



# Personal and Family Preparedness

## Are You Ready?

Where will you and your family be when disaster strikes? You could be anywhere: at work, at school, or in the car. How will you find each other?

Disaster can strike quickly and without warning. It can force you to evacuate or confine you to your home. What would you do if basic services – water, gas, electricity, or telephones – were cut off?

Local officials and relief workers will be on the scene after a disaster, but cannot reach everyone right away.

You can cope by preparing in advance and working as a team. Follow the steps listed to create your family disaster plan. Knowing what to do is your best protection and your responsibility.

## YOUR FAMILY DISASTER PLAN

### Complete this Check List



- Contact your local emergency management office and be prepared to take notes.
  - Ask what types of disasters are most likely to happen and how to prepare for each.
  - Learn about community warning signals: what they sound like and what you should do if they sound.
- Find out about disaster plans at work, your children's school, and other places where your family spends time.
- Discuss preparedness with your family. Explain the different types of disasters and what to do in each case. Work together as a team to prepare.
- Determine two escape routes from each room in your home.
- Pick two places to meet:
  - One right outside your home in case of a sudden emergency, like a fire.
    - One outside your neighborhood in case you can't return home. Everyone must know the address and phone number.
- Ask an out-of-state friend to be your family contact. After disaster, it is often easier to call long distance. Family members should call this person and tell them where they are. Everyone must know your family contact phone number.
- Create a Disaster Supply Kit.
- Discuss what to do in an evacuation.
- Teach children how and when to call 911 and other emergency numbers (fire, police, ambulance, etc.). Post these numbers near phones.
- Show each responsible family member how and when to turn off utilities at the main switches. Remember, turn off utilities only if you suspect the lines are damaged or are instructed to do so. If you turn the gas off, professionals will have to turn it back on.
- Show family members how to use a fire extinguisher (ABC-type) and where it is kept.
- Install smoke detectors on each level of your home, especially near bedrooms.
- Conduct a home hazard hunt.
- Learn basic first aid skills, including CPR.
- Make sure your insurance coverage is adequate.

## Emergency Contact Numbers

Law Enforcement

Fire

Emergency Medical

Out of Area Contact

Family Meeting Locations

Questions about your family preparedness plan?  
Contact us at:

Division of Emergency Services  
and Homeland Security  
1110 State Office Building  
Salt Lake City, Utah 84114  
801.538.3400  
800.753.2858  
<http://des.utah.gov>

## Disaster Supply Kit

If a disaster strikes you may not have access to food, water and electricity for days or even weeks. By taking time now to store emergency supplies, you can provide for your entire family should disaster strike.

## Preparing Your Kit

Gather the supplies listed inside this brochure. You may need them if your family is confined at home.

Place the supplies you would most likely need for an evacuation in an easy-to-carry container such as a backpack, duffle bag, or a clean, covered trash container.

Consider preparing a kit for your office and car as well.

Store your kit in a convenient place.

Keep items in airtight plastic bags.

Ask your physician or pharmacist about storing prescription medication.

# YOUR DISASTER SUPPLY KIT

## Water

An active person needs at least two quarts of water each day. Severe temperatures and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.

- Store one gallon of water per person per day (two quarts for drinking, two quarts for food /sanitation)
- Keep at least a three-day supply of water for each person in your household

## 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 food items 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

## 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
- Blankets or sleeping bags
- Hat and gloves
- Thermal underwear
- Sunglasses

## Sanitation Supplies

- Toilet paper
- Towelettes
- Soap, liquid detergent
- Feminine hygiene supplies
- Personal items such as toothbrush, toothpaste, comb, etc.
- Plastic garbage bags and ties (for personal sanitation use)
- Household chlorine bleach

## First Aid Kit

Assemble a first aid kit for your home and one for each car. Include:

- Sterile adhesive bandages, gauze pads, triangular bandages, roll stretch gauze, adhesive tape
- Scissors, tweezers, needle
- Antiseptic
- Thermometer
- Tongue depressors (2)
- Petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Sunscreen
- Latex gloves (2 pair)
- Non-Prescription drugs
  - Aspirin or other pain reliever
  - Anti-diarrhea medication
  - Antacid (for upset stomach )
  - Laxative
  - Syrup of Ipecac (use if advised by the Poison Control Center)
  - Activated charcoal (use if advised by the Poison Control Center)
- Any prescription medication your family members may need

