

# Personal & Family Preparedness

## Notes

1. Create a family plan
  - a. Meeting places.
  - b. Phone tree & calling plans.
2. Food & Water
  - a. 72 hour kits.
  - b. 3 months of food that you eat every day.
  - c. 1 year and 2 year food storage.
  - d. Water purification.
3. Other needs
  - a. Heating & cooling.
  - b. Medications.
  - c. Fuel for heating, cooking, generator, vehicles.
  - d. Cash on hand.
  - e. Important documents.
  - f. Pets & animals.
  - g. Prepare your homes.
    - i. Water Heaters (Hold 40-50 gallons of Water to use)
    - ii. Water, power and gas shutoffs
    - iii. Fire extinguishers, smoke and CO detectors.
4. Review your insurance yearly.
5. Pandemic Flu
  - a. Keep yourself healthy.
  - b. Get flu shots.
  - c. Wash hands often.
  - d. Prepare to be home for 12 weeks.
  - e. Stay at home toolkit. ([www.swuhealth.org](http://www.swuhealth.org))
6. Sign up for Everbridge alerts. (Arizona sign up for CodeRed also)
  - a. Kane.utah.gov
7. Other Communication
  - a. FM Stations, 92.7 in Kanab, 92.9 in Orderville Area
  - b. Social Media
  - c. Wireless Emergency Alerts.

## Internet resources

Southwest Utah Public Health Department:

-[www.swuhealth.org](http://www.swuhealth.org)

Be Ready Utah.

-[www.bereadyutah.gov](http://www.bereadyutah.gov)

Provident living.

-<https://www.providentliving.lds.org>

Pandemic Flu

-[www.flu.gov](http://www.flu.gov)

World Health Organization

-[www.who.int](http://www.who.int)

Center for Disease Control (CDC)

-[www.cdc.gov](http://www.cdc.gov)