



Your Personal Disaster Preparedness Planner

A Citizen's Perspective



**Prior to a disaster
there is a need for
Personal Disaster Preparedness.**

Your Personal Disaster Preparedness Planner

By Barbara Salisbury

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ABOUT THE AUTHOR



Barbara Salsbury

“As a resident of Sandy, Utah, I have been enthused to be involved in the creation of this personal disaster preparedness planner for my neighbors in Sandy. As the author of this planner and many books in the personal preparedness field, my family and I have lived through many events that have proven to be research in action. I am grateful to Sandy City for distributing this booklet that presents the concepts and principles that will help you, the citizens, have the knowledge and skills to cope with the aftermath of disasters.”

Best selling author Barbara Salsbury, a nationally recognized personal preparedness expert, is one of America’s leading authorities on self-reliance. For more than twenty-five years, she has been teaching, researching, and developing personal preparedness solutions based on experience and in-depth research.

She has been an emergency preparedness consultant for several cities, including working on the Shared Solutions event in San Francisco, California. Currently she is a personal preparedness consultant for Sandy, Utah.

Barbara is the author of two national newsletters and the producer of three videos. Her eleven books include *Just In Case*, *Just Add Water*, *Beating the High Cost of Eating*, *It’s Time to Plan Not Panic*, and *Preparedness Principles*.

She has lectured extensively and conducted many workshops and seminars for civic, professional and church groups, including Education Week at Brigham Young University. Barbara has taught special university courses as well as state university extension courses. She has had several weekly TV programs on consumer affairs and has been a regular on a national cable television program as a consumer specialist. She is a veteran of the national television and radio talk show circuit. She is listed in many directories such as the World’s Who’s Who of Women, Who’s Who in America and the International Who’s Who of Professional & Business Women.

Barbara is active in church and community. She and her husband, Larry, live in Sandy, Utah. They have two children and seven grandchildren.

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Your Personal Preparedness Planner



The goal for this brochure is to help each citizen of Sandy, Utah realize how critical it is for each and every individual and family to take responsibility for the care of themselves – just in case there is a disaster or crisis that affects the City.

It has been designed for you to use as your personalized disaster preparedness planner. Use it to make notes, lists, reminders, jot prices that fit your budget, or any idea that you need to follow up on or combine with another segment in the brochure. You may think that some of the suggestions seem familiar or that you have heard them before. Maybe you have, but what action have you taken to make sure you are prepared? The key for your success is to combine these ideas, suggestions and your notes together and then adapt them to suit your individual needs. By filling in and personalizing this planner, what may have been mere suggestions before now become guidelines for you to follow.

Another suggestion to help you with your planning and preparation is that you use a three-ring notebook. Include this brochure and other materials provided by Sandy City, and other sources such as FEMA or the Red Cross in it. Also include other current, applicable articles and booklets. Keep your notebook easily accessible so that you will use it and refer to it often, and of course, be able to find it should you need it.

Categories of Preparedness

To help you understand why this particular brochure is so important, you need to understand that there are four categories of preparedness. Each category of preparedness requires different methods, knowledge and skills and different supplies to deal with its problems adequately¹. The “Worst Case” category deals with just what the name suggests, how to cope with the worst life can deal out. The “Provident Living” category is how to get through hard times with the “right stuff” and a positive attitude. Understanding the information in the category “Dealing with Disasters” will qualify you to live through natural disasters and man-made crises as well. “Emergency Evacuation” is the fourth category where you are prepared to cope, having on hand the proper supplies, should a sudden disaster force you from your home².

You Will Need a Hard Copy

This brochure is not about “home storage”, nor is it about Provident Living. This planner/brochure is about “Dealing with Disasters” through personal disaster preparedness. Should a disaster occur you would most likely need some of the information from your planner. Your computer will probably be down and a reliable *hard copy* becomes the resource you need! Your Personal Disaster Preparedness Planner is that hard copy.

“Be prepared to ‘hunker down’ in your home, or some place nearby. It may take days, even weeks, before things return to normal. You should plan to be able to be on your own.”

