



Family Emergency Preparedness Guide

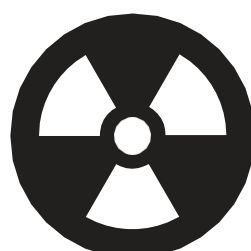


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CHAPTER 1: FAMILY READINESS IS MISSION READINESS

The first principle of a sound, real-world, emergency readiness plan is that *you are your own first responder*. While emergency services will, eventually, be on the scene, they cannot be everywhere at once. This guide is designed to provide you with a clear, actionable framework to enhance your family's self-reliance and resilience against a wide spectrum of threats, from natural disasters like earthquakes and wildfires to human-caused or technological events like terror attacks and prolonged utility failures.

The Utah National Guard built this guide as a tool for every service member and family starting from this premise: *A prepared family, a resilient family—is a force multiplier and the foundation of mission readiness*. Our goal is to increase resilience in your family by helping you to build capability and confidence in your family's ability to thrive in difficult situations. Use the knowledge in this manual to create a useful, effective plan for how your family will sustain itself, no matter the situation and no matter where you are in the world. Use it to forge your family into a cohesive team that works together to solve complex problems under stress. Use it to protect those whom you love and who matter most to you so you can deploy with peace-of-mind and focus on the mission.

The Core Framework: Three Simple Steps

This guide is built upon a simple framework. We will walk you through these three steps to build your family's preparedness plan:

- a. **Make a Plan:** Develop robust, pre-arranged plans for communication, security, and evacuation.
- b. **Get a Kit:** Acquire the necessary supplies to sustain your family when external services are unavailable.
- c. **Be Informed:** Understand the threats you face and establish methods for receiving credible, actionable information.

UTNG Specific Emergency/Disaster Notifications

It is important that families understand and incorporate the Utah National Guard's unique "recall" procedures into their family preparedness plans. A "recall" is how the Guard will activate Soldiers and Airmen to respond to an emergency situation. It only applies to the service members in an emergency, but it will significantly affect how the whole family reacts as well. For operational security reasons we will not describe them in this guide, but each service member receives "recall" training, so they fully understand the process. As such, service members *should* discuss what happens, how it will happen, and what their actions will be in the event of a recall with select family members.

CHAPTER 2: 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? Where will your family be when disaster strikes? How will you find each other? Will you know if your children are safe? Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away.

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. Knowing what to do is your best protection and your responsibility.

Four Steps to Safety

a. Discuss What Could Happen to Determine What to Plan For

- Disaster Scenarios Discussed in This Guide That May Affect Your Family

<u>Natural</u>	<u>Human-Caused</u>	<u>Infrastructure</u>
- <i>Earthquake</i>	- <i>Explosions</i>	- <i>Gas Leaks</i>
- <i>Winter Storms</i>	- <i>Fire</i>	- <i>Structural Fire</i>
- <i>High Winds</i>	- <i>Household Chemical</i>	- <i>Power Outage</i>
- <i>Thunderstorms & Lightning</i>	- <i>Emergency</i>	
- <i>Flooding</i>	- <i>Terrorism</i>	
- <i>Wildfires</i>	- <i>Hazardous Materials</i>	
- <i>Pandemic</i>	- <i>Incident</i>	
	- <i>Nuclear Emergency</i>	

b. 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 as a team.

- Discuss the types of disasters that are most likely to happen and what to do in each case.
- Pick two "Rally Points" (RPs) or places to meet. Everyone must know the address and contact information e.g., phone number, radio frequency, physical meeting location etc. for each RP:
 - The first will be a neighborhood RP near your home in case of a sudden emergency, like a fire.
 - The second will be a regional RP outside your neighborhood in case you can't return home.
- Ask an out-of-state friend to be your family's "central information hub." 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 this contact's primary and alternate phone number as well as an email address.
 - Discuss what to do in an evacuation.
- c. Complete This Checklist
- Post emergency telephone numbers by phones (fire, police, ambulance, etc.).
 - Create and carry redundant, physical, waterproof wallet cards with contact and RP info.
 - Teach children how and when to call 9-1-1 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 valves and 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. Ensure at least one carbon monoxide detector is also installed on each floor of the home.
 - Conduct a home hazard hunt.
 - Stock emergency supplies and assemble a Disaster Supplies Kit.
 - Ensure everyone old enough completes Red Cross Adult and Pediatric First Aid/CPR/AED and "Stop the Bleed" training.
 - 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.
- d. Practice and Maintain Your Plan
- Quiz your kids every six months so they remember what to do.
 - Conduct fire and emergency evacuation drills.
- e. Execute the "6-Month Readiness Reset"
1. To ensure full readiness, you will conduct a complete review of all kits and plans twice a year. This is not a partial check; it is a full reset. Tie this event to a memorable, recurring date to ensure it is not forgotten.
- Example:
 - Review 1: During the week that daylight saving time begins in the spring.
 - Review 2: During the week that daylight saving time ends in the fall.
 - 2. During each 6-month reset, you must execute all four of the following checks on your entire layered system {Every Day Carry (EDC), Go-Bags, Vehicle Kit, and Home Kit.
 - *Rotate All Consumable Supplies:*
 - Action: Take the food, water, hygiene products, and other consumables from your kits and place them in your regular pantry for use. Replace them with fresh supplies, ensuring the new items have the longest possible expiration dates. This "First In, First Out" method guarantees your emergency supplies are always fresh and prevents waste.
 - 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 All Electronics & Replace Batteries:*
 - Action: Physically power on every electronic device: flashlights, headlamps, radios, and power banks. Check for corrosion in battery compartments. It is best practice to replace common alkaline batteries annually, regardless of use, and all other batteries as needed based on your test.

- Test your smoke detectors monthly and change the batteries at least once a year.
- *Update All Personal & Medical Items:*
 - Action: Review and update all items that are subject to change. This includes:
 - Swapping out seasonally inappropriate or outgrown clothing.
 - Updating copies of personal documents (insurance cards, IDs).
 - Checking expiration dates on all prescription and over-the-counter medications, rotating, and replacing anything that will expire before the next 6-month review.

CHAPTER 3: YOUR FAMILY DISASTER KIT

When disaster strikes, you may not have much time to respond. A highway spill of hazardous material could mean evacuation. A winter storm could confine your family to home for an extended period. An earthquake or wildfire could cut water, electricity, and telephone connectivity for days or weeks.

The hypothetical scenarios just listed show the effects disasters can have on your ability to live day-to-day and they sharply illustrate this chapter's main idea: To ensure your family can cope you must gather the gear you need to survive and thrive *before* disaster strikes into a purpose built kit. Once disaster hits, you won't have time to shop or search for supplies. But if you've gathered supplies in advance, your family can endure an evacuation or home confinement. We encourage you to review *Appendix B* of this guide for an alternative method to prepare family disaster kits.

Section 1: The Basic Ingredients and Considerations to Start Preparing Your Kit

- a. Review the checklist below.
- b. Gather the supplies that are listed. You may need them if your family is confined at home.
- c. Place the supplies you'd most likely need for an evacuation in an easy-to-carry container.
- d. 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.
- e. Possible Containers Include:
 - A large, covered trash container
 - A camping backpack / rucksack
 - A duffel bag
- f. Water
 1. 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.
 2. Store one gallon of water per person per day.
 3. Keep at least 96-hour to 14-day supply of water per person in your home kit. That equals two quarts for drinking and two quarts for each person in your household for food preparation/sanitation. Don't forget water for your pets.
 4. 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 fine cloth like cheesecloth. Water can be safely treated by:
 - Boiling for 10-12 minutes
 - 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 sick.
- g. Food
 1. Store at least a 96-hour to 14-day supply of non-perishable food in your home kit for each person. Select foods that require no refrigeration, preparation, or cooking, and little or no water. If you must heat food, pack a can of Sterno.
 2. Select food items that are compact and lightweight. Include a selection of the

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, trail mix
- Vitamins
- Food for infants/elder persons or persons on special diets
- Comfort/stress foods - cookies, hard candy, sweetened cereals, instant coffee
- Disposable utensils, utility knife, can opener

Your Family Disaster Supplies Kit

a. Basic First Aid Kit

1. 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
- Moistened towelette/wet wipes
- Antiseptic soap
- Antiseptic solution - iodine compounds
- 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

2. Recommended 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)

3. Basic Sanitation Supplies

- 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

b. Basic Recommended Tools and Supplies

- Mess kits, or paper cups, plates, and plastic utensils
- Emergency preparedness manual
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Fire extinguisher: small canister ABC type
- Tube 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)
- c. Clothing and Bedding
- Include at least 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
- d. Special Items
- Remember family members with special requirements, such as infants and elderly or disabled persons
- e. For Baby
- Formula
 - Diapers
 - Bottles & Powdered milk
 - Medications
- f. For Adults
- Heart and high blood pressure medication
 - Insulin
 - Prescription drugs
 - Denture needs
 - Contact lenses and supplies
 - Extra eyeglasses
- g. For Pets
- Medications for heartworm, flea prevention, etc.
 - Medical and registration records
 - Sturdy leashes, 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, can opener
 - Medical conditions, behavior problems
 - Veterinarian's information
- h. Entertainment
- Games and books
- i. 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 and companies
 - Inventory of valuable household goods, important telephone numbers
 - Family records (birth, marriage, death certificates)
 - Recent family photos for identification
- j. 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 meds.

Section 2: The Basic Items and Considerations to 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. Keep vehicles fueled and in good condition, be sure to rotate the items periodically; and check weather and road conditions before a trip.

