

Laie Hawaii North Stake

# ***Family Emergency Preparedness and Response Guide***

A Household Preparedness Guide

- What to Have in Your Head
- What to Have in Your Plan
- What to Have in Your Hand
- What to Have in Your Home

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## Emergency Preparedness Planning

### **MESSAGE FROM THE FIRST PRESIDENCY**

Dear Brothers and Sisters:

Our Heavenly Father created this beautiful earth, with all its abundance, for our benefit and use. His purpose is to provide for our needs as we walk in faith and obedience. He has lovingly commanded us to “prepare every needful thing” (see D&C 109:8) so that, should adversity come, we may care for ourselves and our neighbors and support bishops as they care for others.

We encourage members worldwide to prepare for adversity in life by having a basic supply of food and water and some money in savings.

We ask that you be wise as you store food and water and build your savings. Do not go to extremes; it is not prudent, for example, to go into debt to establish your food storage all at once. With careful planning, you can, over time, establish a home storage supply and financial reserve.

We realize that some of you may not have financial resources or space for such storage. Some of you may be prohibited by law from storing large amounts of food. We encourage you to store as much as circumstances allow.

May the Lord bless you in your home storage efforts.

The First Presidency

Reprinted from LDS Church brochure “All Is Safely Gathered In”

## Introduction

# HO'OMĀKAUKAU

“Get Ready”

Canoe paddlers, just before they dip their paddles into the water, and hula dancers, about to begin a performance, are called into position by the Hawaiian word “ho’omākaukau.” It means, “get ready.” That’s what all of us in Hawaii must do if we are to protect ourselves and each other when disasters strike.

You could be anywhere – at work, at school or in the car. How will you find each other? Will you know if your children are safe?

Emergencies and disasters can strike quickly and without warning and can force you to evacuate your neighborhood or confine you to your home.

What would you do if basic services – water, gas, electricity or telephones – were cut off? How would you summon emergency aid – or could you?

Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away.

You can cope with disaster by preparing in advance and by working with your family as a team. Knowing what to do to prepare for, and respond to disasters, will make it far less likely that you and your family will become casualties.

The following pages provide information to assist members of our community to prepare for, and respond to various types of disasters.

Follow the steps listed in this guide to be prepared.

1. Get informed
2. Make a plan
3. Implement your plan
4. Assemble survival kits
5. Maintain and exercise your plan and kits.

D & C 38:30 teaches us that *“If ye are prepared, ye shall not fear”*. The best time to empower yourselves and your families is now. Please don’t wait until an incident occurs.

Knowing what to do is your best protection and your responsibility.

*Ho’omākaukau!*

***Possible Types of Disasters to Consider ...  
from personal & family, to local, to community-wide;  
either natural or man-made ...***

- Loss of job
- Loss of health
- Death of a loved one
- House Fire
- High Surf
- Rock Slides
- High Winds
- Explosions
- Floods
- Transportation Accidents
- Hazardous Materials Incidents
- Utility Failure
- Dam Failures
- Large-scale Fires
- Earthquakes
- Tsunamis
- Hurricanes
- Terrorism Incidents
  - chemical
  - biological
  - radiological
  - nuclear,
  - high-yield-explosives
  - weapons of mass destruction
- Pandemic Illness
- War

***About this Guide ...***

*A disaster, by definition, is a catastrophic event that exceeds the capabilities of the normal emergency response resources to meet the demands of the incident in a normal manner using normal resources. A disaster can be broken down into various phases, such as: preparation, notification, response, and recovery. It is the intent of this guide to help families of the La'ie Hawaii North Stake to improve their individual emergency preparations to mitigate the effects of a disaster on their lives, and thereby improve community readiness. The information contained herein has been drawn from various public and other open sources. We acknowledge these sources and are grateful for the information provided to improve the personal and community readiness of our community.*

## EMERGENCY PREPAREDNESS – AN OVERVIEW

What You Must Know, and Do  
ADVICE FOR YOU AND YOUR FAMILY

Emergency Preparedness is as simple as planning ahead. It's easy and inexpensive for anyone. Go over the checklists in this guide with your household to determine how you can take control of an emergency. Check and update your kits twice a year (e.g. during General Conference week). Make sure your kits are complete and ready to go.

Learn	Educate yourself on disasters that can affect you and your family as contained in this guide, and from other sources such as Hawaii State Civil Defense ( <a href="http://www.scd.hi.us">www.scd.hi.us</a> ). Become familiar with the specific hazards that may threaten your community and about your family's risk from those hazards.
Plan	<p><b>Community Disaster Plans:</b> Learn about community response plans, evacuation plans, and designated emergency shelters. Ask about the emergency plans and procedures that exist in places you and your family spend time such as places of employment, schools, and child care centers. If you do not own a vehicle or drive, find out in advance what your community's plans are for evacuating those without private transportation.</p> <p><b>Family Disaster Plan:</b> Create and exercise a Family Disaster Plan. Designate a secondary meeting place and off-island contact.</p>
Survival Kits	Prepare Evacuation and Home Survival Kits with enough materials to last 24-hours, 72 hours or preferably 5-7 days.
First Aid Kits	Create First Aid Kit(s) appropriate to anticipated needs.
Food Storage	Prepare Family Food Storage to last 3-months, and preferably 1-year.
Emergency Notification	Learn how local civil authorities and church leaders will warn you of a pending disaster and how they will provide information to you before, during, and after a disaster using the Emergency Alert System (via radio and TV), or through police, fire, or civil defense personnel, or from Civil Air Patrol aircraft.
Evacuation Shelters	Keep in mind that not all evacuations are the same. Shelters for hurricanes may not be the same as shelters for a tsunami or a terrorist incident, but the way you prepare for all disasters is very similar.
Fuel	Develop the habit of keeping your automobile fueled to at least half a tank. Following a disaster, gas stations may not be in operation for several days.

# FIVE STEPS TO PREPAREDNESS

## 1. Get Informed

- Learn about the specific hazards that threaten your community (e.g. hurricanes, tsunamis, earthquakes, flooding, storm surges etc.) and about your risk from those hazards.
- Learn about the response plans, evacuation plans, and designated emergency shelters for your community, such as those contained in this guide, and places you and your family spend time such as places of employment, schools, and child care centers.

## 2. Make a Family Emergency Plan

- Meet with your family members and review the information you gathered about community hazards and plans. Explain the dangers to children and work with them as a team to prepare your family.
- Be sure to include caregivers in your meeting and planning efforts.
- Prepare a **Family Emergency Plan** and include in your plan how to prepare for each hazard that could impact your local community, and how to protect yourself.
- Choose an "Out-of-Town" contact. Ask an out-of-town relative or friend to be your contact. Following a disaster, family members should call this person and tell them where they are. Everyone must know the contact's phone number. After a disaster, it is often easier to make a long distance call than a local call from a disaster area.
- Use a blank sheet of paper to draw floor plans of your home. Show the location of doors, windows, stairways, and where your disaster supplies kit, fire extinguisher, collapsible ladders, first-aid kits, and utility shut off points are located.
- Establish escape routes and safe places. Indicate at least two escape routes from each room. You may need to evacuate at a moments notice. Be sure everyone in your family knows the best escape routes out of your home
- Establish where the safe places are in your home for each type of disaster (e.g. an interior room or closet with no windows for high winds, an upper level room for flooding or sudden tsunami, etc.)
- In the event of an emergency, you may become separated from family members. Decide where to meet. Choose a specific assembly point right outside your home in case of a sudden emergency, like a fire, and indicate that location on your map. Also, choose an alternate assembly point outside your neighborhood in case you can't return home after a disaster.
- Complete a **Family Communications Plan** that shows contact information for each family member, including at work and school. The plan should also include contact information for your out-of-town contact, and record the pre-designated meeting location for your family. A sample form is available at [www.ready.gov](http://www.ready.gov), and on the back cover of this guide.
- Post a copy of the emergency communications plan near your telephone.
- Compile a list of emergency contact numbers ahead of time, and post it near your telephone. A list is included on the back cover of this guide.
- Plan for those with disabilities and other special needs. Keep support items in a designated place, so they can be found quickly. If someone in your household uses a wheelchair, make all exits from your home wheelchair accessible.
- In advance, develop a contingency plan that includes an alternate power source if a household member uses power-dependent life support equipment.
- Plan for your pets. Take your pets with you when you evacuate. Be aware that pets (other than service animals) are not permitted in most emergency public shelters for health reasons. Prepare a list of family, friends, boarding facilities, veterinarians, and "pet-friendly" hotels that could shelter your pets in an emergency, or check with State Civil Defense for the closest pet-friendly shelter.
- Walk through your plan to see if it will work.

