

PERSONAL AND FAMILY PREPAREDNESS

**EMERGENCY
PREPAREDNESS
MANUAL**

AND CHURCH/COMMUNITY SERVICES
RESOURCE GUIDE

GEORGETOWN WARD
Church of Jesus Christ of Latter-Day Saints
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TABLE CONTENTS

Spiritual Message.....	3
Introduction.: Why have an emergency preparedness plan ?.....	4
Don't our families deserve the best we can do ?.....	5
Suggestions for families with small children.....	6
Family Home Evening lessons	
1. Prepare for peace of Mind.....	7
Emergency survival kit list.....	11
2. Putting your house in order.....	14
3. Anticipating emergencies.....	17
Emergency first-Aid kit.....	20
4. Practice prevents panic.....	21
In time of emergency checklist.....	22
Water Treatment for emergency use.....	23
How to plan for and manage emergencies.....	24
1. Calling for help.....	25
2. Types of disasters.....	26
3. Notification.....	26
4. What about you?.....	27
5. Preplanning.....	27
6. Auto survival kit & Auto maintenance.....	30
7. Emergency responses.....	31
Evacuation guidelines.....	38
Phone Numbers for emergency use.....	39
Home fire evacuation plan.....	40
Summary of emergency actions at home.....	41
Emergency response information.....	42
1. Local emergency telephone numbers.....	43
2. Ward responses.....	45
3. Ward specialist personnel.....	46
Emergency preparedness survey.....	47
Food Storage checklist.....	49-52

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Dear Brothers and Sisters:

The information contained in the "Emergency Preparedness" booklet is being provided for the purpose of encouraging each individual and family to think ahead and become prepared for possible emergency conditions. The subjects addressed are very important in personal and family preparedness.

We should not become alarmed as we consider what could happen in the way of emergencies, but rather heed the counsel of our prophet and, as quickly as possible, become prepared and self-reliant.

This "Emergency preparedness" booklet provides:

- a. Four family home evening lessons designed to help families become prepared for emergency situations.
- b. A brief description of natural and man-made emergencies for which we should be prepared to take protective action.
- c. Evacuation guidelines.
- d. A general description of emergency service available in El Dorado county.
- e. Checklists to help in emergency preparedness. These should be completed by each individual and family.

We would like you to use the included Family Home Evening lessons as a vehicle to establish family preparedness for emergencies. We ask that all four lessons be given, and that all objectives be met.

A communication plan is included at the end of this booklet. This plan would be implemented if ordinary means of communications such as telephones were not available.

Please follow the guidance and counsel of your Priesthood and auxiliary leaders in this emergency endeavor, and you will receive peace of mind in knowing that you and your family are better prepared and protected.

Sincerely,

INTRODUCTION

PREPARING FOR EMERGENCES

The scriptures and the prophets have given repeated warnings that destructive events will occur in our lifetimes. Only preparation, both spiritual and temporal, can dispel fear of these disasters. Individual members and families should prepare to be as self-reliant as possible in times of emergency.

Sometimes, members acting as groups under Priesthood leadership can offer significantly more help during and after an emergency than they can be acting individually. The readily available manpower and leadership of Church units may be vital assets to communities in their times of greatest need.

MEMBER TRAINING

The primary responsibility to prepare for and respond to emergencies rests with individuals, members, and families. The Church encourages members to set aside a year's supply of food, clothing, and where possible, fuel; to develop the ability to respond to emergencies; and to be familiar with books and articles about emergency preparedness available in local bookstores and libraries. There are also church publications that help members in their efforts to become prepared, including those in the Family Home Evening Resource Book, and articles published in the Church magazines.

WHY HAVE AN EMERGENCY PREPAREDNESS PLAN?

There are three important reasons why having a plan has become necessary at this time:

1. To help Church leaders understand and implement the Gospel principles, organization, policies, and procedures of emergency preparedness.
2. To get individuals and families to be self-reliant and prepared for whatever each day may bring.
3. To be trained and prepared as a unit to meet the emergency needs that are larger than single family situations, requiring accurate and timely action to avoid suffering.

Since emergencies do not always happen to "someone else" we need to develop confidence in handling all types of emergencies, from the mere loss of utilities to fire, flood, earthquake, illness, and loss of income.

While local emergency plans and resources are commendable, we may not always be able to count on these resources to provide for us. There is a possibility that supplies and shelter provided by these agencies may be too inadequate to meet our needs.

DON'T OUR FAMILIES DESERVE THE BEST WE CAN DO?

The information included in this booklet is not intended to be all inclusive but an aid to individuals and families in family preparedness.

All of us should be seriously pursuing a program of individual and family preparedness. The following guidelines are listed for individuals and families:

1. Establish a system for knowing where family members are.
2. Know how to contact community emergency resources such as fire department, police and ambulance services.
3. Maintain fire extinguisher in easily accessible places and know how to service them and use them.
4. Know how to protect property by shutting off gas, electricity, and water.
5. Know and practice the fastest and safest means of evacuating the house.
6. Prepare an emergency kit of food, clothing, water and first aid supplies.
7. Important family documents and other valuables should be properly stored and easily accessible.
8. Store a year's supply of food, clothing and if possible, fuel.
9. Store a year's supply of garden seeds.
10. Store a two-week emergency supply of water.
11. Develop skills that would be useful during emergencies.
12. Know how to report the family's condition to the zone emergency leader, the home teacher or quorum leader after an emergency. Include information about injuries, or deaths, property damage, help needed (medical, food, clothing, shelter), and any assistance that family members can give to others.

SUGGESTIONS FOR FAMILIES WITH SMALL CHILDREN

Parents are responsible for preparing to care for their children in emergencies, but the idea of a disaster might frighten a young child. If the planning is done in a matter-of-fact manner, like a fire-drill at school, and if the parents take a positive approach, these lessons need not cause undue alarm. The following suggestions may help younger children understand the importance of family preparedness.

1. Tell the story of Noah, explaining that Noah built the Ark because he was obedient to the Lord, and he wanted his family to be safe. The children may construct an ark with blocks or a box. Talk about the supplies they need in it to feed the animals and care for Noah's family.
2. New toys, such as crayons, small cars, or paper dolls could be purchased especially for the survival kit to arouse the interest of children.
3. A dinner prepared and eaten by candlelight or "lantern-light" could be enjoyed by the family, as well as helping to prepare for similar situations. A simple menu of bread, cheese, milk and fruit (a Heidi dinner) could be served.
4. Show the children where the flashlights are kept and teach them to use them if they are ever at home when the power is off.
5. Make plans so that children coming home unexpectedly from school--when no one is Home they will be able to enter the house---(such as a hidden key, or a neighbor they can visit).

Once your family planning is complete, do not dwell on the subject unnecessarily, but plan to review the plans periodically---at least yearly.

FAMILY HOME EVENING LESSONS

Lesson 1 -- **PREPARE FOR PEACE OF MIND**

"----If ye are prepared, ye shall not fear." (D&C 38:30)

OBJECTIVE: To motivate members of your family to prepare for an emergency.

SUGGESTED HYMNS AND SONGS: "Today while the Sun shines," Hymn #215; "Think Not, When you gather to Zion," Hymn # 21. **BE PREPARED.**

Explain that tonight the family begins a series of four lessons to prepare ourselves for any emergency. Emphasize that preparing will be FUN, and that a family that is prepared will have nothing to fear. Family members will want to present the following skit about Father Noah, an expert on preparing for emergencies, and about a modern-day Noah Smith. Have two or more family members rehearse for the following skit to read aloud for the family. Props and costumes, such as a basket of food for Joshua, robes, scarves around the head, and long beards would add to the production.

NOAH IS PREPARED

FATHER NOAH: Hello, Joshua. I see you are carrying a basket of food and blankets. Are you getting ready for the flood?

JOSHUA: What flood? This is our picnic for the camel races today.

FATHER NOAH: Don't you remember? I've been telling you for years about the great destruction that will come upon this land. The Lord warned me that the water would cover everything.

JOSHUA: You mean you still think there will be a flood? I hate to hurt you feelings, Noah, but I've been here over three hundred years now, and there's never been a flood. Even if there was a flood, we could run for the hills and the town council would send relief supplies.

FATHER NOAH: The Lord told me to build a large boat that would float on top of the water, one that would also withstand rain, and stock it with provisions. Come and see it sometime. It's about 300 cubits long, 50 cubits high, and it's made from gopher wood--very tight, like a dish--so that even large waves will not penetrate. There's plenty of room on its decks. We've named it "ARK."

JOSHUA: You're crazy to spend so much time on that foolish project. Even if you were a shipbuilder, you couldn't build a ship that large, and there's no water around here to float it. Are

you sure you're not beginning to doubt the words of the Lord by now? By the time a person reaches 600 he should have better sense than to waste a hundred years that way.

FATHER NOAH: The Lord gave me plenty of warning so "I'd have time to get ready, but I feel it will be soon now. Next week I will start gathering all kinds of animals into the ark. We've been stocking the Ark with food and water for ourselves and the animals.

JOSHUA: And just how do you intend to persuade wild animals to get on that boat? I can just imagine you, Noah, tugging and pushing a hippopotamus up a gangplank. What if he steps on your beard?

FATHER NOAH: The animals will come on their own accord.

JOSHUA: This I gotta see! If it doesn't rain, he could use it for a zoo.