Vehicle Specific Kit Items:

- a. First-aid kit with manual
- b. Flashlight and extra batteries
- c. Cell phone and charger
- d. Roadside assistance card
- e. Portable radio and extra batteries
- f. Fire extinguisher (5 lb. A-B-C type)
- g. Extra fuses
- h. Flares or hazard reflectors
- i. Jumper cables
- j. Properly inflated spare tire with jack, lug wrench, tire gauge
- k. Basic tool kit
- l. Windshield scraper and brush
- m. Small folding shovel, traction boards, or sand / cat litter for traction
- n. Duct tape
- o. Gloves, rags, paper towels
- p. List of important phone numbers, local and out-of-town
- q. Detailed maps
- r. Waterproof matches and candles
- s. Whistle and small mirror
- t. Pen, pencil, paper
- u. Cash (bills and coins)
- v. Drinking water
- w. Bleach (disinfecting)
- x. Non-perishable energy foods
- y. Can opener
- z. Toiletries
- aa. Ice/Mud spikes for shoes (slip-on kind)
- bb. Extra clothes, hats, and blankets or sleeping bag

CHAPTER 4: BE INFORMED – ACTIVE AND PASSIVE INFORMATION GATHERING

Achieving Information Dominance. In a crisis, information is as vital as water or shelter. It dictates whether you stay or go, trust or doubt, act or wait. An uninformed family is a vulnerable family. "Being Informed" is not a passive activity of just watching the news. It is the active and deliberate process of building situational awareness. Your goal is to establish a reliable system to understand your operational environment, filter out hostile disinformation, and make sound decisions based on credible intelligence. You must control the flow of information to your family, not be a victim of it. This chapter is broken into two distinct functions: *Passive Gathering* (your automated early-warning system) and *Active Gathering* (your intelligence-building operation), followed by the most critical step: *The Information Triage Protocol*.

Passive Information Gathering (The Early Warning System)

- a. Passive systems are those you set up *once* to automatically alert you to immediate, official warnings. They require no active monitoring. This is your "tripwire."

Action: Enable Your Passive Systems

Method	The Tool	Action Required (Do This Now)
Wireless Emergency Alerts (WEA)	Your personal cell phone.	<i>Verify that government alerts are enabled in your phone's notification settings.</i> This is a free, pre-existing system that pushes critical alerts (e.g., imminent threat, Amber alerts) directly to your phone.
NOAA Weather Radio Alerts	A battery- or hand-crank-powered NOAA Weather Radio with SAME technology.	<i>Purchase a quality radio.</i> Program it for your specific county using the SAME codes provided by the National Weather Service. Keep it in a central location, powered on in "Alert" mode.
Local Emergency Alert System (EAS)	Your home or vehicle radio (AM/FM).	Identify and pre-set the primary local news radio station that is the designated EAS broadcaster for your area.

Table 4-1: Passive System Method to Task Crosswalk

Active Information Gathering (Building the Picture)

- a. When passive alerts go off, or if your systems go silent, it is time to shift from passive to active information gathering. This requires effort, specific tools, and a reasonably skeptical mindset to build a true picture of the situation.
- b. It is important to remain as neutral as possible in your information gathering. This is also true regarding what information you decide to base plans or subsequent actions on. This will be difficult as your emotions will be running high and you may be tired as well as distracted. Use your family or other calm, rational people (at least 1 to 2 others), and work as a team to acquire and assess incoming facts during active information gathering.

Action: Establish Your Active Systems

Method	The Tool	Action Required
Radio Monitoring	A quality shortwave or scanning radio (in addition to your NOAA radio).	<i>Listen to more than just official broadcasts.</i> Monitor local FRS/GMRS, Ham, and emergency service frequencies (if legal and possible). Listen to international shortwave broadcasts (e.g., BBC) to get a picture of the world outside your immediate area.
Direct Observation (Physical Recon)	Your own senses: eyes and ears.	<i>Periodically and safely observe your immediate environment.</i> What do you see? Are your neighbors' cars still in their driveways? Do you hear sirens? Which direction are they going? This "ground truth" is highly reliable but has a very limited scope.
Person-to-Person Communication	Your trusted neighbors and community members.	<i>Establish a network of trusted neighbors before a crisis.</i> After an event, share observations (never rumors). "I saw three police cars heading east," is useful intelligence. "I heard they are rounding people up," is a dangerous rumor.

Table 4-2: Active System Method to Task Crosswalk

The Information Triage Protocol (The Critical Filter)

- a. All information is significant. In a hostile action scenario, the primary cyber threat is **disinformation** designed to sow panic, incite violence, and degrade your ability to make decisions. Pass every piece of information you gather through this triage protocol before you trust it.
- b. The Four Rules of Information Triage
 1. **Be Skeptical:** Treat every piece of incoming information as potentially false, inaccurate, or even deliberately misleading until proven otherwise.
 2. **Verify Via Multiple, Independent Sources:** A single report is a rumor. Two reports could be a coincidence. You need three or more independent, credible sources to begin treating a piece of information as a potential fact.
 3. **Distrust Emotion:** Any information designed to make you feel immediate, intense emotion (fear, anger, euphoria) is almost certainly propaganda. Emotional content is designed to bypass your critical thinking. Discard it.
 4. **Prioritize Ground Truth & Official Broadcasts:** Your most reliable information is what you can see with your own eyes, followed by official broadcasts from sources like a NOAA Weather Radio. Everything else is a distant second.

Action Summary

- **Enable WEA:** Verify alerts are active on all family cell phones.
- **Acquire Hardware:** Purchase and program a NOAA Weather Radio.
- **Understand the Protocol:** Read and discuss the Information Triage Protocol with your family. Make skepticism a part of your plan.

The Offline Knowledge & Reference Library

In our world, information is our most accessible resource. In a significant crisis, particularly a hostile attack that targets our power and communication infrastructure, access to this resource may be the first to vanish. An effective preparedness plan must account for this loss. An offline library ensures that you have the "how-to" information you need to solve complex problems when you are completely on your own. This library is built in three tiers, moving from your core plan to deep knowledge and finally to immediate, task-specific instructions.

a. Tier 1: The Doctrinal Reference (Your Plan)

This is your primary planning and operational reference. Digital copies of your plan will be inaccessible in a grid-down, no-power scenario. To be useful, your plan must be a physical object.

1. **Task:** Create a printed, laminated, binder-bound copy of this entire Preparedness Guide, including all the checklists and appendices you have filled out. This physical copy is your family's doctrine. Keep it in a secure but accessible location with your Layer 4 Home Kit.
2. **Required Skill: Familiarity.** This is not a document to be filed and forgotten. You must know the contents of your own plan. Review it during your 6-month readiness reset.

b. Tier 2: The Core Knowledge Library (The Books)

This layer provides deep, expert knowledge for solving complex problems when there is no one else to ask. Paperback books require no power and are durable.

1. **Task:** Acquire a small, curated library of physical paperback books on core survival topics. Your library should include, at a minimum:
 - **A Comprehensive First Aid Manual:** Go beyond basic first aid. A text like *The Ship's Medicine Chest* and *Medical Aid at Sea* or a wilderness first responder manual covers a wider range of scenarios.
 - **A General Home Repair / "How Things Work" Guide:** A book that explains the basics of plumbing, mechanics, and electrical work can be invaluable.
 - **A Regional Guide to Edible & Medicinal Plants:** This is a region-specific skill. Get a guide for your local area and learn to identify a few key plants.
 - **A Knot Tying & Basic Survival/Bushcraft Manual:** This covers fundamental skills for rigging, shelter, and improvisation.
2. **Required Skill: Active Reading.** It is important to read and be familiar with the contents of these books *before* a crisis. Mark key pages with tabs. The skill is knowing what information you possess and where to find it quickly.

c. Tier 3: Task-Specific Quick-Reference Cards (The "How-To" at Your Fingertips)

This layer provides immediate, at-a-glance instructions for performing critical, time-sensitive tasks under extreme stress, eliminating the need to search through a book when seconds count.

3. **Task:** Create your own laminated, wallet-sized, or index-card-sized instruction cards. Attach them directly to the relevant piece of gear with a zip tie or keyring. Examples include:
 - A card with your family's pre-arranged radio frequencies and call signs, attached to your radios.
 - A card with the step-by-step generator startup, shutdown, and refueling procedures,

attached to your generator.

- A card with water purification dosages or filter maintenance steps, kept with your water treatment supplies.
 - A card with the steps for CPR or other critical medical algorithms, kept in your primary medical kit.
4. Required Skill: Creation and Practice. The process of creating these cards is a powerful learning tool that helps solidify the knowledge. You must then practice using the cards with the gear to ensure they are clear, accurate, and effective under pressure.

Action: Complete Your Offline Library Plan

Use this worksheet to track the development of your family's reference library.

Component	Specific Actions for Our Library	Status: (Not Started / In Progress / Complete)
1. Doctrinal Reference	[e.g., "Print and bind the completed Family Preparedness Guide."]	
2. Core Library	[e.g., "Acquire a comprehensive first aid book and a home repair manual."]	
3. Quick-Reference Cards	[e.g., "Create and laminate cards for the generator and water filter."]	

CHAPTER 5: HOME HAZARD HUNT

Check for Electrical Hazards

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

Check for Chemical Hazards

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

Safety Equipment

- a. Install a smoke alarm in each sleeping room, hallway, and level of your home.
- b. Install one carbon monoxide detector on each floor of your home.
- c. Test monthly and replace batteries yearly.
- d. Learn how to use your ABC fire extinguisher.

