

## *Summerville Presbyterian Church*

# **Family Disaster Preparedness Planning**

*“It is better to take refuge in the Lord than to trust in man.”  
Psalm 118:18 NIV*

**In times of natural or man made emergencies or disasters there are several very important “rules of thumb” to understand:**

- **Disaster Response overwhelms everyone!**
- **Those who plan and prepare, survive; while those who procrastinate suffer!**
- **Help only comes when requested!**
- **Support comes to the Organized Communities!**

**The Session has established the Congregational Disaster Response Coordinator (CDRC) to assist you and your family to be among those who survive, get help, and support. The CDRC has developed a three part SPC Emergency Operations Plan (EOP) that includes: Disaster Planning and Response for: Natural Disasters (EOP Part 1), Man-Made Disasters (EOP Part 2); plus this “*Family Disaster Preparedness Planning Guide (EOP Part 3)*.” In addition, the EOP Part 3 has also been put on the SPC website ([www.spcweb.org](http://www.spcweb.org)) to assist you in your planning efforts.**

**We encourage you to utilize these planning tools to assist you in being among those who are prepared for any emergency. When preparing, it is best to think first about the basics of survival: fresh water, food, clean air, warmth, and shelter.**

**Remember that only you may Plan, Prepare, Protect, and Provide for you and your families survival and security!**

**Should you require assistance in your planning or preparation please feel free to contact our Congregational Disaster Response Coordinator (CDRC) through the church office (843-871-0280).**

*“But if anyone does not provide for his relatives, and especially for members of his household, he has denied the faith and is worse than an unbeliever.”  
1 Timothy 5:8 NIV*

*Summerville Presbyterian Church*

# **Family Disaster Preparedness Planning**

## **Index**

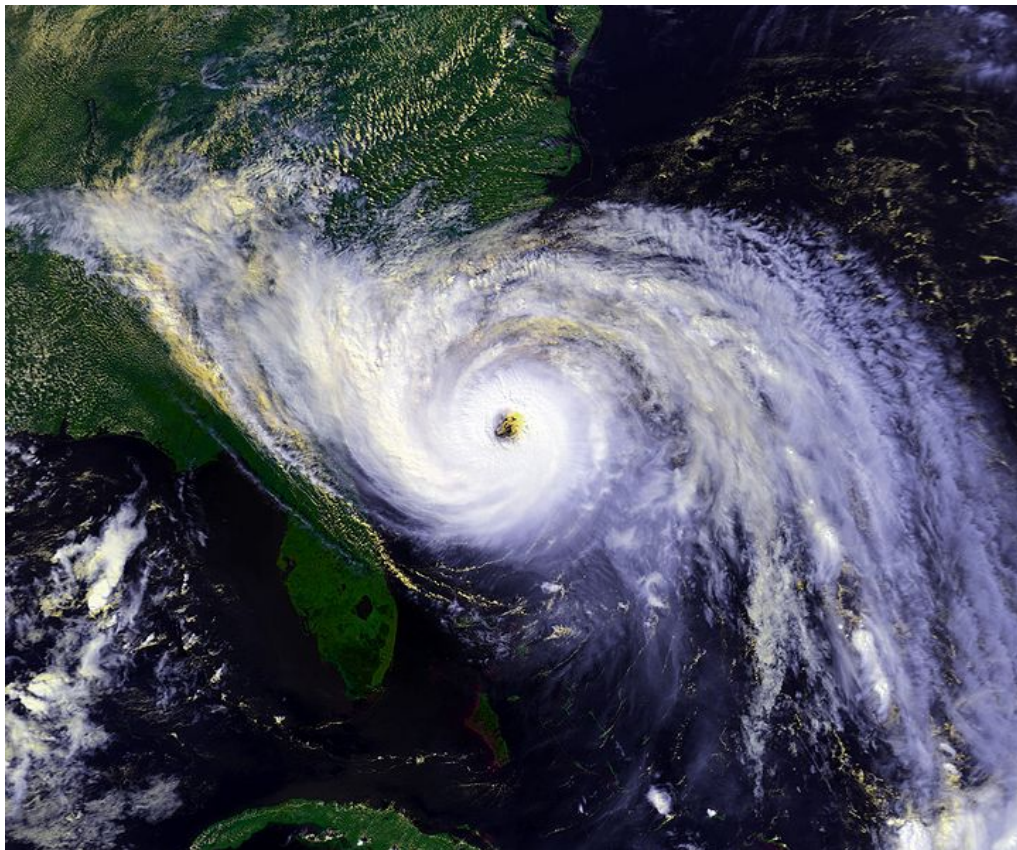
(June 2019)

**Part 1: Potential and Introduction**

**Part 2: Family Disaster Preparedness**

## **Hurricane Hugo**

September 21, 1989



# *Summerville Presbyterian Church*

## Part 1

# Disaster Potentials For the Summerville Area

### High:

- Hurricane
- Tornado
- Earthquake

### Moderate:

- Fire
- Flood
- Train Derailment
- Hazardous Material

### Low:

- Terrorist Attack
- Civil Unrest/Riot
- Ice/Snow Storm
- Aircraft Accident
- Medical-Biological
- Nuclear Accident



*Summerville Presbyterian Church*

**Part 2**

**Family Disaster Preparedness**

(June 2019)

Should a natural or man made disaster occur each family unit should be prepared to take care of its needs for a minimum of three days, but probably for one week without assistance. The following guidelines, checklists, and emergency kits have been developed to assist you in this preparation.

**Contents**

**Section 1: Planning for Emergencies – Disasters**

- A. Make a Plan** (American Red Cross)
- B. Grab & Go” Emergency Kit Contents** (FEMA)
- C. Disaster Planning Guides** (SC Emerg Mgt Dept)

**Section 2: Checklists and Forms**

- A. Family Emergency - Evac Plan** (FAM-1)
- B. Family Emergency Comm Plan** (FAM-2)
- C. Universal Medications Form** (FAM-3)
- D. Grab & Go First Aid Supplies Checklist** (FAM-4)
- E. Grab & Go Emerg Supplies Checklist** (FAM -5)
- F. Hurricane - Disaster Checklist** (FAM-6)

**Section 3: Appendices:**

- A. Emergency Food**
- B. Emergency Water**
- C. Survival Tips**
- D. Emergency Sanitation**



## Part 2: Section 1 -A



# Make a Plan

**Planning ahead will help you have the best possible response to disaster.**

**Talk:** Discuss with your family the disasters that can happen where you live. Establish responsibilities for each member of your household and plan to work together as a team. Designate alternates in case someone is absent. If a family member is in the military, also plan for how you would respond if they are deployed. Include the local military bases resources that may be available.

**Plan:** Choose two places to meet after a disaster.

- Right outside your home, in case of a sudden emergency, such as fire.
- Outside your neighborhood, in case you cannot return home or are asked to evacuate your neighborhood.

Choose an out-of-area contact for members of the family to call in case of emergency. The selected contact person should live far enough away that they would be unaffected by the same event, and they should know they are the chosen contact. Remember that during a disaster, it may be easier to make a long distance phone call than a call across town.

Having predetermined meeting places will save time and minimize confusion should your home be affected or if the area is evacuated.

**Learn:** Each adult in your household should learn how and when to turn off utilities such as electricity, water and gas. Ask your local fire department to show you how to use a fire extinguisher.

