

# Emergency Preparedness Manual

Kimberly Idaho Stake  
Compiled under the direction of the  
Kimberly Idaho Stake Presidency



Five of Them Were Wise, by Walter Rane, courtesy Church History Museum

“...if ye are prepared ye shall not fear.”

D&C 38:30

Revised 2/1/21

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## STAKE PRESIDENCY MESSAGE

Dear Friends.

The Lord Jesus Christ has promised us that “If ye are prepared ye shall not fear.”

No doubt, the year 2020 has given new meaning to this wonderful truth.

How quickly life’s routines were abruptly altered during the beginning months of the Covid-19 pandemic. Our preparedness and faith has certainly been put to the test.

President Russel M. Nelson recently taught that preparedness is our key to embracing our future with faith. He invites us to:

1. Create places of security
2. Prepare our minds to be faithful to God
3. Never stop preparing

As we look to the future, please consider the state of your spiritual and temporal well being. We invite all to prayerfully and faithfully take the next steps in our personal and family preparedness. We promise the Lords’ Blessings to help us in our efforts.

This updated guide can serve as a wonderful resource to assist in this endeavor. Let the lessons we have learned in 2020 motivate us to “press forward with a steadfastness in Christ.”

With love and appreciation,



The image shows two handwritten signatures in black ink. The top signature is written in a cursive style and appears to read 'Jim Coon'. The bottom signature is also in cursive and appears to read 'Brent Funk'.

Kimberly Idaho Stake Presidency

# GETTING STARTED

## HOW TO USE THIS HANDBOOK:

**THIS HANDBOOK IS BROKEN INTO 3 MAIN SECTIONS.**

The First Section contains information for individuals or families to **prepare** for emergencies they might encounter.

The Second Section contains information that is pertinent to this area specifically and how individuals and families can **respond** to those emergencies.

The third Section contains **contact** information for individuals and families to fill out so they will know who to contact and how to get a hold of other family members in case they are separated.

We strongly encourage all families to review the information contained in this manual in their Family Home Evenings. It is our recommendation that the manual be kept in a place where it can be easily accessed in a time of emergency.

In a disaster, fear is often responsible for many deaths besides those caused by exposure, hunger and injury. Fear is usually based on a lack of adequate preparation and experience. Planning for an emergency in advance can minimize fear and stress. Knowledge and experience (practice drills and training) will help instill confidence and control fear.

By adhering to these practices, those who live within the stake may be more properly assured of the lord's promise:

**“...If ye are prepared, ye shall not fear.”**

(Doctrine and Covenants 38:30)

The contents of this booklet are intended to assist individuals and families in coping with emergency hazards. However, final decisions on preparation and actions taken during an emergency are the responsibilities of individuals. No one knows your needs or can take care of you better than you can; nor does anyone else have that responsibility. Information and examples contained within this booklet are provided for advice only. Therefore, no liability is assumed by the Kimberly Idaho Stake for the use or misuse of any information contained herein.

## WHERE DO WE BEGIN?

### CREATE YEARLY FAMILY GOALS

- Choose family goals that your whole family can work on throughout the year.
- Remember to make S.M.A.R.T. Goals. Specific, Measurable, Achievable, Realistic, and Timely.
- Examples might include
  - Update our families 72hr kits this year to be more accessible
  - Create a Family a budget
  - Go through our existing Food supply and properly dispose of those items that have expired and use/rotate items that are soon to expire this year.
  - Practice a Family fire drill at least 2 times this year
  - As a family we are going to learn where and how to turn off water, propane, and electricity main switches.
  - Add Emergency telephone numbers, listed in section 3, to each family member's cell phone. Have each family member memorize other members' cell numbers in case phones are lost or misplaced.

### CREATE/UPDATE KITS

- Using Section 1 in this Manual create, or update, kits that will help your family in an emergency.

### CREATE A PLAN FOR DISASTERS

- Meet with your family to discuss possible disasters and how you will respond.
- Draw a floor plan of your home and mark two escape routes from each room.
- Conduct a home hazard hunt and look for items that may cause injury or may be damaged in an earthquake.
- Check on the school emergency plan of any school-age children you may have. You need to know if they will keep children at school until a parent or designated adult can pick them up or if they will send them home on their own. Be sure that the school has updated information about how to reach parents and responsible caregivers. During times of emergency the school telephones may be overwhelmed with calls.

### PRACTICE

- Practice drills for each potential disaster listed in section 2 of this manual. Consider physically going through the movements so everyone in the family understands their roles..

### CREATE A PLAN TO REUNITE AFTER AN EMERGENCY

- Choose one local and one out of state relative or friend or family members to call if separated by an emergency. All family members should know who the contacts are, their phone numbers, and how to call them. These contacts can help family members know where the others are and how to reach them.
- Choose two meeting places to reunite after an emergency. One should be near your home and the other should be outside your neighborhood in case you cannot return home after the emergency.

# SECTION I: PERSONAL EMERGENCY PREPAREDNESS

## PORTABLE KITS

When an emergency occurs you will probably not have the luxury of going around the house gathering up the needed items, especially if you have to evacuate your home. These kits should hold essential items you and your family may need during an emergency situation if evacuated from your home. These kits should be put in an accessible place where they can be easily grabbed on the way out the door.

### FIRST AID KIT

Creating a good First Aid Kit is the base for most other kits. Consider taking a first aid, CPR or AED course through a certified program.

#### SAMPLE LIST OF ITEMS FOR YOUR KIT:

- First Aid Manual
- Consecrated oil
- Sterile Adhesive Bandages –assorted sizes
- 2" and 4" Sterile Gauze Pads (4-6 each)
- Hypo-Allergenic Adhesive Tape
- 40" Triangular Bandages (3)
- 2" and 3" Sterile Roller Bandages (3 rolls each)
- Scissors and Tweezers
- Epi-Pen ( by prescription) if you have allergens
- Benadryl (diphenhydramine)
- Caladryl (topical anti-itch)
- Sewing Kit
- Moistened towelettes
- Antiseptic Soap
- Personal Medications
- Herbs & Essential Oils
- Antiseptic Solution – Iodine Compounds
- Triple Antibiotic Ointment
- Burn Ointment (not Vaseline)
- Tub of Lubrication (Vaseline, Petroleum Jelly)
- Eyewash Kit
- Thermometer
- Cold and Heat Packs
- Tongue Depressors (2)
- Safety Pins in Assorted Sizes
- Latex Gloves (2 pair)
- Aspirin/Pain Reliever
- Anti-Diarrheal Medication
- Antacid
- Laxative
- Activated Charcoal
- Sunscreen (30+ SPF)
- Insect Repellent
- Sanitary Pads and/or Tampons

Medical equipment and medicine might become scarce in an emergency. Make sure you have the correct medicines and medical instruments that are necessary for your family.

### 72 HOUR EMERGENCY KITS

The container may be any bucket, box or backpack which you can easily carry. Pack items in a lightweight dry-bag or individual plastic storage bags to keep them dry and air tight, prevent accidental spills, and provide protection from rain or other moisture.

