

# CAPR Emergency Handbook

**C COMMUNITY  
A AWARENESS  
P PREPAREDNESS  
R RESPONSE**



**Courtesy of CAPR Team**  
**Founder and Contact Person**  
[MonaStallworth@gmail.com](mailto:MonaStallworth@gmail.com)

**ARE YOU PREPARED FOR AN EMERGENCY?**

**DO YOU HAVE ONE GALLON OF WATER PER PERSON PER DAY FOR YOUR FAMILY?**

**CAN YOU FEED YOUR FAMILY FOR THREE WEEKS WITH WHAT IS IN YOUR PANTRY?**

**HAVE YOU MADE UP AN EVACUATION BACKPACK FOR A QUICK GET AWAY?**

**HAVE YOU PURCHASED A BARBECUE WITH AN EXTRA BOTTLE OF BUTANE?**

**DO YOU KNOW HOW TO USE A PRESSURE COOKER?**

**DO YOU HAVE A FIRST AID KIT?**

**HAVE YOU HAD YOUR FIREPLACE CHECKED FOR SAFETY?**

**DO YOU HAVE A CARBON MONOXIDE AND FIRE ALARM?**

**HAVE YOU MADE COPIES OF ALL IMPORTANT PAPERS AND PROVE WHERE YOU LIVE?**

**DO TRY TO LIVE WITHOUT ELECTRICITY FOR A WEEKEND. IT IS AN EYEOPENER.**

## **IMPORTANT TELEPHONE NUMBERS**

### **EMERGENCY 911**

**POLICE** \_\_\_\_\_

**FIRE** \_\_\_\_\_

**HOME** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**CELL** \_\_\_\_\_

**INS AGENT** \_\_\_\_\_

**POLICY #** \_\_\_\_\_

**CONTACT #** \_\_\_\_\_

**DR. #** \_\_\_\_\_

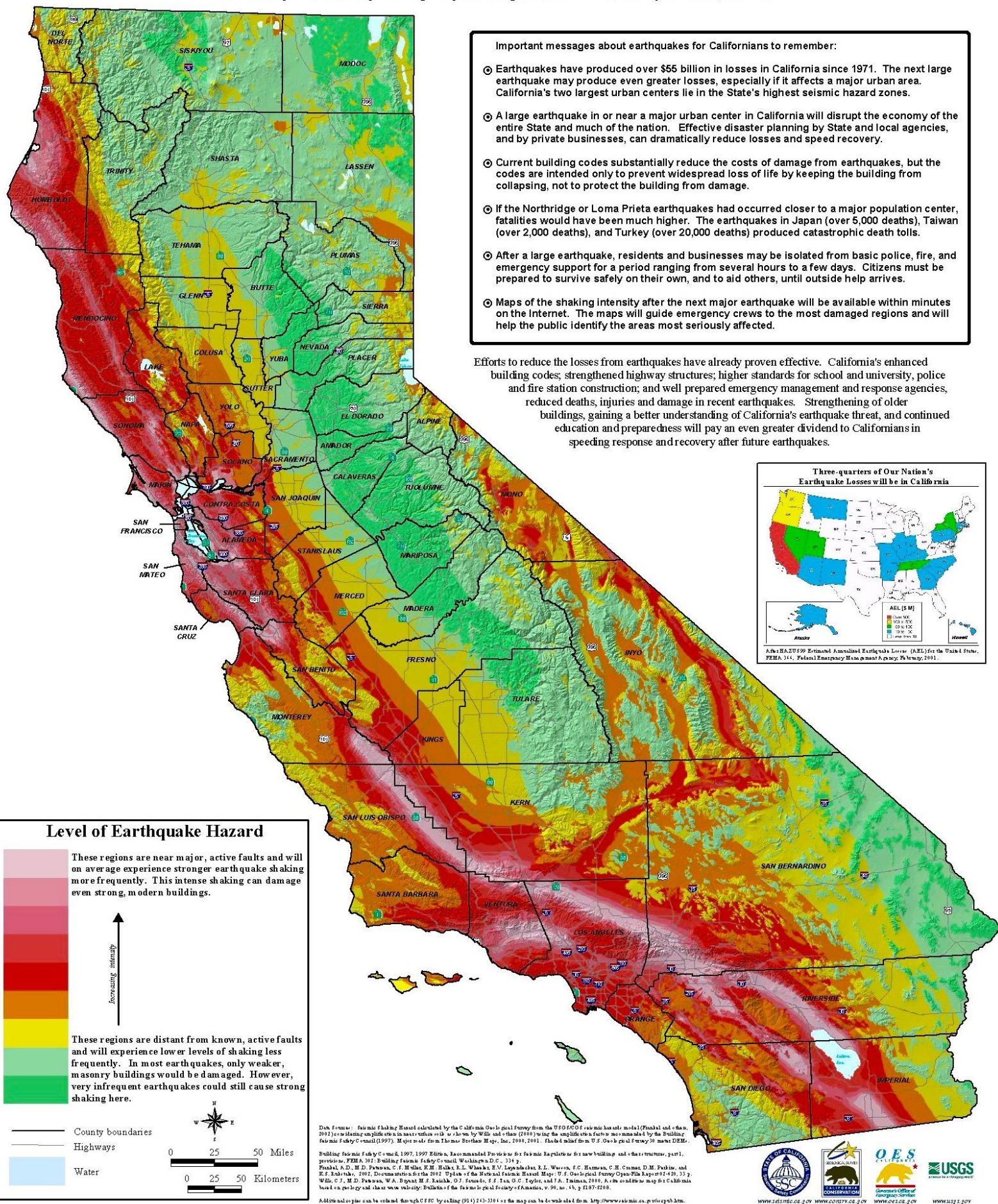
**RED CROSS** \_\_\_\_\_



# Earthquake Shaking Potential for California

Spring, 2003

This map shows the relative intensity of ground shaking and damage in California from anticipated future earthquakes. Although the greatest hazard is in the areas of highest intensity as shown on the map, no region within the state is immune from potential for earthquake damage. Expected damages in California in the next 10 years exceed \$30 billion.



## **LOCAL DISASTERS**

### **Earthquakes:**

Earthquake damage can extend for miles from the epicenter. Damages can include collapsed building, bridges, and overpasses; cracked roadways; downed power lines; broken gas lines; fires; explosions; and landslides.

### **Earthquake response:**

Duck, Cover, and Hold on. Evaluate damages to structure and humans. Evacuate structure if necessary. Take GO BAG.

### **Tsunami:**

A large wave, or series of large waves created by an undersea disturbance, such as an earthquake or volcanic eruption.

### **Tsunami responses:**

Evacuation is necessary. Gas tank should be at least half-full. A GO BAG should be in the car.