**Tell:** Everyone in your household where emergency information and supplies are kept. Make copies of the information for everyone to carry with them. Keep the information updated.

**Practice:** Evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on a map in case main roads are impassible or gridlocked.

**Include Your Pets:** If you must evacuate, take your animals with you. If it is not safe for you to remain, it is not safe for them.

## Part 2: Section 1 – B

### “Grab & Go” Emergency Kit Contents

In some emergencies, you may be asked to evacuate with adequate emergency supplies (recommended minimum of 5 -7 days per person). In that case, you'll need have easy-to-carry “Grab & Go” container(s) (i.e. backpack, duffel bag, or small 21-24” aircraft carry-on type bag w/wheels); that are pre-packed and stored in a convenient location.

The FEMA & the American Red Cross recommend that the following be considered for your “Grab & Go” Emergency Kit.

#### **Clothing - Personal Care – Special Needs:**

- Each family member should have at least one change of clothes; an extra pair of shoes; foul weather clothing; personal hygiene and sanitary items; bath towel; and sleeping bag or 2 blankets.
- **Babies:** Formula, bottles, powdered milk, baby food, diapers, medications, & moist wipes.
- **Adults:** Extra glasses/contacts, denture supplies, & medications
- **Seniors:** Extra glasses, extra hearing aid batteries, list of physicians, special equipment (tagged), denture supplies, insurance & MEDICARE cards, and medications.

#### **Travel – Contact Information:** For recommendations see enclosed forms

- **FAM-1:** Family Emergency - Evacuation Plan
- **FAM-2:** Family Emergency Plan (Individual Communication Cards)

#### **First Aid & Medications:** For recommendations see enclosed forms

- **FAM-3:** Universal Medications Form
- **FAM-4:** Grab & Go First Aid Supplies Checklist

#### **Grab & Go Emergency Kit Supplies:** For recommendations see enclosed forms

- **FAM-5:** Grab & Go Important Documents
- **FAM-5:** Grab & Go Emergency Kit Supplies

#### **Water & Food:** For recommendations see enclosed forms

- **FAM-5:** Grab & Go Emergency Kit Supplies

#### **Tools & Equipment:** For recommendations see enclosed forms

- **FAM-5:** Optional Emergency Kit Supplies

#### **Clean Air:** Red Cross recommends each individual has protection from contaminants & dust.

- N-95 Mask or dense-weave cotton material for nose & mouth protection (each family member)
- Heavyweight plastic garbage bags or plastic sheeting
- Duct tape & scissors

#### **Pets:** No Pets Allowed in Red Cross Shelters.

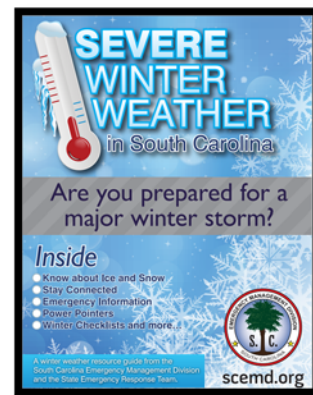
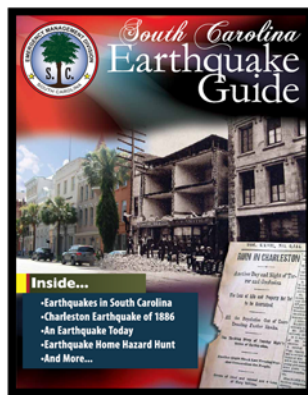
- See SC Pocket Guide: Emergency Preparedness, pg: 4 for pet evacuation planning & items.

## Part 2: Section 1-C

# Disaster Planning Guides and Help

The South Carolina & FEMA Guides listed below have been developed to assist you in disaster planning and evacuation, if necessary.

- **Hurricane Guide (SCEMD)**
- **Earthquake Guide (SCEMD)**
- **Severe Winter Weather (SCEMD)**
- **Preparing your Pets for Emergencies (FEMA)**
- **FEMA Disaster Assistance [1-800-621-3362 (FEMA)]**



*Summerville Presbyterian Church*

**Part 2: Section 2**

**\*Checklists and Forms**

*\*Checklists & Forms May also be Downloaded from SPCWEB.ORG*

**Contents**

**Section 2: Checklists and Forms**

- A. Family Emergency - Evac Plan (FAM-1)**
- B. Family Emergency Comm Plan (FAM-2)**
- C. Universal Medications Form (FAM-3)**
- D. Grab & Go First Aid Supplies Checklist (FAM-4)**
- E. Grab & Go Emerg Kit Supplies Checklist (FAM-5)**
- F. Hurricane - Disaster Checklist (FAM-6)**





Family Emergency - Evacuation Plan (FAM-1)			Date: _____			In Surge Zone?
Hurricane Category:			1 - 2	3 - 4	5	Yes:
We Plan to Evacuate for: [check all that apply]			Yes	No	Yes	No
Last Name, First Name, MI.			Home	Work	Cell	Email
Home Address:						
H of H						
1-Dep						
2-Dep						
3-Dep						
4-Dep						
5-Dep						
6-Dep						
Local Emergency Contact(s):			Home:	Cell	Office	Email
Prim						
Address						
2nd						
Address						
Who to Notify When Leaving Area:			Home:	Cell	Office	Email
Prim						
Address						
2nd						
Address						
3rd						
Address						
Out-of-Area Emerg Contact &/or Destinations:			Home:	Cell	Office	Email
Prim						
Address						
2nd						
Address						
3rd						
Address						
4th						
Address						
Rally / Fall Back Points:			Telephone	Cell	Location	
Prim	Local Area:					
2nd	Local Area:					
Prim	Out-of-Area:					
2nd	Out-of-Area:					
3rd	Out-of-Area:					
W-1	Work 1 (Father):					
W-2	Work 2 (Mother):					
Child-1	School 1:					
Child-2	School 2:					
Child-3	School 3:					
Child-4	School 4:					
Child-5	School 5:					
Shelters (Home and Local):			Telephone		Location	
Home	Shelter-in-Place (SIP) home location will be:					
Prim	Designated:					
2nd	Designated:					
"Grab & Go" Kits taken with You for 7 Days:			Yes:	No:	Remarks	
1	First Aid Kit and Medications:					
2	Food and Water (7 days per person):					
3	Clothing + Personal Care + Special Needs:					
4	Emergency Equip/Tools + Important Documents:					
5	Pet: Cage, Shot Record-Meds, leash, toys, food/water, etc					
*** PLEASE PROVIDE A COPY OF THIS FORM TO THE CHURCH OFFICE ****						



Make sure your family has a plan in case of an emergency. Fill out these cards and give one to each member of your family to make sure they know who to call and where to meet in case of an emergency.

