

TOOELE COUNTY **EMERGENCY** MANAGEMENT

FAMILY RESOURCE & INFORMATION GUIDE



Complete guide to
prepare for emergencies



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American
Red Cross



DISASTERS HAPPEN ANYTIME & ANYWHERE.

When disaster strikes, you may not have much time to respond. A hazardous material spill could mean evacuation. A winter storm could confine your family at home. An earthquake, flood, windstorm, or any other disaster could cut water, electricity, gas, sanitation, and telephone for days. After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. The professional first responders will go to where major fires or transportation issues are. You could get help in hours, but more likely, it may take days for professional first responders to come to your neighborhood. Would your family be prepared to cope with the emergency until help arrives?

Your family will cope best by preparing for disaster before it strikes. The best way to prepare is by creating a Family Disaster Plan and assembling an Emergency Supplies Kit. Once disaster hits you won't have time to shop or search for supplies. But if you have gathered supplies in advance, your family can bear an evacuation or home confinement with greater ease.

You should be prepared to take care of yourself and your family for a minimum of 4 days. Learn how quick

and easy it is to become better prepared to face a range of emergencies – anytime, anywhere. Use this guide to create your own emergency plan. Use the checklists to build an emergency supplies kit, a first aid kit, and an important documents kit. Learn about the hazards and disasters that might affect your family and then prepare accordingly. These basic steps will help you take care of yourself and your loved ones during an emergency.



PERSONAL AND FAMILY READINESS

Families can—and do—cope with disaster by preparing in advance and working together as a team. Follow the steps listed in this booklet to create your family's disaster plan. Knowing what to do is your best protection and your responsibility.

QUESTIONS TO START ASKING:

- Where will our family be when disaster strikes?
(They could be anywhere—at work, at school or in the car.)
- Where will we find each other?
- How will we know if everyone is safe?
- How will we be able to communicate with each other?
- How will we get information about the disaster?
- Who might be able to help us?
- Who might we be able to help?
- Where will we go if we have to leave?
- What if we cannot get home?
- What supplies are the very most important for our comfort and safety?

In a disaster, you don't rise to the occasion, you sink to your lowest level of preparedness. Your level of preparation will determine your reaction to whatever event happens and how well you will recover.

MAKE A PLAN

CREATE A DISASTER READINESS PLAN

- ☐ Meet with your family and discuss why you need to prepare for disaster.
- ☐ Explain the dangers of fire, severe weather, and earthquakes to children. Plan to share responsibilities and work together as a team.
- ☐ Discuss the types of disasters that are most likely to happen. Explain what to do in each case. See page 33.
- ☐ Develop a plan to communicate. Ask an out-of-state person to be your "family contact." After a disaster, it's often easier to call long distance. Other family members should call or text this person and tell them where they are and their condition. Everyone must know your contact's phone number.

Make sure everyone knows how to text. Know how you will receive emergency messages from authorities.

Who we should call to let all our family know we are safe.

Designated Out of State Person	Phone Number
Back up person in case contact cannot be reached	Phone number

Know how you will communicate with neighbors, school, work, and others. Learn about the Red Cross Safe and Well Program at www.redcross.org/safeandwell to communicate with loved ones after a disaster.

Send text messages instead of phone calls because text messages may get through better.

- ☐ Post emergency telephone numbers by phones (fire, police, ambulance, etc.)
- ☐ Teach family members when to call 911 and what to say.

IN CASE OF EMERGENCY CALL 9-1-1

Police Department _____ Fire Department _____

Important Numbers to remember

Name	Phone number	Place (School, Work, Daycare, Neighbor, Other)

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☐ Discuss what to do in an evacuation. Pick two places to meet:

1. Right outside your home in case of a sudden emergency, like a fire.
2. Outside your neighborhood in case you can't return home. Everyone must know the address and how to get there. Determine the best escape routes from your home. Find two ways out of each room.

TWO MEETING PLACES FOR OUR FAMILY TO REUNITE.

1. In the Neighborhood: _____

2. Outside of the neighborhood: _____

☐ Be familiar with names of roads and know designated evacuation routes. Keep a map of the local area with this plan.

☐ Be familiar with warning systems. Sign up to get alerts and notifications from Emergency Management.

☐ Show family members how and when to shut utilities off and where utility shut offs are.

☐ Install smoke detectors on each level of the home, especially near bedrooms. Check smoke detectors and carbon monoxide detectors regularly.

☐ Conduct a home hazard hunt. Mitigate potential hazards and risks (See page 12).

☐ Find the safe spots in your home for each type of disaster.

☐ Know who in your neighborhood might need help in preparing and responding in a disaster and include them in your plans. Know who, in your neighborhood, that could help your family.

Neighbors that might need our help

Name	Phone	E-mail	Medical or Special Needs	Other Notes

Learn about the emergency evacuation plans for your workplace and what you will need to do. You may want to have some basic supplies at work, such as water and food that won't spoil, in case you need to stay put for a while. Check with your employer about workplace emergency plans, including fire alarms, emergency exits, meeting points, and designated safety personnel or floor wardens.

Ask your children's school or daycare about their emergency policies. Find out how they will contact families during an emergency. Find out what type of authorization the school or daycare requires to release your children to a designated person if you can't pick them up.

Make sure the school or daycare has updated contact information for parents, caregivers, and designated persons.

PLANNING FOR PETS AND ANIMALS

Make plans for your pets and animals. In case of an evacuation, remember that pets are not allowed in public shelters or some hotels. Arrange a safe-haven for your pets in the event of evacuation. **DO NOT LEAVE YOUR PETS BEHIND.** Remember, if it isn't safe for you, it isn't safe for your pets. They may become trapped or escape and be exposed to numerous life-threatening hazards. It is imperative that you have determined where you will bring your pets ahead of time:

- ☐ Contact your veterinarian for a list of preferred boarding kennels and facilities.
- ☐ Ask your local animal shelter if they provide emergency shelter or foster care for pets.
- ☐ Identify hotels or motels outside of your immediate area that may accept pets.
- ☐ Ask friends and relatives outside your immediate area if they would be willing to take in your pet.



Pet/Animal Information

Name	Type/ Breed	Color	Registration/ID	Notes

INSURANCE INFORMATION

- ☐ Check insurances know what will be covered and what will not

Type of Insurance	Policy Number	Company	Contact Number

- ❑ Compile a home inventory. Update it often. Compiling a comprehensive home inventory takes time and effort, but the more detailed the inventory is, the more useful it will be if you have to make a claim.
- ❑ Document the possessions inside and outside of your home and make sure to check with your agent to confirm those possessions and property would be covered by your policy.
- ❑ Keep your home inventory in a safe place. Creating an inventory is important, but if that inventory is destroyed along with all your belongings it did you no good. Keep copies off site or stored in a cloud-based service.
- ❑ Read your policy before a loss occurs. Know what is covered, what is not, and the limitation of the policy. Consider different types of insurances for different needs, such as earthquake and flood insurance, which are not covered in most basic insurance policies. Know your insurance agent and know the phone numbers you need to call in case you need to make a claim. Know what you need to do right after a flood, fire, or other life or property damage.



IDEAS TO MAKE A HOME INVENTORY:



- Take pictures and make note of make, model, serial number, and when the items were bought.
- Take video of the contents of your home describing the above things as you go.
- Digital home inventory programs allow you to upload multiple photos of each item including: serial number, receipt, and or other identifying details

Don't forget to inventory items that may be out of site or in storage or in drawers or closets. Store property in plastic bins on shelves. Even a small loss involving a leaking pipe or sewer backup can cause a lot of damage if property is being stored on the floor and/or in cardboard boxes.

Have copies of important documents, pictures, and pictures of heirlooms off site. If they are kept off site, even if the originals cannot be replaced, you have the copies to still have the memories and the copies for the information that you will need to carry on with life after any type of emergency, whether larger or small. Talk about what items are important to your family and make plans on how to keep them safe. Talk about how the most important things are the people we love, and stuff is just stuff, so it is more important to be safe. But if you plan ahead with a family plan, a detailed home inventory, and good insurance your family can recover and move forward.

Know the special needs for your family. Establish a personal support network of friends, relatives, health-care providers, co-workers, and neighbors who understand your special needs. Write down details about: accommodation needs, insurance information, allergies, medical conditions, emergency contacts, medications, family medical history, recent vaccinations, health screenings, and surgeries

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Family Member Information (fill out for each family member)

Name		Contact info				Blood Type
Special Needs and Considerations						
Allergies						
Date of Birth	Eye Color	Hair Color	Height	Weight	Identifying Marks	
Medications	Expiration Date	Dosage	Prescribing Doctor		Phone Number	
Notes						

Name		Contact info				Blood Type
Special Needs and Considerations						
Allergies						
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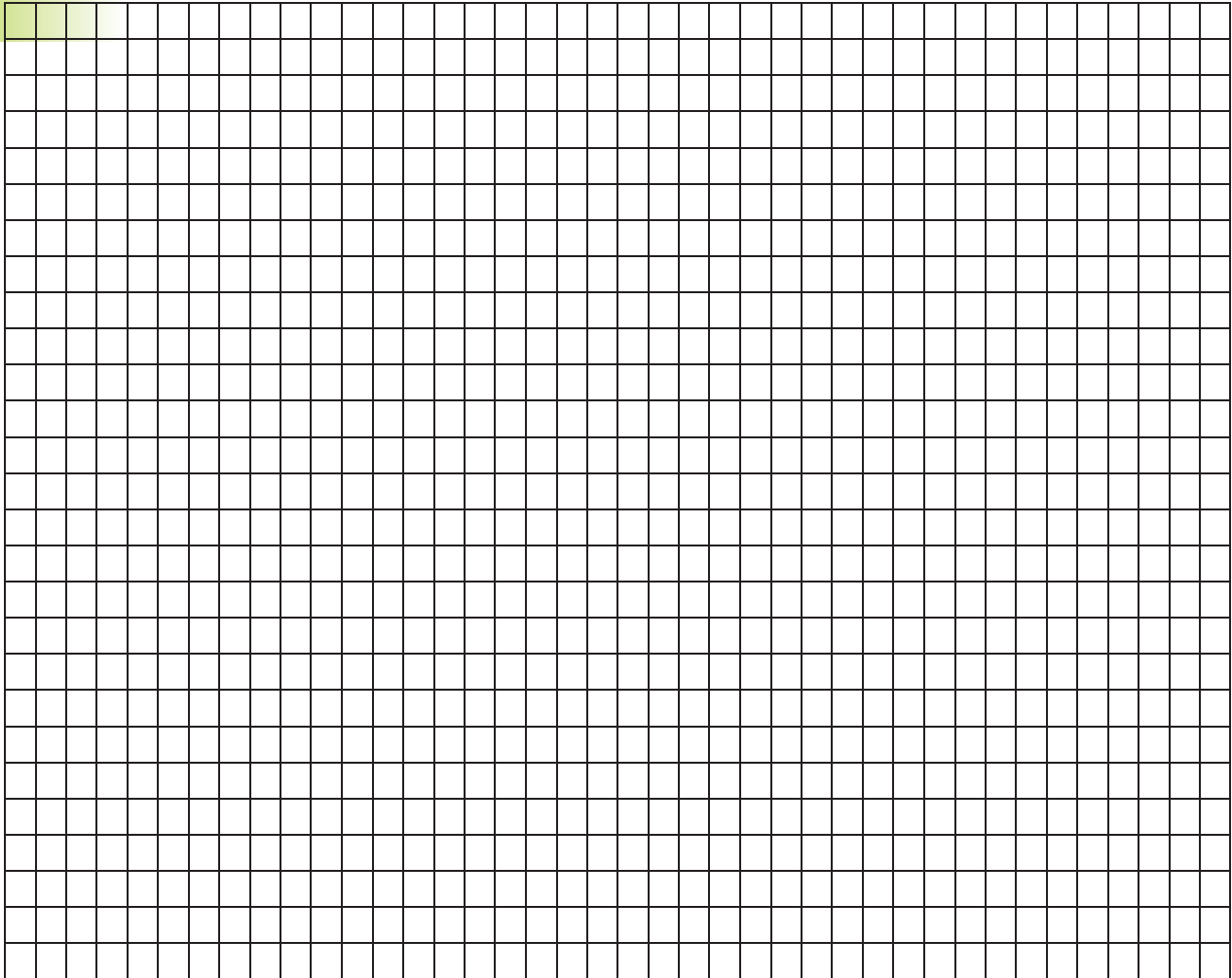
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Name		Contact info				Blood Type
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Name		Contact info				Blood Type
Special Needs and Considerations						
Allergies						
Date of Birth	Eye Color	Hair Color	Height	Weight	Identifying Marks	
Medications	Expiration Date	Dosage	Prescribing Doctor		Phone Number	
Notes						

MAKE A HOME SAFETY PLAN

Know how to escape from your home in the event of an emergency. Identify at least two exits from each room. Clear doors, hallways, and stairs of obstructions. Conduct emergency drills. Practice day and nighttime escapes, and pick a safe meeting place outside the home.



DRAW THE LAYOUT OF YOUR HOME AS BEST AS YOU CAN, INCLUDE:

- Doorways
- Windows (if they can be used as exits)
- Fire escapes (if in an apartment)
- ☐ Draw two floor plans if your house is 2 stories.
- ☐ Label each room.
- ☐ Draw a circle where there are smoke alarms.
- ☐ Draw two ways out of each room.
- ☐ Write "Exit" on each way out of the home.
- ☐ Draw an "X" for a safe meeting place outside.
- ☐ Practice escaping from every room in your home!

EVACUATION LIST

If we had 2 minutes to evacuate what would we bring and who would be responsible to grab it?

**HIGHEST
PRIORITY**

Item	Location	Person Responsible

If we had 15 minutes to evacuate what would we bring and who would be responsible to grab it?