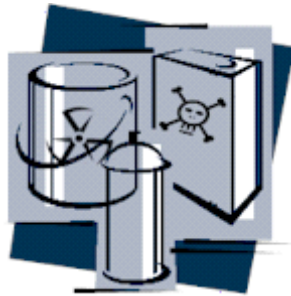
## Tools and Emergency Supplies

- Mess kits or paper/plastic cups, plates, and utensils
- Emergency preparedness manual
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-electric can opener
- Utility knife
- Pliers
- Duct tape
- Compass
- Matches in a 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)

# EVACUATION

Several types of disasters may force you to be evacuated from your home. If you are told to evacuate, take the following steps:

- Listen carefully to instructions given by local officials. Evacuate immediately if told to do so.
- If you have time, grab your portable disaster supply kit. Make sure that you include any last minute items, such as prescription medication, that you may need.
- Wear appropriate clothing and sturdy shoes.
- Lock your home.
- Use travel routes outlined by local officials. Do not take short cuts; they may be unsafe.



If you go to a shelter, notify staff of any special needs you may have. They will try to accommodate you and make you comfortable.

## Be prepared to leave your home if:

- Your area is without electrical power or water for an extended period of time.
- There is a chemical emergency affecting your area.
- Flood water is rising.
- A wildland fire is burning near your home.
- Your home has been severely damaged.
- Local officials tell you to evacuate.

## Special Items

Remember family members with special needs when creating your Family Disaster Supply Kit :

### For Baby:

- Formula or powdered milk & bottles
- Diapers & wipes

### For Children:

- Entertainment items: games, books, toys, etc.

### For Adults:

- Denture needs
- Extra eye glasses or contact lenses and supplies
- Important documents kept in a waterproof, portable container:
  - Will, insurance policies, contracts, deeds, stocks, and bonds
  - Passports, social security cards, immunization records, and other family records (birth, marriage, death certificates)
  - Bank and credit card account numbers
  - Inventory of valuable household goods
  - Important telephone numbers

# SHELTER-IN-PLACE

Sheltering-in-place means staying inside a building. Local authorities may issue a shelter-in-place order during a release of a hazardous material where air quality may be threatened.

If you are told to shelter-in-place take the following precautions:

- Take your children and pets inside immediately. While gathering your family, cover your mouth and nose with a damp cloth to provide a minimal amount of protection.
- Close all windows and doors in your home as well as the fireplace damper.
- Turn off all fans, heating and air conditioning systems, and any other ventilation.
- Go to an above ground room (not the basement) with the fewest windows and doors. Be sure to take a radio with you.
- Wet some towels and jam them in the crack under the door. Tape plastic sheeting or garbage bags over the door, window, exhaust fan, vents, and outlets.



- If you are told there is a danger of explosion, close the window shades, blinds, or curtains. Stay away from the windows.
- Stay in the room and listen to your radio until you are told all is safe or you are told to evacuate. Once you are told to stop sheltering in place, vent your house by opening windows and turning on fans.

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

- Ensure all ventilation systems are set to 100 percent recirculation so that no outside air is drawn into the building. If this is not possible, turn off the system.
- Minimize the use of elevators as they “pump” air through the building.
- Remain in place until you receive notice that it is safe to leave.

## HOME HAZARD HUNT

In a disaster, ordinary items in the home can cause injury and damage. Anything that can move, fall, break, or cause a fire is a potential hazard. Look around your home for these items. The following steps will help protect you and your family:

- Repair defective electrical wiring and leaky gas connections
- Fasten shelves securely
- Place large, heavy objects on lower shelves
- Hang pictures and mirrors away from beds
- Brace overhead light fixtures
- Secure water heater by strapping to wall studs
- Repair cracks in ceilings or foundations
- Store weed killers, pesticides, and flammable products away from heat sources
- Place oily rags or waste in covered metal cans
- Clean and repair chimneys, flue pipes, vent connectors, and gas vents

# WATER IN AN EMERGENCY

## Water Storage Tips

- Store water in clear plastic, fiberglass, or enamel-lined containers. Never use a container that has held toxic substances. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. Soft drink bottles or food-grade plastic buckets or drums work well.
- Seal water containers tightly, label and store in a cool, dark place.
- Rotate water every six months.

