WASATCH COUNTY

25 NORTH MAIN
HEBER CITY, UT 84032

PERSONAL EMERGENCY PREPAREDNESS BOOKLET

Information compiled by
Wasatch County
Emergency Management

1361 South Hwy 40
Heber City, UT 84032
(435)654-1098

Version - November 2016

Wasatch County Emergency Management Director's Message

THE OPPORTUNITY TO PREPARE IS NOW.

We encourage every citizen of Wasatch County as individuals, families, neighborhoods, and businesses to prepare for emergencies that may put you, your loved ones, and patrons at risk. This personal emergency preparedness booklet provides suggestions to help you prepare for an emergency. Deliberate preparation will allow you to successfully protect yourself, your family, and neighbors.

In an emergency, city and county emergency responders will be unable to meet the needs of every individual. Therefore, emergency preparedness is everyone's responsibility.

Wasatch County Emergency Management

This booklet was first published in 1994 and is updated every two years.

Wasatch County Emergency Manager 435-654-1098
jhales@wasatch.utah.gov.

If you have any comments or questions, please feel free to contact Wasatch County Emergency Management

Information provided in this booklet is accessible through the websites listed throughout this booklet or at the Wasatch County Emergency Management Department @ 1361 South Hwy 40, Heber City, Utah.
We encourage everyone to visit the websites for additional information and/or personalize your plans.

Project support by Wasatch County Emergency Management with HMEP Planning Grant HM-HMP-0428-14-01-00 through the Utah Department of Public Safety, Division of Emergency Management and by Hospital Preparedness Program Grant CFDA #93.889 U.S. Department of Health and Human Services (HHS), Office of the Assistant Secretary for Preparedness and Response (ASPR) through a partnership agreement between Utah Department of Health HPP, Utah County Health Department, Wasatch County Health Department and the Healthcare Preparedness Coalition of Utah/Wasatch Counties.

Wasatch County Council
And Wasatch County Manager's Message

The contents of this booklet serve as a suggestion reference guide to minimize and prevent social disturbances associated with criminal and natural disasters. By incorporating the suggested principles outlined herein, we will collectively reduce and even forestall unnecessary hazards and disaster in our community.

Although this information is believed to be generally applicable to our residents, Wasatch County makes no guarantee that the information contained herein is correct or applicable to any individual person. Citizens are encouraged to become familiar with the information and procedures which may be applicable to their situation. When needed, the information and advice in this booklet will give us greater confidence, security, and peace of mind. Wisdom declares that "if we are prepared, we shall not fear."

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Michael K. Davis, County Manager

For more preparedness information, visit http://www.ready.gov or http://www.bereadyutah.gov.

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This booklet is designed to give suggestions to help you prepare for an emergency.

COUNTYWIDE EMERGENCY RESPONSE NETWORK

In a county wide emergency, citizens are divided into sectors. Each sector is divided into zones and each zone is divided into neighborhoods. Neighborhood leaders report to zone leaders who report to sector leaders. It is up to you and your neighbors to decide who shall be your leaders. See The "Block Captains" guide book at www.wasatch.utah.gov.

Red Cross Certified Evacuation facilities in Wasatch County

Government Buildings (MAIN EVACUATION FACILITIES)

Wasatch County Public Works Department	1891 West 3000 South, Daniel
Midway City Town Square	75 North 100 West, Midway
Wasatch County Event Center	415 South 1200 West, Heber
Wasatch County Recreation Center	325 West 600 South, Heber

Schools (ALTERNATE EVACUATION FACILITIES)

930 South 500 East, Heber	175 East 800 South, Heber

(Elementary Schools not used for evacuation facilities unless no other facility is available)

800 West School House Way, Heber	650 South 600 West, Heber
195 East 600 North, Heber	225 South 100 East, Midway
1600 East 980 South, Heber	

LDS Stake Centers (All LDS Church Bldgs have Red Cross agreements).

150 North 200 West, Heber	2395 South Mill Road, Heber
165 North Center, Midway	550 East 500 North, Heber

LDS Ward Houses

3423 South 3500 West, Charleston	715 East 600 South, Heber
325 East 500 North, Heber	240 East 400 South, Heber
176 West 500 South, Heber	1365 East Center, Heber
200 South 250 East, Midway	165 North Center, Midway
494 West Main Canyon Road, Wallsburg	1205 West 650 South, Heber
6250 East 1200 South, Lake Creek	1751 East 980 South, Heber
	1102 South Center, Midway

Other Religious Buildings (no Red Cross agreements with these facilities).

Independent Baptist Church	1811 South Hwy 40, Heber
Heber Valley Baptist Church	1400 North Hwy 40, Heber
Saint Lawrence Catholic Church	1 West Center, Heber

Shelter in place if possible. If you are instructed to evacuate, follow the evacuation route and go to the facility you are instructed to by emergency personnel.

PERSONAL EMERGENCY PLANNING

BE INFORMED

Wasatch County's Emergency Notification System
Register for this free valuable service at
http://www.wasatch.utah.gov/
EmergencyNotification

Receive emergency and community alert specific to your area on your:

- Multiple Landline Phones
- Multiple Mobile Phones
- Multiple Email Addresses
- Text

Wasatch County will be able to alert residents about fires, floods, toxic environmental issues, evacuations and other emergencies using technologies provided by Everbridge.

Alert messages can be sent to residents on almost any communication path desired cell phone, home phone, email, text messaging, and more – ensuring that residents and County staff receive life-saving emergency information and important public service announcements in minutes.

If you have already registered, please login
and verify your contact
information is up-to-date.

STAY INFORMED

GET INVOLVED

WASATCH COUNTY CITIZENS COPRS COUNCIL (W4C) is as VOLUNTEER ORGANIZATION that focuses on public education, training, and volunteer opportunities to engage all citizens in making our communities safer, stronger, and better prepared for preventing, preparing for, responding to, and recovering from emergencies and disasters of all types, including natural and technological disasters and acts of terrorism.

The **Wasatch County Medical Reserve Corps (WCMRC)** is a group of medical professional volunteers and other volunteers who may supplement the local public health department, healthcare systems, and emergency medical service when they may become overwhelmed during an emergency.

WCMRC volunteers are pre-identified, pre-credentialed, pre-trained, and prepared to respond so valuable time isn't wasted when their help is needed most.

For further information or if you are interested in joining, please visit our website at http://www.wasatchcountyhd.org/Programs/EmergencyServices/MedicalReserveCorps.aspx or contact the WCMRC administrator at 435-657-3262.

Help yourselves, family, neighbors, and community by getting CERT educated with basic survival skills. CERT members are trained in basic life saving skills such as: fire suppression, first aid, light search and rescue, communications, incident command, and disaster recovery.

CERT training courses are held twice per year, in the spring and fall.

Contact Lt Jason Bradley @ 435-657-7913 to signup for the next training series.