## SAMPLE LIST OF ITEMS FOR YOUR KIT:

- **Food:** Non-cook or easily prepared lightweight foods such as crackers, dried or canned fruit, jerky, raisins, nuts, granola bars, canned meats, soups, cereal, Be careful not to add too many salty items that will cause thirst, or use up your drinking water etc. Energy bars, MRE's, Mess kit. Store enough food to last at least 72 hours. Remember: meals for infants/restrictive diets. Label and rotate perishable items.
- **Clothing:** One change of clothing, extra shoes, socks, rain and winter gear, work gloves. Update children's clothing sizes as needed.
- **First Aid Kit & Personal Hygiene:** Toothbrush, paste, soap, lotion, lip balm, comb, wash cloth, small towel, etc.
- **Cooking and Warmth:** Matches, ( Be careful to make sure no gas lines are ruptured around where you want to light a fire) lighter, backpackers stove, mess kit hand/toe warmers, space/Mylar blankets, etc.
- **Tools:** Multi-tool, pocket knife, small tool set, hatchet, small shovel, etc.
- **Rope:** 50 ft. of parachute cord or other light rope
- **Light:** Flashlight, batteries (stored separately and rotated yearly.) Solar garden lights can be useful, set out during the day to charge, use inside at night for light.
- **Communication:** Crank Radio or radio, batteries, whistle.
- **Map and Compass, Signal Mirror**
- **Mask:** (N95 dust mask / Bandana)
- **Important Papers:** Photocopy I.D., birth certificates, SS#, insurance policy info, family pictures, genealogy records, House appraisal and picture inventory, legal information, phone #s and family contacts etc.
- **Money:** Cash, Quarters, etc. Keep a few hundred dollars in small bills on hand. Credit card and ATM machines may not work in an emergency.
- **Reading and Recreation:** to help with boredom or stress, pack small games/toys/books for children and adults. Include paper, pencil/crayons.
- **Sanitation:** Portable toilet or 5 gal. Bucket. Include toilet paper, disinfectant, soap, paper towels or hand wipes, Heavy duty trash bags, bleach, etc. in the bucket. Feminine products.
- **Shelter & Bedding:** Tent, Tarp, Rope, Sleeping Bag, Blankets, Thin pads (not just for comfort but to insulate the bag from ground.)
- **Water:** Two Liters per person per day is recommended. However, a person can survive quite well on less, and the load of carrying 6 liters of water is great. Survival veterans suggest 2 liters of water should be adequate for 72 hours. Water purification methods(filtering bottles, tablets) would be great to include.

## ADDITIONAL ITEMS YOU SHOULD CONSIDER:

Compact fishing kit, weapon, small scriptures, small hymn book, spare glasses or sunglasses, field glasses, razor/scissors/nail clippers, sunscreen/ hat etc. For families with babies or small children don't forget to include a special blanket, diapers, formula, bottles etc.



## SHELTER IN PLACE KITS

Some emergencies you will not need to evacuate your home but instead might have to rely on what you have at home to sustain your family for a period of time.

### FOOD STORAGE

#### STORE FOOD YOUR FAMILY WILL EAT!

- Take an inventory of what you currently have.
- Begin by storing a small supply of food that is part of your normal, daily diet. One way to do this is to purchase a few extra items to build a one-week supply of food. Then you can gradually increase your supply until it is sufficient for three months. Then work towards a longer term storage. These items should be rotated regularly to avoid spoilage. Select food items high in nutrition. (Consider the special needs of your household, such as infants or special diets.)
- For long-term needs, gradually build a supply of food that will last a long time and that you can use to stay alive, such as wheat, rice, and beans. These items can last 30 years or more when properly packaged and stored in a cool, dry place. A portion of these items may be rotated in your 3-month supply.
- Store non-perishable food items in a dry place where the temperature is not above 70 degrees and not below freezing, in tightly closed cans, buckets, or metal containers to keep them fresh and safe from rodents or bugs. If you don't have a pantry or storage room, consider storage spaces such as closets and beneath beds.
- Label food items with content and date purchased for easier rotation.

#### OTHER SUGGESTED FOOD ITEMS INCLUDE:

- Ready to eat canned meats, soups, fruits, and vegetables
- Canned juices and canned or powdered milk
- Staples such as wheat, corn, rice, beans sugar/honey, salt
- Dehydrated or freeze-dried foods
- High energy foods: peanut butter, jelly, granola bars, trail mix, crackers, etc.
- Comfort/stress reducing foods: cereal, candy or sweets

#### OTHER METHODS OF COOKING

During an emergency traditional methods of cooking or fuel may not be available.

Other methods may include:

- Charcoal (Dutch Oven)
- Propane stove
- Kerosene stove
- Fire pit
- Solar
- [Rocket Stove](#) (Click the Link for more information)

Having familiarity with these other cooking methods can make a more pleasant dining experience. Practice using these other methods often as temperature control is usually more difficult. If you can't cook your food storage how will you eat it?

**PLANT AND HARVEST A GARDEN. GARDENS CAN BE GROWN IN POTS IN SMALL AREAS IF SPACE IS LIMITED. LEARN TO BOTTLE AND PRESERVE THE FOOD YOU GROW.**

*We want you to be ready with your personal storehouse filled with at least a year's supply. You don't argue why it cannot be done, you just plan to organize and get it done. – President Spencer W. Kimball May 1976*

### **ADDITIONAL INFORMATION ON FOOD STORAGE**

[www.mountainhouse.com](http://www.mountainhouse.com)

[www.alpineaire.com](http://www.alpineaire.com)

[www.backpackerspantry.com](http://www.backpackerspantry.com)

[www.dailybread.com](http://www.dailybread.com)

[www.thereadystore.com](http://www.thereadystore.com)

[www.nitro-pak.com](http://www.nitro-pak.com)

[www.foodstoragemadeeasy.net/getting-started](http://www.foodstoragemadeeasy.net/getting-started)

[www.beprepared.com](http://www.beprepared.com)

<https://www.churchofjesuschrist.org/study/ensign/1981/08/random-sampler/food-storage-where-and-how?lang=eng>

Bishops Storehouse in Twin Falls

### **WATER STORAGE & PURIFICATION**

**STORE AT LEAST A TWO WEEK SUPPLY OF WATER PER PERSON IN YOUR HOME.**

A suggested two week supply of water for one person is 14 gallons or 1 gallon per day

**TAKE THE FOLLOWING INTO ACCOUNT:**

- Individual needs may vary, depending on age, physical condition, activity, diet, and climate.
- Children, nursing mothers, and ill people need more water.
- Very hot temperatures can double the amount of water needed.
- A medical emergency might require additional water.
- Carbonated beverages can actually dehydrate the body and should not be included as part of your two week supply

**STORAGE CONTAINERS:** Store water in food grade containers. Consider using plastic bottles commonly used for juice and soda. (Milk jugs are not a good option.) Before filling, thoroughly clean and sanitize.

**WATER PURIFICATION FOR STORAGE:** Fill bottles with regular tap water. If water has been commercially treated by a water utility with chlorine, do not add anything to the water. If the water comes from a well or untreated source add:

16 drops (1/8 tsp.) regular chlorine bleach per gallon of water  
(5.25% to 6% sodium hypochlorite bleach)

**DO NOT** use scented, splash-proof, or color safe bleach or bleach with added cleaners.

**WRITE DATE ON CONTAINER:** Store in a cool, dark place; away from petroleum products and pesticides. It is suggested that water storage be rotated every six months if you are not using commercially bottled water.

*There are many ways to treat water. None is perfect. Often the best solution is a combination of methods.*

Before treating water, let any suspended particles settle to the bottom or strain them through layers of clean cloth or coffee filters.

**PURIFYING CONTAMINATED WATER - BOILING METHOD:** Boiling is the cheapest, safest, and most reliable method for killing microbes and parasites. Bring water to a rolling boil and then let cool. There is no need to boil water longer and only wastes fuel. In the time it takes for the water to reach the boiling point (212° F) from 160° F, all pathogens will be killed, even at high altitude.

Water will taste better if you put oxygen back into it by pouring water back and forth between 2 clean containers. (This will also improve the taste of stored water.)

