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

IN AN EMERGENCY

Emergency 911
Dispatch 435-634-5730

Make it a family priority to be prepared!