



Emergency Preparedness and Response

*Plan to be Safe.*

## Plan to be safe campaign

- Start a conversation
- Make a plan
- Make a kit *using*

**A simple guide** to the nine essential items to help you shelter-in-place in the event of an emergency.

# Plan



**Plan to be safe.**

**NOTES:**

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**Plan to be safe.**

# **① Start a conversation.**

**Now is the perfect time.**

Talking things through can help create a sense of control and reduce stress.



**Plan to be safe.**

# Individual Emergency Plan: **Start a Conversation**

Talk with Family, Friends and Neighbors

**Consider possible events and your possible response**

- |           |                  |                |
|-----------|------------------|----------------|
| • Disease | • Severe Weather | • Hazardous    |
| • Fire    | • Mass Transit   | Material Spill |
| • Flood   | Accident         | • Terrorism    |

**Designate out-of-area contact**

**Consider where to meet**

- Outside of home
- Outside of neighborhood

**Consider where to stay**

- Staying put (“shelter in place”)
- Evacuating

**Consider child care with contact information**

**Consider elder care with contact information**

**Consider pet care with contact information**

**Consider special needs**

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Plan to be safe.

## ② Make a Plan.

**Gather critical information** into one place and share it with your family. It will save precious time for when you need it most.



**Plan to be safe.**

# Individual Emergency Plan: Make a Plan

## **Collect contact information**

- Personal information for all family/household members (name, address, phones, birthdate)
- Local contact
- Out of state contact
- Nearest relative
- Pet caretaker
- Meeting places

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Plan to be safe.

# ③ Make a kit.

**Start simply!** Collect these nine essential items to help you shelter-in-place in the event of an emergency.



**Plan to be safe.**

# Individual Emergency Plan: **Make a Kit**

## **Collect Plan 9 Emergency Items (the minimal essential items)**

- Water
- Food
- Clothes (jacket, hat)
- Medications
- Flashlight
- Manual Can Opener
- Radio (hand-cranked/battery powered)
- Hygiene Items
- First Aid

## **Personalize for self and household.**

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Plan to be safe.

# 1 Water



**One gallon** per person,  
per day for three days.

**SHELTER IN PLACE:  
ACTION STEPS FOR USING PLAN 9**

## Essential Item #1: **Water**

### Action Steps:

**Collect one gallon per person per day**

- Use water for drinking, hygiene and cleaning as needed
- Maintain water in clean, sealed, plastic containers
- Store in cool dry place
- Replace water and containers every 6 months using the smoke alarm battery replacement schedule (April, October)

**Treat water if purity is uncertain with one of two easy methods**

**Boil water** at a rolling boil for 3-5 minutes

- Cool before drinking
- Improve taste by pouring between two clean containers

**Disinfect water**

- Use regular household liquid bleach
- Use bleach labeled to contain 5.25% sodium hypochlorite
- Do not use products labeled to contain other chemicals
- Add 16 drops of bleach to 1 gallon of water
- Let stand 15 minutes before using (should smell chlorine)
- Repeat process if slight chlorine smell is not detected

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## 2 Food



**Non-perishables** such as  
canned or packaged food.

**SHELTER IN PLACE:  
ACTION STEPS FOR USING PLAN 9**

## Essential Item #2: **Food**

### Action Steps:

**Plan for family's unique needs and tastes when collecting food for 3 days or more**

**Pay special attention to special diets, infants, toddlers and elderly**

**Plan foods that require no refrigeration, preparation or cooking**

**Plan foods that are high in calories and nutrition**

- Consider foods that are not salty, high in fat or protein (when water is limited)
- Consider liquid formula in case nursing mothers can not nurse
- Consider canned dietetic foods, juices and soups for ill or elderly