### **Chemical or Biological Release:**

A chemical emergency can occur as an accident or maliciously resulting with a release of chemical agents. A biological emergency can be a natural outbreak of disease or a deliberate release of germs or other biological substance.

### **Chemical or Biological Release Response:**

Get to a safe area by evacuating or shelter-in-place (use duct tape and plastic sheeting to create barrier).

### **Mudslide:**

Mudslides are moving rivers of rock, soil, and water. Most often they are triggered by rain, but also can occur after volcanic activity, earthquakes, fires, and manmade stress on the land.

### **Mudslide Response:**

If there is a threat of a mudslide in your area, you must evacuate immediately. Take GO BAG.

### **Fires:**

Fires can spread quickly. In five minutes an entire house can be engulfed in flames. Often, the heat and smoke can be even more dangerous than the flames.

### **Fire Response:**

If you are on fire: STOP, DROP, and ROLL. Evacuate immediately when you see, hear, feel, smell smoke and/or fire. Take GO BAG.



## BE INFORMED

**For additional ways to be informed before an emergency visit:**

- [www.riversideca.gov/readyriverside](http://www.riversideca.gov/readyriverside)
- [www.countyofriverside.us](http://www.countyofriverside.us)
- [www.rvcfire.org](http://www.rvcfire.org)
- [www.rivcophepr.org](http://www.rivcophepr.org)
- [www.roe.us](http://www.roe.us)
- [www.rivcocert.org](http://www.rivcocert.org)
- [www.ready.gov](http://www.ready.gov)
- [www.listo.gov](http://www.listo.gov)
- [www.shakeout.org](http://www.shakeout.org) [www.earthquakecountry.org](http://www.earthquakecountry.org) [www.terremotos.org](http://www.terremotos.org)



**IT'S UP TO YOU TO GET INVOLVED!**

**City of Moreno Valley Office of Emergency Management  
FEMA - CERT**



**CERT Moreno Valley** is a training offered to adults. Participants will learn:

- Disaster Preparedness
- Fire Safety
- Disaster Medical Operations- Triage and Treating Life, Threatening Injuries
- Disaster Medical Operations- Assessment, Treatment, and Hygiene
- Light Search and Rescue
- Team Organization
- Disaster Psychology
- Terrorism and CERT
- Final Exercise