Ken Kraudy

**Emergency
Management
Coordinator**

Sandy Utah

**Citizen Corps Council
Meeting – 2007**

¹ *Preparedness Principles*, Salsbury, Barbara, 2007, p5

² Note: detailed instructions are taught in *Preparedness Principles*, Salsbury, Barbara 2007, Horizon Publisher

What Your City Can't Do - Why

Following a disaster, First Responders, those who provide fire, medical and public works services, will not be able to meet individual or family needs as they usually do. Factors such as the severity of the disaster, the number of victims, communication or utility failure as well as road blockages will most likely prevent people from accessing emergency services by dialing 911. This means that citizens will most likely have to rely on themselves, or each other, until essential services are once again up and running or at least some normalcy is restored. Remember, parameters change and normal may not be what is usually known as normal.

A quote from FEMA may help to convince you just how real these statements are and exactly how you can be affected.

Most likely there will be no retail outlets open or functioning. No purchasing or restocking of foods, supplies or equipment will be possible. The time period can last three days to several weeks.

"The United States has only one firefighter for every 480 people and one police officer for every 385 people. That means in an emergency, most people are going to be on their own for at least 48 to 72 hours – or longer."

USA Today, February 1, 2003

You May Only Have Two Choices

In an emergency or crisis, there are usually two possible outcomes for Sandy residents:

Stay At Home and Deal With Things There:

If you or your family has taken disaster preparedness steps prior to an emergency, your ability to cope with and survive at home are greatly enhanced. The situation will most likely be no power, lights, heat – the regular utilities that you are used to, nor will you be able to run to the corner convenience store, or supermarket to be able to restock . . . anything!

Leave the home:

You or your family will be forced to leave your home if ordered to do so by someone with the proper authority. If you have an emergency kit prior to this, your ability to cope with and survive an emergency evacuation in a shelter with confidence and comfort is more probable than running out the door with just the shirt on your back.

This Is Not A One-Size-Fits-All Program

Since personal disaster preparedness is not a "one-size-fits-all" type of program, it is critical to understand these differences. The goal for this pamphlet is to encourage and enable you to be prepared as part of the solution in the event of a disaster: this means the type or magnitude of a disaster where you will be able to remain in your own home for shelter. This guideline provides sufficient information for you to adapt to your own situation, and be prepared to cope with a disaster situation.

Prior to a disaster there is a need for Personal Disaster Preparedness!

Most likely there will be no utilities –

•Power

•Heat

•Light

•Water

•Transportation

•Etc.

What the Red Cross, Salvation Army, National Guard and The Knights in Shining Armour Really Do

All relief organizations – the Red Cross, Salvation Army, National Guard, and so on – work to meet the most critical lifesaving and life-securing needs for the most people as quickly as possible. They are trained to move in, set up, and help, but not necessarily to meet individual needs. They are there for those who have lost everything, and to protect and help maintain order in the middle of chaos.

They have a job to do and so do you. It is your job as an individual or family to be part of the solution, not the problem!

Frequently Used Reasons To Not Prepare

Why do you think people are not getting prepared? Following are only five of the frequently used reasons to not prepare.

- Some people think they know it all or have heard it all already and in many ways are confusing personal disaster preparedness with “home storage.”
- You may believe the fallacy that civic or church organizations will take care of you.

There is really no need to prepare much of anything because food and provisions will be readily provided by a Church or Government.

- You are so afraid to face the fact that disasters really do happen that you stick your head in the sand, like the proverbial ostrich, believing that if you don’t think about it it will go away.
- You may not know where to begin or how and so you just don’t.
- You may feel that lack of space and/or funds is the deterrent that prevents you from obtaining even the smallest amount of preparedness supplies.

Do you recognize any of these? Has one or more of these reasons adversely affected your preparedness actions in the past? Keep reading for the facts that will replace any excuse to not prepare.

The more you are prepared, the more it will allow Sandy City’s First Responders - the police, fire department or public utilities and public works personnel to carry out their responsibilities.

