

{ JANUARY 22, 2013 }

 **DESERET NEWS**
ClassroomConnections
EDUCATION ■ COMMUNITY ■ FAMILY

INSIDE
Be prepared
Make a plan

Build a kit
Get involved

Get Ready to Shake Out

ONE YEAR AGO, hundreds of thousands of Utahns learned what it was like to prepare for an earthquake.

They refreshed their emergency kits, made emergency plans, practiced evacuating and participated in the largest earthquake drill this state has ever seen. It was the Great Utah ShakeOut. And guess what? We're doing it again.

On April 17, we're inviting 1 million Utahns to drop, cover and hold on for an even larger earthquake drill. Use what you learned in 2012 to get better in 2013.

We're still overdue for an earthquake, which could strike at any time. But we know that Utah could just as easily be affected by floods, fires, winter storms or long-term power outages. Your earthquake preparedness will come in handy for any disaster.

The time to prepare is now.

■■■■■ The Great
Utah

Shake Out

April 17 @ 10:15 a.m.

Register today at ShakeOut.org/utah



**Emergency
Essentials**
BePrepared.com

Deseret News

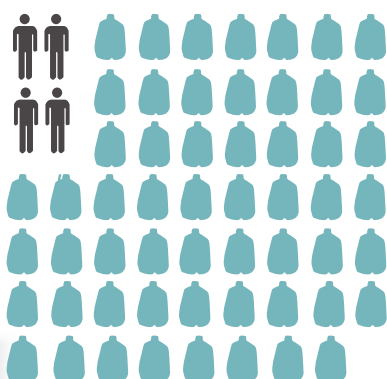
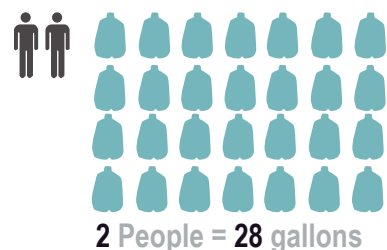
We know Utah is Earthquake Country. But it's also Flood Country and Fire Country.



AP Photo/Craig Ruttle

Preparedness BY THE NUMBERS

Two weeks of water



1 gallon per person/day

for 14 days is the **minimum recommended amount of water** to store for drinking and light sanitation in case of an emergency

1200 calories

Adults need a minimum of 1200 calories per day to survive

Recommended:

Child: 1000-1400 calories
Woman: 1800 calories
Man: 2200-2400 calories

Number of participants in the 2012 Great Utah ShakeOut: **945,000, 33 percent** of Utah's population.
Largest per capita participation of any ShakeOut
Goal for 2013 ShakeOut: **1 million**

Percent of Utah households with an emergency kit: **75 percent**

Percent of Utah households with an emergency plan: **78 percent**

Percent of Utah households with earthquake insurance: **14 percent**

Percent of businesses that never reopen after a disaster: **40 percent**

3 days

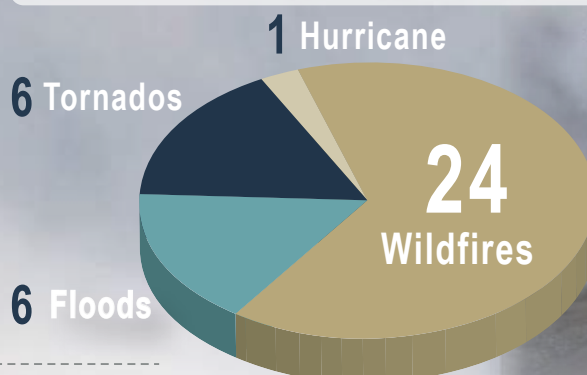
It can take 3 days or longer for emergency rescue to reach those affected by a disaster

Are you prepared with water, food, warmth, first aid supplies and medications?

Food costs increase an average of **4%** each year



FEMA declared 42 different disasters from January to June 2012



In the first week of August 2012

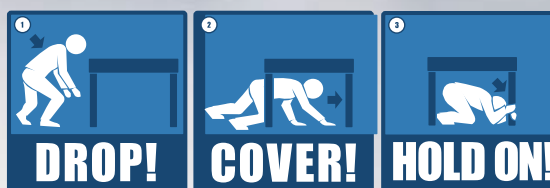
50%

of all counties in the country were considered disaster areas due to drought conditions

The Great Utah ShakeOut™

Visit www.earthquakecountry.info/roots/seven_steps.html for tips on how to prepare, survive and recover.

**April 17 @ 10:15 a.m.
2013**



A major earthquake happens on the Wasatch Front every 350 years. The last one: 350 years ago.

Join us for the largest earthquake drill in Utah history.

