

# PREPARING FOR AN EMERGENCY

2019-2020

A FAMILY PREPAREDNESS GUIDE FOR RESIDENTS OF  
PAYSON CITY



Prepared by

**PAYSON CITY DEPARTMENT OF PUBLIC SAFETY**



**Payson City Corporation  
439 West Utah Avenue**

Dear Payson Residents,

It has been just over a year now that I have had the privilege of being your Mayor. An important part of being Mayor is to help create a safe environment for our city.

As a retired Police Officer with 37 years of experience, eight years as an EMT with the Payson Ambulance Association, and 5 years as a Firefighter/EMT for U. S. Steel Geneva Works, I believe that I am well aware of the dangers we face as individuals and as a city every day.

It is my pleasure to work with the Public Safety professionals we have here in Payson City.

Our Fire Department, and Ambulance members are under the direction of Chief Scott Spencer. Chief Spencer has 32 years of experience as a Firefighter/EMT. He has assembled a staff of experienced firefighters to ensure that the members of the Payson Fire Department are well trained. Our Firefighters and EMT's are on call 24 hours a day, and are capable of responding to any emergency that occurs in our city.

Our Police Department is under the direction of Chief Brad Bishop. Chief Bishop has 21 years of experience as a Police Officer. He has also assembled a staff that works hard to ensure our Officers are well trained. Our Officers work 24 hours a day to provide a safe environment for our residents and those who work in our city. Chief Spencer and Chief Bishop are professionals, dedicated to the protection of our city.

Unfortunately, we are at the mercy of Mother Nature: floods, earthquakes, high winds winter storms, HAZMAT incidents and man-made catastrophes.

This Emergency Preparedness booklet contains information you need to help you and your family survive when disasters strike.

We have a wonderful community, that has proven in the recent past, that we can and will come together to help ourselves and others.

We must become aware of, and use the information provided in this booklet. We all need to have the lifesaving knowledge that is critical and necessary to help ourselves and others when disasters strike.

As your Mayor, I encourage you to use the information in this booklet to help our Public Safety Professionals successfully bring us through the challenging incidents we may face today or in the future.

Sincerely Yours,

**Mayor Bill Wright**

# **TABLE OF CONTENTS**

<b>When an Emergency Happens .....</b>	<b>4</b>
<b>Payson City Emergency Communication Plan.....</b>	<b>5</b>
<b>1 - Understand What Could Happen .....</b>	<b>6</b>
<b>2 - Create an Emergency/Disaster Plan .....</b>	<b>8</b>
<b>3 - Emergency “Go Kit” and Supplies .....</b>	<b>13</b>
<b>4 - What To Do Before And During The Emergency .....</b>	<b>20</b>
<b>5 - Additional Resources .....</b>	<b>31</b>
<b>Schools .....</b>	<b>32</b>
<b>Churches .....</b>	<b>33</b>
<b>Medical, Health, Nursing Facilities .....</b>	<b>36</b>
<b>Nursing and Rehabilitation Centers .....</b>	<b>36</b>
<b>Community health .....</b>	<b>37</b>
<b>Pharmacies .....</b>	<b>37</b>
<b>Community Emergency Response Team (CERT) .....</b>	<b>38</b>
<b>Sources of preparedness information and help .....</b>	<b>40</b>
<b>Start Now .....</b>	<b>41</b>
<b>72 Hour Kit .....</b>	<b>43</b>
<b>Emergency Phone Numbers .....</b>	<b>Back of Booklet</b>

## **When an Emergency Happens... use your plan.**

***Where Will You or Your Family Be When an Emergency or Disaster Strikes?*** Emergencies and disasters strike quickly and without warning and can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services — water, gas, electricity or telephones — were cut off?

Payson City and other local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away. If disaster strikes, you need to know how to take care of yourself and your family. This self-reliance is important because local officials and relief workers may not be able to reach everyone for 12 to 72 hours.

People can cope with disaster by preparing in advance and by families working together as a team. Preparing for a disaster or emergency is a responsibility that begins with each individual. We cannot control all the emergencies that will occur in our lives, but we can be ready to face them by knowing what to do and taking action to prepare.

Two things that will always help you in an emergency or disaster are **clear thinking** and **quick reaction**. If you can stay calm in a crisis, you'll be better able to make the right decisions. Once you decide the best action to take in a particular situation, do it! There's no room for hesitation in a disaster or emergency.

This booklet will help you and your family develop an emergency plan, assemble an emergency kit, and provide basic information on what to do before, during, and after an emergency. Even though the emergency may be across town and not affecting your family directly, by having an emergency plan you may be able to help others affected by the emergency.

## **Payson City Emergency Communication Plan Emergency Response Network Citywide**

In a city wide emergency, citizens are divided into 6 Districts according to LDS Stake boundaries and the Community Church's. All citizens (LDS and Non-LDS) should report to the nearest Stake Center or the Community Church to request aid or to volunteer to help others. Each District location will have emergency radio communications with City Officials to coordinate an emergency response to any disaster.

Each District is divided into Areas (along LDS Ward boundaries) and each Area is divided into neighborhoods. Neighborhood Leaders report to Area leaders who report to District Leaders.

District Headquarters are located in Payson at:

1. Payson Stake
2. Payson South Stake
3. Payson West Stake
4. Mountain View Stake
5. Mount Nebo Stake
6. St. Andres Catholic Church
7. Hope Baptist Church
8. Payson Bible Church
9. Christian Life Assembly

For addresses of these District Headquarters see page 30.

You can also go to the Ambulance or Fire Station in the event of a major event. They will have emergency communication with the EMS, Fire, Police, and City Utilities.

Fire Station 91 45 East 100 North

Fire Station 92 388 East 100 South

# Section 1

## Understand What Could Happen



**FLOOD**—Floods can occur in Payson City as a result of heavy storms or failure of water storage facilities. Most injuries and death occur from drowning and structure collapse. Major flooding usually results in an evacuation order. Citizen response to impending flood warnings should be immediate and in accordance with directions from Emergency Service personnel.



**EARTHQUAKE**—Payson City is located in a major earthquake Area. The actual movement or shaking of the earth can last from several seconds to over a minute. As frightening as it is, it is seldom the direct cause of injury or death. The ground does not open up and swallow neighborhoods or homes. Most casualties result from falling objects and debris, splintering glass and fires. Although construction and other technical steps can be taken to reduce damage in an earthquake, the most important preparations the citizen can make relate to steps taken AFTER the earthquake is over.



**HAZARDOUS MATERIAL ACCIDENT**—Payson City is immediately adjacent to two major state transportation arteries: Interstate 15 and the Union Pacific Railroad line. Vehicles traveling these arteries often carry potentially environmentally hazardous materials.

Although generally safe, the potential exists for an accident, that could result in an emergency incident. [Citizen response to this type of emergency may result in an evacuation, or shelter in place order.] The best plan is to move away from the emergency scene and listen for other instructions.



**TERRORIST ATTACKS**—Although an extremely unlikely event in Payson City, having an emergency plan can provide you with vital information regardless of where you are.