## Emergency Sources of Water

You can minimize the amount of water your body needs by reducing activity and staying cool. Avoid water with floating material, an odor, or dark color. Do not drink flood water. Be sure to purify the water before drinking it. Sources of water include:

### Indoors:

- Melted ice cubes.
- Water drained from the hot water heater if it has not been damaged.
- Water from the flush tank (not the bowl) of home toilets. Bowl water may be used for pets.
- If water to the house has been interrupted, turn off the main water valve, empty the pipes by turning on a faucet on the highest level of your home to let in air, and then turn a faucet on in the lowest level of your home.

### Outdoors:

- Rainwater
- Moving bodies of water like streams and rivers
- Ponds and lakes
- Natural springs



## Purifying Water

Besides having a bad odor or taste, contaminated water may contain disease-causing microorganisms. Purify all water of uncertain quality before using for drinking, cooking, or washing.

Boiling and disinfecting will kill most microbes but won't remove other contaminations (heavy metals, salts, and other chemicals). Distillation will remove microbes that resist purification as well as heavy metals and salts. Before purifying, let any suspended particles settle to the bottom or strain them through layers of clean paper towels, a coffee filter, or cloth.

### Boiling:

The safest method of purifying water.

- Bring water to a rolling boil for 3-5 minutes. (Some water will evaporate.)
  - Let water cool before drinking it.
  - Restoring oxygen to the water will make it taste better. To do this, pour it back and forth between two clean containers.

### Disinfecting:

Household liquid bleach can be used to kill microorganisms. Use only bleach that contains 5.25 percent sodium hypochlorite. Do not use

scented bleach, color-safe bleach, bleach with added cleaners, or other chemicals such as iodine.

- Add 16 drops of bleach per gallon of water, stir and let stand for 30 minutes.
- If the water does not have a slight bleach odor, repeat the dosage and let stand for 15 minutes.

### Distillation:

Distillation involves boiling water and collecting the steam that condenses back to water without salt and other impurities.

- Fill a pot half full with water.
- Tie a cup to the handle on the pot's lid so the cup will hang right-side-up when the lid is upside down on the pot (Make sure the cup is not dangling into the water).
- Boil the water for 20 minutes.

The water that drips into the cup is distilled.

# FOOD IN AN EMERGENCY

## Food Storage Tips

- Keep food in a dry, cool spot, dark if possible.
- Keep food covered at all times.
- Keep boxes and cans closed tightly after each use.
- Wrap cookies and crackers in plastic and store in airtight containers.
- Empty opened packages of sugar, flour, dried fruits, and nuts into screw top jars or airtight containers to protect them from pests.
- Inspect all foods for signs of spoilage before use.
- Use foods before they go bad and replace them with fresh supplies, dated in ink or marker. Place new items at the back of the storage area and older ones at the front.
- Establish a two-week supply by increasing the amount of basics you keep on hand.
- Stock food that is nutritious and your family will enjoy. Familiar canned foods, dry mixes, and other staples off your shelf provide a sense of security following a disaster.
- Take into account special diets and allergies of family members.
- Include vitamin, mineral, and protein supplements in your food storage to assure adequate nutrition.

## Food in a Disaster

- If activity is reduced, healthy people can survive on half their usual food intake for an extended period of time and without any food for several days. Food, unlike water, may be rationed except for children, pregnant women, and others with medical conditions.
- If your water supply is limited, avoid food that is high in fat, protein, and salt. Eat salt-free crackers, whole grain cereals, and canned food with high liquid content.
- If the electricity goes off use perishable items from the refrigerator first. Then, use the food from your freezer. Post a list of freezer contents to minimize the number of times you open the door. In a well insulated freezer, foods will usually still have ice crystals in their centers (meaning it is safe to eat) for at least three days.

- Finally, use non-perishables and staples. For emergency cooking use a fire-place indoors or a charcoal grill or camp stove outdoors. You can also heat food with candle warmers, chafing dishes or fondue pots. Canned food can be eaten right out of the can.



## Rotating Food

Use within six months:

- Boxed powdered milk
- Dried fruit in metal containers
- Crackers in metal containers

Use within one year:

- Canned condensed meat and vegetable soups
- Ready-to-eat cereals and uncooked instant cereals in metal containers
- Peanut butter
- Jelly
- Hard candy and canned nuts
- Vitamin C

May be stored indefinitely in proper containers and conditions:

- Wheat
- Dried corn
- Baking powder
- Soybeans
- Instant coffee, tea, and cocoa
- Salt
- Non-carbonated drinks
- Rice
- Bouillon products
- Dry pasta
- Canned powdered milk

## Guidelines for Seniors and the Disabled

If you have physical limitations you can still protect yourself. Seniors and those with disabilities should take the following steps:

- Decide what you will be able to do for yourself and what assistance you may need before, during, and after a disaster.
- Create a support network of family, friends, neighbors, and co-workers who could assist you with evacuation plans and medical information. Ask them to check on you following a disaster.
- Make an information list that includes those who should be notified if you are injured.
- Compile medical information with names and numbers of doctors, medication and dosage, allergies, and any existing conditions.
- Plan ahead with your home health care agency for emergency procedures.

