

# The Earthquake Exchange

## Special points of interest:

- Want to contribute to this newsletter? Contact our editor.  
[Prepare@UtahEarthquake.org](mailto:Prepare@UtahEarthquake.org)
- Check the calendar at [UtahEarthquake.org](http://UtahEarthquake.org) for upcoming events.
- Save our children; contact legislature! *You will make a difference.* Request a retrofit of Utah schools.

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## Shaking Up the Community

Welcome to the first ever *Earthquake Exchange*, created specifically to help Utah residents prepare for the Big One.

In recent years, public awareness about our need to prepare for a destructive earthquake in Utah has increased little by little, but we have a long way to go.

*The Earthquake Exchange* is created to help YOU become an activist. Be an active voice in your family, your neighborhood, your city, amongst your friends.

Colleen C. Barrett said, "When it comes to getting things done, we need fewer architects and more bricklayers."

Here are some sugges-

tions to help you lay community bricks:

- Set one disaster preparation goal per month within your own home, and get the family involved actually doing them!
- Invite colleagues and friends to attend community seminars.
- Contribute preparation or earthquake awareness articles to a city newsletter.
- Contact Utah Legislators and ask them to retrofit unsound schools built before earthquake code.
- Make sure that your workplace has a disaster plan in place. If not, help create one.
- Forward this e-newsletter.



Mt. Timpanogos  
Photo by Kelly Hoose Johnson  
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No task is too daunting, no problem insurmountable when enough people get involved. The day has passed that we can safely say, "I'll do it tomorrow."

Together, we can shake up the community and lay the bricks for a safer future.

## Family Disaster Plan by Captain Cody Cullimore

We live in an area where there is great potential for a catastrophic earthquake to occur. We could also be vulnerable to severe weather incidents or other natural disasters.

Here is a good checklist of initial steps to take before a crisis ever happens:

**Discuss** preparedness with

your family and work together as a team to provide a plan. **Determine** two escape routes from each room in your home. **Establish** both an outdoor and an in-door meeting place. **Create** a disaster supply kit. **Talk** about what to do in an evacuation. **Teach** all family members how to call 911 and to calmly relay information.

**Show** responsible family members how to turn off utilities. **Learn** basic first aid skills and CPR. **Check** with your insurance agent about your coverage and plans. **Find** out about disaster plans at work and your children's schools. **Memorize** the address and phone number for an out of town contact. **-Cont'd Page 4**

## Helping the Community: Make Public Buildings Safe

In California, the San Andreas fault is quite active. Building codes have been adapted over the past century to help structures best withstand an earthquake.

The State of Utah created similar building codes in the late 1970's. As you are doubtless aware, many of the buildings in Utah were constructed before this time, including schools, businesses, law enforcement headquarters, and homes.

This year the Utah legislature has a one time budget surplus

of close to 1 Billion dollars. Wouldn't it be great if some of this money could go toward retrofitting unsafe buildings? Particularly schools where hundreds of thousands of our children attend every day?

Utah Legislators are aware of the need to retrofit unsafe buildings. The topic has been added to a list of 160 *potential* items for an interim study.

**If you feel it is important that legislators study the need to retrofit public buildings, especially schools,**

**please contact your representative today to request action.**

**UT House of Representatives:**

<http://www.le.state.ut.us/house/members2005/membertable1.asp>

**State Senate:**

<http://www.utahsenate.org/perl/spage/roster2005.pl>



**Many of the schools in Utah were built before seismic building codes.**

**Ask Mary Jane:** "I'm just starting disaster preparation. What should I do first? What is first priority?" —A.M. Bott, Sandy, UT

**When preparing for any disaster, your priority is to plan ahead.**

**The very first thing you should do is place a sturdy pair of shoes and a flashlight underneath your bed.**

If an emergency of any kind occurs at night, these two items will deserve your immediate attention. If you sleep in the buff, consider putting a robe or shorts with your flashlight, or be

prepared to grab a blanket off the bed if you have to evacuate.

—Plan what your family will need to be self-sufficient for three days minimum. Plan for any special physical and medical needs of family members. Plan what to store and what to store it in.

—Backpacks are good containers for individual 72-hour kits. Heavier and larger items can go in a new garbage can on

wheels, an ice chest, a foot locker, etc. Keep these where you can grab and go.

—Basic areas to plan for in an emergency are **water, food, first-aid, clothing and bedding, warmth and shelter, and special needs items.**

**For a full list of 72-hour kit items, please see:**

<http://beprepared.com/images/ar/72hourchecklist.pdf>

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***"If an emergency of any kind occurs at night, these two items will deserve your immediate attention."***

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## Monthly Preparation Tip: Car Safety

Where do you spend most of your time? At home? At work?

In the car?

Commuting, running errands, chauffeuring kids, driving in the mountains—we spend a lot of time in our vehicles.

If your car broke down, you reached an impassable storm, or if a natural disaster occurred when you were on the

road, would you be ready?

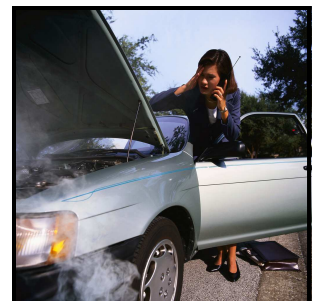
Create a car kit to store in the trunk for emergencies:

- Focus on necessities first: warmth (blankets/ heat packs,) water & food.
- Next add important risk management items: B-C fire extinguisher, jumper cables, an emergency light source (flashlight/

lightsticks) & first aid kit.

