EMERGENCY HANDBOOK

For Clearfield City Households
# Table of Contents

Plan, Prepare, Be Informed .................................................................................. 1

Map of Clearfield City .......................................................................................... 2

## PLAN

- Individual Household Information ..................................................................... 3
- Family Member Information .............................................................................. 4
- Family Preparedness Checklist .......................................................................... 5
- Neighborhood Group ......................................................................................... 8
- Neighborhood Information ................................................................................. 9
- House Plan ......................................................................................................... 11
- Evacuation Plan .................................................................................................. 13
- Burglary Prevention ............................................................................................ 14
- Utility Shutoff ..................................................................................................... 16

## PREPARE

- Water Storage .................................................................................................... 17
- Food Storage ....................................................................................................... 18
- 72 Hour Emergency Kit ..................................................................................... 19
- Vulnerable Groups .............................................................................................. 20
- Other Emergency Kits ......................................................................................... 21
- Important Non Food Items for Storage ............................................................... 22
- Basic List of Medical and First Aid Supplies ...................................................... 23
- First Aid Basics .................................................................................................. 24
- CPR Basics ......................................................................................................... 25
- Choking ............................................................................................................... 26
- Alternative Heat, Light, Power Sources ............................................................. 27
- Sanitation ............................................................................................................ 28
- Communications ................................................................................................ 29
- Essential Documents ......................................................................................... 29
- Earthquake Safety .............................................................................................. 30

## BE INFORMED

- Emergency Basics .............................................................................................. 33
- In Case Of ............................................................................................................ 34
- Utah Homeland Security .................................................................................... 38
- Overview of Possible Threats ............................................................................ 39
- Other Sources of Information ............................................................................ 43

## EMERGENCY PHONE NUMBERS .................................................................. 44
Family Emergency Handbook

Before An Emergency Happens,

Plan...Prepare...Be Informed

This handbook will help you and your family:

- PLAN for an emergency
- PREPARE you home, supplies, and equipment for an emergency
- BE INFORMED about what to do during emergencies most likely to occur in our area

It will also provide essential information to neighbors or emergency personnel who may be able to help your family.

Complete your handbook!

- Designate a regular place for your handbook that is easily accessible for your family and others who may need access to the information it contains (i.e. above the refrigerator).
- When placing the photographs in the information section, please note the age and date of the photograph. Periodically insert a more current photo.
- Write in pencil so you can make changes later.
- In the contact section, designate an out-of-state relative as the disaster contact. Inform all family members that everyone needs to check in with them and be sure everyone has their telephone number memorized and/or in their wallet to be able to make contact.
- Make a sketch of the floor plan of your home. Show the location of where to shut off all utilities. Note the locations of your essential supplies and equipment for an emergency so others can help you get what you need.
MAP
# Individual Household Information

<table>
<thead>
<tr>
<th>Address_________________________________</th>
<th>Phone__________________________________</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Adult Household Members</th>
<th>Birthday</th>
<th>Work Phone</th>
<th>Cell Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Child’s Name</th>
<th>Birthday</th>
<th>Cell Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Child’s Name</th>
<th>Birthday</th>
<th>Cell Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Family meeting place outside the home** (i.e. the mailbox) ________________________________

**Family meeting place outside the neighborhood** (i.e. local church, entry of school) 

**Emergency Contacts**
*be sure to list one “Out-of-Town” contact*

<table>
<thead>
<tr>
<th>Name</th>
<th>Relationship</th>
<th>Cell Phone</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Emergency Care Authorization:** I hereby authorize the following individuals to make medical decisions on behalf of my family if I am unavailable in the event of an emergency.

<table>
<thead>
<tr>
<th>Name</th>
<th>Relationship</th>
<th>Cell Phone</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Preferred Hospital ________________________________  Health Insurance ________________________________

Group # ____________  Medicare # ________________________________

Other Medical Insurance ________________________________  Preferred Insurance ________________________________

Signed ________________________________  Date ________________________________
Family Preparedness Checklist

Meet with your family today and discuss why you need a preparedness plan. Explain the dangers of fire, flood, wind, earthquakes and chemical spills to children. Use this checklist to prepare your family.

☐ Complete the Family Information forms in this book
☐ Make your house plan – mark the locations of utilities and emergency supplies
☐ Plan for an evacuation – list the most important items to take with you
☐ Teach older children how and when to turn off all utilities
☐ Evaluate your home security and plan how to improve it
☐ Check and rotate emergency water supplies
☐ Be able to purify unsafe water
☐ Take inventory of your food storage and make a plan to increase it
☐ Check and rotate your 72 hour kit and store it where it is easily accessible
☐ Check and rotate items in your first aid kit
☐ Take a first aid class and learn CPR
☐ Make plans for emergency cooking, heating and lighting
☐ Prepare a sanitation kit
☐ Check and recharge fire extinguishers as necessary
☐ Check and replace smoke and carbon monoxide detectors
☐ Bolt down water heaters, tall shelves and appliances before an earthquake
☐ Prepare financially by staying out of debt and saving for the future
☐ Replace batteries in emergency radios and lights
☐ Review your Emergency Plan with your family!

PLAN – PREPARE – BE INFORMED – SURVIVE
# Family Member Information

<table>
<thead>
<tr>
<th>Name</th>
<th>Name</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Birthday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cell #</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gender</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Height</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hair Color</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eye Color</td>
<td></td>
<td></td>
</tr>
<tr>
<td>School/Employer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phone</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Allergies/Medical Conditions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medications</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name</th>
<th>Name</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Birthday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cell #</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gender</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Height</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hair Color</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eye Color</td>
<td></td>
<td></td>
</tr>
<tr>
<td>School/Employer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phone</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Allergies/Medical Conditions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medications</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name</th>
<th>Name</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Birthday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cell #</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gender</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Height</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hair Color</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eye Color</td>
<td></td>
<td></td>
</tr>
<tr>
<td>School/Employer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phone</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Allergies/Medical Conditions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medications</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# Family Member Information

<table>
<thead>
<tr>
<th>Name</th>
<th>Birthdate</th>
<th>Age</th>
<th>Cell #</th>
<th>Gender</th>
<th>Height</th>
<th>Weight</th>
<th>Hair Color</th>
<th>Eye Color</th>
<th>School/Employer</th>
<th>Phone</th>
<th>Allergies/Medical Conditions</th>
<th>Medications</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Name</td>
<td>Birthdate</td>
<td>Age</td>
<td>Cell #</td>
<td>Gender</td>
<td>Height</td>
<td>Weight</td>
<td>Hair Color</td>
<td>Eye Color</td>
<td>School/Employer</td>
<td>Phone</td>
<td>Allergies/Medical Conditions</td>
<td>Medications</td>
</tr>
<tr>
<td>------</td>
<td>-----------</td>
<td>-----</td>
<td>--------</td>
<td>--------</td>
<td>--------</td>
<td>--------</td>
<td>------------</td>
<td>-----------</td>
<td>----------------</td>
<td>-------</td>
<td>-------------------------------</td>
<td>-------------</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Family Member Information

Name ____________________________

Birthdate _________
Age ______________
Cell # ____________
Gender ___________
Height ___________
Weight ___________
Hair Color ________
Eye Color __________
School/Employer ____________________
Phone ____________

Allergies/Medical Conditions
_________________________________________________________________________________

Medications
_________________________________________________________________________________

Name ____________________________

Birthdate _________
Age ______________
Cell # ____________
Gender ___________
Height ___________
Weight ___________
Hair Color ________
Eye Color __________
School/Employer ____________________
Phone ____________

Allergies/Medical Conditions
_________________________________________________________________________________

Medications
_________________________________________________________________________________

Name ____________________________

Birthdate _________
Age ______________
Cell # ____________
Gender ___________
Height ___________
Weight ___________
Hair Color ________
Eye Color __________
School/Employer ____________________
Phone ____________

Allergies/Medical Conditions
_________________________________________________________________________________

Medications
_________________________________________________________________________________
## Neighborhood Groups

<table>
<thead>
<tr>
<th></th>
<th>*Coordinator</th>
<th></th>
<th>*Coordinator</th>
<th></th>
<th>*Coordinator</th>
<th></th>
<th>*Coordinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td>1</td>
<td></td>
<td>2</td>
<td></td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td>2</td>
<td></td>
<td>2</td>
<td></td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td>3</td>
<td></td>
<td>3</td>
<td></td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td>4</td>
<td></td>
<td>4</td>
<td></td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td>5</td>
<td></td>
<td>5</td>
<td></td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td>6</td>
<td></td>
<td>6</td>
<td></td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td>7</td>
<td></td>
<td>7</td>
<td></td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td>8</td>
<td></td>
<td>8</td>
<td></td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td>9</td>
<td></td>
<td>9</td>
<td></td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td>10</td>
<td></td>
<td>10</td>
<td></td>
<td>10</td>
<td></td>
</tr>
</tbody>
</table>
# Neighborhood Information

<table>
<thead>
<tr>
<th>Family Address &amp; Phone #</th>
<th>Those Living At Home</th>
<th>Emergency Contacts &amp; Special Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name:</td>
<td>Adults:</td>
<td>Emergency Contacts:</td>
</tr>
<tr>
<td>Address:</td>
<td>Children:</td>
<td>Phone Numbers:</td>
</tr>
<tr>
<td>Home Phone:</td>
<td>Pets:</td>
<td>Special Instructions:</td>
</tr>
<tr>
<td>Work Phone:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cell Phone:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Name:</td>
<td>Adults:</td>
<td>Emergency Contacts:</td>
</tr>
<tr>
<td>Address:</td>
<td>Children:</td>
<td>Phone Numbers:</td>
</tr>
<tr>
<td>Home Phone:</td>
<td>Pets:</td>
<td>Special Instructions:</td>
</tr>
<tr>
<td>Work Phone:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cell Phone:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Name:</td>
<td>Adults:</td>
<td>Emergency Contacts:</td>
</tr>
<tr>
<td>Address:</td>
<td>Children:</td>
<td>Phone Numbers:</td>
</tr>
<tr>
<td>Home Phone:</td>
<td>Pets:</td>
<td>Special Instructions:</td>
</tr>
<tr>
<td>Work Phone:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cell Phone:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Name:</td>
<td>Adults:</td>
<td>Emergency Contacts:</td>
</tr>
<tr>
<td>Address:</td>
<td>Children:</td>
<td>Phone Numbers:</td>
</tr>
<tr>
<td>Home Phone:</td>
<td>Pets:</td>
<td>Special Instructions:</td>
</tr>
<tr>
<td>Work Phone:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cell Phone:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Name:</td>
<td>Adults:</td>
<td>Emergency Contacts:</td>
</tr>
<tr>
<td>Address:</td>
<td>Children:</td>
<td>Phone Numbers:</td>
</tr>
<tr>
<td>Home Phone:</td>
<td>Pets:</td>
<td>Special Instructions:</td>
</tr>
<tr>
<td>Work Phone:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cell Phone:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Name:</td>
<td>Adults:</td>
<td>Emergency Contacts:</td>
</tr>
<tr>
<td>Address:</td>
<td>Children:</td>
<td>Phone Numbers:</td>
</tr>
<tr>
<td>Home Phone:</td>
<td>Pets:</td>
<td>Special Instructions:</td>
</tr>
<tr>
<td>Work Phone:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cell Phone:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