**HIGH WINDS**—Payson City has experienced high winds over 100 miles per hour. Damage and casualties are usually a result of flying debris and glass, falling trees, and electrocution due to downed power lines. Generally, citizens are safe in their

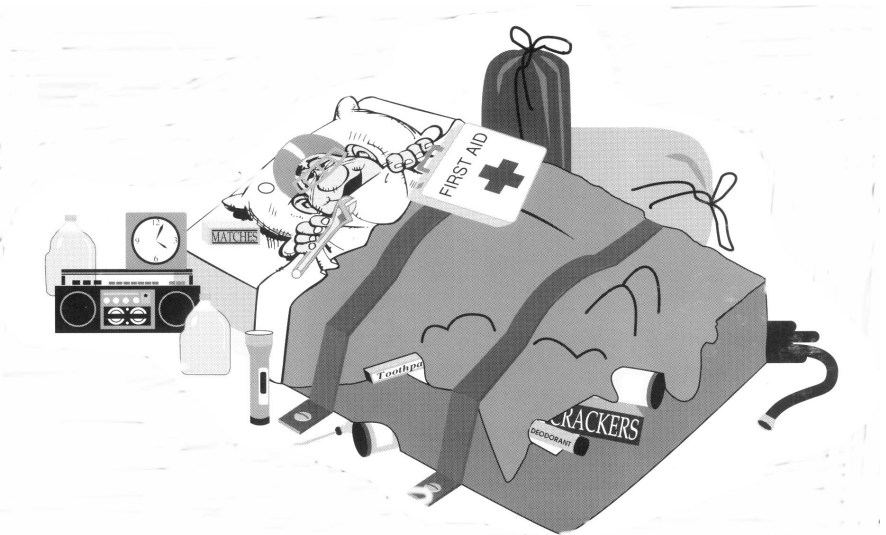
homes or vehicles but high winds can result in interruption of vital services such as electricity, gas, or water.



**OTHER EMERGENCIES**—For various reasons, we may experience situations where public utilities such as gas, water, and power may be interrupted. Depending on the time of year, these interruptions may or may not be considered an emergency situation. Citizen response to these events should include alternative

sources for these utilities and protection from weather conditions, that could make the situation more dangerous.

“OK, I’m ready for anything!”



## Section 2

# Create an Emergency/Disaster Plan

### Meet With Your Family

Discuss the types of disasters and emergencies that are most likely to happen and what to do in each case. Explain the dangers to children and plan to share the responsibilities, working as a team. If you have in-home childcare, include the caregiver in your plan.

### Determine Where to Meet

1. A place right outside your home in case of a sudden emergency, like a fire.
1. A location outside your neighborhood in case you can't return home. Make wallet cards, so everyone will know the address and phone number of the place where you are to meet. For older children, select a "safe house" in areas they frequent — until it is safe to meet.

### Have an "Out-of-Town" Contact

Ask an out-of-town friend or relative to be your contact. After a disaster, it's often easier to call long distance. To reduce the time you spend on the phone, call only one contact and have them inform other family members about your safety. Other family members should call this person and tell them where they are. Everyone must know the contact's phone number and cell phone number, if they have one. Note: If telephones are not working, try e-mail. Sometimes e-mail gets through when calls cannot. Be aware that cell phones are often overloaded during and immediately after an emergency, so it is important to know "land line" phone numbers as well.

### What To Do if an Emergency/Disaster Strikes

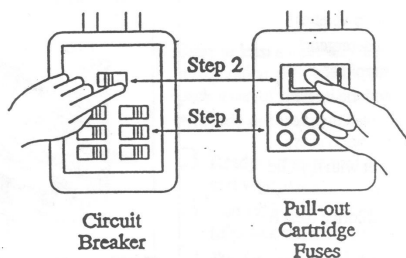
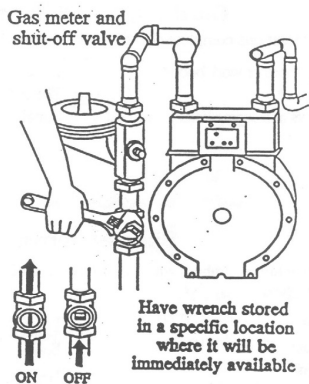
1. If the disaster occurs near you, be prepared to give first aid and get help for seriously injured people. (See section three for first aid helps.)
2. If the emergency occurs while you are at home, check for damage using a flashlight. Do not light matches or candles or turn on electrical switches. **Only call 911 if there is a threat to life or other serious emergency!!!**
3. Check for fires, electrical and other household hazards. Be aware that spilled bleaches, gasoline and other liquids may produce deadly fumes when chemicals mix, or may be a fire hazard. Get advice from emergency personnel on how to clean up spilled liquids, especially if there are noxious fumes.



4. **NATURAL GAS** - Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows and get everyone outside quickly. If there is significant structural damage to your home turn off the gas.

The meter shut-off valve is located next to the meter. Use a wrench to turn the valve a quarter turn in either direction to the “off” position. As soon as practical, notify the gas company or emergency services of the gas leak. **DO NOT** attempt to turn the gas back on!!!

Depending on the severity of the earthquake, damage, and the number of meters that have been turned off, you may have to wait some time for your gas service to be restored, even if there is no damage to the gas pipelines in your area.

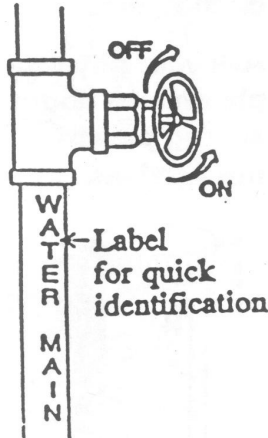


5. **ELECTRICITY** - After the earthquake, inspect your home to ensure it has not been weakened or significantly damaged. If it has, leave the building. If there are downed lines in your neighborhood, **DO NOT TOUCH, STAY AWAY!!!!** If you are in a vehicle trapped by down lines, stay in the vehicle and wait for help.

If you see or hear electrical sparking, **DO NOT TOUCH** or attempt to operate any electrical appliances or switches. Locate the electric meter on the outside of your house. If it is damaged or sparking, **DO NOT TOUCH**.

If possible, locate the electrical service panel inside your home. Open the metal panel on the box and turn the switches to the “off” position or pull out the main fuse. If you are unable to locate the internal service panel, find the outside electrical “meter” box and turn the switch to “off”. Only have qualified city power staff or electricians turn the power back on.

6. **WATER** - Water leaks and breaks, although somewhat harmless, can reduce water pressure needed for fire fighting and normal supply of culinary water if pumping and treatment services are interrupted. If you find water leaks inside your home or in the supply line between your home and meter, the water valves should be turned off and used only as needed.



7. Make plans for your pets if you need to evacuate. Do not leave them outside. If you do not need to evacuate, confine or secure your pets. They may become frightened too, and may run away or bite someone.
8. Check on your neighbors, especially those who are elderly or disabled.
9. Call your family contact - do not use the telephone again unless it is a life-threatening emergency.

## If Children are in School During a Disaster or Emergency

Check the local media for announcements about changes in school openings and closings. Parents can always pick up their children during the school day, but sometimes the safest place might be the school itself. For older children who self-transport, tell them to follow the instructions of authorities.

## Look to Your Neighbors

Working with neighbors can save lives and property. Know your neighbors' skills (i.e., medical, technical) and consider how you can help neighbors with special needs, such as disabled or elderly persons. Make plans for childcare in case parents can't get home.

## Know What to Do:

### In an Evacuation

1. Listen to your battery-powered radio and follow the instructions of local emergency officials.
2. Wear protective clothing and sturdy shoes.
3. Take your Disaster Supplies Kit. This is described in Section 3 below.
4. Listen to your battery-powered radio or car radio and use travel routes specified by local authorities - don't use shortcuts because certain areas may be impassable or dangerous.

If you do not own a vehicle or drive, learn in advance what your community's arrangements are for those without private transportation.