**PURIFYING CONTAMINATED WATER - BLEACH METHOD:** Let water stand until particles settle. Pour clean water into the container. Add 16 drops (1/8 tsp.) per gal. Mix well and wait 30 min. Water should have a slight bleach odor. If not, repeat a dose of bleach. Wait 15 minutes. Sniff again; repeat if necessary. Keep an eyedropper taped to your emergency bottle of bleach since purifying small amounts requires only a few drops. Note: Household bleach has a shelf life of 6 months or less. However Calcium Hypochlorite (75%+ test) has an almost indefinite shelf life when kept dry.

**SANITIZING SOLUTION:** One tablespoon regular bleach with one gallon of water.

**SANITIZING DISHES:** In lieu of steaming hot water, always wash and rinse items first, then soak in bleach sanitizing solution for 2 minutes. Drain and air dry. If water is cloudy double the recommended dosage of bleach.

**ROTATE BLEACH EVERY 3 MONTHS TO KEEP IT AT FULL STRENGTH OR USE CALCIUM HYPOCHLORITE (POOL SHOCK, 75% TEST).**

**IN THE EVENT OF AN EMERGENCY YOU CAN UTILIZE ALTERNATIVE WATER SOURCES SUCH AS A HOT WATER TANK OR WATER DRAINED FROM PIPES.**

- Turn off main water valves to protect water sources already in your home from contamination.
- To use water from your pipes, let air into the plumbing by turning on the faucet from the highest level; then obtain water from the lowest faucet in the house.
- To use water in your hot water tank, turn off the electricity/gas. Turn off the water intake valve at the tank and turn on the hot water faucet. (Remember to fill the tank before turning the electricity/gas back on.)

## SHELTERING IN-PLACE

There are two types of “in-place sheltering”: Sealing yourself in doors, or quarantining yourself indoors. In-place sheltering means staying inside your home or business. If in-place sheltering is necessary you may be notified by the “Emergency Broadcast System” or Law Enforcement.

### IN ADVANCE OF DANGER:

- Select an Upstairs, interior room, large enough to provide oxygen for all occupants.
- Make a list of what you will keep in that room or put there quickly
  - Plastic sheeting (approx. 200 sq. ft.) & Duct tape (1-2 roles)
  - Complete 72 hour kit
  - Flash light (Do not use candles, it will burn valuable oxygen.)
  - Portable toilet
  - Books, Games etc.

### SEALING YOURSELF INDOORS:

- Gather family members and pets. Decontaminate before entering the room.
- Turn on the radio or TV for official information.
- Turn off all air-conditioners, fans & furnaces. Close chimney flue dampers.
- Close, lock and secure your home (windows, doors, animal entries etc.)
- Seal room. Jam wet towels under doors. Use plastic sheeting and duct tape to make the room as air-tight as possible. Cover windows, heat vents, dryer vents, light sockets, fireplaces, light fixtures, exhaust fans, door frame. Caulk cracks in advance.
- Limit activity and oxygen use.
- Stay inside a sealed shelter until you are told officially that it is safe.
- In the absence of an air filter, you may need to leave your shelter after 1-2 hours, depending on the size of room and number of occupants.
- In cold weather, setting up a tent in your chosen room can add another layer of insulation and help retain body warmth. May help calm children to pretend they are camping out.

### QUARANTINE (DO NOT SEAL OFF OXYGEN):

- Gather your family to your home and lock all doors and windows.
- Turn on the radio or TV for official information.
- Avoid all contact with people, animals, insects that may have been infected.
- Do not open the door until you get official information that it is safe.
- Some biological poisonings will require quarantine. If you feel sick but are turned away at the hospital, quarantine yourself in your home.
- You may want to quarantine yourself for 2 weeks or longer depending on the extent of the problem.
- Create a cleaning & disinfecting schedule. See info more in Section2 - Pandemic

## EMERGENCY SANITATION

**AFTER A MAJOR DISASTER, WATER AND SEWAGE LINES MAY BE DISRUPTED.**

**GATHER TOGETHER THE BASIC SANITATION SUPPLIES AND STORE IN A BUCKET:**

- Temporary Toilet: five Gal. plastic buckets with a tight lid  
(You can buy a plastic toilet seat that snaps on to a 5 gal bucket)
- Household chlorine bleach
- Toilet paper
- Plastic heavy duty garbage bags and ties
- Soap
- Liquid detergent
- Paper towels or Towelettes
- Optional: garbage can with tight lid for disposal

### **SANITATION:**

Build a makeshift toilet: If sewage lines are broken but the toilet bowl is usable, place a garbage bag inside the emptied bowl, or you can make your own toilet with a 5 gallon bucket (see above.) You could also do as the pioneers and cut a hole in a chair and put a bucket beneath it.

**SANITIZE WASTE:** After each use, pour a small amount of disinfectant such as bleach, Pine-sol, baking soda, laundry soap, etc. into containers and cover tightly. This will help avoid infection and stop the spread of disease.

**DISPOSE OF WASTE:** Bury human waste to avoid spread of disease by rodents and flies. Dig a pit 2 to 3 feet deep and at least 50' downhill from water supply. If the garbage cannot be buried immediately (frozen ground, location, etc.) store in a large can with a tight fitting lid until it can be disposed of properly.

*I stand before the Church this day and raise the warning voice. . . It is a voice calling upon the Lord's people to prepare for the troubles and desolations which are about to be poured out upon the world without measure. For the moment we live in a day of peace and prosperity, but it shall not ever be thus. Great trials lie ahead. All of the sorrows and perils of the past are but a foretaste of what is yet to be. And we must prepare ourselves temporally and spiritually . . . We do not know when the calamities and troubles that of the last days will fall upon any of us as individuals or upon the body of the saints . . . We can rest assured that if we have done all in our power to prepare for whatever lies ahead, He will then help us with whatever else we need . . . We do not say that all of the saints will be spared and saved from the coming day of desolation, but we do say there is no promise of safety and no promise of security except for those who love the Lord and who are seeking to do all that he commands. – Elder Bruce R. McConkie, May 1979*

### **OTHER NECESSITIES**

These are items that your family might be in need while at home during a disaster. These are just some examples and are not an all inclusive list

- Toilet Paper
- Cleaning supplies (Soap, Liquid Detergent, towelettes)
- Additional Power sources (Generators, Solar power, Batteries)

## FINANCIAL PREPAREDNESS (FROM CHURCH HANDBOOK)

*“Not only should we have strong spiritual homes, but we should have strong temporal homes. We should avoid bondage by getting out of debt as soon as we can, pay as we go, and live within our incomes. There is wisdom in having on hand a year’s supply of food, clothing, [and] fuel (if possible) . . . to take care of ourselves. I believe a man should prepare for the worst while working for the best. – Ezra Taft Benson*

### FIRST AND FOREMOST PAY YOUR TITHES AND OFFERINGS.

Successful family finances begin with the payment of an honest tithe and the giving of a generous fast offering. The Lord has promised to open the windows of heaven and pour out great blessings upon those who pay tithes and offerings faithfully.

### AVOID DEBT

Spending less money than you make is essential to your financial security. Avoid debt, with the exception of buying a modest home or paying for education or other vital needs. If you are in debt, pay it off as quickly as possible. Some useful tools in becoming debt free are; a debt-elimination calendar, taking Self-Reliance courses, and a family budget worksheet.

### DISTINGUISH BETWEEN NEEDS AND WANTS

We must learn to distinguish between wants and needs. We should be modest in our wants. It takes self-discipline to avoid the “buy now, pay later” philosophy and to adopt the “save now and buy later” practice.

### GETTING—AND STAYING—OUT OF DEBT

We should avoid debt. There is nothing that will cause greater tensions in life than grinding debt, which will make the debtor a slave to creditors. A specific goal, careful planning, and determined self-discipline are required to accomplish this.

President N. Eldon Tanner (1898–1982) taught: “Those who structure their standard of living to allow a little surplus, control their circumstances. Those who spend a little more than they earn are controlled by their circumstances. They are in bondage” (“Constancy amid Change,” Liahona, Feb. 1982, 46).