Check for Fire Hazards

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

Secure Large Items in Your Home

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

CHAPTER 6: 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

- a. Medium-sized plastic bucket with tight lid
- b. Household chlorine bleach
- c. Toilet paper
- d. Plastic garbage bags and ties (heavy duty)
- e. Soap, liquid detergent
- f. Towelettes
- g. Sanitation

Build a makeshift toilet

- a. If sewage lines are broken but the toilet bowl is usable, place a garbage bag inside the bowl.
- b. If the toilet is completely backed up, make your own.
- c. Line a medium sized bucket with a garbage bag.
- d. Make a toilet seat out of two boards placed parallel to each other across the bucket. An old toilet seat will also work.
- e. Sanitize Waste
- f. After each use, pour a disinfectant such as bleach into the container. This will help avoid infection and stop the spread of disease.
- g. Cover the container tightly WHEN NOT IN USE.

Waste Disposal

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

CHAPTER 7: EVACUATION

Several types of disasters may force you to be evacuated from your home. 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:

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

If you are told to evacuate, take the following steps:

- a. Listen carefully to instructions given by local officials. Evacuate immediately if told to do so.
- b. 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.
- c. Wear appropriate clothing and sturdy shoes.
- d. Lock your home.
- e. Use travel routes outlined by local officials. Do not take short cuts; they may be unsafe.
- f. Keep fuel in your car if evacuation seems likely. Gas stations may be closed during emergencies. It is a good practice to keep all vehicles full of fuel for this reason.

CHAPTER 8: 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:

- a. 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 coverage.
- b. Close all windows and doors in your home as well as the fireplace damper.
- c. Turn off all fans, heating and air conditioning systems, and any other ventilation.
- d. Go to an above-ground room (not the basement) with the fewest windows and doors. Be sure to take a radio with you.
- e. 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.
- f. Close drapes, or shades over windows. Stay away from windows.
- g. Stay in the room and listen to your radio until you are told all is safe or you are told to evacuate.
- h. 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 emergency kit with you as you shelter in place.

Click on the icon below to learn more.



SHELTER IN PLACE

- ✓ Close Windows
- ✓ Charge Devices
- ✓ Lock Door
- ✓ Stay Tuned

Ready 

CHAPTER 9: ACCIDENTAL POISONING

Before Poisoning

- Place poison control number (1-800-222-1222) near the phone.
- 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.

Click on the icon below to learn more.



After Poisoning

- Stay calm.
- Call the poison control center at 1-800-222-1222.
- Follow 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 poison control at 1-800-222-1222.
- Follow 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 poison control at 1-800-222-1222.
- Follow Poison Control Center's Instructions.

Swallowed Poison

- Do not let the victim eat or drink anything!
- Call poison control at 1-800-222-1222.

**For Suspected Poisoning *ALWAYS* Call the Poison Control Center at
[1-800-222-1222](tel:1-800-222-1222)**

CHAPTER 10: COPING WITH DISASTERS

Physical and emotional reactions often occur because 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. Please seek medical or professional behavioral health attention if any of these symptoms persist or are significantly disruptive to you.

Common Physical Responses to Traumatic Events

- a. Increased respiratory rate and rapid heartbeat
- b. Shortness of breath
- c. Nausea
- d. Muscle and joint aches
- e. Tremors
- f. Headaches

Thought, behavior, and emotional changes may include:

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

What You Can Do for Yourself

- a. Understand that your symptoms may be normal, especially right after the trauma.
- b. Keep to your usual routine and take time to resolve day-to-day conflicts so they do not add to your stress.
- c. Do not shy away from situations, people and places that remind you of the trauma.
- d. Find ways to relax and be kind to yourself, participate in leisure and recreational activities.
- e. Don't isolate yourself. Engage family, friends, clergy, etc. to talk about your experiences and feelings if that will help.
- f. Don't try to control everything, seek professional help if dysregulation persists.

What You Can Do for Your Child

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

CHAPTER 11: 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. After a disaster, children are most afraid the disaster will happen again, someone will be hurt or killed, and they will be separated from family and left alone.

Before a disaster, parents can:

- a. Familiarize yourself with the emergency response plans of the schools and/or daycare your children attend
- b. Find out if the school/daycare will keep your kids or send them home in an emergency
- c. Decide if and how your child will get into your home if you are not there
- d. Decide if your children take care of themselves or if a neighbor takes care of them
- e. Develop and practice a family disaster plan
- f. Teach children how to recognize danger signals
- g. Explain how to call for help (9-1-1)
- h. Help children memorize important family information
- i. Help children memorize their street address, not the PO Box
- j. Include children's toys and special foods in 72-hour kit and ensure they know where those kits are located

After a disaster, parents can help minimize their children's fears by:

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

CHAPTER 12: 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 a buddy, 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.

Consider the following when planning for the care of the elderly and those with special needs:

- a. Establish a close network of relatives and friends who can assist your family in an emergency.
- b. Make sure helpers know where to find the disaster-supply kit which includes emergency supplies, medicines, and other essential equipment.
- c. Remind family members to always wear a medical alert tag or bracelet if they have threatening health conditions.
- d. 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 include:
 1. Prescription medications and a record of when and how much of the medicine you should receive.
 2. Prosthetic devices.
 3. List of style and serial numbers of medical devices.
 4. Extra eyeglasses and a record of the prescription.
 5. Emergency medical certification.
 6. Extra oxygen.
 7. Extra pillows, bedding.
 8. Medical insurance and Medicare cards.
 9. Back-up power supplies or generators for heat or air-conditioning.
 10. Extra wheelchair batteries.
 11. Hearing aids, batteries.

CHAPTER 13: ANIMALS AND DISASTERS

Include pets in your disaster plan. If you must evacuate, **DO NOT LEAVE YOUR PETS BEHIND!** There is a chance they will not survive or get lost before you return.

Pets

- a. 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.
- b. Make sure you have a secure pet carrier and/or leash for your pet. Pets may need to be restrained during tense emergency situations.
- c. Pets (except service animals) 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.
- d. Include your local animal shelter's number in your list of emergency numbers - they may have information concerning pet disaster care. Only some animal shelters will provide care for pets during emergencies. Use friends and family or keep them with you if possible.
- e. Create a disaster supply kit for your pet. Take it with you and be prepared to leave it with whomever assumes responsibility for your pet. Include:
 1. Pet food and water (with dishes)
 2. Medication and veterinary records
 3. Litter box
 4. First aid kit
 5. Information sheet with pet's name, feeding schedule and any behavior problems
- f. 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.
- g. 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

- a. **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.
- b. The evacuation sites should have or be able to readily obtain food, water, veterinary care, handling equipment, and facilities.
- c. If evacuation is not possible, decide whether to move large animals to available shelter or turn them outside.
- d. All animals should have some form of identification that will help facilitate their return.

Wildlife: Do not corner wild or feral animals. They may feel threatened and endanger themselves or you. If an animal must be removed, contact your local animal control authorities.

SECTION II- Specific Disaster Preparation and Response

CHAPTER 14: NATURAL DISASTERS

Earthquakes

a. Before an Earthquake

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

b. During an Earthquake

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

c. After an Earthquake

1. Check for injuries. Provide first aid.
2. Check for fires; gas, water, sewage breaks; downed electric lines; building damage and potential problems during aftershocks, such as cracks around fireplace and foundation. Turn off interrupted utilities as necessary.
3. Clean up dangerous spills.
4. Wear shoes and leather gloves.
5. Tune radio to an emergency station and listen for instructions from public safety agencies.
6. Use the telephone only for emergencies.
7. As soon as possible, notify family that you are safe.
8. Do not use matches or open flames until you are sure there are no gas leaks.
9. Don't turn light switches off and on. Sparks created by the switch contacts can ignite gas fumes.
10. In public buildings, follow evacuation procedures immediately and return only after the building has been declared safe by the appropriate authorities.

Winter Storms

a. Before a Storm

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

b. During and After the Storm

1. At home - stay in your house. Use your Emergency Supplies Kit. Avoid travel.
2. 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.
3. 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!
4. Beware of the chill factor if winds are present.
5. 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.

c. If Trapped in Your Car

1. Stay in your car for visibility and warmth. Do not try to walk out.
2. 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.
3. Change positions frequently.
4. Stay alert. Do not let all occupants of the car sleep at once.

High Winds

a. Before High Winds

1. 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.
2. Keep tall trees properly pruned away from power lines.
3. Keep radio and/or TV on and monitor for wind advisories.
4. If possible, board up, tape or shutter all windows, but leave some ventilation.
5. Store water in case water service is interrupted.
6. Have a supply of flashlights, spare batteries, candles, first aid equipment, medicines, etc., available for use.
7. Have plastic sheeting available in case roof is damaged and it begins to rain.
8. Secure outdoor furniture, trash cans, tools, etc.

b. During High Winds

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

c. After Winds Subside

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

Thunderstorms and Lightning

- a. Protect Yourself
 1. Get inside a home or large building when a storm approaches. Stay indoors and don't venture outside unless absolutely necessary.
 2. Stay away from open doors, windows, fireplaces, radiators, stoves, metal pipes, sinks and appliances.
 3. Do not use electrical appliances.
 4. Use telephone for emergencies only.
- b. If you are outside, with no time to reach a safe building or vehicle, follow these rules:
 1. Do not stand under a natural lightning rod such as a tall, isolated tree in an open area.
 2. In a forest, seek shelter in a low area under a thick growth of small trees.
 3. In open areas, go to a low place such as a ravine or valley. Be alert for flash floods.
 4. Do not stand on a hilltop, in an open field, on the beach or in a boat on the water.
 5. Avoid isolated sheds or other small structures in open areas.
 6. Get out of the water and off small boats.
 7. Get away from anything metal - tractors, farm equipment, motorcycles, golf carts, golf clubs and bicycles.
 8. 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.
 9. When you feel an electrical charge - if your 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.

