

Communication

1. Talk with family members, both those who live with you and those who do not, about what to expect and what to do after a disaster.

- There may, or may not, be cell service available.
- Plan how children should get home from school. Wait for you? Or walk home?

2. In our neighborhood, we suggest that every home buy an FRS radio, also known as a CB radio. They are fairly inexpensive and don't need a radio license to use. They are sold at places that also sell camping supplies.

The radios are for you, your friends, and your neighbors to coordinate care for those most in need.

Put in fresh batteries, then tune to channel 10-10 for local help.

3. Keep a battery-operated AM/FM radio on hand to get updates and news about current conditions.

Tips

Keep a set of spare keys in a safe place.

Make copies of important documents and put them into a sealable plastic bag. In an emergency, you may need proof of residency and/or ID. In case of a fire, you will have proof of documents that you will need to replace.

This information has been prepared as a public service for our friends and neighbors by members of the Sandy Utah Crescent 10th Ward.

Preparing For an Emergency



Tips and ideas to meet basic needs at home.

First Aid

Very Basic Supply List

- Antiseptic wipes (BZK- or alcohol)
- Antibacterial ointment (bacitracin)
- Assorted adhesive bandages (pref. fabric)
- Butterfly bandages
- Gauze pads (various sizes)
- Nonstick sterile pads
- Adhesive tape (10 yds., 1"+ width)
- Blister treatment
- Pain-relief medication
- Insect-sting relief treatment
- Antihistamine
- Splinter (fine-point) tweezers
- Safety pins
- First-aid manual or information cards

Medications

- Aspirin
- Burn ointment
- Antacids
- Anti-fungal cream
- Anti-itch cream
- After-Bite bug bite stick
- Cough drops
- Cough medication
- Cold and Flu medicine
- Pepto-Bismol liquid or tablets
- Prescription meds
- Sun screen
- Hand and body lotions

Food Storage

Basic

Keep food in your home to feed all members of your family for 30 days.
 Store and rotate canned goods.
 Make a list of recipes your family likes, and store the ingredients. These should be “shelf-stable” foods that can last for long periods of time.

Grains	Crackers
Beans	Cookies
Cooking oil	Granola Bars
Dry milk	Flour
Salt	Sugar
Honey	Cereal
Water	Instant Potatoes
Oatmeal	Puddings
Pasta	Dry Soup Mix
Canned Foods	Dried Fruit
Mixes	Dried peas

72-hour kits

Use a duffle bag or suitcase on wheels.
 Include 3-days of food, extra clothing, especially socks, in case you need to walk for help. In major disasters, people generally don’t receive help for about 3 days.

Long-term food storage

For peace of mind, buy several 5-gallon buckets, each with a month’s supply of food.

Supplies

Keep on Hand

- Hand-held can opener
- Scissors
- Paper plates, cups, utensils
- Trash bags
- Roll of plastic sheeting (to cover broken windows)
- Duct tape
- Basic tools, including a saw
- An assortment of nails, screws, bolts
- Tent
- Portable chairs
- Knife
- Matches
- Lanterns
- Flashlight
- Batteries
- Apron or overalls for cleanup work
- Nail file, clippers
- Heavy gloves
- Rubber gloves
- Paper towels
- Rags
- Disinfectant
- Whisk broom for emergency kits
- String/twine/light rope
- Eye protection, extra pair of glasses
- Needles and thread