### If told to "Shelter-in-Place"

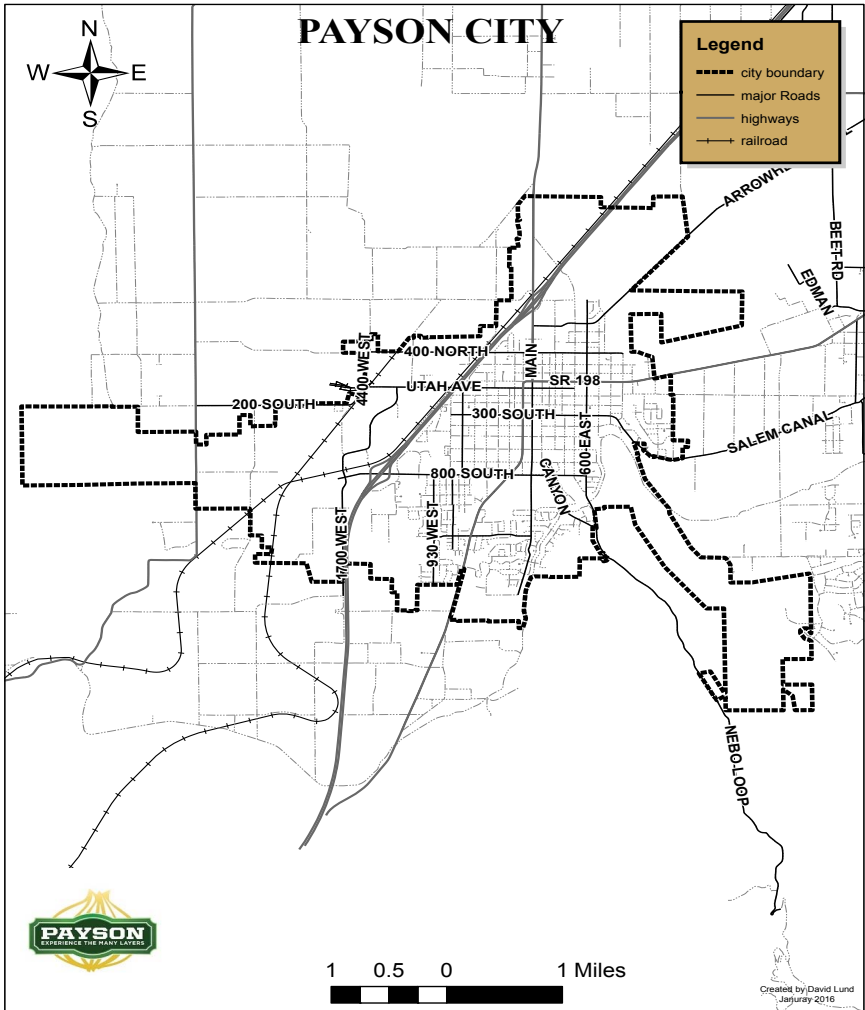
*Local officials may ask residents to shelter-in-place during a chemical or hazardous materials emergency. This means you must remain in your home office and protect yourself there.*

1. Lock all windows and exterior doors and close vents and fireplace dampers. Turn off all fans and heating and air conditioning systems.
2. Get your disaster supplies kit and make sure the battery-powered radio is working.
3. Go to an interior room without windows that is above ground level. Some chemicals are heavier than air and may seep into basements.
4. Using duct tape, seal all cracks around the door and any vents into the room. Include spaces around pipes.

Listen to the radio or television until you are told all is safe or you are told to evacuate.

# Evacuation Procedures

The map below highlights the primary routes to and from Payson City. In the event an evacuation is ordered, Emergency Service officials will direct which areas are to be evacuated and by which routes.



In the event an evacuation is ordered, citizens are generally requested to use one vehicle and avoid trying to evacuate with boats, trailers, and other tow behind equipment. Obey all traffic and speed laws and emergency personnel.

[onlinecitymaps.com/payson\\_ut/map.html](http://onlinecitymaps.com/payson_ut/map.html)

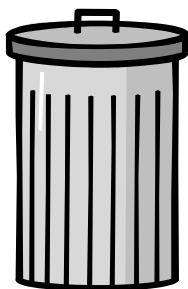
## Section 3

# Emergency “Go Kit” and Supplies

Many, if not most, emergencies or disasters will have significant impact on the availability of essential services such as power, water, and gas. Additionally, supplies of food may be limited for a period of time. For this reason, as part of your plan, you should acquire certain vital supplies to assist you during the emergency. Some of these supplies should be maintained in an EMERGENCY GO KIT which can be taken with you in the event of an evacuation or if your residence becomes uninhabitable.

Your kit can be in a duffel bag, backpack, large plastic tub, unused suitcase, or even a large plastic trash can. Place the kit in a convenient place known to all family members.

Develop a “mini version” for each car and/or trailer. Remember to rotate the water, food and batteries.



### THERE ARE SIX BASICS YOU SHOULD STOCK IN A 72 HOUR “GO KIT” IN THE EVENT OF AN EMERGENCY

- ✓ WATER
- ✓ FOOD
- ✓ FIRST AID SUPPLIES
- ✓ CLOTHING AND BEDDING
- ✓ TOOLS AND EMERGENCY SUPPLIES
- ✓ SPECIAL ITEMS



## WATER

**WHY**—We can survive without food for several days, but only for a short time without water. A two-week supply of water is recommended for your home. A minimum of 72 hours of water should be available in your EMERGENCY GO KIT. Canned juices are equally important.

**HOW MUCH**—Store one gallon of water per person per day, two quarts for drinking, and two quarts for food preparation and sanitation. Very hot weather, nursing mothers and children may require more.

**HOW**—Store water in plastic containers such as soft drink bottles and food grade storage containers. Glass can break and cartons decompose.

**HOW TO PURIFY**—BOIL vigorously for 10 minutes. Add unscented bleach at the following rate: (Payson City tap water does not need bleach added and will last a minimum of 6 months.)

AMOUNT OF WATER	CLEAR WATER	CLOUDY WATER
1 quart	2 drops	4 drops
1 gallon	8 drops	16 drops
5 gallons	½ teaspoon	1 teaspoon

Don't forget that water stored in the hot water tanks, melted ice cubes, and the water in the toilet tank (not bowl) can be used for drinking.



## FOOD

You can collect and store as much food as you want as long as it is kept reasonably fresh by rotating it. However, at least three days of food for each family member should be collected and set aside as part of the EMERGENCY GO KIT.

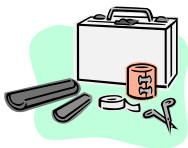
It is important to remember several things about nutrition during an emergency or disaster.

- ✓ Make sure you eat at least one “square meal” a day.
- ✓ Drink adequate amounts of water or juices.
- ✓ Varieties of food may be limited but calorie intake should be ample in order to meet energy needs, especially if engaged in vigorous activity or in cold weather.
- ✓ Always rotate your “disaster” foods from time to time: Date and rotate them to keep them fresh.
- ✓ In choosing your foods, “experiment” with your family to see what foods you will eat and how to prepare them in an emergency situation.

Select foods that require little or no preparation, cooking, or water. If you purchase food that needs to be cooked, remember to include in your EMERGENCY GO KIT a camp type stove. Select foods that are lightweight. Some examples are:

- Ready-to eat canned meats, fish, fruits and vegetables, chili, pork & beans
- Canned juices, milk, soup
- Staples—sugar, salt, pepper, wheat, corn, beans
- High-energy foods—peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Food for infants, elderly persons or persons on special diets
- Comfort/stress foods—cookies, hard candy, sweetened cereals, lollipops, coffee, and cocoa

Don't forget that if your home is not damaged, use the food items in the refrigerator or freezer first. Foods will stay frozen for many hours depending on how often the freezer is opened.