### **3. Implement Your Plan - Items To Do Before a Disaster**

#### Utilities

- Know how and when to turn off water, gas and electricity at the main switches or valves and share this information with your family and caregivers. Keep any tools you will need near shut off valves. Turn off the utilities only if you suspect the lines are damaged, you suspect a leak or if local officials instruct you to do so.

#### Fire Extinguisher

- Install and be sure everyone knows how to use your fire extinguishers (ABC type) and where they are kept.

#### Smoke Alarms

- Install smoke alarms on each level of your home, especially near the bedrooms. Individuals with sensory disabilities should consider installing smoke alarms that have strobe lights and vibrating pads.

#### Insurance Coverage

- Check if you have adequate insurance coverage. Homeowners insurance does not cover flood damage and may not provide full coverage for other hazards. Talk with your insurance agent and make sure you have adequate coverage to protect your family against financial loss.

#### First Aid

- Every family should have at least one household member who has taken a first aid class (such as the American Red Cross course).

#### Inventory Home Possessions

- Make a record of your possessions to help you claim reimbursement in case of loss or damage.
- Store this information in a safe deposit box or other secure (flood/fire safe) location to ensure the records survive a disaster.
- Include photographs or video of the interior and exterior of your home as well as cars, boats and recreational vehicles.
- Photograph durable medical equipment and be sure to make a record of the make and model numbers for each item.
- Get professional appraisals of jewelry, collectibles, artwork, or other items that may be difficult to evaluate.
- Make copies of receipts and canceled checks showing the cost of valuable items.

#### Vital Records and Documents

- Vital family records and other important documents such as birth and marriage certificates, social security cards, passports, wills, deeds, and financial, insurance, and immunization records should be kept in a safe deposit box or other safe location.
- Include originals or copies of significant church documents such as blessing and ordination certificates, and patriarchal blessings.

#### Reduce Home Hazards

In a disaster, ordinary items in the home can cause injury and damage. Take these steps to reduce your risk:

- Have a professional repair defective electrical wiring and leaky gas connections.
- Place large, heavy objects on lower shelves and hang pictures and mirrors away from beds.
- Use straps or other restraints to secure tall cabinets, bookshelves, large appliances (especially water heater and refrigerator), mirrors, shelves, large picture frames, and light fixtures to wall studs.
- Store weed killers, pesticides, and flammable products away from heat sources.
- Place oily rags or waste in covered metal cans and dispose of them according to local regulations.



## **4. Assemble Your Family Disaster Survival Kit(s)**

- A disaster supplies kit is a collection of basic items a family would probably need to stay safe and be more comfortable during and after a disaster.
- In the event you need to evacuate at a moment's notice and take essentials with you, you probably will not have the opportunity to shop or search for the supplies you and your family will need.
- Every household should assemble disaster supplies kits and keep them up to date.
- Disaster supplies kit items should be stored in a portable container(s) and be immediately available and easily accessible.
- Consider having an emergency supplies kit in each vehicle and at your place of employment.
- Consider assembling several kits that can be used alone (e.g. for immediate retrieval when danger is imminent) or in combination when advance notice is given (e.g. an approaching hurricane).
- See Appendix A at the end of this guide for specific suggestions for items to place in your Family Disaster Survival Kits.

## **5. Maintain and Exercise Your Plan**

### Quiz

- Review your plan every six months and quiz your family about what to do – a valuable exercise for a Family Home Evening.

### Drill

- Conduct fire and emergency evacuation drills on a regular basis with your family – a valuable activity for a Family Home Evening.

### Restock

- Check food for expiration dates and discard, or replace stored water and food every six months - a good activity for Family Home Evening at General Conference time.

### Test

- Read the indicator on your fire extinguisher(s) and follow the manufacturer's instructions to recharge. Test your smoke alarms monthly and change the batteries at least once a year. Replace alarms every 10 years.

## PREPAREDNESS FOR SENIORS AND PEOPLE WITH DISABILITIES

Seniors and people with disabilities may need to take additional steps to prepare for emergencies. If you or someone else in your household has special needs, consider the following tips when preparing your disaster plans.

- Even if you have physical limitations, you can still protect yourself and cope with a disaster by planning ahead.’
- Remember, disaster can strike quickly and without warning.
- Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away.
- Keep a 7-14 day supply of necessary medicines on hand at all times.
- Have an extra pair of eyeglasses and hearing aid batteries available.
- Develop a personal emergency plan for each place where you spend time – at home, work, school, and in the community.
- Arrange for someone to check on you in an emergency.
- Listen for information on radio and TV about hazardous weather and other events, and heed the advice of local officials. Leave right away if told to do so.
- Plan for transportation if you need to evacuate to a shelter.
- Mobility impaired people may need assistance to get to a shelter or to evacuate from buildings. Keep in mind elevators will not work in a power outage.
- Have an extra wheelchair battery and oxygen available.
- Plan and practice the best escape routes from your home.
- Have a plan to signal the need for help.
- Post emergency phone numbers near the phone.
- Evaluate your capabilities, limitations, needs and surroundings to determine what type of support you may need in an emergency.
- Include your home care attendant and other people in your network (e.g. home teachers, visiting teachers) in your planning process.
- If you are dependent on electricity for your wheelchair, breathing machine or any other life-sustaining device, plan for a loss of power.
- Teach those who may need to assist you in an emergency how to operate necessary equipment.
- The hearing impaired may need to make special arrangements to make sure they receive emergency warnings.
- People with special dietary needs should have an adequate emergency food supply.
- It is a good idea to write down your support needs and numbers. Medical conditions, medications and dosages, allergies, special equipment, medical insurance, Medicare insurance cards as well as personal and medical contact details are important to have available. Also, a list of doctors and relative or friend who should be notified if you are injured, with contact numbers. Keep this list with you in emergencies and supply a friend with a copy.
- List the style and serial numbers of medical devices such as pacemakers.
- If you have a service animal, make sure that it is registered for a service tag.
- Keep in touch with your neighbors and look out for each other.
- Knowing what to your best protection and your responsibility.
- Many children live in a household headed by grandparents. Grandparents can prepare a safe environment at home for children:
  - Store matches up high, away from children.
  - Move cleaning chemicals like cleansers, soap, drain cleaner, and other poisons to high cupboards or install a child-proof if you must keep these items in low cabinets.
  - Store prescription medicines and over-the-counter drugs like aspirin, cough medicines, and stomachache remedies in a cabinet out of the reach of children.
  - Install plastic covers over electrical outlets.
- Children can help grandparents, too:
  - Have children test each smoke detector in your home to make sure it is working by using a broom handle to push the test button. See that the battery is changed in each detector that doesn't work.
  - Ask children to draw a floor plan of your home and show two ways out of every room in case of fire.

## PREPAREDNESS FOR PETS

Pets, like people, need emergency supplies to sustain them through a disaster. Pet owners should include provisions for their pet(s) in a family disaster plan.

Note that pets are not allowed in most shelters (only service animals are allowed in shelters). It is important that you have a plan for your pet(s) in the case of an evacuation. Consider the following items for your pet(s):

- Water and food: a 1-2 week supply of canned food and bottled water.
- A two week supply of medications (if needed).
- Make sure each pet has a license and ID tag.
- Copies of your pet's current vaccinations and health records.
- Disposable litter trays for cats plus cat litter or paper towels.
- A traveling bag, crate or carrier to hold your pet plus crate liners.
- Transport your pets in a carrier for the duration of the disaster. This makes pets feel safer and more secure. A luggage carrier can be used to wheel the carrier around.
- A muzzle, harness and leash (harnesses are recommended for safety).
- A long leash and yard stake, especially for large dogs.
- Plastic bags for pick-up.
- Toys.
- Feeding bowls.
- Recent photos of your pet(s).
- A blanket for warmth.
- Veterinarian contact information.
- Contact friends or relatives outside your area to see if they would be willing to accommodate you and your pets in an emergency.
- Ask a neighbor, friend or family member if they will look after your pet if you cannot return home due to a disaster.
- See if your veterinarian provides shelter for animals during an emergency.
- Know your pets' hiding places so that you can easily find them in times of stress.

