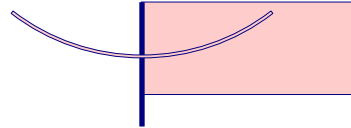


The Earthquake Exchange



CPR & 1st Aid Training

Special points of interest:

- Want to contribute to this newsletter? Contact us.
Prepare@UtahEarthquake.org
- Ask Mary Jane! Use the address above to ask your preparedness questions.
- Set one preparation goal per month and then actually do it! Get the family involved. Start with the basics in home & personal safety.

Last weekend, in the middle of a musical rehearsal, the man sitting next to me, a man I had met some two months before, began gasping for breath due to a heart attack. His body went into immediate shock.

The people around me leapt into action. One called 9-1-1 and relayed instructions from the dispatcher; several began CPR and rescue breathing; others went to direct paramedics from the road to the closest entrance; still others corralled children away from the scene and comforted witnesses.

We did everything we could.

The experience lasted no more than 15 minutes before he was taken in an ambulance to the nearest hospital.

I never thought I would actually need to use my CPR training.

Ever.

I'm not a doctor. I'm just a local community member living a

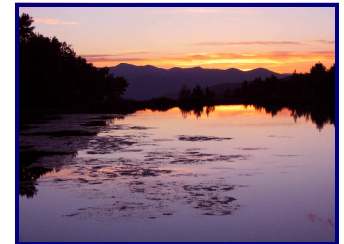
quiet life. The precautions we take for emergencies are never really needed, are they?

And then, in a matter of seconds, it became apparent that my training, and the training of others around me, was all we had.

I saw firsthand the need for CPR and 1st Aid, not just in mass emergencies but in personal life. I also saw firsthand that being calm and rational in the face of a serious threat is really the number one priority.

When an earthquake happens in Utah, emergency response will be limited both by personnel & accessibility. Phone lines may be down. Roads may be impassible. Emergency responders may not be able to address every situation.

I am so grateful for the help we received from emergency personnel last weekend: the dispatcher, the paramedics, and the doctors & nurses at the



Sunset Near Heber
Copyright © 2006

hospital. I can't imagine a similar scenario without them.

And yet, what if I was part of a mass catastrophe, when instead of thinking, "When are they going to arrive?" I might only be able to think, "I'm on my own?"

What then?

I urge everyone to receive CPR & First Aid training. Contact your local Red Cross, police station or hospital to find out what training courses are available in your area.

Don't feel helpless in an emergency, and do your part to guarantee others in need have help.

Inside this issue:

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- Ask the Experts: How much water can I store? 2
- Monthly Tip: Family Photos in your 72-hour kit 2
- Cont'd Article: Carbon Monoxide Poisoning 3

Carbon Monoxide Poisoning by Heidi Mickelson

Carbon monoxide is an odorless, tasteless, invisible gas. According to the *Journal of the American Association*, carbon monoxide poisoning is the leading cause of accidental poisoning deaths in America. There were about 250 deaths last year in the United States alone--not to mention those who have to live with perma-

nent damage from exposure to it. Carbon monoxide detectors are available, but one needs to understand how they work and what their limitations are in order to decide whether or not a detector is needed and how to use it to gain the best protection.

Carbon monoxide (CO) is formed from incomplete com-

bustion from any flame-fueled device. In the home, these devices can include clothes dryers, fireplaces, furnaces, grills, ovens, ranges, space heaters, vehicles, and water heaters. When CO is inhaled, it passes from the lungs into the bloodstream. The result is that the body becomes

— Cont'd on Page 3

Helping the Community: Provo Bond Approved

Three cheers for Provo voters!

On June 27 Provo voters approved the school district's plans to put \$35 million into school buildings over the next three years.

Board of Education President Shannon Poulsen said voters got a chance to shape the district's facilities master plan process.

Among plans for the funds is a seismic study on older buildings in the district.

Awareness of the need to assess & retrofit seismically unfit schools is increasing throughout Utah. But much more can be accomplished. There are many schools throughout the state that still need sincere attention.

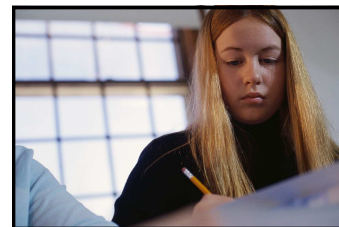
If you want your school district to consider seismic risk

analysis and retrofits, contact your school district board of education and let your voice be heard!

A complete list of school districts and superintendents can be found at the following address:

www.usoe.k12.ut.us/lea/districts.htm

They may be contacted by phone or email.



The Provo School District will issue \$35 million in bonds for seismic improvements.

