FIRE, OR A FATAL GAS LEAK.**
- Limit how often and how many times you open the refrigerator and freezer doors. This will help to minimize the loss of refrigeration and avoid food spoilage if the power is out for a long period of time. Keep your freezer well defrosted built up ice works against your freezer.
- If you must drive, use extreme caution. If the traffic signals are out, treat each signal as a four way stop. Come to a complete stop at every intersection and make sure that the intersection is clear before you proceed.



- Stay away from downed power lines. If your vehicle is near or touching a downed power line, **DO NOT GO NEAR THE VEHICLE**. Call the fire department and notify them of the exact location of the downed line and then stay away from that area until it has been declared safe.

After the outage

- Be patient. Energy may first be restored to police and fire departments and hospitals.
- After power is restored examine frozen foods. If it still contains ice crystals, it may be re-frozen. If meat is off-color or has an odor throw it away.
- When power is restored, plug in appliances one by one, waiting a few minutes in between each one. This will help prevent an overload on the system.

WHAT TO DO DURING THUNDERSTORMS

Protect yourself:

- When you know that a thunderstorm is coming, you need to prepare. If available the first thing that needs to be done is to get you and your family into a home, large building, or a metal vehicle (not a convertible). Stay indoors and do not venture outside unless absolutely necessary.
- Stay in your automobile if you are traveling they offer excellent protection.
- While inside stay away from open doors and windows, fireplaces, radiators, stoves, metal pipes, sinks and any plug in appliances. Unplug and don't use appliances, even those with a surge protector.
- Except for emergencies do not use the telephone during the storm. Lightning may strike the telephone lines outside, and you could be hurt.



How do you protect yourself if you can't get inside?

- Do not stand underneath a natural lightning rod such as a tall, isolated tree in an open area. Avoid projecting yourself above the surrounding landscape.
- If only isolated trees are nearby, your best protection is to crouch in the open, keeping twice as far away from the trees as the trees are high.
- If you are in the outdoors, your best protection is a cave, ditch, small canyon, or under head-high clumps of trees or shrubs.
- If your hair stands on end, or your skin tingles, you may be feeling an electric charge and



lightning may be about to strike. Crouch down immediately; bend forward putting your hands on your knees. Don't lie flat on the ground since that makes you a bigger target.

- If you are on the water in a boat, get out of the water and get away from the boat as soon as possible.
- Get off of and away from tractors, motorcycles, golf carts, bicycles, and anything else that is large and made of metal. **STAY AWAY** from fences, metal pipes, and rails, or anything that would conduct electricity. Lightning can cause high voltages of current to jump several feet to you if something near you is struck.
- Don't use metal objects like fishing rods and golf clubs. Golfer's cleated shoes are particularly good lightning rods.

FIRST AID FOR ELECTRICAL SHOCK

- Persons that are stuck by lightning receive a severe electric shock and may be burned, but they carry no electrical charge and may be handled safely.
- A person "killed" by lightning can often be revived if they receive prompt C.P.R. This may need to be prolonged.
- If a group is struck by lightning, the apparent dead should be treated first; those who show vital signs will most likely recover spontaneously, although burns and other injuries may require treatment.

WINTER STORMS

Before the storm

- Arrange for an emergency heat supply in case of a power failure (i.e. kerosene, wood). Coleman gas stoves or charcoal briquettes should **NEVER** be used indoors.
- Make sure your vehicles are fueled and in good repair. Maintain a supply of batteries for flashlights and portable radios, food for several days, medication, heating fuel and other needed supplies.
- Prepare a winter survival kit. These are a few suggested items. Your needs may be different. Blankets or sleeping bags, flares, non perishable energy foods (candy, raisins, nuts, bars, etc.), water, first aid kit, flashlights, extra clothing, knives, compass, or GPS, emergency candles and matches, maps, jumper cables, tow chain, shovel, windshield scraper, sack of sand.
- Your car will help to keep you warm, visible, and alive if you should get trapped in a winter storm. A candle will give you light and help to keep you warm, but you must have a window open for ventilation. If you use the car's engine to keep warm you need to make sure that the exhaust from the engine is not coming toward your car or inside.
- Always keep gas tank above half full.