Additional information available in a brochure available at  
[www.avma.org/disaster/saving\\_family\\_brochure.pdf](http://www.avma.org/disaster/saving_family_brochure.pdf)

# WATER STORAGE AND TREATMENT

## General Information

- Natural disasters (such as tsunamis, earthquakes, hurricanes) may pollute or disrupt water supplies.
- Water is more essential than food in sustaining life. It is the most important thing to store in an emergency.
- Water must be pure, treated to prevent microbial growth, and stored in food-grade containers that will protect both flavor and purity.
- In the aftermath of an emergency, water will typically sell for \$5 or more per gallon, if it is available.
- In the event of a disaster our normal water supply could be interrupted and/or contaminated for an extended period of time.
- You should store enough water to last your family for five days.
- During a major power outage, power will not be available to pump water to the water storage tanks for distribution to houses in the community.
- It takes **one quart of water per person per day to sustain life**. A minimum of two quarts of drinking water per person per day is recommended.
- For drinking, cooking, washing and sanitation it is recommended to store at least **one gallon of water per person per day**.
- Remember to include pets in your calculations.
- Water weighs approximately 8 lbs. per gallon. A 5-gallon container of water weighs approximately 40 lbs. A 55-gallon drum filled with water weighs about 440 lbs.
- Water is relatively inexpensive to store and certainly not difficult to do. The time to store it is now.
- In addition to having a bad odor and taste, contaminated water can contain microorganisms that cause diseases such as dysentery, typhoid and hepatitis.
- You should treat all water of uncertain purity before using it for drinking, food preparation or hygiene needs.
- There are many ways to treat water. None is perfect. Often the best solution is a combination of methods.

## Storage Containers

- Use only food-grade containers. Fluid containers made of PETE plastic work well (e.g. juice or soda bottles). Also, heavier and larger plastic buckets or drums may be used if they are food-grade.
- For safe water storage, plastic water storage bottles should be PETE (or PET) containers, i.e. made from #1 Polyethylene Terephthalate. Avoid plastic containers that are not PETE plastic.
- Commercially bottled water in PETE plastic containers may be purchased.
- Follow the containers "best if used by" dates as a rotation guideline.
- Do not use plastic milk jugs, because they do not seal well and tend to become brittle over time.
- For drinking water, do not use containers previously used to store non-food products.
- Studies show that if water is bacteria-free and is stored in clean containers it will stay safe for several years. It is a good idea, however, to periodically check your water supply for purity and taste.

## (Water Storage & Treatment - Continued)

### Storage Container Preparation

- Clean, sanitize, and thoroughly rinse all containers prior to use. A sanitizing solution can be prepared by adding 1 teaspoon (5 ml.) of liquid household bleach (5 to 6% sodium hypochlorite) to one quart (1 liter) of water. Only household bleach without thickeners, scents, or additives should be used.

### Pre-Storage Water Treatment - Disinfection

- Water from a chlorinated municipal water supply does not need further treatment when stored in clean, food-grade containers.
- Non-chlorinated water should be treated prior to storage.
- You can use household liquid bleach to kill microorganisms.
- Use only regular household liquid bleach that contains **5.25 percent sodium hypochlorite**.
- Do not use scented bleaches, colorsafe bleaches or bleaches with added cleaners.
- Method:

- **Add 8 drops (1/2 teaspoon) drops of bleach per gallon of water if the water is clear, but not chlorinated.**
- **Add 16 drops (1 teaspoon) drops of bleach per gallon of water if the water is cloudy. Stir and let stand for 30 minutes.**

- If the water does not have a slight bleach odor, repeat the dosage and let stand another 15 minutes.
- The only agent used to treat water should be household liquid bleach.
- Other chemicals, such as iodine or water treatment products sold in camping or surplus stores that do not contain 5.25 percent sodium hypochlorite as the only active ingredient, are not recommended and should not be used.

### Storage

- Containers should be emptied and refilled regularly.
- Store water only where potential leakage would not damage your home or apartment.
- Protect stored water from light and heat.
- If a hot water heater is used for a family's emergency water needs, close the inlet valve immediately after the water supply is disrupted.

(Water Storage & Treatment - Continued)

## **Pre-Use Treatments**

- Before treating contaminated water, let any suspended particles settle to the bottom, or strain them through layers of paper towel or clean cloth.
- One of the following methods may be used to treat water:

### **Method 1 - Filtration**

- There are many good water filters available. The activated charcoal type can also remove bad tastes.

### **Method 2 – Boiling**

- Boiling is the safest method of treating water.
- Bring water to a rolling boil for 3-5 minutes, keeping in mind that some water will evaporate. The higher the elevation, the longer the water should be boiled.
- Let the water cool before drinking.
- Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers. This will also improve the taste of stored water.
- Boiling will not remove inorganic contaminants such as heavy metals, salts and most other chemicals.

### **Method 3 – Chemical**

- In an emergency, use the same method to treat water as is used for storing water using bleach, as described above.

### **Method 3 – Distillation**

- Although distillation is the most effective method of water purification, it is slow, and the equipment required is expensive. If you plan to use this method, advance preparation will be necessary.

## **Non-Potable Water Storage**

- A double water bed holds about 200 gallons of water. This water contains an algaecide, and is not safe for drinking. Use this stored water for non-food uses only, such as washing clothes and general cleaning.
- You can store 320 gallons in a 4 ft x 4 ft x 4 ft area. In other words, you do not need a very big area to store a significant amount of water.

## **Additional Information**

- Additional resource information for water storage and treatment is available at [www.fema.gov/plan/prepare/water](http://www.fema.gov/plan/prepare/water), [www.redcross.org/services/prepare](http://www.redcross.org/services/prepare) and [www.providentliving.org](http://www.providentliving.org).

# HAZARD-SPECIFIC GUIDE - EARTHQUAKE

## EARTHQUAKE PREPAREDNESS

- Earthquakes are sudden and often violent earth movements that occur without warning.
- The Pacific “Ring of Fire” is an active earthquake zone circling the Pacific Ocean with Hawaii at the center. The earthquake zone extends from Alaska, down the West Coast of the United States to South America, and across the southern portion of the Pacific to New Zealand and Tonga, and up the westward rim of the Pacific to Japan and the Siberian coast. Although distant earthquakes may have no direct effect on Hawaii, all are potential sources of tsunamis for Hawaii.
- Local earthquakes in the Hawaiian islands may directly cause extensive damage and injuries, and may also generate a local tsunami with little or no forewarning.
- Your family Emergency Plan should include a “Safe Room” in your home that can provide shelter during an earthquake.

## EARTHQUAKE RESPONSE

In the event of an earthquake, if you are indoors:

- **Drop** to the floor.
- **Take cover** under a solid piece of furniture, next to an interior wall or a supported doorway. Cover your head and neck with your arms.
- **Hold on** to a sturdy piece of furniture and be prepared to stay with it. Stay where you are until the shaking stops.

If you are driving:

- Pull off the road immediately.
- Stop in a clear area.
- Remain in your vehicle until several minutes after the earthquake is over.
- Be prepared for aftershocks, which often follow an earthquake.

If you feel an earthquake that lasts 20 seconds or longer when you are on the coast:

- First protect yourself from the earthquake as described above.
- This is a natural and urgent tsunami warning. When the shaking stops, gather your family members and evacuate quickly.
- Take your “Go Kits” (if immediately available).
- Leave everything else behind. A tsunami may be coming within minutes.
- Move quickly to higher ground away from the coast.
- Be careful to avoid downed power lines and stay away from buildings and bridges from which heavy objects may fall during an aftershock.
- If you are in a steel and/or concrete building of six or more stories, move to the third floor or above. This is termed a “vertical evacuation”
- Monitor your portable radio.
- Remain in a safe area until the “All Clear” is announced by Civil Defense authorities or police.

## HAZARD SPECIFIC GUIDE – TSUNAMI (“Tidal Wave”)

### GENERAL INFORMATION

- Tsunamis are a series of ocean waves of tremendous force produced by violent movement of the earth’s crust (earthquakes) or undersea landslides.
- A tsunami is comprised of a series of waves whose height increases as they approach the coast.
- Areas at greatest risk of flooding from a tsunami are less than 25 feet above sea level and within one mile of the shoreline.
- Tsunamis travel to Hawaii’s shorelines at very predictable rates. For example:
  - from South America: 12-15 hours
  - from Mexico, Noumea and Japan: 8 hours
  - from the U.S. West Coast, Samoa, Kwajalein, Alaska: 4 ½ - 5 ½ hours
  - from a disturbance within Hawaiian waters: a matter of minutes.
- The coastal areas of all of the Hawaiian Islands have historically been subject to the threat of and destruction associated with tsunami.
- While tsunami events are not common, they have been responsible for some of the worst disasters experienced in our Islands and around the Pacific Basin.
- In terms of the probability of occurrence, it is not the question of whether a tsunami will affect Oahu in the future (for movement of the earth’s crust is a continuous phenomenon), but when and how soon one will occur.