9
<table>
<thead>
<tr>
<th>Name:</th>
<th>Adults:</th>
<th>Emergency Contacts:</th>
<th>Phone Numbers:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>Children:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Home Phone:</td>
<td>Pets:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Work Phone:</td>
<td>Pets:</td>
<td>Special Instructions:</td>
<td></td>
</tr>
<tr>
<td>Cell Phone:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Name:</td>
<td>Adults:</td>
<td>Emergency Contacts:</td>
<td>Phone Numbers:</td>
</tr>
<tr>
<td>Address:</td>
<td>Children:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Home Phone:</td>
<td>Pets:</td>
<td>Special Instructions:</td>
<td></td>
</tr>
<tr>
<td>Work Phone:</td>
<td>Pets:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cell Phone:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Name:</td>
<td>Adults:</td>
<td>Emergency Contacts:</td>
<td>Phone Numbers:</td>
</tr>
<tr>
<td>Address:</td>
<td>Children:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Home Phone:</td>
<td>Pets:</td>
<td>Special Instructions:</td>
<td></td>
</tr>
<tr>
<td>Work Phone:</td>
<td>Pets:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cell Phone:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Name:</td>
<td>Adults:</td>
<td>Emergency Contacts:</td>
<td>Phone Numbers:</td>
</tr>
<tr>
<td>Address:</td>
<td>Children:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Home Phone:</td>
<td>Pets:</td>
<td>Special Instructions:</td>
<td></td>
</tr>
<tr>
<td>Work Phone:</td>
<td>Pets:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cell Phone:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Name:</td>
<td>Adults:</td>
<td>Emergency Contacts:</td>
<td>Phone Numbers:</td>
</tr>
<tr>
<td>Address:</td>
<td>Children:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Home Phone:</td>
<td>Pets:</td>
<td>Special Instructions:</td>
<td></td>
</tr>
<tr>
<td>Work Phone:</td>
<td>Pets:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cell Phone:</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
House Plan

It is important for every member of the family to know where utility valves and shut-offs are located in the house. It is also important to know where important papers, emergency supplies and other important resources are stored. A simple floor plan of each floor of your home drawn on graph paper will be of great assistance. The following should be prominently identified on the floor plan:

**Gas Shut-Off**

- Inside the House ________________
- Outside the House ______________

**Water Shut-Off**

- Inside the House ________________
- Outside the House ______________

**Electricity Shut-Off**

- Inside the House ________________
- Outside the House ______________

Include primary and alternate routes of evacuation in the plan from all locations in the house. You should also identify the location of all smoke alarms and when batteries should be changed. These floor plans should follow this page.

It may be useful to include any additional information that may be useful about your house, such as:

- Previous owners of your home
- Diagrams of electrical wiring, cable, phone wires, plumbing, etc.
- Paint colors by room
- Date of significant modifications and improvements
Evacuation Plan

The following suggestions are from FEMA.

- If you are asked to evacuate, please do so as quickly as possible.
- Wear protective clothing and sturdy shoes.
- Take your emergency kit, and medications for at least 72 hours. Even though it may appear to you that you will only be gone a few hours, be prepared for longer. You may not be allowed to return home once you leave.
- If possible, leash or cage pets and take them with you. Most shelters will not accept pets. If you take them with you, be sure to take their food, water and other items they will need. A possible place to board your pet is: ___________________________________________.
- Lock all doors and windows. Be sure all appliances (large or small) are turned off and all candles are out.
- Leave a note as to where you have gone and what family members are with you.
- Parents and children who are separated during an emergency creates one of the most stressful situations. Make sure you have a current photo of your child to bring with you.
- Follow travel routes recommended by local authorities to reach the Evacuation Reception Center.
- Please go straight to the Evacuation Reception Center and check in. Let them know where you are going if you leave to go to another location (a relative’s home, motel, etc.)
- Do not return home until local authorities say that it is safe to do so.

You may be given a few minutes to gather some extra things. Plan ahead so you know what is most important to take with you. Think about things that are irreplaceable in case your home is destroyed and/or you are not able to return, such as journals, family photos, scrapbooks, family heirlooms, and family records. Write down the things of top priority and their location.

1. __________________________________________ 11. ________________________________________
2. __________________________________________ 12. ________________________________________
3. __________________________________________ 13. ________________________________________
4. __________________________________________ 14. ________________________________________
5. __________________________________________ 15. ________________________________________
6. __________________________________________ 16. ________________________________________
7. __________________________________________ 17. ________________________________________
8. __________________________________________ 18. ________________________________________
9. __________________________________________ 19. ________________________________________
10. _________________________________________ 20. _______________________________________
## How Does Measure Against Burglary?

Protect yourself and your neighbors in your area by starting a NEIGHBORHOOD WATCH PROGRAM.

<table>
<thead>
<tr>
<th>Doors</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Are all outside doors made of solid core wood or metal and at least ¼” in thickness?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Are the locks on all your outside doors either the “deadbolt” or “jimmy-proof” type?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Are your door locks at least 40” from a window or a thin wood panel that may be broken by a burglar?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Do you have a wide angle viewer (peep hole) on all exterior doors so you can identify the person at the door?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Do the exterior doors have heavy duty strike plates securely mounted with screws long enough to go through the door frame and into the wall?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Can all of your doors (main, basement, porch, French, balcony, patio, etc.) be securely locked?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Is your sliding glass door secure? Place a strong piece of wood I the track, drill a hole through the inside frame and insert a nail to prevent sliding, or install locks designed to prevent sliding or lifting.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Do the doors to your basement exterior have locks?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Are all your locks in good repair?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. Do you know everyone who has a key to your house?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11. Did you get all the keys from the previous owners of your house?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Windows</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Are your window locks properly and securely mounted?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Do you keep your windows locked when they are shut?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Do you use locks that allow you to lock a window that is partially open?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Are you as careful about locking basement windows as you are about main floor windows?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Have you made it difficult for burglars by locking up ladders, avoiding placement of trellises used as a ladder or similar aids for climbing?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Garage/Storage Shed</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Do you lock your garage and/or storage shed at night?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Do you lock your garage and/or storage shed when you are away from home?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Do you have good, secure locks on all garage and/or storage shed doors and windows?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Do you lock your car and take the keys out, even when parked in your garage?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### WHEN YOU GO OUT OF TOWN

<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Do you stop all deliveries or arrange for neighbors to pick up mail, packages, etc.?</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Do you notify a trusted neighbor of when you are leaving and how long you will be gone?</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>Do you contact the police department to see if they provide extra protection for a vacant home?</td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>Do you leave some shades up and set 2 or more lights on timers so your home doesn’t look deserted? Use timers daily, not just while you are away.</td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>Do you arrange to have your lawn mown or snow shoveled off walks and driveways?</td>
<td></td>
</tr>
</tbody>
</table>

### SAFE PRACTICES

<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Do you plan so that you do not need to hide a key under the doormat?</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Do you keep most cash and other valuables in the bank, not your home?</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>Do you keep a list of all valuable property?</td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>Do you keep a list of the serial numbers of your TVs, DVD players, computers, cameras, etc.?</td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>Do you have a description or a picture of other valuables that do not have serial numbers?</td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>Do you have all your valuables marked with your own personal ID number? Jewelry should have an Authenticity Certificate.</td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td>Have you told your family what to do if they should discover a burglar breaking in or already inside the house?</td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td>Have you told your family to leave the house undisturbed and to call the police if they discover a burglary has been committed?</td>
<td></td>
</tr>
<tr>
<td>9.</td>
<td>Do you know the telephone number of the law enforcement agency in the area your home is located? <strong>Clearfield Police: 801-525-2806</strong></td>
<td></td>
</tr>
<tr>
<td>10.</td>
<td>Do you have outdoor lighting that properly lights the outside of your home (motion detection activated, flood, or regular lighting)?</td>
<td></td>
</tr>
</tbody>
</table>

### ALARM SYSTEMS

<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Do you have an alarm system in your home?</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Is the system in good working order?</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>Have you had a false alarm?</td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>Do you know your neighbors and watch out for each other’s property?</td>
<td></td>
</tr>
</tbody>
</table>

**Rate Yourself on Home Security**

- **30 or more YES answers:** You are safe
- **20-29 YES answers:** You could be burglarized
- **19 or fewer YES answers:** High risk to be burglarized
Utility Shutoff

Know how to shut off all your utilities and where the shut-offs are, inside and outside of the home

**NATURAL GAS**

Sniff for gas leaks. If you smell gas or there is significant structural damage to your home, turn off the gas.

**DO NOT TURN OFF THE GAS IF NO LEAK IS SUSPECTED.** If you turn the gas off, you will need a professional to turn it back on. – FEMA

The meter shutoff valve is located next to the meter. Use a wrench to turn the valve a quarter turn in either direction to the “off” position. Notify the gas company of 911 of the gas leak. **DO NOT** attempt to turn the gas back on!!!

Depending on the severity of the emergency and the number of meters that have been turned off, you may have to wait some time for your gas service to be restored, even if there is no damage to the gas pipelines in your area.

**WATER**

Shut off the main water valve to keep contaminated water from entering the house. If there are water leaks in your home or between your home and the meter, the water valves should be turned off to maintain pressure.

*Image of water valve diagram*

**ELECTRICITY**

If there are downed power lines **STAY AWAY.** **DO NOT TOUCH!** If you see or hear electrical sparking, **DO NOT TOUCH** or attempt to operate any electrical appliance or switches. If possible, locate the electrical service panel inside your home. Open the metal panel on the box and turn the switches to the “off” position or pull out the main fuse.

If you are unable to locate the internal service panel, or unable to get to it, find the electrical “meter” box on the outside of your house and turn the switch to “off.”

*Image of electrical panel diagram*
Water Storage

WHY? – Water is more essential than food in sustaining life. Natural disasters may pollute or disrupt water supplies.

HOW MUCH? – Store at least one gallon of water per person per day: two quarts for drinking and two quarts for food preparation and sanitation. In hot weather, everyone may require more water. A minimum two-week of water is recommended for your home. 72 hours of water should be available in your 72 hour emergency kit. Store as much as possible, at least 14 gallons per person.

HOW? – Store water in plastic food grade containers such as water and beverage bottles. Glass can break and cartons decompose. Water from water beds should be used for sanitation purposes only. DO NOT store water in chlorine bleach or milk bottles.

HOW TO PURIFY

1. **BOIL** vigorously for 3-5 minutes.
2. Add unscented household bleach (5.25% sodium hypochlorite). Stir and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand 15 minutes. Use fresh bleach.

