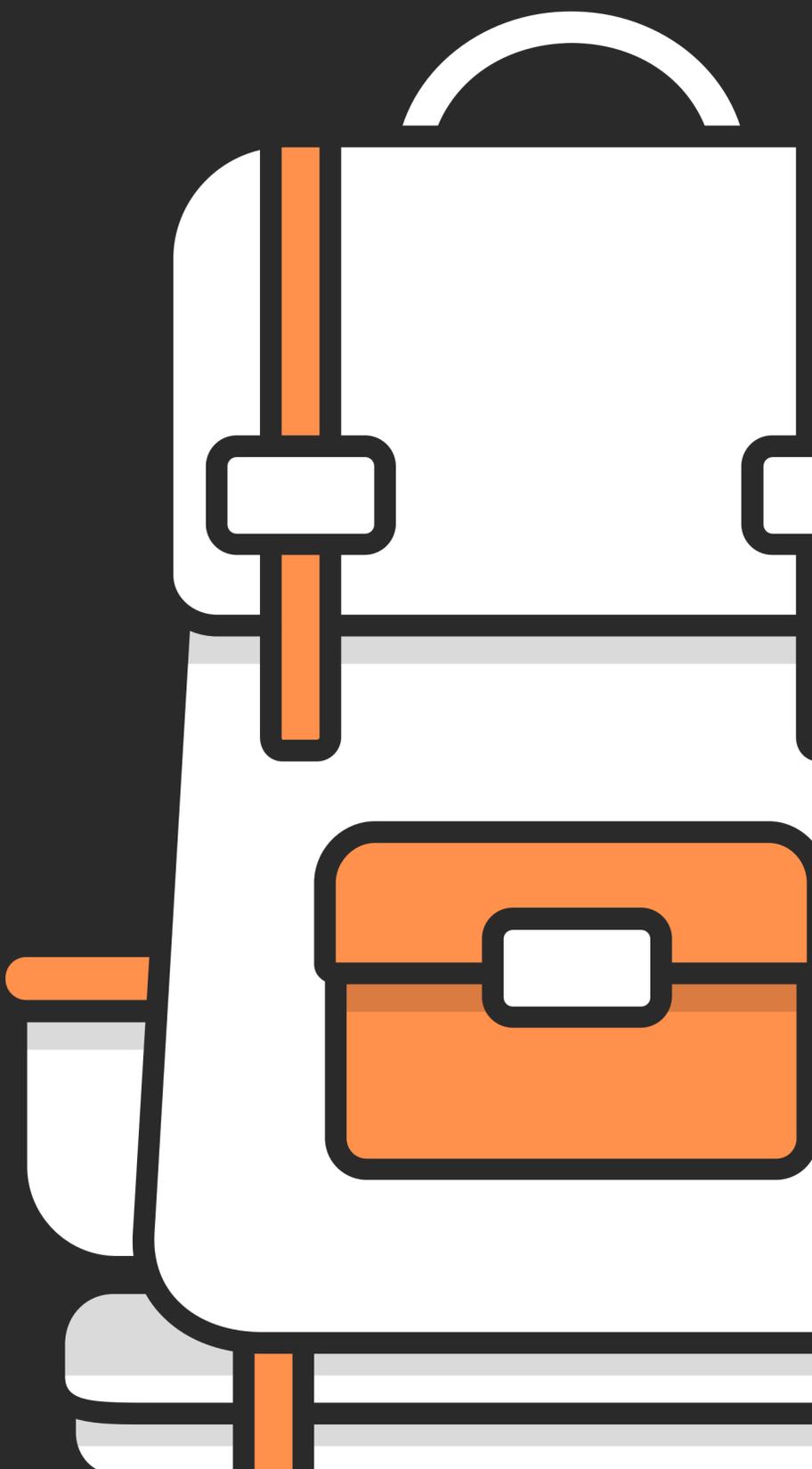


Rocky Vista University  
Interprofessional Education  
Fall Festival

# ARE YOU READY?

## 72 HOUR KIT

- Guide to kit creation
- Wordsearch
- Scavenger Hunt



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# DISASTER PREPAREDNESS

Justice Garrish, Nicole Phan, Colton Merrill, Brady James, Jasmine Kaura

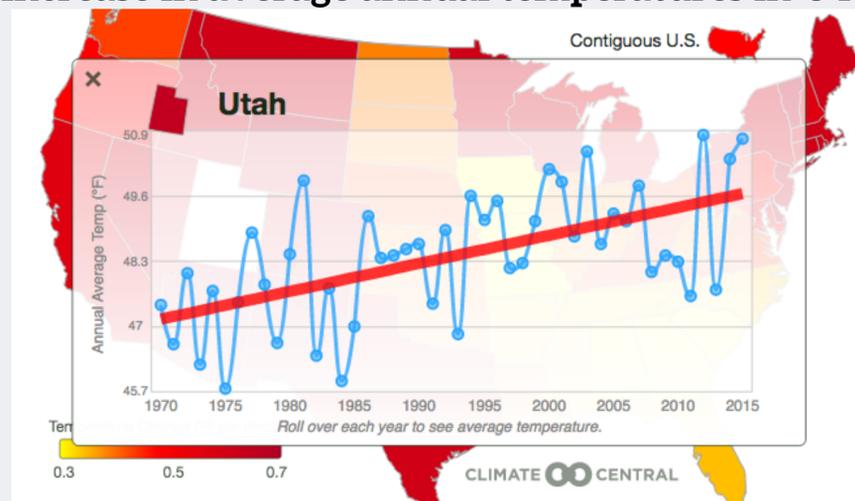
R  
V  
U

## INTRODUCTION

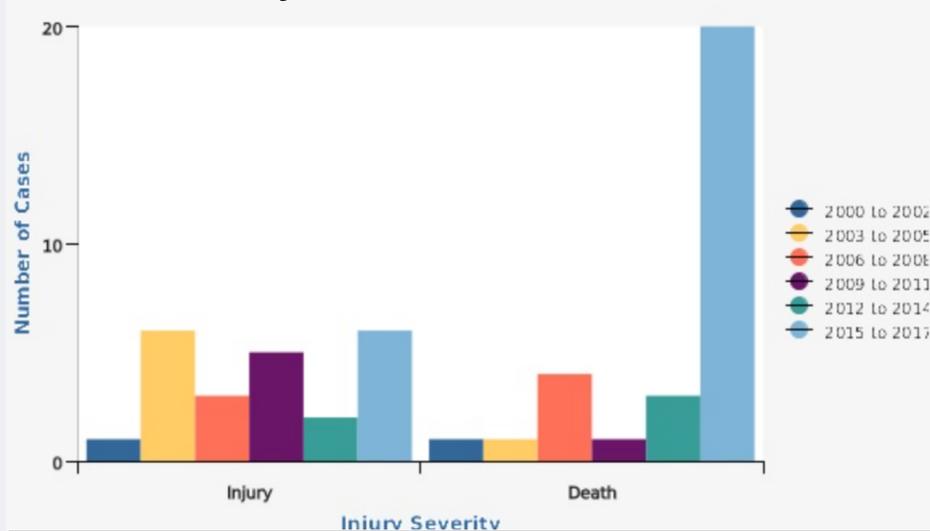
In an emergency state, one may not have time or even be able to buy needed materials such as food, water, or other goods. One of the best things you can do for yourself and/or family members is to buy or assemble emergency kits that can be easily accessed and taken along in the event you need to leave quickly and do not have time to gather needed items. Keep in mind that during emergency situations, if resources such as food and water are available in stores, they may not be there for long. Make a goal today to be prepared for emergency—not if—but when it happens. Make further preparations and plans about what you and your loved ones can do before, during, and after emergencies. There are many resources online to help you accomplish this, starting with [redcross.org](http://redcross.org). Discuss your plans with your loved ones so you can all respond accordingly when the time comes. In this Halloween-themed packet we have compiled comprehensive checklists, safety tips, and a word search/scavenger hunt to keep the young ones involved too!