**SECOND
PRIORITY**

Items from above and	Location	Person Responsible

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Secondary Priority Continued		

If we had 30 minutes to evacuate what would we bring and who would be responsible to grab it?

**LOWEST
PRIORITY**

Items from above and	Location	Person Responsible

If we had 1 hour to evacuate what would we bring and who would be responsible to grab it?

Other things to remember	Location	Person Responsible

HOME HAZARD HUNT

Take the checklist below and divide it into sections that are applicable for your household. Go room by room through the entire home. Don't forget to include garages and yards. Check off each item and circle or highlight the things that need to be fixed. Make sure to work together, as a family, to address the hazards, going through one section at a time.

During and right after a disaster, any household items that can move, fall, break, or cause a fire is a home hazard. At least once each year, inspect your home to find and correct potential hazards.



IDENTIFYING ELECTRICAL HAZARDS

- ☐ Check for electrical hazards.
- ☐ Replace frayed or cracked extension and appliance cords, loose prongs and plugs.
- ☐ Make sure there is only one plug per outlet. Avoid using cube taps or overloading outlets. If you must use an extension cord, use a cord that's rated for the electrical load and no longer than is really needed.
- ☐ Remove electrical cords that run under rugs or over nails, heaters, or pipes.
- ☐ Cover exposed outlets and wiring.
- ☐ Repair or replace appliances that overheat, short out, smoke or spark.



CHECK FOR CHEMICAL HAZARDS

- ☐ Store flammable liquids such as gasoline, acetone, benzene and lacquer thinner in approved safety cans, away from the home. Place containers in a well-ventilated area and close the lids tightly. Secure the containers to prevent spills.
- ☐ If flammable materials must be stored in the home, use a storage can with an Underwriter's Laboratories (UL) or Factory Mutual (FM) approved label. Move materials away from heat sources, open flames, gas appliances and children.
- ☐ Keep combustible liquids such as paint thinner, kerosene, charcoal lighter fluid and turpentine away from heat sources.
- ☐ Store oily waste and polishing rags in covered metal cans.
- ☐ Instruct family members not to use gasoline, benzene or other flammable fluids for starting fires or cleaning indoors.



CHECK FOR FIRE HAZARDS

- ☐ Clear out old rags, papers, mattresses, broken furniture and other combustible materials.
- ☐ Move clothes, curtains, rags and paper goods away from electrical equipment, gas appliances or flammable materials.
- ☐ Remove dried grass cuttings, tree trimmings and weeds from the property.
- ☐ Clean and repair chimneys, flue pipes, vent connectors and gas vents.
- ☐ Keep heaters and candles away from curtains and furniture.
- ☐ Place portable heaters on level surfaces, away from high traffic areas. Purchase portable heaters equipped with automatic shutoff switches, and avoid the use of extension cords.



CHECK FOR STRUCTURAL HAZARDS

- ☐ Water heaters, large appliances, bookcases, other tall and heavy furniture, shelves, mirrors, pictures, and overhead light fixtures have been anchored to wall studs.
- ☐ Pictures or mirrors have been moved away from where people sleep or sit.
- ☐ Large or heavy objects have been moved to lower shelves or stored somewhere else.
- ☐ The water heater and other gas appliances have flexible gas supply lines.
- ☐ Cabinet doors are latched or locked so that items cannot fall out.
- ☐ Hallways and stairways are well lit.
- ☐ Hallways and stairways are free of clutter.
- ☐ Any deep cracks in ceilings or the foundation have been repaired.



HAZARDS FOR SMALL CHILDREN

- ☐ Safety gates are at the bottom and top of stairways.
- ☐ There are guards around fireplaces, radiators, hot pipes, or wood-burning stoves.
- ☐ Sharp edges are cushioned with corner guards or other material.
- ☐ Curtain cords and shade pulls are out of reach.
- ☐ The hot water heater is set at a safe temperature (120 degrees or less).
- ☐ Prescription drugs and over-the-counter medicines are kept in childproof containers and out of reach.
- ☐ Shampoos and cosmetics are kept out of reach.
- ☐ All sharp objects in the bathroom, kitchen, and other areas are kept out of reach.
- ☐ Toilet seats and lids are kept down when not in use.
- ☐ Outlets are covered.
- ☐ Beds or cribs are away from radiators or other hot surfaces.
- ☐ Mattresses fit the sides of cribs snugly. The crib slats are no more than 2-3/8 inches apart.
- ☐ Toy boxes have secure lids and safe-closing hinges.



SAFETY EQUIPMENT

- ☐ Check fire safety equipment.
- ☐ Install at least one smoke detector on each level of the home, especially near the bedrooms.
- ☐ Test every month and change batteries at least once a year.
- ☐ Keep at least one fire extinguisher (ABC type). Maintain and recharge according to manufacturer's instructions. Show all family members where it's kept and how to use it.





SECURE ITEMS

- ☐ Check items that can shift or fall.
- ☐ Anchor water heater, large appliances, bookcases, tall or heavy furniture, shelves, mirrors and pictures to wall studs.
- ☐ Fit water heater with a flexible gas supply line.
- ☐ Place large or heavy objects on lower shelves.
- ☐ Install clips, latches or other locking devices on cabinet doors.
- ☐ Provide strong support and flexible connections on gas appliances.
- ☐ Brace overhead light fixtures.
- ☐ Hang heavy items, such as pictures and mirrors, away from beds and places where people sit.
- ☐ Repair any deep cracks in ceilings or foundations.



UTILITIES

- ☐ Check all utilities.
- ☐ Locate the main electric fuse or circuit breaker box, water service shut-off and natural gas main shut-off.
- ☐ Contact local utility companies for instructions on how to turn off the utilities. Teach family members when and how to turn off utilities.
- ☐ Clear area around shut-off switches for easy access. (Gas, water, and electrical box)
- ☐ Attach shut-off wrench or specialty tool to a pipe or other location close by the gas and water shut-off valves.
- ☐ Paint shut-off valves with white or fluorescent paint to increase visibility.



GET A KIT

STOCK EMERGENCY SUPPLIES AND ASSEMBLE AN EMERGENCY SUPPLIES KIT.

Review the information below. Gather the needed supplies that are listed. You may need them if your family is confined at home or compelled to evacuate. You may also need more than one type of kit, plan accordingly.

- ☐ Place the supplies you would most likely need for an evacuation in an easy-to-carry container.
Possible Containers Include: • A large, covered plastic container
• A five-gallon bucket • A backpack • A suitcase with wheels • A duffel bag
- ☐ Try to have enough supplies for a minimum of four days.
- ☐ Make sure everyone has their own emergency supplies kit.

There are eight basics you should stock in your disaster supplies kits:

- | | | |
|-------------------------|---|--|
| 1. Water | 5. Tools & Emergency Supplies | 8. Prepare Your Vehicles |
| 2. Food | 6. Special Needs items
and Medications | <i>*Remember to include the
things you need and use on
a regular basis</i> |
| 3. First Aid Supplies | 7. Important documents | |
| 4. Clothing and Bedding | | |



Every family member should have a disaster supply kit with essential food, water and supplies for at least four days. This kit should be kept in a convenient place, ready to “grab and go” in case you have to leave your home quickly because of a disaster, such as a flash flood or fire. Make sure all household members know where the kits are kept. Update kits regularly.

1. WATER

- Store water in plastic containers, such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and those who are ill will need more.
 - Store one gallon of water per person, per day. Households should have a minimum of a two week supply of water.
 - Keep at least a four-day supply of water per person in your disaster supply kits, two quarts for drinking, two quarts for food preparation/sanitation.
 - Don't forget water for your pets.
 - Treat all water if unsure of its purity, before using it for drinking, food preparation, or hygiene. Before treating, let any suspected particles settle to the bottom or strain through layers of paper towels or cloth.
 - Water can be safely treated by: 1. Boiling for 10-12 minutes, let the water cool before drinking, or 2. Adding 6-10 drops of bleach per gallon of water (don't use color-safe bleach). More bleach is not better, too much can make you ill. Make sure all stay hydrated, as dehydration is not a problem you want to have. You can never store too much water. Rotate your water supply periodically to keep your supply fresh.
- ☐ 1 gallon per person per day (at minimum)
- ☒ Obtain a good water filter



2. FOOD AND FOOD SUPPLIES

Store at least a four-day supply of nonperishable food.

- Select foods that require no refrigeration, preparation, or cooking and uses little or no water.
- Choose foods that your family will eat. Avoid foods that will make you thirsty.
- If you must heat food, pack a can of chafing fuels. Select food items that are compact and light-weight.

Include a selection of the following foods in your Disaster Supplies Kit:

- Ready-to-eat Canned Food: meats, beans, vegetables, fruit, pasta, rice, cereal.
- Canned soup (if powdered, store extra water).
- Beverages (bottled, canned, boxed): juices, water, soda, coffee, tea, powdered drink mix, etc.
- Staples: sugar, flour, salt, pepper, baking soda, baking powder, spices.
- Carbohydrates: Cereals, Breads, Granola bars, trail mix, crackers, dried fruits, breakfast bars.
- Proteins: Peanut butter, nuts, meats, protein bars.
- Sugars: Syrup, non-melting candy, cookies.
- Vitamins.
- Special foods (for infants, elderly, special diets): _____.
- Comfort/stress foods: cookies, hard candy, sweetened cereals, instant coffee, hot chocolate, etc.

OTHER SUPPLIES:

- Cooking supplies
- Mess kit or
Plate, bowl, cup, spoon, fork, knife
- Utility knife
- Manual can opener
- Small cook stove
- Pot for cooking
- Paper towels

3. FIRST AID SUPPLIES

Assemble a first aid kit for your home, one for each car, and a small one to carry with you.

First aid kits are a must have for every family. First aid kits are necessary so that you can treat ailments and injuries that happen at home or while traveling. From the minor cut, to the more serious injury, a first aid kit can help reduce the risk of infection or the severity of the injury. First aid kits include a variety of items that will help treat cuts, scrapes, and injuries including sprains, burns, and other ailments that are common. You can either buy a prepared first aid kit or you can prepare your own first aid kit using the list below. Make sure to put your first aid kits in easy to access places so that anyone can access the kit in the case of an injury.



Many injuries are not life-threatening and do not require immediate medical attention. Knowing how to treat minor injuries can make a difference in an emergency. Consider taking a first aid class to know how to treat injuries and utilize all the supplies in a first aid kit, but simply having a first aid kit can help you stop bleeding, prevent infection, and assist in decontamination. First aid kits can range from simple to very detailed. A small simple first aid kit should be carried to aid in small emergencies, such as a cut or a scrape. When something more severe happens having the right skills and equipment will help to give first aid. At its most basic, first aid is the initial assistance given to a victim of injury or illness. Having a kit on hand will help you and could potentially save a life.

A more detailed first aid kit should be kept at home, while a smaller sized detailed kit should be kept in the car for emergencies away from home.

A BASIC KIT SHOULD INCLUDE:

- ☐ Sterile adhesive bandages in assorted sizes
- ☐ 2-inch sterile gauze pads (4-6)
- ☐ 4-inch sterile gauze pads (4-6)
- ☐ Hypo-allergenic adhesive tape
- ☐ 40-inch triangular bandages (3-rolls)
- ☐ 2-inch sterile roll bandages (3-rolls)
- ☐ 3-inch sterile roll bandages (3-rolls)
- ☐ Scissors and tweezers
- ☐ Epi pen (if allergic to bee stings)
- ☐ Small Sewing kit
- ☐ Moistened towelettes/wet wipes
- ☐ Antiseptic soap
- ☐ Antiseptic solution - iodine compounds
- ☐ Antibiotic Ointment
- ☐ Hydrocortisone Cream
- ☐ Thermometer
- ☐ Tongue depressors (2)
- ☐ Tube of petroleum jelly (Vaseline or lubricant)
- ☐ Safety pins in assorted sizes
- ☐ Cleaning agent/soap
- ☐ Vinyl gloves (2 pairs)
- ☐ Sun screen
- ☐ Insect repellent
- ☐ Caladryl or generic equivalent
- ☐ First aid manual
- ☐ Rubbing alcohol
- ☐ Cotton balls
- ☐ Witch Hazel for bug bites and hemorrhoids
- ☐ Mylar Blankets (2)

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- ☐ List of any family members with allergies and treatment
- ☐ Contact information for family doctor, dentist, and emergency contact numbers for family members (work and cell)

☐ _____

AN ADVANCED FIRST AID KIT SHOULD ALSO INCLUDE:

- ☐ Small tool set
- ☐ Duct Tape
- ☐ Thermometer
- ☐ Q-Tips
- ☐ Large all-metal trauma shears
- ☐ Nail clippers
- ☐ Scissors
- ☐ N95 Masks 6+
- ☐ Paracord or rope
- ☐ Superglue
- ☐ Matches
- ☐ Light Source
- ☐ Magnifying glass
- ☐ Fels naphtha soap- to wash off poison Ivy, oak or sumac from skin and clothes (also a great clothes detergent)
- ☐ Entertainment and comfort candy
- ☐ _____
- ☐ _____

OVER-THE-COUNTER MEDICATIONS AND PRESCRIPTION MEDICATIONS:

- ☐ Ibuprofen (Advil)
- ☐ Acetaminophen (Tylenol)
- ☐ Aspirin
- ☐ Anti-histamine
- ☐ Imodium/Loperamide
- ☐ Sudafed (or an equivalent)
- ☐ Throat lozenges
- ☐ Cold/Flu medications

- ☐ Bismuth tabs
- ☐ Oral rehydration
- ☐ Dramamine
- ☐ Stool softener (laxative)
- ☐ Miconazole/Anti-fungal cream

☐ _____

☐ _____

☐ _____

Treating wounds is not always a simple ordeal – especially trauma – and it is often a job that is best left to the professionals. But in a survival situation, it may be your responsibility to treat these injuries to the best of your ability.