## FAM-2

**ADDITIONAL IMPORTANT INFORMATION**

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**ADDITIONAL IMPORTANT INFORMATION**

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**Family Emergency Plan**

EMERGENCY CONTACT NAME: \_\_\_\_\_  
TELEPHONE: \_\_\_\_\_

OUT-OF-TOWN CONTACT NAME: \_\_\_\_\_  
TELEPHONE: \_\_\_\_\_

NEIGHBORHOOD MEETING PLACE: \_\_\_\_\_  
TELEPHONE: \_\_\_\_\_

OTHER IMPORTANT INFORMATION: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Ready**

DIAL 911 FOR EMERGENCIES

**Family Emergency Plan**

EMERGENCY CONTACT NAME: \_\_\_\_\_  
TELEPHONE: \_\_\_\_\_

OUT-OF-TOWN CONTACT NAME: \_\_\_\_\_  
TELEPHONE: \_\_\_\_\_

NEIGHBORHOOD MEETING PLACE: \_\_\_\_\_  
TELEPHONE: \_\_\_\_\_

OTHER IMPORTANT INFORMATION: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Ready**

DIAL 911 FOR EMERGENCIES

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**ADDITIONAL IMPORTANT INFORMATION**

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**ADDITIONAL IMPORTANT INFORMATION**

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**Family Emergency Plan**

EMERGENCY CONTACT NAME: \_\_\_\_\_  
TELEPHONE: \_\_\_\_\_

OUT-OF-TOWN CONTACT NAME: \_\_\_\_\_  
TELEPHONE: \_\_\_\_\_

NEIGHBORHOOD MEETING PLACE: \_\_\_\_\_  
TELEPHONE: \_\_\_\_\_

OTHER IMPORTANT INFORMATION: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Ready**

DIAL 911 FOR EMERGENCIES

**Family Emergency Plan**

EMERGENCY CONTACT NAME: \_\_\_\_\_  
TELEPHONE: \_\_\_\_\_

OUT-OF-TOWN CONTACT NAME: \_\_\_\_\_  
TELEPHONE: \_\_\_\_\_

NEIGHBORHOOD MEETING PLACE: \_\_\_\_\_  
TELEPHONE: \_\_\_\_\_

OTHER IMPORTANT INFORMATION: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Ready**

DIAL 911 FOR EMERGENCIES

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# UNIVERSAL MEDICATION FORM (FAM-3)

**Date:**

<b>Name:</b>		<b>Address:</b>	
<b>Phone Number:</b>			
<b>Birth Date:</b>		<b>Email:</b>	
<b>Emergency Contact/Phones:</b>			
<b>Primary Dr.:</b>			
<b>IMMUNIZATION RECORD</b> (Record the date/year of last dose taken, if known)			
TETANUS – TDAP:		FLU VACCINE(S)	DPT:
Pneumococcal Conjugate (PVC-13): PNEUMONIA VACCINE (PPV-23)		HEPATITIS VACCINE	Shingles (1): Shingles (2):
<b>Blood Type:</b>		<b>Other:</b>	
<b>Allergic To /Describe Reaction:</b>		<b>Other:</b>	
Other:		Other:	
Other:		Other:	

**LIST ALL MEDICINES YOU ARE CURRENTLY TAKING:** Prescription and over-the-counter medications (examples: aspirin, antacids) and herbals (examples: ginseng, gingko). Include medications taken as needed (example: nitroglycerin).

DATE	NAME OF MEDICATION / DOSE	DIRECTIONS: Use patient friendly directions. (Do not use medical abbreviations.)	DATE STOPPED	Notes: Reason for taking / Doctor Name

# Universal Medical Providers List

<b>Date:</b>		<b>Medical Providers</b>		<b>Name:</b>
<b>Provider</b>	<b>Type</b>	<b>Specialty</b>	<b>Phone</b>	<b>Address</b>

<b>Date:</b>		<b>Medical Providers</b>		<b>Name:</b>
<b>Provider</b>	<b>Type</b>	<b>Specialty</b>	<b>Phone</b>	<b>Address</b>

**Grab & Go First Aid Kit (Supplies) FAM-4** Date: \_\_\_\_\_

<u>Item</u>	<u>Qty</u>	<u>Item</u>	<u>Qty</u>	<u>Item</u>	<u>Qty</u>
<b>Band Aids/Tape/etc:</b>		<b>Medication &amp; Pain Relief:</b>		<b>Utensils/Equipment:</b>	
Ace Bandages		Aleve		Bottle Opener (manual)	
Adhesive Pads 2"-4"		Alka-Seltzer		Cold /Ice Pack (instant)	
Adhesive Tape 1"-2"-4"		Anti Acid		Dust Mask	
Band Aids (various size)		Anti-Diarrhea Medication		Emergency Blanket	
Butter Fly/Finger BA		Aspirin		Eye/Medicine Dropper	
Cotton Balls		Burn Cream		Finger Splints-popsicle	
Cue Tips		Cough Syrup-Throat Lozenges		First Aid Manual	
Gauze Pads 3 x 3 or 4 x 4		Fiber Laxative		Knife	
Gauze Rolls 2 x 4 & 4 x 4		Ibuprofen		Lighter	
Skin Closures		Mylanta Anti-Gas		Medical Grade Gloves	
Triangle Bandage/Sling		Sting Relief Ointment-Lotion		Multipurpose Tool	
		Syrup of Ipecac		Nail Clipper	
		Tylenol		Plastic Bags (various size)	
				Razor w/Blades	
				Safety Pins (various size)	
<b>Disinfectants/Pain Relief:</b>		<b>Prescription Medication:</b>		<b>Scissors (sm)</b>	
Alcohol-Alcohol Rubs		Blood Pressure		Sewing kit	
Ammonia Inhalant		Cholesterol		Snake Bite Kit	
Analgesic Crème		Contact Lens Supplies		Super Glue	
Antibiotic Ointment		Denture Needs		Thermometer	
Antiseptic Medic Spray		Insulin & Tester		Tweezers	
Ben Gay Ointment		Other Prescription Meds			
Bio-Freeze Roll-on					
Hand Sanitizer					
Hemorrhoidal Med-Wipes					
Hydrogen Peroxide					
Iodine Scrub		<b>Oral:</b>			
Petroleum Jelly		Benzo-Jel			
Sun Screen (SPF30 min)		Dental Floss			
Towelettes (Germicidal)		Lip Balm		<b>Eye Care:</b>	
		Medicated Gel		Hypo Tear Drops	
		Oral Mirror		Hypo Tear Ointment	
		Tooth Brush-Paste		Eye Scrub	
		Tooth Pick			

## 50 Uses for Baking Soda



<ul style="list-style-type: none"> <li>Multipurpose deodorant</li> <li>pH control &amp; balance</li> <li>Heartburn/GERD relief</li> <li>DIY Toothpaste</li> <li>Tooth whitener</li> <li>Improves kidney function</li> <li>May prevent kidney stones</li> <li>Helps symptoms of gout</li> <li>Helps acne</li> <li>Facial scrub</li> <li>Body exfoliator</li> <li>Skin softener</li> <li>Shoe cleaner</li> <li>Foot baths</li> <li>Insect bite &amp; itch soother</li> <li>Sunburn &amp; windburn relief</li> <li>Fire extinguisher</li> <li>Handwash (strong odors)</li> <li>Diaper rash relief</li> </ul>	<ul style="list-style-type: none"> <li>Cloth diaper cleaner</li> <li>Formica countertop cleaner</li> <li>BBQ surface cleaner</li> <li>Drain cleaner</li> <li>Retainer &amp; denture cleaner</li> <li>Cast iron &amp; stainless steel cleaner</li> <li>Linen freshener</li> <li>Mouth freshener</li> <li>Canker sore relief</li> <li>Bee &amp; jellyfish sting relief</li> <li>Helps flowers last longer</li> <li>Polishes silver</li> <li>Sponge freshener</li> <li>Microwave cleaner</li> <li>Sink, toilet, tub cleaner</li> <li>Mirror &amp; window cleaner</li> <li>Vinyl floor cleaner</li> <li>Car surface cleaner</li> <li>Grease remover</li> </ul>	<ul style="list-style-type: none"> <li>Carpet &amp; upholstery cleaner</li> <li>Canvas cleaner</li> <li>Detergent power booster</li> <li>Comb &amp; brush soaking solution</li> <li>Trash can deodorizer</li> <li>Refrigerator odor killer</li> <li>Shoe odor killer</li> <li>Cleans vinyl shower curtains</li> <li>Windshield rain repellent</li> <li>Vacuum cleaner odor killer</li> <li>Sweeten tomatoes (add to soil)</li> <li>Cat litter box cleaner/deodorizer</li> <li>Pet hair conditioner</li> <li>Fruit &amp; vegetable wash</li> <li>Fluff up omelettes</li> <li>Sprinkle on beans to reduce gas</li> </ul>
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**Optional - Emergency Kit Supplies****(FAM-5)**

