

Provident Living – Emergency Preparedness Newsletter

EMERGENCY BASICS

January 2020

2020! A new year, a new beginning and a time for new goals. I am hoping that along with the usual 'lose weight' and 'exercise more', that your goals for 2020 include becoming more prepared for unforeseen situations that may impact your life.

Over the past 18 months I have covered a number of preparedness topics. Many of you are new to Mueller Park 10th Ward and have not received any of the previous information. If you would like copies of past Newsletters, please feel free to contact me via email and I will send them to you. Even if I say so myself, you missed some really important stuff that you might need to know when the "Big One" hits.

In this newsletter I would like to review some EMERGENCY BASICS. Consider this a check list of things to do before, during and after an emergency arises. In this issue there will be general suggestions for any emergency situation. The next issue will contain suggestions for specific emergencies. This information comes from FEMA and from the Utah Disaster Preparedness Group. For those of you who regularly follow the newsletters this will be a good review.

This time there is a lot of information included and because of that I am breaking up this newsletter into multiple parts. It is my thought that you will read through these newsletters and, hopefully, store some of the instructions in your memory so that if a situation were to arise, you can draw on some of the facts you have absorbed. Over the next few weeks you will receive two additional newsletters with specific instructions for various disasters.

I BEFORE an Emergency

1. Know how to turn off gas, water and electricity to your home.
2. Know basic 1st Aid. Take a course if needed. This can be life saving.
3. Have a "Grab and Go Binder" and a "72 Hour Emergency Kit" readily available.
4. Keep your car ½ full of gas. What could be worse than an empty tank when you are told get out quickly.
5. Have a plan for reuniting your family – in case you are separated. One place should be right outside your home (the end of your driveway). The other place should be outside your immediate neighborhood (ie: school or church parking lot).
6. Have an "out of area" contact person – every family member needs to know who the person is and their phone number.
7. Have operational smoke alarms, carbon monoxide alarms and fire extinguishers installed.
8. If you have children in school – make sure the list of adults authorized to pick them up is current and complete. Tell older children who transport themselves to follow the instructions of authorities.
9. Know your neighbors, their skills and their needs. Plan how you could help each other. Be aware of special needs such as: elderly, disabled, medical equipment in use, number of children in the home and what to do if the parents are not there when an emergency strikes. Working together as neighbors can save lives and property.
10. Have a 'HOME HAZARD HUNT'
 - Repair defective electrical wiring and leaky gas connections.
 - Secure water heaters with straps to stud walls.
 - Fasten shelves securely to walls.

- Place large heavy objects on lower shelves.
- Hang pictures and mirrors away from beds.
- Brace overhead light fixtures, china cabinets, bookcases and top heavy items.
- Store weed-killers, pesticides and flammable products away from heat sources.
- Clean and repair chimneys, flue pipes, vent connections and gas vents.
- Place oily rags or waste in covered metal cans.
- Clear surrounding brush or weeds 30 feet from your home.
- Take care of anything that could move, fall, break or cause a fire.

II DURING an emergency

1. STAY CALM, REASSURE OTHERS (especially young children) Think through the consequences of any action you might take. Don't be impulsive.
2. Do not tie up your home phone or cell phone. Call your one contact person and have them call the rest of your family. This will preserve your cell phone battery. Also, if you are not being constantly interrupted with calls you will be able to focus on the issue at hand.
3. Listen to a portable radio for all weather related advice and emergency information. Be sure you have a radio with your emergency preparedness supplies. Local authorities suggest using KSL radio 1160.
4. Remain indoors if the emergency is severe weather or an earthquake. Stand in a hallway, a strong interior doorway or take cover under a desk or table away from flying glass.
5. In the event of a fire, get out immediately. Meet at your families designated meeting spot (ie: end of driveway). Make sure you have had practice fire drills and that everyone knows all of the possible exits from the home. Never go back into a burning house to look for a pet.
6. Follow the advice of local authorities. If you are told to evacuate, do so promptly. If you are told to go to a certain location, go straight there and check in.

III AFTER an Emergency

1. Check for injuries and provide First Aid.
2. Check for safety using a light stick or flashlight. Check for gas, water or sewage breaks. Check for downed electric lines and shorts. Turn off appropriate utilities ONLY if you suspect the lines are damaged or if you are instructed to do so.
 - ***If you turn the gas off, you will need a professional to turn it back on.
3. Check for home hazards such as fire danger or dangerous spills. Be aware that spilled bleaches, gasoline and other liquids may produce deadly fumes when chemicals mix. Get advice from emergency personnel on how to clean up spilled liquids especially if there are noxious fumes.
4. Listen to public radio for specific instructions from Public Safety Agencies. Local media will announce changes in school openings and closings.
5. Wear shoes! It is recommended that you keep shoes by your bedside at night.
6. Stay off the phone except to report emergencies.
7. Check on neighbors; especially the elderly, disabled or those with small children.
8. After the emergency is over, let relatives know how you are and where you are.

