

City of Glendale Fire Department



Guidelines for In Home Preparedness

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27 Things to Help you Survive a Disaster

6 basics to do after an earthquake

1. Check for injuries-provide first aid.
2. Check for safety-check for gas, water, sewage breaks; check for downed electric lines and shorts; turn off appropriate utilities; check for building damage and potential safety problems during aftershocks such as cracks around chimney and foundations.
3. Clean up dangerous spills.
4. Wear shoes
5. Turn on radio and listen for instructions from public safety agencies.
6. Don't use the telephone except for emergency use.

14 survival items to keep on hand

1. Portable radio with extra batteries
2. Flashlight with extra batteries
3. First aid kit – including specific medicines needed for members of your household.
4. First aid book
5. Fire extinguisher
6. Adjustable wrench for turning off gas and water
7. Smoke detector properly installed
8. Portable fire escape ladder for home/apartments with multiple floors.
9. Bottled water – sufficient for the number of members in your household (see page 4)

10. Canned and dried foods sufficient for a week for each member of your household.

NOTE: Both water and food should be rotated into normal meals of household so as to keep freshness. Canned goods have a normal shelf life of one year for maximum freshness.

11. Non-electric can opener.

12. Portable stove such as butane or charcoal.

NOTE: Use of such stoves should not take place until it is determined that there is no gas leak in the area. Charcoal should be burned only out of doors. Use of charcoal indoors will lead to carbon monoxide poisoning.

13. Matches

14. Telephone numbers of police, fire and doctor.

3 things you need to know

1. How to turn off gas, water and electricity
2. First aid
3. A plan for reuniting your family

4 basics to do during an earthquake

Missourians are becoming aware of the potential of an earthquake creating damage and creating dangerous conditions. If we don't properly prepare, the next quake may cause greater personal damage than necessary.

1. **STAY CALM!**
2. **Inside:** Stand in a doorway, or crawl under a desk or table, away from windows or glass dividers.
3. **Outside:** Stand away from buildings, trees, telephone and electrical lines.
4. **On the road:** drive away from underpasses/overpasses; stop in a safe area; stay in vehicle.

SAFE DRINKING WATER SHOULD BE A PRIMARY SURVIVAL CONSIDERATION DURING AN EMERGENCY. A disaster or an emergency can quickly disrupt your normal source of safe drinking water. Therefore, the proper storage of clean water may serve well in easing the tension your family may encounter during the stress of an emergency. **A PERSON CAN SURVIVE WEEKS WITHOUT FOOD, BUT SEVERAL DAYS WITHOUT WATER COULD PROVE LIFE THREATENING.**

HOW MUCH DRINKING WATER SHOULD I STORE?

- A minimum of one quart of drinking water per person, per day
- A 72-hour supply of drinking water should be stored as a minimum reserve. A two-week supply of water is recommended.
- Additional drinking water will be required to replenish the fluids of those persons who are ill or injured.
- Hot weather and strenuous work will also increase the requirement for drinking water.
- Remember to make water provisions for pets.

WHAT IS THE BEST WAY TO STORE DRINKING WATER?

- Save empty ½ or 1 gallon milk or juice jugs with tight fitting or screw-down lids.
- Purchase 5-gallon jugs available at your market or from a water distributor.
- Fill and clearly mark the containers with the current date and proper replacement date.
- Change your water store every 9 to 12 months.
- Store the water in a cool, dry and dark location, preferably along with other supplies in an area which is easily accessible.

A two-week supply of food and water can relieve a great deal of inconvenience and uncertainty should an emergency isolate you in your home.

ADDITIONAL EMERGENCY WATER

is needed in a disaster for general well being of your family. Water is one of the most important survival necessities after an earthquake or other major disaster.

TOTAL AMOUNT

Store two gallons per person per day, which includes your drinking water. While it is good to store enough for seven days, it is essential that you prepare for at least three days.

WATER STORAGE

Water should be stored in sturdy plastic bottles. Chlorine bleach bottles work well. Plastic juice and milk containers are less desirable as they tend to crack and leak more readily

NOTE: Avoid placing water containers in an area where toxic substances, such as gasoline and pesticides are present. These vapors can penetrate plastic after time.

EXISTING WATER SOURCES IN THE HOME

- Water can be drained from the hot water tank if the tank remained upright. (Water will drain more easily if a faucet in the home is turned on.)
- Melted ice cubes
- Canned fruit and vegetable juice, and liquids from other canned goods
- Water from swimming pool – use only for sanitary purposes. Do not drink.
- Water dipped from the flush tank of the toilet. Purify this water before using. Do not use if toilet chemicals are in the tank. Do not use water from the bowl.

DO NOT USE WATER FROM:

Hot water boilers (home heating systems)

Radiators

Waterbeds (Fungicides added to the water or chemical substances in the vinyl can make the water undrinkable.)