We're not just overdue for a major quake. We're overdue for a moderate one. Something in the realm of a 5.5 to a 6.0 could be strong enough to throw objects from shelves and topple furniture. A magnitude 5.2 earthquake in Magna in 1962 caused chimneys to fall.

On April 17, the state of Utah will hold its second statewide earthquake drill called the **Great Utah ShakeOut**. In 2012, Utahns learned whether their plans and emergency kits were any good and set about making improvements. This year, we invite you to practice what you learned in 2012.

Be Ready Utah, Deseret News and Emergency Essentials are partners inviting you to join in the Great Utah ShakeOut by doing a preparedness drill at 10:15 a.m. on April 17.

There's one trick to preparing for a disaster. And that's to get started.

Who's participating?

Last year **945,000 Utahns** committed to participate and we want more this year. Join the more than **328,000 Utahns** already signed up, including:

Utah School Districts: Alpine, Beaver, Logan City, Davis, Jordan, Morgan County, Tooele. Don't see your district on the participant list? Go to www.shakeout.org/utah to get registered.

More than 65 businesses

Three colleges and universities

12 hospitals between Tremonton and St. George

Nearly 3,000 individuals/families

**The Great Utah ShakeOut
10:15 a.m. on April 17, 2013**

Visit: shakeout.org/utah

Register your family to get monthly preparedness and drill updates.

REGISTER TODAY www.ShakeOut.org/Utah



While this guide will help you prepare for an earthquake, it will also help you prepare for fires, floods, tornadoes, winter storms, economic loss and more. Resolve in 2013 to be ready for a disaster. Train to be self-sufficient for a month. Learn first-aid skills. Think about what you would do if you had to survive a week without power.

We know we're overdue for a major earthquake of magnitude 7.0 in Utah. We know that it's not *if*, but *when* an earthquake will strike.

Why should I prepare?

Every year, seismologists at the University of Utah record around 800 quakes. Most of them aren't strong enough to be felt, but a few times a year some community in Utah gets the luck of the draw to have a shaker that rattles them for a few seconds. It's just a reminder that most of the state's population lives right next to a sleeping giant.

Know the facts.

Wildland fires in 2012 topped 1,400 and burned more than 460,000 acres

Number of fires meriting a Fire Management Assistance Grant from FEMA in 2012: 5

Since 2010, Utah has received four presidential disaster declarations, three for flooding and one for wind

Number of flood insurance policies in Utah: 5,230.

Number of flood insurance claims since 1978: 902

Most of Utah's populated areas lie within an active earthquake belt.

- Utah has experienced 16 earthquakes greater than magnitude 5.5 since pioneer settlement in 1847.
- The largest earthquake ever recorded in Utah was the 1934 Hansel Valley earthquake with magnitude 6.6.
- At 240 miles long, the Wasatch Fault is one of the longest and most active normal faults in the world!
- Most residential property insurance policies do not cover damage resulting from earthquakes. Relatively few Utah homeowners have earthquake insurance.
- Many people think that all injuries from earthquakes are caused by collapsing buildings. Actually, most injuries in quakes are from objects that break or fall on people.
- By not securing your water heater you are vulnerable to rupturing both your water and gas connections. This could spell disaster especially if an earthquake occurred during the winter months when gas is needed to heat your home.
- In a 7.0 magnitude earthquake, Utah could see as many as 350,000 people displaced from their homes.



See the **UTAH: PREPAREDNESS NOW** video

Follow the [quick link](http://www.shakeout.org/utah) at www.shakeout.org/utah.

What can happen if a 7.0 magnitude earthquake strikes the Wasatch Fault? This video, produced for the **Great Utah ShakeOut**, happening April 17, at 10:15 a.m., tells you what can happen and how to prepare your home or business for a major quake. After watching the video, register for the Great Utah ShakeOut.

Wasatch Fault segment	Building losses (\$ billions)	Displaced households	Life-threatening injuries and fatalities
Brigham City	3	14,000	500
Weber	16	57,000	3,000
Salt Lake City	42	150,000	9,000
Provo	14	48,000	3,000
Nephi	1	4,000	200

Losses estimated for a magnitude 7 earthquake on each of the central segments of the Wasatch fault.

What to grab when you have to get out



Note: Replace perishable items like water, food, medications and batteries on a yearly basis. Check children's clothing for proper fit. Adjust clothing for winter or summer needs. Check expiration dates on batteries, light sticks, warm packs, food and water.