Flooding

a. Before a flood

1. Know the elevation of your property in relation to flood plains, streams and other waterways. Determine if your property may be flooded.
2. Plan what to do and where to go in case of a flood.
3. Prepare a Family Emergency Supplies Kit - 72 Hour Kit.
4. Fill your car with gas in case you must evacuate.
5. Move furniture and essential items to higher elevation if time permits.
6. Have a portable radio and flashlights with extra batteries.
7. Open basement windows to equalize water pressure on foundations and walls.
8. Secure your home and consider purchasing flood and earthquake insurance.

b. Evacuation

1. Listen to local radio or TV for weather information.
2. If asked to evacuate, shut off main power switch, main gas valve and water valve. Follow local evacuation plans and routes.
3. 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.
4. Watch out for damaged roads, slides and fallen wires.
5. Drive slowly in water; use low gear.
6. Abandon your vehicle immediately if it stalls and seek higher ground.
7. Do not attempt to cross a stream on foot where water is above your knees.
8. Register at your designated evacuation center and remain there until you are informed you may leave.

c. After a Flood

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

Wildfires

- a. Before a Wildfire: To prepare for wildfires, you should:
1. Mark the entrance to your property with address signs that are clearly visible from the road.
 2. Trim lawns, rake leaves, clear roof and rain gutters of fuel debris e.g., dead tree limbs, leaves, etc.
 3. Stack firewood at least 30 feet away from your residence.
 4. Store flammable materials, liquids, and solvents in metal containers outside your residence at least 30 feet away from structures and wooden fences.
 5. 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.
 6. 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, eucalyptus, or fir trees.
 7. Make sure water sources, such as hydrants, ponds, swimming pools, and wells, are accessible to the fire department.
 8. 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.
 9. 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.
 10. Install multi-pane windows, tempered safety glass, or fireproof shutters to protect large windows from radiant heat.
 11. Use fire-resistant draperies for added window protection.
 12. Have chimneys, wood stoves, and all home heating systems inspected and cleaned annually by a certified specialist.
 13. Insulate chimneys and place spark arresters on top. The chimney should be at least 3 feet above the roof.
 14. Remove branches hanging above and around the chimney.
 15. 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 a 10-foot clearing around the incinerator before burning debris.
 - Have a fire extinguisher or garden hose on hand when burning debris.
- b. During Wildfire: If a wildfire threatens your home and time permits, take the following precautions:
1. Shut off gas at the meter. Only a qualified professional can safely turn the gas back on.
 2. Seal attic and ground vents with pre-cut plywood or commercial seals and place combustible patio furniture inside.
 3. **Turn off propane tanks.**
 4. Connect garden hose to outside taps. Place lawn sprinklers on the roof and near above-ground fuel tanks.
 5. Wet or remove shrubs within 15 feet of your residence; wet the roof.
 6. Gather fire tools such as a rake, axe, handsaw or chainsaw, bucket, and shovel.
 7. Back your car into the garage or park it in an open space facing the direction of escape. Shut the doors, roll up the windows, and leave the key in the ignition with the car doors unlocked. Close garage windows and doors but leave them unlocked then

- disconnect automatic garage door openers.
8. Open fireplace damper. Close fireplace screens.
 9. Close windows, vents, doors, blinds or noncombustible window coverings, and heavy drapes. Remove flammable drapes and curtains.
 10. Move flammable furniture into the center of the residence away from windows and sliding-glass doors.
 11. Close all interior doors and windows to prevent drafts. And 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.

Pandemic Influenza

If a pandemic occurs, it is likely to last several months or possibly even 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.

- a. The Utah National Guard and State of Utah Health Department encourage individuals and families to:
 1. 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.
 2. 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.
 3. 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.
- b. Have a plan:
 1. Stock up on supplies for an emergency (see the list in this booklet).
 2. Make a list for every member of your family of the following items: Current medical problems, prescriptions (include dosages) and allergies.
- c. If the disease is severe and widespread:
 1. You may be asked to stay home from work/school if you are sick.
 2. Schools, churches and public gatherings such as sporting events may be cancelled.
 3. Stores may be closed and food and water may be hard to find.
 4. 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.

CHAPTER 15: INFRASTRUCTURE AND HUMAN-CAUSED DISASTERS

Gas Leaks

- a. Check house piping, appliances and vents for damage.
- b. Check for fires or fire hazards.
- c. Do not use matches, lighters or other open flames.
- d. 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.
- e. If gas line breakage is suspected, shut off the gas at the meter.
- f. Wear heavy shoes in all areas near broken glass or debris. Keep your head and face protected from falling debris.
- g. Turn on a battery-operated radio if no gas leaks are found or a car radio to receive disaster instructions.
- h. Do not use your telephone except in extreme emergency situations.

Structural Fire (Individual Dwelling)

a. Before a Fire

1. Make sure home is free of unnecessary combustible materials.
2. Do not store flammable liquids inside the home.
3. Do not run wires under carpets or rugs.
4. Do not store matches or cigarette lighters where children can get them.
5. Do not leave cooking unattended.
6. 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.
7. Know avenues of escape. Always have two ways out of every room.
8. Have a place to meet so no one tries to go back into a burning building to look for someone needlessly.
9. Have fire extinguishers near the kitchen and the garage.
10. Have escape ladders for all windows higher than eight feet off the ground.
11. 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.
12. 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.

b. During a Fire

1. If you are outside, stay outside. Do not return for anything. Do not re-enter the building until appropriate authorities have given permission.
2. 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.
3. If you are inside and have time, make sure everyone is out.
4. If you are in a closed room or office, do not open the door without first feeling it or the doorknob. If it is warm or hot, do not open it, but unlock it to help rescue or fire personnel.
5. If there is smoke, get under the smoke, no matter how low it is, and get out of the building.
6. 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.
7. If you see someone on fire, use a coat or blanket, but not your bare hands, to smother the flames.
8. Watch to see that nobody goes back inside to rescue anything or anyone.
9. If possible, turn off the gas and electricity from outside the house.
10. 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.

Power Outage

- a. Home Electrical Circuits
 1. Familiarize yourself with the location of the electrical breaker panel.
 2. Turn off breakers for areas of concern.
 3. 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.
 4. Be sure and show others in the family where the breakers are located in case of emergency.
 5. In case of basement flooding:
 - Think before stepping into 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.
- b. Before a Power Outage
 1. Identify location of fuse box or circuit breaker.
 2. Store candles, flashlights and extra batteries in convenient places.
 3. Have food and water supplies on hand.
 4. 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.
 5. Keep refrigerator well defrosted.
- c. During the Power Outage
 1. Unplug all your appliances and electronic equipment. A power surge could ruin appliances when power is restored.
 2. Turn off all but one light switch.
 3. Open refrigerator door only to take food out, close as quickly as possible.
 4. Use camping equipment outside, six feet away from everything.
 5. Report any downed lines.
 6. Do not allow children to carry lanterns, candles or fuel.
- d. After the Power Outage
 1. When power is restored, plug in appliances one by one, waiting a few minutes between each one. This will prevent overloading the system.
 2. Be patient. Energy may first be restored to police and fire departments and hospitals.
- e. Examine your frozen food. If ice crystals or frost are present, it may be refrozen. If meat is off-color or has an odd odor, throw it away.

Explosions

- a. If There is an Explosion
 1. Take shelter against your desk or a sturdy table.
 2. Exit the building ASAP.
 3. Do not use elevators.
 4. Check for fire and other hazards.
 5. Take your emergency supply kit if time allows.
- b. If There is a Fire
 1. Exit the building ASAP.
 2. Crawl low if there is smoke.
 3. Use a wet cloth, if possible, to cover your nose and mouth.
 4. Use the back of your hand to feel the upper, lower, and middle parts of closed doors.
 5. If the door is not hot, brace yourself against it and open slowly.
 6. If the door is hot, do not open it. Look for another way out.
 7. Do not use elevators.
 8. If you catch fire, do not run. Stop-drop-and-roll to put out the fire.
 9. If you are at home, go to a previously designated meeting place.
 10. Account for your family members and carefully supervise small children.
 11. Never go back into a burning building.
- c. If You Are Trapped in Debris
 1. If possible, use a flashlight to signal your location to rescuers.
 2. Avoid unnecessary movement so that you don't kick up dust.
 3. 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.)
 4. Tap on a pipe or wall so that rescuers can hear where you are.
 5. If possible, use a whistle to signal rescuers.
 6. Shout only as a last resort. Shouting can cause a person to inhale dangerous amounts of dust.

Hazardous Materials Incidents

- a. Before an Incident
 - 1. Be prepared to evacuate. An evacuation could last for a few hours or several days.
 - 2. Be prepared to shelter-in-place.
- b. During an Incident
 - 1. Stay away from the incident to minimize the risk of contamination.
 - 2. Remain uphill and upwind from the source of the hazardous materials.
 - 3. If asked to evacuate your home, do so immediately.
 - 4. Shelter-in-place if requested to stay indoors.
 - 5. 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.
 - 6. Avoid contact with spilled liquids, air-borne mists or condensed solid chemical deposits.
- c. After an Incident
 - 1. Do not return home until you are told it is safe.
 - 2. When you get home, open windows, vents and turn on fans to ventilate your house.
 - 3. Find out from local authorities how to clean up your land and property.
 - 4. Report any lingering vapors or hazards.

