

Salt Lake City Emergency Preparedness Guide

In the time of a disaster, whether natural or man made, many of us are not prepared to meet our most basic needs. In this guide are suggestions you may want to use to help prepare yourself in the case of an emergency. These guidelines are not intended to be, and should not be considered as, legal, medical, technical or other professional advice, nor a substitute for any such advice.



Emergency Response

While it is impossible to accurately predict disasters with any degree of certainty, planning for any scientifically credible prediction will require actions on the part of not only the government, but by family members, neighbor and friends as well. These actions are taken in anticipation of an imminent damaging disaster. During this time, the emphasis is to prevent death and injury, and to protect property by:

- Preparing an individual or family 72 hour emergency kit of food and clothing, water, first aid supplies, medications needed by family members, an axe, shovel, and blankets.
- Preparing a home evacuation plan for your family.
- Preparing a first aid kit and keeping it adequately supplied.
- Knowing proper water purification and sanitation recommendations.
- Knowing when and how to turn off gas and electricity after a disaster.
- Preparing an automobile emergency kit.
- Teaching preparedness in your home.
- Preparing for those with special needs.

72 Hour Emergency Kit

Your emergency kit should meet the basic survival needs of your family for 72 hours. It is a generic tool that can be tailored to fit your particular needs. Most families prefer to store their emergency supplies in a location which would be relatively safe from a disaster, yet easily accessible if evacuation is required. Items may be stored in backpacks, suitcases, or any other portable devices.

Emergency Needs:

Extra clothing for each person.
Water purification device or tablets.
Transistor radio with extra batteries.
Flashlight with batteries.
Waterproof matches - lighter or both.
Disposable emergency blanket for each person.
Utility Knife.
Plastic utensils.
Paper cups.
Emergency Candles.
Sleeping bag & blankets.
Infant care needs (if necessary).
Water.

Non-perishable food items:
Ready-to-eat food in unbreakable containers such as - canned meats, juice, fruits, vegetables, powdered milk, infant care foods, crackers, peanut butter, freeze-dried and dehydrated foods.

Sanitation Kit:

Plastic bucket with tightly fitted lid.
Plastic bags & ties.
Disinfectant (i.e. Betadine, bleach or lysol).
Improvised toilet seat.
Personal toiletries.
Toilet paper.
Tin foil.
Feminine hygienic needs.
Disposable diapers if necessary.
Soap.

Pet 72 hour kit:

Pet food & non-spill dish.
Water & non-spill dish.
Towel or blanket for bedding.
Any daily medication needed.
Leash and pet carrier.

Save your animals life: make sure your animal wears a collar with identification tag at all times so you can find him/her if lost.

First Aid & Car Kits

First Aid:

1 First aid handbook.
Assorted cloth bandaids.
4" X 4" sterile gauze dressing.
2" X 2" sterile dressing.
4" X 5 yards kling bandage.
2" X 5 yards kling bandage.
5" X 9" sterile dressing.
8" X 10" sterile dressing.
Rolls of Kerlex bandage.
Triangular bandages.
Elastic bandages.
Betadine Preps.
Iodine.
First Aid Spray.
Ipecac.
Activated Charcoal.
Bandage Scissors.
Para-Medic Scissors.
Tweezers.
Safety pins.
Needles (sewing).
Thermometer.
Adhesive, Transpore or paper tape.
Ice & heat Packs.
Neosporin.
Tylenol & baby Tylenol or apirin.
Diarrhea medication, laxatives &
antacids.
Eye wash.
Sunscreen.
Latex gloves.
Personal & and any other necessary
medical items or prescriptions.

Emergency Car Kit:

First aid kit and manual.
Class ABC fire extinguisher.
Radio & batteries.
Flashlight & batteries.
Bottled water.
Non - perishable food stored in water
resistant container.
Sundry kit (paper & pencil, maps,
tissues, premoistened towels, plastic
bas, essential medications).
Blankets or sleeping bags.
Reflectors & flares.
Bag of sand.
Shovel and tools for minor auto
repairs.
Jumper cables.
Short rubber hose for siphoning.

Always try to maintain at least ½ tank
of gas in your vehicle.

(Individual and family needs, along
with the time of the year, will dictate
what is really required. Other items
can be carried as “just in case” items.)

Other emergency needs:

Keep all immunizations current.

Gas & Electricity Guide

Disasters have prompted people to ask how to turn off the gas and electric service to their houses.