## FIRST AID SUPPLIES

First aid and medical supplies are an essential part of any preparedness plan and EMERGENCY GO KIT. They are not expensive and can be put in a fanny pack, tackle box, or small duffle bag. If you have more than one car consider making a kit for each. Although you or your family may not need medical attention, a neighbor may. A first aid kit should include:

- |   |  |
|---|--|
| <input type="checkbox"/> Sterile adhesive bandages (assorted sizes) | <input type="checkbox"/> Assorted sizes of safety pins |
| <input type="checkbox"/> 2"x2" gauze pads (4-6)                     | <input type="checkbox"/> Cleansing agent/soap          |
| <input type="checkbox"/> 4"x4" gauze pads (4-6)                     | <input type="checkbox"/> Latex gloves (2-4) pair       |

- |  |   |
|--|---|
| <input type="checkbox"/> Medical tape                          | <input type="checkbox"/> Sunscreen                    |
| <input type="checkbox"/> Triangular bandages (3)               | <input type="checkbox"/> 3" roller bandages (3)       |
| <input type="checkbox"/> Scissors                              | <input type="checkbox"/> Hypoallergenic Adhesive Tape |
| <input type="checkbox"/> Antiseptic Soap                       | <input type="checkbox"/> Neosporin                    |
| <input type="checkbox"/> Antiseptic Solution – Iodine Compound | <input type="checkbox"/> Insect Repellent             |

### Non-prescription Drugs

- |   |  |
|---|--|
| <input type="checkbox"/> Aspirin or non-aspirin pain reliever | <input type="checkbox"/> Burn Free   |
| <input type="checkbox"/> Tweezers                             | <input type="checkbox"/> Anti-diarrhea medication  |
| <input type="checkbox"/> Needle                               | <input type="checkbox"/> Antacid (for upset stomach)   |
| <input type="checkbox"/> Moist towellettes                    | <input type="checkbox"/> Syrup of Ipecac (to induce vomiting, if instructed by Poison Control) |
| <input type="checkbox"/> Antiseptic                           | <input type="checkbox"/> Laxative  |
| <input type="checkbox"/> Thermometer                          | <input type="checkbox"/> Activated Charcoal (use if instructed by Poison Control)              |
| <input type="checkbox"/> Tongue depressors                    |  |
| <input type="checkbox"/> Petroleum jelly or other lubricant   |  |

## First aid basics

*Contact your local Red Cross chapter to obtain a basic first aid manual.*

First Aid and CPR classes are routinely available in Payson City. You are strongly encouraged to register for an upcoming class. Call 911 or send someone for help if there is a medical emergency. There are three basics to providing first aid:

- A**irway- If the patient is conscious, talking, or breathing, the airway is assumed to be clear. Do not move the patient unless there is immediate danger of additional injury or harm. If the patient is not breathing, make sure there are no obstructions in the victim's mouth. Reposition the patient on his or her back making sure to keep the head in line with the patient's spine and turn as one unit.
- B**reathing- If, upon repositioning the patient, they do not start to breathe, begin mouth-to-mouth resuscitation.
- C**irculation- Circulation includes the pumping of the heart as well as controlling bleeding. If no pulse is detected, CPR is required. Most bleeding can be controlled by a





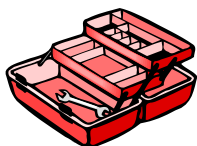
## CLOTHING AND BEDDING

Include at least one complete change of clothes and footwear per person. Small light camping tents may be useful.



- |   |  |
|---|--|
| <input type="checkbox"/> Sturdy shoes or work boots | <input type="checkbox"/> Hat and gloves    |
| <input type="checkbox"/> Wet/Cold gear              | <input type="checkbox"/> Thermal underwear |
| <input type="checkbox"/> Blankets or sleeping bags  | <input type="checkbox"/> Sunglasses        |
| <input type="checkbox"/> Pillows                    |  |

## TOOLS AND EMERGENCY SUPPLIES



Not all of these items are required or can be put in an easy EMERGENCY GO KIT, but they may ease some of the discomforts during an emergency.

- |   |   |
|---|---|
| <input type="checkbox"/> Mess kits, paper cups, plates and utensils | <input type="checkbox"/> Needles, thread                  |
| <input type="checkbox"/> Battery radio and batteries                | <input type="checkbox"/> Wrench to turn off gas and water |
| <input type="checkbox"/> Flashlight and batteries                   | <input type="checkbox"/> Whistle                          |
| <input type="checkbox"/> Cash, traveler's checks, coins             | <input type="checkbox"/> Plastic sheeting                 |
| <input type="checkbox"/> Manual can opener and utility knife        | <input type="checkbox"/> Map of area for locating shelter |
| <input type="checkbox"/> Fire extinguisher                          | <input type="checkbox"/> Tape                             |
| <input type="checkbox"/> Tube tent                                  | <input type="checkbox"/> Soap, liquid detergent           |
| <input type="checkbox"/> Compass                                    | <input type="checkbox"/> Feminine supplies                |
| <input type="checkbox"/> Matches in waterproof container            | <input type="checkbox"/> Personal hygiene items           |
| <input type="checkbox"/> Aluminum foil                              | <input type="checkbox"/> Plastic garbage bags             |

- Plastic storage containers
- Road flares
- Paper and pencil

- Plastic bucket with tight lid
- Disinfectant
- Household bleach

## SPECIAL ITEMS



### FOR BABY

- Formula
- Diapers
- Bottles
- Medications

### FOR ADULTS

- Heart and blood pressure meds
- Insulin
- Other prescription drugs
- Denture needs

- Games and books
- Important family documents
- Wills, insurance policies, deeds, stocks/bonds
- Credit card and bank account numbers, phone numbers
- Passports, Social Security numbers
- Extra eye glasses
- Vitamins
- Contact lens supplies

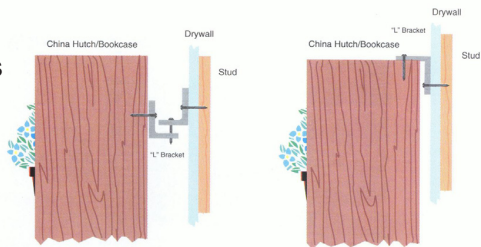
# Section 4

## What To Do Before and During the Emergency

Special attention is directed in this guide to earthquake preparedness. This is because the Payson City area is located in an active earthquake Area. The Wasatch fault runs directly through Payson City and the fault lies on the west side of the mountains that divide Utah County from Sanpete County. Records show earthquakes of 6.0+ on the north end of the Great Salt Lake in 1909 and 1934. Smaller quakes have occurred in Cedar Hills on April 5, 2005 and in Provo on May 5, 2005.

### How to Make Your Home Safer

- Most injuries, deaths and economic loss in an earthquake are due to man-made problems. Included are damage to buildings, homes, roads, bridges, lifelines and businesses. Many of these problems can be avoided. Many of the solutions, which limit loss, are simple and inexpensive. If building a new home or considering retrofitting an existing home for seismic protection, seek help from a professional contractor specializing in seismic construction techniques. In the mean time consider the following suggestions to reduce damage to your property in the event of an earthquake.
- Secure fixtures such as lights, cabinets, bookcases, and top-heavy objects to resist moving, coming loose, or falling during the shaking. Place hard or heavy objects on lower shelves and securely fasten shelves to walls. Special care should be taken to remove objects from above sleeping areas. Do not hang plants in heavy pots that could swing free of hooks.
- Store bottled goods, glass, vases, china, and other breakables in low or closed cabinets and use non-skid padded matting, hold fast putty, or Velcro whenever possible.
- Secure your furniture by using:
  - “L” brackets, corner, brackets or “anodized aluminum molding to attach tall or top-heavy furniture to the wall.
  - Corner brackets or eye bolts to secure items located a short distance from the wall.



- Attach a wooden or metal guardrail on open shelves to keep items from sliding or falling off.
- Fishing line can be used as a less visible means of securing an item (guardrail).