Realistically, outside of a hospital, no one is prepared for every medical emergency. Wounds can be ugly. Trauma can be horrifying. But here are some tools that will help prepare you for both:

WOUND AND BLISTER TREATMENTS:

- ☐ Molefoam
- ☐ Moleskin
- ☐ 2nd skin
- ☐ Medical tape
- ☐ Other Wound Treatment Tools
- ☐ Nitrile gloves (large stock supply)
- ☐ Irrigation syringe
- ☐ Sterile gauze pads, 5+
- ☐ Steri strips and butterfly bandages to close minor lacerations
- ☐ Multiple size Ace Bandages, x2
- ☐ Triangle bandages, x2
- ☐ Steri-strip or butterfly closures, 3+
- ☐ Maxi Pads and tampons- multi use materials
- ☐ Sam-splint / moldable foam splint
- ☐ Israeli bandage
- ☐ Suture kit
- ☐ Iodine

4. CLOTHING AND BEDDING

Staying warm and dry is important to your safety and health. Having the correct type of clothing will help you stay well and be able to perform tasks better.

- Include at least one complete change of clothing that can be layered, and good sturdy footwear per person.
- Have multiple pairs of socks to reduce blisters and other foot problems.
- Items to help keep you warm and dry should also be included.

• Keep all clothing and bedding from getting wet.

- | | |
|--|--|
| <input type="checkbox"/> Change of clothes
(according to season and work) | <input type="checkbox"/> Thermal underclothing |
| <input type="checkbox"/> Socks | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Underclothing | <input type="checkbox"/> Watch |
| <input type="checkbox"/> Jacket | <input type="checkbox"/> Sturdy shoes or boots |
| <input type="checkbox"/> Sweatshirt | <input type="checkbox"/> Blankets |
| <input type="checkbox"/> Rain Gear | <input type="checkbox"/> Sleeping Bag |
| <input type="checkbox"/> Work Gloves | <input type="checkbox"/> Travel Pillow |
| <input type="checkbox"/> Cap | <input type="checkbox"/> Plastic Sheet or Tarp |
| <input type="checkbox"/> Winter hat and Winter Gloves | <input type="checkbox"/> _____ |
| | <input type="checkbox"/> _____ |



5. TOOLS AND SUPPLIES

Small tools and other supplies will help you be more comfortable and safe depending what situation you may find yourself in.

Items such as work gloves, safety goggles, a flashlight or headlamp, and extra batteries will help keep you from getting injured.



SAFETY

- ☐ Safety Goggles
- ☐ Gloves
- ☐ N95 mask
- ☐ Sturdy shoes or boots
- ☐ Whistle
- ☐ _____
- ☐ _____

LIGHT

- ☐ a flashlight or headlamp, and extra batteries
- ☐ Solar Powered lights

- ☐ _____
- ☐ _____

HEAT

- ☐ Matches in a water proof container or lighter
- ☐ Candles
- ☐ Propane heater
- ☐ Aluminum foil
- ☐ Fire extinguisher: small canister ABC type
- ☐ _____
- ☐ _____

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- ☐ Lantern
- ☐ Candles
- ☐ Light Sticks
- ☐ _____
- ☐ _____

COMMUNICATION

- ☐ Battery powered radio
- ☐ Family radio service radio
- ☐ Permanent Marker
- ☐ Paper, Pencil, Pen
- ☐ _____
- ☐ _____

SHELTER

- ☐ Tube tent
- ☐ Emergency blanket
- ☐ Large Tarp
- ☐ Tent, if there is space
- ☐ Compass
- ☐ Rope or paracord
- ☐ Small sewing kit
- ☐ Shut-off wrench to turn off household gas and water
- ☐ Whistle
- ☐ Binoculars
- ☐ Axe/Hatchet
- ☐ Saw or chainsaw
- ☐ Crowbar
- ☐ _____
- ☐ _____

MISC SUPPLIES

- ☐ Cash in small bills and coins
- ☐ Plastic sheeting
- ☐ Plastic storage containers and bags
- ☐ Plastic Garbage and heavy duty bags
- ☐ Plastic zipper type bags different sizes
- ☐ Extra set of car and house keys
- ☐ Map of the area (for locating shelters and evacuation routes)
- ☐ Scissors

POWER

- ☐ Batteries
- ☐ Rechargeable Batteries
- ☐ Solar and other charging tools for electronic devices
- ☐ Generator (keep far away from house due to carbon monoxide)
- ☐ _____
- ☐ _____

TOOLS

- ☐ utility knife or multi tool
- ☐ Small basic tool set
- ☐ hammer
- ☐ Small shovel
- ☐ Tape/duct tape
- ☐ Comfort items
- ☐ Entertainment
- ☐ _____
- ☐ _____

SANITATION

- ☐ Toilet Paper
- ☐ Towelettes
- ☐ Soap
- ☐ Hand Sanitizer
- ☐ Liquid Detergent
- ☐ Feminine Supplies And
- ☐ Personal Hygiene Items (toothbrush, toothpaste, floss, nail clippers, nail file, chap stick, Shampoo, conditioner)
- ☐ Personal Wipes
- ☐ Tissues
- ☐ Deodorant/Antiperspirant
- ☐ Bucket with tight fitting lids
- ☐ Heavy Duty Garbage sacks
- ☐ _____
- ☐ _____

6. MEDICATIONS AND SPECIAL NEEDS

Every person has different needs. Some need eyeglasses to see, some need an oxygen machine to breathe, others may need insulin or certain medications. Children have certain needs. Babies have different needs, and even adults have differing needs according to age. All of these needs should be considered, and supplies added to each individual emergency supply kit.



MEDICATIONS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ Week supply of Prescription medication in original pill bottle if possible
- ☐ Insulin and supplies
- ☐ Other over the counter medication that is needed

SPECIAL NEEDS

- ☐ Eyeglasses
- ☐ Contacts, case, saline solution
- ☐ Entertainment
- ☐ Toys
- ☐ Extra snacks and treats
- ☐ _____
- ☐ _____

BABIES

- ☐ Diapers and Diaper changing supplies
- ☐ Baby Food and supplies
- ☐ Clean up cloths and supplies
- ☐ Diaper Rash Ointment

- ☐ oxygen machine
- ☐ C-pap machine
- ☐ Hearing Aids and extra batteries
- ☐ Walker/ Wheelchair
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

CHILDREN

- ☐ Comfort items
- ☐ Extra clothing
- ☐ Extra Clothing
- ☐ Extra pacifiers
- ☐ Washcloths
- ☐ Bulb syringe
- ☐ Baby medications
- ☐ Extra blankets
- ☐ Small comfort toys
- ☐ _____
- ☐ _____

7. IMPORTANT DOCUMENTS

Should you need to leave your home and are not able to return, it is wise to have important documents relating to your life and insurance to help in the recovery process after the event. Many people don't realize how much of our lives are in paper and how important those papers are, especially when trying to access resources. Make sure you have copies with you and have a set of copies housed somewhere off premises.



- ☐ Insurance Policies (home, auto, renters, life, health, etc.)
- ☐ Bank and Credit Union Account Information
- ☐ Mortgage and Real Estate Information
- ☐ Loan Information (home, car, student, etc.)
- ☐ Tax and Social Security Information
- ☐ Pension Plans & Retirement Benefit Information
- ☐ Investment Information
- ☐ Will and Trust information
- ☐ Power of Attorney Information
- ☐ Safe Deposit Box location and location of keys
- ☐ Professional Advisor Contact Information
- ☐ Proof of Identity & Relationships
- ☐ Household Utility Information
- ☐ Internet site, social media, and e-mail passwords
- ☐ Medical History
- ☐ Home Inventory& Appraisals
- ☐ Family History
- ☐ Important Contact information for work, school, daycare, church, etc.
- ☐ Other: _____
- ☐ Other: _____

EVERYDAY SUPPLIES

- ☐ Wallet
- ☐ Purse
- ☐ Phone
- ☐ Charger
- ☐ Charging Cord
- ☐ Medications
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ Vehicle Information
- ☐ Birth Certificates and Adoption Records
- ☐ Marriage and Divorce Papers
- ☐ Child Support and Alimony Records
- ☐ Health Insurance and ID Cards
- ☐ Immunization and Allergy Records
- ☐ Disabilities Documentation
- ☐ Lists of Necessary Medications
- ☐ Dental Records
- ☐ Military Records
- ☐ Important Pictures and Family Files
- ☐ Other Legal and Financial Documentation

Suggestion: Include date on each line as you obtain the necessary documents.

IMPORTANT REMINDERS...

- Store your kits in a convenient place known to all family members.
- Keep a smaller version of the Disaster Supplies Kit in the trunk of your car and at your office.
- Keep items in airtight plastic bags.
- Change your stored water supply yearly so it stays fresh.
- Replace your stored food every six months.
- Evaluate your kits and family needs at least once a year. Replace batteries, update clothing, etc.
- Ask your physician or pharmacist about storing prescription medications.

8. PREPARE YOUR VEHICLES

Vehicles are important to our lives. They take us to work, school, church, shopping, events, and take us on our vacations. Because they are a critical part of our everyday lives, it is important to have some supplies with you, just in case you are stranded somewhere, or your car unexpectedly cannot run.

If you are evacuating an area or you are stranded in your vehicle, you should make sure your vehicle is prepared to help you leave safely. Use the vehicle checklist to help you create a vehicle emergency kit for each vehicle. Prepare now by storing these items in your vehicle and be sure to rotate the items periodically. Keep vehicles fueled and in good condition by keeping them tuned with regular maintenance checks. Always check weather and road conditions before a trip.



VEHICLE KIT

- | | |
|--|---|
| <input type="checkbox"/> Water | <input type="checkbox"/> Flares or Roadside Triangles |
| <input type="checkbox"/> Food (Snacks, High Calorie bars, but food that doesn't make you more thirsty) | <input type="checkbox"/> Blankets |
| <input type="checkbox"/> Cash (Small bills and coins) | <input type="checkbox"/> Jackets |
| <input type="checkbox"/> Jumper Cables | <input type="checkbox"/> Good walking shoes |
| <input type="checkbox"/> Tire Gauge | <input type="checkbox"/> Small Shovel |
| <input type="checkbox"/> Extra fuses and lightbulbs | <input type="checkbox"/> Kitty Litter or Sand |
| <input type="checkbox"/> Basic First Aid Kit | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Plastic Sacks | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Solar Light or Flashlight w/extra batteries | |
| <input type="checkbox"/> Maps | |

If you must evacuate your home in a crisis, plan for the worst-case scenario. Even if you think you may be gone for only a day, assume that you may not be allowed to return for several weeks. When recommendations for evacuation have been announced, follow the instructions of local and state officials.

PET SUPPLIES

Get current photos of you with your pets and descriptions of your pets to help others identify them in case you and your pets become separated—and to prove that they are yours once you're reunited.

- Make sure all pets wear collars and tags with up-to-date identification information. Your pet's ID tag should contain its name, telephone number and any urgent medical needs. Be sure to also write your pet's name, your name and contact information on your pet's carrier.
- Gather written information about your pets' feeding schedules, medical conditions, behavior issues, and medical records along with the name and number of your veterinarian, in case you must board your pets or place them in foster care.

- | | |
|--|---|
| <input type="checkbox"/> Food and Water for a week |  |
| <input type="checkbox"/> Leash or harness | |
| <input type="checkbox"/> Pet Carrier | |
| <input type="checkbox"/> Food |  |
| <input type="checkbox"/> Collapsible bowls | |
| <input type="checkbox"/> Litter box | |
| <input type="checkbox"/> Kitty litter |  |
| <input type="checkbox"/> Scoop | |
| <input type="checkbox"/> Plastic sacks | |
| <input type="checkbox"/> Medications and medical records |  |
| <input type="checkbox"/> Grooming items | |
| <input type="checkbox"/> Play and chew toys | |
| <input type="checkbox"/> Pet first aid kit |  |
| <input type="checkbox"/> _____ | |
| <input type="checkbox"/> _____ | |

BE INFORMED

Disasters come in all sorts and sizes. There is no one size fits all when it comes to disasters. Everyone will be affected differently, yet will experience the same disaster. Preparedness is very much a personal endeavor because of this. It is important to know what can happen in your area and what protective actions you should take during different types of emergencies. Below is a list of various events that might be experienced. Read through all the events and protective actions even if you think those kinds of things don't happen locally, remember that you travel to different areas that might have different types of events. It is always better to know what to expect.



PART 1- KNOW WHAT COULD HAPPEN

- ☐ Know which the types of disasters that may affect your family: (Don't forget to think about the disasters you might encounter as you travel)

NATURAL DISASTERS

- **Earthquake**
- **Hazardous Weather**
 - Winter Storms
 - Windstorms & Tornadoes
 - Thunderstorms & Lightning
 - Flooding
 - Extreme Heat/Drought
- **Fire**
 - Home Fire
 - Wildland Fire
- **Landslides**
- **Volcanoes**
- **Hurricanes**
- **Tsunamis**

HUMAN CAUSED OR TECHNOLOGICAL DISASTERS

- **Utility Failures**
 - Power Outage
 - Gas Leaks
 - Communications
 - Water & Sewer
- **Hazardous Materials**
 - Household Chemical Emergencies
 - Hazardous Materials Incidents
 - Radiation Emergency
- **Terrorism**
 - Active Shooter
 - Cyber Safety
 - Chemical Attack
 - Biological Attack
- **Transportation Failures**
- **Public Health Threats**
 - Infectious Diseases
- **Infrastructure Failure**

PART 2- KNOW HOW TO COMMUNICATE WITH FAMILY AND OTHERS

A communications plan with your neighbors and local leaders is also part of being informed.

- ☐ **Sign up to be notified of weather events, major emergencies, and active county events.**
- ☐ Know and understand the different ways that authorities will communicate information to the public through the warning system and the Emergency Broadcast System.

