



EMERGENCY PREPAREDNESS GUIDE
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INTRODUCTION

This preparedness guidebook is a valuable resource for minimizing and preventing casualties due to emergencies and natural disasters. By following the principles outlined in this guide, we can collectively reduce and even prevent unnecessary harm. It also serves as a practical reference to help individuals and families take proactive steps before, during, and after an emergency.

The opportunity to prepare for emergencies is now. Please take time to develop an emergency plan, create a "go kit", be informed of the hazards in our area, and get involved by helping to promote emergency preparedness in our community. By taking these steps to prepare, each community member can effectively protect themselves and others during an emergency or disaster.

In an emergency, city personnel may not be able to meet the needs of individuals and families. Therefore, emergency preparedness is a shared responsibility for everyone. Working together and staying informed, we can strengthen our community's ability to respond and recover more quickly.

Familiarize yourself with this guidebook, and by following the information provided, you will gain greater confidence, security, and peace of mind. Together, as we prepare ourselves collectively today, we will build a safer, more resilient community for tomorrow.

Be Ready Before Disaster Strikes

You and your family may be at home, at work, or on the road when an emergency occurs. Disasters often strike suddenly and without warning, forcing you to evacuate your neighborhood or shelter in place. A significant disruption could cut off access to water, gas, electricity, or phone systems.

Santaquin City officials and relief workers will respond quickly, but limited resources may delay assistance. Firefighters, police, and public works crews may not reach every household for 12 to 72 hours. During this time, you must care for yourself and your family.

Why Preparation Matters

You strengthen your resilience by preparing in advance and working as a family team. Clear roles, strong communication, and practiced plans help reduce panic and ensure everyone knows what to do. Staying calm, thinking clearly, and acting decisively are critical during a crisis. Once you identify the safest action, take it without hesitation.

What YOU Can Do

- Develop a family emergency plan.
- Assemble and maintain an emergency supply kit.
- Practice your plan regularly so every family member knows their role.
- Stay prepared to help others, even if the emergency does not directly affect your area.

This guide will help you create a plan, build your kit, and learn what actions to take before, during, and after an emergency. Preparation gives you confidence and ensures your family can stay safe and resilient when disaster strikes.

Emergency District Locations

During a city-wide emergency, Santaquin City divides residents into three district locations based on the Church of Jesus Christ of Latter-day Saints (LDS) Stake boundaries. All residents, whether members or non-members, should report to the nearest LDS Stake Center to request assistance or volunteer to help others.

Each district location maintains emergency radio communication with City officials to coordinate disaster response and ensure aid reaches those in need.

Emergency District locations in Santaquin

548 South 400 East (Santaquin East Stake)

545 North 200 East (Santaquin North Stake)

45 South 500 West (Santaquin Stake)

SECTION 1: UNDERSTAND WHAT CAN HAPPEN

Flood: Heavy storms can cause flooding in Santaquin City. Drowning is the leading cause of injury and death during floods. Major flooding often requires evacuation.

What You Should Do:

- Respond immediately to flood warnings.
- Follow all instructions from emergency personnel.
- Move to higher ground if flooding threatens your area.
- Never walk or drive through floodwater.

Earthquake: The Wasatch Fault Zone runs along the east side of Santaquin, creating a risk for earthquakes. Shaking may last from a few seconds to more than a minute. Although the ground movement can feel frightening, it rarely causes direct injury or death. Most casualties occur when falling objects, debris, broken glass, or fires cause harm.

Modern construction reduces earthquake damage, but your actions after the shaking stops will play the most critical role in protecting lives and speeding recovery.

What You Should Do:

- Drop, cover, and hold on during shaking.
- Stay indoors until the shaking ends.
- Afterward, check yourself and others for injuries.
- Watch for hazards such as fire, debris, or broken gas lines.

Hazardous Material Accident: Santaquin City borders three major transportation routes: Interstate 15, State Route 6, and the Union Pacific Railroad. Trucks and trains on these routes often carry materials that may harm the environment. Although transport is generally safe, accidents can occur and trigger an emergency. In such an event, officials may order you to evacuate or shelter in place.

What You Should Do:

- Listen to official instructions through emergency alerts, local news, or city communication channels.
- Safely move away from the scene if you are nearby.
- Follow evacuation or shelter-in-place directions without delay.

High Winds: Santaquin City experiences high winds that can cause serious hazards. Flying debris, broken glass, falling trees, and downed power lines often result in injuries and damage to property. Electrocution from live wires poses a significant risk. You are generally safe in your home or vehicle during high winds. However, you should expect possible disruptions to critical services, including electricity, gas, and water.

What You Should Do:

- Stay indoors or remain in your vehicle until winds subside.
- Listen to official instructions through emergency alerts, local news, or city communication channels.
- Keep away from windows and glass doors.
- Avoid downed power lines and report them immediately.
- Prepare for possible utility outages.

Other Emergencies: Santaquin City may experience interruptions to public utilities such as gas, water, or power. The severity of these outages depends on the time of year and current weather conditions. In some cases, a utility outage may become an emergency.