During and after the storm

- If you go out, dress warmly. Wear multiple layers of protective, loose-fitting clothing, scarves, gloves/mittens, hats and sturdy waterproof boots. Cover the mouth and nose to protect lungs from extremely cold air.
- Avoid travel, but if you become stranded, stay in your vehicle- keep it ventilated, bundle up, light an emergency candle for warmth (open a window for ventilation), occasionally change positions and don't panic.
- Avoid overexertion. Heart attacks are a major cause of deaths during and after winter storms. Shoveling snow or freeing stuck vehicles can be extremely hard work. Don't overdo it!
- Beware of the chill factor if winds are present.
- Be prepared for isolation at home. If you live in a rural area, make sure you can survive at home for a week or two in case a storm isolates you and makes it impossible for you to leave.

DO YOU KNOW WARNING DEFINITIONS?

WATCH: A winter storm is approaching

FLURRIES: Intermittent snowfall that may reduce visibility.

SLEET: Small particles of ice, usually mixed with rain. If enough sleet accumulates on the ground, it will make the roads slippery.

HEAVY SNOW: When four or more inches are expected within a 12-hour period.

FREEZING RAIN, OR FREEZING DRIZZLE: When expected rain is likely to freeze as soon as it strikes the ground, putting a coat of ice or glaze on the roads and everything else that is exposed.

ICE STORM: If a substantial layer of ice is expected to accumulate from freezing rain.

BLIZZARD: The most dangerous of all winter storms. It combines cold air, heavy snow and strong winds that blow the snow about and may reduce visibility to only a few yards. Winds 35 mph and above, temp 20 degrees or less.

SEVERE BLIZZARD WARNING: Means very heavy snowfall is expected, with winds of at least 45 mph and above, or temp 10 degrees or lower.





FLOOD

Before the Flood

- Know the elevation of your property in relation to flood plains, streams, and other waterways. Determine the danger to your property.
- Make advance plans of what to do and where to go.
- Store food, water and critical medical supplies (prescriptions, etc.).
- Fill your car 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 house and consider flood insurance.

During the Flood

- Listen to local radio (610 AM KVNU) or TV for weather information.
- If you are asked to evacuate, shut off main power switch, main gas valve and water valve. Follow local evacuation plan and routes.
- DO NOT attempt to drive over a flooded road, as it may be washed out. While you are on the road, watch for possible flooding at bridges, dips and low areas. Swiftly moving water of only one foot deep can easily move a car off the road to deeper flood areas.
- Watch out for damaged roads, slides and fallen electrical wires.
- Drive slowly in water; use low gear.
- If driving and vehicle stalls, abandon it immediately and seek higher ground.
- DO NOT attempt to cross a stream on foot where water is above your knees.
- Register at your designated Evacuation Center, and remain there until informed to leave.



After the Flood

- Remain away from evacuated area until public health officials and building inspector have given approval.
- Check for structural damage before re-entering.
- Make sure electricity is off; watch for electrical wires. Leave electricity off until the area is dry and wiring has been inspected.



- Do Not use an open flame as a light source due to possible gas leak. Use glow sticks and beware of dangerous sparks.
- Do Not use food that has been contaminated by flood water.
- Do Not drink tap water until health officials can certify its safety. Flooding can cause contamination of the water supplies. Contaminated water can contain micro-organisms that can cause diseases. Purify your water if you think it might be contaminated before drinking, cooking, washing dishes or bathing. (Boil 3-5 minutes)

MUDSLIDE

Mudslides can travel rapidly, at avalanche speeds with little or no warning.

Before

- Get a ground assessment of your property.
- Consult an appropriate professional expert for advice on corrective measures.
- Minimize home hazards by having flexible pipe fittings installed to avoid gas or water leaks, as flexible fittings are more resistant to breakage (only the gas company or professionals should install gas fittings).



Warning Signs

- Changes in landscape such as patterns of storm-water drainage on slopes, land movement, small slides, flows, or progressively leaning trees.
- Doors or windows stick or jam for the first time.
- New cracks appear in plaster, tile, brick, or foundations.
- Outside walls, walks, or stairs begin pulling away from building.
- Slowly developing, widening cracks appear on the ground or paved areas such as streets or driveways.
- Underground utility lines break.
- Bulging ground appears at the base of a slope.
- Water breaks through the ground surface in new locations.
- Fences, retaining walls, utility poles, or trees tilt or move.
- A faint rumbling sound that increases in volume is noticeable as the landslide nears.
- The ground slopes downward in one direction and may begin shifting in that direction under your feet.
- Unusual sounds, such as trees cracking or boulders knocking together, might indicate moving debris.
- Collapsed pavement, mud, fallen rocks, and other indications of possible debris flow can be seen when driving (embankments along roadsides are particularly susceptible to landslides).