PERSONAL DISASTER KITS

- Medications, a list of prescriptions, copies of medical insurance cards, doctors' names and contact information
- Medical consent forms for dependents
- First aid kit and handbook
- Spare eyeglasses, personal hygiene supplies and sturdy shoes
- Bottled water
- Whistle (to alert rescuers to your location)
- Emergency cash
- Personal identification
- List of emergency contact phone numbers
- Snack foods high in calories
- Emergency lighting: light sticks and/or a working flashlight with extra batteries and light bulbs (hand-powered flashlights are also available)
- Comfort items such as games, crayons, writing material and teddy bears

Part of every individual and family preparedness plan is having a portable and easy-to-access kit that you can grab on the way out the door or window. Keep an extra kit in your car and at your workplace.

Pack the supplies in a backpack or small bag that can be easily carried if you have to evacuate.

72-hour kit

Store this **household disaster kit** inside a large portable watertight container in a safe, accessible location. Pack at least a 3- to 5-day supply of these items:

HOUSEHOLD DISASTER KIT

- Drinking water (minimum one gallon per person per day)
- First aid supplies, medications, and essential hygiene items such as soap, toothpaste and toilet paper
- Emergency lighting: light sticks and/or a working flashlight with extra batteries and light bulbs (hand-powered flashlights are also available)
- A hand-cranked or battery-operated radio and spare batteries
- Canned and packaged foods and cooking utensils, including a manual can opener
- Items to protect you from the elements, such as warm clothing, sturdy shoes, extra socks, blankets and perhaps a tent
- Heavy-duty plastic bags for waste and to serve other uses, such as tarps and rain ponchos
- Work gloves and protective goggles
- Pet food and pet restraints
- Copies of vital documents, such as insurance policies and personal identification



You can choose to assemble your own kit, or purchase a ready-made kit and customize it to your needs.

PACKING TIPS

Distribute heavy items equally between family member's kits.

Enclose the extra clothing, matches, personal documents and other items that could be damaged by smoke or water in plastic to protect them.

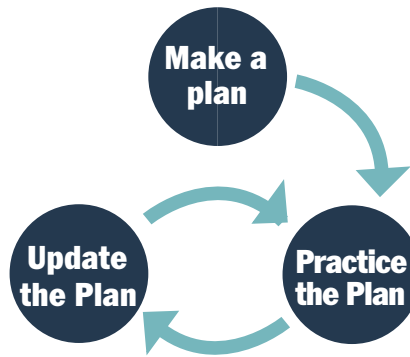
Keep a light source in the top of your kit, so you can find it quickly in the dark.



Will everyone in your household know how to react when a major disaster strikes?

..... Make a plan.

- How to be safe.
- How to respond.
- How to communicate.



To be ready for the quakes or other disasters that are certain to happen in Utah, it is important that your family have a disaster-preparedness plan.

Practice makes Prepared

Hold occasional preparedness “drills” to practice your plan. Without practice, your emergency plan will be less effective because no one will remember it. In an emergency, seconds count.

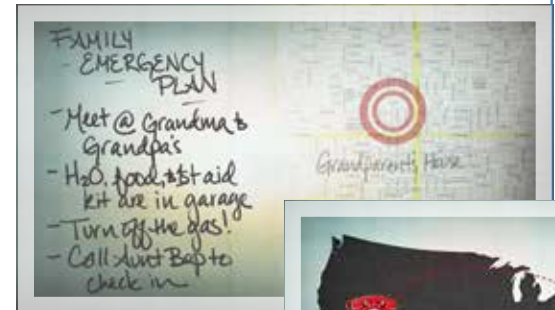


Sasha's family chose the mail box.
Where will your family meet?

Share your disaster plan with your neighbors and discuss key points with babysitters, house sitters and house guests.

Every plan should include:

- A designated place for everyone to meet in an emergency.
- Emergency phone numbers.
- An out-of-state contact everyone can call in case you're not together in an emergency.
- Evacuation plan that includes potential places to stay away from home.
- Financial and insurance account information. Make logs and videos of valuables for your insurance records.
- Provision for natural disasters that are likely to occur in your area.



“If you're outside in an earthquake ... stay outside. Move away from buildings, trees, street lights and power lines. Crouch down and cover your head.”