Sessions Require 20 hours to complete

Registration Fee \$15.00

City of Moreno Valley CERT Program  
Alia Rodriguez, Emergency Manager  
City of Moreno Valley Fire Department  
22870 Calle San Juan De Los Lagos  
Moreno Valley, CA 92552  
(951) 413-3800

[http://www.moreno-valley.ca.us/city\\_hall/departments/fire/fire-emerg-mng.shtml](http://www.moreno-valley.ca.us/city_hall/departments/fire/fire-emerg-mng.shtml)



## **CERT ReadySB City Police Department FEMA - CERT**

- There is no cost
- Training is held on 2 consecutive Saturdays at San Bernardino Police Department
- Available dates for CERT training are announced at monthly meetings. Sign-ups are accepted at that time. Any extra available seats are released to public calendar if available

[sbpdonline.org](http://sbpdonline.org)

710 North D. Street, San Bernardino, CA 92401

909-384-5742



## AMERICAN RED CROSS

The ARC offers classes in Basic First Aid, CPR, Disaster Preparedness, etc. American Red Cross of Riverside can be reached at:

1-888-831-0031

[www.recross.org/ca/riverside](http://www.recross.org/ca/riverside)

### BE RED CROSS READY!

The American Red Cross serving Orange, Riverside and San Bernardino Counties is your resource for information, training, preparedness materials and disaster supplies for your business or home.

#### For information, contact us at:

[www.recross.org/oc](http://www.recross.org/oc)

(714) 481-5300

[www.recross.org/riverside](http://www.recross.org/riverside)

(888) 831-0031

[www.recross.org/ie](http://www.recross.org/ie)

(909) 888-1481

#### Know Your Local Hazards

Map of your risk for Earthquakes, Wildfire, Floods, Tsunami

<http://myhazards.calema.ca.gov>

#### Harden Your Home for Wildfires

[www.readyforwildfire.org](http://www.readyforwildfire.org)

#### Secure Your Stuff for Earthquakes

[www.daretoprepare.org](http://www.daretoprepare.org)

#### Get A Kit

[www.redcross.org](http://www.redcross.org)

#### Make a Plan

[www.redcross.org](http://www.redcross.org)

Online Assessment for Workplaces

[www.readyrating.org](http://www.readyrating.org)

#### Be Informed

Welfare inquiry and status

[www.safeandwell.org](http://www.safeandwell.org)

Community Emergency Response Team

[www.citizencorps.gov/cert](http://www.citizencorps.gov/cert)

CPR and First Aid Training

[www.redcross.org](http://www.redcross.org)

Orange County Mass Public Notification

[www.AlertOC.com](http://www.AlertOC.com)

Riverside County Early Warning Notification

[www.RVCFire.org](http://www.RVCFire.org)

Corona Emergency Notification System

[cityofcorona.onthealert.com](http://cityofcorona.onthealert.com)

#### Earthquake Specific Information

[www.earthquakecountry.info](http://www.earthquakecountry.info)

US Geological Survey

[www.usgs.gov](http://www.usgs.gov)

Drill manuals & other resources

[www.shakeout.org](http://www.shakeout.org)

## Government and Agency Preparedness Links

\*Visit your city's website for local info and contacts - call us if we can help you!

Federal Emergency Management Agency  
California Emergency Management Agency  
Federal site for preparedness —all hazards  
Health and pandemic illness  
Local health and pandemic flu updates  
Department of Homeland Security — Terrorism  
Preparedness information in other languages

[www.fem.gov](http://www.fem.gov)  
[www.calema.ca.gov](http://www.calema.ca.gov)  
[www.ready.gov](http://www.ready.gov)  
[www.cdc.gov](http://www.cdc.gov)  
[www.ochealthinfo.com](http://www.ochealthinfo.com)  
[www.dhs.gov](http://www.dhs.gov)  
[www.prepare.org](http://www.prepare.org)



**American Red Cross**  
Serving Orange, Riverside  
and San Bernardino Counties



**EDISON**  
INTERNATIONAL®

Schedule an **American Red Cross**  
**Preparedness Education Presentation** for your neighborhood, business, or community group!

## MOBILE APPS

Red Cross mobile apps offer the vital information you need to prepare and respond to emergencies—big and small. To download, visit [redcross.org/apps](http://redcross.org/apps) or search 'American Red Cross' in the Apple App Store TM or Google Play TM.

<http://www.redcross.org/mobile-apps>

FEMA mobile app for phones and tablets contains disaster safety tips, an interactive emergency kit list, storable emergency meeting locations, and a map with open shelters and open FEMA Disaster Recovery Centers (DRCs). To search for open Disaster Recovery Centers, text: **DRC** and a **Zip Code** to **43362** (4FEMA)

<http://www.fema.gov/mobile-app>

The app also has a **Disaster Reporter feature**, allowing you to take and submit GPS photo reports of disasters so they can be displayed on a public map for others to view.