Household Chemical Emergencies

- a. Before a Household Chemical Emergency
 1. Buy only as much of a chemical as you think you will use.
 2. Keep products containing hazardous materials in their original containers and never remove the labels unless the container is corroding.
 3. Never store hazardous products in food containers.
 4. Never mix household hazardous chemicals or waste with other products.
- b. Take the following precautions to prevent and respond to accidents:
 1. Follow the manufacturer's instructions for the proper use of the household chemical.
 2. Never smoke while using household chemicals.
 3. Never use hair spray, cleaning solutions, paint products, or pesticides near an open flame.
 4. 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.
 5. Dispose of hazardous materials correctly. Take household hazardous waste to a local collection program.
 6. During a household chemical emergency, be prepared to seek medical assistance: Call Poison Control at 1-800-222-1222 and follow directions.
- c. If there is a danger of fire or explosion:
 1. 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.
 2. Stay upwind and away from the residence to avoid breathing toxic fumes.
- d. If someone has been exposed to a household chemical:
 1. Find any containers of the substance that are readily available to provide requested information. Call emergency medical services.
 2. 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.

Discard clothing that may have been contaminated. Some chemicals may not wash out completely.

Nuclear Emergency (Accidental and/or Nuclear Attack)

- a. During a Nuclear Emergency
 1. 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.
 2. DO NOT attempt to evacuate your shelter until advised.
 3. 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.
 4. Never look at the light of a nuclear explosion.
- b. After a Nuclear Emergency
 1. Take cover in an underground shelter, basement, etc.
 2. Remove contaminated clothing.
 3. Wash yourself thoroughly with soap and water. Wash your head and nose hairs especially well.
 4. If source of radiation is known and travel advisable, travel in the opposite direction and go up wind from radiation.
 5. Remain in protective shelter for three days. Limit your exposure to contaminated areas.
 6. If someone needs radiation sickness treatment, keep the victim calm, give emotional support and plenty of fluids.
 7. Wipe food and water containers with a clean cloth to remove particles of fallout, which resemble sand or salt.

Terrorism

a. Preparing for Terrorism

1. Wherever you are, be aware of your surroundings. The very nature of terrorism suggests there may be little or no warning.
2. 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.
3. Do not be afraid to move or leave if you feel uncomfortable or if something does not seem right.
4. Learn where emergency exits are located in buildings you frequent. Notice where exits are when you enter unfamiliar buildings. Note where staircases are located.
5. Assemble a disaster supply kit at home and learn first aid.

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

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

c. Biological Terrorist 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:

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

NOTE: 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.

APPENDIX A: ADDITIONAL RESOURCES

In a crisis, having direct access to fast, reliable, local information is critical. This appendix provides a centralized list of authoritative, Utah-specific resources for real-time situational awareness. Bookmark these sites on your web browser and download the associated mobile apps *before* an event. Do not wait until a crisis to try and find them. Familiarize yourself with their features so you can navigate them quickly under stress.

Real-Time Utah Information Sources

- a. Traffic & Road Conditions: Utah Department of Transportation (UDOT) Traffic
 1. Provides real-time information on road closures, traffic cameras, construction, and winter road conditions. This is your primary source for determining if travel is possible and for planning safe evacuation routes.
- Website: <https://www.udot.utah.gov/connect/traffic>
 - Mobile App: Search your app store for "UDOT Traffic." The app provides the same information as the website in a mobile-friendly format.
- b. Weather & Air Quality: National Weather Service (NWS) Salt Lake City
 1. The authoritative source for all weather-related watches, warnings, and advisories, including severe winter storms, flash floods, and high winds.
 - Website: <https://www.weather.gov/slc>
 - Social Media (for rapid updates): Follow NWS Salt Lake City on Twitter/X.
 - Source: [AirNow.gov](https://www.airnow.gov)
 - Mission: Provides real-time air quality data from monitoring stations across the state. This is your primary source for assessing air quality during wildfire season or hazardous material incidents. You can search by specific city or zip code.
 - Website: <https://www.airnow.gov>
- c. Earthquakes: University of Utah Seismograph Stations (UUSS)
 1. The definitive scientific source for all earthquake activity in the Utah region. It provides immediate, automated reports on the location, magnitude, and depth of any seismic event. This is the source that news media and emergency managers use.
 - Website: <https://quake.utah.edu>
 - Note: In the moments after an earthquake, this website is the most reliable place to get accurate information on the event's epicenter and magnitude, free from the speculation or rumor that often floods social media.
- d. Wildfires: Utah Fire Info
 1. The official inter-agency source for information on active wildfires, fire restrictions, and fire prevention in Utah. Run by a coalition of state and federal agencies.
 - Website: <https://utahfireinfo.gov>
 - Social Media (for rapid updates): Follow Utah Fire Info on Twitter/X.

General State & County Alerts: Be Ready Utah

1. The official preparedness initiative from the Utah Department of Emergency Management. This site contains state-level alerts and preparedness guides.
 - Website: <https://beready.utah.gov>
 - Source: Your Local County Emergency Management Website

2. Your county is responsible for specific local alerts, evacuation notices, and shelter information. You must identify and bookmark the website for your specific county's Emergency Management department.
 - Action: Search online for "[Your County Name] Emergency Management" and sign up for their alert system.

Additional Key Resources & Contacts List

This section contains a centralized list of important phone numbers and authoritative online resources. A core preparedness action is to complete the "Local Contacts" section and keep a physical copy of this list with both your Home Kit and in your vehicles. Do not rely on your phone's contact list, which may be inaccessible in a crisis.

- a. Emergency & Utility Contacts: Universal Emergency Numbers (Program into all phones)

Service	Phone Number
Immediate Life-Threatening Emergency	9-1-1
National Poison Control Center	1-800-222-1222

- b. Local Contact List: Look these numbers up for your specific location and write them in.

Service	Phone Number
Police / Sheriff (Non-Emergency)	[_____]
Fire Department (Non-Emergency)	[_____]
Your Primary Hospital	[_____]
Your County Health Department	[_____]
Animal Control / Local Shelter	[_____]
Your City/County Public Works	[_____]
Your Local Water District	[_____]

Table A-1: Local Contact List Worksheet Template

- c. Statewide Utility & Service Contacts (Utah)

Service	Phone Number	Notes
Call Before You Dig	811 or 1-800-662-4111	Official "Blue Stakes of Utah" number.
Enbridge Gas	1-800-767-1689	For natural gas emergencies (leaks, odors).
Rocky Mountain Power	1-877-508-5088	For power outages and emergencies. (Note: If this is not your provider, write yours below.)
Electricity Utility	[_____]	[_____]
Local City Water/Sewer/Garbage:	[_____]	[_____]
Road Conditions	511	Dial 511 for the most current information.

Table A-2: Statewide Utility & Service Contacts Worksheet Template

Ancillary Resources: National Preparedness Websites

a. Primary “All-Hazard” Federal Websites

1. Ready.gov: The official public preparedness site of the Department of Homeland Security. This is a good source for foundational guides and checklists.
 - <https://www.ready.gov>
2. Federal Emergency Management Agency (FEMA): Provides in-depth information on specific disasters and federal disaster assistance.
 - <https://www.fema.gov>

b. Public Health & Safety

1. Centers for Disease Control and Prevention (CDC): The primary source for information on public health emergencies, disease outbreaks, and health safety.
 - <https://www.cdc.gov/prepyourhealth>
2. American Red Cross: Offers training (First Aid/CPR), disaster response information, and opportunities to donate blood or volunteer.
 - <https://www.redcross.org>
3. U.S. Fire Administration (USFA): Provides expert guidance on fire prevention and home fire safety.
 - <https://www.usfa.fema.gov>
4. American Red Cross
 - www.redcross.org

c. Community & Specialized Support

1. Utah National Guard Joint Resiliency Directorate (J9)
 - <https://guard.utah.gov/j9>
2. Military OneSource: The primary DoD resource for military families, providing guidance on all aspects of military life, including preparedness.
 - <https://www.militaryonesource.mil>
3. National Organization on Disability (NOD): Provides specific guidance and resources for individuals with disabilities to prepare for emergencies.
 - <https://www.nod.org>
4. Centers for Disease Control and Prevention (CDC)
 - www.cdc.gov
5. National Disaster Education Coalition
 - www.disastereducation.org
6. State of Utah Division of Emergency Management
 - www.dem.utah.gov
7. Utah Department of Health and Human Services
 - <https://dhhs.utah.gov/>

APPENDIX B: THE LAYERED KIT

CHECKLIST

This appendix describes a different way to create family disaster kits using a modular “layered” approach. These layers work together to create a complementary, easily adaptable system.

Example Scenario: A major earthquake strikes at 2:00 PM on a weekday. The two parents are at work in the same location, and their two children are at school. The roads are impassable and cell service is intermittent but available.