**Store food in dry, dark, cool space**

**Use plastic bags or tight containers to keep food covered at all times**

**Eat food in order: refrigerator, freezer, cupboard**

**Inspect all foods for spoilage before using**

**Date all emergency foods, consider shelf life, and rotate as appropriate:**

- **Six months:** powdered milk (boxed); dried fruit, crackers in sealed containers
- **One year:** canned soup, fruit, vegetables, juice; peanut butter, jelly; hard candy, canned nuts; cereals in sealed containers
- **Indefinitely (in proper containers):** baking powder; salt; bouillon; instant coffee, tea, cocoa; dried corn, dry pasta, non carbonated soft drinks, vegetable oils

**Remember food and medications for pets as appropriate**

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# 3 Clothes



**One change** of clothes  
and footwear per person.

**SHELTER IN PLACE:  
ACTION STEPS FOR USING PLAN 9**

## **Essential Item #3: Clothes**

### **Action Steps:**

**Include one complete change of clothing and footwear per person**

**Evaluate size and seasonal needs by using smoke alarm battery  
replacement schedule (April, October)**

**Include rain gear (i.e. raincoat, umbrella)**

**Include hat and sunglasses**

**Include long underwear and gloves**

**Include blankets or sleeping bags**

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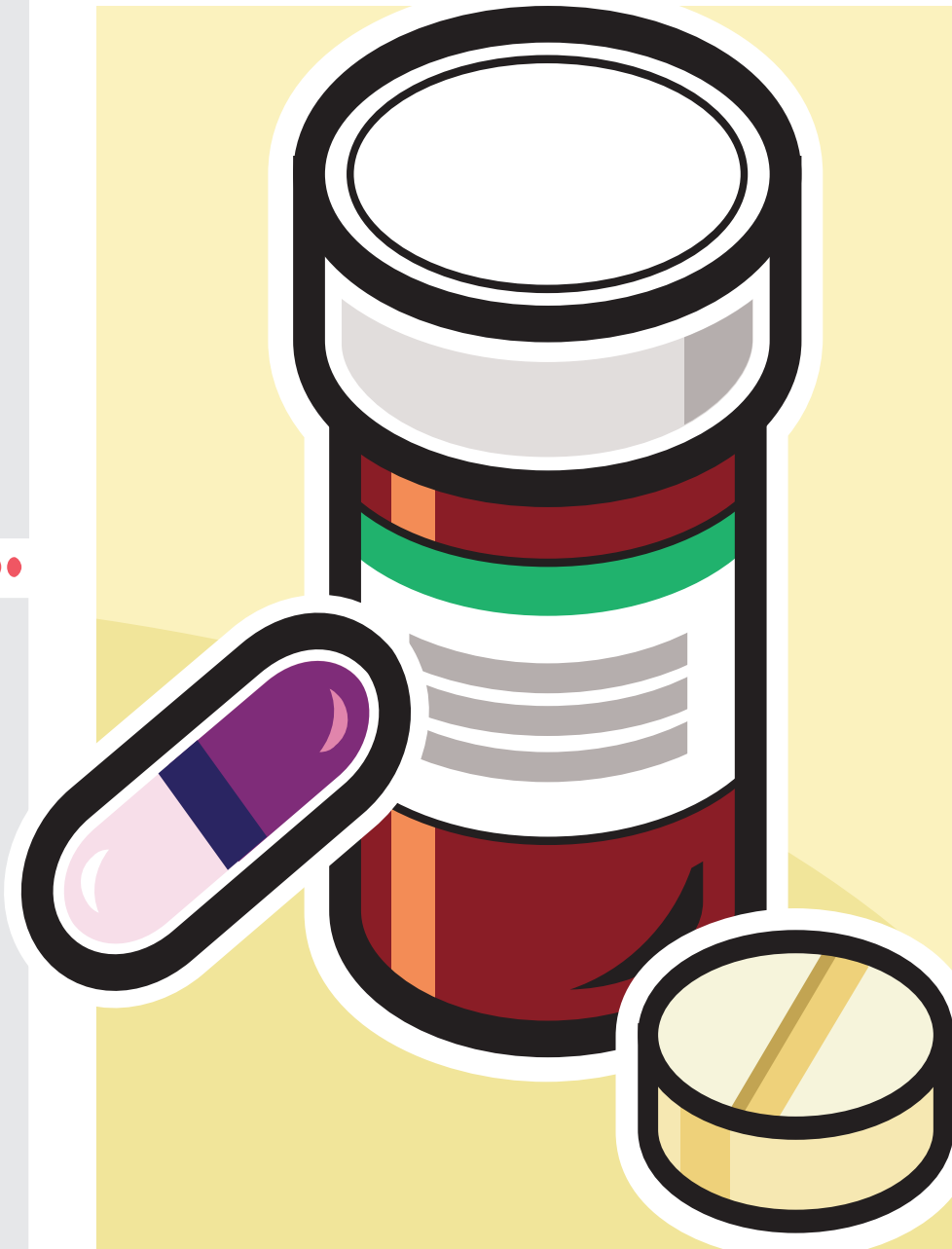
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# 4 Medications



