



Your Guide To Personal and Family Preparedness

www.BeReadyUtah.gov

The Family Emergency Plan *Making it Work for Your Family*

Creating a Family Emergency Plan takes a little bit of research and a lot of knowledge about your family, friends and the area where you live.

In order to begin putting your plan together, contact your local emergency management office. Ask them what types of disasters are most likely to happen and how you can prepare for each. Learn about any community warning signals: what they sound like and what you should do if they sound.

Find out what disaster plans are in place at your work, your children's school and other places your family spends time.

Discuss preparedness with your family. Make sure you all understand what types of disasters can occur and what you will do in each case.

Determine two escape routes from each room in your home.

Pick three places to meet:



one right outside your home in case of a sudden emergency, like a fire. Decide a location in your neighborhood and

lastly, a regional meeting place in case you can't return home. Ask an out-of-state friend to be your family out of town contact. After a disaster, it is often easier to call long distance.

Create a 72-Hour Emergency Supply Kit for every member of your family.

Teach children how and when to call 9-1-1 and other emergency numbers including fire, police, ambulance, etc. Post these numbers near phones in your home.

Install smoke detectors on each level of your home, especially near bedrooms and make sure everyone knows where the fire extinguisher is and how to use it.

Learn basic first aid skills, including CPR.

Lastly, make sure your family has adequate insurance.



Utah is exposed to a variety of natural disasters such as floods, wildland fires, severe weather, and earthquakes. The state also deals with hazardous materials.

Before disaster strikes, make sure that your family, business, school, and community have emergency plans. Preparing the people of Utah for whatever disasters may arise

is one of the main goals of the Department of Public Safety, Division of Homeland Security and **Be Ready Utah**.

You are encouraged to take four major steps toward preparedness: **Make a Plan, Get a Kit, Be Informed, and Get Involved**. Because disasters can happen at any time; at home, at work, at school, or elsewhere, your family emergency

plan needs to describe how and where your family will reunite should members be separated. It should also include what you will do if water, natural gas, electricity, or telephone services are not available.

This booklet provides information that will help you to prepare for any emergency or disaster. For additional information, visit www.BeReadyUtah.gov.

Emergency Alert System

Local officials can activate the Emergency Alert System (EAS) to warn the public of imminent danger and to provide life-safety information through television and radio. Nearly all radio and television broadcast companies in Utah are required to carry EAS messages. Law enforcement agencies in Utah also use EAS to issue Amber Alerts. This allows officials to quickly share information about an abducted child with the public to increase the chance for a prompt and safe recovery. So when disaster strikes, tune in your battery-powered radio for official information delivered by EAS.



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72-Hour Emergency Supply Kits

Get a kit! Whether an emergency or disaster keeps you at home or requires you to evacuate, you'll be better prepared to deal with the situation, and to help others, if you have adequate emergency supplies on hand. Water, food, and articles needed to maintain your body temperature and provide protection against the elements are the most important items to include. Also, certain individuals require prescription medications to sustain their lives.



Consider creating two types of kits: one that has everything you will need if you are required to stay in your home and a smaller, lightweight version to take with you if you have to evacuate. Both kits should include enough supplies to take care of your needs for at least three days.

Workers and students should consider keeping a small kit at their place of work or school. For those who spend a lot of time in the car, keep a kit in the trunk.

Guidelines for People with Disabilities and Special Needs

If you have physical limitations you can still protect yourself. Seniors and those with disabilities should take the following steps:

- Decide what you will be able to do for yourself and what assistance you may need before, during, and after a disaster.
- Create a support network of family, friends, neighbors, and co-workers who could assist you with evacuation plans

and medical information. Ask them to check on you following a disaster.

- Make an information list that includes those who should be notified if you are injured.
- Compile medical information with names and numbers of doctors, medication and dosage, allergies, and any existing conditions.
- Plan ahead with your home health care agency for emergency procedures.

Utah Special Needs Registry

This service allows individuals with special needs to provide information about their situations to emergency response agencies. The information is used to help agencies improve their capability to respond to a disaster and to serve special needs populations. Only emergency response agencies have access to the information that is collected by the Utah Special Needs Registry. To learn more, visit:

www.BeReadyUtah.gov
www.specialneedsutah.org
 Dial 2-1-1 on your phone
 or Relay users call 1-888-826-9790

What You Need:

- Any items needed by persons with disabilities or special needs.
- Copy of your Family Emergency Plan.
- Copies of important documents (insurance policies, deeds, medical records).
- Copies of select family records and photos.
- Prescriptions (pharmaceutical, eyeglass, hearing aid, etc).
- Over-the-counter medications.
- NOAA All-Hazards Alert Radio or an AM/FM radio (battery or hand-crank powered).
- Non-perishable food to last at least three to five days.
- Water: One gallon per person/day for drinking and sanitation.
- Sleeping bags/blankets.
- Flashlights, light sticks, extra batteries.
- Whistles (for personal three-day kits).
- Dust masks (useful after earthquakes or other dust-producing events).
- Garbage bags or other substitute for toilet needs.
- Tools: wrench, crowbar, broom, shovel, hammer and nails.
- Plastic sheeting and duct tape to "seal" rooms for "sheltering in place" in an event of hazardous materials event.
- Personal hygiene items (soap, sanitary napkins, washcloths, toothbrushes/toothpaste, razor, etc).
- Change of clothes, and extra shoes.
- Paper products (plates, cups, plastic forks, etc).
- Disposable camera to record damage to property.
- Cash (small denominations.)
- Road maps.
- Paper, pencils, and magic marker.
- Sturdy work gloves.
- Entertainment items such as books, playing cards, etc.

Family Pets need 72-Hour Kits


1. Food, water, bowls, litter box, medicine, first aid supplies and health records for each pet.
2. Leashes, licenses, and pet carriers for each pet.
3. Identify some pet-friendly places to stay within a 50-mile radius. Keep your pet with you if at all possible during a disaster.



Family Emergency Plan

BeReadyUtah.gov



 Make sure your family has a plan in case of an emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, where you will go and what you will do in an emergency. Keep a copy of this plan in your emergency supply kit or another safe place where you can access it in the event of a disaster.

Out-of-Town Contact Name: _____
Email: _____
Neighborhood Meeting Place: _____
Regional Meeting Place: _____
Evacuation Location: _____

Telephone Number: _____
Telephone Number: _____
Telephone Number: _____
Telephone Number: _____

Fill out the following information for each family member and keep it up to date.

Name: _____
Date of Birth: _____

Social Security Number: _____
Important Medical Information: _____

Name: _____
Date of Birth: _____

Social Security Number: _____
Important Medical Information: _____

Name: _____
Date of Birth: _____

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Name: _____
Date of Birth: _____

Social Security Number: _____
Important Medical Information: _____

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Date of Birth: _____

Social Security Number: _____
Important Medical Information: _____

Name: _____
Date of Birth: _____

Social Security Number: _____
Important Medical Information: _____

Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans that you and your family need to know about.

Work Location One

Address: _____
Phone Number: _____
Evacuation Location: _____

School Location One

Address: _____
Phone Number: _____
Evacuation Location: _____

Work Location Two

Address: _____
Phone Number: _____
Evacuation Location: _____

School Location Two

Address: _____
Phone Number: _____
Evacuation Location: _____

Other Place You Frequent

Address: _____
Phone Number: _____
Evacuation Location: _____

School Location Three

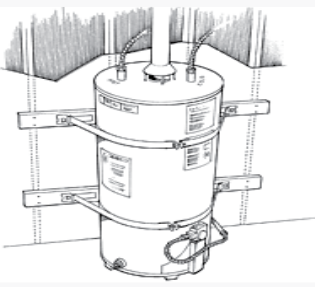
Address: _____
Phone Number: _____
Evacuation Location: _____

Important Information	Name	Telephone Number	Policy Number
Doctor(s):			
Other:			
Pharmacist:			
Medical Insurance:			
Home Insurance:			
Veterinarian/Kennel:			



Natural Gas in an Emergency: How Can You Prepare Your Home for a Disaster?

Secure your water heater. One of the most common types of earthquake damage is broken gas and water lines resulting from unsecured water heaters. A full water heater is very heavy and, if unsecured, can move during an earthquake. If it moves too far or falls over, it is likely to break both water and gas lines. It is recommended that water heaters be secured



to the floor or wall to prevent such damage and to preserve the water it contains. Having a supply of clean drinking water is very important during

an emergency, and your water heater can be a good source.

To secure your water heater, you can call a contractor or do it yourself.

Know how and when to turn off your Natural Gas meter.

It may not be necessary to turn off your natural gas meter following an earthquake. In fact, since natural gas meters should be turned back

on only by qualified persons, customers turning them off unnecessarily may end up having to wait extended periods of time for gas to be restored.



Close-up of a typical gas valve



When Should You Turn Off Your Gas Meter?

- There is structural damage to your home. The meter shut-off valve is located next to the meter as shown.
- You smell Natural Gas. Use a wrench to turn the valve a quarter turn in either direction to the 'off' position shown in the illustration.
- You hear gas leaking. If you turn the meter off, do not attempt to turn it back on yourself.
- There is a fire. +*CAUTION: Do not shut off the gas if doing so jeopardizes your safety.



What to do in a Power Outage Generator Safety Tips

Check fuses and circuit breakers. If the power failure is not caused inside the home or business, customers should report the outage to their electric service provider.

Try not to open refrigerators and freezers – they will keep food and perishables inside cold for a longer period of time if not opened. Your full freezer should keep food frozen and safe to eat for about two days when kept closed during the outage.