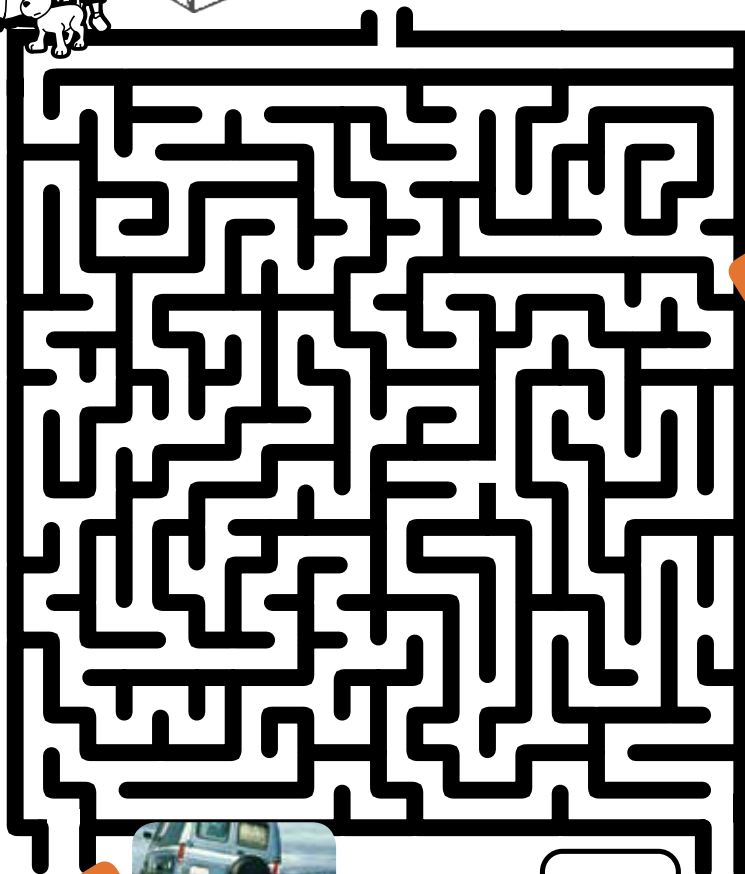


SASHA FEELS AN EARTHQUAKE. SHE DROPS, TAKES COVER AND HOLDS ON. WHEN THE SHAKING STOPS, SHE PROCEEDS CAREFULLY!

HELP SASHA FIND HER FAMILY'S SAFE MEETING PLACE.

Earthquakes can happen anywhere, anytime.
Where will you be?

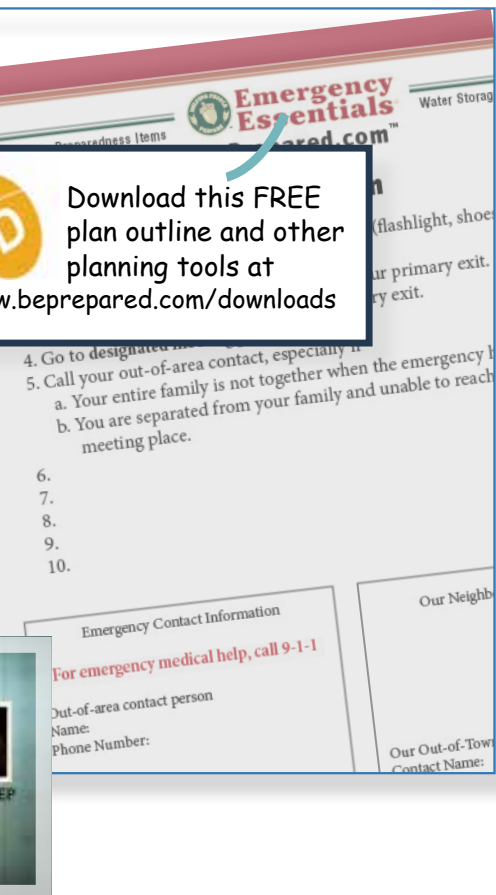
SAFE MEETING PLACE MAZE



ROADS MAY NOT BE PASSABLE



you don't think a major disaster will happen in your area, you should still make a plan in case of a house fire—something that can happen anywhere.



SPOT CHECK

You and your family have packed an emergency supply kit that will prepare you for any emergency. For each topic numbered below pick the response that best describes your emergency supply kit. Then check out the scorecard to the right. How ready are you?

1. Flashlight and Radio

- A. We have a flashlight, a radio, and two sets of extra batteries for each.
- B. We have a flashlight and radio in my kit, but no batteries.
- C. We don't have a flashlight or a radio.

2. Food and Water

- A. Our kit has a three-day supply of food and three gallons of water per family member.
- B. Our kit has water, but no food.
- C. Our kit doesn't include food or water.

3. Family Check

- A. My parent or guardian has reviewed the Family Supply List and collected all the items with me.
- B. My parent or guardian is collecting items with me, but we haven't finished yet.
- C. My parent or guardian hasn't reviewed the Family Supply List.

4. Clothing

- A. We have a complete change of clothing for every family member.
- B. We only packed a sweater.
- C. We forgot to pack a change of clothing.

5. Fun Stuff

- A. I packed a CD player and some CDs, a book, or my favorite game.
- B. My brother or sister packed some games and toys, but I didn't.
- C. I have not packed any entertainment items.