3. Use water purification tablets (Halizone or potable agua.)
4. Iodine: Use 2% tincture of iodine to purify small amounts of water. Add 3 drops per quart of clear water. Let stand 30 minutes. “Pregnant and nursing women or people with thyroid problems should not drink water with iodine.” – Department of Environmental Quality Division of Drinking Water
5. Water from swimming pools can be safely treated and used as drinking water. Let the pool water stand for at least 72 hours to reduce the chlorine level. Do not add chemicals to the pool during this time. Use a combination ceramic and carbon filter purifying pump/filter to extract water from the pool. This type of filtration system is effective in removing organic contaminants and enough chlorine to render the water safe to drink. Most of these filter types can safely convert up to 13,000 gallons of water before the filtration system needs to be replaced.

ADDITIONAL INFORMATION

- Stored water goes flat. Aerate the water by pouring it between two containers.
- Immediately after a major disaster, prevent contamination of home water supply by shutting off the main incoming water valve. If water from the tap looks cloudy or has an unpleasant odor, don’t take a chance.
- Clearly label and date all storage containers, especially those reused from other products.
- Consider canned soups, juice from canned fruits and vegetables, bottled soft drinks, bottled juice, etc. as sources of liquid.
- Use water stored in the hot water tank, ice cube trays, and toilet tank (not the toilet bowl).
- Dirty water can be strained through paper towels or clean cloth to remove particulates. Boil and treat with bleach as directed.
- There is no effective way for home decontamination of water which contains radioactive or chemical contamination.
Food Storage

Use storage areas that are well ventilated, cool, dark, dry, and clean.

These basic items should be considered for storage. They provide adequate calories, protein, vitamins, and minerals. Note the approximate storage life and the suggested amount needed to sustain one person’s life for one year (if no other foods are added).

<table>
<thead>
<tr>
<th>Item</th>
<th>Storage Life</th>
<th>*Suggested Amount 1 adult per 1 year</th>
<th>Suggested Amount 1 adult per 1 month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains (wheat, flour, rice, corn, oatmeal, pasta)</td>
<td>Varies</td>
<td>400 lbs.</td>
<td>33.3 lbs.</td>
</tr>
<tr>
<td>Legumes (dry beans, peas, lentils)</td>
<td>6-8 Years</td>
<td>60 lbs.</td>
<td>5 lbs.</td>
</tr>
<tr>
<td>Powdered Milk</td>
<td>2-3 Years</td>
<td>16 lbs = 64 quarts</td>
<td>1.3 lbs.</td>
</tr>
<tr>
<td>Sugar, Honey</td>
<td>20+ Years</td>
<td>60 lbs.</td>
<td>5 lbs.</td>
</tr>
<tr>
<td>Salt</td>
<td>20+ Years</td>
<td>5-8 lbs.</td>
<td>0.5 lbs.</td>
</tr>
<tr>
<td>Oil (shortening, butter, mayonnaise, peanut butter)</td>
<td>2+ Years</td>
<td>20 lbs. = 10 quarts</td>
<td>1.6 lbs.</td>
</tr>
<tr>
<td>**Water</td>
<td>Replace Annually</td>
<td>14 gallons per person per 2 weeks</td>
<td>14 gallons per person per 2 weeks</td>
</tr>
</tbody>
</table>

*These amounts are suggested by The Church of Jesus Christ of Latter-day Saints
*Children’s percentage of adult portion: 0-3 years: 50%, 4-6 years: 70%, 7-10 years: 90%
*Start using wheat and whole grains in diet regularly to allow digestive system to adapt to increased roughage.
**It is impractical for most families to store a year’s supply of water. Fourteen gallons per person is a suggested minimum reserve.

Successful storage depends on several factors:

- Quality of products – obtain top grade food products when possible
- Proper containers – use heavy plastic, metal, or glass with tight fitting lids
- Storage areas – easy access, dark, cool, dry, free from rodents, insects, and pets
- Temperature – food stores best at 40-60 degrees
- Variety – provides better nutrition and avoids appetite fatigue
- Rotation – date and rotate to minimize loss of food value and flavor and to prevent spoilage
- Inventory – maintain a record of items used and added to

Begin with the basics that are life sustaining and store well for long periods of time, then add other foods for variety, interest, and personal preference. Expanded storage could include such items as meats, fruits, and vegetables (canned, bottled, frozen, dehydrated, pickled, or smoked). Also include spices, flavorings, cornstarch, baking powder, soda, and yeast.

Consider your family’s likes and dislikes, allergies, and needs when deciding what to store.

It’s better to have food storage for a short period of time than none at all!

Store What You Eat
Eat What You Store

72 Hour Emergency Kit

Keep Calm – Don’t Panic

The following emergency preparedness kit should be kept cool, dry, and readily accessible for rapid exit. It could be stored in easy-to-carry backpacks, duffle bags, suitcases, or 5 gallon buckets. Include a master list in the top of each kit with date prepared. A copy of this page with checkmarks or notes works well.

Water
- 1 gallon per person per day
- Water purification tablets or chlorine bleach

Equipment
- Adjustable wrench, hammer, pocketknife
- Battery powered radio (extra batteries)
- Fire extinguisher (very small)
- Flashlights (extra batteries), light stick
- Folding shovel
- 2 sheets 9’x12’ plastic for shelter, ground cloth, and water collection
- Rope (1/4 x 26’)
- Duct tape
- Tent – tarp (shelter)
- Whistle – 1 per person
- Work gloves

Sanitation
- Plastic bucket with tight fitting lid
- Plastic trash bags (large and small, also Ziplocs)
- Disinfectant (bleach, Lysol, powdered chlorinated lime)
- Toilet paper
- Soap, towel

Cooking / Heating
- Aluminum foil
- Backpack stove
- Candles – 2 large
- Can opener – manual
- Dish soap, dish cloth, towel
- Knife
- Matches in foil or waterproof container
- Mess kit (1 per 2 people)
- Pan for cooking / washing
- Metal cup – pan, can, or small tin pail
- Paper plates, cups, napkins, plastic utensils
- Spoon & fork – metal

Stress Relief / Morale Boosters
- Ball, small games, crossword puzzles, cards
- Hard candy, chocolate chips
- Harmonica, pictures, needlework
- Paper, pencils, crayons, permanent marker
- Small books

Food for 3 Days
- Baby food, baby cereal, formula, juice
- Beef jerky, canned meats (tuna, chicken, Spam)
- Candy – hard candy, lollipops, gum
- Canned fruits, vegetables, juice
- Canned foods – chili, pork & beans, ravioli, soup, spaghetti, stew
- Cereal – oatmeal, cracked wheat
- Crackers – cookies
- Dry soup mix – Ramen noodles
- Dried fruits – raisins, trail mix, fruit leathers
- Granola bars – peanuts, trail mix
- MREs (Meals Ready to Eat)
- Peanut butter, jelly, honey
- Powdered milk / cocoa mix

Clothing / Bedding
- 1 space blanket per person
- 1 wool / fleece blanket or 1 sleeping bag per person
- 1 change of clothes
- Underwear
- Shoes, 2 pair socks (at least 1 wool)
- Sweatshirt, gloves
- Infant’s clothing, pacifiers, blankets
- Disposable diapers

Hygiene
- Comb & brush
- Deodorant
- Lotion
- Feminine hygiene needs
- Lip balm, tube of Vaseline
- Nail clippers, nail file
- Shaving supplies
- Shampoo
- Small mirror
- Soap (liquid preferred; bar soap needs container)
- Toothbrush / toothpaste
- Washcloth / towel

Other
- First aid kit
- Insect repellent / sun screen
- Money (coins, small bills, credit card)
- Safety pins, needle, thread, scissors, buttons
- Extra glasses
- Extra set of car keys
Keep the family’s most valuable documents (or copies) in your emergency kit ready to pick up and take with you: deeds, mortgage, titles, insurance, wills, home contents & pictures, social security numbers, driver’s license or ID cards, birth certificates, account numbers, genealogy, current pictures of family members, name, address & telephone number of out of state contact, etc. All this information can be put on a computer disk, CD, or flash drive.

Vulnerable Groups

Infants, Toddlers, Senior Citizens, Pets

Vulnerable groups have special needs in a 72 hour kit. Items should include:

**Infants & Children**

- Their own bag labeled with their name
- Disposable diapers (36-48 minimum)*
- Disposable wet wipes*
- Plastic garbage bags*
- Two changes of clothes*
- Two pair pajamas
- Two blankets
- Hat, gloves, socks
- Infant formula (may be needed to supplement nursing babies)
- Instant baby cereal
- Canned food / juice (must be consumed at one meal to prevent spoilage)
- Teething biscuits & Orajel
- Sterilized water / Pedialyte
- Plastic bottles (label with name)
- Disposable bottle liners
- Extra nipples
- Bib
- Plastic spoon & bowl
- Pacifier (label with name)
- Safety pins
- Baby powder
- Baby oil
- Diaper rash medication
- Children’s Tylenol
- Assorted toys (label with name)

Emergency diapering needs may be met by lining plastic pants with a scrap of cloth, tissue, paper towels, or other absorbent material.

The most critical aspect of infant care during emergencies is sanitation. Infants, by nature, become soiled and dirty from one minute to the next, providing excellent breeding ground for disease-causing bacteria which may infect not only the infant but also adults that come in contact.

*For proper sanitation, it is important that you store a sufficient supply of disposable diapers, wipes, and garbage bags. Change infants regularly and keep them clean. Dispose of the soiled diapers in garbage bags and keep them tightly sealed to prevent spread of disease. Wash hands often.
Before the emergency, young children can help prepare and store supplies. Teach them about the warning sounds (smoke alarms, sirens, etc. in your home & neighborhood).

Young children should memorize that family name, address, and phone number as early as possible.

Children need extra reassurance. Take time to hold, cuddle, talk, and listen to them. Encourage them to talk about their feelings. Keep them with the rest of the family. Be prepared to sing songs and play simples games such as I Spy, Duck Duck Goose, Button, Button, Lion Hunt, etc.

**Senior Citizens**

In addition to preparing a 72 hour kit:

- Arrange for someone to check on you.
- Have a plan to signal the need for help.
- Extra batteries for hearing aids, wheelchairs, extra oxygen, and extra eyeglasses as needed.
- List the style & serial numbers of medical devices such as pacemakers and prepare a list of all medication & dosages.
- Teach those who may need to assist you how to operate necessary equipment.

**Pets**

Consider your pet’s needs in planning for an emergency:

- Have a current ID tag and license.
- Keep their vaccinations current.
- Keep pet carriers, extra collars, and leashes on hand to contain and calm your pet.
- Your pet needs a half gallon of drinking water per day.
- Store at least 2 weeks supply of food.

