

Preparedness Guide



Stay safe and healthy during an emergency.



Healthy Choices. Healthy People. Healthy Communities.

WAYS TO PREPARE FOR AN EMERGENCY



Sign up for alerts and warnings.



Make a plan.



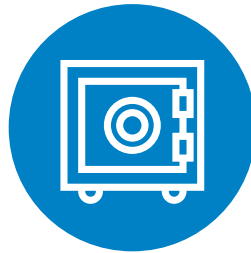
Save for a rainy day.



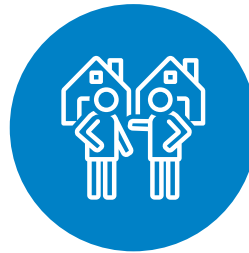
Practice emergency drills.



Test Evacuation and Communication Plan.



Keep your documents safe.



Plan with neighbors.



Make your home safe.



Plan your evacuation routes.



Assemble and update supplies.



Get involved in your community.



Document and insure property.

Adapted from: FEMA

TABLE OF CONTENTS

1	What can happen?
2	Be prepared
3	72 hour kit
6	Communicable diseases
7	Earthquakes
9	Fires
10	Flooding
12	Hazardous and radioactive materials
14	High winds
15	Landslides
17	Power outages
19	Severe thunder and lightning storms
21	Winter storms
22	Evacuation and communication plan
33	Coping with disasters
35	Recommendations and resources

1

WHAT CAN HAPPEN?

There are many hazards and emergencies that can happen in Utah. Some examples of hazards in Davis County are:



Communicable diseases



Earthquakes



Fires



Flooding



Hazardous and radioactive materials



High winds



Landslides



Power outages



Severe thunder and lightning storms



Winter storms

01 Make a plan.

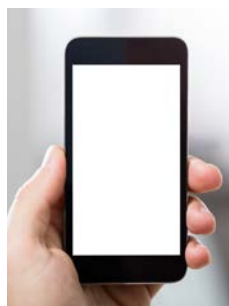
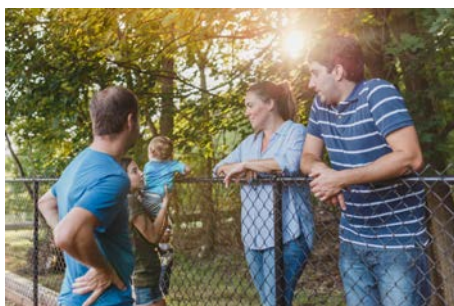
Communicate with family and neighbors to plan what to do in different types of emergencies.

02 Be informed.

Listen for alerts and follow latest emergency information.

03 Assemble a 72 Hour Kit.

Doing this beforehand can help ensure your needs are met.



3 | 72 HOUR KIT

One way to be prepared for an emergency is to develop a 72 Hour Kit. You can personalize this list to meet your and your family's unique needs.

Storing items in a waterproof container or bag can help protect the items during an emergency.

You should update your 72 hour kit yearly to rotate food and water, replace clothing items, and update documents.

Essential needs:

Water:

- One gallon per person per day is recommended

Food:

- Easy to prepare and non-perishable items:
 - Canned juices
 - Comfort food (hard candy, lollipops, etc.)
 - Dried fruit
 - Dry cereal or granola
 - Fruit/protein bars
 - High-energy foods
 - Non-perishable pasteurized milk
 - Peanut butter

Clothing and bedding:

- Blankets/sleeping bags
- Change of clothes
- Comfortable and sturdy shoes
- Underwear and socks

Photocopy of vital documents:

- Birth certificate
- Driver's license/passport
- Important addresses, phone numbers
- Insurance policies
- Medical information
- Medication list



Sanitation/Personal Hygiene:

- Contacts/glasses
- Deodorant
- Diapers and wipes
- Feminine hygiene products
- Hand sanitizer (at least 60% alcohol content)
- Masks
- Shampoo and conditioner
- Soap
- Toilet paper rolls
- Toothbrush, toothpaste, and floss

Tools and other supplies:

- Cash
- Extra batteries
- Flashlight and batteries
- Garbage bags
- Matches in waterproof container
- Multi-purpose tool
- Non-electric can opener
- Radio and batteries
- Rain poncho
- Refillable water bottle
- Whistle

First Aid Kit:

- Adhesive tape
- Anti-bacterial ointment
- Anti-itch cream
- Antiseptic wipes
- Bandages (all sizes)
- Gauze pads (2 and 3 inch)
- Instant ice pack
- Latex and non-latex gloves
- Little scissors
- Medicine dropper/cup
- Non-prescription medications
 - Allergy medications
 - Aspirin
 - Children's medications
 - Pain relievers
- Prescription medications (up to 7 days, or more if possible)
- Safety pins
- Tweezers





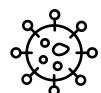
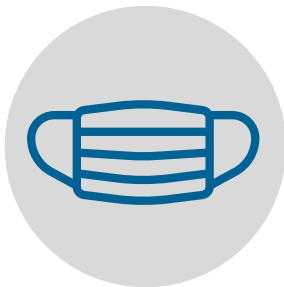
Take precautions

- Use a distance of six feet when transmission is high.
- Stay up to date with current information on different diseases.
- Get vaccinated.



Practice good hygiene

- Wash your hands with soap and water for at least 20 seconds.
- Use hand sanitizer that contains at least 60% alcohol.
- Cover your mouth and nose with your elbow when coughing/sneezing.
- Clean and disinfect surfaces and objects.



7

EARTHQUAKES

What is an earthquake?

An earthquake happens when two blocks of the earth suddenly slip past one another. The surface where they slip is called the fault or fault plane.



Key terms:

Fault: the surface where two blocks of earth slip

Epicenter: the location directly above the surface of the Earth

Foreshocks: smaller earthquakes that happen in the same places as the larger earthquake that follows

Mainshock: the large, main earthquake

Aftershocks: smaller earthquakes that occur in the same places as the mainshock, happening days, weeks, and even months after the mainshock

When was the last earthquake that affected Davis County?

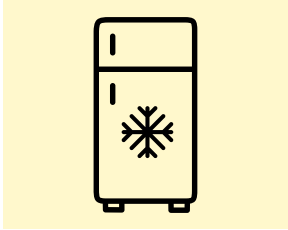
In March 2020, a 5.7 magnitude earthquake happened in Magna, Utah. This earthquake affected many areas, including Davis, Weber, and Salt Lake Counties. In the following week, there were 2,589 aftershocks that ranged from 3 to 4.6 magnitude.



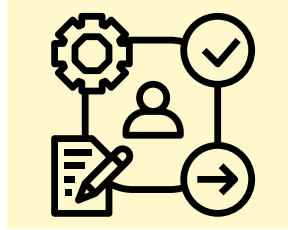
Adapted from: FEMA, Ready.gov, USGS, and U of U Seismograph Stations

How can I prepare for an earthquake?

Earthquakes can happen anytime without any warnings. Preparing now can help you be ready for one.



Secure water heaters, pictures, refrigerators, etc.



Practice earthquake drills.

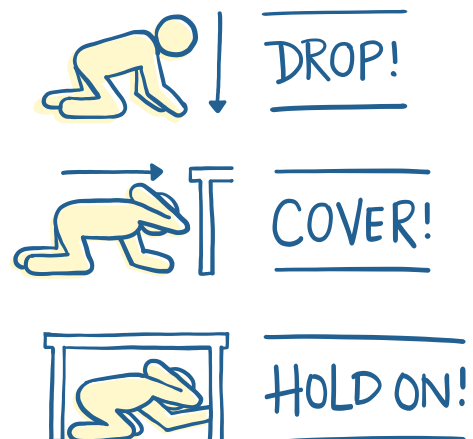


Keep shoes and a flashlight by your bed.

Many families and individuals participate in the Utah Great Shake Out. For more information, use this link: www.shakeout.org/utah/

Key points to remember during an earthquake:

- Stay calm and protect yourself.
- Stay inside and find somewhere safe (ex: under a sturdy desk or table) until shaking stops.
- Drop, cover, and hold on!
- If you are outside, stay where you are. Move away from trees, buildings, or anything that could fall on you.
- Power outages are common during an earthquake. Be on alert for fire alarms or sprinkler systems going off.



Fires happen **FAST** and can create **BLACK SMOKE**, which makes it hard to see.

Safety tips:

1. Make digital copies of valuable documents and records.
2. Sleep with your bedroom door closed due to the door slowing down the spread of the fire.
3. Keep a fire extinguisher in your kitchen or multiple throughout your home.
4. Make sure smoke alarms are up to date and working.
5. Never use a stove range or oven to heat your home.
6. Keep combustible and flammable liquids away from heat sources.
7. Never use portable generators indoors and only refuel outdoors in well ventilated areas.
8. Teach children not to hide from firefighters.