In cold months - put blankets and towels around windows and doors to help keep the heat in.

Never use kerosene or propane heaters inside without proper ventilation. They create dangerous fumes. Also, don't ever use charcoal in your house or garage.

Stay far away from all downed power lines and utility lines.

Even if the lines are not sparking, they could still be electrified and extremely dangerous. Keep everyone, including pets, out of the area and report the downed line immediately by calling 911 or the local electric service provider. Never touch a person or object that is touching a power line and never drive over downed power lines.



Make sure generators are properly wired for your home or business. Don't plug a generator into an outlet, and do not connect it directly into your home's fuse box or circuit panel. The generator must be connected through an approved transfer switch that will isolate your house from the electric utility's system. The switch must comply with the National Electric Code and local



building codes. These include permits, inspection and installation by a licensed electrician.

Always properly ventilate a portable generator. Gasoline-powered generators produce carbon monoxide and the fumes can be deadly. Make sure that the total electric load on your generator won't exceed the generator's rating.

If a power line falls across your vehicle while you are in it, stay inside and wait for emergency personnel to cut the power. Warn others to stay away from the vehicle. If your car is on fire and you must exit, jump - with both feet together - as far from the car as possible. Do not touch the car and the ground at the same time! Land with both feet still together and hop with both feet touching until you are a safe distance away (at least 30 feet).

Water in an Emergency

Use only water that has been properly disinfected for drinking, cooking, making any prepared drink, or for brushing teeth.

If the water is cloudy, filter it through clean cloths or allow it to settle, and draw off the clear water before using ONE of the following methods to disinfect the water:

- Boil at a rolling boil for 5 minutes.
- Add eight drops of liquid chlorine bleach (regular, unscented) per gallon of water. Let sit 30 minutes.
- Add 20 drops of 2% iodine per gallon of clear water or 40 drops per gallon of cloudy water. Let sit 30 minutes.
- Add water purification tablets according to directions on the package.
- Always use clean or purified water to wash any parts of the body that have come in contact with surfaces contaminated by flood waters.



Water should be stored for times when the water supply is disrupted or contaminated. One gallon per person, per day, for a minimum of two weeks is recommended. Water does not need to be disinfected before it's stored if it comes from a good, pretreated source.

Commercially filled bottles should be used before the "best used by" date expires.

If you fill your own containers, use the following guidelines:

- Use only food-grade containers.
- Avoid plastic containers that are not embossed with the "PETE" symbol.
- Do not use plastic milk jugs. They do not have a good seal and can become brittle.
- Never use containers that
- Do not store water near gasoline, pesticides, or similar products, or anything that emits odors.
- If there is a concrete floor, place containers on top of a piece of wood/plywood that has been placed on the floor.

were previously used to store non-food products. Wash containers with warm soapy water and rinse. Before rinsing, sanitize the container by adding water and then 1 tablespoon bleach for each gallon of water.

Shake well, turn bottle upside down and let stand for 1 minute, then pour out the bleach water and let the container air-dry. Fill with tap water.

Rotate your water by periodically emptying and refilling containers. Store containers in a dry, clean place, away from direct sunlight and heat sources.

Food in an Emergency

Storage Tips

1. Keep food in a dry, cool, dark location.
2. Open food boxes and other re-sealable containers carefully so that you can close them tightly after each use.
3. Empty open packages of sugar, dried fruits, and nuts into screw-top jars or airtight canisters for protection from pests.
4. Inspect all food for signs of spoilage before use.
5. Throw out canned goods that become swollen, dented, or corroded.
6. Use foods before they go bad, and replace them with fresh supplies, dated with ink or marker. Place new items at the back of the storage area.

Store at least a three-day supply of non-perishable foods that require no refrigeration, preparation or cooking. Choose foods that your family will eat. Avoid salty foods because they make you thirsty and water may be in short supply. Be sure to include a manual can opener and eating utensils. **Here's a list of suggested food items:**

- Ready-to-eat canned meats, fruits and vegetables.
- Protein and fruit bars.
- Dry cereal and granola.
- Peanut Butter.

- Canned Juices.
- Dried Fruit.
- Nuts.
- Crackers.
- Non-perishable pasteurized milk.
- Vitamins.
- Food for infants or others, requiring special diets.
- Comfort/stress foods.

Rotate these foods into your daily menus and replace with new stock. Follow the "Best used by..." dates on cans and packaging when rotating your foods and remember to replace items that you use.

What to Do if the Food Supply is Running Low

If activity is reduced, healthy people can survive on half their usual food intake for an extended period and without any food for many days. Food, unlike water, may be rationed safely, except for children and pregnant women.





Animal Care

Plan Ahead and Know How to Respond



Horses, companion and production livestock should not be turned loose or locked in a barn during an emergency. A large fenced area is the best way to protect your animals in a disaster involving extreme weather events.