### USE A BUDGET

Keep a record of your expenditures. Record and review monthly income and expenses. Determine how to reduce what you spend for nonessentials.

Use this information to establish a family budget. Plan what you will give as Church donations, how much you will save, and what you will spend for food, housing, utilities, transportation, clothing, insurance, and so on.

Discipline yourself to stay within your budget plan. A budget worksheet is a useful tool to help you with your plan.

### BUILD A RESERVE

Gradually build a financial reserve, and use it for emergencies only. If you save a little money regularly, you will be surprised how much accumulates over time.

President Gordon B. Hinckley (1910–2008) taught: “Set your houses in order. If you have paid your debts, if you have a reserve, even though it be small, then should storms howl about your head, you will have shelter for your wives and children and peace in your hearts” (“To the Boys and to the Men,” *Liahona*, Jan. 1999, 66; October 1998 general conference).

Additional Financial Information can be found at:

<https://www.churchofjesuschrist.org/study/manual/gospel-topics/family-finances?lang=eng>

## MISCELLANEOUS PREPAREDNESS INFO

### HELPING CHILDREN

Children experience trauma and fear during a natural disaster. If they practice family disaster drills and know what to do in an emergency, they should be calmer. When parents are calm, children calm down more quickly.

#### BEFORE A DISASTER, PARENTS CAN PREPARE CHILDREN:

- Develop and practice a family disaster plan.
- Teach children how to recognize danger signals.
- Explain how to call for help using 911 and other numbers.
- Help children memorize important family information.
- Include children’s toys and special foods in your 72-hour kit.
- Include family photos with names and phone numbers in your 72-hour kit.

**AFTER THE DISASTER, CHILDREN ARE MOST AFRAID THE DISASTER WILL HAPPEN AGAIN, SOMEONE WILL BE HURT OR KILLED, AND THEY WILL BE SEPARATED FROM FAMILY AND LEFT ALONE.**

#### PARENTS CAN HELP MINIMIZE THEIR CHILDREN’S FEARS:

- Keep the family together. Do not leave the children with relatives or friends –They are your responsibility. Keep your children with you.
- Calmly and firmly explain the situation and your plans.
- Talk to your children at eye level.
- Encourage children to talk about the disaster and ask questions.
- Include children in recovery activities by giving them those chores that will help them feel they are helping things get back to normal.
- Reassure children with firmness and love.
- Sympathize with and resolve anxieties.
- Hold your children and spend more time with them.

*I have a sense and a feeling as we watched some of the disasters in the world that this is a time for us to learn and prepare from these experiences.*

*The preparation begins in our homes. There are not enough tents in the world to furnish every person with a tent unless the members of the church have a tent in their own homes. A simple thing like that, then the storehouse is pressed down, heaped over in our own homes . . . As we listen to prophets of God we will be Okay. We don’t need to worry about being alive in this scary time. The world has had scary times before and the Lord has always taken care of His people who have been faithful. – Julie B. Beck, Relief Society General President (Self Reliance 2010)*

## SPECIAL NEEDS

People with special needs should take extra precautions when preparing for a disaster. One of the most important things you can do is have a buddy, someone who can help you evacuate and take care of you. During an emergency, your usual care giver may not be available to help you. Make sure your buddy knows how to operate any medical equipment you use.

### SUPPLIES WHICH MAY BE NEEDED FOR PEOPLE WITH SPECIAL NEEDS:

- Prescription Medications
- Prosthetic devices
- Oxygen and supplies
- Back-up power/generator for equipment, heat, or air conditioning
- Wheelchair and extra batteries
- Hearing aids and batteries
- Extra eye glasses and record of prescription
- Pillows, blankets, bedding
- Medical insurance and medical cards
- List of style and serial numbers of medical devices
- Emergency medical certification

## PETS

### REMEMBER TO EVACUATE YOUR PETS WHEN YOU LEAVE!

You need to have an emergency plan and kit for your pets.

Red Cross shelters accept service animals only.

### SAFE PLACES FOR YOUR PETS:

- Hotels and Motels outside the emergency area that accept pets.
- Homes of willing friends/relatives outside of the disaster area.
- Boarding facilities, vets, local animal shelters (last resort.)
- Keep phone numbers for the above with your pet's kit.

Disaster pet kit supply items:

### MEDICATIONS, MEDICAL RECORDS, PET FIRST AID KIT AND MANUAL

- Carrier and/or sturdy leash, harness and/or collar
- Food, can opener, potable water and bowls
- Cat litter, pan, scoop, and plastic bags for waste disposal

*The time will come that gold will hold no comparison in value to a bushel of wheat" – Discourses of Brigham Young p. 291-293, 298*



## HOME ELECTRICAL CIRCUITS

Familiarize yourself and your family with the location of the electrical breaker panel or panels.

- Learn where to turn off breakers for concerned areas.
- Learn how to shut off the main breaker, which could be inside or outside your home. If it is on your home, there may be a main disconnect switch (breaker) next to it. If the meter is on an underground service, it may be in front of your home; but there should be a main breaker where the line enters the home.

### IN CASE OF BASEMENT FLOODING:

- Think before stepping into any water - a shock hazard may exist even in an inch of water if an extension cord connection is on the floor.
- If the electrical panel is upstairs, shut off all circuits.
- If the electrical panel is downstairs, determine whether it can be reached on dry ground. If not, shut off the main breaker.

## COMMUNICATION IN AN EMERGENCY

In emergency situations, the area could lose power, phone and cell phone service. Prepare a back-up plan.

2 way radios and batteries ( 1-4 mile range is typical)

Ham radios (You need a license, radio, alternate power source.) (5-100+ mile range)

Ham radios have been useful in many disasters.

Classes are offered locally. The cost is quite inexpensive. (\$10-\$15)

You can study on-line for the tests or buy study material at:

<http://www.eham.net/exams/>

<http://www.qrz.com/>

[http://wireless.fcc.gov/services/index.htm?job=service\\_home&id=amateur](http://wireless.fcc.gov/services/index.htm?job=service_home&id=amateur)

*“The best storehouse is the family storeroom. In words of revelation, the Lord said, “Organize yourselves: prepare every needful thing.” (D&C 109:8) Our people for three-quarters of a century have been counseled and encouraged to make such preparation as will assure survival should a calamity come. We can set aside some water, basic food, medicine and clothing to keep us warm. We ought to have a little money laid aside in case of a rainy day . . .” – Gordon B. Hinckley, Oct 2005 General Conference*

## SECTION II RESPONSE TO SPECIFIC DISASTERS

### EARTHQUAKES

#### BEFORE AN EARTHQUAKE:

- Store water and food supply. Store food and other breakables on shelves that deter falling bottles.
- Bolt down and secure heavy appliances, shelves, or furniture that could fall.
- Do not place mirrors or glass frames above beds. Place heavy objects on lower shelves. Brace high/top-heavy objects.
- Know when, where, and how to turn off electricity, gas and water.
- Consider earthquake insurance.
- Plan and practice a family drill at least once a year.
- Locate safe spots.
- Additional Information to help you prepare <https://www.shakeout.org/idaho/>

#### DURING AN EARTHQUAKE:

- Indoors: stay inside and find protection inside walls or inside corners, or crouch beside a couch or bed, under a strong table or desk. Stay away from windows, glass, brick walls and chimneys. Cover face and head with arms. Stay in bed if you are already there, unless you are under a heavy light fixture that could fall. Use a doorway for shelter only if it is in close proximity to you and if you know it is strongly supported, load bearing doorway. Stay inside until the shaking stops. Most injuries occur when people are hit by falling objects when entering or exiting buildings
- Outdoors: Move away from buildings, trees, telephone and electric lines.
- On the road: Drive away from underpasses/overpasses; stop in a safe area; stay in vehicle.
- In an Office Building: Stay next to a pillar or column, inside a corner or wall, or under a heavy table or desk.
- Remember 1. Drop 2. Cover 3. Hold On

#### AFTER AN EARTHQUAKE:

- Be prepared for aftershocks.
- Locate an emergency Kit, Check for injuries. Provide First Aid.
- Wear shoes and leather gloves.
- Check for fires; gas, water, or sewage breaks; downed electric lines; building damage and potential problems during aftershocks, such as cracks around fireplace and foundation. Turn off interrupted utilities as necessary.
- Clean up dangerous spills.
- Tune radio to an emergency station & listen for instructions from public safety agencies.
- Do not use matches or open flames until you are sure there are no gas leaks. Don't turn light switches or breakers on and off. Sparks created by the switch can ignite gas fumes. One of the biggest disasters after an earthquake is fire.