LIKE US ON FACEBOOK

FOLLOW US ON TWITTER

CONTACT WASATCH COUNTY EMERGENCY MANAGEMENT FOR INFORMATION REGARDING ADDITIONAL VOLUNTEER OPPORTUNITIES @ 435-657-3280.

Amateur Radio Emergency Service® (ARES)

The Amateur Radio Emergency Service® (ARES) consists of licensed amateurs who have voluntarily registered their qualifications and equipment, with their local ARES leadership, for communications duty in the public service when disaster strikes.

ARES Membership Requirements Every licensed amateur, regardless of membership in ARRL or any other local or national organization is eligible to apply for membership in ARES. Training may be required or desired to participate fully in ARES. Please inquire at the local level for specific information. Because ARES is an Amateur Radio program, only licensed radio amateurs are eligible for membership. The possession of emergency-powered equipment is desirable, but is not a requirement for membership.

How to Get Involved in ARES Fill out the **ARES Registration form** available at http://www.arrl.org/files/file/Public%20Service/fsd98.pdf and submit it to your local Emergency Coordinator Doug Thompson @ (801)805-4842 or w1dug@xmission.com.

The VIPS Program provides support and resources for agencies interested in developing or enhancing a volunteer program and for citizens who wish to volunteer their time and skills with a law enforcement agency. The program's ultimate goal is to enhance the capacity of state and local law enforcement to utilize volunteers. The International Association of Chiefs of Police (IACP) manages the VIPS Program in partnership with the Bureau of Justice Assistance (BJA), Office of Justice Programs, U.S. Department of Justice.

Learn more by visiting the **Volunteers in Police Service** homep-

A Neighborhood Watch or USA on Watch program is a group of people living in the same area who want to make their neighborhood safer by working together and in conjunction with local law enforcement to reduce crime and improve their quality of life. Neighborhood Watch (NW) groups have regular meetings to plan how they will accomplish their specific goals and assign responsibilities to group members. Neighborhood Watch is homeland security at the most local level. It is an opportunity to volunteer and work towards increasing the safety and security of our homes and our homeland.

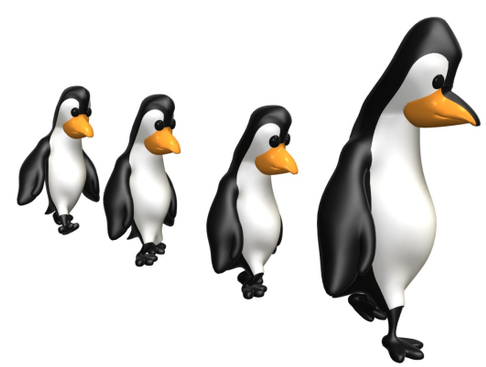
CREATE A PLAN

Planning for an emergency in advance can minimize fear and stress. The following activities can help you and your family prepare for an emergency.

- ☐ Stock up on supplies for an emergency.
- ☐ Make a list for every member of your family of the following items:
  - Current medical problems.
  - Drugs that you take (how much and how often).
  - Allergies (especially to drugs).
- ☐ Meet with your family to discuss possible emergencies and how you will respond.
- ☐ Draw a floor plan of your home and mark two escape routes from each room.
- ☐ Post emergency telephone numbers near telephones.
- ☐ Conduct a home hazard hunt and look for items that may cause injury or have been damaged in an earthquake.
- ☐ Learn how to turn off water, gas, and electricity main switches (adults only).
- ☐ Choose one local and one out-of-state relative or friend for family members to call if separated by an emergency. All family members should know who the contacts are, their phone numbers and how to call them. These contacts can help family members know where the others are and how to reach them.
- ☐ Choose two meeting places to reunite after an emergency. One should be near your home and the other should be outside your neighborhood in case you cannot return home after the emergency.

Practice

- ❑ Practice drills for each potential emergency, physically going through the movements.
- ❑ Locate and map the water, gas and electricity to main switches.
- ❑ **DO NOT** practice turning off gas lines as they need to be turned back on by a professional, which may take awhile.



FIRST AID KIT

- ❑ Sterile Adhesive Bandages In Assorted Sizes
- ❑ 2-Inch Sterile Gauze Pads (4-6)
- ❑ 4-Inch Sterile Gauze Pads (4-6)
- ❑ Hypo-Allergenic Adhesive Tape
- ❑ 40" Triangular Bandages (3-Rolls)
- ❑ 2-Inch Sterile Roller Bandages (3-Rolls)
- ❑ 3-Inch Sterile Roller Bandages (3-Rolls)
- ❑ Scissors And Tweezers
- ❑ Epi Pen (If Allergic To Bee Stings)
- ❑ Sewing Needles
- ❑ Moistened Towelette
- ❑ Antiseptic Soap
- ❑ Antiseptic Solution - Iodine Compounds
- ❑ Neosporin or generic equivalent
- ❑ Thermometer
- ❑ Tongue Depressors (2)
- ❑ Tube Of Petroleum Jelly (Vaseline Or Lubricant)
- ❑ Safety Pins In Assorted Sizes
- ❑ Cleaning Agent/Soap
- ❑ Latex Gloves (2 Pairs)
- ❑ Sunscreen
- ❑ Insect Repellent
- ❑ Caladryl or generic equivalent
- ❑ First Aid Manual
- ❑ Aspirin Or Other Pain Reliever
- ❑ Anti-Diarrhea Medication
- ❑ Antacid (Upset Stomach)
- ❑ Syrup Of Ipecac (**To induce vomiting only under advice of Doctor or poison control)**
- ❑ Laxative
- ❑ Activated Charcoal (**Use only under advice of doctor or poison control)**
- ❑ Rubbing Alcohol
- ❑ Cotton Balls
- ❑ Heavy String

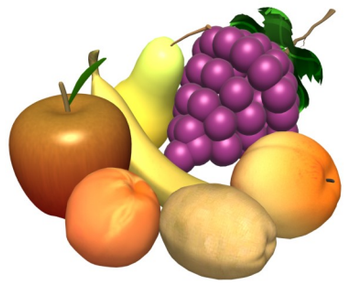
More detailed lists available at http://www.redcross.org/services

SURVIVAL KITS

- **WATER -** one gallons per person per day (eight drops chlorine bleach per gallon). Commercial water purification system.
- **FOOD -** Minimal - preferable non-cook, lightweight, palatable; manual can opener, cooking and eating utensils, pots, paper plates, plastic cups, paper towels, and aluminum foil. Allow for special meals for infants and those on restrictive diets.
- **FIRST AID -** Personal medications, first aid kit.
- **CLOTHING -** One change extra durable, extra shoes, rain and winter gear, leather gloves.
- **BEDDING -** Sleeping bags, blankets, tarp.
- **PERSONAL -** Toothbrushes, toothpaste, shampoo, lotion, lip balm, comb, brush and hygiene items. Extra eyeglasses, paper, pen, and pencil.
- **SANITATION -** Airtight bucket or portable toilet, toilet paper, newspaper, soap, towel, disinfectant, trash bags, bleach plastic bags, bag ties, and personal toiletries.
- **SHELTER -** Tent or tarp, rope 1/4" x 36'.
- **FUEL -** Cooking, light, waterproof matches and heat.
- **TOOLS -** Pocket knife, utility knife, small tools, axe, pointed shovel and duct tape.
- **LIGHT -** Flashlights, extra batteries, candles, water-proof matches, optional kerosene lantern.
- **COMMUNICATION -** Radio, batteries, one whistle per person.
- **PAPERS AND KEYS -** Wills, testament, securities, stocks, titles, certificates, insurance, current family pictures, I.D. cards and tags, house appraisal and photos, inventory of household items, pencil and paper, maps, address book, emergency manual, books, house and car keys, and consent forms to treat minor children.
- **MONEY -** Cash, quarters for phone, and charge cards
- **RECREATION -** Don't forget to bring games or toys for the children. Include books or games for adults to prevent boredom and stress.