- Always have a week's supply of food on hand and covered. Maintain a contact list for alternate suppliers.
- Have an emergency source of water at hand or near by in the event that services are temporarily disrupted. Membership in growers or producers organization that can provide assistance in an emergency will reduce losses.
- Have transportation to evacuate. Remember that borrowing from a neighbor may not be feasible. When possible, move stock out of flood or fire zones in advance; provide extra feed in severe weather events.
- Have current health/vaccination records, proof of ownership and brand or microchip identification. Know your brand inspectors and extension agents.
- Identify nearby and distant evacuation sites including boarding facilities, fairgrounds, arenas, etc.
- Always keep a first aid kit in your truck or trailer.

Pet First Aid Kit

1. Anti-diarrheal such as Pepto-Bismol (1/2 tab or 2 tsp for 15 lbs in dogs, 1/4 tab or 1 tsp for 15 lbs in cats.
2. Antibiotic ointment such as Neosporin or triple antibiotic.
3. Antibiotic eye ointment.
4. Sterile saline eyewash
5. Disinfectant surgical scrub and solution.
6. Cotton tipped swabs.
7. Gauze squares.
8. Gauze Roll (Kling type).
9. Non-adherent sterile dressing.
10. Bandage scissors.
11. Latex gloves.
12. Sterile lubricant.
13. Vet wrap or similar.
14. Large padded bandages, or sanitary napkins.
15. Clean rags, towels, and sheets.
16. Syringes of several sizes.
17. Thermometer.
18. Tweezers, and/or mosquito hemostats.
19. Mineral Oil.
20. Pet appropriate pain medication.



Pandemic Influenza

Pandemic influenza is a disease that occurs in humans and would affect people around the world.

- It would be a new disease that no one was immune to.
- It would spread easily from one person to another through coughing, sneezing, or touching contaminated hands and surfaces.
- It could be mild, moderate or very in severity, but will most likely cause high levels of illness, death, social disruption, and economic loss.
- There is no pandemic vaccine (flu shot) at this time.
- No one can predict when a pandemic will occur.

If the disease is severe:

- You should stay at home if you are sick or others in your house are sick.
- Schools, churches, and large gatherings (such as sporting events) may be cancelled.
- Stores may be closed and temporary shortages of food and water could occur because of supply interruptions.
- Healthcare will be different than it is now.

Talk to People:

- Tell your family, employer, doctor and other leaders about the disease and preparing for pandemic influenza.

Pandemic Prevention

- Practice respiratory etiquette (cover your mouth with your sleeve, elbow or tissue when you cough or sneeze.
- Wash your hands frequently using soap and warm water for 15 to 20 seconds.
- Alcohol-based hand wipes and gel sanitizers work as well.

In the Workplace

- Talk to your workers NOW and plan for an emergency.
- Encourage workers to get an annual influenza vaccination ("flu shot").
- Educate your workforce on hand washing, respiratory etiquette, healthy diet, exercise, and the difference between "seasonal flu" and pandemic flu".

Keeping Business Going

During an Emergency

- Identify your business' essential functions, and plan to maintain these



functions if your workforce decreases by 40%.
 • Limitsomeofyourservices.
 • Reduce business hours.
 • Cross-train your employees. Make sure more than one person knows how

“Seasonal flu comes every year, pandemic flu is when the flu strain changes.”

to do a critical part of work.
 • Plantoreduce your employees' exposure to pandemic influenza by staggering work hours, telecommuting, teleconferencing, and closing

cafeterias or lunchrooms.
 • Limit the number of people in the elevators.
 • Provide soap, warm water, hand sanitizer and disposable tissues to employees.
 • Develop an infection control plan that mandates sick employees leave or not come to work when they are ill and ensures that office surfaces such as phones, desks, and keyboards, are cleaned regularly.



WILDFIRE

A leading cause of home loss is flying embers, which can travel a half mile or more from the active fire....



Protect Your Home By Zones

Zone 1: Home Ignition Zone: This is the area that includes your home and grounds immediately surrounding it, and is the most critical zone to maintain. Remove ember traps by screening all eave and other vents; cleaning out debris from under decks, and screen or enclose these areas. Move stacks of firewood away from the structure. Remove pine needles, leaves and other debris from rooftops and rain gutters. Trim weeds or other flammable vegetation, especially tree branches, back from touching or overhanging the structure.

Zone 2: The Defensible Space Zone: This circular area is a minimum of 30 feet from your house, and 100-feet or more on the downhill side if you live at the top of a slope. Remove dead and dying grass, shrubs and trees. Reduce the density of vegetation, by spacing plants apart, and remove 'ladder' fuels that could carry fire from the ground into the treetops. Replace flammable vegetation with fire-resistant plants, green lawn, or other low-growing ground covers.