- In public buildings, follow evacuation procedures immediately and return only after the building has been declared safe by the proper authorities.
- Stay away from damaged areas unless your assistance has been specifically requested by police, fire, or relief organizations.

## NATURAL GAS/PROPANE LEAKS

- Check house piping, appliances and vents for damage.
- Check for fires or fire hazards.
- Do not use matches, lighters, or other open flames.
- Do not operate electrical switches, breakers, appliances, or battery operated devices if you suspect a leak. Sparks ignite gas.
- If gas line breakage is suspected, shut off gas or propane.

*The prudent see danger and take refuge, but the simple keep going and suffer for it. – Proverbs 27:12*

## FOREST FIRES

**WE LIVE IN AN AREA WHICH IS FAMILIAR WITH FOREST/RANGE FIRES. WHILE THERE ISN'T MUCH WE CAN DO TO KEEP OUR FORESTS AND RANGES SAFE, WE CAN PROTECT OUR OWN HOMES BY FOLLOWING SOME SIMPLE RULES:**

- Invest in fire insurance.
- Keep property around the home clear of potentially combustible material.
- If possible, choose non-combustible materials for home roofing and construction.
- Evacuate with emergency 72 hr. kits if necessary.
- Keep a supply of medication and respiratory masks for emergencies if you or a family member suffers from respiratory problems such as asthma.

## TERRORISM

Terrorism is the use of force or violence against a person's property in violation of the criminal laws of the United States for purposes of intimidation, coercion or ransom.

Terrorists convince citizens that their government is powerless to prevent terrorism, and to get immediate publicity for their cause.

We may feel safe here in Idaho, but we do not live in isolation and we may travel at times to areas that could be less than safe. Review this counsel:

- Be aware of what is going on around you. Report any suspicious persons, packages, or equipment to local authorities.
- When in a public building or on public transportation, know where the nearest exits are and review emergency evacuation procedures.
- Do not use elevators during a fire or explosion.
- Assist others who may need special care.

**IT IS VERY IMPORTANT TO BE PART OF THE SOLUTION RATHER THAN PART OF THE PROBLEM.**

**BE RESPONSIBLE WHEN REPORTING ACTS OF TERRORISM.**

## **IF YOU'RE IN AN AREA WITH AN ACTIVE SHOOTER:**

Identify potential escape routes.

During the incident remain calm, encouraging others to remain calm as well.

Encourage everyone to silence their electronic devices. If Law enforcement has not arrived on the scene, contact them as soon as it is safe to do so.

If there is an exchange of gunfire between law enforcement and an intruder, immediately lie down and remain on the ground until instructed by law enforcement to move. To the extent possible, ensure that everyone is accounted for.

## **ADDITIONAL INFORMATION:**

[HTTPS://WWW.DHS.GOV/XLIBRARY/ASSETS/ACTIVE\\_SHOOTER\\_BOOKLET.PDF](https://www.dhs.gov/xlibrary/assets/active_shooter_booklet.pdf)

[HTTPS://WWW.FBI.GOV/ABOUT/PARTNERSHIPS/OFFICE-OF-PARTNER-ENGAGEMENT/ACTIVE-SHOOTER-RESOURCES](https://www.fbi.gov/about/partnerships/office-of-partner-engagement/active-shooter-resources)

As a family you might consider watching and discussing this clip. [Run, Hide, Fight](#)

## **FIRES**

### **PRECAUTION AND PREVENTION:**

- Invest in fire insurance.
- Keep home free of unnecessary combustible materials inside and out.
- Do not store flammable liquids inside the home.
- Do not run wires under carpets or rugs.
- Do not store matches or lighters where children can get to them.
- Do not leave cooking unattended.
- Have a fire extinguisher near the kitchen and garage.
- Install a smoke detector in every bedroom, hallway, and on every level of the house. Change batteries in smoke detectors once a year.

### **FIRE DRILL:**

- Plan and Practice a family fire drill at least once a year.
- Know the avenues of escape: always have 2 ways out of every room.
- Plan a place to meet where everyone can be accounted for.
- Have escape ladders for windows higher than 8 ft. off the ground.

### **DURING A FIRE:**

- If you are outside, stay outside; do not let anyone return for anything.
- If you are inside and have time, make sure everyone is out, then get out.
- If there is smoke, get under the smoke, no matter how low it is, and get out of the building.

- Go to the family meeting place.
- Call 911 using a cell or neighbor's phone. Report the address and type of fire; listen and follow instructions.
- If you are in a closed room or office, do not open the door without first feeling the doorknob. If it is warm or hot, do not open it, but unlock it for rescue personnel.
- If you cannot use the door or other means of escape to exit, use clothes, sheets, etc. to stop the smoke from coming in. Go to the window and yell or blow a whistle.
- If you catch on fire, do not run. STOP where you are DROP to the ground & cover your face, ROLL over and over to smother the flames. Remember STOP, DROP and ROLL.
- If you see someone on fire, use a coat or blanket, not hands, to smother the flames.
- If possible, turn off gas and electricity from outside the house.
- Do not re-enter the building until appropriate authorities give permission.

## NUCLEAR SAFETY

### BEFORE A NUCLEAR ATTACK:

- Determine the safest place to go in the event of a nuclear emergency.
- Stock up on a two week supply of Potassium Iodate/Iodide Pills for your family. (Do not take until an attack; listen for instructions from emergency broadcasting. Potassium Iodate/Iodide Pills block the thyroids absorption of cancer causing radioactive iodine. Follow instructions for use and dosage on the package.)

### DURING NUCLEAR ATTACK:

- If you have advanced warning, take your 72 hr. kit to an approved shelter or a basement. Do not attempt to evacuate your shelter until advised.
- If possible, when attack is first anticipated, begin taking Potassium Iodate/Iodine Pills (daily for 14 days for thyroid cancer protection) unless instructed by your doctor. Do not use it if allergic to iodine. Follow package directions.
- If you see a nuclear flash and feel sudden heat, Take cover INSTANTLY. Drop to the ground and curl up tightly, covering as many parts of your body as possible. Never look at the light of a nuclear explosion. If possible, wear a mask and rain poncho. Go to a shelter once the heat and blast effects have cleared.

### AFTER A NUCLEAR ATTACK:

- If not already there, take cover in an underground shelter, basement, etc.
- Remove contaminated clothing.

- Wash yourself thoroughly with soap and water. Wash your head and nose hairs especially well.
- If a source of radiation is known and travel advisable, travel in the opposite direction from the blast and go upwind from radiation.
- Remain in protected shelter 3 to 14 days. (listen to the radio for information about leaving shelter) Limit your exposure to contaminated areas.
- If someone needs radiation sickness treatment, keep the victim calm; give emotional support and plenty of fluids
- Wipe food and water containers with a clean cloth to remove particles of fallout, which resembles sand or salt.

