

# 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 easily  
accessible location that  
is safe from fire and  
water damage.*



Tools to shut  
off utilities

This month we are working on the final part of the First 3 Hours and our focus is on emergency tools and equipment like fire extinguishers, emergency radios, utility shut off tools, and search and rescue equipment.

When disaster strikes, it often affects one or more of the utility systems in our homes. It is important to know where the main controls are located as well as how to turn them off and whether or not to turn them off. Before an emergency, make sure you know where your electrical panel/fuse box, water shut-off valve, and gas shut-off valve are. Make sure everyone knows where the appropriate tools are and how to use them.

It's also important to have a portable emergency radio that is powered by a battery, hand-crank, or solar power. Although we use cell phones all the time, they might not be useable if cell towers are down, the battery dies, or the power grid fails. If that happens, your radio will allow you to stay informed.

If a building collapses you may need to search for people, so you'll want to have sturdy leather gloves to protect your hands and a crow bar to move debris. Caution tape can be used to section off dangerous areas. A face mask can keep you from breathing in too much dust; a whistle can be used as a signal; and rope could come in handy. You should also have some chalk on hand to write messages on the sidewalk or the side of a building.

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

## May's ONE Thing

**Purchase/gather the emergency equipment/tools pictured above.**

### HOW, WHY & WHEN DO YOU SHUT OFF UTILITIES?

So why would you shut off utilities anyway? After a disaster such as an earthquake, you may need to protect yourself from more damage by shutting off utilities. For example, you wouldn't want cracked waterlines to contaminate the water in your house, or electricity to spark and cause an explosion if gas is leaking. **Note:** Only turn off the gas if you smell it or hear a blowing or hissing noise; once you turn it off, you have to call the gas company to turn it on again. Except for gas, *practice* shutting off your utilities *before* you need to do it.

**Here are photos & explanations of how to shut off utilities:**

<https://dengarden.com/safety/How-To-Shut-Your-Homes-Water-and-Gas-In-An-Emergency>

**Here is an info sheet you can print out and save in your emergency binder so you'll know what to do:**

<https://www.take5tosurvive.com/uploads/docs/06UtilitiesTake5Final.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/>

**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





## FIRE EXTINGUISHERS

Here's an article to help you choose a fire extinguisher:  
<https://www.thisoldhouse.com/home-safety/21015032/how-to-choose-and-use-fire-extinguishers>



**How To Use  
Fire Extinguisher**

Remember the **PASS** word (**P**ull - **A**im - **S**queeze - **S**weep)

P	A	S	S
<b>Pull</b>	<b>Aim</b>	<b>Squeeze</b>	<b>Sweep</b>
Pull The Pin	Aim at the Base of Fire	Squeeze the Operating Handle	Sweep From Side to Side
			
Break seal and test Extinguisher	Ensure you have a means of escape	To Operate Extinguisher and discharge the agent	Completely Extinguish the Fire

Web: [www.seedforsafety.com](http://www.seedforsafety.com), Ph: 09444382134

## EMERGENCY RADIOS

An emergency radio can help you stay informed of what's happening during a disaster and related emergencies, such as power outages. You can also learn about official instructions, evacuation warnings, and available local resources. A radio can even be a source of entertainment and help boost morale.

There are many features and types of radios to consider, but whatever you get, make sure it's battery operated and try to get one with a hand crank and/or solar power too. (Don't forget to store batteries for your radio.)

Here are some articles about what to consider when purchasing your radio:

<https://lifehacker.com/how-to-choose-a-reliable-emergency-radio-and-some-good-1640325400>

<https://turbofuture.com/industrial/Emergency-Rad ios-Vs-Weather-Rad ios-Whats-the-Difference>



## HOW GOES YOUR "GO BINDER"?

Last month we gathered a lot of personal information. This month we will focus on insurance 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.)

- Homeowner's Insurance Policy
- Auto Insurance Policy & Vehicle Registration Cards
- Life Insurance Policy
- Medical Insurance Policy & copy of ID cards (front & back of card)
- Dental Insurance Policy & copy of ID cards (front & back of card)
- Vision Insurance Policy & copy of ID cards (front & back of card)
- Pictures & Lists of Belongings (This will help insurance appraisals in case you have to replace items. Try to get serial numbers for electronic devices. Walk through your house and make a video and/or photo inventory of what you have.)



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](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](mailto:OrangeStakePreparedness@gmail.com). Happy Preparing! *You can do this!*