

THE POWER OF 3

Member Preparedness

"Organize yourselves; prepare every needful thing..."

D&C 88:119

ORANGE CALIFORNIA STAKE
THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

The Power of 3

Member Preparedness Overview

Orange California Stake ~ July 2011

I. Spiritual Preparedness – Building Faith in Jesus Christ

1. Daily Prayer – individually and as families
2. Daily Scripture Study – individually and as families
3. Make and Keep Sacred Covenants

II. Temporal Preparedness

A. The First 3 Minutes - completed by Aug 31, 2011 (from July 17 – Aug 31, 2011)

- 3-Minute Kits attached to each bed in the house.
- Plastic drawstring bag containing sturdy shoes, flashlight, leather gloves, whistle, and lightweight clothes.

B. The First 3 Hours - completed by Oct 31, 2011 (from Sep 1 – Oct 31, 2011)

- AM/FM Radio: battery or solar/dynamo (extra batteries).
- First-Aid Kit with adequate supplies, medications and personal needs for each family.
- Gas, water and electronic meter shut-off tools in place (secured to meters if possible).
- Search & Rescue equipment: leveraging tools, rope, masks, lantern/torch, loud whistle, duct tape, fire extinguisher, etc.
- “GO” Binder (or small expandable file) stored in a fire-safe location (in or near 72-hour kits) with copies in another location outside of the home. Contains names, addresses, phone numbers and maps for local/out-of-state contacts and rendezvous locations. Also should include important documents for each family member; general family information (SS cards, passports, birth certificates, insurance cards, or proof of insurance, all insurance policy numbers, bank account numbers, and vehicle ID numbers), and spare keys. See “Go Binder List” for details.

C. The First 3 Days – completed by Dec 31, 2011 (from Nov 1 – Dec 31, 2011)

- 72-hour kits for each family member packed and ready to leave home. Includes water (1 gallon per person per day), food, clothing, shoes, first aid supplies, medications, hygiene supplies, water filters or purification tablets, shelter and survival supplies and cash (small bills) for each family member.
- Car kit adapted for each household need – adequate food, water, walking shoes, prepared to walk home if necessary

D. The First 3 Weeks - completed by Feb 29, 2012 (from Jan 1 – Feb 29, 2012)

- In addition to First 3 Days supplies, enough water, food, personal items to last 3 weeks.

E. The First 3 Months – completed by May 31, 2012 (from Mar 1 – May 31, 2012)

- Adequate food that is part of normal, daily diet, enough to feed every family member for 3 months. Should include a combination of basic food storage and everyday food easily prepared. Build up gradually.
- Water storage for at least 2 weeks (one gallon per day per person). Purification devices or chemicals for water treatment.

F. One Year Supply Food (completed by June 1, 2015)

- Basic food storage for every family member for 1 year. Food type that will last a long time, that can be used to stay alive, such as wheat, rice and beans.
- Suggested Minimum per person: 300 lbs. of grains (wheat, rice, corn, oats...) and 60 lbs. of dry beans and legumes. Go to providentliving.org.

G. Semi Annual Maintenance

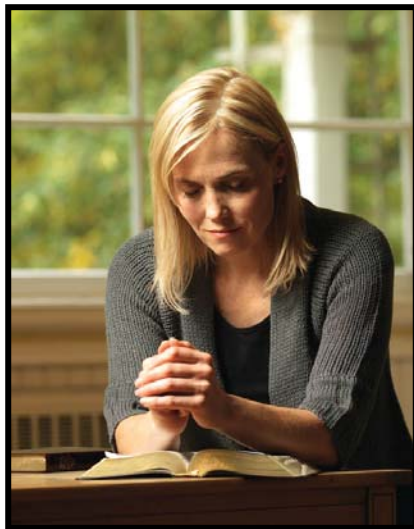
- Replace batteries in flashlights (including kits), emergency lights, smoke detectors, radios, etc...
- Update “GO Binder” with current names, addresses, phone numbers, maps and documents.
- Update first-aid kit supplies and rotate medications.
- Rotate food and water in all 72-hour kits.
- Rotate (replace) water storage in large containers.
- Rotate children’s shoes (correct sizes) in 3-minute kits and 72-hour kits.
- Rotate children’s clothing in 72-hour kits.
- Rotate Water in Large Containers

H. Sharing with Neighbors

Members are encouraged to share emergency preparedness ideas with friends and neighbors. Use of the publication “Neighbor Helping Neighbor” and/or this “Power of 3 Plan” is encouraged.

