



Latah County Idaho  
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# APRIL 2022 NEWSLETTER

## 2022 CALENDAR

**April 20<sup>th</sup> – Quarterly Meeting at 7:00 pm in the Latah County Fairgrounds Classroom**

**May 4<sup>th</sup> – CERT Curriculum Unit 4: Disaster Medical Operations – Part 2 at 6:30 pm in the Latah County Fairgrounds Classroom**

**June 1<sup>st</sup> UPDATED – CERT Curriculum Unit 5: Disaster Psychology at 6:30 pm in the Latah County Fairgrounds Classroom**

**June 29<sup>th</sup> – CERT Curriculum Unit 6: Fire Safety and Utility Controls at 6:30 pm in the Latah County Fairgrounds Classroom**

**July 20<sup>th</sup> – Quarterly Meeting at 7:00 pm in the Latah County Fairgrounds Classroom**

**August 3<sup>rd</sup> – CERT Curriculum Unit 7: Light Search and Rescue Operations at 6:30 pm in the Latah County Fairgrounds Classroom**

**September 7<sup>th</sup> – CERT Curriculum Unit 8: Terrorism and CERT at 6:30 pm at County Building (522 S. Adams) – Basement Conference Room**

**October 5<sup>th</sup> – CERT Curriculum Unit 9: Course Review, Final Exam and Disaster Simulation at 6:30 pm in the Latah County Fairgrounds Classroom**

**October 19<sup>th</sup> – Quarterly Meeting at 7:00 pm in the Latah County Fairgrounds Classroom**

**QUARTERLY MEETING:** April 20th (Wednesday), 2022 at 7:00 pm at the Latah County Fairgrounds – Classroom. *Special Guest Speaker: Ivy Dickinson, Executive Director, Idaho Firewise. Topic: Making Your Home and Yard Firewise!*

### Power Outages and Food Options

Spring is finally here, well mostly. Those of us in northern Idaho were treated to one last round of seven days of snow this week. Along with the snow came at least one power outage on Moscow Mountain. This one was during the night, so we just had to make sure we had enough blankets and to switch our alarm over to our phone. The outage last month was during the day which is definitely more challenging. Are you ready for power outages?

A power outage is when the electrical power that runs our appliances, heating/cooling systems, and medical devices goes out unexpectedly. During power outages, we will see disruptions in communications, water supplies, and transportation. Retail businesses, grocery stores, gas stations, ATMs, banks, and other services may be forced to close as well. During the warmer months of the year, power outages can cause food spoilage, water contamination, and prevent the use of medical devices.

### PROTECT YOURSELF DURING A POWER OUTAGE

Keep freezers and refrigerators closed.



Disconnect appliances and electronics to avoid damage from electrical surges.

Only use generators outdoors and away from windows.



Use alternate plans for refrigerating medicines or power-dependent medical devices.

Do not use a gas stove to heat your home.



If safe, go to an alternate location for heat or cooling.



Check on neighbors.

Contact your Utility Company to help them understand the extent of the outage.

Have flashlights or lanterns for every family member.

Inventory the items you NEED that rely on electricity. Plan for batteries and other alternative power sources to meet your needs.

**PREPARE NOW!**

- ✓ Take an inventory now of items that need electricity.
- ✓ Talk to your medical provider about a plan for medical devices and refrigerated medicines.
- ✓ Plan for batteries and other alternatives.
- ✓ Sign up for local alerts and warning systems.
- ✓ Install carbon monoxide detectors with battery backup.
- ✓ Determine whether your home phone will work in a power outage.
- ✓ Review the supplies that are available in case of no power.
- ✓ Use a thermometer in the refrigerator and freezer.
- ✓ Keep mobile phones and other electric equipment charged and gas tanks full.

**Survive During!**

- Keep freezers and refrigerators closed. Refrigerators will keep food cold for about 4 hours, freezers about 48 hours.
- Use food supplies that do not require refrigeration.
- Avoid carbon monoxide poisoning. ALWAYS use generators, camp stoves, and charcoal grills outside and 20 feet from windows. Never use a gas stovetop or oven to heat your home.
- Check on your neighbors.
- Go to a community location with power if heat or cold is extreme.
- Turn off or disconnect appliances, equipment, or electronics.

**Be Safe AFTER!**

- ❖ When in doubt, throw it out! Throw out any food that has been exposed to temperatures 40 degrees or higher for two hours or more or that has an unusual odor, color, or texture.
- ❖ If the power is out for more than a day, discard any medication that should be refrigerated, unless the drug’s label says otherwise. If a life depends on the refrigerated drugs, consult a doctor or pharmacist and use medicine only until a new supply is available.

**FOOD OPTIONS**



***In case of an emergency, having a supply of food stored on hand and knowing your food options will help sustain you and your family during an emergency.***

Consider an assortment of food. If there is no power or gas what is your heat source? If you have no water, dehydrated or freeze-dried foods need water. Keep in mind how you cook and tools you need – BBQ grill, can opener, and camp stove and cookware.

**Canned Foods**

**Pros**

- Wide variety of choices
- Secure packaging
- Least expensive

**Cons**

- Heavier than other options
- Added preservatives and salts
- Not practical for traveling
- May require a can opener

**Freeze Dried Foods**

**Pros**

- Long shelf life
- Retains most nutritional value
- Lightweight and low moisture

**Cons**

- Most expensive options
- Requires water
- Bulky

**Ready-To-Eat Meals**

**Pros**

- Convenient to use
- Familiar foods available
- Can be easily heated

**Cons**

- Relatively expensive
- Not for long term consumption
- Artificial additives used

**Dehydrated Foods**

**Pros**

- Very little waste
- Long shelf life
- Not easily spoiled

**Cons**

- Requires water
- Items lose taste and nutritional value
- May take a long time to reconstitute

Your meals need to provide for sufficient calories per meal and per day. Budget around 2,000 calories/day for women and 2,400 calories/day for men. Also, you need 1 gallon of water per person per day at a minimum.