A fire can become
life-threatening in

2 minutes

A residence can be
engulfed in flames in

5 minutes



Determine your best protection based on the type of flooding.



Evacuate if told to do so.



Move to higher ground or floor.



Stay where you are.



Remember to always listen to local authorities for further emergency information and instructions.



11 | FLOODING

Before:

- Keep important valuables and documents in a waterproof container.
- Know your risk for floods in the area using this link: [msc.fema.gov](https://www.msc.fema.gov)
- Store valuable objects on higher levels in your home.
- If there is a potentially dangerous situation, do not walk, swim, or drive through flood waters

During:

- To avoid getting trapped by rising flood water, do not climb into a closed attic.
- Stay off bridges.
- If trapped in a building, get to the highest level.
- Avoid driving except in emergency situations. Stay inside your car if it's trapped in rapidly moving water. Get on the roof if water is rising inside the vehicle.

After:

- Be aware of snakes, other animals, or raw sewage that may be in or around your home.
- Use a generator or other gasoline powered machinery ONLY outdoors and away from windows.
- Wear heavy work gloves, protective clothing, and boots during clean up. If you are cleaning up debris or mold, wear appropriate face coverings or masks.
- Be aware of the risk of electrocution. Turn off the electricity to prevent electric shocks (if it is safe to do).

DID YOU KNOW?

Six inches of moving water can knock you down, and one foot of moving water can sweep your vehicle away.



What are hazardous and radioactive materials?

These materials can include explosives, flammable substances, and poisons.



WHAT TO DO DURING A HAZARDOUS OR RADIOACTIVE EMERGENCY:



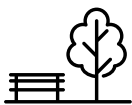
If you are asked to evacuate, do it immediately.



Listen to local radio or television stations for information and instructions.



Indoors: Turn off air conditioners and ventilation systems. Bring all pets inside. Close and lock all exterior doors/windows, vents, fireplace dampers, and interior doors.



Outside: Stay uphill and upwind. Try to go at least a half mile (8-10 city blocks) from the danger area. Do not walk on or touch any spilled liquids, airborne mists, or solid chemical deposits. Try not to inhale gases, fumes, or smoke by covering your mouth with a cloth or mask.



Car: Stop and seek shelter. If you have to stay in your car, keep windows and vents closed. Do not turn on the air conditioner and heater.



13 | HAZARDOUS AND RADIOACTIVE MATERIALS

WHAT TO DO AFTER A HAZARDOUS OR RADIOACTIVE EMERGENCY:

- Go to a designated public shelter if you are told to evacuate.
- Seek medical treatment for unusual symptoms as soon as possible.

DID YOU KNOW?

Text SHELTER + your ZIP code to 43362 to find the nearest shelter in your area. (Example: SHELTER 84015)

- Follow decontamination instructions from local authorities.
- Place exposed clothing and shoes in tightly sealed containers. Wait until authorities tell you what to do.
- Return home only when authorities say it is safe to do so. Open windows and vents and turn on fans to provide ventilation.
- Report any lingering vapors or other hazards to your local fire department or dispatch center.

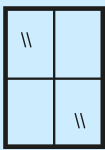


Davis County gets high wind gusts that can be up to 90 mph, sometimes even higher. Things to consider if there is a high wind warning:

Inside your home



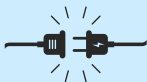
Review your insurance policy (if applicable to you)



Consider protecting windows and glass doors with storm shutters.



Designate a safe room. Learn more information at bit.ly/3PhqrzH



If you lose power, unplug all of your electrical appliances to prevent damage from fires.

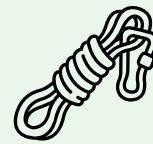


Outside your home

Seal cracks and gaps in the home.



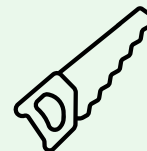
Secure canopies, trampolines, and other items.



Secure any fuel tanks with padlocks.



Trim/remove dead, damaged, or rotting trees and limbs.