A Real Villain Is Lurking in Your Future!

Lag time is a critical factor. The villain that accompanies disasters that are severe enough to knock out all utilities and the infrastructure of a city is “lag time”. This is the period of time between the actual occurrence of the emergency and when organized help arrives or things can be repaired and returned to normal. Most people don’t expect this situation to last for much more than a day or two or at the most a week. This is a serious misconception. Any aftermath situations can last for days and some even last for weeks. During lag time, no matter how long, you will most likely be on your own to provide food, clothing, and all needed supplies for yourself and family until the situation can be resolved.

Remember, the disaster has to take place first. Then lag time begins! Then the procedures of government begin; officials evaluating, deciding and declaring whether or not a state of emergency should begin and orders can be issued to bring outside help in.

When you start now and are prepared, you will have fewer problems to deal with when the disasters decide to descend and that lag time begins.



One of the many houses destroyed by Hurricane Katrina. Disasters can hit anywhere, and come at anytime. Your best defense is to be prepared.

Since there may be no power, it is imperative that you have on hand at least one battery powered radio, with extra batteries. Or find another power source to rely on, such as a solar or crank style radio.

Critical Communication from the EAS During and After a Crisis

When disaster strikes, tune in your battery powered radio to the Emergency Alert System (EAS). These vital communications are usually found on your regularly listened to station. It is the broadcast system that is constantly in place to warn the public of imminent danger and to provide life-saving information through local television and radio. Most of you have heard, "... this is a test. This is only a test. If this were a real emergency there would follow instructions ...". In a real disaster this is the place for you to find the reliable information you need to get through whatever the crisis is that is happening in your area. Regular network programming will be interrupted for scheduled Emergency Broadcast, or EAS, messages.

You Must Have a Radio

Since there may be no power, it is imperative that you have on hand at least one battery powered radio, with extra batteries. Or find another power source to rely on, such as a solar or crank style radio.

A working radio is a critical component of your disaster preparedness! Even if the crisis is localized, the directions and notifications of what to do and when, which travel routes are open, etc. will all be broadcast and periodically repeated for your benefit. You will also be told where to obtain specific kinds of help. You will need to pay attention to those EAS broadcasts to hear when the emergency and dangerous part of the situation has been declared over *by those with proper authority*. It needs to be emphasized – you must have an easily accessible, working radio that does not require electricity (non-electric)!



Gather Essential Supplies - *Before* the Disaster!

"*Before*" is a critical key! If a disaster strikes, it is usually sudden, without notice or an appointment. And once disaster descends you most likely will not have access to grocery stores for food, water or the supplies to take care of most everyday needs, for days and perhaps even weeks. This point may be mentioned several times to emphasize its importance. It is critical to gather those foods and supplies, and make plans before the need arises. Before the need arises is NOW! Make your lists and check them twice, then do something about it. One of the saddest statements, especially if there are children involved, will be, "I should have," or "I could have" as chaos whirls around you inflicting pain, hunger and fear. This is a reality check reminding you of the news headlines from just such a short time ago talking about what was happening to someone else. The point is BEFORE it is your turn; you have the time to do "that something" about it.



Water

Water - It's So Important

We are spoiled in our society. We take clear, clean water for granted. It is expected that when one turns on a faucet water will flow. However, we don't realize how easy it is to lose that water, nor how quickly that loss can take place.

At least some water needs to be in your preparedness cupboard. An active person needs a minimum of two quarts of water per day. That would be considered the very least amount. It is recommended that you have on hand at least the survival amount of water for three days at all times and if possible a two week supply. To calculate what that survival amount is multiply the gallons of water by the number of household members.

