

The Earthquake Exchange

Special points of interest:

- Want to contribute to this newsletter? Contact us. Prepare@UtahEarthquake.org
- Check the calendar at www.utahearquake.org for upcoming events.
- Set one preparation goal per month and then actually do it! Get the family involved. Start with the basics in home & personal safety.

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Emergency Plans at Work

According to the Utah Department of Workforce Services, over 1 million Utah residents are employed in non-agricultural jobs as of February 2006.

The types of work the people of Utah perform vary immensely, as do their work locations, stores and office buildings. **You may be more prepared to experience an emergency in your home than at work. Yet, you are likely to spend 4 to 12 hours of every day at your workplace.**

Does your workplace have an emergency disaster plan? If an earthquake occurred while you were at work, would you know what to do and where to go?

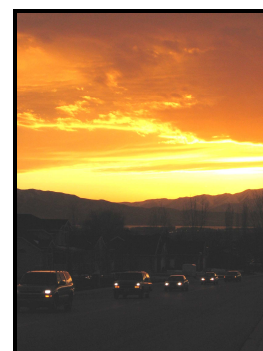
Can You Survive a Night in the Cold with a Plastic Tube Tent, Foil Blanket, and 4 Ounces of Water? *By Jared N. Sorensen*

The sad truth is, that's exactly the experience you will have with most commercial 72-hour kits. I have looked at lots of prepackaged emergency kits, and have been appalled at what's in them—and what is missing.

This article discusses some of the problems and what you can

If you are not aware of an earthquake disaster plan at your work, find out from management if one exists. Ask that information be emailed or passed out to every employee. Suggest an annual drill, just like your school days, to be sure employees recognize signals and know what to do.

If no plan exists, or if it is outdated, offer to create or amend a disaster plan. With the help of management or specialists, keep in mind specific attributes of your workplace: Is your building one story or higher? If a dam breaks, are you in a flood plain? Will there be significant fire risks due to shorts in electrical appliances or computers? Will merchandise be



Utah Commute at Sunset
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thrown from shelves? Where is the safest place to take immediate shelter and how can you safely evacuate the area?

In order to help yourself and others, be proactive.

Also, consider keeping a small emergency supply kit at work with food, water, and other essentials.

do to make sure your emergency kit will really provide the support you need when it matters most.

What Were They Thinking?

For instance—has anyone ever actually tried sleeping in a plastic tube tent? It's basically a

tube of thin plastic sheeting, open at both ends, hanging from a rope. It holds its tent shape for about 10 seconds or until the first gust of wind comes along. In the winter it provides almost zero protection from the cold; in the summer the ceiling collects moisture—it can actually "rain" inside the tent! There's very little

— Cont'd on page 4

Helping the Community: Caucus Events and Elections

The Utah and Salt Lake Valleys have dropped away one quake at a time. **The last event dropped the valley 9 feet at nearly the speed of sound.** This amount of movement would generate a magnitude 7.0-7.2 earthquake which is equivalent to the simultaneous underground explosion of 50-60 Hiroshima bombs.

There has been an average of one magnitude 7.0-7.2 earthquake every 272 years. The last event of this size was 400-500 years ago.

One of the most important issues facing Utah is the need to retrofit unsafe schools. 80% of the schools in Utah County were built before current seismic codes, and that is just one example. When an earthquake happens, many of these buildings will crumble.

As parents, concerned citizens and leaders, we need to actively lobby for school retrofits.

This year 100% of all state representatives are up for

election, as well as 50% of our state senators. Candidates filed in March. **The primary election will be held June 27.**

We have a small window of opportunity to choose officials who agree that school retrofits for earthquake safety are a high priority issue.

As you consider candidates, ask them tough questions and see if they listen and commit to action. Your child's life may depend on it.



Consider voting for officials who consider earthquake safety among their issues.

Ask Mary Jane: "I have a nearby relative who has enough food storage for my small family too. Is there a reason I should store my own?" —T. Van Orden, Cary, N.C.

Dear T. Van Orden,

Have you considered that access to your nearby relative's home may become impossible due to damaged roads, etc.? Their food supply may even be destroyed or damaged, deeming it unsafe. They may then be depending upon you!

