

THE POWER OF 3

Member Preparedness

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

D&C 88:119

The Power of 3

Member Preparedness Overview

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

- 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

- 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

- 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

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

E. The First 3 Months

- 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

- 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

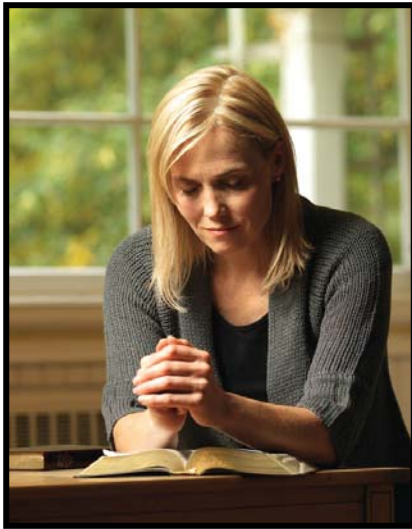
- Replace batteries in flashlights (including kits), emergency lights, smoke detectors, radios, etc...
- Update "GO Binder" with current names, addresses, phone numbers, maps and documents.
- Update first-aid kit supplies and rotate medications.
- Rotate food and water in all 72-hour kits.
- Rotate (replace) 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



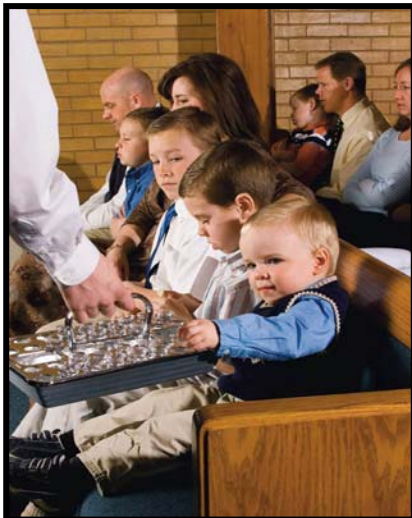
Daily Prayer

Individually and as families



Daily Scripture Study

Individually and as families



Make and Keep Sacred Covenants

Weekly Sacrament Meeting Attendance

Regular Temple Attendance

Service

Are you ready for the

FIRST 3 MINUTES

following a disaster?

Your family may be sleeping when the next strong earthquake hits. After the shaking stops, the lights may be out and broken glass and other dangerous debris may litter the floor. Doors may be jammed shut. It may be unsafe to walk barefoot and you'll need to protect your hands as you move things out of your way in the dark.

Your home may be structurally unstable.

How will you get out with your loved-ones and your 72-hour kits?

Be prepared for the worst with a 3-minute kit for each family member!

A 3-Minute kit includes:

- Sturdy shoes
- Flashlight
- Whistle
- Light weight clothing
- Leather work gloves



All of these items should be secured to each bed frame in a plastic bag that can be ripped open during an emergency.

FIRST 3 MINUTES



Leather Work Gloves



Sturdy Shoes



Flashlight



Whistle



Lightweight
Clothing



All items secured to
each bed frame in bag.

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

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. For family pictures, there are many free online services where your pictures can be saved with redundant servers across the world to protect your memories.

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



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



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.*

Water Treatment/Purification Methods

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.

There are many ways to treat water. None is perfect. Often the best solution is a combination of methods. Before treating, let any suspended particles settle to the bottom or strain them through coffee filters or layers of clean cloth.

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.

Distillation - 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.

Purification Tablets - Tablets that release iodine may be used safely to purify drinking water. These tablets can be found at most drug stores and sporting goods stores. The names vary but it is generically known as halazone tablets. Follow the directions on the package. Usually one tablet is sufficient for one quart of water. The dosage is doubled for cloudy water.

Iodine - Ordinary Household Iodine may be used to purify small quantities of water. Add 2-3 drops of Tincture Of Iodine to each quart of clear water (8-10 for cloudy water). Mix and allow to stand for 30 minutes.

Sanitation & Hygiene Supplies

- ☐ Toilet paper
- ☐ Soap, liquid detergent
- ☐ Feminine supplies
- ☐ Personal hygiene items
- ☐ Plastic garbage bags, ties (for personal sanitation uses)
- ☐ Washcloth and towel
- ☐ Towelettes, soap, hand sanitizer
- ☐ Tooth paste, toothbrushes
- ☐ Shampoo, comb, and brush
- ☐ Deodorants, sunscreen
- ☐ Razor, shaving cream
- ☐ Lip balm, insect repellent
- ☐ Medium-sized plastic bucket with tight lid
- ☐ Disinfectant and household chlorine bleach
- ☐ A small shovel for digging a latrine
- ☐ Contact lens solutions
- ☐ Mirror

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

If water lines are damaged or suspected, do not flush the toilet. Avoid digging holes in the ground and using these. Untreated raw sewage can pollute fresh ground water supplies. It also attracts flies and promotes the spread of diseases.

