WEBER-MORGAN
HEALTH DEPARTMENT

Family Emergency Preparedness Guide

and

Flu Home Care Guide

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YOUR FAMILY DISASTER PLAN

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services - water, gas, electricity or telephones - were cut off? Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away. Medical help may not arrive at all. 911 will be totally overwhelmed.

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

Where will your family be when disaster strikes? They could be anywhere - at work, at school or in the car.

How will you find each other? Will you know if your children are safe?

Four Steps to Safety

1. Find Out What Could Happen to You

Disasters that May Affect Your Family

Natural	Human	Technological
Winter Storm	Bomb Threat	Structural Failures
Wild land Fire	Fire	Transportation Failures
Earthquake	Utilities Failures	Terrorism
Cold/Heat Wave	Hazardous Materials	Pandemic Influenza

2. Create a Disaster Plan

Meet with your family and discuss why you need to prepare for disaster. Explain the dangers of fire, severe weather and earthquakes to children. Plan to share responsibilities and work together as a team.

- Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
- Pick two places to meet:
  1. Right outside your home in case of a sudden emergency, like a fire.
  2. Outside your neighborhood in case you can't return home.
     Everyone must know the address and phone number.

- Ask an out-of-state friend or relative to be your "family contact." After a disaster, it's often easier to call long distance. Other family members should call this person and tell them where they are. Everyone must know your contact's phone number.
- Discuss what to do in an evacuation. Plan how to take care of your pets.

3. Complete This Checklist

- Post emergency telephone numbers by phones (fire, police, ambulance, etc.).
- Teach children how and when to call 911 or your local Emergency Medical Services number for emergency help.
- Show each family member how and when to turn off the water, gas and electricity at the main switches.
- Check if you have adequate insurance coverage.
- Teach each family member how to use the fire extinguisher (ABC type), and show them where it's kept.
- Install smoke detectors on each level of your home, especially near bedrooms.
- Conduct a home hazard hunt.
- Stock emergency supplies and assemble a disaster supplies kit.
- Take a Red Cross first aid and CPR class.
- Determine the best escape routes from your home. Find two ways out of each room.
- Find the safe spots in your home for each type of disaster.

4. Practice and Maintain Your Plan

- Quiz your kids every six months so they remember what to do.
- Conduct fire and emergency evacuation drills.
- Replace stored water every three months and stored food every six months.
- Test and recharge your fire extinguisher(s) according to manufacturer's instructions.
- Test your smoke detectors monthly and change the batteries at least once a year. Every six months is even better.

YOUR FAMILY DISASTER SUPPLIES KIT - 72-HOUR KIT

Disasters happen anytime and anywhere. And when disaster strikes, you may not have much time to respond. A highway spill or hazardous materials incident could mean evacuation. A winter storm could confine your family at home. An earthquake, flood, tornado, or any other disaster could cut water, electricity, and telephones for days.

After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours, or it may take days. Would your family be prepared to cope with the emergency until help arrives?

Your family will cope best by preparing for disaster before it strikes. One way to prepare is by assembling a disaster supplies kit. Once disaster hits, you won't have time to shop or search for supplies. However, if you've gathered supplies in advance, your family can endure an evacuation or home confinement.

Prepare Your Kit

- Review the checklist below.
- Gather the supplies that are listed. You may need them if your family is confined at home.
- Place the supplies you'd most likely need for an evacuation in an easy-to-carry container.
- There are six basics you should stock for your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies, and special items.

Possible Containers Include:

- A large, covered trash container
- A camping backpack
- A duffel bag

Water

- Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.
- Store one gallon of water per person, per day.
- Keep at least a three-day supply of water per person (two quarts for drinking, two quarts for each person in your household for food preparation/sanitation).
- Don't forget water for your pets.
- Treat all water if unsure of its purity before using it for drinking, food preparation or hygiene. Before treating, let any suspected particles settle to the bottom or strain through layers of paper towels or cloth. Water can be safely treated by:
    - Boiling for 10-12 minutes; or
    - Adding 6-10 drops of bleach per gallon of water (don't use color-safe bleach). More bleach is not better, too much can make you ill.
- Rotate your water storage every six months.

Food

- Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food, pack a can of Sterno or a backpacking stove. Select food items that are compact and lightweight. Include a selection of these following foods in your disaster supplies kit:
- Ready-to-eat canned meats, fruits, and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples - sugar, salt, pepper
- High energy foods - peanut butter, jelly, crackers, granola bars, and trail mix
- Vitamins
- Food for infants/elder persons or persons on special diets
- Comfort/stress foods - cookies, hard candy, sweetened cereals, and instant coffee
- Disposable utensils, utility knife, can opener

First Aid Kit

Assemble a first aid kit for your home and one for each car. A first aid kit should include:

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypo-allergenic adhesive tape
- 40-inch triangular bandages (3-rolls)
- 2-inch sterile roller bandages (3-rolls)
- 3-inch sterile roller bandages (3-rolls)
- Scissors and tweezers
- Epi pen (if allergic to bee stings)
- Sewing needles or sewing kit
- Moistened towelette/wet wipes
- Antiseptic soap
- Antiseptic solution - iodine compounds
- Antibiotic ointment (Neosporin)
- Thermometer
- Tongue depressors (2)
- Tube of petroleum jelly (Vaseline or lubricant)
- Safety pins in assorted sizes
- Cleaning agent/soap
- Latex gloves (2 pairs)
- Sunscreen
- Insect repellent
- Caladryl or generic equivalent
- First aid manual
- Rubbing alcohol
- Cotton balls
- Heavy string
- Prescription medications
- Splinting Material

Many injuries are not life threatening and do not require immediate medical attention. Knowing how to treat minor injuries can make a difference in an emergency. Consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection, and assist in decontamination.

Non-Prescription Drugs
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)

Tools and Supplies
- Mess kits OR paper cups, plates, and plastic utensils
- Emergency preparedness manual
- Battery-operated radio and extra batteries, or solar powered/hand-crank radio
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Fire extinguisher: small canister ABC type
- Tent
- Pliers
- Tape/Duct tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Extra set of car and house keys
- Map of the area (for locating shelters)

Sanitation
- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant and household chlorine bleach

Clothing and Bedding
- One complete change of clothing and footwear per person
- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves and thermal underwear
- Sunglasses

Special Items
- Remember family members with special requirements, such as infants and elderly or disabled persons

For Baby
- Formula
- Diapers
- Bottles & powdered milk
- Medications

For Adults
- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses
- Batteries for hearing aids

For Pets
- Medications for heartworm, flea prevention, etc.
- Medical and registration records
- Sturdy leases, harnesses
- Carriers big enough to stand and turn in
- Pet beds, toys
- Litter and litter pan
- Current photos of pets
- Food and drinkable water for three days and feeding schedule information
- Bowls and can opener
- List of medical conditions, behavior problems
- Veterinarian's information