Other family members or neighbors may be thinking the same thing. The food storage would soon run out if several people are unexpectedly sharing it.

I encourage you to begin now to provide for your own family's future needs. Start small with the basics. Store food your family likes. Make a plan. Many plans are

available through church groups and online. Begin by storing enough water for two weeks for each member of your household—including pets—(one gallon per day per person). Buy two cans of tuna instead of the one can on your grocery list. Do this with each item, and your food storage will grow quickly.

"Their food supply may even be destroyed or damaged. They may then be depending on you!"

Monthly Preparation Tip: When the Power Goes Out

During an earthquake, your utilities — **power, natural gas, water, and sewage** — may be damaged, slightly or considerably.

Depending on the extent of the damage you may not have access to these utilities for a few minutes up to many days.

Shut off any utilities you suspect are damaged. Do not shut them off if doing so

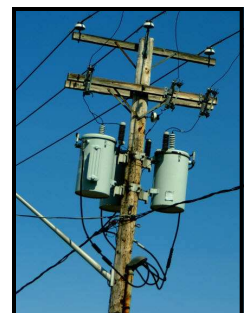
jeopardizes your safety.

When the power goes out...

1. Do not touch downed power lines or objects touched by the downed wires.
2. When an earthquake happens at night, **use a flashlight** to check for damage. (Open flame or accidental sparks from light switches, tele-

phones, or other electrically operated devices may ignite natural gas. Do not light candles **until you are sure** there is no natural gas leak.)

3. Store fuel such as wood or charcoal and know how to build a fire outside to cook and to stay warm.
4. Do **not** use a gas generator inside. The fumes are toxic.



Fire is the most common earthquake-related hazard due, in part, to damaged electrical lines or appliances.

WATER STORAGE—Basics First

Store your water in thoroughly washed plastic, glass, or fiber-glass or enamel-lined metal containers. **Never use** a container that has held a toxic substance.

Plastic containers, such as soft drink or fruit juice bottles are best. Milk containers are not suggested because they do not seal well. You can also purchase food-grade plastic buckets or drums.

Seal water containers tightly, label them and store in a cool, dark place. It is important to rotate water (use it and then refill bottles) every 6 months

or more frequently.

You can also buy bottled water from the store. Keep the bottles in their original sealed bottles. If you open a bottle, do not store it again.

Remember that you should store a gallon per person and pet per day for drinking and washing for at least 2 weeks. Store more water if possible.

In an emergency, you should drink at least 2 quarts each day without rationing. You will want clean water stored for washing and general hygiene since your sewage and water

lines may be disrupted.

Other sources of emergency water, once filtered, include rainwater, streams, rivers, ponds, lakes, natural springs, hot-water tank, water pipes, ice-cube trays, and the toilet tank (not the bowl.)

To use the water in your hot-water tank, be sure the electricity or gas is off, and open the drain at the bottom of the tank. Start the water flowing by turning off the water intake valve and turning on a hot water faucet.

Info from www.redcross.org.



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Local Report

March

There was a Free Public Dialog at the Salt Lake City Library featuring guest experts from a variety of fields: seismologists, engineers, and emergency personnel.

Mary Lou Zoback, a Senior Research Scientist with the U.S.G.S. was the featured lecturer for a presentation at the SLC Library.

Dr. Ron Harris lectured and

stayed for Q&A at Timpview High. Dr. Harris also joined Ed Yeates and Senator Parley Hellewell for interviews on KSL TV on March 17.

April

On April 7, delegates from **S.A.F.E. (Save All From Earthquakes)** will discuss mutual goals with the Utah Seismic Safety Commission.

On Sat, **April 15**, 9-10am, a **free class on outdoor cook-**

ing during emergencies will be offered by Emergency Specialists of The Church of Jesus Christ of Latter-day Saints.

For more details, please see www.UtahEarthquake.org and click on "Events" at the top of the page.

To report an event, please contact us: prepare@UtahEarthquake.org

"As I was talking I could use the construction of the auditorium we were in to illustrate the huge problem we have with most of our schools."