1) Watch for signs of possible landslides

Common signs:

- Bulging ground appears at the base of the slope
- Changes in landscape
- Doors or windows stick/jam for the first time
- Fences, trees or retaining walls tilting or moving
- New cracks appearing
- Outside walls, walkways, or stairs begin pulling away from building
- Slowly developing, widening cracks appearing on the ground or on paved areas
- The ground slopes downward in one direction and may begin shifting under your feet
- Underground utility lines break
- Water breaks through the ground surface in new locations

2) Watch for flooding and evacuate early

- Talk with your local fire department for specific precautions to take
- Refer to previous flooding section for more information



What are burn scars?

- Burn scars are areas on the ground where a wildfire was and all vegetation is dead.



Why are burn scars important?

- Areas that have burn scars have an increased chance of landslides after heavy rain and flooding due to the lack of trees, grass, or shrubs holding the soil in place.

Examples of landslides in Davis County:

- In August of 2001, there were **6 homes** in Layton that were **damaged** from a landslide.
- In April 2006, there was **1 home** in South Weber that was **damaged** from a landslide.
- In August 2014, there was **1 home** in North Salt Lake that was **damaged** from a landslide.
- In March of 2021, there was a massive landslide in North Salt Lake that **evacuated 27 homes**.



17 | POWER OUTAGES

Before:



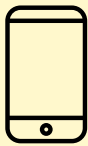
Have a full tank of gas in your vehicles.



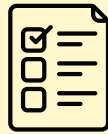
Keep electronic devices fully charged.



Plan for batteries and other alternatives.



Sign up for local alerts and warning systems.



Take an inventory of items that require electricity. Identify supplies that are available in case of no power.

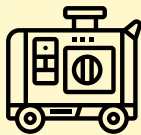


Talk to your doctor on how to store medications safely.

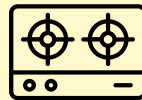
During:



Disconnect appliances and electronics to avoid damage from electrical surges.



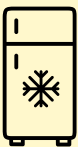
Only use generators outdoors and away from windows.



Do not use a gas stove to heat your home.



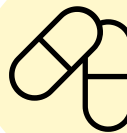
If safe, go to an alternate location for heating and cooling.



Keep freezers and refrigerators closed.



Check with local officials about heating/cooling public locations.



Have a back up plan for power dependent medical devices or medications.



Check on neighbors.



Adapted from: American Red Cross, FEMA, and Ready.gov

After:

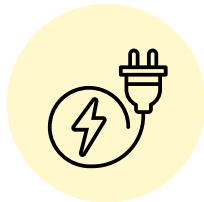
If the power is out for more than a day, you should discard any medications that should be refrigerated. Talk to your doctor for more information.



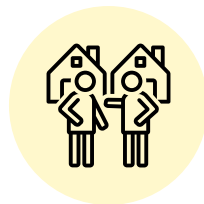
Maintain patience with the process. Power may be restored to fire departments, hospitals, and police before homes.



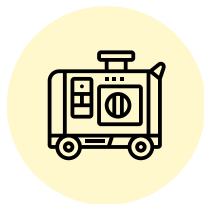
Throw away any food that has been exposed to temperatures 40 degrees F or higher for 2 hours or more or has an unusual odor, color, or texture.



When power is restored, plug in appliances one at a time, waiting a few minutes after each one.



Help neighbors with any needs.



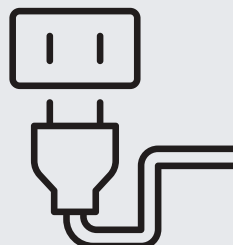
Put generator away once power is restored.

Power company phone number: _____





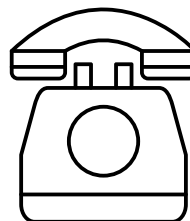
When thunder roars,
go indoors.



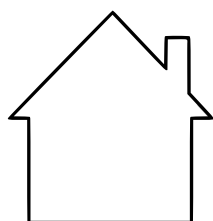
Unplug
appliances.



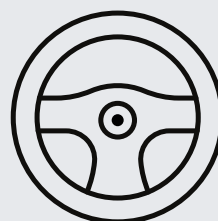
Pay attention to
alerts and warnings.



Do not use
landline phones.



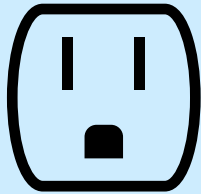
Move from outdoors
into a building or car.



Don't drive through
flooding roadways.



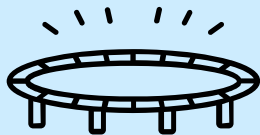
Additional Precautions:



Avoid using electronic devices connected to an electrical outlet.