All FEMA text messages are sent from our dedicated number, which is **43362** (4FEMA). The text messages program is not a substitute for 9 - 1 - 1. During an emergency, call your local fire/EMS/police or 9 - 1 - 1.

Riverside County Sheriff

[www.nixle.com](http://www.nixle.com)

(<http://nixle.com/riverside-county-sheriffs-department---headquarters/>)



Nixle supports over 7,000 public safety and government agencies at the local, county, and state level. Each week, Nixle delivers millions of emails and text messages from official agencies to the residents they serve.

## **Let Your Family Know You're Safe**

If your community has experienced a disaster, register on the American Red Cross Safe and Well Web site available through [RedCross.org](https://www.redcross.org) to let your family and friends know about your welfare.

If you don't have Internet access, call **1-866-GETINFO** to register yourself and your family.

## HOME HAZARD HUNT

According to a study from the University of California in Los Angeles (UCLA), **55% of the injuries** during the 1994 Northridge earthquake were **caused by falling furniture or objects**.

**Many of these injuries could have been prevented through actions taken before the earthquake.**

As a family, go around your residence and identify areas that need to be secured or repaired. Here is a suggested checklist.

Not all items will apply to your household.

	Securely fasten or RELOCATE heavy pictures or mirrors away from beds.
	Fasten shelves securely: bookshelves, wall units, and entertainment centers. Nylon Velcro straps can be found at home improvement stores.
	Place large, heavy objects on lower shelves.
	Brace overhead light and fan fixtures.
	Secure cabinets to wall studs. Use latches designed for child-proofing, earthquakes or boat safety to keep cabinet doors from flying open and contents falling.
	Secure electronics with Nylon Velcro straps found at home improvement stores: Computers, microwaves, televisions.
	Secure refrigerator so that it will not fall or move.
	Secure water heater. Strap to wall studs. Gas and water lines should be flexible.
	Store weed killers, pesticides, painting and cleaning liquids away from heat sources.
	Place oily polishing rags and waste in covered metal cans.
	Secure chimney with sheet metal straps and steel angle bracing to roof rafters. Clean and repair chimneys, flue pipes, vent connectors and gas vents.
	Repair defective electrical wiring and leaky gas connections.
	Know <b>how</b> , <b>when</b> and <b>where</b> to turn off utilities. Do not practice this on the gas meter since the gas utility professional must restore service after being turned off.

## SHUT OFF PROCEDURES:

1. **WATER SERVICE TO THE HOUSE:** Find the water service shut-off to your house. There are 2 valve handles. The upper one shuts off the service to the house. The lower one turns off the irrigation system. If the valve handle is parallel (in line) with the water pipe, then the water is on. To turn water service to your house OFF, turn the top handle 90 degree's. If the valve handle is perpendicular to the water pipe, then the water is off.
2. **WATER HEATER:** Water Heaters are normally located in the garage. They hold 40 to 60 gallons of fresh water. Once the water is shut-off at the house, you can gain access to this water by turning the gas supply to the water heater off, the valve should be perpendicular to the pipe when off, then open the pressure relief valve on the top of the tank. Now you can open the drain valve at the bottom of the tank. There may be some sediment in the first few gallons of water from the tank. A dish towel or clean t-shirt can be used to filter this water for use. When the water heater goes back into service after an emergency is over, be sure both valves are closed.
3. **ELECTRIC PANEL:** Locate the Circuit Breaker Box on the outside of your house. Inside the box, you will find several smaller circuit breakers marked 15, 24, 30 or 40 amp. The one you are looking for is the Main Circuit Breaker labeled as SERVICE DISCONNECTS 200 amp. Turn that off to shut off all power to your house. DO NOT restore the power yourself. Seek the assistance of a licensed professional electrician to diagnose the problem.
4. **GARAGE DOOR:** During a power outage, your garage door can be operated manually. Pull down on the red cord. This will disengage the automatic mechanism. You will hear a click. Once the door is disengaged, you can lift the door up from the bottom. To restore the doors automatic system, pull the red cord back towards the door motor, again you will hear a click.
5. **GAS METERS:** If you smell natural gas leaking, you may want to shut off your gas at the gas meter located outside your home. This is a small valve on the pipe leading out of your gas meter. When this valve is in line with this pipe, the gas is on. To turn off this valve, turn it 90 degrees or perpendicular to the pipe. NEVER turn your gas back on yourself, have the Gas Company restore your service. KEEP A WRENCH ATTACHED TO THE METER IN CASE OF EMERGENCY.