The first rule is to “***STIFLE THE IMPULSE***”. Don’t shut off gas and electric services ***unless*** there is evidence of damage to your house piping and wiring. Use the “Sniff Test” for natural gas.

If you shut off your electricity unnecessarily, you lose the vital services of refrigeration, lighting, and in many cases, cooking and heating. You might also miss important news and official announcements carried on radio and television. (It is a good idea to have at least one battery operated radio and fresh batteries available for emergencies.)

If you shut off gas service at the meter, it should not be turned on again except by an expert, such as a gas company serviceperson. If the service is restored by an untrained person, dangerous accumulations of gas could be released into your home.

However, when a dangerous situation arises in your home, it is advisable to shut off gas and/or electricity.

When and how to shut off gas service to your house:

Shut off gas service at the meter if house piping has been broken, or if a strong odor of gas is present.

The main shut-off valve is located on the inlet pipe next to your gas meter. Using a wrench or other suitable tool, give the valve a quarter turn in either direction, so that it is crosswise to the pipe.

Don’t light matches or operate electric light switches or motors in areas where gas is leaking or is suspected of being present.

Get the assistance of a plumber or some other qualified mechanic to repair the damaged house piping and to turn gas back on. Call the gas company if further help or advice is necessary.

When and how to shut off electric service to your home:

Fuses or circuit breakers should automatically shut off house service or service to one or more branch circuits in the event of electrical trouble. **Do not** attempt to restore this service if there is evidence of heat damage to wiring or to the fuse/circuit breaker box.

If there is no evidence of damage, restore service by replacing the fuse or closing the circuit breaker. Call the power company or an electrician if you cannot restore service or if it seems to dangerous.

Water Purification & Storage

The following information obtained through the U.S. Environmental Protection Agency.

When the home water supply is interrupted by a disaster, you can obtain limited amounts of water by draining your hot water tank or melting ice cubes. In most cases, well water is the preferred source of drinking water. If it is not available and river or lake water must be used, avoid sources containing floating material and water with a dark color or an odor.

When emergency disinfection is necessary, examine the physical condition of the water. Disinfectants are less effective in cloudy water. Filter murky or colored water through clean cloths or allow it to settle, and draw off the clear water for disinfection. Water prepared for disinfection should be stored only in clean, tightly covered, containers, not subject to corrosion.

There are two general methods by which small quantities of water can be effectively disinfected. One method is boiling. It is the most positive method by which water can be made bacterially safe to drink. Another method is chemical treatment. If applied with care, certain chemicals will make most water free from harmful pathogenic organisms.

Methods of emergency disinfection:

Boiling: Vigorous boiling for one minute will kill any disease-causing microorganisms present in water. The flat taste of boiled water can be improved by pouring it back and forth from one container to another (called aeration), by allowing it to stand for a few hours, or by adding a small pinch of salt for each quart of water boiled.

Chemical treatment: When boiling is not practical, chemical disinfection should be used. The two chemicals commonly used are chlorine and iodine. Chlorine and iodine are somewhat effective in protecting against exposure to Giardia, but may not be effective in controlling Cryptosporidium. Therefore, use iodine or chlorine only to disinfect well water (opposed to surface water sources such as rivers, lakes, and springs), because well water is unlikely to contain these disease causing organisms. Chlorine is generally ore effective than iodine in controlling Giardia, and both disinfectants work much better in warmer water.

Chlorine Method:

Chlorine bleach: Common household bleach contains a chlorine compound that will disinfect water. The procedure to be followed is usually written on the label. When the necessary procedure is not given, find the percentage of available chlorine on the label and use the information in the following tabulation as a guide.

Available Chlorine	Drops per quart of clear water
1%	10
4 - 6%	2
7 - 10%	1

(If strength is unknown, add ten drops per quart of water. Double amount of chlorine for cloudy or colored water)

The treated water should be mixed thoroughly and allowed to stand for 30 minutes. The water should have a slight chlorine odor; if not, repeat the dosage and allow the water to stand for and additional 15 minutes. If the treated water has too strong a chlorine taste, it can be made more pleasing by allowing the water to stand exposed to the air for a few hours or by pouring it from one clean container to another several times.

Granular Calcium Hypochlorite: Add and dissolve one heaping teaspoon of highest granular hypochlorite (approximately 1/4 ounce) for each two gallons of water. The mixture will produce a stock chlorine solution in the ratio of one part of chlorine solution to each 100 parts of water to be treated. This is roughly equal to adding 1 pint (16 oz.) Of stock chlorine to each 12.5 gallons of water to be disinfected. To remove any objectionable chlorine odor, aerate the water as described above.