WATER PURIFICATION

Particles and sediment can be strained out of the water by pouring through several layers of cheesecloth or coffee filters. Then use one of the following purification methods:

1. Boil for five to ten minutes, or
2. Add liquid bleach with 5.25 percent sodium hypochlorite (chlorine bleach) in these amounts:

Water	If water is clear
1 quart	2 drops*
1 gallon	16 drops*
5 gallons	1 teaspoon*

*Double these amounts if water is cloudy

Let water stand for 30 minutes. There should be a chlorine scent after treating. If not, repeat dosage and let stand for another 15 minutes. Purchase an eyedropper to add bleach. Keep it for this purpose only.

IF THE ELECTRICITY IS OFF

First, use up perishable foods and foods from the refrigerator.

Second, use foods from the freezer. Foods in a well-insulated freezer won't begin to spoil for several days. Open your freezer as infrequently and for the shortest time possible.

Third, begin to use nonperishable foods and staples.

For cooking, use charcoal or camp stoves **BUT ONLY OUTDOORS**. Candle warmers, chafing dishes and fondue pots can also be used. Canned food can be heated in the can, after first removing the paper label and opening the can.

HOME AND OFFICE FIRST AID KITS

First aid kits are vital following an emergency. They can also come in very handy on a day-to-day basis when someone is injured. To be useful, a first aid kit must be accessible and ready. Store the kit in a location that will be accessible following the turmoil of an earthquake.

You also need a well-stocked first aid kit for each vehicle.

Supplies need to be rotated and kept fresh, especially in vehicles where heat can shorten the life of your first aid supplies. We recommend checking and updating all of your first aid supplies twice a year. A good time is when you change your clocks for daylight savings time. (This is also the time to check your batteries).

MEDICATIONS

Antibiotic ointment
Medications for all family members
Aspirin and/or pain relief medication
Diarrhea medication
Eye drops
Cold/cough medicine
Benadryl
Insect spray
Ear and nose drops
Hydrogen peroxide
Skin disinfectant spray
Extra prescription medication
Old pair of prescription eyeglasses for spare

MEDICAL MATERIALS

Band-aids
Medical latex gloves
Surgical mask
Instant cold packs
Instant hot packs
Ace bandages
Butterfly bandages
Gauze pads
Cotton swabs
Adhesive tape
2 and 3 inch wide sterile bandage rolls
Triangular bandage for sling, etc. (37x37x52)
Tongue Depressors (Popsicle Sticks)
Splint material
Spray bottle with 10% bleach solution for disinfecting objects

EARTHQUAKE SUPPLIES AND EQUIPMENT CHECKLIST

Earthquakes can happen at any time. Are you prepared right now? When organizing supplies for an earthquake, remember that you need to get to them after an earthquake has turned your house into a mess. Store supplies in an easy to find location that has a minimal chance of being buried under falling objects. If you are short on space, a large trashcan makes an excellent storage container. Have you rotated your food supplies in the last six months? If not, make time on your calendar. Do it now!

SANITATION SUPPLIES

Plastic bags – heavy-duty garbage can size smaller zip-lock types
Powdered chlorine lime – (proper storage is required, it is an oxidizer and it is corrosive)
Portable camp toilet with chemicals
Toilet paper
Handi-Wipes, Wet-n-Drys, etc. for water free cleanup
Toilet supplies – towelettes, shampoo, toothpaste, deodorant, sanitary napkins, etc.
Insect sprays

GENERAL SUPPLIES AND EQUIPMENT

Work gloves
Ax/maul (min. 6 lbs)
Shovel (flat head and pointed)
Broom
Hammer and nails
Tool kit with screwdrivers
Crowbar or claw tool (36 inches or longer)
Plastic sheeting rolls (4 mil. 10'x10')
Plastic garbage bags (heavy duty, 30 gal. or larger)
Small and large plastic bags
Coils of rope ¼, ½, ¾ inch (25-50 feet)
Coil of wire

Tent (family or tube type)
Sleeping bags, blanket or space blanket
Tarp (PVC or canvas, minimum two, 8' x 10')
Cheesecloth (to strain particles from water)
Cash money (small denominations and coin)
Dry food
Water
Pet supplies
Candles
Barbeque
Cooking fuel
Cooking utensils and silverware
Paper towels
Aluminum foil
Extra batteries
Clothing
Walking shoes and socks, local road map
Fire extinguisher (We recommend a dry chemical type with a minimum size rating of 2A 10BC, with an earthquake restraining strap, a hose type nozzle, and a metal head.)
Compass
Flashlight with batteries, chemical light sticks and matches, in waterproof container
Small radio (battery powered portable)
Entertainment pack – family photos, notebooks, literature, and games