**Three days' worth** of  
prescription medications.

**SHELTER IN PLACE:  
ACTION STEPS FOR USING PLAN 9**

## Essential Item #4: **Medications**

### Action Steps:

**Collect prescription medications for three days**

- Keep prescriptions current (Do not allow to lapse)
- Discuss allergies to medications with your physician
- Discuss the possibility of stockpiling medication samples with your physician
- Rotate stockpiled medications to ensure shelf life currency

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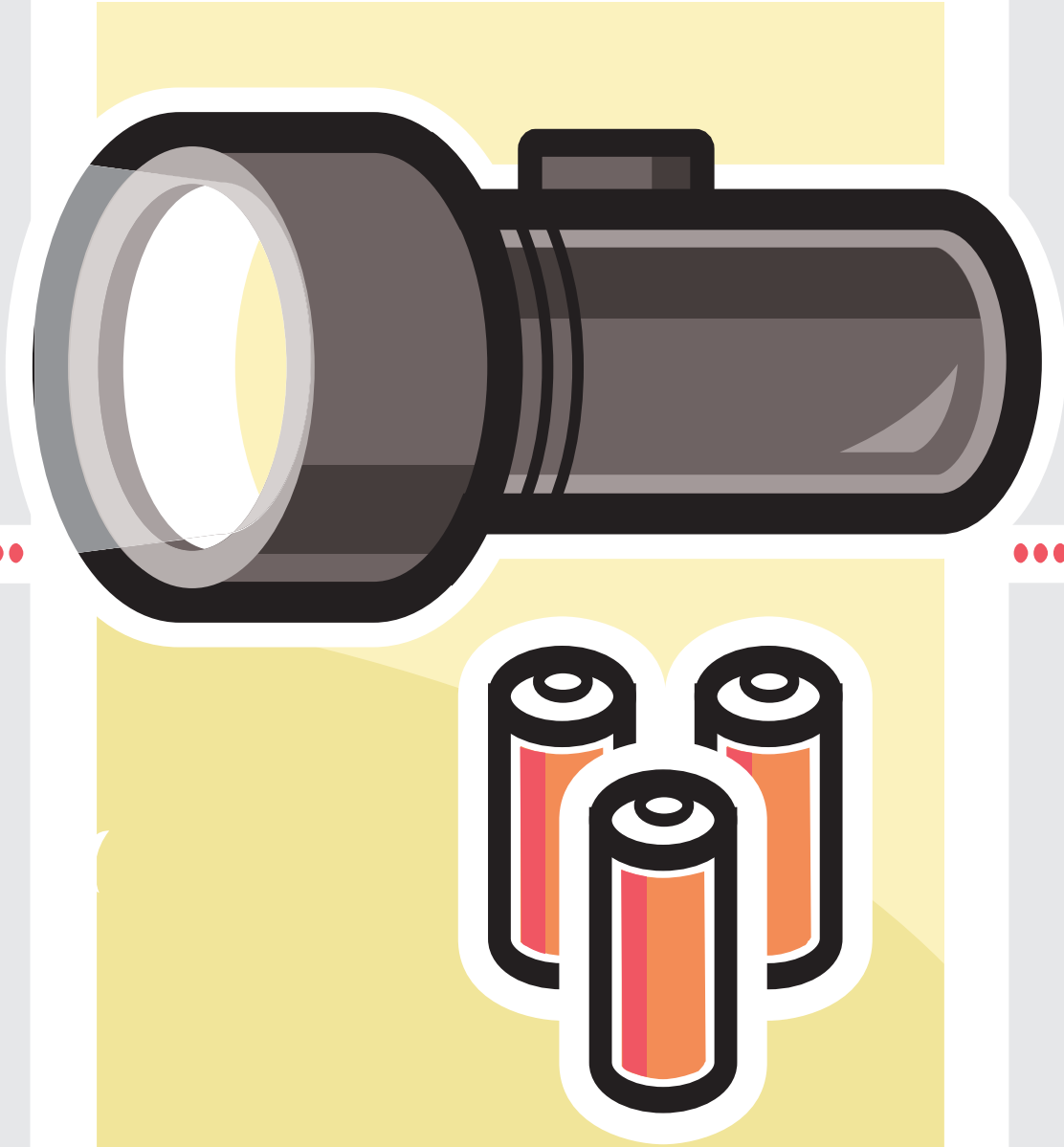
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# 5 Flashlight