*In case of evacuation, be aware that pets are not allowed in Red Cross emergency shelters.*

**Other Emergency Kits**

*Keep backpack or tote under your desk for any emergency use. You could be stranded at your office for several days. Plan for at least 72 hours.*

**Basic Minimal First Aid Kit**

- Two pair of latex gloves
- Sterile dressings to stop bleeding
- Adhesive bandages in a variety of sizes
- Cleansing agent or soap
- Antibiotic ointment to prevent infection
- Burn ointment
- Tube of petroleum jelly or other lubricant
- Eye wash solution to flush the eye
- Triangle bandage
- Waterless alcohol based hand sanitizer or germicidal hand wipes
- Thermometer
- Scissors
- Tweezers
- Personal medications, including a list of all medications and dosages
- Non-prescription drugs (aspirin and non-aspirin pain reliever, anti-diarrhea medication, antacid, laxative, syrup of Ipecac
- Blanket, flat sheet, pillow, or sleeping bag
- Change of clothes, underwear, socks, sturdy shoes, coat or jacket, hat, gloves
- First aid kit
- Flashlight & extra batteries
- Food – non-perishable
- Hygiene trial-size supplies
  - Lotions, soaps
  - Shampoo, conditioner
  - Toothpaste, toothbrush
  - Mouthwash
  - Toothpicks
- List of family names and phone #’s
- Medications
- Sweet hard candy
- Towel, washcloth
- Water in clear bottles
- Whistle with lanyard to hang around neck

**Office Emergency Kit**
Car Survival Kit

- Bag of sand or rock salt
- Blankets or sleeping bag
- Bottled water (2 liter)
- Candles
- Car tool kit
  - Pliers
  - Screw driver
  - Hatchet
  - Folding shovel
  - Wire saw
  - Nails
  - Twine
  - Wire
  - Tape
  - File
- Clothes, including boots, socks, hat, etc.
- Compass
- Fire extinguisher (standard class ABC)
- First aid kit and manual
- Flashlight & extra batteries
- Fold up stove & fuel tablets
- Food – non-perishable
- Gloves (work & rubber disposable)
- Ice scraper for winter season
- Jumper cables
- Map
- Matches
- Mirror
- Paper, pencils
- Pre-moistened towels
- Portable radio & batteries
- Reflectors, flares
- Rope
- Sewing kit
- Short rubber hose for siphoning
- Space blanket
- Tissues
- Tow rope
- Waterproof matches
- Whistle
- Ziploc bags

Always maintain at least a half tank of gas!

Not all items are necessary, but all are useful.
### Important Non Food Items For Storage

<table>
<thead>
<tr>
<th><strong>Tools</strong></th>
<th><strong>Safety Items</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Adjustable wrench, hammer, nails</td>
<td>Batteries, many sizes</td>
</tr>
<tr>
<td>Ax, saw</td>
<td>Candles</td>
</tr>
<tr>
<td>Bailing wire, twine</td>
<td>Flashlights</td>
</tr>
<tr>
<td>Broom, dustpan</td>
<td>Fire extinguisher</td>
</tr>
<tr>
<td>Bucket</td>
<td>Garden hose (firefighting, siphoning gas)</td>
</tr>
<tr>
<td>Crowbar</td>
<td>Insecticides</td>
</tr>
<tr>
<td>Gloves (heavy work)</td>
<td>Lantern, fuel</td>
</tr>
<tr>
<td>Pliers</td>
<td>Matches, lighters</td>
</tr>
<tr>
<td>Rope</td>
<td>Paper, pencils</td>
</tr>
<tr>
<td>Screwdrivers</td>
<td>Radio (battery operated)</td>
</tr>
<tr>
<td>Shovel</td>
<td><strong>Sanitation</strong></td>
</tr>
<tr>
<td>Tape (duct, plastic, electrical)</td>
<td>Large trash can with tight fitting lid</td>
</tr>
<tr>
<td>Tarps</td>
<td>Ammonia</td>
</tr>
</tbody>
</table>

### Cooking

<table>
<thead>
<tr>
<th><strong>Cooking</strong></th>
<th><strong>Sanitation</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Aluminum foil (heavy duty and regular)</td>
<td>Paper, pencils</td>
</tr>
<tr>
<td>Bucket or dishpan</td>
<td>Radio (battery operated)</td>
</tr>
<tr>
<td>Canning lids, paraffin wax</td>
<td><strong>Hygiene Supplies</strong></td>
</tr>
<tr>
<td>Can opener (non-electric)</td>
<td>Combs, brushes</td>
</tr>
<tr>
<td>Camp stove, fuel</td>
<td>Contact lens solution</td>
</tr>
<tr>
<td>Charcoal, lighter fluid</td>
<td>Deodorant</td>
</tr>
<tr>
<td>Dish cloth, dish towel, scrubbie</td>
<td>Extra glasses, contacts</td>
</tr>
<tr>
<td>Dish detergent</td>
<td>Feminine supplies</td>
</tr>
<tr>
<td>Napkins, paper towels</td>
<td>Hand soap (15 bars per person per year)</td>
</tr>
<tr>
<td>Paper plates, cups, utensils</td>
<td>Infant supplies (disposable diapers, plastic pants, bottles)</td>
</tr>
<tr>
<td>Plastic wrap, wax paper, Ziploc bags, coffee filters</td>
<td>Laundry detergent (25 lbs. per person per year)</td>
</tr>
<tr>
<td>Pots, pans (at least 2)</td>
<td>Shampoo, conditioner</td>
</tr>
<tr>
<td>Sharp knife</td>
<td>Shaving supplies</td>
</tr>
<tr>
<td>Utensils</td>
<td>Tissue</td>
</tr>
</tbody>
</table>

### Bedding

<table>
<thead>
<tr>
<th><strong>Bedding</strong></th>
<th><strong>Pets</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Blankets, quilts (enough to keep each person warm with no other heat source)</td>
<td><strong>Food</strong></td>
</tr>
<tr>
<td>Pillows</td>
<td>Leashes, collars</td>
</tr>
<tr>
<td>Rubberized sheets</td>
<td><strong>Leashes, collars</strong></td>
</tr>
<tr>
<td>Sheets (flannel is warmer &amp; more absorbent)</td>
<td>Litter box supplies</td>
</tr>
<tr>
<td>Sleeping bags</td>
<td>Medications</td>
</tr>
</tbody>
</table>

### Clothing

<table>
<thead>
<tr>
<th><strong>Clothing</strong></th>
<th><strong>Hygiene Supplies</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Boots</td>
<td>Combs, brushes</td>
</tr>
<tr>
<td>Gloves</td>
<td>Contact lens solution</td>
</tr>
<tr>
<td>Jacket, warm coat</td>
<td>Deodorant</td>
</tr>
<tr>
<td>Poncho</td>
<td>Extra glasses, contacts</td>
</tr>
<tr>
<td>Seasonal clothing</td>
<td>Feminine supplies</td>
</tr>
<tr>
<td>Shoes</td>
<td>Hand soap (15 bars per person per year)</td>
</tr>
<tr>
<td>Socks 2 pair (at least 1 pair wool)</td>
<td>Infant supplies (disposable diapers, plastic pants, bottles)</td>
</tr>
</tbody>
</table>

### Pets

<table>
<thead>
<tr>
<th><strong>Pets</strong></th>
<th><strong>Sanitation</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Food</td>
<td>Large trash can with tight fitting lid</td>
</tr>
<tr>
<td>Leashes, collars</td>
<td>Ammonia</td>
</tr>
<tr>
<td>Litter box supplies</td>
<td>Bleach</td>
</tr>
<tr>
<td>Medications</td>
<td>Clean rags</td>
</tr>
<tr>
<td></td>
<td>Disinfectant (Lysol, Pinesol, etc.)</td>
</tr>
<tr>
<td></td>
<td>Newspapers (to wrap garbage &amp; waste in, could also be used for fuel or blankets)</td>
</tr>
<tr>
<td></td>
<td>Plastic bags (various sizes especially garbage bags)</td>
</tr>
<tr>
<td></td>
<td>Toilet paper</td>
</tr>
<tr>
<td></td>
<td>Wet wipes</td>
</tr>
</tbody>
</table>
Basic List of Medical and First Aid Supplies

Bandaging
- Ace bandages, assorted sizes
- 2”, 3”, 4” gauze rolls
- Sterile dressings, assorted sizes
- 1” tape – cloth, plastic, or paper
- Band-Aid, a variety including:
  - Assorted sizes of strips
  - Butterfly bandages
  - Extra large
  - Fingertip / knuckle
- Sanitary napkins, individual packed
- Super glue for wound closure
- Triangular bandages

Colds
- Antihistamine, decongestants
- Cold medicine of choice
- Cough lozenges and / or syrup
- Vitamin C and others as desired

Disinfectants
- Alcohol
- Alcohol preps individually wrapped
- Gel hand sanitizer, waterless
- Hydrogen peroxide
- Bar soap
- Water purification tablets

Eye Care
- Lubricating eye drops
- Contact lens solutions
- Ophthalmic antibiotic ointment – RX only

Gastrointestinal Relief
- Antacids – liquid or tablets
- Anti-nausea, i.e. Dramamine
- Diarrhea medicine, i.e. Imodium
- Glycerin suppositories
- Laxative
- Pepto Bismol and / or Alka-Seltzer

Insect Bites and Stings
- Baking soda
- Benadryl for allergic reactions
- Calamine or Caladryl lotion

Ointments
- Mentholatum
- Petroleum jelly
- Zinc oxide
- Triple antibiotic ointment (Neosporin)

Pain Relief
- Aspirin & non-aspirin pain reliever
- Earache, toothache drops
- Prescribed medicines, Tylenol drops for babies

Skin Rashes – Allergic Reactions
- Antihistamine tablets & syrup
- Benadryl or Caladryl
- Hydrocortisone cream
- Prescribe medicines

Miscellaneous
- First aid manual
- Lip balm
- Insect repellent
- Personal medications and equipment, i.e. insulin, syringes, heart medicines, etc.
- Sunscreen

Tools and Equipment
- Container – tackle box, plastic box, etc.
- Collapsible drink cup, paper cups
- Dental floss
- Gloves, heavy-duty work or latex
- Instant ice pack
- Matches, waterproof container
- Medicine dropper, dose cups
- Q-tips
- Penlight, batteries
- Pocket knife, sharp
- Pocket mask, other barrier device to us in CPR
- Scissors
- Sewing needles, thread, safety pins
- Splinting materials
- Thermometer
- Tongue depressors
- Tweezers

Make certain medical and first aid kits include all prescribed medications.
First Aid Basics

First Aid and CPR
Classes are routinely available in the community through Red Cross. CERT classes are taught regularly and teach important disaster response skills. Plan to register for an upcoming class.

In addition, emergency 911 dispatchers are trained and able to give patient care instructions while awaiting the ambulance. Stay calm and stay on the phone until they conclude the call upon the arrival of medical personnel.

The ABC’s to First Aid:

- **Airway**
- **Breathing**
- **Circulation**

**Airway**
Without proper airway positioning and maintenance, anything else you might try to do for the victim will be in vain. If the victim is conscious, talking, or breathing normally, the airway is assumed to be clear. If snorting sounds are heard, it could signal a partially obstructed airway and steps must be taken to secure a better airway. If the victim is not breathing, make sure there are no obstructions in the victim’s mouth and that the head is tipped back to open the airway. Reposition the victim on their back, making sure to keep the head in line with the spine, and turning the victim as one unit. Get help if possible.

**Breathing**
If upon repositioning and securing the airway the patient does not start to breathe, begin rescue breathing.

**Circulation**
Circulation includes the pumping of the heart as well as controlling bleeding. If no pulse is detected, CPR is not needed.