During a Mudslide

- Move away from the path of a landslide or debris flow as quickly as possible.
- Curl into a tight ball and protect your head if escape is not possible.

After a Mudslide

- Stay away from the slide area. There may be danger of additional slides.
- Check for injured and trapped persons near the slide, without entering the direct slide area. Direct rescuers to their locations.
- Watch for associated dangers such as broken electrical, water, gas and sewage lines and damaged roadways and railways.
- Replant damaged ground as soon as possible since erosion caused by ground loss can lead to flash flooding and additional landslides in the near future.
- Seek advice from a geotechnical expert for evaluating landslide hazards or designing corrective techniques to reduce landslide risk.

HIGH WINDS

Before

- Survey your home and/or property. Take note of items that in the event of high winds could become missiles and destroy other structures or be destroyed. Devise methods for securing these items.
- Listen to radio (610 am KVNU) and/or TV for information.
- If possible, board up, tape or shutter windows (leave some ventilation).
- Store water
- Have supply of first aid kit, flashlights, batteries, medicines, etc. available for emergency use.





During High Winds

- Take shelter in hallways, or closets. Stay inside away from windows and skylights.
- Stay away from areas where flying objects may hit you.
- If your home is damaged turn off the utilities and call the fire department.

After

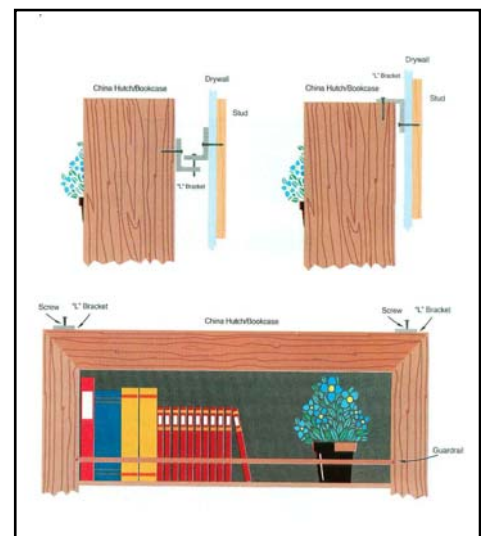
- Inspect for structural damage.
- Check all utilities for damage and proper operation.
- Monitor radio and TV for instruction from local authorities.
- Report damage and needs to your neighborhood coordinator.

EARTHQUAKES

A large earthquake occurs on the central segments of the Wasatch fault on average every 350 years. This means there is a 25% chance of having a 7.00-7.5 earthquake within the next 100 years.

How to Prepare for an Earthquake

- Store a minimum of 72 hours worth of food and water. Organize a 72 hour kit.
- Secure fixtures such as lights, cabinets, bookcases, and top heavy objects to resist moving, coming loose, or falling during the shaking. Place heavy objects on lower shelves and securely fasten shelves to walls.
- Hang heavy pictures and mirrors away from beds
- 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.
- Bolt down or provide strong support for water heaters and other appliances.
- Consider earthquake insurance.
- 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. (It is usually easier to call out of a disaster area than to call into one.)

- Locate master switch and shut-off valves for all utilities. Teach all responsible family members how to turn them off.

What to do during an Earthquake

- **Stay calm.** Having a plan will help you remain calm.
- **Stay put.** Whether inside or out, STAY THERE.
- **Take Cover.** If indoors, take cover under a desk, table, or bench, stand in a supported doorway, or along an inside wall or corner. Stay away from windows, bookcases, china cabinets, mirrors, and fireplaces until the shaking stops. If no protection is available, drop to the floor and cover your head with your hands. Never try to restrain a pet during the shaking. If outside stand away from buildings, trees, telephone and electric lines. If in an office building stay next to a pillar or support column, or under a heavy table or desk. If in a crowded public place never run for the door - a lot of people will try to do that.
- If in a car, pull over to the side of the road as quickly as possible and stop. Never stop on top of or underneath a bridge or under power lines. Stay in your car until the earthquake is over. When you drive on, watch for hazards created by the earthquake, such as fallen objects, downed electrical lines, or broken roadways.
- Do not use elevators. Realize the electricity may go out and alarm and sprinkler systems may turn on.
- If you are trapped in an area: Use a flashlight if you have one - don't use matches or lighters in case of gas leaks. Try to stay still so you won't kick up dust. Cover your mouth with a piece of clothing. Tap on a pipe or wall so rescuers can hear you - shout only as a last resort.