FATHER NOAH: Please Joshua, come with us. Ham, Shem and Japheth are coming with their wives. They have helped me build the ark, but there is room for you and you family, and you still have time to change your mind. You know how we love you. We don't want to have to leave you behind.

JOSHUA: I'll give it some thought, Father, but don't count on me. We like it here, and I've just been promoted to head shepherd. Wow! I'd better get going or we'll be late for the races

JOSHUA JONES: Hello, is Noah there? Noah Smith? How are you? This is Josh. I've got a great idea. My boss gave me his season tickets to the Bronco game tonight. I know its Family Home Evening, but I thought maybe we could go anyway and make it up to our families later this week.

NOAH SMITH: Rats! If it were just any other night! We've just planned a special family activity tonight that we've worked on for three weeks now. I just couldn't let my family down.

JOSH: Three weeks! We never plan more than three minutes for our Family Home Evenings.

NOAH: This is special, because we're preparing our family for a disaster. Tonight we will simulate a hurricane evacuation.

JOSH: But that's ridiculous. We never get hurricanes around here, not even floods. Even if we had one, the Red Cross would be there to help. Surely you could wait a week or even a decade to prepare for a hurricane.

NOAH: You're right, of course; we'll probably never have a hurricane here, but the practice will be good for other types of emergencies too. Do you remember when that hurricane hit Brownsville last year? The people had plenty of warning, but no one was prepared to leave. When they found the grocery stores jammed with last minute shoppers and all the canned goods stripped from the shelves, many of them panicked. They only needed supplies for about three days, but most of them left their homes without anything.

JOSH: But don't you have a year's supply of food already? The church has been teaching us to store food for over 45 years. Surely you could last three days.

NOAH: That's true, but we've assembled a compact kit in a container that will be waterproof and portable. It includes other supplies besides food. We're also planning an evacuation route and a meeting place in case we get separated.

JOSH: I never thought of that. We'd be very disorganized at our house, even though we have food. We'd probably forget something important, like the can opener. But it's too bad you have to do it tonight. You don't often get free tickets to the game.

NOAH: I'm sure a day or a week won't make any difference, but my family is counting on me to do my part. We all have our assignments, and I could never let them down. Let me know when you're ready to assemble a kit and I'll help you. If anything happened, I'd hate to leave you behind. You know how much we love you and your family. Have a good time at the game.

THE NEXT DAY:

JOSH: Hello, Noah? It's me Josh . . . yeah, it was a great game, but you'll never believe what happened. While I was away last night, we had a power failure in our neighborhood and the pipes in my basement froze and burst open. Yeah, I'm afraid it was pretty badly flooded, and some of our food storage was ruined . . . Yes, everybody's all right, but there was so much damage in the neighborhood that we won't be able to get a plumber for several days, and in the meantime we have no water . . . That's a very kind offer, I'll ask my wife. We could use a place to stay until the water pipes are repaired. I should have knocked on wood when I said there'd never be a flood around here. Maybe while we're there, you could show us how to make an emergency survival kit.

ASK: What are the most important lessons we learn from the story of Noah? (Emphasize faith in the Lord and obedience to the Lord's instructions). Brigham Young said: "I have encouraged my wife and my children to share all that we have that we may continue to have more."

ASK: Should we be prepared to share with those who have been unwilling or unable to prepare for themselves? Is sharing as important as preparing for ourselves?

The scriptures as well as modern-day prophets, tell us that calamities will come to this earth. In General Conference, October, 1973, Elder Ezra Taft Benson quoted D&C 1:12, which says: "Prepare ye, prepare ye for that which is to come . . ." And D&C 1: 17 which warns, "I the Lord knowing the calamity which should come upon the inhabitants of the earth . . ."

Elder Benson also said: "What are some of the calamities for which we are to prepare? In Section 29 the Lord warns us of "A great hailstorm sent forth to destroy the crops of the earth." (D&C 29:16) In Section 45 we read of "an overflowing scourge" for a desolating sickness shall cover the land. (D&C 45:31) In Section 63 the Lord declares he has "decreed wars upon the face of the earth . . ." (D&C 63:33)."

In Matthew, Chapter 24, we learn of 'famines, and pestilence, and earthquakes . . .' (Matt. 24:7)."

"When will all these calamities strike? We do not know the exact time, but it appears it may be in the not-too-distant future. Those who are prepared now have the continuing blessings of early obedience, and they are ready. Noah built his ark before the flood came, and he and his family survived. Those who waited to act until after the flood began were too late." (The Ensign, Jan. 1984. pp. 68 & 81).

Discuss with your family a three-day menu of food requiring no refrigeration or cooking which would be suitable to your needs and tastes. Assign family members to locate or supply items from the following list to assemble into three-day survival kit during the following week's Family Home Evening. After the survival kit is completed, decide on an easily accessible location to store it.

AN EMERGENCY SURVIVAL KIT SHOULD CONTAIN:

- _____ Cash
- _____ Aluminum foil
- _____ Flashlight and batteries
- _____ Battery-powered light or kerosene lantern
- _____ Can opener - pocket knife
- _____ Cooking pan with lid
- _____ Plastic container or bucket and potty liners
- _____ Plastic bags, garbage bags, large brown sacks
- _____ Newspaper
- _____ Fish hook and line
- _____ Sewing packet, scissors
- _____ Waterproof matches or disposable lighter
- _____ Toilet paper, paper towels, sanitary napkins
- _____ Candles and holder
- _____ Sterno-type stove and fuel
- _____ Detergent, hand soap, washcloths, and towels (may be disposable)
- _____ Toothbrushes, toothpaste, shampoo, hand lotion, chap-stick, comb and brush
- _____ Plastic silverware, wooden spoon
- _____ Paper plates and cups
- _____ Baking soda (for putting out fires)
- _____ 3 gallons water per person, if possible; water purification tablets
- _____ Food for three days, suggestion below
- _____ Survival handbook
- _____ Disposable diapers and baby food
- _____ Clock or watch
- _____ Whistle; mirror
- _____ Games, pencils, crayons, paper
- _____ Set of car and house keys
- _____ Scriptures
- _____ Steel wool
- _____ Insect repellent
- _____ Shoe laces
- _____ Special medication needed by family members

Suggestions For Types Of Food: (Attach 3-day menu to survival kit).

Drink mixes
Powdered milk
Crackers
Sugar, salt, pepper
Powdered eggs
Vienna sausages
Instant oatmeal
Dry cereals
Instant cocoa

Spam
Soups; canned or dry
Fruit; canned or dry
Vegetables; canned or dry
Pork and beans
Bouillon cubes
Macaroni and Cheese
Nuts
Granola bars

Tuna; Tuna helper
Peanut butter
Instant puddings
Canned meat
Powdered butter
Canned stew, chili,
spaghetti
Dehydrated dinners

Last Minute Things To Be Added To Survival Kit In Event Of Evacuation:

- _____ Clothing and coats for three days -- extra socks
- _____ Blankets, 2 or 3 -- sleeping bags; mattress pads if room
- _____ Emergency first aid kit
- _____ Important papers (in a fire-proof box if possible)
- _____ Genealogy, albums, and journals
- _____ Transistor radio and batteries
- _____ Binoculars
- _____ Compass, maps
- _____ Household pets and pet food

Tools:

- _____ Hammer and nails
- _____ Screw drivers
- _____ Ax
- _____ Saw
- _____ Rope
- _____ Shovel
- _____ Pliers

Possible Waterproof Containers:

- _____ Suitcase
- _____ Round plastic containers with tight lid
- _____ Trash barrel with tight lid
- _____ Ice chest
- _____ Waterproof backpacks
- _____ Sturdy box with plastic cover

Lesson 2 -- **PUTTING YOUR HOUSE IN ORDER**

"She is not afraid of the snow for her household....." (Prov., 31:21)

OBJECTIVE: Families will learn about winter survival and assemble their survival kit.

SUGGESTED HYMNS AND SONGS: "Today, While the Sun Shines," Hymn No. 215; "Do What is Right," Hymn No. 27. **BE PREPARED.**

SUGGESTIONS FOR THE FAMILY: Begin family home evening with an evacuation game. Family members take turns naming an object they would take with them if they were leaving home, beginning with successive letters of the alphabet, for example: Ax, Bedroll, Cash, Diapers, Eggs, Food, Gasoline, etc.. Families with young children may wish to have the Children draw a picture of something they would take if they were leaving home. As we compile our survival kit later we can add those things most important to each family member.

Many areas are occasionally crippled by cold and severe winter weather. Have a family member relate the following story about what a Wisconsin family learned during a winter storm, condensed from the Ensign, March, 1978, by Jeanne Noble Randall.

WE OUTLIVED WISCONSIN'S ICE STORM

We lived in West Bend, Wisconsin, and in March, 1973, we were in the middle of one of the worst ice storms in the State's history. Winters in Wisconsin, at their very best, are less than pleasant, but the summers more than make up for it. We live here because we love it, and we are used to snow and ice. Lots of snow and cold was normal, but the worst of the winter was over, we thought -- all we had now was the gentle rain. The only problem was the freezing temperatures that come with it. It rained, and then the water began to freeze. The ice build-up began.

On the second day of the storm, the wind started to blow. Power lines, already brittle with ice, began to sway in the wind and snap. Just a few broke at first, and the repair crews were promptly sent out from Wisconsin Electric. But the cold and rain continued, the wind increased, and for every line that was repaired, three more broke.