- Store a large supply of heavy-duty plastic bags, twist ties, disinfectant, and toilet paper
- A good disinfectant that is easy to use is a solution of 1 part liquid bleach to 10 parts water. Dry bleach is caustic and not safe for this type of use.
- 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.

The following links will provide you with a supply list of sanitation and hygiene products to have on hand as well as additional instructions for emergency sewage disposal. We recommend you print these pages and keep them in your Family Disaster Plan Notebook for handy reference during an emergency.

FIRST 3 MONTHS



*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



Powdered Milk



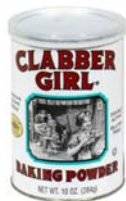
Flour



Rice



Pasta



Oatmeal



Sugar



Beans



Wheat

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

The following suggested amounts are for one adult:

Quantity for One Month	Recommended Products	Long-Term Storage Life
11.5 kg./ 25 lbs	Wheat, white rice, corn, and other grains	30+ years
2.5 kg. / 5 lbs	Dry beans	30+ years

Storage life can be significantly impacted by the following conditions:

- **Temperature:** Store products at a temperature of 75°F/24°C or lower whenever possible. If storage temperatures are higher, rotate products as needed to maintain quality.
- **Moisture:** Keep storage areas dry. It is best to keep containers off of the floor to allow for air circulation.
- **Light:** Protect cooking oil and products stored in PETE (*polyethylene terephthalate*) plastic with oxygen absorbers bottles from light.
- **Insects and rodents:** Protect products stored in foil pouches and PETE bottles from rodent and insect damage.

Rolled Oats

- **Uses** – Breakfasts, granola, cookies, filler in meat loafs or casseroles, thickener for soups/stews.
- **Types** – Quick rolled oats or regular rolled oats. Quick oats cook faster but regular oats retain flavor and nutrition better.
- **Storage** – If unopened, optimum shelf life is up to 30 years. If opened should be used within 1 year. Recommend storing large amounts in an airtight plastic container and pulling out a smaller amount every few months for your actual usage/rotation.

Wheat

- **Uses** – Wheat grass, appetizers, desserts, breakfast cereals, crackers, brownies, tortillas, breads, pancakes, muffins, cakes, snacks, in salads, to make vegetarian meat/protein, and any other baking item you would use flour for.
- **Types** – Spring or winter, hard or soft, red or white. Hard varieties have higher gluten (protein) and are better for making breads. Soft varieties have lower protein and nutrients but are better for pastries, pastas, and breakfast cereals. Red wheats are typically hard and whites are typically soft. However if you prefer the flavor of one over the other you can find soft red and hard white. Experiment with different varieties in your recipes to find out what works best for you.
- **Storage** – If unopened, optimum shelf life is 30+ years or more. If opened will last about 3 years. However, once ground into flour, wheat loses most of its nutrients within a few days so only grind small amounts at a time. You can add oxygen absorbers, bay leaves, or dry ice to help keep critters out of your wheat.

Spaghetti or Macaroni

- **Uses** – As a main course, in casseroles, in soups.
- **Types** – You can store any type of pasta you like to use, the main ones sold in bulk are macaroni and spaghetti so they are convenient for long-term storage.
- **Storage** – If unopened, optimum shelf life is 30 years. If opened will last about 2 years. If you buy it in plastic bags we recommend transferring your pasta to airtight plastic containers for better storage.

Enriched White Flour

- **Uses** – Cakes, biscuits, pie crusts, pastries, gravy, thickener, puddings.
- **Types** - Bleached or unbleached. Both have had their bran and germ portions removed and are “enriched” by adding back some of the lost nutrients. Bleached has been treated with chlorine, while unbleached is aged and bleached naturally by oxygen in the air.
- **Storage** – If unopened, optimum shelf life is 10 years. If opened will last about 6-8 months.

Enriched White Rice

- **Uses** – Rice pudding, cereal, casseroles, side dishes.
- **Types** - Bleached or unbleached. Both have had their bran and germ portions removed and are “enriched” by adding back some of the lost nutrients. Bleached has been chemically bleached while unbleached goes through a natural bleaching process.
- **Storage** – If unopened, optimum shelf life is 30 years. If opened will last indefinitely.