## HOW TO USE A FIRE EXTINGUISHER

It's easy to use a fire extinguisher. Just remember **PASS**, which stands for **Pull, Aim, Squeeze, Sweep**.



**PULL the pin.**

This will let you use the fire extinguisher.



**AIM at the base of the fire.**

If you aim at the flames (which is what most people want to do), the powder will go through the flames and will not put out the fire. ***You want to hit the fuel.***



**SQUEEZE the handle.**

Squeezing the handle discharges the fire extinguisher allowing you to put out the fire.



**SWEEP from side to side.**

Sweep the extinguisher side to side. Be sure to aim at the base of the fire.



## STAY OR GO?

**Depending on the emergency you may decide to go (evacuate) or shelter-in-place.**

**During some emergencies, it is not safe to go outside.**

You may not receive information immediately. You should use your battery or crank operated radio to learn about updated information. Television and the internet are good resources if they are available. **Use AM Radio:** Listen to KNX 1070 AM, KFWB 980 AM, and KFI 640 AM radio stations for regional emergency alert information for the Los Angeles County area. To access or share emergency information, it is recommended that people with disabilities and others with access and functional needs develop multiple communication strategies with family, friends, and neighbors, which include, but are not limited to, the internet, TV with closed captioning, social media, smartphones, and texting.

### **Stay or Go?: Assess the situation**

- Does the building appear to be unsafe to remain inside?
- Can you return to the building or must you stay somewhere else?
- Administer First Aid and get help for any seriously injured person(s).
- If you are at home, check for damages using a flashlight. **DO NO USE MATCHES OR CANDLES, OR TURN ON ELECTRICAL SWITCHES.**
- Check for any fire, electrical, or other household hazards. Check for spilled bleach, gasoline, or other liquids that may produce deadly fumes when mixed, or be a fire hazard.
- Sniff for any gas leaks, starting at the water heater. **In the event that you smell gas, shut off gas at gas meter, open windows, and evacuate the premises immediately.**

### **Shelter -In-Place: Authorities may mandate this strategy**

In a biological or chemical emergency, it might be necessary to shelter-in-place and seal the room. This is considered a short term strategy. Choose a room with few or no windows. Key points to remember:

- Make sure all family members and pets are inside together.
- Make sure your basic Emergency Supplies Kit is with you.
- You will need your battery operated radio for updates.
- Turn off any type of ventilation or heating systems.
- Seal off any openings, windows, doors, and vents with duct tape and plastic sheeting. Plastic sheeting should be cut ahead of time. (10'x10')

### **Evacuate:**

You also may be asked to evacuate by authorities. If you cannot take your basic emergency supply kit, at least take the **emergency envelope with your important documents and a "GO BAG"**.



## STAY OR GO: A “GO BAG”

A **“GO BAG”** is an individual emergency kit for each family member. These items can be placed in a backpack or other easy to carry bag.

Place a **“GO BAG”**:

1. Near your bed
2. In your car
3. At your workplace

### Essential Items include but are not limited to:

Individual Emergency Card	For Medical Purposes
Water	A Couple of 1/2 Liter Bottles
Non-Perishable Food	Granola Bars, Crackers
Medication & First Aid Supplies	A Few Days Supply
A Family Photo	Identification Purposes
A Pocket Knife	To Cut Food, Duct Tape, First Aid
A Dust Mask	Contamination Protection
A Change of Clothes, Underwear, Shoes	For Warm or Cold Weather
Toothbrush/Toothpaste	Travel Size
Small Amount of Cash	Small Denominations and Coins
Flashlight with Batteries	To Aid In Evacuation or Searches
Whistle	So Other People Can Find You
Small Battery Operated Radio	To Keep Updated On Disaster Information
Local Map	Know Local Evacuation Routes
Pencil, Permanent Markers, Paper	To Record Information
An Extra Set of Keys	Auto/Home
Feminine Hygiene Products	Depends on Individual
Small Toys, Playing Cards, Books	Depends on Individual
Consumable Medical Supplies	3 to 5 Day Supply

## **SPECIAL FAMILY SITUATIONS**

Things to consider: These may not apply to your family situation.