What to do After an Earthquake

- Check for injuries. Provide first aid.
- Check for safety - gas, water, sewage breaks; check for downed electrical lines; turn off interrupted utilities as necessary; check for building damage and potential safety problems during after shocks, such as cracks around chimney and foundation; check for fires.
- Clean up dangerous spills.
- Wear shoes.
- Tune radio to an emergency station (610 am KVNU) and listen for instructions from public safety agencies.
- Report damages or needs to your neighborhood coordinator.
- Do not touch downed power lines or broken appliances.



FIRE

How to prepare for a fire:

- Install smoke alarms on every level of your residence; outside bedrooms, on top of open stairways, at the bottom of enclosed stairs, and near (but not in) the kitchen. Test and clean smoke detectors monthly and replace batteries at least once a year.
- Create an escape plan that includes two escape routes from every room in the house and walk through the routes with your entire family.
- Make sure windows aren't sealed or painted shut. Consider escape ladders for houses with more than one level.
- Teach household members how to stay low to the floor when escaping from a fire.
- Designate a place outside your home for a meeting place.
- Clean out storage areas – don't let newspapers and trash stack up.
- Check electrical wiring and extension cords. Fix frayed or exposed wire.
- Check heating sources; furnaces, stoves, and chimneys.
- Never use gasoline or similar liquids indoors.

During a Fire

- Use water or a fire extinguisher to put out small fires. Do not try to put out a fire that is getting out of control.
- Never use water on a electrical fire – use only a fire extinguisher approved for electrical fires.
- Smother oil and grease fires with baking soda or salt, or put a lid over the flame if it is burning in a pan – do not attempt to take the pan outside.





If the Fire is spreading:

- Get out- do not take time to grab anything except family members. Once outside do not go back in. Call 9-1-1.
- Get down- stay low to the ground under the smoke by crawling on your hands and knees or squat down and walk. Keep moving to find a way out.
- Use stairs, Never take an elevator.
- If clothes catch on fire stop, drop, and roll.
- Closed door – using the back of your hand (never use the palm) feel the top of the door, doorknob, and the crack between the door and door frame before you open any closed door.
- If door is cool – leave quickly, close the door behind you and crawl to an exit.
- If door is hot – do not open it; try to find another way out. If you are trapped hang a white or light colored sheet, towel or shirt out a window to alert firefighters.

PLANNING FOR PETS

If possible plan ahead as to where your pet(s) can be housed in the case of a disaster. Due to health regulations animals are not allowed in emergency shelters. You may want to include the following items in an emergency pouch to accompany your pet to a local animal facility:



- Identification collar and/ or rabies tag.
- Animal carrier, or portable cage, a blanket or towel and a toy.
- Leash.
- 1 week supply of medicines if needed.
- Scoop, newspaper and trash bags for handling waste.
- At least a two week supply of food, water, and dishes.
- Veterinary records (most facilities do not allow pets without proof of vaccination).

First Aid Kit for Pets:

You may already have these items in your family first aid kit.

- First Aid book for pets
- Gauze pads & bandages
- Scissors
- Thermometer
- Hydrogen Peroxide
- Antibiotic ointment
- Tweezers



RECOVERING FROM AN EMERGENCY

Recovering from any emergency can be challenging. You and your family may face emotional and psychological effects from the event. Reactions vary from person to person, so it is important that you and your family communicate. Reactions may include:

- Insomnia or nightmares.
- Anger.
- Apathy or lack of emotion.
- Needing to keep active or restlessness.
- Wanting to talk about your experience.
- Revenge.
- Loss of appetite.
- Weight loss or gain.
- Headaches.
- Mood Swings.



These are all normal reactions to stressful events and it is important to let people react in their own way.

If you find that you or a family member is having a difficult time working through a crisis, you may feel the need to talk to someone outside of your family. Friends, local crisis hotlines, emergency assistance counselors, and spiritual advisors can be helpful during these times. If these things do not lessen the extreme emotions of your family, seek professional help.