## CSEPP—The Chemical Stockpile Emergency Preparedness Program

Utah is better prepared than most states to deal with the unlikely event of a chemical or biological incident. Communities near the chemical weapons stockpile site receive specialized resources through the Chemical Stockpile Emergency Preparedness Program (CSEPP) to deal with the unlikely event of an accident. Some examples include:

- Enhanced communications
- Emergency warning equipment (sirens and radios)
- Decontamination ability
- Training and exercises to simulate possible incidents.
- Specialized training and equipment for hospitals

Many emergency preparedness capabilities provided by CSEPP can also be used to respond to other non-stockpile emergencies such as industrial accidents, earthquakes, fires, severe weather, or criminal events.

# HAZARDS IN UTAH

## EARTHQUAKES

Utah is earthquake country. Earthquakes can strike at any time without warning, causing major damage to homes and critical infrastructures. They are almost always followed by aftershocks that can be even larger than the initial quake. Estimates in the *Journal of Geophysical Research* show that the probability of a major earthquake along the Wasatch fault alone may be 13 percent in 50 years and 25 percent in 100 years. Additionally, the probability for an earthquake on the Salt Lake City segment of the Wasatch fault may be as high as 57 percent in 100 years.

## FLOODS

Although Utah's precipitation is the second lowest in the country, its flooding history is significant. Over 1,400 cloudburst floods have been recorded in the last 135 years, but major floods in Utah are almost always the result of rapidly melting snow in late spring and early summer. Prior to the flooding of 1983 and 1984, floods along the Wasatch Front in 1952 were the most severe in the history of the state, with a damage total of almost \$7 million. Federal, state, local government, and private citizens paid more than \$500 million to recover from Utah's flood disasters in 1983 and 1984. Both disasters occurred due to unusually thick snow pack and continued record precipitation through spring.

## WILDFIRE

Wildfires are a natural part of the ecosystem. The area in which homes and other human development intermingle with wildlands is referred to as the urban/wildland interface. The meeting of wildland and residential areas presents a serious threat to life and property. On August 24, 1990 the Wasatch Mountain Fire began west of Heber Valley and burned for six days. The fire burned 2,970 acres, destroyed 18 homes, and killed two firefighters. Since 1990, more than 2,500 wildfires have consumed more than half a million acres of Utah land. Wildfires greatly increase the threat of flooding and mudslides by stripping the native vegetation that holds the soil in place. This decreases the soil's ability to absorb water, resulting in faster runoff from storms and snowmelt.

## SEVERE WEATHER

Because of its varied terrain and climate, Utah can experience a variety of severe weather conditions. In a typical year Utah can experience everything from blizzards to tornadoes. Winter snowstorms can knock out power and make for slick and icy driving conditions. Avalanches and lightning strikes have claimed the lives of many outdoor adventurers. Flash-flooding has caused damage to several areas of the state. Utah has even seen a number of tornadoes, the most notable cutting a swath through the middle of downtown Salt Lake City. Dense fog has also enveloped parts of the state, leading to dangerous conditions both on the ground and in the air. Windstorms have also caused extensive damage in parts of the state.

## TERRORISM

Thanks to the coordination of security for the 2002 Olympics, Utah is better prepared to prevent and respond to acts of terrorism. In 1999, Governor Michael Leavitt created the Utah Center for Domestic Preparedness by executive order and designated the Division of Emergency Services and Homeland Security to serve as the central coordinating office for domestic preparedness and implementation of weapons of mass destruction protection and prevention programs in the state. Utah's participation in CSEPP also provides first responders and emergency managers with enhanced capabilities and training.

## HAZARDOUS MATERIALS

Billions of pounds of hazardous materials are transported across Utah's roadways each year, with over 400,000 trucks carrying these materials. Some of the most common commodities include flammable liquids (gasoline and other fuels), followed by compressed gases (propane, etc). A very small percentage carry radioactive materials. The Division of Emergency Services and Homeland Security helps coordinate seven hazmat regional response teams throughout the state. This regional approach provides local communities with a more rapid response to hazmat incidents.