Zone 3: Fuel Reduction Zone: Remove undergrowth and thin out densely crowded smaller trees to reduce fire intensity. Experts recommend keeping a minimum of 10 feet of space between trees and shrubs. Trim low-hanging branches of mature trees up to six to 10 feet off the ground.

Survival in a Vehicle

Roll up windows and close air vents. Drive slowly with headlights on. Do not drive through heavy smoke.

If you have to stop, park away from the heaviest trees and brush. Turn headlights on and ignition off. Get on the floor and cover up with a blanket or coat. Park in an area clear of all fuel; never park on dry grass.

Caught in the Open

The best action is to leave the area entirely. If that is not an option, the best temporary shelter is in a sparse fuel area. If a road is nearby, lie face down along the road cut or in the ditch on the uphill side. Cover yourself with anything that will shield you from the fire's heat.

Firewise Plants for Utah Landscaping

Throughout Utah wildland/urban interface fires are becoming more of a problem as people choose to live in previously undeveloped areas on the edges of cities, areas with trees, shrubs, and grasses that often are very flammable.

Firewise landscaping is the practice of designing, installing, and maintaining a landscape to minimize fire hazard to structures, residents, and neighbors, while maintaining components of the native ecosystems that attracted people to live in such areas in the first place. For a full list of Firewise plants, their descriptions and pictures to help you identify them, visit the Firewise website at www.Firewise.org.

Lightning and Wildfires

Although wildfires are not an actual weather phenomenon, wildfires are directly related to lightning and other weather elements. The wildfire threat typically increases in early to mid June across southern Utah and by early July across the northern sections of the state and remains high through Labor Day.

Utah averages about 1,900 wildfires each year. About two thirds of all wildfires in the Eastern Great Basin are ignited by lightning.

During periods of extreme fire danger in forest and rangelands:

Avoid putting yourself in areas where you might become trapped by a wildfire.

Do not use matches or anything else that could ignite a fire.

Make sure that hot parts of motorized equipment, such as mufflers, are not allowed to come in contact with dry grasses or other potentially flammable material.





Determining the Level of Disaster

The Three categories of FEMA assistance



Local and state governments share the responsibility for protecting their citizens from disasters, and helping them recover when a disaster strikes. In some cases, a disaster is beyond the capabilities of the state and local government to respond. In these cases the governor may request assistance from the federal government. Before the governor requests federal assistance a FEMA/State Preliminary Damage Assessment is typically completed to determine if federal assistance is needed. Factors considered during this assessment include:

- Amount and type of damage (number of homes destroyed or with major damage).
- Impact on the infrastructure of the affected areas.
- Imminent threats to public health and safety.
- Level of insurance coverage in place for homeowners and public facilities.
- Assistance available from other sources (federal, state, local, and voluntary organizations).

Based on the governor's request, the president may declare that a major disaster or emergency exists and activate federal programs to assist in the response and recovery effort.

Individual Assistance - aid to individuals and households. This program provides money and services to people in the declared area whose property has been damaged or destroyed and whose losses are not covered by insurance. FEMA programs are designed to meet people's basic needs. People will find that the most common form of assistance is typically a loan from the U.S. Small Business Administration. Individual Assistance will not make disaster victims whole. Potential assistance includes:

- Temporary housing and repair to ensure a safe place to live.
- Disaster-related medical expenses.
- Funeral expenses.
- Replacement of some essential personal property.
- Transportation costs.
- Storage expenses.
- Other forms of assistance can include crisis counseling, legal services and Disaster Unemployment Assistance.

Public Assistance - aid to state and locally owned public facilities for eligible emergency services and the repair, restoration, reconstruction, or replacement of a public facilities or infrastructure damaged by the disaster. Certain private non-profit entities may also be eligible.

Hazard Mitigation Assistance - funding for measures designed to reduce future losses to public and private property. These funds are provided to the state, which determines what projects to fund.

Flood Safety and Awareness

*“Turn Around,
Don't Drown.”*



Flood/Flash Flood Facts

- Average of nearly 100 fatalities each year, nationwide.
- Number one cause of deaths associated with thunderstorms, nationwide.
- Nearly half of all flash flood fatalities are vehicle-related.
- Six inches of fast-moving water can knock you off your feet.
- A water depth of two feet will cause most vehicles to float.

Safety

- If flooding occurs, move to higher ground, away from areas subject to flooding such as dips in roads, low spots, canyons, and washes.
- Avoid areas already flooded and do not attempt to cross flowing streams.
- Never drive through flooded roadways, as the roadbed under the floodwaters may be washed out.

Flash Flood Safety in Slot Canyons

- Become familiar with the terrain and know your escape routes.
- Be aware that deadly flash flood waters can travel from many miles away with travel times of 10 hours or more.
- Always let someone know your itinerary.
- Don't enter slot canyons and rugged terrain during stormy or wet weather.
- Don't attempt to cross floodwaters by vehicle or on foot.
- Don't camp along streams and washes if there is a threat of flooding.



