

TOOELE COUNTY

FAMILY

EMERGENCY

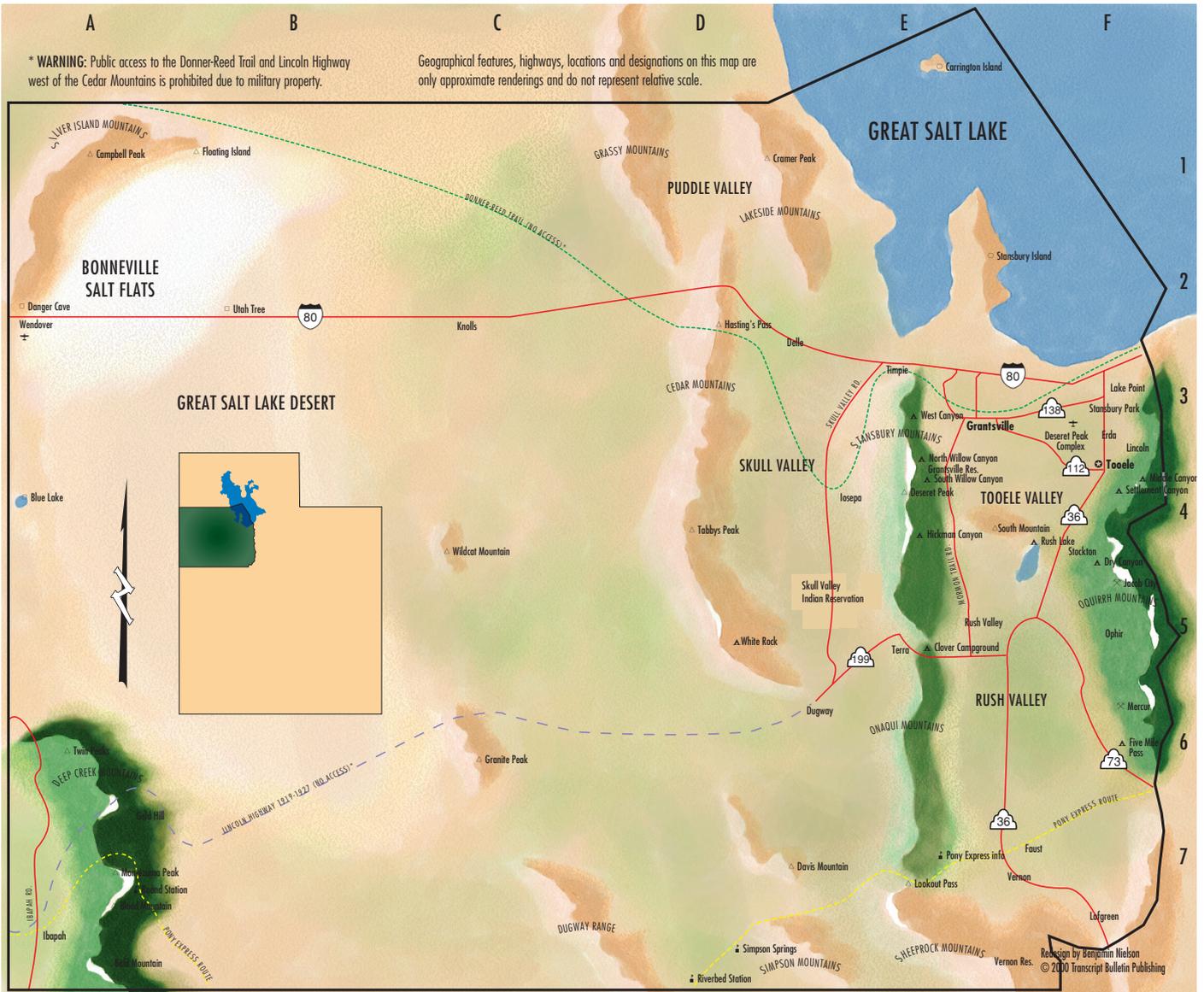
**PREPAREDNESS
GUIDE**



TCEM

**TOOELE COUNTY
EMERGENCY MANAGEMENT**

Tooele County



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FOR MORE INFORMATION CONTACT:
 Tooele County Chamber of Commerce (435) 882-0690
 Tooele County Commission (435) 843-3150
 Bureau of Land Management (801) 977-4300

U.S. Forest Service (801) 943-1794
 Transcript Bulletin Publishing (435) 882-0050
 Utah Travel Council (801) 538-1030
 Utah Travel and Recreation Information Center (801) 538-1467

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Preparedness Matters

No one knows when a disaster may hit Tooele County, or how widespread its effects may be. That's why local emergency managers and first responders have plans and preparations in place. But no matter how extensive those plans and preparations are, they may not work as effectively unless you do your part before, during and after an emergency.

You and your family, co-workers and neighbors need to be "Ready and Set to Act" quickly—whether at home, at work or at another location in your community.

It doesn't matter if it's a natural disaster such as an earthquake, or a technological disaster, like a chemical stockpile incident or hazardous material incident. With plans in place, you and your family are prepared.

Know what to do

- ✓ Know how you will hear about an emergency.

Emergency officials use outdoor warning sirens, tone alert radios, electronic message boards on highways, Twitter, Facebook, and radio and television. KSL 1160 AM and 102.7 FM is the primary Emergency Alert System (EAS) station, which will broadcast emergency messages specific for your community.

- ✓ Know what to do to be safe. Shelter-in-place, evacuate, or stay where you are and monitor an EAS station, even if no other protective action is recommended. Unless told to evacuate, stay off roads so emergency responders are not hampered by traffic.

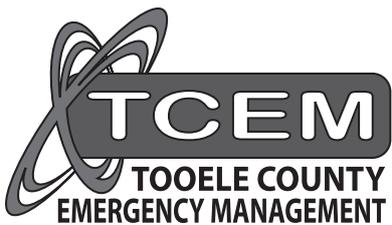
- ✓ Know the emergency plans of your child's school, day care or recreation center. Also know plans for loved ones in elderly, medical care or skill centers. Include people with special needs in your own plans.

Get it together

- ✓ Create a plan for home and work. It should include: A family meeting place near your home and one outside your neighborhood; an out-of-state telephone contact that separated family members can call in an emergency; a list of other emergency numbers posted by the phone and kept in emergency kits; keeping your vehicle's gas tank at least half full; and knowing how to shut off utilities.

- ✓ Make disaster supply kits for each family member. Gather a battery-operated radio, three days supply of food and water, a first aid kit, hygiene products, clothing, a flashlight, a blanket, and comfort items in a portable container.

- ✓ Make a shelter-in-place kit. In a box or container place duct tape, plastic sheeting (pre-cut and labeled to fit the windows and vents in your pre-selected shelter room),



scissors, a battery-operated radio, a towel to place in the space under the door, and food and water supplies to last a few hours.

- ✓ Plan to assist people with special needs to take protective actions.

People with mobility issues may not be able to get out on their own; people with hearing disabilities may not

notice when warning systems are activated. Include the elderly in your planning.

- ✓ Practice your shelter-in-place and evacuation plans often. Hold earthquake and fire drills in your home.

Do it

- ✓ Hear: Communities in Tooele County may be notified of an emergency through sirens, tone alert radios, highway message boards, social media, and emergency vehicles, accompanied by the Emergency Alert System. Please heed these important notifications.

- ✓ Listen: Upon public notification, immediately tune your radio to KSL 1160 AM or 102.7 FM, or watch a local TV news station where officials will explain what the emergency is and which protective actions citizens should take. You may receive one of three possible directives: Evacuate, Shelter-in-Place or Stand by.

- ✓ Follow: Trust officials' directions on how to respond. If asked to stand by, wait for further instructions. If asked to evacuate, follow recommended evacuation routes.

- ✓ If asked to shelter-in-place, go inside your pre-selected shelter room and seal it with plastic and tape from your shelter-in-place kit. Remain inside until officials say it's safe to ventilate your home and to go outside. Prepare to relocate if necessary.

- ✓ Act immediately. Seconds matter. Don't waste time looking for information or items not readily at hand.