# WHAT DOES DES DO?

Floods, tornadoes, earthquakes, severe storms, landslides, droughts, hazardous material spills, search and rescue — these are just a few examples of emergencies in Utah in which the Division of Emergency Services and Homeland Security (DES) has played an active role. But what does the agency do when there isn't a disaster?

DES coordinates emergency management efforts between federal, state, and local governments. These efforts include preparedness, recovery, response, and mitigation. Homeland security programs are also administered at the division. Public safety professionals at DES include experts in emergency planning, training, exercise, communications,

automation, hazardous material response, and much more.



DES prepares individuals and communities for disasters through outreach and training programs. The division trains nearly 1,000 emergency responders annually in areas such as domestic preparedness, hazardous material, the Chemical Stockpile Emergency Preparedness Program (CSEPP), professional development, and others.

Thousands of Utahns receive emergency preparedness education material from DES. This information helps families prepare to be self-reliant during a disaster situation.

# ANIMALS IN DISASTERS

Your animals need to be included in your family disaster plan since they depend on you for their well-being.

- If you must evacuate, do not leave pets behind — there is a chance they will not survive or get lost before you return.
- With the exception of service animals, pets are not permitted in emergency shelters. Find out which local motels allow pets and where pet boarding facilities are located. Boarding facilities will require veterinarian records to prove vaccinations are current.
- Only some animal shelters will provide care for pets during emergencies. They should only be used as a last resort. Use friends and family or keep them with you if possible.
- Be sure your pet has proper identification tags securely fastened to the collar. A current photo of your pet will assist in identifying your pet should it become necessary.
- Make sure you have a secure pet carrier or leash for your pet. Pets may need to be restrained during tense emergency situations.
- Create a disaster supply kit for your pet. Be prepared to leave it with whomever assumes responsibility for your pet.

Include:

- Pet food and water
- Medication and veterinary records
- Litter box
- Food dish
- First aid kit
- Information sheet with pet's name and any behavior problems
- Larger animals, such as horses or cattle, should be evacuated whenever possible. Prepare in advance by having transportation and an evacuation destination prearranged. If evacuation is not possible, decide before hand whether to move your animals to shelter or turn them loose depending on the type of disaster.



- Wild or stray domestic animals can pose a danger during many types of disasters. Do not corner an animal. They may feel threatened and may endanger themselves or you. If an animal must be removed, contact your local animal control authorities.

## Emergency Alert System

Everyone has likely heard, "This is a test of the Emergency Alert System — this is only a test." But did you know this system is in place to help protect you?

Local officials can activate the Emergency Alert System (EAS) to warn the public of imminent danger and to provide life-safety information through television and radio.

Nearly all radio and television broadcast stations and cable companies in Utah are required to carry EAS messages.

EAS replaced the Emergency Broadcast System, originally designed so the President could address the American people in the event of a national disaster. It has never been used for that purpose.

Law enforcement agencies in Utah also use EAS to issue Amber Alerts. This allows officials to quickly share information about an abducted child with the public to increase the chance for a prompt and safe recovery.

So when disaster strikes, tune in your battery-powered radio for official information delivered by EAS.

# IF DISASTER STRIKES

## Maintain Your Readiness

- Quiz your family on plans regularly.
  - Conduct fire and emergency evacuation drills.
  - Evaluate your disaster supply kit every six months. Replace stored food and water as necessary. Rotate clothing for seasonal needs or changes in size.
  - Follow instructions for fire extinguisher maintenance.
  - Test smoke detectors monthly and change the batteries annually.
- Keep food in a dry, cool spot, dark if possible.
  - Remain calm and patient. Put your plan into action.
  - Check for injuries. Give first aid and get help for seriously injured people.
  - Listen to your battery-powered radio for news and instructions.
  - Check for damage in your home:
    - Use flashlights. Do not light matches or turn on electrical switches if you suspect damage.
    - Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows, and get everyone outside quickly. (You will need a professional to turn gas back on.)
    - Shut off any other damaged utilities.
    - Clean up spilled medicines, bleaches, gasoline, and other flammable liquids immediately.
  - Confine or secure your pets.
  - Call your family contact — do not use the telephone again unless it is a life threatening emergency.
  - Check on your neighbors, especially elderly or disabled persons.
  - Make sure you have an adequate water supply in case service is cut off.
  - Stay away from downed power lines.

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