Date: \_\_\_\_\_

**Camp Equipment:**Qty Ck**Fuel/Oil/Etc:**Qty Ck

All Wx Blanket			20 gal Gas (Generator)	5 gal cans		
Back Packs			10 gal Gas (Auto)	5 gal cans		
Colman Lantern			Oil (5W30W) - Auto			
Colman Stove			Oil (30W) - Generator			
Folding Chairs			Oil, Chain Saw Bar	2 gal can		
Folding Table			Propane Tank			
Tent w/stacks			Lighter			
Plastic Sheeting						
Tarps (various sizes)						
Pillow						

**Power Equipment:****Tools & Equipment:**

			Chain Saw w/extra Bar & Chain			
			Gas Blower			
			Generator w/hookup cord			
Axe/Hatchet						
Bungee Cord						
Crowbar						
Duct Tape						
FuBar Tool						
Hammer						
Hand Saw						
Multi-Tool						
Pliers						
Rake						
Rope, 25'						
Shovel (sm)						
Tool Bag						
Wrench (adjustable)						

**Non-Evac Requirements: 15 Days/pers****Water:**

5 Liters(1 gal) per day per person (x \_\_\_ pers)

**Ice:****Food:**

# Hurricane Checklist

(FAM-6)

March 2019

**Hurricane Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Done	Home (Out Doors):	Done	
___	Board Windows/Install Shutters	___	Flashlights w/extra batteries
___	Brace Office Window A/C	___	Food/Snacks (3-7 days ea person)
___	Cutoff Gas (optional)	___	Ice Chest w/ice
___	Cutoff Water (optional)	___	ID's and Extra Cash
___	Secure Garden Equipment	___	ImpDoc: Insurance- Financial - Health
___	Secure Out Door Furniture	___	Medications - Baby needs - etc (3-7 days ea)
___	Secure Planters/Plants	___	NOAA Radio w/extra batteries
___	Secure Trash Cans	___	Portable radio w/extra batteries
___	Tie Down Storage Shed/Equipment	___	Tools: axe, crowbar, hammer,multi-tool
___		___	Work & Wx gear, gloves, etc
___		___	
___		___	
___	<b>1. First Floor (Downstairs):</b>	___	<b>4. Garage:</b>
___	Draw Blinds when storm approaches	___	Brace Garage Doors: Dbl & back
___	Fill Bath & Lg Containers w/water	___	Gas Chain saw
___	Position Flashlights & Lamps	___	Mix gas for chain saw (extra)
___	Set up NOAA radio	___	Move tools from shed to garage
___	Set up Portable Radio	___	Prepare Breakers for Gen Ops
___	Turn off A/C, Lights, Fans, etc	___	Prepare Gas/oil (generator)
___	Unplug all Elec Appliances/Equip	___	Prepare Generator
___		___	Turn off Main Electrical Breaker
___		___	Turn off Natural Gas
___	<b>2. Second Floor (Upstairs/Office):</b>	___	
___	Backup Computer	___	
___	Cover office equipment with Tarp	___	<b>5. Auto:</b>
___	Pack: ImpDoc - Ins - Financial Items	___	Check oil & Tire pressure
___	Unplug all office equipment	___	Fill w/gas & extra 10gal gas can
___		___	Load Evac Bags/Equip
___		___	Load Evac Food/Water
___		___	Load Evac Personal Bags
___	<b>3. Prepare Your Home Shelter In-Place (SIP)</b>	___	
___	<b>Located:</b> _____ <b>&amp;</b>	___	
___	<b>Position Grab &amp; Go Emergency Kits /w:</b>	___	
___	4Ltrs-1gal of Water (3-7 days each person)	___	
___	Blankets/pillows/towels (ea person)	___	
___	Cell Phone - 2 Way radios	___	
___	Change of clothes (each person)	___	
___	Disaster Checklists	___	
___	First Aid Kit	___	
___		___	



# *Summerville Presbyterian Church*

## Part 2: Section 3: Appendices

### Index

#### Appendix A: Emergency Food

#### Appendix B: Emergency Water

B1: How Much Water Do You Need?

