

# ARE YOU PREPARED FOR AN EMERGENCY?

Each month we suggest something you and your family can do to get ready for an emergency.

## **THIS MONTH'S CHALLENGE:**

### **CAMP ON YOUR 72-HR. KIT**

Take your 72-hour kit outside and camp on it. Choose a holiday weekend or take a short vacation and try to survive on items stored in your 72-hour kit. If your kit needs updating, this is a good time to replenish your supplies.



If you don't have a kit, here is a list to help you get started:

- 3 day supply of non-perishable food
- 3 day supply of water (1 gal/person/day)
- Portable, battery powered radio and flashlight with extra batteries
- First Aid, sanitation & hygiene items
- Matches and waterproof containers
- Blankets, clothing, sleeping bags
- Items for infants, prescriptions, and unique family needs

Check out [ready.gov](http://ready.gov) for other ideas!

*If you are a Boy Scout leader, this is a great way to teach emergency preparedness (and the boys can teach their families).*

**Be Ready Utah**  
can help you set up a  
**personalized**  
**Family Emergency Plan**

Go to: <http://bereadyutahplan.utah.gov/fep>

**Enter your information and then print off your family plan and cards for each member of your family.**

*(This information is not used or stored permanently. It is only used for your personalized Family Emergency Plan. When you close the browser window, all information will be cleared.)*

## ADDITIONAL INFORMATION IS AVAILABLE AT:

Be Ready Utah  
(801) 538-3400  
[www.BeReadyUtah.gov](http://www.BeReadyUtah.gov)

Citizen Corps  
(801) 538-8606  
<http://citizencorps.utah.gov>

Community Emergency Response Team  
[http://citizencorps.utah.gov/utah\\_cert.html](http://citizencorps.utah.gov/utah_cert.html)

Utah Department of Health  
(801) 538-6710  
<http://health.utah.gov>

SL Valley Health Dept.  
<http://www.slvhealth.org/programs/EmergencyPreparedness/FamilyEmergPrep.pdf>

Utah Department of Public Safety's Division of Homeland Security  
(801) 538-3400  
<http://publicsafety.utah.gov/homelandsecurity>

Red Cross  
[www.redcross.org](http://www.redcross.org)

UUSS U. of U. Seismic Stations  
[www.seis.utah.edu](http://www.seis.utah.edu)

NOAA  
[www.wrh.noaa.gov/slc](http://www.wrh.noaa.gov/slc)

FEMA Region VIII  
(303) 235-4800  
[www.FEMA.gov](http://www.FEMA.gov)

Ready Campaign  
[www.ready.gov](http://www.ready.gov)

State Fire Marshal  
(801) 284-6350  
[www.firemarshal.utah.gov](http://www.firemarshal.utah.gov)

Unified Fire Authority  
(801) 743-7118  
[www.unifiedfire.org](http://www.unifiedfire.org)

Questar Gas  
1(800) 323-5517  
[www.questargas.com](http://www.questargas.com)

Rocky Mountain Power  
1(800) 775-7950  
[www.rockymtnpower.net](http://www.rockymtnpower.net)

Bureau of Land Management  
(800) 323-5517  
[www.blm.gov/ut/st/en.html](http://www.blm.gov/ut/st/en.html)

Chemical Stockpile Emergency Preparedness Program  
(435) 882-3773  
[www.tcem.org](http://www.tcem.org)