

Emergency Preparedness Tips for Before, During and After a Disaster Strikes

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A Family Emergency Plan

Besides emergency supplies, your family should have a plan for how to respond to an emergency. Take time regularly to discuss and practice for emergency situations with your family. Have evacuation and shelter-in-place drills so that children will all know how to safely exit or remain in your home and where to gather if necessary.



In planning for emergencies, consider what would happen if a parent or another family member were not at home during the emergency. Would the family members at home be able to respond to the emergency? Responsibilities for emergency response should be divided and often duplicated among family members so that regardless of who is at home, the family will still be able to respond properly. You should have a plan for how family members will contact one another if the family is scattered during the emergency. This may include having a prearranged meeting place, a code word, or a relative's phone number.

Knowledge of first aid procedures will be invaluable for your family during any type of emergency situation. Younger children can learn most of these procedures including CPR. First aid classes are offered at many locations within most communities. The American Red Cross and American Heart Association offer good basic first aid and CPR courses. Several types of first aid handbooks including wilderness- and boating-specific types are available as e-books or at book stores. There are a number of first aid kits for purchase or you can assemble one yourself. Community Emergency Response Team (CERT) courses are very good for emergency preparation. Neighbors can participate in emergency training together to share their skills.

In preparing your children for emergencies, consider the effect that exposure to repetitive media and news reports of real disasters may have on your children. You may wish to limit such exposure to reduce stress and anxiety. The Federal Emergency Management Agency website (www.fema.gov/kids) has some wonderful material to assist children in learning more about disaster preparedness. They have a program on the website called becoming a "Disaster Action Kid".

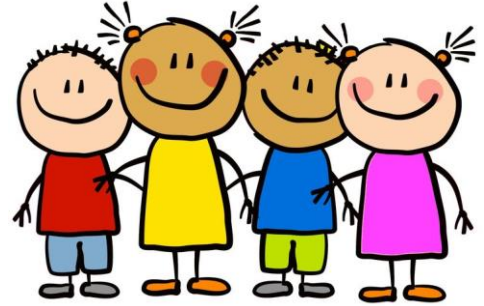
Finally, help your family to know that if they are prepared, they need not fear emergency situations.

Ideas for Children during Emergencies

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

Before a disaster, parents can prepare children.

- Develop and practice a Family Disaster Plan.
- Teach children how to recognize danger signals.
- Explain how to call for help (dialing 9-1-1)



In an emergency, a friend or neighbor may be able to reach your children more quickly than you. Make sure that you give your children's school the names of people authorized to pick up your children.

To safeguard your children, create a code word that must be given by the person you send to pick them up. Teach your children to never disclose the code word, and to never allow a person to take them unless they know the code word.

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

- Help children memorize important family information
- Include children's toys and special foods in your 72-hour kit

Prepare cards like the following summarizing your family emergency plan for your children. Consider attaching them to the inside of your child's school bag or a place where the information will be available to your children when they are away from home. This card should list family meeting places as well as your family out of state contact number.

Keep the family together; do not leave children with relatives or friends. Take your children with you.

Calmly and firmly explain the situation 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 those 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.

Hold your children and spend more time with them.

Parents can help minimize their children's fears.

Considerations for Persons with Disabilities or Special Needs

Family emergency plans should take into account the special needs of family members that come from age, mental or physical condition. These needs can affect all phases of an emergency from evacuation to planning meeting places to assembling emergency kits.



Extra precautions should be taken in planning for the evacuation of people with special needs. Each individual with special needs should have a buddy who can assist them with evacuation and care. Make sure that their buddy is able to operate any special equipment they may need, as their usual caregiver may be initially unavailable during an emergency.

Extra supplies that people with disabilities and special needs may require are:

- Prescription medications, and a copy of the prescription
- Prosthetic devices
- Extra eyeglasses, a record of the prescription
- Hearing aids, batteries
- Emergency medical instructions
- Extra pillow, bedding
- Backup power supplies or generators for heat, air-conditioning, or vital equipment
- Extra wheelchair batteries
- Extra oxygen
- List of style (model) and serial numbers of medical devices
- Medical insurance and Medicare cards
- Age appropriate supplies, such as diapers or formula



Ideas for Pets During Emergencies

You need to have an emergency plan and kit for your pets. Red Cross shelters cannot accept pets because of state health and safety regulations. However, the Red Cross may establish a livestock and pet shelter where you may be able to house and care for your pet(s). Safe places to keep your pets are the following:

- Hotels and motels outside of your immediate area that accept pets
- Homes of friends and relatives outside of the area
- Boarding facilities and veterinarian facilities
- Local animal shelters (last resort)



Call ahead of time to confirm which places will be able to shelter your pets. Keep 24 hour phone numbers with the disaster supply kit for your pet.

- Medications, medical records and photos in something waterproof
- Pet first aid kit with first aid manual
- Carriers and/or sturdy leashes or harnesses
- Food, can opener, potable water and bowls
- Cat litter pan, scoop and plastic bags for wastes disposal
- Information on feeding schedules, medical needs, behavior problems, name and number of veterinarian



If you receive warning of an impending disaster, you can:

Call ahead to confirm shelter for you and your pets

Have your pets' disaster supplies ready and nearby

Bring all pets into the house where you can find them

Identification tags for all pets with the phone number/address of your temporary shelter

Remember to evacuate your pets when you leave!

First Aid Kits

First Aid is simple medical treatment that corrects minor problems and addresses major problems until advanced treatment can be given. By attending a first aid class, you can learn how to handle common problems like scrapes and bruises as well as temporary treatment for situations like heart attacks and major bleeding.

Assemble a first aid kit so that you will have all of your emergency supplies stored together. Consider keeping a first aid kit in the trunk of each of your vehicles. This way, if you become stranded or are not able to return home, you will have needed items until help arrives. Keep the items in your first aid kit in airtight plastic bags. This will protect them from damage and spoiling.