B2: Emergency Water Purification System

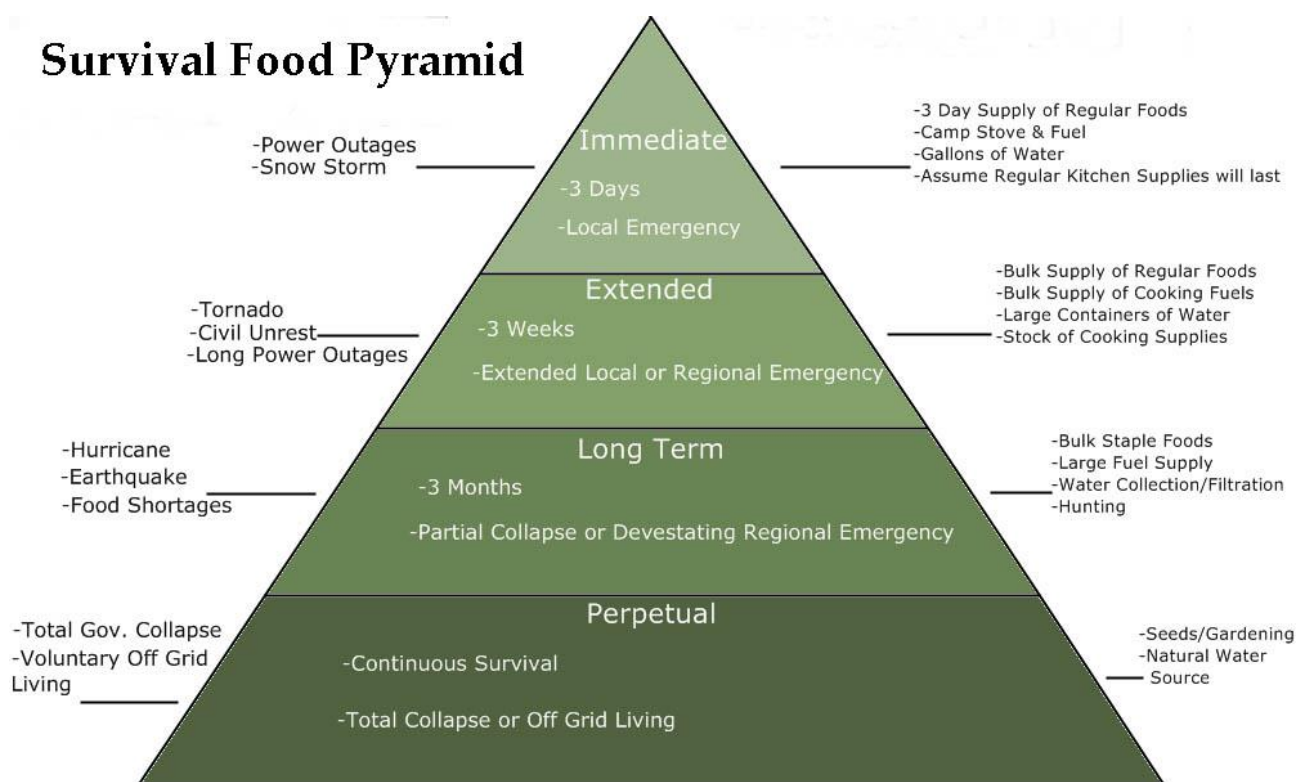
B3: *LifeStraw*

#### Appendix C: Survival Tips

#### Appendix D: Emergency Sanitation



## Appendix A: Emergency Food



### Food Storage and Shopping Checklist

Food storage needs to be done based on the total number of calories per day required by an average adult, child and whomever else is eating out of the stores. Servings should be disregarded for the purposes of emergency planning.

#### Total Daily Calorie Needs:

- **Adult Male: 2,200- 2,400 low activity, up to 3,000 if very active**
- **Adult Female: 1,800-2,000 low activity, up to 2,400 if very active**
- **Children 2-3: 1,000 low activity up to 1,400 if very active**
- **Teenagers: 1,800 low activity to 2,400 if very active**

Always assume you need more calories per day rather than less when planning. For most adults, carbs should account for 40% of your daily calories, fat should account for 30%, and protein should account for the remaining 30%.

Depending upon how long you're planning on having to rely on emergency rations, plan your quantities accordingly. Supplement to get needed vitamins and minerals.

#### *Grains/Rice (carbs)*

- **White Rice (200 calories per cooked cup)**
- **Brown Rice (215 calories per cooked cup)**
- **Pinto Beans (300 calories per cooked cup)**

- Cereal (120 calories per cooked cup)
- Whole Wheat Crackers (120 calories per 6)
- Granola Bars (200 calories per 2 bars)

### *Vegetables and Fruits (vitamins, minerals, carbs)*

- Canned Vegetables
  - Peas (117 calories per cup)
  - Carrots (36 calories per cup)
- Green Beans (40 calories per cup)
- Canned fruit
  - Fruit cocktail (180 calories per cup)
  - Peaches (100 calories per cup)
  - Pears (120 calories per cup)
- Dried Mixed Fruit (130 calories per ¼ cup)

### *Protein and Fat*

- Peanut Butter (94 calories per teaspoon)
- Canned Tuna (190 calories per can)
- Spam (90 calories per ounce)
- Canned Chicken (240 calories / cup)
- Canned Turkey (220 calories per cup)
- Corned Beef (1 slice 52 calories)
- Beef Stew w/ Potatoes (200 calories per cup)

### *Other*

- 5 lbs. sugar
- 5 lbs. salt (iodized)
- 5 lbs. oats
- 10 lbs. flour
- Spices of your choice
- Multivitamins, 200 count or more

### *Quick Fixes*

- Power bars (usually have protein, carbs, etc. on label)
- Meal replacement drinks (same as above)
- Beef jerky (70 calories per ounce)
- Trail mix (50 calories / teaspoon)

### *Water*

Adults need a minimum of 1 liter of water per day, but 3 liters is recommended for an average adult male and 2.2 liters is recommended for an adult female. Assume 3 liters per day per adult to be safe. Factor in 1 additional liter for washing so, for every adult, assume 4 liters per day usage to be safe, with 3 of those being drinking water.

Collapsible water containers are excellent for storing drinking water. Washing water should always be labeled non-potable and be stored separately to avoid confusion.

Resources: <http://thescienceofeating.com/food-combining-how-it-works/calories-fat-carbs-protein-per-day/> <http://fatsecret.com>

# FOOD SAFETY BEFORE, DURING AND AFTER A POWER OUTAGE

Know how to keep food safe before during and after emergencies. Hurricanes, tornadoes, winter weather and other events may cause power outages. Follow these tips to help minimize food loss and reduce your risk of foodborne illness.


## BEFORE PLAN AHEAD (IF YOU CAN) ...



Put appliance thermometers in your refrigerator and freezer.

Keep freezer **0°F** or below

Group foods together in the freezer to help food stay colder longer.




Freeze containers of water and gel packs to help keep food cold if the power goes out.

Refrigerator **40°F** or below


Freeze refrigerated items such as leftovers, milk, and fresh meat and poultry that you do not need immediately.

If you think power will be out for an extended period of time, buy **dry or block ice** to keep the fridge or freezer cold.



Store nonperishable foods on higher shelves to avoid flood water.

## DURING WHILE THE POWER IS OUT ...




Keep the refrigerator and freezer doors closed to maintain cold temperature.

### IF DOORS STAY CLOSED ...

... a full freezer will hold its temperature for	48	HOURS
... a fridge will keep food safe for	4	HOURS

## AFTER ONCE THE POWER IS BACK ON ...

### WHEN IN DOUBT, THROW IT OUT!



Check the temperature inside of your refrigerator and freezer. If they're still at safe temperatures, your food should be fine.

Never taste food to determine its safety!

### WHAT SHOULD I THROW OUT?

Meat, poultry or seafood products	Soft cheeses and shredded cheeses	Milk, cream, yogurt, and other dairy products
Opened baby formula	Eggs and egg products	Dough, cooked pasta
Cooked or cut produce	<b>REFREEZE FOOD THAT STILL CONTAINS ICE CRYSTALS OR IS AT 40°F OR BELOW.</b>	

### WHAT CAN I KEEP?

The following foods are safe if held above 40 °F for more than 2 hours:

Hard cheeses (Cheddar, Colby, Swiss, Parmesan, Provolone, Romano)	Grated Parmesan, Romano, or combination (in can or jar)	Butter or margarine	Opened fruit juices	Opened canned fruits	Jelly, relish, taco sauce, mustard, ketchup, olives, pickles	Worcestershire, soy, barbecue, and Hoisin sauces
Peanut butter	Opened vinegar-based dressings	Bread, rolls, cakes, muffins, quick breads, tortillas	Breakfast foods (waffles, pancakes, bagels)	Fruit pies	Fresh mushrooms, herbs, and spices	Uncut raw vegetables and fruit

## AFTER A FLOOD

**DO NOT EAT** any food that may have touched flood water.

**DISCARD FOOD** not in waterproof containers; screw-caps, snap lids, pull tops, and crimped tops are not waterproof.

**DISCARD** cardboard juice/milk/baby formula boxes and home canned foods.


**DISCARD** any damaged cans that have swelling, leakage, punctures, holes, fractures, extensive deep rusting, or crushing/indenting severe enough to prevent normal stacking or opening.