Watch for Part 2 of this discussion of Emergency Basics.

Dianne Berry, please use the following email to request copies of previous newsletters: dianne.berry@yahoo.com

The January, 3 part Ward Provident Living Newsletter is being resent at the request of some of you who did not receive the entire series. Watch for the May 2020 Newsletter during the last week of May.

Dianne Berry, Ward Emergency Preparedness

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Provident Living – Newsletter

Emergency Basics Part 2

There are a number of different situations that can cause us to go into emergency mode. While the basic advice applies to all events in general, there are specific things that should be done when a specific type of disaster strikes. The information below contains suggestions that will help to keep you safe and comfortable during an Earthquake.

IN CASE OF AN EARTHQUAKE:

- Follow the Emergency Basics plan (from the previous newsletter) numbers 1-10.
- Know the earthquake plan for your children's school and discuss it with your children.
- Have Earthquake Drills in your home:
 - Identify safe spots in each room.
 - Act out getting to the safe spot in less than 2 seconds and covering your head.
 - Identify danger zones to stay away from such as bookcases, windows and furniture that might fall.
 - Once a month have a child yell "Earthquake" and watch everyone respond. Follow this up with a discussion of how things went.

DURING AN EARTHQUAKE:

- Stay Calm and Reassure Others. Expect loud noises. The sound will come from the motion of the earth, the structure of the building and from items falling. You might bring this up during your Earthquake Drills.
- If you're inside, stay inside and find protection in a doorway, hallway or under a desk or table. Stay away from tall book shelves and glass. Avoid brick masonry walls, chimneys and fireplaces. Cover your head and face with anything handy (a coat, blanket, cardboard) to shield yourself from falling debris and splintering glass.
- If you're outside: stay there. You should move away from buildings, trees, power poles and lines. The greatest danger from falling debris is just outside of doorways and close to outer walls of a building.
- If you're driving; stop as soon as possible. Never stop on or under bridges, overpasses, under power lines or where buildings can fall on you. Stay inside your vehicle. A car is an excellent shock absorber. It will shake but is fairly safe. When it is safe to drive on, watch for hazards created by the earthquake such as fallen objects, downed power lines, and broken or undermined roads.
- If you are in an office building or a store stay next to a pillar or support column, under a heavy table or desk, and away from windows. Do not be in a position where file cabinets, book cases or store displays could fall on you. If you are in a store, try to move away from tall fixtures and shelves of goods. Canned items will definitely be jarred off shelves. If necessary, protect your head by turning over your shopping cart and climbing under it.
- If you are at a public event such as a theater or athletic stadium, drop to the floor between the seats, cover your head, hold on and ride it out. Do not rush for the exits as hundreds of others will do. Leave calmly, avoid elevators, and watch for panic in the crowds.

AFTER AN EARTHQUAKE

- Be prepared for additional aftershocks.
- Check for injuries and provide emergency First Aid. Do not move seriously injured people.

- Be prepared to respond to psychological needs created by the trauma of the experience. Stay with small children as they will fear separation during times of stress.
- Check for safety. Turn off appropriate utilities. Check for gas, sewer and water leaks.
- Check for downed electric lines and shorts.
- Check for fire hazards, chemical spills and toxic fumes. If there is gas leaking, leave the house and report it to authorities.
- Check the house or building for cracks around the chimney and foundation.
- Open closets and cabinets carefully and be ready for falling objects.
- Flashlights or light sticks are safe to use. Do not turn on electrical switches, light matches or create a spark until you are sure there are no gas leaks.
- Wear shoes – clean up dangerous spills, broken glass and debris.
- Listen to your emergency radio for specific instructions from Public Safety Agencies.
- Stay off the phone except to report emergencies.
- Stay out of severely damaged buildings. An aftershock could bring the building completely down.
- Confine or leash frightened pets.
- Never assume a downed power line is dead. People, metal and damp objects are good electrical conductors. To avoid shock and serious burns stay back. If you are in your car and live wires have fallen across the car, remain in your car until help arrives. If you are trying to rescue someone who is in contact with live wires, use a wooden pole or other non conductive material to move the wire.
- Do not go sightseeing. Stay out of the way. Give first responders all the room they need to do their job.
- Notify your family to let them know how and where you are. If you must leave, leave a message on your front door with your intended route and destination and the names of those who are with you.
- Practice strict sanitation. It is very important at this time to make sure family members do not put their fingers in their mouths. It is impossible to know what hazards they may have come in contact with.