**A bright flashlight**  
and extra batteries.

**SHELTER IN PLACE:  
ACTION STEPS FOR USING PLAN 9**

**Essential Item #5:**  
**Flashlight**

**Action Steps:**

**Remember extra batteries**

- Rotate extra batteries to ensure shelf life currency

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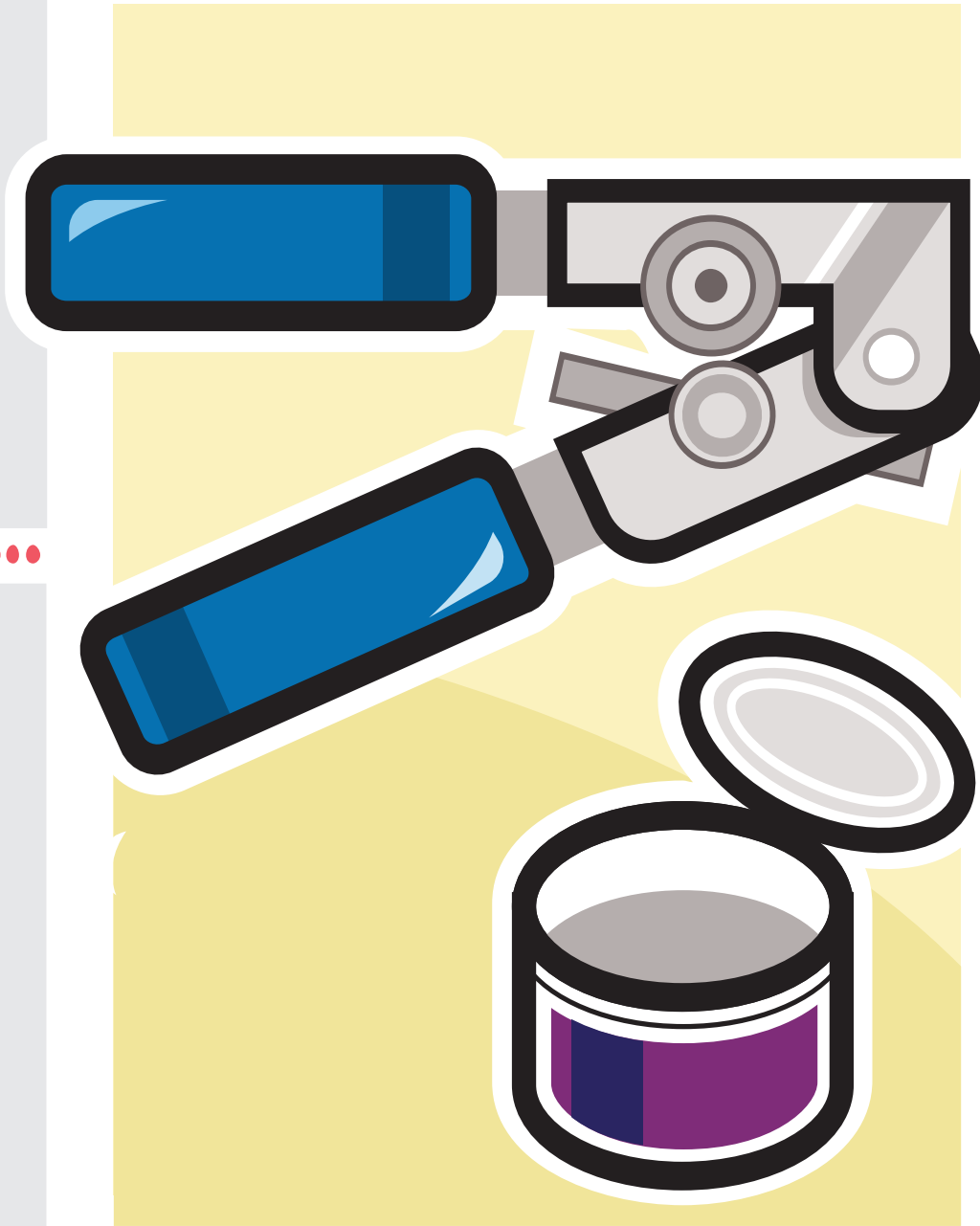
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# 6 Can Opener