If you choose to purchase a first aid kit rather than assembling your own, consider supplementing it with items that reflect the special needs of your family's situation. Ask your physician or pharmacist about storing prescription medications. It may be difficult to obtain prescription medications during a disaster as stores may be closed or supplies limited. Consider including age-specific items, such as diapers for small children or special medical items, like inhalers, needed by members of your family.

Sample Supply List:

- Sterile adhesive bandages in assorted sizes
- 2 inch sterile gauze pads (4-6)
- 4 inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- 40" triangular bandages (3)
- 2 inch sterile roller bandages (3 rolls)
- 3 inch sterile roller bandages (3 rolls)
- Scissors and tweezers
- Epi pen (if allergic to bee stings)
- Sewing needles
- Moistened towelettes
- Antiseptic soap
- Antiseptic solution – Iodine compounds
- Antibacterial cream, such as Neosporin®
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or lubricant
- Safety pins in assorted sizes
- Cleansing agent/soap
- Latex-free gloves (2 pairs)

- Sunscreen
- Insect repellent
- Caladryl (Calamine Lotion)



Rethink your family's needs at least once a year. Your first aid kit should change to reflect your family's situation. Replace batteries and perishable items regularly. It is a good idea to date the batteries you store so that you know when they need to be replaced. Replace stored batteries annually.

This list of suggestions should be personalized to your family's needs. It is best to start with items you may have on hand and add gradually to your family kit.

Nonprescription medications:



- Aspirin or other pain reliever
- Anti-diarrhea medication
- Antacid (upset stomach)
- Benadryl (allergic reactions)
- Laxative
- Syrup of Ipecac (use only if advised by Poison Control Center)
- Personal items
- First Aid Manual

72 Hour Preparedness Kits

Experience has shown that after a major disaster occurs it will take at least three days and possibly more for outside assistance to arrive. **Please keep in mind that restoration of essential services could take much longer – weeks or months.** The purpose of a 72-hour preparedness kit is to provide for the **BASIC** needs of your family to **SURVIVE** during the period immediately following a disaster. You may want to consider the storage of family and personal needs beyond the first 72 hours. These items would be part of your year supply. The following list is broken up by categories. Consider each category and how your family can best address the needs listed.

Water:

A minimum of **three gallons per person per day for three days** is recommended for drinking water. Cedar City's water does not require the addition of bleach for storage, but any stored water should be replaced annually. It is a good idea to have bleach available to use for purifying water sources other than stored water. Water may be disinfected or purified, by boiling for a minimum of 10 minutes and chlorinated with 8 drops of bleach for each gallon.

You may want to consider a water filtration device as a *supplement* in your water plan. Most filtration devices can filter 100 gallons of water per filter.

Water for cooking and cleaning is in addition to the drinking water.

Food:

Minimal-preferably no cook, lightweight and palatable; manual can opener, cooking and eating utensils, paper plates, cups, utility knife; sugar, salt, pepper; aluminum foil; plastic zip lock type bags.



Consider this: paper goods do not require the use of water to clean, but they create garbage quickly. You should be prepared to deal with the accumulation of garbage. Utensils that can be reused reduce the amount of garbage accumulation, but increase the need for water to keep them clean.

First Aid:

Personal medications for three (3) days, First Aid Kit

Clothing:

One change of clothes, extra shoes, rain and winter gear, leather gloves

Bedding:

Sleeping bags and /or blankets for each family member, tarp

Personal hygiene:

Toothbrushes, toothpaste, shampoo, lotion, lip balm, comb, brush, deodorant

Sanitation:



Airtight bucket or portable toilet, toilet paper, newspaper, soap, hand sanitizer, towel and towelettes; disinfectant, bleach, liquid detergent; feminine supplies; heavy-duty plastic garbage bags and ties.

Shelter:

Tent or tarp, rope ¼” X 36’

Fuel:

For cooking, light, and heat

Tools:

Pocket knife, small manual tools, axe, pointed shovel, needles and thread; pliers, utilities shutoff wrench, tape; medicine dropper; plastic sheeting; small canister, ABC type fire extinguisher; compass.

Light:

Flashlights, batteries, candles, waterproof matches, optional kerosene lantern

Communications:

Radio, batteries, one whistle per person

Papers & Keys:

Wills, testaments, securities, stocks, titles, certificates, insurance, current family pictures, personal ID cards and tags, house appraisal and photos, inventory of household items, pencil and paper, maps of area, phone list of places you could go, address book, emergency manual, books, extra house and car keys, consent forms to treat minor children (available at police dept.)

Money:

Cash (preferably in \$1’s, \$5’s, and \$10’s. Consider storing your cash in a portable gun vault or safe.

Special Needs:

Example: diapers or formula, prescription medicines and copies of prescriptions, hearing aid batteries, spare wheelchair battery, spare eyeglasses, or other physical needs. Consider age appropriate games and books for entertainment.

Store the items you will most likely need during an evacuation in an easy to carry container. Possible containers include a large trash container, bucket, camping backpack, or duffle bag. Keep your 72-hour kit in a cool, dark and dry location. Make sure everyone in the house knows where it is kept. Children over the age of 8 may enjoy participating by preparing their own personal backpack of emergency supplies. Children could store this under their beds, or with the family supplies.

Food Storage

With reduced activity, healthy people can survive on half of their usual food intake for an extended period of time. Unlike water, food can be rationed, except to children and pregnant women. Remember to store food your family will eat.

Your food stores should consider two functions. First, you should store food for use with your 72-hour preparedness kit. This food will be used in the case of a major disaster to support your family until outside aid arrives. This food should be nonperishable and stored in a dry place where the temperature is between 32 and 70 degrees Fahrenheit.

Store food in tightly closed cans or metal containers so the food stays as fresh as possible and animals cannot eat it. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat your food, pack a can of Sterno. Select food items high in calories and nutrition, which are also compact and lightweight. Consider the special needs of those in your household, such as infants or those on special diets, and include appropriate food items.