READY KIDS

U.S. DEPARTMENT OF HOMELAND SECURITY

HOW DID YOU SCORE?

Topic 1: Remember to pack a flashlight and battery-powered radio with extra batteries. Be sure to check that everything works before closing your supply kit.

Topic 2: Your family's kit should have a three-day supply of food and water. Work with your parents to collect a yummy selection of nutritious food that won't spoil, like canned fruits and vegetables, peanut butter and canned meat (don't forget a can opener).

Topic 3: Work with your family to collect a first aid kit, tools, and other hard-to-find stuff on your supply list.

Topic 4: Don't just pack a sweater; set aside a complete change of clothes for everyone in your family. Think about making personalized T-shirts for everyone by drawing a family crest!

Topic 5: Have a battery-powered game in your kit? Don't forget the batteries!



Complete a contact card for each adult family member. Have them keep these cards handy in a wallet, purse or briefcase, etc. Additionally, complete contact cards for each child in your family. Put the cards in their backpacks or book bags.

Visit www.ready.gov and click on Ready Kids for a family scavenger hunt to create your family's emergency supply kit!

EMERGENCY CONTACT INFORMATION

It's important to be able to contact your family if there is an unexpected event. Fill in the following information and keep a copy on the refrigerator, in your car, and in your child's backpack.

Parents/Guardians Contact Names: _____
Telephone numbers: _____

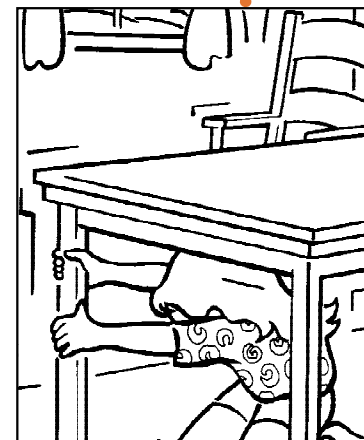
Out-of-State Contact Name: _____
Telephone number: _____

Neighborhood Meeting Place: _____
Meeting Place Telephone: _____

Dial 9-1-1 for Emergencies!

PARENTS, GUARDIANS AND TEACHERS:

Check with your children's day care or school. Facilities designed for children should include identification planning as part of their emergency plans.



.....



The first step to earthquake safety is to look around your home and identify all unsecured objects that might fall during shaking.

START NOW by moving heavy furniture, such as bookcases, away from beds, couches, and other places where people sit or sleep. Also make sure that exit paths are clear of clutter.

Simple and inexpensive things that you can do now will help reduce injuries and protect belongings in a quake. Most hardware and home-improvement stores carry earthquake-safety straps, fasteners, and adhesives that you can easily use to secure your belongings.

Secure your stuff. Home hazard hunt.

Home electronics:

Large electronic devices may fall, causing injuries and damage. They are also costly to replace.

Secure TVs, stereos, computers, and microwave ovens with flexible nylon straps and buckles for easy removal and relocation.



Flexible nylon straps

In the garage or utility room:

Items stored in garages and utility rooms can fall, causing injuries, damage, and hazardous spills or leaks.

Move flammable or hazardous materials to low areas that are secure. Ensure that items stored above or beside vehicles cannot fall, damaging or blocking them.

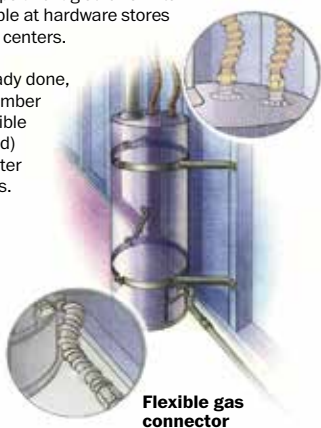
Water heaters:

Unsecured water heaters may fall over, rupturing rigid water and gas connections.

Water heaters should be anchored to wall studs or masonry with metal straps and lag screws. Kits are available at hardware stores and home centers.

Flexible water connectors

If not already done, have a plumber install flexible (corrugated) copper water connectors.



Flexible gas connector

Secure ceiling fans and hanging light fixtures



Hanging objects:

Art and other heavy objects hung on walls may fall, and glass in pictures and mirrors may shatter.



Closed hook

Hang mirrors, pictures, and other hanging objects on closed hooks.

Place only soft art, such as unframed posters or rugs and tapestries, above beds or sofas.

Know how and when to shut off your utilities.

In the kitchen:

Glassware and china may crash to the floor if cabinet doors are unsecured. Gas appliances can shift, rupturing their gas connections.



Secure all cabinet doors, especially those overhead, to help prevent contents from falling out during quakes. Use latches designed for child-proofing or earthquake or boat safety.

Secure refrigerators and other major appliances to walls using earthquake appliance straps.