Chlorine tablets: Chlorine tablets containing the necessary dosage for drinking water disinfection can be purchased in a commercially prepared form. These tablets are available from drug and sporting goods stores and should be used as stated in the instructions. When instructions are not available, use one tablet for each quart of water to be purified.

Tincture of iodine: Common household iodine from the medicine chest or first aid kit may be used to disinfect water. Add five drops of 2 percent United States Pharmacopeia (U.S.P.) Tincture of iodine to each quart of clear water. For cloudy water add ten drops and let the solution stand for at least 30 minutes.

Iodine tablets: Commercially prepared iodine tablets containing the necessary dosage for drinking water disinfection can be purchased at drug and sporting goods stores. They should be used as stated. When instructions are not available, one tablet for each quart of water to be purified.

Water to be used for drinking, cooking, making any prepared drink, or brushing the teeth should be properly disinfected.

Water Storage: It is recommended to have 7 gallons of water per person for a two week supply. If more is required for bathing and washing, another 7 gallons would be needed.

Store your water in thoroughly washed, clean containers, preferably of heavy plastic with tight-fitting caps. Glass bottles or jugs with screw tops are fine, but are heavier and can break. Metal containers tend to impart an unpleasant taste to the water and can rust.

Fruit bottles, when emptied, could be filled with water and processed in a boiling water bath for 20 minutes per quart.

Water heater and toilet water tank are sources of water during an emergency. Water beds can also be used for storing water. Be sure there is no algae growing in the water. (See caution note below)

Caution note for water storage:

1. Polyethylene plastics (water, milk and bleach bottles) are somewhat permeable to hydrocarbon vapors. Keep away from stored gasoline, kerosene, pesticides or similar substances.
2. Plastic milk bottles are another alternative. They are hard to **wash really clean** and thus all water stored in them should first be treated with the appropriate amount of liquid chlorine bleach (see purification of water). This will ensure that the bacteria still in the bottle is destroyed. They are however designed to self-destruct as a biodegradable product, and may begin to leak.
3. **Do not use** water stored in vinyl plastic containers (such as water beds) **for drinking**. This plastic may release undesirable chemicals into the stored water. In addition a chemical is usually added to the water in a water bed which renders it unfit for drinking. Use for other purposes **only** after sources of pure water have been exhausted.

Sanitation

During neighborhood alerts, and family drills, sanitation has been one of the more serious problems. Without running water this problem is immediate and acute. It is strongly suggested that this be an area that should not be put off preparing for until the problem arrives.

Tips for preventing sanitation problems during an emergency loss of latrine facilities:

1. The “toilet” should have an air-tight lid.
2. Don’t depend on plastic bags without support of some kind.
3. Whatever you use, try to find something that uses little if no water. Your supply will be very limited.
4. You must have a large container with a tight fitting lid to empty the small container into until you can bury the refuse.
5. When you bury refuse, it must be buried 12 to 24 inches underground to prevent animals and rodents from digging it up and spreading disease.
6. Have a good reserve of plastic bags, newspapers, toilet tissue, soap, and disinfectant.
7. Allow for some means of privacy in using your emergency toilet.

It is suggested that you check into all kinds of sanitation facilities and find one that suits your family’s needs, and then move on your decision.

Neighborhood Plan Guide

These steps can be taken before, during and immediately after a disaster.
Share this list with family and neighbors.

Household	Neighborhood
Make sure that the emergency supplies that you have stored are located in a secure place.	Help prepare for a possible disaster.
Make sure home is secure.	Alert neighbors with first aid training and other skills.
If you are a family member has a medical problem or disability, make sure you have what necessary supplies that may be needed.	Identify neighbors who have special needs. (Mobility impaired, elderly, hearing or sight problems, non-English speaking or the very young).
Close curtains to prevent glass from shattering and spreading. (For earthquakes)	Attempt to find out where local shelter areas will be located.
Put valuables and important papers in secure place.	Identify residents in homes that may not be structurally safe.
Take precautions with pets. Have a leash or portable kennel and pet 72 hour kit available.	Alert residents with communications equipment.
Know your children's school's plan. If you cannot pick up your children, have a neighbors name on school records.	Identify neighborhood hazards to avoid (open trenches, power lines and unstable buildings or high fences)
Let family members know where you are at all times if possible.	Organize work parties to clear streets for emergency vehicles.
Discuss coming emergency with neighbors and share needs.	Know which radio and television stations to listen to for emergency broadcasts.
Minimize phone calls and unnecessary travel.	Work out a plan with neighbors to contact emergency personnel.
Cooperate with emergency evacuation efforts.	Cooperate with emergency evacuations efforts.
Have a family meeting area arranged.	Have a neighborhood meeting area arranged.
Take a first aid and CPR course.	Know those with first aid knowledge.