As the storm went into the third day, the electric poles themselves started to break under the wind and weight of the ice. In one area of Washington County, the poles came down for a two-mile stretch. The rain continued, and the repair crews were called in to wait out the storm. Then the huge electric towers feeding power into the two counties came crashing down, bringing the high voltage lines with them. At one point, one 69,000 volt line was the only power line feeding West Bend, a city of 20,000 people. Before it was over, 5,000 power poles would go down, and repair crews would fix unnumbered line breaks. After three days, the rain finally stopped, but the cold continued, and the ice was slow in melting.

We live six miles outside of West Bend in heavily wooded country. The children and I stopped by the deep woods and listened as the trees groaned under the weight. Massive trunks split to the ground; huge branches broke and fell. We did not stay long. It was frightening, this continual sound of nature in agony. Long, tree-lined avenues in the city were closed as tree trunks and branches crashed into the street, bringing down more lines and starting electrical fires. When the freezing rain started, and the lights began to flicker, I was optimistically thinking that things like this always happen to someone else. During one of the intervals though, I did have Troy, one of our twins fill the bathtub with water, assuring him and myself, "We will never need it."

Then the lights went out and stayed out. For the next six days we were on our own., We had no electrical power. That meant no heat. The freezers were slowly defrosting. Fortunately we had a well. Unfortunately, the pump was electric and the well was 238 feet deep. Our furnace was gas, but the fans were electric. No water, no heat, and no lights. But we did have a gas stove, lots of food, lots of kids, and lots of time on our hands.

Water was our main concern. We began making daily trips into West Bend to bring drinking water from the church. Water for washing and sanitation came from a creek running through the woods about two blocks from our home. The boys, bundled up in gloves, scarves and snowmobile suits, went after, breaking the ice to get at the water. We started a list; "Problems to Be Solved For Next Emergency." Water was number one on that list.

The next one was keeping warm. Fireplaces are reportedly the most inefficient means possible for heating a house, but we were grateful for ours, and for the stockpile of wood outside. The family room fireplace literally made it possible for us to continue to live in our home. Thermal drapes helped tremendously to keep the heat in. Our family room adjoins the kitchen. We hung sleeping bags over the exits from the kitchen to the hall and the living room to keep the heat in the family room and kitchen. Our fireplace kept us warm with less wood than we would have imagined. However, ways to make the fireplace more efficient became number two on our emergency list. At night we went upstairs to the bedrooms, doubling up in the beds for warmth.

With our gas stove, cooking was not a problem. In fact, as the days went by I got the feeling that the children would have enjoyed cooking on the camp stove or fireplace to try it out. I didn't share the feeling in the least. Trying to wash the dishes and greasy pans for ten people in creek water was enough for me, and I was grateful for the luxury of the stove.

Food was not a problem either. We were totally self sufficient, but we found where we had weak spots. The biggest one was no adequate can-opener. We had relied on an electric one for years, and our manual one did not work well at all. The call, "Who wants to open the cans for dinner?" was always greeted with moans and groans. A good can-opener became number three on the emergency list. The dehydrated food was great, but when you don't have an ample supply of water, it is not the only answer. We were grateful that ours was varied.

Since we enjoy camping, as a family, we had a lot of useful equipment. In addition to using sleeping bags in doorways, we used them for added warmth on beds. We used catalytic heaters on particularly cold days, but carefully - we were well aware of the hazards. Our source of light at night was lanterns and candles. Outside the family room the house was a frigid 40 degrees; outside the house it was 20 degrees, so we stayed in the family room and we learned to talk to each other again. Much time was spent in necessary chores - but there was plenty of time for play. We began playing Monopoly regularly around our kitchen table by lantern light, while

Old Maid was going on in the family room by the firelight.

The rest of the West Bend Ward membership survived as well as we did, if not better. We loaned our camp stove to the neighbors up the road who had an all-electric home. However, some other members of the community were not so fortunate. Some people had to abandon their unheated homes. Basements flooded because some pumps were electrically powered. Cattle suffered from lack of water, and farmers hand-watered their herds for long, back-breaking hours. Meat and fresh produce spoiled in the stores. When stores did open for a limited time, people shopped in the cold and dark; clerks cranked cash registers by hand.

Immediately we set about solving the problems on our list. We bought a generator large enough to run the water pump, the furnace fans, and the electricity on an alternating basis. We made the fireplace more efficient. We expanded our wood supply. We now have a good can opener in practically every room in the house. We're considering the possibility of a windmill to get water from the well when the generator is being used elsewhere.

How grateful we were for the Church's counsel to prepare ourselves. What testimony we have as members of the Church here in West Bend of the truthfulness of that counsel. We saw the Lord's promise fulfilled: "If ye are prepared ye shall not fear." (D&C 38:30).

Pretend with your family that home is without power. Ask them to name some things that would change in the way you live, consider cooking, heat, light, and communication. How would your family survive without water: What normal functions of your home would be interrupted? What measures could you take to insure family sufficiency?

When the Grand Teton dam burst, many church members practiced their survival skills. After a visit to the Teton flood area, Sister Barbara B. Smith stated at a welfare session of General Conference: "You may wish to consider storing, where they could be picked up at a moment's notice, things such as: water, food needing no refrigeration or cooking, medications needed by family members, a change of clothing for each family member, a first-aid booklet and first-aid supplies, an ax, shovel, and blanket. These would be used when a family or individual has only a short time to flee from a disaster or needs to stay in a sheltered area within the home. It is also wisdom to have the family's important papers and documents together where they could be picked up at moment's notice."

Tonight assemble your survival kit, calling on each family member to provide the items they were assigned last week. Place everything in the container to see how they fit. Make a list of those items that cannot be added to the container until it is needed, with their location in the home, and assign each family member to be responsible for including specific items. Assign one or more family members to see that gas tanks are always one-half full.

Lesson 3 -- ANTICIPATING EMERGENCIES

"For the righteous, the gospel provides a warning before a calamity, a program for the crises, a refuge for each disaster."....Ezra Taft Benson

OBJECTIVE: Family members will prepare for various emergencies & update the 1st-aid kit.

SUGGESTED HYMNS AND SONGS: "Do What is Right," Hymn No. 27; "Choose the Right," Hymn No. 110. BE PREPARED.

Prepared for this lesson by drawing a plan of your home as accurately as possible, including rooms, hallways, doors and windows. You may wish to cut the plan along the room and hall lines and challenge younger family members to reassemble it. They should glue or tape the pieces to another sheet of paper or cardboard. Have each family member mark an evacuation route from the bedroom they use to an exit. Mark the easiest routes with solid lines in red pencil, and then choose alternate routes to mark in dotted lines. Are rope or rope ladders kept where they could be used to climb out or upstairs window? Is it possible to exit from each room if the stairway is blocked?

Check your home for fire hazards. If possible, have a safety inspection by the local fire department. The Boy Scouts Safety Merit Badge booklet has a complete checklist of home safety precautions. Are any paints or flammable materials stored inside your home? Are any furnace vents or chimneys blocked? Do you have smoke detectors in effective places? So you have a fire extinguisher? Does everyone in the family know where it is kept and how to operate it? Study the "IN TIME OF EMERGENCY" booklet, then discuss the following incidents adapting them wherever possible for your own family.

1. While Mother is changing the baby's diaper, the food frying on the stove catches fire. She grabs some baking soda and dumps it on the flames.
Did she do the right thing? (Baking soda is effective for extinguishing small grease fires).
2. Five-year-old Emily is setting the table. While she is carrying the spoons she trips and the edge of a spoon cuts her chin. It bleeds a lot, and looks like a deep cut. Father grabs some clean tissues and presses them firmly on the cut until the bleeding stops. Then he takes her to the nearest emergency treatment center to be examined by a doctor.
Did he do the right thing? (Yes, it is important to stop the bleeding, and a deep wound should have a doctor's care).
3. Mr. Dimwit smelled gas. He went downstairs to see if he could find the problem. Since the bulb in the furnace room was burned out, he struck a match to examine the furnace.
Did he do the right thing? (No, of course not! An open flame could ignite the gas causing an explosion).

4. Fifteen-year old Lucy hears a sputtering noise in the plug and sees some sparks coming out. She rushes outside to the breaker box and turns off the electricity in the house.

Did Lucy do the right thing? (Yes, sparks indicate a dangerous short in the wiring).

5. Nine-year old Justin comes home from school and hears the baby crying. He calls to his mother but she doesn't answer. Then he sees Mother lying on the floor with her eyes closed beside the small ladder she uses in the kitchen. Justin goes to the telephone and calls the emergency number he wrote during the family preparedness lesson. Before the paramedics arrive, Justin's mother opens her eyes and seems all right.

Did Justin do the right thing? (Yes, his Mother may have been badly hurt.)

6. Grandma comes home from a trip to town and finds the door unlocked. She remembered locking it, so she goes to a neighbor's house to call the police. When they go in with her, they find that her Hummel figurine collection is missing. She calls her insurance company for a settlement and shows them a picture of her grandchildren with the collection in the background. Did Grandma do the right thing? (Yes, she should not enter the house until she knows it is safe, but she could have been better prepared with photos and slides of all the valuables in her house.)

7. Linda, a newlywed, is alone in her apartment when a fire alarm sounds in the building. She hears some sirens, and decides to leave immediately. She grabs her purse and a photo album that is laying on the table and decides to go down the stairs since she can't see any flames there and the others are leaving that way.