- **KIT STORAGE -** Store the items you will most likely need during an evacuation in an easy-to-carry container. Possible containers include a large trash container, bucket, camping backpack, or duffle bag. Keep your 72-hour kit in a cool, dark and dry location. Make sure everyone in the house knows where it is. Make sure your kit doesn't become too heavy to carry.

FOOD STORAGE



If activity is reduced, healthy people can survive on half their usual food intake for an extended period of time. Unlike water, food can be rationed, except to children and pregnant women. Remember to store food your family will eat.

Store at least a three to five day supply of non-perishable food in a dry place where the temperature is not above 70°f and not below freezing. Store food in tightly closed cans, or metal containers so the food stays as fresh as possible and animals cannot eat it.

Select foods that require no refrigeration, preparation, cooking, and little or no water. If you must heat your food, pack a can of Sterno or other fuel source. Select food items high in calories and nutrition, which are also compact and lightweight. Consider the special needs of those in your household, such as infants or those on special diets, and include appropriate food items.

Remember to label food items with content and date. Use stored foods before they go bad and replace them with fresh supplies. Rotate food storage every six months.

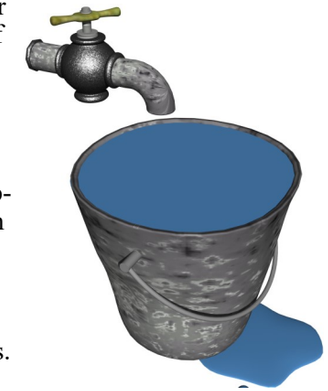
Suggested food items include the following:

- ❑ Ready-to-eat canned meats, soups, fruits and vegetables
- ❑ Canned juices and canned milk
- ❑ Staples - wheat, corn, beans, sugar, and salt
- ❑ Vitamins
- ❑ High energy foods - peanut butter, jelly, granola bars, trail mix, crackers
- ❑ Comfort/stress foods - cookies, hard candy, sweetened cereal, lollipops

A suggestion to help you increase your food storage is to purchase an extra item each time you shop.

Also remember to rotate your storage, and check the expiration dates on your supplies.

WATER STORAGE



The average person needs to drink at least eight glasses of water each day; however, four glasses a day is ok for a short period of time. Water is also necessary for food preparation and sanitation. However, towelettes, wash rags, and alcohol can be used for sanitation.

- Store at least one gallon of water per day for each person in your household, and have a two week supply of water for each household member. People in hot environments, extremely physically active people, nursing mothers, children and ill people will need more water.
- Store water in thoroughly washed plastic containers. Soft drink bottles work well. Avoid using containers that will decompose or break, such as milk cartons, or glass bottles. Use rope to join your water containers in case you are displaced from your home in an emergency. The rope allows you to carry the bottles around your neck. Keep your water supply away from sun, heat, gasoline, and pesticides.
- **In the event of an emergency, you can also utilize alternative water sources, such as the hot water tank, the water in your pipes and the untreated water in the reservoir tank of your toilet (not the bowl.)**
- To purify water, boil it for ten minutes and chlorinate it by adding two drops of bleach per quart of water or use purification tablets, such as iodine or halazone.
- **Remember to rotate your water supply every six months.**

BE PREPARED

EMERGENCY SANITATION

After a major disaster, if water and sewage lines have been disrupted you may need to improvise emergency sanitation facilities.

Supplies

Always have basic sanitation supplies on hand

- ❑ Medium-sized plastic bucket with tight lid
- ❑ Kitty litter
- ❑ Household chlorine bleach
- ❑ Toilet paper
- ❑ Plastic garbage bags and ties (heavy duty)
- ❑ Soap, liquid detergent
- ❑ Towelettes

Sanitation

- Build a make shift toilet
  - ❑ If sewage lines are broken but the toilet bowl is usable, place a garbage bag inside the bowl.
  - ❑ If the toilet is completely backed up, make your own. Line a medium sized bucket with a garbage bag, pour kitty litter in bottom. Make a toilet seat out of two boards place parallel to each other across the bucket an old toilet seat will also work.
- Sanitize waste.
  - ❑ After each use, pour a disinfectant such as bleach into the container. This will help avoid infection and stop the spread of disease.
  - ❑ Cover the container tightly WHEN NOT IN USE.

Waste Disposal

- ❑ Bury garbage and human waste to avoid the spread of disease by rats and insects.
- ❑ Dig a pit 2—3 feet deep and at least 50 feet downhill or away from any well, spring, or water supply.
- ❑ If garbage cannot be buried immediately, strain any liquids into the emergency toilet.
- ❑ Wrap the residue in several layers of newspaper and store it in a large can with a tight fitting lid.
- ❑ Place the can outside until it can be buried.

DISABLED/SPECIAL NEEDS

People with disabilities should take extra precautions when preparing for a disaster. One of the most important things you can do is have someone who can help you evacuate and take care of you. During an emergency, your usual care giver may not be able to help you. Make sure your helper knows how to operate any medical equipment you use.

Extra supplies people with disabilities and special needs may require are:

- ❑ Prescription medications , a record of when and how much of the medicine you should receive
- ❑ Prosthetic devices
- ❑ List of style and serial numbers of medical devices
- ❑ Extra eye glasses, a record of the prescription
- ❑ Extra oxygen
- ❑ Extra pillows, bedding
- ❑ Medical insurance and Medicare cards
- ❑ Back-up power supplies or generators for heat or air-conditioning
- ❑ Extra wheelchair batteries
- ❑ Hearing aids, batteries

For information regarding special needs visit the Utah Special Needs Registry at the following website http://www.specialneedsutah.org/

PETS

You need to have an emergency plan and kit for your pets. Red cross shelters cannot accept pets because of state health and safety regulations. Only service animals are allowed in shelters. Safe places to keep your pets are the following:

- Designated shelter facilities . (no kennels or cages will be provided).
- Hotels and motels outside of your immediate area that accept pets
- Homes of friends and relatives outside of the area
- Boarding facilities, veterinarians, or local animal shelters (last resort)
- Keep 24-hour phone numbers with the disaster supply kit for your pet.
- Check with your local shelter (435)654-5727 or online at http://ci.heber.ut.us/departments/police/animalservices/index.html

Include these items in the disaster supply kit:

- Medications, medical records, pet first aid kit with first aid manual
- Carriers and/or sturdy leashes or harnesses
- Food, can opener, potable water and bowls
- Cat litter pan, scoop and plastic bags for waste disposal.
- Remember to evacuate your pets when you leave.