*Look online for various instructions on nuclear emergencies:*

*[http://www.fema.gov/areyouready/nuclear\\_blast.shtm](http://www.fema.gov/areyouready/nuclear_blast.shtm)*

*<http://www.ki4u.com/guide.htm>*

## **PANDEMIC/FLU:**

### **WHAT ARE THE DIFFERENCES BETWEEN A SEASONAL FLU AND A PANDEMIC FLU?**

#### **SEASONAL FLU:**

- Health systems can meet patient needs
- Vaccines are developed based on known flu strains & are available during flu season
- Symptoms: fever, cough, runny nose, muscle pain
- Deaths often caused by complications, such as pneumonia
- Causes minor impact on society

#### **PANDEMIC FLU:**

- Health systems may be overwhelmed
- Vaccine probably would not be available in the early stages of a pandemic
- Symptoms may be more severe and complications more frequent
- May cause major impact on society (widespread restrictions on travel, closings of schools and businesses, cancellation of large public gatherings)
- Potential for severe impact on domestic and world economy

### **HOW DOES A PANDEMIC FLU SPREAD?**

Primarily, it is airborne. This can happen when an infected person talks, coughs, or sneezes. Coughing and sneezing produces droplets which can pass the illness to others when inhaled. These droplets may also land on surfaces and can remain active for up to 72 hours for most Viruses, although depending on the strain they can last longer.

## WHAT TO DO DURING A PANDEMIC

- Wash Hands Often
  - Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, before touching your face, before eating or preparing food, after using the restroom, or after blowing your nose, coughing, or sneezing.
  - Hand sanitizer may be used if it contains at least 60% alcohol
  - Lotion might be a good idea as washing hands can cause dry skin
- Avoid Close Contact
  - Put 6 feet of distance between yourself and people who don't live in your household
- Cover your mouth
  - Remember you could spread the Virus even if you don't feel sick
  - Wearing a mask around others is meant to protect other people in case you are infected
  - Masks should not be placed on young children under age 2, anyone who has trouble breathing, or anyone unable to remove the mask without assistance.
  - Remind your family to cover their mouth and nose with a tissue when they cough or sneeze, and then to put the used tissue in a waste basket and wash their hands.
- Clean & Disinfect
  - Frequently touched surfaces daily in your home such as; tables, doorknobs, light switches, handles, phones, keyboards, toilets, and sinks. Also frequently touched surfaces in your car such as; steering wheel, seat belts buckles, door handles.
- Determine which room in your home will act as the isolation room, or room where those who are ill will be cared for. Whenever possible this should be a room with its own bathroom facilities.
- Quarantine
  - When caring for an influenza patient or when your family is self-quarantines to prevent the spread to your household
  - See more about quarantine info under Section1 - Shelter in Place

## WHEN CARING FOR SOMEONE WHO IS ILL:

- Anyone living in a home with an influenza patient is at risk of becoming ill, and spreading the virus. Households should self quarantine and implement good hygiene practices and set up boundaries.
- See if over-the-counter medicines for fever help the person feel better.
- Consider using a humidifier, especially for young children since many medications aren't recommended for children under 2 years.
- Ask ministers for help obtaining groceries, filling prescriptions, and getting other items the household may need.

- If possible have them use a separate bedroom and bathroom for the ill person
- Sanitize and disinfect often when helping the ill person.
- Avoid having visitors
- Consider taking notes to keep track of Food, Medicine, and Liquid Intake. As well as keeping track of Temperature, Pulse and Blood Pressure.
- Make sure they drink a lot of fluids so dehydration doesn't set in.

### DEHYDRATION:

Dehydration is often difficult to detect.

Mild dehydration:

Starts with being thirsty.

Medium Dehydration:(In addition to Mild Dehydration)

May start to be lethargic, restless, or drowsy. Pulse may increase and breathing may become more rapid, possible drop in heart pressure.

Severe Dehydration: (In addition to Medium Dehydration)

Cold sweats, Wrinkled skin (especially in fingers and toes), Pulse is feeble, Tongue may be dry and stick to mouth. Urination is minimal. If Severe Dehydration has set in, seek immediate medical attention.

### REHYDRATION:

Start by drinking as much fluid as possible. Never give soda or caffeinated drinks. Great rehydration fluids include; juice, water, Gatorade, Pedialyte, Watermelon, Electrolyte infused water, or coconut water. Popsicles are a great way to get fluid into children.

### WHEN TO SEEK EMERGENCY MEDICAL ATTENTION.

**IF YOU, OR A PERSON IN YOUR CARE, HAVE ANY ONE OF THE FOLLOWING SYMPTOMS:**

- Shortness of breath while resting or doing very little
- Difficult or painful breathing, wheezing, or they have chest pain
- Fever for 3 to 4 days without improvement
- Feeling better then suddenly having a high fever or becoming ill again
- Extreme drowsiness and difficulty awakening or keeping awake
- Disorientation or confusion
- Bluish lips or face, or has cold legs up to their knees
- Limp or unable to move
- Constant vomiting or diarrhea
- Shows signs of a stiff neck, especially if they also have fever, are listless and their eyes are sensitive to light
- Has a seizure
- Has worsening of chronic medical conditions (such as: heart or lung disease or diabetes)
- Severe Dehydration



As with the common flu, time is the healer. Medications to relieve symptoms should be given to patients to help them get the sleep they need for their body to heal.

#### WHEN A PATIENT IS ILL FEED THEM THE FOLLOWING:

Step 1: Clear liquid diet: rehydration solution, water, fruit juice, Jell-O™, ginger ale, lemon lime soda, and fat free broth.

Step 2: When a patient tolerates Step 1 well, gradually add: white toast (no butter or margarine), white rice, cream of wheat, soda crackers, or potatoes without the skin. You may also add small servings of banana or applesauce.

Step 3: After a day, add canned fruit and chicken noodle soup.

Step 4: Next add poached eggs and baked chicken breast without skin, canned fish or meat.

Step 5: Finally add milk and other dairy products, margarine or butter, raw fruits and vegetables and high-fiber whole grain products.

#### VISITORS AND TRAVEL

Restrict visitors to your home. During a pandemic, plan to have friends and family leave supplies, dinners, or just notes and gifts, on the porch. Wait until they leave and then open the door and retrieve the items.

If you need to leave the house, try to social distance by remaining at least 6 feet away from others. Also, wear a mask and avoid shaking hands with anyone.

Patients should not leave the home during the time when they are most likely to be infectious (at least 7 days after onset of symptoms). When a patient needs medical care and thus must leave home, they should follow cough etiquette (cover the mouth and nose when coughing and sneezing) and **wear masks. (N95 masks are preferred, these masks can be obtained at most hardware stores.)**

#### ADDITIONAL INFORMATION:

<https://www.cdc.gov/flu/pandemic-resources/index.htm>

## SEVERE WINTER STORM

### BEFORE THE STORM:

- Arrange for emergency heat supply in case of power failure (firewood, coal, oil, generator & fuel, etc.)
- Prepare winter clothing and 72 hr. kits, along with longer term food supply and water supply.
- Weatherproof home (windows, pipes, etc.)

### TRAVELING IN WINTER:

- Carry emergency survival supplies in the car.
- Carry 72 hr. kits, water, blankets, etc.
- Keep auto fueled up above half full.
- Jumper cables
- Tow chain
- Shovel
- Sack of sand
- Windshield scraper
- Your car will keep you warm, visible, and alive if you get trapped in a winter storm. If you get stranded, stay in your vehicle.
- Bundle up, occasionally change positions, and don't panic.
- Crack a window open for ventilation if you burn a candle for heat.
- Leave a note for rescuers in case you evacuate your car.