Entertainment
- Games and books

Important Family Documents
- Keep these records in a waterproof, portable container:
    - Will, insurance policies, contracts deeds, stocks and bonds
    - Passports, social security cards, immunization records
    - Bank account numbers
    - Credit card account numbers, companies, and phone numbers
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)
- Recent family photos for identification

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

PREPARE YOUR VEHICLES

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

- First-aid kit with manual
- Flashlight and extra batteries
- Cell phone and phone card
- Roadside assistance card
- Portable radio and extra batteries
- Fire extinguisher (5 lb. A-B-C type)
- Extra fuses
- Flares or hazard reflectors
- Jumper cables
- Properly inflated spare tire
- Jack, lug wrench, tire gauge
- Basic tool kit
- Windshield scraper and brush
- Small folding shovel
- Sand for traction
- Duct tape
- Gloves, rags, paper towels
- List of important phone numbers, local and out-of-town
- Detailed maps
- Waterproof matches and candles
- Whistle and small mirror
- Pen, pencil, paper
- Cash (bills and coins)
- Drinking water
- Bleach (disinfecting)
- Non-perishable energy foods
- Can opener
- Medications
- Toiletries
- Pre-moistened wipes
- Good shoes
- Extra clothes, gloves and hats
- Blankets or sleeping bag

Keep first aid kit and food and water close to the driver's seat if you are traveling alone. You may become trapped in your vehicle and are unable to access your vehicle's storage area.
Most important, remain calm.

Check for Electrical Hazards

- Repair or replace damaged cords and plugs.
- Remove cords under rugs or over nails, pipes or heaters.
- Use one plug per outlet; don't string surge protectors together.
- Put covers on outlets or electrical boxes.
- Repair/replace appliances that spark, smoke or overheat.

Check for Chemical Hazards

- Store flammable chemicals in approved containers and in a well-ventilated place outside your home.
- Store oily rags in covered metal containers.
- Limit quantities of household chemicals and store out of reach of children.
- Separate reactive chemicals like bleach and ammonia.

Check for Fire Hazards

- Eliminate combustibles (yard waste, papers, rags, old mattresses).
- Separate heat sources (appliances, candles, portable heaters, etc.) and combustibles.
- Keep chimneys, flue pipes, vents and vent connectors clean and in good repair.
- Keep portable heaters in low traffic areas.

Safety Equipment

- Install a smoke alarm in each bedroom, hallway, and level of your home.
- Test monthly and replace batteries at least yearly.
- Learn how to use your ABC fire extinguisher.

Secure Large Items in Your Home

- Anchor water heater, large appliances, tall or heavy furniture and pictures to studs in the wall.
- Install a flexible gas line on gas appliances.
- Store heavy objects on lower shelves; secure cabinet doors.
- Avoid placing beds under windows or heavy objects.
- Brace overhead light fixtures or fans.

Utilities

- Show responsible members of the family the location of utility shut-off valves and how to operate them.

EMERGENCY SANITATION

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

Supplies

Always have basic sanitation supplies on hand

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

Sanitation

Build a makeshift toilet

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

Sanitize Waste

- After each use, pour a disinfectant such as bleach into the container. This will help avoid infection and stop the spread of disease.
- Cover the container tightly WHEN NOT IN USE.

Waste Disposal

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

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

- Listen carefully to instructions given by local officials. Evacuate immediately if told to do so.
- If you have time, grab your portable disaster (72-hour) kit. Make sure that you include any last-minute items, such as prescription medication, that you may need.
- Wear appropriate clothing and sturdy shoes.
- Lock your home.
- Use travel routes outlined by local officials. Do not take short cuts; they may be unsafe.
- Keep fuel in your car if evacuation seems likely. Gas stations may be closed during emergencies.

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

Be prepared to leave your home if:

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

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

SHELTER-IN-PLACE

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

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

- Take your children and pets inside immediately. While gathering your family, cover your mouth and nose with a damp cloth to provide a minimal amount of protection.
- Close all windows and doors in your home as well as the fireplace damper.
- Turn off all fans, heating and air conditioning systems, and any other ventilation.
- Go to an above-ground room (not the basement) with the fewest windows and doors. Be sure to take a radio with you.
- Wet some towels and jam them in the crack under the door. Tape plastic sheeting or garbage bags over the door, window, exhaust fan, vents and outlets.
- Close drapes, or shades over windows. Stay away from windows.
- Stay in the room and listen to your radio until you are told all is safe or you are told to evacuate.
- Once you are told to stop sheltering-in-place, vent your house by opening windows and turning on fans.

It is a good idea to take your 72-HOUR KIT with you as you shelter-in-place.

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

Before Poisoning

- Place poison control number near the phone (1-800-222-1222).
- Do not leave children alone or unattended.
- Be aware of all potential hazards in your home.
- Never call medicine “candy.”
- Teach children to ask before putting anything in mouth.
- Keep activated charcoal on hand.

After Poisoning

- Stay calm.
- Call the Poison Control Center at 1-800-222-1222.
- Follow the Poison Control Center's instructions.

Inhaled Poisoning

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

Poison on the Skin

- Remove contaminated clothing.
- Flood skin with water for ten minutes.
- Call the Poison Control Center at 1-800-222-1222.
- Follow the Poison Control Center's instructions.

Poison in the Eye

- Flood eye with lukewarm (not hot) water poured from a large glass two or three inches from the eye.
- Repeat process for 15 minutes.
- Call the Poison Control Center at 1-800-222-1222.
- Follow the Poison Control Center's instructions.

Swallowed Poison

- Do not give the victim anything to eat or drink.
- Call the Poison Control Center at 1-800-222-1222.
- Follow the Poison Control Center's instructions.

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

Common Responses

The physical effects caused by a traumatic event include:

- Rapid heartbeat
- Increased respiratory rate
- Shortness of breath
- Nausea
- Muscle and joint aches
- Tremors
- Headaches

Seek medical attention if any of these symptoms persist.

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

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

Local officials are the best source of information. Follow their instructions during and after emergencies regarding sheltering, food, water, and cleanup.

What You Can Do for Yourself

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

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

What You Can Do for Your Child

- Let your child know that it is okay to feel upset when something bad or scary happens.
- Encourage your child to express feelings and thoughts, without making judgments.
- Return to daily routines.