- Check the electrical wiring and connections to gas appliances. Defective electrical wiring, leaking gas or inflexible connections are very dangerous in the event of an earthquake.
- Develop a family plan that addresses what to do if the earthquake occurs while family members are at home, school, or work. This plan should include a possible central meeting location for family members after the earthquake and an out-of-area contact person so other family members can find out information concerning their loved ones in the disaster area. It is usually easier to call out of a disaster area than it is to call into one.
- Hold drills so each member of your family knows what to do in an earthquake.
- Locate master switch and shut-off valves for all utilities and teach all responsible family members how to turn them off.

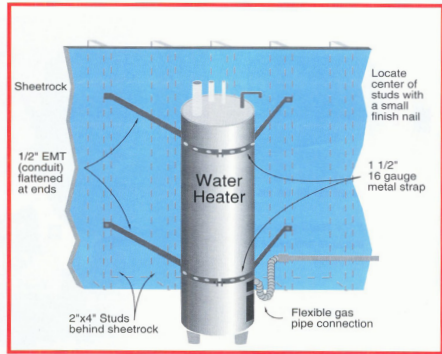
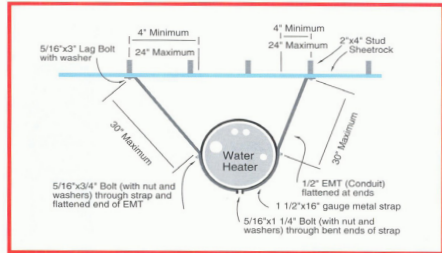
**Secure your water heater by strapping it to the wall or bolting it to the floor. This will help prevent broken gas and water pipes and possible fires.**

**Materials needed:**

- (2) 6' lengths of 1 1/2" 16 gauge pre-drilled strap
- 10' length 1/2" EMT tube (conduit)
- (4) 5/16" x 3" lag bolt with washers
- (4) 5/16" x 3-4" long hex head machine bolts with 4 nuts and 8 washers
- (2) 5/16" x 1 1/4" hex head machine bolt with 1 nut and 2 washers

**Tools needed:**

- Measuring Tape
- Hammer
- Hack Saw
- Crescent Wrench
- Vise or Clamp
- Power Drill
- 3/8" Drill Bit
- 3/16" Drill Bit
- Center Punch



# EARTHQUAKES

## Before an Earthquake

1. Store water and food supply.
2. Organize a 72 hour portable emergency kit.
3. Bolt down or provide strong support for appliances.
4. Consider earthquake insurance.

## During an Earthquake

1. **STAY CALM.** First and foremost, having a plan will help you stay calm.
2. **STAY PUT.** If you are inside, stay inside. If you are outdoors, stay there.
3. **TAKE COVER.** If indoors, take cover under a table, desk, or bench, stand in a supported doorway, or along an inside wall or corner. Stay clear of windows, bookcases, china cabinets, mirrors and fireplaces until the shaking stops. If no protection is available, drop to the floor and cover your head with your hands. Never try to restrain a pet during the shaking.
4. If in the kitchen, turn off the gas stove at the first sign of shaking and quickly take cover.
5. If in a high-rise building, get under a desk or table and stay away from windows and outside walls. Stay in the building on the same floor. Don't be surprised if the electricity goes out or the fire alarm or sprinklers go on. **Do not use the elevators!**
6. If in a crowded public place, do not rush for the doorway since other people are going to have the same idea. Move away from display shelves containing objects that may fall.
7. **IF OUTSIDE** - get into the open away from trees, buildings, walls, and power lines. The greatest danger from falling debris is just outside exterior doorways and close to outer walls. Stay in the open until the shaking stops.
8. **IF IN A CAR**, pull over to the side of the road as quickly as safely possible and stop. Never stop on top of or underneath a bridge or under power lines. Stay in your car until the earthquake is over. When you drive on, watch for hazards created by the earthquake, such as fallen or falling objects, downed electrical lines, or broken or undermined roadways.

## After an Earthquake

1. Check for injuries. Provide first aid.
2. Check for fires; gas, water, sewage, breaks; downed electrical lines; building damage and potential problems during after

- shocks, such as cracks around fireplace and foundation. Turn off interrupted utilities as necessary.
3. Clean up dangerous spills.
  4. Wear shoes and leather gloves.
  5. Tune radio to an emergency station and listen for instructions from public safety agencies.
  6. Use the telephone only for emergencies.
  7. As soon as possible, notify family that you are safe.
  8. Do not use matches or open flames until you are sure there are no gas leaks.
  9. Do not turn switches off and on. Sparks created by the switch contacts can ignite gas fumes.
  10. In public buildings, follow evacuation procedures immediately and return only after the building has been declared safe by the appropriate authorities.

## **FLOODS**

### **Before a Flood**

1. Know the elevation of your property in relation to flood plains, streams, and other waterways. Determine if your property may be flooded.
2. Plan what to do and where to go in case of a flood.
3. Store food, water, and critical medical supplies.
4. Fill your car with gas in case you must evacuate.
5. Move furniture and essential items to higher elevation, if time permits.
6. Have a portable radio and flashlights with extra batteries.
7. Open basement windows to equalize water pressure on foundations and walls.
8. Secure your home.
9. Consider flood insurance.

### **Evacuation**

1. Listen to local radio or TV for weather information. (**KSL Radio 1160 AM or 102.7 FM, or KBYU 89.1 FM**)
2. If asked to evacuate, shut off main power switch, main gas valve, and water valve. Follow local evacuation routes.
3. Do not attempt to drive over a flooded road; it may be washed out. While on the road, watch for possible flooding of bridges, dips, and low areas.
4. Watch out for damaged roads, slides, and fallen wires.



5. Drive slowly in water; use low gear.
6. Abandon your vehicle immediately if it stalls and seek higher ground.
7. Do not attempt to cross a stream on foot where water is above your knees.
8. Register at your designated Evacuation Center and remain there until informed you may leave.

### **After a Flood**

1. Remain away from the evacuated area until public health, fire, and building officials have given approval.
2. Check for structural damage before entering.
3. Make sure electricity is off; watch for electrical wires.
4. Do not use open flame as a light source because of the possibility of escaping gas. Use flashlights. Be aware of dangerous sparks.
5. Do not use food contaminated by flood water.
6. Test drinking water for suitability with test kits.
7. Avoid walking in flood water. Do not let children play in flood water.

## **GAS LEAKS**

### **Emergency Control of Gas**

1. Check house piping, appliances and vents for damage by feeling the gas line for leaks, smelling of gas, or viewing a broken gas line.
2. Check for fires or fire hazards.
3. Do not use matches, lighters or other open flames.
4. Do not operate electrical switches, appliances or battery-operated devices if you suspect natural gas leaks. This could create sparks that could ignite gas from broken lines.
5. **DO NOT SHUT OFF GAS IF THERE ARE NO LEAKS.** If a gas line breakage is suspected, shut off the gas at the meter.
6. Wear heavy shoes in all areas near broken glass or debris. Keep your head and face protected from falling debris.
7. Turn on a battery-operated radio if no gas leaks are found or a car radio to receive disaster instructions.
8. Do not use your telephone except in extreme emergency situations.

# FIRES

## Before a Fire

1. Make sure home is free of unnecessary combustible materials.
2. Do not store flammable liquids inside the home.
3. Do not run wires under carpets or rugs.
4. Do not store matches or lighters where children can get them.
5. Do not leave cooking unattended.
6. If you smoke, do not smoke in bed or in other positions where you may doze. Also, have many large ashtrays in the home.
7. Know avenues of escape. Always have two ways out of every room.
8. **HAVE A PLACE TO MEET** so no one tries to go back into a burning building to look for someone needlessly.
9. Have fire extinguishers near the kitchen and the garage.
10. Have escape ladders for all high windows.
11. Install a smoke detector in every bedroom, in every hallway outside of a bedroom, and at least one on every level of the house. Test the smoke detectors monthly. Change the batteries in the smoke detectors in the fall when you change your clocks.
12. Install a carbon monoxide detector.
13. Plan and practice a family fire drill on the first of each month. A good plan will have a place to meet, two ways out of every room, and escape ladders.

