

The Earthquake Exchange

Special points of interest:

- **Special Volunteer Opportunity on Page 2**
- **Want to contribute to this newsletter? Contact us.**
Prepare@UtahEarthquake.org
- **Set one preparation goal per month and then actually do it! Get the family involved. Start with basics in home & personal safety.**

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Planning For Emergencies (That Are Never Planned)

"Let's discuss our family schedule for this week," she said.

"I'll get my calendar," he replied.

"Oh yes. I have a Boy Scout meeting Tuesday night, you're speaking at the banking seminar Thursday, and," he said, wrinkling his forehead, "We've planned an emergency for early Friday, so we'll have to reschedule our lunch date."

Has this ever happened to you? Of course not. How could it, unless it was a drill and not a real emergency?

By definition, **emergencies are not convenient.** They can't be scheduled, regulated or pre-arranged.

As a result, the only parts of an emergency we can control are how we prepare in advance and how we react when they happen. Preparation is critical to reaction.

Ask Mary Jane: "In the event of an earthquake, should I immediately try and shut off water, gas & electrical, or should I wait for emergency assistance?" — G. Blackham, Orem, UT

Thanks for your question concerning utilities in the event of an earthquake.

In the event of an earthquake, check yourself and others for injuries first. Then use your flashlight—**NOT MATCHES**--to check the utilities in your home. Don't

You *can and should* plan for emergencies common to your area of the country. The following emergency situations could easily affect you in Utah:

- Forest / Brush Fire
- Earthquake
- Winter Storm
- Car Accident

In addition, depending on your home's location, your circumstances and your lifestyle, you could experience these events:

- Mud Slide
- Extreme Heat / Cold
- Heart Attack or Another Medical Emergency
- Hiking / Boating Dangers and Similar Outdoor Risks
- Financial Stress

rush to turn utilities off until you are sure you need to. You and your family should know the shutoff points for water, gas, and electricity **BEFORE** a disaster strikes.

Shut off the gas immediately **ONLY** if you smell gas or hear a hissing sound. Open



The Sierra Fire near Saratoga Springs, Utah - August 30, 2006

With your family, create a plan for every type of emergency you could experience. Discuss what to do, where to go, how to act, what supplies you may require, and how to receive help & help others. Write down your plan and go over it every six months. If you need a guide, the Red Cross has many suggestions.

www.RedCross.org

Click at the top left on Disaster Services or Get Prepared.

A calm resolution to plan now will help you in any emergency, despite life's sometimes unexpected scheduling.

windows and doors for ventilation. Have everyone leave the building, and shut off the main gas valve outside. Once you shut the gas off, *leave it off* until a gas company representative can check out the system.

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Helping the Community: How to Schedule an Expert Lecture

Dr. Ron Harris, a professor of geology at Brigham Young University, presents guest lectures throughout the state about the earthquake threat in Utah and how to prepare as individuals, families, and communities.

A preparation activist, Harris made efforts to warn officials in Indonesia about an impending tsunami based on tectonic movement and history. After the Sumatran tsunami devastated the area, Harris redoubled his efforts in Utah, trying to

help residents prepare for a large earthquake here.

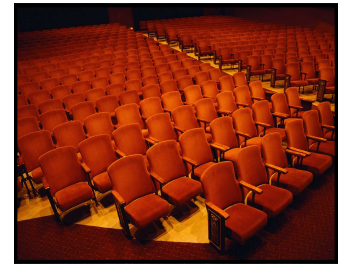
Harris is not the only one concerned and active in the community. In the last year, public meetings featuring many experts from Utah and around the country have been hosted by the Salt Lake City Library, the Davis County Sheriff's Office, the Utah Seismic Safety Commission.

Harris has also lectured at many public schools, churches,

and community forums.

If you would like to request a presentation by Dr. Harris, please contact him: ron_harris@byu.edu.

Be proactive. Take the time to consider how *you* can organize a lecture for your business, neighborhood or other group. Help increase the awareness and safety of those around you.



