

JUST ONE THING

THE EMERGENCY PREPAREDNESS NEWSLETTER FOR THE ORANGE CALIFORNIA STAKE

FIRST 3 DAYS



Food Supply

Canned food is generally easiest



Water Supply

1 gallon per person per day



First Aid Supplies



Cash in small bills

Store all items in a portable container that is easy to access and travel with for a moderate distance.



Hygiene Supplies

Include Babies, Elderly & Feminine Needs



Shelter Supplies



72 Hour Kit in Cars

This month we are working on part one of the *First 3 Days* and our focus is on water storage. This is extremely important. You can go for three weeks without food, but you can only last three days without water. The Red Cross recommends storing at least one gallon of water per person per day. However, when you consider all the ways you use water throughout the day (cooking, cleaning, hygiene, etc.), **a far better goal would be to store four gallons per person per day for at least two weeks.** If you have a pet, you should store more water. Store one ounce of water for every pound of body weight of your pet. For example, for a 40 pound dog, you would need 40 ounces or 8 cups of water per day.

Depending on the nature of the emergency, you might need to relocate during the first few days, so it's wise to have smaller, more portable containers of water on hand, in addition to larger containers. Plastic water bottles, water pouches, boxed water and canned water are all good choices. If you're staying at home and there's a possibility that the water could get shut off, you might want to fill your bathtub with water, but keep it clean by using a special emergency water bathtub container designed for that purpose. You can store about 65 gallons in one bag.

For more info on various water storage containers check out the Emergency Preparedness tab at <http://OrangeStakeLinks.com/>.

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

June's ONE Thing

Store at least one gallon of water per person per day for at least 3 days.

WATER CONTAINERS

One of the easiest ways to get started with storing water is to buy disposable water bottles. They are inexpensive, portable, and easy to obtain. You should store some in your car, at work, in your 72 hour kit, and in your house. *Be sure to write the date you purchased them on the package and rotate your supply every 6 - 12 months. They should be stored in a cool, dark location, not directly on top of cement.* Water pouches, water boxes, and canned water are also good portable options. Although small, portable water containers are great, they're not economical when it comes to storing large amounts of water. Consider purchasing medium and large sized containers like 3.5 gallon water bricks, 5 gallon containers, or 55 gallon water drums. Use a variety of container types stored in a variety of places. Get creative!

Here are some good articles about storing water & which containers to use:

<https://www.foodstoragemoms.com/how-to-store-water-pros-and-cons/>

<https://www.cdc.gov/healthywater/emergency/creating-storing-emergency-water-supply.html>

<http://foodstoragemadeeasy.net/2012/01/16/water-storage-containers-pros-and-cons/>



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/>

Exciting news! The website now has an "Emergency Preparedness" tab where you can find back issues of this newsletter and other resources. I'll be adding more resources throughout the year, so keep checking for new info.

Time For More?

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

STORING WATER



- Store water in a variety of container sizes,
- Store in a cool, dark place, NOT directly on cement
- If you have to store it outside, store it in an opaque container & rotate your water more often
- Use a food grade, lead-free drinking hose to fill up large containers (like you would use in an RV)
- Add 1/8 tsp. plain bleach to every gallon of water you store, and rotate every 6-12 months
- If you use water preservation drops, you only need to rotate water every 5 years
- If using large drums, also have a bung wrench, and water pump or siphon to get the water out of the barrel
- Store powdered drink mixes to cover up bleach taste



Water Storage & Rotation Tips:

<https://simplefamilypreparedness.com/water-storage/>

<https://simplefamilypreparedness.com/rotating-emergency-water-storage/>

<http://foodstoragemadeeasy.net/2012/03/12/all-about-water-rotation/>

72 HOUR KITS

Each person in your household should have a disaster kit that is filled with enough food, water, and supplies to deal with an emergency for about three days (72 hours). It should be in a backpack or duffle bag that is easy to carry in case you need to evacuate quickly. There are pre-made kits available, but you can also make your own kit. Even if you buy a kit, you should still add items to personalize it to fit your needs by adding items like medications, diapers, feminine hygiene products, etc. Be sure to put food, water, or other liquids in ziplock bags to prevent a big mess in case something accidentally leaks. You should regularly rotate the food and water if these kits. You can keep costs down by getting items at dollar stores, thrift stores, or garage sales.



Here are some great resources to help you get your kits together:

<http://foodstoragemadeeasy.net/fsme/docs/eprep-handout.pdf>

<https://yourownhomestore.com/seven-72-hour-kit-categories/>

<https://planforawesome.com/72-hour-kits-for-beginners/>



HOW GOES YOUR “GO BINDER”?

So far we have gathered personal and insurance information. This month we will focus on *financial information*. Remember to try to scan these items and save them electronically in addition to having a paper copy in your binder. (We'll tackle another topic next month.)

- Bank statements for checking & savings accounts
- Loan documents (mortgage, student loans, etc.)
- Investment account info (stocks, bonds, mutual funds)
- Retirement statements (social security, IRA, 401K)
- Internet banking passwords & account info
- Copy of recent paystubs
- Copy of recent tax returns
- Copy of recent utility bills



For a really detailed and fillable form that will help you gather this info, go to FEMA.gov and search for EFFAK (Emergency Financial First Aid Kit).

https://www.fema.gov/sites/default/files/2020-08/effak_toolkit_forms_only_20190906.pdf

Here are some links to free forms you can use to help gather this info:

<https://www.foodstoragemoms.com/important-documents-emergency-binder/>

https://savorandsavvy.com/family-emergency-binder/#Get_the_FREE_Family_Emergency_Binder

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. Happy Preparing! *You can do this!*