

Neighborhood Emergency Preparedness Plan and Documents

September 2022

This plan and additional documents are available for review and printing at www.crescent10th.com.

The emergency preparedness plan and documents are organized by the Crescent 10th Ward
of The Church of Jesus Christ of Latter-day Saints.

EMERGENCY PREPAREDNESS KIT

Instructions in case of a disaster

These materials will assist in preparation for an emergency and outline the steps to take after an emergency event.

Inside you will find:

1. Emergency Response Instructions
2. 10-Minute Emergency Home Survey (3)
3. Preparing for an Emergency
4. Storing Water for Emergencies
5. Sanitation in an Emergency
6. Water Storage Tips
7. Sanitation Tips
8. Red envelopes (plastic sleeves)

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Emergency Response Instructions

Steps to take in the event of an emergency

Command Center

After an emergency, the bishop or a member of the bishopric will be at the Command Center within 1 hour after a disaster to coordinate all emergency operations. The Command Center is at the church meetinghouse on 10980 S. 1700 E.

First Hour

1. Check on family

Family always comes first. Check on the safety of your family to ensure everyone is OK. Give first aid to anyone who needs it. Remember to stay safe.

2. Assess damage

Can you shelter in place? What will you need to make that possible? What damage is there?

3. Check utilities

If you have a gas leak (smell gas), water leak and/or no water pressure, turn those off. A power failure is usually area-wide. No need to turn the power off unless you have sparking, arcing or an electrical fire. Check all other utilities, both inside and outside.

4. Complete 10-Minute Emergency Home Survey

This is critical! Complete the 10-minute survey on your home. Then, complete the survey on your neighbors' homes if they are not able to. The surveys assist in coordinating and allocating resources where needed. Put your survey in the red envelope provided (if you have it). Take your survey and any others you see to the Command Center. If you are not able to go to the Command Center, post it in a conspicuous place outside for someone else to grab.

5. Turn on radios

Put fresh batteries in your FRS radios (walkie-talkies) and AM/FM radios. Turn your FRS radio to channel 10-10. Using your FRS radio, report your condition and needs or abilities to help. This is after your 10-minute survey has been submitted. Implement your communication plan to locate family members. If you are able, go to the Command Center to help assist with the response to help where needed.

First Day

1. Assess your place of shelter

Check to see if you are able to stay at your home. Are you able to stay inside or outside? Assess all options you have.

2. Plan and prepare

Take an inventory of your needs and your ability to meet those needs. There may not be an organized response to help you as quickly as you wish. You should prepare for the next 24—72 hours to be on your own.

Occupant Name

Occupant Address

Survey Completed By: _____
(please print your full name)

10-Minute Emergency Home Survey

Instructions: Fill out this survey for your house and another for your neighbors' home if they are not able to. Place each one inside a red envelope (provided, if you have one) and it take to the Command Center (church meetinghouse at 10945 S 1700 E) within 1-2 hours.

PLEASE CHECK ALL THAT APPLY

Current Status

- No problems
- Currently have problems
- Available to help others

All Family Members Accounted For

- Yes
- No

Injuries

- None
- Minor – No help needed
- Injuries – Delayed help is ok
- Immediate life threat
- Trapped with injuries

Damaged Utilities

- None
- Water Sewer
- Gas Power

Pet/Livestock Injuries

- Yes. If Yes, which pets/livestock:
- No

Property Damage

- None
- Damaged but occupiable
- Damaged beyond occupation
- Fire Haz-mat
- Collapse
- Collapse with entrapment

Security Issues

- None Theft
- Trespass Held hostage

Evacuated

- Yes. If Yes, what is the destination:

- No

Contact Methods

Radio set to channel 10-10?

- Yes
- No

Cell Phone #: _____

Land Line #: _____

List any immediate help (ex. food, water, shelter, heat, sanitation, medical, communication, emotional, etc.)

Any resources you can share:

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.

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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

How much water should I store?

Standard emergency guidelines suggest that you store one gallon of water per day for each person in your household for a three-day to two-week period. Generally, a normally active person needs to drink at least two quarts ($\frac{1}{2}$ gallon) of water each day.

Keep in mind that you must consider your family members' needs and habits. You will have to decide the actual amount of water you store for an emergency. Your storage space and individual situation may be such that you should store less or more than the guidelines recommend. Remember, you might adjust your normal habits to get through the emergency period.

Water Storage Guidelines

1 gallon per person per day

3-day supply x 1 person = 3 gallons

14 days (2-week supply) x 1 person = 14 gallons

(number of days of water needed) x
(number of persons in your home) =
gallons to store

How can I store drinking water?