### **BABY NEEDS**

Formula  
Diapers  
Bottles  
Powdered milk  
Medications  
Baby wipes  
Diaper rash ointment

### **MEDICAL NEEDS**

Ask your doctor about storing prescription medications such as:  
Heart and High blood pressure medication  
Insulin and other prescription drugs  
Denture needs  
Contact lenses and supplies  
Extra eye glasses  
Durable medical equipment  
Consumable medical supplies

## **People with Disabilities and Other Access with Functional Needs**

- Do you know where the meeting place is? Does anyone need mobility assistance?
- Think about what modes of transportation you use and what alternative modes could serve as back-ups.
- If you require accessible transportation be sure your alternatives are also accessible.
- Make a communications plan: Who is the out-of-state contact to be notified?
- A week's supply of any medications, discuss with doctor about an emergency situation.
- If routine medical treatments are administered at a clinic or at home, develop a plan with the health practitioner for emergency events.
- If you have tools or aids specific to your disability, plan how you would cope without them. For example, if you use a communication device, mobility aid, or rely on a service animal, what will you do if these are not available?
- If you are dependent on life-sustaining equipment or treatment such as oxygen or dialysis, find out from the provider how these can be administered in times of emergency.
- For every aspect of your daily routine, plan an alternative procedure. Make a plan and write it down. Put the plan in an envelope and place it with your Survival Supplies.

## PREPARE AND PLAN WITH CHILDREN

A child that is knowledgeable of the information below will feel more in control during a crisis situation. Check off the boxes after you have talked with your children about this information.

	Include children in discussions and planning for emergency safety.
	Know two escape routes from your residence and from each room.
	Designate primary meeting areas and alternate meeting areas in case of an evacuation.
	Be alert for unusual or strange smells. Alert an adult.
	Never touch fallen poles or wires.
	In case of separation, children should know their family's personal information such as: How to spell their full name, their parents' names, their phone numbers, address, and other appropriate information.
	Every family member should have an "emergency card" which includes information above plus out-of-state contact.
	Know how to contact out of state contact?
	Know how and when to dial 911.
	Practice Role-playing what to tell the 911 dispatcher.
	Practice Role-playing what to do when a parent or caregiver becomes suddenly ill or injured.
	Rehearse Drop, Cover, and Hold-On (Earthquake)
	Rehearse Stop, Drop and Roll (Fire)
	Notify your children's school of address changes, phone numbers, and authorized persons to pick up children.
	Find out the emergency procedures of your child's school.



## PLANNING FOR YOUR PET AND SERVICE ANIMAL

Part of your Family Plan should include your family pet and service animal. Having a plan for them will reduce stress that often occurs following an emergency.

Decide in advance how you will take care of your pet if you are not home and cannot get to them after an emergency. Can you make plans with the neighbors?

Service animals are permitted at all City of Los Angeles facilities providing assistance to people affected by a disaster/emergency. City staff will assist pet owners with

<b>Water</b>	7 day supply; 1-2 ounces of water per lb of body weight of pet. Water intake can be higher/lower depending on the age of the animal. This is separate from the human supply of water.
<b>Food</b>	7 day supply in an airtight and waterproof container.
<b>Medicines, medical records and other essential documents</b>	An extra supply of medicine that your pet regularly takes. Adoption papers, medical and vaccination records.
<b>Collar with ID, harness or leash</b>	Your pet should be wearing an ID tag at all times. You should keep an extra leash/harness and ID tag in Emergency Kit.
<b>Crate or pet carrier</b>	A sturdy crate or carrier. It should be big enough for the pet to sit, turn around, and lie down.
<b>Sanitation</b>	Plastic bags; litter box; household bleach for disinfecting
<b>Picture of you and pet/service animal</b>	In the event of separation, a picture can ease the reunion process.
<b>Familiar Items</b>	Toys, treats, or familiar bedding to reduce stress.

sheltering their pets, if necessary.

### PET and SERVICE ANIMAL SURVIVAL SUPPLIES

- For additional information please visit these sites:
  - [countyofriverside.us/residents/petsandanimalservices](http://countyofriverside.us/residents/petsandanimalservices)
  - <https://www.ready.gov/animals>

## **SUGGESTED ITEMS**

Cash	Cooking Utensils
Eyeglasses	Heavy Duty Aluminum Foil
Bar Soap	Outdoor Grill, Camp Stove, Chaffing dish etc.
Bucket	Axe, Hammer and Assorted Tools
Household Cleanser/Detergent	Filament Tape
Infant Supplies	Toys for Children
Personal Hygiene (toothbrush/paste, deodorant, feminine supplies etc.)	Telephone Numbers
Hand Towel	Smoke Detector (with spare batteries)
Paper Towels, Plates, and Cups	Escape Ladder (for multi-story structure)
Plastic Eating Utensils	Tent, Tarp or Plastic Sheet