## THE STATISTICS

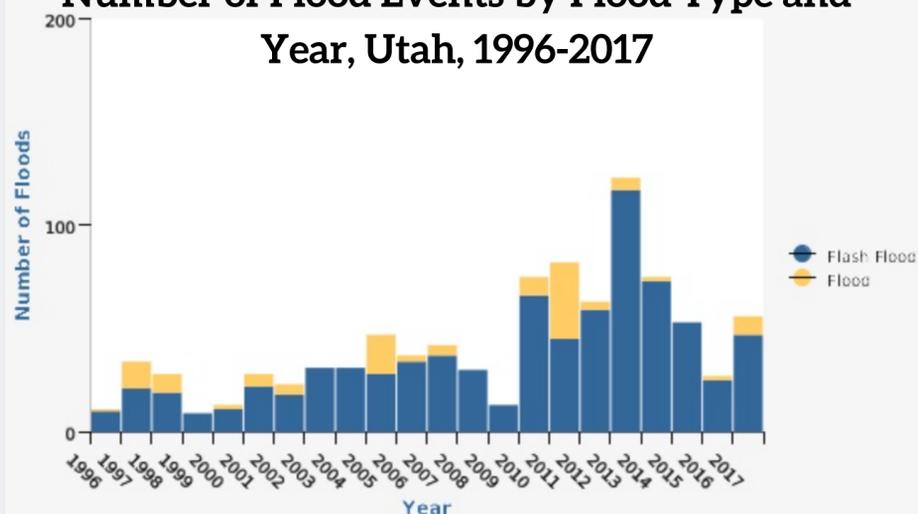
Increase in average annual temperatures in UT



Deaths and Injuries from Utah Floods, 2000-2017



Number of Flood Events by Flood Type and Year, Utah, 1996-2017



source: UTAH IBIS [https://ibis.health.utah.gov/ibisph-view/indicator/complete\\_profile/CliChaExtWea.html](https://ibis.health.utah.gov/ibisph-view/indicator/complete_profile/CliChaExtWea.html)

HAPPY  
HALLOWEEN



# 72 HOUR KIT checklist

(Total cost per individual: approximately \$60)

- Water (\$1 per gallon)
  - One gallon per person per day (for at least 3 days)
- Food (Average cost \$15)
  - Non-perishable, enough for at least 3 days
  - i.g. peanut butter, tuna, beans, granola bars
- Flashlight (\$8.50)
- Battery powered or hand crank radio (\$20) one/family
- Extra batteries (\$5)
- Whistle (\$4) to signal for help
- Masks (\$12 for 6-pack)
  - Preferably dust masks to filter contaminated air
- Moist Towelettes (\$15 for 100 pack)
- Toilet Paper (\$22)
- Garbage bags (\$16.50)
- Rain jacket for waterproofing and insulation
- Wrench or pliers to turn off utilities
- Multi-tool (swiss army knife type) (\$30) one per family
- Manual can opener
- Medications (pain relievers, fever reducers, prescriptions)
- Pet food and extra water for pets
- Sleeping bag or warm blankets
- Fire extinguisher
- Matches/Lighter (\$7)
- Feminine supplies
- Books/games to pass time
- Place important documents in a known location
- Extra battery pack for phone (or solar charger \$29)
- Keep cash/checks on hand if possible
- Local Map (\$10) one per family
- First aid kit (\$10) one per family
  - Band aids
  - Gauze
  - Elastic bandage
  - Masks
  - Antibiotic ointment/iodine prep pads