Strengthen your home by cutting or trimming trees that could be in danger of falling on your home.



Secure outdoor objects that may be affected by flooding (e.g. sandbags).



Avoid running water due to lightning being able to travel through plumbing.



Watch for fallen power lines and trees. If you see one, report it immediately.





Be prepared for power outages.



Check on neighbors.



Dress warmly and stay indoors.



Find shelter right way.



Listen for emergency information and alerts.



Look for signs of hypothermia and frostbite.



Stay off roads.



Use generators outside only.



Create an evacuation and communication plan:**1****COLLECT**

Start filling out the included plan with your information.

2**SHARE**

Make sure everyone in your home has the information.

3**PRACTICE**

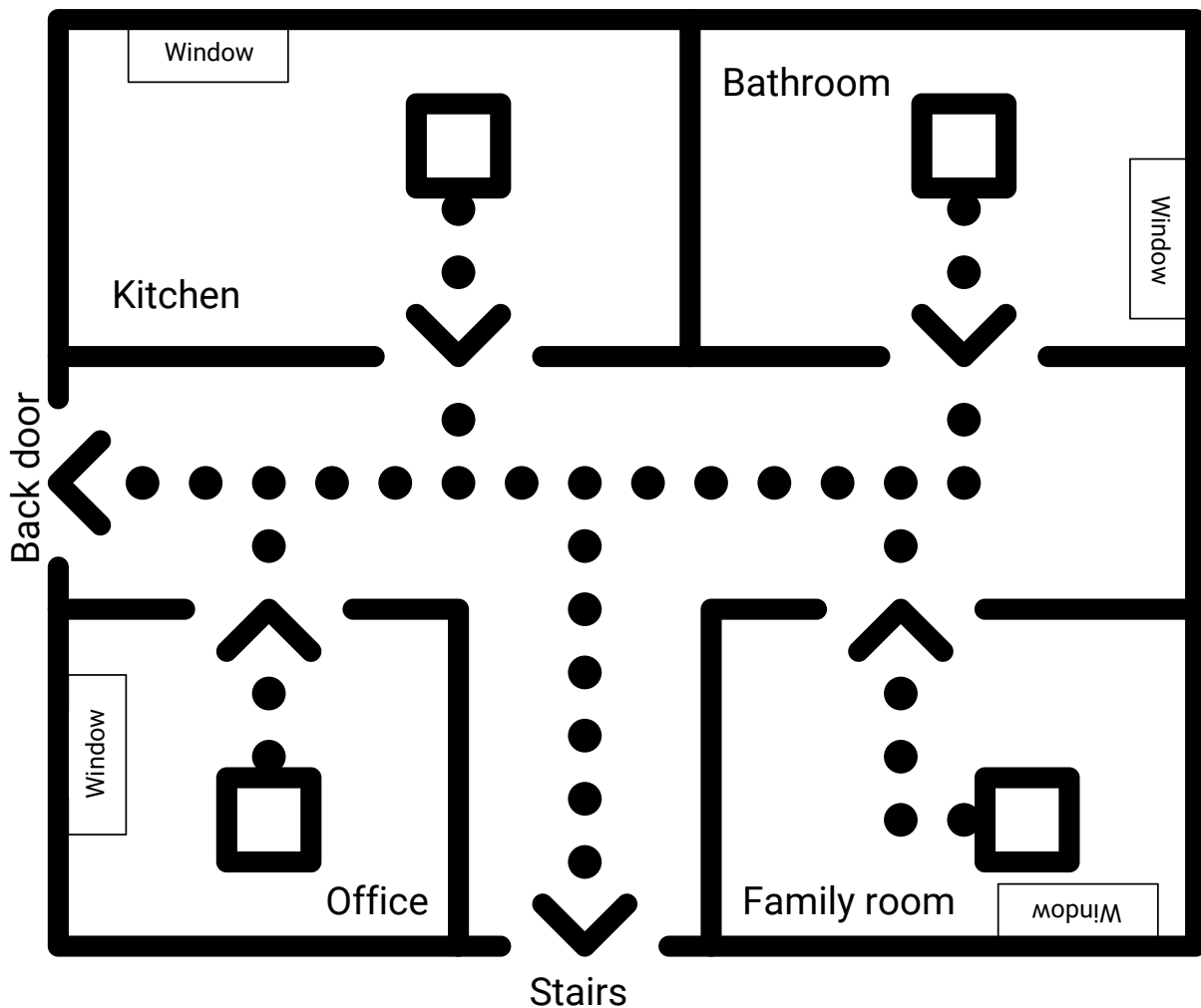
Practice your plan to help you be prepared for an emergency.