***Manual can opener*** in case there's no electric power.

**SHELTER IN PLACE:  
ACTION STEPS FOR USING PLAN 9**

## Essential Item #6: **Can Opener**

### Action Steps:

**Select a manual can opener**

- Electrical power may not be available

**Rehearse using the manual can opener**

- Be aware of hand strength required
- Understand how the manual can opener works

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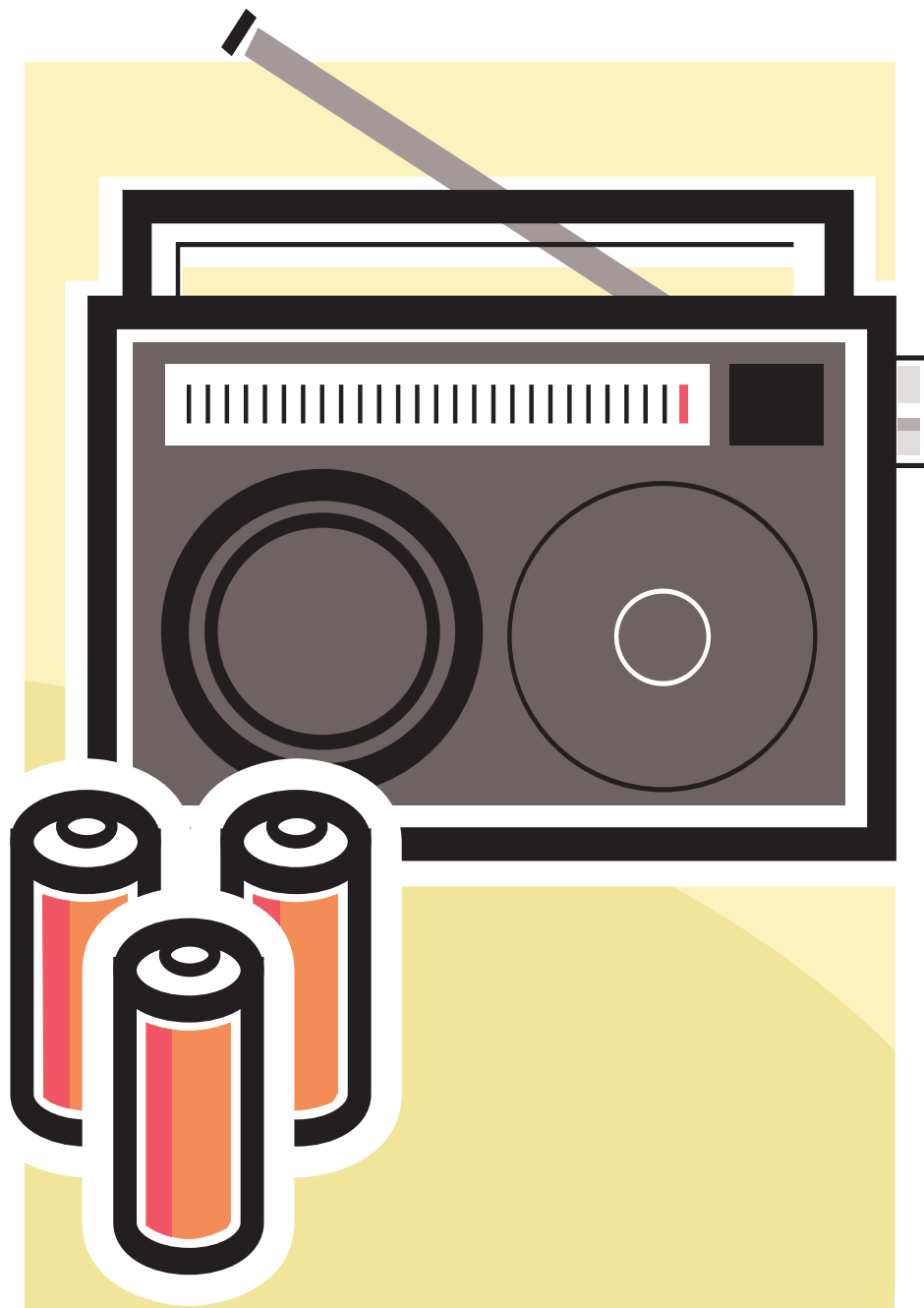
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# 7 Radio



***Battery-powered radio***  
and extra batteries.

**SHELTER IN PLACE:  
ACTION STEPS FOR USING PLAN 9**

## Essential Item #7: **Radio**

### Action Steps:

**Select a battery powered or crank radio**

**Remember extra batteries for a battery powered radio**

- Electrical power may not be available
- Radios are available in a variety of price ranges
- Radios are available with a variety of features
- Rotate extra batteries to ensure shelf life currency