Water and gas pipes:

Water or gas pipes anywhere in your home can break. Water leaks can cause extensive damage, and gas leaks are a major fire hazard.

Have a plumber evaluate, replace, and properly secure rusted or worn water and gas pipes.

If not already done, have a plumber replace rigid gas connections to water heaters, stoves, dryers, and other gas appliances with flexible (corrugated) stainless-steel gas connectors.

Excess-flow gas-shutoff valves for individual appliances, which stop gas flow in case of a catastrophic leak, are also now available with flexible connectors.

Furniture:

Tall, top-heavy furniture, such as bookcases and entertainment centers, may fall and injure you.

Store heavy items and breakables on lower shelves.

Secure both top corners of tall furniture into a wall stud, not just to the drywall.

Flexible-mount fasteners, such as nylon straps, allow furniture independent movement from the wall, reducing strain on studs.

Objects on open shelves and tabletops:

Collectibles and other loose objects can become dangerous projectiles.

Hold collectibles, pottery, and lamps in place by using removable earthquake putty, museum wax, or quake gel.



Illustrations from "Beat the Quake" game at www.dropcoverholdon.org

Test your earthquake knowledge: www.shakeout.org/utah
Look for the games under "Learn and Play"



When preparing for an emergency, consider the basics of survival: water, food, warmth and shelter.



Food Storage

The average American household has less than a week's supply of food on hand. If you had to shelter at home in an emergency, would you be prepared to meet your nutritional and caloric needs?

Without being paranoid or panicked, there are many valid reasons to put extra food away:

- Loss of electricity
- Sudden unemployment
- Loss of income due to illness or injury
- Unexpected medical bills
- Large-scale emergency

Food storage is a wise investment. Consider the following to get the most out of your food storage supplies:

- Know how to use what you store.
- Food storage that matches your family's lifestyle is more likely to be used.
- Rotate your food storage from time to time. This will keep your food supply fresher — and it's great practice.
- Store to meet your daily caloric intake requirement, not a specific number of servings daily.

Food storage is intended to keep you alive and nourished during times of difficulty. It is not intended to feed you like a king, but should fulfill your caloric needs. Those needs are based on your age, gender, and activity level.

APPROXIMATE CALORIC NEEDS

AGE	MALE		FEMALE	
	MODERATE	ACTIVE	MODERATE	ACTIVE
0-3	1000-1200	1000-1400	1000-1400	1000-1400
4-8	1600	1800	1600	1600
9-13	1800	2300	1800	2000
14-18	2400	3000	2000	2400
19-30	2600	3000	2000	2400
31-50	2400	2900	2000	2200
51+	2200	2500	1800	2000

Emergency Warmth

In Utah, cold weather can last up to six months so there is a high probability that an earthquake will happen when it's cold. Suffering in the cold is not only uncomfortable, but can be dangerous and even deadly in an emergency. You can prepare yourself to handle cold weather with a few simple steps.

Keep Yourself Warm

- Have winter clothing available: coats, hats, scarves, gloves, socks.
- Plan for multiple layers so you can adjust your temperature as needed.
- Change clothing if it becomes damp.
- Choose materials that will insulate and wick moisture away from your body (wool, nylon, polyester, polypro, and other polyester blends).
- Keep items on hand that can provide additional warmth, like hand and body warmers, emergency blankets or sleeping bags, candles, propane heaters and fire-starting materials.

Make an Indoor Shelter at Home

If extreme cold persists and you have no other means of heating your home, use an interior wall or corner to build a heat hut.

- Push several tables, desks or other pieces furniture near each other.
- The four sides, floor, and "roof" should be covered with 15" of insulating materials like
 - ❑ Mattresses
 - ❑ Blankets/bedding
 - ❑ Towels
 - ❑ Clothing, etc.
- There should only be a small space for each person inside.
- Lie close to or hug another person.
- Your body heat will keep the interior of the shelter warm.

Emergency Shelter Away from Home

If you can't return home in an emergency, shelter might be the most important consideration after food and water. How do you prepare for sheltering away from home?



Carry it with You

- Keep a small tent near your emergency kits and in your car.
- Create a makeshift shelter from simple items you may already own.
 - ❑ Store a tarp, canvas, tube tent, poncho or other material plus a rope and stakes where you can easily grab them if you have to evacuate (near your emergency kit).
 - ❑ Have a large enough cover and length of rope for your group, or keep individual covers in each kit.

Build a Shelter

- Learn the basics for creating a shelter in nature if you're stranded without a tent or tarp.
- Your shelter should protect you as much as possible from the elements.
- Keep a sharpened saw, hatchet or other tool in your day pack or emergency kit so you can trim or cut branches from trees (if needed) to make an emergency shelter.
- Look for natural features like trees, rocks or ledges that you can build against.
- You may be tempted to use your car as a shelter. If you do not have fuel, this is not a good idea.