Did Linda do the right thing? (Yes, she left at once, but if she were more prepared, she might have taken something more important and she would have been more familiar with all the possible exits.)

8. Mary Ann was at work when she felt the floor moving back and forth beneath her feet, light fixtures swayed and windows crackled. Her heavy desk was against an inside wall. She scrambled underneath it for protection.

Did she do the right thing? (Yes, stay away from windows, inner walls will give protection, and a heavy table or desk will protect you from falling objects.) What if she had been outdoors? (Get away from buildings; watch for light poles or downed wires.)

9. The Bishop interrupted Scout meeting because he had a call from an anxious parent who had heard a tornado warning on the radio. He asked the boys to hurry straight home. When Tim, the patrol leader, reached home, his mother told him that several funnels had been sighted close by, and the everyone had been ordered to go to the basement of the school building for protection, because most homes had no basements. They moved their yard furniture inside and opened some windows in the house before leaving. Three tornadoes struck and demolished several stores and homes near the downtown section of town. Fortunately, no one had been killed, but a few people were injured. Tim called the Scouts in his patrol to see if they were all safe, and later that night, the boys returned to the church to help hand out clothing and food which had been donated to those who lost their homes.

Did Tim and the Scouts do the right thing? (Yes, they obeyed orders, kept calm, and were prepared to help others as well as themselves.) Why did they open the windows before leaving their home? What would we do as a family during a tornado at home? Away from home? (Refer to the booklet to learn proper safety procedures for tornadoes.)

Look up emergency numbers for your area and write them down on the forms included in this booklet. Place a set of numbers by each phone in your home - perhaps taped underneath a phone. Review the numbers with members of your family and using a dummy phone or a toy phone, practice making emergency calls, giving name, phone number and address.

One little lady call the fire department and shouted, "Help! My house is on fire!" the dispatcher answered, "Calm down, ma'am, how do we get there?" She replied, "Don't you have one of those big red trucks?"

In a crisis, many people hang up the telephone before giving adequate information to rescue personnel. Do not hang up until the dispatcher says he has finished asking you questions.

Where do you keep the first-aid supplies in your home? Do you have a first-aid kit? Is there a first-aid kit in your car? Find your kit or kits and check their contents against the following list to see what needs to be added. Remember that most items in the kit should be replaced every four or five years.

For next week, assign family members to get the items needed to complete your kit. If you have no first-aid kit, prepare to assemble one next week.

EMERGENCY FIRST-AID KIT

- 1 Ace Bandage, 3" wide
- 1 Roll Adhesive Tape, 10 yards
- Alcohol swabs
- Ammonia Inhalant
- Antacid Tablets
- Antibacterial Soap
- 20 Aspirin Tablets and/or Tylenol
- 12 Band aids, medium size
- Compresses (strips of sheeting 2" wide)
- Triangular Bandage (40" square, cut diagonally with 4 safety pins)
- Table Salt
- 2 Face Cloths
- Matches in Waterproof Container
- First Aid Ointment, Antibacterial
- 8 Gauze Pads, 2" x 8"
- 8 Gauze Pads, 3" x 3"
- 8 Gauze Pads, 4" x 4"
- 1 Roll of Gauze, 2' x 10 yards.
- Betadine wound disinfectant
- Rescue Blanket
- 12 Assorted Safety Pins
- Scissors
- Cotton Balls
- First-Aid manual
- Consecrated Oil
- Box to hold Supplies, Preferably Waterproof
- Thermometer
- Ice Bag or Cold Pack
- Hot Water Bottle
- Ipecac (induce vomiting)
- Diarrhea Medication
- Cotton-Tipped Swabs
- Butterfly Bandages
- Splints
- Hydrogen Peroxide
- Calamine Lotion
- Tweezers
- Razor & blades and one single edge razor blade

Lesson 4-----PRACTICE PREVENTS PANIC

".....If ye prepare ye shall not fear." (D&C 38:30)

OBJECTIVE: The family will train for emergency evacuation, have practice drills, and check up on their emergency preparedness.

SUGGESTED SONGS: "Let Us All Press On," Hymn # 98' "Choose The Right," Hymn #10. BE PREPARED.

Assemble items family members were assigned to provide or locate during last week's lesson for a first-aid kit. Decide with your family on a convenient place to store your kit.

Tell the following incident to your family. President Nathan K. Done, during a preparedness discussion, stated, "My family has a drill every month. We had some friends whose home caught on fire. The fire was on the stairs of their two-story home, and all six members of the family died because no one knew what to do. It was such a shock to us that we immediately held a fire drill. We realized that the same tragedy could have happened to us because we were no better prepared than they were. Now we know what to do, and we practice every month.

During the panic to escape a fire, one woman took out only the kitchen wastebasket. Maybe she liked saving the best until last but in a hasty evacuation, that is not the best policy. With planning we should be able to do better than that.

Prepare two lists for your family evacuation. Ask each family member what they would take out if they could only take one thing. Add these to the list of irreplaceable items, such as journals, slides, albums, heirlooms, or insurance papers. A good idea would be to assemble as many of these items as possible in one drawer or a metal, portable file box which can be snatched quickly. Consider placing some items in a safety deposit box to prevent loss. Assign specific family members to be responsible for taking out items that can't be assembled in one place. Be sure to emphasize that the safety of the people is more important than anything in the house. Plan a meeting place for your family outside, such as a big tree in the yard. People have been killed going back into a burning house to rescue a child who already left the house by another exit.

The next list should include things to take for evacuation by auto or in case there is a little more warning, such as in a chemical spill, storm or flood, or in a home emergency such as frozen pipes, loss of heat or power. This list should include all the items in your three-day survival kit plus extra bedding and clothing in winter, first-aid kit, water and cash. If there is a possibility of damage to your home, consider taking items on the first list. Plan two meeting places away from home in case all the family is not together at the time of evacuation, such as the home of a friend or relative, or a church building.

Using the evacuation plan prepared last week, pretend there are fires in various areas of the home at different times of the day and night. Let each family member practice awakening other family members from sleep and help them to safety. In at least one drill, practice crawling out of the house, timing you maneuver to see how long it takes. If an exit goes through a window, have the family members practice opening the window and removing the screen. If there is a second story in your home, you may wish to tie ropes to the leg of the bed in each of the upstairs bedrooms where it can be dropped quickly out of a window to climb down. Leave the ropes coiled under the beds where they can be used without delay.

For evacuation where there is more time, practice turning off the utilities in your home. Do family members know where to turn off gas, electricity, and water? Ask family members if they remember what they were assigned to load into the car.

Escape tips from the SAFETY MERIT BADGE BOOK , Boy Scouts of America: **KEEP CALM. KNOW ALTERNATIVE EXIT. CLOSE THE DOOR ON FIRE. DO NOT REENTER.**

Use the following checklist to evaluate you family preparedness:

IN TIME OF EMERGENCY CHECKLIST

	<u>Date Completed</u>
We finished reading the "In Time of Emergency" booklet.	_____
We gave all four Family Home Evening lessons.	_____
We assembled a complete 3-day survival kit.	_____
We updated our first-aid kit.	_____
We practiced different ways of evacuating our home safely.	_____
We established a meeting place outside our home.	_____
We planned two meeting places away from home in case family members are separated during an emergency.	_____

WATER SUPPLY

Amount of Chlorine Solution to Add to:			
CLEAR WATER	\	CLOUDY WATER	
1 QUART	2 DROPS	\	4 DROPS
1 GALLON	8 DROPS	\	16 DROPS
5 GALLONS	½ TEASPOON	\	1 TEASPOON

Add the chlorine solution to the water and stir, then let the mixture stand for 30 minutes. After this length of time the water should still have a distinct taste or smell of chlorine. If this taste or smell is not present, add another dose of the solution to the water and let the water stand another 15 minutes. the taste or smell of chlorine in water thus treated is a sign of safety.

TABLET OR IODINE PURIFICATION:

Water purification tablets, such as Halazone, that releases chlorine; can be used safely to purify water. They are inexpensive and can be bought at some drug stores and sporting goods stores. Directions should be carefully followed. Usually 1 tablet is sufficient for 1 quart of water, doubling the dosage if the water is cloudy. Halazone tablets should be replaced yearly.

Ordinary household 2% tincture of iodine can be used to purify small amounts of water. Add 3 drops of tincture of iodine to each quart of clear water, 6 drops for each quart of cloudy water. For a gallon, add 12 drops for clear water and 24 drops for cloudy water. Stir thoroughly. Iodine should be used as a last resort and should never be used if you have an allergy to it, nursing mother, pregnant, children or if you have a thyroid problem. There are a lot of ways to filter or store water and you should study and find out the answers before.

If you have a water filter that filters all kinds of bacteria you may also use it. Study all the brands of filters and find out which is best for you and your family, some use iodine to filter so you need to find that out as well.

- NOTE: 1. Polyethylene plastics (water, milk and bleach bottles) are somewhat permeable to hydrocarbon vapors. Keep away from stored gasoline, kerosene, pesticides or similar substances.
2. Plastic milk bottles are another alternative. However milk container have been known to grow bacteria and get into the plastic because the plastic is porous and it can leach back into the water you have stored, the plastic also breaks down so it can leak. They

are difficult to wash really clean. A good rule of thumb for container usage is if there was food in it you can use it , if not used for food, do not use it to store water. One thing is whatever food or beverage it had in it the water will taste like that.