Remember to label food items with content and date. Use stored foods before they go bad and replace them with fresh supplies. Suggested food items include the following:

Ready-to-eat canned meats, soups, fruits and vegetables

Canned juices and canned milk

Staples: wheat, corn, beans, sugar and salt

Vitamins

High-energy foods: peanut butter, jelly, granola bars, trail mix, crackers

Comfort/stress foods: cookies, hard candy, sweetened cereal, lollipops

After having assembled this short-term store of food, your family may want to consider long-term food storage. This food storage insulates your family against economic hardship. Food stores can be used if the family's income is suddenly cut as a result of illness or loss of job. For ideas on how to assemble this longer-term food storage, visit <http://www.providentliving.org>



Water Storage

Storing three to five gallons of water per day for each person in your household, and having a two-week supply of water for each household member is recommended. People in hot environments, extremely physically active people, nursing mothers, children and ill people will need more water.

The average person needs to drink at least eight glasses of water each day; however, four glasses a day is sufficient for a short period. Water is also necessary for food preparation and sanitation. However, towelettes, hand sanitizer, washrags, and alcohol can be used for sanitation enabling more water for drinking.

Store water in thoroughly washed plastic containers. Soft drink bottles work well. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. Store out of direct sunlight to avoid the formation of algae. Use rope to join your water containers in case you are displaced from your home in an emergency. The rope allows you to carry the bottles over your shoulder. Keep your water supply away from sun, heat, gasoline and pesticides.

In the event of an emergency, you can also utilize alternative water sources, such as the hot water tank, the water in your pipes and the water in the reservoir tank of your toilet (not the bowl).

To purify water, bring it to a rolling boil for a minimum of 10 minutes and chlorinate it by adding two drops of bleach per quart of water (8 drops per gallon) or use purification tablets, such as iodine or Hal zone. Stored water that has been rotated annually should not have to be purified.

Water purification hand pumps such as those produced by Pur® and Sweetwater® are also excellent resources for obtaining potable water. Most pumps will filter 100 to 300 gallons of water depending on how much silt is in the water being pumped.

Cedar City water may be stored without the addition of bleach, but should be rotated annually. Bleach should be available to use for disinfecting water sources other than stored water.

Fuel Storage

Fuel can be extremely dangerous, and should never be stored in a home. A good rule of thumb is to never store fuel in a building you could not afford to have burn down. Specific regulations on fuel storage vary by type of fuel, but here are some good general guidelines:

Never store in improper containers, like glass bottles or old milk jugs. Use only containers listed by agencies such as Underwriters Laboratories (UL) or the Department of Transportation (DOT).

Always store fuel away from sources of heat, flames or sparks. Avoid areas where furnaces, water heaters or other appliances are installed, or where vapors could collect and reach a source of ignition.



Portable heaters must be listed (with UL or DOT) and have a maximum fuel capacity of two (2) gallons. Carefully follow the manufacturer's directions for use.



Never refuel heaters or appliances inside your home, garage or any other building.

Always have a 2A-10BC rated fire extinguisher at minimum of ten (10) feet and a maximum of fifty (50) feet away from stored fuel. Be sure to check the pressure annually and have the extinguisher replaced or serviced if it has lost pressure. Invert the extinguisher and shake it at least annually. This will prevent the powder from becoming packed at the bottom of the extinguisher which will cause the extinguisher to fail to operate correctly.

Always maintain adequate ventilation when dealing with or using fuels, to prevent buildup of deadly carbon monoxide gasses.



Using LP gasses on appliances designed for other fuel sources will result in incomplete combustion, resulting in an accumulation of dangerous levels of carbon monoxide and the pooling of unburned propane fuel.

It is recommended that you store no more than a maximum of five (5) gallons of flammable liquids (gasoline, Coleman fuel) or combustible liquids (kerosene, diesel fuel, charcoal lighter, lamp oil) or twenty five (25) gallons of LP gasses (propane or butane) in an attached shed or garage. The safest place to store gasoline is in the fuel tank of your vehicle. Keep the tank between half and full to always have a reserve of rotated fuel.

Poison Control

Many of the beneficial medicines and chemicals in our homes can be poisonous when used incorrectly. Follow these steps to reduce the likelihood of poisoning, and to prepare yourself if it does occur:

Before Poisoning

- Place the Poison Control number, 1-800-222-1222, near a phone or program it into your cellular phone.
- Do not leave children alone or unattended.
- Be aware of all potential hazards in your home.
- Teach children to ask before putting anything in their mouth.
- Eliminate unneeded chemicals from your home; store chemicals in your home out of reach of small children.
- Never call medicine "candy".



After Poisoning

- Stay calm.
- Call the Poison Control Center at **1-800-222-1222**.

Inhaled Poisoning

Never enter an environment that may be hazardous to your own health. Do not attempt to rescue someone in such an environment. Immediately get the victim to fresh air *if safe to do so*. Open doors and windows wide to increase ventilation. If victim is not breathing, start CPR.

Poison on the Skin

Remove contaminated clothing, being careful not to expose yourself to the substance. Call Poison Control Center. Flood skin with water for twenty (20) minutes. Then wash skin gently with soap and water and rinse.

Poison in the Eye

Flood the eye with luke warm (not hot) water poured from a large glass held two or three inches over the eye. Pour from the bridge of the nose outward through the affected eye. Repeat process for 15 minutes. Have victim blink as much as possible while flooding the eye. Do not force the eyelid open.

Swallowed Poison

Call the Poison Control Center for instructions. Do not give any fluids to victims who are unconscious, having convulsions (seizures) or who cannot swallow.

Gas Leaks

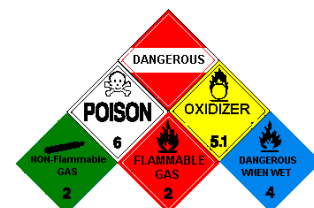
Gas leaks come from line breaks or as a result of another emergency, such as an earthquake. In planning for emergencies, consider the possibility of a gas leak. Know where the gas meter to your home is located, and how to shut the gas off. Consider teaching older, responsible children how to shut the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

Emergency Control of Gas

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

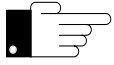
Hazardous Materials

There are major highways that cross Cedar City. These highways are used at times to transport hazardous materials. There are also



several businesses and other organizations in Cedar City that use hazardous chemicals. Outside of those uses, however, they can damage our health and environment. In the event of a release of hazardous materials, listen to the Emergency Alert System for instructions on how to respond. You may be directed to evacuate, shelter in place, or to take other actions depending on the situation. Follow any directions given you by emergency personnel, such as Police or Firefighters. This same procedure should be followed if a terrorist group has intentionally released hazardous materials.