BE FAMILIAR WITH WARNING SYSTEMS: LOCAL WARNING SYSTEMS

- Tooele Alerts
- Social Media (Tooele Emergency Management Facebook and Twitter)
- Highway Message Boards
- Sirens
- Wireless Emergency Alerts from Police and EMS
- Telephone calling trees and neighborhood communications

REGIONAL WARNING SYSTEMS

- Television and Radio Stations KSL 5 and KSL 1160 AM and 102.5 FM
- Tone Alert Radios (National Weather Service)
- 511 Local Road Conditions Information



PART 3- KNOW WHAT PROTECTIVE ACTIONS TO TAKE BEFORE, DURING, AND AFTER AN EMERGENCY PROTECTIVE ACTIONS

A. EVACUATION

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

1. Immediately gather family members and neighbors needing assistance.
2. Grab emergency supplies kits, medications, and important documents.
3. Get pets and their kits.
4. Lock your house and leave in private vehicle.
5. Listen and obey authorities through messaging from TooeleAlerts and other notification systems.
Tune car radio to EAS station, KSL 1160 AM or KSL 102.7 FM.
6. Follow directions and proceed to a safe area.
7. Expect traffic delays, remain calm, and drive safely.
8. Evacuee Reception Centers will be opened in safe areas.
9. Listen carefully to instructions by local officials. Evacuate immediately if told to do so.
10. Wear appropriate clothing and sturdy shoes.
11. Always keep gas tanks at least half full. Gas stations may be closed during emergencies.

If you go to a shelter, notify staff of any special needs you may have. They will try to accommodate you as much as possible, but be aware that they have limited supplies and are not equipped to deal with special needs right away.

BE PREPARED TO LEAVE YOUR HOME IF:

- There is a fire in your home
- 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

Evacuations are more common than many people realize. Hundreds of times each year transportation and industrial accidents release harmful substances, forcing thousands of people to leave their homes for unspecified amounts of time. Fires and floods cause evacuations even more frequently.

B. SHELTER-IN-PLACE

Shelter-in-place simply means staying inside your home or business. During an accidental release of toxic chemicals or emergencies involving hazardous materials where air quality may be threatened, sheltering-in-place keeps you inside a protected area and out of danger.



If shelter-in-place is necessary, you will be notified by local authorities. If you are asked to shelter-in-place, take the following steps:

1. Take your children and pets inside immediately. If there are toxic chemicals or hazardous materials involved, while gathering your family, cover your mouth and nose with a damp cloth to provide a minimal amount of coverage.
2. Close doors and windows, as well as the fireplace damper.
3. Turn off heating and air conditioning systems.
4. Take family into pre-selected shelter room with emergency supplies kits and go to an above ground room (not the basement, if a chemical incident) with the fewest windows and doors.
5. Wet some towels and jam them in the cracks under the doors. Seal doors, windows, vents, and other openings with plastic sheeting and duct tape. Close drapes or shades over windows. Stay away from windows.
6. Turn on battery-operated, AM/FM radio. Listen for information from officials.
7. You may leave shelter when instructed by emergency officials.
8. Once you are told to stop sheltering-in-place, vent your house by opening windows and turning on fans.

CREATE A SHELTER-IN-PLACE KIT:

- Battery-operated AM/FM radio and extra batteries
- Precut and labeled plastic for doors and windows of your shelter area
- Duct tape and scissors
- Towels or rags
- Water bottles and granola bars or non-perishable, no-cook food (enough for everyone sheltering)

Be sure everyone in your household knows where to find shelter from all hazards that may affect your area.

There may be a reason to shelter in place that doesn't involve a chemical or hazardous materials incident. Authorities may ask you to stay in your house while they are dealing with high tense events or searching for someone. Always follow their direction for your safety.

C. STAND-BY

This protective action is to stand-by for more information. At the onset of an emergency or disaster you and your family may not be involved in the initial evacuation or shelter-in-place orders. However, emergencies and disasters can escalate, at which time emergency officials may announce additional evacuation or shelter-in-place orders. To be alerted to the potential changes in conditions you should always monitor Tooele County's warning systems. This is called standing by for more information. Keep your TV or radio on and tuned to an Emergency Alert System station. (KSL 1160 AM or 102.7 FM) It is wise to also monitor social media from reputable sources such as Emergency Management or Police, Fire, and Health Agencies.

COPING WITH DISASTERS



Physical and emotional reactions often occur as a result of a natural emergency, such as a car wreck, disaster, or traumatic event, such as a terrorist attack. These reactions may happen immediately, or weeks to months after an event. Traumatic stress reactions can happen to people of any age and can change a person's behavior, thoughts, and physical health.

COMMON RESPONSES

The physical effects caused by a traumatic event can include:

- Rapid heartbeat
- Increased respiratory rate
- Shortness of breath
- Nausea
- Muscle and joint aches
- Tremors
- Headaches
- Fainting
- Panic Attacks
- Feelings of Depression
- Seek medical attention if any of these symptoms persist

Thoughts, behaviors and emotions may also change. These changes may include:

- Flashbacks or re-experiencing the event
- Withdrawal from normal social relations
- Performance problems at work or school
- Loss or increase in appetite
- Difficulty sleeping or nightmares
- Feeling overwhelmed, hopeless, numb
- Being extremely anxious, fearful, agitated or irritable
- Feeling depressed
- Increased consumption of alcohol or prescribed, over-the-counter or illicit drugs
- Exhibiting suicidal tendencies

CHILDREN & DISASTERS

WHAT YOU CAN DO FOR YOUR CHILD

Disasters can leave children feeling frightened, confused, and insecure. Whether a child has personally experienced trauma, has merely seen the event on television, or has heard it discussed by adults, it is important for parents and teachers to be informed and ready to help if reactions to stress begin to occur.

Children may respond to disaster by demonstrating fears, sadness, or behavioral problems. Younger children may return to earlier behavior patterns, such as bedwetting, sleep problems, and separation anxiety. Older children may also display anger, aggression, problems in school, or withdrawal. Some children who have only indirect contact with the disaster, but witness it on television may develop distress.



Children's coping with disaster or emergencies is often tied to the way parents cope. They can detect adults' fears and sadness. Parents and adults can make disasters less traumatic for children by taking steps to manage their own feelings and plans for coping. Parents are almost always the best source of support for children in disasters.

One way to establish a sense of control and to build confidence in children before a disaster is to engage and involve them in preparing a family disaster plan and their own emergency supplies kit. After a disaster, children can contribute to a family recovery plan.

- Let your child know that it is okay to feel upset when something bad or scary happens. Talk truthfully about the facts of the event according to the child's age.
- Encourage your child to express feelings and thoughts, without making judgments.
- Return to daily routines as quickly as possible.
- Allow them to help with the disaster recovery process for your family and for the community.

Children experience trauma and fear during a natural disaster. If they know what to do during a disaster, because they have practiced family disaster drills, they will be better able to handle the experience. When parents are calm, children calm down more quickly.

BEFORE A DISASTER PARENTS SHOULD:

- Familiarize yourself with the emergency response plans of schools and/or daycares your children attend.
- Find out if the school/daycare will keep your children or send them home in an emergency.
- Find out where the secondary reunification site may be if they have to evacuate from the school.
- Decide if your children should get into your home if you are not there.
- Decide if your children should take care of themselves or if a neighbor will take care of them.
- Develop and practice your family disaster plan.
- Teach children how to recognize danger signals.
- Explain how to call for help (911).
- Help children memorize important family information.
- Help children memorize their street address, not the P.O. Box.
- Include children's toys and special foods in their emergency supply kit.



Preparation helps; when people feel prepared, they cope better, and so do children.

After a disaster, children are most afraid the disaster will happen again, someone will be hurt or killed, and they will be separated from family and left alone.

PARENTS CAN HELP MINIMIZE THEIR CHILDREN'S FEARS BY:

- Keeping the family together, do not leave children with relatives or friends - take your children with you.
- Calmly and firmly explain the situation, facts, and your plans .
- Talk to your children at eye level.
- Encourage children to talk about the disaster and ask questions.
- Include children in recovery activities by giving them chores that will help them feel they are helping things get back to normal.
- Reassure children with firmness and love.
- Sympathize with and resolve their anxieties. Discuss that their life will not be the same as it was before, but it will come close as you work together, as a family, to recover.

WHAT YOU CAN DO FOR YOURSELF

There are many things you can do to cope with traumatic events:

- Understand that your symptoms may be normal, especially right after the trauma.
- Keep to your usual routine as much as possible.
- Take the time to resolve day-to-day conflicts so they do not add to your stress.
- Do not shy away from situations, people, and places that remind you of the trauma.
- Find ways to relax and be kind to yourself.
- Find ways to help your family and/or the community in the recovery process.
- Turn to family, friends, and clergy for support. Talk about your experiences and feelings with them.
- Participate in leisure and recreational activities.
- Recognize that you cannot control everything.
- Recognize the need for help from trained professionals. Call a local mental health center.

ELDERLY / SPECIAL NEEDS POPULATIONS & DISASTERS

People with disabilities or special needs should take extra precautions when preparing for a disaster. One of the most important things you can do is have a buddy, someone who can help you evacuate and take care of you. During an emergency, your usual care giver may not be able to help you. Make sure your buddy knows how to operate any medical equipment you use and knows what medication you may need.



WHEN PLANNING FOR THE CARE OF THE ELDERLY AND THOSE WITH SPECIAL NEEDS, PLEASE CONSIDER THE FOLLOWING RECOMMENDATIONS:

- Establish a close network of relatives and friends who can assist your family in an emergency.
- Make sure helpers know where to find the emergency supply kit which includes emergency supplies, medications, important documents, and other essential equipment.
- Remind family members to always wear a medical alert tag or bracelet if they have threatening health conditions.
- Sign up on the Utah Special Needs Registry by calling 211 or online at www.specialneedsutah.org.
- Compose a list of special items, equipment and supplies family members will need during a disaster.

Extra supplies for people with disabilities and special needs may include:

1. Prescription medications with a record of when and how much of the medication they should receive
2. Prosthetic devices
3. List of style and serial numbers of medical devices
4. Extra eye glasses and a record of the prescription
5. Emergency medical certification
6. Extra oxygen
7. Extra pillow, bedding
8. Medical insurance and Medicare cards and information
9. Back-up power supplies or generators for heat, air-conditioning, and oxygen generators
10. Extra wheelchair batteries and tools
11. Hearing aids, and extra batteries
12. Other needs that are used daily, keep an extra supply available

ANIMALS & DISASTERS

Your animals need to be included in your family disaster plan since they depend on you for their wellbeing. Your disaster plan should include a list of emergency phone numbers of local agencies that can assist you, if disaster strikes - including your veterinarian, state veterinarian, local animal shelter, animal care and control, county extension service, local agricultural schools, and the Health Department. These numbers should be kept with your disaster supply kit in a secure, but easily accessible place.

- If you must evacuate, do not leave your pets behind. There is a chance they will not survive or may get lost before you return.
- With the exception of service animals, pets are not permitted in emergency shelters. Find out which motels allow pets and where 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 their collar. If possible, attach the address and/or phone number of your evacuation site. Make sure you have a current photo of your pet for identification purposes.
- Make sure you have a secure pet carrier and leash for your pet. Pets may need to be restrained during tense emergency situations.
- Create an emergency supply kit for your pet. Take the kit with you and be prepared to leave it with whoever assumes responsibility for your pet.
- If you have no alternative but to leave your pet at home, there are some precautions you must take. Confine your pet to a safe area inside. Never leave your pet chained outside. Place a notice outside in a visible area advising that pets are in the house and where they are located. Provide a phone number where you or a contact can be reached, as well as the name and number of your vet.
- Have a back-up plan in case you are not at home when an evacuation is ordered. Find a trusted neighbor who will agree to take your pets, in case you are not there, and make plans to meet you at a prearranged location. Make sure this person is comfortable with your pets, knows where they are likely to be, and where to find your pet emergency kit.



LIVESTOCK

- Evacuate livestock whenever possible. Prepare in advance by having transportation and an evacuation destination prearranged. Alternate routes should be mapped out in case the planned route is inaccessible.
- The evacuation sites may have, or be able to readily obtain food, water, veterinary care, and handle equipment and animals, but it may not be for some time.
- If evacuation is not possible, a decision must be made whether to move large animals to available shelter or turn them outside. This decision should be determined based on the type of disaster and the soundness and location of the shelter.
- All animals should have some form of identification, such as brands or ear-tags, that will help facilitate their return.

WILDLIFE

- 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.

FINANCIAL PREPAREDNESS

Being ready for a disaster is more than storing water and supplies. You also need to be financially ready. Starting early and having adequate insurance, a plan to pay your bills, and access to your important records and accounts will help you get back on your feet faster and avoid problems with your credit when you need it most.

Americans at all income levels have experienced the challenges of rebuilding their lives after a disaster or other emergency. In these stressful circumstances, having access to personal financial, insurance, medical, and other records is crucial for starting the process of recovery quickly and efficiently. Taking the time now to collect and secure these critical records will give you peace of mind and, in the event of an emergency, will ensure that you have the documentation needed to start the recovery process without delay.



- Several factors should be considered as to how disasters will affect your family financially. You should be prepared to sustain yourself and your family away from your home for several days or, in a worst-case scenario, several weeks, or even months. Be advised, government agencies may not be able to react as quickly as you think they should.
- Evacuation expenses include fuel, restaurants and your stay in hotels. When deciding how much cash to bring for each day, keep those items in mind and plan accordingly.
- Average pet boarding costs are different for each animal depending on size and special needs.
- You should budget enough money to pay for a month's supply of prescription medicines.
- During a disaster, credit and other bank card use may be limited due to loss of power and other disaster-related factors. Get more cash than you think will be necessary.

Get cash in small bills and change because most retailers will not give change back during a disaster.

In the event of an emergency or disaster, you are still responsible for paying your mortgage, regardless of the condition of your house or its habitability. You are also responsible for paying your credit card and other bills. Failing to remain current with your payments could negatively affect your credit at a time when you need credit the most.