Most bleeding can be controlled by placing a bandage and applying direct pressure. If the bleeding is not controlled, do not remove bandages. Simply apply another layer of banding material. If bleeding is still not controlled, elevate the limb and apply pressure to pressure points.

911 Procedures
Recognizing an emergency and taking action in the first few minutes can mean the difference between death or life-long injury and full recovery.

- Check the scene for safety. Do not become a victim of an unsafe scene! Make the scene safe before proceeding.
- Check the victim’s level of consciousness or responsiveness, airway, breathing, and circulation.

**Call 911 and give them the following information:**

- Exact location
- Caller’s name
- What happened?
- How many are involved?
- Condition of the victim
- What help is being given?

**Call 911 if the victim:**

- Is or becomes unconscious
- Has trouble breathing
- Has chest pain or pressure
- Is bleeding severely
- Has seizures, severe headache, or slurred speech
-Appears to have been overdosed or poisoned
-Has injuries to the head, neck, or back

**Call 911 if the situation involves:**

- Fire or explosion
- Downed electrical wires
- Swiftly moving or rapidly rising water
- Presence of poisonous gas
- Vehicle collision
-Victims who cannot be moved easily

**Care for the victim, reassure, and keep them warm. Watch for changes.**
CPR Basics

INFANT

Access Responsiveness
Shout and gently tap the child on the shoulder. If there is no response, position the infant on their back.

Because airway problems are the main cause of not breathing in infants and children, clearing the airway takes precedence over calling 911. For victims younger than 8, perform CPR for 1 minute, then call 911.

Airway
Open the airway. Tilt the head lifting the chin. Do not tilt the head too far back. Clear any objects from the mouth. Look, listen, and feel for breathing.

Rescue Breathing
If the baby is NOT breathing, give 2 small gentle breaths (puffs). Cover the baby's mouth and nose with your mouth. Repeat 1 puff every 3 seconds. Each breath should be 1.5 to 2 seconds long. You should see the baby's check rise with each breath. If air won't go in, reposition head and try again.

Chest Compressions
Give five gentle check compressions at the rate of 100 per minute. Position your 3rd and 4th figures in the center of the check half an inch below the nipples. Press down only ½ to 1 inch.

CONTINUE WITH 1 BREATH AND 5 COMPRESSIONS.

After one minute of repeated cycles, CALL 911 and continue giving breaths and compressions.

ADULT

Access Responsiveness
If there is no response, CALL 911 and return to the victim.

Airway
Tilt the head back. Lift the chin. Clear any objects from the mouth. Look, listen, and feel for breathing.

Rescue Breathing
If NOT breathing normally, pinch nose and cover the mouth with yours and blow until you see the chest rise. Give 2 breaths. Each breath should take 2 seconds. Continue rescue breathing: 1 breath every 4 to 5 seconds, as long as pulse is present but person is not breathing.

Chest Compressions
If the victim is still not breathing normally, coughing, or moving, begin chest compressions. Push down on the chest 1 ½ to 2 inches 15 times right between the nipples. Pump at the rate of 100 / minute, faster than once per second.

In children age 1-8:
- Place one hand on forehead, the heel of the other hand in the center of the chest (so you don’t push too hard) for chest compressions
- Press the sternum down 1 to 1 ½ inches
- Give 1 full breath followed by 5 chest compressions

FOR ADULTS, CONTINUE WITH 22 BREATHS AND 15 PUMPS UNTIL HELP ARRIVES.

Note: This ratio is the same for one-person & two-person CPR. In two-person CPR, the person pumping the chest stops while the other gives mouth-to-mouth breathing.
Choking
HOW TO HELP CLEAR AN OBSTRUCTED AIRWAY IN A CONSCIOUS ADULT OR CHILD

INFANT

First aid for a conscious choking infant (less than 1 year old):

**Step 1:** Determine if the infant can cry or cough.

**Step 2:** Tip the baby face down on your forearm, supporting with your hand. Give 5 firm back blows between the shoulder blades with the heel of your hand.

If ineffective, turn the baby over and…

**Step 3:** Give 5 chest thrusts with index and middle fingertips.

**Step 4:** Repeat steps 2 & 3 above until effective or the infant becomes unconscious.

If the infant becomes unresponsive, perform CPR – if you see an object in the throat or mouth, remove it.

ADULT

First aid for a conscious choking adult and children:

**Step 1:** Ask “Are you choking?” Maintain eye contact. Assume “YES” is victim cannot breathe, speak, gasp, cough, or make high pitched sounds.

**Step 2:** Perform the Heimlich maneuver:

From behind the victim:

- Wrap arms around victim’s waist
- Make a fist, thumb side down, and grasp with the other hand on the victim’s stomach, just above the navel
- Press fist into stomach and give quick, inward and upward thrusts until objects come out or victim becomes unconscious

A chest thrust may be used for markedly obese persons or in late stages of pregnancy.

If the adult or child becomes unresponsive, perform CPR – if you see an object in the throat or mouth, remove it.
Alternative Heat, Light, and Power Sources

Fire Starters
Matches (waterproof), butane lighters, flints and steel, charcoal starter.

Fireplace, Open Flame – Campfire, Outside Fire Pit
Suspend a Dutch oven over the heat by using a tripod or set the Dutch over directly on the hot embers you have made in the fireplace or outside campfire.

Wood Burning / Coal Stoves
Use frying pans or pots on top to cook your meal.

Gas Camp Stoves – White Gas, Gas, Kerosene, Propane
Two burners using white gas will operate 4 hours on 1 quart. Only use such stoves outdoors.

Barbecue Grill – 5 Gallon Propane Tank
Stores well and is easy to use. Only use grills outside.

Sterno
Works well for small quantities of food.

Volcano
Outdoor cook stove that you can use with 2 Dutch ovens and charcoal. It is very fuel efficient, using about half of the charcoal you would use normally with your Dutch oven. A few briquettes can roast, fry, bake, etc.

Dutch Ovens
A 10” Dutch oven with 6 or 7 briquettes on the lid and 5 or 6 underneath will cook a pot full of food. Only use Dutch ovens outdoors.

Hibachi
4 or 5 charcoal briquettes in an 8”x8” Hibachi will generate enough heat to cook a simple meal. Only use Hibachi outdoors.

Charcoal Stove
Turn a #10 can into a charcoal stove. Cut out top and bottom of the can. Punch holes around the top and bottom. Punch many holes in the lid and wire it about half way up the can. Place the charcoal on it to light. Use a sturdy piece of wire screening, or crisscross wire across the tops to create a cooking rack.

Flashlights
New batteries last up to 6 to 7 hours of continuous use. Six-month old batteries last up to 5-6 hours.

Candles
¾”x4” will burn approximately 2 hours.

Coleman Mantle Lantern
2 mantle lanterns will burn 5 hours on ½ quart of white gas.

Kerosene Lantern
With a 1 inch wick, it will burn 45 hours on 1 quart of kerosene.

Light Sticks
Safest emergency light.

Generators
Excellent source of safe power, however, they use a great deal of fuel. Most run on gasoline burning ½ to 3 gallons per hour. Itemize energy requirements in order to select the appropriate size needed. Use the smallest size possible for less fuel needs. Operate generators in an open area with good ventilation. DO NOT ATTACH the generator to your house current without approved transfer switches. The electrical “back feed” can injure or even kill utility workers repairing the power lines. Large quantities of gasoline are dangerous to store. For more information and/or to calculate wattage needed, go to:

www.powerprotection.org/powergeneration/portable generators
Sanitation

Sanitation is a major concern and can be a cause of disease during emergencies. **Wash your hands frequently!** Substitutes for cleansing for cleansing without water include: hand sanitizers, rubbing alcohol, lotions including alcohol, shaving lotion, face creams and lotions, baby wipes, or a wet washcloth.

**Toilet with a bag:** Remove the water from your toilet bowl and line it with 2 sturdy trash bags. When ½ full, remove the bag, tie it securely for disposal, and store in a covered trash can until disposal service is resumed.

**Sanitation Kit** (Store in 5 or 6 gallon bucket)
- One 5 or 6 gallon bucket with tight fitting lid, snap on type toilet seat with lid
- 12 plastic liners (garbage bags)
- 4 pairs of rubber gloves
- 2 toils of toilet paper
- **Disinfectant:** liquid chlorine bleach, Nilogel clean-up gel, Pinesol, powdered laundry soap, powdered chlorinated lime available at building supply store. It can be used dry. Be sure to get chlorinated lime and not quick lime which is highly alkaline and corrosive
- Bottle of 3% Hydrogen Peroxide
- One box of Baking Soda
- One ½ gallon of white vinegar
- One large bottle of a hand sanitizer
- One roll paper towels
- One pkg. baby wipes
- One 2 liter bottle of water
- One 6 or 10 gallon container with tight fitting lid
- Old newspapers for wrapping garbage
- Two to three spray bottles
- Feminine hygiene items

**Directions for Emergency Toilet:**

1. Put two garbage bags as a liner in the 6-gallon bucket and snap on the toilet seat
2. Sprinkle 1 tablespoon of disinfectant in the bucket. The liquid will deodorize the toilet contents. Sprinkle some disinfectant on top after each usage.
3. The toilet is ready to use. Use toilet paper as usual.
4. Use baby wipes or hand sanitizer on hands after each use and dry hands with paper towels.
5. Replace the tight fitting lid after each use of the toilet. The key to disease control is to KEEP THE LID TIGHTLY COVERED.
6. When the bag is 1/3 to ½ full, carefully remove the first bag, tie it together and place it in the larger container. Use rubber gloves.
7. Replace liner so the bucket remains double bagged.

**Disinfectant:** when using bleach, use 1/4 cup bleach to 1 quart water. Other commercial disinfectants include HTH, or calcium hypochlorite, which is available at swimming pool supply stores. Portable toilet chemicals are available through recreational vehicle supply stores.

**Waste Disposal:** Never deposit waste or garbage on open ground. “In times of emergency, the military procedure is to bury human waste in trenches 24”-30” deep and cover with a thin layer of lime.” (Earthquake Preparedness, 1989, pg. 16) Garbage should be drained and wrapped in several thicknesses of old newspaper to absorb extra moisture. It then can be stored longer before developing unpleasant odors. A tight fitting lid is important to keep out flies. Other rubbish, trash that will not decompose, may need to be burned (with permission from local authorities).

**Additional Disinfecting and Odor Control Supplies:**

**Baking Soda:** will help to control odor; it stops mold, fungus or mildew and is a natural whitener. Baking soda relieves heartburn, indigestion and it neutralizes acids in a sour stomach associated with diarrhea. Use 1 teaspoon of baking soda mixed with 2 cups of water and drink it down. Baking soda plus a little salt will help clean your teeth.

**3% Hydrogen Peroxide:** Put in a small spray bottle, no water added. Hydrogen Peroxide is an antiseptic and a cleaning agent for minor cuts and abrasions. It can be used as an oral rinse and gargle. To disinfect toilet seat, spray it on and wipe off.