If your water comes from a public water supplier or is disinfected, you can store it in clean soda bottles or juice bottles with screw-on tops. Follow the directions below.

1. Thoroughly wash plastic soda bottles or juice jugs with warm, soapy water. Use containers with screw-on tops. Sanitize the container by putting one teaspoon of household liquid bleach (5.25 percent sodium hypochlorite) in one gallon of water. Pour this solution in the container and leave it there for two minutes. Pour the sanitizing solution from the container. Rinse the container with potable (suitable for drinking) water.
2. Fill bottles or jugs directly from the faucet. Cap tightly and label each container with the words "Drinking Water" and the date stored.
3. Store sealed containers in a dark, dry, and cool place.
4. If after six months you have not used the stored water, empty it from the containers and repeat steps 1 through 3 above.

What if my water source is contaminated?

Water from a contaminated source must be disinfected or purified before use. If the contaminated water contains visible particles, let the particles settle to the bottom first, then strain the water through a clean cloth or layers of paper towels before disinfecting. The water cannot be disinfected unless particles are removed by filtration first.

BOILING METHOD

Boiling is a good way to purify water. Bring the water to a rolling boil for 1 to 3 minutes. After the water has cooled, fill clean containers as outlined in Method A. (Boiled water will taste better if you put oxygen back in it before drinking. To restore the oxygen, pour the water back and forth between two clean containers several times.)

LIQUID BLEACH METHOD

Regular household liquid bleach contains a compound (5.25 percent sodium hypochlorite) that will disinfect water. **Do not use** bleaches that are scented, color-safe, or have added cleaners. Using regular liquid bleach containing 5.25 percent hypochlorite, add 16 drops (about $\frac{1}{4}$ **teaspoon**) per gallon of water.



The treated water should be mixed thoroughly and allowed to stand for 30 minutes before use. The water should have a slight bleach odor. If it does not, repeat the dosage and let the water stand for an additional 15 minutes before use. Fill clean containers and store as described in Method A.

Tip:
**Always keep extra
bottled water on hand!**

The guidelines listed in this publication are the simplest options available in most communities.

The following references were used to prepare this publication:

- [Food and Water in an Emergency](#) (Federal Emergency Management Agency)
- [U.S. Environmental Protection Agency - FAQ](#)
- [Clorox Disaster Preparedness and Purifying Water](#)

Prepared by Cathy Faulcon Bowen, professor, Department of Agricultural Economics, Sociology and Education, and William Sharpe, professor emeritus of forest hydrology at Penn State Extension Services.

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Storing Water for Emergencies



Tips and ideas for preparing and weathering through emergencies.



ARE YOU PREPARED?

Toilet Sanitation

Option 1

How to use an inside toilet without water.

1. Turn off the water to the toilet at the wall behind it.
2. Clean out all water.
3. Place a large trash bag, about a 13-gallon size or larger, into the bowl.
4. Then place a small bag for individual use inside that. One size that works very well is the 23"X25" bag, also known as a wastebasket liner. Check the size carefully. It should fit tightly around the bowl. For odd-sized bags, use Duct tape.
5. After one or several uses, take the smaller bag, tie it up, and place outside in a covered trash can.

Option 2:

Bucket toilet

1. Use a 4- or 5-gallon plastic bucket.
2. Buy a toilet seat to fit on top. You can also find them sold together as a unit for the best fit.
3. Line the bucket with a plastic bag.
4. Place a smaller bag inside that, as explained previously.
5. Tie off and dispose of used bags in a place where rodents and flies cannot get to them.
6. Replace the smaller bag.
7. Place the bucket toilet in the bathroom, or set up a tent outdoors for this use. It will reduce smells inside the house.

In the event of a serious disaster, one of our top priorities should be human waste management to *minimize the spread of disease*.

If water lines are broken, you need to assume that the sewer lines are also broken. *Stop using toilets and sinks* until you hear from authorities that water and sewer lines are working.

Prepare in two areas:

1. Toilet facilities
2. Handwashing stations

Keep a "bucket toilet" next to your 72-hour kit in case of evacuation. Make sure there is toilet paper, plastic bags, and hand sanitizer inside.

Option 3:

Dig a latrine

True outdoorsmen likely know about digging a latrine. However, in a city, it can pose serious problems due to the spread of disease unless it is properly covered and dirt is layered inside *after every use*. Even with that, the possibility of rodents digging into it are huge. This should be your last-ditch (ha ha) effort.