## Emergency Kit

L	M	N	F	C	H	F	J	I	G	R	A	N	O	L	A	D	T
F	E	M	B	C	P	Y	L	B	L	A	N	K	E	T	S	O	D
E	D	U	B	I	U	V	L	A	A	Y	F	B	L	W	M	C	N
H	I	L	M	A	Q	G	P	I	S	T	D	R	R	A	A	U	J
K	C	T	K	Q	N	J	M	E	G	H	T	M	X	Y	S	M	J
D	A	I	R	O	O	D	Q	Y	T	H	L	E	Z	T	K	E	A
F	T	T	S	A	D	C	A	S	P	F	T	I	R	B	S	N	C
B	I	O	H	I	D	Z	W	I	X	W	O	E	G	I	W	T	K
R	O	O	S	R	K	I	P	G	D	A	Q	O	R	H	E	S	E
S	N	L	Y	K	A	M	O	X	J	S	T	H	D	Z	T	S	T
Q	I	E	H	W	A	T	E	R	G	M	D	D	W	I	R	G	U
J	Y	L	F	E	C	K	N	F	W	H	I	S	T	L	E	C	S

Find the following words in the puzzle.  
Words are hidden → ↓ and ↘ .

FLASHLIGHT  
MEDICATION  
BATTERIES  
MULTITOOL  
DOCUMENTS  
BLANKETS

BANDAIDS  
GRANOLA  
WHISTLE  
PETFOOD  
LIGHTER  
JACKET

WATER  
RADIO  
MASKS



# SCAVENGER HUNT



Once you have completed the word search, go on a scavenger hunt around your house and try to find the items for your kit. Collect what you can and make note of the ones you are missing; you may be surprised at how much you actually have already at home. When you have collected all of your items, take a picture of your soon to be completed kit along with your completed word search to be entered into a raffle for a chance to win your very own kit!



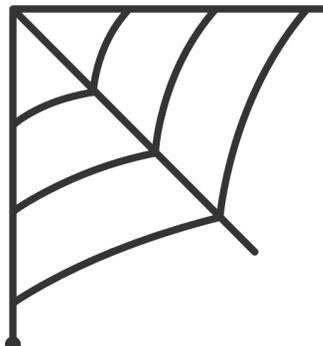
Purchasing a kit all at once can be overwhelming. Try breaking it up into more manageable additions by purchasing one item every time you go grocery shopping or maybe even once every paycheck until you have a completed kit.



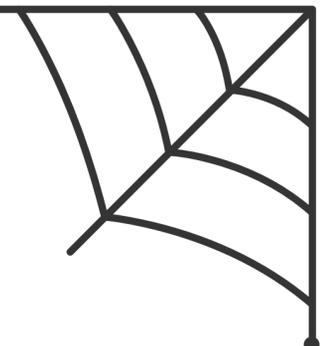
# SHOW US YOUR FUN!

POST PICTURES TO OF YOUR SCAVENGER HUNT  
ACTIVITIES TO INSTAGRAM OR FACEBOOK WITH THE  
HASHTAG #RVUSUFALLHEALTHFAIR OR EMAIL TO  
MARKETING@RVU.EDU TO BE ENTERED INTO THE  
PRIZE DRAWINGS.