If an emergency or disaster causes you to lose income and you are unable to pay your bills, it is recommended that you call your card issuers as soon as possible and explain your situation. Many card issuers will work with you to establish a schedule to accommodate you and your personal situation in times of emergency.

For more information on Financial Preparedness visit
<https://www.ready.gov/financial-preparedness>

NATURAL DISASTERS

EARTHQUAKE

BEFORE AN EARTHQUAKE

- Secure water heaters, storage shelves, heavy mirrors, shelves, etc. to studs.
- Place large or heavy objects on lower shelves.
- Know where and how to shut off electricity, gas and water at main switches and valves.
- Have earthquake drills - identify safe spots in each room.
- Develop a plan for reuniting your family after an earthquake.
- Review your insurance policies.
- Keep a good pair of shoes and a flashlight near your bed.
- Prepare to survive on your own for at least four days.
- Participate in Utah's Great Shake Out annually in the spring.
- Consider earthquake insurance.



DURING AN EARTHQUAKE

- Drop, cover and hold on to the protective cover
- Stay calm
- Inside: stay inside and find protection by crouching under a desk or table away from windows, glass, brick walls, and chimneys
- Outside: stand away from buildings, trees, telephone and electric lines
- On the road: drive away from underpasses or overpasses. Stop in a safe area. Pull your vehicle to the side of the road. Stay in your vehicle. Be aware of damage that may have occurred on the road as you continue driving after the shaking has stopped
- In an office building: stay next to a pillar or column or under a heavy table or desk and hold on to it
- Stay where you are until the shaking has stopped and you are sure it is safe to move. Remain calm and stay inside during an earthquake unless you are in serious danger.



Most injuries during earthquakes occur when people are hit by falling debris when entering or exiting buildings. If you must go out after an earthquake, watch for fallen objects, downed electrical wires, weakened walls, bridges, roads, and sidewalks.

AFTER AN EARTHQUAKE

- Don't panic. If you're trapped, make noise by tapping, whistling, or singing, etc.
- Check for injuries. Provide first aid.
- Check for fires; gas, water, sewage breaks; downed electrical lines; building damage and potential problems that might occur during aftershocks, such as cracks around fireplaces and foundations. Turn off interrupted utilities as necessary.

Remember to only turn the gas off if you

- You smell natural gas,
- You hear natural gas leaking (a hissing, blowing or roaring sound),
- You see structural damage to your home,
- There's fire in close proximity to your home, or
- Questar makes the request.

- Clean up dangerous spills.
- Wear heavy gloves and heavy shoes in all areas near broken glass or debris. Keep your head and face protected from falling debris. Wear a protective mask to reduce the risk of inhaling dust and smoke.
- Tune radio to the emergency alert station and listen for instructions from public safety agencies.
- Use the telephone only for life threatening emergencies.
- As soon as possible, notify family and friends that you are safe through texting.
- 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 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.



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.

The Working Group on Utah Earthquake Probabilities (WGUEP) has assessed the probability of large earthquakes in the Wasatch Front region. There is a 43 percent probability of one or more magnitude (M) 6.75 or greater earthquakes and a 57 percent probability of one or more M6.0 or greater earthquakes in the region in the next 50 years.

Remember, it may not be necessary to turn your meter off after an earthquake or other disaster. After the 1989 earthquake in the San Francisco Bay Area, for example, 156,000 gas meters were off. According to the natural gas utility serving the area, this was only necessary in about two percent of the cases. Since natural gas meters should only be turned on by a qualified professional as noted, many customers in the Bay Area were without their natural gas service for days or even weeks until service could be restored. If that happened in Questar Gas's service territories during the winter months, the prolonged lack of heat could cause additional problems like freezing water pipes. For homeowners in Questar Gas's service territories, earthquakes are a major cause of concern. Earthquakes in other areas demonstrate the types of conditions victims experience and underscore the need for preparedness, including an understanding of your natural gas service and how it might be impacted by an earthquake or other major disaster.

HAZARDOUS WEATHER

WINTER STORMS

BEFORE A STORM

- Arrange for various methods of emergency heat supply in case of a power failure.
- Prepare auto, mobile, battery-powered equipment, food, heating fuel and other supplies.
- Prepare a car winter survival kit. Include the following items: blankets or sleeping bags, flares, high energy foods (candy, nuts, raisins), first aid kit, flashlights, extra clothing, hand warmers, knives, compass, candles and matches, maps, jumper cables, tow chain, shovel, windshield scraper, sack of sand or kitty litter, and paper and pen to leave a note in case you must leave your car.
- Keep car fuel tank above half full.



DURING AND AFTER THE STORM

If at home:

- Stay in your house, avoid travel and use disaster supply kits, if needed.
- Dress warmly. Wear multiple layers of protective, loose-fitting clothing, scarves, mittens, hats, hoods, and boots. Cover your mouth and nose to protect lungs from extremely cold air.
- Avoid overexertion. Heart attacks are a major cause of death during and after winter storms. Shoveling snow or freeing stuck vehicles can be extremely hard work. DO NOT overdo it.
- Beware of the chill factor if winds are present.
- 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.

If Trapped in Your Car:

- Stay in your car for visibility and warmth. Do not try to walk out.
- Use a candle for warmth. Run the motor for only 10 minutes each hour for heat with rear window open slightly for ventilation.
- Make sure the exhaust pipe is not blocked.
- Change positions frequently.
- Stay alert. Do not let all occupants of the car sleep at once.

About 70% of winter deaths related to snow and ice occur in automobiles. Travel by car in daylight, don't travel alone, keep others notified of your schedule, and stay on main roads—avoid back roads and shortcuts.

WINDSTORMS AND TORNADOS

BEFORE HIGH WINDS

- Survey your property. Take note of materials stored, placed or used which would become flying debris missiles and destroy other structures, or be destroyed. Devise methods of securing these items where they will be accessible for day-to-day needs.
- Keep tall trees properly pruned away from power lines.
- Keep radio and/or TV on and monitor for wind advisories.
- If possible, board up, tape, or shutter all windows, but leave some ventilation.



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- Store water in case water service is interrupted.
- Have a supply of flashlights, spare batteries, solar lights, candles, first aid equipment, medicines, etc. available for use.
- Have plastic sheeting or large tarps available in case roof is damaged and it begins to rain.
- Secure outdoor furniture, trash cans, tools, etc.

KNOW THE DIFFERENCE!

ADVISORIES

Advisories are issued when events are expected to remain below the warning criteria, but still cause significant inconvenience. Most common in association with snow events.

WATCHES

A Watch tells you that conditions are favorable and there is a pretty good chance that the event may happen. When a watch is issued begin making preparations for the upcoming event. Listen to your local media to know when warnings are issued. Watches are intended to heighten public awareness of the situation.

WARNINGS

A warning means that a certain weather event is **IMMINENT**. Measures should be taken to safeguard life and property **IMMEDIATELY**.

DURING HIGH WINDS

- Take shelter in hallways and closets, avoid windows. Go to the inner most part of the building away from windows.
- If outside, take shelter from flying debris.

AFTER WINDS SUBSIDE

- Inspect your home for structural and roof damage.
- Check all utilities and power lines for damage and proper operation.
- Monitor radio and TV for instructions from local authorities.

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 and has even caused death because of the swiftness and suddenness of the water. 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 on the ground and in the air. Windstorms have also caused extensive damage in parts of the state and especially here in Tooele County.

THUNDERSTORMS & LIGHTNING

PROTECT YOURSELF

- Get inside a home or large building when a storm approaches.
- Stay indoors and don't venture outside unless absolutely necessary.
- Stay away from open doors, windows, fireplaces, radiators, stoves, metal pipes, sinks, and appliances.
- Do not use electrical appliances.



Use telephone for emergencies only If you are outside with no time to reach a safe building or vehicle, follow these rules:

- Do not stand under a natural lightning rod, such as a tall, isolated tree in an open area.
- In a forest seek shelter in a low area under a thick growth of small trees.
- In open areas go to a low place, such as a ravine or valley. Be alert for flash floods.
- Do not stand on a hilltop, in an open field, on the beach or in a boat on the water .
- Avoid isolated sheds or other small structures in open areas.
- Get out of the water and off small boats.
- Get away from anything metal - tractors, farm equipment, motorcycles, golf carts, golf clubs, and bicycles.
- Stay away from wire fences, clothes lines, metal pipes, rails, exposed sheds or anything that is high and could conduct electricity. Some of the items could carry electricity to you from some distance away.
- When you feel an electrical charge - if your hair stands on end or your skin tingles - squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. Do not lie flat on the ground.

It does not need to be raining for lightning to occur.

Lightning often strikes outside of heavy rain and may occur as far as 10 miles away from any rainfall.

FLOODING

BEFORE A 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.
- Prepare a Family Disaster Supply Kit.
- 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 your home.
- Consider flood insurance.



EVACUATION

- Listen to local radio or TV for weather information.
- If 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, it may be washed out. While on the road, watch for possible flooding of bridges, dips, and low areas.
- Watch out for damaged roads, bridges, power lines, 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 where water is above your knees and/or is moving swiftly.
- Register at your designated evacuation reception center and remain there until informed you may leave.

AFTER A FLOOD

- Remain away from evacuated area until public health officials and building inspectors have given approval.
- Check for structural damage before entering buildings or home.
- Make sure electricity is off. Watch for electrical wires.
- Do not use open flame as a light source because of the possibility of escaping gas. Use flashlights. Beware of dangerous sparks.
- Do not use food or food in containers contaminated by flood water.
- Test drinking water for suitability with test kits.
- Avoid walking in flood water. Do not let children play in flood water.

EXTREME HEAT/ DROUGHT

Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

- Drink plenty of water; even if you do not feel thirsty. Avoid drinks with caffeine. Persons who have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- **NEVER LEAVE CHILDREN OR PETS ALONE IN CLOSED VEHICLES.**
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Check on your animals frequently to ensure that they are not suffering from the heat.
- Go to a designated public shelter. If your home loses power during periods of extreme heat. Stay on the lowest floor out of the sunshine if air conditioning is not available.



BEFORE EXTREME HEAT

- To begin preparing, you should build an emergency kit and make a family communications plan.
- Know those in your neighborhood who are older, young, sick or overweight. They are more likely to become victims of excessive heat and may need help.
- Be aware that people living in urban areas may be at greater risk from the effects of a prolonged heat wave than are people living in rural areas.
- Get trained in first aid to learn how to treat heat-related emergencies.
- Install window air conditioners snugly; insulate if necessary.
- Check air-conditioning ducts for proper insulation.
- Install temporary window reflectors (for use between windows and drapes), such as aluminum foil-covered cardboard, to reflect heat back outside.
- Weather-strip doors and sills to keep cool air in.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers. (Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.)
- Keep storm windows up all year.

SAFETY TIPS IF YOU MUST GO OUTSIDE

- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible. Avoid dark colors because they absorb the sun's rays.
- Protect face and head by wearing sunblock and a wide-brimmed hat.
- Postpone outdoor games and activities.
- Stay indoors as much as possible and limit exposure to the sun.

FIRE

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 children can get them.
- Do not leave cooking unattended.
- If you smoke, do not smoke in bed or in other positions where you may fall asleep. Also, have many large ashtrays in 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, the garage, and one on every floor.
- Have escape ladders for all windows higher than eight feet off the ground.
- 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 detector 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 an escape ladder.



DURING A FIRE

- If you are outside, stay outside. Do not return for anything. Do not re-enter the building until appropriate authorities have given permission.
- If you are inside, get out. Go to the nearest house or building and call 911. Report the address and type of fire. Listen to and follow instructions. Go to the 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 with **the back of your hand** so you don't burn your hand. 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 there is smoke, use clothes, sheets, etc. to stop the smoke from coming in the room. Go to the window and yell or blow a whistle, wave a handkerchief for attention of responders.
- If you see someone on fire, use a coat or blanket, but not your bare hands, to smother flames.

- If possible, turn off the gas and electricity from outside the house.
- In a public building, 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

Each year more than 4,000 Americans die and more than 25,000 are injured in fires, many of which could be prevented. Direct property loss due to fire is estimated at \$8.6 billion annually. Working smoke alarms decrease your chances of dying in fire by half.

WILDLAND FIRES

BEFORE A WILDFIRE

- Mark the entrance to your property with address signs that are clearly visible from the road.
- Keep lawn trimmed, leaves raked and the roof and rain gutters free from debris such as dead limbs and leaves.
- Stack firewood at least 30 feet away from your residence.
- Store flammable materials, liquids, and solvents in metal containers outside your residence, at least 30 feet away from structures and wooden fences.
- Create defensible space by thinning trees and brush within 30 feet around your residence. Beyond 30 feet, remove dead wood, debris and low tree branches.
- Landscape your property with fire resistant plants and vegetation to prevent fire from spreading quickly. For example, hardwood trees are more fire-resistant than pine, evergreen, eucalyptus or fir trees.
- Make sure water sources, such as hydrants, ponds, swimming pools and wells are accessible to the fire department.
- Use fire resistant, protective roofing and material like stone, brick, and metal to your residence.
- Avoid using wood materials, they offer the least fire protection.
- Cover all exterior vents, attics and eaves with metal mesh screens no larger than 6 millimeters or 1/4 inch to prevent debris from collecting and to help keep sparks out.
- Install multi pane windows, tempered safety glass, or fireproof shutters to protect large windows from radiant heat.
- Use fire-resistant draperies for added window protection.
- Have chimneys, wood stoves, and all home heating systems inspected and cleaned annually by a certified specialist.
- Insulate chimneys and place spark arresters on top. The chimney should be at least 3 feet above the roof.
- Remove branches hanging above and around the chimney. Follow local burning laws before burning debris in a wooded area, make sure you notify local authorities, obtain a burning permit and follow these guidelines:
 1. Use an approved incinerator with a safety lid or covering with holes no larger than 3/4 inch.
 2. Create at least a 10-foot clearing around the incinerator before burning debris.
 3. Have a fire extinguisher or garden hose on hand when burning debris.