### TSUNAMI PREPAREDNESS

- Tsunamis are Hawaii’s number one natural disaster killer.
- Hawaii is considered the tsunami capital of the world. The Pacific “Ring of Fire” is an active earthquake zone circling the Pacific rim with Hawaii at the center, and an earthquake can generate a tsunami.
- Be aware of the tsunami evacuation maps zones in your area. These are available at the disaster preparedness guide in the telephone directory or at the Hawaii State Civil Defense website: [www.scd.state.hi.us](http://www.scd.state.hi.us).
- A Tsunami Watch will be declared if a distant earthquake (e.g. Alaska, Japan) has occurred. No sirens are sounded. A Tsunami approach is not confirmed but possible. Prepare for possible upgrade to Tsunami Warning.
- A Tsunami Warning indicates a tsunami approach is confirmed. Sirens will sound. Monitor radio and TV for instructions. Be prepared to evacuate when directed by Civil Defense.
- When a tsunami warning is issued, avoid using telephones or cell phones except in emergencies.
- A Urgent Tsunami Warning indicates a possible tsunami approach generated by a local earthquake. Sirens will sound for any local earthquake occurring in the Hawaiian island chain over 7.9 in magnitude, or whenever a tsunami is confirmed. Monitor radio and TV for instructions.
- If you live in an evacuation zone, find out where your nearest safe haven is and discuss evacuation routes with family members.
- If you are not in an evacuation zone, stay where you are and off the roads to avoid traffic congestion.



## TSUNAMI RESPONSE

- You may feel a strong earthquake lasting 20 seconds or more.
- You may see the ocean water receding from the coast, exposing the ocean floor, reefs, and fish.
- You may hear the roar caused by abnormal ocean activity or the approaching wall of water.
- If you sense the warning signs of an approaching tsunami and are on a low-lying coastal area, immediately move inland to higher ground.
- La'ie community tsunami evacuation sites are: **LDS Temple Hill, Cackle Fresh and Gunstock Ranch.**
- If you see a tsunami, run!
- A tsunami may disrupt the electric grid and gas supply. If a tsunami warning is issued, to avoid damage, turn off and unplug sensitive electrical equipment and appliances. If you must evacuate, shut off the electric and gas supply to your house.
- If you are outside an evacuation zone when a tsunami warning is issued, stay where you are. Keep streets and highways open for people who must evacuate.
- If an Urgent Tsunami Warning for Oahu is announced, leave the evacuation zones immediately for an inland safe haven, or evacuate vertically to the third floor or above in steel or concrete buildings greater than six floors.
- Listen to Civil Defense instructions broadcast over T.V., radio, or NOAA Weather Radio. Use a battery-operated radio or T.V. because electric power may be disrupted.
- Leave your safe haven only when police or Civil Defense officials announce it is safe to do so.

# HAZARD SPECIFIC GUIDE - HURRICANE

## GENERAL INFORMATION

- Historically, Oahu has not sustained catastrophic hurricane damage. However, because of our expanding population, particularly in low-lying coastal areas; the vulnerability of our roadway network; and the number of potentially devastating storms which approach Oahu annually, it is only a question of time before such storms will cause significant injury, damage, and disruption to the populace, property, environment and infrastructure.
- Hurricanes combine the triple threat of violent winds, tornadoes, torrential rains, abnormally high waves, storm surge and flooding. Each of these by itself could pose a serious threat to life and property. Taken together they are capable of causing widespread destruction.
- All storms are dangerous. They come in different shapes and sizes, packing winds as high as 150 mph or more.
- The following terms are used to describe storms that affect Hawaii:
  - TROPICAL CYCLONE is the general term for all cyclonic circulations originating over tropical waters
  - TROPICAL DISTURBANCE is a moving area of thunderstorms in the tropics that maintains its identity for 24 hours or more.
  - TROPICAL DEPRESSION is a tropical low pressure system with some rotary circulation possessing sustained winds of 38 MPH or less.
  - TROPICAL STORM is a tropical cyclone with distinct rotary circulation possessing sustained winds of 39 to 73 MPH.
  - HURRICANE is a tropical cyclone with pronounced rotary circulation and sustained winds of 74 MPH or more.
- Storms approaching the islands from the south tend to do more damage than those approaching from other directions.
- Heavy surf often reaches the island shores a day or two ahead of a tropical storm or hurricane, causing damage to beach homes and roadways.
- Hurricane storm surge can be deadly along our shorelines. Most hurricane related deaths occur when residents do not evacuate coastal areas.
- Hurricane season in Hawaii runs from June 1 to November 30, although storms are known to occur outside this seasonal window.
- As many as 13 storms form during Hawaii's hurricane season.
- While there have been numerous near misses, Hurricane Dot in 1959, Hurricane Iwa in 1982, and Hurricane Iniki in 1992 caused extensive damage in Hawaii. Hurricane Iniki was the strongest with winds up to 145 mph, gusts up to 175 mph and storm surge in the 15' – 18' range.
- Hurricanes are very unpredictable, and can change direction and intensity very quickly.
- Residents subject to the hazards of tropical cyclone storm surge, damaging surf, flooding rain, or destructive winds is the population at highest risk from hurricanes.

## HURRICANE PREPAREDNESS

- Prepare/check your Family Disaster Survival Kit(s). Be sure you have all items you need in your kit to last at least 3 days, and replace items if necessary.
- Make sure batteries for flashlights and portable radios/televisions are charged and working properly.
- Prepare/check your Evacuation Kit(s)
- Prepare/review your Family Emergency Plan.
- Know the local areas subject to coastal flooding (see current telephone book for flood maps).
- Assemble insurance documents and other valuable papers and place in waterproof containers.
- Keep the family car fueled.
- Prepare a plan for your pets in case you are ordered to evacuate.
- Review the basic rules of electrical safety and what to do in emergency situations, such as when power lines go down or electrical fires occur (see Hawaiian Electric booklet "Handbook for Emergency Preparedness" available from HECO).
- Have ample supplies and medications on hand for family members with special health needs.

- If someone in your home is dependent on electrically powered life-sustaining equipment, check backup alternatives.
- Review the public shelters in your area and shelter requirements (see [www.scd.hawaii.gov](http://www.scd.hawaii.gov) and click on "Hurricane Shelters").
- Make sure you have a battery operated portable radio with spare batteries on hand.
- Utilities. Review how to turn off the water, gas and electricity at main switches or valves, and share this information with your family. Keep any tools needed near water shut off valves.
- Post emergency telephone numbers near the telephone.
- Review with children how and when to call 911.
- Check if you have adequate insurance coverage. Homeowners insurance does not cover flood damage and may not provide full coverage for other hazards. Talk with your insurance agent and make sure you have adequate coverage to protect your family against financial loss.
- Evaluate your home's vulnerability to hurricane hazards, and plan to protect your property. Consider retrofitting your home with hurricane ties and connectors. Having a "continuous load path" of hurricane connectors from the roof to the foundation will enable your home to better resist a hurricane, and may qualify you for a reduction in wind insurance.
- Inventory home possessions. Make a record of your possessions to help you claim reimbursement in case of loss or damage. Store this information in a safe deposit box or other secure (flood/fire safe) location to ensure the records survive a disaster. Include photographs or video of the interior and exterior of your home as well as cars and recreational vehicles. Make copies of receipts or canceled checks showing the cost of valuable items. Get professional appraisals of jewelry or other items that may be difficult to evaluate.
- Reduce home hazards. In a disaster, ordinary items in the home can cause injury and damage. Repair defective electrical wiring. Place large, heavy objects on lower shelves. Hang pictures and mirrors away from beds. Use straps or other restraints to secure tall cabinets, bookshelves, and large appliances, mirrors, shelves, large picture frames, and light fixtures to wall studs. Store weed killers, pesticides, and flammable products away from heat sources.

## **HURRICANE WATCH PERIOD (When a Hurricane Approaches Within 36 Hours)**

- The National Weather Service issues a HURRICANE WATCH when sustained winds of 74 MPH or greater, heavy rains and/or dangerous waves pose a threat to coastal areas within 36 hours. Preliminary precautions should be taken.
- Storm surge is that phenomenon caused by extremely low pressures and strong winds around the eye of the hurricane that cause a dome of water to form at levels higher than the surrounding ocean surface. Large swells, high surf, and wind-driven waves ride atop the dome as it impacts land areas causing extensive damage. Hurricane storm surge can be deadly along our shorelines. Most hurricane related deaths occur when residents do not evacuate coastal areas.
- Review evacuation maps in the telephone white pages.
- Listen to radio and TV broadcasts for instructions.
- Check your survival kit.
- Gather important papers and secure in waterproof containers.
- Take down outdoor canopies, if possible.
- Use empty plastic containers as "ice blocks". Fill with water and place in freezer. Check flashlights, portable radios and televisions for working batteries.
- Fill your car's fuel tank.
- Use sandbags to keep water away from your home if flooding is expected. It takes 100 sandbags to make a wall one foot high and 20 feet long. Make sure you have enough sand, burlap or plastic bags, shovels, strong helpers and time to place them properly.