HELPING CHILDREN

Children experience trauma and fear during a natural disaster. If they have practiced family disaster drills, they should be more calm. When parents are calm, children calm down more quickly.

Before a disaster, parents can prepare children.

- ❑ Develop and practice a family disaster plan
- ❑ Teach children how to recognize danger signals
- ❑ Explain how to call for help (9-1-1)
- ❑ Help children memorize important family information
- ❑ Include children's toys and special foods in survival kit

After a disaster, children are afraid the disaster will happen again, someone will be hurt or killed, and they will be separated from family and left alone.

Parents can help minimize their children's fears.

- ❑ Keep the family together, do not leave children with relatives or friends take your children with you.
- ❑ Calmly and firmly explain the situation and your plans.
- ❑ Talk to your children at eye level.
- ❑ Encourage children to talk about the disaster and ask question.
- ❑ Include children in recovery activities by giving them chores that will help them feel they are helping things get back to normal.
- ❑ Reassure children with firmness and love.
- ❑ Sympathize with and resolve their anxieties.
- ❑ Hold your children and spend more time with them.

These items are suggestions designed to help you better prepare yourself and your family for an emergency.

IN-PLACE SHELTERING

In-place sheltering simply means staying inside your home or business. In the event of an emergency situation, in-place sheltering keeps you inside a protected area and out of danger if the structure your in is safe.

If in-place sheltering is necessary you will be notified by the "Emergency Alert System" (see page 6). If you are asked to shelter in -place, take the following steps:

- ❑ If possible, bring outdoor pets inside.
- ❑ Close and lock all doors and windows to the outside.
- ❑ Turn off all heating/air conditioning systems, and switch inlets or vents to the closed position. Close all fireplace dampers.
- ❑ Seal gaps around window-type air conditioners, fireplace dampers, doors and windows with plastic sheeting, wax paper, or any other suitable material and tape.
- ❑ Seal bathroom exhaust fans, range vents, dryer vents, and any other opening to the best extent possible.
- ❑ Close drapes, or shades over windows. Stay away from windows.
- ❑ Remain in place until you are told by law enforcement, fire officials, or through radio or TV broadcasts that it is safe to leave.

If time does not permit you to seal the entire home, close as many internal doors as possible, move to the most central room in your home and seal that room as above.

Shelter in-place if possible is the best solution in any disaster. But if necessary, evacuation instructions will be announced as referenced on page 6 of this booklet.

Remember chemical spills will have harmful vapors. Please do not go look at the accident. Keep yourself safe and stay away.

MOST IMPORTANT IS TO REMAIN CALM!

For more information, visit the following website:
http://www.redcross.org/services/disaster/beprepared/shelterinplace.pdf

DISASTER SIGNAL

To facilitate a County wide disaster plan and block captain system, all residents should post their condition after a disaster by placing a colored signal. Such as: a sheet of paper, shirt, towel, flag, etc on their house in a place that is easily visible from the street. Block captains, CERT members, and/or first responders will be dispatched to the places with the most critical needs first.

If all of your members of your household are safe but the house is not, then take your household members and your survival kits to the evacuation center you are instructed to.

Send a text or phone call to your out of the area contact to let them know you are okay after you have check in to the shelter.

SIGNAL COLORS:

GREEN—"GO" ALL IS WELL! We are safe or we have evacuated our home.

YELLOW—"CAUTION" DELAYED, Help is needed; it is Not life threatening.

RED—"STOP" HELP! IMMEDIATE! Help or critical care is needed. Life threatening conditions.

BLACK—"DEAD" Deceased Victims.

USE A GREEN PAPER, TOWEL, SHIRT, BLANKET, ETC. PROVIDE A CONTACT # NAME, AND DATE WITH THE SIGNAL.

USE A YELLOW PAPER, TOWEL, SHIRT, BLANKET, ETC. PROVIDE NAME, # OF VICTIMS, DATE, AND TIME ON SIGNAL.

USE A RED PAPER, TOWEL, SHIRT, BLANKET, ETC. PROVIDE NAME, # OF VICTIMS, DATE, AND TIME ON THE SIG-

USE A BLACK PAPER, TOWEL, SHIRT, BLANKET, ETC. PROVIDE NAME, # OF VICTIMS, DATE, AND TIME ON THE SIGNAL

PRINT YOUR SIGNAL DOCUMENTS FROM OUR WEBSITE
www.wasatch.utah.gov\emergency

PREPARE YOUR VEHICLE FOR AN EMERGENCY

If you are evacuating an area or you are stranded in your vehicle, you should make sure your vehicle is prepared to help you survive. The following items should be included in your vehicle, and be sure to rotate the items periodically.

- ❑ Fire extinguisher
- ❑ First-aid kit
- ❑ Flashlights w/extra batteries
- ❑ Good shoes
- ❑ Radio with batteries
- ❑ Food & water for 3 days
- ❑ Can opener
- ❑ Bleach (disinfecting)
- ❑ Outdoor clothing
- ❑ Blankets & sleeping bag
- ❑ Toiletries
- ❑ Pre-moistened wipes
- ❑ Money, calling cards
- ❑ Cell phones
- ❑ Paper & pencils or pens
- ❑ Medications
- ❑ Booster cables
- ❑ Basic tools, including flares
- ❑ Day pack to carry items, if you must leave your vehicle
- ❑ Keep your fuel tank filled.

Keep first aid kit and food and water close to the drivers seat if you are traveling alone. You may become trapped in your vehicle and be unable to access your vehicles storage area.

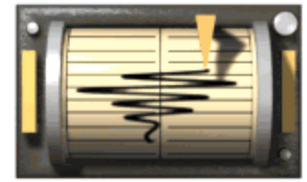
Most important, remain calm.

RESPONSE TO SPECIFIC DISASTERS
EARTHQUAKES

http://bereadyutah.gov/EarthquakePreparedness.html

Before an earthquake

- ❑ Store water and food supply.
- ❑ Organize a survival portable emergency kit.
- ❑ Bolt down or provide strong support for appliances.
- ❑ Consider earthquake insurance.
- ❑ Keep a good pair of shoes and a flashlight near your bed.



During an earthquake

- ❑ Stay calm.
- ❑ Inside: stay inside and find protection in a doorway, or crouch under a desk or table, away from windows, glass, brick walls and chimneys.
- ❑ Outside: stand away from buildings, trees, telephone and electric lines.
- ❑ On the road: drive away from under-passes/over-passes; stop in a safe area; stay in vehicle.
- ❑ In an office building: stay next to a pillar or column, or under a heavy table or desk.