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

ANIMALS AND DISASTERS

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

Pets

- If you must evacuate, DO NOT LEAVE YOUR PETS BEHIND! There is a chance they will not survive or get lost before you return.
- With the exception of service animals, pets are not permitted in emergency shelters. Find out which motels allow pets and where boarding facilities are located. Boarding facilities will require veterinarian records to prove vaccinations are current.
- Include your local animal shelter's number in your list of emergency numbers. They might be able to provide information concerning pets during a disaster.
- Only some animal shelters will provide care for pets during emergencies. They should only be used as a last resort. Use friends and family or keep them with you if possible.
- Be sure your pet has proper identification tags securely fastened to the collar. If possible, attach the address and/or phone number of your evacuation site. Make sure you have a current photo of your pet for identification purposes.
- Make sure you have a secure pet carrier and leash for your pet. Pets may need to be restrained during tense emergency situations.
- Create a disaster supply kit for your pet. Take it with you and be prepared to leave it with whoever assumes responsibility for your pet. Include:
    - Pet food and water
    - Medication and veterinary records
    - Litter box
    - Food and water dish
    - First aid kit
    - Information sheet with pet's name, feeding schedule and any behavior problems

- If you have no alternative but to leave your pet at home, there are some precautions you must take. Confine your pet to a safe area inside. NEVER leave your pet chained outside! Place a notice outside in a visible area, advising that pets are in the house and where they are located. Provide a phone number where you or a contact can be reached as well as the name and number of your vet.
- Have a back-up plan in case you are not at home when an evacuation is ordered. Find a trusted neighbor who will agree to take your pets in case you are not there and meet you at a prearranged location. Make sure this person is comfortable with your pets, knows where they are likely to be and where to find your pet emergency kit.

Livestock

- EVACUATE LIVESTOCK WHENEVER POSSIBLE. Prepare in advance by having transportation and an evacuation destination prearranged. Alternate routes should be mapped out in case the planned route is inaccessible.
- The evacuation sites should have or be able to readily obtain food, water, veterinary care, handling equipment and facilities.
- If evacuation is not possible, a decision must be made whether to move large animals to available shelter or turn them outside.
- All animals should have some form of identification that will help facilitate their return.

Wildlife

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

Working with neighbors can save lives and property. Meet with your neighbors to plan how the neighborhood could work together after a disaster until help arrives. If you're a member of a neighborhood organization, such as a home association or crime watch group, introduce disaster preparedness as a new activity. Know your neighbor's special skills (e.g. medical, technical) and consider how you could help neighbors who have special needs, such as disabled and elderly persons. Make plans for child care if parents can't get home.

CHILDREN AND DISASTERS

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

Before a disaster, parents can:

- Familiarize yourself with the emergency response plans of schools and/or daycare your children attend.
- Find out if the school/daycare will keep your kids or send them home in an emergency.
- Decide if your child gets into your home if you are not there.
- Decide if your children take care of themselves or if a neighbor takes care of them.
- Develop and practice a family disaster plan.
- Teach children how to recognize danger signals.
- Explain how to call for help (911).
- Help children memorize important family information.
- Help children memorize their street address, not the PO Box.
- Include children's toys and special foods in 72-HOUR KIT.

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

Parents can help minimize their children's fears by:

- Keeping the family together; do not leave children with relatives or friends - take your children with you.
- Calmly and firmly explain the situation and your plans.
- Talk to your children at eye level.
- Encourage children to talk about the disaster and ask questions.
- Include children in recovery activities by giving them chores that will help them feel they are helping things get back to normal.
- Reassure children with firmness and love.
- Sympathize with and resolve their anxieties.
- Hold your children and spend more time with them.

Local Emergency Numbers

Police Emergency	Police Non-Emergency
Fire Department	Ambulance
County Health Department	County Emergency Management
Local Red Cross	Local Shelters

Family Members

Name	Date of Birth	Blood Type
Name	Date of Birth	Blood Type
Name	Date of Birth	Blood Type
Name	Date of Birth	Blood Type
Name	Date of Birth	Blood Type
Name	Date of Birth	Blood Type
Name	Date of Birth	Blood Type
Name	Date of Birth	Blood Type
Name	Date of Birth	Blood Type
Name	Date of Birth	Blood Type

FAMILY EMERGENCY INFORMATION

Family Telephone Numbers

Name	Work	Home	Cell
Name	Work	Home	Cell
Name	Work	Home	Cell
Name	Work	Home	Cell
Child/Adult Care		Phone	
Child's School		Phone	
Child's School		Phone	

Friend's & Neighbor's Numbers

Name	Phone
Name	Phone
Name	Phone
Name	Phone

Out-of-Town Contacts

Name	Phone
Name	Phone
Name	Phone
Name	Phone

Rally Points

In Hometown	Phone	Address
In Hometown	Phone	Address
Out-of-Town	Phone	Address
Out-of-Town	Phone	Address

Medical Information

Doctor	Phone
Doctor	Phone
Dentist	Phone
Pharmacy	Phone
Veterinarian	Phone

Name	Medication
Name	Medication
Name	Medication
Name	Medication
Name	Medication

ELDERLY / SPECIAL NEEDS AND DISASTERS

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

When planning for the care of the elderly and those with special needs, please consider the following recommendations:

- Establish a close network of relatives and friends who can assist your family in an emergency.
- Make sure helpers know where to find the disaster supply kit which includes emergency supplies, medicines, and other essential equipment.
- Remind family members to always wear a medical alert tag or bracelet if they have threatening health conditions.
- Compose a list of special items, equipment and supplies family members will need during a disaster. Extra supplies people with disabilities and special needs may require are:
    - Prescription medications with a record of when and how much of the medicine you should receive
    - Prosthetic devices
    - List of style and serial numbers of medical devices
    - Extra eye glasses and a record of the prescription
    - Emergency medical certification
    - Extra oxygen
    - Extra pillows, bedding
    - Medical insurance and Medicare cards
    - Back-up power supplies or generators for heat or air-conditioning
    - Extra wheelchair batteries
    - Hearing aids, batteries

Before an Earthquake

- Secure water heater, storage shelves, heavy mirrors, shelves, etc., to walls.
- Place large or heavy objects on lower shelves.
- Know where and how to shut off electricity, gas and water at main switches and valves.
- Have earthquake drills - identify safe spots in each room.
- Have an out-of-state contact person.
- Develop a plan for reuniting your family after an earthquake.
- Review your insurance policies.
- Keep a good pair of shoes and a flashlight near your bed.
- Prepare to survive on your own for at least three days. See "Your Family Disaster Supplies Kit" for instructions.

During an Earthquake

- Stay calm.
- Inside: stay inside and find protection in a doorway, or crouch under a desk or table, away from windows, glass, brick walls and chimneys.
- Outside: stand away from buildings, trees, telephones and electrical lines.
- On the road: drive away from under-passes/over-passes; stop in a safe area; stay in your vehicle.
- In an office building: stay next to a pillar or column, or under a heavy table or desk.
- Stay where you are until the shaking has stopped and you are sure it is safe to move.