**White Distilled Vinegar:** (put in a small spray bottle, no water added) Studies show that vinegar kills 99% of bacteria, 82% of mold, and 80% of germs (viruses). To disinfect toilet seat, just spray it on and wipe off.

**Combining Vinegar & Hydrogen Peroxide:** Spraying solutions of vinegar and hydrogen peroxide, one after the other, kills virtually all Salmonella, E. coli bacteria or heavily contaminated surfaces. (Science News 8/8/98; Vol 154, Issue 6, pg 83-85)
Communications

In a wide scale disaster or emergency, the most common means of communication will probably not work. If they do, you will be able to call out of State more easily than locally. Thus, all members of your family should know or have the number of an “out-of-state contact.”

Telephones, cellular phones, and pagers will likely be unavailable or of little use for the first few days. Be sure to keep a cell phone charger in your car just in case.

Walkie-talkies or 2-way family radio service (FRS) radios, and CB radios may be very useful. You are likely to experience heavy usage and may not transmit in a timely manner. A supply of batteries is advisable. Rechargeable batteries may be unusable if there is no power. GMRS radios have a longer range - about 5 miles.

Amateur (HAM) Radio may be operational but operators must be licensed.

“CityWatch” is a county automated notification system that operates as a reverse 911 system. It calls your home to notify you of emergency situations. In a recent use, the system called 1,600 homes in 30 minutes. The system may not work if your telephone number is unlisted or blocked. This system may repeat the same pre-recorded message two times. Your caller ID may identify the call as being from the Davis County Health Department. Check with your neighbors. If they received a call to evacuate – it probably means you need to evacuate also!

Battery powered standard AM and FM radios will provide emergency alerts and messaging for our area. Radio may function when other forms of communication do not. Tune to KSL 1160 AM Radio.

CERT Volunteers or runners may be used to communicate and coordinate response activity.

Essential Documents

To be prepared for emergencies, there are some important financial and legal documents you need to keep in a safe place where you or your heirs can get them. Sometimes a copy does not have the same validity as the original.

*It is necessary to have the original or a certified copy.*

- *Living wills*
- *Powers of attorney*
- *Medical powers of attorney*
- *Wills and trusts*
- *Titles and deeds*
- *Birth certificates*
- *Adoption decrees*
- *Naturalization records*
- *Marriage license*
- *Child custody*
- *Passports*
- *Military / veteran papers*
- *Social security*
- *Driver’s license*
- *ID cards*
- *Certificates for stocks, bonds, & investments*
- *Insurance policies (life, home, auto)*
- *List of health and medical information*
- *List of financial investment information including account numbers*
- *Important contact information (family, friends, doctors, attorney, insurance)*
- *Household inventory documentation*
- *Mortgage*
- *Genealogy, pictures, family history*

This information could be put on a disk or CD. CAUTION! This information must be safeguarded and protected. In the wrong hands, this information makes identity theft very easy.
How to Make Your Home Safe During Earthquakes

Most injuries, deaths and economic loss in an earthquake are due to man-made problems. Many of the solutions, which limit loss, are simple and inexpensive. If building a new home or considering retrofitting an existing home for seismic protection, seek help from a professional contractor specializing in seismic construction techniques. In the meantime, consider the following suggestions to reduce damage to your property in the event of an earthquake.

- Secure fixtures such as lights, cabinets, bookcases, and top-heavy objects to resist moving, coming loose, or falling during the shaking. Place heavy objects on lower shelves and securely fasten shelves to walls. Special care should be taken to remove objects from above sleeping areas. Do not hang plants in heavy pots that could swing free of hooks.

![Secure your furniture by using:](image1)

- “L” brackets, corner brackets or “anodized” aluminum molding to attach tall or top-heavy furniture to the wall.

- Corner brackets or eye bolts to secure items located a short distance from the wall.

- Attach a wooden or metal guardrail on open shelves to keep items from sliding or falling off.

- Fishing line can be used as a less visible means of securing an item (guardrail).
How to Make Your Home Safe During Earthquakes

- **Store bottled goods**, glass, vases, china, and other breakables in low or closed cabinets and use nonskid padded matting, hold fast putty, or Velcro whenever possible.
- **Check the electrical wiring and connections to gas appliances**. Defective electrical wiring, leaking gas or inflexible connections are very dangerous in the event of an earthquake.
- **Develop a family plan** which addresses what to do if the earthquake occurs while family members are at home, school, or work. This plan should include a possible central meeting location for family members after the earthquake and an out-of-area contact person so other family members can find out information concerning their loved ones in the disaster area. It is usually easier to call out of a disaster area than it is to call into one.
- **Hold practice drills** so each member of your family knows what to do in an earthquake.
- **Locate master switch and shut-off valves for all utilities** and teach all responsible family members how to turn them off.
- **Is the water heater securely strapped in place?** Strapping the water heater to wall studs and having flexible gas and water lines installed will greatly reduce the risk of fire and water damage in an earthquake.

**Water Heater in Corner or Closet**

**Materials**

- 3/4x24 gauge perforated steel plumber tape
- 1/4" diameter x 3" lag screws and flat washers or 1/4" expandable anchors with 2" embedment for concrete or masonry walls

**Directions**

- The water heater should be 1” to 12” away from the corner walls.
- Locate the wall studs on both sides of the water heater (not behind it).
- Anchor plumber’s tape (a flexible steel strap) to a wall stud with a 1/4" diameter x3" lag screw and flat washer.
- From about 9” from the top of the tank, wrap the plumber’s tape all the way around the tank in a clockwise direction. Then anchor the tape to the stud on the other wall. Make sure the tape is tight.
How to Make Your Home Safe During Earthquakes

- Repeat the process again about 9" from the top of the tank, but this time wrap the tape in a counter clockwise direction.
- Repeat the process two more times about 4" from the bottom of the tank. Wrap one band of tape in a clockwise direction and the other band of tape in a counter clockwise direction.

Water Heater on Straight Wall

- ¾” x 24 gauge perforated steel plumber’s tape.
- ½” diameter conduit
- ¼” diameter x 1” round head washers.
- ¼” diameter x 3” lag screws and flat washer or ¼” expandable anchors with 2” embedment for concrete or masonry walls.

Directions

- The water heater should be 1” to 12” away from the wall.
- Locate the wall studs on both sides of the water heater (not behind it)
- Wrap plumber’s tape around the tank 9” from the top and 4” from the bottom. Secure tape with round head machine screw, flat washers and nut.
- Cut four pieces of conduit to size. The conduit is used as angle bracing from the wall studs to the tank. Flatten 1” at each end of the conduit and bend 45 degrees. Drill holes ½ “from each end.
- Anchor the conduit to the wall studs. Use 1/4” diameter x 3” lag screw and flat washer. Then anchor the conduit to the plumber’s tape. Use 1/4” diameter x 1” round head machine screw, washer and nut.
- If you’re using gas, have your utility company or a licensed plumber install a flexible hose where the gas line connects to the water heater at its base. Install flexible hoses for the water connections as well.
Emergency Basics

BEFORE AN EMERGENCY

- Know how to turn off gas, water and electricity to your home.
- Know basic first aid.
- Have a “72 Hour Emergency Kit” readily available.
- Keep your car with at least a half tank of gas.
- Have a plan for reuniting your family. Have one meeting place outside your home and another outside the immediate neighborhood.
- Have an “out of area” contact person. Every family member needs to know the number or have it with them.
- Have operational smoke alarms, carbon monoxide alarms and fire extinguishers installed.
- Children at school - make sure your list of adults authorized to pick up your children is current and complete. Tell older children who self-transport to follow the instructions of authorities.
- Know your neighbor’s skills and needs. Plan how you could help others with special needs, helping the elderly and disabled. Provide child care if children come from school and parents cannot get home. Working together as neighbors can save lives and property.
- Have a “Home Hazard Hunt”
  - Repair defective electrical wiring and leaky gas connections.
  - Secure water heater with straps to stud walls.
  - Fasten shelves securely.
  - Place large heavy objects on lower shelves.
  - Hang pictures and mirrors away from beds. Brace overhead light fixtures, china cabinets, bookcases, top heavy objects.
  - Store weed killers, pesticides and flammable products away from heat.
  - Clean and repair chimneys, flu pipes, vent connections and gas vents.
  - Place oily rags or waste in covered metal cans.
  - Clear surrounding brush or weeds 30 feet from home.
  - Take care of anything that could move, fall, break or cause a fire.

DURING AN EMERGENCY

- **STAY CALM, REASSURE OTHERS** (especially young children); **THINK** through the consequences of any action.
- **DO NOT TIE UP TELEPHONE LINES** needed for emergency operations.
- **LISTEN** to portable radio for all weather service advisories (KSL 1160 AM)
- **FOLLOW ADVICE OF LOCAL AUTHORITIES.** If you are told to evacuate, do so promptly. If told to go to a certain location, go straight there and check in.

AFTER AN EMERGENCY

- Check for injuries. Provide first aid.
- Check for safety using a light stick or flashlight.
- Check for gas, water, or sewage breaks, check for downed electric lines and electrical shorts.
- Turn off appropriate utilities only if you suspect the lines are damaged or if you are instructed to do so.

“If you turn the gas off, you will need a professional to turn it back on.” - FEMA

- Check for home hazards, fire dangers, or dangerous spills.
  - Be aware that spilled bleaches, gasoline and other liquids may produce deadly fumes when chemicals mix.
  - Get advice from emergency personnel on how to clean up spilled liquids, especially if there are noxious fumes.
- Listen to the radio for specific instructions from Public Safety agencies.
  - Local media will announce change in school openings and closings.
- Wear shoes.
- Stay off the telephone except to report emergencies.
- Check on neighbors, especially the elderly, disabled or those with small children.
- After the emergency is over, let relatives know how and where you are.
In Case Of…

EARTHQUAKES – BEFORE

Follow Emergency Basics 1-9 plus know the earthquake plan for your children’s school. Discuss it with them.

Triangle of Life

When buildings collapse, the weight of the ceiling falls upon objects or furniture inside the building and crushes the objects, leaving a space or void next to them. **This space is called the “triangle of life.”** The larger and stronger the object is, the less it will compact. The less the object compacts, the larger the void is with a greater probability that the person who is using this void for safety will not be injured.

Earthquake Drills

- **IDENTIFY SAFE SPOTS** in each room.
- **“ACT OUT”** getting to a safe spot in less than 2 seconds and get in a fetal position.
- **IDENTIFY DANGER ZONES** to stay away from such as bookcases, windows and furnishing that could fall.

EARTHQUAKES – DURING

1. Curl up in a fetal position during an earthquake. **You can survive in a smaller void.** Get next to an object, such as a sofa, or next to a large bulky object that will compress slightly but leave a void next to it.
2. Wooden buildings are the safest type of construction to be in during an earthquake. Wood is flexible and moves with the force of the earthquake. **If the wooden building collapses, large survival voids are created.**
3. If you are in bed and an earthquake occurs, simply roll off the bed and get in a fetal position. A safe void will exist around the bed.
4. **IT IS NOT SAFE TO STAND UNDER DOORWAYS OR STAIRS DURING AN EARTHQUAKE.**
5. Get near the outer wall of buildings or outside of them, if possible. It is much better to be near the outside of the building rather than the interior. The farther inside you are from the outside perimeter of the building, the greater the probability that your escape route will be blocked.
6. If you’re in a car during an earthquake, get out of the car and sit or lie next to it in a fetal position.
7. **STAY CALM, REASSURE OTHERS.** Expect loud noises. Sounds will come from the motion of the ground, from the structure of the building, and from falling objects.