After an earthquake

- ❑ Check for injuries. Provide first aid.
- ❑ Check for fires; gas, water, sewage breaks; downed electric lines; building damage and potential problems during after shocks, such as cracks around fireplace and foundation.
- ❑ Turn off interrupted utilities as necessary.
- ❑ Clean up dangerous spills.
- ❑ Wear shoes and leather gloves.
- ❑ Tune radio to an emergency station and listen for instructions from public safety agencies.
- ❑ Use the telephone only for emergencies.
- ❑ As soon as possible, notify family that you are safe.
- ❑ Do not use matches or open flames until you are sure there are no gas leaks.
- ❑ Don't turn light switches off and on. Sparks created by the switch contacts can ignite gas fumes.
- ❑ In public buildings, follow evacuation procedures immediately and return only after the building has been declared safe by the appropriate authorities.

Tips

- ❑ Know how, where, and when to turn off electricity, gas & water.
- ❑ Take a first aid and CPR course.
- ❑ Do not place mirrors or glass frames above beds.
- ❑ Secure shelves and furniture that could fall over.
- ❑ Plan and practice a family drill at least once a year.

For more information, visit the following websites:
http://www.ready.gov
http://www.redcross.org/

FIRES

Before a fire

- ❑ Make sure your home is free of unnecessary combustible materials.
- ❑ Do not store flammable liquids inside the home.
- ❑ Do not run wires under carpets or rugs.
- ❑ Do not store matches or cigarette lighters where children can get them.
- ❑ Do not leave cooking unattended.
- ❑ If you smoke, do not smoke in bed or in other positions where you may doze. Also, have many large ashtrays in the home.
- ❑ Know avenues of escape. Always have two ways out of every room.
- ❑ Have a place to meet so no one tries to go back into a burning building to look for someone needlessly.
- ❑ Have fire extinguishers near the kitchen and the garage.
- ❑ Have escape ladders for all windows higher than eight feet off the ground.
- ❑ 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.
- ❑ 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

- ❑ If you are outside, stay outside. Do not return for anything. Do not re-enter the building until appropriate authorities have given permission.
- ❑ If you are inside, get out. Go to the nearest house or building and call 911. Report the address, and type of fire. Listen to and follow instructions. Go to family meeting place.
- ❑ If you are inside and have time, make sure everyone is out.
- ❑ 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 to get in.
- ❑ If there is smoke, get under the smoke, no matter how low it is, and get out of the building.
- ❑ 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.

FIRE CONTINUED:

- If you see someone on fire, use a coat or blanket, etc., but not your bare hands, to smother the flames.
- Watch to see that nobody goes back inside to rescue anything or anyone.
- If possible turn off the gas and electricity from outside of the house.
- 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 the established evacuation instructions.

MOUNTAIN SUBDIVISIONS WILDLAND FIRE INFO.

VISIT UTAH LIVING WITH FIRE
www.utahlivingwithfire.com

FIRE ADAPTED COMMUNITIES
Learn how to live with wildfire in your community.
www.fireadapted.org

FIREWISE
Learn how to make your community a Firewise community.
www.firewise.org

PREPARE FOR WILDFIRES, VISIT:
WWW.UTAHFIREINFO.GOV

WHAT CAN YOU DO?

ACCESS & CONSTRUCTION

CREATE A DEFENSIBLE AND SURVIVABLE SPACE

FOR ADDITIONAL INFORMATION ABOUT LIVING IN AN AREA AT RISK FOR WILDFIRE:
READY, SET, GO!
www.wildlandfirersg.org

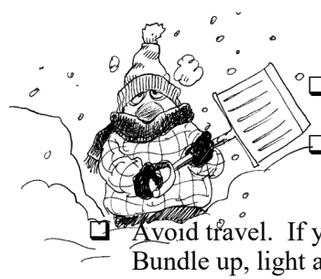
Wasatch County Wildland Fire Warden
(435) 940-9636

http://www.ready.gov or www.BeReadyUtah.gov

WINTER STORMS

Before a Storm

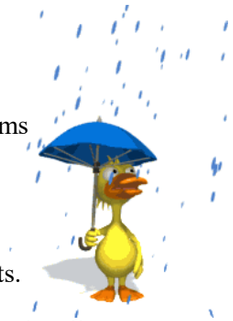
- ❑ Arrange for emergency heat supply in case of power failure.
- ❑ Prepare auto, battery-powered equipment, food, heating fuel and other supplies.
- ❑ Prepare a winter survival kit. Include the following items in your car kit: blankets or sleeping bags, flares, high energy foods (candy, nuts, raisins), first aid kit, flash lights, 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.
- ❑ 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.
- ❑ Keep your car fuel tank above half full.



During and After the Storm

- ❑ 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.
- ❑ Avoid travel. If you get stranded, stay in your vehicle and keep it ventilated. Bundle up, light a candle for warmth, occasionally change positions.
- ❑ 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!
- ❑ Beware of the chill factor if winds are present.
- ❑ 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.

FLOODS



Before a flood

- ❑ Know the elevation of your property in relation to flood plains, streams and other waterways. Determine if your property may be flooded.
- ❑ Plan what to do and where to go in case of a flood.
- ❑ Store food, water and critical medical supplies.
- ❑ Fill your car with gas in case you have to evacuate.
- ❑ Move furniture and essential items to higher elevation, if time permits.
- ❑ Have a portable radio and flashlights with extra batteries.
- ❑ Open basement windows to equalize water pressure on foundations and walls.
- ❑ Secure your home.
- ❑ Consider flood and earthquake insurance.
- ❑ Keep your property next to waterways clear of debris.

Visit the following website: http://www.fema.gov/about/programs/nfip/index.shtm for information on the National Flood Insurance Program. Visit www.wasatch.utah.gov for the up to date FEMA flood maps.

Evacuation

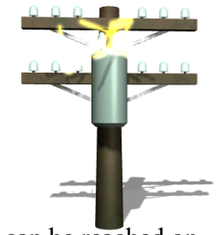
- ❑ Listen to local radio or TV for weather information or dial 801-524-5133, m-f, 8 a.m. - 4:30 p.m. (After hours: 801-575-7669 or 801-575-7246. Tune radio to 1340 AM local or 1160 KSL AM.)
- ❑ If asked to evacuate, shut off main power switch, main gas valve and water valve. Follow local evacuation plan and routes.
- ❑ 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.
- ❑ Watch out for damaged roads, slides and fallen wires.
- ❑ Drive slowly in water; use low gear.
- ❑ Abandon your vehicle immediately if it stalls and seek higher ground.
- ❑ Do not attempt to cross a stream on foot where water is above your knees.
- ❑ Register at your designated evacuation center and remain there until informed you may leave.

After the flood

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

POWER OUTAGE - HOME ELECTRICAL CIRCUITS

- ❑ Familiarize yourself with the location of the electrical breaker panel.
- ❑ Turn off breakers for areas of concern.
- ❑ If in doubt, shut off main breaker.



