

HOME PREPAREDNESS ACTIVITY #1 SUMMARY

"Start now to create a plan if you don't already have one, or update your present plan. The instability in the world today makes it imperative that we take heed of the counsel and prepare for the future." L. Tom Perry (Ensign, November 1995, p. 35)

CREATE A FAMILY DISASTER PLAN

Besides emergency supplies, you and your family should have a plan for how to respond to an emergency. Take time regularly to discuss and practice for emergency situations. In planning for emergencies, consider what would happen if a parent or another family member were not at home during an emergency. Would the family members at home be able to respond to the emergency? Responsibilities for emergency response should be divided and often duplicated among family members so that regardless of who is at home, the family will still be able to respond properly.

You should have a plan for how family members will contact one another if the family is scattered during the emergency; a prearranged meeting place, a code word, or a relative's phone number. Complete the attached Call for Help sheet to post at home.

Discuss with your family why you need to prepare for disaster.

Plan to share responsibilities and work together as a team. Plan how to take care of your pets.

Discuss the types of disasters that are most likely to happen in our area:

Wind/Winter Storms, Earthquakes, Terrorism/Bombs, Chemical Emergencies, Floods, Landslides/ Mudflows. To print individual fact sheets on these types of disasters, go to <http://emd.wa.gov/> and click on the "Preparedness" tab near the top, then click on "Personal", then select "Prepare your home", "Prepare in a year", or "Pet Preparedness" as desired.

The state of Utah has prepared a 12 Point Program for Individual, Family & Community Preparedness at: <http://des.utah.gov> which changes to <http://homelandsecurity.utah.gov/home> when selected. Select the "Public" tab, then the "Preparedness" tab.

You will now see the Utah Hazards screen.

On the left you will see 12 bulleted items. Select any of the 12 that interest you.

The top one, "General Disaster Preparedness Information", will take you to a screen where you can select the "12 Point Program for Individual, Family & Community Preparedness" and print it if you like. An excellent Disaster Preparedness Handbook can be found at http://www.metrokc.gov/prepare/docs/PR_WaDisPrepHandbk2005.pdf.

Discuss the information found and decide what you will do in each case. Be sure to:

- designate two places to meet: 1) Right outside your home in case of a sudden emergency, like a fire; 2) Outside your neighborhood in case you can't return home. Everyone must know the designated address and phone number. Include this information on your Contact Card.

- ask an out-of-state friend/relative to be your "family contact."

After a disaster, it's often easier to call long distance. All family members should call this person and tell this person where they are. Everyone must know your contact's phone number and should carry a Contact Card with them in their purse, wallet, backpack, diaper bag, etc.

Discuss and calendar the following list of monthly Preparedness Activities to help you complete them in the coming months:

- **Personal Safety:** Preparation and posting of emergency telephone number list; teach children how and when to call 911, Poison Control, etc. for emergency help.
- **Water Safety:** Learn methods of water purification and storage. Store a 2 week supply of water for each member of your household. Rotate the water 3 - 4 times a year.
- Assemble a **72-Hour Emergency Supplies Kit** of food, water, clothing, and supplies and update it as needed. Include a Pandemic Flu Care Kit.
- **Earthquake Drill:** Find the safe spots in your home and have regular earthquake drills. Secure cabinets, tall furniture, wall hangings, water heater, etc. as needed.
- **Utility Safety:** So each family member knows how and when to turn off the water, gas and electricity and where the main switches/valves are located.
- Attend a **First Aid and CPR Class** and renew your certification as needed.
- **Blackout Drill:** practice safety measures and actions in the case of a power outage.
- **Fire Safety:** So each family member knows where fire extinguishers in your home are located and how to use them; ensure smoke detectors are installed on each level of your home, especially near bedrooms and replace the batteries regularly; have periodic fire drills after determining the best escape routes from your home.
- **Home Safety:** Conduct a home hazard hunt and make a timeline to correct problems.
- Prepare **Household Evacuation Plan:** Including family members, pets, valuables, meeting place, etc.; learn about our community's warning signals; what they sound like and what to do when you hear them.
- Prepare a **Shelter-in-Place** plan for such things as a chemical or biological disaster such as terrorism and the Pandemic Flu
- **Financial Security:** Make sure you have adequate insurance coverage, devise plan for "Rainy Day Savings."

Additional online resources:

www.redcross.org "Get Prepared" section

www.disasterhelp.gov

www.ready.gov

www.fema.gov "Disaster Action Kids" section has great games/activities for younger children

www.providentliving.org Emergency Preparedness section

OUT-OF-AREA CONTACT INFORMATION

NAME _____
(of person living at least 100 miles away)
 HOME/CELL # _____
 DAYTIME/WORK # _____
 LOCATIONS TO MEET IN CASE OF:
 FIRE _____
(a place near our home)
 DISASTER _____
(another place in case we cannot get home)

OUT-OF-AREA CONTACT INFORMATION

NAME _____
(of person living at least 100 miles away)
 HOME/CELL # _____
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 DAYTIME/WORK # _____
 LOCATIONS TO MEET IN CASE OF:
 FIRE _____
(a place near our home)
 DISASTER _____
(another place in case we cannot get home)

PERSONAL CONTACT INFORMATION

MY NAME _____
ADDRESS _____
HOME # _____ SCHOOL _____
WORK # _____
OTHER/DAYCARE # _____
WIRELESS # _____

PERSONAL CONTACT INFORMATION

MY NAME _____
ADDRESS _____
HOME # _____ SCHOOL _____
WORK # _____
OTHER/DAYCARE # _____
WIRELESS # _____

PERSONAL CONTACT INFORMATION

MY NAME _____
ADDRESS _____
HOME # _____ SCHOOL _____
WORK # _____
OTHER/DAYCARE # _____
WIRELESS # _____

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WORK # _____
OTHER/DAYCARE # _____
WIRELESS # _____

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OTHER/DAYCARE # _____
WIRELESS # _____

Call-for-Help

Complete the following information and have a family discussion on how and when to use it. If you live alone, discuss it with a neighbor, friend and/or relative. Keep a copy of this information by your phone, in your car and in your 72-Hour Emergency Supply Kit.

OUT-OF-AREA CONTACT

Name _____

Address _____ City _____ State _____

Telephone (day) _____ (evening) _____

LOCAL CONTACT

Name _____

Address _____ City _____ State _____

Telephone (day) _____ (evening) _____

NEAREST RELATIVE

Name _____

Address _____ City _____ State _____

Telephone (day) _____ (evening) _____

FAMILY WORK NUMBERS

Father _____ Mother _____

SCHOOL/DAY CARE/OTHER INFORMATION

Contact Name(s) _____

Address(es) _____

Telephone(s) _____

FAMILY PHYSICIANS

Name _____ Telephone _____

Name _____ Telephone _____

REUNION LOCATIONS

1. _____
Right outside your home

2. _____
Away from the neighborhood in case you cannot return home

Location Address _____

Telephone numbers(s) _____

EMERGENCY PHONE NUMBERS

SALT LAKE CITY

| <u>Department/Agency</u> | <u>Phone Number</u> |
|--------------------------|---------------------|
|--------------------------|---------------------|

Call 911 for any emergency that threatens health or safety

| | |
|------------------------------------|--|
| 24-Hour Water/Sewer Emergency | (801) 483-6700 Call to report Water Main leaks |
| 24-Hour Electrical Emergency | (888) 221-7070 Call to report Downed Power Lines |
| 24-Hour Disease Report Line | (888) 374-8824 |
| 24-Hour State-wide Road Conditions | (800) 492-2400 |
| Animal Bites | 911 If major bleeding that can't be stopped |
| Animal Control Hotline (Lost Pets) | (801) 268-DOGS (3647) |
| Communicable Disease | (801) 538-6096 |
| Emergency Management | (800) SL-FAULT (753-2858) or (801) 538-3400 |
| Emergency Shelter | (801) 355-1302 or (801) 355-6310 |
| Utah Red Cross | (801) 323-7000 |

FEMA Disaster Recovery Assistance (800) 621-FEMA If you don't have earthquake insurance but have sustained substantial damage to your property.

Federal Emergency Management Assistance (FEMA) Helpline (800) 525-0321
Number is for people who have already applied and have questions about their applications.

Police (non-emergency) (801) 799-3000
Any incident that needs to be reported to the Police Department, but does **not** require immediate dispatch of an officer to the scene.

EMERGENCY NUMBERS

SALT LAKE COUNTY

Emergencies

Police, Sheriff, Fire, Medical, State Patrol: Dial 9-1-1

| | |
|--------------------------------------|--|
| 24-Hour Water/Sewer Emergency | (801) 483-6700 Call to report Water Main leaks |
| 24-Hour Electrical Emergency | (888) 221-7070 Call to report downed power lines |
| 24-Hour Gas Emergency | (800) 541-2824 Call to report leaks/odors |
| Communicable Disease Hotline | (801) 534-4600 Business hours (801) 558-0407 After hours |

Police/Sheriff

24-hours a day

Salt Lake Co Sheriff's Office

(801) 743-7000 (dispatch)
(801) 743-7070 TTY

Salt Lake City Police Dept

(801) 799-3000 (dispatch)

Utah Highway Patrol

(801) 887-3800 (dispatch)

Fire

Business hours

Salt Lake City Fire Department

(801) 799-FIRE (3473)

Other resources

Office of Emergency Preparedness

(801) 535-6030

Poison Control Center

1-800-222-1222

FEMA

(800) 621-FEMA (3362)

Environmental emergencies

24-hours a day

Report all HAZARDOUS
SUBSTANCE spills to:
(801) 649-7000

Report all OIL spills to:
National Center:
(800) 424-8802
AND
State of Utah:
(801) 535-5030

HOME PREPAREDNESS ACTIVITY #2

Your Evacuation Plan

Before the Disaster:

1. Learn about your community's warning signals: what they sound like and what you should do when you hear them.
2. Make sure your child(ren)'s school and your office/business have sound evacuation plans in place. If not, help design one.
3. Meet with your neighbors to plan how the neighborhood could work together after a disaster until help arrives. Know your neighbors' special skills (e.g., medical, technical) and consider how you could help neighbors who have special needs, such as disabled and elderly persons. Make plans for child care in case parents can't get home.
4. Discuss different scenarios, methods of transportation, meeting places, communication, etc. with family members.
5. Complete Contact Cards so each member of your family will have the information outlined below if you are separated or unable to return home and each member of your family will know who to call and where to meet whether they are at home, school, work, or some other location at the time of the disaster.

Choosing An Out-of-Area Contact:

- During an emergency local phone service may be limited, so you should arrange with someone outside your area to be your family contact.
- Your contact person should have voice mail or an answering machine.
- Ensure that every family member knows that they should listen to the radio or TV for telephone use instructions, then phone your out-of-area contact person to say how and where they are and what their plans are.
- Keep calls short, and if possible, arrange to call the contact person back at a specified time for another check-in.

Choosing A Place to Meet:

- At the time of an emergency, your family may not be together. It is important to choose family meeting places.
- Remember that bridges may be out and roads may be blocked by debris, so choose your meeting places carefully with access in mind.
- Pick places that are easy to identify, that can be reached on foot if necessary, and that are in an accessible, open area.
- Take into account where each of you will likely be at different times and on different days.

Planning An Evacuation Route:

By plotting out potential routes on a city map before the disaster, you will save yourself from having to figure something out while in a hurry.

Things to think about when designing your neighborhood evacuation plan include:

- Plan two routes for each direction. (North, South, East, West.)
- Avoid routes with obvious hazards, or routes which are likely to be impassible in a disaster. (You probably will want to drive the routes before deciding.)
- Avoid common routes that may be congested during an emergency.
- Establish plans with other family members for meeting up outside of the evacuated area. Make sure each member knows the location of the established meeting points.
- Designate two out-of-area contacts. Each family member should carry a personal copy of this list. In an emergency, communications may be down in your area. Family members can contact the persons out of the emergency area to pass along messages and to check on the welfare of other family members.

Have maps ready for the following:

- Closest evacuation centers.
- Main and alternative routes for leaving the city in North, South, East and West directions.
- Locations of designated meeting spots outside the affected areas.

Be sure that each family member has a copy of the evacuation plan, maps and telephone numbers.

If local officials haven't advised an immediate evacuation:

If there's a chance the weather may get worse or flooding may happen, take the following steps to protect your home and belongings.

Bring things indoors.

Lawn furniture, trash cans, children's toys, garden equipment, clotheslines, hanging plants, and any other objects that may fly around and damage property should be brought indoors.

Look for potential hazards.

Look for unripened fruit and other objects in trees around your property that could blow or break off and fly around in high winds. Cut them off and store them indoors until the storm is over. If you did not cut away dead or diseased branches or limbs from trees and shrubs before now, leave them alone.

Turn off electricity, water and propane gas service.

Turn off electricity at the main fuse or breaker, and turn off water at the main valve. Propane tanks often become dislodged in disasters.

Leave natural gas on.

Leave natural gas on because you will need it for heating and cooking when you return home. If you turn gas off, a licensed professional is required to turn it back on, and it may take weeks for a professional to respond.

If high winds are expected, cover the outside of all windows of your home.

Use shutters that are rated to provide significant protection from windblown debris, or fit plywood coverings over all windows. Tape does not prevent windows from breaking. All tape does is prevent windows from shattering. Using tape on windows is not recommended.

If flooding is expected, consider using sand bags to keep water away from your home.

It takes two people about one hour to fill and place 100 sandbags, giving you a wall one foot high and 20 feet long. Make sure you have enough sand, burlap or plastic bags, shovels, strong helpers, and time to place them properly.

Move objects that may get damaged by wind or water to safer areas of your home.

Move television sets, computers, stereo and electronic equipment, and easily moveable appliances like a microwave oven to higher levels of your home and away from windows. Wrap them in sheets, blankets, or burlap.

Make a visual or written record of all of your household possessions.

Record model and serial numbers.

This list could help you prove the value of what you owned if those possessions are damaged or destroyed, and can assist you to claim deductions on taxes.

Do this for all items in your home, including expensive items such as sofas, chairs, tables, beds, chests, wall units, and any other furniture too heavy to move.

Store a copy of the record somewhere away from home, such as in a safe deposit box.

If it's possible that your home may be significantly damaged by impending disaster, consider storing your household furnishings temporarily elsewhere.

When the disaster occurs:

Evacuate immediately if told to do so:

- Listen to your battery-powered radio and follow the instructions of local emergency officials.
- Wear protective clothing and sturdy shoes.
- Take your family disaster supplies kit which you have gathered and put in a duffle bag or other large container in advance.
- Lock your home.
- Use travel routes specified by local authorities--don't use shortcuts because certain areas may be impassable or dangerous.

If you're sure you have time:

- Shut off water, gas and electricity before leaving, if instructed to do so.
- Post a note telling others when you left and where you are going.
- Make arrangements for your pets.

When NOT TO EVACUATE but SHELTER-IN-PLACE

Chemical, biological, or radiological contaminants may be released accidentally or intentionally into the environment. Should this occur, information will be provided by local authorities on television and radio stations on how to protect you and your family. If you are told to shelter-in-place, you will need to select a small, interior room, with no or few windows, and take refuge there. This is a precaution aimed to keep you safe while remaining indoors.

