

72-HOUR EMERGENCY KIT

- CONTAINER FOR YOUR KIT:** A backpack is the only way to go.
- WATER** (the most important item in your kit) One gallon/person/day. Strap canteens or 2-liter soda bottles strapped to outside of pack. Since water is heavy to carry, also include purification supplies:
 - 6' plastic hose to be used as a siphon (swamp cooler hose or garden hose works well)
 - Cotton balls (for filtering material in hose)
 - Liquid bleach
 - One bottle, iodine tablets
- FIRST AID KIT:** Tailor-make the kit to fit your individual needs.
 - Container: tackle box or tupperware
 - Consecrated oil, rubbing alcohol
 - Prescription drugs, eyeglasses
 - Antibiotic ointment
 - Aspirin, thermometer
 - Diarrhea medication (Imodium)
 - Vaseline, hand lotion
 - Hydrogen peroxide
 - Table salt, baking soda
 - Sun screen & antiseptic soap
 - Adhesive tape, 2" wide
 - Bandage, sterile roll 4" wide
 - Band aids, cotton swabs
 - Ace bandage, tweezers, scissors
 - Gauze pads (4 X 4)
 - Needles, thread, safety pins
 - Dental floss, heavy string
 - Pocket knife, paper and pencil
 - Rubber gloves, razor blades
 - First aid handbook
- SHELTER**
 - Garbage bags: 30 gallon size (also good for portable toilet and making rain/wind suits)
 - Duct tape: shelter construction or repair (also good for joining garbage bags for rain suits)
 - Space blanket (aluminum coated mylar)
- BEDDING**
 - Sleeping bag: (rated 0oF-10oF is best) made of waterproof nylon w/waterproof carrying bag
 - Insulation: Lightweight foam "closed cell" pads, 3/8" thick are best
 - Pillow: small, inflatable
- CLOTHING** (Anticipate severe weather)
 - One change of clothes, shoes (Avoid cotton; wool is best) - Two pr. heavy wool socks
 - Heavy duty gloves
 - Sun glasses
- FOOD** Pack high caloric, nutritious food.
 - A multiple vitamin/mineral supplement
 - High dosage stress B-Complex
 - Calcium supplement

The following menu supplies 2,100 calories per day. Quantities listed are amounts per day:

Meats: 1/4 lb. per person:

Tuna	Sardines
Spam	Vienna Sausages
Corned Beef	Chicken
Deviled Meats	Beef Stew
Peanut Butter	

Add
 Graham Crackers - 1/2 lb.
 Canned Juices - 12 oz.
 Powdered Milk - 1/4 lb.
 Dried Fruits - 1/2 lb.

Augment with other foods such as:

Cheese Spreads	Tang
Beef/Turkey Jerky	Herbal Teas
Canned Fruit	Instant Oatmeal
Cookies	Soups/Stews
Dried Soups/Stews	Instant Pudding
Sweetened Cereals	Granola Bars
Hard Candy	Hot Chocolate
Fruit Leathers	Canned Nuts
Kool-Aid	Dry Noodles
Powdered Gator-aid	Instant Ramen/Bouillon Cubes
Sugar Cubes	Honey
Instant Rice	Pork and Beans
Spaghetti	Powdered Potatoes

COOKING

- A 3-lb. empty can can be used as a saucepan, a 1-lb. can for mixing juices and pudding
- Eating Utensils
- Can Opener
- Metal Drinking Cup (doubles as cooking pot)

SANITATION SUPPLIES

- Lysol-type disinfectant
- Dish detergent
- Bar soap
- Toiletries
- Sanitary napkins, tampons
- A five-gallon plastic bucket to serve as a toilet
- 1 roll toilet paper
- Paper towels

FIRE & FUEL

- 24 wooden matches in a waterproof container previously dipped in wax or nail polish to make waterproof
- Small magnifying glass
- 3 Candles

MISCELLANEOUS

- Battery-powered radio w/extra batteries
- Flashlight (w/extra batteries)
- Cyalume Sticks (white emits the most light)
- Scriptures, books, games
- Vital information (i.e., SS Card, vehicle id #s)

Tips For Your 72-Hour Food Supply

- 1) Pack items in Zip-loc bags to keep them dry and airtight
- 2) Select nutritious foods you will enjoy
- 3) Label each item with date of purchase
- 4) Choose foods (at least the first day's menu) which are edible without heating or cooking and that require little or no water for preparation
- 5) Choose foods which will keep for at least 6 months in a cool, dark place. If not used in 6 months, rotate out
- 6) Measure quantity foods like instant milk & oatmeal in one-meal portions to eliminate leftovers
- 7) Experiment with kit to make sure you can live off it.

JULY 2006

BYU WELLNESS PROGRAM NEWSLETTER

Y's Choices

BYUWellness

EMERGENCY PREPAREDNESS

Disaster can strike quickly and without warning. It can force you to evacuate your home and neighborhood or in some cases confine you to your home. What would you do if basic services were cut off? Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away.