# EMERGENCY CONTACT *checklist*

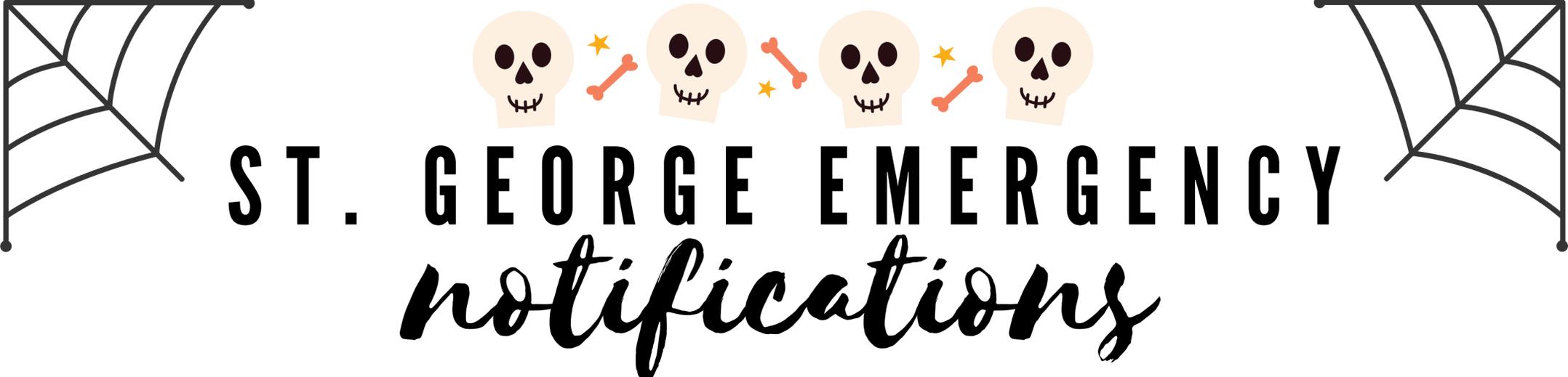


Emergency contact lists are something we hope to never have to use but one of those things we should be prepared with in the event of natural disaster, medical issues, etc. This list should include names of all people (family, friends, others) you would want contacted in case of emergency and should be listed in one place with phone numbers, relationship, and their address if possible. High stress events can make it difficult for us to remember critical information. Emergency contact lists are especially beneficial for when medical staff need to contact family members or when you may be unable to access your cell phone. Include home phone, cell phone, and emails if possible. Make sure to update annually to ensure accuracy.

If possible, have an out-of-state relative or friend who is willing to be contacted in case of emergencies as a check-in point. Check in by phone if you cannot get in touch with other family members and they will let others know who they have heard from. The “Safe and Well” tool provided from Red Cross allows check-in online and search features for registrants who have also checked in. <https://safeandwell.communityos.org/cms/index.php>. Monster Guard by Red Cross is a free app that can be used to teach kids how to prepare and act within an emergency and share what they learn with their family members!

Here are a few examples of numbers you may want to include on your list:

- 911
- Local police department
- Local hospital number and address
- Family doctor
- Poison control
  - American Association of Poison Control Centers: (800)222-1222
  - OR text POISON to 797-9797 to add poison control as a contact
  - <https://aapcc.org>
- Animal Poison Control
  - ASPCA Animal poison control center (888)426-4435
  - <https://www.asPCA.org/pet-care/animal-poison-control>
- Animal Control
- Next door neighbors
- Family members



# ST. GEORGE EMERGENCY *notifications*

The nation has Integrated Public Alert and Warning System (IPAWS) in place which was created by the government following Hurricane Katrina to inform the public residing within a geographical area. There are secondary emergency notification systems locally for different counties that allow for individuals to continue receiving critical emergency notifications even after having been evacuated out of the area.

Washington County has the Citizen Alert System and Emergency Alert System which allow access to not only cell phones and email (if registered) but landline phone numbers as well. Critical information may be delivered through your preferred method as specified during registration and can include severe weather, threats to health and safety, police activity, and more. Signing up takes 10 minutes and allows you to input multiple locations where critical event emergency notifications may be relevant. Emergency Alert System includes weather and allows participants to indicate if they have special needs (hearing, visually impaired, dialysis, power dependent, etc.)