EARTHQUAKES – AFTER

Be prepared for additional aftershocks.

1. Check for injuries - provide emergency first aid. Do not try to move seriously injured persons.
2. Be prepared to respond to psychological needs created by the trauma of the experience. Stay with small children; they fear separation during times of stress.
3. Check for safety. Turn off appropriate utilities. Check for gas, water, sewage breaks.
   - Check for downed electric lines and shorts.
   - Check for fire hazards, chemical spills, and toxic fumes. If there is leaking gas, leave the house and report to authorities.
   - Check building for cracks around chimney and foundation.
   - Open cabinets and closets carefully and be ready for falling objects.
4. Flashlights or light sticks are safe: Do not turn on electrical switches, light matches, or create sparks until you are sure there are no gas leaks.
5. Wear shoes. Clean up dangerous spills and broken glass and debris.
6. Listen to the radio for specific instructions from Public Safety agencies.
7. Stay off the telephone except to report emergencies.
8. Stay out of severely damaged buildings. Aftershocks may finish them off.
9. Confine or leash frightened pets.
10. NEVER ASSUME DOWNED POWER LINES ARE DEAD or you may be! People, metal and damp objects are good electrical conductors. To avoid shock and serious burns, stay back.
11. Do not go sightseeing.
12. Notify family to let them know how and where you are. If you must leave, leave a message of your intended route and destination and who is with you.
13. Practice strict sanitation.
In Case Of...

POWER OUTAGE – BEFORE

1. Know the location for the electrical fuse box and circuit breaker.
2. Have antifreeze.
3. Have emergency supplies:
   a. Water
   b. Food
   c. First aid
   d. Flashlight

POWER OUTAGE – AFTER

1. Unplug all major appliances. When the power comes on, the power surge could ruin appliances.
2. Report and downed power lines.
3. DO NOT OPEN the refrigerator or freezer doors.
4. In case of long term power failure in the winter, you may need to winterize your home to protect your pipes from freezing.
   a. Shut off the water at the street
   b. Drain all the water from your pipes at the lowest faucet. Flush all toilets so there is no water left in them.
   c. Turn off the gas to the water heater and drain it.
   d. Pour one cup of antifreeze in all drains, toilet bowls, and toilet tanks.
5. Leave for a location with power or stay in your home. If you stay, it is easier to heat one room than the whole house.

HIGH WINDS – BEFORE

1. Secure objects such as outdoor furniture, tools, trash cans, etc.
2. Have emergency supplies: water, food, first aid, etc.
3. Listen to the radio for weather updates.
4. Be prepared to board or tape up windows.
5. Open a window at the opposite end of the house about 1 inch to relieve pressure.

HIGH WINDS – DURING

1. Take shelter in center hallways, closets, or basement areas away from windows.
2. Avoid areas where flying objects may hit you.

HIGH WINDS – AFTER

1. Clean up.
2. Windows: use duct tape and plastic to mend if cracked; plywood to board up if broken.

THUNDER & LIGHTNING – OUTDOORS

1. Don’t use metal objects (lawn mowers, fishing rods, golf clubs, etc.) Remove metal cleated golf shoes.
2. Get out of the water and off of small boats.
3. Avoid being the highest object in any area. If you feel an electrical charge (your hair stands on end or skin tingles) drop to the ground in a crouched position with hands on knees and your head between them. DO NOT lie flat on the ground.

THUNDER & LIGHTNING – FIRST AID

1. Persons struck by lightning receive a severe electrical shock and may be burned where the lighting entered and left the body, but they can be handled safely. They carry no electrical charge.
2. Persons can be revived by prompt mouth to mouth resuscitation, cardiac massage, and prolonged artificial respiration.
In Case Of…

BLIZZARDS – RURAL AREAS

If you are trapped in a car by a blizzard:

1. Stay in the vehicle. Do not attempt to walk out. Disorientation occurs quickly in blowing, drifting snow.
2. Avoid overexertion from trying to push the car out or shoveling heavy drifts.
3. Run the motor only about 10 minutes each hour for heat and only with a rear window slightly open for ventilation. Be cautious of carbon monoxide poisoning. Make sure the exhaust pipe does not become blocked with snow.
4. Make yourself visible: raise the hood, tie a red cloth to the antenna.
5. Keep winter coats, shoes, blankets, gloves, water, matches, and a candle in a tin can in your car.

BLIZZARDS – URBAN AREAS

If you are trapped in a car by a blizzard:

1. Keep coats and gloves in your car.
2. Call for police or roadside assistance with cell phone.
3. Seek help from nearest business, school, and church.

FLOODS – DURING

1. Stay calm.
2. If there is time, disconnect all gas and electric appliances. Shut off the main water valve to keep contaminated water from entering the house. Shut off the power at the main breaker.

Remember, if you shut off the gas, a professional will have to come and turn it back on.

3. Listen for further instructions on the emergency frequency of your radio. (KSL 1160 AM)

FLOODS – AFTER

1. Do not return home until local authorities say that it is safe.
2. Check your home carefully for structural damage, gas leaks, and downed electrical wires.
3. Don’t use electrical appliances that have been flooded until repaired.
4. Don’t use food that has been contaminated by flood waters.
5. Don’t drink water until authorities say it is safe to do so.

FIRES – PREVENTION

1. Practice fire resistant housekeeping. Discard rubbish, trash, and oily rags in metal cans outside your home. Use proper size fuses, replace frayed cords, and don’t overload electrical outlets.
2. Store flammable liquids outside the home in tightly closed metal containers.
3. Maintain smoke detectors and fire extinguishers in working order.
4. Keep garden hose near the faucet, especially in the summer when fire danger is the greatest.
5. Keep oak brush, weeds, etc. cut back at least 30 feet from the house.

BASIC FIREFIGHTING

1. Keep an escape route between you and the fire.
2. Point the fire retardant at the base of the fire in a sweeping motion.
3. If your clothes catch on fire: STOP, DROP, ROLL.
4. ESCAPE, GET OUT FAST! Have two ways out of every room. Don’t stop to dress. Gather pets, valuables, or toys. Smoke and toxic gasses rise and can kill you in minutes. Crawl on your hands and knees. Take short, small breaths. Cover mouth with a cloth if possible. If a door is hot, do not open it. Keep doors and windows closed. ONCE YOU’RE OUT, DO NOT GO BACK IN! Have a pre-arranged meeting place outside.
In Case Of...

**ELECTRICAL FIRES**

Be sure to shut off the electricity first, then put out the flames with an extinguisher, water or other fire retardant. **If you can’t shut off the electricity, do not use water on an electrical fire.**

**OIL, GREASE, GASOLINE FIRE**

Smother the flames. Use your fire extinguisher, a pot lid, bread board, salt, baking soda, or earth. **DO NOT USE WATER!**

**GAS FIRE**

Shut off the gas supply. Use a fire extinguisher, sand, or earth.

**CHEMICAL – ON THE SCENE**

1. If you witness a chemical emergency, stay clear of the chemical and vapors or smoke. **CALL 911.**
2. If you are in a vehicle, close the windows, turn off the air systems, and leave the area.

**CHEMICAL – NOTIFICATION**

Orders to “evacuate” or “shelter-in-place” may be given if there is a threat to the community.

**CHEMICAL – EVACUATE**

If you are requested to evacuate, directions may be provided for safe routes to follow. Go to a designated shelter “Reception Center” to check in, and then you may go to another safe location (home of a relative or friend, motel, etc.)

1. Take 72 hour kits - include all necessary medications for extended period of time.
2. Shut off all appliances.
3. Leash or cage pets and/or take them with you, if possible. Most shelters will not accept pets.
4. Lock all doors and windows. Leave a message as to where you have gone.
5. Follow given evacuation routes.

**CHEMICAL - SHELTER IN PLACE**

This is a method of protecting yourself, family, and small pets from the effects of a released chemical.

1. If possible, bring pets inside.
2. Go inside, close and lock all doors and windows to the outside.
3. Turn off all heating/air conditioning systems and switch vents to the “closed” position.
4. Close all fire place dampers.
5. Go to one room and:
   - Use a basement room only as a last resort. Some chemicals are heavier than air and may seep into basements.
   - Choose a room with a bathroom attached, if possible.
   - Seal all windows, doors, and vents with plastic sheeting, wax paper, or other material and tape. Include spaces around pipes.
   - Place damp towels under doorways
   - Close the drapes/shades over windows and stay away from the windows.
6. Remain in place until you are told by police or fire personnel or through radio/TV broadcasts that it is safe to leave.
7. When the chemical emergency is over, open all doors and windows for ventilation.
Utah Homeland Security

Shortly after September 11, 2001, Governor Mike Leavitt directed the creation of the Utah Homeland Security Task Force (HLS). Its mission is to secure and protect the safety, health, well-being and rights of all people in Utah from man-made threats. The Homeland Security Advisory System provides a means to distribute information regarding the risk of terrorist acts to Federal, State and local authorities and the American people. The threat level warnings are issued as follows:

**RED – SEVERE RISK**

Terrorist attack has occurred or on is imminent and comes from a specific location or critical facility

- Expect delays, bag search, and heavy traffic
- Restrictions to public buildings
- Avoid crowded gatherings
- Do not travel in areas affected
- Keep emergency supplies accessible
- Report suspicious people
- Monitor “Emergency Alert” new

**YELLOW – ELEVATED RISK**

Elevated risk of terrorist attack but no specific region or target identified

- Continue normal activities but report suspicious activities
- Take a first aid or CERT class. Become active in Neighborhood Watch
- Network with family, neighbors & community for support during attack
- Learn about critical facilities in your community and report suspicious activities near them

**ORANGE – HIGH RISK**

Indications that there is a high risk of local terrorist attack but no specific target

- Continue normal activities but expect delays
- Continue to monitor world and local events
- Avoid leaving unattended packages, etc. in public area
- Inventory emergency supply kits
- Discuss family emergency plan
- Be alert to your surroundings & monitor your children
- Maintain close contact with family and neighbors

**GREEN – GUARDED RISK**

General risk, no credible threats or target

- Continue normal activities but be watchful for suspicious activities
- Increase family emergency preparedness, supplies, food, water & emergency family plan
- Monitor local and national news
- Update immunizations

**LOW RISK – LOW RISK TERRORISM**

Routine security is implemented

- Continue to enjoy individual freedom
- Be prepared for disaster & family emergencies
- Support the efforts of your local emergency responders
- Know what natural hazards are prevalent in your area and what you can do to protect your family
Overview of Possible Threats

BE INFORMED
Disaster preparedness is no longer the sole concern of earthquake prone Californians and those who live in the part of the country known as “Tornado Alley.” For Americans, preparedness must now account for man-made disasters as well as natural ones. Knowing what to do during an emergency is an important part of being prepared and may make all the difference when seconds count.