Choose a route away from fire hazards. Watch for changes in the speed and direction of the fire and smoke. 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.

DURING A WILDFIRE

If a wildfire threatens your home and time permits, take the following precautions:

- Shut off gas at the meter. Only a qualified professional can safely turn the gas back on.
- Seal attic and ground vents with precut plywood or commercial seals.
- Turn off propane tanks.
- Place combustible patio furniture inside .
- Connect garden hose to outside taps. Place lawn sprinklers on the roof and near above ground fuel tanks.
- Wet the roof.
- Wet or remove shrubs within 15 feet of your residence.
- Gather fire tools, such as a rake, axe, handsaw or chainsaw, bucket and shovel.
- Back your car into the garage or park it in an open space facing the direction of escape. Shut doors and roll up windows. Close garage windows and doors, but leave them unlocked. Disconnect automatic garage door openers.
- Open fireplace damper. Close fireplace screens.
- Close windows, vents, doors, blinds or noncombustible window coverings, and heavy drapes. Remove flammable drapes and curtains.
- Move flammable furniture into the center of the residence away from windows and sliding glass doors
- Close all interior doors and windows to prevent drafts.
- Place valuables that will not be damaged by water in a pool or pond. If advised to evacuate, do so immediately.

According to Utahfireinfo.com there were 844 fires in 2017 which burned 221,550 acres in various parts of Utah. Six fires were burning at one time in Tooele County. While most wildland fires start because of lightning, fires can be caused by people and cars. In Tooele county the wind is a major factor for making fires become more intense and more difficult to control. Fires in the past have caused evacuations in parts of Tooele County. The threat of fire is increasing every year as temperature increases and more people are encroaching on the Urban Wildland Interface space.

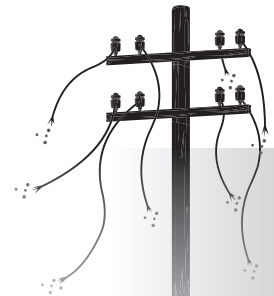
As of October 6, for the year so far, 2017 ranked higher in number of acres burned in the U.S. compared to the 10-year average. In early October, northern California was hit a devastating outbreak of wildfires which led to at least 23 fatalities and destroyed over 3,500 structures. Wild fires also greatly increase the threat of flooding and mudslides by stripping the native vegetation that hold the soil in place. This decreases the soil's ability to absorb water, resulting in faster runoff from storms and snow melt. Being ready to evacuate because of a fire should be part of everyone's plan whether you live near wildland or not.

UTILITY FAILURES

POWER OUTAGE

HOME ELECTRICAL CIRCUITS

- Familiarize yourself with the location of the electrical breaker panel.
- Turn off breakers for areas of concern.
- If in doubt, shut off main breakers. Check your house electrical meter. If it is on your home, there may be a main disconnect 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.



- Be sure to show others in the family where the breakers are located, in case of an emergency or in case of basement flooding:
 1. Think before stepping in any water. A shock hazard may exist even in an inch of water.
 2. If the electrical panel is upstairs, shut off all circuits.
 3. If the electrical panel is in the basement, determine whether it can be reached on DRY ground. If not, shut off the main breaker.

BEFORE A POWER OUTAGE

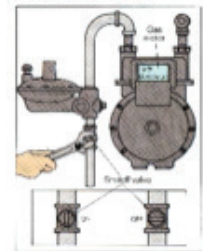
- Know the Rocky Mountain Power outage number: 877-548-3768.
- Learn location of fuse box or circuit breaker.
- Have a corded, non-electrical phone in the residence.
- Store candles, flashlights, and extra batteries in convenient places.
- Have food and water supplies on hand.
- Know the locations of all camping equipment: stove, lantern, and sleeping bags. Make sure equipment is operational and that you know how to use it. Use camping equipment requiring gasoline, propane, Coleman fuel, or charcoal briquettes **outside only**.
- Keep refrigerator well defrosted.
- Have battery or generator backups for essential equipment such as oxygen generators and medical equipment.

GAS LEAKS

EMERGENCY CONTROL OF GAS

- 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.
- If a gas line breakage is suspected, shut off gas at the meter. Then, turn the meter off only if you can do it safely! The shutoff valve is located next to the meter as shown. Turn the valve a quarter turn in either direction to the "off" position. Once the meter is shut off, it should only be turned back on by a qualified plumber, or heating contractor, or Dominion Energy employee.
- Turn on a battery-operated radio or car radio if no gas leaks are found to receive disaster instructions.
- Do not use your telephone near leaking gas, except in extreme emergency situations.

Gas Shutoff Valve



COMMUNICATIONS DISRUPTIONS

(telephone, cellular, fiber optic)

When an emergency occurs, the need to communicate is immediate. If business operations are disrupted, customers will want to know how they will be impacted. Regulators may need to be notified and local government officials will want to know what is going on in their community. Families, neighbors, and co-workers will be concerned and want information. Neighbors living near an incident may need information—especially if they are threatened by the incident. All of these "audiences" will want information all at the same time, thus disrupting the communication systems.



Also during a disaster communication systems, or fiber optic lines may become damaged, therefore lines for communication will not be able to be used. It is important to recognize different types of communication and avenues of communication.

Prepare your family by having a communication plan and taking advantage of many different back up types of communication for use with your family, neighborhood, and community. Learn different ways that you will be able to get information. Talk with neighbors and develop a neighborhood communication plan that you may be able to get help or to give help.

OTHER IMPORTANT TIPS FOR COMMUNICATING IN DISASTERS

- Text is best when using a mobile phone, but if you make a phone call, keep it brief and convey only vital information to emergency personnel and/or family or household members. This will minimize network congestion, free up space on the network for emergency communications, and conserve battery power. Wait 10 seconds before redialing a number. If you redial too quickly, the data from the handset to the cell sites do not have enough time to clear before you've re-sent the same data. This contributes to a clogged network.
- Conserve your mobile phone battery by reducing the brightness of your screen, placing your phone in airplane mode, and closing apps you do not need. Limit watching videos and playing video games to help reduce network congestion.
- Keep charged batteries, a car phone charger, and a solar charger available for backup power for your mobile phone, teletypewriters (TTYs), amplified phones, and caption phones. If you charge your phone in your car, be sure the car is in a well-ventilated area (e.g., not in a closed garage) to avoid life-threatening carbon monoxide poisoning.
- Maintain a household landline and analog phone (with battery backup if it has a cordless receiver) that can be used when mobile phone service is unavailable. Those who are Deaf or hard of hearing, or who have speech disabilities and use devices and services that depend on digital technology (e.g., VRS, Internet Protocol [IP] Relay, or captioning) should have an analog phone (e.g., TTY, amplified phone, or caption phone) with battery backup in case Internet or mobile service is down.
- Use the Internet to communicate by email, Twitter, Facebook, and other social media networks. These communication channels allow you to share information quickly with a widespread audience or to find out if loved ones are OK. The Internet can also be used for telephone calls through Voice-over Internet Protocol.

WATER AND SEWER DISRUPTION

Water and Sewer systems are always potentially subject to a disaster event, whether man-made or natural. Water and wastewater utilities could potentially suffer from problems during an emergency, such as equipment failure, leaking pipelines, fluctuations in water pressure, concerns about water quality and quantity, ability to deliver, interruptions in wastewater collection, its treatment, and disposal.



UTILITY SHUT-OFF AND SAFETY

Water quickly becomes a precious resource that may become unavailable or contaminated following many disasters. It is important that emergency drinking water is kept on hand, and that all household members learn how to shut off and isolate the water supply to their residence.

- Clearly label the water shut-off valve and learn to turn off the water supply.
- Shut-off valves may be found immediately adjacent to your home, near the hot water heater, or at the main water meter; usually near the street.

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- Ensure the valve can be fully turned off. If a special tool is needed, make sure one is readily available.
- Shut off the main valve to prevent contamination of the water supply in your water heater and plumbing. It is also important to know where the main controls are located for gas and electricity and to know how to turn them off. When disaster strikes it often affects one or more of the utility systems in your home.

HOW TO STORE WATER

When water is **properly** stored it will remain safe to drink. Emergency water should be stored in thoroughly washed/sterilized plastic containers that are tightly sealed. The stored water should be kept in a cool, dark place to prevent algal and bacteria growth and to prevent the deterioration of the container. To ensure the safety and freshness of the supply, change emergency water once every 6 months. And check the stability of the container the water is in.

If your emergency water hasn't been recently replaced or your water supply has a bad odor and taste you should purify it before using it for drinking, food preparation or hygiene. Boiling water and disinfection with household liquid bleach will kill most microbes that cause diseases such as dysentery, typhoid and hepatitis.

BOILING is the safest method of purifying water. Bring water to a rolling boil for 3-5 minutes, keeping in mind that some water will evaporate. Let the water cool before drinking.

DISINFECTING WITH BLEACH

Volume of Water	Amount of 6% Bleach to Add†	Amount of 8.25% Bleach to Add†
1 quart/liter	2 drops	2 drops
1 gallon	8 drops	6 drops
2 gallons	16 drops (1/4 tsp)	12 drops (1/8 tsp)
4 gallons	1/3 tsp	1/4 tsp
8 gallons	2/3 tsp	1/2 tsp

† Bleach may contain 6 or 8.25% sodium hypochlorite

It is important to use the correct type of bleach. Do not use scented bleaches, color safe bleaches, or bleaches with added cleaners. Other water treatments such as iodine sold at camping stores do not contain the required sodium hypochlorite to be an effective and safe disinfection. For a printable information sheet go to the EPA website www.epa.gov/ground-water-and-drinking-water/emergency-disinfection-drinking-water-0

HOW TO BUILD A MAKESHIFT TOILET:

- If sewage lines are broken, but the toilet bowl is usable, place a garbage bag inside the bowl.
- If the toilet is completely backed up, make your own toilet by lining a medium-sized bucket with a garbage bag. Make a toilet seat out of two boards placed parallel to each other across the bucket. An old toilet seat will also work.

SANITIZE WASTE

- After each use, pour a disinfectant, such as bleach and kitty litter, into the container. This will help avoid and control infection and stop the spread of disease.
- Cover the container tightly when not in use.

WASTE DISPOSAL

- Bury garbage and human waste to avoid the spread of disease by rats and insects.
- Dig a pit 2 to 3 feet deep and at least 50 feet downhill or away from any well, spring or water supply.
- If the garbage cannot be buried immediately, strain any liquids into the emergency toilet.
- Wrap the residue in several layers of newspapers and store it in a large can with a tight fitting lid.
- Place the can outside until it can be buried.

EMERGENCY SANITATION

After a major disaster, if water and sewage lines have been disrupted or damaged, you may need to improvise emergency sanitation facilities.

Always have basic sanitation supplies on hand:

- Medium-sized plastic bucket with tight lid
- Plastic garbage bags and ties (heavy duty)
- Soap, liquid detergent
- Household chlorine bleach
- Toilet paper
- Towelettes
- Kitty Litter

HAZARDOUS MATERIALS

HAZARDOUS MATERIALS INCIDENTS



BEFORE AN INCIDENT

- Be prepared to evacuate. An evacuation could last for a few hours or several days.
- Be prepared to shelter-in-place. You may be required to shelter-in-place for several hours.

DURING AN INCIDENT

- Stay away from the incident to minimize the risk of contamination.
- Remain uphill and upwind from the source of the hazardous materials.
- If asked to evacuate your home, do so immediately.
- Shelter-in-place if requested to stay indoors.
- Schools may institute shelter-in-place procedures if there is a hazardous materials incident. If so, you will probably not be able to drive to the school to pick up your children. Follow the directions of your local emergency officials and school officials.
- Avoid contact with spilled liquids, airborne mists, or condensed solid chemical deposits.

AFTER AN INCIDENT

- Do not return home until you are told it is safe.
- When you get home, open windows, vents and turn on fans to ventilate your house.
- Find out from local authorities how to clean up your land and property
- Report any lingering vapors or hazards.

Billions of pounds of hazardous materials are transported across Utah's roadways each year, with more than 400,000 trucks carrying these materials. Some of the most common commodities include flammable liquids (gasoline and other fuels), followed by compressed gasses (propane, etc.) A very small percentage carry radioactive materials. The Division of 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.

HOUSEHOLD CHEMICAL EMERGENCIES

BEFORE A HOUSEHOLD CHEMICAL EMERGENCY

- Buy only as much of a chemical as you think you will use.
- Keep products containing hazardous materials in their original containers and never remove the labels unless the container is corroding.
- Never store hazardous products in food containers.
- Never mix household hazardous chemicals or waste with other products.



Take the following precautions to prevent and respond to accidents:

- Follow the manufacturer's instructions for the proper use of the household chemical
- Never smoke while using household chemicals.
- Never use hair spray, cleaning solutions, paint products, or pesticides near an open flame.
- Clean up any chemical spills immediately. Use rags to clean up the spill. Wear rubber gloves, mask, and eye protection. Allow the fumes in the rags to evaporate outdoors, then dispose of the rags by wrapping them in a newspaper and placing them in a sealed plastic bag in your trash can.

- Dispose of hazardous materials correctly. Take household hazardous waste to a local collection program. Contact the Tooele County Health Department for information.

DURING A HOUSEHOLD, CHEMICAL EMERGENCY

Be prepared to seek medical assistance:

- Call Poison Control at 1-800-222-1222 and follow directions.