### DURING AND AFTER THE STORM:

- Dress warmly. Wear multiple layers of protective, loose-fitting clothing. Cover your mouth and nose to protect lungs from extremely cold air.
- Avoid Travel.
- Avoid overexertion. Heart attacks are a major cause of death during and after winter storms. Shoveling snow or freeing stuck vehicles can be hard work. Don't overdo it.
- Beware of the chill factor if winds are present.
- Be prepared for isolation at home. Make sure you can survive for a week or two in case a storm isolates you and makes it impossible for you to leave.

*There is a portent of stormy weather ahead to which we had better give heed. . . No one knows when emergencies will strike. . . Set your houses in order. If you have paid your debts, if you have a reserve, even though it be small, then should storms howl about your head, you will have shelter for your wives and children and peace in your hearts. That's all I have to say about it but I wish to say it with all the emphasis of which I am capable. – Gordon B. Hinckley 1998 Oct. General Conference*

## HAZARDOUS MATERIALS

### BEFORE:

- Survey your home and premises to determine types and amounts of hazardous materials on property.
- Read labels and become familiar with the potential dangers of materials used in the home.
- Provide proper storage and safeguards for hazardous materials. Commercial fertilizers and petroleum products in proper proportions are components of plastic explosives. Never store in the same area.
- Most household cleaning agents are hazardous materials. Use, store and dispose of them properly.
- Sort through your storage containers; if you cannot read the labels and don't remember what is in them, dispose of them properly.

### DURING A HAZARDOUS MATERIAL SPILL OR INCIDENT:

- Remain uphill and upwind from the source of hazardous material. Stay far away and restrict other unauthorized people from approaching the scene until professional responders arrive.
- Evacuate area if asked to do so.

### AFTER:

- Each situation with hazardous materials will call for a different response. Review sections for fire and Poison Control for those specific directions.
- Remember, personal safety is of utmost importance. Do not allow yourself or others to become part of the problem by endangering lives or property in an effort to gather information or control the situation without professional help.

*"The Lord is not going to disappoint either Babylon or Zion, with regard to famine, pestilence, earthquakes or storms . . . Lay up your wheat and other provisions against the day of need, for the day will come when they will be wanted, and no mistake about it, we shall want bread, and the gentiles will want bread, and if we are wise we shall have something to feed them and ourselves when the famine comes"*

*– President Wilford Woodruff*

# FLOODS

## DURING THE FLOOD

- Consider flood insurance.
- Know the elevation of your property in relation to flood plains, streams, etc. Determine if your property may be flooded.
- Plan what to do and where to go in case of a flood.
- Prepare 72 hr. kits, store food, water, critical medical supplies, etc.
- Fill your car with gas in case you have to evacuate.
- Move furniture and essential items to higher elevation if time permits.
- Secure your home. Determine if sandbags are an option.
- Open basement windows to equalize water pressure on foundation walls.

## EVACUATION:

- Listen to local radio for information.
- If asked to evacuate, shut off power, gas, and water.
- Follow local evacuation plans and routes.
- Do not attempt to drive over flooded roads (it may be washed out). Watch for damaged roads, flooded bridges, dips, and low areas, washed out culverts, landslides, fallen wires, etc.
- Drive slowly in water, use low gear.
- Abandon the vehicle immediately if it stalls and seek higher ground.
- Do not attempt to cross a stream on foot where water is above your knees.
- Register at your designated evacuation center.

## AFTER THE FLOOD:

- Don't enter the evacuated area until public health officials and building inspectors have given approval.
- Check for structural damage before entering.
- Make sure electricity is off. Watch for electrical wires.
- Do not use food contaminated by flood water.
- Test Drinking water for suitability with test kits.
- Avoid walking in flood water. Do not let children play in flood water.

*Many more people could ride out the storm tossed waves in their economic lives if they had their year's supply of food...and were debt free. Today we find that many have followed this counsel in reverse: they have at least a year's supply of debt and are food free.*  
– President Thomas S. Monson

## HIGH WINDS

### BEFORE HIGH WINDS:

- Survey your property. Take note of materials on property which could either become missiles or destroy other structures, or be destroyed. Devise methods of securing these items where they will still be accessible for day to day needs. Secure outdoor furniture, trash cans, tools, etc.
- Keep radio on and monitor for wind advisories.
- If possible, board up, tape or shutter all windows, but leave some ventilation.
- Store water in case service is interrupted.
- Check 72 hr. kits and food supplies.

### DURING HIGH WINDS:

- Take shelter in hallways and closets; avoid windows.
- Stay out of areas where flying objects may hit you or destroy your place of refuge.

### AFTER WIND SUBSIDES:

- Inspect for structural damage.
- Check all utilities for damage and proper operation.
- Monitor radio for instruction from local leaders.

## LIGHTNING AND THUNDERSTORMS

### SEEKING PROTECTION INSIDE A BUILDING:

- Get inside a home or large building when a storm approaches. Stay indoors and don't venture outside unless absolutely necessary.
- Stay away from open doors, windows, fireplaces, radiators, stoves, metal pipes, sinks and appliances.
- Do not use plug-in electrical equipment. Unplug appliances, TVs, computers, etc.

### SEEKING PROTECTION OUTSIDE-If you are outside, with no time to reach a safe building or vehicle, follow these rules:

- Do not stand under a natural lightning rod such as a tall isolated tree in an open area.
- Stay close to the ground.

Get out of water and off small boats.

- Get away from tractors and other metal farm equipment.
- Stay away from wire fences, clothes lines, metal pipes, rails, exposed sheds or anything high which could conduct electricity. Some of these items could carry electricity to you from a long distance away.
- Don't use metal objects: Fishing rods, golf clubs, cleats, etc.
- Stay in your vehicle if you are traveling.

- Get off and away from motorcycles, scooters, golf carts and bicycles.
- If buildings are not available, seek protection in a cave, ditch, canyon, or under head-high clumps of trees.
- If only isolated trees are nearby, your best protection is to crouch in the open, keeping twice as far away from isolated trees as the trees are high.
- When you feel an electrical charge-if your hair stands on end or your skin tingles- immediately drop to the ground!

*"For after your testimony cometh the testimony of earthquakes, that shall cause groaning in the midst of her, and men shall fall upon the ground and shall not be able to stand. And also cometh the testimony of the voice of thunders, and the voice of lightings, and the voice tempests and the voice of the waves of the sea heaving themselves beyond their bounds. And all things shall be in commotion; and surely, men's hearts shall fail them; for fear shall come upon all people."*

– D&C 88: 89-91

## POWER OUTAGES

### BEFORE POWER OUTAGE

- Learn location of circuit breakers.
- Store flashlight and batteries near bed.
- Only use equipment requiring gasoline, propane, white fuel, Coleman fuel, or charcoal briquettes outside.
- Keep the freezer defrosted.

### DURING THE POWER OUTAGE:

- The power surge that comes when power is restored ruins appliances. Unplug them.
- Turn off all but one light switch.
- Open the refrigerator door only to take food out; close as quickly as possible.
- To cook indoors, use a properly installed wood stove or new style kerosene heater in a safe, well-ventilated area.
- Report any downed lines.
- Do not allow children to carry lanterns, candles, or fuel.

### AFTER THE POWER OUTAGE:

- When power is restored, plug in appliances one by one, waiting a few minutes between each one to prevent overloading the power system.
- Be patient. Energy may be restored to police and fire departments and hospitals first.
- Examine your frozen food. If it still contains ice crystals it may be refrozen. If meat is off color or has an odor, throw it away.