SPIRITUAL

Preparedness



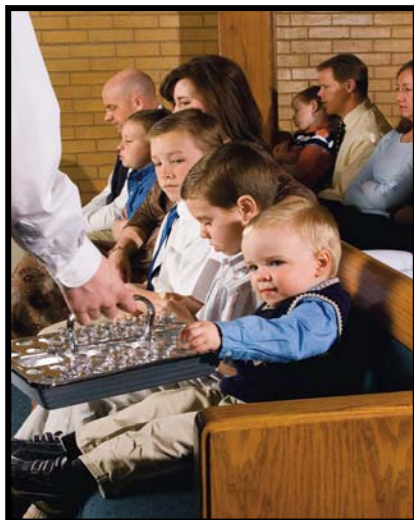
Daily Prayer

Individually and as families



Daily Scripture Study

Individually and as families



Make and Keep Sacred Covenants

Weekly Sacrament Meeting Attendance

Regular Temple Attendance

Service

FIRST 3 MINUTES

Completed by August 31, 2011



Leather Work Gloves



Sturdy Shoes



Flashlight



Whistle



Lightweight
Clothing



All items secured to
each bed frame in bag.

FIRST 3 HOURS

Completed by October 31, 2011



Emergency Radio

Battery powered or self crank AM radio



First Aid Kit



Fire Extinguisher



Search and Rescue
Equipment



Important
Documents

*Stored in an easily
accessible location that
is safe from fire and
water damage.*



Tools to shut
off utilities

Important Documents

Keeping copies of your important documents in a single, portable, waterproof bag is one of the best ways to be prepared for disasters. Optional electronic copies can be stored on CDs or USB thumb drives. If you must evacuate, having key documents stored safely in one place will make recovery much easier.

Below is a list of items you should include:

- ☐ Emergency Contact List
- ☐ Family Emergency Plan
- ☐ Drivers Licenses
- ☐ Identification Cards
- ☐ Passports
- ☐ Birth Certificates
- ☐ Social Security Cards
- ☐ Medical Records
- ☐ Prescriptions
- ☐ Immunization Records
- ☐ Insurance Cards
- ☐ Bank Statements
- ☐ Credit Cards
- ☐ Investment Summaries
- ☐ Insurance Policies
- ☐ Petty Cash & Travelers Checks
- ☐ Any other documents that are important to YOU!

Helpful Websites

www.readyoc.com (Sign up for AlertOC)

AlertOC is a mass notification system designed to keep Orange County residents and businesses informed of emergencies and certain community events. By registering with AlertOC, time-sensitive voice messages from the County or City in which you live or work may be sent to your home, cell or business phone. Text messages may also be sent to cell phones, e-mail accounts and hearing impaired receiving devices.

www.oc-redcross.org

www.earthquakecountry.info

www.ocpreparedness.com

FIRST 3 DAYS

Completed by December 31, 2011



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

Car Kit

Below is a list of suggested items you may want to include:

- ☐ Water
- ☐ 72 Hour Kit: food, high calorie meal bars, or other snacks
- ☐ First Aid Kit
- ☐ Cash (\$20-\$30 small bills and change)
- ☐ Jumper Cables
- ☐ Sturdy shoes, a change of clothes, and a warm hat
- ☐ Emergency blankets, hand warmers
- ☐ Pocket knife
- ☐ Radio
- ☐ Flashlight, batteries
- ☐ Toilet paper
- ☐ Permanent marker, paper and tape
- ☐ Diapers/wipes if you have kids
- ☐ Spare clothes and activities for small children
- ☐ Emergency point-of-contact phone numbers
- ☐ List of allergies to any drug (especially antibiotics)
- ☐ Additional emergency supplies for children, seniors, pets or people with disabilities

Hygiene/Sanitation Supplies

Below is a list of suggested items you may want to include:

- ☐ Baby wipes, soap, hand sanitizer and liquid detergent
- ☐ Toothpaste, toothbrushes, shampoo, comb and brush, razor, shaving cream, lip balm, sunscreen, insect repellent, contact lens solutions, mirror, feminine supplies
- ☐ Toilet paper
- ☐ Disinfectant, Household chlorine bleach
- ☐ Washcloth and towel
- ☐ Disposable gloves
- ☐ Medium-sized plastic bucket with tight lid, heavy-duty large plastic bags for waste
- ☐ Consider including a small shovel for digging a latrine

Shelter Supplies

Below is a list of suggested items you may want to include:

- ☐ Blankets, sleeping bags, emergency thermal blanket, body warmers
- ☐ Tent
- ☐ Tarps
- ☐ Rain poncho
- ☐ Matches

Ensure your emergency survival by customizing your emergency kit for your own specific survival needs. Emergency survival means that you leave nothing to chance as you prepare for the worst.