## During a Fire

1. If you are outside, **STAY OUTSIDE**. Do not return for anything. Do not re-enter the building until appropriate authorities have given permission.
2. If you are inside, **GET OUT**. Go to the nearest house or building and call Payson Fire Department by dialing 911. Report the address and type of fire. Listen to and follow instructions. Go to family meeting place.
3. If you are inside and have time, make sure everyone is out.
4. If you are in a closed room or office, do not open the door without first feeling it or the door knob. If it is warm or hot, do not open it, but unlock it to help rescue or fire personnel.
5. If there is smoke, get under the smoke, no matter how low it is, and get out of the building.
6. If you cannot use the door or other means of escape to exit and if there is smoke, use clothes, sheets, etc. to stop the smoke from coming in. Go to the window and yell or blow a whistle.

7. If you are at home and there is a window, stay close to the floor and exit through the window, using the escape ladder if necessary.
8. If you catch on fire, do not run. **STOP** where you are. **DROP** to the ground and cover your face. **ROLL** over and over to smother the flames.
9. If you see someone on fire, use a coat or blanket, etc., but not your bare hands, to smother the flames.
10. Watch to see that **nobody** goes back inside to rescue anything or anyone.
11. Turn off the gas and electricity, if possible, from outside of the house.
12. In a public building, know two ways out. If you hear a fire alarm, immediately exit the building regardless of what you are doing. Follow established evacuations instructions.

## **WINTER STORMS**

### **Before a Storm**

1. Arrange for emergency heat supply in case of power failure.
2. Prepare auto, battery-powered equipment, food, heating fuel and other supplies.
3. Prepare a winter survival kit. Include the following items in your car kit: blankets or sleeping bags, flares, high energy foods (candy, nuts, raisins), first aid kit, flashlights, extra clothing, knives, compass, candles and matches, maps, jumper cable, tow chain, shovel, windshield scraper, sack of sand, and paper and pen to leave a note in case you evacuate your car.
4. Your car will help you keep warm, visible and alive if you get trapped in a winter storm. A lighted candle will help keep you from freezing, but remember to have a window open slightly for ventilation.
5. Keep car fuel above half full.

### **During a Storm**

1. Dress warmly. Wear multiple layers of protective, loose-fitting clothing, scarves, mittens and hoods. Cover your mouth and nose to protect lungs from extremely cold air.
2. Avoid travel. If you get stranded, stay in your vehicle and keep it ventilated. Bundle up, light a candle for warmth, occasionally change positions and **DON'T PANIC**.
3. Avoid overexertion. Heart attacks are a major cause of death

during and after winter storms. Shoveling snow or freeing stuck vehicles can be extremely hard work. DON'T OVERDO IT.

4. Beware of the chill factor if winds are present.
5. Be prepared for isolation at home. Make sure you can survive for a week or two in case a storm isolates you and makes it impossible for you to leave.

## **HOME ELECTRICAL CIRCUITS**

1. Familiarize yourself and your family with the location of the electrical breaker panel.
2. Turn off breakers for areas of concern.
3. If in doubt, shut off main breaker, which could be inside or outside your home.
4. In cases of basement flooding
  - a. Think before stepping in any water
  - b. A shock hazard may exist even in an inch of water if an extension cord connection is on the floor.
  - c. If the electrical panel is upstairs, shut off all circuits.
  - d. If the electrical panel is in the basement, determine whether it can be reached on dry ground. If not, refer to next step.
5. Check your house electrical meter. If it is on your home, there may be a main disconnect switch (breaker) next to it. If the meter is on an underground service, it may be in front of your home; but there should be a main breaker where the line enters the homes. SHUT IT OFF.

## **THUNDERSTORMS AND LIGHTNING**

### **Protect Yourself**

1. Get inside a home or large building when a storm approaches. Stay indoors and don't venture outside unless absolutely necessary.
2. Stay away from open doors, windows, fireplaces, radiators, stoves, metal pipes, sinks and appliances.
3. Do not use plug-in electrical equipment – hair dryers, electric blankets or razors – during the storm.
4. Use telephone for emergencies only. Lightning may strike the telephone lines outside.
5. If you are outside, with no time to reach a safe building or vehicle, follow these rules:
  - a. Do not stand under a natural lightning rod such as a tall, isolated tree in an open area.

- b. Stay close to the ground.
- c. Get out of the water and off small boats.
- d. Get away from tractors and other metal farm equipment.
- e. Stay away from wire fences, clothes lines, metal pipes, rails, exposed sheds or anything that is high and could conduct electricity. Some of these items could carry electricity to you from some distance away.
- f. Don't use metal objects: fishing rods, golf clubs, cleats, etc.
- g. Stay in your vehicle if you are traveling.
- h. Get off and away from motorcycles, scooters, golf carts and bicycles.
- i. If buildings are not available, seek protection in a cave, ditch, canyon, or under head-high clumps of trees.
- j. If only isolated trees are nearby, your best protection is to crouch in the open, keeping twice as far away from isolated trees as the trees are high.
- k. When you feel an electrical charge – if your hair stands on end or your skin tingles – immediately drop to the ground.

## **HIGH WINDS**

### **Before High Winds**

1. Survey your property. Take note of materials stored, placed or used which could become missiles and destroy other structures or be destroyed. Devise methods of securing these items where they will still be accessible for day-to-day needs.
2. Keep radio and/or TV on and monitor for wind advisories.
3. If possible, board up, tape or shutter all windows, but leave some ventilation.
4. Store water in case water service is interrupted.
5. Have a supply of flashlights, spare batteries, candles, first aid equipment, medicines, etc., available for use.
6. Secure outdoor furniture, trash cans, tools, etc.

### **During High Winds**

1. Take shelter in hallways and closets: avoid windows.
2. Stay out of areas where flying objects may hit you or destroy your place of refuge.

### **After Winds Subside**

1. Inspect for structural damage.
2. Check all utilities for damage and proper operation.
3. Monitor radio and TV for instruction from local leaders.

## **POWER OUTAGES**

### **Before Power Outage**

1. Learn location of fuse box or circuit breaker.
2. Store candles, flashlights and extra batteries near bed.
3. Have food and water supplies on hand.
4. Know the locations of all camping equipment: stove, lantern, sleeping bags. Make sure equipment is operational and that you know how to use it. Use camping equipment requiring gasoline, propane, white fuel, Coleman fuel or charcoal briquettes only outside.
5. Keep refrigerator well defrosted.

### **During the Power Outage**

1. Unplug all your appliances. The surge of power that comes when power is restored could ruin appliances.
2. Turn off all but one light switch.
3. Open refrigerator door only to take food out, close as quickly as possible. Place dry ice in a cardboard box and then on top of food.
4. Use camping equipment outside, six feet away from everything. Use only a fireplace, properly installed wood stove or a new-style kerosene heater in a safe area with fresh outside air coming into area.
5. Report any downed lines.
6. Do not allow children to carry lanterns, candles or fuel.

### **After the Power Outage**

1. When power is restored, plug in appliances one by one, waiting a few minutes between each one. This will prevent overloading the system.
2. Be patient. Energy may be first restored to police and fire departments and hospitals.
3. Examine your frozen food. If it still contains ice crystals, it may be refrozen. If meat is off-color or has an odd odor, throw it away.

## **Section 5**

### **Additional Resources**

#### **POISON CONTROL**

##### **Before a poisoning**

1. Place Poison Control number 1-800-222-1222 near the phone.
2. Do not leave children alone or unattended.
3. Be aware of all potential hazards in your home.
4. Teach children to ask before putting anything in mouth.
5. Never call medicine “candy”.
6. Keep a bottle of ipecac and activated charcoal on hand.