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

After an Earthquake

- Check for injuries and provide first aid.
- Check for fires; gas, water, sewage breaks; downed electric lines; building damage and potential problems during after shocks, such as cracks around fireplace and foundation. Turn off interrupted utilities as necessary.
- Clean up dangerous spills.
- Wear shoes and leather gloves.
- Tune radio to an emergency station and listen for instructions from public safety agencies.
- Use the telephone only for emergencies.
- As soon as possible, notify family that you are safe.
- Do not use matches or open flames until you are sure there are no gas leaks.
- Do not 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.

Utah is earthquake country. Earthquakes can strike at any time without warning, causing major damage to homes and critical infrastructure. They are almost always followed by aftershocks that can be even larger than the initial quake. Estimates in the *Journal of Geophysical Research* show that the probability of a major earthquake along the Wasatch fault alone may be 13% in 50 years and 25% in 100 years. Additionally, the probability for an earthquake on the Salt Lake segment of the Wasatch fault may be as high as 75% in 100 years.

Before a Storm

- Arrange for emergency heat supply in case of power failure.
- Prepare auto, battery-powered equipment, food, heating fuel and other supplies.
- Prepare a car winter survival kit. Include the following items: blankets or sleeping bags, flares, high energy foods (candy, nuts, and raisins), first aid kit, flashlights, extra clothing, knives, compass, candles and matches, water, 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.
- Keep car fuel tank above half full.

During and After the Storm

- At home - stay in your house. Use your disaster supplies kit. Avoid travel.
- 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 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.
- Be prepared for isolation at home. Make sure you can survive for a week or two in case a storm isolates you and makes it impossible for you to leave.

If Trapped in Your Car

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

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

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. Devise methods of securing these items where they will still be accessible for day-to-day needs.
- Keep tall trees properly pruned away from power lines.
- Keep radio and/or TV on and monitor for wind advisories.
- If possible, board up, tape or shutter all windows, but leave some ventilation.
- Store water in case water service is interrupted.
- Have a supply of flashlights, spare batteries, candles, first aid equipment, medicines, etc., available for use.
- Have plastic sheeting available in case roof is damaged and it begins to rain.
- Secure outdoor furniture, trash cans, tools, etc.
- Take pictures of the house/yard, and inside possessions for possible insurance purposes.

During High Winds

- Take shelter in hallways and closets; avoid windows.
- If outside, take shelter from flying debris.

After Winds Subside

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

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

Protect Yourself

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

If you are outside, with no time to reach a safe building or vehicle, follow these rules:

- Do not stand under a natural lightning rod such as a tall, isolated tree in an open area.
- In a forest, seek shelter in a low area under a thick growth of small trees.
- In open areas, go to a low place such as a ravine or valley. Be alert for flash floods.
- Do not stand on a hilltop, in an open field, on the beach or in a boat on the water.
- Avoid isolated sheds or other small structures in open areas.
- Get out of the water and off small boats.
- Get away from anything metal - tractors, farm equipment, motorcycles, golf carts, golf clubs and bicycles, camping chairs, etc.
- Stay away from wire fences, clothes lines, 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.
- When you feel an electrical charge - if you hair stands on end or your skin tingles - squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees.
  DO NOT LIE FLAT ON THE GROUND.

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

FLOODING

Before a flood

- Know the elevation of your property in relation to flood plains, streams and other waterways. Determine if your property may be flooded.
- Plan what to do and where to go in case of a flood.
- Prepare a disaster supplies kit - 72-HOUR KIT.
- Fill your car with gas in case you have to evacuate.
- Move furniture and essential items to higher elevation, if time permits.
- Have a portable radio and flashlights with extra batteries.
- Open basement windows to equalize water pressure on foundations and walls.
- Secure your home.
- Consider flood and earthquake insurance.

Evacuation

- Listen to local radio or TV for weather information.
- If asked to evacuate, shut off main power switch, main gas valve and water valve. Follow local evacuation plan and routes.
- Do not attempt to drive over a flooded road; it may be washed out. While on the road, watch for possible flooding of bridges, dips and low areas.
- Watch out for damaged roads, 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 where water is above your knees.
- Register at your designated evacuation center and remain there until informed you may leave.

After a Flood

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

Before a Wildfire

To prepare for wildfires, you should:

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

Follow Local Burning Laws

Before burning debris in a wooded area, make sure you notify local authorities, obtain a burning permit, and follow these guidelines:

- Use an approved incinerator with a safety lid or covering with holes no larger than 3/4 inch.
- Create at least a 10-foot clearing around the incinerator before burning debris.
- Have a fire extinguisher or garden hose on hand when burning debris.

During a Wildfire

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

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

If advised to evacuate, do so immediately. Choose a route away from the fire hazard. Watch for changes in the speed and direction of the fire and smoke.

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 fall asleep. Also, have many large ashtrays in the home.
- Know avenues of escape. Always have two ways out of every room.
- Have a place to meet so no one tries to go back into a burning building to look for someone needlessly.
- Have fire extinguishers near the kitchen and the garage.
- Have escape ladders for all windows higher than eight feet off the ground.
- Install a smoke detector in every bedroom, in every hallway outside of a bedroom, and at least one on every level of the house. Test the smoke detectors monthly. Change the batteries in the smoke detectors in the fall when you change your clocks from daylight savings time.
- 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.

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

During a Fire

- If you are outside, stay outside. Do not return for anything. Do not re-enter the building until appropriate authorities have given permission.
- If you are inside, get out. Go to the nearest house or building and call 911. Report the address and type of fire. Listen to and follow instructions. Go to the family meeting place.
- If you are inside and have time, make sure everyone is out.
- If you are in a closed room or office, do not open the door without first feeling it or the door knob. If it is warm or hot, do not open it, but unlock it to help rescue or fire personnel.
- If there is smoke, get under the smoke, no matter how low it is, and get out of the building.
- If you cannot use the door or other means of escape to exit, and there is smoke, use clothes, sheets, etc. to stop the smoke from coming in. Go to the window and yell or blow a whistle.
- If you see someone on fire, use a coat or blanket, but not your bare hands, to smother the flames.
- Watch to see that nobody goes back inside to rescue anything or anyone.
- If possible, turn off the gas and electricity from outside the house.
- In a public building, know two ways out. If you hear a fire alarm, immediately exit the building regardless of what you are doing. Follow the established evacuation instructions.

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

Home Electrical Circuits

- Familiarize yourself with the location of the electrical breaker panel.
- Turn off breakers for areas of concern.
- If in doubt, shut off main breaker. Check your house electrical meter. If it is on your home, there may be a main disconnect breaker next to it. If the meter is on an underground service, it may be in front of your home; but there should be a main breaker where the line enters the home.
- Be sure and show others in the family where the breakers are located in case of emergency.
- In case of basement flooding:
  - Think before stepping in any water.
  - A shock hazard may exist even in an inch of water.
  - 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, shut off the main breaker.