FOOD ITEM SUGGESTIONS

These normal day-to-day staples are commonly stocked in most homes and lend themselves to emergency menus. Items that store as an emergency stock should be rotated on a yearly basis:

Liquid evaporated or powdered milk

Canned meat, poultry and fish

Canned mixtures of the above, with vegetables, rice, macaroni or noodles

Dry Beans (variety)

Condensed soups containing meat and vegetables

Canned fruit and vegetables and juices

Canned fruits and vegetables

Ready to eat cereals

Macaroni, spaghetti, and noodles

Cheese spreads and peanut butter, honey, catsup and mustard

Fats and oils, which need no refrigeration

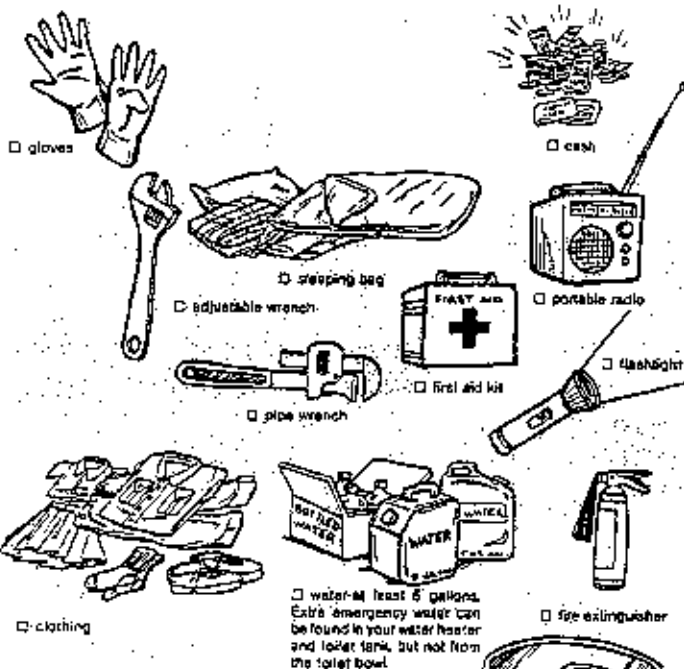
Hard candy, salted nuts and seeds

Coffee, tea, bouillon

Seasoning and baking powders



food (2 week supply)



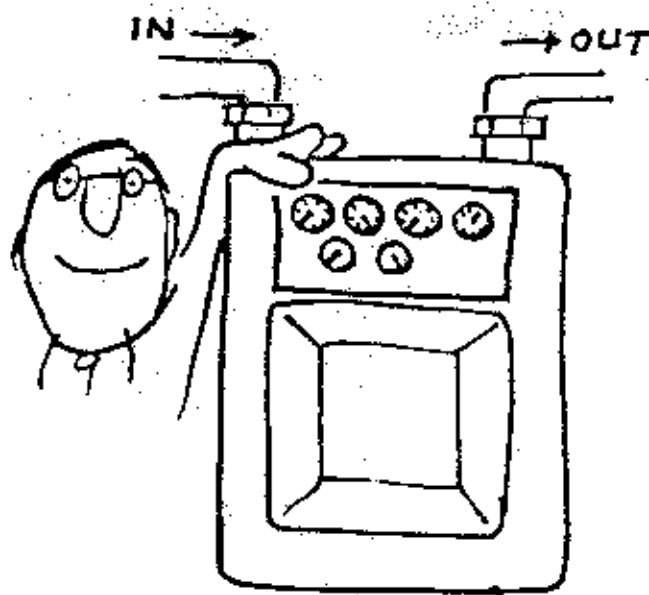
Try storing your kit in a trash container.

HOW TO TURN OFF YOUR GAS SUPPLY

Under certain emergency conditions, such as an earthquake, it may be necessary for you to turn off your gas supply. Do this **ONLY** if you are told to do so by emergency officials, or if you suspect a gas leak or can smell escaping gas.

In order to turn off your gas supply you'll need a wrench or a pair of pliers. Several types are suitable. Most home tool chests contain at least one of them: Examples may include:

- Adjustable wrench, (crescent wrench)
- Channel-lock pliers (water-pump pliers)
- Pipe wrench
- Monkey wrench
- Vise grips



Your gas supply should be turned off at the meter. At the top of the meter you'll notice two pipes, one to the left and one to the right. Gas enters the meter from the main at the street through the pipe at the left. It leaves the meter and enters the building piping through the pipe at the right.