How to Shelter-in-Place

At Home:

- Close and lock all windows and exterior doors.
- If you are told there is danger of explosion, close the window shades, blinds, or curtains.
- Turn off all fans, heating and air conditioning systems.
- Close the fireplace damper.
- Get your family disaster supplies kit and make sure the radio is working.
- Go to an interior room without windows that's above ground level.
In the case of a chemical threat, an above-ground location is preferable because some chemicals are heavier than air, and may seep into basements even if the windows are closed.
- Bring your pets with you, and be sure to bring additional food and water supplies for them.
- It is ideal to have a hard-wired telephone in the room you select. Call your emergency contact and have the phone available if you need to report a life-threatening condition. Cellular telephone equipment may be overwhelmed or damaged during an emergency.
- Use duct tape and plastic sheeting (heavier than food wrap) to seal all cracks around the door and any vents into the room.
- Keep listening to your radio or television until you are told all is safe or you are told to evacuate. Local officials may call for evacuation in specific areas at greatest risk in your community. .

In Your Vehicle:

If you are driving a vehicle and hear advice to "shelter-in-place" on the radio, take these steps:

- If you are very close to home, your office, or a public building, go there immediately and go inside. Follow the shelter-in-place recommendations for the place you pick.
- If you are unable to get to a home or building quickly and safely, then pull over to the side of the road. Stop your vehicle in the safest place possible. If it is sunny outside, it is preferable to stop under a bridge or in a shady spot, to avoid being overheated.
- Turn off the engine. Close windows and vents.
- If possible, seal the heating/air conditioning vents with duct tape.
- Listen to the radio regularly for updated advice and instructions.
- Stay where you are until you are told it is safe to get back on the road.
Be aware that some roads may be closed or traffic detoured.
Follow the directions of law enforcement officials.

Remember that instructions to shelter-in-place are usually provided for durations of a few hours, not days or weeks. There is little danger that the room in which you are taking shelter will run out of oxygen and you will suffocate.

HOME PREPAREDNESS ACTIVITY #2 SUMMARY

YOUR EVACUATION PLAN

Before the Disaster:

Choosing An Out-of-Area Contact

Choosing A Place to Meet

Planning An Evacuation Route

Have maps ready

Be sure each family member has a copy of evacuation plan, maps and telephone numbers.

If local officials haven't advised an immediate evacuation:

Bring things indoors.

Look for potential hazards.

Turn off electricity, water and propane gas service.

Leave natural gas on.

If high winds are expected, cover the outside of all windows of your home.

If flooding is expected, consider using sand bags to keep water away from your home.

Move objects that may get damaged by wind or water to safer areas of your home.

Make a visual or written record of all of your household possessions.

If it's possible that your home may be significantly damaged by impending disaster, consider storing your household furnishings temporarily elsewhere.

When the disaster occurs:

Evacuate immediately if told to do so

Actions to take if you're sure you have time

When NOT TO EVACUATE but SHELTER-IN-PLACE

How to Shelter-in-Place

At Home

In Your Vehicle

"Unfortunately there are too many of us that are like the scoffers in Lehi's vision.

They stand aloof and are inclined to hold in derision the faithful who have chosen to accept Church authorities as God's special witnesses of the gospel and his agents in directing the affairs of the Church. My sincere counsel to you today is to remember the good basic principles we have been taught from the very beginning—principles of thrift, industry, and integrity that have served mankind in every period of time. Avoid the great and spacious building that is the pride of the world, for it will fall, and great will be the fall thereof.

"May God bless us with the wisdom to follow the counsel we have received as we prepare spiritually and temporally for the strength and security of our family units" (L. Tom Perry said, "If Ye Are Prepared Ye Shall Not Fear," *Ensign*, Nov. 1995, 35)

President Marion G. Romney emphasized that preparedness [is] "not a doomsday program, but a program for today." (*Ensign*, November 1982, p. 93.) Taking care of oneself and one's family is an ongoing responsibility. President Spencer W. Kimball taught that "we could refer to all the components of personal and family preparedness, not in relation to [] disaster, but in cultivating a life-style that is on a day-to-day basis its own reward." (*Ensign*, November 1977, p. 78.)

TIPS AND SUGGESTIONS:

Keep enough supplies in your home to meet your needs for at least three days.

Assemble a Disaster Supplies Kit with items you may need in an evacuation.

Store supplies in sturdy, easy-to-carry containers such as backpacks, plastic boxes, or duffle bags.

Be sure to keep a smaller kit in the trunk of your car.

Volunteer to do research to determine the best places and prices to purchase needed items and coordinate bulk buying at a discount where practical with other families in your Ward, Branch or neighborhood.

ACTIVITY

Divide into 2 teams and, using the attached list, conduct a scavenger hunt within your home and see which team can find the most items to include in your Emergency Supplies Kit.

Limit your search to 15-20 minutes, then note the items you will need to purchase and include them in your budget over the coming weeks or months.

HOME PREPAREDNESS ACTIVITY #3

"The time has come to get our houses in order There is a portent of stormy weather ahead to which we had better give heed. . . . May the Lord bless you . . . to set your houses in order. . . . then should storms howl about your head, you will have . . . peace in your hearts. That's all I have to say about it, but I wish to say it with all the emphasis of which I am capable."

Gordon B. Hinckley (Ensign, Nov. 1998, p. 51.)

ASSEMBLING A 72-HOUR EMERGENCY SUPPLIES KIT

"We live in a most exciting and challenging period in human history. As technology sweeps through every facet of our lives, changes are occurring so rapidly that it can be difficult for us to keep our lives in balance. To maintain some semblance of stability in our lives, it is essential that we plan for our future. I believe it is time, and perhaps with some urgency, to review the counsel we have received in dealing with our personal and family preparedness. We want to be found with oil in our lamps sufficient to endure to the end.

"President Spencer W. Kimball admonished us: 'In reviewing the Lord's counsel to us on the importance of preparedness, I am impressed with the plainness of the message. The Savior made it clear that we cannot place sufficient oil in our preparedness lamps by simply avoiding evil.

We must also be anxiously engaged in a positive program of preparation.'

He also said: 'The Lord will not translate one's good hopes and desires and intentions into works. Each of us must do that for himself.' (*The Miracle of Forgiveness*, Salt Lake City: Bookcraft, 1969, p. 8).

"On a daily basis we witness widely fluctuating inflation; wars; interpersonal conflicts; national disasters; variances in weather conditions; innumerable forces of immorality, crime, and violence; attacks and pressures on the family and individuals; technological advances that make occupations obsolete; and so on. The need for preparation is abundantly clear.

The great blessing of being prepared gives us freedom from fear, as guaranteed to us by the Lord in the Doctrine and Covenants: 'If ye are prepared ye shall not fear.' (D&C 38:30) . . .

"As long as I can remember, we have been taught to prepare for the future and to obtain a year's supply of necessities. I would guess that the years of plenty have almost universally caused us to set aside this counsel. I believe the time to disregard this counsel is over. With events in the world today, it must be considered with all seriousness. . . . The instability in the world today makes it imperative that we take heed of the counsel and prepare for the future.

"President Lee, in commenting on Lehi's great vision, said this: "If there is any one thing most needed in this time of tumult and frustration, when men and women and youth and young adults are desperately seeking for answers to the problems which afflict mankind, it is an 'iron rod' as a safe guide along the straight path on the way to eternal life, amidst the strange and devious roadways that would eventually lead to destruction and to the ruin of all that is 'virtuous, lovely, or of good report' " (*Ensign*, June 1971, p. 7).

Disaster Supplies Kit Scavenger Hunt

How many items do you already have on hand?

Divide into 2 groups, check each item you find and add up your points!

- A family disaster plan (20 points)
- Stored water (15 points)
- 10 cans of food for each person in your house (10 points)
- An information card with meeting places and out-of-area contacts (10 points)
- High energy foods like peanut butter, crackers and trail mix (5 points)
- Clothes for everyone in the house, including shoes or boots (5 points)
- Battery-operated radio and extra batteries (5 points)
- Flashlight and extra batteries (5 points)
- First-aid kit (5 points)
- Mess kits or paper/plastic plates and cups (1 point)
- Can opener (non-electric) (1 point)
- Utility knife (like a Swiss Army knife) (1 point)
- Fire extinguisher (ABC type) (1 point)
- Pliers (1 point)
- Tape (duct or packing) (1 point)
- Compass (1 point)
- Matches in a waterproof container (1 point)
- Aluminum foil (1 point)
- Signal flares (1 point)
- Paper and pencils (plus pencil sharpener, non-electric) (1 point)
- Needle and thread (1 point)
- Shut-off wrench to turn off the gas and water to your house (1 point)
- Plastic sheeting (1 point)
- Whistle (1 point)
- Toilet paper in a ziplock bag (1 point)
- Soap (1 point)
- Household chlorine bleach (1 point)
- Plastic bucket with a tight lid (1 point)
- Plastic garbage bags (1 point)

TOTAL POINTS _____

72 HOUR SURVIVAL SUPPLIES

(with recommendations from www.providentliving.org)

Personal Supplies:

Change of clothes and a pair of sturdy shoes

Hat, work gloves, raingear

Basic personal care items: toothbrush, toothpaste, feminine hygiene, etc.

Sleeping bag

3 days of meals that do not require refrigeration or cooking

1 gallon of water per person per day

Spiritual Supplies:

Consecrated oil (so priesthood blessings can be given if needed)

A copy of the Scriptures

Travel Supplies:

Checkbook, cash, and credit cards

Evacuation plan and/or emergency shelter plan if unable to evacuate

24-hour community emergency contact numbers

Designated out-of-area contact(s) in case of separation from family members

Designated code word and contact plan

Car keys and keys to the pre-arranged out-of-area meeting place (friend's or relative's home)
if unable to return home during or after a disaster

Prearranged meeting place near home in case of fire

Neighborhood contact list with names and phone numbers

Map of the area with marked evacuation routes

Disposable camera

Roadside reflectors or flares

Car kit with small saw, signal mirror, compass, multi-purpose knife/tool, whistle, etc.

Some favorite toys, games, songs, or books (to maintain some degree of normalcy)

Important Papers to gather beforehand and store together in a waterproof container so you can take them with you:

- Copy of driver's license or personal identification, Social Security card
 - Proof of residence (deed or lease)
 - Insurance policies
 - Bank account numbers, credit card account numbers
 - Birth and marriage certificates
 - Contracts, stocks, bonds, and other negotiable certificates
 - Wills, deeds, and copies of recent tax returns
- (NOTE attached Household Inventory instructions.)

Additional items for individuals with special needs:

Supplies for babies, those with medical needs such as diabetes (extra insulin, syringes, glucose tablets, alcohol swabs, pump supplies, glucose meter, test strips, lancet device, etc.), heart disease (blood pressure cuff, medications, etc.), hearing impairment (extra hearing aid batteries, paper and pen, etc.), mobility problems, allergies, etc.

Emergency Supplies:

1. Supply of prescription and other necessary medications in their original bottles, plus copies of the prescriptions
2. Extra eyeglasses (with a copy of the prescription)
3. Flashlight with extra batteries and glow sticks
4. Portable, wind-up/battery-powered radio with extra batteries
5. Waterproof matches, and either long-burning candles or a kerosene-type lamp with extra fuel, all properly stored
6. Fire extinguisher, ABC or dry-chemical type for all classes of fires.
Check the expiration date and be sure you practice and know how to use it
7. Electrical fuses, if needed for your home
8. Rope ladder to hold your weight if you need to exit upper floors of your home to ground level, and some additional length of rope for multipurpose use
9. First aid instruction book in a zip-closure bag
10. Blankets and sheets (for warmth, splints, and transport of injured persons)
11. Large plastic trash bags and several smaller, zip-closure bags
12. Roll of duct tape (to seal windows, mark doors, repair/construct items, etc.)

First aid supplies:

- Medical-grade vinyl gloves
- Poison ivy relief cream
- Burn relief cream
- Sunscreen, SPF of 30 or greater
- Antibiotic ointment, Polysporin® or similar
- Sting relief lotion or ointment, calamine or similar
- Box of sterile gauze pads, either 3" x 3" or 4" x 4"
- Abdominal (ABD) or combined sterile pad, 5" x 9"
- Rolled gauze of 2 sizes, 2" x 4 yards and 4" x 4 yards
- Bandages of assorted types: finger, knuckle, plastic, Telfa®, and general adhesive
- Sterile oval eye pad
- Small sharp scissors
- Tweezers with pointed tip
- Oral thermometer (and rectal if needed for babies)
- Elastic bandage, 3" x 5 yds
- Instant ice pack
- Roll of adhesive tape, 1" wide, may use plastic type if preferred
- Triangular bandages, 2
- Package of safety pins, assorted sizes
- Absorbent cotton balls, 1 box
- Diarrhea remedy, Pepto-Bismol® or Kaopectate® or similar
- Syrup of ipecac (induces vomiting)
- Popsicle® (craft) sticks or finger splints
- Antibacterial soap, liquid or bar
- Medicine dropper, cough syrup and throat lozenges
- Water purification tablets and small bottle of bleach
- Sharp knife or multi-purpose knife/tool
- Bottles of aspirin, ibuprofen, and acetaminophen (children's or liquid if needed)
- Splint materials: thin boards 2'-3' long

Household Inventory Instructions

If disaster strikes, a list of your possessions could help you prove the value of what you owned if those possessions are damaged or destroyed. It may also help in working with your insurance company and provide documentation for tax purposes.

- Record the location of the originals of all important financial and family documents, such as birth and marriage certificates, wills, deeds (particularly proof of residence), leases, tax returns, insurance policies, contracts, stocks, bonds and other negotiable certificates.
- Keep the originals in a safe place and store copies in a waterproof container with your 72-Hour Emergency Supply Kit.
- Make a visual or written record of your possessions. If you don't own a camera or videotaping equipment, buy an inventory booklet and fill it out, or make a simple list on notebook paper. Your insurance agent should be able to provide you with a form.
- Go from room to room. Describe each item, when you bought it, and how much it cost. If you're photographing or videotaping, have someone open closet doors and hold up items.
- Record model and serial numbers.
- Include less expensive items, such as bath towels and clothes.
Their costs add up if you have to replace them.
- Be sure you include items in your attic, basement, garage and storage units.
- Note quality of building materials, particularly for such furnishings as oak doors or expensive plumbing fixtures.
- Photograph the exterior of your home. Include the landscaping.
Make special note of any improvements, such as a patio, fencing, or out-buildings.
- Photograph cars, boats, and recreational vehicles.
- Make copies of receipts and canceled checks for more valuable items that are difficult to value. Update the appraisals every two to three years.
- Update your inventory list annually.
- Most importantly, once you have completed your inventory, leave a copy with relatives or friends, or in a safe deposit box.
Don't leave your only copy at home where it might be destroyed.

Sound like too much work?

Computer software programs designed for such purposes can make the task much easier.

HOME PREPAREDNESS ACTIVITY #3 SUMMARY

ASSEMBLING A 72-HOUR EMERGENCY SUPPLIES KIT

How many items do you already have on hand?

Divide into 2 groups, check each item you find and add up your points! Who wins?

Items missing can now be completed or purchased to complete your kit.