3. Do not use water stored in vinyl plastic containers (such as water beds) for drinking. This plastic may release undesirable chemical into the stored water. Use only after sources of pure water are exhausted.

HOW TO PLAN FOR AND MANAGE EMERGENCIES

Emergencies happen frequently anywhere. They may be as minor as person locked out of his car, or as major as a house fire. You hear the sirens and may be bothered by them, but you forget them and go on about your work. This is understandable, but if YOU are suddenly the one involved in the emergency what you do in getting help until the police, fire or rescue units arrive, is critical --- it may save a life.

And major disasters can happen here -- they have. Earthquakes, flooding, lightning strikes, train wrecks and many others are possible that will affect many residents.

Most all Counties are well prepared to handle both major and minor emergencies, but what about YOU? Do you know what to do ---- and how to call for help. Do you know what NOT to do?

The purpose of this section is to provide you with specific information on what you can do to avoid emergencies; handle them as they occur; and what to do if there is a major disaster.

Please read it carefully. AND take action on the suggestions in it. Remember, the life you save may be yours or a member of your family!

CALLING FOR HELP

Calling for help is your first, most important action. Hundreds of people are there, ready to help you, but they must know what the problem is, how serious it is and where it is. So don't wait. Don't try to put out the trash fire. Don't start searching for the missing child. **CALL!** Then follow the instructions you will find later in this section for the particular emergency you have.

You can call 911. It is the emergency number. The dispatcher answering your call will not seem excited and will ask you questions that you may think are not important. Remember, the dispatcher will be calm because it is his\her job to handle emergencies and they handle many every hour. You can be thankful they are calm for it makes them more efficient. While you are talking to them they are starting the emergency response.

They need all of the information they request. What is the nature of the emergency? Be specific. Don't say, "I need the paramedics," say, "My son has fallen off of a ladder onto a concrete driveway and is unconscious." The paramedics can then plan on how they will handle the emergency as they drive to your house. Give your correct address and where the emergency is. Don't say, "My house is on fire," say, "I have a fire in a wastebasket in the basement bedroom." Be sure to give your full name, address and telephone number. The dispatcher may need to call you back for more information. If the emergency location is hard to find, try to have someone lead the help in. "There is a motorcycle accident in the field north of my house. Come to my house. Come to my house and my son will take you to the scene."

Above all ---- DON'T HANG UP until the dispatcher has all of the needed information. Remember you may not be used to managing an emergency, but dispatchers are. By following these instructions you will enable them to help you more quickly and efficiently!

TYPES OF DISASTERS

ANY disaster is serious to the people involved. But for emergency units there are different types of disasters. Since you might be involved in any of them you should know the categories.

PERSONAL DISASTER: This is an incident that is a crisis for the people involved--house, fire auto accident, sick person--but is the type of emergency that is handled regularly by the emergency departments.

MINOR DISASTER: One involving a number of people--such as a bus overturned--but one that can be handled right at the scene with emergency personnel and does not affect citizens outside the immediate area.

AREA DISASTER: One involving a number of people AND an area of the city--such as a bus overturned in the winter hitting a power pole that turns off the electricity to homes in a 20 square block area. Then MANY people would be involved---especially if the power was off for a day or more.

MAJOR DISASTER: One where there are many people injured, homeless, or otherwise affected---such as a plane crash or a big flood.

County agencies have their disaster assignments. These support the emergency departments in such areas as registering volunteers, clearing roads, getting supplies, determining the extent of damage to buildings and many other duties.

NOTIFICATION

If you have an emergency, you should know how to get help. BUT what if there is an emergency where the County needs to give instructions to YOU?

If the emergency is in a small area, citizens are contacted door to door with instructions. If time permits, a hand-out is printed and distributed. In a larger area or fast-breaking emergency each County vehicle with a public address system is assigned an area and makes the emergency announcement. This is also accompanied by door-to-door contact and has worked quite well (such as evacuating an area when there is a chemical spill).

If there is a major emergency the County is in direct phone contact with the news media and the information will come out on radio or T.V. For El Dorado, the emergency information station is KFBK 1530 radio. If you suspect there is a problem, tune to this station and you will receive instructions on what to do. If the emergency information station is playing regular programs, WAIT. You will receive instructions. Do NOT call the County unless YOU have an emergency or see one, otherwise phone lines could be totally jammed.

WHAT ABOUT YOU?

NOW, you know something of the City and County plans. They are ready. Are you? If you are you can be a big help instead of being part of the problem. What can you do? Read on.

First, and most important, you must think emergency so that you will be able to "shift gears" when that emergency happens and be able to function under stress.

How do you do this? By reading the materials in this section, but that is not enough. Then you must identify the needs you have for you and your family. Next, go to work to meet these needs (develop the plan). That is still not enough, for then you must train and test the plan.

You also need to secure the emergency equipment mentioned and be sure you know how to use it.

It's up to YOU. Study the following specific instructions and REACT. You will be helping the City to help you.

PREPLANNING

The time to consider emergency action is before the emergency. Then, you will be better prepared. Let's study three areas of preplanning: (A) at home, (B) around town, and © out of town (on a trip, in the mountains, etc.).

(A) At Home

Utilities: Do you know where to turn off the water? Where is the breaker box to turn off all house electricity? Where do you turn off the gas? AND, do you have a wrench on a nail on the wall right by the shut off? Is it the right wrench?

Possessions: What if your house or car were totally destroyed by a fire, tornado or other accident? Could you accurately report your possessions to your insurance company? One way is to list all items, but that takes a long time. A better way is to take slides or pictures of each room in your house -- several views -- develop these and store them in a safety deposit box.

Evaluation Check Lists: What if you have to leave home suddenly? What do you take? You should have two lists. Your house is on fire and you have to leave at once. You can't take a chance of going back in -- life is more important than any property. What do you take out? You'll have to decide, but you should think about it and also have evacuation items together or at least clearly defined. The other list is the items you would take with you if you had to evacuate using your car (bad storm coming, chemical spill, etc.). Assemble these things in one area. Then do a practice. Try loading every thing on the list in the car to see if they will fit along with your family.

Emergency Numbers: Are they posted by each phone in the house?

Home Survey: Study your home and see if you can identify hazards that can be corrected. Are poisons out of reach of children? Are there hazards in the area such as canals, high-tension wires, pits that can cave in? Are there exposed electric wires? Are any paints or flammable materials stored inside? Are furnace vents blocked? Are extension cords under rugs or hanging on metal shelves or hoods? Are floor drains full of water to keep out sewer gas? Are any exits blocked? Can a person get out of basement windows? (Try It). Are there rope ladders to get out of upstairs windows and can you get out? (Try It).

Evacuation Plan: Do you have one for your home? Sketch your house and show evacuation routes from each room. Make sure the family knows them. Practice. Use a blindfold and try crawling from different rooms to the outside. You may be surprised at how long it takes.

Emergency Information: Does someone in your family have a medical problem? If so, do they wear a medic alert tag at all times/ What if they are alone and have a problem? Rescuers need the information. Are there invalids or handicapped?

Emergency Supplies: Do you have an adequate first-aid kit? Does everyone know where it is? Is it kept well stocked? Do you have fire extinguishers in the house and garage? Do NOT locate them near any heat source. The best location is by doors. Do you have a flashlight and fresh batteries? Do you have a portable radio and fresh batteries?

Relocation: If you have to leave the house suddenly be sure to have a meeting place outside where you will gather so you can make sure that all are out. (Meet by the tree in the front yard.). People have been seriously injured and killed going back into a house for a child that went out another door.

Fire Safety: Ask the fire department to make a safety inspection of your home or pick up an inspection form from them and do the inspection yourself. Do you have smoke detectors throughout the house? Remember, unless the fire is very small do NOT try to fight the fire with a hose or extinguisher. The MAIN reason the extinguishers in homes is to clear fire blocking exits so that people can get OUT. Are home doors closed at night so that fire will not spread from room to room?

Security: Is your home really secure? Are sliding doors locked with a bar? Are locks solid? Check with the police department if you wish security information or would like a security check in your home.

(B) In Town

You are not always at home, the family may be at several different locations around town. Do you know where they are? A family calendar is a great help in an emergency. Most important, every member of the family should have identification on them at all times. It should

include name, address, where to contact a friend or relative, telephone numbers and other pertinent information (medical, etc.). Many times someone is injured around town and authorities have no way of knowing who it is or whom to contact. This is difficult with small children, but is even more important for them. Each family should also have a relocation site where they will meet if there is a disaster. Father is at work, mother is at work, children are at school and their home is in a major disaster area. How to get the family together? Two sites should be selected. (One of them may not be available because of the disaster). The family agrees to meet at a friend's home across town, or at a park or some other area. With preplanning they can be reunited more quickly and without tying up critical phone lines. However, calls may be needed. Thus, every family member should always have change with them so they can make phone calls. On newer pay telephones, just dial the operator.

(C) Out Of Town

You are in the mountains on a trip and suddenly the car fails, or you are caught in a major storm. Here, some proper planning is critical. Naturally, one of the best steps is to make sure that your car is in good running condition before the trip. But emergencies can happen and having an Auto Survival Kit in each of your cars might make the difference between life and death. Items listed here will be very useful. You may want to add others.