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# 8 Hygiene Items



**Basics** like soap, toilet paper and a toothbrush.

**SHELTER IN PLACE:  
ACTION STEPS FOR USING PLAN 9**

**Essential Item #8:**  
**Hygiene Items**

**Action Steps:**

**Collect basics like soap, toilet paper, toothpaste, toothbrush**

**Include household bleach (see detailed information on #1 item)**

**Include plastic garbage bags, ties (for personal sanitation if needed)**

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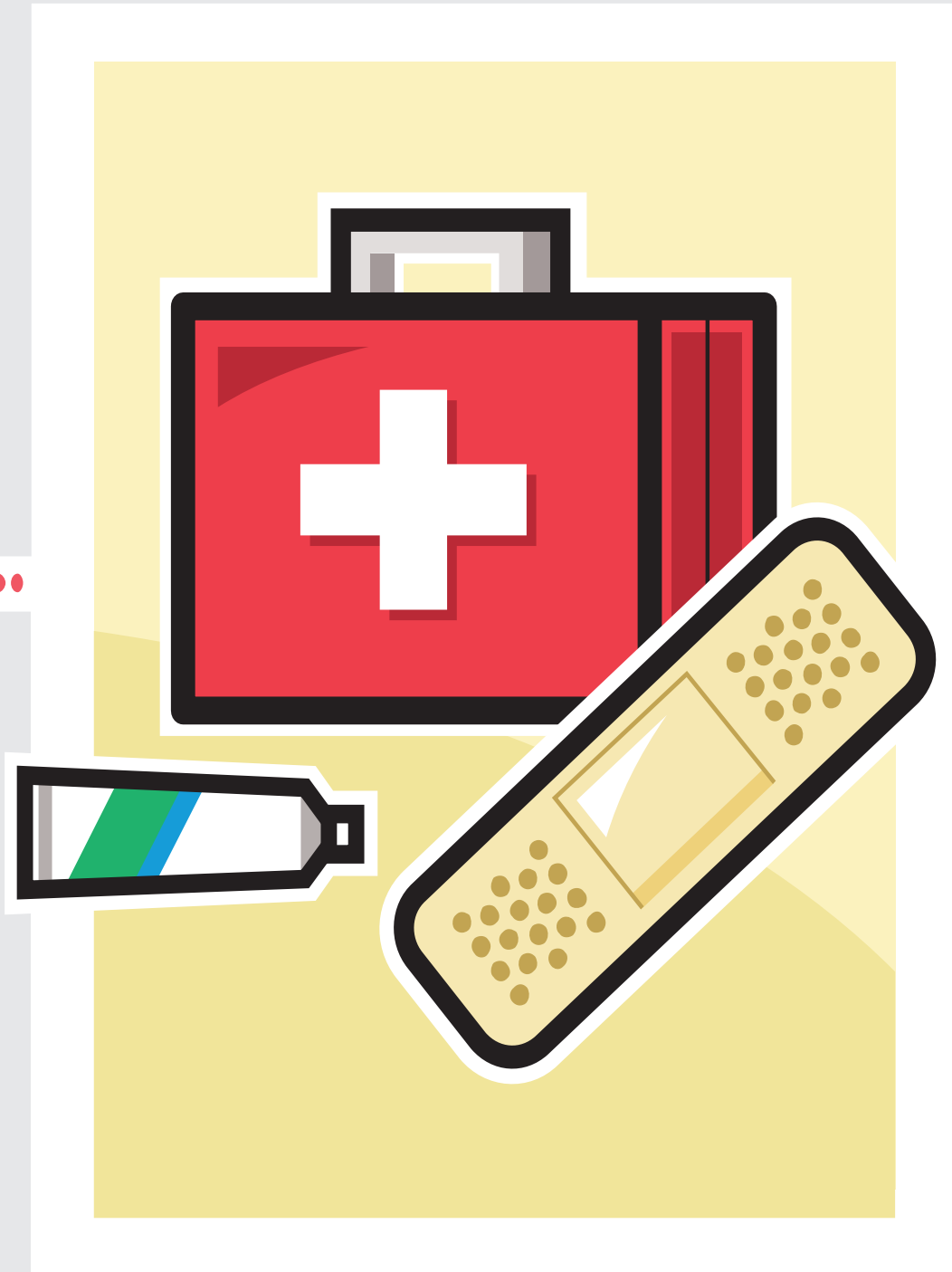
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# 9 First Aid



**Basics** like antiseptic, bandages, and non-prescription medicines.

**SHELTER IN PLACE:  
ACTION STEPS FOR USING PLAN 9**

## **Essential Item #9: First Aid**

### **Action Steps:**

**Collect first aid items**

- Store in a plastic bag

**Include wound items (adhesive bandages, gauze pads, tape, roller gauze)**

**Include antiseptic**

**Include triangular bandages (2)**

**Include non-latex gloves**

**Include scissors**

**Include cold pack**

**Include non-prescription drugs to treat pain, diarrhea, constipation, stomach upset**

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**You can  
do this!!!**

**Collect these nine essential items** to help you shelter-in-place in the event of an emergency.



**Emergency Preparedness and Response**  
*Plan to be Safe.*



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