- A family disaster plan (20 points)
- Stored water (15 points)
- 10 cans of food for each person in your house (10 points)
- An information card with meeting places and out-of-area contacts (10 points)
- High energy foods like peanut butter, crackers and trail mix (5 points)
- Clothes for everyone in the house, including shoes or boots (5 points)
- Battery-operated radio and extra batteries (5 points)
- Flashlight and extra batteries (5 points)
- First-aid kit (5 points)
- Mess kits or paper/plastic plates and cups (1 point)
- Can opener (non-electric) (1 point)
- Utility knife (like a Swiss Army knife) (1 point)
- Fire extinguisher (ABC type) (1 point)
- Pliers (1 point)
- Tape (duct or packing) (1 point)
- Compass (1 point)
- Matches in a waterproof container (1 point)
- Aluminum foil (1 point)
- Signal flares (1 point)
- Paper and pencils (plus pencil sharpener, non-electric) (1 point)
- Needle and thread (1 point)
- Shut-off wrench to turn off the gas and water to your house (1 point)
- Plastic sheeting (1 point)
- Whistle (1 point)
- Toilet paper in a ziplock bag (1 point)
- Soap (1 point)
- Household chlorine bleach (1 point)
- Plastic bucket with a tight lid (1 point)
- Plastic garbage bags (1 point)

TOTAL POINTS _____

HOME PREPAREDNESS ACTIVITY #4

STORING SAFE WATER

Preparation: Purchase or gather plastic containers to store water.

Food-grade plastic containers are suitable for storing water.

1, 3 and 5-gallon water containers can be purchased from most outdoor or hardware stores.

Any plastic container that previously held food or beverages such as 2-liter soda bottles or water, juice, or punch containers may also be used.

Activity:

Clean used containers and lids with hot soapy water. Once the containers have been thoroughly cleaned, rinse them with water and sanitize the containers and lids by rinsing them with a solution of 1 tablespoon chlorine bleach per gallon of water. Leave the containers wet for two minutes, then rinse them again with water. Remember to remove the paper or plastic lid liners before washing the lids. It is very difficult to effectively remove all residue from many containers, so carefully clean hard-to-reach places like the handles.

Never use containers that previously held chemicals.

Calculate how much water you/your family needs for a two week period (1 gallon per person per day). Fill the needed number of containers with clean water and, as an additional precaution, add 5-7 drops, about **1/8 teaspoon**, of chlorine bleach per gallon of water. This precaution protects you against any lingering organisms in storage containers that may have been inadvertently missed during the cleaning process. Use liquid household bleach that contains 5.25 percent hypochlorite.

Do not use bleaches with fresheners or scents as they may not be safe to consume.

Clearly label all water containers "drinking water" with the current date. Store the water in a cool, dry place away from direct sunlight and heat sources like clothes dryers and chimneys.

Do not store it near gasoline, kerosene, pesticides or similar substances.

NOTE: When water is properly stored, it should have an indefinite shelf life; however, it's a good idea to use and replace the stored water every 6 - 12 months. Rotating water this way provides you with an opportunity to experiment and check the amount of stored water against what you require. It also serves as an additional precaution against bacteria or viruses growing in containers which may not have been thoroughly or properly cleaned and sanitized.

If you have freezer space, storing some water in the freezer is a good idea.

If you lose electricity, the frozen water will help keep foods frozen until the power is restored.

Make sure you leave 2 to 3 inches of space in containers because water expands as it freezes.

Additional information: Sources of water within your home include your water heater, toilet tank (not toilet bowl), and plumbing (you can drain your pipes). It is also a good idea to have a rain barrel as an additional method of water collection for use in emergencies.

Safe Water in Emergencies

In addition to having a bad odor and taste, contaminated water can contain microorganisms that cause diseases such as dysentery, typhoid and hepatitis. You should purify all water before using it for drinking, food preparation or hygiene. There are many ways to purify water. None is perfect. Often the best solution is a combination of methods.

1. **Clarify cloudy water** by adding a small amount of powdered kitchen alum—about 1/4 level teaspoon per gallon. *Larger amounts are not more effective!* Crystals take much longer to dissolve than does powder. The alum reacts with the water, producing a precipitate which slowly settles and absorbs impurities. After settling is complete (fifteen minutes to two hours, depending on the water) pour the water into another container, being careful not to stir up the sludge at the bottom. Discard the sludge, and the water is ready to be disinfected. If you don't have any alum, filter the water through a tightly woven cloth. Clarification is important; clear water can be purified using less chlorine or iodine than you need for cloudy water. When the water is clear, you are ready to disinfect it.

2. **Disinfect the water** by one of the following methods:

Boiling. Boiling is the safest method of purifying water. Bring water to a rolling boil and boil for 3-5 minutes, keeping in mind that some water will evaporate. Let water cool before drinking. This is the best method if fuel is available. (At elevations of ten thousand feet or more, water should be boiled for 15 minutes because it boils at a lower temperature at higher elevations.)

Chlorine. Add 4-5 drops of chlorine bleach solution (4 to 6 percent hypochlorite solutions such as Clorox or Purex work well) per quart of water (16 drops per gallon of water). Let the water stand for 30 minutes. If the water does not have a slight bleach odor, repeat the treatment and let it stand another 15 minutes. A small plastic bottle of bleach solution will purify a lot of water, but the chlorine solution deteriorates with time, so replace your bottle on a yearly basis. Halazone tablets release chlorine slowly, but they are expensive, have a relatively short shelf life, and are less effective.

Iodine. Add 8 drops of a 2% tincture of iodine solution (obtainable at most pharmacies) to a quart of water, and let stand for 30 minutes. (Note: persons who are sensitive to iodine or who have hyperthyroidism should not use this method.) Check products carefully and do not use them unless they contain 5.25% sodium hypochlorite as the only active ingredient.

3. **Distillation.** Distillation involves boiling water and then collecting the vapor that condenses back to water. The condensed vapor will not include salt and other impurities. To distill, fill a pot halfway with water. Tie a cup to the handle on the pot's lid so that the cup will hang right-side-up when the lid is placed upside down on the pot (make sure the cup is not dangling into the water) and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.

NOTE: While boiling or disinfecting will kill most microbes in water, distillation will remove microbes that resist these methods, heavy metals, salts, and other chemicals.

As a reminder, put labels on the alum, bleach and iodine containers:

Kitchen Alum 1/4 teaspoon per gallon of cloudy water. Let stand until clear

Chlorine Bleach 4-5 drops = 1/8 teaspoon per quart of clear water.

Iodine Solution 3 Tablespoon per gallon of clear water. Let stand approximately 30 minutes.

HOME PREPAREDNESS ACTIVITY #4 SUMMARY

STORING SAFE WATER FOR EMERGENCIES

In addition to having a bad odor and taste, contaminated water can contain microorganisms that cause diseases such as dysentery, typhoid and hepatitis.

You should purify all water before using it for drinking, food preparation or hygiene.

There are many ways to purify water. None is perfect.

Often the best solution is a combination of methods.

1. **Clarify cloudy water** by adding a small amount of powdered kitchen alum - about 1/4 level teaspoon per gallon. *Larger amounts are not more effective!*

Crystals take much longer to dissolve than does powder. The alum reacts with the water, producing a precipitate which slowly settles and absorbs impurities.

After settling is complete (fifteen minutes to two hours, depending on the water)

pour the water into another container, being careful not to stir up the sludge at the bottom.

Discard the sludge, and the water is ready to be disinfected.

If you don't have any alum, filter the water through a tightly woven cloth.

Clarification is important; clear water can be purified using less chlorine or iodine than you need for cloudy water. When the water is clear, you are ready to disinfect it.

2. **Disinfect the water** by one of the following methods:

Boiling. Boiling is the safest method of purifying water. Bring water to a rolling boil and boil for 3-5 minutes, keeping in mind that some water will evaporate. Let water cool before drinking.

This is the best method if fuel is available. (At elevations of ten thousand feet or more, water should be boiled for 15 minutes because it boils at a lower temperature at higher elevations.)

Chlorine. Add 4-5 drops of chlorine bleach solution (4 to 6 percent hypochlorite solutions, such as Clorox or Purex work well) per quart of water (16 drops per gallon of water).

Let the water stand for 30 minutes. If the water does not have a slight bleach odor, repeat the treatment and let it stand another 15 minutes.

A small plastic bottle of bleach solution will purify a lot of water,

but the chlorine solution deteriorates with time, so replace your bottle on a yearly basis.

Halazone tablets release chlorine slowly, but they are expensive, have a relatively short shelf life, and are less effective.

Iodine. Add 8 drops of a 2% tincture of iodine solution (obtainable at most pharmacies) to a quart of water, and let stand for 30 minutes.

(Note: persons who are sensitive to iodine or who have hyperthyroidism should not use this method.) Check products carefully and do not use them unless they contain 5.25% sodium hypochlorite as the only active ingredient.

3. **Distillation.** Distillation involves boiling water and then collecting the vapor that condenses back to water. The condensed vapor will not include heavy metals, salts and other impurities.

To distill, fill a pot halfway with water. Tie a cup to the handle on the pot's lid

so that the cup will hang right-side-up when the lid is placed upside down on the pot (make sure the cup is not dangling into the water) and boil the water for 20 minutes.

The water that drips from the lid into the cup is distilled.

HOME PREPAREDNESS ACTIVITY #5

"We want you to be ready with your personal storehouses filled with at least a year's supply. You don't argue why it cannot be done; you just plan to organize and get it done"
(Spencer W. Kimball, August 1976).

Why We Need Home Food Storage

President Spencer W. Kimball gave us this counsel regarding home storage: "We reaffirm the previous counsel the Church has always given, to acquire and maintain a year's supply—a year's supply of the basic commodities for us. ... We encourage families to have on hand this year's supply; and we say it over and over and over and repeat over and over the scripture of the Lord where He says, 'Why call ye me, Lord, Lord, and do not the things which I say?' [Luke 6:46]" (Ensign, May 1976, p. 125).

The counsel to have a year's supply of food, clothing, and other necessary items is wise counsel for several reasons. A disaster such as a flood, an earthquake, or a snowstorm could hit a city or an entire region, cutting off roads and making it impossible for food and other items to be transported. Political unrest or strikes by truckers, shippers, or rail workers could also interfere with the transport of foods. When such disasters affect the entire community, food and other supplies often cannot be obtained, even if money is available. A family can also experience an emergency in the form of illness or unemployment that results in a lack of income, making it necessary to rely on home storage.

A YEAR'S SUPPLY

Families can store many items for future use, but "home storage" pertains to food, clothing, and, where possible, fuel. Our goal is to provide for the needs of our families for an entire year. Most people find it difficult or even impossible to immediately store the items necessary for maintaining themselves for an entire year. A year's supply is a realistic goal, however, if items are stored in an orderly manner. In order to reach our goal of a year's supply, we may be wise to start with a smaller, short-term goal. Obtaining home storage to sustain themselves for one week may be a big accomplishment for some families. For other families, the goal of acquiring home storage for a period of three weeks, two months, or a year will present no problem. When our goal of storage for a few days or weeks has been reached, our families can then set a new goal and work toward it until we finally have home storage that could maintain us for a year.

What goal could you and your family realistically start with?

STORING FOOD

Elder Ezra Taft Benson said: "The Lord has warned us of famines, but the righteous will have listened to prophets and stored at least a year's supply of survival food. ...

The revelation to store food may be as essential to our temporal salvation today as boarding the ark was to the people in the days of Noah. ...

I know that this welfare program is inspired of God."
(Ensign, Jan. 1974, p. 69).

"Regarding the type of food one should store, Elder Harold B. Lee, counseled: "Perhaps if we think not in terms of a year's supply of what we ordinarily would use, and think more in terms of what it would take to keep us alive in case we didn't have anything else to eat, that last would be very easy to put in storage for a year"
(Welfare conference, October 1, 1966.)

If families would think in terms of storing only foods basic to survival, or if they would supplement the food storage they already have with the basics to build it up to a year's supply, the task would be simpler than they might think. They would then be prepared for food emergencies.

A year's supply of food storage is beneficial in several ways:

1. It provides peace of mind as we obey the counsel to store.
2. It helps ensure survival in case of personal or natural disaster.
3. It strengthens skills in preparing and using basic foods.

Once you have stored the basic food items, you need to regularly include them in your daily meals.

Because food is so important to good health and even to life itself, it is one of the most important parts of a home storage program. It is wise to store the basic foods our families are willing to eat, and to know how to prepare the foods in order to avoid wasting food during times of emergency. Store a variety of foods, because we need variety during emergencies in order to maintain good health. The needs of your family will determine the amount of food you should store.

- What foods are available that you know how to prepare, that your family will eat, and that you could store as part of your home storage?
Stored foods do not last indefinitely. Therefore, we should rotate them, eating older stored foods first and replacing them with freshly preserved foods. This rotation plan is a continuing process.
- How could we rotate stored foods?
One way to assure proper rotation of foods is by marking the date on packages of food as they are purchased or stored. Put recently purchased food on the shelf behind foods purchased earlier. As you prepare meals, this will make it easier for you to use the older foods first.
- What places in your home are cool and dark or shady?
How can you protect foods from excess moisture?
How can you protect foods from dust and animals?
If you do not have a household of your own, what can you do to be prepared with a home storage program?

Foods must also be stored in a way that will keep them clean and safe to eat. There are several ways of storing foods that should always be followed, regardless of the method used to preserve them.

1. Keep foods cool. Store them in a dark or shady place, away from sunlight.
2. Protect foods from moisture.
Dried foods will spoil if they get wet before they are used.
Foods preserved by other methods may spoil from excess moisture.
3. Protect foods in packages or containers. The best containers prevent dust from reaching the food and make it difficult or even impossible for insects and animals to eat the food.

The following guidelines will help in purchasing and storing basic food items.

GRAINS—Grains include wheat, rice, rolled oats, dried corn, pearled barley, and other cereal grains. Flour, cornmeal, and pasta products such as macaroni and spaghetti are also included. Each family should store various grain items that suit their individual circumstances. For example, rather than storing 300 to 400 pounds of wheat per person a family might choose to store 200 pounds of wheat, 100 pounds of flour, 25 pounds of rice, 25 pounds of rolled oats, 25 pounds of dried corn, and 25 pounds of macaroni per person.

There are numerous combinations. This gives variety to the menu and encourages using and rotating the supply. It also provides choices for those who do not like or cannot eat a particular grain. Grains may be stored in tightly sealed metal or heavy plastic containers.

LEGUMES—an inexpensive, nutritious protein food—include beans (soy, pinto, white, kidney, lima, winged, red, navy, pink, and black-eyed), split peas, lentils, and peanuts. They can be stored in clean, dry metal or plastic containers with tight-fitting lids.

POWDERED MILK—Nonfat powdered milk, instant or regular, is an excellent storage item. It contains all the nutrients, except fat, found in fresh milk. Recent studies show that storing small quantities of powdered milk are adequate if people store and eat larger quantities of grains. Powdered milk can be stored in the original sealed packages, or if purchased in bulk, it can be stored in tightly covered metal or plastic containers. You may also use canned milk as part of the milk storage program, but you must rotate it regularly.

FATS AND OIL—Fat is essential to every diet. Shortening, cooking oil, margarine, and mayonnaise are suggested for storage. Store in sealed containers in cool, dry, dark places and them frequently.

SALT—Nutritionists recommend iodized rather than plain salt, when it is available. Store salt in its original container in a cool, dry place.

