

Resources for Information about Disaster Relief

1. www.redcross.org
2. www.fema.gov
3. www.ready.gov/water_food.html
4. www.beready.utah.gov

Interesting article

www.scientificamerican.com/article/how-social-media-is-changing-disaster-response

PDF and Videos:

1. Google “Earthquake preparedness Utah”
2. Select the link to www.ready.gov
3. Scroll to the end of the site to “Sharables” to find the following info and videos. “When the Earth Shakes” is in an animated format and good for kids.

- [Earthquake Information Sheet \(PDF\)](#)
- [San Andreas- The Dwayne Rock Johnson PSA \(Video\)](#)
- [When the Earth Shakes \(Video\)](#)
- [How to Prepare for an Earthquake \(PDF\)](#)
- [Earthquake Playbook \(PDF\)](#)
- [Earthquake Creative Materials \(PDF\)](#)
- [The Great ShakeOut \(link\)](#)
- [U.S. Geological Survey Earthquake Hazards Program \(link\)](#)
- [American Red Cross \(link\)](#)
- [Earthquake Country Alliance \(link\)](#)
- [National Science Foundation \(link\)](#)
- [National Institute of Standards and Technology \(link\)](#)
- [Earthquake Preparedness: What Every Childcare Provider Should Know \(link\)](#)

1. Are You Ready? Utah Preparedness Guide

By the University of Utah.

This is a downloadable 50-page booklet with a ton of information: Find it at:

<https://www.kued.org/sites/default/files/kued-emergency-prep-guide-sm.pdf>

WARD WEBPAGE: www.C10EmergencyPrep.com

Basic Storage List for Sheltering in Place for One Month

Water

One gallon of water per person, per day. # people _____ x 30 days= _____ gallons.

Food

Create a 2-week menu plan of shelf-stable food, then buy double of everything to last 4 weeks.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wk 1	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
WK 2	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner

Cooking

- Charcoal grill plus charcoal.
 - Propane camp stove and propane tanks.
- Other: Solar oven, burner that runs on cans of gas.

Sanitation

- Have a good supply of plastic bags on hand.
 - Remove the water from the toilet. (Don't assume the sewer works.)
 - Place a large, leaf-size plastic bag inside the toilet. Replace as needed. Or, use smaller bags inside the larger bag that can be changed often. Tie the top, and place in a closed garbage can.
- _____ # bags per person per day x # in family _____ = _____ x 30 days= _____ bags.
- Keep all garbage covered. Don't throw away or leave left-over food in the open. It will attract mice and rodents.
 - Use PAPER plates and cups. They can be burned. Plastic only melts and gives off fumes.

Clothing

Have clothing appropriate for all seasons. If there is no heat, then plan on bundling up. You may need extra blankets, sweaters, sweatshirts, etc.

Light sources

Keep a supply of glow sticks on hand for children. No batteries to wear out.

Have lanterns that use the latest LED technology for longer use of battery life.

Head lamps.