Safely Enjoy the Outdoors

Basic Survival Tips



Utah is known for its scenic mountains, eye popping granite peaks and abundant wildlife. The Wasatch and Uinta mountain ranges are of the most beautiful in the Western United States. Eager to enjoy the recreation, many people do not think about the hazards that exist in the wilderness. Each year, search and

rescue teams, fire departments and law enforcement agencies are involved in the search for missing hikers or campers.

Even the most experienced outdoorsman can find him or herself in trouble without taking the proper steps to prepare. The unexpected can happen. Being prepared to survive will keep you alive if you become lost.

Prepare Before You Go

Learn and become familiar with the area where you will be. Before venturing into the wilderness, check the weather reports and learn how to read approaching storms in high altitudes.

Equipment

- Pocket survival kit.
- Basic First Aid Kit
- Survival bag or pouch including a cooking pot, fuel source, food, shelter, and a signaling kit.

If You Become Lost

Don't panic. Create a plan of attack. Keep a clear head, assess the situation, and try to shelter where rescuers can see you. It is recommended that you inform a friend where you're planning to be so if you become lost, they know where to send rescuers.

CSEPP: The Chemical Stockpile Emergency Preparedness Program

Utah is better prepared than most states to deal with the unlikely event of a chemical or biological incident. Communities near the chemical weapons stockpile site receive specialized resources through the Chemical Stockpile Emergency Preparedness Program (CSEPP) to deal with the unlikely event of an accident. Some examples include:

- Enhanced communications.
- Emergency warning equipment (sirens and radios).
- Decontamination ability.
- Training and exercise to simulate possible incidents.
- Specialized training and equipment for hospitals.

Many emergency preparedness capabilities provided by CSEPP can also be used to respond to other non-stockpile emergencies such as industrial accidents, earthquakes, fires, severe weather, or criminal events.



Severe Winter Weather

“Be Informed: Check out the Latest Weather Forecast Before Venturing Out.”

At Home or in a Building

Stay inside.

- When using alternative heat from a fireplace, wood stove, space heater, etc., use fire safeguards and ventilate properly.

If you have no heat:

- Close off unneeded rooms.
- Stuff towels or rags in cracks under doors.
- Eat and drink. Food provides the body with energy for producing its own heat.
- Wear layers of loose-fitting, lightweight, warm clothing. Remove layers to avoid overheating,

perspiration, and subsequent chill.

In a Car or Truck

- Stay in your vehicle. Disorientation occurs quickly in wind-driven snow and cold.
- Run the motor about ten minutes each hour for heat.
- Make sure the exhaust pipe is not blocked.
- Make yourself visible to rescuers.
- Tie colored cloths to your vehicle to make it more visible.
- Raise the hood to indicate trouble after the snow stops falling.



- Exercise from time to time by vigorously moving arms, legs, fingers, and toes to keep blood circulating.

Outside

Find shelter:

- Try to stay dry.
- Cover all exposed parts of the body.

If no shelter:

- Prepare a lean-to, wind-break, or snow cave for protection from the wind.
- Build a fire for heat and to attract attention.
- Place rocks around the fire to absorb and reflect heat.





Get Involved



Following the tragic events of September 11, 2001 and the recurring reminders of the powerful force of natural phenomenon, we are reminded of our vulnerabilities, more appreciative of our freedoms, and more understanding that we have a personal responsibility for the safety of our families, our neighbors and our nation. We also know that we can take action now to help protect our families, help reduce the impact a disaster has on our lives, and help deal with the chaos when an incident does occur.

The Utah Citizen Corps Mission is to harness the power of every individual through education, training, and volunteer service to make communities safer, stronger, and better prepared for emergencies and disasters of all kinds. The State Citizen Corps Council serves as a resource link between the national Citizen Corps initiative and local and regional councils throughout Utah. The state council encourages councils to bring together local leaders, emergency management, citizen volunteers, faith-based communities, business and civic organizations, and the network of first responder organizations to help build prepared and resilient communities. Community members are encouraged to know the potential risks in their areas, have emergency kits available for all members of the family, have and practice a family response plan, be trained in CERT and CPR, and become involved in their local neighborhood watch program and community preparedness efforts. For more information go to www.citizencorps.utah.gov

Local Emergency Planning Committee (LEPC)