- a. **The Goal:** Each emergency scenario is unique. Families will discover the best methods by practicing drills and deliberately thinking through scenarios. One critical consideration is how to plan for the storage and transport of water. Water is heavy (about 8 lbs. per gallon), and it may be necessary to transport it on foot. This requires precise planning. We suggest families store a 2-week supply of water at home using a 1-gallon per person per day planning formula. For example, 4 people x 1 gal/day x 14 days = 56 gallons stored in the home. We also recommend that families store a 48-hour supply in their primary vehicle using the same planning formula: 4 people x 1 gal/day x 2 days = 8 gallons stored in the vehicle. Reduce the amount of water stored in a vehicle due to size/dimension restrictions as you need, but not below a 5-gallon minimum.
1. Using Layer 1 (EDC): The parents use the cash in their wallets to buy a bottle of water from a working vending machine and use their pocket flashlight to navigate a darkened stairwell to exit their office building. One of the parents charges their phone from 40% to 80% using the power bank they packed. One parent has a backpack they use already.
 2. Accessing Layer 3 (Vehicle Kit): They reach their car in the parking garage, but they cannot drive home. They use the backpack they already had and one stored in the vehicle to each pack 1 to 1.5 gallons of water from the 8 gallons stored in the vehicle. They also pack high-calorie food bars and their gazetteer map. They do not take *all* the water because they cannot carry that much weight. They use their map to plan a walking route home that avoids potentially damaged overpasses. It will take them 8 hours to walk home. During this time, they both consume just over 1 gallon of water.
 3. Consuming Layer 2 (Go-Bag): Simultaneously, the designated guardian picks up the children from school and takes them home. They conduct a final check of the family's Go-Bags, which were pre-packed with water and supplies from the main home cache.
 4. Transitioning to Layer 4 (Home Kit): The parents arrive home. They supplement their Go-Bags with the unused materials from the vehicle and their EDC. They are no longer relying on the vehicle kit; they have successfully used it to get back to their primary, most robust layer of supply.
- b. **Conclusion:** The family did not need 56 gallons at home, 8 gallons in the car, AND another 16 gallons in Go-Bags (totaling 80 gallons). The vehicle kit supply is a smaller, dedicated cache whose sole purpose is to supplement the Go-Bag or the last-ditch pack if the Go-Bag is not in the vehicle and sustain you until you can get to your main Home Kit. The system is about having strategically placed supplies to bridge the gap back to your primary stockpile, ensuring you are never without essential resources, no matter your location when a disaster occurs.

Master Checklist: A Layered Planning Tool- Introduction to the Layered System (continued on the following pages)

a. Layer 1: Everyday Carry (EDC)

- Goal: Survive an immediate crisis and enable movement to your next location and layer.
- Location: Carried by each adult, on their person, at all times. Keep cross-loading to a minimum. Redundancy is intentional since adults may be in different locations.

Item / Category	Specification / Quantity	Rationale	Required Skill / Training
Phone & Power Bank	Phone (fully charged) & compact 5,000-10,000mAh Power Bank	Primary communication and information tool.	(None)
Wallet w/ Cash	Wallet with \$100+ in small, mixed bills (\$1s, \$5s, \$10s)	For use when electronic payment systems fail.	(None)
Keys	A full set: Home, car, office, and any other critical keys.	Basic access.	(None)
Flashlight (Small)	Compact, single-battery LED keychain or pocket light.	Immediate light source for power outages or dark spaces.	(None)
Multi-Tool / Knife	Reputable brand (e.g., Leatherman, Swiss Army) with knife, pliers, and screwdrivers.	Utility for minor, immediate tasks.	(None)
Critical Medication	A solid 1 to 2-day supply of any life-sustaining personal medication.	If you cannot afford to miss a single dose.	(None)

b. Layer 2: Go-Bag (1 Bag Per Person)

- Goal: Sustain one person for 96 hours during an evacuation. This bag gets you to safety.
- Location: Often stored in a readily accessible location at home (closet, mudroom). accessibility and risk of non-availability may require different storage requirements. There is no one “right” answer and the best method depends on your unique need.

Item / Category	Specification / Quantity	Rationale	Required Skill / Training
Water	Up to 4 gallons potable water OR 1 gallon of water per person + a portable, reputable brand water filter.	This is heavy. Plan accordingly. This is your #1 survival item.	<i>(If using a filter):</i> know how to assemble, use, and backflush your specific model.

Layer 2 (Continued)			
Item / Category	Specification / Quantity	Rationale	Required Skill / Training
Food	Twelve 400-calorie, no-cook food bars OR 4 MREs (Meals Ready-to-Eat).	Easy to eat on the move, no preparation required.	(None)
Medical	IFAK (Individual First-Aid Kit) containing, at a minimum: a TCCC-recommended tourniquet, pressure dressing, packed gauze, chest seals (2), and nitrile gloves.	Trauma-focused for life-threatening injuries.	"Stop the Bleed" Training: Must be able to correctly apply a tourniquet and pack a wound under stress.
Light & Comms	Water-resistant LED headlamp with extra batteries & a hand-crank NOAA Weather Radio.	Hands-free light and ability to receive official broadcasts.	Radio Procedure: Must practice basic radio discipline (listen first, speak clearly, keep it brief).
Navigation	Laminated, topographic physical map of your local area & a liquid-filled baseplate compass.	Marked with rally points. For use when GPS fails (<i>See Note 2 in Appendix C</i>).	(If using a compass): Must know how to read a map and use a compass to find your location.
Shelter & Clothes	Two emergency space blankets or one bivy sack, two pairs of wool socks, one set of weather-appropriate underwear and base layer.	Protection from exposure is critical.	(None)

c. Layer 3: Vehicle Kit

- Goal: Sustain your family if stranded in your vehicle and provide tools for mobility. This kit *gets you home*.
- Location: Trunk or cargo area of your primary vehicle.

Item Category	Specification / Quantity	Rationale	Required Skill / Training
Carrying Equipment	1 suitable daypack (11-20 Liter capacity, empty)	To carry vehicle kit supplies if your Go-Bag is not stored in the vehicle.	(None)
Water & Food	1 Gallon of water per planned occupant & six 400-calorie food bars per person.	A separate cache. Do not rely on grabbing your Go-Bag.	(None)

Layer 3 (Continued)			
Item Category	Specification / Quantity	Rationale	Required Skill / Training
Seasonal Gear	(Winter): Collapsible snow shovel, cat litter/sand for traction, ice scraper. (Summer): Extra coolant.	Adapt your kit to the season.	(None)
Medical	A Comprehensive Family First-Aid Kit, containing supplies for trauma (as in the IFAK) plus a wider range of supplies for common injuries (bandages, antiseptic wipes, pain relievers, blister treatment).	Larger than an IFAK, to treat multiple people or more common injuries.	First Aid/CPR & "Stop the Bleed" Certifications: Must have hands-on training to effectively use all kit contents.
Automotive Tools	Heavy-gauge jumper cables, portable tire inflator/compressor, and a basic mechanic's tool kit (sockets, wrenches, screwdrivers).	To get your vehicle mobile again.	Vehicle Maintenance: Must know the correct and safe procedure for jumping a car battery and changing a tire.
Warmth & Shelter	One wool blanket or sub-freezing-rated sleeping bag per planned occupant.	A car provides shelter, but not warmth. Critical for winter.	(None)
Navigation	A full State Road Atlas/gazetteer, a liquid-filled baseplate compass (<i>optional backup if Go-Bag inaccessibility is a risk</i>).	A backup to the map in your Go-Bag with broader scope (<i>See Note 2 below</i>).	(Same as Layer 2 Navigation)
Fire Safety	One small, BC-rated, or ABC-rated automotive fire extinguisher per vehicle.	To respond to vehicle fires.	Must know the P.A.S.S. method (Pull, Aim, Squeeze, Sweep).

d. Layer 4: “Shelter-in-Place “All-Hazards” Home Kit

- Goal: Sustain your family at home with zero external utilities or services.
- Location: Basement, garage, or designated storage area in your home.

Item Category	Specification / Quantity	Rationale	Required Skill / Training
Water	14+ Gallons of stored potable water per person & a high-capacity gravity-fed water filter system (e.g., Berkey).	Your main stockpile. Redundancy is key.	(If using a filter): Must know how to safely operate your specific filter or properly boil water.

Layer 4 (Continued)			
Item Category	Specification / Quantity	Rationale	Required Skill / Training
Food	14+ Day supply of long-term storable food, such as canned goods, rice, beans, pasta, and cooking oil.	Include a non-electric cooking method (e.g., camp stove for outdoor use).	(None)
Medical	A Full Medical Station, organized into trauma, first aid, and pharmaceutical modules. Include duplicates of trauma gear, a large inventory of wound care supplies, and a robust stock of relevant over-the-counter medications.	To handle a wide range of issues for an extended period without medical support.	Advanced Medical: Recommend TCCC or Wilderness First Responder certification for at least one family member.
Sanitation	A twin-bucket toilet system, multiple rolls of toilet paper, and heavy-duty contractor trash bags.	Public health becomes critical when sanitation systems fail.	Hygiene Discipline: Must understand and practice procedures for safe waste management.
Power & Tools	A full mechanic's toolbox, a generator with a stabilized fuel supply, and a utility shut-off wrench.	The means to perform repairs and maintain your shelter.	(If you have a generator): Must know safe refueling, operation, and maintenance. (For utility wrench): Must be shown how to safely shut off your home's gas and water.
Documentation	Both physical and digitally encrypted copies of passports, birth certificates, deeds, titles, and insurance policies, all stored in a fire/waterproof safe.	Proof of identity and ownership is irreplaceable.	(None)
Fire Safety	ABC-rated fire extinguisher (5 lb. or larger).	For small, manageable fires.	Must know the P.A.S.S. method (Pull, Aim, Squeeze, Sweep).

Addendum to the Master Checklist: First Aid Checklists

This addendum provides detailed inventory lists for the two primary first aid kits referenced in this guide: a Basic Kit for mobile use (Go-Bag/Vehicle) and a Comprehensive Kit for sheltering in place (Home Kit). These lists serve as a baseline; you must customize them based on your family's specific needs and level of training. A kit is only as good as the user's training. Before building these kits, ensure you have completed the training recommended in Appendix C, including "Stop the Bleed" and a certified First Aid/CPR course.

a. Basic First Aid Kit (96-Hour Go-Bag / Vehicle Kit)

Function: To treat immediate life-threatening trauma (the "Big Bleeds") and common minor injuries while mobile or away from home. This kit should be compact and, for a Go-Bag, ideally vacuum-sealed to save space.