*"Do you think there is calamity abroad now among the people? All we have yet heard and all we have experienced is scarcely a preface to the sermon that is going to be preached. When the testimony of the Elders cease to be given, and the Lord says to them, come home; I will now preach my own sermons to the nations of the earth, all you now know can scarcely be called a preface to the sermon that will be preached with the fire and the sword, tempests, earthquakes, hail, rain, thunders, and lightings, and fearful destruction..*

*...You will hear of magnificent cities, now idolized by the people, sinking in the earth, entombing the inhabitants. The sea will heave itself beyond its bounds engulfing mighty cities. Famine will spread over the nations, and nation will rise up against nation, kingdom against kingdom, and states against states, in our own country and in foreign lands; and they will destroy each other, caring not for the blood and lives of their neighbors, of their families or for their own lives..."*

*– President Brigham Young, quoted by President Joseph Fielding Smith*

## **VOLCANOES**

Idaho is home to several dormant volcanoes and we are neighbors to one of the biggest volcanoes in the world, the Yellowstone Caldera. Volcanoes are not a rare phenomenon in our part of the world. Besides the destruction they cause, volcanoes spew enormous amounts of ash into the air hundreds to thousands of miles away, greatly diminishing air quality. Ash and toxic gases can cause lung damage and other problems, particularly for infants and the elderly.

- Stay indoors during periods of poor air quality.
- Store respiratory masks for all family members
- Keep on hand a supply of medication for family members with asthma.

Volcanoes which are not even in our vicinity can greatly affect us, causing freezing winters and famine. The 1815 eruption of Mount Tambora in Indonesia created global climate anomalies that became known as "the year without a summer" because of the effect on North American and European weather. Crops failed and livestock died in much of the Northern Hemisphere, resulting in one of the worst famines of the 19th century.

- Keep a supply of long-term food storage.
- Store water.
- Store warm clothing.
- Store fuel.

*When the economies of nations fail, when famine and other disasters prevent people from buying food in stores, the Saints must be prepared to handle these emergencies. – President Ezra Taft Benson*

## **POISON CONTROL**

### **BEFORE POISONING:**

Place poison control number near phone: **1-800-222-1222**

- Do NOT leave children alone or unattended.
- Be aware of all potential Hazards in your home.
- Never call medicine "candy."
- Store medicine and poisons in locked cabinets.
- Teach children to ask before putting unknown food/item in mouth.

### **AFTER POISONING:**

- Stay calm. (Help calm the poison victim by being calm)
- Call poison control center at 1-800-222-1222
- Follow Poison control's instructions.

### **INHALED POISONING:**

- Immediately get the victim to fresh air.
- Avoid breathing fumes.
- Open doors and windows.
- If the victim is not breathing call 911, then start CPR.

### **POISON ON THE SKIN:**

- Remove contaminated clothing.
- Call the poison control center.
- Flood skin with water for ten minutes.
- Wash skin with soap and water and rinse thoroughly.

### **POISON IN THE EYE:**

- Flood eye with lukewarm (not hot) water.
- Repeat the process for 15 minutes.
- Have the victim blink as much as possible while flooding the eye.
- Do not force the eyelid open.

### **SWALLOWED POISON:**

- Unless the victim is unconscious, having convulsions or cannot swallow, give milk or water immediately.
- Call Poison Control Center



## SECTION III: CONTACT INFO

Fill in the following information and place a copy in an accessible place and in your emergency kits.

### EMERGENCY NUMBERS:

Emergency Fire / Police / Hospital / Ambulance	911
Rock Creek Fire Department	208 - 423 - 4336
Twin Falls Fire Department	208 - 735 - 7266
Kimberly / Hansen Police Department	208 - 423 - 4151
Twin Falls Police Department	208 - 735 - 4357
Twin Falls County Sheriff	208 - 735 - 1911
Saint Luke Hospital Operator	208 - 814 - 1000
Your Doctor:	

### CHURCH CONTACTS:

Ministering Brothers & Sisters

Bishop

Elders Quorum President

Relief Society President

In an Emergency, contact your families and report to the proper priesthood leader, Relief Society Leader, or Bishopric.

Ministering Families

## FAMILY COMMUNICATION PLAN

Your family may not be together when a disaster strikes, so plan how you will contact one another and review what you will do in different situations.

Out of state contact Name:

Phone #: Cell #:  
Address: e-mail:

Out of state contact Name:

Phone #: Cell #:  
Address: e-mail:

In state contact Name:

Phone #: Cell #:  
Address: e-mail:

Where to go in an emergency: Write down where your family spends the most time (work, school and other places you frequent). School, work places, etc. should have site specific emergency plans.

Home Phone:

Neighborhood Meeting Place:

Regional Meeting Place:

School Phone: Evacuation Location:

School Phone: Evacuation Location:

School Phone: Evacuation Location:

Work Phone: Evacuation Location:

Other Phone: Evacuation Location:

Important Information

Medical Insurance:

Homeowners Insurance:

Credit card Phone #s:

Bank Phone #s:

Pharmacist Phone #s:

## **KEEP IN A SAFE PLACE:**

Bank Card #s, Social Security #s, Lists and photos of property for insurance,  
Family photo and updated photos of each child,  
Important medical information for family members,  
Important family records, documents, photographs, etc.

## **MORE PREPAREDNESS RESOURCES ON THE INTERNET**

### **GENERAL AND EMERGENCY PREPAREDNESS**

[www.providentliving.org](http://www.providentliving.org)

[www.ready.gov](http://www.ready.gov)

[www.fema.gov](http://www.fema.gov)

[www.cdc.gov](http://www.cdc.gov)

[www.stockupfood.com](http://www.stockupfood.com)

[www.ki4u.com](http://www.ki4u.com)

[www.redcross.org](http://www.redcross.org)

<http://72hours.org/>

Articles:

Mylar Blanket - Not just for 72 Hour kits

[http://www.nauvootimes.com/cgi-bin/nauvoo\\_column.pl?type=print&number=102823&author=carolyn-nicolaysen](http://www.nauvootimes.com/cgi-bin/nauvoo_column.pl?type=print&number=102823&author=carolyn-nicolaysen)

5 Emergency Heaters you can make with everyday items (Paint can Heater)

<https://www.primalsurvivor.net/emergency-heaters-everyday-items/>

Totally Ready; Prepped When it really counts

<https://www.totallyready.com/>

How are we to deal with both the sober prophecies and the glorious pronouncements about our day? The Lord told us how with simple, but stunning, reassurance: “If ye are prepared ye shall not fear.”

What a promise! It is one that can literally change the way we see our future. If preparation is our key to embracing this dispensation and our future with faith, how can we best prepare?

For Decades, the Lord’s prophets have urged us to store food, water, and financial reserves for a time of need. The current pandemic has reinforced the wisdom of that counsel. I urge you to take steps to be temporarily prepared. But I am even more concerned about your spiritual and emotional preparation.

Moroni fortified every Nephite city with embankments, forts and walls. When the Lamanites came against them, they “were astonished exceedingly, because of the wisdom of the Nephites in preparing their places of security.”

Similarly, as turmoil rages around us, we need to create places where we are safe, both physically and spiritually. When your home becomes a personal sanctuary of faith - where the spirit resides - your home becomes the first line of defense.

Of course, our ultimate security comes as we yoke ourselves to Heavenly Father and Jesus Christ! Life without God is a life filled with fear. Life with God is life filled with peace. This is because spiritual blessings come to the faithful. Receiving even when things went well, Captain Moroni continued to prepare his people. He never stopped. He never became complacent. The adversary never stops attacking. So, we can never stop preparing! The more self-reliant we are - temporally, emotionally, and spiritually - the more prepared we are to thwart Satan’s relentless assaults.

I promise that as we create places of security, prepare our minds to be faithful to God, and never stop preparing, God will bless us. He will “deliver us; yea, insomuch that he [will] speak peace to our souls, and [will] grant unto us great faith, and ... cause us that we [can] hope for our deliverance in him.