Hurricane Sandy showed us why it's important to be prepared. Up to 40,000 New Yorkers were displaced by Sandy. Three weeks after the storm, approximately 60,000 homes and businesses were without power, and two months later, some homes still didn't have heat!





Finding, storing and treating water



In an emergency situation, it is critical to be able to find, store and treat water.

NOTE: START WITH THE LEAST POLLUTED, SALT-FREE WATER YOU CAN FIND. COLD, RUNNING WATER IS BETTER THAN WARM, STATIONARY WATER.

Our bodies are about 80% water.

We lose water in three ways:

- Perspiration
- Breathing
- Urination

THE EFFECTS OF DEHYDRATION

Mild (2-4%)

- Headaches
- Fatigue
- Tension/anxiety

Moderate (5-6%)

- Little or no urine
- Decreased ability to sweat (higher body temperature)
- Muscle cramps
- Tingling hands and feet
- Nausea

Severe (7-9%)

- Muscle spasms
- Impaired vision
- Shriveled skin
- Confusion
- Chest or abdominal pain
- Seizures

Dehydration of even 1% leads to decreased energy.

Within three days of water depletion or loss, the body and organs can be severely damaged.

HOW MUCH WATER TO STORE? FEMA recommends that the bare minimum to store is one gallon per person per day. The USGS estimates that an adult in the U.S. uses 80-100 gallons of water per day. We recommend a supply that can last two weeks as a good foundation to build on. If you have the space, we strongly recommend storing 3 gallons of water per person per day.

For a long-term emergency plan, you need to have a way to replenish your drinking water. You should also have a way to make questionable water safe for drinking and cooking.

Filtering and treating water: EMERGENCY PREPAREDNESS ESSENTIALS

A Micro-filter (\$60-\$370 or more)

You may need to filter if water from the tap is impure or if you're relying on water from natural sources like rivers, ponds, lakes or wells. Filtering water removes dirt, debris and chemicals to improve the smell and taste of water. Micro-filters can also filter microorganisms out of the water to help prevent contracting an illness from contaminated water.

- Follow the instructions provided by the manufacturer of your filter to ensure the best quality water.
- A micro-filter will work for most emergency situations, including earthquake preparedness.
- The KATADYN® Vario™ Water Filter is a premium drinking water system that filters up to 2 quarts per minute.
- Other brands include MSR™ and Sawyer™.

There are three other ways to treat water for microorganisms if you don't have a filter:

1 Chlorination (minimal cost)

Use only regular household bleach that has 5.25 to 6% sodium hypochlorite (no dyes, scents or added cleaners).

1. Add 16 drops (1/8 teaspoon) bleach per gallon of water.
2. Stir and let stand 30 minutes.
3. Water should have a slight bleach odor. If not, repeat the dosage.
4. If water still doesn't smell of chlorine, that means the water still carries harmful substances. If you add more chlorine at this point, the chlorine levels will harm your body. Discard the water and find another source.

2 Water treatment tablets (\$8-\$25)

There are various kinds of water treatment tablets. KATADYN® Micropur™ and Aqua Mira™ purification tablets are EPA-registered, and leave you with only the taste of fresh water.

- Drop the correct number of tablets into the water and wait for the period of time given in the instructions.
- Look for tablets that are registered as "purifiers" with the EPA.
- Impurities like sediment and dead microbes (no longer harmful) remain. Pour the water through a coffee filter to remove these impurities.

3 Water purifier (\$50-\$100)

A good purifier will neutralize waterborne viruses in addition to the bacteria and protozoa that filters remove.

- Follow instructions provided by the manufacturer of your purifier.
- The Katadyn® MyBottle™ purifier and the SteriPEN™ are both good options.

RECOMMENDED WATER USAGE FOR THOSE STORING 3 GALLONS/PERSON/DAY:

Drinking/cooking	1 gallon (drink at least 2 liters of that gallon)
Bathing	
Hand washing	1 gallon
tooth brushing	
Washing dishes or laundry	1 gallon

TAKE THE Emergency Essentials'

water

CHALLENGE

Live at least 24 hours with only one gallon of water per family member.

A family of four would live for 24 hours with only 4 gallons of water to use.

This might sound easy, and maybe going one day without bathing, cooking or cleaning doesn't sound too terrible. But what about a week, two weeks, or more? Use the chart above and see if you can get by using the following amounts on specific tasks. Remember, the amount is *per person*.