Ask Mary Jane: "What's the minimum amount of water I need to store?" ~M. Perry, Pleasant Grove, UT

Marcene, the recommended amount of water, per person, that should be stored for an emergency or a disaster is 14 gallons (each) for two weeks. Trying to store more water than this, especially if you have a large family, is impractical.

Therefore, if you have a family of five, you should store *at least* 70 gallons of water. This amount is easily obtained if you use a large blue 55 gallon

water container and then keep other smaller containers around the house.

One gallon containers placed by the 72 hour kits can be easily grabbed at a moment's notice. Remember, for the 72 hour kit, three gallons of water is required for each person. Some smaller containers of water may be placed in the kit itself or in a separate backpack. Each family should decide the best way to store

its water. Two-liter plastic pop bottles and the larger thick plastic juice containers are great for storing water. Avoid milk containers as they do **not** store well. Wash out the pop or juice containers with soap and water, rinse, and then fill with clean tap water. These will keep for several months. Get in the habit of filling suitable containers with water as soon as you empty them.

"If you have a family of five, you should store at least 70 gallons of water."

Monthly Preparation Tip: Putting Photos in Your 72-Hour Kit

There are three excellent reasons to add a handful of family photos to your 72-hour kit.

1. Pictures are often numbered amongst those tangible items you can't replace if destroyed. Placing a small album of family portraits in your 72-hour kit can preserve them if you need to evacuate.
2. If you are separated from loved ones, having a photo of the person in

question can help officials and residents recognize your family member or friend and help reunite you.

3. Photos of special people and fond memories can bring you solace in desperate times. Like a teddy bear to a child, your special photos can provide you with comfort and hope.

Small, lightweight albums with plastic or fabric covers can fit anywhere from 10 to

100 photos. Make sure you include headshots so your family member's most recognizable features are obvious. Include possible changes of style. (For example, if your husband sometimes has a beard, include two pictures, one with and one without.)

You can also place a CD of photos in your 72-hour kit to preserve hundreds of photos, scanned or digital. But don't use it to replace actual prints. If the power is out, printed photos are more accessible.



Your special photos can help others identify and find your loved ones in an emergency.

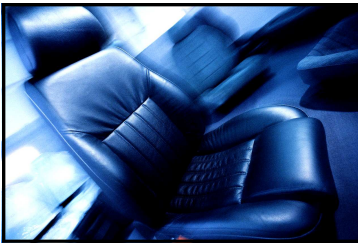
**Educate
Prepare
Communicate
Share**

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We're on the Web!

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



Never leave vehicles running in an enclosed garage, even to warm up your car on a cold morning.

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 — Carbon Monoxide Poisoning

oxygen-starved leading to tissue damage. Low levels of CO poisoning cause symptoms similar to those of the flu or a cold, including shortness of breath on mild exertion, mild headaches, and nausea. Higher levels of poisoning lead to dizziness, mental confusion, severe headaches, nausea, and fainting on mild exertion. Ultimately, CO poisoning can result in unconsciousness, permanent brain damage, and death.

In addition to the CO detector, UL recommends that consumers follow these steps to help prevent CO poisoning:

- Have a qualified technician inspect fuel-burning appliances at least once each year. Furnaces, hot water heaters and stoves require yearly maintenance. Over time, components can become damaged or deteriorate.
- Be alert to the danger signs that signal a CO prob-

lem: streaks of carbon or soot around the service door of fuel-burning appliances; the absence of a draft in the chimney; excessive rusting on flue pipes or appliance jackets; moisture collecting on the windows and walls of furnace rooms; fallen soot from the fireplace; small amounts of water leaking from the base of the chimney, vent or flue pipe; damaged or discolored bricks at the top of the chimney and rust on the portion of the vent pipe visible from outside your home.

- Be aware that CO poisoning may be the cause of flu-like symptoms. Because CO poisoning often causes a victim's blood pressure to rise, the victim's skin may take on a pink or red cast.
- Install a UL Listed CO detector outside sleeping areas. A UL Listed CO detector will sound an alarm before dangerous levels of CO accumulate. CO indicator cards are

also intended to detect elevated levels of CO, but most are not equipped with an audible alarm and cannot wake you at night when most CO poisonings occur.

- Read the manufacturer's instructions carefully before installing a CO detector.
- Never use charcoal grills inside a home, tent, camper or unventilated garage. Don't leave vehicles running in an enclosed garage, even to "warm up" your car on a cold morning.

CO poisoning can happen to anyone. My junior high school choir teacher was unknowingly exposed to carbon monoxide and suffered irreversible damage. After a leave-of-absence, she continued to teach and lead us in choir, but her speech was impaired and her motor skills were limited. It is important to guarantee the good quality of life that you earn by taking healthy precautions.