If you experienced an earthquake in this auditorium, what would you do? Schedule a guest lecture to find out.

Volunteer Opportunity: Community Emergency Response Team

by Tami Santerre

I spent 15 years in the Air Force as Disaster Technician, dealing with major accident response, HAZMAT, natural disaster response and nuclear, biological and chemical warfare. I volunteered with my community when stationed in California.

When I moved to Utah, I found out my city had a CERT team and needed volunteers. I attended the course then took the FEMA instructor course. Due to my background and experience, I was asked to be

on the Board of Directors for Pleasant View City.

We have different scenario drills in our city at least 3 times a year with all CERT members and practice our communications every month. We hold classes twice a year and feel that we, as a community, are better prepared to take care of ourselves in the event of a major disaster.

We teach our neighbors to be self sufficient in the event of an emergency an how to help our neighborhood.

We teach: Disaster Preparedness, Disaster Fire Suppression, Disaster Medical Operations, Triage, Search and Rescue, Cribbing, Emergency Treatment Center operations, Disaster Psychology, Team Organization and Terrorism. We end the course with a quiz and mock disaster.

For more information please see www.citizen corps.gov/cert/ or contact your city's CERT director.

Monthly Preparation Tip: Proofing Baby's Room

In an earthquake, as in everything, your baby will be unable to defend himself. There are hundreds of safety tips out there to help you keep your baby safe every day. Consider these tips to protect your baby or young child during an earthquake.

1. Primarily, make sure nothing will fall into her crib if an earthquake happens at night. Bookcases, dressers, and other large furniture, as well as shelves and their contents, framed pictures, or any decorative items heavier or sharper than stuffed animals should be secured, removed, or rearranged, so they cannot fall into the crib/bed if your house shakes.
2. Make sure your baby's room has two safe exits, the door and a window. If his room is above ground level, place an emergency window escape ladder where you can use it quickly. If his room is in the basement, be sure there is a ladder in the window well. You may need to
3. If your baby is playing near you in the house and you feel the earth shake, pull her to you and proceed to drop, cover, and hold on. Try to duck under a sturdy piece of furniture that will not fall but will protect you both from other falling material.



Learn how to protect your baby during an earthquake.

"CERT is a federal program that many cities don't do anything with, and it's a shame because so many ordinary people want to help and can be extraordinary in a crisis."

**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.



You and your family should know the shutoff points for water, gas, and electricity BEFORE a disaster strikes.

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.

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To avoid sparks near a gas leak, do not use the home telephone.

Before an earthquake ever occurs, be sure your water heater has been strapped down. This will help to prevent both water and gas pipes from breaking, potentially saving you from fire and flood as well as preserving a main emergency water source.

If your water pipes are damaged, shut the water supply off at the main valve. This will prevent the water supply in your house from becoming polluted or draining out of the hot water heater and toilet tanks due to gravity.

Rely on your stored water (one gallon per day per person for fourteen days.)

In the event of a sizeable earthquake, the power will probably already be out, but you should know how to turn off the electricity at the circuit box within the home. This may be necessary if electrical wiring has been exposed or broken, or if you are concerned about sparks near a gas leak. Under this circumstance, keep electricity off until it is safe to be turned on.

Turn off all non-essential appliances and light fixtures in your home. Turn on only one light to avoid an overload when power is restored.

Visually inspect nearby utility lines and appliances for damage. You and your family should stay off the streets, if possible, and avoid damaged areas unless

you have been asked to help by the proper authority.

Listen to your battery-powered radio for the latest emergency information. Be prepared with your 72 hour kit and at least three-to-five days' worth of food and water, as well as emergency warmth and light.

Have proper emergency supplies for everyone including babies, small children, the elderly, pets, and people with other special needs.

Ask Mary Jane! Do you have a question related to Utah earthquakes, emergency preparation or a similar topic? Send your questions addressed to Mary Jane:

prepare@UtahEarthquake.org