SURVIVAL KIT TO PLACE IN CAR:

- 3lb. coffee can for cooking
- energy foods--candy, etc.
- small cans of fruit
- winter--extra clothing
- flashlight & fresh batteries
- first-aid kit
- package of plastic garbage bags
- transistor radio & batteries
- knife
- Kleenex
- dried foods that can be prepared
- water--as much as possible
- blankets or sleeping bags
- matches and candles
- 50' light nylon rope
- signaling devices (whistles, mirror, etc.)
- sunglasses

CAR MAINTENANCE:

- extra oil
- tire chains that fit
- flares (at least 3)
- shovel
- saw or axe
- water bucket
- roll of soft steel wire
- battery booster cables
- spare tire and changing tools
- heavy rope or tow cable
- tool kit (contents based driver experiences)
- small sack of sand
- colored plastic tarp (9' x 12')
- roll of electric tape
- deicer or window scraper

NOTE: The oil might be for the car, but also, if stranded, build a fire, get it going well and pour oil to make black smoke as a signaling device.

EMERGENCY RESPONSES

Now, you have done your preplanning and it's time to think about the response that you will make during the emergency. We hope that you will never need these responses, but these emergencies DO happen so study the responses carefully. Most are listed in the "At Home" category, but they might occur in many other places - school, work, a motel while traveling. Then, some special responses will be noted for "In-Town" and "Out-Of-Town" emergencies.

ACCIDENT: Remember, you can be most effective by keeping calm. Hard to do, but try. Call the fire department and give them ALL of the information they request. If there is someone else to make the call, have them do it while you help the victim. Use the first-aid training to assist the victim, BUT the standard rule is - "When in doubt, don't!". Stop bleeding by pressing directly on the wound. Help is only minutes away. DO NOT MOVE any accident victim, if there is any suggestion of head, back or neck injury (fall, auto accident, or you don't know what happened). Do ONLY the procedures you have been trained to do. Keep others away from the victim, but they can help by bringing the first-aid kit, blankets if needed, water, etc.. Have someone go to the street to lead the paramedics to the scene. Have others keep people back if there is a crowd. If a person is trapped do not try to free them. You may only make the injuries worse. If drugs or poisons are involved (child swallowing pills), try to find out what and tell the dispatcher. SAVE any bottles, pill container, etc. and give these to the paramedics. If there is time, and someone to do it, call poison control and ask for instructions. Don't make the patient vomit before the paramedics arrive unless you are told to do so by the dispatcher or poison control.

BOMB: If you find something around your home (or office) that looks like it might be a bomb (wires, clock, paper wrapped sticks) do NOT touch it. Get everyone out of the area and call the police. Turn off microwave ovens and any radio transmitters you may have. Do not even go close to it. Let the police determine what it is.

BOMB THREAT: If you receive such a threat, try to keep the person talking as long as possible. Listen to accent, sound of voice, and for any back ground noises. If you can, call the fire department on another phone. After receiving such a threat, call first, and then look around - DO NOT TOUCH ANYTHING OR OPEN OR SHUT DOORS. You know your home and if there is something unusual you will know it should not be there. Evacuate and wait outside until emergency personnel arrive. Give them all of the information you have and they will handle it from there.

CAVE-IN: If a person is trapped by a cave-in, call for help at once. Do NOT try to dig for the person with tools - use your hands. Try to clear the area around head and chest first and start breathing if needed. Do not try to dig the person completely out. There may be injuries that you will make worse. Be sure to have someone watch for the danger of other cave-ins while you are trying to get to the victim.

COLLAPSE: Building or part of a building. Call the fire department. Get all uninjured persons out of the area. If they can be safely reached, turn off all utilities. Do NOT try to rescue trapped persons. Firemen are professionally trained to do this and you may only make injuries worse or be trapped yourself. Merely touching a loose board might cause more collapse.

DECONTAMINATION: Chemicals are sometimes spilled around the home. Removing them is called decontamination. Be careful. Read the label to find out the dangers. If the chemical is hazardous, call the fire department to clean it up. Flushing with large amounts of water is the best way to remove the chemical if it does not react with water. For example, if a hazardous garden chemical is spilled in a driveway or on a lawn, flush with water for at least 30 minutes. If anything more than a pint of a hazardous chemical spilled, be sure to advise the fire department, for they may need to alert waste disposal personnel that the material is being flushed down the drains or storm sewers. Also call them to flush any gasoline spills. If you find what looks like a hazardous chemical (old bottle in a basement, etc.) do NOT remove it. Call the fire department and they will send their chemical team to remove it for you.

EARTHQUAKE: Keep calm -- do not run or panic. If indoors don't try to get outside. Get against an inside wall, stand in a doorway, or lie under a desk or table or bed. Stay away from windows and skylights. If outdoors, get away from buildings. Head for clear areas and stay away from walls, poles and downed wires. After the shock turn off utilities if you suspect damage. If you smell gas, leave at once. Remember, there will be "after shocks." After the first main shock, get outside. If possible, take your emergency kits.

ELECTRIC SHORT: Suddenly there is a short in some piece of equipment in your home and you can hear the crackling or there is a small fire. Do NOT attempt to unplug the appliance. Turn off the main breaker switch for the entire house. Call the fire department. Then, and only then, should you use an extinguisher on the fire -- if it is a small fire.

FIRE: There is a fire in your house or you smell smoke. Get OUT. If a minor fire, call the fire department and then leave. If major or you have ANY doubt, leave and call from nearby. Remember, extinguishers are to put out very small fires (pan on stove) and to clear an escape route for you. Don't try to fight a larger fire. Heat and smoke rise. If you go to the floor and crawl to an exit you have a better chance of getting out. If in a basement, go through a window. Check doors before opening them. If they are hot to touch or smoke is seeping around them, do NOT open them. As you go out, close as many doors and windows as possible. This will help to contain the fire. Don't be a dead hero. You are out and one of your family is still trapped inside. This is difficult to accept, but if you try to go in after them you may not come out. The fire department is only moments away and they will have the proper equipment to go in safely. You can more successfully save the life of a trapped person by advising the department that someone is trapped and tell the first fireman at the scene just where the trapped person is. Determine an outside place where all members of the family will meet, then it will be known whether all escaped the fire.

FLOODING: There can be local flooding in some areas because of heavy rain or mountain run-off. Whenever there is heavy rain, the County puts out mobile units on flood watch and if they suspect flooding in any area they will advise the residents. If there is heavy rain, listen to the radio or TV for information of danger areas and actual flooding areas. If you live in a low area, secure all outside objects. Move valuables to upper floors. Remember your evacuation plan. If you are told to evacuate, trust the authorities. They have had special training in flooding and will not issue an evacuation unless they believe it necessary. Load your car and evacuate immediately. They will tell you where a relocation center has been set up if you decide not to go to the home of a friend.

GAS LEAK: If you smell gas in your home, immediately turn off the gas AND electricity. Then get out and call the fire department from some other location. If the odor of gas is strong, don't try to turn off gas and electricity. Just GET OUT and call.

HIGH WINDS: If wind begins blowing hard, check all outside items and secure them. Open windows slightly to equalize pressure. Pull shades and draw drapes. If your home is damaged, turn off the utilities and call the fire department. Stay inside and away from the windows or skylights. If electric wires are down, do NOT go near them or anything they are touching. Because of a shortage of glass it may be necessary to board up windows.

LIGHTNING: During an electrical storm, get inside and stay away from electrical objects. Turn off radio and TV and use your battery operated radio. The safest areas are in the center of a room. Do not use the telephone or any electrical appliance. If your house is struck by lightning, call the fire department immediately and try to advise them the nature of the damage as well and any injuries. If the storm is particularly bad the safest place for all members of your family is in the car. However, you will have to decide (how bad is the storm?) whether to take the chance of going out in it.

NUCLEAR INCIDENTS: No reference has been made in this section as far as what to do in the event of a nuclear accident or war condition. This is NOT because it is not a possibility. It is because we believe that citizens and local government have good working disaster plans to handle any major emergency, precisely these same plans would work effectively for a nuclear incident. For example, properly stocking your home with noted emergency food and supplies could serve if you were using your home as a fall-out shelter. You would merely need to convert the central part of your house (or basement if you have one) to a shelter area and receive instructions on your battery radio. The state may have crisis relocation plans for citizens in the event of a possible problem or a nuclear spill. Your evacuation plan would work for this if you have your car properly stocked and have your evacuation checklist.

POLLUTION ALERT: This information would be sent out on radio, TV, and the press. During an air pollution alert, stay indoors as much as you can and keep your windows closed. Cut down on physical activity to breathe pollutants. Don't smoke and avoid smoke filled rooms. Don't drive. If you must go somewhere, walk, ride a bicycle or use public transportation. Cut down as much as possible on uses of water and electricity until the emergency is over.

POWER FAILURE: If there is a power failure at your home, first check to see if it is just your home. Look for lights in other homes or check with a neighbor. If it is just your home, call the public service company. If it is a wide area and public service phone lines are busy, don't bother to call. This means they are aware of the situation and will restore power as soon as possible. Food will keep in your refrigerator and freezer for at least two days if you do not open the door, so use canned foods until the power is restored. Listen to your battery radio. Do not call the police or fire department unless you have a major emergency, because the dispatchers will be very busy.

TORNADO: Our area is not in a tornado belt but they DO touch down in this area occasionally. Officials are in direct contact with the weather services and send out watch teams if there is any possibility of a tornado. If there is, schools are contacted immediately. However, if tornado conditions exist, the evacuation of home or school is the worst thing to do, for shelter is the best protection. If you are warned of tornadoes in the area, or see one, move immediately to a basement, interior hall, or the lower floors. Stay away from windows. Be sure you have your battery powered radio, first-aid supplies and other emergency items. If you see a tornado call the fire department and advise them of where it is and the direction it is going. Some windows of your home should be partly opened to equalize pressure. A tornado watch means that one is possible. A tornado warning means one is near.