##### **After a Poisoning**

1. Stay Calm.
2. Call the Poison Control Center at 1-800-222-1222 or 911.

##### **Inhaled Poisoning**

Immediately get the victim to fresh air. Avoid breathing fumes. Open doors and windows wide-open. If victim is not breathing, start CPR.

##### **Poison on the Skin**

Remove contaminated clothing. Call Poison Control Center and then flood skin with water for ten minutes. Then wash skin gently with soap and water and rinse.

##### **Poison in the Eye**

Flood eye with lukewarm (not hot) water poured from a large glass two or three inches from the eye. Repeat process for 15 minutes. Have victim blink as much as possible while flooding the eye. Do not force the eyelid open.

##### **Swallowed Poison**

Unless victim is unconscious, having convulsions, or cannot swallow; give milk or water immediately. Then call Poison Control Center to see if you should induce vomiting.

## WHERE TO GO FOR HELP AND INFORMATION

**911** Only use 911 in life threatening emergencies such as injuries and fires.

**RADIO** Listen to the following radio stations for emergency updates:

**KSL** 1160 AM or 102.7 FM

**KBYU** 89.1FM for emergency information (KBYU is designated for Utah County).

**NOAA** National Oceanic and Atmosphere Administration  
– All Hazards Information

**LOCAL** **Payson City Emergency Services Joint Information Center** public information line. (Activated only during an emergency.) 465-5200  
**Payson City Web Site** [www.paysonutah.org](http://www.paysonutah.org)

## SCHOOLS

**Payson High School**  
1050 South Main Street  
465-6025

**Parkview Elementary**  
360 South 100 East  
465-6010

**Payson Jr. High**  
1025 South State Road 198  
465-6015

**Barnett Elementary**  
33 East 400 North  
465-6000

**Mt. Nebo Jr. High**  
18 South 500 East  
734-4880 or 465-6040

**Wilson Elementary**  
590 West 500 South  
465-6060

**Taylor Elementary**  
92 South 500 West  
465-6050

**Spring Lake Elementary**  
1750 South 500 West  
465-6070



# CHURCHES

## The Church of Jesus Christ of Latter-day Saints

### Payson Utah LDS Stake

650 West 800 South  
801-465-2544

Park Ward	801-465-4273
Payson 2nd Ward	801-465-2159
Payson 3rd Ward	801-465-2443
Payson 14th Ward	801-465-2314
Payson 15th Ward	801-465-2315
Payson 16th Ward	801-465-4206
Payson 17th Ward	801-465-4248
Payson 18th Ward	801-465-4613
Payson 19th Ward	801-465-3207

### Payson Utah Mt Nebo Stake

608 West 1400 South  
801-465-0689

Brookside 1st Ward	801-465-3020
Brookside 2nd Ward	801-465-9537
Hillman Field 3rd	801-465-1101
Maples Ward	801-465-3405
Payson 9th Ward	801-465-7990
Payson 20th Ward	801-465-3473
Spring Creek Ward	801-465-4402
Spring Lake 1st Ward	801-465-1656
Spring Lake 3rd Ward	801-465-0797

### Payson South LDS Stake

711 South 600 East  
801-465-4926

Greenridge Ward	801-465-2486
Highline Ward	801-465-2946
Maple Dell Ward	801-465-4364
Page Ward	801-465-8746

Payson 5th Ward	801-465-3936
Spring Lake 4th Ward	801-465-2484
Spring Lake 5th Ward	801-465-3251

### **Payson Utah West LDS Stake**

730 West 500 South  
801-465-4924

Payson 6th Ward	801-465-3066
Payson 8th Ward	801-465-3161
Payson 10th Ward	801-465-3758
Payson 11th Ward	801-465-2226
West Mt. 1st Ward	801-465-3385
West Mt. 2nd Ward	801-465-1925
West Mt. 3rd Ward	801-465-3799
West Mt. 4th Ward	801-465-9805

### **Payson Utah Mountain View Stake**

75 South 600 East  
801-465-9008

Mt. View 1st Ward	801-465-9789
Mt. View 2nd Ward	801-465-9684
Mt. View 7th Ward	801-465-8458
Mt. View 8th Ward	801-465-9913
Mt. View 9th Ward	801-465-7855
Mt. View 11th (Spanish) Ward	801-465-9914
Mt. View 12th (Care Center) Branch	
Payson 1st Ward	801-465-0935

### **Payson Bible Church**

1612 South SR 198

801-465-3541

### **San Andres Catholic Church**

315 East 100 North

801-465-4782

385-645-4220

### **Hope Baptist Church**

160 South Main Street

801-465-1105

801-380-6723

### **Christian Life Assembly of God**

1498 South 1700 West

801-465-3838

970-216-7022

# MEDICAL, HEALTH, NURSING FACILITIES

## HOSPITALS

### **Mountain View Hospital**

1000 East 100 North  
Payson, Utah 84651  
801-465-9201

### **Utah Valley Regional Medical Center**

1034 North 500 West  
801-357-7850  
Provo, UT 84604

## URGENT CARE CLINIC

### **Intermountain Payson Insta Care**

854 Turf Farm Road, Unit 1  
801-465-6250

## NURSING AND REHABILITATION CENTERS

### **Medallion Supported Living**

2192 West State Road  
801-465-8414

### **Country Lane of Payson**

153 South 900 East  
801-465-1490

### **Beehive Homes**

661 East 700 South  
801-465-8145

### **Parkway Health Center**

55 South Professional Way  
801-465-9211

### **Central Utah Veterans Home**

1551 North Main Street  
801-465-5410

# COMMUNITY HEALTH

**Utah County Health Department**  
151 South University Ave, Provo  
801-851-7000

## PHARMACIES

**Payson Market**  
586 North Main Street  
801-465-2324

**Mountain View Family Pharmacy**  
1172 East State Road  
801-465-4322 or 801-465-4403

**Smith's Food and Drug**  
632 South 100 West  
801-465-2591

**Payson RX Express**  
869 South Turf Farm Road  
801-609-2300

**Wal-Mart Pharmacy**  
1052 South Turf Farm Road  
801-465-8726

**Walgreens**  
132 North Main  
801-465-0125

# Community Emergency Response Team (CERT)

CERT program is designed to educate citizens to be able to help themselves and their neighbors during an emergency, especially during the first 72 hours following a disaster when damaged roads, disrupted communications, high call volume, etc., may restrict access by Professional Emergency Response Teams. The purpose of CERT is to provide private citizens with the basic skill that they will need to handle virtually all of their own needs and then to respond to their communities needs in the aftermath of a disaster.

## CERT Course

The course consists of 21 hours of training, one night a week for seven weeks. Classes are taught by trained emergency personnel, including firefighters and EMT's.

The course agenda is as follows:

The CERT training for community groups is usually delivered in 2 1/2 hour sessions, one evening a week over a 7 week period. The training consists of the following:

- Week 1      DISASTER PREPAREDNESS** - Introduction to disasters, impact of disasters on infrastructures, hazards posed by buildings and nonstructural items, the role of CERT's in disaster response.
- Week 2      DISASTER FIRE SUPPRESSION** – Identify and reducing potential fire hazards, basic fire suppression strategy, firefighting resources, firefighting techniques.
- Week 3      DISASTER MEDICAL OPERATIONS, PART I** – Treatment strategies for life threatening conditions and principles of triage.
- Week 4      DISASTER MEDICAL OPERATIONS, PART II** – Head to toe assessment for head wounds, treatment for fractures, sprains, burns, and other injuries.
- Week 5      LIGHT SEARCH AND RESCUE OPERATIONS** – Search and rescue priorities and resources, techniques for size-up and search, lifting, cribbing and removing victims, rescuer safety.