FIRST 3 WEEKS

Completed by February 29, 2012



Canned Food



Alternate Cooking
Methods/Fuel



Water Supply



Batteries



Water Purification



Laundry Detergent



Hygiene Supplies

Include Babies, Elderly &
Feminine Needs



Bleach

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

Sanitation

The lack of sanitation facilities following major disaster can quickly create secondary problems unless basic guidelines are followed.

If the water lines are known or suspected to be damaged, do not flush the toilet. Avoid digging latrines in the ground, as untreated raw sewage can pollute fresh ground water supplies. It also attracts flies and promotes the spread of diseases.

Even if the toilet is NOT able to be flushed, it can still be used. This is less stressful for most people than using some other container. Remove all the bowl water. Line it with a heavy-duty plastic bag. When finished, add a small amount of deodorant or disinfectant, securely tie the bag, and dispose of it in a large trash can with a tight fitting lid. This large trash should also be lined with a sturdy trash bag. Eventually, the city will provide a means to dispose of these bags. Portable camp toilets, small trash cans or sturdy buckets lined with heavy-duty plastic bags can also be used. Those with tight fitting lids are best.

Water Treatment

Treat all water of uncertain quality before using it for drinking, food washing or preparation, washing dishes, brushing teeth, or making ice. In addition to having a bad odor and taste, contaminated water can contain microorganisms (germs) that cause diseases such as dysentery, cholera, typhoid, and hepatitis.

Make sure you have the necessary materials in your disaster supplies kit for the chosen water treatment method.

These instructions are for treating water of uncertain quality in an emergency situation, when no other reliable clean water source is available, or you have used all of your stored water.

Boiling

Boiling is the safest method of treating water. In a large pot or kettle, bring water to a rolling boil for 1 full minute, keeping in mind that some water will evaporate. Let the water cool before drinking.

Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers. This also will improve the taste of stored water.

Chlorination

You can use household liquid bleach to kill microorganisms. Use only regular household liquid bleach that contains 5.25 to 6.0 percent sodium hypochlorite. Do not use scented bleaches, color safe bleaches, or bleaches with added cleaners. Because the potency of bleach diminishes with time, use bleach from a newly opened or unopened bottle.

Add 16 drops (1/8 teaspoon) of bleach per gallon of water, stir, and let stand for 30 minutes. The water should have a slight bleach odor. If it doesn't, then repeat the dosage and let stand another 15 minutes. If it still does not smell of chlorine, discard it and find another source of water.

Other chemicals, such as iodine or water treatment products sold in camping or surplus stores that do not contain 5.25 to 6.0 percent sodium hypochlorite as the only active ingredient, are not recommended and should not be used.

Distillation

While the two methods described above will kill most microbes in water, distillation will remove microbes (germs) that resist these methods, as well as heavy metals, salts, and most other chemicals.

Distillation involves boiling water and then collecting only the vapor that condenses. The condensed vapor will not include salt or most other impurities. To distill, fill a pot halfway with water. Tie a cup to the handle on the pot's lid so that the cup will hang right-side-up when the lid is upside-down (make sure the cup is not dangling into the water) and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.

Other suggestions to include: manual can opener, waterproof matches, long neck lighters, and large scissors.

Water Filtration Bottle \$16.50 (bottle and filter) or \$22.00 (bottle with 2 filters)

Available through LDS Distribution (LDS Distribution online <http://store.lds.org> or at our local Deseret Book Store)
This advanced bottle removes up to 99.99 percent of pollutants and contaminants found in drinking water. Produces up to 100 gallons of filtered water. Bottle includes an insulator sleeve and clip.

FIRST 3 MONTHS

Completed by May 31, 2012



*Store pre-packaged foods that are easy to prepare.
These should be foods that your family eats on a regular basis.
Each time you shop, simply buy 1 or 2 extra to store.*



Water Purification
Methods

Water Supply
1 gallon per person per day

ONE YEAR

Completed by June 1, 2015



Powdered Milk



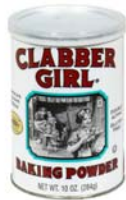
Flour



Rice



Pasta



Oatmeal



Sugar



Beans



Wheat

Store dry goods that will last. These will sustain your family during an emergency.