What You Should Do:

- Plan for alternative sources of heat, light, water, and cooking.
- Protect yourself from extreme temperatures and other weather conditions.
- Stay informed through official updates on service restoration.

SECTION 2: CREATE AN EMERGENCY/DISASTER PLAN

Meet With Your Family

Discuss the types of disasters and emergencies that are most likely to happen and what to do in each situation. Explain the dangers to children and plan to share the responsibilities, working as a team. If you have in-home childcare, include the caregiver in your plan.

Determine Where to Meet

- A place right outside your home in case of a sudden emergency, like a fire.
- A location outside your home in case you can't return home. Make wallet cards, so everyone will know the address and phone number of the place you are to meet. For older children, select a "safe house" in areas they frequent, until it is safe to meet up.

Have an "Out-of-Town Contact"

Choose a trusted friend or relative who lives outside your area to be your family's emergency contact. After a disaster, local phone lines often become overloaded, but long-distance calls may still go through. By calling this designated person, you can save time on the phone and help keep lines open for emergency use.

Share your status with your out-of-town contact and ask them to relay updates to other family members. Ensure that everyone in your household knows how to reach this person and reports their location and condition.

Each family member should memorize the contact's phone and cell numbers or always carry them. If phone service is down, consider using email, as messages may go through even when calls fail. Keep in mind that cell networks can become overloaded during emergencies, so having a landline number may also be important.

Establishing this contact in advance helps keep your family connected and informed when it matters most.

What to Do if an Emergency or Disaster Strikes (QUICK TIPS)

When disaster strikes, making your safety and the safety of others must be your top priority. Provide first aid if needed and call for help from anyone who is seriously injured. If conditions allow, assist others while waiting for emergency responders.

If an Emergency Occurs at Home at Night

- Use a flashlight to check for damage.
- Do **not** use matches, candles, or electrical switches, as gas leaks or electrical damage could ignite a fire.
- Call **9-1-1 only** for life-threatening situations or serious emergencies to avoid overwhelming emergency lines.

Check for Fires and Household Hazards

- Look for signs of fire, electrical damage, or chemical spills.
- Be cautious with household chemicals like bleach or gasoline, which can release toxic fumes if mixed.
- Ventilate the area if it is safe but avoid direct exposure.
- Contact emergency personnel if you notice strong or noxious odors.

Natural Gas Safety

- Stay alert for gas leaks near appliances such as water heaters.
- If you smell gas or suspect a leak:
 1. Turn off the main gas valve near the gas meter.
 2. Use a wrench to rotate the valve a quarter turn until it is perpendicular to the pipe.
 3. Open windows and evacuate immediately.
 4. Call the gas company or emergency services once you are in a safe location.
- **Important:** Only a certified technician should restore gas service.

Electrical Safety

- Inspect your home for visible structural damage. Evacuate immediately if the structure appears unsafe.
- Please stay away from downed power lines and **never touch or approach them. Report** on the location of the downed power lines for public safety personnel.
- If power lines trap you inside a vehicle, remain inside until professional help arrives.
- If you see sparks or hear unusual noises, do not touch appliances or switches.
- Shut off power at the main breaker or fuse box if you can safely access it.

Important: Only a licensed electrician should restore electricity.

Water Safety

- Shut off the water valve if you find leaks inside your home or between your house and the meter.
- Conserve your stored or emergency water supplies, especially when treatment services become disrupted.

Pet Safety

- Take your pets with you if you evacuate.
- Never leave pets outside or chained.
- If you stay home, keep them indoors and secure.

Help Your Community

- Check on neighbors, especially older adults, people with disabilities, and those needing extra assistance.
- Offer support where possible.

Communicate Wisely

- Call your designated out-of-town contact to report your status.
- Limit further phone use to keep lines open for emergencies.
- Use text or email, which often work when voice networks are overloaded.

If Children Are in School During a Disaster

- Stay informed through local media about school closures or changes.
- Understand that in some cases, children may be safest staying at school where emergency plans are in place.
- Instruct older children who travel independently to follow directions from school officials and local authorities.

Look to Your Neighbors

- Build strong connections with neighbors **before** an emergency.
- Identify who may need additional support, such as older adults, people with disabilities, and families with young children.
- Share skills, resources, and information.
- Work together to create emergency plans, including backup childcare for parents who may be delayed or unable to return home.

Know What to Do in an Evacuation or Shelter in Place:

In an Evacuation	If asked to “Shelter-In-Place”
<ul style="list-style-type: none">• Stay informed: Listen to a battery-powered or car radio for official updates.• Leave right away: Follow evacuation orders without delay.• Use official routes: Avoid shortcuts; they may be blocked or unsafe.• Bring your disaster kit: Pack water, food, medications, documents, cash, flashlight, and chargers.• Dress safely: Wear sturdy shoes and protective clothing.• Secure your home: If time allows, turn off utilities if instructed and lock up.• Take pets: Bring food, carriers, and supplies for them.• Check on neighbors: Assist older adults, people with disabilities, and families with small children if it's safe.	<ul style="list-style-type: none">• Go indoors immediately: Bring pets inside with you.• Secure your home: Lock doors, close windows, and shut vents and dampers.• Turn off ventilation: Shut down heating, AC, and exhaust fans.• Choose a safe room: Go to a small, windowless interior room above ground level. Avoid basements.• Seal the room: Use duct tape and plastic sheeting (or damp towels) around doors, windows, and vents.• Use your supply kit: Keep water, snacks, flashlight, medications, and a working radio with you.• Limit phone use: Save lines for emergencies.• Stay informed: Continue listening to news or emergency broadcasts until officials say it is safe to leave.