Those with impaired mobility

During an emergency, your mobility may be affected and you may not be able to seek shelter under furniture. Debris may block your exit and elevators may not work.

Before an emergency:

Plan ahead by letting neighbors and colleagues know you may need their assistance in vacating your home or workplace. Work out alternative exit routes.

If you use a wheelchair, make more than one exit from your home wheelchair accessible in case the primary exit is blocked in a disaster.

Develop an escape plan by drawing a floor plan of your home. Show the location of doors, windows, stairways, large furniture, your evacuation kit and utility shut-off points. Indicate at least two escape routes from each room and mark a place outside the home where family members should meet.

Secure objects (particularly large furniture items) that might fall and block your path.

If you use supplies such as catheters or bladder pads, keep extra supplies. Toilets may not work after a disaster.

Teach those who may need to assist you in an emergency how to operate the necessary equipment, such as lifts or scooters.

During an emergency:

In an earthquake or tornado, if you are in a wheelchair, stay in it, move away from windows, high furniture and other dangers and seek cover in a doorway. Be careful about the door swinging back onto you. Otherwise, position yourself away from outside walls, at a point where walls intersect, or in a washroom or closet. Lock the wheels of the wheelchair once you are in a safe and protected position. Cover your head with your hands.

In my home, the safest location would be:

In an earthquake do not enter or exit a building. If you are outdoors, move to a clear area away from trees, signs, buildings, or overhead wires.

If you are in bed or out of your wheelchair, seek cover during the emergency under the bed, a table or desk. If there is a space between your bed and interior wall, try to get down to the floor there.

After an emergency:

If you are trapped, do anything to attract attention. If you have previously asked your neighbors to check on you, they will be looking for you.

Use a whistle or a flashlight to signal to others, and call for help if you need it.

Listen to your emergency radio for information.

Our emergency radio is located:

Extra batteries are located:

Emergency planning for the deaf and hard of hearing

The deaf and the hard of hearing must take special precautions in emergency situations. You will have a much more difficult time communicating. Telephone services may be out and consequently telecommunications devices for the deaf may not work. If the electricity is also out, your means of communication may be your flashlight. In addition, people may not realize that you cannot hear evacuation warnings and instructions and consequently could leave you behind. Here's what you should do in order to be ready to face emergencies:

Before an emergency:

Remind neighbors and colleagues that you may not hear an evacuation order, and ask for help.

Ask a neighbor or colleagues to be your source of emergency information, as it becomes available.

Make sure you have a flashlight with good batteries in every room. Light sticks are also recommended. These are sold at sporting goods, camping stores, and safety equipment suppliers, and offer light for up to 12 hours without generating any heat or flame. In addition, they do not deteriorate when stored.

Keep a pad and pencil next to your bed and another in a room at the other end of your home.

Store extra hearing aid batteries at home and at work.

During an emergency:

Watch for falling debris as well as seeking cover and protecting your head with your hands.

Supplies Calendar Example

The Family Emergency Preparedness Calendar is intended to help you prepare for emergencies before they happen. Using a calendar, your family can assemble an emergency and 72 hour kit in small steps over a six month period. You can check off each week as you gather the contents. Remember to rotate your perishable supplies when necessary.