Other tips:

- ✓ Pets: Most American Red Cross shelters will not accept pets. Find out whether your community has special plans for pet care. You probably need to make your own pet care plan. Don't delay departure or divert from the most direct designated evacuation route to look for or board your pet. Your family's safety is more important. Always leave your pet with enough food and water for a few days.

- ✓ Do not call 911 or use the phone during an emergency unless there is a life-threatening situation, such as a heart attack.

For more information, please contact your TCCEM Public Information Officer at (435) 833-8100.

Disasters happen anytime and anywhere. When disaster strikes, you may not have much time to respond. A highway or hazardous material spill could mean evacuation. A winter storm could confine your family at home. An earthquake, flood, tornado or any other disaster could cut water, electricity and telephone for days.

After a disaster, local officials and relief workers will be on the scene but they cannot reach everyone immediately. You could get help in hours or it may take days. Would your family be prepared to cope with the emergency until help arrives?

Your family will cope best by preparing for disaster before it strikes. One way to prepare is by creating a Family Disaster Plan and assembling a Disaster Supplies Kit. Once disaster hits you won't have time to shop or search for supplies. But if you have gathered supplies in advance your family can endure an evacuation or home confinement.

Your Family Disaster Plan

Families can—and do—cope with disaster by preparing in advance and working together as a team. Follow the steps listed in this booklet to create your family's disaster plan. Knowing what to do is your best protection and your responsibility.

Where will your family be when disaster strikes? They could be anywhere—at work, at school or in the car.

How will you find each other? Will you know if your children are safe?

In a disaster you don't rise to the occasion you sink to your level of preparedness.

Meet with your family and discuss why you need to prepare for disaster. Explain the dangers of the risks you face. Plan to share responsibilities and work together as a team. Discuss the types of disasters that are most likely to happen. Explain what to do in each case. Know the appropriate protective actions, such as evacuate, shelter-in-place, and drop, cover and hold (See Protective Actions, page 14; Earthquakes, page 23).

Five Steps to Safety

1 Find Out What Could Happen to You

Disasters That May Affect Your Family:

<u>Natural</u>	<u>Human / Technological</u>	
Winter Storms	Bomb Threats	Structural Failures
Tornados	Fires	Hazardous Materials
Earthquakes	Terrorism	Wildland Fire
Wind Storms	Utility Failures	Transportation Failures
Lightening	Nuclear Emergencies	Biological Threats
Flooding		
Thunderstorms		
Cold/Heat Waves		

2 Create a Communication Plan

Pick two places to meet:

1. Right outside your home in case of a sudden emergency, like a fire.
2. Outside your neighborhood in case you can't return home. Everyone must know the address and phone number.

Designate an out-of-state telephone contact:

Ask an out-of-state friend or family member to be your "family contact." After a disaster it is often easier to call long distance. Other family members should call this person and tell them where they are. Everyone must know your contact's phone number. The "family contact" relays information as family members call in.

3 Complete This Disaster Plan Checklist

- Post emergency telephone numbers by phones (fire, police, ambulance, etc.) Keep an analog phone in the house.
- Teach children how and when to call 9-1-1 or your local Emergency Medical Services number for help.
- Show each family member how and when to turn off the water, gas and electricity at the main valves and switches.
- Check if you have adequate insurance coverage.
- Teach each family member how to use the fire extinguisher (ABC type) and show them where they are kept.
- Install smoke detectors and carbon monoxide detectors on each level of your home, especially near bedrooms.
- Conduct a home hazard hunt. Mitigate potential hazards and risks (see page 11).
- Stock emergency supplies and assemble Disaster Supply Kits. (See below)
- Take a Red Cross First Aid and CPR Class.
- Determine the best escape routes from your home. Find two ways out of each room.
- Find the safe spots in your home for each type of disaster.
- Help special needs family members and neighbors prepare for and respond to emergencies.

4 Be familiar with warning systems

- Sirens
- Highway message boards
- E.A.S. (Emergency Alert System)
- Tone Alert Radios (NWS)
- Route Alerting (EMS, Police, etc.)
- Social Media (Twitter, Facebook)
- Telephone Calling Trees

5 Practice and Maintain Your Plan

- Quiz your kids often so they remember what to do.
- Conduct earthquake, fire, and emergency evacuation drills.
- Replace stored water every year and stored food every six months.
- Test and recharge your fire extinguisher(s) according to manufacturers' instructions.
- Test your smoke detectors monthly and change the batteries at least once a year.

Your Family Disaster Supply Kits

Prepare Your Kit

- Review the list below. Gather the supplies that are listed. You may need them if your family is confined at home or compelled to evacuate.
- Place the supplies you would most likely need for an evacuation in an easy-to-carry container.
- There are six basics you should stock for your home: water, food, first aid supplies, clothing and bedding, tools, emergency supplies and special items.
- Remember to include the things you need on a regular basis.

Possible Containers Include:

- A large, covered plastic container.
- A five-gallon bucket.
- A backpack.
- A suitcase with wheels.
- A duffel bag.

Water

- Store water in plastic containers, such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense

physical activity can double that amount. Children, nursing mothers and ill people will need more.

- Store one gallon of water per person per day. Households should have a minimum of a two week supply of water.
- Keep at least a three-day supply of water per person in your disaster supply kits, two quarts for drinking, two quarts for food preparation/sanitation.
- Don't forget water for your pets.
- Treat all water, if unsure of its purity, before using it for drinking, food preparation, or hygiene. Before treating, let any suspected particles settle to the bottom or strain through layers of paper towels or cloth. Water can be safely treated by:
 1. Boiling for 10-12 minutes, or
 2. Adding 6-10 drops of bleach per gallon of water (don't use color-safe bleach). More bleach is not better, too much can make you ill.

Food

Store at least a three-day supply of nonperishable food. Select foods that require no refrigeration, preparation, or cooking and little or no water. If you must heat food, pack a can of Sterno. Select food items that are compact and lightweight. Include a selection of the following foods in your Disaster Supplies Kit:

1. Ready-to-eat canned meats, fruits and vegetables
2. Canned juices, milk, soup (if powdered, store extra water)
3. Staples—sugar, salt, pepper
4. High-energy foods—peanut butter, jelly, crackers, granola bars, and trail mix
5. Vitamins
6. Food for infants/elderly persons or persons on special diets
7. Comfort/stress foods—cookies, hard candy, sweetened cereals, instant coffee or hot chocolate
8. Disposable utensils, utility knife, can opener

First Aid Kit

Assemble a first aid kit for your home and one for each car. A first aid kit should include:

- | | |
|--|--|
| <input type="checkbox"/> Sterile adhesive bandages in assorted sizes | <input type="checkbox"/> Thermometer |
| <input type="checkbox"/> 2-inch sterile gauze pads (4-6) | <input type="checkbox"/> Tongue depressors (2) |
| <input type="checkbox"/> 4-inch sterile gauze pads (4-6) | <input type="checkbox"/> Tube of petroleum jelly (Vaseline or lubricant) |
| <input type="checkbox"/> Hypo-allergenic adhesive tape | <input type="checkbox"/> Safety pins in assorted sizes |
| <input type="checkbox"/> 40-inch triangular bandages (3-rolls) | <input type="checkbox"/> Cleaning agent/soap |
| <input type="checkbox"/> 2-inch sterile roll bandages (3-rolls) | <input type="checkbox"/> Latex gloves (2 pairs) |
| <input type="checkbox"/> 3-inch sterile roll bandages (3-rolls) | <input type="checkbox"/> Sun screen |
| <input type="checkbox"/> Scissors and tweezers | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> Epi pen (if allergic to bee stings) | <input type="checkbox"/> Caladryl or generic equivalent |
| <input type="checkbox"/> Sewing needles | <input type="checkbox"/> First aid manual |
| <input type="checkbox"/> Moistened towelettes/wet wipes | <input type="checkbox"/> Rubbing alcohol |
| <input type="checkbox"/> Antiseptic soap | <input type="checkbox"/> Cotton balls |
| <input type="checkbox"/> Antiseptic solution - iodine compounds | <input type="checkbox"/> Heavy string |
| <input type="checkbox"/> Neosporin | |

Many injuries are not life-threatening and do not require immediate medical attention. Knowing how to treat minor injuries can make a difference in an emergency. Consider taking a first aid class, but simply having the above items can help you stop bleeding, prevent infection, and assist in decontamination.