IN - TOWN

Most incidents that occur when you are out in town would be handled the same way as they are described above. In many cases the goal is to get home, or get to shelter in a home or building. However, one very important in-town emergency needs to be mentioned. That is the case of the lost person. It may be a small child, or an elderly person, or someone who has gone walking and not returned. In any event, finding the missing person can be seriously complicated by how relatives behave. If a child is missing from home, the parents often search for hours, get neighbors in on the search and then call the police. By that time the lost person can be miles from home.

If a person is lost, family members should first very carefully check the house and immediate vicinity. (Children have been found under beds and on shelves)! Then call friends or relatives who might have the child. If there is no luck, call the police AT ONCE. There is a highly trained search team and they would much rather be called immediately than be delayed several hours and have a major search on their hands.

While waiting for the officer to arrive, write out a description of the missing person with a description of clothing, and STAY HOME. A relative should be at the house at all times to answer calls and report if the missing person returns home.

OUT-OF TOWN

It could be that trip, or a vacation in the mountains but, whatever it is, there are some special emergency considerations for you when you and your family are in the family car on a trip (or traveling alone). First, be sure you have your survival equipment in the car -- even for a day's picnic in the mountains. You can never tell when an emergency will occur.

ACCIDENT: You have an accident and your car is off the road. If there are injuries, and there is no fire danger, DO NOT MOVE the injured persons. The least injured should try to get a flare and get up to the road, flag down a car and ask them to get help by calling the state patrol or sheriff's office. The flare helps. Many cars will pass by a person waving on the road for fear of getting in trouble, but they will often stop for the flare. Send several people for help and remain to direct the help to the accident. (Be sure someone in town knows where you are going and when you will return so that if you are not back at the planned time they can notify authorities of a possible problem. This is particularly important if you will be driving on back roads).

BLIZZARD: (Winter Storm). If you anticipate encountering a major storm, keep the family together and find shelter. Keep listening to the radio for weather updates. Check battery-powered equipment (radio, flashlight). Stock up on extra food that may be used without heating if there is a power failure, and on alternative sources of heat and light. Do not go outside during the storm unless you are in top shape and are dressed well. Be very careful. In a "white out" you may not be able to see your own car or lodging from a "stones throw" away.

CAR IN WATER: You may have an accident where your car goes in the water. Get the windows up quickly. Air in the car will buoy it up and you will stand a better chance. When ready to get out lower the windows and try to go out of the upstream side if in a river. STAY WITH YOUR CAR. You stand a much better chance of being rescued. If you can wade ashore, fine, but if stranded in the middle of a swift river, your best bet is with your car.

FLASH FLOODING: In mountain canyons they can occur without warning. It may not even be raining where you are. The rain may have been far up and is roaring down on you. If the water starts to rise, don't wait a second. Stop the car instantly and go uphill as rapidly as possible. Leave everything. Your life is more important. NEVER try to outrun a flood in your car or on foot.

INJURED PERSON: To begin with, never hike into the back country with less than three people. You are inviting disaster. If one of the party is injured, one should stay with the injured person while the other immediately goes for help. DON'T try to evacuate the person yourself if the injuries are serious. The person going for help should carefully mark the route so he can lead rescuers back in. Once you are out, contact the local sheriff or state patrol and they will get in the nearest rescue team headed for you. REMAIN at a contact place (store, home, telephone booth) where rescuers can meet you. They are the professionals and can evacuate the injured person without complicating the injuries.

LIGHTNING: If you are in your car, stay there. You are insulated by the tires and by the fact that lightning will travel over the outside of your car, not enter it. It may be emotional, but you will be safe. If you are out in the open, get to low ground, stay away from tall trees or lie down flat in the open in a ditch until the lightning storm passes by. You may be soaked, but you will be safe.

LOST: If a member of your party is lost, it is the same as in town. If you determine they are lost, do NOT do elaborate searching. Get out and contact the local sheriff; then arrange a meeting place for you and the search team and lead them to the last point. Do NOT go out searching. You will be needed in the base camp to give information about the missing person. The searchers are professionals. They would much rather be called at once and arrive to discover the missing person found, than to be called out after several hours and have a massive area to search. Think about it. If a child is lost in the mountains and is afraid, he can go as much as four miles and hour. If searchers arrive in an hour they may have an area of about 50 square miles to search. This seems like a lot, but they are trained to do this and their "find rate" is fantastic. However, if you wait five hours before calling them, the problem of finding the lost person is very great. If YOU are lost, you can make the work of the searchers much easier if you STOP! The moment you are sure you are lost, stop, build a shelter, make a fire, and WAIT. They will find you. BUT, if you keep moving you could be moving away from them until you collapse and their work is much harder. AND be sure you have told someone where you are going and when you intend to return. Train your children as early as possible that if they think they are lost in town, they should go to the nearest residence or business and say so. In the field, they should STOP and wait.

SHELTER: You are in trouble. The car will not start and you are going to need help. Stay with your car. You may only get lost going for help unless you are on a well traveled road or know the country. Use your emergency supplies. In "normal" weather, set up camp by your car. However, in extreme weather you may need to do some unusual things to survive.

HEAT: If it very hot or you are in desert country do NOT stay IN the car. It will be an oven. Get out. Stay in the shade of the car. In midday get under it. Wear clothing to keep from losing excess fluid by evaporation. Drink water as you need it, for you must have water.

COLD: It's bitter winter and you are struck in a snowdrift or the car won't start. Be careful. Use your emergency kit and clothing. If there is deep snow, dig into and build a snow cave with your shovel. It may be 30 degrees below zero outside and in your car, but deep in the snow it's 32 degrees above zero and you will survive. If you plan to do a lot of field work, be sure you take a course in survival education.

TORNADO: In tornado belts, where they are large and move slowly, you can sometimes detect the direction of travel and drive at right angles. However, smaller ones move around and you often cannot predict their paths. If you see one, stop your car and take shelter in a culvert under the road, low lying ground or a solid structure; just be sure you don't stay in your car.

RECOVERY

What happens after a disaster? Recovery. This may involve rebuilding a home or an entire city. Regardless, the recovery stage starts while the disaster is still going on. At your home it might involve the fire department covering your broken windows with plastic, or finding a place to stay for the night, or a massive recovery operation like the one after the Big Thompson Flood. Official agencies and the church will be able to provide many needed services.

EVACUATION GUIDELINES

CONSIDERATIONS

This section is provided as a guide to individuals and families to assist in meeting challenges arising from an emergency that could require evacuation from a home or area. The decision to evacuate a well-provided home where food, clothing and shelter are available is a complex decision and often must be made quickly. When a house is on fire, it is obvious that evacuation is needed--but where do you go? If a flood is about to occur---where do you go?

If our area is to evacuate during an emergency, local, state, and Federal plans would be used to control the evacuation. You would follow their evacuation routes and set up temporary facilities at their direction.

Normally, decision to evacuate the home is the last choice of actions to take in an emergency and is required only if there is a serious risk to families and individuals. Such risks could include an impending flood, fire or other emergency that could destroy the home or location and the inhabitants. The considerations for evacuation are outlined below:

INDIVIDUAL---If an individual is separated from the family or is living alone, the individual should evacuate quickly if his home is in peril and if his careful, prayerful consideration shows that evacuation is needed. A common checklist of considerations includes:

1. What is the danger? Is it better to remain home where emergency supplies are available or to leave?
2. What is the timing? Events change with time – for better or worse.
3. Where will it occur? What escapes routes are available?
4. What emergency supplies can be taken?
5. What alternatives exist is avoid evacuation? When are there choices available?
6. Can I communicate with my family, civil, or church authorities for information and guidance?

FAMILY – Normally, the father or mother will make the decision to evacuate the home using the same basic guidelines above.

1. Additional considerations include accounting for all family members and the logistics required to evacuate and survive for 3 days or longer depending on the circumstances.
2. If a child or family member is separated from his family, is there a preplanned assembly point identified for link-up?
3. What transportation is needed? Fuel? Routes? What is the safety in traveling on the highway during the crisis?
4. Communicate with ward leader on your plans to evacuate if time permits.

NOTE: This is not intended to take the place of Emergency Preparedness classes and training. It is merely an overview of a very large area of study. There is a great deal of critical information that is not included in this presentation.

PHONE NUMBERS FOR EMERGENCY USE

POLICE

FIRE

AMBULANCE

CALL-----911---AND DON'T HANG UP!!!!

Dads' work_____

Mom's work_____

Poison Control_____

Doctor_____

Dentist_____

School Phone_____

Bishop__(530) 333-2071 (Home) (916) 361-5032 (office)_____

Ward Communication Center_____(530) 333-0202_____

County Information_____

FAMILY MEETING PLACES

{1}_____

{2}_____

{3}_____

Other family member phone
numbers_____

HOME EVACUATION PLAN

HOME PLAN DRAWING:

DRAW in room evacuation route with red pencil.