- Last, focus on comfort: toilet paper, travel games, pen & paper, some cash, disposable camera, atlas, sanitary items, etc.

**If you are on the road during an earthquake,** slow down and drive to a clear place away from buildings, trees, and power lines. Stay in the car until the shaking stops.



**According to the NHTSA, vehicles in the US drove 2,560 billion miles in 1997.**

## Food Storage—Basics First

### Why food storage?

Having extra non-perishable food around the house is never a bad idea. It can help you in various emergencies, from natural disasters to having food if you lose your job.

When you begin storing food for a potential emergency, you should have at least enough for you, your family, and pets for 72-hours. Then you can build to a 2 week supply.

With a little effort and some planning, it is possible to keep up to 1 year of food storage in your home.

### What food should I store?

After you plan for 72-hour emergencies, you should begin to focus on basic survival foods that store the longest. Add wants later.

Survival foods include **grains** (wheat, oats, rice, barley, flour, pasta, corn, etc.) **legumes** (dried beans, split peas, lentils, nuts, etc.) **powered dairy products** (milk, cheese, sour cream, etc.) **sugars** (white, brown, syrup, molasses, honey, etc.) **leavening agents** (yeast, baking powder, baking soda, powdered eggs, etc.) **salt, fats** (vegetable oils, shortening, etc.) and **water**.

### What should I do with it?

**1st**—You should store all food in airtight containers in a cool, dry place. If your home is small, you may have to be inventive.

**2nd**—You should use your food storage regularly and replace what you have used. If you don't rotate your food in this way, in time it will spoil.

**3rd**—You may need to learn to cook with recipes you've never used.

**Remember**, if you have allergies or your family absolutely refuses to eat something, don't store that product.



**Food storage seems daunting. Where should I start?**

## Local Report

In February, Dr. Ron Harris, BYU professor of geology, lectured at the American Heritage School in South Jordan and Bob Carey, Earthquake Program Manager, Utah Office of Emergency Services, presented at the DCARC Club Meeting, held at the Davis County Sheriff's Office.

**On March 2**, a free public dialog "The Shaky Wasatch" will be held in Salt Lake City at

The City Library Auditorium from 7-9pm. (210 E 400 S, SLC)

Guest Experts include Walter Arabasz, University of Utah Seismograph Station; Ralph Archuleta, UC Santa Barbara & Southern CA Earthquake Center; Steve Bartlett, UU Civil Engineering; Bob Carey, Utah Emergency Services; Bill Lund, Utah Geological Survey, ; and Robert Smith, University of Utah.

**On March 23**, Dr. Ron Harris will present the lecture "The Wasatch Front Earthquake: Crisis OR Disaster" at the Timpview High School Auditorium from 7:30-9pm. (3570 N 650 E, Provo) All are invited to attend.

**For more details, please see [www.UtahEarthquake.org](http://www.UtahEarthquake.org) and click on "Calendar of Events" at the bottom of the main page.**

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***"There were about 100 in attendance, and the questions went on for about an hour after the talk, which is commonly the case."***

*~Dr. Ron Harris on his recent lecture in South Jordan*

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## 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:**

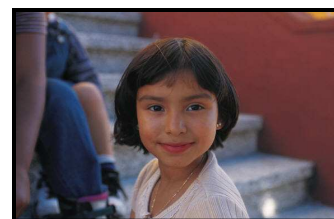
[prepare@UtahEarthquake.org](mailto:prepare@UtahEarthquake.org)

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



**9.0% of Utah citizens are of Hispanic or Latino origin, according to the 2000 U.S. Census.**

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**We're on the Web!**

<http://www.UtahEarthquake.org/Newsletter/March2006.pdf>



**Create a family disaster plan including escape routes and meeting places.**

*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 — Family Disaster Plan

The Utah State Division of Emergency Services has a set of basic checklists and an outline for a Disaster Supply Kit on their website <http://des.utah.gov>. **They provide the following guide for the first steps to take after a disaster.**

1. Remain calm, put your family disaster plan into action.
2. Locate your family members who are near you. Check for injuries. Provide first aid and attempt to get help for seriously injured people.
3. Check for damage in your home. Use flashlights, do not light matches or turn on electrical switches until you are sure it is safe to do so. Stay away
4. Shut off any other damaged utilities, such as water.
5. Clean up any spilled hazardous or flammable liquids, chemicals, or medicines.
6. Make sure that you have an adequate water supply in case services are shut off.
7. Organize stored food and keep it in a safe, dry spot.
8. Listen to a battery powered radio for news and instructions.

from down or exposed power lines. Start near the furnace and water heater and sniff for gas leaks. If you detect a leak, shut off the main gas valve, open the windows, and get out of the house.

These incidents can happen with little or no warning. Some types of disasters may force you to evacuate your home or workplace. Other disasters could result in a situation in which trained authorities will determine that it is best for you to stay in your home or office and to the best you can with the supplies and equipment you have on hand.

We hope that these skills and plans are never needed. But the truth is that you never know.

**Captain Cody Cullimore,**  
Pleasant Grove/Lindon Police