Medications

- | | |
|---|---|
| <input type="checkbox"/> Aspirin or non aspirin pain reliever | <input type="checkbox"/> Laxative |
| <input type="checkbox"/> Anti-diarrhea medication | <input type="checkbox"/> Activated charcoal (use if advised by the Poison Control Center) |
| <input type="checkbox"/> Antacid (for an upset stomach) | |

Prepare to quickly grab all prescription medications, should you need to evacuate.

Tools and Supplies

- Mess kits or paper cups, plates and plastic utensils
- Emergency preparedness manual
- Battery operated AM/FM radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Fire extinguisher: small canister ABC type
- Tube tent
- Pliers
- Tape/duct tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench to turn off household gas and water
- Whistle
- Plastic sheeting
- Extra set of car and house keys
- Map of the area (for locating shelters)

Sanitation

- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items (toothbrush, toothpaste)
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant and household chlorine bleach

Clothing and Bedding

- Include at least one complete change of clothing and footwear per person
- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat, gloves and thermal underwear
- Sunglasses

Special Items

- Remember family members with special requirements, such as infants, elderly or disabled persons.

For Baby

- Formula
- Bottles and powdered milk
- Diapers, Wipes
- Medications

For Children

- Coloring books and Crayons
- Reading Books, age appropriate
- Paper
- Toys
- Pencils / Pens
- Dolls / Cars

For Adults

- Make sure to have your prescriptions, at least a 3 month supply on hand is the best
- Prescription drugs
- Heart and high blood pressure medication
- Denture needs
- Insulin
- Contact lenses and supplies
- Extra eye glasses

For Pets

- Medications for heartworm, flea prevention, etc.
- Current photos of pets
- Medical and registration records
- Food and drinkable water for three days and feeding schedule information
- Sturdy leashes, harnesses
- Bowls, can opener
- Carriers big enough to stand and turn in
- Medical conditions, behavior problems
- Pet beds, toys
- Veterinarian's name, address and telephone number
- Litter and litter pan

Entertainment

- Games and books

Important Family Documents

- Keep these records in a waterproof, portable container:
 1. Will, insurance policies, contract deeds, stocks and bonds, vehicle titles
 2. Passports, social security cards, immunization records
 3. Bank account numbers
 4. Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)
- Recent family photos for identification

Important Reminders

- Store your kits in a convenient place known to all family members
- Keep a smaller version of the Disaster Supplies Kit in the trunk of your car
- Keep items in airtight plastic bags
- Change your stored water supply yearly so it stays fresh
- Replace your stored food every six months
- Rethink your kit and family needs at least once a year. Replace batteries, update clothing, etc.
- Ask your physician or pharmacist about storing prescription medications

Every family member should have a disaster supply kit with essential food, water and supplies for at least three days. This kit should be kept in a convenient place, ready to “grab and go” in case you have to leave your home quickly because of a disaster, such as a flash flood or major chemical emergency. Make sure all household members know where the kits are kept.

Prepare Your Vehicles

If you are evacuating an area or you are stranded in your vehicle, you should make sure your vehicle is prepared to help you survive. Use this checklist to help you create an emergency kit for each vehicle. Prepare now by storing these items in your vehicle and be sure to rotate the items periodically. Keep vehicles fueled and in good condition and check weather and road conditions before a trip.

- | | |
|---|--|
| <input type="checkbox"/> First Aid Kit with manual | <input type="checkbox"/> List of important phone numbers-local and out-of-town |
| <input type="checkbox"/> Flashlight and extra batteries | <input type="checkbox"/> Detailed maps |
| <input type="checkbox"/> Cell phone and phone cord | <input type="checkbox"/> Waterproof-matches & candles |
| <input type="checkbox"/> Roadside assistance card | <input type="checkbox"/> Whistle & small mirror |
| <input type="checkbox"/> Portable radio & extra batteries | <input type="checkbox"/> Pen, pencil, paper |
| <input type="checkbox"/> Fire extinguisher (5 lb. ABC type) | <input type="checkbox"/> Cash (bills & coins) |
| <input type="checkbox"/> Extra fuses | <input type="checkbox"/> Drinking water |
| <input type="checkbox"/> Flares or hazard reflectors | <input type="checkbox"/> Bleach (disinfecting) |
| <input type="checkbox"/> Jumper cables | <input type="checkbox"/> Nonperishable energy food |
| <input type="checkbox"/> Properly inflated spare tire | <input type="checkbox"/> Can opener |
| <input type="checkbox"/> Jack, lug wrench, tire gauge | <input type="checkbox"/> Medications |
| <input type="checkbox"/> Basic tool kit | <input type="checkbox"/> Toiletries |
| <input type="checkbox"/> Windshield scraper & brush | <input type="checkbox"/> Pre-moistened wipes |
| <input type="checkbox"/> Small folding shovel | <input type="checkbox"/> Good shoes |
| <input type="checkbox"/> Sand for traction | <input type="checkbox"/> Extra clothing, gloves & hats |
| <input type="checkbox"/> Duct tape | <input type="checkbox"/> Blankets or sleeping bags |
| <input type="checkbox"/> Gloves, rags, paper towels | |

Home Hazard Hunt

Check for Electrical Hazards

- Repair or replace damaged cords and plugs
- Remove cords under rugs or over nails, pipes or heaters
- Use one plug per outlet, don't string surge protectors together

- Put covers on outlets or electrical boxes
- Repair/replace appliances that spark, smoke or overheat

Check for Chemical Hazards

- Store flammable chemicals in approved containers and in a well-ventilated place outside your home
- Store oily rags in covered metal containers away from heat sources
- Limit quantities of household chemicals and store out of reach of children
- Separate reactive chemicals, like bleach and ammonia

Check for Fire Hazards

- Eliminate combustibles (yard waste, papers, rags, old mattresses)
- Separate heat sources (appliances, candles, portable heaters, etc.) and combustibles
- Keep chimneys, flue pipes, vents and vent connectors clean and in good repair
- Keep portable heaters in low traffic areas

Safety Equipment

- Install a smoke alarm in each sleeping room, hallway and level of your home. Test monthly and replace batteries yearly
- Learn how to use your ABC fire extinguisher: Remember PASS... P—pull the pin, A—aim the nozzle, S—squeeze the trigger, and S—sweep back and forth at the base of the fire

Secure Large Items in Your Home

- Anchor water heaters, large appliances, tall or heavy furniture and pictures to studs in the wall
- Install a flexible gas line on gas appliances
- Store heavy objects on lower shelves, secure cabinet doors.
- Avoid placing beds under windows or heavy objects
- Brace overhead light fixtures or fans

Utilities

- Show responsible members of the family the location of utility shut-off valves and how to operate them

Emergency Sanitation

After a major disaster, if water and sewage lines have been disrupted, you may need to improvise emergency sanitation facilities.