If you see a cloud or smell a suspicious odor, contact 911 immediately.



The most likely source of exposure to hazardous materials for your family is the chemicals you store in your home.

Follow these guidelines to reduce the impact of a hazardous material release on your family.

Before

- Survey your home and premises to determine type and amount of hazardous materials on hand.
- Read labels and become familiar with potential dangers of materials used in the home.
- Provide proper storage and safe guards for hazardous materials. Commercial fertilizers and petroleum products in proper proportions are components of plastic explosives. Never store in same storage area.
- Most household cleaning agents are hazardous materials. Use, store and dispose of them properly.
- Sort through your storage containers. If you don't remember what is in a container or cannot read the label, contact the Transfer Station at 801-489-2760 for directions on disposal.

After

Each situation with hazardous materials may call for a different response. Review information in the fire and poison control modules for those specific directions.

Remember that personal safety is of the utmost importance. Do not allow yourself or others to become part of the problem by endangering lives or property in an effort to gather information or control the situation without professional help.

Avalanches

Though Cedar City does not have an alpine environment, travel to such areas requires relatively a short amount of time, and many citizens enjoy winter sports. Avalanches in alpine areas are a fact of life. Here are some tips to help keep you safe from these winter hazards.

Before the Avalanche

- Check with maps and local authorities to find out the possibility of an avalanche and emergency evacuation routes.

- Stay away from open, steep slopes, chutes and valleys where avalanches normally run.
- Change your path if the snow cracks underneath your step and the crack enlarges.

During the Avalanche

- Stay calm and move quickly.
- Get out of the avalanche's path by hooking on to tree trunks or shrubs.
- If you get caught in an avalanche:
 - Get rid of your equipment quickly.
 - Get into a half-sitting position on your back, facing downhill with your legs together and your knees bent.
 - Use a backstroke swimming action to remain on the surface.
 - Fight the avalanche all the way down. Keep your mouth shut to keep snow out of your lungs.

After Avalanche

- Make breathing room around your face.
- Do not panic.
- If you see another person buried by an avalanche:
 - Mark the place where you last saw the victim.
 - If you are the only survivor, search by probing the avalanche with a pole or stick. Do not leave the victim unless help is a very short distance away.
 - If more than one person survives the avalanche, one should go for help while others search for the victim.

Earthquakes

Earthquakes create a number of hazards. Not only does the ground shaking create damage, but it can also cause landslides, liquefaction, ground surface rupture, seiche (pronounced *says*h) waves (large waves formed in a lake), and ground tilting and deformation. All of these have a potential to occur in Cedar City.



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

Before an Earthquake

- Store water and food supplies. Organize a portable 72-hour emergency kit.
- Bolt down or provide strong support for appliances and water heater.
- Secure your home to its foundation.
- Consider seismically upgrading your home if your home was built before current seismic codes (or prior to 1970).
- Consider earthquake insurance.
- Take a first aid class.

- Identify safest place in each room; remember clear hallways are typically safe. Kitchens and garages tend to be more hazardous, with many stored items that can fall from shelves.

During an Earthquake

STAY CALM. Duck or drop down to the floor. Cover under a sturdy desk, table, or other furniture. Hold on to furniture and be prepared to move with it if necessary.

Inside: Stay inside, crouch under a desk or table and hold on, away from windows or glass dividers; avoid brick walls and chimneys. You may also cover against interior walls, protecting head and neck with arms.

Outside: Stand away from buildings, trees, telephone and electric lines.

On the Road: Drive away from underpasses/over-passes; stop in a safe area; stay in vehicle.

Office Building: Stay next to a pillar or column, or under a heavy table or desk. Hold on.

After an Earthquake

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

Tips

Know how, where and when to turn off electricity, gas and water.

Do not place mirrors or glass frames above beds.

Secure shelves and furniture that could fall over.

Plan and practice a family drill at least once a year.

Duck, Cover and Hold Tips

- If you're in a **HIGHRISE BUILDING**, and you are not near a desk or table, move against an interior wall, and protect your head with your arms. Do not use the elevators. Do not be surprised if the fire alarm or sprinkler systems come on.
- If you're **OUTDOORS**, move to a clear area, away from trees, signs, buildings, or downed electrical wires and poles.
- If you're on a **SIDEWALK NEAR BUILDINGS**, duck into a doorway to protect yourself from falling bricks, glass, plaster, and other debris.

- If you're **DRIVING**, pull over to the side of the road and stop. Avoid overpasses, power lines, and other hazards. Stay inside the vehicle until the shaking is over.
- If you're in a **CROWDED STORE OR OTHER PUBLIC PLACE**, do not rush for exits. Move away from display shelves containing objects that could fall.
- If you're in a **WHEELCHAIR**, stay in it. Move to cover, if possible, lock your wheels, and protect your head with your arms.
- If you're in the **KITCHEN**, move away from the refrigerator, stove, and overhead cupboards. (Anchor appliances and install security latches on cupboard doors to reduce hazards NOW.)
- If you're in a **STADIUM OR THEATER**, stay in your seat and protect your head with your arms. Do not try to leave until the shaking is over. Then leave in a calm, orderly manner.



AFTER AN EARTHQUAKE, BE PREPARED FOR AFTERSHOCKS, AND PLAN WHERE YOU WILL TAKE COVER WHEN THEY OCCUR.

