



Liberty Village (Sugar House)

At Home

News and Tips for Residents of Cowboy
Properties Communities
Aug. 20, 2021

Be Prepared

You never know when you will be forced to leave your home unexpectedly. In addition to natural disasters, industrial or transportation accidents can also cause evacuation. Having a few items prepared and a checklist can help keep you calm in an emergency. [Ready.gov](#) has additional tips on preparation and planning.

- Prepare a kit of essential supplies that you can grab that should include **water, food and basic first aid** supplies. A [solar-powered weather radio](#) will help you get emergency updates. **Batteries** are also suggested. Many models include a way to charge your phone and also have a **flashlight**. Update your supplies every six months and/or as the needs of your family change. [Pre-made kits](#) with many of these items can also be purchased.
- Keep **copies of important papers** in a waterproof container including insurance information, passport, birth certificate, social security card, wills and medical information. Include emergency contact information.
- Ask your doctor about an **emergency supply of critical medications** for your essential kit. Copies of prescriptions should be in with your important papers. Other **medical needs** may include glasses or contacts, hearing aids, an inhaler or an EpiPen.
- Having a few **clean clothes and basic toiletry items** (toothbrush, toilet paper, baby wipes, etc.) will help you feel more comfortable while you are evacuated. Sturdy and comfortable shoes, long pants, long sleeved shirts, extra socks and underwear are recommended. If it's cold, bring a jacket, sleeping bag and blanket.

· One of the most difficult things to think about is the idea of losing **valuables and other irreplaceable items**. Make a list of the things most important to you and your family and put it in your essential kit so that you can grab them without thinking before evacuating. Consider digitizing old photos and scrapbooks so they could be reprinted.

- Keep your car **half full with gas** at all times. If an earthquake happens, gas lines may be shut down.
- An atlas or **printouts of maps** can help with evacuation if cell service is not available.
- **Back up your computer** regularly to a cloud or external hard drive.
- Having **cash** on hand is helpful if ATMs and credit card machines are down.
- **Plastic bags** (both trash bag and sandwich-sized bags) can have a variety of different uses and are regularly recommended for emergency kits.
- Consider taking **photos of items in your home** in order to help with insurance claims.
- If you are in imminent danger, please get out immediately. **Your safety should always be the first priority.**

Microwave It

One of the most convenient appliances in our kitchen is the microwave, and some studies show that microwaving can be better for your food. [Anyday](#) has created a line of cookware specifically intended for microwave cooking. Check out these [recipes that can be cooked completely in the microwave](#) for any busy night!

Covid-19 Update

[Click for the latest resources on vaccine eligibility and distribution.](#) Everyone ages 12 and up is eligible for the vaccine in Utah.

With Covid cases rising, please social distance in the common areas and wear a mask in small quarters where you can't social distance. We will wear a mask if we need to enter an occupied apartment.

Assistance Resources

Please let us know if you are having difficulties keeping up with your rent.

We've partnered with [Flex](#) to give you flexibility in how you pay your rent.

Housing Assistance
[rentrelief.utah.gov](#)

General Assistance (Utilities, Food, Housing)

[utahca.org/housing/](#) or call (801) 359-2444
[211utah.org/](#) or call 211

Utah Department of Workforce Services Resources

[jobs.utah.gov/](#)
[jobs.utah.gov/docs/hotjobs.html](#)

Food Resources, and Mobile Food Pantry Dates and Locations

[slc.gov/sustainability/food-covid/](#)
[utahfoodbank.org/programs/mobile-pantry/](#)