Before a Power Outage

- Learn location of fuse box or circuit breaker.
- Store candles, flashlights and extra batteries in convenient places.
- Have food and water supplies on hand.
- Know the locations of all camping equipment: stove, lantern, sleeping bags. 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 outside only.
- Keep refrigerator well defrosted.
- Purchase & install approved surge protectors for appliances and electronics.

During the Power Outage

- Unplug all your electronic equipment if you do not have surge protectors. A power surge could ruin appliances when power is restored.
- Turn off all but one light switch.
- Open refrigerator door only to take food out, close as quickly as possible.
- Use camping equipment outside, six feet away from everything. Use only a fireplace, properly installed wood stove or a new-style kerosene heater in a safe area with fresh outside air coming into area.
- Report any downed lines.
- Do not allow children to carry lanterns, candles or fuel.

POWER OUTAGE

After the Power Outage

- When power is restored, plug in appliances one by one, waiting a few minutes between each one. This will prevent overloading the system.
- Be patient. Energy may first be restored to police and fire departments and hospitals.
- Examine your frozen food. If it still contains ice crystal, it may be refrozen. If meat is off-color or has an odd odor, throw it away.

GAS LEAKS

Emergency Control of Gas

- If you detect the smell of natural gas, leave your house immediately. Do not use any electrical device.
- Check house piping, appliances and vents for damage.
- Check for fires or fire hazards.
- Do not use matches, lighters or other open flames.
- Do not operate electrical switches, appliances or battery-operated devices if you suspect natural gas leaks. This could create sparks that could ignite gas from broken lines.
- If gas line breakage is suspected, evacuate immediately and shut off the gas at the meter.
- Turn on a battery-operated radio if no gas leaks are found or a car radio to receive disaster instructions.
- Do not use your telephone except in extreme emergency situations.
- Call 911 from a neighbor’s house.

If there is an Explosion

- Take shelter against your desk or a sturdy table.
- Exit the building ASAP.
- Do not use elevators.
- Check for fire and other hazards.
- Take your emergency supply kit if time allows.
- Help others and provide first aid as necessary.

If there is a Fire

- Exit the building ASAP.
- Crawl low if there is smoke
- Use a wet cloth, if possible, to cover your nose and mouth.
- Use the back of your hand to feel the upper, lower, and middle parts of closed doors.
- If the door is not hot, brace yourself against it and open slowly.
- If the door is hot, do not open it. Look for another way out.
- Do not use elevators
- If you catch fire, do not run. Stop, drop, and roll to put out the fire.
- If you are at home, go to a previously designated meeting place.
- Account for your family members and carefully supervise small children.
- Never go back into a burning building.

If You Are Trapped in Debris

- If possible, use a flashlight to signal your location to rescuers.
- Avoid unnecessary movement so that you don't kick up dust.
- Cover your nose and mouth with anything you have on hand. (Dense-weave cotton material can act as a good filter. Try to breathe through the material.)
- Tap on a pipe or wall so that rescuers can hear where you are.
- If possible, use a whistle to signal rescuers.
- Shout only as a last resort. Shouting can cause a person to inhale dangerous amounts of dust.

Before an Incident

- Be prepared to evacuate. An evacuation could last for a few hours or several days.
- Be prepared to shelter-in-place.
- Keep your 72-HOUR KIT updated.

During an Incident

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

After an Incident

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

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

Before a Household Chemical Emergency

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

Take the following precautions to prevent and respond to accidents:

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

During a household chemical emergency, be prepared to seek medical assistance:

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

If there is a danger of fire or explosion:

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

If someone has been exposed to a household chemical:

- Find any containers of the substance that are readily available in order to provide requested information. Call emergency medical services.
- Follow the emergency operator or dispatcher's first aid instructions carefully. The first aid advice found on containers may be out of date or inappropriate. Do not give anything by mouth unless advised to do so by a medical professional or poison control.

During a Nuclear Emergency

- If you have advanced warning, take your 72-HOUR KIT and go to an approved shelter or your basement. Huddle close to the floor and as near to a wall as possible. Get under a table for protection from falling objects.
- DO NOT attempt to evacuate your shelter until advised.
- If you see a nuclear flash and feel sudden heat, take cover INSTANTLY, within one to two seconds. Drop to the ground and curl up tightly, covering as many parts of your body as possible. Go to a shelter once the heat and blast effects have cleared.
- Never look at the light of a nuclear explosion.

After a Nuclear Emergency

- Take cover in an underground shelter, basement, etc.
- Remove contaminated clothing.
- Wash yourself thoroughly with soap and water. Wash your head and nose hairs especially well.
- If source of radiation is known and travel advisable, travel in the opposite direction and go up wind from radiation.
- Remain in a protective shelter until advised it is safe to leave. Limit your exposure to contaminated areas.
- If someone needs radiation sickness treatment, keep the victim calm. Give emotional support and plenty of fluids.
- Wipe food and water containers with a clean cloth to remove particles of fallout, which resemble sand or salt.

Thanks to the coordination of security for the 2002 Olympics, Utah is better prepared to prevent and respond to acts of terrorism. In 1999, Governor Michael Leavitt created the Utah Center for Domestic Preparedness by executive order and designated the Division of Emergency Services and Homeland Security to serve as the central coordinating office for domestic preparedness and implementation of weapons of mass destruction protection and prevention programs in the state.

A radiation threat, commonly referred to as a "dirty bomb" or "radiological dispersion device (RDD)", is the use of common explosives to spread radioactive materials over a targeted area. It is not a nuclear blast. The force of the explosion and radioactive contamination will be more localized. While the blast will be immediately obvious, the presence of radiation will not be clearly defined until trained personnel with specialized equipment are on the scene. As with any radiation, you want to try to **limit exposure**. It is important to avoid breathing radiological dust that may be released in the air.

If there is a Radiation Threat or "Dirty Bomb"

- If you are outside and there is an explosion or authorities warn of a radiation release nearby, cover your nose and mouth and quickly go inside a building that has not been damaged. If you are already inside check to see if your building has been damaged. If your building is stable, stay where you are. Close windows and doors; turn off air conditioners, heaters or other ventilation systems.
- If you are inside and there is an explosion near where you are OR you are warned of a radiation release inside, cover nose and mouth and go outside immediately. Find a building or other shelter that has not been damaged and quickly get inside. Once you are inside a safe building, close windows and doors; turn off air conditioners, heaters or other ventilation systems.
- If you think you have been exposed to radiation, take off your clothes (place outdoors in a container) and shower as soon as possible. Wash thoroughly around the mouth and nose.
- Stay where you are, watch TV, listen to the radio, or check the Internet for official news as it becomes available.

Remember:

To limit the amount of radiation you are exposed to, think about shielding, distance, and time.

- **Shielding:** If you have a thick shield between yourself and the radioactive materials more of the radiation will be absorbed, and you will be exposed to less.
- **Distance:** The farther away you are away from the blast and the fallout (dust and debris) the lower your exposure.
- **Time:** Minimizing time spent exposed will also reduce your risk.