1. Trauma Module (Highest Priority)

- Tourniquet (CoTCCC-recommended, e.g., CAT or SOFTT-W) - 1 per person
- Pressure Dressing (e.g., an Israeli Bandage) - 2
- Compressed Gauze (for wound packing) - 2 rolls
- Vented Chest Seals - 1 pair
- Nitrile Gloves - 3 pairs
- Trauma Shears - 1 pair
- Emergency "Space" Blanket (Mylar) - 1

2. Minor Injury & Medication Module

- Assorted Adhesive Bandages ("Band-Aids") - 25
- Sterile Gauze Pads (4x4) - 10
- Medical Tape (1-inch roll, cloth or waterproof) - 1
- Antiseptic Wipes - 15
- Antibiotic Ointment (single-use packets) - 10
- Blister Treatment (e.g., Moleskin) - 1 package
- Pain Reliever (Ibuprofen/Acetaminophen) - 12+ doses
- Antihistamine (e.g., Diphenhydramine) - 12+ doses
- Personal Prescription Medications - A 7-day minimum supply is critical

b. Comprehensive First Aid Kit (7-14 Day Home Kit)

Function: To function as your family's primary medical resource during a prolonged shelter-in-place scenario where access to hospitals, clinics, or pharmacies is denied. This should be a large, well-organized container or cabinet. This kit contains everything in the Basic Kit, PLUS the following in explicitly larger quantities:

Trauma & Major Wound Care Module

- Tourniquets - 4
- Pressure Dressings - 6
- Compressed Gauze - 8 rolls
- Abdominal (ABD) Pads (large, 5x9) - 6 pads
- Elastic (ACE) Bandages (3" and 4") - 2 of each size
- Structural Splint (e.g., SAM Splint), 36-inch - 2
- Triangular Bandages (for slings and swath) - 4
- Sterile Saline or Wound Wash solution - 500 mL bottle

c. Minor Injury & Diagnostics Module

- Assorted Adhesive Bandages - 1 large box (100+)
- Sterile Gauze Pads (4x4 and 2x2) - 1 box of 50 each
- Rolled Gauze Bandages - 10 rolls
- Medical Tape (cloth, waterproof, paper) - 1 roll of each type
- Digital Thermometer (with extra batteries) - 1
- Fine-point Tweezers and a Magnifying Glass - 1 of each
- Irrigation Syringe (for cleaning wounds) - 1
- Eye Wash Solution / Eye Cup - 1 kit

d. Pharmaceutical Module (Over the Counter)

- Pain/Fever Reducers (Ibuprofen, Acetaminophen) - 1 large bottle (100+ count) of each
- Antihistamine (e.g., Diphenhydramine, Loratadine) - 1 large bottle (100+ count) of each
- Anti-diarrheal medication (e.g., Loperamide) - 1 package (24+ count)
- Laxative medication - 1 package
- Antacid medication - 1 large bottle
- Hydrocortisone Cream (1%) - 2 tubes
- Calamine Lotion or similar anti-itch treatment - 1 bottle
- Electrolyte Powder Packets - 1 box (10+ packets)
- Cough, Cold, and Flu medication - 1 multi-symptom package
- Burn Gel / Dressing - 4+ packets or dressings
- Prescription medication – as allowed by scope of prescription
- Reference
- A printed, comprehensive first aid book (as listed in Chapter 6)
- Task-specific quick-reference cards for CPR, shock treatment, etc.

APPENDIX C: THE FAMILY SAFETY & HOME SECURITY PLAN

This appendix addresses a serious topic: how to maintain your family's safety in a hostile threat type of crisis where emergency and security services are delayed or unavailable. The point of this appendix is not to stoke fear or paranoia, but to instill confidence. This is meant to be a common-sense measure we hope you never need, but which cannot be ignored, for situations of extreme social breakdown. This plan enables you to make your home a "hard target", one that dissuades desperate or opportunistic people from attacking you to get what they want, need, or failed to prepare for.

This security plan uses a simple Dimensional Approach to Safety. This strategy creates overlapping dimensions of security that work together to reduce your vulnerability and send a clear readiness signal to discourage threat actors and give your family critical time to react.

Dimension 1: Be a Less Appealing Target (The Outer Perimeter)

- a. **Goal:** To be discreet and avoid advertising that you have resources when others may not. The best way to avoid trouble is to not attract it in the first place.
 1. The Quiet House is the Safe House: In a situation with widespread utility failures, the goal is to blend in. Obvious signs of normalcy can signal that you have power, water, or food.
 2. Light Discipline: Use blackout curtains on all windows.
 3. Noise Discipline: The sound of a generator can be heard from a long way off.
 4. Odor Discipline: The smell of cooking food travels.
 5. Be Smart with Information: Do not discuss your preparedness supplies or plans with anyone outside your immediate family.

Dimension 2: Know If Someone Is Coming (The Middle Perimeter)

- b. **Goal:** To receive an early warning if someone approaches your property, giving you time to calmly assess the situation and gather your family.
 1. Motion-Activated Lighting: Install solar-powered, motion-activated floodlights covering the main pathways to your home. A sudden, bright light is an excellent and startling deterrent.
 2. Perimeter Alarms: Simple, battery-powered wireless perimeter alarms (e.g., driveway or gate alarms) can provide a quiet chime inside your home, alerting you long before someone reaches the door.
 3. A Barking Dog: A classic, low-tech, and highly effective early warning system.

Dimension 3: Strengthen Your Home (The Physical Perimeter)

- c. **Goal:** To make it physically harder, louder, and more time-consuming for someone to force their way into your home. Every second you gain is valuable.
 1. Reinforce Your Doors: The weakest part of a locked door is usually the frame. A few minutes of work can dramatically improve its strength, such as replacing the short 1-inch screws in your door's strike plates and hinges with 3-inch screws that anchor directly into the sturdy wall studs behind the frame.
 2. Secure Glass: Applying security film to ground-floor windows and glass doors is a simple DIY project. The film holds shattered glass together, making entry much

- more difficult.
3. Use Your Locks: Ensure all exterior doors have solid, single-cylinder deadbolts and keep them locked.
 4. Barricading Materials (Advanced): Have a plan and pre-staged materials, like pre-cut lumber, to barricade a final, secure room if necessary.

Dimension 4: Have a Family Action Plan (The Final Layer)

- d. **Goal:** To execute a calm, pre-arranged, and rehearsed plan if someone does manage to get inside your home. This plan eliminates panic and ensures everyone knows what to do.
1. Establish a "Safer Room": Designate a specific interior room as your family's rally point. This is the most secure location inside your home where you will all gather.
 2. Write It Down: Your Family Action Plan should be a written, agreed-upon document. It must clearly define family roles: Who is responsible for grabbing the children? Who is the person designated to call 911? Who locks and barricades the safer room door?
 3. Consider Your Tools: Having a plan for personal defense is a personal decision, but it must be made and practiced before a crisis.
 - Core Principle: A tool you are not professionally trained to use is more of a danger than a help. Proficiency is mandatory.
 - Your plan should include a spectrum of tools, such as creating loud noises, the use of high-potency pepper spray, and, if you choose the use of a securely stored firearm.
- 4. If a firearm is part of your plan, this decision carries with it the absolute responsibility to seek professional training in its safe storage, legal use, and marksmanship under stress.**

Action: Complete Your Family Safety Plan Worksheet

This plan is not real until it is written down and discussed. Use the worksheet below or develop your own to formalize your specific plan.

Layer	Objective	Specific Actions for Our Home	Status (Not Started / In Progress / Complete)
1. Be Discreet	Appear to be an unattractive target.	[e.g., "Install blackout curtains on all downstairs windows."]	
2. Early Warning	Know if someone is on our property.	[e.g., "Purchase and install driveway alarm on north side."]	
3. Strengthen Home	Make it harder to get inside.	[e.g., "Replace all strike plate screws with 3-inch screws."]	
4. Family Plan	Have a rehearsed response to a break-in.	[e.g., "Designate master closet as safer room. Practice our plan."]	

Table C-1: Safety Plan Worksheet Template

APPENDIX D: WORKSHEETS

We recommend printing and completing the following worksheets from this appendix to keep with your emergency kit for quick reference and information.

Local Emergency Numbers

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

Family Members

Name	Date of Birth	SSN	Blood Type

Family Telephone Numbers

Name	Work	Home	Cell
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 _____

Rally Points

In Hometown	Phone	Address
Out-of-Town	Phone	Address

Insurance Information

Company Name	Coverage	Policy Number	Date Issued
Expiration Date	Agent Name		Phone
Company Name	Coverage	Policy Number	Date Issued
Expiration Date	Agent Name		Phone
Company Name	Coverage	Policy Number	Date Issued
Expiration Date	Agent Name		Phone

Worksheet Notes:

Medical Information

Doctor	Office Number
--------	---------------

Doctor	Office Number
--------	---------------

Doctor	Office Number
--------	---------------

Dentist	Office Number
---------	---------------

Dentist	Office Number
---------	---------------

Pharmacy	Office Number
----------	---------------

Pharmacy	Office Number
----------	---------------

Veterinarian	Office Number
--------------	---------------

Veterinarian	Office Number
--------------	---------------

Family Member Name	Medication
--------------------	------------

Family Member Name	Medication
--------------------	------------

Family Member Name	Medication
--------------------	------------

Family Member Name	Medication
--------------------	------------

Family Member Name	Medication
--------------------	------------

Family Member Name	Medication
--------------------	------------

Family Member Name	Medication
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Worksheet Notes:

Community Information Worksheet

Schools:

Clinics/Hospitals:

APPENDIX E: INFORMATION, COMMUNICATION, AND LIFE-SUPPORT RESILIENCY

This appendix provides skills for maintaining your basic “life-support” and communication needs during a prolonged disruption as well as protecting your information in any situation. The mindset here shifts from weathering a storm to maintaining your family's health while navigating a complex information environment.