Families and neighborhoods can, and do, cope with disaster by preparing in advance and working as a team. Often, what you know is even more important than what you have. If you don't know how to protect yourself from the shaking and things that fall in an earthquake, it doesn't matter how many year's supply of food you have in your basement. Information included with this newsletter will help you learn what to do to protect yourself and your family, and then provide some ideas on what "things" you need to have on hand to survive the aftermath of any disaster.

Earthquakes cause all the "emergencies" you can experience individually. Therefore, we have focused on being prepared for an earthquake because if you are prepared for an earthquake you are ready for anything.

I hope you enjoy the information, and that you will be better prepared to protect your family WHEN disaster strikes.

Kerry Baum, CBCP, CEM, CRP
 Emergency Preparedness Coordinator
 Risk Management and Safety Department

GENERAL EMERGENCY CHECKLIST

Do the following during an emergency:

1. Avoid panic, remain calm, use common sense, and render assistance as required.
2. Report emergencies by calling 911 (you can also reach the University Police at 422-2222).
3. Evacuate buildings immediately upon request of authorities, upon hearing an alarm, or when remaining becomes life-threatening.
4. Know the location of at least two emergency exits in your working/living areas.
5. Keep a flashlight nearby (in work and living areas).
6. Listen for instructions broadcast over the University outdoor warning system. If possible, turn on your building's background music system. If a radio is available, tune to 89.1 or 89.5 FM (Utah County's primary Emergency Alerting System station).
7. Every BYU building has an Emergency Planner. Know who he/she is. Follow their instructions.

Do NOT do the following during an emergency:

1. Do not use the telephone except to report emergencies.
2. Do not wait to report an emergency to University Police and your Emergency Building Coordinator.
3. Do not use elevators or attempt to exit stalled elevators.
4. Do not jeopardize your life or the lives of others by attempting to save personal or university property.
5. Do not cross police barriers without authorization.
6. Do not exceed your training or knowledge when attempting to render first aid.

For further information contact Emergency Preparedness at ext. 422-8142

EARTHQUAKE CHECKLIST

BEFORE: Most casualties result from partial building collapse, falling objects and debris, like toppling chimneys, falling bricks, ceiling plaster and light fixtures. Taking a few steps now to prepare can prevent many of these conditions. A brief survey of your home and office will indicate what hazards exist.

- Secure fixtures such as lights, cabinets, bookcases and top-heavy objects to resist moving, coming loose or falling during shaking. Place large and heavy objects on lower shelves, securely fasten shelves to walls. Special care should be taken to remove hazardous objects from above sleeping areas. Do not hang plants in heavy pots that could swing free of hooks.
- Store bottled goods, glass, vases, china, and other breakables in low or closed cabinets and use nonskid padded matting, hold-fast putty or velcro whenever possible.
- Check the electrical wiring and connections to gas appliances. Defective electrical wiring, leaking gas, or inflexible connections are very dangerous in the event of an earthquake.
- Locate master switch and shutoff valves for all utilities and teach all responsible family members how to turn them off. Your local utility company can show you how.
- Prepare an office emergency kit (on next page).
- Develop a family plan that addresses what to do if an earthquake occurs while family members are at home, school or work. This plan should include a possible central meeting location for family members after the earthquake and an OUT OF AREA CONTACT PERSON so other family members can find out information concerning their loved ones in the disaster area. It is usually easier to call out of a disaster area than it is to call into one.
- Hold drills so each member of your family knows what to do in an earthquake.
- Keep extra food on hand. Students are not encouraged to store food or have 72-hour kits, but having some food on hand is prudent. Non-students are encouraged to have a years supply (at least a 72-hour kit).
- Insure your home is prepared; securely fasten the home to the foundation and secure your water heater to wall studs or floor. Use flexible gas lines to connect stoves, water heaters, etc.
- Always keep a pair of shoes by your bed when retiring.

DURING:

STAY CALM: First and foremost, having a plan for your office and home will help you to stay calm. If you have a plan and are prepared earthquakes are very survivable.

STAY PUT: If you are inside, stay inside: if you are outdoors, stay there.

IF INSIDE: Take cover under a desk, table or bench, or stand in a supported doorway (make sure the door does not slam on your fingers) or along an inside wall or corner. Stay clear of windows, bookcases, china cabinets, mirrors, and fireplaces until the shaking stops. If no protection is available, drop to the floor and cover your head with your hands. Never try to restrain a pet during the shaking.

If in the kitchen, turn off the stove at the first sign of shaking and quickly take cover (away from the stove so as not to be injured by hot liquids which may spill).

If in a high-rise building, get under a desk or table and stay away from windows and outside walls. Stay in the building on the same floor. Don't be surprised if the electricity goes out or if the fire alarm or sprinkler systems go on. Do not use the elevators!

If in a crowded public place, do not rush for the doorway since other people are going to have the same idea. Move away from display shelves containing objects that fall.

IF OUTSIDE: Get into the open away from buildings, trees, walls, and power lines. The greatest danger from falling debris is just outside doorways and close to outer walls. Stay in the open until the shaking stops.

IF IN A CAR: Pull over to the side of the road as quickly and safely as possible and stop the car. Never stop on top or underneath a bridge or under power lines. Stay in your car until the earthquake is over. When you drive on, watch for hazards created by the earthquake, such as fallen or falling objects, downed electrical wires, or broken roadways.

