

Have A Plan

This information is based on various websites, the ideas here should be modified/enhanced for your family dynamics

“Learn from the past, prepare for the future, live in the present.” –Thomas S. Monson

Rendezvous Points

Work

Have everyone’s work schedule, phone #'s.
Know your work evacuation plan
Have supplies in your office/car
Have several routes home: car or walking

School

Know your children’s school emergency plans. Keep copies at home/work/car.
How will the school will communicate with parents during an emergency? A Lock Down? Do they keep food/water and other basic supplies if your child has to stay there? Where would they evacuate children to if they couldn’t use the school? Who can pick them up?

Home

Create a map of your home evacuation routes/exits. Have a primary & secondary exit for each room. Have a safe outside rendezvous point (away from bldg ,trees, utility poles) to meet after evacuating your home. Practice/role-play evacuation plans from home based on different types of scenarios. Keep it posted so everyone sees it.

Neighbors

Know your neighbors on both sides.
Share phone #'s and your Family Plan for work, home. Would neighbors be used in your plan if your children need a place to rendezvous if you are not at home? Can your neighbors count on you to help them if needed?

Church

Can your church be a rendezvous point for your family? Why would you meet there? Have a church evacuation plan: create primary/secondary exits out of the bldg & meeting location outside.

Around Town, At Sporting Events, On Vacation, Amusement Parks, Running Errands...Think of how your plan would work for you/family if you are not near your home base.

Evacuation & Contacts

Neighborhood Primary/Secondary Shelters

Contact your City Emergency Management Office to find out the evacuation shelters in your neighborhood. Keep maps of these locations from home/work/school in your kits.

In-State Contacts

Phone #'s of all family members & close relatives (work, cell & home). Update as needed.

Out-of-State Contacts

Primary & Secondary out of state contacts; ask them to be a contact point for family members in an emergency.

Ward Contacts

Have phone #'s of Priesthood leaders.
Be proactive--let them know your family’s health/welfare status during a event.

Extreme Weather/Event Information

Radio Stations, Websites, Streaming &

Utah Co. Primary Emergency Broadcast System station is 89.5 FM
Statewide Emergencies tune to KSL 102.7 FM or KSL 1160 AM
Provo channel 17 or stream: channel17.provo.org
City Website: Provo.org website
Purchase a radio that receives NOAA weather warnings.

Provo Siren System:

Downtown Provo & Riverbottoms.
If you hear the sirens, listen for the audible message afterwards or tune in to radio station for news.

Know the types of extreme weather you can have in your area and where you could shelter if you can’t get home.

Mark map locations considered ‘higher’ ground if flooding, or imminent dam failure is possible. Have primary and secondary routes to these locations from your work/school/home.

Sign up for National Terrorism Advisory System Alerts: email/facebook/twitter or website at: www.dhs.gov/national-terrorism-advisory-system

Checklists & Ready kits

Have a Home evacuation check list
Have information for responsible children on how to:

- Turn off electricity
- Turn off gas

(If you do not know how to do these yourself, don’t guess, contact your utility companies to find out how to do this)

Have a ready-kit (go-bag) for each family member, including pets.
Create a 3-5 day pack with no-cook, easy to prepare foods, water, clothes, hygiene items, first aid, & other health needs.
Ready bags should be changed seasonally.
Assign each family member an assignment to care for each child.

Have a checklist for what you need/where it’s kept.

Can you get everyone/everything out and ready to go in 15 minutes or less?
(Shelters might ask you to bring your emergency ready kits with you)

Contact your city to see if pets will be allowed in shelters. If not, plan now for how you will secure your pet(s) if you can’t take them.

Education & Information

Mountain Valley Red Cross Chapter

865 N. Freedom Blvd., Provo
373-8580
Classes in Babysitters First Aid, First Aid/CPR, First Responder.
Free pamphlets on getting your family ready.
Become a Red Cross volunteer & help others in times of need.
More info at: redcross.org

C.E.R.T. Training

Community Emergency Response Training
Go to www.provo.org to find CERT classes.
CERT teaches you how to have a proactive mindset in any incident; preparing yourself & your family so you can help your neighbors & community.

More info at: bereadyutah.org
Citizencorps.gov
Citizencorps.gov/cert/
FEMA.gov

Family Communications

Land lines & cell phones will be overwhelmed in certain local or in-state emergencies. Out of state contacts may be your only contact with in-state family.

Using FRS radios

You should have a family radio plan; several channels & sub bands to make contact with family members. Keep extra batteries & copy of radio manuals with all radios.

Family members should be trained on how to use radios; expect others, in your city and county, & CERT groups to flood FRS bands. FRS only works 1-2 miles & line of sight.

More Information on Emergency Plans:

Providentliving.org

Be Really Ready fas.org/reallyready

The Great Utah Shakeout:

shakeout.org/utah/

Ready.gov

Retail sites with information:

Areyouprepared.com

Beprepared.com

Nitro-pak.com

Mountainhouse.com

Only use reputable, secured and well-established websites to purchase from.