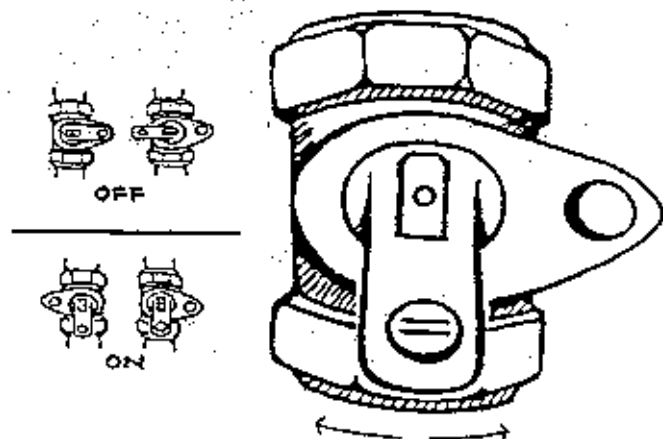
The valve you must turn to shut off your gas service will always be located on the incoming pipe.

The removable part of the valve (the core) may be rotated a full 360 degrees, a complete circle in either direction. However, turning it from the ON to the OFF position requires only a quarter turn (or 90 degrees) in either direction, whichever is easier.

When the valve core is lined up with the piping, the meter is on. When it's crosswise to the piping, the meter is off.

To turn your meter off yourself, take a wrench or a pair of pliers and slowly rotate the valve core a quarter turn so that it's crosswise to the piping.

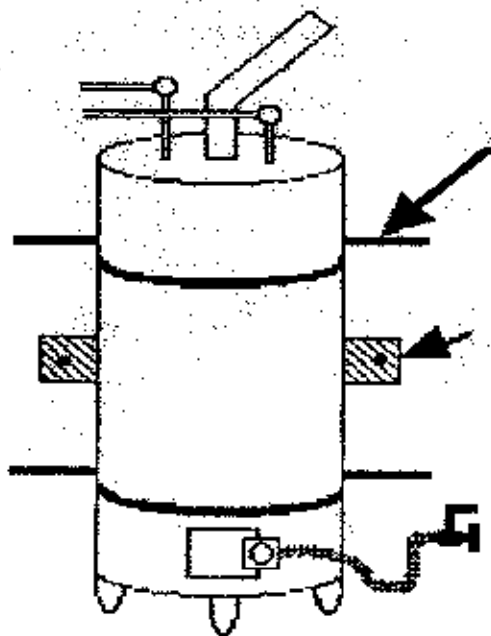
Do not attempt to turn the meter back on by yourself! The equipment must be inspected by experienced personnel to insure your safety.



SECURING YOUR WATER HEATER

In order to prevent movement of your water heater during an earthquake, it must be secured to the floor, and the wall studs behind it. Movement by the water heater can cause gas or water lines to break; destroying a home that otherwise might have survived the earthquake.

MARK THE WALL: Using a felt tip marker, mark the water heater six inches down from the top and four inches above the thermostat control valve. Transfer these marks to the wall behind the water heater.



LOCATE THE STUDS: Locate and mark the studs in the wall behind the water heater; mark studs for 24 inches wider than the water heater. Inexpensive electronic stud finders are available at your local hardware store. Studs are placed 16 inches apart from center to center.

START SECURING THE TOP STRIP OF PLUMBERS TAPE: Start at the top of the tank. Identify the furthest stud that you are using and drill a 3/16-inch pilot hole into it. Use a 5/16 x 2 1/2 inch lag bolt, with a washer, to secure one end of a strip of plumbers tape to the wall. (Use the metal plumber's tape; do not use the new plastic plumber's tape.)

SECURE THE PLUMBER'S TAPE TO AT LEAST TWO STUDS ON EACH SIDE OF THE TANK: Run the plumber's tape to the next stud and repeat the procedure.

WRAP THE TAPE SO THAT IT COMPLETELY ENCIRCLES THE TANK: Wrap the plumber's tape around the tank. Start in the back and strap the tape across the back, around to the front and then across the back again. This way the tape will form a loop.

FINISH SECURING THE PLUMBER'S TAPE TO AT LEAST TWO MORE STUDS: Repeat the procedure for securing the tape to the wall stud. Be sure to keep the tape tight with no slack.

Important Phone Numbers and Information

Contact info for each household member:

Name				
Phone #				
Work #				
Email				
DOB				
SS#				
Medical Info				

Doctors info: _____

Contact Person: _____
Phone: _____ Email: _____

Choose an out-of town (long distance) contact for everyone to call:

Name: _____ Phone: _____
Address: _____ Email: _____

Plan 2 meeting places in case your family is separated:

Location		
Address		
Phone		

Insurance Company: _____
Policy # _____ Phone # _____

Keep a Copy of the following in an offsite safe location (such as a safe deposit box):

- Copy of Birth Certificates
- Copy of Marriage License
- Copy of Documented Household items (along with pictures) including: furniture, antiques, jewelry, collectibles, china, clothing, tools, guns, etc.

Ameren UE 342-1000 (800) 552-7583

Laclede Gas 621-6960 (800) 887.4173

Missouri Water (866) 430-0820

Metro Sewer 768-6260