

# JUST ONE THING

THE EMERGENCY PREPAREDNESS NEWSLETTER FOR THE ORANGE CALIFORNIA STAKE

## FIRST 3 WEEKS



*In addition to the First 3 Day supplies, plan for enough water, food, and personal items to last 3 weeks.*

After a major disaster, the leading causes of illness and death are poor hygiene practices, inadequate sanitation, and insufficient or contaminated water, so planning ahead for hygiene and sanitation needs is very important. Nobody wants to get cholera or dysentery, so in addition to having enough toothpaste, shampoo, soap, and toilet paper for 3 weeks, let's think about how to manage bathing and laundry needs too.

If you are without running water for an extended period of time, you'll need to be exceedingly careful and use the water you do have mostly for drinking and food preparation. However, you still want to be clean and sanitary, so consider keeping a stock of baby wipes, hand sanitizer, and sanitizing spray and/or wipes. You may be limited to sponge baths, but it's important to keep your body clean and wash your hands a lot. Make sure to keep food preparation areas clean too. At some point you'll need to do some laundry too. Keeping up a regular hygiene routine will also help to boost your morale in a tough situation, so take the time now to think through how to prepare.

Here is an excellent article that covers everything from how to bathe, deal with human waste, do laundry, manage pest control, and more. Be sure to read it and apply the concepts it discusses:

<https://the providentprepper.org/prepping-for-basic-emergency-sanitation/>

**IF YOU ONLY HAVE TIME TO DO ONE THING THIS MONTH, DO THIS:**

**December's ONE Thing**  
**STORE ENOUGH SANITATION/HYGIENE SUPPLIES TO**  
**LAST FOR AT LEAST 3 WEEKS.**



## WASHING STATIONS



Even if water is in limited supply, you still need to keep clean to avoid spreading germs and diseases. Hand sanitizers will kill germs, but you need good old soap and water to clean off dirt. You can make a simple hand washing station by having a container with a water spigot and a plastic tub to catch the water. (You can use this grey water to water plants or flush toilets.) Keep soap and towels nearby. Here's a video with 6 simple ideas on how to make a hand washing station: <https://www.youtube.com/watch?v=twOrDGEbf1A>.

You should also consider ways to have a private outdoor bathroom if you can't go inside your house. Maybe you have some sheets or towels clothes-pinned to some ropes or maybe it's a portable pop-up shower tent that collapses like a car shade. A little advanced planning now can make a big difference later, so take the time to make some preparations now.

This year we are gradually getting better prepared by going through the *Power of 3 Member Preparedness Plan*.

You can find the *Power of 3* plan at <https://www.orangestakelinks.com/>

See the "Emergency Preparedness" tab for previous issues of this newsletter and additional information.

# Time For More?

WHEN YOU FINISH "JUST ONE THING" AND HAVE TIME TO DO MORE

## THE YEAR IN REVIEW

Dear Reader,

Although everyone in the stake is supposed to get this newsletter, I think only a handful of people do, so thank you to those of you who actually read it. I hope you have found it helpful and that you're better prepared now than you were last year at this time.

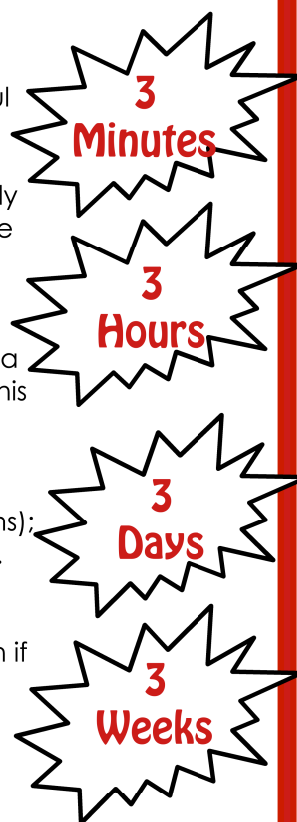
Although I had envisioned going through the entire Power of 3 program this year, we only made it through the first three weeks. Hats off to you if you actually accomplished all the tasks I wrote about this year. You are amazing! If you are like me and kind of, sort of didn't actually finish everything, you are still amazing! Hats off to you for trying to be better prepared and for having a greater awareness of how to do it.

Hopefully, you have learned that by breaking things down into small tasks and doing a little bit at a time, you can get a lot done. If you have been doing *just one thing* monthly this year, you should have good spiritual habits in place; a 3-minute kit for each family member; a Go-Binder with important documents; first aid kits for home, your car, and work; emergency tools and equipment; food, water, and hygiene supplies for at least 3 weeks, (or at least a plan of what you need to get and you're working on acquiring items); and at least two emergency cooking methods on hand. I think that is worth celebrating. Congratulations!

Don't worry if you didn't get everything done this year because the fun will continue next year. Emergency preparedness is a kind of "lather, rinse, and repeat" process; even if you did accomplish all the monthly tasks, it's now time to go back and check sizes, expiration dates, change batteries, replace food items, etc. You can always improve what you already have in place.

Please stick with me in 2022 and be sure to pass along these newsletters to others. If your ward isn't sending them out to everyone, please talk to your ward leaders and ask them to send it out. Thanks for your support.

Sincerely,  
Laurel Evans  
Stake Emergency Preparedness Specialist &  
Fellow Traveler on the Emergency Preparedness Journey



# The Power of 3



## SEEKING READER FEEDBACK

I haven't entirely decided how to approach my 2022 newsletter topics, but we'll definitely be revisiting familiar topics. Please let me know what topics you're interested in learning more about and any feedback you have about how to improve the newsletter and/or help you get better prepared. Would it be helpful to get more ideas on storage, or recipes on how to use and rotate food storage? Would you like to be part of an "E.P. support group," either in-person or via email, where we can share ideas and cheer each other on? Would you like a fireside or cooking class? Let me know what would be most helpful to you to get better prepared and I'll try to make it happen next year.

Contact Laurel Evans at [OrangeStakePreparedness@gmail.com](mailto:OrangeStakePreparedness@gmail.com).

Editor's Note: The "I" in this newsletter is Laurel Evans, the Stake Emergency Preparedness Specialist. Please note that I am not an expert in all things emergency preparedness, but I'll share my knowledge and experience with you. I hope you will find my humble efforts helpful on your journey to being better prepared. If you have any questions, comments, suggestions, or corrections, please email me at [OrangeStakePreparedness@gmail.com](mailto:OrangeStakePreparedness@gmail.com). Happy Preparing! *You can do this!*