Following are a few individual needs for water that could require you to have more than the bare minimum on hand:

- Is there a baby in the home? How much water will be needed for formula or food preparation? How much water will be needed to keep a baby moderately clean?
- Are there active teenagers in your household? Make certain you have enough water. Is anyone chronically ill with the need for more water to take medications?
- How many pets are there? You will need to have additional water for them.
- Is the extreme summer heat a factor? If an emergency takes place in mid-August, especially if there is no power, you may need more water.
- Do you carry a bottle of water with you everywhere you go? To have that cut back dramatically and suddenly, especially in a crisis, could be very difficult to deal with.

Store one gallon per person in your household per day: two quarts for drinking, two quarts for food preparation and sanitation.

Finding Water in Your Home

- Melt Ice Cubes
- Hot Water Heaters
- Toilet Tank (not the bowl)
- Canned Goods

Do Not Use For Drinking

- Waterbed Water
- Pools or Hot Tubs (too many chemicals)

One of the highest priority items to have in your supplies will be the ways and means to purify water.

Storing Emergency Water

Commercially bottled water or containers that you fill yourself can be tucked into nooks and crannies or on shelves to keep on hand for emergencies.

Label the water containers and store in a dark, cool place. Should you not have an ideal place to keep your water supply, store some anyway! The

ideal conditions for storing water, of course, are as dark as possible and cool.

Commercially processed water needs no purifying or rotation.

If you are filling your own containers from a faucet in your home, the water you are using is safe and does not need to be treated before storing. Only if you suspect or know that the water is contaminated does it need to be purified. Check water in the containers you have filled every six months or so, especially if the storage conditions are not the best. See if it appears cloudy or dark, feels slimy as gelatin water would or contains algae. Algae is the “green stuff” that appears to grow around the top or sides of your water containers, particularly if the containers are exposed to light. Keep in mind “checking” does not mean changing. Replace your water if you need to. Replace it periodically to freshen it if you want to.

Purifying Water

You will need to purify water that has become cloudy or that comes from sources that may be contaminated. Remember, the important thing will be to have enough water to purify. One of the highest priority items to have in your supplies will be the ways and means to purify water.

Water? The style or form of your food counts. Are most of your foods dry beans or dehydrated? If water is essential for the preparation and ability to eat the foods you have in your preparedness supply, increase the amount of water you keep on hand.



When using iodine tablets to purify water, allow the water to stand for 15 to 30 minutes until the strong iodine odor and taste dissipates.

Boiling: The safest and one of the easiest methods of purifying water is to boil it. Bring the water to a rolling boil for 3 –5 minutes. Remember, some of it will evaporate. Use a lid on the container to prevent as much evaporation as possible. Let it cool before drinking it.

Purification Tablets: These tablets are found in the camping or RV supplies at discount department stores, discount drug stores, as well as in sporting goods stores. Usually with labeled water purification tablets you simply need to follow the directions on the bottle.

Bleach: Regular household bleach can be used to purify water. Do not use any scented bleach or bleach with added cleaners. The rule of thumb is “drops to gallons:” 16 drops of bleach per gallon of water. Then let it stand for 15 minutes. Purified water should have a bleach odor. If it does not, repeat the dosage. A thing to remember about household bleach is that the purifying properties dissipate within 3 to 6 months. If you are relying on bleach as your purifying agent, use it and replace it often. (Caution: Beware of the rumors that say, “if a little is good, more is better.” Leaving a quarter of a cup or more bleach in the bottom of a container is too much and could cause poisoning. Drops to gallons is sufficient.)

Stale or Flat Tasting Water: If your water has been stored for a while or it has been boiled it may taste flat or stale. The simple solution is to pour it back and forth between two clean containers to restore the oxygen and taste.

Gray Water: Gray water, such as puddle water or dishwater, cannot be used to drink or prepare food. But it can be used to make toilets work if the pipes are in place. Or in case of illness during the chaos of a crisis, gray water can be used for immediate, but small, cleaning needs, such as a mop-up if a child should throw-up or if food boils over on an emergency stove.



Fill in the following worksheet to calculate and track your water needs.

Water			
	On Hand	Obtain	\$\$ Budget for
Amount Needed			
Buy Commercially			
Put in Containers Kind of Containers			
Purifiers			

Food

Foods: You Will Need to Eat

Consider what kind of food is in your “storage cupboard” and what kind should be in your “disaster preparedness cupboard” . . . or not.