Preparing for Terrorism

- Wherever you are, be aware of your surroundings. The very nature of terrorism suggests there may be little or no warning.
- Take precautions when traveling. Be aware of conspicuous or unusual behavior. Do not accept packages from strangers. Do not leave luggage unattended. Unusual behavior, suspicious packages and strange devices should be promptly reported to the police or security personnel.
- Do not be afraid to move or leave if you feel uncomfortable or if something does not seem right.
- Learn where emergency exits are located in buildings you frequent. Take note of where exits and staircases are located when you enter unfamiliar buildings.
- Assemble a disaster supply kit at home and learn first aid.

Chemical Attack

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

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

Biological Attack

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

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

The CDC has listed the following agents as Category A agents, meaning they pose the greatest potential public health threat: anthrax, botulism, plague, smallpox, tularemia and viral hemorrhagic fevers.

LANDSLIDES

Landslides, also known as mudslides and debris flow, may occur in all parts of Utah and can be caused by a variety of factors including earthquakes, storms and fires. Landslides can occur quickly, often with little notice. The best way to plan for a mudslide is to stay informed about changes in and around your home and area that could signal that a landslide is likely to occur. Look for changes in landscape and water drainage, or new cracks in foundations and sidewalks.

- Prepare for landslides by following proper land-use procedures - avoid building near steep slopes or along natural erosion valleys.
- Consult a professional for advice on appropriate preventative measures for your home or business, such as flexible pipe fittings, which can better resist breakage.

Stay informed

Local authorities may not immediately be able to provide information on what is happening and what you should do. However, you should listen to NOAA Weather Radio, watch TV, listen to the radio or check the Internet often for official news and instructions as they become available.

A pandemic is a worldwide disease outbreak. An influenza pandemic occurs when a new "Influenza A" virus emerges and there is little or no immunity in humans. A pandemic influenza virus causes serious illness and then spreads easily from person-to-person. It could be mild, moderate, or very severe even leading to death. The Federal Government, State of Utah and the WEBER-MORGAN HEALTH DEPARTMENT are taking steps to prepare for and respond to an influenza pandemic.

If a pandemic occurs, it is likely to last several months or possibly longer. A widespread outbreak of influenza could require temporary changes in many areas of society, such as schools, work, transportation and other public services. Social distancing measures could be implemented where public gatherings such as sporting events, church meetings and others would be closed to prevent further spread of the disease. An informed and prepared public can take appropriate actions to decrease their risk during a pandemic. To be prepared for such an emergency, the WEBER-MORGAN HEALTH DEPARTMENT encourages individuals and families to:

- Talk with your local public health officials and health care providers, who can supply information about the signs and symptoms of a specific disease outbreak and recommend prevention and control actions. Check http://www.webermorganhealth.org/ for current information.
- Adopt work/school procedures that encourage sick employees/students to stay home. Anticipate how to function with a significant portion of the workforce/school population absent due to illness or caring for ill family members.
- Practice good health habits, including eating a balanced diet, exercising daily, and getting sufficient rest. In addition, take common-sense steps to stop the spread of germs including frequent hand washing, covering coughs and sneezes and staying away from others as much as possible when you are sick.
- Stay informed about pandemic influenza and be prepared to respond. Consult www.pandemicflu.gov frequently for updates on national and international information on pandemic influenza.

Have a Plan

- Stock up on supplies for an emergency (see the list in this booklet)
- Make a list for every member of your family of the following items: current medical problems, prescriptions (include dosages), and allergies.

If the disease is severe and widespread follow instructions from local officials or the WEBER-MORGAN HEALTH DEPARTMENT. These may include:

- Stay at home from work/school if you are sick. Accept that schools, churches and public gatherings such as sporting events may be cancelled.
- Anticipate that stores may be closed and food and water may be hard to find.

- Healthcare will be different than it is now. Doctors and hospitals may be overwhelmed and *you may be on your own* to take care of family members.

Keep a Care Log

Write a new entry twice a day and when symptoms change
Record the following information:

- Date and time
- Temperature
- Skin color (pink, pale or bluish) and rash
- Record the amount of liquids consumed each day and through the night
- Record how many times the sick person goes to the bathroom each day and the color of the urine (clear to light yellow, dark yellow, orange, brown, or red)
- Record all medications, dosages and times given

Influenza Care Log

Name of Patient _____ Name of Caregiver _____

Date	Time	Observation	Temperature	Medications

For more information, visit www.flu.gov and www.bereadyutah.gov

Adapted from a guide developed by the Medical Surge Capacity Coalition of Central Utah, March 2010

Flu Prevention

Wash your hands often!

Don't Share the Flu. If you are sick stay home from work, school, and errands, and avoid contact with others.

Cover mouth and nose with a tissue when sneezing or coughing. If tissues are unavailable, sneeze or cough into your sleeve or elbow.

Avoiding touching your eyes, nose, and mouth.

Use alcohol-based ***hand sanitizer.***

Practice good health habits. Get plenty of sleep, be physically active, manage stress, drink plenty of fluids, and eat nutritious food.

Keep your home clean. Regularly wiping down commonly touched surfaces like table tops, telephones, light switches, remote controls, and doorknobs with disinfectant can help reduce the spread of germs.

A ***yearly flu shot*** is recommended as the first step in preventing flu. Seasonal flu vaccination is very important for people at high risk for flu complications including young children, pregnant women, people with chronic health conditions, and people 65 and older. When a ***pandemic flu vaccine*** becomes available, follow the recommendations for getting it. You will need both vaccines.

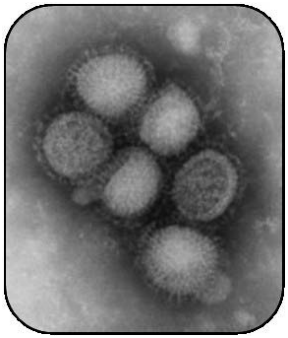
During a flu outbreak, or if you are ill, practice ***social distancing*** by:

- Avoiding shaking hands with others
- Avoiding crowds
- Increasing distance between people

Background

- Pandemic flu is a global outbreak of human disease. **It is caused by a new influenza virus that is unlike any previous flu** and is not recognized by the body's immune system. The lack of immunity means that a pandemic flu can pass readily from person-to-person, creating widespread illness.

Only 28% of Americans have an Emergency Kit in their home.



- **Seasonal Flu** affects people every year. Most people who get the flu can be cared for at home. The simple steps described in this booklet can make caring for someone with seasonal or pandemic flu easier.
- **A pandemic may come and go in waves, each of which can last for six to eight weeks.** A severe influenza pandemic could lead to high levels of illness, death, social disruption, and economic loss.
- In a pandemic, healthcare facilities could be overwhelmed creating a shortage of staff, beds, and supplies. **Follow the steps in this booklet to prepare yourself and those around you for a flu pandemic.**
- The goal of the pandemic flu immunization program is to vaccinate all persons in the U.S. who choose to be vaccinated.
- It is expected that most people will recover from the flu without needing medical care.