Santaquin Evacuation Procedures

When officials issue an evacuation order, follow instructions immediately. An evacuation order will be provided through Santaquin's mass communication service, Everbridge. Please use the following [Everbridge account link](#) to sign up for an account. Emergency Services will announce which areas must evacuate and identify safe routes. The map below highlights the primary evacuation routes into and out of the city.

Evacuation Guidelines

- Follow official instructions. Do not leave until directed and only use designated evacuation routes. Avoid shortcuts, which may be unsafe or blocked.
- Listen to local news and emergency broadcasts on battery-powered or car radio for real-time updates.
- Take your emergency supply kit, medications, essential documents, and identification.
- Prepare your vehicle. Keep it fueled and in good condition. If you lack transportation, use your pre-arranged assistance plan.
- Obey traffic laws and follow directions from law enforcement and emergency crews.
- Expect delays. Be patient and allow extra travel time.
- Notify family or friends of your destination and check in when you arrive at your shelter or safe location.

Special Evacuation Rules

- Use **one vehicle per household** to reduce congestion and speed up traffic flow.
- Leave **boats, trailers, and tow-behind equipment** behind, as they slow traffic and create hazards.
- Stick to **designated evacuation routes** monitored by emergency personnel.
- Always keep your vehicle at least **half a tank full** so you can leave quickly when ordered.

By preparing early and following these procedures, you protect yourself, your family, and the community.

SECTION 3: EMERGENCY “GO KIT” AND SUPPLIES

Emergencies can disrupt power, water, gas, and food supplies. Prepare by creating an emergency plan and keeping a well-stocked go kit to support your household during evacuation or if your home becomes uninhabitable.

Store the kit in a duffel bag, backpack, sturdy bin, suitcase, or large trash can in a location known to all family members. Consider smaller kits for vehicles or trailers. Rotate water, food, and batteries every six months to keep them fresh and usable.

Your go kit should include items from six essential categories:

1. Water
2. Food
3. First Aid Supplies
4. Clothing and Bedding
5. Tools and Emergency Supplies
6. Special Items

Water

Water: Essential for Preparedness

Water is the most critical emergency supply. Humans can survive for days without food but only for a short time without clean water.

How Much to Store

- **Home Storage:** At least 1 gallon per person per day for 14 days.
- **Go Kit:** At least a 3-day supply per person.
 - 2 quarts ($\frac{1}{2}$ gallon) for drinking
 - 2 quarts ($\frac{1}{2}$ gallon) for cooking/sanitation
- Increase storage for hot climates, children, elderly, or nursing mothers.

Other Fluids

- Canned juices and electrolyte drinks provide hydration and nutrients.

How to Store Water

- Use clean, food-grade plastic containers or commercial water storage containers.
- Avoid glass or cardboard containers.
- Label containers with the date and rotate every 6 months (unless factory-sealed).

How to Purify Water

- **Boil:** Roll water at a boil for 1 minute (3 minutes at 6,500+ feet elevation).
- **Disinfect with Bleach:** Use unscented household bleach.
 - 1 quart: 2 drops (clear), 4 drops (cloudy)
 - 1 gallon: 8 drops (clear), 16 drops (cloudy)
 - 5 gallons: $\frac{1}{2}$ teaspoon (clear), 1 teaspoon (cloudy)

Food

Food Preparedness

Every household should store enough food for at least **three days per person**. Choose items that are easy to prepare and rotate them regularly to keep them fresh.

Food Guidelines

- Eat at least one balanced meal daily.
- Drink plenty of water or juice.
- Maintain calorie intake to meet energy needs, especially during strenuous activity or cold weather.
- Rotate stored food and label with dates.
- Test meals with your family to ensure they are acceptable and easy to prepare in emergencies.
- Choose foods requiring little or no cooking, water, or refrigeration.

Examples of Emergency Foods

- Canned meats, beans, fruits, and vegetables
- Peanut butter, nuts, and trail mix
- Granola bars and dried fruit
- Instant cereal or oatmeal
- Powdered milk or shelf-stable milk
- Crackers, rice cakes, or hard bread
- Ready-to-eat meals (MREs)
- Freeze-dried foods (with camp stove if cooking is required)

First Aid Kit and Medical Supplies

First aid and medical supplies are an essential, low-cost, and easy-to-store part of any emergency kit. They fit neatly in a fanny pack, tackle box, or small duffle bag, making them easy to keep in every vehicle and at home. Even if you don't need them yourself, they can help you assist others until professionals arrive.