SUGAR AND HONEY—Whether to store sugar or honey is a matter of personal choice. Sugar may harden; honey may crystallize and/or darken. Neither affects the safety of the product. Store honey in small containers. Then, if it crystallizes, you can immerse the containers in hot (not boiling) water to reliquefy it. Store granulated sugar in a tightly covered metal or plastic container or place it on a shelf away from moisture in its unopened cloth or paper bag. Occasionally knead the bag to help prevent the sugar from hardening.

"The best food storage is not in welfare grain elevators but in sealed cans and bottles in the homes of our people. What a gratifying thing it is to see cans of wheat and rice and beans under the beds or in the pantries of women who have taken welfare responsibility into their own hands. Such food may not be tasty, but it will be nourishing if it has to be used."

Gordon B. Hinckley, "In the Arms of His Love," General Relief Society Meeting, Sept., 2006.

Challenge: Discuss your home storage program with your family.

Make specific plans for developing or improving your program.

List the foods you wish to include, and also consider what fuel, clothing, and other items should be included. Use the attached forms to determine your household needs and plan according to your family's circumstance to start storing based on the \$5 a week program, purchasing a few extra items each time you shop, the LDS Cannery One Month Supply Program, or whatever works for you.

One Year Supply for \$5.00 a Week for Two Adults

Each week set aside \$5.00. Some weeks will not use all of the \$5.00 and some weeks will use more than \$5.00, but set aside \$5.00 each week regardless. By the end of the 52 weeks you will have 700 pounds of wheat, 240 pounds of sugar, 40 pounds of powdered milk, 13 pounds of salt, 10 pounds of honey, 5 pounds of peanut butter, 45 cans of tomato soup, 32 cans of mushroom soup, 15 cans of tuna fish, 10 boxes of macaroni and cheese, 500 aspirin, 730 multiple vitamins, 6 pounds of dried yeast, 6 pounds of shortening, and 2 weeks of water. This will sustain two people for one year (except for water).

Remember to add \$5.00 for every additional two people in your family. You do not necessarily need to purchase the items in the week listed. For example, if you find the items in week 17 on sale, buy them and move the current week's items to week 17.

- Week 1: 2 cans tuna fish, 2 containers salt, 1 lb yeast
- Week 2: 5 boxes macaroni and cheese, 4 cans tomato soup
- Week 3: 3 cans mushroom soup, 2 ½ lbs peanut butter
- Week 4: 1 bottle multiple vitamins
- Week 5: 4 cans tomato soup, 5 lbs powdered milk
- Week 6: 1 bottle aspirin (500 tablets)
- Week 7: 100 lbs wheat
- Week 8: 10 lbs powdered milk
- Week 9: 5 lbs honey, 1 lb yeast
- Week 10: 4 cans tuna, 4 boxes macaroni and cheese
- Week 11: 10 lbs sugar, 1 box salt
- Week 12: 4 cans mushroom soup, 2 lbs shortening
- Week 13: 1 bottle multiple vitamins
- Week 14: 100 lbs wheat
- Week 15: 1 box macaroni and cheese, 1 lb yeast
- Week 16: 5 lbs honey
- Week 17: 2 cans tuna, 4 cans tomato soup
- Week 18: 10 lbs sugar
- Week 19: 100 lbs wheat
- Week 20: 20 lbs sugar
- Week 21: 10 lbs powdered milk
- Week 22: 1 can mushroom soup, 10 lbs sugar
- Week 23: 1 cans tuna, 4 cans tomato soup, 10 lbs sugar
- Week 24: 10 lbs sugar, 1 lb yeast
- Week 25: 2 can tuna, 2 cans mushroom soup, 2 lbs shortening
- Week 26: 100 lbs wheat
- Week 27: 20 lbs sugar
- Week 28: 10 lbs sugar, 1 lb yeast
- Week 29: 10 lbs powdered milk
- Week 30: 20 lbs sugar
- Week 31: 1 can tuna, 3 cans mushroom soup, 10 lbs sugar
- Week 32: 1 can tuna, 4 cans tomato soup, 2 lbs shortening
- Week 33: 100 lbs wheat
- Week 34: 2 cans tuna, 1 box salt
- Week 35: 10 lbs powdered milk

- Week 36: 20 lbs sugar
- Week 37: 4 cans tomato soup, 2 boxes salt
- Week 38: nothing—replenish petty cash
- Week 39: 100 lbs wheat
- Week 40: 10 lbs powdered milk
- Week 41: 30 lbs sugar
- Week 42: 2 cans tomato soup, 4 cans mushroom soup
- Week 43: 2 cans tomato soup, 10 lbs sugar
- Week 44: nothing—replenish petty cash
- Week 45: 10 lbs powdered milk
- Week 46: 4 cans tomato soup, 10 lbs powdered milk
- Week 47: 10 lbs powdered milk
- Week 48: 4 cans mushroom soup, 4 cans tomato soup
- Week 49: 7 cans tomato soup
- Week 50: 7 cans mushroom soup, 1 lb yeast
- Week 51: 20 lbs sugar, 1 box salt
- Week 52: store 14 gallons of purified water

One-Month Food Storage Kits

To help families with their food storage, Church home storage centers are now offering guidelines for assembling a one-month food storage kit. The kit contains enough food for one adult for one month. To can and assemble a one-month kit, contact the Welfare Square Cannery located at 730 W. 800 S., Salt Lake City, by calling 801-240-7370 or contact your Ward/Branch Food Storage Coordinator.

Each kit that you assemble will contain:

| ITEM | #10 CAN KIT | POUCH KIT |
|---------------|----------------|----------------|
| Wheat | 3 #10 cans | 2 pouches |
| White flour | 1 #10 can | 1 pouch |
| White rice | 2 #10 cans | 1 pouch |
| Quick oats | 1 #10 can | 1 pouch |
| Macaroni | 1 #10 can | 1 pouch |
| Pinto beans | 1 #10 can | 1 pouch |
| White sugar | 1 #10 can | 1 pouch |
| Powdered milk | 1 #10 can | 1 pouch |
| Shortening | 1 3# can | 1 3# can |
| Salt | 4 4-oz shakers | 4 4-oz shakers |

Food Storage Check List

| ITEM | Number* in Family | Amount needed per adult | Total amount suggested | Amount on hand | Additional purchases needed |
|--------------------------|----------------------|-------------------------------|------------------------------|-------------------|-----------------------------------|
| Grain | | 400 lbs. | | | |
| Wheat | | | | | |
| Flour | | | | | |
| Rice | | | | | |
| Corn | | | | | |
| Oatmeal | | | | | |
| Pastas | | | | | |
| | | | | | |
| Milk, Dry | | 16 lbs** | | | |
| Nonfat, Regular, Instant | | | | | |
| Canned (5 cans = 1 lb.) | | | | | |
| | | | | | |
| Sugar | | 60 lbs | | | |
| Sugar | | | | | |
| Honey | | | | | |
| Salt | | 5 lbs | | | |
| | | | | | |
| Fats | | 20 lbs | | | |
| Shortening | | | | | |
| Vegetable oil | | | | | |
| | | | | | |
| Legumes | | 60 lbs | | | |
| Pinto beans | | | | | |
| Navy beans | | | | | |
| Red beans | | | | | |
| Split peas or lentils | | | | | |
| Soybeans | | | | | |
| | | | | | |
| Medical | | | | | |
| Fuel and Light | | | | | |
| Water*** | | 14 gals | | | |
| | | | | | |

*Children's % of adult portions (except milk): 0-3 yrs.= 50%, 4-6 yrs.= 70%, 7-10 yrs.= 90%

** Provides 1 glass of milk per day. Children and pregnant/nursing mothers will need more.

***It is impractical for most families to store a year's supply of water.

14 gallons per person (a 2 week supply) is a suggested minimum reserve

HOME PREPAREDNESS ACTIVITY #5 SUMMARY

"We want you to be ready with your personal storehouses filled with at least a year's supply. You don't argue why it cannot be done; you just plan to organize and get it done"
(Spencer W. Kimball, August 1976).

WHY WE NEED HOME FOOD STORAGE

The repeated admonitions by our Prophets to prepare for the future may be a test of our commitment to the Gospel.

"Just as it is important to prepare ourselves spiritually, we must also prepare ourselves for our temporal needs. Each of us needs to take the time to ask ourselves, "What preparation should I make to care for my needs and the needs of my family?"

L. Tom Perry, "If Ye Are Prepared Ye Shall Not Fear," *Ensign*, Nov. 1995, 35

"Latter-day Saints are taught to prepare for potential problems. Since the gospel is concerned with mankind's temporal as well as spiritual welfare, the Church considers any potential emergency that would adversely affect the quality of life or produce suffering to be a cause for advance preparation. The rationale for emergency preparedness is that by living providently and by acquiring in advance the skills and resources necessary to cope effectively with difficulties, Latter-day Saints can minimize or avoid the suffering that accompanies the unexpected. For Latter-day Saints, preparing for emergencies is more akin to saving for a "rainy day" than surviving "doomsday"

Spencer W. Kimball "Welfare Services: The Gospel in Action," *Ensign* Nov. 1977, 76

Latter-day Saints are taught to take seriously the Apostle Paul's pointed counsel that "if any provide not for his own, and specially for those of his own house, he hath denied the faith, and is worse than an infidel." (1 Timothy 5:8.)

"We can so live that we can call upon the Lord for His protection and guidance. This is a first priority. We cannot expect His help if we are unwilling to keep his commandments." President Gordon B. Hinckley, "If Ye Are Prepared Ye Shall Not Fear" *Ensign*, Nov. 2005, 60

"We must remind ourselves that the Church welfare system was never designed or intended to care for the healthy member who, as a result of his poor management or lack of preparation, has found himself in difficulty."

L. Tom Perry, *Ensign*, May 1981, p. 87

"Too often we bask in our comfortable complacency and rationalize that the ravages of war, economic disaster, famine, and earthquake cannot happen here. Those who believe this are either not acquainted with the revelations of the Lord, or they do not believe them. Those who smugly think these calamities will not happen, that they somehow will be set aside because of the righteousness of the Saints, are deceived and will rue the day they harbored such a delusion." Ezra Taft Benson, *Ensign*, Nov 1980, 34.

Are we being tested like Abraham to see if we are willing to obey the Lord's commandments?

HOME PREPAREDNESS ACTIVITY #6

There is no preparation plan that can eliminate all earthquake danger.
But you can greatly reduce damage and injury by securing your home beforehand.

EARTHQUAKE SAFE HOME HAZARD HUNT

Date completed: ____/____/____

Date of next review: ____/____/____

Put a check mark by the following items that are completed.

On the next page note those that are not completed and state the specific action/tools required to correct each problem.

- Move beds away from large windows and out from underneath hanging lights.
- Do not place beds near heavy mirrors, large pictures, bookcases, or shelves.
- Use light, non-breakable lamps on bedside tables.
- Remove all heavy or breakable objects from high shelves.
- Hang plants in light, non-breakable pots.
- Use closed hooks for all hanging plants, lamps, and other suspended objects
- Make sure all hooks for hanging objects are securely attached to studs.
- Use earthquake-proof picture hooks to secure all heavy wall hangings such as mirrors and pictures to walls.
- Secure all cabinets with strong latches that will not open during an earthquake (magnetic latches usually aren't strong enough).
- Remove all glass bottles from bathroom medicine cabinets and put them in drawers or in a cabinet that is strongly latched. Remove all glass containers around the bathtub.
- Move all flammable materials away from any heat sources. Store gasoline in vapor-proof containers. Keep them away from your water storage and out of the reach of children and pets.
- Move heavy objects away from exit routes.
- Secure all wheeled objects so they cannot roll.
- Firmly attach all tall, heavy furniture such as bookshelves and china cabinets to wall studs.
- Use flexible connectors where gas lines meet appliances (stoves, water heaters, and dryers).
- Securely attach all heavy appliances such as water heaters, refrigerators, and stoves to wall studs or the floor, and make sure air conditioners are well braced.
- Secure electronic equipment (stereos, computers, etc.) and appliances (microwaves, toaster, etc.) which may slide off their cabinets by using double-stick tape or velcro-like fasteners, or provide a restraining edge on the cabinet or shelf.
- Secure all roof tiles. Remove or replace any loose tiles or bricks from your chimney and roof.
- Nail plywood to ceiling joists around the chimney to prevent bricks from falling through the ceiling and injuring people in the house and securely brace chimney to the building.
- Make sure your house is firmly bolted to the foundation.
- Remove dead or diseased branches from trees in your yard so they don't fall on your house..
- Move poisons, toxins, or solvents (especially those in breakable containers) to a safe, well-ventilated storage area. Secure all poisons, toxins and solvents.
- Store ammonia and bleach in different locations. If these liquids mix, they create toxic fumes.
- Place pesticides, gasoline, paint thinners, etc. on the floor, on a low shelf with a guard rail, or in a locked cabinet that is securely fastened to the wall. Close lids tightly on all containers.

HAZARDS REQUIRING IMMEDIATE ACTION

- ☐ Top-heavy free standing furniture _____
(location and action required)
- ☐ Heavy or breakable objects _____
(location and action required)
- ☐ Hanging plants _____
(location and action required)
- ☐ Mirrors/heavy pictures _____
(location and action required)
- ☐ Position of beds in relation to above _____
(location and action required)
- ☐ Unsecured cupboard doors _____
(location and action required)
- ☐ Poisons, toxics and solvents _____
(location and action required)
- ☐ Chimney and roof _____
(action required)
- ☐ Exterior (tree limbs) _____
(location and action required)
- ☐ Utilities flexible gas connections _____
 electrical wiring _____
 access to shut off valves/switches _____
 flammable materials away from heat sources _____
(location and action required)
- ☐ Water heater _____
- ☐ Electronic equipment _____
(location and action required)
- ☐ Heavy appliances _____
(location and action required)
- ☐ Glass bottles in cupboards, glass objects on shelves _____
(location and action required)
- ☐ Other _____
(location and action required)
- ☐ Other _____
(location and action required)
- ☐ Other _____
(location and action required)

HOME PREPAREDNESS ACTIVITY #6 SUMMARY

EARTHQUAKE SAFE HOME HAZARD HUNT

Date completed: ___/___/___

Date of next review: ___/___/___

There is no preparation plan that can eliminate all earthquake danger.
But you can greatly reduce damage and injury by securing your home beforehand.

Put a check mark by the following items that are completed.

- Move beds away from large windows and out from underneath hanging lights.
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- Use light, non-breakable lamps on bedside tables.
- Remove all heavy or breakable objects from high shelves.
- Hang plants in light, non-breakable pots.
- Use closed hooks for all hanging plants, lamps, and other suspended objects.
- Make sure all hooks for hanging objects are securely attached to studs.
- Use earthquake-proof picture hooks to secure all heavy wall hangings such as mirrors and pictures to walls.
- Secure all cabinets with strong latches that will not open during an earthquake (magnetic latches usually aren't strong enough).
- Remove all glass bottles from bathroom medicine cabinets and put them in drawers or in a cabinet that is strongly latched. Remove all glass containers around the bathtub.
- Move all flammable materials away from any heat sources.
Store gasoline in vapor-proof containers.
Keep them away from your water storage and out of the reach of children and pets.
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- Secure all wheeled objects so they cannot roll.
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- Securely attach all heavy appliances such as water heaters, refrigerators, and stoves to wall studs or the floor, and make sure air conditioners are well braced.
- Secure electronic equipment (stereos, computers, etc.) and appliances (microwaves, toaster, etc.) which may slide off their cabinets by using double-stick tape or velcro-like fasteners, or provide a restraining edge on the cabinet or shelf.
- Secure all roof tiles. Remove or replace any loose tiles or bricks from your chimney and roof.
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- Make sure your house is firmly bolted to the foundation.
- Remove dead or diseased branches from trees in your yard so they don't fall on your house..
- Move poisons, toxins, or solvents (especially those in breakable containers) to a safe, well-ventilated storage area and secure them.
- Store ammonia and bleach in different locations. If these liquids mix, they create toxic fumes.
- Place pesticides, gasoline, paint thinners, etc. on the floor, on a low shelf with a guard rail, or in a locked cabinet that is securely fastened to the wall. Close lids tightly on all containers.