Supplies

Always have basic sanitation supplies on hand:

- Medium-sized plastic bucket with tight lid
- Household chlorine bleach
- Toilet paper
- Plastic garbage bags and ties (heavy duty)
- Soap, liquid detergent
- Towelettes

Sanitation

Build a makeshift toilet:

- If sewage lines are broken but the toilet bowl is usable, place a garbage bag inside the bowl
- If the toilet is completely backed up, make your own. Line a medium-sized bucket with a garbage bag. Make a toilet seat out of two boards placed parallel to each other across the bucket. An old toilet seat will also work

Sanitize Waste

- After each use, pour a disinfectant, such as bleach, into the container. This will help avoid and control infection and stop the spread of disease
- Cover the container tightly when not in use

Waste Disposal

- Bury garbage and human waste to avoid the spread of disease by rats and insects
- Dig a pit 2 to 3 feet deep and at least 50 feet downhill or away from any well, spring or water supply
- If the garbage cannot be buried immediately, strain any liquids into the emergency toilet
- Wrap the residue in several layers of newspapers and store it in a large can with a tight-fitting lid. Place the can outside until it can be buried

Protective Actions

Evacuation

Several types of disasters may force you to evacuate your home. If you are told to evacuate, take the following steps:

1. Immediately gather family members and neighbors needing assistance.
2. Grab Disaster Supply Kits and medications.
3. If time allows, get pets.
4. Lock your house and leave in private vehicle.
5. Tune car radio to EAS station, KSL 1160 AM or KSL 102.7 FM.
6. Follow directions and proceed to safe area.
7. Expect traffic delays, remain calm, and drive safely.
8. Evacuee Reception Centers will be opened in safe area.
9. Listen carefully to instructions by local officials. Evacuate immediately if told to do so.
10. Wear appropriate clothing and sturdy shoes.
11. Keep fuel in your car if evacuation seems likely. Gas stations may be closed during emergencies.

If you go to a shelter, notify staff of any special needs you may have. They will try to accommodate you and make you comfortable.

Be prepared to leave your home if:

- Your area is without electrical power or water for an extended period of time
- There is a chemical emergency affecting your area
- Flood water is rising
- A wildland fire is burning near your home
- Your home has been severely damaged
- Local officials tell you to evacuate

Evacuations are more common than many people realize. Hundreds of times each year transportation and industrial accidents release harmful substances, forcing thousands of people to leave their homes. Fires and floods cause evacuations even more frequently.

Shelter-In-Place

Shelter-in-place simply means staying inside your home or business. During an accidental release of toxic chemicals or emergencies involving hazardous materials where air quality may be threatened, shelter-in-place keeps you inside a protected area and out of danger.

If shelter-in-place is necessary, you will be notified by local authorities. If you are asked to shelter-in-place, take the following steps:

1. Take your children and pets inside immediately. While gathering your family, cover your mouth and nose with a damp cloth to provide a minimal amount of coverage.
2. Close Doors and Windows, as well as the fireplace damper.
3. Turn off HVAC systems.
4. Take family into pre-selected shelter room. Go to an above ground room (not the basement) with the fewest windows and doors.
5. Wet some towels and jam them in the cracks under the doors. Seal doors, windows, vents and other openings with plastics and duct tape. Close drapes or shades over windows. Stay away from windows.
6. Turn on battery-operated, AM/FM radio.
7. Leave shelter when instructed by emergency officials.
8. Once you are told to stop sheltering-in-place, vent your house by opening windows and turning on fans.

Create a shelter-in-place kit:

- Battery-operated AM/FM radio
- Precut and labeled plastic
- Duct tape and scissors
- Water bottles and granola bars

Be sure everyone in your household knows where to find shelter from all hazards that affect your area.

Stand-by

The third protective action is stand-by for more information. At the onset of an emergency or disaster you and your family may not be involved in the initial evacuation or shelter-in-place orders. However, emergencies and disasters can escalate, at which time emergency officials may announce additional evacuation or shelter in place orders. To be alerted to the potential changes in conditions you should always monitor Tooele County's warning systems. This is called standing by for more information. Keep your TV or radio on and tuned to an Emergency Alert System station. The primary EAS station is KSL 1160 AM or 102.7 FM.

Accidental Poisoning

Before Poisoning

- Place Poison Control Number near the 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”
- Teach children to ask before putting anything in the mouth
- Keep activated charcoal on hand
- Keep potentially harmful substances locked up or out of reach of children

After Poisoning

- Stay calm
- Call the Poison Control Center at **1-800-222-1222**
- Follow Poison Control Center’s instructions

Inhaled Poisoning

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

Poison on the Skin

- Remove contaminated clothing
- Flood skin with water for ten minutes
- Call Poison Control Center at **1-800-222-1222**
- Follow Poison Control Center’s instructions

Poison in the Eye

- Flood eye with lukewarm (not hot) water poured from a large glass two to three inches from the eye.
- Repeat process for 15 minutes
- Call Poison Control Center at **1-800-222-1222**

Swallowed Poison

- Do not give the victim anything to eat or drink
- Call Poison Control Center at **1-800-222-1222**
- Follow Poison Control Center's instructions

Coping With Disasters

Physical and emotional reactions often occur as a result of a natural emergency or traumatic event, such as a terrorist attack. These reactions may happen immediately or weeks to months after an event. Traumatic stress reactions can happen to people of any age and can change a person's behavior, thoughts, and physical health.

Common Responses

The physical effects caused by a traumatic event include:

- Rapid heartbeat
- Increased respiratory rate
- Shortness of breath
- Nausea
- Muscle and joint aches
- Tremors
- Headaches
- Fainting
- Panic Attacks
- Feelings of Depression

Seek medical attention if any of these symptoms persist.

Thoughts, behaviors and emotions may also change. These changes include:

- Flashbacks or re-experiencing the event
- Withdrawal from normal social relations
- Performance problems at work or school
- Loss or increase in appetite
- Difficulty sleeping or nightmares

- Feeling overwhelmed, hopeless, numb
- Being extremely anxious, fearful, agitated or irritable
- Feeling depressed
- Increased consumption of alcohol or prescribed, over-the-counter or illicit drugs
- Exhibiting suicidal tendencies

Local officials are the best source of information. Follow their instructions during and after emergencies regarding shelter, food, water and cleanup.

What You Can Do for Your Child

- Let your child know that it is okay to feel upset when something bad or scary happens
- Encourage your child to express feelings and thoughts, without making judgments
- Return to daily routines
- Allow them to help with the disaster recovery process

What You Can Do For Yourself

There are many things you can do to cope with traumatic events:

- Understand that your symptoms may be normal, especially right after the trauma
- Keep to your usual routine
- Take the time to resolve day-to-day conflicts so they do not add to your stress
- Do not shy away from situations, people and places that remind you of the trauma
- Find ways to relax and be kind to yourself
- Turn to family, friends and clergy for support. Talk about your experiences and feelings with them
- Participate in leisure and recreational activities
- Recognize that you cannot control everything
- Recognize the need for trained help and call a local mental health center

Children & Disasters

Children experience trauma and fear during a natural disaster. If they know what to do during a disaster because they have practiced family disaster drills, they will be better off. When parents are calm, children calm down more quickly.

Before a disaster parents should:

- Familiarize yourself with the emergency response plans of schools and/or daycares your children attend
- Find out if the school/daycare will keep your children or send them home in an emergency
- Decide if your children should get into your home if you are not there
- Decide if your children should take care of themselves or if a neighbor takes care of them
- Develop and practice a family disaster plan
- Teach children how to recognize danger signals
- Explain how to call for help (911)
- Help children memorize important family information
- Help children memorize their street address, not the P.O. Box
- Include children's toys and special foods in the disaster supply kit

After a 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 by:

- Keeping the family together, do not leave children with relatives or friends - take 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 chores that will help them feel they are helping things get back to normal
- Reassure children with firmness and love
- Sympathize with and resolve their anxieties
- Hold your children and spend more time with them

Elderly / Special Needs Populations & Disasters

People with disabilities 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 able to help you. Make sure your buddy knows how to operate any medical equipment you use.

When planning for the care of the elderly and those with special needs, please consider the following recommendations:

- Establish a close network of relatives and friends who can assist your family in an emergency
- Make sure helpers know where to find the disaster supply kit which includes emergency supplies, medications and other essential equipment
- Remind family members to always wear a medical alert tag or bracelet if they have threatening health conditions
- Sign up on the Utah Special Needs Registry by calling 211
- Compose a list of special items, equipment and supplies family members will need during a disaster. Extra supplies people with disabilities and special needs may require are:
 1. Prescription medications with a record of when and how much of the medication they should receive
 2. Prosthetic devices
 3. List of style and serial numbers of medical devices
 4. Extra eye glasses and a record of the prescription
 5. Emergency medical certification
 6. Extra oxygen
 7. Extra pillow, bedding
 8. Medical insurance and Medicare cards
 9. Back-up power supplies or generators for heat, air-conditioning, and oxygen generators
 10. Extra wheelchair batteries
 11. Hearing aids, batteries

Although Utah's precipitation is the second lowest in the country, its flooding history is significant. More than 1,400 cloudburst floods have been recorded in the last 135 years, but major floods in Utah are almost always the result of rapidly melting snow in late spring and early summer. Prior to the flooding of 1983, floods along the Wasatch Front in 1952 were the most severe in the history of the state, with a damage total of almost \$7 million. Federal, state, local governments and private citizens paid more than \$500 million to recover from Utah's flood disasters in 1983 and 1984. Both disasters occurred due to unusually deep snow pack and continued record precipitation through spring.