A well-stocked first aid kit should include the following:

Basic Wound Care

Sterile bandages (various sizes)
2-inch sterile gauze pads (4-6)
4-inch sterile gauze pads (4-6)
2-inch sterile roller bandages (3 rolls)
3-inch sterile roller bandages (3 rolls)
Triangular bandages (3)

Medical tape (including hypoallergenic)
Antiseptic solution (iodine, hydrogen peroxide)
Antiseptic wipes or moist towelettes
Neosporin or other antibiotic ointment
Petroleum jelly or lubricant

Protective and Utility Items

Nitrile gloves (3 pairs)
Assorted safety pins
Scissors
Tweezers

Needle
Thermometer
Tongue depressors (2)

Medications and Relief Aids

Aspirin or non-aspirin pain relievers
Anti-diarrhea medication
Antacid (upset stomach)
Laxative

Burn Free
Sunscreen
Insect repellent

Additional Recommendations

Small flashlight with extra batteries
Emergency blanket
Cold packs and heat packs

A basic first aid manual or quick-reference guide
Keeping your first aid supplies organized, up-to-date, and tailored to your family's specific needs, including children, older adults, and pets, which ensures you can respond effectively in an emergency.

Recommendation: Store multiple first aid kits in your home, vehicles, and workplace.

Next step: Review and replace expired medications and supplies at least once per year.

First Aid Basics

First Aid and CPR classes are offered in Santaquin City, and we strongly encourage you to register for an upcoming course. Training ensures you have the knowledge and confidence to act in an emergency.

If you encounter a medical emergency, call **911 immediately** or send someone else to call while you begin first aid.

Airway

- If the person is **conscious, speaking, or breathing normally**, assume the airway is clear.
- Do not move the person unless there is immediate danger of further harm.
- If the person is **unconscious and not breathing normally**, gently roll them onto their back while keeping the head, neck, and spine aligned.
- Open the airway by using the **head tilt–chin lift** maneuver. If you suspect a spinal injury, use the **jaw-thrust maneuver** without tilting the head.

Breathing

- Look, listen, and feel for normal breathing for no more than **10 seconds**.
- If the person is not breathing or only gasping, begin **rescue breaths** if you are trained:
 - Pinch the nose closed, cover their mouth with yours, and give **2 slow breaths**, watching for chest rise.
- If you are not trained in rescue breathing, proceed directly to chest compressions (Hands-Only CPR).

Circulation

- Check for a pulse (no more than 10 seconds). If no pulse is present:
 - Begin **CPR** immediately:
 - Place the heel of one hand on the center of the chest, with the other hand on top.
 - Push hard and fast at a rate of **100–120 compressions per minute**, at a depth of **at least 2 inches** in adults.
 - Allow complete chest recoil between compressions.
 - Provide cycles of **30 compressions and 2 rescue breaths** if trained. If untrained, continue compressions only (Hands-Only CPR).
- If available, use an **Automated External Defibrillator (AED)** as soon as possible. Follow the device prompts.

Controlling Bleeding

- Most external bleeding can be controlled with **direct pressure** and a clean bandage.
- If blood soaks through, **do not remove the original bandage**. Instead, add more layers and continue pressure.
- If bleeding does not stop, apply pressure to a major artery point or use a **tourniquet** if trained and available.

Recommendation: Take an AHA-certified First Aid/CPR course to practice these skills hands-on.

Next step: Add a CPR pocket mask and disposable gloves to your first aid kit for safe response.

Recommended “Go Kit” Items

Clothing & Bedding

- Complete change of clothes per person
- Sturdy shoes or work boots
- Hats and gloves
- Wet/cold weather gear
- Blankets or sleeping bags
- Pillows
- Thermal underwear
- Sunglasses
- Lightweight camping tent
- Extra socks and undergarments

Tools & Emergency Supplies

- Mess kits, cups, plates, utensils
- Battery-powered or hand-crank radio
- Flashlight with spare batteries
- Cash and coins
- Manual can opener and utility knife
- Fire extinguisher
- Compass
- Waterproof matches or lighter
- Aluminum foil
- Needles and thread
- Wrench (gas/water shutoff)
- Whistle
- Plastic sheeting
- Local area map
- Duct tape
- Soap or liquid detergent
- Feminine supplies
- Personal hygiene items
- Garbage bags
- Plastic storage containers
- Road flares
- Paper and pencil
- Plastic bucket with lid
- Disinfectant
- Household bleach (unscented)
- Extra batteries
- Multipurpose tool

Special Items: Baby

- Formula
- Diapers
- Bottles
- Medications
- Games and books

Special Items: Adults

- Prescription medications (heart, blood pressure, insulin, etc.)
- Denture supplies
- Important documents (wills, insurance, deeds, financial)
- Identification (passports, social security numbers)
- Extra eyeglasses or contact lens supplies
- Vitamins
- Cash
- Emergency contact list (family, doctors, banks)

SECTION 4: WHAT TO DO WITH SPECIFIC DISASTERS

Earthquake Safety

BEFORE an Earthquake

- Secure heavy items (books, plants, electronics, furniture).
- Move away from hazards you cannot secure.
- Stay clear of windows and glass partitions.
- Store emergency supplies in an accessible location.
- Learn exits, fire alarms, and fire extinguisher locations.
- Practice **Drop, Cover, and Hold On** with family and friends.
- Hold earthquake drills throughout the year.
- Share your communication plan with family members.
- Store at least 14 days of food and water.