**SANITIZE**  
1 tbsp. bleach +  
1 gallon water

Pots, pans, dishes and utensils

Undamaged all-metal cans after removing labels





For more food safety tips, go to  
**FoodSafety.gov**

## Part 2: Appendix: B-1

### How Much Water Do You Need?

The human body is 65 percent water. Water is essential to life as we know it. Water carries nutrients and hormone through the body, regulates body temperature, lubricates our eyes, and cushions joints. After 1 to 2 day without water, the brain literally starts to shrink. Researchers found that the same task will take a dehydrated person twice as long to complete as a hydrated person. After 3 to 5 days without water, organs and brain functions will shut down.

Water storage should be a part of everyone's emergency preparation. During a disaster, water lines easily can be interrupted or damaged. You might not have access to clean drinking water for several days. Authorities recommend having enough water for at least 72 hours. However, some areas remain out of water for 4 to 5 days, and others even longer.

As a general rule of thumb **store 1 Gallon per Person per Day**. For example, a family of four would need 120 gallons for one month. Keep in mind children or nursing mother might require more water. More water will be necessary for warmer climates. Water needs can double in extreme heat.

Don't forget your "fur family" when stockpiling water for a disaster. A healthy dog should drink about 1 ounce per pound of body weight. A 42 lb. Border Collie mix would need about 1/2 of a gallon per day. Cats, on the other hand, get most of their water through their food, but they still need 2-3 ounces of water per day. My family of 5, plus two dogs and cat would need about 21 gallons of clean water for 72 hours.

#### Daily Water Use

- 1 Gallon per person
- 1 Ounce per pound of dog
- 2-3 Ounces per cat

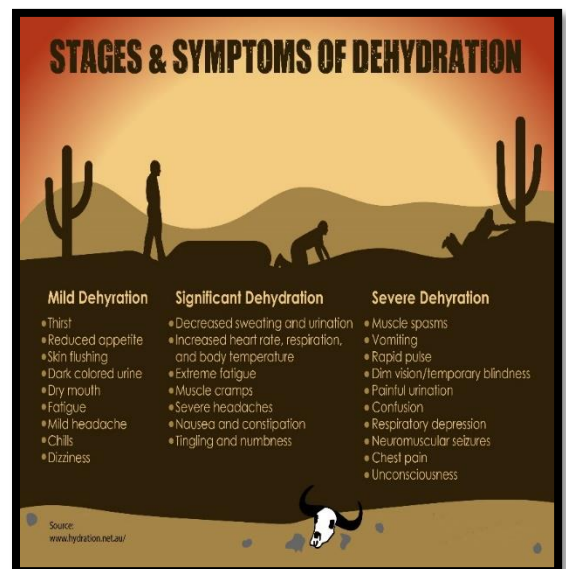
Store water in various sized containers. It will be extremely difficult to move a large 55-gallon drum during an evacuation. Bottled water is easy to carry. You will need 8 - 16.9 oz. water bottles per person per day. My family would need about 56 bottles of water per day.

#### 3 Day Water Supply Containers

- 4.6 cases bottle water [36 (16.9 oz. water bottles) per case]
- 21- One gallon jugs
- 12 - 2.5-gallon rectangular jugs

#### Water Tips

- Don't ration water unless told to by authorities. Drink what you need. Limit your water needs by reducing activity and staying cool.
- Don't drink soda, coffee, or alcohol. Caffeine and carbonation will increase your water needs.
- Avoid cloudy or questionable water. Drink the water you know is clean first. Treat the questionable water if possible. Don't become dehydrated, drink the questionable water if there are no other options.



## Part 2: Appendix: B – 2

# Emergency Water Purification

In an emergency, to purify drinking water, two methods are most often used. They are boiling the water and adding chlorine (household bleach, such as Clorox) to it. This calculator determines the quantity of bleach and water mixture to meet the desired emergency water purification mixture, based on the condition of the target water. Most emergency experts and health officials suggest a mixture of 8 drops of bleach to a gallon of generally clear water for best results. Based on environment or cloudiness of the water, you may want to change the quantity of drops to 16 per gallon of cloudy or murky water. Enter the maximum possible volume of water container. The entry should be in gallons. Enter the desired drops of the bleach per gallon and select the appropriate water condition from the drop down box. Click on Calculate and read the calculated result in drops that should be added to the volume of water specified.

### Please Remember That These Are Guide Lines

#### Boiling Is Best

Short of using a very high-quality water filter, this is the most reliable method for killing microbes and parasites. Bring water to a rolling boil and keep it simmering for at least several minutes. Add one minute of boiling to the initial 10 minutes for every 1,000 feet above sea level. Cover the pot to shorten boiling time and conserve fuel.

As suggested by the EPA, vigorous boiling for at least one minute (preferably more) will kill any disease causing microorganisms present in water (at altitudes above 5000 feet above sea level, boil for three to five minutes longer). The flat taste of boiled water can be improved by pouring it back and forth from one container to another (called aeration), by allowing it to stand in a closed container for a few hours, or by adding a small pinch of salt for each quart of water boiled.

#### Liquid Clorox Bleach

As suggested by Clorox (with their permission this is an excerpt from company published documents). When boiling is not practical, chemical disinfection should be used. Common household bleach contains a chlorine compound that will disinfect water.

- Only use Regular Clorox Bleach (not Fresh Scent or Lemon Fresh). To insure that Clorox Bleach is at its full strength.
- The treated water should be mixed thoroughly and allowed to stand, preferably covered, for 30 minutes.
- The water should have a slight chlorine odor; if not, repeat the dosage and allow the water to stand for an additional 15 minutes.



- If the treated water has too strong a chlorine taste, it can be made more pleasing by allowing the water to stand exposed to the air for a few hours or by pouring it back and forth from one clean container to another several times.

In an emergency, think of this (one gallon of Regular Clorox Bleach) as 3,800 gallons of drinking water. When the tap water stops flowing, Regular Clorox Bleach isn't just a laundry-aid, it's a lifesaver. Use it to purify water, and you'll have something to drink.

It's the same in any natural disaster. As the shock wears off and the days wear on, the biggest demand is for drinking water. Time after time, relief crews hand out free Clorox Bleach with simple instructions: On how to use it to kill bacteria in your water.

**Here are the general guidelines:**

- First let water stand until particles settle. Filter the particles if necessary with layers of cloth, coffee filters, or fine paper towels. Pour the clear water into an uncontaminated container and add Regular Clorox Bleach per the below indicated ratio. Mix well. Wait 30 min. Water should have a slight bleach odor. If not, repeat dose. Wait 15 min. Sniff again. Keep an eyedropper taped to your emergency bottle of Clorox Bleach, since purifying small amounts of water requires only a few drops. Bleach must be fresh for best use and results. See below suggestions for storage bottle replacement.
- Don't pour purified water into contaminated containers. Sanitize water jugs first.
- Without water and electricity, even everyday tasks are tough. In lieu of steaming hot water, sanitize dishes, pots and utensils with a little Clorox Bleach. Just follow the directions below to keep dishes clean.
- Whether you use Clorox Bleach in an emergency or for everyday chores, it's always an environmentally sound choice. After its work is done, Clorox Bleach breaks down to little more than salt and water, which is acceptable anytime.