Cooking Vs. Warming

As you consider the kinds of foods you want to have on hand, keep in mind the parameters you will be dealing with – probably no power, no light, perhaps no running water. Most likely the stove that you are used to cooking on may be out of commission. The idea to keep in mind is that you may want to warm the foods you have on hand, because cooking meals may be close to impossible. In fact for a while, meals and menus may be non-existent. An exception would be something such as pancake mix that would require minimal fuel for cooking. Maintaining a nutritional balance in the foods you have is a better goal for the foods portion of your disaster preparedness cupboard.



Variety Is the Key

You don't have to be convinced that you don't want to exist on weeks of nonstop canned spaghetti or pork and beans. The key word is **variety**. Having a good variety insures normalcy as well as good nutrition.

A Good Short-Term Goal

You need a goal that makes sense and is achievable, but at the same time will allow you to have sufficient food should an emergency occur. Begin now to gather a two-week to a two-month supply of things you eat now and eventually work up to a several-month supply that you feel comfortable with.

The following familiar storage items that you may already have in your cupboard do not readily work in a disaster preparedness situation.

- Grains
- Dry Beans
- Pastas
- Commercially Dehydrated Products
- Baking Supplies

Why? Remember you may have no way to prepare or cook it

A Few Types of Foods to Consider

- Canned/Bottled Goods
 - Peanut butter, condensed meals, soups, etc.
 - Fruit
- Home Bottled/Canned
- Packaged Goods (not frozen)
 - Ready to eat cereals, Bouillons
- Mixes
 - Pancake, etc.
- Instant
 - Milk, instant anything
- Shelf Stable
 - Packaged meals (requiring no refrigeration)
- MRE's, and similar commercial items
- Commercially Dried fruits
- Freeze Dried Foods
- Other

A critical point to keep in mind is the allergies and food triggers that affect the members of your household. A firm rule of thumb is that a crisis or disaster is not the time to be trying out new foods, or foods that someone has told you are good for you. Keep them simple. Keep them satisfying. And be sure to remember you will need a good supply of treats and goodies to help you get through the tough times. Of course, you may have to hide them in order to be sure to have any.

Another critical area is if there are babies or toddlers in the family. Make sure that you have sufficient fluids for formula and food preparation. Children need as much normalcy as possible. If you plan properly, ahead of time, the stress of totally different foods can be minimized. Another key word is **before!**



Notes:



Use the following worksheet to assess and then plan for the food that you want to have on hand, just-in-case. By scheduling these items and practical budget amounts that are affordable for you and working them into your regular grocery budget, "preparation" becomes part of regular planning and not an additional perceived burden.

Food				
Item	On Hand	Amount Needed	Obtain	\$\$ Budget for
Fruits/Vegetables				
Canned Goods				
Instant Foods				
Baby/Toddler				
Other				



Shelter or Keeping a Roof Over Your Head During the Storm

Take time now to assess your home to determine the safest, most secure area in which to take shelter during severe storms or to ride out the aftershocks of an earthquake, or cope with any crisis. In the aftermath of whatever disastrous event occurs in your local area, your survival will be more controlled and calm if you do your homework now.

A few practice sessions, while the sun shines, with awareness and reality checks built in, will allow coping skills to be developed. During a disaster, your familiar surroundings may go through dramatic changes. Getting through the real thing, and being able to cope and exist in chaos and confusion will be the benefit. Your shelter – your home – takes on a different sense of security when you have prepared and practiced.

Increasing the Safety and Functionality of Your Shelter

In the event of a crisis, it will ease chaos and confusion and bring about security in your place of shelter much more quickly if your disaster supplies and equipment are kept in an organized manner. Keep your supplies and equipment categorized, in working order and always located in the same place to make access quick and easy. Maintain accessibility at all times. All the equipment in the world won't do you any good if it's buried under piles of "stuff." For example; keep all accessories and supplies needed for lanterns in the box labeled "Lanterns", or in a box next to the lanterns. Another example would be to keep butane canisters and spare connections and gaskets in a labeled box next to your emergency cooking stove. Working, full butane lighters should be in a separate box.