DURING an Earthquake

- STAY CALM
- Drop, Cover, and Hold On!**
- Take cover under sturdy furniture.
- Stay in bed if already there (protect head/neck with a pillow).
- Drop to the ground if standing to avoid being thrown down.
- Move away from windows, tall cabinets, and unstable objects.

AFTER an Earthquake

- Report to your family meeting place or work gathering point.
- Assist visitors and help locate injured individuals.
- Watch for those unable to hear or move on their own.
- Stay cautious in damaged buildings— aftershocks may follow.
- Prepare for aftershocks: **Drop, Cover, and Hold On** again.
- Provide care and basic needs for yourself and others.
- Exit the building only if safe.
- Activate your emergency response plan.

Emergency Control of Natural Gas

Natural gas can pose serious hazards if lines are damaged during an emergency or disaster. Leaks may lead to fire, explosion, or poisoning. Every household should know how to safely control their gas supply.

What To Do

- **Know the location of your gas meter and main shutoff valve.** Make sure every responsible household member knows how to turn it off.
- **Turn off the gas only if you smell gas, hear a hissing sound, or see broken gas lines.**
- **Use a wrench or specialized shutoff tool** to turn the valve a quarter turn so the lever is crosswise to the pipe.
- **Leave the building immediately** if you suspect a leak. Move to a safe location before calling 911 or your gas utility company.
- **Follow official instructions** from emergency services or utility providers before attempting to restore service.

What Not To Do

- **Do not turn off the gas unless you suspect a leak.** Once turned off, only the utility company can restore it, which may take days.
- **Do not use matches, lighters, or open flames** near a suspected leak.
- **Do not operate electrical switches, appliances, or phones** inside the building, as sparks can ignite gas.
- **Do not try to repair broken gas lines yourself.** Always leave that to trained professionals.
- **Do not re-enter a building** until emergency responders or utility officials confirm it is safe.

Fire Safety

Before a Fire

Taking proactive steps before a fire occurs can save lives and reduce property damage:

- **Install Smoke Alarms:** Place smoke alarms on every level of your home, inside bedrooms, and outside sleeping areas. Test alarms monthly and replace batteries at least once a year.
- **Plan and Practice an Escape Route:** Identify two exits from every room, such as doors or windows. Ensure pathways are clear and accessible. Practice fire drills with all household members at least twice a year.
- **Know How to Use a Fire Extinguisher:** Keep extinguishers in accessible areas (kitchen, garage, near exits) and learn the PASS method (Pull, Aim, Squeeze, Sweep).
- **Check Electrical Safety:** Avoid overloading outlets, replace frayed cords, and have electrical systems inspected by professionals.
- **Store Flammable Materials Safely:** Keep matches, lighters, fuels, and chemicals away from children and heat sources.
- **Close Bedroom Doors at Night:** Closed doors slow the spread of fire and smoke, giving you more time to escape.
- **Keep Emergency Numbers Handy:** Post local fire department and emergency numbers where all family members can see them.

During a Fire

Acting quickly and calmly during a fire increases your chance of survival:

- **Stay Calm and Alert Others:** Shout “Fire!” and alert everyone in the building. Activate the fire alarm if available.
- **Get Out Immediately:** Do not waste time gathering personal items. Use your pre-planned escape route.
- **Check Doors for Heat:** Before opening any door, feel it with the back of your hand. If it’s hot, do not open it—use another exit.
- **Stay Low to Avoid Smoke:** Smoke rises, so crawl close to the floor to breathe cleaner air.
- **Stop, Drop, and Roll:** If your clothes catch fire, stop moving, drop to the ground, cover your face with your hands, and roll until the flames are out.
- **Do Not Use Elevators:** Always use stairs during a fire. Elevators can trap you if they lose power.
- **If Trapped Inside:** Close doors between you and the fire, seal cracks with towels or clothing, and signal for help from a window with a flashlight or cloth.
- **Call 911 from Safety:** Once outside, call 911 and provide your location. Do not re-enter the building under any circumstances.

Key Reminder: Fires spread rapidly. Early detection and immediate evacuation are the most effective ways to survive.

Winter Storm Safety

Before a Winter Storm

- Arrange for an emergency heat supply in case of power failure.
- Build an emergency supply kit with food, water, flashlights, extra batteries, blankets, warm clothing, and medications.
- Stock at least a 14-day supply of nonperishable food and drinking water.
- Inspect and service your heating system, fireplace, and chimney.
- Install carbon monoxide detectors in key areas of your home.
- Insulate water pipes and allow faucets to drip slightly to prevent freezing.
- Store rock salt, sand, or non-clumping kitty litter for walkways.
- Prepare your vehicle with antifreeze, a full gas tank, and a winter survival kit (blankets, snacks, water, shovel, scraper).
- Develop a family communication and reunification plan.

