

# The Earthquake Exchange

## Special points of interest:

- Want to contribute to this newsletter? Contact us. [Prepare@UtahEarthquake.org](mailto:Prepare@UtahEarthquake.org)
- Ask Mary Jane! Use the address above to send 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.

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## The Virtue of Being Calm

What's the first thing you are told to do in an emergency?

Stay calm.

**When faced with the unexpected, it is common and natural to have feelings of panic, anxiety or fear. When unchecked, these emotions cloud judgment, limit perspective, and in the worst case, can lead to hysteria and shock.**

**The hysteria of one individual may also influence the emotions of a larger group.** Consider the adage, "Never yell 'Fire!' in a crowded theater." If parents or teachers, in particular, are unable to remain calm, they have a direct affect on the emotions of their children.

From the view of your physical body, remaining calm helps control heart-rate which in turn helps control every organ and muscle in the body. **Breathing deeply and concentrating**

**on remaining calm in an emergency can prevent such serious conditions as heart failure, but it also helps you to be an asset in an emergency, and not a hindrance.**

People react differently in different circumstances. Some who are naturally nervous may become clear-headed and action-oriented during a crisis. Others who maintain a professional appearance from day to day may become flustered.

**If you are prone to anxiety or suspect you might panic in an emergency,** plan ahead mentally. Imagine potential dangers you or your loved ones may experience throughout life, then come up with solutions that will help you to 1) stay calm, 2) examine the situation, 3) make appropriate decisions, and 4) take correct action. If imagining these dangers is enough to rattle you, sit down, breathe deeply, and imagine a situation that is



Swollen River — Jordanelle Spring  
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more basic and less dangerous—perhaps applying a band-aid to a minor cut.

**If you doubt your own ability to stay calm, talk to your neighbors or a trusted friend or family member and ask that they give you special assistance in an emergency.**

Also, when teaching your family about preparedness, keep in mind the unique personalities of each child. Find a non-threatening way to teach age-appropriate responsibilities in an emergency. Do not scare your children before or while learning emergency drills.

## Easy Earthquake Precautions that Cost Little to No Money

You may already know that falling objects are the most common cause of injury in an earthquake. Even if you are not injured from falling objects, it is probable those same objects will themselves be injured when they fall.

Many souls who survived an earthquake found that their

dishes did not.

Take a moment to consider the many items you have in cabinets throughout the house, at school, and at work. Plates, bowls, glasses and cooking wear come quickly to mind. But do you also have other items that would break, spill, make a mess, or become

dangerous if they fell on you or a loved one, or were dropped on the floor?

**Here are a few precautionary measures that, in one scenario, will save you money after an earthquake and, in another scenario, have the potential to save your life:**

— Cont'd on Page 4

## Helping the Community: Vote ‘Yes’ for Provo Bond

Article contribution by Jamie Robinson

Building codes in Provo did not enforce seismic codes until the 80’s which means that most of the buildings in the city, including schools, do not meet current, acceptable seismic codes. In the Provo School District, the issue of safety and preparedness in the event of an earthquake has been neglected.

At least 74% of the schools in Provo are not built to seismic code. The state requires its children to attend seismically unsafe schools.

These schools need an independent assessment of seismic vulnerability to determine structural integrity. In Provo alone, the current structural status of schools poses significant risk to at least 11,000 students and hundred of teachers and staff.

**Provo has a summer bond election that will issue \$35 million towards the seismic improvement of Provo District school buildings. On June 27th, please vote ‘Yes’ to approve the Provo bond issuance.**

Help state law makers and school boards minimize loss of life and damages.

***In Provo, vote for Provo School District Bond approval.***

**If you want your school district to consider seismic risk analysis and retrofits, contact your school district board of education and let your concerns be heard!**



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

## Ask Mary Jane: “Where do I find out what foods and how much of these foods to store?” —J. Dyer, Lindon, UT

Realize that food storage is not meant to provide a feast for each meal, but to sustain life and make you independent of others in a time of need. Basic food items which would sustain life are grains, legumes, powdered milk, cooking oil, sugar and/or honey, salt, water (fourteen days’ worth at least,) and garden seeds.

There are web sites that determine how much of these basic

items you would need for a year for each person in your household. A good web site is [www.lds.org](http://www.lds.org). (Don’t forget non-food items such as prescription medicines, at least several days’ worth; toilet paper; etc.) As soon as you have twelve months’ worth of basic food storage, then you can begin adding other items your family likes to make your storage more personal.

The food storage program can be as simple or as complex as we personally make it. “Start with a week’s food supply, build it to a month, and then to three months,” counseled President Gordon B. Hinckley of the LDS Church in 2002. He added “Begin in a small way...and gradually build toward a reasonable objective.”

**Ask Mary Jane!** Send questions addressed to Mary Jane to [prepare@UtahEarthquake.org](mailto:prepare@UtahEarthquake.org)

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## Monthly Preparation Tip: Computer Backups

Your computer is likely to be damaged in an earthquake, but computer crashes are not limited to times of emergency. However, anyone who has experienced a hard-drive failure has felt a personal crisis!

**Performing regular backups will give you peace of mind if your hardware ever turns belly-up.**

Here are some easy ways to copy your files:

**Disc** – If you have a CD/DVD burner on your machine, you can copy files to disc.

**External Hard Drive** – Exter-

nal drives attach to your main computer and act as storage units. There are many types, and they vary in capacity and backup ease. Talk to your local computer expert to find out what options you could consider.

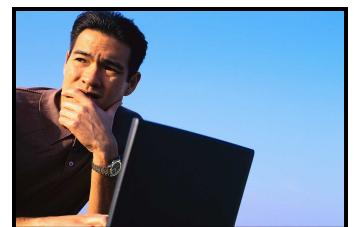
**On-line Vendor** – Some online vendors will do backups as well. You contract with them for a fee, and then upload your data to their server.

