



Latah County Idaho

OCTOBER 2021 NEWSLETTER

Thank you to everyone who attended our first meeting on October 20th! In addition to quarterly meetings/training, there is definitely interest in attending the full CERT training curriculum. I will be in contact with everyone to see when they want to get started. The details for the next quarterly meeting in January 2022 will be published in the November newsletter.

EMERGENCY SUPPLIES

After an emergency, you may need to survive on your own and rely on yourself, your household, or your community for several days. Being prepared means having your own water, non-perishable food, medications, a first aid kit, copies of important paperwork, and other supplies to last for **5 days to 2 weeks**. A disaster supplies kit is a collection of basic supplies as well as though for unique needs, such as infant formula or medical equipment, that your household may need until local services resume operating or additional aid is available. As you build your kit(s), make sure to have them where you may need it the most – home, work, car, or elsewhere. Also be sure to store your supplies in easy-to-carry containers or bags in case of evacuation and check for expired dates on food and other supplies at least once a year. We are going to discuss the two most common and important supplies here while a link to a document with a more comprehensive list is at the end of this article. Start with what you have and add to the kit over time.



Water is one of our most important and basic supplies.

During common short-term events like the loss of electricity due to a storm or larger ones such as an earthquake or wildfire, clean drinking water may not be available. Your regular water source may not be working or has been compromised through contamination. Help your household by building a supply of water, and if possible, locating other water sources that you can treat for drinking and sanitation.

Store at least **ONE GALLON OF WATER PER DAY PER PERSON for 5 days to 2 weeks** for drinking and sanitation. You may need to consider more if age, health, physical condition, activity, diet or climate affect your household.

Water treatment methods include: boiling at least one full minute, chlorination with 1/8 teaspoon of regular unscented bleach per gallon of water, distilling, or other treatment methods such as water purification tablets.

Food is our next basic requirement. **Storing 5 days to 2 weeks of non-perishable food per household member is strongly recommended.** Be sure to get food your household will eat and remember any special dietary needs. Some examples of food to store include the following: ready-to-eat canned meats/fruits/vegetables, protein or fruit bars, dry cereal or granola, peanut butter, dry beans and rice, canned juices, high-energy food, comfort/stress foods, and non-perishable pasteurized milk. Oh, and don't forget the non-electric can opener!



DO: Keep food in covered containers. Keep cooking and eating utensils clean. Throw away food that was in contact with contaminated water. Throw away food that has been at room temperature for 2 hours or more. Throw away food that has an unusual odor, color, or texture.

DON'T: Eat foods from cans that are swollen, dented, or corroded, even if the product looks safe to eat. Eat any food that looks or smells abnormal, even if the can looks normal. Let garbage accumulate inside, both for fire and sanitation reasons.

A full list of supply kit items for the home, go-bags, and the car, as well as some basic water and food handling guidelines, are in the document attached to this month's newsletter email or at our website at <https://www.latahcert.us>.

You can also find good books on family preparedness and first aid by going to Amazon.com and entering "family preparedness handbook" in the search box.

And lastly, we want to share one more great information guide, *Prepare in a Year*, from FEMA and Washington state which provides helpful details for 1 hour of planning and activity a month for a year to get your family ready for both small and large disasters. The website link is: <https://mil.wa.gov/asset/5f171cc0a935f>

Complete 1 activity a month to prepare you and your family for disasters!



Make a Communications Plan



Create an Action Plan



Store Water



Build Grab & Go Kits



Secure Important Documents



Be 2 Weeks Ready



Learn Fire Safety



Learn Utility Safety



Store Under the Bed Supplies



Practice Drop, Cover, and Hold On



Prepare to Shelter in Place



Conduct a Home Hazard Hunt