

JUST ONE THING

THE EMERGENCY PREPAREDNESS NEWSLETTER FOR THE ORANGE CALIFORNIA STAKE

FIRST 3 HOURS



Emergency Radio
Battery powered or self crank AM radio



First Aid Kit



Fire Extinguisher



Search and Rescue
Equipment



Important
Documents
*Stored in an easy
accessible location that
is safe from fire and
water damage.*



Tools to shut
off utilities

This month we are working on part 2 of the First 3 Hours and our focus is first aid kits. Most of us have some bandages around for occasional cuts and scrapes, but how prepared are you for something bigger? How organized are your supplies? Are they in one location or scattered about the house? Does everyone know where those supplies are located? Do you have a good first aid kit in your car and/or at work? What about your spouse and other household members? Now is a great time to take a look at your first aid supplies, or lack thereof, and evaluate what you need to get.

There are so many different ideas about what to include and it's easy to get overwhelmed. Of course, we don't want you getting overwhelmed, so let's stick with the basics. You can easily find basic emergency kits online or at a local retailer available for purchase. However, you may be able to customize your own kit for less and tailor it to your family's needs. See below for suggestions on what to include in your kit.

Don't forget to include any personal items such as medications and emergency phone numbers or other items your health-care provider may suggest. Check the kit regularly. Check expiration dates and replace any used or out-of-date contents as needed.

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

April's ONE Thing

Purchase/make first aid kits for your home, car, & work.

WHAT SHOULD GO IN YOUR FIRST AID KIT?

First aid kits come in all shapes and sizes, from pre-made to customized, so what should you include in your kit?



Here are the Red Cross's basic kit recommendations:

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit.html>

This article has good insights into how to put together a kit and a printable "RN approved" checklist for what to include: <https://simplefamilypreparedness.com/build-first-aid-kit-7-items-really-work/>

This is a very comprehensive, more advanced list of first aid items to have on hand:

http://iwillprepare.com/files/pdf/first_aid_kit_contents_list.pdf

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/>

It's the fifth item down the list on the Local Links tab.

Time For More?

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

DO YOU KNOW WHAT TO DO WITH YOUR 1ST AID KIT?

Now that you have your first aid kit, do you know what to do with it? Before an emergency happens, take the time to learn more about first aid and CPR. You can get a book, take a class, or use on-line resources. Here are some links to get you started.

These sites have good instructions & infographics on how to address a variety of 1st aid situations:

- <https://homesteading.com/homesteaders-guide-first-aid-cpr/>
- https://simplefamilypreparedness.com/cpr_choking/



The Red Cross has online only and in-person classes you can pay to take.

- <https://www.redcross.org/take-a-class/online-safety-classes>

(You can also search online for private companies or community groups that teach similar courses.)

The Red Cross has some free first aid mobile apps that teach you how to deal with common emergencies:

- <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html>

EMERGENCY PREPAREDNESS FUND

How is your emergency preparedness fund coming along? It's important to keep this as a regular part of your budget, especially if you are just beginning to gather your supplies. Even after you have the basics on hand, there may be some bigger ticket items that you'll want to get and it will take time to save up, but they're worth the wait.



HOW GOES YOUR “GO BINDER”?



Hopefully, you have a sturdy binder, divider tabs, and sheet protectors. This month work on gathering copies of the items listed below. (Each month we'll add more.)

- **Personal Information page**- Include a photo & basic info on each person & pets too
- **Emergency Contact Numbers**
- **A copy of your family emergency plan**
- **Personal documents** (birth certificate, driver's license, social security card, passports, marriage license, military ID, adoption papers, divorce/child custody papers, etc.)
- **Individual Medical History** (list medical conditions, allergies, medication, surgeries, etc.)
- **Medical Provider Contact Numbers** (doctor, pediatrician, dentist, pharmacy, psychiatrist, veterinarian, etc.)
- **Copies of medical prescriptions**
- **Copies of eyeglass prescriptions**
- **Immunization records**

Here are some sites 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!