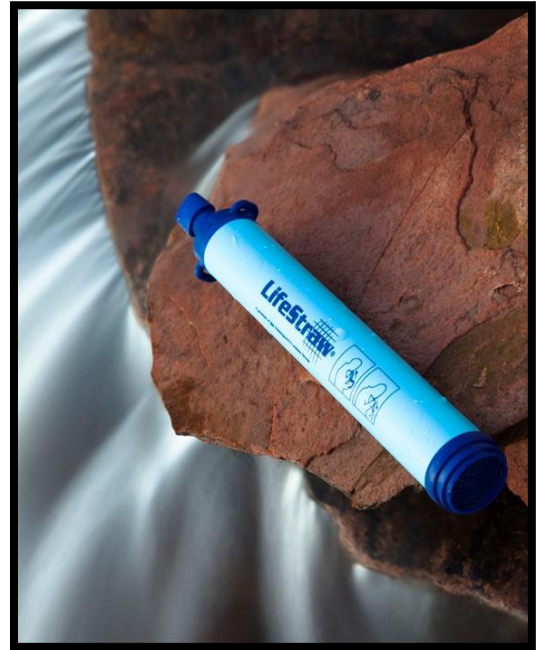
**Ratio of Clorox Bleach to Water for Purification**

- 2 drops of Regular Clorox Bleach per quart of water
- 8 drops of Regular Clorox Bleach per gallon of water
- 1/2 teaspoon Regular Clorox Bleach per five gallons of water. If water is cloudy, double the recommended dosages of Clorox Bleach.

**Clorox Bleach Sanitizing Solution:** To sanitize containers and utensils, mix 1 tablespoon Regular Clorox Bleach with one gallon of water. Always wash and rinse items first, then let each item soak in Clorox Bleach Sanitizing Solution for 2 minutes. Drain and air dry.

To insure that Clorox Bleach is at its full strength, rotate or replace your storage bottle minimally every three months. Clorox (regular-unscented) is a great item for your Grab & Go and/or your Auto Grab & Go kits. It comes in a 4.5oz & 2oz sizes; so you do not need to carry a big bulky bottle...don't forget to pack an eye dropper!

## *LifeStraw*



**The most advanced, compact and easy to use personal Water filter available today. Drink directly from a Fresh water source or your container. It removes:**  
**99.9999% of Bacteria (i.e. E-coli, Salmonella, etc)**  
**99.9% of Protozoa (i.e. Giardia lambila, etc)**

**Filters: 264 gallons / 1,000 liters to 0.2 microns**  
**Ultra-light: 2 oz. - No Pumping - No Chemicals**





# *Summerville Presbyterian Church*

## **Part 2: Section 3**

### **Appendix C**

# **Survival Tips**

**1-Solar Lights:** When the power goes out you don't need a flashlight or candles; use the Solar Lights that you have in your yard to light your home. Put them in a 20oz soda bottle with some sand or gravel in the bottom for stability. Solar light should last all night; in the morning put back out in yard to recharge...Simple, Green, and Cost Effective!

**2 - Water Purification:** Use the following ratio's of Clorox Bleach to purify water, if water is cloudy, double the recommended dosages:

- 2 drops of Regular Clorox Bleach per **quart** of water.
- 8 drops of Regular Clorox Bleach per **gallon** of water.
- 1/2 teaspoon Regular Clorox Bleach per **five gallons** of water.

**Only use Regular Clorox Bleach** (not Fresh Scent or Lemon Fresh). To insure that Clorox Bleach is at its full strength, rotate or replace your storage bottle minimally every three months. Clorox (regular-unscented) is a great item for your Grab & Go and/or your Auto Grab & Go kits. It comes in a 4.5oz & 2oz sizes; so you do not need to carry a big bulky bottle...**don't forget to pack an eye dropper!**

**3 – Let Your Family Know that You are Safe:** If your community has experienced a hurricane, or any disaster, register on [www.redcross.org/safeandwell](http://www.redcross.org/safeandwell) to let your family and friends know about your welfare. If you don't have Internet access, call 1-866-GET-INFO to register yourself and your family.

**4 – Water Heater Protection:** Unsecured water heaters may fall over, rupturing rigid water and gas connections. If your water heater does not have two straps around it that are screwed into the studs or masonry of the wall, then it is not properly braced. This illustration shows one method of bracing a water heater. Bracing kits are available that make this process simple. Have a plumber install flexible (corrugated) copper water connectors, if not already done.

**5 – Head and Eye Protection:** Many disasters involve flying debris and/or collapsing structures, which may cause severe injuries or death. To protect yourself it is recommended that you positioned in or near your "in-place shelter" protective head gear such as a bike helmet or "hard hat"; safety goggles, gloves; and a flashlight for each family member. These maybe store in a small bag for each family member. Thrift stores have bike helmets cheap!

**6 – Shelter-in-Place (SIP):** One of the instructions you may be given in an emergency is to shelter-in-place (SIP). This means you should stay indoors until authorities tell you it is safe or you are told to evacuate.

- Select a small, interior room, with no or few windows.
- Close and lock all windows and exterior doors.
- Turn off all fans, heating and air conditioning systems. Close the fireplace damper.
- Bring your family disaster supply kit and make sure the radio is working.

- Bring your pets.
- It is ideal to have a hard-wired telephone in the room you select (cellular telephone equipment may be overwhelmed or damaged during an emergency)
- Use duct tape and plastic sheeting (heavier than food wrap) to seal all cracks around the door and any vents into the room.
- Listen to your radio or television for further instructions or updates.
- If you are in your car, close windows and turn off vents and air conditioning.

**7– Grab & Go Bag:** A component of your disaster kit is your Grab & Go Bag. Put the following items together in a backpack or another easy to carry container in case you must evacuate quickly. Prepare one **Grab & Go Bag for each family member** and make sure each has an I.D. tag. You may not be at home when an emergency strikes so keep some additional supplies in your car and at work, considering what you would need for your immediate safety.

- Flashlight – battery & crank up
- Radio – battery & crank up
- Batteries
- Whistle
- Dust mask
- Pocket knife
- Emergency cash in small denominations and quarters for phone calls
- Sturdy shoes, a change of clothes, and a warm hat
- Local map
- Some water and food
- Permanent marker, paper and tape
- Photos of family members and pets for re-identification purposes
- List of emergency point-of -contact phone numbers
- List of allergies to any drug (especially antibiotics) or food
- Copy of health insurance and identification cards
- Extra prescription eye glasses, hearing aid or other vital personal items
- Prescription medications and first aid supplies
- Toothbrush and toothpaste
- Extra keys to your house and vehicle

**8 – Pets:** Have a Pet Plan

- Keep a collar, current license and up-to date ID tags on your pet at all times.
- Consider having your pet micro-chipped.
- Make sure your pet is comfortable being in a crate, box, cage, or carrier for transport.
- Keep an updated list of trusted neighbors who could assist your animals in case of an emergency.
- Tighten and secure latches on birdcages.
- Fasten down aquariums on low stands or tables.
- Make a Grab & Go Bag for each pet. Include:
  - Sturdy leashes and pet carriers. A pillowcase is a good option for transporting cats and other small animals.
  - Muzzles for dogs.
  - Food, potable water and medicine for at least one week
  - Non-spill bowls, manual can opener and plastic lid
  - Plastic bags, litter box and litter

- Recent photo of each pet
- Names and phone numbers of your emergency contact, emergency veterinary hospitals and animal shelters

**9 – Food:** When a disaster occurs, you might not have access to food, water and electricity for days, weeks or even months. Store enough emergency food to provide for your family for a minimum of 6-12 months. Buy smart, purchase 2 for 1 special's & use coupons. Have a manual can opener!