HOME PREPAREDNESS ACTIVITY #7

“We are sobered by the terrible calamities of recent years. They occur with increasing frequency and intensity. Natural forces are ferocious in their scope We may not be able to stay the course of war in distant lands or . . . hold back the tempests that rage But it is verily true that such things do not ultimately control our personal world. We do!”

(Keith B. McMullin, “Be Prepared Be Ye Strong from Henceforth,” Ensign, Nov. 2005, p. 10.)

Earthquake Drill

Just before dinner, turn off every light in the house except the kitchen light. When dinner is over, turn off the kitchen light as well. At the same moment, tell your children you are having an earthquake drill. Talk each other through the “quake,” explaining to the children the need to take cover under the table or in the doorway and reassuring them, just like you would do if the quake were real.

After two or three minutes, tell your children that the imaginary earthquake is over but that it has left you with no electricity. Ask the children to show you what they would do if they were at home without you. Ask them to find where you keep your emergency supplies-- as well as flashlights and extra batteries.

Then pretend that you can smell gas, and teach the older children how to turn off the gas, water, and power before evacuating from the house. Secure the house, take your emergency supplies/packs, and get into the car (or designated mode of transportation).

Go to your designated meeting place (or make believe the nearest safe place to go is a local park), travel there and unload your emergency packs. Discuss the things you did during your earthquake drill, the proper use of each item in your packs, and what you will do next.

Suggestion: Keep an emergency notebook in the pocket of your emergency pack/kit. In this notebook record the names, birth dates, medical needs, and other pertinent information for each member of the family. On another page list telephone numbers of extended family members and friends, including the number of the designated contact person living outside your geographic area. On another page keep an inventory of everything in your emergency pack/kit and basic instructions on how to use some of the items. Also, if applicable, list simple games and activities to help you and your children pass the time.

DURING THE QUAKE

Try to stay calm and reassure others.

Indoors

- Stay inside until the shaking stops and you're sure it's safe to exit.
- DROP, COVER, AND HOLD ON!
Move only a few steps to a nearby safe place.
Take cover under or next to a heavy desk, bed, or table.
Move into a strong doorway or stand against an inside wall.
- Stay away from glass windows and doors.
- Move away from bookcases, ceiling fixtures, or china cupboards.
- Try to keep your children with you.
- Never take an elevator
- If you are in bed, hold on, stay there, protect your head with a pillow.
- If you are in a crowded store, do not rush for a doorway since hundreds may have the same idea. If you must leave the building, choose your exit as carefully as possible.

Outdoors

- Find a clear spot away from buildings, trees, and power lines.
- Drop to the ground until the shaking stops.

In A Car

- Slow down and drive to a clear place (as described above).
- Turn on emergency flashers on and slow to a stop. Do not stop on overpasses, underpasses, or bridges. Be careful of overhead hazards such as power lines or falling building debris.
- Turn off the ignition and set the parking brake.
- Stay inside the car until the shaking stops. A car is a fairly safe place to be.

PETS: During and after

- Don't try to hold your pet during a quake. Animals instinctively want to hide when their safety is threatened. If you get in their way, even the nicest pets may hurt you.
- Watch animals closely. Leash dogs and place them in a fenced yard.
- Pets may not be allowed into shelters for health and space reasons. Prepare an emergency pen for pets in the home that includes a 3-day supply of dry food and a large container of water.
- If you can't find your pet or must leave it at home after a quake, leave fresh water in non-spill containers such as bathtubs and sinks. Leave plenty of low-fat dry food, which deteriorates more slowly and is less tasty so pets won't try to eat it all at once. Leave a note indicating that you have a pet, where you will be, and the date.

AFTER THE QUAKE

Personal Safety

- Expect aftershocks. Although most of these are smaller than the main shock, some may be large enough to cause more damage. Each time you feel one, DROP, COVER, AND HOLD ON!
- Check yourself for injuries. Protect yourself by wearing long pants, a long-sleeved shirt, sturdy shoes, work gloves and a hard hat.
- Listen to a car radio or a wind-up or battery-operated radio or television for the latest emergency information, damage reports and instructions.
- Check others for injuries. Give first aid where appropriate. Do not move seriously injured persons unless they are in immediate danger of further injury.
- Implement your Neighborhood Response Teams as planned. Help your neighbors who may require special assistance--infants, the elderly, and people with disabilities.
- Don't wander or drive around outside to see the damage; you may hamper rescue. Keep the streets clear for passage of emergency vehicles.
- Cooperate fully with public safety officials. Respond to requests for help from police, fire fighters, civil defense and relief organizations.
- Do not go into damaged areas unless your help has been requested. Stay away from damaged buildings. Aftershocks can collapse them.
- Do not touch downed power lines or objects touched by the downed wires.
- Stay away from beaches and waterfront areas. Not all quakes cause tidal waves/tsunamis, but many do. If you are near the ocean or tidal inlet following an earthquake, be alert for tidal waves. Move inland.
- Do not eat or drink anything from open containers near shattered glass. Strain liquids through a clean handkerchief or cloth if you think broken glass may be in them.

Home Safety

- **Inspect your home for damage.** Immediately clean up spilled medicines, drugs, and other potentially harmful materials. Get everyone out if your home is unsafe.
- **Use the telephone only for emergencies.** Check to make sure the receiver has not been shaken off the hook and is tying up the line.
- **Locate your fire extinguisher and look for and extinguish small fires.**
- **Gas:** Check your gas line: If there is a gas line into your home or building, turn off burners and pilot lights. Check for gas leaks. Do not light candles, matches, or lighters until you determine there is no leak. Do not operate electrical switches or appliances if you suspect a gas leak. They can create sparks which can ignite gas from broken lines. If you smell gas or hear blowing or hissing noise, open a window, get out of the house and stay out. Turn off the gas at the outside main valve if you can and call the gas company. **Remember, only a professional can turn the gas back on.

- **Electricity:** Check your electrical lines and fuse box: Electric lines can cause fire. Shut off all electrical power if there is damage to your house wiring. Look for electrical system damage. Turn off the electricity at the main fuse box or circuit breaker if you see sparks, broken or frayed wires, or if smell hot insulation. If you would have to step in water to get to the fuse box or circuit breaker, call an electrician first for advice.
 - **Water:** Check for sewage and water line damage. If there is a major leak or you suspect the public water system is contaminated, turn off the main water valve in your home in order to preserve the water inside the pipes and prevent contamination from the public water source.
 - **Drinking Water:** If water pipes are damaged, do not use any water until it is clarified and disinfected using one of the recommended methods (boiling, distilling or adding bleach or iodine). If water is off, you can get emergency water from water heaters, toilet tanks, melted ice cubes, and canned vegetables.
 - **Report damage** to the appropriate utility companies and follow their instructions.
 - To report a power outage** contact (888) 221-7070
 - To report a natural gas leak** contact (800) 541-2824
 - To report a propane gas leak** contact (800) 541-2824
 - To report a water main leak** contact (801) 483-6700
- Sewage:** If a toilet or faucet line is broken, only turn off the water under the sink and/or toilet. Do not flush toilets until you know that sewer lines are unbroken. If you suspect sewage lines are damaged, avoid using the toilets, set up an emergency toilet and contact a plumber.

HOW TO SET UP AN EMERGENCY TOILET for safely collecting and handling human waste until normal sewage operations are restored.

- ▶ Convert a flush toilet or make an emergency toilet from a pail
- ▶ Line the inside of a toilet bowl, 5 gallon pail, or another appropriately sized waste container with two heavy-duty plastic garbage bags.
- ▶ Place kitty litter, fireplace ashes, or sawdust into the bottom of the bags.
- ▶ Locate the toilet away from food preparation or eating areas.
- ▶ Locate toilet at least 100 feet away from water bodies such as lakes, rivers, streams, and at least 100 feet downhill or away from any drinking water source (well or spring), home, or apartment
- ▶ Provide a place next to the emergency toilet to wash hands that offers soap, running water, and paper towels, anti-microbial hand wipes or waterless hand cleaner.
- ▶ Keep doors and covers closed when the toilet is not in use to keep out insects and animals and to prevent injury.
- ▶ Always supervise small children when they are using the emergency toilet.
- ▶ At the end of each day, the bagged waste should be securely tied and removed to a protected location such as a garage, basement, outbuilding, and so on, until a safe disposal option is available.

Note: During a declared emergency, these bags may be included with the regular garbage if a public announcement has been made that allows this method of disposal.

HOME PREPAREDNESS ACTIVITY #7 SUMMARY

EARTHQUAKE DRILL

DURING THE QUAKE

- Try to stay calm and reassure others.

Indoors

- Stay inside until the shaking stops and you're sure it's safe to exit.
- DROP, COVER, AND HOLD ON!

Outdoors

- Find a clear spot away from buildings, trees, and power lines.
- Drop to the ground until the shaking stops.

In A Car

- Slow down and drive to a clear place. Stay inside the car until the shaking stops.

Pets: During and after

- Don't try to hold your pet during a quake.
- Watch animals closely.
- Pets may not be allowed into shelters for health and space reasons.

AFTER THE QUAKE

Personal Safety

- Expect aftershocks. Each time you feel one, DROP, COVER, and HOLD ON!
- Check yourself for injuries.
- Listen to a car radio or a wind-up or battery-operated radio or television for the latest emergency information, damage reports and instructions.
- Check others for injuries.
- Implement your Neighborhood Response Teams as planned.
- Don't wander or drive around.
- Cooperate fully with public safety officials.
- Do not go into damaged areas unless your help has been requested.
- Do not touch downed power lines or objects touched by the downed wires.
- Stay away from beaches and waterfront areas.
- Do not eat or drink anything from open containers near shattered glass.

Home Safety

- Inspect your home for damage.
- Use the telephone only for emergencies.
- Locate your fire extinguisher and look for and extinguish small fires.
- Gas: Check your gas line.
- Electricity: Check your electrical lines and fuse box.
- Water: Check for sewage and water line damage.
- Drinking Water: If water pipes are damaged, use only water that is clarified and disinfected.
- Report damage to the appropriate utility companies and follow their instructions.

HOME PREPAREDNESS ACTIVITY #8

Coping with a Power Outage

Everyone experiences power interruptions from time to time. Many of these outages come at times of weather extremes or accompany various disasters. When the power is out, safety becomes a major concern. This activity will help your family be prepared to deal with power failures that result in loss of light and heat.

Materials Needed

Prepare a power outage kit, or better yet, make it part of your disaster preparedness kit. Consider having glow sticks, flashlights with extra batteries, a wind-up/battery-powered radio with extra batteries, and a wind-up/battery-powered clock as part of the kit. Also include fuses (if you have a fuse box that requires fuse replacements) and make sure you have food requiring no refrigeration or cooking such as crackers, canned meats, fruits, dried meats, fish, juices, and stored water. Include some cash in your power-outage kit because if the outage is widespread ATMs may be inoperable.

Activity

Decide on an evening when your family can practice coping with a blackout. Parents might want to plan the evening together and then surprise the rest of the family. Before dinner, announce that in a few minutes you will be turning out the lights. Tell everyone that for a specified amount of time they will not be allowed to turn on the lights again because tonight your family will be learning what to do during a blackout.

Have everyone follow these steps:

1. Don't panic and don't walk around in the dark. You can get hurt if you wander about in the dark, especially if you are outside or in a strange place.
2. Get the flashlight, batteries, glow sticks (or candles and matches as a last resort). If you must use candles for light, keep in mind they can cause a fire.
3. Check the inside of your home to see if the problem originates there:
 - ▶ Check the fuse box or circuit breaker box.
 - ▶ Find the replacement fuses and make sure all family members know how to replace them. If your home is run from breaker switches, check them for malfunctioning circuits.
 - ▶ Turn off appliances before replacing fuses or resetting circuits.
4. If you find the problem does not originate from these sources, look out the window to see if other lights are off in the neighborhood.
 - ▶ If power is out in the neighborhood, contact the power company to report the outage.
 - ▶ Turn off the main circuit breaker in your house.
Note: Always turn off individual circuits before turning off the main circuit breaker.
 - ▶ Turn on your battery-powered or wind-up radio for information.

- ▶ Disconnect all electrical heaters and appliances to reduce the initial demand and protect the motors from possible low voltage damage.
When power is restored, plug them in slowly, one by one, to prevent an overload.
 - ▶ Leave one light switch in the on position to alert you when services are restored.
 - ▶ Use your telephone only for serious emergency needs to avoid jamming the lines.
 - ▶ Unplug computers and other voltage sensitive equipment to protect them against possible surges when the power is restored.
5. Discuss how best to prepare your evening meal. Since you have no electricity, you must prepare food that requires no cooking. Also, you must prepare your meal from food storage or from food on hand. The water you will be drinking must also be supplied from your food storage. (Use purification tablets if necessary.) Use your creativity.
 6. Clean up after the meal and remember to conserve water. Only use water from your food storage to wash the dishes, clean up the kitchen, brush teeth and prepare for bed.
 7. Then plan some activities that will keep family members from feeling frightened or anxious. Following are a few suggestions you may wish to use:
Create shadow pictures, tell stories, whistle or hum songs and play "Name That Tune," play games, or create an add-on story: the first person starts with the background, the next person adds the characters, the next states what they do, the next creates a problem, the next complicates that problem, and finally the last person solves the problem and concludes the story. You can also complete homework, if applicable, and read scriptures together before going to bed.

Some things to keep in mind during a blackout:

1. If someone in the home depends upon electrical medical equipment:
 - ▶ Register life-sustaining equipment with your utility company or fire department and ask them about what services are available to you in the event of a blackout.
 - ▶ Consider purchasing a generator and remember, when installing generators, it is very important to follow the manufacturer's instructions carefully.
 - ▶ If there is a power outage, contact the police or fire department immediately, or take the patient to the hospital as soon as possible.
2. Even in a power shortage some appliances remain in service. While gas furnaces cannot heat homes when there is no electricity, gas water heaters still make hot water.
A gas oven will not work, but a gas range-top will.
Water will keep hot in your water heater's tank for up to 3 days.
3. You can flush a toilet during power outages but turn off the water supply to the toilet first. Prolonged power outages can disrupt water service. After flushing, pour water into the toilet tank (not bowl) before flushing again. Toilet tanks hold several gallons of water, so have extra water for that purpose (perhaps by filling the bathtub).
4. Telephone lines are separate from electrical lines. So, to access the phone lines have a corded telephone available because even if the phone lines are available your cordless phones won't work since they require electricity.