In cases of basement flooding

- ❑ Think before stepping in any water.
- ❑ A shock hazard may exist even in an inch of water if an extension cord connection is on the floor.
- ❑ If the electrical panel is upstairs, shut off all circuits.
- ❑ If the electrical panel is in the basement, determine whether it can be reached on dry ground. If not, refer to the next step.

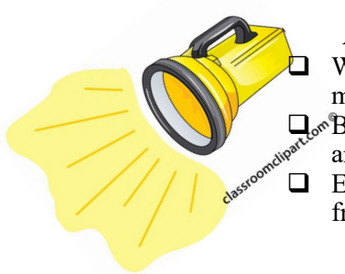
- ❑ Check your house electrical meter. If it is on your home, there may be a main disconnect switch (breaker) next to it. If the meter is on an underground service, it may be in front of your home; but there should be a main breaker where the line enters the home. Shut it off!

Before Power Outage

- ❑ Learn location of fuse box or circuit breaker.
- ❑ Store candles, flashlights and extra batteries near bed.
- ❑ Have food and water supplies on hand.
- ❑ 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.
- ❑ Keep refrigerator well defrosted.

During the Power Outage

- ❑ Unplug all your appliances. A power surge could ruin appliances when power is restored.
- ❑ Turn off all but one light switch.
- ❑ Open refrigerator door only to take food out, close as quickly as possible.
- ❑ 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.
- ❑ Report any downed lines.
- ❑ Do not allow children to carry lanterns, candles or fuel.

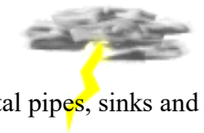


After the Power Outage

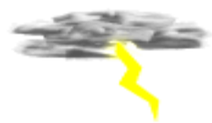
- ❑ When power is restored, plug in appliances one by one, waiting a few minutes between each one. This will prevent overloading the system.
- ❑ Be patient. Energy may first be restored to police and fire departments and hospitals.
- ❑ Examine your frozen food. If it still contains ice crystal, it may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

THUNDERSTORMS AND LIGHTNING

Protect Yourself



- ❑ Get inside a home or large building when a storm approaches.
- ❑ Stay indoors and don't venture outside unless absolutely necessary.
- ❑ Stay away from open doors, windows, fireplaces, radiators, stoves, metal pipes, sinks and appliances.
- ❑ Do not use plug-in electrical equipment - hair dryers, electric blankets or razors - during the storm.
- ❑ Use telephone for emergencies only. Lightning may strike the telephone lines outside.



WHEN THUNDER ROARS, STAY INDOORS!

If you are outside, with no time to reach a safe building or vehicle, follow these rules:

- ❑ Do not stand under a natural lightning rod such as a tall, isolated tree in an open area.
- ❑ Stay close to the ground.
- ❑ Get out of the water and off small boats.
- ❑ Get away from tractors and other metal farm equipment.
- ❑ 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.
- ❑ Don't use metal objects: fishing rods, golf clubs, cleats, etc.
- ❑ Stay in your vehicle if you are traveling.
- ❑ Get off and away from motorcycles, scooters, golf carts and bicycles.
- ❑ If buildings are not available, seek protection in a cave, ditch, canyon or under head-high clumps of trees.
- ❑ 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.
- ❑ When you feel an electrical charge - if you hair stands on end or your skin tingles immediately drop to the ground.

WHEN THUNDER ROARS,
STAY INDOORS!

HIGH WINDS

Before High Winds

- ❑ 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.
- ❑ Keep radio and/or TV on and monitor for wind advisories.
- ❑ If possible, board up, tape or shutter all windows, but leave some ventilation.
- ❑ Store water in case water service is interrupted.
- ❑ Have a supply of flashlights, spare batteries, candles, first aid equipment, medicines, etc., available for use.
- ❑ Secure outdoor furniture, trash cans, tools, etc.

During High Winds

- ❑ Take shelter in hallways and closets; avoid windows.
- ❑ Stay out of areas where flying objects may destroy your place of refuge.

After Winds Subside

- ❑ Inspect for structural damage.
- ❑ Check all utilities for damage and proper operation.
- ❑ Monitor radio and TV for instruction from local leaders
- ❑ STAY CALM, DO NOT PANIC

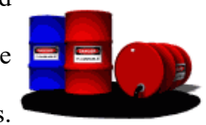
GAS LEAKS

Emergency Control of Gas

- ❑ Check house piping, appliances and vents for damage.
- ❑ Check for fires or fire hazards.
- ❑ Do not use matches, lighters or other open flames.
- ❑ 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.
- ❑ **If** gas line breakage is suspected, shut off the gas at the meter.
- ❑ Wear heavy shoes in all areas near broken glass or debris. Keep your head and face protected from falling debris.
- ❑ Turn on a battery-operated radio if no gas leaks are found or a car radio to receive disaster instructions.
- ❑ Do not use your telephone except in extreme emergency situations.
- ❑ It may take a long time to turn gas back on because the gas company will need to do this, so make sure you really need to turn the gas off before you do.

HAZARDOUS MATERIALS

Before a Hazardous Materials Accident



- Survey your home and premises to determine types and amounts of hazardous materials on hand.
- Read labels and become familiar with potential dangers of the materials used in your home and premises.
- Provide proper storage and safeguards for hazardous materials. Commercial fertilizers and petroleum products in proper proportions are
components of plastic explosives. **Never store in the same area.**
- Most household cleaning agents are hazardous materials. Use, store and dispose of them properly.
- Sort through your storage containers. If you don't remember what is in them or cannot read the labels, properly dispose of the containers.

During a Hazardous Materials Accident

- Remain uphill and upwind from the source of hazardous material.
- Stay far away and restrict other unauthorized people from approaching the scene until professional responders arrive.
- Remain in doors, do not go out and look at the accident, keep children in doors, harmful vapors may exist that could threaten your life.

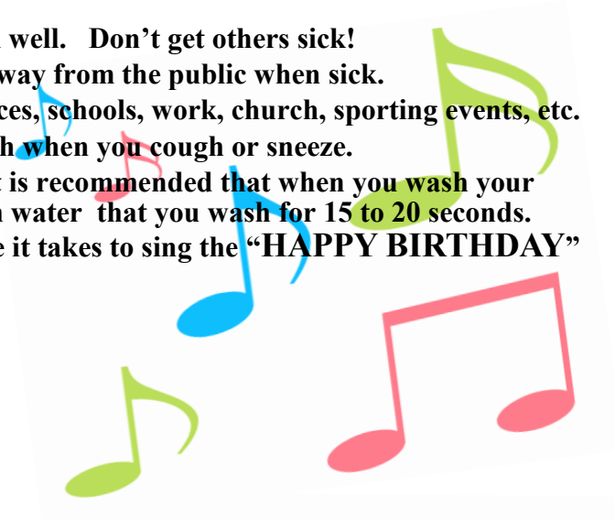
After a Hazardous Materials Accident

- Each situation with hazardous materials will call for a different response. Review sections on fire and poison control for those specific directions.
- Remember, personal safety is of the utmost importance. Do not allow yourself or others to become part of the problem by endangering lives or property in an effort to gather information or control the situation without professional help.