Sign up for Citizen Alert System: <https://member.everbridge.net/892807736722285/login>

Sign up for Emergency Alert System: <https://member.everbridge.net/1332612387831941/login>

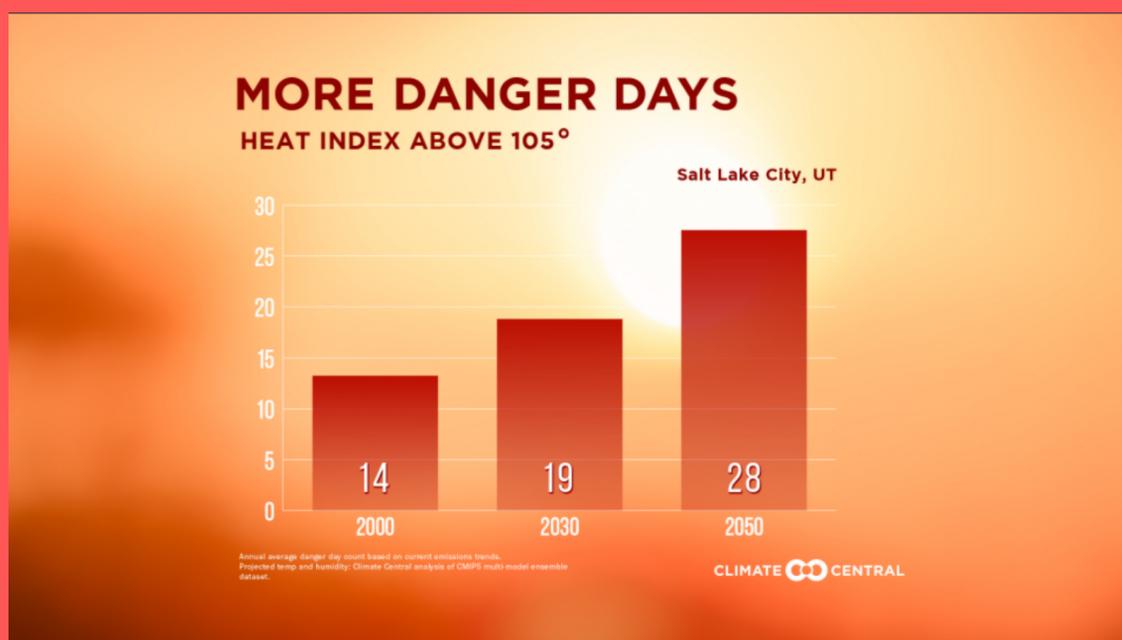
**You can also call Washington County Citizen Alert at (435)627-4914.**



# BASIC SAFETY TIPS: WILDFIRE

- Check local radio, NOAA, internet, or TV for information on the wildfire, shelters, and safe escape routes.
- Be ready to evacuate immediately, have your replenished emergency kit in the car. Arrange for temporary shelter outside of the endangered area and know how to get there.
- If you are trapped outdoors, crouch in a body of water or secondarily a large clearing of rock.
- Smoke rises, breathe air nearer to the ground to avoid burning your lungs.

Source: Wildfire Safety. (n.d.). Retrieved September 28, 2020, from <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/wildfire.html>

