

POWER IN PREPAREDNESS! Week 2: Earthquake and Fire

Family Home Evening—Choose what works for your family.

Songs: *This is My Beloved Son*, and *I Love to See the Temple* (Children's Songbook, p. 76 and p. 95); *The Spirit of God* (Hymns, p. 2)

Book of Mormon Story: Earthquakes and Christ's visit to the Nephites

Read 3 Nephi 8:2-23; 3 Nephi 9:1-2, 12-15; and 3 Nephi 11:1-10.

Or, if you feel this account is too scary for young children, read about Alma and Amulek being freed from prison by an earthquake. Alma 14:16-29

Discussion Questions:

- 1) How long did the darkness last, and could the people light a fire?
Three days, no
- 2) Whose voice did the people hear after the destruction?
Jesus' voice
- 3) Where did the people gather?
The temple
- 4) Whose voice did they hear at the temple?
Heavenly Father's voice
- 5) Who descended out of heaven?
Jesus

Objectives:

- 1) The earth will experience many changes in preparation for Christ's coming. The righteous will be blessed when they follow the prophet's directions to prepare.
- 2) We strive to be a temple-worthy people.
- 3) We can prepare for fire and earthquake emergencies by practicing drills and being prepared to evacuate.

Activity Ideas:

- 1) Practice earthquake and fire drills.
- 2) Choose a location outside your home for your family to gather together and identify each member during an emergency.
- 3) Drive over to the fire exits for your city.
- 4) Find the natural gas intake for your house and learn how to turn it off (but don't actually turn it off). Place a permanent wrench with the valve.

Treat Ideas:

- a) Ice cream shakes
- b) Jell-o
- c) Pineapple upside-down cake
- d) Earthquake cake
 1. Sprinkle in bottom of greased 9"x13" baking pan:
 - 1 c. chocolate chips
 - 1 c. coconut
 - 1 c. chopped nuts
 2. Follow package directions to prepare 1 German chocolate cake mix.
 3. Pour cake mix over chocolate chip mixture in pan.
 4. Mix together:
 - 2½ c. powdered sugar
 - 8 oz. cream cheese, room temperature
 - 1 stick of butter (8 tbs.), room temperature
 - 1 tsp. vanilla
 5. Drop cream cheese mixture by blobs into the cake mix.
 6. Swirl the cream cheese mixture through the cake.
 7. Bake at 350 for 30-40 minutes.

A Quick View of Earthquake Preparedness

Before

1. Identify safe spots in each room. Practice earthquake drills: Drop, Cover, and Hold on!
2. Secure water heaters, other gas appliances, and top-heavy furniture.
3. Place latches on cabinets.
4. Place a wrench near the main gas shutoff.
5. Store shoes or slippers, a flashlight, and a bottle of water under each bed.
6. Do not place beds near: chimneys, shelves, large windows, large pictures or mirrors.

During

1. Hear sound and feel vibration.
2. Do not run outside.
3. Take cover:
 - under beds, tables, desks
 - next to interior walls, beds, couches
 - in or next to bathtubs
 - Inside: stay away from windows, door frames, shelves, mirrors, chimneys, light fixtures, large appliances or furniture pieces, and staircases.
 - Outside: stay away from buildings, trees, power lines, underpasses, overpasses, and bridges. Stay in the car.
4. Cover your face. Shield your head with a coat, blanket, etc.

After

1. Check for injuries and administer first aid.
2. Wear heavy shoes and gloves.
3. Do not light a flame or use light switches, telephones, or electrical equipment until the gas has been turned off.
4. Shut off: electricity, water, and gas. (Gas: use a wrench to turn the valve $\frac{1}{4}$ turn. Wait for a professional to turn it back on.)
5. Check for: fires, downed utility lines, structural damage, and chemical spills.
6. Open closets and cupboards carefully.
7. Tape windows and cover furniture with blankets or cardboard to protect against further damage.
8. Be prepared for aftershocks.

A Quick View of Fire Preparedness

Before

1. Keep smoke alarms in working order.
2. Maintain fire extinguishers in the kitchen and garage.
3. Create a family escape plan with two exits from every room. Consider escape ladders for the second level. Assign a partner to young children, the elderly, or the disabled.
4. Clear vegetation to create an open space around the house.
5. Make an evacuation plan in case of wildfire. Know the evacuation routes out of your town.
6. Make a video of valuables for insurance purposes. Store the video and important documents in a separate location, such as a safe deposit box.

During

1. Get out fast. Always keep an escape path ahead of you.
2. Do not hide in a closet or under a bed.
3. Cover your mouth with a cloth and crawl.
4. Feel doors with the back of your hand to see if they're hot before opening. Test doorknobs before grasping.
5. Take a deep breath before opening doors. Turn your head to one side.
6. Close doors behind you to prevent drafts.
7. Go to the family meeting place. The second person there should notify the fire dept.
8. When trapped:
 - Stuff wet cloth around doors.
 - Open or break windows at the top to let smoke out.
 - Open or break windows at the bottom to breathe.
9. When a person is on fire:
 - Stop, drop, and roll.
 - Wrap up in a blanket.
 - Treat for shock.
10. Electrical fire:
 - Shut off electricity.
 - Use a fire extinguisher—not water!
11. Grease fire:
 - Do not use water! Do not use flour!
 - Use a fire extinguisher, baking soda, salt, or sand.

After

1. Check for injuries and administer first aid.
2. Don't re-enter the building until officials give permission.