5. Most burglar alarm systems have battery backups.
6. Make sure you have an alternate heat source and supply of fuel:
 - ▶ Never use a charcoal barbeque inside the home.
 - ▶ If you use a kerosene heater, gas lantern or gas stove inside the house, maintain ventilation to avoid a buildup of toxic fumes.
 - ▶ If you have a fireplace or a wood-burning stove, be sure you always have adequate firewood and kindling on hand to weather a prolonged blackout.
Close all doors, windows, and curtains, even doors between rooms.
This will help your home retain heat in cold weather.
7. If you own an electric garage door opener, learn how to open the door without power.
8. If possible, stay at home and limit driving. Traffic lights can be affected by power outages increasing traffic congestion and creating hazardous driving conditions.
9. Keep your refrigerator and freezer doors closed. If the door remains closed, a fully loaded freezer can keep foods frozen for two days; a half-full freezer about one day.
If you think the power will be out for several days, try to find some ice to pack inside your refrigerator. Remember to keep your raw foods separate from your ready-to-eat foods.

What you should know about food safety:

- Foods are categorized into groups. They may be: **1)** potentially hazardous, **2)** non-hazardous, but quality (not safety) could be affected from changes in temperature, or **3)** safe.
- 1) Potentially hazardous foods** are the most important. These include meats, fish, poultry, dairy products, eggs and egg products, soft cheeses, cooked beans, cooked rice, cooked potatoes, cooked pasta, potato/pasta/macaroni salads, custards, puddings, and so on.
- 2)** Some foods may not be hazardous but the **quality** may be affected by increases in temperature. These foods include salad dressings, mayonnaise, butter, margarine, produce, hard cheeses, etc.
- 3)** Some foods are **safe**. These are carbonated beverages, unopened bottled juices, ketchup, mustard, relishes, jams, peanut butter, barbecue sauce, and so on.

• When do I save and when do I throw out food?

Refrigerated foods should be safe as long as the power is out no more than a few hours and the refrigerator/freezer doors have been kept closed. Potentially hazardous foods should be discarded if they warm up above 41° F. **WHEN IN DOUBT . . . THROW IT OUT!**

Frozen foods that remain frozen are not a risk. If potentially hazardous foods are thawed, but are still cold or have ice crystals on them, you should use them as soon as possible. If potentially hazardous foods are thawed and warmer than 41° F, you should discard them.

• How do I know if the food is unsafe to eat?

You cannot rely on appearance or odor. Never taste food to determine its safety. Some foods may look and smell fine; however, if they have been warm too long, they may contain food poisoning bacteria in quantities that could make you sick. If possible, use a thermometer to check the temperature of the foods. If potentially hazardous foods are found to be colder than 41°F, then they should be considered safe. **WHEN IN DOUBT . . . THROW IT OUT!**

Check Your Home for After Effects of Loss of Power

Just because the electricity has come back on doesn't mean you should immediately resume normal activities.

- **Turn Off Your Generator**
Once you are sure that electrical power has returned completely, turn off your generator and store it properly for the next time it is needed.
- **Turn on Appliances Slowly**
Restore power to individual parts of your home slowly to avoid overloading the grid and contributing to yet another power outage. Check all pilot lights and turn on only critical appliances and electrical equipment.
- **Check Your Security System**
If you are using an electricity-powered security system, including electric gates and garage-door openers, alarms, cameras, and lights, insure that everything is functioning properly once electric power is restored.
- **Reset Televisions and Clocks**
It may be necessary to reprogram your television. When resetting clocks don't forget the clock on your VCR/DVD, oven/microwave, and clocks or timers on your thermostat and security or landscape lighting.
- **Inspect Your Food**
If you were away from home or asleep during all or part of the power outage, try to determine how long the power was off so you can deal with perishable foods accordingly. If the power was off for more than a 2-4 hours, it may be necessary to throw out some refrigerated and frozen food items. Allow time for refrigerators to reach the proper temperature of less than 41°F before restocking. Restock with fresh foods, as necessary.
- **Check on Neighbors**
Check on your neighbors and offer any assistance they may require in getting their home back in order, especially after a power outage or blackout of several hours.
- **Replenish Emergency Kit**
Make a shopping list for any emergency kit items that were used, including food, batteries, and first aid items. Replenish and store your emergency kit for future use.
- **Examine Your Trees**
After severe weather, even if power has been restored, fallen tree limbs or uprooted trees may still threaten power lines around your home. Do not attempt to remove tree limbs on or near power lines yourself. Contact your utility company.

HOME PREPAREDNESS ACTIVITY #8 SUMMARY

COPING WITH A POWER OUTAGE

Some things to keep in mind during a blackout:

1. Special precautions are required if someone depends upon electrical medical equipment.
2. Even in a power shortage some appliances remain in service..
3. You can flush a toilet during power outages, but turn off the water supply to the toilet first.
4. Telephone lines are separate from electrical lines.
5. Most burglar alarm systems have battery backups.
6. Make sure you have an alternate heat source and supply of fuel.
7. If you own an electric garage door opener, learn how to open the door without power.
8. If possible, stay at home and limit driving.
9. Keep your refrigerator and freezer doors closed.

What you should know about food safety:

1. When do I save and when do I throw out food?
2. How do I know if the food is unsafe to eat? WHEN IN DOUBT . . . THROW IT OUT!

Check Your Home for After Effects of Loss of Power

1. Turn Off Your Generator
2. Turn on Appliances Slowly
3. Check Your Security System
4. Reset Televisions and Clocks
5. Inspect Your Food
6. Check on Neighbors
7. Replenish Emergency Kit
8. Examine Your Trees

HOME PREPAREDNESS ACTIVITY #9

PROTECTING YOURSELF AND YOUR HOME AGAINST FIRE

Every year thousands of people lose their homes or their lives by fire. But many fatal fires could be prevented by basic knowledge and practical precautions. It is critical that everyone recognizes the sound of the smoke alarms and knows two safe ways out of each room. Every family should have a fire safety program to teach family members how to prevent fires and how to react in case one occurs.

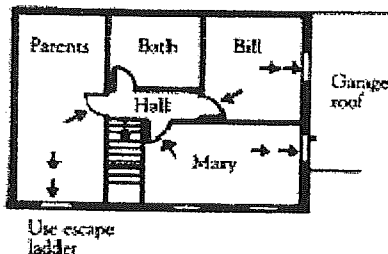
1. Four rules of fire safety:

- Eliminate fire hazards around the house.
- Teach every family member safe fire habits in daily life.
- Install smoke detectors in your home or request that your landlord install them.
- Be sure that everyone knows exactly what to do in case of fire and PRACTICE.

2. Install a smoke detector system in your home. You will need one smoke detector for each level of your home and one for each sleeping area if the bedrooms are not grouped together. Install smoke detectors on a ceiling or high on a wall outside of each bedroom.

3. Develop a home emergency escape plan. With your family, find the best possible escape route from different parts of your home, giving special attention to the bedrooms. Every room needs two escape routes, one normal and one emergency exit. Consider using doors, halls, and windows. If you choose a window for an emergency exit, make sure that it is possible to reach the ground safely. You may need an escape ladder or rope. In emergencies when no one can help you in getting down from a high window, rip up bed sheets and tie them together to form a rope.

4. Make a master home emergency escape plan. Post copies of the master plan in several areas of your home. You may also want to post individual plans in every room. Use the attached Floor Plan on page 2 to draw a map of each floor, showing emergency and normal exits, as well as the location of windows, doors, stairs, and halls. Decide on a place outside to meet after you leave the home. Mark it on your master plan map. Make sure your family knows this is where you will all meet.



FLOOR PLAN

Sketch the floor plan of your home and establish 2 exit routes from each room.

1st FLOOR

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2nd FLOOR

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FIRE DRILL

Fire drills reduce the chance that someone will be hurt in a fire. Hold family fire drills regularly—at least three times a year. Use your home emergency escape plan as the plan for your fire drill. Make sure that everyone understands the exit procedure.

To start the drill, have everyone go to their bedrooms, close the doors, and wait for a prearranged signal. When the signal is given, have them use the emergency escape from their bedrooms and meet in the assigned place outside the home. Or have someone give the prearranged signal when no one is expecting it and see how fast family members can meet *outside* in the assigned place.

As part of each drill, have someone practice going to a phone outside the home so that family members will remember that they must call the fire department. If you have younger children role play a probable phone conversation with the 9-1-1 operator so they will have a better understanding of how to properly give the necessary information in the case of an actual emergency.

Review these rules each time you have a drill:

- Post emergency telephone numbers at all telephones.
- Do not return to a burning building once you are outside.
- Do not try to put out the fire, unless you see that it is confined to a very small area.
- When you hear the alarm, get out of the house immediately after warning others.
(Make sure each family member keeps a whistle by their beds for warning others.)
Don't stop to dress, get valuables, or call the fire department. Go to a neighbor's house to call.
- Do not rush into a hallway. Touch the closed door with the palm of your hand.
If it is hot, use your emergency exit. If it is not hot, open the door with caution.
If there is fire and smoke, close the door immediately.
It takes ten to fifteen minutes for fire to burn down a door.
- If you become trapped, don't panic. There is a good chance of survival.
Cover the vents with cloths, and stuff cloths in the cracks under the door.
If there is a telephone in the room, call the fire department and tell them exactly where you are.
Then signal from the window with a light or bed sheets.
Don't jump from a high window unless someone is holding a net to catch you.
- If your room is filled with smoke, get down on the floor and crawl.
Cover your face with a cool, wet cloth if possible.
Have each family member wear a blindfold and practice crawling out of their room to safety
(to simulate crawling out of a smoke-filled house).
- Always close windows and doors behind you as you leave to slow down the spread of the fire.
- If your clothing catches on fire, remember to **stop, drop, and roll**—don't run.
Lie flat on the floor or ground, keep your arms drawn in and your hands over your face
and roll over several times then back, leading with your legs.
Practice this skill with each family member.

Fire Extinguishers

Know How to Buy Fire Extinguishers

A fire extinguisher should be "listed" and "labeled" by an independent testing laboratory such as FM (Factory Mutual) or UL (Underwriters Laboratory).

Remember that extinguishers need care and must be recharged after every use.

Ask the dealer about the extinguisher and how it should be serviced and inspected.

A partially used unit might as well be empty.

Types of Extinguishers

Fire extinguishers are labeled according to the type of fire on which they may be used.

Using the wrong type of extinguisher on a fire could be dangerous and make matters even worse.

Type A Label is in a triangle on the extinguisher. This extinguisher is used for ordinary combustibles such as cloth, wood, rubber and many plastics. These types of fire usually leave ashes after they burn. Type A extinguishers for **Ashes**.

Type B Label is in a square on the extinguisher. This extinguisher is used for flammable liquid fires such as oil, gasoline, paints, lacquers, grease, and solvents.

Type C Label is in a circle on the extinguisher. This extinguisher is used for electrical fires such as in wiring, fuse boxes, energized electrical equipment and other electrical sources.

Electricity travels in currents: Type C for **Currents**.

You may need more than one extinguisher in your home.

For example, you may want an extinguisher in the kitchen as well as one in the garage or workshop.

Each extinguisher should be installed in plain view near an escape route and away from potential fire hazards such as heating appliances.

A good extinguisher to have in each residential kitchen is a 2A10BC fire extinguisher.

You might also get a Type A for the living room and bedrooms

and an ABC for the basement and garage.

Using a Fire Extinguisher

There is a simple acronym to remember to operate most fire extinguishers - **PASS**.

PASS stands for **Pull, Aim, Squeeze and Sweep**.

Pull the pin at the top of the cylinder.

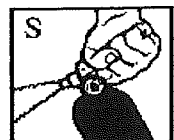
Some units require the releasing of a lock latch or pressing a puncture lever.

Aim the nozzle at the base of the fire.

Squeeze or press the handle.

Sweep the contents from side to side at the base of the fire until it goes out.

Shut off the extinguisher and then watch carefully for a rekindling of the fire.



Activity

This activity teaches your family basic steps to prevent and deal with fires:

Study the Fire Safety Checklist and discuss it with your family.

Then with the checklist walk together through each room in your home.

As you do, discuss whether your family takes all the safety precautions listed and check off the precautions you are already taking.

If you need to improve in an area, make an X with a red pencil.

If you have red Xs, your home is not as safe from fire as it could be.

When you complete the Checklist, assign family members to correct each problem marked in red.

Fire Safety Checklist

1. General Household

- ☐ Baseboard and portable heaters are away from anything that can burn; furniture, curtains, papers, clothing, etc.
- ☐ The fireplace is equipped with a sturdy metal screen.
- ☐ The chimney is checked before each heating season and repairs are made as necessary.
- ☐ Always place candles in non-tip candleholders before you light them.
Keep them out of the reach of children.
- ☐ Extinguish candles before you leave a room or go to bed.
- ☐ Turn off or unplug appliances when you finish using them.
- ☐ Keep a garden hose with a nozzle attached to a water outlet at all times in case of fire.
(Be sure the hose is long enough to reach all areas of the home.)
- ☐ Once a year you install new batteries in your smoke alarms and test them once each month.
- ☐ Be sure your family knows how to use a fire extinguisher and what to do if there is a fire.

2. Kitchen

- ☐ Never leave cooking food unattended while it is on the stove or in the oven. If you have to leave the kitchen for a short time while cooking, set a timer or take something with you to remind you that the stove or oven is on.
- ☐ Never fight a grease fire with water; use baking soda, a lid or a fire extinguisher.
Have a lid available for every pan in which a grease fire could start.
In the event of a grease fire, the best response is to put a lid over the flames.
- ☐ Keep towels available for drying hands before using any electrical appliance.
- ☐ Turn pot handles inward on stove.
- ☐ Wear close-fitting sleeves when you cook.
- ☐ Keep stove and exhaust fan clean and grease-free.
- ☐ Don't hang clothes, dishtowels, or decorative objects that could catch fire, over the stove.
- ☐ Keep a fire extinguisher handy. Know how to use it.

3. Laundry and Furnace Room

- ☐ Keep the lint trap in the clothes dryer free of lint after every load of drying.
- ☐ Replace furnace filters regularly. Clean dust and lint from around the furnace motor and burners.
- ☐ Service fan motor and check fan belt regularly.

4. Bedrooms

- ☐ Be sure windows open easily. If a bedroom window doesn't open, keep a hammer under the bed to break the glass if necessary.
- ☐ Always sleep with bedroom doors closed if you don't have a fire detector.
- ☐ Plan two escapes from each bedroom.
- ☐ No smoking in bed is a rule in your home.
Drowsy or medicated people may forget lit materials and start a fire.

5. Storage Areas

- ☐ Never leave greasy or oily rags lying about.
- ☐ Store gasoline and other flammable substances in tightly closed metal containers.
- ☐ Keep the basement, attic, and other storage areas clean.
- ☐ Do not store old clothes, cardboard boxes, magazines, newspapers, or other items that catch fire easily.

6. Electrical Outlets

- ☐ Don't overload circuits. Avoid plugging more than two appliances into one outlet.
- ☐ If a fuse blows or circuit breaker trips, find the cause.
- ☐ Use extension cords and multi-plug adapters as little as possible.
- ☐ Don't use extension cords under rugs, over hooks, or through door openings. Do not tack extension cords to walls.