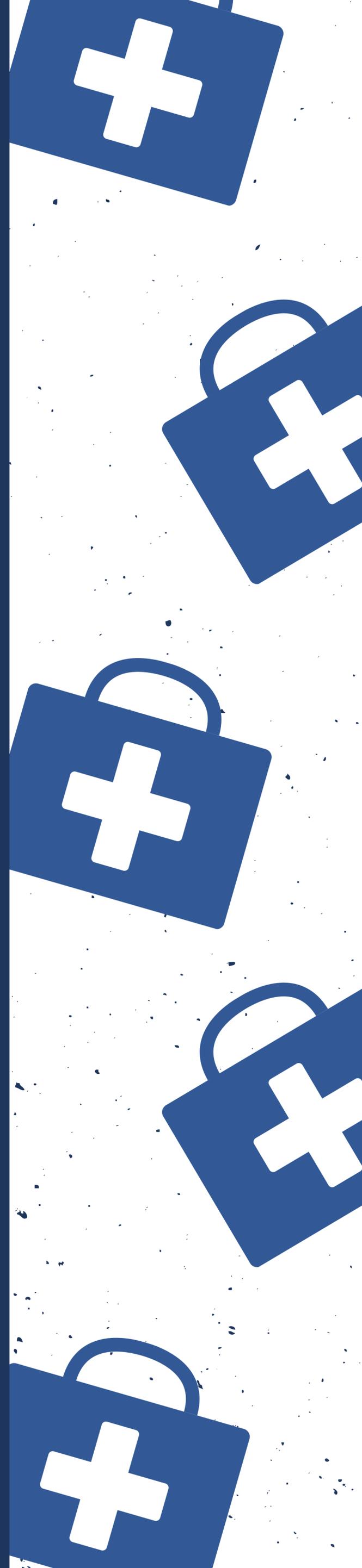


Source: States at Risk: <https://statesatrisk.org/utah/extreme-heat>

# BASIC SAFETY TIPS: FLOODS

- If you are traveling in flooding areas, be aware that roads or bridges that cross even dry riverbeds ravines can become flooded
- If the road starts flooding, move to higher ground. Be prepared to evacuate with replenished emergency kits moved to car.
- Listen to radio, NOAA, or TV for new information and direction on what to do or where to go.
- Do not attempt to walk, swim, or drive through floodwaters; they can carry large vehicles, sewage or wildlife that could harm you.
- Tap water should be boiled to kill any pathogens until it has been declared clean, and any food that has been contaminated with floodwater should not be eaten.
- If asked by local authorities, shut off power and water mains, and be sure not to use any flooded appliances.

Source: Flood Safety. (n.d.). Retrieved September 28, 2020, from <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/flood.html>



# BASIC SAFETY TIPS: EARTHQUAKES

- DROP to prevent any falling injury, COVER your head and torso to protect yourself from falling objects, and HOLD ON to sturdy furniture (not doorways).
- Wait until after shaking ceases and it is safe to go outdoors, but be aware of any unstable objects that could fall and injure you.
- Do not use elevators. Fire alarms and sprinklers may go off regardless of whether or not there is fire. If you smell gas, remove yourself far from the structure.
- If you are injured, get first aid/medical help if necessary before helping others.
- Be aware of potential for landslides, power outages, fires, and tsunamis, which are commonly associated with earthquakes, and return home only if authorities have deemed it safe.
- If outdoors, secure yourself in a clear spot. Stray from objects or structures that may be unstable.
- If driving, stop and remain in your vehicle. Afterwards, avoid bridges, ramps, slopes, or cliffs that may be unstable. Stay in your vehicle and wait for help if power lines fall across your vehicle.

Source: Earthquake Safety. (n.d.). Retrieved September 28, 2020, from <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/earthquake.html>