If there is a danger of fire or explosion:

- Get out of the residence immediately. Do not waste time collecting items or calling the fire department when you are in danger. Call the fire department from outside (a cellular phone or a neighbor's phone) once you are safely away from danger.
- Stay upwind and away from the residence to avoid breathing toxic fumes

If someone has been exposed to a household chemical:

- Find any containers of the substance that are readily available in order to provide requested information. Call emergency medical services.
- Follow the emergency operator or dispatcher's first aid instructions carefully. The first aid advice found on containers may be out of date or inappropriate. Do not give anything by mouth unless advised to do so by a medical professional.
- Discard clothing that may have been contaminated. Some chemicals may not wash out completely.
- Take care when removing clothing as to not get the chemical on your skin.

ACCIDENTAL POISONING

BEFORE POISONING

- Place Poison Control Number near the phone (1-800-222-1222).
- Do not leave children alone or unattended.
- Be aware of all potential hazards in your home.
- Never call medicine "candy".
- Teach children to ask before putting anything in the mouth.
- Keep activated charcoal on hand.
- Keep potentially harmful substances locked up or out of reach of children.



AFTER POISONING

- Stay calm
- Call the Poison Control Center
- Follow Poison Control Center's instructions

INHALED POISONING

- Immediately get the victim to fresh air
- Avoid breathing fumes
- Open doors and windows wide
- If victim is not breathing, have someone call 911, then start CPR

POISON ON THE SKIN

- Carefully remove contaminated clothing
- Flush skin with cool water for ten minutes
- Call Poison Control Center

- Follow Poison Control Center's instructions

Poison in the Eye

- Flood eye with cool water poured from a large glass two to three inches from the eye.
- Repeat process for 15 minutes
- Call Poison Control Center

Swallowed Poison

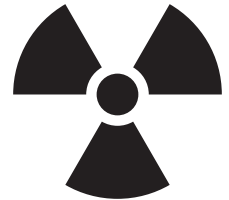
- Do not give the victim anything to eat or drink
- Call Poison Control Center
- Follow Poison Control Center's instructions

POISON CONTROL CENTER 1.800.222.1222

RADIATION EMERGENCY

DURING A RADIATION EMERGENCY

- If you have advanced warning, take your emergency supplies kit and go to an approved shelter or your basement. Huddle close to the floor and as near to a wall as possible. Get under a table for protection from falling objects.
- DO NOT attempt to evacuate your shelter until advised.
- If you see a nuclear flash and feel sudden heat, take cover INSTANTLY, within one to two seconds. Drop to the ground and curl up tightly, covering as many parts of your body as possible.
- Go to a shelter once the heat and blast effects have cleared.
- Never look at the light of a nuclear explosion.
- Try to get as much time, distance, and shielding (barrier) as possible from the radiation or fall-out (down-wind).



AFTER A RADIATION EMERGENCY

- Take cover in an underground shelter, basement, etc.
- Carefully remove contaminated clothing.
- Wash yourself thoroughly with soap and water. Wash your head and nose hairs especially well.
- If source of radiation is known and travel advisable, travel in the opposite direction and go upwind from radiation.
- Remain in protective shelter for three days. Limit your exposure to contaminated areas.
- If someone needs radiation sickness treatment, keep the victim calm, give emotional support, and plenty of fluids, and seek medical attention.
- Wipe food and water containers with a clean cloth to remove particles of fallout, which resembles sand or salt.

TERRORISM

PREPARING FOR TERRORISM

- Wherever you are, **be aware** of your surroundings. The very nature of terrorism suggests there may be little or no warning. Report suspicious activities immediately to law enforcement authorities.
- If you "See something, say something." Describe specifically what you observed including: Who or what you saw, when you saw it, where it occurred, and why it is suspicious.
- Take precautions when traveling. Be aware of conspicuous or unusual behavior. Do not accept packages from strangers. Do not leave luggage unattended. Unusual behavior, suspicious packages and strange devices should be promptly reported to the police or security personnel.
- Do not be afraid to move or leave if you feel uncomfortable or if something does not seem right.
- Learn where emergency exits are located in buildings you frequent. Notice where exits are when you enter unfamiliar buildings. Note where staircases are located.
- Assemble an emergency supplies kit for home, work, and vehicle and learn first aid.



ACTIVE SHOOTER EVENT

"Active Shooter" is a phrase used by law enforcement that describes an armed person actively engaged in killing or attempting to kill people in a confined and populated area. An uncontained active shooter subject uses deadly physical force on individuals and continues to do so while having unrestricted access to additional victims, causing serious injury or death. In most cases, active shooters use firearms and there is no pattern or method to their selection of victims. Active shooter situations are unpredictable and evolve quickly.

HOW TO RESPOND WHEN AN ACTIVE SHOOTER IS IN YOUR VICINITY

- **AVOID** starts with your state of mind.
 - Pay attention to your surroundings.
 - Have an exit plan.
 - Move away from the source of the threat as quickly as possible.
 - The more distance and barriers between you and the threat, the better.
- **DENY** when getting away is difficult or maybe even impossible.
 - Keep distance between you and the source.
 - Create barriers to prevent or slow down a threat from getting to you.
 - Turn the lights off.
 - Remain out of sight and quiet by hiding behind large objects and silence your phone.
- **DEFEND** because you have the right to protect yourself.
 - If you cannot Avoid or Deny, be prepared to defend yourself.
 - Be aggressive and committed to your actions.
 - Do not fight fairly. THIS IS ABOUT SURVIVAL.

CALL 911 WHEN SAFE TO DO SO.

HOW TO RESPOND WHEN LAW ENFORCEMENT ARRIVES ON THE SCENE

- Remain calm, and follow officers' instructions.
- Avoid pointing, screaming and/or yelling.
- Immediately raise hands and spread fingers .
- Do not stop to ask officers for help or direction when evacuating, just proceed in the direction from which officers are entering the premises.
- Keep hands visible at all times.
- Avoid making quick movements toward officers such as attempting to hold on to them for safety.

INFORMATION YOU SHOULD PROVIDE TO LAW ENFORCEMENT OR 911 OPERATOR:

- Location of the active shooter
- Number and type of weapons held by the shooter/s
- Number of shooters, if more than one
- Number of potential victims at the location
- Physical description of shooter/s

The best way to prepare is to learn what to do, be aware of your surroundings and the people who are around you, and make the decision to not become a victim, but a survivor. As a result of increased public awareness, many citizens have learned how they can protect themselves and reduce the dangers faced during one of these events.

CHEMICAL ATTACK

Signs of a chemical attack would include many people suffering from watery eyes, choking, and having trouble breathing, and many sick or dead birds, fish, or small animals. If you suspect a chemical attack has occurred:

- Avoid the contaminated area. Either get away from the area or shelter-in-place, using the option that minimizes your exposure to the chemical.
- Wash with soap and water immediately if you were exposed to a chemical.
- Seek medical attention.
- Notify law enforcement or health authorities.

BIOLOGICAL ATTACK

A biological attack may not be immediately obvious. Patterns of unusual illnesses or a surge of sick people seeking medical treatment may be the first sign of an attack. If you believe there has been a suspicious release of biological substances:

- Quickly get away from the area.
- Cover your mouth and nose with layers of fabric, such as a T-shirt or towel.
- Wash with soap and water.
- Contact local law enforcement or health authorities

The Center for Disease Control has listed the following agents as Category A agents, meaning they pose the greatest potential public health threat: anthrax, botulism, plague, smallpox, tularemia and viral hemorrhagic fevers. Information can also be found with the Tooele County Health Department at www.tooelehealth.org

Thanks to the coordination of security for the 2002 Winter 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 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.

CYBER SAFETY

BEFORE

- Only connect to the Internet over secure, password-protected networks.
- Never click on pop-ups, open attachments, or e-mails from strangers.
- Most organizations will not ask for your personal information over the internet; do not respond to online requests for and personally identifiable information.
- Password protect all devices that connect to the Internet and user accounts.



DURING

- If you suspect your system is infected or acting suspiciously, run a security scan of your system.
- If you find a problem, disconnect your device from the internet and perform a full system restore.
- Disconnect your device from the Internet connection to prevent an attacker or virus from being able to access your computer and perform tasks such as locating personal data, manipulating or deleting files, or using your device to attack others.

If you believe your personally identifiable information has been compromised:

- Immediately change all passwords; financial passwords first.
- If you believe the compromise was caused by malicious code, disconnect your computer from the internet.
- Restart your computer in safe mode and perform a full system restore.
- Contact companies, including banks, as well as credit reporting companies.
- Close any accounts that may have been compromised. Watch for any unexplained or unauthorized charges to your accounts.

AFTER

- File a report with the local police so there is an official record of the incident
- Report online crime or fraud to your local United States Secret Service Electronic Crimes Task Force or the Internet Crime Compliant Center
- Report identity theft to the Federal Trade Commission
- If your personally identifiable information was compromised, consider other information that may be at risk.
- Depending on what information was stolen, you may need to contact other agencies. For example, if someone has gained access to your Social Security number, contact the Social Security Administration. You should also contact the Department of Motor Vehicles if your driver's license or car registration has been stolen.

TRANSPORTATION DISRUPTIONS

Other than where we work, and at home, our vehicles are the next place we spend a significant amount of time in. Because so many people in Tooele County commute to other counties it is important to understand what disruptions might happen whether there is a major disaster or not.

Before you leave to travel on the roads in Tooele County it is wise to check traffic reports. Often, knowing what the traffic is like before you leave can enable you to take a different route or be able to wait at home for a little while and possibly telework instead of going in to your place of work. It is important to let the business you work for, know the risks and hazards of the roads in Tooele County, especially during the busy commute times.

It may be wise to talk to your supervisor to see if there is a possibility of changing to a flexible work schedule. By using flexible work schedules or compressed workweeks, you can skip rush hour traffic and save yourself some time.

Inevitably there are the occasional vehicle wrecks or other disturbances on the road that may reduce the flow of traffic. If you do get stuck in traffic, remember to stay calm and do not try to rush around other cars. Remember to let emergency vehicles and other authorized vehicles through so that the accident can be cleared quickly and the flow of traffic may begin moving at correct speeds again.

The most important thing to remember is to stay focused on driving and let all other distractions be left alone. Distracted driving is dangerous. Focus on driving, be aware of the vehicles around you and those that may also come upon you quickly.

IF THERE ARE STRONG, HIGH WINDS WHILE YOU ARE DRIVING:

- Tune your car's radio to get the latest weather info. Stay informed of the weather's movement and path.
- Make sure your vehicle's headlights are on
- **Slow down!**
- **Don't be distracted by your cell. Stay alert! Turn the cell phone off!**
- Be aware of all the vehicles around you. High winds are especially problematic for larger vehicles such as RVs, Semi, Campers, Trailers, Buses, etc.

IF THERE ARE WET ROADS OR FLOODING:

- Allow extra distance for braking on wet roads.
- Approach and navigate intersections with extreme caution. Be prepared to come to a full stop
- Don't try to drive through flooded areas. Six inches of water can cause a vehicle to lose control and possibly stall. A foot will cause small cars to float.
- Be aware of areas where floodwaters have receded - Roads may have weakened and could collapse under the weight of a car.

Preparing your car beforehand to run smoothly and efficiently is a best practice. Always keep your gas tank at least half full and keep your car tuned and in safe working order. Preparedness, awareness, and common sense are your best protections while driving in any type of weather. Be alert and watchful, listen for weather updates, and be ready and willing to react quickly when bad weather and emergencies occur.

**For Road conditions and construction updates,
all over Utah, visit www.udot.utah.gov or call 511**

PUBLIC HEALTH EMERGENCIES

WHAT IS A PUBLIC HEALTH EMERGENCY?

A “public health emergency” may be defined as an event, either natural or manmade, that creates a health risk to the public.

EXAMPLES OF A PUBLIC HEALTH EMERGENCY

NATURAL DISASTERS

- Severe weather: storms, heavy rains, lightning strikes
- Tornado
- Blizzard
- Flood
- Earthquake

DISEASE OUTBREAKS

- Influenza outbreak
- Botulism
- Salmonella
- West Nile virus
- Zika virus
- SARS

CONTAMINATED DRINKING WATER

BIOLOGICAL THREAT

(deliberate or accidental)

- Anthrax
- Small pox
- Cholera
- Pneumonic plague

CHEMICAL THREAT

(deliberate or accidental)

- May be in the form of a gas, solid, or liquid
- Household chemical
- Hazardous materials waste

RADIOLOGICAL THREAT

- Dirty Bomb (Radioactive materials mixed with a conventional explosive)
- Nuclear Bomb

WHAT DOES THE COUNTY HEALTH DEPARTMENT DO IN CASE OF A PUBLIC HEALTH EMERGENCY?

The Tooele County Health Department detects and responds to public health emergencies to keep your family safe by:

- Surveillance or monitoring any health-related changes or patterns
- Investigating underlying causes
- Responding as part of a team
- Providing recovery
- Planning ahead for emergency situations
- Educating citizens about emergency preparedness

SURVEILLANCE

“Surveillance” or the tracking of health-related changes or patterns by your local health department team is the foundation of preparedness for a public health emergency. This means health care specialists collect, analyze, and interpret data in order to predict health events.

INVESTIGATION

The Tooele County Health Department investigates reported illnesses and disease outbreaks and personally interviews victims in order to collect and document illness signs and symptoms. This information helps to develop case definitions so that others suffering from the same infection/contamination can be identified and treated.

RESPONSE

The Tooele County Health Department is ready to respond immediately with the staff, medications, and action plans needed to keep your family safe during a public health emergency. In the event of a public health emergency, your health department team:

- Responds as part of a countywide team
- Follows a County Emergency Operations Plan
- Communicates with the local media to keep you informed

RECOVERY

The Tooele County Health Department provides help and recovery in the aftermath of an emergency or disaster as a partner with other emergency responders. How does your health department team assist?

- Making sure the food and water supply are safe.
- Ensuring appropriate sanitation practices are followed.
- Following up on surveillance issues for infectious disease or radiation exposure.
- Linking people to community resources.

PLANNING AHEAD

The Tooele County Health Department has the staff and action plans in place to keep you and your family safe.