## **HURRICANE WARNING PERIOD (When a Hurricane Approaches Within 24 Hours)**

- The National Weather Service issues a HURRICANE WARNING if hurricane conditions are expected in a specific coastal area in 24 hours or less.

- When a warning is issued, Civil Defense sirens will sound. Continue listening to radio and TV broadcasts for instructions.
- All National Weather Service (NWS) advisories, watches, and warnings can be heard on National Oceanic and Atmospheric Administration (NOAA) Weather Radio, broadcast directly from the forecast office in Honolulu. NOAA Weather Radio receivers can be purchased at local radio dealers.
- Remember, in our island environment, both wind and storm-generated waves present significant hazards.
- Torrential rains of tropical storms can also turn small streams into raging torrents, cause flash flooding, and can cause dangerous rock and mud slides.
- If you live on low-lying ground, or in tsunami or flood zones, be prepared to evacuate.
- When a hurricane warning is issued, civil defense information will be disseminated through local television and radio stations.
- Sterilize bath tubs and plastic containers and fill them with fresh drinking water. Plan about one gallon of water per person per day.
- Turn refrigerators / freezers to the coldest possible setting and keep them closed if the electricity goes out.
- Turn off and unplug electric appliances, especially sensitive electronic equipment.
- Stay off the roads if possible. Don't go "sightseeing".
- Make whatever telephone calls you need to make, but limit those calls to less than a minute if possible. This is to avoid telephone gridlock and to keep the lines open for emergency calls. Overloading circuits reduces the efficiency of the entire phone system.
- When advised, or if threatened by the conditions in your area, evacuate to sturdy buildings (concrete structures) or public evacuation shelters and leave areas that may flood. See section on evacuation and sheltering in this guide.
- Shelters will be opened selectively depending on the severity of the storm. Shelter personnel will be on site to direct you to specific shelter buildings.
- If you evacuate to safer shelter, shut off the power supply to your home at the main breaker or switch, usually located by the electric meter or in the circuit breaker panel.
- Lock and secure your home if you evacuate.
- If you evacuate, keep your family members together.
- If you evacuate, don't forget your Emergency Evacuation Kits. Food, cots, blankets and other comfort items will probably not be available initially at the shelters.
- Turn off propane gas service. Propane gas tanks can often become dislodged in disasters.
- Tie down or store all loose objects – lawn furniture, trash cans, toys, garden equipment, clotheslines, hanging plants and all other potential hazards.
- Bring all potted plants into the house.
- Unplug electric appliances you may not need or use.
- Board up or tape all windows and sliding glass doors.
- Store all propane tanks.
- Care for pets. Only service animals are allowed in public shelters. Contact the Hawaii Humane Society for more information on pet arrangements.
- Make sure your first-aid kit is readily available.
- Keep calm.

## **HURRICANE RESPONSE**

- If you are instructed to take shelter immediately, do so at once.
- If you are instructed to evacuate:
  - listen to the radio or television for the location of emergency shelters that are open, as shelters will be opened selectively depending on the severity of the storm.
  - wear protective clothing and sturdy shoes.
  - take your evacuation kit.
  - use travel routes specified by local authorities and don't use shortcuts because certain areas may be impassable or dangerous.
- If the power goes out, do not plug in electrical equipment until the power has been firmly restored.
- Flooding will normally follow hurricanes – stay away from streams, rivers and coastal flood areas.
- Don't travel during high wind conditions.
- Stay out of disaster areas.
- Report broken water or sewer mains.

## **AFTER A HURRICANE**

- After the passage of tropical cyclone activity, the City and County of Honolulu Department of Emergency Management (formerly Civil Defense) will make an ALL CLEAR announcement over the Emergency Broadcast System on TV and radio after the National Weather Service has cancelled all associated watches, warnings and advisories and City public safety officials have made initial damage assessments and specify those areas which are considered safe for residents to return to.
- Administer first aid and get help for seriously injured people.
- If the emergency occurs while you are at home, check for damage using a flashlight. Do not light matches or candles or turn on electrical switches.
- Check for fires, electrical, and other household hazards. Spilled bleaches, gasoline, and other liquids may produce deadly fumes when chemicals mix, or be a fire hazard. Contact the fire department for information on how to clean up spilled chemicals.
- Check on your neighbors, especially those who are elderly or disabled.
- Call your out-of-town contact – do not use the telephone again unless it is a life-threatening emergency.
- Stay away from downed power lines.
- Listen to local radio and television stations for information about where you can get disaster relief assistance.
- If the power is out, turn off all major appliances. They could overload electric lines when power is restored, causing a second outage.
- Keep refrigerator and freezer doors closed as much as possible. Food can be kept cold for a day or two if the doors are kept closed.
- Use portable generators cautiously. Make sure they are operated only out-of-doors in a well-ventilated area.
- Refuel a generator only after it has cooled.
- Do not connect a generator to your home's electrical system except through an approved transfer switch.
- In consideration of neighbors, practice good generator noise-abatement measures using sound screens, and limit use at night, especially after 10 p.m.

### **Evacuation Shelters Within La'ie Hawaii North Stake Boundaries** (Ka'aawa to Sunset Beach)

#### **Red Cross / State Civil Defense Designated Public Shelters**

BYU-H Cannon Activities Center, La'ie

Kahuku High and Elementary School

#### **Other (non-public) Evacuation Shelters**

Polynesian Cultural Center      IMAX Theater (designated for PCC Guests)

BYU-Hawaii Campus              On-Campus Stake Center (designated for BYU students)

**Note: Community LDS chapels are not community evacuation shelters, except as noted.**

# HAZARD SPECIFIC GUIDE - PUBLIC HEALTH EMERGENCIES

## Pandemic Flu, Bioterrorism etc.

Public health emergencies have happened before, and will happen again. Public health emergencies include naturally occurring diseases such as outbreaks of measles, flu or meningitis, or bioterrorism incidents involving the intentional release of biological agents that can cause illness or death, such as anthrax, botulism, plague, smallpox, tularemia, viral hemorrhagic fevers, ricin, mustard gas, sarin and vx agent. Health officials worldwide believe we may be due for a flu pandemic (a worldwide outbreak).

- Many people mistakenly think that clinics, hospitals, doctors, policemen, paramedics and firemen will be available at all times. But in a severe public health emergency, like pandemic flu, those services may be limited or unavailable.
- Pandemic flu is not like any other kind of flu. It is a new and dangerous influenza virus that emerges. No one has immunity. Everyone is affected when large numbers of people get sick.
- No vaccine is immediately available for a new strain of flu. Once a new type of flu emerges, it will take at least 4-6 months before a vaccine can be developed and distributed, and supplies will be limited for a period.
- The flu is spread through drops of saliva and mucous, e.g. through coughs and sneezes.
- These germs can also be spread from person to person through handshakes and other traditional greetings such as a kiss on the cheek or a hug. If you are sick, you should avoid these common courtesies.
- In a public health emergency, you might be asked to avoid crowds or remain in your home. Large public gatherings may be cancelled or postponed. You may even be ordered off the streets. These strategies to contain the disease are called social distancing, isolation and quarantine:
  - **Social distancing** asks people to stay at least 3-6 feet away from others (out of range of a cough or sneeze).
  - **Isolation** is the separation of sick persons with contagious diseases from healthy ones. Isolation is usually voluntary but can be mandatory. Isolated people can be cared for in homes, hospitals or special alternate care facilities.
  - **Quarantine** is the separation of healthy people who have been exposed to a contagious illness or biological agent, and can be voluntary or mandatory. It often applies to groups of people.

## PREPARATION FOR PUBLIC HEALTH EMERGENCIES

### 1. Plan for Your Emotional Health and Safety

- Public health threats can cause people to feel fearful and nervous, even if no one they know gets sick. Before a disaster strikes, talk about the emotional toll your family might face. Discuss signs of stress and think about how you can help each other cope. Signs of too much stress are: increased sadness or anger, trouble sleeping, lack of focus, increased frustration, difficulty talking to others, unexplained pain or sickness (no medical cause), trouble getting along with others.
- Ways to ease stress:
  - acknowledge feelings, even negative ones, by talking openly - it helps recovery.
  - allow your children to express themselves - laughter and play can help children sort out their feelings.
  - focus on family strengths: what you do well - use success stories to build confidence.
  - understand that everyone copes and reacts differently in an emergency.
  - be willing to accept help from others, even if you've never done so before.
  - create a routine - structure helps people feel normal.
  - help others sort through rumor and fact - answer questions honestly.
  - cuddle and play with a pet - animals need comfort, and they give it, too.