PANDEMIC FLU

Pandemic Influenza is a world wide outbreak of the influenza disease in humans. You can do your part to help stop the spread of any virus by simply following the recommendations below:

- **Stay home if you don't feel well. Don't get others sick!**
- **Keep children home and away from the public when sick.**
- **Stay away from public places, schools, work, church, sporting events, etc.**
- **Cover your nose and mouth when you cough or sneeze.**
- **Clean your hands often. It is recommended that when you wash your hands with soap and warm water that you wash for 15 to 20 seconds. That's about the same time it takes to sing the "HAPPY BIRTHDAY" song twice!**



Alcohol-Based Hand Wipes and Gel Sanitizers Work Too. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

BE INFORMED BY VISITING THE FOLLOWING WEBSITE
www.flu.gov or www.wasatchcountyhd.org

STAY HEALTHY
EMERGENCY PREPAREDNESS TIPS

BEING HEALTHY is one of the most important things you can do to prepare your self and family for an emergency! Here are a couple of key things to improve, maintain, and prepare to be healthy and prepared:

Make good lifestyle choices

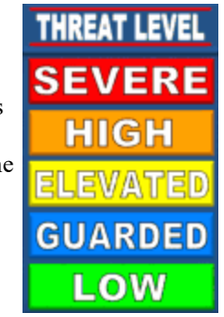
Be a conscious eater,
EAT HEALTY
balanced diet

Get out and be active, EXERCISE!

- Get regular checkups from your doctor
- Stay up to date with immunizations
- Keep extra prescriptions/ nonprescription drugs
- Don't forget other health supplies like contacts, eye glasses and first aid kit

The practice of healthy habits will help keep you and your family healthy and reduce the spread of disease. Clean hands often. Cough or sneeze into your arm or a tissue and then throw the tissue away. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

TERRORISM



In all cases, remain calm and report any suspicious persons, packages, or equipment to local authorities. Take notes on suspicious activities, or individuals and report them to the local authorities.

- When in a public building, or transportation conveyance, know where the nearest exits are.
- Do not use elevators during an explosion or fire.
- Review the basic emergency preparedness techniques shown in this booklet.
- Assist others who may need special care.

It is very important to be part of the solution and not part of the problem. Be responsible when reporting acts of terrorism. And it is better to be safe than sorry.

It is important to remember, there are significant differences among potential terrorist threats that will influence the decisions you make and the actions you take. By beginning a process of learning about these specific threats, you are preparing yourself to react.

A significant explosion could potentially set off Electric Magnetic Pulse (EMP) that would disrupt electrical equipment in the area of the explosion. Remember, DO NOT PANIC. Prepare yourself with a survival kit.

Bio-terrorism

Unlike an explosion, a biological attack may or may not be immediately obvious.

- ❑ Develop a family communications plan: Decide who you should contact to make sure everyone is safe. Consider an out of state contact, because it will be easier to contact out of town than across town (see **www.bereadyutah.gov**).
- ❑ Keep a survival kit on hand and ready to use.
- ❑ Make sure you have your water storage and complete food storage. (Don't be afraid to use the items you have on hand.)
- ❑ Make sure you are prepared with a dense-weave cotton material or something to cover your mouth and nose in the event of a chemical terror attack. Anything that fits snugly over your nose and mouth. It is very important that most of the air you breathe comes through the mask or cloth, not around it. Do whatever you can to make the best fit possible for children.
- ❑ Be sure to include in your kit heavyweight garbage bags, plastic sheeting, and duct tape. You can use these items to seal off a room from outside contamination. Consider precutting and labeling these materials.
- ❑ Store a flashlight, battery powered radio, extra batteries, a first aid kit, utility knife, local map, toilet paper, feminine hygiene products, soap, garbage bags and other sanitation supplies, as well as extra cash and identification.
- ❑ Have warm clothing, good shoes, a sleeping bag and blanket for each family member.
- ❑ Think about your family's unique needs. Including: diapers, formula, bottles, prescription medications, pet food, comfort items, books, papers, pens, and a deck of cards or other forms of entertainment. (Rotate these items periodically)

NUCLEAR SAFETY

During Nuclear Attack

- If you have advanced warning, take your survival kit and go to your basement or an approved shelter. Huddle close to the floor and as near to the south wall as possible. Get under a table for protection from falling objects.
- DO NOT attempt to evacuate your shelter until advised.
- If you see a nuclear flash and feel sudden heat, take cover INSTANTLY, within one to two seconds. Drop to the ground and curl up tightly, covering as many parts of your body as possible. Go to a shelter once the heat and blast effects have cleared.
- Never look at the light of a nuclear explosion.

After Nuclear Attack

- Take cover in an underground shelter, basement, etc.
- Remove contaminated clothing.
- Wash yourself thoroughly with soap and water. Wash your head and nose hairs especially well.
- If source of radiation is known and travel advisable, travel in the opposite direction and go up wind from radiation.
- Remain in protective shelter for three days. Limit your exposure to contaminated areas.
- If someone needs radiation sickness treatment, keep the victim calm, give emotional support and plenty of fluids.
- Wipe food and water containers with a clean cloth to remove particles of fall out, which resemble sand or salt.

Wasatch County's Situation

Since Wasatch County is 50-100 miles away from Hill Air Force Base, Tooele Army Depot, and Salt Lake International Airport, (which are the nearest probable targets) most people in Wasatch County will survive a nuclear attack. Follow instructions and stay calm.

Stay Calm, Do Not Panic

POISON CONTROL

Before Poisoning

- ❑ Place poison control number near the phone (800-222-1222).
- ❑ Do not leave children alone or unattended.
- ❑ Be aware of all potential hazards in your home.
- ❑ Never call medicine "candy".
- ❑ Teach children to ask before putting anything in mouth.
- ❑ Keep a bottle of ipecac and activated charcoal on hand.

After Poisoning

- ❑ Stay calm.
- ❑ Call the poison control center at 800-222-1222.
- ❑ **Follow Poison Control Center's instructions**.

Inhaled Poisoning

- ❑ Immediately get the victim to fresh air.
- ❑ Avoid breathing fumes.
- ❑ Open doors and windows wide.
- ❑ If victim is not breathing, call 911 then start rescue breaths then CPR if necessary.