EDUCATION

The Tooele County Health Department educates you and your family about emergency preparedness.

WHERE DO I GO FOR ADDITIONAL INFORMATION ON A PUBLIC HEALTH EMERGENCY?

- Call the Tooele County Health Department at 435-277-2440.
- Go to the Tooele County Health Department Website at tooelehealth.org.
- Visit the Tooele County Health Department at 151 N. Main Street, Tooele, UT 84074.

OTHER RESOURCES FOR HEALTH INFORMATION

- Utah Department of Health Website at <https://health.utah.org>
- Center for Disease Control Website at www.cdc.gov

HAVE A PLAN

- Stock up on supplies for an emergency (see the list in the "Get a Kit" section)
- Make a list for every member of your family of the following items: Current medical problems, prescriptions (include dosages), allergies, and special needs.

IF A DISEASE IS SEVERE AND WIDESPREAD

- You may be asked to stay home from work/school if you are sick.
- Schools, churches, and public gatherings such as sporting events may be cancelled.
- Stores may be closed and food and water may be hard to find.
- Healthcare will be different than it is now. Doctors and hospitals may be overwhelmed and you may be on your own to take care of family members.

GET INVOLVED

The most important way to be involved is to exercise and practice your family plan, keep your supplies updated, and make sure everyone knows what they need to do before, during, and after a disaster. The most important people to be involved with is your family and your neighborhood.

There are many opportunities to learn more about preparedness and training to serve in the community. Training is a great way to learn how to better empower yourself and your family to respond effectively after a disaster. There are a number of opportunities to become trained as citizen responders. Check the Tooele County Emergency Management website at www.tcem.org or www.readytooele.org for training opportunities and exercises. You can also follow TCEM on Facebook and Twitter to learn about opportunities such as Tooele Responds, CERT (Community Emergency Response Team), American Red Cross Disaster Action Team and Shelter workers, Medical Reserve Corps (MRC), Volunteer Coordination Center (VCC) and others. Trained people are needed and are a valuable resource to the neighborhood and community. Getting involved will help our community recover faster and become more resilient in the process. Make a goal to learn more and become trained.

Recognizing that preparedness is a shared responsibility, it calls for the involvement of everyone—not just the government—in preparedness efforts. By working together, everyone can keep the nation safe from harm and be resilient when struck by hazards, such as natural disasters, acts of terrorism, and pandemics.



THE WHOLE COMMUNITY INCLUDES:

- Individuals and families, including those with access and functional needs
- Businesses
- Faith-based and community organizations
- Nonprofit groups
- Schools and academia
- Media outlets
- All levels of government, including state, local, tribal, territorial, and federal partners



The whole community can participate in programs and activities to make their families, homes, and communities safer from risks and threats. Community leaders agree the formula for ensuring a safer homeland consists of volunteers, a trained and informed public and private sector, and increased support of emergency response agencies during disasters. Major disasters can overwhelm first responder agencies, empowering individuals to respond appropriately will lend support.

It is important to understand that to be a spontaneous volunteer or give donations spontaneously hinders the recovery process. It is a good idea to be affiliated with a reputable response group so that you can help with the relief effort correctly. It is also a wise practice to be informed about what the needs actually are. Giving money to reputable organizations ensures that your dollars are being spent appropriately on needs, and is not sitting somewhere in a warehouse waiting to be sorted. Monetary donations don't need to know a size or a color, it can be used for much more than stuff. It can be used toward real recovery.

The best way to help the whole community and your family is to practice how you would respond to a disaster as a family and as a neighborhood. If plans aren't practiced, the gaps are never found and recovery will take longer.



Have fun with preparing. Play games. Pretend there are zombies that are coming. Play the “what if...” game. Teach children skills that will help with your family response. Go Camping. Read novels and information books about preparedness. Try out your kits. Eat the food in your kits. Test them out and see if your family will really eat what is in their kit. Go to a practice shelter event. Take a tour of the Emergency Operations Center. Have a block party to get to know your neighbors and how you can help each other. Find ways to incorporate preparedness into every day life.

PRACTICING AND MAINTAINING YOUR PLAN

- Quiz family members often so they remember what to do.
- Conduct fire and emergency evacuation drills.
- Practice the earthquake “Drop, Cover, and Hold On” protective action.
Register and participate in the statewide Shake Out Day in April every year.
- Participate in community exercises and drills.
- Replace stored water every year and stored food every six months.
- Test and recharge your fire extinguisher(s) per manufacturers’ instructions.
- Test your smoke and carbon monoxide detectors monthly and change the batteries at least once a year.



Your family preparedness is the most important part of the whole community concept because preparedness begins with individuals and families, and goes out from there. **YOU** have a great role and responsibility to play when it comes to recovery and resilience, not only for your family, but for your workplace, the community, and the neighborhood which you live in.

TYING IT ALL TOGETHER

After following the preparedness steps: Get Informed, Make a Plan, Make a Kit, and Get Involved, it is important to find out what you can improve upon and evaluate your efforts to make your personal recovery more successful.

Evaluation involves looking at performance to determine how it differs from expectations, and realizing strengths and opportunities for improvement. Improvement involves a little planning and implementing needed changes to align performance with your goals and objectives of your family preparedness. Objectives should also be part of ongoing elements of your family’s and community’s overall preparedness effort.

Evaluation tells you whether your plans work. A plan may look good on paper, but until it is put into practice, you won’t really know whether your procedures are effective and feasible, and/or when family members and neighbors have been equipped with the capabilities they need to do the job of responding to an emergency. Objective evaluation lets you identify strengths and weakness of plans and actions, and identifies potential problem areas that may have been overlooked.

THIS IS A GREAT TIME TO ASK YOURSELF QUESTIONS PERTAINING TO YOUR OVERALL READINESS.

- Can we implement our plan effectively if an actual disaster happened tomorrow?
- What are the lessons we have learned from exercising our plans, playing games, and learning more about preparedness?
- How can we better close the gaps that make us not as prepared as we want to be?
- What actions can we take to make our preparedness and response capabilities more efficient and effective?

Write down your answers and make an action plan of what you will work on before the next time you practice your plan.

When those questions are put to the test; you will know how you, your family, and neighborhood will fare. Preparedness is an ongoing process that should be continued to help instill a culture of preparedness within families and communities. There are so many resources that can be utilized to help with personal, family, work-place, worship, and community preparedness. Please take advantage of what is available to strengthen your family and neighborhood. Some resource links can be found at the end of the family preparedness guide and on www.readytooele.org or www.tcem.org.

Improving is the best part of the process because you can see where you have been, the progress you made and the areas that need work to help build better and stronger. When you take into account the lessons learned within the process, and start to share them and help others, a culture of preparedness can support neighborhood and whole community preparedness efforts and assists in the Emergency Management process.

NEIGHBORS HELPING NEIGHBORS

Neighbors Helping Neighbors is a simple way to prepare for emergencies such as an earthquake or other major disaster. It does not require any special expertise or knowledge – just a desire to help and be more prepared.

We invite you to meet with your neighbors to discuss these steps and follow them together. Making plans as neighbors allows help to be available immediately when the Professional First Responders are unable to come because EVERYONE needs help and they are taking care of other larger issues. Help will most likely come from neighbors who will need to rely on each other and rely on resources within the neighborhood.



Check out www.nhnpreparedness.com to learn how you can help your neighborhood by participating in a block captain neighborhood communication program.

Being involved with your neighbors and neighborhood will ultimately help the recovery process for you and your family happen more quickly. This section developed by Neighbors Helping Neighbors, is a simple, quick glance preparedness plan based on what you need one month at a time. This plan will get you on your way to preparing for the unexpected and to be able to help your neighborhood family. Disasters don't end in an instant, so it is important to think about long term recovery and what that means for your neighborhood and community.

Month 1: Family Emergency Plan

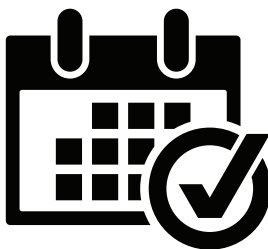
Month 2: First Three Minutes

Month 3: First Three Hours

Month 4: First Three Days

Month 5: First Three Weeks

Month 6: First 3 months



MONTH 1: FAMILY EMERGENCY PLAN

Your family may not be together when disaster strikes, so it is important to plan in advance. Ask these questions: How will you contact on another? How will you get back together? What should we do in different situations? It is suggested that each family designate a person in another state as an emergency contact for all family members. Also exchange cellular, work, and home phone numbers. Know the names and needs of each family member, and include pets. Also, be aware of neighbor's special needs or medical requirements. Keep this information

readily accessible, such as posting inside a pantry door or with your GO kit. Where feasible, purchase battery operated family service radios and learn how to communicate with your neighbors.

MONTH 2: FIRST THREE MINUTES

3-minute kits attached to each bed in the house filled with sturdy shoes, flashlight, sturdy gloves, whistle, and lightweight clothes will enable persons to walk across the floor with light in case there is debris and power is out.

MONTH 3: FIRST THREE HOURS

The first three hours after a disaster are an important time to take stock of your situation. You might need to help a family member or neighbor who is injured. The most important item may be a well-stocked first-aid kit. Make sure you have adequate supplies, medications, and personal needs for each family member. Remember prescription medications! A battery operated AM/FM radio to listen for information from public safety agencies, supplies for needed rescue, and a binder with important documents should be accessed. Make sure you have extra batteries or a radio that runs off solar or a hand-cranked dynamo.

MONTH 4: FIRST THREE DAYS

If a disaster is large enough, it may cause interruption to community services over several days. Planning for the next three days will require you to organize food and water for family members. Here are some items you might need. Prepare a "72-hour kit" for each family member. Keep it packed and ready to "grab-and-go" at any time, in case you need to leave suddenly. Include water (at least 1 gallon per person per day), easy-to-prepare food items, clothing, shoes, first aid supplies, medications (including prescriptions), personal hygiene items, water filters or purification tablets, shelter and survival supplies, and cash in small denominations. Place these kits in an easily-accessible location in your home and show family members where they are stored. Involve the family in gathering the family supplies.

MONTH 5: FIRST THREE WEEKS

A major disaster may cause disruption of services like stores and utilities over an extended time. It's time to prepare for the first three weeks. Don't worry, it's not as overwhelming as it might sound.

In addition to the supplies you've put away for the first three days, continue adding enough water, food, and personal items to last three weeks. The simplest way to accomplish this preparation is over time. Each time you go shopping, purchase a little extra of the same food and personal items you normally buy. For water storage, consider some larger containers, like 5-, 15-, 30-, or even 55-gallon water storage barrels. Also consider other cooking methods and power and fuel options that you will be able to use if the disruptions lasts longer than you think it might.

MONTH 6: FIRST THREE MONTHS

Our next preparation time-period is the most daunting - three months. Hopefully, none of us will ever experience a post-disaster period where we need to rely on our own supplies for three months, but it could happen. Examples are a job loss, health problems, or loss of a family member. Never does anyone want this to happen, but if it does and you are adequately prepared the event won't feel as stressful because you will have prepared in advance to take care of your family needs.

Continue to build up an adequate supply of food that is part of your normal, daily diet. Work toward storing enough to feed every family member for three months. Include a combination of basic food-storage staples (like flour, beans, and rice) as well as everyday food that is easily prepared. Build this supply up gradually, and you won't be overwhelmed by the task.

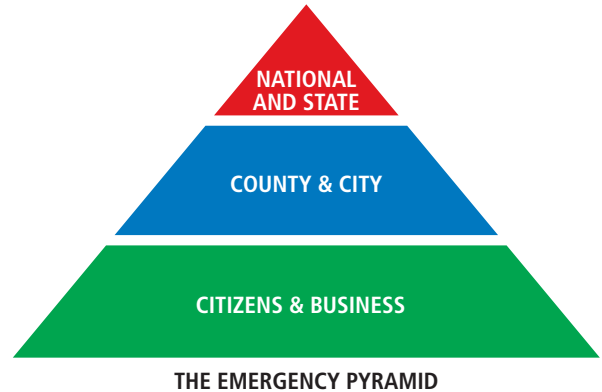
TOOELE COUNTY EMERGENCY MANAGEMENT GUIDE

Disasters can range from inconvenient to devastating, but taking some simple preparedness steps in advance can minimize their impact and make a big difference in ensuring the safety and well-being of individuals, families, businesses and communities.

Being prepared can reduce the fear, anxiety and losses that accompany disasters. Communities, families, and individuals should know what to do. You should know how to respond to severe weather or any disaster that could occur in your area, including earthquakes, wildfires, landslides, pandemic, flooding, terrorism and more. You should also be ready to be self-sufficient for three to seven days. This may mean providing for your own shelter, first aid, food, water and sanitation.

Think of the national emergency management system as a pyramid with you, the citizen, forming the base of the structure. The community, the state, and the national government also have roles.

You have a responsibility to protect yourself and your family by knowing what to do before, during and after an event. Doing your part helps your community, county, and state be able to do their part more effectively and in turn everyone benefits.



TOOELE READY QUICK RECAP

Before an Emergency:

- Know the risks and danger signs of potential emergencies.
- Sign up to receive notifications on www.readytooele.org or on Tooele County Emergency Management's Facebook page.
- Reassess your insurance, possibly including earthquake and/or flood insurance (not part of your homeowner's policy).
- Develop plans for what you and your family should do in case of emergency.
- Assemble an emergency kit with supplies for every member of your household, including pets.
- Learn from other emergencies and disasters and include the lessons learned into your planning.
- Volunteer to help others in your community as you are able. Sign up to be a part of Tooele Responds.

During an Emergency:

- Put your emergency plan into action.
- Help others as you are able.
- Follow the advice and guidance of officials.

After an Emergency:

- Repair damaged property.
- File insurance claims if necessary.
- Take steps to prevent or reduce future loss.
- Reassess your emergency plan and make appropriate changes.
- Help your community with recovery.



www.tcem.org
www.tooeleready.org