FAMILY MEETING PLACE _____, or

_____, or _____

Drill Dates:

MARK: **C** Circuit Breaker _____

E Earthquake Safety Spot _____

G Gas Shutoff Valve _____

T Tornado Safety Spot _____

W Water Shutoff Valve _____

SUMMARY OF EMERGENCY

ACTIONS AT HOME

FIRE

1. Sound Alarm. Be sure all are awake.
2. Crawl. Don't stand up into smoke.
3. If door is hot, go out the window.
4. Once out, do not go back in. Let the firemen do that.
5. Meet at predetermined place.

EARTHQUAKE

1. Find shelter under nearby table.
2. Go to basement or corner of wall.
3. Don't panic; wait until tremor subsides.
4. Leave house when shaking stops.

INJURY

1. Call 911 first.
2. Get help nearby.
3. For bleeding apply direct pressure.
4. For heart attack use CPR.

POISON

1. Find poison container and report it.
2. Call 911.
3. Dilute with milk or water.
4. If indicated use syrup of ipecac.
5. Don't use Ipecac if a petroleum product is taken.
6. Don't take any action until you talk to the poison center unless you have been trained.

BURGLARY

1. Call 911.
2. Leave everything alone.
3. Give all information to policeman.

FLOOD

1. Get to high area.
2. Take warm blankets with you.
3. Find shelter.
4. Have an emergency kit to take with you.

TORNADO

1. In a house get to the basement.
2. Go to a corner of house if no basement.
3. If in a car, get out and into a ditch or hole.
4. In open, get out and into a ditch or hole.
5. Wait until all debris is still before moving.

EMERGENCY RESPONSE INFORMATION

This section contains important information you need to be aware of in the event of a major community emergency. Please familiarize yourself with it in advance so that you will be prepared. For individual or family emergencies remember that your home teachers should be your first line of assistance, outside you family. Keep in mind that the contact procedures and organization identified in this section of your Emergency Preparedness Manual are oriented to a widespread community emergency.

LOCAL EMERGENCY INFORMATION

{As of Dec. 2001}

AGENCY	TELEPHONE
Stake President:	
Bishop:.....	
Relief Society President:	home
FIRE	9-1-1
POLICE	9-1-1
SHERIFF: Emergencies only	9-1-1
HIGHWAY PATROL: Emergencies only	9-1-1
ALCOHOLISM:	
Alcoholics Anonymous	
County Alcohol	
ANIMAL DISEASES/RABIES CONTROL	
County of El Dorado	
(Weekends & Holidays)	
BATTERED WOMEN: WEAVE Shelter	(Women Escaping A Violent Environ.)
CHILD ABUSE/ NEGLECT	
Children & Elderly Protective Services	
Hotline	
DRUG ABUSE	
Rational Recovery	
ELDER & DEPENDENT ADULT ABUSE	
FEDERAL BUREAU OF INVESTIGATION	
(FBI)	

HOSPITALS

Kaiser
Mercy/ American River
Mercy General
Mercy of Folsom
Roseville Community
Sutter General
Sutter Memorial
Auburn Faith Community
Marshall
UCD Medical Center

POISON CONTROL

(UCD Medical Center)

PSYCHIATRIC, Crisis Intervention:

UCD Medical Center
El Dorado County

RAPE CRISIS**RED CROSS****RUNAWAYS/ MISSING CHILDREN**

: Youth Crisis Hotline
National: Runaway Hotline 1-800-231-6946 or 1-800-621-4000
Missing Children Hotline:

SUICIDE PREVENTION CRISIS LINE**YOUTH SERVICES CLEARING HOUSES**

Youth Crisis Hotline: 1-800-448-4663

Note: Please refer to the front pages of your local telephone directory for additional numbers and information regarding community services. 1st Aid & Survival Guides are also found there.

WARD SPECIFICATIONS

The Bishopric reviews the ward emergency-operations program every 3 to 6 months. Statistical evaluations of individual, family and ward preparedness provide current data by which to monitor and adjust the program.

1. INSTRUCTIONS

Ward-level instruction is provided for adult males and females through Relief Society and quorum education. The LDS Stake Emergency Plan provides detailed instruction for individual, family, and ward-level preparation for and reaction to emergencies.

A. References

LDS STAKE EMERGENCY PROGRAMS
 Welfare Services Resource Handbook
 Melchizedek Personal Priesthood Study Guides
 Relief Society Training Manuals
 Specialized Literature

B. Areas Of Emphasis*

Shelter	Sanitation	Heating
Food	Medical Attention	Lighting
Water	Transportation	Bedding
Cooking	Protection	Infant Requirements
Communications		

* Short-term (72 hours)

Long-term (1+ year)

2. PERSONNEL

Under the direction of the Bishop, specialists in relative professions are on call during emergency operations.

3. COMMUNICATIONS

Should telephones be nonfunctional, a designated group of radio operators will rendezvous on preselected frequencies to proceed with ward communication efforts.

4. FACILITY

The ward building may function as a ward shelter and command post.

If fire or other disaster occurs in the facility, the nearest accessible exit(s) will provide appropriate escape routes from the building. During hours 1 and 2 of the Sunday meeting block, the adults(s) in each youth class are responsible for evacuating the youth in their particular room. At all other times, the adult(s) in charge will conduct evacuation procedures. Following evacuation, all personnel will rendezvous in the parking lot away from the building.

A continuous bell and verbal warnings will sound the alarm.

WARD SPECIALIST PERSONNELChild Assistance/SupervisionMechanical ApplicationsCommunications (CB's Stationary &
Mobile)Medical/ Dental SupportConstructionMilitary SupportCounselingSecurityDietitianTransportationEducationUtilitiesEngineeringMISC.

EMERGENCY PREPAREDNESS SURVEY

DATE _____

NAME: _____ NO. IN FAMILY: _____

ADDRESS: _____ HOME PHONE: _____

WORK PHONE: _____

The following supplies & equipment are in my home & available for emergency use:

FOOD STORAGE

Dried food _____ persons _____ weeks

Canned food _____ persons _____ weeks

Perishable food _____ persons _____ wks.

Water _____ gals. How stored? _____

TOOLS AND EQUIPMENT

Item	Yes/No	Type	Quantity
<u>Power saw, hand</u>	_____	_____	_____
<u>Power saw, table</u>	_____	_____	_____
<u>Power drill</u>	_____	_____	_____
<u>Chain saw, elect.</u>	_____	_____	_____
<u>Chain saw, gas</u>	_____	_____	_____
<u>Generator, gas</u>	_____	_____	_____
<u>Sewing machine</u>	_____	_____	_____
<u>Shovel</u>	_____	_____	_____
<u>Pick/Mattock</u>	_____	_____	_____
<u>Sledge hammer</u>	_____	_____	_____
<u>Plumbing tools</u>	_____	_____	_____
<u>Carpentry tools</u>	_____	_____	_____
<u>Electric tools</u>	_____	_____	_____
<u>Mechanic tools</u>	_____	_____	_____
<u>Ropes</u>	_____	_____	_____ ft.
_____	_____	_____	_____

MEDICAL SUPPLIES

<u>First aid kit</u>	_____	_____	_____
<u>Antibiotics</u>	_____	_____	_____
<u>Emerg. Medicine</u>	_____	_____	_____
<u>Minor Surg. Equip.</u>	_____	_____	_____
<u>Stretcher</u>	_____	_____	_____
<u>Crutches</u>	_____	_____	_____
_____	_____	_____	_____

COMMUNICATIONS EQUIPMENT

<u>Item</u>	<u>Yes/No</u>	<u>Type</u>	<u>Quantity</u>
<u>C.B. Radio</u>	_____	_____	_____
<u>Ham Radio Equip.</u>	_____	_____	_____
<u>Batt. Oper. Radio</u>	_____	_____	_____

TRANSPORTATION

<u>Automobile</u>	_____	_____	_____
<u>Station Wagon</u>	_____	_____	_____
<u>Pickup truck</u>	_____	_____	_____
<u>Larger truck</u>	_____	_____	_____
<u>Bicycle</u>	_____	_____	_____
<u>Motorcycle</u>	_____	_____	_____
<u>Cargo trailer</u>	_____	_____	_____
<u>House trailer</u>	_____	_____	_____
<u>RV vehicle</u>	_____	_____	_____
<u>Boat</u>	_____	_____	_____

FUEL

<u>Gasoline</u>	_____	_____	_____
<u>Kerosene</u>	_____	_____	_____
<u>Propane/butane</u>	_____	_____	_____
<u>Wood</u>	_____	_____	_____
<u>Charcoal</u>	_____	_____	_____
<u>Coal</u>	_____	_____	_____

CAMP EQUIPMENT

<u>Tent</u>	_____	_____	_____
<u>Camp Stove</u>	_____	_____	_____
<u>Sleeping Bag</u>	_____	_____	_____
<u>Blankets</u>	_____	_____	_____
<u>Lanterns</u>	_____	_____	_____
<u>Water filter</u>	_____	_____	_____

How many people could be sheltered under your roof or on your property? _____
 Do you have a well on property? _____ List your emergency-available skills: _____

FOOD STORAGE

ITEM	# IN FAMILY	APPROX. AMOUNT*	TOTAL AMOUNT	AMOUNT ON HAND	ADDNL. AMT.REQ.	UNIT	APPROX. PRICE	TOTAL UNITS ORD.	COST
Canned		Prsnl. Prf.							
Peaches									
Pears									
Apl.sauce									
Grn Beans									
Corn/reg.									
Corn/crmd									
Tuna									
Chicken									
Turkey									
Chili									
TOTAL									

* Supplies daily 2300 Calories (average required for each family member) and essential nutrients.