7. Care of Children

- ☐ Never leave a young child unattended.
- ☐ Do not let children play around stoves, open fires, or electric heaters.
- ☐ Keep matches, lighters and combustible fluids out of reach, preferably in a locked cabinet.
- ☐ Protect children by buying them flame-retardant sleepwear and costumes for special holidays
- ☐ Instruct babysitters on what to do in case of fire.

HOME PREPAREDNESS ACTIVITY #9 SUMMARY

PROTECTING YOURSELF AND YOUR HOME AGAINST FIRE

1. General Household

- ☐ Baseboard and portable heaters are away from anything that can burn.
- ☐ The fireplace is equipped with a sturdy metal screen.
- ☐ The chimney is checked before each heating season and repairs are made as necessary.
- ☐ Always place candles in non-tip candleholders before you light them.
- ☐ Extinguish candles before you leave a room or go to bed.
- ☐ Turn off or unplug appliances when you finish using them.
- ☐ Keep a garden hose with a nozzle attached to a water outlet at all times in case of fire.
- ☐ Once a year install new batteries in your smoke alarms and test them once each month.
- ☐ Be sure your family knows how to use a fire extinguisher and what to do if there is a fire.

2. Kitchen

- ☐ Never leave cooking food unattended while it is on the stove or in the oven.
- ☐ Never fight a grease fire with water; use baking soda, a lid or a fire extinguisher.
- ☐ Keep towels available for drying hands before using any electrical appliance.
- ☐ Turn pot handles inward on stove.
- ☐ Wear close-fitting sleeves when you cook.
- ☐ Keep stove and exhaust fan clean and grease-free.
- ☐ Don't hang clothes, dishtowels, or decorative objects that could catch fire, over the stove.
- ☐ Keep a fire extinguisher handy. Know how to use it.

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- ☐ Keep the lint trap in the clothes dryer free of lint after every load of drying.
- ☐ Replace furnace filters regularly. Clean dust and lint from around furnace motor and burners.
- ☐ Service fan motor and check fan belt regularly.

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- ☐ Be sure windows open easily. If one doesn't open, break the glass if necessary.
- ☐ Always sleep with bedroom doors closed if you don't have a fire detector.
- ☐ Plan two escapes from each bedroom.
- ☐ No smoking in bed is a rule in your home.

5. Storage Areas

- ☐ Never leave greasy or oily rags lying about.
- ☐ Store gasoline and other flammable substances in tightly closed metal containers.
- ☐ Keep the basement, attic, and other storage areas clean.
- ☐ Do not store old clothes, cardboard boxes, magazines, newspapers, that catch fire easily.

6. Electrical Outlets

- ☐ Don't overload circuits. Avoid plugging more than two appliances into one outlet.
- ☐ If a fuse blows or circuit breaker trips, find the cause.
- ☐ Use extension cords and multi-plug adapters as little as possible.
- ☐ Don't use extension cords under rugs, over hooks, or through door openings or tack to walls.

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- ☐ Never leave a young child unattended.
- ☐ Do not let children play around stoves, open fires, or electric heaters.
- ☐ Keep matches, lighters and combustible fluids out of reach, preferably in a locked cabinet.
- ☐ Protect children by buying them flame-retardant sleepwear and costumes for special holidays.
- ☐ Instruct babysitters on what to do in case of fire.

HOME PREPAREDNESS ACTIVITY #10

Pandemic influenza (“flu”)

1. GET EDUCATED

You’ve probably been hearing a lot about pandemic flu lately on the news. Avian flu is the big concern right now. There haven’t been any cases in the United States; however, there have been several in other countries. So far avian flu has not been able to spread easily from person to person, but that could change.

A pandemic is an outbreak of disease on multiple continents at the same time. It’s usually caused by a new virus that people are not immune to, and for which there’s no vaccine. Pandemics are not just particularly bad flu seasons. In fact, they are not seasonal at all; they can happen anytime.

In one way or another everyone would be impacted by a massive influenza outbreak. Many of our friends and family would get sick and, sadly, some might even die. Many of our co-workers would be out of the office for weeks. Schools, theaters, churches, sporting events – anywhere people gather in groups – would be disrupted. Those potentially exposed to the virus could be quarantined for up to 10 days, to avoid contact with others, including family members. These would be the harsh realities of a pandemic.

We have tools on our side that may help us better cope with the health effects of a large-scale influenza outbreak than in previous pandemics: better science and improved global communications. We will be able to communicate rapidly to identify the pattern of how an illness is spreading, and we know more about prevention and preparedness issues than we knew when the most-deadly pandemic influenza hit in 1918.

(During the 1918 pandemic, when the world population was 1.8 billion, influenza incapacitated 1 billion and killed 20 million, all within the space of 8 weeks. For comparison, 8.5 million people died in World War I.)

It is a big challenge, though, and it will take more than government alone to handle it. We all need to make sure we are personally prepared for all types of emergencies, including a pandemic flu outbreak.

You – and your family – can prepare by learning how to help prevent the spread of germs . . . simple precautions we should all take in our daily lives. Remember **hand washing is the single most important and effective component for preventing the transmission of infection**. To be effective, running water and soap with friction should be used for 15 to 20 seconds and it is important to dry hands after washing.

RESOURCES:

Information about a possible outbreak changes frequently, so please visit the websites below often for the most up-to-date information about pandemic influenza and related issues:

for the State of Utah go to: <http://pandemicflu.utah.gov>;

for general information about pandemic flu go to: <http://www.pandemicflu.gov>

1/10/2008 10:00:32 PM 10 Please contact DAVID TURLEY at davidturley@byu.net with updates and/or comments.

Jan 2008

2. KNOW THE BASICS

What is avian flu?

There are many strains—or types—of flu virus. Certain strains infect humans, birds or animals. An influenza virus strain that infects birds is called avian flu or bird flu. Usually this virus only infects birds, and when an outbreak occurs it can have a very serious impact on poultry flocks. Outbreaks of avian flu have occurred on several continents including North America in the last five years. An ongoing outbreak of avian flu in Southeast Asia and Eastern Europe has resulted in the killing of millions of chickens and other domestic birds to control the spread of the disease. Rarely, a virus may be able to infect both birds and animals, or birds and humans.

Are pandemic flu and avian flu the same thing?

No. Pandemic flu is not a type of flu but is the way the flu spreads. In fact any disease can be a pandemic if it spreads rapidly between people all over the world. The avian flu currently in Southeast Asia and Eastern Europe (H5N1) may be spread to people who directly handle infected birds or bird waste, but currently can't be spread easily from person to person. However, flu viruses change, and this virus could change in a way that makes it possible for people to pass it to each other. If that happens and people in many countries get sick, the virus becomes a pandemic flu strain.

Why should we be concerned about a virus that infects birds?

The strain of avian flu causing the outbreak in Asian and Eastern European birds is of concern for several reasons:

1. This flu strain can spread from birds to people, and when it does, it can cause very serious human illness and even death. So far, the virus does not appear to spread easily from person to person, but that could change.
2. Whenever a bird flu strain infects people, there is a chance that the virus could change to a brand new flu virus that spreads easily from person to person and causes serious illness.
3. Infections with new human flu strains can't be prevented by the flu vaccine that people get each year, so no one will be immune to the virus. Making a safe vaccine that can prevent infection with a new human virus can take months.
4. Because this type of new virus couldn't be easily controlled, it could spread rapidly around the world and cause a pandemic.

Why is everyone so concerned about this flu? Don't people get the flu every year?

The flu we get each year is called "seasonal" flu. Although the virus changes slightly from year to year, it is always a version of the flu from recent years so most of us have built-up some immunity or tolerance to it. The flu that may develop from the bird flu would be completely new and that makes it more dangerous because we have no immunity to it.

3. START TODAY

Here are some simple tips that will help keep respiratory infections and many other contagious diseases from spreading, especially during the cough, cold and "flu" season.

Respiratory infections affect the nose, throat and lungs; they include influenza (the "flu"), colds, pertussis (whooping cough) and severe acute respiratory syndrome (SARS). The germs (viruses and bacteria) that cause these infections are spread from person-to-person in droplets from the nose, throat and lungs of someone who is sick.

You can help stop the spread of these germs by practicing "respiratory etiquette" — good health manners. Also, if you have a fever, cough or rash, clinics and hospitals may give you a face mask to wear in waiting areas and exam rooms, so be prepared to use it.

Here are some tips to keep from spreading your germs to others, and to keep from catching someone else's germs.

Keep your germs to yourself:

- Cover your nose and mouth with a tissue when sneezing, coughing, or blowing your nose.
- Throw out used tissues in the trash as soon as you can.
- Always wash your hands after sneezing, blowing your nose, or coughing, or after touching used tissues or handkerchiefs. Wash hands often if you are sick.
- Use warm water and soap or alcohol-based hand sanitizers to wash your hands.
- Try to stay home if you have a cough and fever.
- See your doctor as soon as you can if you have a cough and fever, and follow their instructions, including taking medicine as prescribed and getting lots of rest.
- If asked to, use face masks provided in your doctor's office or clinic's waiting room; follow their instructions to help stop the spread of germs.

Keep the germs away:

- Wash your hands before eating, or touching your eyes, nose or mouth.
- Wash your hands after touching anyone else who is sneezing, coughing, blowing their nose, or whose nose is running.
- Don't share things like cigarettes, towels, lipstick, toys, or anything else that might be contaminated with respiratory germs.
- Don't share food, utensils or beverage containers with others.
- Wash soiled dishes and eating utensils either in a dishwasher or by hand with warm water and soap. (Separation of eating utensils is not necessary.)
- Wash laundry in a standard washing machine with warm or cold water and detergent. Use care when handling soiled laundry (i.e., avoid "hugging" the laundry) and wash hands after handling soiled laundry.

4. PREPARE FOR TOMORROW

SHELTER-IN-PLACE It may be necessary to protect yourself and others from getting the virus by remaining in your home for several days.

Checklist of items to keep in your home.

Many of these items are things every home should have on hand for any emergency (see instructions for a complete 72-Hour Kit). These particular items are especially important if you must "shelter-in-place" and therefore cannot leave your home and people cannot enter.

- **Home Flu Care Kit**

Every household should have a box of medical/surgical gloves, a box of N95 Particulate Face Masks, waterless hand sanitizer, anti-microbial surface wipes and anti-microbial hand wipes. These items will help protect you from contracting the flu and/or spreading the flu.

An economical source for these items is www.sosproducts.com

- **Food and water**

Have a supply of canned and dried food and fresh water on hand – enough for several days. Although basic utilities like electricity and water should remain on, there may be disruptions in some services. Grocery stores may not have enough staff to remain open.

- **Items for personal comfort**

You may want to have extra items on hand to make your time at home more comfortable like, soap, shampoo, toothpaste, toilet paper, cleaners and activities for children.

- **Cash**

Make sure to have some cash on hand.

If necessary, you may be able to have items delivered to your door.

- **Pets**

Make sure you have enough food and water for them and other necessities like extra litter.

- **Phone**

If there are disruptions to power, you will need a standard "wired" phone (not a cordless phone) — one that does not run on power from an electrical outlet.

Cordless phones will not operate when the power is out, however cellular phones will.

- **Medications and equipment**

If you must take medications on a regular basis, be sure to have enough of a supply to last for several days. Have acetaminophen and a thermometer in the medicine cabinet. Know how to use/read a thermometer correctly.

- **Large trash bags**

Garbage service may be disrupted or postponed for many days. Have bags on hand to store garbage safely.

- **Prepare ahead**

Talk to your friends and family about emergency plans. Make sure you have a contact plan to check in with elderly parents and friends, that children know who to contact in an emergency and that you know your family's medical histories, social security numbers and other basic information.

HOME PREPAREDNESS ACTIVITY #11

President Spencer W. Kimball said, "We don't know where . . . a river is going to flood, or whether an earthquake is going to come, or what's going to happen. We [must] just . . . always [be] prepared because the Lord said, 'If ye are prepared, ye shall not fear.' (D&C 38:30.) And that's the only way to have peace and security—to be prepared."
(Kaysville, Utah, Grain Elevator dedication, 10 June 1976.)

Just in Case Exercises

In every family there are unforeseen circumstances that call for immediate action. A child swallowing cleaning agents or medicines, someone sustaining a serious wound, fire, natural disasters —any of these can catch families unprepared.

Conduct some of the following exercises so family members know—

- The location of **first-aid equipment** in the home
(take this opportunity to inventory supplies and replace if needed).
- The location of **fire extinguishers** (test and recharge them according to manufacturer's instructions to make sure they are ready to use).
- The location of **shut-off valves** for electricity, gas, and water. Tag and label them.
- The location of **emergency water supplies**
(use this opportunity to refresh water supplies that are more than a year old).
- Where important **original documents** are stored inside the home
(make sure copies are included in your 72 Hour Supply Kit).
- The location of your **72 Hour Supplies** (and replace or rotate them as needed).
- **Designated meeting place and contact** if the home is so damaged or dangerous that family members must leave or cannot enter the home (update it needed).
- **Designated out-of-area contact** (and update information if needed). Also check to make sure each person has their updated "Contact Card" in their wallet, purse, backpack, etc.
- Review each individual's **best method of escaping** the home in case of fire
(including escape routes from different areas of the home).
- **Buddy system** review: who is responsible for younger or disabled members of the family, if applicable.
- Location of **smoke detectors** on each level of your home
(use this opportunity to check and change the batteries if needed)
- Location of **Emergency Numbers**: doctor, hospital, and neighbors.
- An **inspection of your car** to assure that necessary equipment is working and emergency items are where you expect them to be when you need them.
Consider, for example, stocking your car with some tools, a blanket, flashlight, fire extinguisher, jack and spare tire, flares or flasher unit, chain, shovel, jumper cables, and rainwear.
- A **Home Hazard Hunt** and look for:
 - Loose wires and extension cords under rugs.
 - Poisons and cleaning agents within reach of children.
 - Blockage of furnace vents.
 - Floor drains with standing water.
 - Obstacles on stairs and landings or at exits.
 - Poorly ventilated flammable storage (fuels, oily rags, stacks of old papers, etc.).

- Poorly lighted stairs.
- Weak batteries in smoke detectors.
- The absence of ropes, ladders, or poles to exit upstairs windows.
- Ineffective locks, bolts, and burglar alarms.

NOTE the problem, location, action required and the date it was corrected

You can also use this as an opportunity to discuss what you can do to reduce your chances of injury after a disaster. Many disaster-related injuries and deaths occur due to injuries resulting from clean up in the *aftermath* of a disaster.

General Safety Tips To Follow After A Disaster

- Wear sturdy shoes when entering a building or walking through debris after a disaster.
- Carry a flashlight when entering dark buildings.
- Do not enter a building if the foundation has shifted or has been weakened.
- Buildings must be declared safe before they can be entered.

Heating equipment safety

- If you smell gas, open all windows and doors. Do not use matches, candles, lighters, or turn on the stove. Sparks can ignite the gas and cause a fire or an explosion. Call the gas company from your neighbor's house.
- If you suspect there is damage to the heating equipment, do not use it until a qualified service representative has checked it.

Electrical equipment safety

- **WARNING:** *Never use wet electrical appliances.*
They may cause an electric shock, overheat, or start a fire.
- Do not touch any exposed cable or electrical wire.