AFTER:

- Make sure everyone is all right; don't move the seriously injured unless they're still in danger. Administer first aid if appropriate.
- Do not use the telephone unless there is a severe injury. NOTE: INSURE ALL TELEPHONES ARE IN THEIR CRADLES.
- Only use your car if a critical situation exists.
- Keep children safe and relaxed.
- Wear sturdy shoes in areas near fallen obstacles and broken glass.
- Don't use matches, candles or other open flame until you are sure there is no leaking gas.
- Check gas, water, and electrical lines for damage.
- Turn off the gas if you suspect a leak or if the building is badly damaged.
- Switch off the electricity if there is damage to the electrical wiring.
- Do not touch downed power lines or broken appliances.
- Check water supply systems. If water is leaking, shut-off water at the main valve (inside the building or at the street). If you don't know how to shut-off natural gas or other utilities, do not attempt to do it - get help!
- Leave buildings that have been damaged until a safety assessment can be made.
- Use caution when cleaning up hazardous materials (glass, spilled medicine, cleaning products, bleaches, gasoline, etc.) and beware of chemical spills.
- Listen to your portable (or car) radio for official information concerning what to do, locations of emergency shelters, and the extent of damage in your area. Do not use the telephone for purposes of requesting information.
- Be prepared for additional earthquake shocks called aftershocks. Although most of these are smaller than the main shock, some may be large enough to cause additional damage or topple weakened structures.

IF AT WORK OR AWAY FROM HOME

- If you are not at home, getting back together with your family is a high priority, but take the care and time to do it safely. NOTE: THIS IS WHERE AN OUT-OF-AREA CONTACT PLAYS AN IMPORTANT ROLE.
- If you are at work, stay there (assist, if needed) until you know it's safe to leave. Evaluate your situation: Can you get home? Is that the best place to go? Listen to the radio, but make sure reports are confirmed before you react to the news.

IF AT HOME

- Do not use fireplaces unless the chimney is undamaged and without cracks
- Check your home for cracks and damage, particularly the chimney or brick walls.
- After you have your own situation under control, check on your neighbors.
- Evacuate your home if it is off the foundation or otherwise unsafe (in danger of collapse, fire, etc.) and seek assistance at an established emergency shelter. NOTE: IF YOU MUST EVACUATE YOUR HOME, ENSURE WATER, ELECTRICITY AND GAS ARE TURNED OFF EVEN IF YOU DO NOT DETECT ANY DAMAGE TO THE PIPES, WIRING, OR GAS LINES.

WHAT TO DO IN CASE OF FIRE OR EXPLOSION

- Do not fight fires alone.
- If a fire alarm does not sound, warn building occupants to evacuate.
- If on campus call University Police at 911 (or 378-2222 if non emergency) to report the fire. If at home follow your local emergency guidelines.
- Stay low to the floor where the air is cooler and fresher.
- Close doors and windows to prevent the spread of fire.
- If the fire is confined to a specific area, send someone to an exit to give directions to emergency personnel.
- Report hazards (i.e., chemicals, high voltage, structural damage) to responding emergency personnel.
- Follow directions from University Police, the Emergency Building Coordinator and other authorities.
- Do not open doors that are hot to the touch.

WHAT TO DO IN CASE OF FLOODS

Lower lying portions of BYU campus (Helaman Halls, Cougar Stadium, Richards Building, Smith Field House, etc.) and off campus housing to the west and south of main campus lie in the Jordanelle and Deer Creek Dam flood plains. Also, most of Provo can be effected if these dams fail. If a dam breach is likely:

- If you are in low lying areas, immediately move east (north) to higher ground.
- Follow directions from University Police, your Emergency Building coordinator and local government authorities.
- Prepare to render volunteer aid to evacuees coming to the university seeking higher ground (this will be most of the citizens of Provo).

BASIC OFFICE SURVIVAL KIT

Keep the following items in your desk. If there is ever a major emergency, you'll be glad you have them.

1 Liter Water: The most essential element for human survival.

Whistle: If you are trapped, you can yell for help only until your voice wears out--but if you have a whistle, you can alert rescue workers for as long as you can breathe.

First Aid Kit: To save your life or someone else's. First Aid/CPR training is also highly recommended.

Flashlight: Electricity is usually the first utility to be interrupted after an earthquake.

Comfortable Walking Shoes: Traffic often halts during a catastrophe. After an earthquake, roads are often broken-up and impassable. You'll be more comfortable walking home if you have a good pair of shoes.

High Caloric Energy Bars: You will need a food supply until you are rescued or able to get home.

Upcoming Events

BRIGHAM YOUNG UNIVERSITY WELLNESS PROGRAM

- JULY 7** Osteoporosis/Bone Density Well & Wise
- JULY 15** Mountain Biking Activity
- JULY 28** Crime Trends in Utah Valley Well & Wise
- AUGUST 12** Ice Skating/Broom Ball Activity



To register, or for more information visit: wellness.byu.edu or call 422-5884