23 | EVACUATION AND COMMUNICATION PLAN

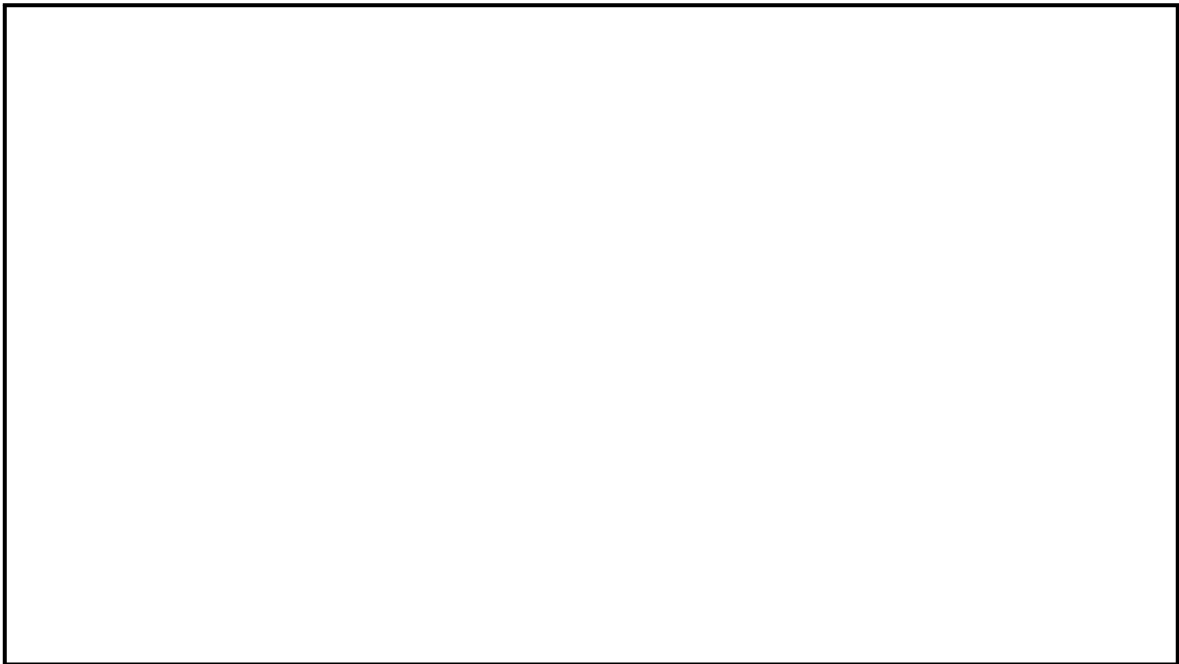
In an emergency, you may need to evacuate your home. Know **two** ways out of every room in case of an emergency. One way may include a window.

Preparing for an emergency includes drawing floor plans of your home and/or every room.




When drawing your floor plan, circle two different ways to safely exit. Photocopy this page for additional levels in your home.

Level 1



Level 2



List the individuals who live in your home. Photocopy this page to add more family members.

Family member name: _____

Phone number: _____ DOB: _____

Medical/health information:

Family member name: _____

Phone number: _____ DOB: _____

Medical/health information:

Family member name: _____

Phone number: _____ DOB: _____

Medical/health information:



27 | EVACUATION AND COMMUNICATION PLAN

List the locations where your family attends school/daycare. This gives quick access to phone numbers in an emergency.

Name of school/daycare:
Name of child:
Phone number:
Address:

Name of school/daycare:
Name of child:
Phone number:
Address:



School/daycare information

During an emergency, phone lines could be down. It is important to have an in-area contact and an out-of-area contact. Calling to another state may be easier than across town. This allows all family members a place to check in. In some cases, texting may work better than calls.

IN-AREA contact name:
Phone number:
Address:
Relationship:

OUT-OF-AREA contact name:
Phone number:
Address:
Relationship:

If you or others get separated during an emergency, it is important to discuss and establish meeting locations inside your home, outside your home, and outside your neighborhood.