During a Winter Storm

- Stay indoors whenever possible.
- Avoid unnecessary travel; if travel is required, drive cautiously and keep a survival kit in your vehicle.
- Dress in warm layers; cover exposed skin and wear hats, gloves, and waterproof boots.
- Avoid overexertion when shoveling snow to reduce the risk of heart strain.
- Conserve home heat by closing unused rooms, placing towels under doors, and covering windows with heavy drapes.
- Use safe heating sources only—never use ovens, grills, or camp stoves indoors.
- Listen to battery-powered radios or NOAA Weather Radio for official updates.
- Keep cell phones charged but conserve battery power when electricity is out.

After a Winter Storm

- Monitor local news and weather alerts for updates on road conditions, closures, and emergency services.
- Check electrical systems for damage before restoring power to appliances.
- Shovel snow carefully and take frequent breaks; clear sidewalks and driveways to prevent slips and falls.
- Check on neighbors, especially older adults, people with disabilities, and families with small children.
- Travel cautiously and allow extra time, as roads may remain icy or blocked.
- Inspect your home for damage caused by ice dams, fallen trees, or frozen pipes.
- Restock and update your emergency supplies for future storms.

Flood Safety

Flooding can occur quickly and with little warning, especially after heavy rainfall, snowmelt, or dam failures. Being prepared and knowing what to do before, during, and after a flood can help protect your family and property.

Before a Flood

- Confirm if you live in a flood-prone area and consider purchasing flood insurance.
- Prepare an emergency kit (food, water, flashlights, batteries, first aid, medications).
- Store vital documents in waterproof containers or digitally.
- Move furniture and essentials above possible flood levels.
- Clear gutters, drains, and downspouts.
- Identify multiple evacuation routes.
- Create a family communication plan and keep emergency contacts handy.

During a Flood

- Monitor local radio, TV, (KSL TV, KSL Radio 1160 AM, or KBYU 89.1 FM) NOAA Weather Radio, or mobile alerts for updates.
- If time allows, turn off utilities, unplug appliances, and secure doors/windows.
- Evacuate immediately when instructed; use only designated routes.
- “Turn Around, Don’t Drown” Avoid walking, swimming, or driving through floodwaters.
- If trapped, move to the highest safe level; avoid sealed attics without ventilation.
- Leave vehicles if water rises and if safe, move to higher ground.
- Bring your emergency kit, medications, and essential items, including pet supplies.

After a Flood

- Stay tuned to official updates and return home only when cleared by authorities.
- Avoid floodwater and downed power lines and report hazards.
- Don’t enter buildings surrounded by water; check for structural damage first.
- Use flashlights instead of candles if power is out.
- Photograph damage for insurance claims.
- Discard contaminated food, drinks, and medicines.
- Clean and disinfect wet items to prevent mold.
- Keep children and pets away from flooded areas.
- Seek medical help for injuries or water exposure.
- Replenish your emergency supplies and update your plan as needed.

Home Electrical Circuit Safety

- Know the location of your home's main electrical panel and how to safely shut off power in an emergency.
- Label circuit breakers or fuses, to clearly identify which areas of the home they control.
- Never touch electrical equipment or outlets if you are wet, standing in water, or if the equipment is wet.
- Use ground-fault circuit interrupters (GFCIs) in bathrooms, kitchens, garages, basements, and outdoor outlets to prevent shock hazards.
- Replace or repair damaged cords, plugs, or outlets immediately.
- Do not overload outlets or power strips with too many devices.
- Avoid running extension cords under rugs, carpets, or furniture, as this can cause overheating and fire.
- Ensure all electrical work is performed by a qualified electrician; never attempt major repairs yourself.
- Unplug small appliances when not in use to reduce the risk of electrical fires.
- During storms or flooding, turn off the main power supply if instructed by authorities and if it can be done safely.
- Keep flammable materials away from electrical appliances and wiring.
- Install smoke alarms at every level of your home and test them monthly.
- Have your electrical system inspected regularly, especially in older homes.

Thunderstorms and Lightning Safety

Before a Thunderstorm

- Monitor local weather forecasts and alerts.
- Postpone outdoor activities if thunderstorms are likely.
- Secure outdoor objects that could blow away.
- Ensure your emergency kit is ready and accessible.
- Unplug appliances and electronics to protect them from power surges.

During a Thunderstorm

- Seek shelter indoors immediately; stay inside until at least 30 minutes after the last thunder.
- Avoid windows, doors, and porches.
- Do not use corded phones or electrical appliances.
- Stay out of bathtubs, showers, and plumbing fixtures.
- If outdoors and unable to reach shelter, avoid open fields, hilltops, tall trees, and metal objects.
- If you feel your hair stand on end or skin tingle, crouch low with your feet together and your hands over your ears—do not lie flat on the ground.

Lightning Safety Outdoors

- Stay inside a hard-topped metal vehicle with the windows closed if shelter is not available.
- Avoid contact with water, including lakes, rivers, and pools.
- Do not shelter under trees or near tall, isolated objects.

After a Thunderstorm

- Stay alert for flash flooding, downed power lines, and fallen trees.
- Do not touch or go near power lines; report them immediately to authorities.
- Check your home and neighborhood for damage or hazards.
- Provide first aid if needed and call for emergency assistance for lightning strike victims (they do not carry electrical charges and are safe to touch).