If you determine that you want to maintain specific foods and food items as part of your disaster preparedness supplies, they too can be categorized and kept in labeled boxes or tubs in the same area. Just remember to use and replace them consistently, so that when the need arises they are edible.

Have working flashlights readily available to use in locating other emergency supplies and equipment.

Know how and when to turn off utilities at the main switches. Remember to turn off the gas only when you suspect the lines are damaged, you smell gas, or you are instructed to do so by someone with authority. If you turn the gas off, you must wait for professionals from the gas company to turn it back on.

[illegible]

Teach all household members, who are old enough, how to use fire extinguishers, and where they are kept.

In addition, be prepared and know what to do if the disaster situation deteriorates into an evacuation situation, and you are forced to flee for your life from the security and safety of your shelter.

Heat/Warmth Without a Furnace

It could be a real challenge to stay warm when the furnace hasn't worked for days and there is no other heat source. Some of the suggestions to stay warm in this section are just common sense. But it's amazing how your mind can go blank in times of stress. Having the ideas all in one place may help. Some ideas are a new twist on common items that could make a major difference when it's winter indoors as well as outdoors. It could be just what you need.

Blankets and Quilts



Most people have at least a minimal supply of blankets and quilts on hand. You can always wrap up in a blanket or quilt. However, that statement is only true if you have done your homework and have a sufficient number of blankets to wrap up in. Sorry an electric blanket just won't work if there is no power.

A quilt is quite different from a blanket. It will have a "batt" or stuffing and is created in layers, which increases its warmth capacity. Even though quilts usually have more 'warming qualities' than just a blanket, a couple of layered blankets can have the same affect as a quilt. Check on your inventory of blankets now, before the need arises, to ensure you have enough and that they are in good repair.

Sleeping Bags

If you are used to thinking of sleeping bags only as part of someone's camping gear, think again. Sleeping bags can serve a dual purpose, camping for the fun times and emergency preparedness for the not-so-fun times. Sleeping bags are a great "warmth source." They come in a huge range of warmth ratings and price ranges. If you should decide to purchase one, check for its cold weather rating. The lower the weather rating (20 degrees, 5 degrees, 10 degrees below zero, etc.) the colder the weather can be and you'll still stay warm.

Should you be caring for someone who is bedridden, a sleeping bag could serve as a cocoon for added warmth during the day.

If all you have to work with are lightweight camping sleeping bags, keep in mind that an extra blanket inside the sleeping bag will keep you warmer than the same blanket laid on top of the sleeping bag.

Be especially considerate of babies and the elderly who are living with you, or the elderly who may be living alone near you. If they are not able to move around they can become very cold, very quickly.

Layered Clothing

In being ready for winter and cold weather you most likely will already have coats and outdoor wear on hand; however, in a winter emergency you will be better off if you can stay warm in your home without wearing them all the time. Reserve them for when you need to go outside. You will want that additional warmth of a coat at that time. Should it be wet and storming it is important for the “indoor” clothing to remain as dry as possible.

Several lighter layers of clothing will provide more warmth than one thick layer. Layering even everyday clothes will trap body warmth. Thermal underwear is a good thing to start with. Add sweat pants and a sweatshirt. Top those with a pair of jeans and a flannel shirt. Add a sweater or jacket. On your feet, start with a thin pair of socks, followed by a thick pair of socks, maybe even two pair or thermal socks if you have them. Finish the layering for your feet with warm slippers when you're inside and dry boots when you're outside. Wear a hat all the time. Hats help trap body heat. Hats are especially important for toddlers, babies, or someone who is bed-ridden. Keep their heads covered, particularly at night while sleeping. Have a couple of pairs of gloves, some for inside that can stay dry, and a pair for outdoors where they may get wet.