A committee required by the Superfund Amendments and Reauthorization Act (SARA), LEPC is made up of representatives from government, industry, elected officials, environmental groups and others. This committee reports to the State Emergency Response Commission (SERC). Businesses using or generating certain quantities of materials on the EPA's Extremely Hazardous Substance list must report to the LEPC and their local fire departments. Any business which uses, manufactures, stores or transports hazardous materials is required to have procedures for safe handling of these materials as well as emergency response procedures. The Hazardous Materials Section of the Utah State Fire Marshal's Office is an active participant in the LEPC's throughout the state. Fire departments and other response agencies are also required to have procedures for unexpected or uncontrolled hazardous material spills. Many solids, gasses and liquids

used in the production of fuels, medicines, plastics, and other products and processes in our communities are classified as hazardous. Hazardous materials are used, stored and transported daily throughout Utah. Under most circumstances, these materials are handled safely. However, when improperly handled, disposed of or released, these substances can become hazardous to people and the environment necessitating coordinated planning for emergencies. The Haz Mat Section of the State Fire Marshal's Office provides Haz Mat training, at no cost to the response community for just such an emergency. Many of the LEPC's statewide have evolved into an "all hazards" planning group. The Department of Public Safety's, Division of Homeland Security has become a very important part of the planning efforts of the LEPC's. They have worked with and built upon the plans initially used for hazardous materials response and created useful all hazards plans.



Community Emergency Response Team, CERT, is a training program that prepares you to help yourself, family, and neighbors in the even of a disaster. As a member of a CERT team, you can respond to disasters, participate in drills and exercises, and take additional training. Under the direction of the local emergency responders, CERT teams help provide critical support by giving immediate assistance to victims, providing damage assessment information, and organizing other volunteers at a disaster site. They also offer a potential workforce for performing duties such as shelter support, crowd control, and evacuation until trained emergency personnel arrive. The CERT program builds strong working relationships between emergency responders and the people they serve as well as helping the community year-round by assisting with community emergency plans, neighborhood exercise, preparedness outreach, fire safety education, and workplace safety. CERT training takes about 20 hours to complete. Participants learn how to: identify and anticipate hazards, reduce hazards in the home and work place, extinguish small fires, conduct light search and rescue, set up a medical technique and help reduce survivor stress. Who should take CERT training? People interested in taking an active role in hometown preparedness. For more information contact the Utah Division of Homeland Security, your local Fire Department, or go to: www.BeReadyUtah.gov

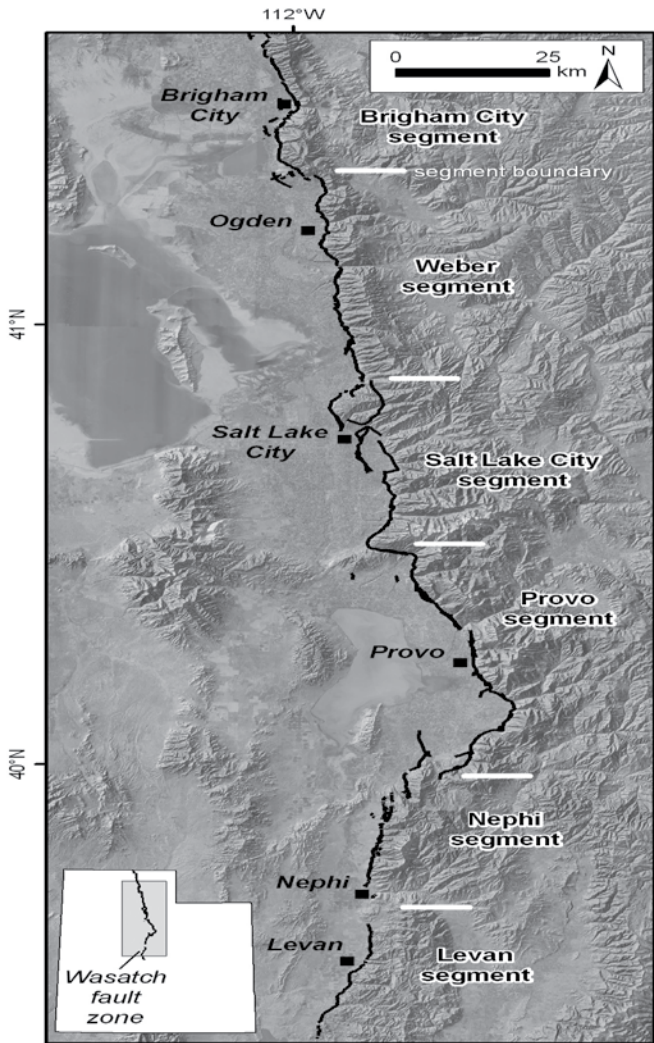
24-Hour "Haz Mat Help Line" 801-256-2499

Earthquake Preparedness

Utah has roughly 700 earthquakes each year, of which an average of six are magnitude 3.0 or greater. The two largest historical earthquakes took place in the Richfield area in 1901 and in Hansel Valley in 1934 (6.5 and 6.6, respectively). The most damaging earthquake in Utah's history was of smaller magnitude (5.7), but damaged nearly three-fourths of the houses in Richmond (in Cache Valley), and damaged roads and other struc-

tures. The total cost was about \$1 million (in 1962 dollars). No matter where you are, know how to protect yourself and your family during an earthquake. Practice taking cover as if there were an earthquake and locate the safest places in your home and at your work. Practice getting out of your home or business and check to see if the planned-exits are clear or if they could become blocked in an earthquake. Practice turning off your electricity and water.