Week 1	Week 2	Week 3	Week 4
<p>Grocery store</p> <ul style="list-style-type: none"> ' 1 gallon of water ' 1 jar peanut butter ' 1 lg. can of juice ' 1 can of meat ' can opener (manual) ' powdered drinks ' permanent marking pens <p>(remember 1 gallon of water for each pet) Also: Pet food, diapers and/or baby food, if needed.</p>	<p>Hardware store</p> <ul style="list-style-type: none"> ' crescent wrench ' heavy rope ' duct tape ' 2 flashlights with batteries ' "bungee" cords ' container for first aid kit <p>Also: a leash or carrier for your pet, if needed.</p>	<p>Grocery store</p> <ul style="list-style-type: none"> ' 1 gallon of water ' 1 can of meat ' 1 can of fruit ' sanitary napkins ' 1 box cloth bandaids ' first aid spray ' video tape <p>Also: pet food, diapers and/or baby food, if needed.</p>	<p>Hardware store</p> <ul style="list-style-type: none"> ' plumbers tape ' crowbar ' smoke detector with battery if needed ' scissors for first aid kit <p>Also: extra medications or prescriptions marked "emergency use" if needed.</p>
<p>To Do</p>	<p>To Do</p>	<p>To Do</p>	<p>To Do</p>
<ul style="list-style-type: none"> ' make a family plan ' date each perishable food item using marking pen. 	<ul style="list-style-type: none"> ' check your house for hazards ' locate your gas meter and water shutoff and attach wrench near them. 	<ul style="list-style-type: none"> ' use a video camera to tape the contents of your home for insurance purposes ' store video tape with friend/family member who lives out of town. 	<ul style="list-style-type: none"> ' install or test your smoke detector ' tie water heater to wall studs using plumber's tape or earthquake straps.

Week 5	Week 6	Week 7	Week 8
<p>Grocery store</p> <ul style="list-style-type: none"> ' 1 gallon of water ' 1 can of meat ' 1 can of fruit ' 1 can vegetables ' 2 rolls of toilet paper ' extra toothbrush ' travel size toothpaste <p>Also: special food for diets, if needed.</p>	<p>First aid supplies</p> <ul style="list-style-type: none"> ' aspirin and/or acetaminophen ' gauze dressings ' rolls of gauze ' bandages ' first aid tape ' neosporin and first aid creams <p>Also: extra hearing aid batteries, if needed.</p>	<p>Grocery store</p> <ul style="list-style-type: none"> ' 1 gallon of water ' 1 can ready-to-eat soup (not concentrated) ' 1 can of fruit ' 1 can of vegetables ' ipecac ' activated charcoal <p>Also: xtra plastic baby bottles, formula and diapers, if needed.</p>	<p>First aid supplies</p> <ul style="list-style-type: none"> ' tweezers ' antiseptic ' thermometer ' liquid hand soap ' sewing kit ' ice & heat packs <p>Also: extra eyeglasses, if needed.</p>
To Do	To Do	To Do	To Do
<ul style="list-style-type: none"> ' have a fire drill at home. 	<ul style="list-style-type: none"> ' check with your child's day care or school to find out about their emergency plans. 	<ul style="list-style-type: none"> ' establish an out-of-state contact to call in case of an emergency. 	<ul style="list-style-type: none"> ' place a pair of shoes and a flashlight under your bed so that they are handy.
Week 9	Week 10	Week 11	Week 12
<p>Grocery store</p> <ul style="list-style-type: none"> ' 1 can ready-to-eat soup ' liquid dish soap ' plain liquid bleach ' 1 box heavy-duty garbage bags <p>Also: saline solution and a contact lens case, if needed.</p>	<p>Hardware store</p> <ul style="list-style-type: none"> ' waterproof portable water container (with lid) for important papers ' portable am/fa radio with batteries <p>Also: blankets or sleeping bags for each family member.</p>	<p>Grocery store</p> <ul style="list-style-type: none"> ' 1 large can juice ' large plastic food bags ' 1 box quick energy snacks ' 3 rolls of paper towels <p>Also: sunscreen if needed.</p>	<p>First aid supplies</p> <ul style="list-style-type: none"> ' anti-diarrhea medicine ' betadine ' latex gloves ' first aid handbook ' pencil & paper <p>Also: items for denture care, if needed..</p>
To Do	To Do	To Do	To Do
<ul style="list-style-type: none"> ' send some favorite family photos (or copies) to family members out of state for safe keeping 	<ul style="list-style-type: none"> ' make photocopies of important papers and store safely. 	<ul style="list-style-type: none"> ' store a roll of quarters for emergency calls ' find nearest pay phones to home. 	<ul style="list-style-type: none"> ' take your family on a field trip to gas meter and water meter shutoffs.

Emergency phone numbers

Fire Department: _____

Police Department: _____

Questar: _____

Utah Power: _____

Water Department: _____

Sewer: _____

Utah Poison Control Center
581-2151 or 1-800-222-1222

AT&T
1-200-222-0400

Buried Cable Location Service
1-800-662-4111