High Winds Safety

Before High Winds

- Monitor weather alerts for high wind warnings or advisories.
- Secure outdoor objects such as patio furniture, grills, trash cans, and decorations that could become projectiles.
- Trim trees and branches near your home to reduce the risk of damage.
- Reinforce garage doors and windows if possible.
- Identify a safe room in your home, preferably an interior room without windows on the lowest floor.
- Prepare your emergency kit and keep flashlights, batteries, and radios accessible.

During High Winds

- Stay indoors and away from windows, glass doors, and skylights.
- Close and secure all interior and exterior doors.
- Move to a small, windowless interior room or hallway on the lowest level.
- Avoid using elevators in case of power outages.
- If you are outside, seek sturdy shelter immediately.
- If driving, pull over safely and stop. Stay inside the vehicle, away from trees, power lines, and overpasses.

After High Winds

- Remain cautious, as hazards such as downed power lines, damaged buildings, and debris may remain.
- Stay clear of damaged structures until officials declare them safe.
- Avoid touching or approaching downed power lines; report them immediately.
- Check on family, neighbors, and pets to ensure their safety.
- Inspect your home for damage and hazards before resuming normal activities.
- Restock or repair your emergency supplies if needed.

Power Outages Safety

Before a Power Outage

- Assemble an emergency kit with flashlights, batteries, a battery-powered or hand-crank radio, and extra blankets.
- Fully charge cell phones and keep a backup power bank available.
- Keep at least a three-day supply of non-perishable food and bottled water.
- Install surge protectors on sensitive electronic equipment.
- Know how to manually operate electric garage doors, gates, or locks.
- Maintain a supply of cash, as ATMs and card readers may not function.

During a Power Outage

- Use flashlights instead of candles to reduce fire risk.
- Turn off and unplug appliances and electronics to prevent damage from power surges when electricity is restored.
- Keep refrigerator and freezer doors closed to preserve food. (A full freezer can keep food cold for 48 hours if unopened.)
- Conserve battery power by dimming phone screens and turning off nonessential devices.
- Avoid opening water systems that rely on electricity, such as well pumps, unless necessary.
- Listen to a battery-powered or hand-crank radio for official updates and instructions.
- Stay inside during extreme weather; avoid unnecessary travel.

After a Power Outage

- Wait a few minutes before plugging in appliances to avoid overloading circuits.
- Check refrigerated and frozen food for safety; discard anything that may have spoiled.
- Replenish your emergency supplies (batteries, fuel, non-perishable food).
- Report downed power lines or hazards to authorities immediately.
- Reset clocks, alarms, and appliances as needed.
- Check in on neighbors, especially older adults, those who are homebound, or those with medical needs.

SECTION 5: ADDITIONAL RESOURCES

Poison Control

Before Poisoning (Prevention)

- Keep all medications, cleaning supplies, and chemicals locked away and out of reach of children and pets.
- Store products in original containers with labels intact and never in food or drink containers.
- Install child-resistant safety latches on cabinets containing hazardous materials.
- Read and follow label instructions on medicines, household cleaners, and pesticides.
- Never mix cleaning products (e.g., bleach and ammonia), as this can produce toxic fumes.
- Post the **Poison Help Line number (1-800-222-1222** in the U.S.) near every phone and save it in your cell phone.
- Properly dispose of expired or unused medications at approved collection sites.

After Poisoning (General Response)

- Call 911 immediately if the person is unconscious, having seizures, difficulty breathing, or not responsive.
- If the person is alert and stable, call **Poison Help Line at 1-800-222-1222** for specific instructions.
- Provide the following information: age and weight of the person, substance involved, how much, and when it was taken.
- Do **not** induce vomiting unless instructed by medical professionals.
- Stay with the person until help arrives.

Inhaled Poisoning

- Get the person into fresh air immediately.
- Open windows and doors to ventilate the area if safe to do so.
- Avoid breathing in the fumes and use a cloth over your nose and mouth if needed.
- Call 911 if the person is having difficulty breathing or is unconscious.

Poison on the Skin

- Remove any contaminated clothing and rinse skin with running water for at least 15 minutes.
- Avoid scrubbing the skin, which may cause irritation.
- Call the Poison Help Line for further instructions.
- Seek medical help if irritation, burns, or pain persist.

Poison in the Eye

- Rinse the eye immediately with lukewarm (not hot) water for at least 15–20 minutes.
- Hold the eyelid open and let water flow gently across the eye.
- Do not rub the eye.
- Call the Poison Help Line or seek emergency medical care right away.

Swallowed Poisoning

- Do **not** induce vomiting unless specifically directed by a medical professional.
- If the person is unconscious, having seizures, or trouble breathing and call 911 immediately.
- If the person is alert, give small sips of water (unless told otherwise by Poison Control).
- Never give anything to eat or drink without professional guidance.
- Keep the product container to show medical personnel exactly what was swallowed.

Emergency Phone Numbers

9-1-1: Only use 911 in life-threatening emergencies, such as injuries or fires.

Radio: Listen to the following radio stations for emergency updates:

KSL 1160 AM or 102.7 FM

KBYU 89.1 FM (KBYU is designated for Utah County).