Fire

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



Before a Fire

- Make sure 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 doze. 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 and the garage.
- Have escape ladders for all windows higher than eight feet off the ground. Practice using escape ladders.
- Install a smoke detector in every bedroom, in every hallway outside of a bedroom, and at least one on every level of the house. Test the smoke detectors monthly. Change the batteries in the smoke detectors in the Fall when you change your clocks.
- Plan and practice a family fire drill on the first of each month. A good plan will have a place to meet, two ways out of every room, and escape ladders.

During a Fire



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

If you are inside, **GET OUT. Get out quickly.** The exit mantra is “GET DOWN, GET LOW, GET OUT!” Go to the nearest house or building and call the fire department by

dialing 911. Report the address and type of fire. Listen to and follow the instructions. Go to your family meeting place.



You have no time to make sure everyone is out. This is why exit plans and drills are so vital for your family survival.

If you are in a closed room or office, do not open the door without first feeling it or the doorknob. If it is warm or hot, do not open it, but unlock it to help rescue or fire personnel. If you can't get out, get down; get low; get near a window.



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

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



If you are at home and there is a window, stay close to the floor and exit through the window, using the escape ladder if necessary. **DO NOT BREAK WINDOWS** to exit.

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



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

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

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



In a public building – including houses of worship, 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.

Floods

Cedar City has experienced multiple flooding since its founding in 1851, with the most recent one in 2011. Review the following information to help your family prepare for the next flood in Cedar City.



Before the Flood

- Know the elevation of your property in relation to flood plains, streams and other waterways. Determine if your property may be flooded.
- Plan what to do and where to go in case of a flood.
- Store food, water and critical medical supplies.
- Keep your car filled with gas in case you must evacuate.
- Move furniture and essential items to higher elevation, if time permits.
- Have a portable radio and flashlights with extra batteries.
- Open basement windows to equalize water pressure on foundations and walls.

- Secure your home to the foundation.
- Consider flood insurance.

Evacuation

If asked to evacuate, shut off main power switch, main gas valve and water valve.

Do not attempt to drive over a flooded road, it may be washed out. While on the road, watch for possible flooding of bridges, dips and low areas.



Watch for damaged roads, slides and fallen wires.

Drive slowly in water; use low gear.

Abandon your vehicle immediately if it stalls and seek higher ground.



Do not attempt to cross a stream on foot when water is above your knees.

Register at your designated Evacuation Center and remain there until informed you may leave.

After the Flood

- Stay away from evacuated area until public health officials and building inspectors have given approval to re-enter the area.
- Check for structural damage before entering buildings.
- Make sure electricity is off; watch for electrical wires.
- Do not use an open flame as a light source due to the possibility of escaping gas. Use flashlights. Beware of sparks.
- Do not use food contaminated by floodwater.
- Test drinking water with test kits before use. Avoid walking in floodwater. Do not let children play in floodwater.

Winter Storms

A major winter storm can last for several days and be accompanied by high winds, freezing rain or sleet, heavy snowfall, and cold temperatures. People can become trapped at home, without utilities or other services. Heavy snowfall and blizzards can trap motorists in their cars.



Attempting to walk for help in a blizzard can be a deadly decision. Winter storms can make driving and walking extremely hazardous.

Cedar City is not normally at risk for a winter storm, but there is the possibility of some winter storm activity here and it would be prudent to develop a winter storm specific plan. This plan should be based on your general family plan, but should include considerations for extreme cold as well as being stranded at home or in an automobile.

Before the Storm

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

At Home

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

To keep Pipes from Freezing

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

In your Car

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

During and After the Storm



Dress warmly. Wear multiple layers of protective, loose fitting clothing, scarves, mittens and hoods. Cover your mouth and nose to protect lungs from extremely cold air.

Avoid travel. If you get stranded, stay in your vehicle and keep it ventilated. Bundle up; light a candle for warmth, occasionally change positions and DON'T PANIC.



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. Don't overdo it!

Beware of the chill factor if winds are present. Keep dry. Change wet clothing frequently to prevent a loss of body heat.



Be prepared for isolation at home. Make sure you can survive for a week or two in case a storm isolates you and makes it impossible for you to leave.

If a Warning is Issued, the Storm is Imminent, Know Winter Words of Warning

WATCH: A winter storm is approaching.

FLURRIES: Intermittent snowfall that may reduce visibility.

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

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

FREEZING RAIN OR FREEZING DRIZZLE: Expected rain is likely to freeze as soon as it strikes the ground, putting a coating of ice or glaze on roads and everything else that is exposed. If a substantial layer of ice is expected to accumulate from the freezing rain, an **ICE STORM** is forecast.

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

SEVERE BLIZZARD WARNING: Very heavy snowfall is expected, with winds of at least 45 mph or temperatures of 10 degrees or lower.

Winter Driving

- Have your car(s) winterized before the winter storm season. Keeping your car(s) in good condition will decrease your chances of being stranded in cold weather. Have a mechanic check your battery, antifreeze, wipers and windshield washer fluid, ignition system, thermostat, lights, flashing hazard lights, exhaust system, heater, brakes, defroster, and oil level. Install good winter tires with adequate tread. All-weather radials are usually adequate for most winter conditions. Some roads may require vehicles to be equipped with chains or snow tires with studs.
- If you have a cell phone or two-way radio available for your use, keep the battery charged and keep it with you whenever traveling in winter weather.
- Keep a windshield scraper and small broom in your car for ice and snow removal. This is part of the winter disaster kit for the trunk of each car used by members of your household. You should also bring a thermos of warm broth if you are on the road during a winter storm.
- Keep your car's gas tank full for emergency use and to keep the fuel line from freezing.
- Plan long trips carefully. Listen to the radio or call the state highway patrol for the latest road conditions. Plan to travel during the daylight and, if possible, take at least one other person.
- Let someone know your destination, your route, and when you expect to arrive. If your car gets stuck along the way, help can be sent along your predetermined route.
- Be aware of sleet, freezing rain, freezing drizzle, and dense fog, which can make driving very hazardous. The leading cause of death during winter storms is from automobile or other transportation accidents. Avoid driving during sleet, freezing rain, freezing drizzle and dense fog – these serious conditions are often underestimated.