Watch for Part 3 of Emergency Basics.

Provident Living Newsletter

Emergency Basics Part 3

This section of this series of newsletters will continue our discussion of strategies during an emergency. We covered earthquakes in the last newsletter. Utah is subject to other types of disasters such as power outages, high winds, blizzards and fires. This newsletter contains some suggestions to help you out if you are caught up in any of those situations.

SEVERE THUNDER AND LIGHTENING

If you are indoors:

- Stay away from open doors, windows and fireplaces.
- High winds can send tree limbs flying. Close the curtains to protect you from shattering glass.
- Don't use electrical equipment that plugs into the wall. (hair dryers, electric blankets, heaters, etc)

If you are Outdoors:

- Do not use metal objects (lawn mowers, fishing rods, golf clubs, etc.).
- Get out of the water and out of small boats.
- Avoid being the highest object in any area. If you feel an electrical charge (your hair stands on end or your skin tingles) drop to the ground in a crouched position with hands on knees and your head between them. Do not lie flat on the ground.

First Aid

- Persons struck by lightning receive a severe electrical shock and may be burned where the lightning entered and exited their body. The person can be handled safely and their body contains no electrical charge.
- When lightning strikes a person their heart might stop. A person struck by lightning can often be revived by prompt mouth to mouth resuscitation, cardiac massage or prolonged artificial respiration. Immediately call for help.

BLIZZARDS:

Listen to weather advisories and avoid travel in blizzard conditions. The best advice to follow during a blizzard is to stay home. If you are trapped in a car by the blizzard do the following:

- Stay in the vehicle. Do not attempt to walk out. Disorientation occurs quickly in blowing and drifting snow. If you leave your car in these adverse conditions you may become lost and untraceable by rescue teams.
- Avoid over exertion from trying to push the car out of the snow or from shoveling heavy drifts.
- Run the motor only about 10 minutes each hour for heat. Be sure to keep a rear window slightly open for ventilation. Be cautious of carbon monoxide poisoning. Carbon monoxide can build up in the car if the exhaust pipe is blocked with snow. This will kill you.
- Make yourself visible; raise the hood and tie a red cloth to your antenna.
- Exercise by clapping your hands, move your fingers, arms, and legs to keep blood circulating.
- Change positions frequently.
- Do not eat snow. It will lower your body temperature.

- Keep watch. Do not allow all occupants of the car to sleep at one time.

POWER OUTAGE:

Before:

- Know the location of your electrical fuse box and circuit breakers.
- Have antifreeze.
- Have emergency supplies (water, food, first aid, flashlight, etc.).

During:

- Unplug all major appliances. When the power comes back on, the power surge could ruin appliances.
- Report any downed power lines.
- Do not open the refrigerator or the freezer doors. Opening doors will cause food to spoil faster.
- In case of a long term power outage in the winter, you may need to winterize your home to protect your pipes from freezing. To do this, shut off the water at the street. Drain all the water from your pipes at the lowest faucet. Flush all toilets so there is no water left in them.
- Turn off the gas to the water heater and drain it.
- Pour anti freeze in all drains, toilet bowls and toilet tanks.
- Leave for a location with power.
- If you decide to stay in your home, it is easier to heat one room than the whole house. If you are using portable heating methods make sure you are prepared with extra fuel and you properly vent the room.

After:

- When the power comes on, plug in appliances one by one to prevent overloading the system.
- Turn the water back on. Be sure all taps are turned off first. Open faucets one by one to allow air in the pipes to escape. Run the water until it runs clear.
- Check the food in the refrigerator/freezer to see if it is still safe.

HIGH WINDS

Before:

- Secure objects such as outdoor furniture, trampolines, swings sets, tools, trash cans, etc
- Have emergency supplies: water, food, first aid, etc.
- Listen to you emergency radio for weather updates.
- Be prepared to board or tape up windows.
- In very severe winds, open a window at the opposite end of the house about 1" to relieve pressure.

During:

- Take shelter in center hallways, closets or basement areas away from windows.
- Avoid areas where flying objects may hit you.

After:

- Inspect your home for damage.
- Clean up debris and make necessary repairs.
- If the power was out, review the strategies listed above for power outages.