Routine Maintenance Schedule

(April / October Conferences)

Rotate & Refresh

water, food, medications with expiration dates.

Seasonal clothing changes

Change out batteries

Replace smoke/CO2 detector batteries

Go over Family Emergency Plans and change as needed: include home/car/work kits

“Practice Your Plan” Scenarios

FHE, 24-72 hrs, Date night or over a weekend—practice scenarios help you emotionally prepare for the unexpected. Go powerless—no electricity for 24-72 hrs(including wireless device.)

There are numerous prepper blogs on how to create various emergency scenario.

Building A Family Emergency Kit

These are just ‘basics’ abbreviated from several sources (lds.org, FEMA.gov, Red Cross & Be Ready Utah websites)

This is for a ‘72-hr kit’ list

(A 96-hr kit is now considered minimum by most agencies.)

The LDS Church encourages a 72-hr kit and, where permitted, gradually building a supply of food that will last a long time. (see ‘Family Home Storage Pamphlet’)

Your kit contents should fit into something that each family member can handle.

Duffels, backpacks, buckets and wheeled totes are just some ways to store your kit.

Water Information

A normal person needs a minimum 2 quarts per day. Double it if you are active or weather is hot. Children, nursing mothers & ill persons will also need more.

Store one gal. per person per day.

Keep at least a 3-5 day supply of water per person/pets (drinking, food prep, sanitation needs) Research how best to store your water needs, types of water purification methods are available or retail devices you can buy. Keep note cards of water purification methods with each ready kit.

Food Information

Store a minimum 72 hr supply of non-perishable food. Check expiration dates/rotate as needed. Select foods that require no refrigeration, preparation or cookin, little or no water; that are compact, lightweight and you’ll eat. If you must heat food, don’t forget to add a heat/energy source to heat with. Don’t forget infant & pet specific kits.

Food Examples:

MRE’s, dehydrated or freeze-dried foods, pouched foods, granola bars, protein bars, crackers & spreads, jerky, dried fruits, pudding, boxed juices, vitamins, gum, candy bars, trail mix, comfort foods.

Essential Personal Hygiene Kits

Toilet paper, towelettes, soap, liquid detergent, hand sanitizer, disinfectant wipes, toothbrush, toothpaste, floss, shampoo, hand lotion, sunscreen, personal hygiene, plastic garbage bags w/ties.

First Aid Kit Example:

Buy only ‘latex free’. Keep in Ziploc bags.

(20) adhesive bandages, various sizes

(1) 5 x 9” sterile dressing

(1) conforming roller gauze bandage

(2) triangle bandages

(2) 3x3” sterile gauze pads

(2) 4x4” sterile gauze pads

(1) roll 3” cohesive bandage

(2) germicidal hand wipes or waterless alcohol-based hand sanitizer

(6) antiseptic wipes

(2) pair medical grade non-latex gloves

2” width adhesive tape

Compression ‘ACE’ bandage

Anti-bacterial ointment, cold pack, scissors, tweezers, CPR breathing barrier (shield-type),

first aid booklet for minor injuries.

Tools, Supplies, Bedding & Clothing

Just An Example...

Mess kits, or paper & plastic items, trash bags with ties, plastic bags (various sizes). Collapsible water jug, emergency preparation manual.

Battery-operated radio, flashlights, extra batteries. Cash & coin (\$100 in small bills/coin). Non-electric can opener, utility knife, utility rope, pliers, duct tape, plastic tarp or sheeting, Tent or shelter for your family. Sleeping bags, blankets.. Compass, Sewing kit, waterproof matches, whistle, aluminum foil, small shovel, medicine dropper, paper, pencils, pens, games, paperback books, playing cards, extra sunglasses, contact lens/cleaning solution, reading glasses, prescription glasses. Flashlight/headlamp & batteries. Map of your town, sturdy shoes, extra socks, pants, long sleeve shirt, hat, raingear, work gloves, thermal underwear, jacket.

(Clothing should be a complete change per person). Shut-off wrench for gas, regular and Phillips screwdriver, scissors, utility bag (for dirty clothes or to make a pillow with).

Infants: formula, powdered milk, bottles, diaper products.

Prescription medications (tell your doctor about creating a ready-kit)

VIP (Very Important Personal) Items

Having one or two special items can make the difference betw. Coping & having a nervous breakdown. What are these for you?

Pets

Leash, bowl for food, water, carrier, chew bones or toys, items for clean up.

Documents

Keep copies in waterproof container: Living Will, insurance policies, contract deeds, stocks & bonds, passports, social security, immunization records, bank account numbers, credit card acct numbers & companies, inventory of valuable household goods, important telephone numbers, family records (birth, marriage & death certificates)