BIOLOGICAL THREAT
A biological attack is the deliberate release of germs or other biological substances that can make you sick. Many agents must be inhaled, enter through a cut in the skin or be eaten to make you sick. Some biological agents, such as anthrax, do not cause contagious diseases. Others, like the smallpox virus, can result in diseases you can catch from other people.

Unlike an explosion, a biological attack may or may not be immediately obvious. Although it is possible that you will see signs of a biological attack, as was sometimes the case with the anthrax mailings, it is perhaps more likely that local health care workers will report a pattern of unusual illness or there will be a wave of sick people seeking emergency medical attention. You will probably learn of the danger through an emergency radio or TV broadcast, or some other signal used in your community. You might get a telephone call or emergency response workers may come to your door.

In the event of a biological attack, public health officials may not immediately be able to provide information on what you should do. It will take time to determine exactly what the illness is, how it should be treated, and who is in danger; however, you should watch TV, listen to the radio, or check the internet for official news.

BIOLOGICAL EMERGENCY
If a family member becomes sick, it is important to be suspicious.

- Do not assume, however, that you should go to a hospital emergency room or that any illness is the result of the biological attack. Symptoms of many common illnesses may overlap.
- Use common sense, practice good hygiene and cleanliness to avoid spreading germs, and seek medical advice.
- Consider if you are in the group or area authorities believe to be in danger.
- If your symptoms match those described and you are in the group considered at risk, immediately seek emergency medical attention.

If you are potentially exposed:

- Follow instructions of doctors and other public health officials.
- If the disease is contagious, expect to stay away from others or even quarantined.
- For non-contagious diseases, expect to receive medical evaluation and treatment.
Overview of Possible Threats

If you become aware of an unusual and suspicious substance nearby:

- Quickly get away.
- Protect yourself. Cover your mouth and nose with layers of fabric that can filter the air but still allow breathing. Examples include 2 to 3 layers of cotton such as a t-shirt, handkerchief or towel. Otherwise, several layers of tissue or paper towels may help.
- Wash with soap and water.
- Contact authorities.
- Watch TV, listen to the radio, or check the internet for official news and information including what the signs and symptoms of the disease are, if medications or vaccinations are being distributed and where you should seek medical attention if you become sick.
- If you become sick, seek emergency medical attention.

CHEMICAL THREAT

A chemical attack is the deliberate release of a toxic gas, liquid or solid that can poison people and the environment. It is most likely to happen in a crowded place.

Possible Signs of a Chemical Threat:

- Many people suffering from watery eyes, twitching, choking, having trouble breathing or losing coordination.
- Many sick or dead birds, fish, or small animals are also cause for suspicion.

If you see signs of chemical attack:

- **FIND CLEAN AIR QUICKLY**
- Quickly try to define the impacted area where the chemical is coming from, if possible.
- Take immediate action to get away.
- If the chemical is inside a building where you are, get out of the building without passing through the contaminated area, if possible.

If you have been exposed to a chemical:

If your eyes are watering, your skin is stinging and you are having trouble breathing, you may have been exposed to a chemical.

- If you think you may have been exposed to a chemical, strip immediately and wash.
- Look for a hose, fountain, or any source of water, and wash with soap, if possible, being sure not to scrub the chemical into your skin.
- Seek emergency medical attention.

EXPLOSION

If there is an explosion:

- Take shelter against your desk or a sturdy table.
- Exit the building ASAP.
- Take your emergency supply kit if time allows.
- Do not use elevators.
- Check for fire and other hazards.

If there is a fire:

- Exit the building ASAP.
- Crawl low if there is smoke.
- Use a wet cloth, if possible, to cover your nose and mouth.
- Use the back of your hand to feel the upper, lower, and middle parts of closed doors.
- If the door is hot, do not open it. Look for another way out.
- Do not use elevators.
- If you catch fire, do not run. Stop, Drop, and Roll to put out the fire.
- If you are at home, go to a previously designated meeting place.
- Account for your family members and carefully supervise small children.
- Never go back into a burning building.
Overview of Possible Threats

If You are Trapped in Debris:

- If possible, use a flashlight to signal your location to rescuers.
- Avoid unnecessary movement so that you don’t kick up dust.
- Cover your nose and mouth with anything you have on hand. (Dense weave cotton material can act as a good filter. Try to breathe through the material).
- Tap on a pipe or wall so that rescuers can hear where you are.
- If possible, use a whistle to signal rescuers.
- Shout only as a last resort. Shouting can cause a person to inhale dangerous amounts of dust.

NUCLEAR BLAST

A nuclear blast is an explosion with intense light and heat, a devastating pressure wave and intense release of widespread radioactive material. It can contaminate the air, water, and ground surfaces for miles around (heat blast, radiation.) During a nuclear incident, it is important to avoid radioactive material, if possible, While experts may predict at this time that a nuclear attack is less likely than other types, terrorism by its nature is unpredictable.

Advanced warning of an attack:

If there is advance warning of an attack, take cover immediately, as far below ground as possible, though any shielding or shelter will help protect you from the immediate effects of the blast and the pressure wave.

No warning of an attack:

- Quickly assess the situation.
- Consider if you can get out of the area or if it would be better to go inside a building to limit the amount of radioactive material you are exposed to.
- If you take shelter, go as far below ground as possible, close windows and doors, turn off air conditioners, heaters, or other ventilation systems. Stay where you are, watch TV, listen to the radio, or check the internet for official news as it becomes available.

Shielding: If you have a thick shield between yourself and the radioactive materials, more of the radiation will be absorbed and you will be exposed to less.

Distance: The farther away you are away from the blast and the fallout, the lower your exposure.

Time: Minimizing time spent exposed will reduce your risk.

Use available information to assess the situation. If there is a significant radiation threat, health care authorities may or may not advise you to take potassium iodide.

Potassium iodide is the same substance added to your table salt to make it iodized. Consider keeping potassium iodide in your emergency kit; learn what the appropriate doses are for each of your family members. Plan to speak with your health care provider in advance about what makes sense for your family.

_for more information, see Potassium Iodide from Centers for Disease Control_

_for more general information, see “Are you Ready?” from Federal Emergency Management Agency._
Overview of Possible Threats

**RADIATION THREAT**

A radiation threat, commonly referred to as a "dirty bomb" or "radiological dispersion device (RDD)", is the use of common explosives to spread radioactive materials over a targeted area. Radioactive material may come from medical equipment or other radioactive devices. It is not a nuclear blast. The force of the explosion and radioactive contamination will be more localized. While the blast will be immediately obvious, the presence of radiation will not be clearly defined until trained personnel with specialized equipment are on the scene. As with any radiation, try to limit exposure. It is important to avoid breathing radiological dust that may be released in the air.

If there is a radiation threat or “Dirty Bomb”:

If you are outside and there is an explosion or authorities warn of a radiation release nearby, cover your nose and mouth and quickly go inside a building that has not been damaged. If you are already inside, check to see if your building has been damaged. If your building is stable, stay where you are. Close windows and doors; turn off air conditioners, heaters or other ventilation systems.

- If you are inside and there is an explosion near where you are or you are warned of a radiation release inside, cover nose and mouth and go outside immediately. Look for a building or other shelter that has not been damaged and quickly get inside. Once you are inside, close windows and doors; turn off air conditions, heaters, or other ventilation systems.
- If you think you have been exposed to radiation, take off your clothes and wash as soon as possible.
- Stay where you are, watch TV, listen to the radio, or check the Internet for official news as it becomes available.
- Remember to limit the amount of radiation you are exposed to, think about shielding, distance and time.

**Shielding:** If you have a thick shield between yourself and the radioactive materials, more of the radiation will be absorbed and you will be exposed to less.

**Distance:** The farther away you are away from the blast and the fallout, the lower your exposure.

**Time:** Minimizing time spent exposed will reduce your risk

As with any emergency, local authorities may not be able to immediately provide information on what is happening and what you should do, however, you should watch TV, listen to the radio, or check the Internet often for official news and information as it becomes available.

*For more general information, see “Are you Ready?” from Federal Emergency Management Agency.*
Other Sources of Information

www.clearfieldcity.org ([Clearfield City](#))
www.beprepared.com - ([Emergency Essentials](#))
www.bt.cdc.gov ([CDC - Emergency Preparedness & Response](#))
www.citizencorps.gov/programs/cert.shtm ([Community Emergency Response](#))
www.des.ut.gov ([Utah State Division of Emergency Services & Homeland Security](#))
www.disaster-resource.com ([Disaster Resource Guide](#))
www.fema.gov ([Federal Emergency Management Agency](#))
www.missingkids.com ([National Center Missing & Exploited Children](#))
www.geology.utah.gov ([Utah Geological Survey](#))
www.hlunix.hl.state.ut.us/ ([Utah Department of Health](#))
www.nws.noaa.gov ([National Weather Service](#))
www.neic.usgs.gov ([National Earthquake Information Center](#))
www.nod.org/emergency/index ([National Organization on Disability, Emergency Preparedness](#))
www.providentliving.org ([LDS Church - Guide to Food Storage, Preparation](#))
www.redcross.org/services/disaster/ ([American Red Cross](#))
www.utahredcross.org ([Greater Salt Lake Area Chapter](#))
www.training.fema.gov/emiweb/CERT/ ([CERT Training](#))
www.depts.washington.edu/learncpr/index.html ([Learn CPR. You Can do It!](#))
www.quake.utah.edu ([University of Utah Seismograph Stations](#))
www.powerprotection.org/powergeneration/portablegenerators.shtml ([Power Protection - Portable Generator](#))

Check Google or other web search engines for Emergency Preparedness products and information. This is a partial list and is intended for information only

*Clearfield City does not endorse all of the above listed web sites.*
EMERGENCY PHONE NUMBERS

Clearfield City
Clearfield Police Department 801-525-2806
Life Threatening Emergency 911
North Davis Fire District 801-525-2850

Other Important Numbers

- FBI ............................................ 1-800-225-5324
- FEMA ............................................ 1-202-566-1600
- Homeland Security ............................................ 202-282-8495
- Questar Gas............................................ 1-800-541-2824
- Poison Control Center............................................ 1-800-222-1222
- Red Cross (Salt Lake Chapter)......................... 801-323-7000
- Red Cross............................................ 1-866-438-4636
- Suicide Prevention............................................ 1-800-273-8255
- Utah DES (Department of Emergency Services)............... 1-800-753-2858
- Utah Highway Patrol (non-emergency).................. 801-393-1136
- Weber Basin Water............................................ 801-771-1677

Hospitals

- Davis Hospital ............................................ 801-807-1000
- Lakeview............................................ 801-299-2200
- McKay Dee Hospital ............................................ 801-387-2800
- Ogden Regional ............................................ 801-479-2111
- Primary Children’s Hospital ............................................ 801-662-1000
- Layton Hospital............................................ 801-543-6000