**Week 6**      **DISASTER PSYCHOLOGY AND TEAM ORGANIZATION** – The post disaster emotional environment, the Incident Command System, CERT strategies, tactics, and documentation.

**Week 7**      **COURSE REVIEW AND DISASTER SIMULATION EXERCISE**

### **How Do I Get Involved?**

Contact Payson Fire & Rescue at 801-465-5252 to register for the next class

# SOURCES OF PREPAREDNESS INFORMATION AND HELP



**Payson City Corporation**  
465-5200 or [www.Paysonutah.org](http://www.Paysonutah.org)



**Utah State Division of Emergency Services and Homeland Security**  
1-800-753-2858 or [www.des.ut.gov](http://www.des.ut.gov)



**American Red Cross**  
1-801-627-0000 or  
[www.redcross.org](http://www.redcross.org)



**Federal Emergency Management Administration**  
1-202-566-1600 or [www.fema.gov](http://www.fema.gov)



[www.utah.gov/beready](http://www.utah.gov/beready)



# Start Now!!!

Meet with your family today and discuss why you need a preparedness plan. Explain the dangers of fire, flood, wind, and earthquakes to children. Review your existing plan and supplies or start working on your plan and collecting supplies as soon as possible.

Practice your plan by discussing the two places your family will meet in an emergency. Practice the emergency escape routes from your home. Teach the older children about utility shut-off locations. Make sure all family members know the location of emergency supplies such as the first aid kit and the Emergency Go Kit. Consider enrolling your family in a Red Cross first aid class or CPR class. Contact Payson City Fire Department to enroll in a CERT (Citizens Emergency Response Team) course.

If you have any questions, comments, or would like more information, contact Chief Scott Spencer (Payson Fire & Rescue) at 801-465-5252. See Payson Fire & Rescue web site for additional information.

<https://www.paysonutah.org/fire>

Use the following checklist every six months:

- Check and rotate emergency food supplies and “Go Kit”, if needed
- Check and rotate emergency water supplies
- Check and recharge fire extinguishers if necessary
- Check and replace smoke and carbon monoxide detectors
- Replace batteries in emergency radios and lights
- Review emergency plan with family

## PLAN—PREPARE—PRACTICE—SURVIVE

### FUNDING

Funding for this project came from the following federal/state homeland security and pre-mitigation grant funding sources:

Pre Disaster Mitigation Grant  
PDM-2003-DES-CITY-1  
Citizen Corps Council Grant  
Supplemental-2002-Citizencorps-1

### ACKNOWLEDGEMENTS:

Virginia Department of Emergency Services  
Weber County Department of Emergency Services  
Utah Department of Emergency Services and Homeland Security  
Federal Emergency Management Agency  
American Red Cross

## 72 Hour Emergency Kits:

**Food and Water** (A three day supply of food and water, per person, when no refrigeration or cooking is available)

- Protein/Granola Bars
- Trail Mix/Dried Fruit
- Crackers/Cereals (for munching)
- Canned Tuna, Beans, Turkey, Beef, Vienna Sausages, etc (“pop-top” cans that open without a can-opener (make sure to include a can opener)
- Canned Juice
- Candy/Gum
- Water (1 Gallon/4 Liters Per Person) **One gallon of water per person per day.**

This means at least three gallons of water per person. Or a filtering device to provide safe water for you to drink

### Bedding and Clothing

- Change of Clothing (short and long sleeved shirts, pants, jackets, socks, etc.)
- Undergarments
- Rain Coat/Poncho
- Blankets and Emergency Heat Blanks (that keep in warmth)
- Cloth Sheet
- Plastic Sheet

### Fuel and Light

- Battery Lighting (Flashlights, Lamps, etc.) Don't forget batteries!
- Extra Batteries
- Flares
- Candles
- Lighter
- Water-Proof Matches

### Equipment

- Dishes/Utensils
- Shovel
- Radio with batteries!
- Pen and Paper
- Axe
- Pocket Knife
- Rope
- Can Opener

### Personal Supplies and Medication

- First Aid Supplies
- Toiletries (roll of toilet paper- remove the center tube to easily flatten into a zip-lock bag, feminine hygiene, folding brush, etc.)
- Cleaning Supplies i.e. mini hand sanitizer, soap, shampoo, dish soap, etc.
- Immunizations Up-to Date
- Medication: Acetaminophen, Ibuprofen, children's medication etc.

Prescription Medication (for 3 days)

**Personal Documents and Money** (Place these items in a water-proof container!)

Legal Documents (Birth/Marriage Certificates, Wills, Passports, Contracts, etc)

Vaccination Papers

Insurance Policies

Cash

Credit Card

Pre-Paid Phone Cards

Personal comfort items like books, games, personal electronics, etc.

**Miscellaneous**

Bag(s) to put 72 Hour Kit items in (such as duffel bags or back **packs**, which work great) make sure you can lift/carry it!

Infant Needs (if applicable)

Special Needs



**IMPORTANT NOTE:**

1. Update your 72 Hour Kit every six months (put a note in your calendar/planner) to make sure that: all food, water, and medication is fresh and has not expired; clothing fits; personal documents and credit cards are up to date; and batteries are charged.
2. Small toys/games are important too as they will provide some comfort and entertainment during a stressful time.
3. Older children can be responsible for their own pack of items/clothes too.
4. You can include any other items in your 72 Hour Kit that you feel are necessary for your family's survival.

## Department Superintendents

Ambulance	Scott Spencer	801-465-5252
Cemetery	Mark Hyland	801-465-5260
Electrical	Ron Crump	801-465-5274
Engineering	Travis Jockumsen	801-465-5235
Fire	Scott Spencer	801-465-5252
Facilities	Steve Spencer	801-465-5216
Parks	Tracy Zobell	801-465-5260
Police	Brad Bishop	801-465-5240
Sewer	Jeff Hiatt	801-465-5277
Solid Waste	Kent Fowden	801-465-5230
Streets	Kent Fowden	801-465-5230
Water	Brent Arns	801-465-5278

[www.paysonutah.org](http://www.paysonutah.org)

See us on Facebook : Payson City, Payson Fire & Rescue, Payson Police  
Twitter : @paysonutah, @paysonfire

Online city maps and utility locations:  
[onlinecitymaps.com/payson\\_ut/map.html](http://onlinecitymaps.com/payson_ut/map.html)

**SIGN UP FOR OUR CITIZEN EMERGENCY NOTIFICATION SYSTEM**  
[alerts.utahcounty.gov](http://alerts.utahcounty.gov)  
*click on citizen notification*

# Notes

# Notes

# Notes

# EMERGENCY PHONE NUMBERS

<b>LIFE OR DEATH SITUATIONS</b> .....	<b>911</b>
Fire Administration.....	801-465-5252
Payson Fire Station 91 .....	801-465-5250
Payson Fire Station 92 .....	801-465-5245
Payson Police .....	801-465-5240
After hours Ambulance, Fire, and Police .....	801-794-3970
Poison Control .....	1-800-222-1222

## Public Utilities

Payson City after hours number .....	801-465-5270
Dominion Energy .....	801-853-7400
24 hour Emergency Calls .....	1-800-767-1689

## Other Important Numbers

Mountain View Hospital .....	801-465-7000
Statewide Road Conditions .....	1-800-492-2400
Your Family Doctor .....	_____
Your Family Emergency Contact .....	_____

## Mayor

Bill Wright                      801-465-5218                      [comments@payson.org](mailto:comments@payson.org)

## Council

Linda Carter	801-465-5209
Brett Christensen	801-465-5209
Brian Hulet	801-465-5209
Teresa Hiatt	801-465-5209
Doug Welton	801-465-5209

## City Manager

Dave Tuckett                      801-465-5209