If you do get stuck



Stay with your vehicle. Do not leave the vehicle to search for assistance unless help is visible within 100 yards. Disorientation and confusion come very quickly in blowing snow. If you must travel and do become stranded, it is better to stay in the vehicle and wait for help.

Display a trouble sign to indicate you need help. Hang a bright cloth (preferably red) on the radio antenna and raise the hood (after snow stops falling).

Occasionally run engine to keep warm. Experience has shown that running the heater for 10 minutes every hour is enough to keep occupants warm, reduce the risk of carbon monoxide poisoning and conserve fuel. Turn on the engine for about 10 minutes each hour (or 5 minutes every half-hour). Use the heater while the engine is running. Keep the exhaust pipe clear of snow and slightly open a downwind window for ventilation.

Leave the overhead light on when the engine is running so that you can be seen.

Do minor exercises to keep up circulation. Clap hands and move arms and legs occasionally. Try not to stay in one position for too long. If more than one person is in the car, take turns sleeping. One of the first signs of hypothermia is sleepiness. If you are not awakened periodically to increase body temperature and circulation, you can freeze to death.

Huddle together for warmth.

Use newspaper, maps, and even the removable car mats for added insulation. Layering items will help trap more body heat.

Keep a window that is away from the blowing wind slightly open to let in air.



Watch for signs of frostbite and hypothermia. Severe cold can cause numbness, making you unaware of possible danger. Keep fingers and toes moving for circulation, huddle together, and drink warm broth to reduce risk of further injury.

Drink fluids to avoid dehydration. Melt snow before using it for drinking water. Eating snow lowers your body temperature, increasing risk for hypothermia.

High Winds

Before High Winds

- Survey your property. Take note of materials stored, placed or used, which could become missiles and destroy other structures or be destroyed. Secure these items where they will still be accessible for day-to-day needs. This includes outdoor furniture, trashcans, tools, etc.
- Keep radio and/or TV on and monitor for wind advisories.
- If possible, board up, tape or shutter all windows, but leave some ventilation.
- Store water in case water service is interrupted.
- Have a supply of flashlights, batteries, candles, first aid equipment, medicines, etc., available for use.



During High Winds

Take shelter in hallways and closets; avoid windows.

Stay out of areas where flying objects may hit you or destroy your place of refuge.

After Winds Subside

- Inspect for structural damage. Document with pictures and notify insurance agent as needed.
- Check all utilities for damage and proper operation. Check for gas leaks and blown fuses in your home.
- Monitor radio and TV for advice and to find out where assistance is available.
- Drive carefully. Watch for debris, damaged roads, bridges and dangling wires.
- Call 911 to report emergency situations.

Dust Storms:

- Listen for storm warnings and stay away from areas where an unpredictable sandstorm can occur. If you are traveling in dry climates surrounded by sand such as a desert prepare for a sudden storm to develop at any time.
- Wear goggles. Cover your nose and mouth with a respirator or mask that is able to filter out sand particles or use a moistened handkerchief or bandanna.
- Outrun the storm. If you are driving and the storm is at a reasonable distance it may be possible to outrun it. If it seems you will be caught in the storm, stop and ride it out.
- Seek shelter if you are not inside a vehicle. Find cover if at all possible. If no shelter is available, lie down and wait the storm out. Keep eyes, nose and mouth covered at all times. Cover your head with your arms or a backpack to protect against any objects being hurled by the wind.
- Keep plenty of water on hand. Cover it in containers such as a canteen that can seal out sand particles. If you get lost during the storm, you need water to survive until you find your way or help arrives.
- Get to higher ground, if possible. The most concentration of blowing sand is closest to the ground. Chances of surviving increase if you can stay above the storm.

Tips & Warnings

- Stay together if traveling in a group. Huddle together and lock arms if caught in a sandstorm.
 - Mark your direction before lying down to ride out a sandstorm. It is very easy to become disoriented during a sandstorm.
 - Sandstorms interfere with radio transmissions. Have another means of signaling if you need to seek help.
 - Don't try to drive once the storm overtakes you. Visibility decreases to zero during a sandstorm
-

Home Electrical Circuits

Problems with wiring in a home can lead to inconvenience, fire or even death. To prepare for these problems, familiarize yourself and your family with the location of the electrical breaker panel, which should be labeled. Turn off breakers for areas of concern. If in doubt, shut off main breaker, which could be inside or outside your home.

In Cases of Basement Flooding

- Think before stepping in any water.
- A shock hazard may exist even in an inch of water if an extension cord connection is on the floor.
- If the electrical panel is upstairs, shut off all circuits.
- If the electrical panel is in the basement, determine whether it can be reached on dry ground. If not, refer to the next step.
- Check your house electrical meter. If it is on your home, there may be a main disconnect switch (breaker) next to it. If the meter is on an underground service, it may be in front of your home, but there should be a main breaker where the line enters the home. Shut it off!

Thunderstorms and Lightening

Protect Yourself

- Get inside a home or large building when a storm approaches. Stay indoors and don't venture outside unless absolutely necessary. Listen to a battery powered radio for updated emergency information. If the power goes out you still have access to important information.
- Stay away from open doors, windows, fireplaces, radiators, stoves and appliances. Avoid bathtubs, water faucets and sinks because metal pipes can transmit electricity.
- Do not use plug-in electrical equipment – hair dryers, electric blankets or razors – during the storm.
- Use telephone for emergencies only. Lightening may strike the telephone lines outside.
- If you are outside, with no time to reach a safe building or vehicle, follow these rules:



If buildings are not available, seek protection in a cave, ditch, canyon, or under head-high clumps of trees. Be aware of potential flooding in low-lying areas.

If only isolated trees are nearby, your best protection is to crouch in the open, keeping twice as far away from isolated trees as the trees are high.

- When you feel an electrical charge – if your hair stands on end or your skin tingles (lightening is about to strike) – immediately bend forward putting your hands on your knees. Crouch on the balls on your feet. Do not lie flat on the ground.
- Do not stand under a natural lightening rod such as a tall, isolated tree in an open area.
- Stay close to the ground.