CDC recommends that people with flu-like illness remain at home until at least 24 hours after they are free of fever or signs of a fever without the use of fever reducing medications

Hand Hygiene

Everyone should wash their hands regularly to prevent the spread of disease. You never know when you may come in contact with flu germs. Caregivers should wash their hands before and after giving care to the ill person.

Steps for Correct Hand Washing:

1. Wet hands with clean running water and apply soap
2. Rub hands together to make a lather and scrub all surfaces, especially between fingers and under nails
3. Continue rubbing hands for 20 seconds
4. Rinse hands well under running water
5. Dry your hands using a paper towel or air dryer then use the paper towel to turn off the faucet

Reduce Fever

Fever is a sign the body is fighting the infection, and mild fevers do not always need to be treated. To help reduce a fever for comfort, do the following:

- Give plenty of fluids
- Give fever-reducing medication, such as acetaminophen or ibuprofen, as directed on the container's label
- Do not give aspirin to anyone younger than 20
- To relieve discomfort, give a sponge bath with lukewarm water
- Do not sponge with alcohol

Comfort Care

In an extended pandemic, hospitals may be overcrowded**.** You may need to care for a terminally ill patient at home. The goal of comfort care (palliative care) is to prevent and relieve suffering. A good comfort caregiver will:

- Provide care for the physical, emotional, and spiritual needs of the patient
- Be sensitive, kind and compassionate
- Respect the patient as an individual and listen to them
- Provide pain relief and improve the quality of life of the ill person
- Make the patient as comfortable as possible by preventing and relieving symptoms such as fatigue, nausea, shortness of breath, and loss of appetite

If a Loved One Dies At Home

If a family member appears to have died at home, do not call 911 unless you want paramedics to perform CPR and other life-sustaining treatment.

Do not take a person who has died to the hospital.

If your family member is under the care of a physician, hospice, or home health care, that is who you should call if you believe they have died. If they have not been under medical care within 30 days of death, you must notify your local law enforcement agency -- either the police or sheriff. Or, you may call a funeral home and ask them to notify law enforcement. When you call, be prepared to give the following information:

- The name of the deceased
- The place of death, including address
- Your name and relationship to the deceased
- A phone number where you can be reached

The risk of infection from the body of a person who has died of flu is small. Wear a mask and use gloves. The greater risk will be from surfaces in the room, so the room should be cleaned well and disinfected.

Dehydration

Signs of Dehydration:

- Little to no urine output, dark yellow in color
- Weakness or unresponsiveness
- Decreased saliva/dry mouth and tongue
- Sunken eyes
- Skin tenting (turgor):
    - Check this by picking up layers of skin between your thumb and forefinger and gently pinching for 1 second
    - Normally, the skin will flatten out into its usual shape right away
    - If the person is dehydrated, the skin will "tent" or take 2 more seconds to flatten out
    - This is best checked on the belly skin of a child and on the upper chest of an adult
- For infants, fewer than 3 wet diapers in the last 24 hours
- Dehydration in infants and the elderly can be dangerous – seek medical attention immediately if symptoms continue to worsen
- Patients who are getting enough liquids should urinate at least every 8-12 hours

Prevent and Treat Dehydration:

Dehydration occurs when the body loses too much water and it's not replaced quickly enough. It can be serious. Follow these tips:

- In addition to plenty of liquids, give light, easily digested foods, such as soup and broth
- Give ice chips
- Give fluids that contain electrolytes — avoid alcohol, soft drinks, or soda pop
- If drinking liquids makes nausea worse, give frequent, small sips or spoonfuls until the person can drink again
- Continuation of breastfeeding is recommended for infants – you may need to give the child smaller, more frequent feedings
- With treatment you should observe an increase in urination, a lighter color of urine, and improvement in the person's overall condition

Prepare Now

In a flu pandemic, hospitals and clinics may be overwhelmed. You may be asked to care for family members at home so that hospitals can care for the more critically ill. You may also choose to care for mild or moderately ill family members at home to avoid exposing them to other illnesses. Prepare a home care kit now in case there are shortages of supplies when you need them.

- □ **Thermometer** (digital preferred)
- □ **Alcohol Wipes** or cotton balls and rubbing alcohol (70% Isopropyl Alcohol)
- □ **Acetominophen** (**Tylenol™**) or **Ibuprofen** (**Motrin®**, **Advil™**) for fever reduction and pain
- □ **Bleach** for disinfection—carefully follow product label instructions
- □ **Tissues**
- □ **Soap** for hand washing
- □ **Paper Towels** to prevent spread of the virus from regular towels
- □ **Alcohol Based Hand Sanitizer**
- □ **Disinfectant Wipes** for hard surfaces
- □ **Trash Bags**
- □ **Box of Disposable Gloves**
- □ **Juices, Liquids & Electrolyte Drinks** for hydration
- □ **Masks**
  - Five or more for each family member
  - Surgical masks (available at medical supply stores or pharmacies)
  - N95 masks (available at hardware stores or discount stores)

- If there is a shortage of masks, family members who are not ill can write their name on their mask and reuse it for several days
- Ill individuals should change and dispose of masks daily
- ***Do not share used masks with another person***

Electrolyte Drinks (Pedialyte™ or AdvoCare Rehydrate™)

Ingredients to make your own Electrolyte Drink (Oral Rehydration Solution):

- 1 quart water
- 3-4 tablespoons sugar
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ teaspoon salt substitute containing potassium chloride
- Mix well and flavor with lemon juice or sugar free powdered fruit drink

In the event of a pandemic flu you may need to stay home for an extended period of time. You should gradually buy items so that you have a ***minimum of two to three weeks of emergency supplies for each person in your home***:

- Water for 3 days (1 gallon per person per day)
- Two week supply of food
- Canned meats/fish/fruits/vegetables
- Peanut butter/crackers
- Dried rice/beans/pasta
- Baby food
- Pet food
- Prescribed medicines
- Feminine hygiene products
- Diapers
- Batteries

Flu Symptoms

Common cold symptoms are different than flu symptoms which often appear suddenly. Symptoms of pandemic influenza may be the same as the symptoms of seasonal influenza, but may be more severe. Here is how colds and the flu differ:

Symptoms	Cold	Flu
Fever	Rare	Usually Present
Aches	Slight	Moderate to severe
Chills	Uncommon	Fairly common
Tiredness	Mild	Moderate to severe
Coughing	Productive cough	Dry, unproductive cough
Sneezing	Common	Uncommon
Stuffy Nose	Common	Uncommon
Sore Throat	Common	Uncommon
Chest Discomfort	Mild to moderate	Often severe
Headache	Uncommon	Common

Call the Doctor for...