Animals & Disasters

Your animals need to be included in your family disaster plan since they depend on you for their well being. Your disaster plan should include a list of emergency phone numbers for local agencies that can assist you if disaster strikes - including your veterinarian, state veterinarian, local animal shelter, animal care and control, county extension service, local agricultural schools and the American Red Cross. These numbers should be kept with your disaster supply kit in a secure, but easily accessible place.

- If you must evacuate, do not leave your pets behind. There is a chance they will not survive or get lost before you return.
- With the exception of service animals, pets are not permitted in emergency shelters. Find out which motels allow pets and where boarding facilities are located. Boarding facilities will require veterinarian records to prove vaccinations are current.
- Include your local animal shelter's phone number in your list of emergency numbers—they might be able to provide information concerning pets during a disaster.
- Only some animal shelters will provide care for pets during emergencies. They should only be used as a last resort. Use friends and family or keep them with you if possible.
- Be sure your pet has proper identification tags securely fastened to their collar. If possible, attach the address and/or phone number of your evacuation site. Make sure you have a current photo of your pet for identification purposes.
- Make sure you have a secure pet carrier and leash for your pet. Pets may need to be restrained during tense emergency situations.
- Create a disaster supply kit for your pet. Take the kit with you and be prepared to leave it with whoever assumes responsibility for your pet. Include:
 1. Pet food and water
 2. Medication and veterinary records
 3. Litter box

4. Food and water dishes
 5. First aid kit
 6. Information sheet with pets' name, feeding schedule and any behavior problems
- If you have no alternative but to leave your pet at home, there are some precautions you must take. Confine your pet to a safe area inside. Never leave your pet chained outside. Place a notice outside in a visible area advising that pets are in the house and where they are located. Provide a phone number where you or a contact can be reached, as well as the name and number of your vet.
 - Have a back-up plan in case you are not at home when an evacuation is ordered. Find a trusted neighbor who will agree to take your pets in case you are not there and meet you at a prearranged location. Make sure this person is comfortable with your pets, knows where they are likely to be and where to find your pet emergency kit.

Livestock

- Evacuate livestock whenever possible. Prepare in advance by having transportation and an evacuation destination prearranged. Alternate routes should be mapped out in case the planned route is inaccessible
- The evacuation sites should have or be able to readily obtain food, water, veterinary care, handling equipment and facilities
- If evacuation is not possible, a decision must be made whether to move large animals to available shelter or turn them outside. This decision should be determined based on the type of disaster and the soundness and location of the shelter
- All animals should have some form of identification, such as brands or ear-tags, that will help facilitate their return

Wildlife

- Wild or stray domestic animals can pose a danger during many types of disasters. Do not corner an animal, they may feel threatened and may endanger themselves or you. If an animal must be removed, contact your local animal control authorities

Earthquake

Before an Earthquake

- Secure water heaters, storage shelves, heavy mirrors, shelves, etc. to walls
- Place large or heavy objects on lower shelves
- Know where and how to shut off electricity, gas and water at main switches and valves

- Have earthquake drills - identify safe spots in each room
- Develop a plan for reuniting your family after an earthquake
- Review your insurance policies
- Keep a good pair of shoes and a flashlight near your bed
- Prepare to survive on your own for at least three days. See “Your Family Disaster Supply Kit” for instructions

During an Earthquake

- Drop, cover and hold
- Stay calm
- Inside: stay inside and find protection in a doorway or crouch under a desk or table away from windows, glass, brick walls and chimneys
- Outside: stand away from buildings, trees, telephone and electric lines
- On the road: drive away from underpasses or overpasses. Stop in a safe area. Stay in your vehicle
- In an office building: stay next to a pillar or column or under a heavy table or desk
- Stay where you are until the shaking has stopped and you are sure it is safe to move

Remain calm and stay inside during an earthquake. Most injuries during earthquakes occur when people are hit by falling debris when entering or exiting buildings. If you must go out after an earthquake, watch for fallen objects, downed electrical wires, weakened walls, bridges, roads and sidewalks.

After an Earthquake

- Don't panic. If you're trapped, make noise by tapping, whistling, singing, etc.
- Check for injuries. Provide first aid
- Check for fires; gas, water, sewage breaks; downed electrical lines; building damage and potential problems during after shocks, such as cracks around fireplaces and foundations. Turn off interrupted utilities as necessary
- Clean up dangerous spills
- Wear leather gloves and heavy shoes in all areas near broken glass or debris. Keep your head and face protected from falling debris
- Tune radio to an emergency station and listen for instructions from public safety agencies

- Use the telephone only for emergencies
- As soon as possible, notify family that you are safe
- Do not use matches or open flames until you are sure there are no gas leaks
- Don't turn light switches off and on. Sparks created by the switch can ignite gas fumes
- In public buildings, follow evacuation procedures immediately and return only after the building has been declared safe by the appropriate authorities

Utah is earthquake country. Earthquakes can strike at any time without warning, causing major damage to homes and critical infrastructures. They are almost always followed by aftershocks that can be even larger than the initial quake. Estimates of the *Journal of Geophysical Research* show that the probability of a major earthquake along the Wasatch fault alone may be 13% in 50 years and 25% in 100 years. Additionally, the probability for an earthquake on the Salt Lake segment of the Wasatch fault may be as high as 57% in 100 years.

Winter Storms

Before a Storm

- Arrange for emergency heat supply in case of a power failure
- Prepare auto, battery-powered equipment, food, heating fuel and other supplies
- Prepare a car winter survival kit. Include the following items: blankets or sleeping bags, flares, high energy foods (candy, nuts, raisins), first aid kit, flashlights, extra clothing, knives, compass, candles and matches, maps, jumper cables, tow chain, shovel, wind-shield scraper, sack of sand and paper and pen to leave a note in case you evacuate your car
- Keep car fuel tank above half full

During and After the Storm

- At home, stay in your house, avoid travel and use disaster supply kits, if needed.
- Dress warmly. Wear multiple layers of protective, loose-fitting clothing, scarves, mittens and hoods. Cover your mouth and nose to protect lungs from extremely cold air.
- Avoid overexertion. Heart attacks are a major cause of death during and after winter storms. Shoveling snow or freeing stuck vehicles can be extremely 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

If Trapped in Your Car

- Stay in your car for visibility and warmth. Do not try and walk out
- Use a candle for warmth. Run the motor for only 10 minutes each hour for heat with rear window open slightly for ventilation
- Make sure the exhaust pipe is not blocked
- Change positions frequently
- Stay alert. Do not let all occupants of the car sleep at once

About 70% of winter deaths related to snow and ice occur in automobiles. Travel by car in daylight, don't travel alone, keep others notified of your schedule and stay on main roads—avoid back roads and shortcuts.

Wind Storms

Before High Winds

- Survey your property. Take note of materials stored, placed or used which would become missiles and destroy other structures or be destroyed. Devise methods of securing these items where they will be accessible for day-to-day needs
- Keep tall trees properly pruned away from power lines
- Keep radio and/or TV on and monitor for wind advisories
- If possible, board up, tape, or shutter all windows, but leave some ventilation
- Store water in case water service is interrupted
- Have a supply of flashlights, spare batteries, candles, first aid equipment, medicines, etc. available for use
- Have plastic sheeting available in case roof is damaged and it begins to rain
- Secure outdoor furniture, trash cans, tools, etc.