- Get out of the water and off small boats.
- Get away from tractors and other metal farm equipment.
- Stay away from wire fences, clotheslines, metal pipes, rails, exposed sheds or anything that is high and could conduct electricity. Some of these items could carry electricity to you from some distance away.
- Don't use metal objects: fishing rods, golf clubs, cleats, etc.
- Stay in your vehicle if you are traveling.
- Get off and away from motorcycles, scooters, golf carts and bicycles.
- If someone is struck by lightning, call 911 for medical assistance. When safe to approach, give first aid (rescue breathing and/or CPR).

Power Outages

Rocky Mountain Power customers receive reliable power. However, we occasionally, experience power outages. Rocky Mountain Power offers an excellent on-line emergency preparedness page at <https://www.rockymountainpower.net/ed/hws/ep.html>.



Before Power Outage

- Learn location of fuse or circuit breaker box.
- Store candles, flashlights and extra batteries near bed.
- Have food and water supplies on hand.
- Know the locations of all camping equipment: stove, lantern, sleeping bags, etc. Make sure equipment is operational and that you know how to use it. Use camping equipment requiring gasoline, propane, white fuel, Coleman fuel or charcoal briquettes only outside.
- Keep refrigerator well defrosted.
- Have at least one phone in your home that doesn't need to be plugged into a power outlet.
- Consider locating backup power supplies for critical health equipment.

During the Power Outage

- Check your fuses or circuit breakers.
- Check and see if your neighbors' power is out.
- Call Rocky Mountain Power at **1-877-508-5088**, to report an outage. Report things you have seen or heard that may be helpful – such as a broken pole, a tree on a line, downed lines, a loud boom, or a flash of light.
- Unplug all your appliances. The surge of power that comes when power is restored could ruin appliances.
- Turn off all but one or two light switches so you will know when your service is back on.
- Open the refrigerator door only to take food out, close as quickly as possible. A refrigerator or freezer will maintain foods for up to 12-48 hours or longer, depending on the room temperature and frequency of opening.
- Use camping equipment outside and six feet away from your home structure. Use only a fireplace, properly installed wood stove or a new-style kerosene heater in a safe area with outside air coming into area.
- Do not allow children to carry lanterns, candles or fuel. Rather, give them a cyalume (snap light) light stick to carry.

After the Power Outage

- When power is restored, plug in appliances.
- Be patient. Rocky Mountain Power will repair major electric lines, which serve hundreds of customers before they can repair scattered outages. Emergency services, major communication facilities, and customers on life support equipment must also take priority.
- Examine your frozen food. If it still contains ice crystals, it may be refrozen. If meat is off-color or has an odd odor, throw it away.

EMERGENCY SUPPLIES

WATER:

Water should be stored in plastic containers such as soft drink bottles. Avoid containers that can break. Never ration water. You will need one gallon of water per person per day – two quarts for drinking (more if you will be exercising or working), two quarts for food preparation/sanitation.

- Water purifying agents.** These include non-scented chlorine bleach and Tincture of Iodine. Boiling should be done for 5 minutes.

Number of drops to be added per quart of water:

	Clear water	Cloudy water
Chlorine	2	4
Tincture of Iodine	3	6

FOOD:

Store at least a three-day supply of non-perishable food. It is best to select foods that require no refrigeration, cooking or preparation. Fuel may be or may become scarce.

- | | |
|---|--|
| <input type="checkbox"/> Ready-to-eat canned meats, fruits, and vegetables. | <input type="checkbox"/> Juices – caned, powdered, crystallized |
| <input type="checkbox"/> Smoked or dried meats such as beef jerky | <input type="checkbox"/> Soups – bouillon cubes or dried “soups in a cup” |
| <input type="checkbox"/> Milk – powdered or canned | <input type="checkbox"/> High energy foods – peanut butter, jelly, crackers, nuts, health food bars, trail mix |
| <input type="checkbox"/> Stress foods – sugar cookies, hard candy | <input type="checkbox"/> Vitamins |

Use this space to add your own items:

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

FIRST AID KIT:

The most important things you can put in your kit are things you know how to use. Take a first aid class! General items that everyone can use include:

- Sterile adhesive bandages in assorted sizes (Band-Aids)
- 3-inch sterile gauze pads (8-12)
- Hypoallergenic adhesive tape
- 3-inch sterile roller bandages (3 rolls)
- Tweezers
- Safety razor blade
- Tongue blades or wooden applicator sticks
- Cleansing agent
- Sanitary napkins (can double as wound dressings)
- 2-inch sterile gauze pads (8-12)
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- Scissors
- Sewing needle
- Thermometer (you may want to consider the non-glass type)
- Assorted** sizes of safety pins
- Antibiotic ointment such as Neosporin™

Use this space for your own items:

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>

Non-Prescription Drugs should also be considered.

- Aspirin and non-aspirin pain relievers
- Antacids
- Eye wash (a bottle of normal saline)
- Antihistamine
- Anti-diarrhea medication
- Laxative
- Rubbing alcohol
-

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	

TOOLS AND SUPPLIES

Consider how you will carry/transport all these items. You may need to reduce what you take based on size and overall weight.

- Mess kits, paper goods for eating
- Flashlight and batteries. Flashlights are available that require no batteries
- ABC fire extinguisher. Get trained on how to use it!
- Pliers
- Compass and map of area
- Aluminum foil or better yet – a space blanket for each member of the family.
- Needles and thread. Get a sewing kit like the one you sent with a missionary.
- Battery operated radio and extra batteries. Better yet, purchase a “crank” or wind-up radio.
- Cash or traveler’s checks. The amount will be determined by personal finances and availability of cash.
- Tube tent, pup tent, some kind of shelter – something for everyone.
- Duct tape – a full roll
- Waterproof matches or regular matches in a waterproof container
- Paper and pencil
- Feminine hygiene supplies

- Personal hygiene supplies
- Liquid detergent. (Choose a soap with the least amount of phosphates)
- Lawn and leaf bags. Choose bags that are at least 3 mils thick. They can double as rain ponchos.
- Small shovel for digging latrines, etc.
- A backcountry whistle
- Plastic sheeting. (This can become bulky)

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

CLOTHING AND BEDDING

Include at least one complete change of clothing and footwear per person. This is not a time to be fashion conscious. Take what will work best for you at all hours of the day. Remember, wool does not lose its insulative ability when it is wet. Layering is always better than one heavy set of clothing. You will sleep warmer if you sleep in fresh clothing.