## 2. Plan for Your Physical Health and Safety

- Having a Family Emergency Plan is very important, with pre-designated emergency meeting places.
- Shelter options you might consider include:
  - sheltering in place, meaning, staying where you are, indoors, until officials tell you it is safe to leave.
  - sheltering with family and friends – if your house is not safe for a particular type of disaster and if you know someone with a safer house, ask to stay at their home.
  - going to a shelter – sometimes the safest place for families to be is an emergency shelter. Information for all family members should be collected and stored, in advance, in one convenient place if mass immunizations or medications are needed. Be prepared to bring the following for each family member to a mass immunization clinic or drug distribution location:
    - information on medical conditions, current medications, and allergies.
    - Current age and weight of children
- If all items are not available, bring as much information with you as you can.
- You should be prepared to answer questions about your general medical history.
- Persons who are sick should NOT go to a medication clinic. Call your physician and go to an identified treatment center.

### RESPONSE DURING A PUBLIC HEALTH EMERGENCY

- The State Department of Health monitors public health issues statewide. It may take some time to determine exactly what the illness is, how it should be treated, and who is in danger.
- You should watch TV, listen to the radio, or check the Internet for official news including the following:
  - Are you in the group or area authorities consider in danger?
  - What are the signs and symptoms of the disease? Are medications or vaccines being distributed?
  - Where? Who should get them?
  - Where should you seek emergency medical care if you become sick?
- If you are potentially exposed:
  - Follow instructions of public health and medical officials.
  - Expect to receive medical evaluation and treatment.
  - You may be advised to stay away from others or self-isolate.
- If someone around you is sick, you should practice good hygiene to avoid infection and to avoid spreading germs:
  - ✓ Wash your hands with soap and water thoroughly (20 seconds or more), and frequently.
  - ✓ Carry and use hand sanitizing gel to use when soap and water are not available.
  - ✓ Do not share eating or drinking utensils.
  - ✓ Cover your mouth and nose when coughing or sneezing. Avoid using your mouth to cover your mouth. Cough or sneeze into your elbow or a tissue, then throw used tissues away.
  - ✓ Get active, eat right and reduce stress. Your body is best able to fight disease when it is healthy.
  - ✓ Stay at home when you are sick with runny nose, congestion, cough, muscle aches, fever or exhaustion. Get well before returning to work or school. If you are well, keep your distance from people who are sick.

## EVACUATION and SHELTERS

- Evacuation will be recommended or directed to designated community evacuation shelters when it is deemed prudent to move people from threatened areas to facilities that may enhance their safety and survivability.
- Evacuations may be conducted vertically in multiple story buildings of heavy concrete and steel construction at the third floor or above (recommended if available), or horizontally to private facilities or public shelters.
- For storms, the initiation of an evacuation is based on the best information available to officials and is timed to allow completion of the process prior to the arrival of hazardous weather conditions, i.e, sustained 40 MPH winds, damaging surf, or flooding rains.
- When advised, or if threatened by the conditions in your area, evacuate to sturdy buildings or public shelters and leave areas that may flood.
- Shelters will be opened selectively depending on the severity of the storm. Shelter personnel will be on site to direct you to specific shelter buildings.
- Public evacuation shelters are specified facilities operated by the American Red Cross (e.g., Cannon Activities Center and at Kahuku High School), or, in the absence of Red Cross management capability, by the City and County of Honolulu.
- Shelters are designed to enhance the safety of displaced individuals or families.
- If you evacuate to a shelter, shut off the power supply to your home at the main breaker or switch, usually located by the electric meter or in the circuit breaker panel.
- If you evacuate, don't forget your Evacuation Kits.
- Emergency shelters will be initially structured to provide evacuees "refuge only" from hazardous conditions.
- When a storm approaches Oahu and an evacuation advisory/order is issued, the City will endeavor to maintain bus schedules and routings at as near normal week day levels as possible until the arrival of sustained 40 MPH winds.
- Designated public shelters, when initially opened are required to include only a modest management staff and the provision of water and rest room accommodations.
- Public shelters initially DO NOT provide food, cots, blankets, medications, or other amenities. Ten square feet of shelter space may be allocated to each refugee under "refuge only" conditions.
- Following hazard passage, public shelters will be restructured for longer term care and feeding. Refugees should plan on providing their own food, clothing, bedding, medications etc. for up to the first 72 hours of shelter occupancy.
- Private shelters, such as Church buildings, may be opened as needed at the direction of priesthood leaders.
- Two private evacuation shelters in La'ie have been pre-designated for specific population groups. The Stake Center chapel on the BYUH campus is the designated shelter for BYU students only, and the IMAX theater at PCC is the designated shelter for Polynesian Cultural Center guests only, under "refuge only" conditions.
- Care for pets. Only service animals are allowed in public shelters.
- Make sure your first-aid kit is readily available.
- Individuals who require skilled nursing, are bed ridden, or need constant medical attention should have a special evacuation plan made ahead of time, as public shelters are not equipped to handle such cases.



**Evacuation Shelters Within La’ie Hawaii North Stake Boundaries**  
(Ka’aawa to Sunset Beach)

**Red Cross / State Civil Defense Designated Public Shelters**

BYU-H Cannon Activities Center, La’ie

Kahuku High and Elementary School

**Other (non-public) Evacuation Shelters**

Polynesian Cultural Center      IMAX Theater (designated for PCC Guests)

BYU-Hawaii Campus              On-Campus Stake Center (designated for BYU students)

**Note: Community LDS chapels are not community evacuation shelters, except as noted.**

**Appendix A****SURVIVAL / EVACUATION KITS****A-KIT (First 6-24 hours)****'GO-KIT'**

Food	<ul style="list-style-type: none"> <li>- High energy non-perishables, e.g energy/granola bars</li> <li>- Made-ready meals (MRE's) or canned goods are excellent</li> <li>- Enough food for one day</li> </ul>
Water	<ul style="list-style-type: none"> <li>- Bottled water (one quart per person for 24 hours)</li> </ul>
Warmth	<ul style="list-style-type: none"> <li>- Lightweight raingear, sturdy shoes, mylar blanket</li> </ul>
Money	<ul style="list-style-type: none"> <li>- Cash, in small denominations. Credit/ATM card</li> </ul>
Medications	<ul style="list-style-type: none"> <li>- Medications and other essential personal items.</li> <li>- A list of all medications each member of your family takes, and their dosages.</li> <li>- Your doctor's name and phone number.</li> </ul>
First-Aid Kit	<ul style="list-style-type: none"> <li>- A small, basic first-aid kit</li> </ul>
Flashlight	<ul style="list-style-type: none"> <li>- A flashlight and extra batteries</li> </ul>
Radio	<ul style="list-style-type: none"> <li>- A battery operated (or wind-up) AM/FM radio and extra batteries (one per family)</li> </ul>
Keys	<ul style="list-style-type: none"> <li>- Extra set of car and house keys (per family)</li> </ul>
Special Items	<ul style="list-style-type: none"> <li>- Child care supplies or other special care items</li> </ul>
Toilet needs	<ul style="list-style-type: none"> <li>- Toilet paper and moist disinfecting towelettes, small bar of soap.</li> </ul>
Documents	<ul style="list-style-type: none"> <li>- Keep these important family documents in a waterproof, portable container in head-of-family 'GO-KIT' (e.g. zip-lock bag): <ul style="list-style-type: none"> <li>• Will</li> <li>• Insurance policies</li> <li>• Contracts</li> <li>• Deeds</li> <li>• Stocks &amp; bonds</li> <li>• Passports</li> <li>• Social Security Cards</li> <li>• Immunization Records</li> <li>• Family Records (birth, marriage, death certificates)</li> <li>• Patriarchal blessings</li> <li>• Mortgage Records</li> <li>• Photocopies of health insurance cards, driver's licenses, bank and credit card account numbers and companies</li> <li>• Copy of last eye glasses/contact lens prescription</li> </ul> </li> </ul>