..... Practice, practice, practice

One of the key themes that emerges after every major disaster is how well the community works together to rebuild and support those who lost everything. But much suffering and damage can be avoided when neighborhoods and communities organize their preparedness efforts before an emergency.

Benefits of a Community Drill

- Creates awareness of the resources in your neighborhood
- Identifies risks — both visible and unexpected
- Encourages community members to prepare
- Provides practice so everyone knows what to do when a real emergency strikes

Key Components of a Successful Community Drill

1. Emphasize community involvement and coordination. Delegate responsibility throughout the group (block captains, for example).
2. Communicate the date and time of the drill, and how each household should prepare in advance.
3. Document specific risks that could impact your neighborhood; keep a record of skills and resources available.
4. Identify neighbors with special needs: medical equipment, oxygen, language barriers, mental or other disorders, etc.
5. Plan your drill around a specific scenario. Decide what disaster will occur, and how it will impact phone lines, roads, homes, etc. For the drill, give that information to your block captains and have them disseminate it to the rest of the neighborhood.
6. Involve as many people from your neighborhood as possible. Young people can be “runners” for block captains, helping with communications, delivering supplies or other duties.
7. Have a review meeting after the drill. Discuss what worked well and what didn’t. Adjust the plan as needed.
8. Document and re-distribute the updated plan so everyone knows what to do in a real emergency.

SKILLS AND RESOURCES TO IDENTIFY IN YOUR COMMUNITY

RESOURCES

- Portable generator
- Tractor
- 4WD vehicle
- Air compressor
- Winch
- Chains or tow cables
- Water purifier
- Tent(s)
- 4 wheeler(s)
- Motorcycle
- Water storage
- Food storage
- Emergency kit(s)
- Ham radio

SKILLS

- Basic first aid
- CPR certification
- CERT trainings
- EMTs
- Nurses
- Doctors
- Construction workers
- Plumbers
- Electricians
- Heavy machine Operators
- Welders
- Auto mechanics

One Community's Experience

A neighborhood in Pleasant Grove, Utah, recently had an emergency drill, organized by Anita Thornton.

Setup: Anita worked with block captains to distribute information about preparedness and their neighborhood goals. They encouraged neighbors to get to know each other and she gathered information about what resources and skills each family had to offer.

Execution: On a pre-determined day, Anita “sounded the emergency alarm” and conveyed the specifics of the disaster to the block captains via 2-way radio. Block captains notified their blocks, and everyone reported to the meeting place. Anita walked them through how their time might pass (sleeping on the floor in a room with up to 300+ people, having nothing to do for hours at a time, using temporary bathroom facilities, etc.).

Post-mortem: After the drill, Anita and the block captains discussed what went well and what could be improved.

Remember: Each community's plan and experience will be different, because each community has specific needs and different potential risks.

For more information and resources, visit www.beprepared.com/downloads.



Emergency Essentials

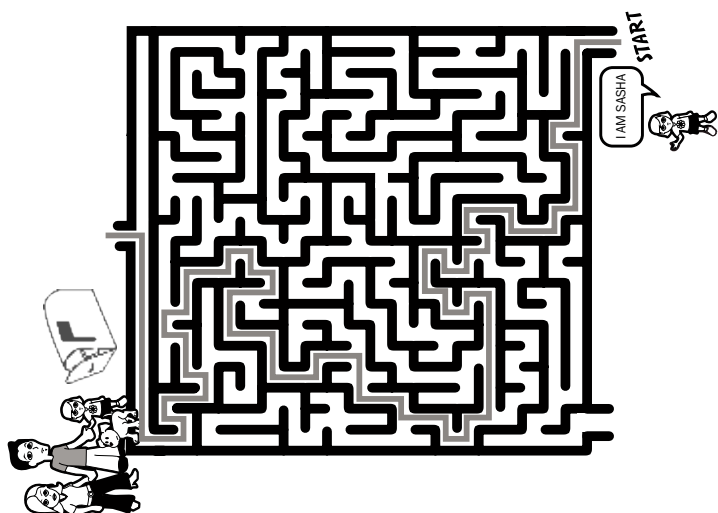
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The Great Utah
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Credits

This educational section from the Deseret News' Newspapers in Education program was designed by Lou Ann Reineke with assistance from Joe Dougherty, public information officer at Utah Division of Emergency Management, Ryan Longman, program manager of BeReady Utah and Emergency Essentials preparedness experts. The project was under the direction of Cindy Richards, Newspapers in Education director, with special thanks to Dean Hale and Sarah Knight, Emergency Essentials.

Additional copies of this Deseret News educational section on The Great Utah ShakeOut are available at Emergency Essentials offices located at 653 North 1500 West, Orem, UT, or call 1-800-999-1863.





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