During High Winds

- Take shelter in hallways and closets, avoid windows
- If outside, take shelter from flying debris

After Winds Subside

- Inspect your home for structural and roof damage
- Check all utilities and power lines for damage and proper operation
- Monitor radio and TV for instructions from local leaders

Because of its varied terrain and climate, Utah can experience a variety of severe weather conditions. In a typical year Utah can experience everything from blizzards to tornadoes. Winter snowstorms can knock out power and make for slick and icy driving conditions. Avalanches and lightning strikes have claimed the lives of many outdoor adventurers. Flash-flooding has caused damage to several areas of the state. Utah has even seen a number of tornadoes, the most notable cutting a swath through the middle of downtown Salt Lake City. Dense fog has also enveloped parts of the state, leading to dangerous conditions on the ground and in the air. Windstorms have also caused extensive damage in parts of the state.

Thunderstorms & Lightning

Protect Yourself

- 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 electrical appliances
- Use telephone for emergencies only

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
- In a forest seek shelter in a low area under a thick growth of small trees
- In open areas go to a low place, such as a ravine or valley. Be alert for flash floods
- Do not stand on a hilltop, in an open field, on the beach or in a boat on the water
- Avoid isolated sheds or other small structures in open areas
- Get out of the water and off small boats
- Get away from anything metal - tractors, farm equipment, motorcycles, golf carts, golf clubs, and bicycles

- Stay away from wire fences, clothes lines, metal pipes, rails, exposed sheds or anything that is high and could conduct electricity. Some of the items could carry electricity to you from some distance away
- When you feel an electrical charge - if your hair stands on end or your skin tingles - squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. Do not lie flat on the ground

Lightning often strikes outside of heavy rain and may occur as far as 10 miles away from any rainfall.

Flooding

Before a Flood

- Know the elevation of your property in relation to flood plains, streams and other waterways. Determine if your property may be flooded
- Plan what to do and where to go in case of a flood
- Prepare a Family Disaster Supply Kit
- Fill your car with gas in case you have to evacuate
- Move furniture and essential items to higher elevation, if time permits
- Have a portable radio and flashlights with extra batteries
- Open basement windows to equalize water pressure on foundations and walls
- Secure your home
- Consider flood and earthquake insurance

Evacuation

- Listen to local radio or TV for weather information
- If asked to evacuate, shut off main power switch, main gas valve and water valve. Follow local evacuation plan and routes
- Do not attempt to drive over a flooded road, it may be washed out. While on the road, watch for possible flooding of bridges, dips and low areas
- Watch out for damaged roads, slides and fallen wires
- Drive slowly in water, use low gear
- Abandon your 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 reception center and remain there until informed you may leave

After a Flood

- Remain away from evacuated area until public health officials and building inspectors have given approval
- Check for structural damage before entering buildings or home
- Make sure electricity is off. Watch for electrical wires
- Do not use open flame as a light source because of the possibility of escaping gas. Use flashlights. Beware of dangerous sparks
- 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

Wildland Fires

Before a Wildfire

To prepare for wildfires, you should:

- Mark the entrance to your property with address signs that are clearly visible from the road
- Keep lawn trimmed, leaves raked and the roof and rain gutters free from debris such as dead limbs and leaves
- Stack firewood at least 30 feet away from your residence
- Store flammable materials, liquids and solvents in metal containers outside your residence, at least 30 feet away from structures and wooden fences
- Create defensible space by thinning trees and brush within 30 feet around your residence. Beyond 30 feet, remove dead wood, debris and low tree branches
- Landscape your property with fire resistant plants and vegetation to prevent fire from spreading quickly. For example, hardwood trees are more fire-resistant than pine, evergreen, eucalyptus or fir trees
- Make sure water sources, such as hydrants, ponds, swimming pools and wells are accessible to the fire department
- Use fire resistant, protective roofing and material like stone, brick and metal to protect

your residence. Avoid using wood materials, they offer the least fire protection

- Cover all exterior vents, attics and eaves with metal mesh screens no larger than 6 millimeters or 1/4 inch to prevent debris from collecting and to help keep sparks out
- Install multi pane windows, tempered safety glass or fireproof shutters to protect large windows from radiant heat
- Use fire-resistant draperies for added window protection
- Have chimneys, wood stoves and all home heating systems inspected and cleaned annually by a certified specialist
- Insulate chimneys and place spark arresters on top. The chimney should be at least 3 feet above the roof
- Remove branches hanging above and around the chimney

Follow Local Burning Laws

Before burning debris in a wooded area, make sure you notify local authorities, obtain a burning permit and follow these guidelines:

1. Use an approved incinerator with a safety lid or covering with holes no larger than 3/4 inch.
2. Create at least a 10-foot clearing around the incinerator before burning debris.
3. Have a fire extinguisher or garden hose on hand when burning debris.

During a Wildfire

If a wildfire threatens your home and time permits, take the following precautions:

- Shut off gas at the meter. Only a qualified professional can safely turn the gas back on
- Seal attic and ground vents with precut plywood or commercial seals
- Turn off propane tanks
- Place combustible patio furniture inside
- Connect garden hose to outside taps. Place lawn sprinklers on the roof and near above ground fuel tanks. Wet the roof
- Wet or remove shrubs within 15 feet of your residence
- Gather fire tools, such as a rake, axe, handsaw or chainsaw, bucket and shovel
- Back your car into the garage or park it in an open space facing the direction of escape. Shut doors and roll up windows. Leave the key in the ignition and the car doors unlocked. Close garage windows and doors but leave them unlocked. Disconnect automatic garage door openers

- Open fireplace damper. Close fireplace screens
- Close windows, vents, doors, blinds or noncombustible window coverings, and heavy drapes. Remove flammable drapes and curtains
- Move flammable furniture into the center of the residence away from windows and sliding glass doors
- Close all interior doors and windows to prevent drafts
- Place valuables that will not be damaged by water in a pool or pond

If advised to evacuate, do so immediately. Choose a route away from the fire hazard. Watch for changes in the speed and direction of the fire and smoke.

Wildfires are a natural part of the ecosystem. The area in which homes and other human development intermingle with wildlands is referred to as the urban/wildland interface. The meeting of wildland and residential areas presents a serious threat to life and property. On August 24, 1990, the Wasatch Mountain Fire began west of Helper Valley and burned for six days. The fire burned 2,970 acres, destroyed 18 homes and killed two firefighters. Since 1990 more than 2,500 wildfires have consumed more than half a million acres of Utah land. Wildfires greatly increase the threat of flooding and mud-slides by stripping the native vegetation that holds the soil in place. This decreases the soil's ability to absorb water, resulting in faster runoff from storms and snow melt.

Fire

Before a Fire

Make sure your home is free of unnecessary combustible materials.

- Do not store flammable liquids inside the home
- Do not run wires under carpets or rugs
- Do not store matches or cigarette lighters where children can get them
- Do not leave cooking unattended
- If you smoke, do not smoke in bed or in other positions where you may fall asleep. Also, have many large ashtrays in the home.
- Know avenues of escape. Always have two ways out of every room.
- Have a place to meet so no one tries to go back into a burning building to look for someone needlessly
- Have fire extinguishers near the kitchen and the garage

- Have escape ladders for all windows higher than eight feet off the ground
- Install a smoke detector in every bedroom, in every hallway outside of a bedroom, and at least one on every level of the house
- Test the smoke detector monthly. Change the batteries in the smoke detectors in the fall when you change your clocks.
- Plan and practice a family fire drill on the first of each month. A good plan will have a place to meet, two ways out of every room, and an escape ladder.