## B-KIT (72-Hour Kit)

'A' KIT	Combining the 'A' Kit with 'B' Kit provides supplies for 72 hours
FOOD	additional 2-4 day supply of non-perishable food (incl. special dietary foods, baby food, and infant formula/bottles, as necessary)
PET FOOD	as necessary
WATER	2-3 day supply of water - min. 2 quarts / day for drinking only. (1 Gal./person/day recommended for drinking, cooking and hygiene needs.) Replace every 6 months)
WATER	extra water for pets
NOAA WEATHER RADIO	w/ tone alerts & extra batteries
PLASTIC SHEETING & DUCT TAPE	to shelter in place, tape windows, for roofing leaks etc.
CANDLES, or KEROSENE LAMP	long-burning w/ extra fuel
FIRE EXTINGUISHER	ABC or dry chemical type
ROPE	for multi-purpose use (and rope ladder for two-story house)
BLANKETS & SHEETS, or SLEEPING BAGS	for warmth, for splints, and transporting injured
WHISTLE	to signal for help
DUST MASK	to help filter contaminated air
TOILET PAPER	one full roll per person
MOIST TOWELETTES	disinfecting towelettes
GARBAGE BAGS & PLASTIC TIES	for personal sanitation
WRENCH or PLIERS	to turn off utilities, etc.
DIAPERS	as needed
CASH or TRAVELER'S CHECKS, and CHANGE	\$50-\$100, in small denominations
CLOTHING	one or two complete changes
STURDY SHOES or WORK BOOTS	
HOUSEHOLD CHLORINE BLEACH & MEDICINE DROPPER	containing 5.25 % hypochlorite for disinfecting water (see water purification instructions)
PERSONAL HYGIENE ITEMS	
FEMININE HYGIENE ITEMS	
MESS KITS, or PAPER CUPS / PLATES / PLASTIC UTENSILS	
PAPER TOWELS	
PAPER & PENCIL	
BOOKS (and GAMES, PUZZLES, TOYS, SONGS for children)	
SCRIPTURES	
FIRST-AID KIT	see detailed list
FIRST-AID INSTRUCTION BOOK	Red Cross or equivalent
CAN OPENER	manual type
KNIFE	utility or multi-purpose
ALUMINUM FOIL	
SOAP, liquid detergent	
PLASTIC BUCKET	with tight lid (personal sanitation)
DISINFECTANT	
SUNGLASSES	
PRESCRIPTION EYE GLASSES	extra pair
CONTACT LENSES and SUPPLIES	
SUNGLASSES	optional

**C-KIT****Portable Shelter and Supplies**

'A' & 'B' KITS	- Your Temporary Shelter Kit includes all supplies in Kits A & B
TENT or SHELTER	
CAMP COTS	- Or inflatable mattresses
GARBAGE BAGS	- Include plastic ties
MOSQUITO REPELLENT	
WORK BOOTS	
MATCHES	- Waterproof, and/or in a waterproof container
MESS KITS	- Reusable stainless or aluminum plates, bowls & utensils
PAPER TOWELS	
SAW	- Small, portable
PORTABLE LIGHTING	- Propane or Coleman-type lanterns
PORTABLE STOVE	- Propane or similar camp stove
FUEL	- Propane tanks, white gas or similar fuel for stove and lights
CAMP COOKING POTS	- Various sizes
WATER CONTAINER	
PORTABLE TOILET	- including toilet paper

## Appendix B

### 72-HOUR HOUR FIRST-AID KIT

As various reputable agencies make differing recommendations for items to include in emergency first-aid kits, the list included here gives the recommendations compiled from various organizations, including the LDS Church (Provident Living), the Federal Department of Homeland Security, the American Red Cross, and Hawaiian Electric Company.

	LDS	Federal DHS	Red Cross	HECO
ADHESIVE TAPE, 2" ROLL			✓	✓
APPLICATORS, STERILE, COTTON-TIPPED				✓
ANTISEPTIC SOLUTION			✓	✓
ANTIBIOTICS (prescribed)				✓
ASPIRIN / TYLENOL				
BANDAGE, STERILE, ROLL 2" & 4"				
BANDAGE, cohesive, 3" roll			✓	
BAND-AIDS, VARIOUS SIZES				
COUGH MIXTURE				✓
MEDICATIONS, current prescription		✓		✓
ANTI-DIARRHEA MEDICATION (Pepto-Bismol, Kaopectate or similar)	✓	✓	✓	✓
EAR DROPS				✓
LAXATIVE		✓	✓	✓
MEDICINE CUP				✓
MOTION SICKNESS TABLETS				✓
NOSE DROPS				✓
PETROLEUM JELLY (Vaseline), or other lubricant (e.g. K-Y Jelly)		✓		✓
RUBBING ALCOHOL				✓
SMELLING SALTS				✓
TABLE SALT, 8 oz.				✓
SANITARY NAPKINS				✓
BAKING SODA, 4 oz.				✓
PAPER TISSUES, 1 pkg.				✓
TOOTH ACHE REMEDY				✓
WATER PURIFICATION MATERIAL				✓
GLOVES, medical grade vinyl or latex (2 pairs)		✓	✓	
POISON IVY RELIEF CREAM (note: there is no Poison Ivy in Hawaii)	✓			
BURN RELIEF CREAM	✓	✓		
SUNSCREEN, SPF 30 or greater	✓			
ANTIBACTERIAL OINTMENT, Polysporin or equivalent	✓	✓	✓	
STING RELIEF LOTION / OINTMENT (e.g. Calamine)	✓			
STERILE GAUZE PADS, 3" X 3" or 4" X 4"	✓	✓	✓	
ABDOMINAL (ABD) or combine sterile pad, 5" x 9"	✓	✓	✓	
BANDAGE, sterile gauze, 2 sizes, 2" x 4 yds., 4" x 4 yds.	✓		✓	✓
BANDAGES, adhesive, asst. sizes (finger, knuckle, plastic, Telfa, and general adhesive) Red Cross recommends 20	✓	✓	✓	✓
STERILE OVAL EYE PADS	✓			
SCISSORS, small, sharp	✓	✓	✓	✓

TWEEZERS (pointed tip)	✓	✓	✓	✓
THERMOMETERS, ORAL AND RECTAL (for babies)	✓	✓		
ELASTIC BANDAGE, 3" & 6"	✓			
INSTANT ICE PACK	✓			
ADHESIVE TAPE (or plastic), 1" wide	✓			
TRIANGULAR BANDAGES (2)	✓		✓	
SAFETY PINS, package of assorted sizes	✓			✓
ABSORBENT COTTON BALLS, 1 box	✓			
POPSICLE STICKS OR FINGER SPLINTS	✓			
SOAP, antibacterial, liquid or bar	✓	✓		✓
MEDICINE DROPPER	✓			
WATER PURIFICATION TABLETS	✓			
SMALL BOTTLE OF BLEACH	✓			
SHARP KNIFE, or multi-purpose knife/tool	✓			
ASPIRIN, bottle, and / or ...	✓	✓	✓	✓
IBUPROFEN, bottle and / or ...	✓	✓	✓	
ACETAMINOPHEN, bottle (children's or liquid if needed)	✓	✓	✓	
SPLINT MATERIALS: thin boards 2' - 3' long	✓			
COUGH SYRUP	✓			✓
THROAT LOZENGES	✓			
BAGS, plastic, large garbage-type	✓			✓
BAGS, smaller, zip-closure	✓			✓
FIRST AID REFERENCE GUIDE, Red-Cross, or equivalent				✓
PRESCRIBED MEDICAL SUPPLIES, as needed (e.g. blood sugar test kits, blood pressure monitoring equipment, and supplies)		✓		
CELL PHONE		✓		
ANTACID (for upset stomach)		✓	✓	
HAND SANITIZER, germicidal, waterless, hand wipes or alcohol-based lotion			✓	
SYRUP OF IPECAC (use to induce vomiting if advised by Poison Control Center)			✓	
ACTIVATED CHARCOAL (use if advised by Poison Control Center)			✓	
ANTISEPTIC WIPES (6)			✓	
CPR BREATHING BARRIER, such as a face shield			✓	

References: LDS: Church of Jesus Christ of Latter-Day Saints ([www.providentliving.org](http://www.providentliving.org)); Federal DHS: Federal Department of Homeland Security ([www.ready.gov](http://www.ready.gov)); Red Cross: American Red Cross ([www.redcross.org](http://www.redcross.org)); HECO: Hawaiian Electric Company ([www.heco.com](http://www.heco.com)).

### MINI FIRST AID KIT FOR 'GO-KIT'

2	BAND-AIDS
2	STERILE GAUZE PATCHES
1	ALCOHOL WIPE
2	SAFETY PINS
1	SOAP CHIP (1/2 HOTEL SOAP SAMPLE), IN FOIL
2	TYLENOL, IN FOIL
1	ADHESIVE TAPE

# Appendix C

## Family Emergency Preparedness Plan

### Basic Household Information

Write basic information about your family on the worksheet below. Be sure to include phone numbers stored in your cell phone in case you lose it or run out of power. Update this list as needed.

<b>Family name:</b>			
<b>Address:</b>		<b>Date:</b>	
		<b>Home Phone:</b>	
<b>First / Last name (list household members)</b>	<b>Age</b>	<b>Sex</b>	<b>Cell Phone No.</b>
<b>Neighborhood meeting place:</b> If you need to leave home, where will you go (close by)?		<b>Out-of-neighborhood meeting place:</b> If you can't get home, where will you go (further away)?	
<b>Local contact:</b> If you can't get to the meeting place and can't reach each other by phone, who will you call?		<b>Off-island contact:</b> If you can't get to a meeting place, call each other or reach your local contact who will you call?	
<b>Shelter #1:</b> Identify an emergency shelter near your home.		<b>Shelter #2:</b> Identify an emergency shelter near your school/work.	