Average Frequency of Earthquakes in the...		
	Wasatch Front	Entire Utah Region
Magnitude	Frequency	Frequency
≥ 3.0	3 per year	8 per year
≥ 4.0	1 every 2 years	1 per year
≥ 5.0	1 every 10 years	1 every 5 years
≥ 5.5	1 every 20 years	1 every 10 years
≥ 6.0	1 every 50 years	1 every 30 years
≥ 7.0	<i>[based on geological evidence, time scale of 100s of years - see page 7]</i>	
<small> ≥ Greater than or equal to * Based on historical record and instrumental monitoring (largest historical shock was M 6.6 in 1934); excludes foreshocks, aftershocks, and human-triggered seismic events </small>		
<small>Source: University of Utah Seismograph Stations</small>		



The Wasatch Fault

During an earthquake do the following:

- If indoors, stay there. Get under a desk or table or stand in an interior corner.
- If outdoors, get into an open area away from trees, buildings, walls and power lines.
- If in a high-rise building, stay away from windows and outside walls. Get under a table. Do not use elevators.
- If driving, pull over to the side of the road and stop. Avoid overpasses and power lines. Stay inside your car until the shaking is over.
- If in a crowded public place, do not rush for the doors. Crouch and cover your head and neck with your hands and arms.

Unless there is an immediate, life-threatening emergency, do not attempt to use the telephone. After a quake, be sure to:

- Check for gas and water leaks, broken electrical wiring or sewage lines. If there is damage, turn the utility off at the source and immediately report gas leaks to your utility company. Check for downed power lines; warn others to stay away.
- Check your building for cracks and damage, including the roof, chimneys and foundation.
- Turn on your portable radio for instructions and news reports. For your own safety, cooperate fully with public safety officials and follow instructions.
- Do not use your vehicle unless there is an emergency. Keep the streets clear for emergency vehicles.
- Be prepared for aftershocks.
- Stay calm and lend a hand to others.
- If you evacuate, leave a message at your home telling family members and others where you can be found.

FAMILY

- ✓ Have a Family Emergency Plan.
- ✓ Update 72-Hour Emergency Supply Kits.
- ✓ Know how to go powerless.
- ✓ Store and rotate water.

COMMUNITY

- ✓ Be a Volunteer.
- ✓ Know Your Neighborhood.
- ✓ Support Citizen Corps.
- ✓ Learn First Aid.

SCHOOL

- ✓ Test Emergency Plans.
- ✓ Obtain Emergency Supplies.
- ✓ Get a NOAA Radio.
- ✓ Secure Non-Structural Items.

BUSINESS

- ✓ Conduct annual evacuation drills.
- ✓ Keep a kit in vehicle/workspace.
- ✓ Have an employee communications plan.
- ✓ Keep data backups off site.

www.BeReadyUtah.gov

Be Ready Utah
(801) 538-3400
www.BeReadyUtah.gov

American Red Cross of Utah
<http://chapters.redcross.org/ut>

Questar Gas
1(800) 323-5517
www.questargas.com

Chemical Stockpile Emergency Preparedness Program (CSEPP)
(435) 882-3773
www.tcem.org

Utah Department of Public Safety's Division of Homeland Security
(801) 538-3400
<http://publicsafety.utah.gov/homelandsecurity>

NOAA
www.weather.gov/saltlake-city

Rocky Mountain Power
1(800) 775-7950
www.rockymtnpower.net

Citizen Corps
(801) 538-8606
<http://citizencorps.utah.gov>

Ready Campaign
www.Ready.gov

Community Emergency Response Team
http://citizencorps.utah.gov/utah_cert.html

FEMA Region VIII
(303) 235-4800
www.FEMA.gov

State Fire Marshal
(801) 284-6350
www.firemarshal.utah.gov

Utah Emergency Managers Association
www.uema.net

Bureau of Land Management
(800) 323-5517
www.blm.gov/ut/st/en.html

Utah Department of Health
(801) 538-6710
<http://health.utah.gov>

Unified Fire Authority
(801) 743-7118
www.unifiedfire.org

Resource For Emergency Managers



The Utah Emergency Managers Association, UEMA aims to improve and sustain emergency management by providing educational and networking opportunities for the Utah Emergency Management Community.

Members of UEMA intend to do this by promoting the improvement of the emergency management process. They

also look to foster professionalism and encourage continuing education in emergency management within government, military, and private sector. UEMA provides a forum for professional education issues and establishes the association members as a resource for all agencies across the State.

For more information on UEMA, visit: www.uema.net.