During a Fire

- If you are outside, stay outside. Do not return for anything. Do not re-enter the building until appropriate authorities have given permission.
- If you are inside, get out. Go to the nearest house or building and call 911. Report the address and type of fire. Listen to and follow instructions. Go to the family meeting place.
- If you are inside and have time, make sure everyone is out
- If you are in a closed room or office, do not open the door without first feeling it or the doorknob. If it is warm or hot, do not open it but unlock it to help rescue or fire personnel.
- If there is smoke, get under the smoke, no matter how low it is, and get out of the building
- If you cannot use the door or other means of escape to exit and there is smoke, use clothes, sheets, etc. to stop the smoke from coming in. Go to the window and yell or blow a whistle.
- If you see someone on fire, use a coat or blanket, but not your bare hands, to smother flames
- If possible, turn off the gas and electricity from outside the house
- In a public building, know two ways out. If you hear a fire alarm, immediately exit the building regardless of what you are doing. Follow the established evacuation instructions

Each year more than 4,000 Americans die and more than 25,000 are injured in fires, many of which could be prevented. Direct property loss due to fire is estimated at \$8.6 billion annually. Working smoke alarms decrease your chances of dying in fire by half.

Power Outage

Home Electrical Circuits

- Familiarize yourself with the location of the electrical breaker panel
- Turn off breakers for areas of concern
- If in doubt, shut off main breakers. Check your house electrical meter. If it is on your home, there may be a main disconnect 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
- Be sure to show others in the family where the breakers are located in case of an emergency

In case of basement flooding:

1. Think before stepping in any water. A shock hazard may exist even in an inch of water.
2. If the electrical panel is upstairs, shut off all circuits.
3. If the electrical panel is in the basement, determine whether it can be reached on DRY ground. If not, shut off the main breaker.

Before a Power Outage

- Know the Rocky Mountain Power outage number: 877-548-3768
- Learn location of fuse box or circuit breaker
- Have a corded, non-electrical phone in the residence
- Store candles, flashlights, and extra batteries in convenient places
- Have food and water supplies on hand
- Know the locations of all camping equipment: stove, lantern, and sleeping bags. Make sure equipment is operational and that you know how to use it. Use camping equipment requiring gasoline, propane, Coleman fuel or charcoal briquettes outside only.
- Keep refrigerator well defrosted
- Have battery backups for essential equipment such as oxygen generators and medical equipment

During the Power Outage

- Unplug all your appliances and electronic equipment. A power surge could ruin appliances when power is restored
- Turn off all but one light switch

- Open refrigerator door only to take food out, close as quickly as possible
- Use camping equipment outside, six feet away from everything
- Use only a fireplace, properly installed wood stove or a new-style kerosene heater in a safe area with fresh outside air coming into the area
- Report any downed lines
- Do not allow children to carry lanterns, candles or fuel
- Do not run water unnecessarily. Well pumps may not be operating.

After the Power Outage

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

Gas Leaks

Emergency Control of Gas

- 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, appliances or battery-operated devices if you suspect natural gas leaks. This could create sparks that could ignite gas from broken lines
- If gas line breakage is suspected, shut off gas at the meter
- Turn on a battery-operated radio if no gas leaks are found or a car radio to receive disaster instructions
- Do not use your telephone except in extreme emergency situations

Explosions

If There is an Explosion

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

If There is a Fire

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

If You Are Trapped in Debris

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

Hazardous Materials Incidents

Before an Incident

- Be prepared to evacuate. An evacuation could last for a few hours or several days
- Be prepared to shelter-in-place. You may be required to shelter-in-place for up to several hours

During an Incident

- Stay away from the incident to minimize the risk of contamination
- Remain uphill and upwind from the source of the hazardous materials
- If asked to evacuate your home, do so immediately
- Shelter-in-place if requested to stay indoors
- Schools may institute shelter-in-place procedures if there is a hazardous materials incident. If so, you will probably not be able to drive to the school to pick up your children. Follow the directions of your local emergency officials
- Avoid contact with spilled liquids, airborne mists or condensed solid chemical deposits

After an Incident

- Do not return home until you are told it is safe
- When you get home, open windows, vents and turn on fans to ventilate your house
- Find out from local authorities how to clean up your land and property
- Report any lingering vapors or hazards

Billions of pounds of hazardous materials are transported across Utah's roadways each year, with more than 400,000 trucks carrying these materials. Some of the most common commodities include flammable liquids (gasoline and other fuels), followed by compressed gasses (propane, etc.) A very small percentage carry radioactive materials. The Division of Homeland Security helps coordinate seven hazmat regional response teams throughout the state. This regional approach provides local communities with a more rapid response to hazmat incidents.

Household Chemical Emergencies

Before a Household Chemical Emergency

- Buy only as much of a chemical as you think you will use
- Keep products containing hazardous materials in their original containers and never remove the labels unless the container is corroding
- Never store hazardous products in food containers
- Never mix household hazardous chemicals or waste with other products

Take the following precautions to prevent and respond to accidents:

- Follow the manufacturer's instructions for the proper use of the household chemical
- Never smoke while using household chemicals
- Never use hair spray, cleaning solutions, paint products, or pesticides near an open flame
- Clean up any chemical spills immediately. Use rags to clean up the spill. Wear gloves and eye protection. Allow the fumes in the rags to evaporate outdoors, then dispose of the rags by wrapping them in a newspaper and placing them in a sealed plastic bag in your trash can
- Dispose of hazardous materials correctly. Take household hazardous waste to a local collection program. Contact the Tooele County Health Department for information

During a household chemical emergency, be prepared to seek medical assistance:

- Call Poison Control at **1-800-222-1222** and follow directions

If there is a danger of fire or explosion:

- Get out of the residence immediately. Do not waste time collecting items or calling the fire department when you are in danger. Call the fire department from outside (a cellular phone or a neighbor's phone) once you are safely away from danger.
- Stay upwind and away from the residence to avoid breathing toxic fumes

If someone has been exposed to a household chemical:

- Find any containers of the substance that are readily available in order to provide requested information. Call emergency medical services.
- Follow the emergency operator or dispatcher's first aid instructions carefully. The first aid advice found on containers may be out of date or inappropriate. Do not give anything by mouth unless advised to do so by a medical professional.
- Discard clothing that may have been contaminated. Some chemicals may not wash out completely.

Nuclear Emergency

During a Nuclear Emergency

- If you have advanced warning, take your disaster supply kit and go to an approved shelter or your basement. Huddle close to the floor and as near to a wall as possible. Get under a table for protection from falling objects.
- DO NOT attempt to evacuate your shelter until advised
- If you see a nuclear flash and feel sudden heat, take cover INSTANTLY, within one to two seconds. Drop to the ground and curl up tightly, covering as many parts of your body as possible.
- Go to a shelter once the heat and blast effects have cleared
- Never look at the light of a nuclear explosion
- Try to get as much time, distance and shielding as possible from the radiation or fall-out (down-wind)

After a Nuclear Emergency

- 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 source of radiation is known and travel advisable, travel in the opposite direction and go upwind from radiation
- Remain in protective shelter for three days. 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

Terrorism

Preparing for Terrorism

- Wherever you are be aware of your surroundings. The very nature of terrorism suggests there may be little or no warning. Report suspicious activities immediately to law enforcement authorities. “See something, say something.”

- Take precautions when traveling. Be aware of conspicuous or unusual behavior. Do not accept packages from strangers. Do not leave luggage unattended. Unusual behavior, suspicious packages and strange devices should be promptly reported to the police or security personnel
- Do not be afraid to move or leave if you feel uncomfortable or if something does not seem right
- Learn where emergency exits are located in buildings you frequent. Notice where exits are when you enter unfamiliar buildings. Note where staircases are located
- Assemble a disaster supply kit at home and learn first aid

Chemical Attack

Signs of a chemical attack would include many people suffering from watery eyes, choking, and having trouble breathing and many sick or dead birds, fish, or small animals. If you suspect a chemical attack has occurred:

- Avoid the contaminated area. Either get away from the area or shelter-in-place, using the option that minimizes your exposure to the chemical
- Wash with soap and water immediately if you were exposed to a chemical
- Seek medical attention
- Notify law enforcement or health authorities

Biological Attack

A biological attack may not be immediately obvious. Patterns of unusual illnesses or a surge of sick people seeking medical treatment may be the first sign of an attack. If you believe there has been a suspicious release of biological substances:

- Quickly get away from the area
- Cover your mouth and nose with layers of fabric, such as a T-shirt or towel
- Wash with soap and water
- Contact local law enforcement or health authorities

The CDC has listed the following agents as Category A agents, meaning they pose the greatest potential public health threat: anthrax, botulism, plague, smallpox, tularemia and viral hemorrhagic fevers. These are listed on the website for the Tooele County Health Department at www.tooele-health.org

Thanks to the coordination of security for the 2002 Winter Olympics, Utah is better prepared to prevent and respond to acts of terrorism. In 1999, Governor Michael Leavitt created the Utah Center for Domestic Preparedness by executive order and designated the Division of and Homeland Security to serve as the central coordinating office for domestic preparedness and implementation of weapons of mass destruction protection and prevention programs in the state.