# BASIC SAFETY TIPS: TORNADOS

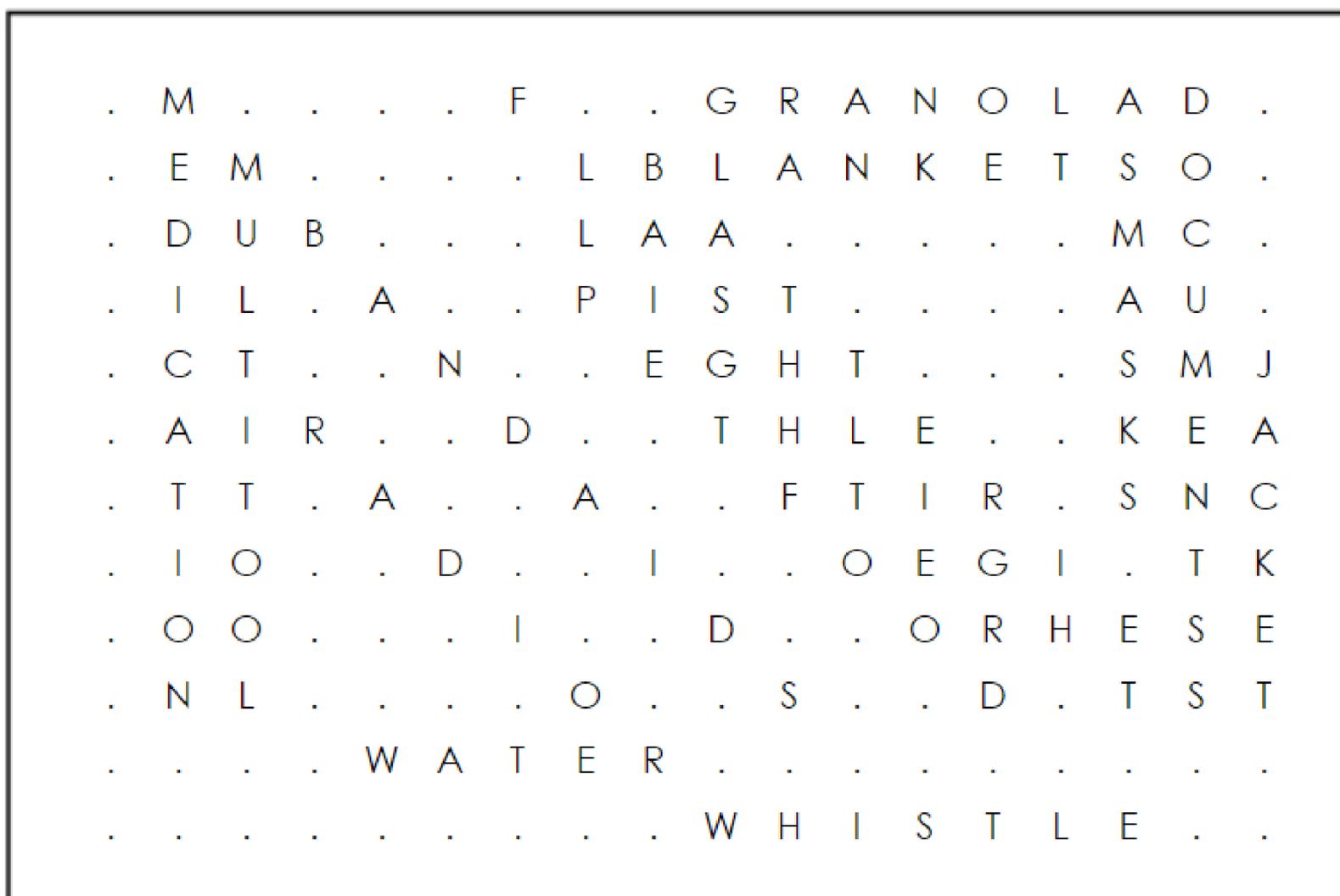
- Plan in advance a safe place for people and pets to gather, such as a basement (ideally), or sturdy structure in a room with no windows. Mobile homes are not safe.
- Generally, the center of the lowest floor is the safest place of most structures. If outside, get to a shelter as quickly as possible.
- Account for everybody; the Safe and Well online registry is a great resource for letting family and friends know that you are safe.
- Listen to local radio, NOAA, or TV for instructions or information about evacuation and return.
- Have a first aid kit, help yourself before helping others if necessary.
- Bridges and overpasses are not safe. Temporarily pull over with engine running to let debris fly by before continuing on to shelter if needed.

Source: Tornado Safety Tips. (n.d.). Retrieved September 28, 2020, from <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/tornado.html>



## SOLUTION

# Emergency Kit



Word directions and start points are formatted: (Direction, X, Y)

FLASHLIGHT (SE,7,1)

MEDICATION (S,2,1)

BATTERIES (SE,9,2)

MULTITOOL (S,3,2)

DOCUMENTS (S,17,1)

BLANKETS (E,9,2)

BANDAIDS (SE,4,3)

GRANOLA (E,10,1)

WHISTLE (E,10,12)

PETFOOD (SE,8,4)

LIGHTER (SE,8,3)

JACKET (S,18,5)

WATER (E,5,11)

RADIO (SE,4,6)

MASKS (S,16,3)