## **PERSONAL DOCUMENTS**

**(put in a plastic bag that can be sealed and placed in your freezer):**

Birth Certificate	Will
Health Papers	Certificates of Authenticity (for art etc.)
Passports	Household Inventory:
U.S. Service Discharge Papers	List of Contents
Ownership Certificates (autos, boats, etc.)	Pictures of Contents in All Rooms
Social Security Cards	Genealogy (family tree)
Insurance Policies (Health, Life, and Auto)	



## **SURVIVAL KIT FOR AUTO**

Blankets

Local Maps

Coins (for phone calls)

Fire Extinguisher (ABC type)

First Aid Kit and Manual

Flashlight (fresh batteries and bulbs)

Small Mirror(signaling for help)

Whistle (signaling for help)

Food (nonperishable: nutrition bar, trail mix, etc.)

Emergency Signal Device (light sticks, reflector, etc.)

Polyethylene Rope (for towing, rescue, etc.)

Change of Clothes (gloves, shoes, coat, hat, etc.)

Short Rubber Hose (for siphoning)

Tools: (spare tire, jack, lug wrench, pliers, screwdriver, wire etc.)

Drinking Water (Mylar packets to conserve space)

Toilet Tissue

Sealable Plastic Bags

Paper and Pencil

Prescription Medicines

Pre-Moistened Towelettes

# THREE-DAY SURVIVAL PACK

## TOP OF THE BARREL

Flashlight, Radio, Batteries

### FIRST AID KIT

Antibiotic Ointment  
Aspirin  
Syrup of Ipecac  
Kaopectate

Ace Bandages  
Butterfly Bandages  
Gauze Pads (4" x 4")  
Prescription Medicines



### **DRESSINGS**

Adhesive Tape 2"  
Sterile Bandage 2"  
Sterile Bandage 4"  
Bandage, Large Tri  
Bandage Plastic Strips  
Cotton Tipped Swabs

### **MISCELLANEOUS**

Scissors  
Tweezers  
Thermometer  
Petroleum Jelly  
Tissues  
Pocket Knife

## MIDDLE OF THE BARREL

### **FOOD**

3-day supply of food requiring no refrigeration  
Date all food items. Write out a menu for each day

#### ***Examples:***

Canned Tuna  
Pork and Beans (1/2 lb. per person)  
Nonfat Dry Milk (1/2 lb. per person)  
Dried Apricots (1/2 lb. per person)  
Canned Orange or Tomato Juice  
Peanut Butter (1/2 lb. per person)  
Water (1-2 gallons per person per day)





## **BOTTOM OF THE BARREL**

### **BEDDING**

Sleeping Bag/Blankets  
Plastic Sheet/Tarp

### **CLOTHING**

Change of clothes

### **PERSONAL SUPPLIES**

Towel  
Toiletries  
Paper/Pencil  
Good book  
Paper/Pencil

### **INFANT NEEDS**

### **MONEY**

Cash

### **PERSONAL DOCUMENTS**

### **FUEL & LIGHT**

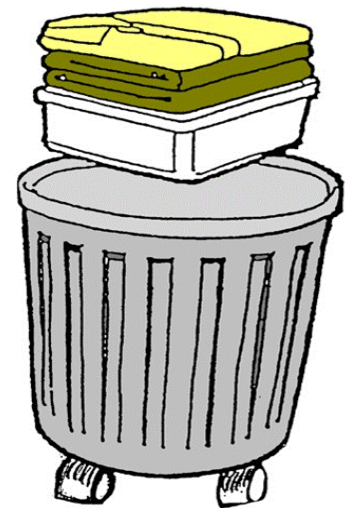
Matches  
Candle  
Signal Flare

### **EQUIPMENT**

Can Opener  
Dishpan  
Dishes and Utensils  
Shovel  
Axe

### **MISCELLANEOUS**

Water Purification Tablets  
Liquid Chlorine/Household  
Laundry Bleach  
Eye Dropper



## WATER

You need a minimum of one gallon of water per day, per person for drinking and food preparation. A total of fourteen gallons, per person for a two-week period. Another half gallon per person, per day for bathing, brushing teeth and dishwashing.

A family of four would require a minimum of 56 gallons of water, but preferable 84 gallons for a two week period. Do not overlook the water supply in the hot water tank and the toilet tank. (Be sure to shut off the incoming water valve in case the local water supply is not safe)

Store water reserves in thoroughly washed, clean containers. Plastic containers with tight-fitting caps are best. Glass jugs may be used but plastic has the advantage of being shatterproof and lightweight. Metal containers tend to give water an unpleasant taste.