Pandemic Influenza

A pandemic is a worldwide disease outbreak. An influenza pandemic occurs when a new “Influenza A” virus emerges and there is little or no immunity in humans. A pandemic influenza virus causes serious illness and then spreads easily from person-to-person. It could be mild, moderate, or very severe even leading to death. The Federal Government, State of Utah and the Tooele County Health Department are taking steps to prepare for and respond to an influenza pandemic.

If a pandemic occurs, it is likely to last several months or possibly even longer. A widespread outbreak of influenza could require temporary changes in many areas of society, such as schools, work, transportation and other public services. Social distancing measures could be implemented where public gatherings such as sporting events, church meetings and others would be closed to prevent further spread of the disease. An informed and prepared public can take appropriate actions to decrease their risk during a pandemic.

To be prepared for such an emergency, the Tooele County Health Department encourages individuals and families to:

- Talk with your local public health officials and health care providers, who can supply information about the signs and symptoms of a specific disease outbreak and recommend prevention and control actions. Check www.tooelehealth.org for current information
- Adopt work/school procedures that encourage sick employees/students to stay home. Anticipate how to function with a significant portion of the workforce/school population absent due to illness or caring for ill family members
- Practice good health habits, including eating a balanced diet, exercising daily, and getting sufficient rest. In addition, take common-sense steps to stop the spread of germs including frequent handwashing, covering coughs and sneezes and staying away from others as much as possible when you are sick
- Stay informed about pandemic influenza and be prepared to respond. Consult www.pandemicflu.gov frequently for updates on national and international information on pandemic influenza

Have a Plan

- Stock up on supplies for an emergency (see the list in this booklet)
- Make a list for every member of your family of the following items: Current medical

problems, prescriptions (include dosages), allergies (see page 43)

If the disease is severe and widespread

- You may be asked to stay home from work/school if you are sick
- Schools, churches and public gatherings such as sporting events may be cancelled
- Stores may be closed and food and water may be hard to find
- Healthcare will be different than it is now. Doctors and hospitals may be overwhelmed and *you may be on your own* to take care of family members

Additional Resources

- Are You Ready? A Guide to Citizen Preparedness www.fema.gov/areyouready/
- Federal Emergency Management Agency www.fema.gov
- U.S. Department of Homeland Security www.ready.gov
- Tooele County Emergency Management www.tcem.org
- Tooele County Health Department www.tooelehealth.org
- American Red Cross www.redcross.org
- Utah Department of Health www.health.utah.gov
- Utah Division of Homeland Security www.des.utah.gov
- National Organization on Disability. www.nod.org
- U.S. Department of Education www.ed.gov
- U.S. Fire Administration www.usfa.fema.gov
- Centers for Disease Control and Prevention (CDC). . . www.cdc.gov
- National Disaster Education Coalition www.disastereducation.org

Family Emergency Information

Medical Information

Name _____

Allergies _____

Special Conditions _____

Family Members

Name _____

Date of Birth _____ Blood Type _____

Name _____

Date of Birth _____ Blood Type _____

Name _____

Date of Birth _____ Blood Type _____

Name _____

Date of Birth _____ Blood Type _____

Name _____

Date of Birth _____ Blood Type _____

Name _____

Date of Birth _____ Blood Type _____

Name _____

Date of Birth _____ Blood Type _____

Name _____

Date of Birth _____ Blood Type _____

Name _____

Date of Birth _____ Blood Type _____

Name _____

Date of Birth _____ Blood Type _____

Name _____

Date of Birth _____ Blood Type _____

Insurance Records

Company Name _____

Coverage _____

Date Issued _____ Expiration Date _____

Agent Name _____ Phone _____

Company Name _____

Coverage _____

Date Issued _____ Expiration Date _____

Agent Name _____ Phone _____

Company Name _____

Coverage _____

Date Issued _____ Expiration Date _____

Agent Name _____ Phone _____

Local Emergency Numbers

Police Emergency _____

Police Non-Emergency _____

Fire Department _____

Ambulance _____

County Health Department _____

County Emergency Management _____

Local Red Cross _____

Local Shelters _____

Family Telephone Numbers

Name _____

Work _____ Cell _____

Child / Adult Care _____

Phone _____

Child / Adult Care _____

Phone _____

Friend's and Neighbor's Numbers

Name _____

Home _____ Cell _____

Out-of-Town Contacts

Name _____

Home _____ Cell _____

Name _____

Home _____ Cell _____

Meeting Places

Outside House _____

Address _____ Phone _____

Outside Neighborhood _____

Address _____ Phone _____

Out of Town _____

Address _____ Phone _____

Medical Contacts

Doctor _____ Phone _____

Doctor _____ Phone _____

Doctor _____ Phone _____

Dentist _____ Phone _____

Pharmacy _____ Phone _____

Veterinarian _____ Phone _____

Important Phone Numbers

Emergency

Life or Death Situations9-1-1
Fire or Ambulance9-1-1

Community

Tooele County Emergency Management . .833-8100
Tooele County Sheriff's Department882-5600
Tooele County Search & Rescue882-5600
North Tooele County Fire District.882-6730
Tooele City Police Department882-8900
West Wendover Police Department . . .775-664-2930
West Wendover Fire Department775-664-2274
Poison Control Center1-800-222-1222
Animal Control Shelter882-4607
Tooele County Health Department277-2300

Public Utilities:

Tooele City Water843-2150
West Wendover Public Works775-664-3363
Qwest Communications800-244-1111
Beehive Telephone Co.800-629-9999
CentraCom Interactive800-427-8449
AT&T800-222-0300
Blue Stakes (before you dig)800-662-4111
Rocky Mountain Power
(outages & emergencies)887-548-3768
Questar (gas line breaks, leaks & odors)
.800-541-2824
Ace Disposal Co.882-7009

Other Important Numbers:

Tooele City843-2100
Grantsville City884-3411
Lake Point City837-2390
Stansbury Park.837-2390
Stockton City.882-3877
Wendover City.435-665-7030
West Wendover City775-664-3081

Statewide Road Conditions.1-800-492-2400

Schools

Elementary Schools

Anna Smith Elementary665-0470
Copper Canyon Elementary843-3820
Dugway Elementary.831-4259
East Elementary833-1951
Grantsville Elementary884-4520
Harris Elementary.833-1961
Ibapah Elementary234-1113
Middle Canyon Elementary833-1906
Northlake Elementary833-1940
Overlake Elementary843-3805
Rose Springs Elementary833-9015
Settlement Canyon Elementary882-4597
Stansbury Park Elementary.833-1968
Vernon Elementary839-3433
West Elementary.833-1931
Willow Elementary884-4527

Junior High Schools

Clarke Johnson Jr. High.833-1939
Grantsville Jr. High884-4510
Tooele Jr. High.833-1921

High Schools

Dugway High School831-4566
Grantsville High School884-4500
Tooele High School833-1978
Tooele South High.833-1928
Wendover High School665-2343
Stansbury High School882-2479
Oquirrh Hills ELC.833-1966
School District Office833-1900

ADDITIONAL IMPORTANT INFORMATION



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FAMILY EMERGENCY PLAN

DIAL 911
FOR EMERGENCIES

EMERGENCY CONTACT NAME _____
PHONE _____

OUT-OF-TOWN CONTACT NAME _____
PHONE _____

NEIGHBORHOOD MEETING PLACE _____
PHONE _____

OUT-OF-TOWN MEETING PLACE _____
PHONE _____



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