EMERGENCY PREPAREDNESS INFO:

Three Major Threats

First, *the three major threats* in Maricopa County (according to my homeward Emergency Preparedness presentation) are:

- Sex offenders in your area
  - Know where they are and who for your own safety.
- Chemical Plant leaks, Nuclear Plant explosions OR City-wide Electrical Outages:
  - Palo Verde Nuclear Plant Generating Station in Tonopah, AZ (about 1.5 hrs away)
  - https://ready.maricopa.gov/1002/PVGS
  - Radiation released into the air, which means it'll travel quickly: traffic & panic
  - Chemical leaks take weeks to clean up. If they are near your home, immediate evacuation might be required.
  - If at any time your health begins to change, you may have been exposed already. What do you do? Just leave.
  - Timelines of recovery to air exposure 15-30 mins
  - Exposure radius with the factor of dry air. *50 miles away.
  - Remember when electricity goes out, any electrical alarms to Emergency Services will cut out to. Emergency Services include but not limited to: Fire Stations, Police Stations, Ambulances, Security Systems.
  - Also, oftentimes stores, banks, and restaurants will immediately close because all their systems will be down. This is a reminder to buy the food now that you need to get through an unusual circumstance like your local stores closing for a few days.
  - Recovery time: 3-4 days
- Civil unrest
  - If you are within 10 miles there is no need to evacuate
  - If you are within 5 miles, be ready with your essentials. Just in case.
  - If you are within 1 mile, get out now. Or buckle down.
  - Remember that civil unrest is more of a mindset. So, if you or your property are in "their way," you will no longer be seen as a fellow human being, but a part of the problem.
  - Other websites to read about Civil Unrest Preparedness:
    - OSHA - Evacuation & Shelter-in-place
    - Back Door Survival: 30 Steps
  - *Active shooters
    - https://youtu.be/5pgxzPoxv4w
    - Run, Hide & Fight

        - OSHA videos: active shooters
- Man-made wildfires

It is best to make an emergency plan for each of these situations, along with a plan name. Just in case you only have a few minutes before the cell phones go out and you can only text or say a few words.

Maricopa County's emergency website Ready Maricopa, has emergency preparedness plans, local threats & hazards warning, and it is also a mobile app. Check on this website for more information.

Community Ties: greatest solution for emergency preparedness

Car kit

Get Home Bags:

Its purpose is to get me back home wherever you are. It could include local maps, extra cash for travel or food, travel shoes, a jacket or sweater, change of clothes and undies, etc.

Emergency evacuation kit: personalized

Second, the link for the google sheet: 96 Hr. Kit. This document is sharable and the link is open to the public. I store mine in two seperate backpacks, but some people use totes. You can also store some of your supplies in your car.

Third, Emergency Foods:

There are three categories of Emergency food I would suggest buying from:

1. LDS Food Storage
2. Instant "Add-hot-water" Emergency food packets
3. Extra pantry canned, or bottle foods

1. This is where you can order LDS Food Storage online: Provident Life. They also have Drinking Water Guidelines. And here is the Provident Living Food Calculator. It measures by weeks, so if you want to start small, like 3 months, enter 12 weeks and see what pops up below.

Some Food Storage is not available because of high demand, but things like rice and beans keep pretty well in dry and dark places. So, buy what you can from the website. You can definitely find substitutes at the local Walmart, Winco, or Costco.

2. There are a lot of Emergency Instant Food Companies. Like, ReadyWise, 4Patriots, Thrive Life, Valley Food Storage, Legacy Food Storage, and Backpackers Pantry. Right now, Costco was selling the Ready Wise Emergency Food Supply Bucket (for 4 people) at the Sossaman location in Mesa. It costs $60. So, this one you can go out and pick up at a reasonable price. (Pics attached below). Costco also has an "Emergency Food Supplies & Kits" search category as well, that offers additional emergency foods available. **Tip**: look for the foods/meals you already eat. Then you won't waste or resent your emergency food.

Local play for food: https://honeyville.com

Honeyville

601 S 54th St #15,

Chandler, AZ 85226

3. Which brings us to the Extra Pantry food supply. This entails buying extras of the food you already eat. Like, you favorite breakfast, lunch and dinner foods. For example, and in no particular order:

Freeze dried veggies & fruits to supplement vitamins and minerals:

> This can save on space. Extremely light.

Gluten-free options:

> Contact Erleen Tilton on FB;'

Cereals
Oatmeal

Cream of wheat
Bisquick mix
Canned Chicken
Canned Chili
Cooking oils
Bullion
Peanut Butter
Jellies/Jams
Cracks/Cookies
Fruit Purées
Jarred Fruits
Canned Tuna
Pasta noodles
Pasta Sauces
Sugar
Salt
Honey
Canned Soups
Condiments: Ketchup, Mustard, Mayonnaise
Canned Veggies
Baking powder (extra baking supplies)
Drink mixes (Lemonade, Tang, Gatorade)
Vitamins
Etc.

This is just a dummy list, so change it according to your personal dietary needs.

Water Storage & purification:

Filters and purifiers

Collapsible water containers

Communication:

Ham radios, creates a network of volunteers

Reserve 9-1-1:

https://www.maricopa.gov/1755/CENS

Circles:

Other websites and resources:

https://dema.az.gov

https://www.churchofjesuschrist.org/bc/content/shared/english/life-help/Temporal-Preparedness-Guide-North-America-Southwest-Area-Guide-Dec-04-2020.pdf

http://iwillprepare.com

https://www.churchofjesuschrist.org/life/temporal-preparedness-resources?lang=eng

https://ein.az.gov

Other threats: Gilbert

1. Poor air quality
2. Civil disturbance
3. Common Carrier Accident (Plane, Train, Car, bus, etc)
4. Earthquake
5. Power Outage
6. Fire/explosion
7. Hazardous Material Spill
8. Heat wave
9. Pandemic Influenza
10. Palo Verde Disaster
11. Storms/floods

12. Terrorism

Other Threats: Queen Creek

1. Heat, extreme
2. Gasoline shortage, extended
3. Interrupted food supply
4. Power outage, extended
5. Water system failure
6. Storm-related heavy damage
7. Pandemic/Disease
8. Civil unrest
9. Nuclear Incident
10. Flooding (flash flood, dam break, etc)
11. Pestilence/ infestation
12. Fire/Wildfire
13. Sewage System Failure
14. Terrorism (other than biological)