Sustainment: Living Without Public Utilities

- a. **The Scenario:** This is not a typical power outage. Assume the electrical grid, water treatment plants, and natural gas lines will be inoperable for an extended period.
- b. **The Mindset:** Self-Reliance and Discretion. Your goal is to maintain your family's health and safety. During this time, visible signs of normalcy (lights at night, generator noise) can attract unwanted attention by signaling you have resources that others lack. We do not mean to say that you forsake doing your best to help those in need whom you can afford to help. We are saying that discretion, during times of high stress when you may be around people whose level of safety and desperation you cannot gauge, is prudent.
 1. **Power & Lighting:** Your primary capability should be non-electric. Prioritize manual tools, solar-rechargeable LED lanterns for light, and small solar panels for recharging essential devices like power banks and radios.
 2. **CRITICAL SAFETY WARNING FOR GENERATORS-**A generator is a powerful tool, but misuse can be lethal. Always follow these three safety guidelines in addition to the manufacturer’s instructions concerning safe generator use:
 - o NEVER operate a generator inside your home, garage, or any enclosed space.
 - o Run it at least 20 feet from your home, with the exhaust pointing away from all openings.
 - o You must have working carbon monoxide (CO) detectors. They are your only defense against this invisible, deadly gas.
 3. **Water Treatment:** When your stored water runs low, you must treat all external water. The preferred methods are: 1) Boiling, 2) Filtering with a high-capacity system, or 3) Using chemical purification tablets.
 4. **Sanitation & Hygiene:** To prevent the spread of disease, which becomes a primary threat when infrastructure fails, you must manage waste effectively.
 5. **Toilets:** Use a "twin bucket" system (one for liquid, one lined for solids). Cover solid waste after each use with carbon material like cat litter or sawdust to manage odor and pathogens.
 6. **Waste Storage:** Double bag all trash and sealed sanitation bags. Store them in a secure outdoor location away from your living area.

Information Security

Awareness of digital and cognitive vulnerabilities is critical. This is an especially high-risk area for our military families. Adversaries may attempt to gather intelligence, exploit personal data, or spread disinformation to create chaos, degrade trust, and undermine readiness. This section provides practical TTPs (Tactics, Techniques, Procedures) and authoritative resources for protecting your family against these specific threats. The goal is to build resilience by reducing your digital signature, securing your personal data, and developing immunity to malicious information.

a. Practical Operational Security for Military Families

The Threat: Operational Security (OPSEC) is the process of protecting small, unclassified pieces of information that, when collected and pieced together, can reveal sensitive or classified information about military operations, capabilities, or personnel. This also applies to information that is personal such as that relating to your emergency preparedness plan. Adversaries actively monitor the social media and public conversations of Servicemembers and their families to gather this intelligence.

1. Actionable General Best Practices:

- Social Media-Think Before You Post: Never post specific details about deployment dates, return times, unit names, specific locations, training exercises, or travel itineraries.
- Lock Down Your Social Media:
 - Set all personal social media profiles to "Private" or "Friends Only."
 - Regularly review your friends list. Do you know every person? Do not accept friend requests from people you do not know.
 - Disable location tagging on your posts and photos.
- Be Wary of "Public" Conversations: Be mindful of what you discuss in public spaces, both online and physically in places like grocery stores. You never know who is listening.
- Practice "Need to Know": Think about and even decide in advance who needs to know what regarding anything to do with military operations and your sensitive personal information, including emergency preparedness plans.
 - If you do not think someone needs to know sensitive information, *they do not need to know sensitive information*. Exercise discretion and do not discuss such matters with anyone until they prove to your satisfaction they do need to know or there is a legal / regulatory requirement for them to know.
- Teach Your Children: Educate your children, in an age-appropriate way, about what they should not share with others or post online concerning military and/or sensitive personal information.
- Scrutinize "Surveys" and "Support Groups": Be skeptical of unsolicited emails or online groups claiming to be for military families that ask for detailed personal or military-related information.
 - If you do not trust the request, know the source of the request, or you did not initiate the contact; do not disclose the information. This is a common "social engineering" tactic used by adversaries.

2. Resources for Further Research:

- Military OneSource: The primary DoD resource for families. Search their site for the latest official OPSEC guidance for families.
 - <https://www.militaryonesource.mil>

- Your Unit's Family Readiness Group (FRG/SFRG): This group is a direct line to official, unit-specific guidance and is your best resource for local threat information.
- U.S. Army OPSEC Page: Provides good, foundational public information on OPSEC principles.
 - <https://www.army.mil/opsec>

b. Personal Cyber Security Practices

The Threat: Your personal devices and online accounts are a potential gateway to your data or a tool for financial and identity theft. An adversary may target a family member's less secure account as an easier path to their ultimate target.

1. Actionable Best Practices:

- Use a Password Manager: It is impossible to remember strong, unique passwords for every website. Use a reputable password manager to generate and store them for you.
 - Take time to research the company providing the app or program. Use the tools cyber professionals use provided by reputable companies so you do not place critical password knowledge in untrustworthy or vulnerable hands.
- Enable Multi-Factor Authentication (MFA): Enable MFA (also called two-factor authentication) on every account that offers it, especially for email, banking, and social media. This is the single most effective step to secure your accounts.
- Identify and Avoid Phishing: Treat all unsolicited emails, texts, and direct messages with suspicion, especially those that create a sense of urgency or ask you to click a link or download a file. Verify the sender through a separate, trusted channel before taking any action.
- Keep Software Updated: Enable automatic updates on your computers, phones, and applications. These updates often contain critical patches for security vulnerabilities.

2. Resources for Further Research:

- Cybersecurity and Infrastructure Security Agency (CISA): The nation's leading agency for civilian cybersecurity. Their "Cyber Essentials" and other tip sheets are the gold standard for personal cyber hygiene.
 - <https://www.cisa.gov/cyber-essentials>
- National Cybersecurity Alliance: A non-profit organization that runs the "Stay Safe Online" initiative.
 - <https://staysafeonline.org>

c. Mitigating Susceptibility to Misinformation and Disinformation

The Threat: Disinformation is false information deliberately created and spread to manipulate, cause harm, and sow chaos. Misinformation is false information spread without malicious intent. Both degrade your ability to make sound decisions in a crisis. Adversaries may specifically target military communities with tailored disinformation to erode trust, create division, and provoke panic.

1. Actionable Best Practices (Building "Cognitive Immunity"):

- Engage Your Skepticism: The "Information Triage Protocol" from Chapter 4 is your first line of defense.
- Check Your Emotions: If a headline or post makes you immediately angry, fearful, or outraged, STOP. This emotional reaction is a biological response that disinformation is specifically designed to trigger. Pause and investigate before you share.
- Practice "Lateral Reading": Do not waste time trying to analyze the source website itself.

Instead, before you share, open a new browser tab and search for the claim, author, or publication.

- See what other independent, reliable sources are saying about it. This is the single fastest and most effective way professional fact-checkers operate.
 - Verify the Source: Who is the author? What is the publication's purpose? Is it a known news organization with editorial standards, or a blog with an anonymous author?
 - Determine Possible Source Intent: Who benefits and who does not if I react from emotion?
2. Resources for Further Research:
- CISA "Rumor Control" Page: CISA actively debunks specific rumors and disinformation campaigns related to national security and infrastructure.
 - <https://www.cisa.gov/rumor-control>
 - International Fact-Checking Network (IFCN): The Poynter Institute maintains a list of verified independent fact-checking organizations around the world.
 - <https://www.poynter.org/ifcn>
 - News Literacy Project: A non-profit organization dedicated to providing resources and education on how to be a smart, active consumer of news and information.
 - <https://newslit.org>

Communications: Navigating a Blackout and Disinformation

- a. **The Scenario:** Assume cell networks, internet, and landlines are inoperable.
- b. **The Mindset:** Prioritize Security, Redundancy, and Simplicity. Your goal is to maintain your family's cohesion and adhere to your plans while minimizing outside influence and disruption.
 1. The PACE (Primary, Alternate, Contingency, Emergency) Communication Plan: This layered plan ensures you have options.
 - Primary: Cell phones (When functionality is restored).
 - Alternate: Two-way radios (FRS/GMRS radios are "Walkie-Talkies" available at any outdoor store).
 - Purchase radios with multi-channel and sub-channel functionality as well as rechargeable and standard battery use capability.
 - Radio Discretion: Assume others can hear you. Keep transmissions short and simple.
 - Do not broadcast your name, location, or supply status. Use pre-arranged call signs or simple codes.
 - Contingency: Move to your pre-designated physical meeting locations (Rally Points).
 - Emergency: Leave a pre-arranged, concealed physical message at your Rally Point.

MISSION READY



PREPARING OUR FAMILIES FOR ANYTHING <https://guard.utah.gov/J9>

IMPORTANT CONTACTS

Unit Name: _____
Unit Commander: _____
Unit Readiness/Admin NCO: _____
Unit Soldier/Military & Family Assistance Specialist: _____
Unit Soldier/Airman Lead Volunteer: _____

NOTES

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