

This pamphlet is designed to help citizens in the community be prepared for an emergency.

THE PREPAREDNESS CYCLE



MY FAMILY PLAN

Do you have an escape plan? What would your family do in an emergency? Here are ways to be ready for any situation:

- Know two ways out of every room in your home/business.
- Choose a family meeting place that is outside your home. This is so you and emergency responders can know everyone is safe.
- Test your alarms, and practice your family escape plans! Practice makes perfect.

72-HOUR KITS:

- **Water-** at least 1 gallon per person, per day. Store in plastic containers that won't decompose.
- **Food-** High protein, non-perishable food that requires little or no cooking, refrigeration or water.
- **Flashlight, Batteries, Radio-** Be prepared in case there is no electricity.
- **First Aid Kit-** Bandages, gauze, hand sanitizer, antiseptic wipes, gloves, adhesive tape, anti-bacterial ointment, cold pack, scissors, tweezers, etc.
- **Medication-** All prescription and nonprescription medications you would need in an emergency.
- **Extra Clothing & Bedding-** Include a jacket and sturdy shoes.
- **Sanitation Supplies-** Toilet paper, soap, feminine items, personal hygiene items, plastic garbage bags, plastic bucket with tight fitting lid, disinfectant, and household bleach.
- **Copies of Important Family Documents-** Keep in a waterproof, ziplock bag.
- **Map of your surrounding area.**
- **Family evacuation/emergency plans.**

IS YOUR CAR EQUIPPED?

“There is no way it could ever happen to me!”

Unfortunately, this has been the statement of many a person with an ill-equipped vehicle, who found themselves stranded on the side of the road.

Here are a few basic car survival tools:

- Spare tire and equipment
- First aid kit
- Fire extinguisher
- Blanket
- Water
- Food/Snacks
- Flashlight
- Map
- Flares, triangles, or lights
- Basic tools
- Jumper cables

IN CASE OF FIRE OR FLOOD

Fires and floods cause the most evacuations every year. In case of evacuation, follow these tips to ensure your safety:

- Choose several destinations in different directions, and know the route to get there.
- Plan places where your family will meet within and outside of your immediate neighborhood.
- Take your emergency supply kit with you (72-hour kit).

PREPAREDNESS IN AN EMERGENCY

Here are a few small things each of us can do to be prepared for an emergency:

- Have a 72-hour kit for each family member, including the pets.
- Conserve water usage, inside and out.
- Keep houses cool by closing window coverings.
- Limit access to the refrigerator and freezer so food stays cold longer.
- Check on elderly neighbors often.
- Notify your family members that you are okay as soon as possible.
- Shelter in place unless there is an immediate danger.
- Have a battery-powered radio on hand and listen for updates and warnings.
- If driving, obey all traffic laws and treat intersections as 4-way stops when power is out.
- Have at least one gallon of water per person, per day!
- Check on ALL your neighbors.

HEAT SAFETY

The best line of defense against heat exhaustion and heat stroke is prevention. Here are some tips for when the weather gets hot:

- Stay indoors, with air conditioning if possible.
- Avoid strenuous activities during the hottest part of the day (11 am- 5 pm).
- Keep windows covered to block morning and afternoon sunshine.
- Dress in loose-fitting, light-weight, light-colored clothing.
- Eat well-balanced, light, regular meals.
- Stay hydrated.

OTHER RESOURCES

American Red Cross-
Utah Chapter 801-323-7000

WEBSITES

FEMA www.fema.gov
Red Cross www.redcross.org
Washington City www.ready.gov
Citizen Alert www.911register.com
Washington City Police Department:
<https://washingtoncity.org/services/publicsafety/police>

Washington City Police DEPARTMENT

COMMUNITY EMERGENCY PREPAREDNESS INFORMATION

135 North 100 East
Washington, Utah 84780
435-986-1515



"Serve with Honor and Respect"

IN AN EMERGENCY

Emergency 911
Dispatch 435-634-5730

Make it a family priority to be prepared!