- Store food items that are familiar, rather than buying special emergency food. Consider any dietary restrictions and preferences you may have.
- Ideal foods are: Shelf-stable (no refrigeration required), low in salt, and do not require cooking (e.g. canned fruit, vegetables, peanut butter, jam, low-salt crackers, cookies, cereals, nuts, dried fruit, canned soup or meats, juices and non-fat dry milk).
- Mark a rotation date on any food container that does not already have an expiration date on it.
- Include baby food and formula or other diet items for infants or seniors.
- Store the food in airtight, pest-resistant containers in a cool, dark place.
- Most canned foods can safely be stored for at least 18 months. Low acid foods like meat products, fruits or vegetables will normally last at least 2 years. Use dry products, like boxed cereal, crackers, cookies, dried milk or dried fruit within six months.

**10 – Water:** In a disaster, water supplies may be cut off or contaminated.

- Store enough water for everyone in your family to last for at least 5 days.
- Store one gallon of drinking water per person, per day.
- Three gallons per person per day will give you enough to drink and for limited cooking and personal hygiene. Remember to plan for pets.
- If you store tap water for drinking:
  - Tap water from a municipal water system can be safely stored without additional treatment.
  - Store water in food grade plastic containers, such as clean 2-liter soft drink bottles.
  - Heavy duty, reusable plastic water containers are also available at sporting goods stores.
  - Empty milk bottles are not recommended because their lids do not seal well and bottles may develop leaks.
  - Label and store in a cool, dark place. Replace water at least once every six months, but do not discard; keep for washing and toilets.
- If you buy commercially bottled “spring” or “drinking” water:
  - Keep water in its original container, and don't re-store a bottle once it's opened.
  - Store in a cool, dark place.

**11 – First Aid & Medications:** In any emergency, you or a family member may be cut, burned or suffer other injuries. Keep the following basic first aid supplies so you are prepared when someone is hurt.

- Two pairs of disposable gloves
- Sterile dressings to stop bleeding
- Cleansing agent/soap and antibiotic towelettes to disinfect
- Antibiotic ointment to prevent infection
- Burn ointment
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or as general decontaminant
- Scissors and needle and thread.
- Over-the-counter medicines such as Aspirin or other pain reliever, laxative, anti-diarrhea medication
- Prescription medications you take every day such as insulin, heart medicine, or asthma inhaler
- Prescribed medical supplies such as glucose monitoring equipment or blood pressure monitors.

## 12 – Children and the Family Evacuation Plan:

- Include your children in family discussions and planning for emergency safety.
- Teach your children their basic personal information so they can identify themselves and get help if they become separated from a parent or guardian.
- Prepare an emergency card with information for each child, including his/her full name, address, phone number, parents work number and out of state contact.
- Know the policies of the school or daycare center your children attend. Make plans to have someone pick them up if you are unable to get to them.
- Regularly update your child's school with current emergency contact information and persons authorized to pick up your child from school.
  
- Make sure each child knows the family's alternate meeting sites if you are separated in a disaster and cannot return to your home.
- Make sure each child knows how to reach your family's out-of-state contact person.
- Teach children to dial their home telephone number and Emergency 9-1-1.
- Teach children what gas smells like and advise them to tell an adult if they smell gas after an emergency.
- Warn children never to touch wires on poles or lying on the ground.
- Role-play with children to help them remain calm in emergencies and to practice basic emergency responses such as evacuation routes, and Earthquake: Drop, Cover & Hold and Stop, Drop & Roll.

**13 –Emergency Radio & Flashlight:** Have crank-up flashlights & radio, they do not need batteries.



**14 –Security:** Personal Protection, Self Defense, and Property: hunting and fishing.



**15 –Emergency Tools:** Axe, shovels, rake, etc.

**16 –Emergency Gardening:** Seeds, tools, fertilizer, security

## *Summerville Presbyterian Church*

### **Part 2: Section 3**

## **Appendix D**

# **Emergency Sanitation and Hygiene**

You have your food and water storage, but have you considered how important sanitation and hygiene will be in the event of an emergency? Improper hygiene can cause an infectious disease outbreak, escalating emergency situations. Here are some tips for creating your family's sanitation/hygiene plan.

### **Bathroom Activity**

Take a few days to see how many times your family uses the toilet in one day. See how many diapers are used. Note how quickly you go through bar or gel soap. This information will determine the supplies you need to keep on hand. Items you'll need to help you with bathroom sanitation:

- Portable toilet- A portable potty lid fits over a bucket.
- Potty bags – Sealable, double layer bags with bio-gel can help keep your family clean. These bags can be thrown away at an approved facility (not in normal trash cans).
- Hand sanitizer
- Soaps
- Toilet paper/wipes
- Feminine hygiene products
- Diapers/wipes
- Disposable gloves

### **Bathing**

It is a good idea to designate some of your water storage for bathing and hygiene. Whether you want to use a separate container or calculate your water needs with the storage you already have, remember that water for hygiene is an important item to have on hand. Here are some items to keep for bathing storage:

- Cleansing cloths- Whether or not you have a baby in your home, baby wipes are great to have on hand for fast, waterless baths.
- Dry shampoo- This can extend the time between showers
- Body wash/body soap
- Razors
- Shampoo/Conditioner, etc.
- Lotion to prevent cracked skin

### **Cleaning**

You will want to have a good amount of cleaning supplies on hand. A disinfected house will help prevent the spread of disease. Important items to keep on hand: Water purification tablets/water preserver.

- Bleach – While bleach is not recommended for water purification due to conflicting dilution information, it can be used if another water purification is not available.
- Disinfecting spray - Disinfecting spray is an important thing to keep on hand to spray on door handles and other high traffic areas. This can help stop the spread of most germs.

### Misc

Be ready to hand wash clothes, dish rags, etc. If your washing machine is out of commission or uses too much water, a wash basin will be a great asset. Keep liquid or powder detergent on hand so you can hand wash. Also, if you have space, you might want to store a drying rack.

## Emergency Honey Bucket Toilet

When you lose power during a major storm or an earthquake and the waste disposal pumping station quit working...what are you going to do? The Honey Bucket Toilet is the perfect for your emergency preparedness plan or for use when camping or hunting.

### Build or Purchase a Toilet Set

- For use in an emergency or where toilet facilities are unavailable
- 1 x Removable toilet seat or an “over toilet aid seat”
- 1x 5 gallon bucket
- 1x blue gel (12 oz., scoop included)
- 1x Biodegradable liners (10 pack)
- 1x Biohazard bag
- 1x nitrile gloves (pair)
- 1x 2 oz. hand sanitizer



### How to Use

- Place biodegradable liner inside the 5 gallon honey bucket
- Place honey bucket toilet seat on the bucket
- Add 1 scoop of blue gel inside the liner before use
- After use, gently agitate the bucket to mix blue gel with liquid waste
- Allow 5 to 10 minutes for liquid waste to gel
- Dispose



### Caution:

- Avoid contact with eyes, skin, and clothes
- Harmful if swallowed
- Eye contact: flush eyes with water for at least 15 minutes
- Skin contact: wash with soap and water. Remove any contaminated clothing.
- Ingestion: contact poison control

### Ingredients:

- Sodium Polycrylate
- Hydroxymethyl
- Nito
- Propanediol

# When Disaster Strikes You Are Not Alone



*“It is better to take refuge in the Lord than to trust in man”  
Psalm 118:8 NIV*



**FEMA**