Clean water stored in clean containers with tight-fitting lids will remain palatable for an indefinite period. If purchased water, follow expiration dates or rotate water every six months. Check the containers occasionally for leaks or cloudiness. If the water starts to look or taste bad, change it. If you have any doubts about the safety of the water to be stored, purify it before you store it.

## TO PURIFY WATER

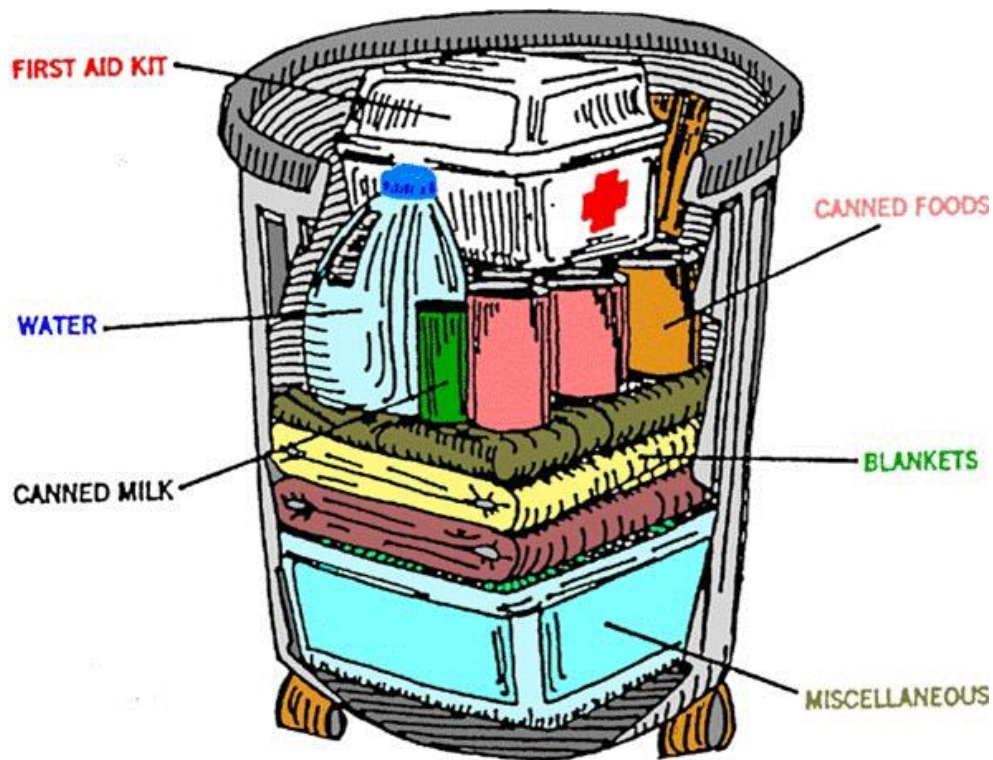
1. The safest method of purifying water is to boil it vigorously for 1-3 min. To improve the taste of the water after boiling, pour the water from one container to another several times.
2. You can also purify water by adding any household bleach solution that contains 5.25 percent of sodium hypochlorite. (most common bleach solutions contain this amount). Add the bleach solution to the water in a clean container. Mix thoroughly by stirring or shaking. Let stand for 30 min. The following table shows the proper amount of 5.25 percent solution to add to water.

Amount of Water	Amount of solution to add to:	
	Clear water	Cloudy water
1 quart - (1/4 gallon)	2 drops	4 drops
1 gallon	8 drops	16 drops
5 gallons	1/2 teaspoon	1 teaspoon

3. You can use ordinary 2 percent tincture of iodine, which you may have in your medicine cabinet, to purify small quantities of water. Add 3 drops of tincture of iodine to each quart of clear water or six drops to each quart of cloudy water, and stir thoroughly.
4. You can safely use water purification tablets that release chlorine or iodine to purify water. They are inexpensive and available at most sporting goods stores and some drugstores.

## STORAGE OF EMERGENCY SUPPLIES

Some families prefer to store their emergency supplies in one location. Choose a place in your home, which would be relatively safe in time of an earthquake (such as a closet, under a bed or in the garage). The perishable supplies will remain stable longer if stored in a cool, dark location.



One suggested method for storing emergency supplies is to place them in a large, covered trash container. They can be layered as shown and all kept together in the large covered container. Plastic containers come in all shapes and sizes. They're water and rodent proof and are fairly durable. Choose the size that suits your needs. Be sure the container comes with a securing lid and preferably on wheels for easy transport.

**\*Note:** It is best to store plastic water containers on top of the contents rather than on the bottom, where they could possibly crack and leak from the weight heavy objects placed on top of them.

## NOTES