Option 4:

Chemical toilets

If you have an RV, you may own a chemical toilet. This is a very comfortable option, but check out how long it can be used, how much chemical can be stored, and where, and even if it can be properly emptied in case of a long-term water emergency.

Hand Washing Stations



Keep hand sanitizer in many places to save on water usage, especially wherever you will be preparing food.

Or, place soap by a bucket of water. Dip out a cup to rinse your hands. Do NOT plunge dirty or soapy hands into the water.

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Sanitation In an Emergency



Tips and ideas for preparing and coping without water or sewer.

Water Storage Tips

1. Water should never be stored in milk jugs.
 - a. They are porous, and chemicals can easily leach into your water.
 - b. They leak

2. Water should never be stored on concrete. Always place water on a wooden board, a few layers of carpet, or an old metal rack.
 - a. Concrete absorbs water from the ground beneath it.
 - b. Concrete contains many poisonous chemicals and as it absorbs ground water, these can leach into the plastic containers. You would not taste them, but you could become very sick.

3. If using large 55-gallon drums, be aware that if they have been used for other things, the barrel will absorb the flavor of the item originally stored in it. (A pickle barrel will leave water tasting like pickles.) NEVER, NEVER store water in a barrel that has been used for anything except a food ingredient.

4. Clean, sanitize, and thoroughly rinse all containers prior to using. A sanitizing solution can be prepared by adding 1teaspoon (5ml) of liquid household chlorine bleach (5 to 6% sodium hypochlorite) to one quart of water. Only household bleach without thickeners, scents, or additives should be used.

5. Water from a chlorinated municipal water supply **does not need** further treatment when stored in clean, food-grade containers.

6. Containers should be emptied and refilled regularly.
 - a. Protect stored water from light, heat, or freezing.
 - b. The taste of stored water can be improved by pouring it back and forth between 2 containers before use.

7. Keep 100 paper cups per person, minimum. Also, keep hot cups for soups and stews. Purchase only paper cups. If we have an extended power outage we may be dealing with a major disaster and may not have trash collection. Paper products can be burned, plastic will emit dangerous gasses and could be a real danger to your family and others.

8. As a minimum, store at least one gallon per person per day and store at least a three-day supply of water for each family member in your home.

9. There are hidden water sources in your home. Without a stored supply of clean water, you can use the water in your water heater, water pipes, and even your ice maker.

10. Do you know the location of your incoming water valve?

- a. You'll need to shut it off to stop contaminated water from entering your home.
- b. Usually, the valve is located in the parking strip next to the street.

11. There are two ways to purify water of uncertain quality before using it for drinking, food prep, or hygiene.

- a. Boiling: bring water to a rolling boil for 3-5 minutes. After boiling, water will taste better if you pour it between 2 clean containers.
- b. Refer to **#4** for disinfecting.

12. Don't forget to store water for your pets. Observe how much they drink and store enough appropriately with a little extra.

You can search on-line for more at:

<http://www.fema.gov/plan/prepare/water>

Sanitation Tips

In times of disaster, sanitation concerns need to be addressed **immediately**.

1. If you are sheltering in place, turn off the water to the house/toilet if you suspect any kind of water-main contamination. That way you preserve the good water still in tanks.
2. Indoor facilities:
 - a. Turn off the water to the toilet. The handle is near the floor on the wall. Remove the water if you want to. Save it for non-sanitary needs, like the washing clothes.
 - b. Place a heavy-duty trash can liner inside your existing toilet.
 - c. Place a secondary smaller but strong bag inside the liner.
 - d. Use until someone poops, then tie up the inside bag and place in an outdoor trash can.
 - e. Replace the inside liner.
 - f. Also, you may extend the use of a single liner by adding a scoop of Kitty Litter.

Other Items to Consider Storing

1. Wipes
2. Hand Sanitizer
3. Toilet Paper
4. Paper Towels
5. Sanitary supplies



If you have young children in the home, you may need to tape down the toilet seat or lock the bathroom doors of those toilets not prepared for emergency use.

3. RV:
 - a. If you have a camp trailer or RV with a chemical toilet, use it as long as you can.
 - b. You can also “Equip” the RV facility in the same manner as an inside toilet, with a heavy-duty trash can liner plus a smaller heavy-duty inside bag. Using an RV toilet may keep smells out of the house.
4. Yard:
 - a. Choose a location and dig a pit.
 - b. Each time you poop, add a shovel-full of soil or sawdust. Within a year it will compost.
 - c. Build or buy a temporary tent structure for privacy outside and place a 5-gallon bucket with a toilet seat inside. Use plastic bags, with or without Kitty Litter.