Poison on the Skin

- ❑ Remove contaminated clothing.
- ❑ Flood skin with water for ten minutes.
- ❑ Call the poison control center at 800-222-1222.
- ❑ **Follow Poison Control Center's instructions.**

Poison in the Eye

- ❑ Flood eye with lukewarm (not hot) water poured from a large glass 2 or 3 inches from the eye.
- ❑ Repeat process for 15 minutes.
- ❑ Call the poison control center at 800-222-1222.
- ❑ **Follow Poison Control Center's instructions.**

Swallowed Poison

- ❑ Stay calm.
- ❑ Do not give victim anything to eat or drink.
- ❑ Call the poison control center at 800-222-1222.
- ❑ **Follow Poison Control Center's instructions.**

OTHER EMERGENCY INFORMATION

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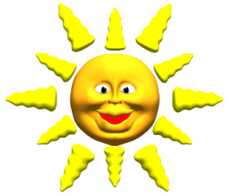
PREPARE YOURSELF FOR A DISASTER DON'T WAIT FOR SOMEONE TO DO IT FOR YOU. BE PREPARED!

For more preparedness information,

Wasatch County	http://www.wasatch.utah.gov
State of Utah Division of Homeland Security	http://www.utah.gov/beready/index.html
Red Cross	http://www.redcross.org
Division of Homeland Security	http://www.ready.gov
Utah Health Department	http://www.health.utah.gov



EMERGENCY PHONE NUMBERS

LIFE OR DEATH SITUATIONS.....911
Wasatch County Sheriff's Office (NON-Emergency) 435-654-1411
Heber City Police Department 435-654-3040
Poison Control.....1-800-222-1222
Fire Marshal & Fire Department..... 435-940-9636
Animal Control Shelter 435-654-5727

Public Utilities

Allwest 1-888-292-6381
Blue Stakes (Call before you dig) 1-800-662-4111
Heber City Water and Sewer..... 435-654-3275
Heber Light and Power 435-654-1581
Jordanelle Water and Sewer..... 435-654-9233
Midway City Water and Sewer 435-654-3223
Questar Gas (24 hr emergency 1-800-323-5517)..... 435-645-4880
Century Link 1-800-244-1111
Rocky Mountain Power 1-888-221-7070
Twin Creeks Water and Sewer..... 435-657-3244
Wasatch County Solid Waste and Transfer Station (garbage) 435-654-1661

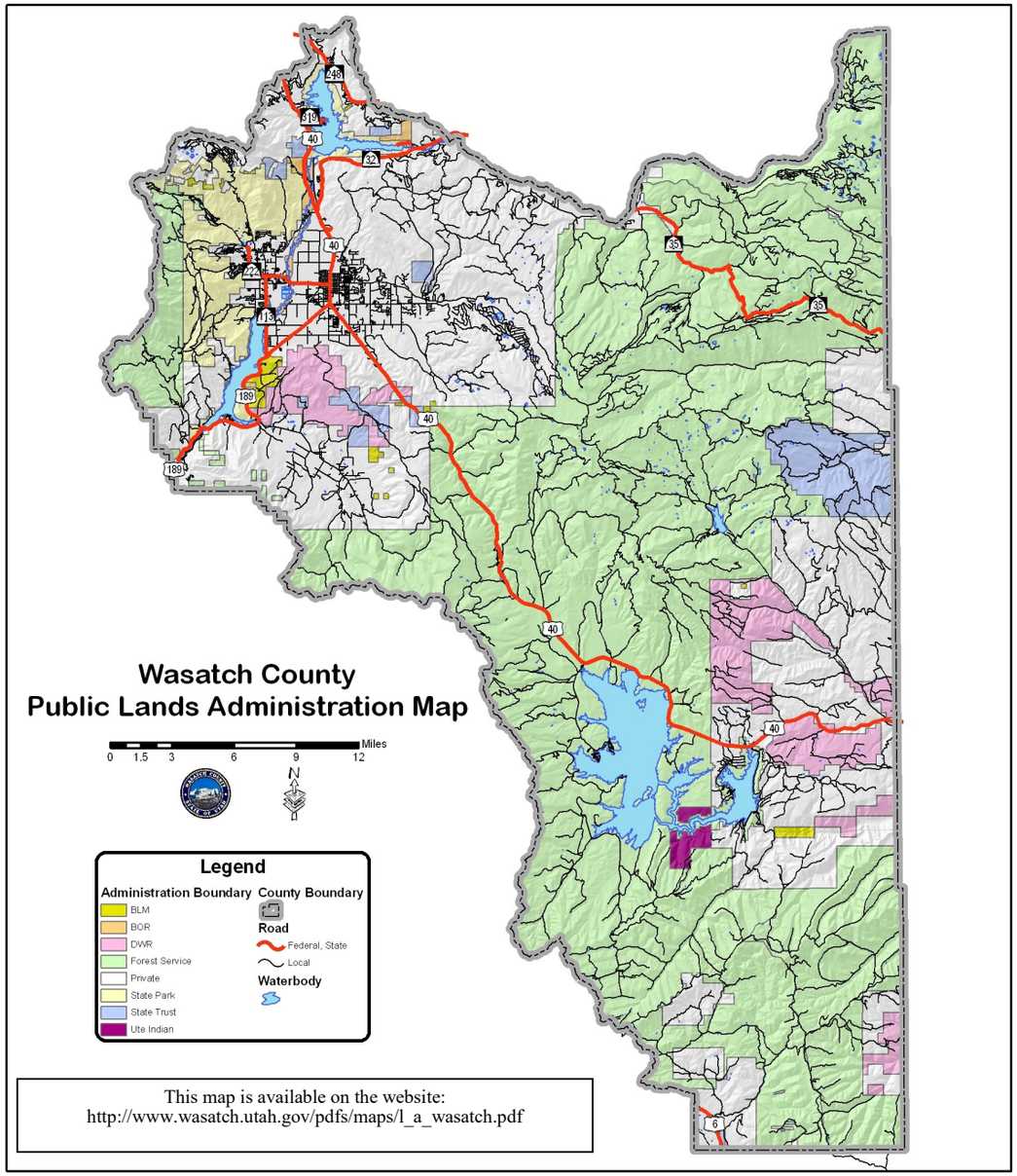
Other Important Numbers

Charleston Town 435-654-7177
Daniel (Mayor) 435-654-5062
Heber City 435-654-0757
Hideout (No phone number available) ..... mayor@hideoututah.gov
Independence (Mayor) 435-654-3031
Midway City..... 435-654-3223
Wallsburg Town..... 435-657-2173
Wasatch County Administration 435-654-3211
- Emergency Management Department (preparedness information)..... 435-654-1098
- Health Department 435-654-2700
- 4H Departments 435-657-3235
- Recreation Departments..... 435-657-3240
- Road Department 435-654-1661

Wildlife Resources (DWR).....1-801-491-5678
State Wide Road Conditions 1-800-492-2400

(REMEMBER, TELEPHONE LINES WILL PROBABLY NOT BE WORKING AFTER A DISASTER. USE MOBILE PHONES, CB'S OR HAM RADIOS)

MAP YOUR PERSONAL EVACUATION ROUTE BY USING THE WASATCH COUNTY MAP BELOW.



This map is available on the website:
http://www.wasatch.utah.gov/pdfs/maps/l_a_wasatch.pdf