- A high fever

  - A fever of 100° or over is considered high in a baby up to 3 months
- Shaking chills
- Coughing that produces thick mucus
- Dehydration (feeling of dry mouth, excessive thirst or no tears produced)
- Worsening of an existing serious medical condition (such as heart or lung disease, diabetes, HIV, cancer)
- Difficulty breathing, fast breathing, or bluish color to the skin or lips
- Stiff neck
- Low blood pressure (fainting)

If you cannot reach your doctor, go to the Emergency Room for any of the signs below:

- Difficulty responding or communicating appropriately
- Difficult breathing or chest pain with each breath
- Coughing up blood
- Inability to move an arm or leg
- Seizure
- Extended dehydration causing difficulty taking liquids
- Infant younger than 2 months old with fever, poor feeding, urinating less than 3 times per day or other signs of illness

[If you cannot get to the emergency room on your own call 9-1-1]

Protecting Others in the Home

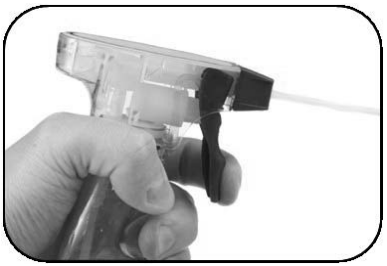
- The sick person should not have visitors other than caregivers – a phone call is safer than a visit
- All persons in the household should clean their hands frequently with soap and water or an alcohol-based hand rub, especially after every contact with the sick person or the person's room or bathroom
- If you must use cloth hand towels, change them at least daily and launder in hot water
- Maintain good ventilation in shared household areas by keeping windows open in restrooms, kitchen, and other common rooms
- If the person with the flu needs to leave the home for medical care, they should wear a mask
- Have the sick person wear a mask if they need to be in common areas or when being cared for
- Plastic toys may be cleaned in a dishwasher or with dish detergent and dried

Protecting the Caregiver

- Avoid being face-to-face with the sick person
- When holding small children who are sick, place their chin on your shoulder so that they will not cough in your face
- Clean your hands with soap and water or use an alcohol-based hand rub after you touch the sick person or handle used tissues or their laundry
- Contact a telephone hotline or health care provider if the caregiver or other household members start showing symptoms
- **Be sure to get adequate rest, nutrition, and breaks**

When a Household Member is Sick

Flu virus is spread when contaminated droplets from the mouth and nose of an infected person come in contact with others. The virus can survive on surfaces for up to 8 hours. Follow these tips to protect yourself and others in your home:



- Keep everyone's personal items separate
- Avoid sharing computers, telephones, pens, papers, clothes, towels, sheets, blankets, food or eating utensils
- It is okay to wash everyone's dishes and clothes together if you use detergent and hot water
- Wash your hands after handling dirty laundry
- Change hand towels daily, or better yet, use paper towels
- Wear disposable gloves when touching or cleaning up body fluids
- One person should be the caregiver and they should wear a mask. Pregnant women should not be caregivers

Clean door knobs, handles, and commonly touched surfaces using **disinfectant cleaning wipes or cleaner**. Surfaces may be sanitized with a household bleach solution of 2 cups water and 1 teaspoon (5 ml) bleach or other antiseptic. Please follow directions on product labels. Bleach may be dangerous to skin, mucus membranes, and the respiratory system. Keep away from children.

Caring for the Flu

A person recovering from flu should have:

- Rest and plenty of liquids
- No alcohol or tobacco
- Medications to relieve flu symptoms
- Keep the sick person in a room away from the common areas of the house, preferably a spare bedroom with its own bathroom
- Keep the sickroom door closed
- Unless necessary for medical care, persons with the flu should not leave the home
- If available, antiviral medicines such as Oseltamivir (Tamiflu™) or Zanamivir (Relenza™) may improve the recovery time and reduce complications from flu—follow current recommendations from your doctor and health department

Are You Ready? A Guide to Citizen Preparedness
www.fema.gov/areyouready/

Federal Emergency Management Agency
www.fema.gov

U.S. Department of Homeland Security
www.ready.gov

American Red Cross
www.redcross.org

National Organization on Disability
www.nod.org

U.S. Department of Education
www.ed.gov

U.S. Fire Administration
www.usfa.fema.gov

Centers for Disease Control and Prevention (CDC)
www.cdc.gov

National Disaster Education Coalition
www.disastereducation.org

Weber-Morgan Health Department
www.webermorganhealth.org

State of Utah Division of Homeland Security
www.des.utah.gov

Utah Department of Health
www.health.utah.gov

General Emergency

Police, Fire, or Ambulance.....911

Incorporated Municipalities

Farr West..... (801) 731-4187

Harrisville..... (801) 782-9648

Hooper..... (801) 732-1064

Huntsville..... (801) 745-3420

Marriott-Slaterville ..... (801) 627-1919

Morgan ..... (801) 829-3461

North Ogden ..... (801) 782-7211

Ogden..... (801) 629-8101

Plain City ..... (801) 731-4187

Pleasant View ..... (801) 782-8529

Riverdale ..... (801) 394-5541

Roy ..... (801) 774-1020

South Ogden ..... (801) 622-8585

Uintah ..... (801) 479-4130

Washington Terrace ..... (801) 393-6349

West Haven ..... (801) 731-4519

Weber County Response Departments

Animal Services ..... (801) 399-8244

Operations ..... (801) 625-3850

Roads ..... (801) 399-8440

Sheriff's Office ..... (801) 778-6602

Weber Fire District ..... (801) 782-3680

Weber Human Services ..... (801) 625-3700

Weber-Morgan Health Department

After hours Hotline (Hazmat) ..... (801) 591-7168

Administration ..... (801) 399-7100

Auto Emissions ..... (801) 399-7140

Emergency EPI ..... (801) 725-1755

Environmental Health ..... (801) 399-7160

Clinical Services ..... (801) 399-7250

Health Promotion ..... (801) 399-7180

WIC ..... (801) 399-7200

Local Hospitals

McKay-Dee Hospital ..... (801) 387-2800

Ogden Regional Medical Center ..... (801) 479-2111

School Districts

Morgan School District ..... (801) 829-3411

Ogden School District ..... (801) 737-7300

Weber School District ..... (801) 476-7850

Utilities

Qwest Communications ..... (800) 573-1311

Rocky Mountain Power (Outages & Emergencies) ..... (877) 548-3768

Questar Gas (Line breaks, Leaks, and Odors) ..... (800) 541-2824

Other Important Numbers

Association for Utah Community Health ..... (801) 974-5522

Poison Control ..... (800) 222-1222

State-Wide Road Conditions ..... (800) 492-2400

Utah Red Cross ..... (801) 323-7000

Weber Human Services (Mental Health) ..... (801) 625-3700