~Dr. Ron Harris

CALL FOR HELP—Spanish Translation Needed

In the year 2000, 12.5% of all people living in Utah reported "Language other than English spoken at home."

We are making efforts to reach these homes with disaster preparation materials so that everyone within our communities are privileged with the same right to plan for the safety of their families.

If you can help accurately translate written materials from English to Spanish and are willing to donate some of your time for the safety and betterment of the community, please contact us:

prepare@UtahEarthquake.org

Also contact us if you are aware of other language needs and/or can provide

translating solutions for these needs.

Let us favor civility to anarchy.

"We anarchists do not want to emancipate the people; we want the people to emancipate themselves." —Errico Malatesta, *l'Agitazione*, 18 June 1897



We must reach out to all within our communities. Planning for the safety of our families is not a right to be hoarded.

**Educate
Prepare
Communicate
Share**

Contributors to this Issue:
Kelly Hoose Johnson
Dr. Ron Harris
Jared N. Sorenson
Mary Jane Johnson

Phone: 801-836-8522
E-mail: prepare@UtahEarthquake.org

We're on the Web!

Past newsletters are now posted on our web site. Go to www.UtahEarthquake.org and click Free Newsletter.



Be sure your 72-hour kit will actually provide the support you need when you need it most.

UtahEarthquake.org is a not-for-profit educational tool. Originally created with help from three junior-high students, it was conceived during a UNICEF lecture about natural disasters. The website's mission is to fill a community need for concise earthquake preparation information. The website and newsletter serve to provide easy access about everything from the physical laws of plate-tectonics to home retrofits, emergency instruction, food & water storage, community action, public events, and disaster & supply planning.

Although every reasonable effort is made to ensure information is accurate, information, data, suggestions, links, instructions and guidelines are provided for informational purposes only. UtahEarthquake.org makes no guarantees of any kind. This newsletter, and the information posted herein, may contain personal opinions.

Cont'd from Page 1 — Can You Survive a Night in the Cold ?

shelter from wind, rain, or snow. Please—do yourself a huge favor: buy an inexpensive nylon camping tent, and use the tube tent for a ground cloth!

A pet peeve of mine is the tiny 4-ounce packets of water found in most commercial kits. Survival experts agree that a person needs at least 1 gallon of water per day for drinking and washing. You simply can't carry enough water in 4-ounce packets to do the job. It's much better to buy a cheap canteen, and get a good water filter so that you can keep it filled. And while we're on the subject, those water purification tablets you find in so many kits have such a short shelf life that they are almost certain to be worthless when you need them.

Mylar foil "space" blankets or Mylar foil sleeping bags are found in almost every emergency kit, and that's not a bad thing. The Mylar reflects back a significant portion of body heat, which can keep you from freez-

ing to death. But it won't keep you very warm, and like the tube tent, it can collect moisture inside. You really need some insulation between you and the foil. Put a wool or fleece blanket in your kit along with the space blanket. Add a knit hat, some gloves and a pair of wool socks if you live in a cold climate. Believe me, you'll be glad you did!

One of the most important considerations in an emergency situation is sanitation. At a minimum you need a bar of soap, a towel, and tissues or toilet paper. A toothbrush and toothpaste are a big plus. Don't forget items specific to your family's needs such as diapers or feminine napkins. You can download a free list of suggested supplies.

If you enjoy camping, you can get double mileage out of your camp gear and 72-hour kit. Store your sleeping bags, tents, and other camping equipment next to your 72-hour kit. Take

your 72-hour kit when you go camping. Learn to use the supplies, and replenish the kit immediately after the campout. When an emergency arises, don't forget to take your camping gear along with your 72-hour kit. If you follow this strategy, you will not have to store duplicate items, you will be extra-well prepared for any emergency, and your 72-hour kit will get updated every summer.

Much more can be said about creating and using 72-hour emergency kits. The bottom line is that in today's turbulent world nobody can afford to be unprepared. And we all need to be smart about how we prepare.

Jared N. Sorenson is the president of [Provident Living Center](http://www.ProvidentLiving.com), and has been involved in emergency preparedness efforts for nearly 20 years. He and his wife have nine children and reside in Orem, Utah. Article reprinted with permission from www.ProvidentLiving.com.