Inside your home:

(e.g. the bathroom or kitchen)

Outside your home:

(e.g. the mailbox or a big tree)

Outside your neighborhood:

(e.g. fire department or school)



Meeting locations

Each member of the household should know where the gas, water, and electricity shut off locations are inside and outside their home. For some emergencies, these may need to be shut off. Keep in mind, you may need a company official to turn them on.

Gas:

- Inside the home:

- Outside the home:

Water:

- Inside the home:

- Outside the home:

Electricity:

- Inside the home:

- Outside the home:



Listing the locations where you and other household members work can help during an emergency. This information can be kept in your child's backpack and photocopied for additional members.

Household member: _____

Name of workplace: _____

Phone number: _____

Address: _____

Household member: _____

Name of workplace: _____

Phone number: _____

Address: _____

Household member: _____

Name of workplace: _____

Phone number: _____

Address: _____



Children can keep these medical cards in their backpacks in case of emergency.

General information	
Child's full name	DOB
Home address	
Parent/guardian name	Phone number
Parent/guardian name	Phone number
Parent/guardian workplace	Phone number

Medical information		
Emergency contact name	DOB	Phone number
Primary care physician name	Phone number	
Medications/medical conditions:		



Parents with children attending a Davis School District school are recommended to keep this card with them in case of an emergency.

Please cut out and fold the wallet card below for use in an emergency

Davis School District
EMERGENCY PROCEDURE CARD FOR PARENTS

DURING A SCHOOL EMERGENCY: DO NOT call or rush to your child's school and DO NOT phone/text your child. Check multiple official outlets for updates:

- DSD website: www.davis.k12.ut.us
- DSD on Twitter: [@davisschools](https://twitter.com/davisschools)
- DSD on Facebook: facebook.com/davisschools
- Emergency email messages
- Automated phone messages (Update phone number changes on your [myDSD](#) account).
- Local TV News stations and print media websites.

Names and numbers of my child's emergency contacts:



Common signs of disaster-related stress:

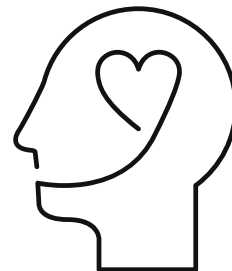
Physical effects:

- Difficulty sleeping
- Increased use of drugs/alcohol
- Poor work performance
- Headaches, stomach problems, body pains, and skin rashes
- Tunnel vision/muffled hearing
- Colds/flu-like symptoms
- Worsening of chronic health problems
- Changes in appetite, energy, and activity levels



Changes to thoughts, behaviors, and emotions:

- Limited attention span
- Disorientation or confusion
- Difficulty concentrating and making decisions
- Mood swings and easy bouts of crying
- Overwhelming guilt and self-doubt
- Depression, sadness, worry, numbness, or frustration



35 | COPING WITH DISASTERS

Ways to help ease disaster-related stress:

- 1) Attend existing support groups.
- 2) Maintain a normal daily routine.
- 3) Seek help from professional counselors who can address with post-disaster stress.
- 4) Spend time with family and friends.
- 5) Stay informed with current information.
- 6) Talk to someone who you can trust; this allows you to communicate how you are feeling.
- 7) Take steps to promote your own physical and emotional health (e.g., healthy eating, rest, meditation).

Behavioral and mental health resources:

- Davis Behavioral Health 24-Hour Crisis Response Line: 801-773-7060
- National Disaster Distress Helpline: 1-800-985-5990
- National Suicide Prevention Hotline: 988
- SAMHSA Helpline: 1-800-985-5990



Other considerations:

- Assess if earthquake and flood insurance is right for you.
- Consider buying surge protectors to protect your home, appliances, and electronic devices.
- Fortify your roof by using ring-shank nails in an enhanced pattern.

Adapted from: FEMA

Additional resources:

American Red Cross

<https://www.redcross.org/>

Are you Ready? A Guide to Citizen Preparedness

<https://www.ready.gov/collection/are-you-ready>

Be Ready Utah

<https://beready.utah.gov/>

Centers for Disease Control and Prevention-Emergency Preparedness Response

<https://emergency.cdc.gov/>

Davis County Health Department

<https://www.daviscountyutah.gov/health>

Federal Emergency Management Agency (FEMA)

<https://www.fema.gov/>

U.S. Department of Education-Natural Disaster Resources

<https://www.ed.gov/hurricane-help>

U.S. Department of Homeland Security

<https://www.dhs.gov/>

U.S. Department of Public Safety

<https://dem.utah.gov/>