Safe storage of garbage

- Store garbage away from food and water.
- Have a spare container with a tight fitting lid to store garbage in case regular pick-up is not available.
- Report all unusual waste (animal carcasses, asbestos, and so on) to the Salt Lake Valley Solid Waste Facility at 801-974-6920

Safety tips for children

- Do not allow children to wade or play in contaminated water or sand.
- Do not leave cleaning buckets with even small amounts of liquids unattended. Toddlers are "top heavy" and if they topple into a bucket, it may not tip over and they could drown.

Additional Resources:

NOTE: The Federal Emergency Management Agency website (www.fema.gov/kids) has some great material to assist children in learning more about disaster preparedness.

Their online program: "Disaster Action Kid" has games, puzzles, and activities.

www.ready.gov has a section called "Ready Kids" with a four step preparedness program for graduation from "Readiness U."

HOME PREPAREDNESS ACTIVITY #11 SUMMARY

JUST IN CASE EXERCISES

In every family there are unforeseen circumstances that call for immediate action. A child swallowing cleaning agents or medicines, someone sustaining a serious wound, fire, natural disasters —any of these can catch families unprepared.

Conduct the following exercises, as appropriate, so family members know:

- The location of **first-aid equipment** in the home.
- The location of **fire extinguishers**.
- The location of **shut-off valves** for electricity, gas, and water.
- The location of **emergency water supplies**.
- Where important **original documents** are stored inside the home.
- The location of your **72 Hour Supplies** (and replace or rotate them as needed).
- **Designated meeting place and contact**.
- **Designated out-of-area contact**.
- Review each individual's **best method of escaping** the home in case of fire.
- **Buddy system** review: who is responsible for younger or disabled members of the family.
- Location of **smoke detectors** on each level of your home.
- Location of **Emergency Numbers**: doctor, hospital, and neighbors.
- An **inspection of your car** to assure that necessary equipment is working and emergency items are where you expect them to be when you need them.
- A **Home Hazard Hunt** and look for:
 - Loose wires and extension cords under rugs.
 - Poisons and cleaning agents within reach of children.
 - Blockage of furnace vents.
 - Floor drains with standing water.
 - Obstacles on stairs and landings or at exits.
 - Poorly ventilated flammable storage (fuels, oily rags, stacks of old papers, etc.).
 - Poorly lighted stairs.
 - Weak batteries in smoke detectors.
 - The absence of ropes, ladders, or poles to exit upstairs windows.
 - Ineffective locks, bolts, and burglar alarms.

NOTE the problem, location, action required and the date it was corrected

General Safety Tips To Follow After A Disaster

Heating equipment safely

Electrical equipment safety

Safe storage of garbage

Safety tips for children

HOME PREPAREDNESS ACTIVITY #12

"Many more people could ride out the storm-tossed waves in their economic lives if they had their year's supply of food and clothing and were debt-free. Today we find that many have followed this counsel in reverse: they have at least a year's supply of debt and are food-free"

(Thomas S. Monson, "That Noble Gift—Love at Home," *Church News*, 12 May 2001, 7).

Financial Preparation

President Gordon B. Hinckley admonished us by saying: "The time has come to get our houses in order There is a portent of stormy weather ahead to which we had better give heed. . . .

I am troubled by the huge consumer installment debt which hangs over the people of the nation, including our own people. . . . So many of our people are living on the very edge of their incomes. In fact, some are living on borrowings. . . . Everyone knows that every dollar borrowed carries with it the penalty of paying interest. . . .

President J. Reuben Clark Jr., in the April 1938 general conference, said from this pulpit: "Once in debt, interest is your companion every minute of the day and night; you cannot shun it or slip away from it; you cannot dismiss it; it yields neither to entreaties, demands, or orders; and whenever you get in its way or cross its course or fail to meet its demands, it crushes you" (in Conference Report, Apr. 1938, 103).

President Heber J. Grant spoke repeatedly on this matter from this pulpit. He said: "If there is any one thing that will bring peace and contentment into the human heart, and into the family, it is to live within our means. And if there is any one thing that is grinding and discouraging and disheartening, it is to have debts and obligations that one cannot meet" (*Gospel Standards*, comp. G. Homer Durham, p. 111).

We are carrying a message of self-reliance throughout the Church. Self-reliance cannot obtain when there is serious debt hanging over a household. One has neither independence nor freedom from bondage when he is obligated to others. . . .

What a wonderful feeling it is to be free of debt, to have a little money against a day of emergency put away where it can be retrieved when necessary. . . . I urge you . . . to look to the condition of your finances. I urge you to be modest in your expenditures; discipline yourselves in your purchases to avoid debt to the extent possible. Pay off debt as quickly as you can, and free yourselves from bondage.

This is a part of the temporal gospel in which we believe. May the Lord bless you . . . to set your houses in order. If you have paid your debts, if you have a reserve, even though it be small, then should storms howl about your head, you will have shelter for your [family] and peace in your hearts. That's all I have to say about it, but I wish to say it with all the emphasis of which I am capable.

I leave with you my testimony of the divinity of this work and my love for each of you, in the name of the Redeemer, the Lord Jesus Christ, amen.
(*Ensign*, Nov. 1998, p. 51)

Guide to Family Finance

By Elder Marvin J. Ashton Adapted from an April 1975 general conference address

As proper money management and living within one's means are essential in today's world if we are to live abundantly and happily, may I make some recommendations for improved personal and family financial management. The following 12 points will help each of us achieve this goal, I believe.

1. Pay an honest tithing. Successful financial management in every LDS home begins with the payment of an honest tithe. If our tithing and fast offerings are the first obligations met following the receipt of each paycheck, our commitment to this important gospel principle will be strengthened and the likelihood of financial mismanagement will be reduced. Paying tithing promptly to Him who does not come to check up each month will teach us and our children to be more honest with those physically closer at hand.

2. Learn to manage money before it manages you. Financial peace of mind is not determined by how much we make but is dependent upon how much we spend. New attitudes and relationships toward money should be developed constantly by all couples. After all, the partnership should be full and eternal. Management of family finances should be mutual between husband and wife in an attitude of openness and trust. Control of the money by one spouse as a source of power and authority causes inequality in the marriage and is inappropriate. Conversely, if a marriage partner voluntarily removes himself or herself entirely from family financial management, that is an abdication of necessary responsibility.

3. Learn self-discipline and self-restraint in money matters. Learning how to discipline oneself and exercise constraint where money is concerned can be more important than courses in accounting. Married couples show genuine maturity when they think of their partner's and their family's needs ahead of their own spending impulses. Money management skills should be learned together in a spirit of cooperation and love on a continuing basis.

We live in a self-indulgent, me-oriented, materialistic society. Advertisements entice young buyers by demonstrating how easy it is to get credit and buy on time. Interestingly, no ads focus on the glamour of paying the money back, nor do they mention how long or hard it is to do just that—especially with the unavoidable interest added on.

4. Use a budget. Every family must have a predetermined understanding of how much money will be available each month and the amount to be spent in each category of the family budget. Checkbooks facilitate family cash management and record-keeping. Carefully record each check when written, and balance the checkbook with the monthly bank statement.

With the exception of buying a home, paying for education, or making other vital investments, avoid debt and the resulting finance charges. Buy consumer durables and vacations with cash. Avoid installment credit, and be careful with your use of credit cards. They are principally for convenience and identification and should not be used carelessly or recklessly. The use of multiple credit cards significantly adds to the risk of excess debt. Buy used items until you have saved sufficiently to purchase quality new items. Purchasing poor-quality merchandise almost always ends up being very expensive.

Save and invest a specific percentage of your income. Liquid savings available for emergencies should be sufficient to cover at least three months of all essential family obligations. Every LDS family should file honest and timely tax returns.

Please listen carefully to this—and if it makes some of you feel uncomfortable, it is on purpose: Latter-day Saints who ignore or avoid their creditors are entitled to feel the inner frustrations that such conduct merits, and they are not living as Latter-day Saints should! Bankruptcy should be avoided, except only under the most unique and irreversible circumstances, and then utilized only after prayerful thought and thorough legal and financial consultation.

5. Teach family members early the importance of working and earning. “In the sweat of thy face shalt thou eat bread” (Gen. 3:19) is not outdated counsel. It is basic to personal welfare. One of the greatest favors parents can do for their children is to teach them to work. Much has been said over the years about children and monthly allowances, and opinions and recommendations vary greatly. I’m from the “old school.” I believe children should earn their money through service and appropriate chores. Some financial rewards to children may also be tied to educational effort and the accomplishment of other worthwhile goals. I think it is unfortunate for a child to grow up in a home where the seed is planted in the child’s mind that there is a family money tree that automatically produces cash once a week or once a month.

6. Teach children to make money decisions in keeping with their capacities to comprehend. Based upon appropriate teaching and individual experience, children should be responsible for the financial decisions affecting their own money and suffer the consequences of unwise spending. “Save your money” is a hollow pronouncement from a parent to a child. “Save your money for a mission, bicycle, doll house, trousseau, or car” makes understandable sense. Family unity comes from saving together for a common, jointly approved purpose. In our home we found it unifying to have a child save for a major project; then, when the amount was achieved, we matched it with a predetermined percentage. Incentives are a powerful force in motivating and achieving desired behavior.

7. Teach each family member to contribute to the total family welfare. As children mature, they should understand the family financial position, budget, and investment goals and their individual responsibility within the family. Encourage inexpensive, fun projects, understandable to the children, that contribute to a family goal or joy. Some families miss a tremendous financial and spiritual experience when they fail to sit together, preferably during family home evening, and each put in his or her share of the monthly amount going to the son or daughter, brother or sister, who is serving in the mission field. When this monthly activity is engaged in, all at once, he or she becomes “our” missionary, with pride becoming a two-way street.

8. Make education a continuing process. Complete as much formal, full-time education as possible, including trade schools and apprentice programs. This is money well invested. Based on potential lifetime earnings, the hours spent in furthering your education will be very valuable indeed. Use night school and correspondence classes to further prepare. Acquire some special skill or ability that could be used to avoid prolonged unemployment. The ability to do basic home and auto repairs can frequently be helpful, as well as a source of family savings. Periods of unexpected unemployment can happen to anyone. We should not allow ourselves, when we are out of work, to sit back and wait for “our type of job” if other honorable interim employment becomes available.

9. Work toward home ownership. Home ownership qualifies as an investment, not consumption. Buy the type of home your income will support. Improve the home and beautify the landscape throughout the period you occupy the premises so if you do sell it, you can use the accumulated equity and potential capital gain to acquire a home more suitable to family needs.

10. Appropriately involve yourself in an insurance program. It is most important to have sufficient medical, automobile, and homeowner's insurance and an adequate life insurance program. Costs associated with illness, accident, and death may be so large that uninsured families can be financially burdened for many years.

11. Understand the influence of external forces on family finances and investments. Inflation continues to offset a major portion of average wage increases. A larger paycheck may not mean more purchasing power and should not be an excuse for extravagant purchases or additional debt. Beyond the emergency liquid savings, families should plan for and utilize a wise investment program preparing for financial security, possible disability, and retirement. Avoid all proposals for high-risk investments and get-rich-quick schemes.

12. Appropriately involve yourself in a food storage and emergency preparedness program. Accumulate your basic food storage and emergency supplies in a systematic and orderly way. Avoid going into debt for these purposes. Beware of unwise food storage promotional schemes. Planting and harvesting a garden annually is helpful to the family in many ways, including the food budget. Eat nutritious foods and exercise appropriately to improve health, thus avoiding many medical costs.

These few points and suggestions are not intended to be all-inclusive or exhaustive. Rather, it is hoped that a need has been brought to the surface for our serious consideration. We need to recognize and be aware of these basic guidelines for wise money management.

God help us to realize that money management is an important ingredient in proper personal welfare. Learning to live within our means should be a continuing process. We need to work constantly toward keeping ourselves free of financial difficulties. It is a happy day financially when time and interest are working for you and not against you.

Money in the lives of Latter-day Saints should be used as a means of achieving eternal happiness. Careless and selfish uses cause us to live in financial bondage. We can't afford to neglect personal and family involvement in our money management. God will open the windows of heaven to us in these matters if we will but live close to Him and keep His commandments.

Budget for _____

| | Planned | Actual |
|------------------------------|---------|--------|
| Income | | |
| Wages/salaries (after taxes) | | |
| Other income | | |
| Total income | | |
| Expenditures | | |
| Church donations | | |
| Savings | | |
| Food | | |
| Mortgage or rent | | |
| Utilities | | |
| Transportation | | |
| Debt payments | | |
| Insurance | | |
| Medical | | |
| Clothing | | |
| Other | | |
| | | |
| Total expenditures | | |
| Income less expenditures | | |

A budget helps you plan and evaluate your expenditures.

Budget for a specified period
(such as weekly, biweekly, monthly), according to your pay schedule.

Balance income with expenditures, and spend less than you earn.

Debt-Elimination Calendar

| | Debt 1 | Debt 2 | Debt 3 | Debt 4 | Total payment |
|-----------|--------|-----------|-----------|------------|---------------|
| April | 10 | 20 | 30 | 40 | 100 |
| May | 10 | 20 | 30 | 40 | 100 |
| June | 10 | 20 | 30 | 40 | 100 |
| July | 10 | 20 | 30 | 40 | 100 |
| August | | 30 | 30 | 40 | 100 |
| September | | 30 | 30 | 40 | 100 |
| October | | 30 | 30 | 40 | 100 |
| November | | | 60 | 40 | 100 |
| December | | | 60 | 40 | 100 |
| January | | | 60 | 40 | 100 |
| February | | | | 100 | 100 |
| March | | | | 100 | 100 |
| April | | | | | |

- A debt-elimination calendar can help you reduce or eliminate unnecessary debt.
- Mark off several columns on a piece of paper.
- In the column on the left, write the names of the months, beginning with the upcoming month.
- At the top of the next column, write the name of the creditor you want to pay off first.
- It may be the debt with the highest interest rate or the earliest pay-off date.
- List the monthly payment for that creditor until the loan is repaid as shown in the illustration above.
- At the top of the next column, record the name of the second creditor you want to repay, and list payments due each month.
- After you have repaid the first creditor, add the amount of that monthly payment to your payment to the second creditor.
- Continue the process until all loans are repaid.

Another excellent resource is the talk given by L. Tom Perry, "If Ye Are Prepared Ye Shall Not Fear," *Ensign*, November 1995, p. 35.

HOME PREPAREDNESS ACTIVITY #12 SUMMARY

FINANCIAL PREPARATION

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(Thomas S. Monson, *Church News*, 12 May 2001, pg 7).

"Once in debt, interest is your companion every minute of the day and night; you cannot shun it or slip away from it; you cannot dismiss it; it yields neither to entreaties, demands, or orders; and whenever you get in its way or cross its course or fail to meet its demands, it crushes you."
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The following 12 points will help each of us achieve this goal.

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2. *Learn to manage money before it manages you.*
3. *Learn self-discipline and self-restraint in money matters.*
4. *Use a budget.*
5. *Teach family members early the importance of working, earning and saving.*
6. *Teach children to make money decisions in keeping with their capacities to comprehend.*
7. *Teach each family member to contribute to the total family welfare.*
8. *Make education a continuing process.*
9. *Work toward home ownership.*
10. *Appropriately involve yourself in an insurance program.*
11. *Understand the influence of external forces on family finances and investments.*
12. *Appropriately involve yourself in a food storage and emergency preparedness program.*