Children may need extra attention. It is best to encourage them to share their feelings, even if you must listen to their stories repeatedly. You may also want to share your feelings with them.

RETURNING HOME AFTER A DISASTER

First assess the damage from outside. If you have any doubts about the soundness of your home call a qualified safety inspector. Stay away from fallen or damaged electrical wires. Keep a list of emergency personnel phone numbers (such as safety inspector, the utility company, fire and police) in your wallet. This can be a real timesaver.

Before entering your house, put on a pair of sturdy shoes, work gloves and a hard hat. Make temporary repairs (patch the roof, board up windows). Move any valuables to a safe place. Don't carry lanterns or torches inside that could start fallen debris on fire.

Check for injured or trapped people who may have run into your house for shelter during the disaster. Give first aid if you can. Don't move seriously injured people unless they are in immediate danger.

Inside your house, open closets and cupboards carefully. The contents may be loose and fall on you.



Clean up spilled medicines, bleaches, gasoline, and other flammable liquids. Do the necessary repairs to protect your home from further damage. If there was a flood, clean and disinfect everything that got wet. Mud left behind by flood waters can contain sewage and chemicals. If your basement was flooded, pump it out gradually (1/3 of the water per day). Walls may collapse and the floor may buckle if the basement is pumped out while the surrounding soil is still waterlogged. Throw out food, cosmetics and medicines that came in contact with flood waters. Stay home and avoid driving to keep roads clear for emergency workers.

Take an inventory of material goods you have lost for insurance purposes. The Red Cross gives vouchers so you can buy groceries, new clothing, medications, furnishings, and other items required for daily living.



EMERGENCY PREPAREDNESS INFORMATION

Remove and post this page in a prominent area, i.e., near phone or refrigerator. Retain this guide for future use. A good place to store this guide is in your emergency kit.

Phone Numbers

Out-of-Area Contact

Name _____
City _____
State _____
Day _____
Evening _____
Cell _____

Local Contact

Name _____
City _____
State _____
Day _____
Evening _____
Cell _____

Nearest Relative

Name _____
City _____
State _____
Day _____
Evening _____
Cell _____

Family Work Numbers

Father _____
Mother _____
Other _____

Know Your Location When Using a Cell Phone

Sheriff's Office _____
Fire Department _____
Hospital _____

Utilities

Electric Co. _____
Gas Co. _____
Water Co. _____
Telephone Co. _____
Cable TV Co. _____

Family Physicians

Name _____
Phone _____
Name _____
Phone _____

Emergency Services

In a life-threatening emergency, dial 911

Meeting Points Outside Your Home

Location 1. Right outside of your home.

Location 2. Away from your neighborhood,

In case you cannot return home.

Address _____

Phone _____

Route to try first _____

Safe Room Inside Your Home

Our save room is _____

Preparing for an Emergency

- Prepare a disaster supply kit for the home. Use the checklist as a guide.
- Create an Emergency Communications Plan and post this sheet in a prominent Place.
- When in public places, locate stairways and emergency exits. Think ahead about how to evacuate a building, subway or congested public area in a hurry.
- Keep informed – listen to local radio or TV.

For the Latest Info..

Find up-to-the-minute preparedness information, the current security alert, resources and related Links at www.des.utah.gov

How to Submit Criminal/Terroristic Tips..

The most effective way to report a tip regarding possible terrorist activity is to call the Cache County Sheriff's Office. In an emergency, however call 911



RELATED WEBSITES

Be Ready Utah

www.BeReadyUtah.org

Department of Homeland Security

www.dhs.gov

Federal Emergency Management Association

www.fema.gov

Department of Health and Human Services

www.hhs.gov

Centers for Disease Control and Prevention

www.cdc.gov

Environmental Protection Agency

Chemical Preparedness and Prevention Office

www.epa.gov/ceppo

U.S. Geological Survey

www.usgs.gov

National Emergency Management Association

www.nemaweb.org

American Red Cross

www.redcross.org

National Safety Council

www.nsc.org

American Red Cross

www.redcrossutah.org

Center for Disability and Special Needs Populations

www.disabilitypreparedness.org

Disaster Preparedness for People with Mobility Impairments

www.nobodyleftbehind2.org

American Humane Association

www.americanhumane.org