Try One-Size-Fits-All

It's tough to keep growing children supplied with winter gear even on a normal basis. One idea that may help to keep them prepared for a cold weather emergency is to stash away some warm sweat suits that are several sizes too big. For more than one child, use the one-size-fits-all rule. It's better to have them warm in clothes that are way too big than cold in clothes that are way too small because they grew a lot more than you expected. It is more important for your children to be warm than stylish.

The layering rules for warmth apply in cold and wet conditions as well as cold and snowy.

Hand, Feet and Body Warmers

If you can keep your hands, feet and head warm, most likely the rest of you will be warm. Hats work for your head and now you can buy small chemical warmers for your hands and feet. To activate them you just squeeze and shake. These warmers are small enough to fit into a pocket, glove or shoe, or tuck into a waistband. Once activated they will provide heat for eight to twelve hours. Most of them are a one-use only item, but they are relatively inexpensive so that you could keep several days' worth on hand.

Ski suits and ski clothing are not the best choice to wear indoors. The fabric is not porous enough to allow moisture to pass through. Layers of absorbent material are much better for this situation.

Some large sweatshirts and thermals tucked away on a shelf far back in the closet would be a good idea, just in case.



Light

Light

One night without power and lights can prove to be fun, even an adventure. However, when you are used to flicking a switch to immediately obtain light, being without it for very long changes all of the experiences entirely.

For those times when the light switch fails, there are quite a few alternatives to get you through. You need to look at those different sources since they will suit different circumstances; such as short-term, long-term, summer, winter and so on. Consider the variety of lanterns, flashlights and new items on the store shelves if you do not already have a source for light.

With the vast options available, it is wise to choose from some of the safer kinds that do not require liquid fuel or flame to function. If there are children in the household, this is an especially good rule of thumb to follow. Flames, the dark, and chaos combine to make a disaster's aftermath even more dangerous.

The old stand-by flashlight has many new and extremely functional versions, from tiny to huge, from soft glow to brilliant searchlight power. Take a few minutes to do homework and discover which version will suit your needs and budget. A good rule of thumb is that every individual have an accessible, working flashlight.

Cyalume or light sticks function well for short term or security lights, but the "light" is only a "glow" not sufficient to read by or light a room. Light sticks serve well for security or nightlights during power outages.

Flashlight or battery-powered lanterns are the only sources of light that are safe to use immediately after any disaster!

See Planning Sheet on Page 17

LED lights are much brighter and usually last longer than regular flashlight or lantern light bulbs.





First Aid

First Aid

Notes:

Learning basic first-aid skills will ensure your ability to cope with nasty cuts and minor injuries that are bound to occur during a disaster. But you aren't really prepared if you don't have some of the supplies to treat simple wounds or common illnesses.

You can purchase ready-made first-aid kits in most drug stores or discount department stores; from kits containing just the very basics to ones stocked with every sized bandage available in the world. Or, you can put together your own personalized kit containing the things you most likely will use. Remember to include a variety of bandages, simple medications, analgesics and pain relievers along with special needs. Of course you will need to keep current and on hand prescription medications. Make sure if you require help that your caregiver or those who will help you, know exactly what your required medications are and where they are kept.

A rugged, lightweight box is good for containing supplies. Make sure it is clearly marked and identified as a first-aid kit. Keep a good first-aid manual inside or with your kit.

The idea behind first-aid preparedness is to have what you need on hand before the need arises, particularly since during an emergency you will not be able to run to the store to get supplies or those extra Band-Aids.

See Planning Sheet on Page 17



Morale Boosters

Morale Boosters

Before a disaster occurs and the pall of the aftermath settles over everything, morale boosters – or games and goodies - should be in place as one of your priorities. The longer the aftermath lasts, the more critical it is to have on hand a good supply of *non-electric* morale boosters. These circumstances most likely will also mean only a few batteries will be on hand to be used for games. Working batteries need to be high on your list of priority items to have on hand.