Pet Name(s)	Owner	Type/Description/ ID#	Daily food intake	Special needs/ Medications

## Family Emergency Preparedness Plan

### **Health Insurance Information for \_\_\_\_\_**

Insurer	Address	Phone numbers		Policy number
Medical insurance:		Gen. info		
		Claims		
Medical insurance:		Gen. info		
		Claims		
Medical insurance:		Gen. info		
		Claims		
Medicaid or Medicare:		Gen. info		
		Claims		
Prescription drug plan:		Gen. info		
		Claims		
Dental insurance:		Gen. info		
		Claims		
Vision/Eye insurance:		Gen. info		
		Claims		
Disability insurance:		Gen. info		
		Claims		

### **Health Care Providers**

Include the names and phone numbers of back-up service providers like food and oxygen.

Provider	Name	Phone	Service/comment
Doctor:			
Doctor:			
Clinic:			
Clinic:			
Hospital:			
Dentist:			
Eye Doctor/ Optician:			
Pharmacy:			
Home Health Aid:			
Specialty Care Provider:			
Specialty Care Provider:			



# LAIE EMERGENCY PLANNING

MOST OF LAIE AND THE SURROUNDING COMMUNITIES ARE IN A LOW-LYING COASTAL PLAIN SUBJECT TO DAMAGE FROM HURRICANES, TSUNAMI (TIDAL WAVE) AND FLOODING. ALL OF THESE HAVE IMPACTED THE AREA IN THE PAST AND COULD STRIKE AGAIN, AS COULD OTHER DISASTERS.

IT IS IMPORTANT FOR EVERYONE TO BE PREPARED – BEFORE ANOTHER DISASTER STRIKES.

THIS BROCHURE CONTAINS VALUABLE INFORMATION ON WHAT YOU NEED TO DO BEFORE A DISASTER OCCURS, AND AFTER YOU RECEIVE A WARNING TO EVACUATE.

We cannot understate the importance of advance preparation for disasters. They can happen in a moment, without warning. For example, a sudden rockslide, collapsing termite-ridden utility pole, or serious traffic accident can completely block Kamehameha Hwy for hours, or even days. Please be aware of the following general emergency planning practices:

- Follow Civil Defense instructions
- Establish and practice family evacuation plans
- Wear sturdy shoes and clothing during an evacuation
- Stay away from downed power lines
- If you have time:
  - Bring your 72-Hour Kit with you
  - Make arrangements for your pets
  - Check on neighbors with special needs
  - Safeguard your family documents in a waterproof container
  - Make sure you have an adequate water supply in case water service is cut off

# GENERAL INFORMATION

It's impossible to predict every preparation contingency in a disaster, but it's important to consider what each member of your family should do. Remember, it's likely family members may not be together when a disaster strikes, so it's important they are familiar with the following.

## IN CASE OF AN EMERGENCY, REMEMBER:

- Roads might be impassable and parking could be a problem. Prepare to walk to shelters or evacuation sites.
- Lock and secure your home when you evacuate.
- Call a family contact with the same information, and then avoid using phones to keep them open for emergency purposes.
- Follow the directions of Civil Defense, Police, Fire and emergency shelter officials.
- Bring your own food and bedding for at least 72 hours.
- If the shelter is officially opened by Civil Defense and the American Red Cross it will be opened to all members of the general public. Evacuation space is limited; those planning to evacuate should do so early.
- Residents of any community may evacuate to any shelter opened by Civil Defense and the American Red Cross. Emergency Broadcast System announcements will provide information regarding the location of the nearest shelters.

## SHELTER KNOWLEDGE:

- Only certified service animals are allowed in the shelter.
- Evacuation space is limited. Those directed to evacuate should do so as quickly as possible.
- The BYU-Hawaii Stake Center is the official evacuation site for all BYU-Hawaii students, both on- and off-campus.
- BYU-Hawaii will provide emergency food for BYUH students only. All others should bring their own food and water.
- Expect the shelter to be crowded: Be tolerant and patient with the situation.
- Bring a book or other items to help pass the time in the shelter. Personal audio devices are okay, but boom boxes are not.
- Matches, lighters or open flames are not allowed in the shelter.
- The possession or use of alcohol, illegal drugs and weapons in emergency shelters is strictly prohibited.
- Floor space in the shelter is limited. Your 72-Hour Kit should include a sleeping bag or something you can use as both a "mattress" and a cover.

# EVACUATION 72-HOUR KIT

It is important to prepare in advance enough of the basic items below for each of your family members. This kit should be portable at a moments notice.

- Prepare your kit now. Keep it ready to go.
- Put the items into a backpack, duffel bag or container that family members can realistically carry.

## YOUR KIT SHOULD CONTAIN:

- Water: 1.5 gallons of drinking water per person per day
- Food: 2,000 calories per person, per day
- A flash light
- First aid supplies and medications
- An emergency blanket, poncho or covering
- Important family files and documents in a waterproof container
- An extra set of clothing in a water-tight bag
- Personal hygiene and sanitation supplies
- Sanitation supplies, including toilet paper
- An extra set of car keys and a credit card, cash, or traveler's checks
- Special items for infant, elderly or disabled family members
- An extra pair of glasses or contact lenses

## **OTHER SOURCES OF EMERGENCY PLANNING INFORMATION**

LDS Church Provident Living  
<http://www.providentliving.org>

The U.S. Department of Homeland Security  
<http://www.ready.gov>

The U.S. Federal Emergency Management Agency  
<http://www.fema.gov>

FEMA's Are You Ready?  
<http://www.fema.gov/areyouready>

# HURRICANE

Though relatively rare, hurricanes can strike Hawaii, especially during “hurricane season” from June–November each year. For example, Hurricane ‘Iniki hit Hawaii in September 1992, causing extensive damage on Kauai and serious disruptions throughout the state, including Laie.

- Evacuate to the nearest open shelter (most likely the BYU-Hawaii CAC), as directed by Civil Defense or other emergency officials.
- Take your 72-Hour Kit, including enough drinking water for 3 days.
- If you have time, board up or tape glass windows.

Only if instructed or if you suspect lines will be damaged, shut off water at the main valve and electricity at the main breaker. Be aware if you shut off a gas utility, a professional must turn it back on.

SEE “SHELTER KNOWLEDGE” IN GENERAL INFORMATION

# TSUNAMI

The U.S. government and State of Hawaii monitor potential tsunamis across the pacific, but an undersea earthquake near Oahu could generate a destructive wave that could strike us literally within a few minutes.

That’s why it’s important to be ready to:

- Immediately go mauka (inland) or to higher ground if you feel the ground move.
- Evacuate low-lying coastal areas if you hear the Civil Defense warning sirens (other than the normal monthly test).
- Never go to the beach to watch for tsunami waves.
- Refer to the disaster evacuation maps in the front of the phone book, if you’re not sure if you are in a low-lying area.
- If you are not in an evacuation zone, stay where you are and off the roads to avoid traffic build up.
- Listen to your radio and follow the instructions of Civil Defense and other emergency officials.
- Use travel routes as directed by local authorities.

This brochure was created under the direction of the  
Laie Emergency Council



# EVACUATION MAP



## ★ TSUNAMI EVACUATION SITES:

- Behind BYU Tennis Courts and General Classroom Building (GCB)
  - Quarry
  - Behind Treatment Plant
  - LDS Temple Hill
  - Gunstock Ranch
- For Tsunami, residents should evacuate IMMEDIATELY inland. For most residents, this will be the foothills of Laie.
- BYU-H students living on campus go to second floor of dorms, apartments, and campus buildings.

## ★ HURRICANE EVACUATION SITES:

- PUBLIC: Use Canon Activities Center (CAC)
- BYU-H Students: Use only the BYU-H Stake Center

Effective Nov. 2009

## IMPORTANT TELEPHONE NUMBERS

EMERGENCY CALLS (Ambulance – Fire – Police)	911
American Red Cross – Hawaii Chapter	734-2101
Hawaii State Civil Defense	733-4300
Oahu Civil Defense (Emergency Management)	523-4121
Board of Water Supply (Trouble Only)	748-5000
Hawaiian Electric Company (Trouble Only)	548-7311
Hawaiian Telcom (Trouble Only)	1-800-482-3900
National Poison Control Center	1-800-222-1222

## PERSONAL EMERGENCY TELEPHONE NUMBERS FOR:

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Nearest Relative

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Other Emergency Contact

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Insurance Agent:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Nearest Relative

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Other Emergency Contact

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Insurance Agent:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**READER INPUT:** Reader comments are encouraged to help improve this document and should be directed to ***eimeo@hawaii.rr.com***

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