

## Steps Toward Emergency Preparedness

### Establish an Out-of-State 24-Hour Telephone Contact

- Calls out will not overload phone lines as will calls coming into a disaster area.
- All relatives should be informed now on procedures to call the phone contact, not after a disaster has occurred.

### Plan How Your Family Will Stay In Contact if Separated

Pick two meeting places:

1. A place a safe distance from your home in case of fire
2. A place outside your neighborhood in case you can't return home

### Other Considerations

- Stock supplies to last up to a week for each person.
- Be prepared to relocate to a shelter during a prolonged power outage.
- Have extra cash on hand in case electronic transactions (ATM card, credit cards, etc.) cannot be processed.
- Work with your family in talking about the steps each needs to take to be ready if disaster happens.

### Meet With Neighbors

Plan how the neighborhood could work together after a disaster. Know your neighbors' skills (medical, technical). Consider how you could help neighbors who have special needs, such as elderly or disabled persons. Make plans for child care in case parents can't get home.

## Emergency Outdoor Water Sources

### How to Store Water

Store your water in thoroughly washed plastic, glass, fiberglass or enamel-lined metal containers. Never use a container that has held toxic substances.

### Sources and Purification

You can use rainwater or water from streams; rivers and other moving water; ponds and lakes; and natural springs. Be sure to purify the water by:

- Boiling
- Disinfection (household liquid bleach: 16 drops/gal. of water, stir & let stand 30 min.)
- Distillation (boil 2 pots water and collect the vapor by tying a cup inside the pot lid -- the cup shouldn't dangle in the water -- it will condense in the cup)

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*As law enforcement professionals, we pledge to serve the Jefferson County community, build trust and confidence, and respond to community needs with:*

### Integrity

We interact with each other and the community we serve with honesty, dignity, and respect.

### Innovation

We respond to the community's needs with vision and initiative, relying on both traditional and non-traditional problem-solving methods.

### Partnership

We actively promote a spirit of teamwork and cooperation through open communication and the free exchange of ideas.

### Service

We continuously develop our skills and talents to provide top quality, responsive, effective law enforcement services.

### Accountability

We ensure judicious management of human, financial, and physical resources.

Jefferson County Sheriff's Office

200 Jefferson County Parkway  
Golden, CO 80401

Office Hours: 8 a.m. - 5 p.m., Mon.-Fri.

Phone: 303.277.0211

Emergency: Dial 911

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S H E R I F F

# The 72-Hour Kit



*Preparedness is everyone's job.*



## The 72-Hour Kit

If a disaster occurs in your community, local government and disaster-relief groups work hard to help you. But you need to be ready as well. You should know how to



respond to severe weather or any disaster that can naturally occur in our area: wildfires, flood, tornadoes, winter storms and extreme heat or cold. You should also be ready to be self-sufficient for at least 3-5 days.

The 72-Hour Emergency Kit should be individually tailored to meet the basic survival needs of your family. Most families prefer to store their emergency supplies in one location that is relatively safe, yet easily accessible if evacuation is required. Items may be stored in a 32-gallon trash can, suitcase, duffle bag, backpack, footlocker or individual pack.

## Basic Emergency Needs

- Battery-powered radio
- First aid kit and manual
- Sleeping bags and blankets (wool & thermal)
- Waterproof/windproof matches
- Non-perishable foods, manual can opener
- Flashlight with batteries, or wind-up flashlight
- Water storage (1 gallon/day)
- Water purification tablets
- Utility knife
- Emergency candles
- Extra eyeglasses/contact lenses
- Essential medications
- Extra clothing
- Baby supplies

Suggested non-perishable food items: ready-to-eat goods in unbreakable containers, canned meats, juice, canned fruits and vegetables, powdered milk, infant foods, crackers, peanut butter, freeze-dried and dehydrated goods.

## Other Emergency Needs

- Extra pet food, pet supplies, pet medications, etc.
- Pen and paper
- Money
- Addresses and phone numbers
- Work gloves
- Basic tools
- Copies of all legal papers, including: marriage license, home mortgage, property/auto ownership documents, wills, jewelry appraisals, drivers licenses, insurance policies and bank accounts.



## Sanitation Kit

- Plastic bags and ties
- Disinfectant
- improvised toilet seat
- Paper cups and plates
- Personal toiletries
- Baby supplies
- Aluminum foil
- Paper towels
- Personal hygienic needs
- Plastic utensils
- Soap
- Plastic bucket with tightly fitted lid
- Soap
- Salt
- Gauze
- Elastic bandage
- Cotton balls
- Cotton swabs
- Safety pins
- Scissors
- Thermometer
- Matches
- Needles

## Standard First Aid Kit

- First aid manual
- Aspirin or pain relievers
- Adhesive bandages
- Heavy string
- Individual medical needs
- Rubbing alcohol
- Diarrhea medicine
- Tweezers
- Micropore adhesive, paper tape
- Small splints, popsicle sticks
- Petroleum jelly
- Sanitary napkins (pressure dressing)



- Disposable diapers (dressing/splint/padding)
- Triangular bandage (36" x 36" x 52")
- Baking soda (.5 tsp. soda + 1 tsp. salt + 1 qt. water for shock)

## Car Survival Kit

- Always maintain at least 1/2 tank of gas
- First aid kit and manual
- Class ABC fire extinguisher
- Radio and batteries
- Non-perishable food stored in coffee can
- Bottled water
- Bag of sand, shovel, tools
- Sundry kit: paper and pencil, map, tissues, pre-moistened towels, plastic bags, essential medications
- Flashlights and batteries
- Reflectors and flares
- Waterproof matches and candles
- Jumper cables
- Blankets or sleeping bags
- Short rubber hose for siphoning

## Ready Jeffco: Are You Prepared?

For more information, contact Jefferson County  
Emergency Management Office at 303-271-4900  
or visit us at <http://ready.jeffco.us>

## Preparedness is Everyone's Job

Preparedness is everyone's job. Not just government agencies but all sectors of society. Service providers, businesses, civic and volunteer groups, industry associations and neighborhood associations, and every individual citizen should plan ahead for disaster. During the first few hours or days following a disaster, essential services may not be available. People must be ready to act on their own.