**Flash Drive** – If you don’t store much data on your computer, you could choose to backup information using a flash drive. These are small, light, and easily transported.

You could even use more than one. Talk to a computer expert about your choices.

**E-mail** – As a last resort, if you have the internet, you can e-mail your most precious files to a trusted family member or friend elsewhere. If your computer bombs, you will at least have critical documents and special photos... the ones you never want to lose.

**Mirror Drives and Arrays** – Mirror drives and RAID-arrays are more complex systems that consist of multiple connected hard drives regularly backing each other up. Many businesses use a RAID-array.



**Loss of financial records, critical business programs, homework, lists, family history, projects, digital photos, and important correspondence is maddening.**

## Water Storage for Sanitation

Have you ever had this thought? “In an emergency, the last thing I’ll be worrying about is whether I’m clean.”

**It may not be the last thing you worry about if you have to wade through sewage, a chemical spill irritates your skin, or you need fresh water to wash wounds.** Even if those examples seem drastic, sanitation has proven health & morale benefits.

**Try to store enough water not just for drinking but also for sanitation for at least 72-hours.** You may find it useful to have water on hand to wash

your body, your clothes, or an area of the house. You may want to brush your teeth, bathe an infant, or extinguish a cooking fire.

**Although water is a space-consuming storage item, it’s uses for survival and comfort are seemingly endless.**

If there is no running water available, you may want to consider other provisions for sanitation as well. A supply of **handsoap** and a **washcloth** will allow you to spot wash almost anything, including your body. A “**toilet**” can be made by using a shovel to dig

a hole in your backyard, or you can construct a toilet by putting a toilet seat on a 5-gallon bucket that is lined with a plastic bag. Fly spray, lime, or special chemicals can minimize odor and insect problems. Don’t forget **toilet paper**. Your washer and dryer may not work, but you can use a wash board and tub or a hand washing machine. Don’t forget **laundry soap**, a **clothes line** and **clothes pins**. **Dish soap** and a **pan** will help you if you haven’t stored paper and plastic ware, or if water is unavailable for an extended period.



**Cleanliness improves both health and morale.**

## Local Report

### Community Events in May

**On Thursdays May 25 to June 22, 6:30-8:30pm**, UVSC Continuing Education offers **Red Cross certification for CPR/First Aid.**

Check [www.uvsc.edu/CommunityEducation](http://www.uvsc.edu/CommunityEducation) or call 801-863-8011 for more info.

**CERT (Community Emergency Response Team) Training** is designed to prepare you to help yourself, your family, and

your neighbors in the event of a catastrophic disaster.

Training covers basic skills that are important to know in a disaster when emergency services are not available. With training and practice and by working as a team, you will be able to do the greatest good for the greatest number after a disaster, while protecting yourself from becoming a victim.

For a complete list of Utah

CERTs, please check [www.citizen corps.gov/cert/](http://www.citizen corps.gov/cert/) and click on “State Directory.”

**On May 20, 9-10am** Emergency Specialists from the LDS church will offer a free class on “First Aid / Life Saving Skills.” The church building is located at 56 E. 600 N. in Lindon.

**To report an event, please contact us:** [prepare@UtahEarthquake.org](mailto:prepare@UtahEarthquake.org)

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**~Utah Department of Public Safety Web Site**

## 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



**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**

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**We're on the Web!**

Past newsletters are now posted on our web site. Go to [www.UtahEarthquake.org](http://www.UtahEarthquake.org) and click Free Newsletter.



**Cabinet latches, placing heavy objects on lower shelves in your pantry and closets, and using boxes to contain canning jars and other breakable items in storage will help prevent a mess and limit bodily danger.**

*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 — Easy Earthquake Precautions that Cost Little to No Money

### Child-Proof Cabinet Locks & Latches

Child-proof cabinet latches are useful to contain all of those items that you don't want to replace, can't replace, or would be dangerous if spilled or broken. ***Inexpensive, easy-to-apply latches can be found at hardware stores, Wal-Mart, Target, and many other stores that have a baby section. They may be attached to both cabinets and drawers.***

You may find them annoying at first, as they do make everyday access to your cabinets slightly less easy, but once you are in the habit of opening cabinets with child-proof latches, you'll barely notice them there. They are a simple, useful precaution for an earthquake, and have the added benefit of keeping small children from getting into your cabinets!

If you don't want to put them on every cabinet and drawer, consider prioritizing which cabinets hold the most dangerous items. ***Cabinets and drawers that contain medicines, chemicals, and hard and heavy or breakable items should be first priority.***

Some cabinets may contain items that are so volatile when shaken or used improperly that ***actual locks*** are a good solution, keeping items contained during an earthquake and away from little hands on a regular basis.

### Place Heavy Items Low

In your pantries, closets, and anywhere applicable, check to see if there are heavy objects on top shelves that could be placed on the floor or on lower shelves instead. ***Putting lighter and softer objects on higher shelves is a simple precaution that could mean a lot in an earthquake.***

### Boxes

I once heard someone say, "When an earthquake happens, Utah will be one mess of glass and peaches." Although said in jest, home-canned goods really are likely to shift and fall if they are not secured properly. ***Broken glass is not only messy but dangerous, especially if you are trying to check the safety of your home at night with a flashlight.***

If evacuation is not necessary, many families plan to meet near their food storage. ***The less you have to clean up before you or children enter the area, the better.***

***Packing canning jars in a box and placing them on or near the ground will help prevent breakage. If the jars break anyway, the boxes will help contain the glass.***