NOAA: National Oceanic and Atmospheric Administration. Provides all hazards information

Local

Santaquin City Website www.Santaquin.gov

Santaquin City Phone Number 801-754-3211

Dispatch 801-798-5600

Santaquin PUBLIC WORKS

After-hours Public Works 801-754-1883

Public Utilities

Enbridge Gas Customer Service 1-800-323-5517

24-Hour Emergency Call 1-800-767-1689

Rocky Mountain Power Customer Service 1-888-225-2611

Dangerous Conditions 1-877-508-5088

Schools

Payson High School

271 West 800 South

Payson, UT 84651

Phone: 801-465-6025

Payson Junior High School

1025 South Highway 98

Payson, Utah 84651

Phone: 801-465-6015

Mt. Nebo Middle School

851 West 450 South

Payson, Utah 84651

Phone: 801-465-6040

Apple Valley Elementary

105 East 770 North

Santaquin, Utah 84655

Phone: 801-754-9028

Orchard Hills Elementary

168 East 610 South

Santaquin, Utah 84655

Phone: 801-754-3237

Santaquin Elementary

25 South 400 West

Santaquin, Utah 84655

Phone: 801-754-3611

C.S. Lewis Academy

364 North State Road 198

Santaquin, Utah 84655

Phone: 801-754-3376

Churches

Santaquin L.D.S. Stake Center:

45 South 500 West

Santaquin L.D.S. East Stake Center:

548 South 400 East

Santaquin L.D.S. North Stake Center:

545 North 200 East

Hospitals and Medical Facilities

Mountain View Hospital

1000 East 100 North
Payson, Utah 84651
Phone: 801-465-9201

Utah Valley Hospital

1034 North 500 West
Provo, Utah 84604
Phone: 801-357-7850

Spanish Fork Hospital

765 East Market Place Drive
Spanish Fork, Utah 84660
Phone: 385-344-5000

Central Valley Medical Center – Santaquin Clinic

210 East Main Street
Santaquin, Utah 84655
Phone: 801-754-3600

Canyon View Medical

94 West Main Street
Santaquin, Utah 84655
Phone: 801-754-3122

Santaquin Medical Center

264 West 100 South
Santaquin, Utah 84655
Phone: 385-812-5034

Assisted Living Facilities

Seasons of Santaquin

785 East 150 South
Santaquin, Utah 84655
Phone: 801-754-1108

Beehive Homes of Santaquin

409 South 300 West
Santaquin, Utah 84655
Phone: 801-477-9015

Utah County Health Department Resources

Provo Location

151 S University Avenue
Provo, Utah 84601
Phone: 801-851-3000

Payson Location

285 North 1250 East
Payson, Utah 84651
Phone: 801-851-7353

Pharmacies

Santaquin Pharmacy

390 East Main Street
Santaquin, Utah 84655
Phone: 801-754-1141

Maceys Pharmacy

110 North 400 East
Santaquin, Utah 84655
Phone: 801-925-4060

Community Emergency Response Team (CERT)

The Community Emergency Response Team (CERT) program offers citizens the opportunity to learn valuable skills that can help them and their neighbors during emergencies. CERT training equips residents with fundamental skills, such as fire safety, light search & rescue, team organization, and disaster medical operations, so they can manage emergencies on their own and assist their communities in the aftermath of a disaster.

CERT Course

The CERT course consists of 21 hours of training, one night a week for seven weeks. Classes are taught by trained fire and EMS personnel.

The course outline is as follows:

Week One: Disaster Preparedness – Introduction to disasters, impact of disasters on infrastructures, hazards posed by buildings and non-structural items, and the role of CERT personnel in disaster response.

Week Two: Disaster Fire Suppression – Identify and reducing potential fire hazards, basic fire suppression strategy, firefighting resources, and firefighting techniques.

Week Three: Disaster Medical Operations (Part One) – Treatment strategies for life-threatening conditions and principles of triage.

Week Four: Disaster Medical Operations (Part Two) – Head to toe assessment, head wounds, treatment for fractures, sprains, burns, and other injuries.

Week Five: Light Search and Rescue Operations – Search and rescue priorities and resources, techniques for size-up, search, lifting, cribbing, removing victims, and rescuer safety.

Week Six: Disaster Psychology and Team Organization – The post disaster emotional environment, the Incident Command System, CERT strategies, tactics, and documentation.

Week Seven: Course Review and Disaster Simulation Exercise

How do I join?

If you are interested in participating, please click on the button below and fill out a Santaquin CERT Registration Form. (This course is open to all residents of Santaquin, Genola, and Goshen). If you have an interest in or want to be part of the CERT team, please fill out the following [CERT REGISTRATION FORM](#), and I will contact you when the next CERT course begins. CERT courses are generally held in the Fall and Spring.

Quick Links

- [Santaquin Notification System Signup \(EVERBRIDGE\)](#)
- [Santaquin City](#)
- [Utah Division of Emergency Management](#)
- [Ready.gov](#)
- [Be Ready Utah](#)
- [American Red Cross](#)
- [Federal Emergency Management Agency \(FEMA\)](#)