Emergency Bread

I'd like to take this opportunity to tell you about an upcoming Preparedness Presentation that is being conducted by the Bountiful City Prep Group. On Tuesday, April 7th there will be a presentation on "**How You Can Protect Your Home Against Wildfire Damage. Lessons learned from the Gun Range Wildfire**". The meeting will be held in the South Davis Junior High School Cafeteria. (298 W. 2600 S, Bountiful). Additional parking can be found at the LDS Church at 2651S, 500W. If you remember, last year a wildfire came roaring over the hills just north of the Temple. Many people were evacuated and a number of homes were destroyed or damaged. If you have concerns about the safety of your home or would like information on the Bountiful Emergency Plan, you might want to attend this event.

Another topic that we can't avoid is the Corona virus. It is all over the news. We can't predict what will happen, but you can be prepared to take precautions. The best advice is to follow proper hand sanitation practices at home, work and school. Take advice from the experts. Don't panic. And, make sure you have food, water and comfort medications on hand if it comes to the point of being instructed to stay home.

OK, business taken care of. Now, on to this month's topic: "Emergency Bread". If a situation arises and it becomes necessary to prepare meals from your food storage how can you make bread if you don't have yeast? We all love bread. Without it, what do you do with all the peanut butter and jelly you stored? There are some alternatives. You can make bread without yeast. These rustic loaves are satisfying although much heavier than the fluffy loaves you make with yeast or buy at the store. I have included a couple of recipes below.

Emergency Bread

3 1/3 cups flour
1 teaspoon salt
2 teaspoons baking powder
1 1/4 cups milk

1. Preheat your oven to 375
2. Mix the dry ingredients together and then add the milk (if you don't have fresh milk, powdered milk will do)
3. Bring the dough together to form a ball. Hands will work better than a spoon.
4. Turn the dough onto a floured work surface. Knead the dough a few times to make sure the milk is evenly distributed. Over kneading will make a tough bread.
5. Form the dough into a round disc 1 1/2 inches thick. If the loaf is too thick the bread will not cook through.
6. Place the disc on a floured baking sheet and bake for 35 minutes. The dough is done if it sounds hollow when you thump the crust.

NOTE: This makes a heavy bread but it is adequate for use with soups and stews.

Irish Soda Bread

3 1/4 cups bread flour
2 teaspoons baking soda
2 teaspoons cream of tartar

1 teaspoon salt

4 Tablespoons butter or lard (you can purchase canned butter or butter powder for storage)

1¼ cups buttermilk. If needed, you can purchase buttermilk powder for storage or you can use 1¼ cups whole milk mixed with 1 teaspoon cider vinegar.

1. Preheat the oven to 425. Dust a baking sheet with flour. Sift the dry ingredients together in a bowl. Add the butter and rub it in with your finger tips to form fine crumbs.
2. Make a well in the center of the dry ingredients. Pour in the buttermilk and mix to form a soft dough. Knead briefly on a lightly floured board. (no more than 10 times). Shape the dough into a ball, next roll it on your work surface to smooth it.
3. Place dough ball on baking sheet and lightly flatten the top. Using a floured knife cut the dough into 6 equal parts without cutting all the way through the dough.
4. Bake for 30-35 minutes until golden brown and hollow when tapped on the bottom. Cool on a wire rack.
5. Serve with soup or a wedge of sharp cheese. Leftovers will become dry within a day but can be used for croutons or toast.

Flour Tortillas – easy to make and great with any meal

3 Cups of flour

1 teaspoon salt

1 teaspoon baking powder

1/3 cup olive or vegetable oil

1 cup of warm water

1. Combine the dry ingredients. Then add the water and oil. Mix until a ball forms.
2. Put the dough on a floured work surface. Cut the ball into 16 portions.
3. Roll each portion into a ball and then flatten to a disc.
4. Cover with a clean kitchen towel and let the dough rest for 15 minutes to 2 hours. (longer is better)
If the dough pulls in while you are rolling it, it needs to rest a little longer.
5. Heat your pan or griddle.
6. Roll each dough ball into a 6-7 inch thin circle. Do not stack the rolled dough circles. They will stick together.
7. Cook the tortillas in a hot pan, one at a time. When the bottom has pale brown spots and the top has bubbles, flip the tortilla over and cook for another 15 to 20 seconds.
8. Again, do not stack them until they cool.

**If they feel stiff after cooking you cooked them too long or too hot. You will need to experiment to get the technique down.

Tortillas can be used for quesadillas, burritos, pizza crust, sandwich wraps, breakfast wraps, with peanut butter and jelly or warm with butter and cinnamon-sugar. If refried in oil, they can be used as chips or strips for soups.

Search your cookbooks and the internet for more recipes for breads that do not use yeast. Don't forget quick breads. A number of packaged mixes only require adding water to the dry ingredients. These are great for storage. Remember to rotate packaged mixes; they often contain some type of fat. Another great alternative is a batch of hot biscuits. They are versatile and do not require yeast.