- Sturdy shoes or work boots. Comfort is a primary concern when choosing footwear.
- Rain gear. Breathable fabrics are best.
- Blankets or sleeping bags. Down bags are best but expensive. Micro fibers are the next best with quallofill being the minimum insulator. **DO NOT** store sleeping bags in their stuff sacks for long periods of time. The bags will lose their loft if stored compacted.
- Hat and gloves – both leather and wool.
- Thermal underwear
- Sunglasses.

SPECIAL ITEMS

Keep in mind those members of your family with special needs – the elderly, infants or disabled individuals.

- For baby:** Formula, diapers, bottles, powdered milk, medications
- For Adults:** prescription medications, insulin, denture needs, contact lense supplies, extra eye glasses,
- Entertainment:** games, cards, and books. A pocket size Book of Mormon for each member is a great idea and takes less space and weighs less than regular size books.
- Family Documents:** Wills, insurance policies, passports, SS cards, bank account numbers, credit card numbers, family records (birth, marriage, death)

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Some other things to remember:

1. Always maintain at least a half tank of gas in your car at all times.
2. Phone calls out of a disaster area will not overload phone lines like calls coming into a disaster area. Speak to relatives outside the area **now** on

- procedures for communicating during a disaster. Establish a phone tree of relatives so you only need to make one call.
3. If you work away from home, you should have a separate survival kit at work. Work out a communications plan in your family. Keep in mind where you live in relation to schools and the barriers between you and your children. Example: Where would your children go if you couldn't cross the I-15 corridor? What school policies/procedures are in place that affect your children in the event of a disaster.
 4. Review your plan often – at least once a year. Assess your supplies at the same time and make the necessary adjustments.

Summary of Recommended Emergency Supplies (Individual)

Here is a general list of the supplies you should have for home emergencies and natural disasters:

1. Supply of prescription and other necessary medications.
2. Flashlight with extra batteries.
3. Portable, battery-powered radio for receiving emergency communications.
4. Waterproof matches, and either long-burning candles or a kerosene-type lamp with extra fuel, all properly stored.
5. Fire extinguisher, ABC or dry-chemical type for all classes of fires. Check the expiration date and be sure you practice and know how to use it.
6. Electrical fuses, if needed for your home.
7. Rope ladder to hold your weight if you need to exit upper floors of your home to ground level, and some additional length of rope for multipurpose use.
8. First aid instruction book.
9. Blankets and sheets. These can be used for warmth, for splints, and for transport of injured persons.
10. First aid supplies:
 - Medical-grade vinyl gloves
 - Poison ivy relief cream
 - Burn relief cream
 - Sunscreen: SPF of 30 or greater
 - Antibiotic ointment: Polysporin® or similar
 - Sting relief lotion or ointment - calamine or similar
 - Box of sterile gauze pads, either 3" x 3" or 4" x 4"
 - Abdominal (ABD) or combine sterile pad, 5" x 9"
 - Rolled gauze of 2 sizes, 2" x 4 yards and 4" x 4 yards
 - Bandages of assorted types: finger, knuckle, plastic, Telfa®, and general adhesive
 - Sterile oval eye pad
 - Small sharp scissors
 - Tweezers with pointed tip
 - Thermometers, oral and rectal (for babies)
 - Elastic bandage, 3" x 6"
 - Instant ice pack
 - Roll of adhesive tape, 1" wide, may use plastic type if preferred
 - Triangular bandages, 2

- Package of safety pins, assorted sizes
- Absorbent cotton balls, 1 box
- Diarrhea remedy: Pepto-Bismol® or Kaopectate® or similar
- Popsicle® (craft) sticks or finger splints
- Antibacterial soap, liquid or bar
- Medicine dropper
- Water purification tablets
- Small bottle of bleach
- Sharp knife or multipurpose knife/tool
- Bottles of aspirin, ibuprofen, and acetaminophen (children's or liquid if needed)
- Splint materials: thin boards 2-3' long
- Cough syrup and throat lozenges
- Large plastic trash bag and several smaller, zip-closure bags

You may need to add other items that are particular to your climate and to the types of natural disasters that you have in your area. If mosquitoes are a problem or could become one (after a hurricane, for example), you may wish to add mosquito repellent to your supplies.

Include consecrated oil with your supplies so priesthood blessings can be given if needed. Be sure to include the scriptures and some favorite toys, games, songs, or books so that your family will be able to have some degree of normalcy if a time of emergency comes.

Other activities and situations may call for additional types of supplies. For example, for a car trip you may need to add roadside reflectors or flares. For camping, you may need to add a small saw, signal mirror, compass, multipurpose knife/tool, whistle, and other pertinent items. For hiking kits include moleskin to prevent and treat blisters. For both camping and boating kits, you may want to include aloe vera gel for treatment of sunburn. Hiking kits can be more compact and include only very essential items that can be easily carried in a daypack.

These emergency items need to be stored in a waterproof, durable container and protected from the access of small children. Be sure to check the dates on medications at least annually to make sure medications are current. If you dispose of any medications, do so safely so that children will not find and eat them.

Assembling the supplies listed above may take you some time and money. ***The important thing is to begin now to plan for an emergency.*** Start by gathering a few of the most important emergency items, then add to your supplies as quickly as your time and money allow. Some packaged first aid kits can be used as a baseline and then additional supplies added as you can afford to do so. A few of the local Red Cross chapters even have facilities for assembling your own first aid kits.