You should take into consideration the number of people in your household, their ages and/or the diversity of age of the household members that will be hunkered down for days in your home. The weather conditions and circumstances which will require staying indoors, or in one specific place, combined with the chaos of the disaster could combine in what may seem like a plot to prevent anything such as calm, cozy companionship. For example, these conditions might be stormy conditions, with lots of exposed dangerous rubble resulting from previous severe storms or an earthquake. Adults as well as the younger members of the household will most likely need something to occupy their minds and hands for perhaps hours on end. Remember if the crisis is powerful enough to create a disaster no one will likely be allowed to go outside to check it out, let alone hang out.

Some homework and making notes is a good thing to do as part of your preparation. That homework will be required now to be used at a future date. Keep the notes and lists of ideas in your planner. Take the time to memorize the rules for some of the myriad of games that can be played with playing cards. Or refresh your memory for the rules of “old-fashioned parlor games,” such as Button - button, who’s got the button, charades, or drop-the-hanky. Yes, those (and others similar to them) may be considered so old and out-dated that some individuals may think that they came out of the Egyptian tombs; however, several days without any electricity and/or the lack of batteries may just be the incentive to peak the interest

and participation and be the relief for the statement “I’m bored”. This should remind you that preparedness is a major key to maintaining sanity during those long, dark or dreary days of confinement that sometimes are a major ingredient of aftermath.

Goodies, snacks, sweets, treats, etc. are an integral part of morale boosters. When darkness, chaos, fear, and perhaps wet and cold descend, goodies can seem like manna from Heaven or an oasis in the midst of a desperate scenario. After all, three or four days without power AND chocolate would be the extreme of desperate, wouldn’t it?

Non-electrical Entertainment

Button-button

Marbles

Table games

Charades

I’m Hiding or I Spy

Card games

Puzzles

Coloring books, crayons

Craft supplies

More ...

Stash a variety of age appropriate things to do such as games, puzzles, cards, pencils, pads of paper, small notebooks and puzzle books. Be sure to keep supplies such as batteries separate from your main supplies.

Miscellaneous Important Items



There are a few things that each household needs to have in working order and on hand well before an emergency arrives on the doorstep. As you review the planning sheet, keep in mind those things that will be of importance to you and your family should there be no way to obtain them. Budget for those items you need to buy and evaluate the workability of those items you have on hand. Use this worksheet to determine the miscellaneous, important items for your program.

Planning Sheet			
Item	On Hand	Obtain	\$\$ Budget for
Portable Radio			
Batteries or other option			
Flashlights			
Size			
Bulbs			
Batteries			
Lanterns			
Size			
Bulbs			
Batteries			
First-Aid Items			
Warmth			
Sanitation/Hygiene			
Portable Potty			
Supplies			
Special Personal Medications			
Allergy Meds			
Required Aids such as braces or supports			
Other			



Pets

Pets

More than 60% of America's households have pets. You need to remember your pets and their specific requirements...just in case.

- Is your pet(s) on any medication and/or specific diet? This is an especially important point if they do not eat "people food".
- Do you have enough medication and/or specific diet needs to last for at least a month?
- Having your pet(s) prepared for an emergency or disaster will greatly reduce the amount of stress for you and your pet(s).
- Have a minimal amount of water for pets set aside. Gray water, such as puddle water could be used for pets.
- Be sure to have a leash - even for a cat. If destruction is rampant and fences down, you will want to keep and control your pet.
- If your pet(s) is used to a crate or cage, that may work during an aftermath situation.

Notes:

Pet Information				
Item	On Hand	Amount Needed	Obtain	\$\$ Budget for
Medication				
Food				
Water				
Leash				
Cage				
Other				

Being Part of the Solution and Not the Problem



By following the suggestions and guidelines found in this planner and combining it with other information provided for you, you indeed will be part of the solution – prepared to cope and get through whatever comes your way.

Emergency Contact Numbers	
Police	
Fire	
Family Out of Area Contact	Name: _____ Number: _____
Family Meeting Location	_____ _____ _____ _____
Other	

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