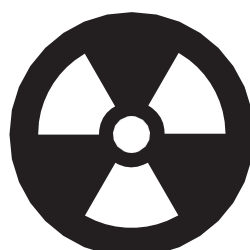




## Family Emergency Preparedness Guide



# FAMILY DISASTER PLAN

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services - water, gas, electricity, or telephones - were cut off? Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away.

Families can—and do—cope with disasters by preparing in advance and working together as a team. Follow the steps listed in this brochure to create your family's disaster plan. Knowing what to do is your best protection and your responsibility.

Where will your family be when disaster strikes? They could be anywhere - at work, at school, or in the car. How will you find each other? Will you know if your children are safe?

## Four Steps to Safety

### 1. *Find Out What Could Happen to You*

Disasters that May Affect Your Family

Natural	Human	Technological
Winter Storm	Bomb Threat	Structural Failures
Wildland Fire	Fire	Transportation Failures
Earthquake	Hazardous Materials	Utilities Failures
Cold/Heat Wave	Terrorism	

### 2. *Create a Disaster Plan*

Gather with your family to talk about why preparing for disasters is important. Explain the risks of fire, severe weather, and earthquakes to children. Plan to share responsibilities and work together as a team.

- Discuss the most likely types of disasters. Explain how to respond to each one.
- Select two locations to meet.
  1. Just outside your home in case of a sudden emergency, like a fire.
  2. Outside your neighborhood in case, you can't return home. Everyone must know the address and phone number.
- Ask a friend from out of state to be your "family contact." After a disaster, it's usually easier to make calls long-distance. Other family members should call this person and tell them their location. Everyone needs to know your contact's phone number.
- Discuss what actions to take during an evacuation. Plan how to care for your pets.

### 3. *Complete This Checklist*

- Post emergency phone numbers near phones (fire, police, ambulance, etc.).
- Teach children how and when to call 9-1-1 or your local Emergency Medical Services number for emergency help.
- Show each family member how and when to turn off the water, gas, and electricity at the main switches.
- Verify that your insurance coverage is sufficient.
- Teach each family member how to operate the fire extinguisher (ABC type) and show them where it is stored.
- Install smoke detectors on every level of your home, especially close to bedrooms.
- Perform a home safety check.
- Stock emergency supplies and put together a Disaster Supplies Kit.
- Attend a Red Cross first aid and CPR course.
- Identify the safest escape routes from your home. Find two exits from each room.
- Identify safe locations in your home for each kind of disaster.

#### 4. Practice and Maintain Your Plan

- Quiz your kids every six months to help them remember what to do.
- Conduct fire and emergency evacuation drills.
- Replace stored water every three months and stored food every six months.
- Test and recharge your fire extinguisher(s) as per the manufacturer's instructions.
- Test your smoke detectors every month and replace the batteries at least once a year.

## FAMILY DISASTER SUPPLIES KIT

Disasters can happen anytime and anywhere. When a disaster occurs, you might have little time to respond. A highway spill or hazardous materials leak could require evacuation. A winter storm might keep your family stranded at home. An earthquake, flood, tornado, or other disaster could cut off access to water, electricity, and telephones for days.

After a disaster, local officials and relief workers will be on the scene, but they can't reach everyone right away. You might get help in hours, or it could take days. Is your family prepared to handle the emergency until help arrives?

Your family will handle a disaster best by preparing in advance. One way to do this is by assembling a Disaster Supplies Kit. When a disaster occurs, you won't have time to shop or find supplies, but if you've already collected them, your family can better manage an evacuation or staying at home.

#### Prepare Your Kit

- Review the checklist below.
- Gather the listed supplies. You may need them if your family stays at home.
- Pack the supplies you'd most likely need for an evacuation in a lightweight, easy-to-carry container.
- There are six essentials you should stock for your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies, and special items.

#### Possible Containers Include:

- A large, covered trash container
- A camping backpack
- A duffel bag

#### Water

- Store water in plastic containers like soft drink bottles. Avoid using containers that can decompose or break, such as milk cartons or glass bottles. An average active person needs to drink at least two quarts of water daily. Hot environments and intense exercise can double that amount. Children, nursing mothers, and sick people will need more.
- Store one gallon of water per person each day.
- Keep at least a three-day supply of water per person — two quarts for drinking and two quarts for food prep and sanitation for each person in your household.
- Don't forget to bring water for your pets.
- Treat all water if you're unsure about its purity before using it for drinking, food preparation, or hygiene. Before treating, allow any suspected particles to settle to the bottom or strain them through layers of paper towels or cloth. Water can be safely treated by:
  - o Boil for 10-12 minutes, or
  - o Add 6-10 drops of bleach per gallon of water (don't use color-safe bleach). More bleach isn't better; too much can make you sick.

#### Food

- Store at least a three-day supply of non-perishable food. Choose foods that require no refrigeration, preparation, or cooking, and minimal or no water. If you need to heat food, pack a can of sterno. opt for food items that are compact and lightweight. Include a variety of these foods in your Disaster Supplies Kit.

- Ready-to-eat canned meats, fruits, and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples - sugar, salt, pepper
- High energy foods - peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Food for infants/elder persons or persons on special diets
- Comfort/stress foods - cookies, hard candy, sweetened cereals, instant coffee
- Disposable utensils, utility knife, can opener

### First Aid Kit

Assemble a first aid kit for your home and one for each car. A first aid kit should include:

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- 40-inch triangular bandages (3 rolls)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors and tweezers
- Epi pen (if allergic to bee stings)
- Sewing needles
- Moistened towelette/wet wipes
- Antiseptic soap
- Antiseptic solution - iodine compounds
- Neosporin
- Thermometer
- Tongue depressors (2)
- Tube of petroleum jelly (Vaseline or lubricant)
- Safety pins in assorted sizes
- Cleaning agent/soap
- Latex gloves (2 pairs)
- Sunscreen
- Insect repellent
- Caladryl or generic equivalent
- First aid manual
- Rubbing alcohol
- Cotton balls
- Heavy string
- Prescription medications

### Non-Prescription Drugs

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)

### Sanitation

- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal

sanitation uses)

- Plastic bucket with a tight lid
- Disinfectant and household chlorine bleach

### Tools and Supplies

- Mess kits, or paper cups, plates, and plastic utensils
- Emergency preparedness manual
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Fire extinguisher: small canister ABC type
- Tube tent
- Pliers
- Tape/Duct tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Extra set of car and house keys
- Map of the area (for locating shelters)

### Clothing and Bedding

- Include at least one complete change of clothing and footwear per person.
- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat, gloves, and thermal underwear
- Sunglasses

### Special Items

- Remember family members with special requirements, such as infants and elderly or disabled persons

### For Baby

- Formula
- Diapers
- Bottles & Powdered milk
- Medications

### For Adults

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eyeglasses

### For Pets

- Medications for heartworm, flea prevention, etc.
- Medical and registration records
- Sturdy leashes, harnesses
- Carriers big enough to stand and turn in
- Pet beds, toys
- Litter and litter pan
- Current photos of pets
- Food and drinkable water for three days, and feeding schedule information
- Bowls, can opener
- Medical conditions, behavior problems
- Veterinarian's information

### Entertainment

- Games and books

### Important Family Documents

- Keep these records in a waterproof, portable container:
  - o Will, insurance policies, contracts, deeds, stocks, and bonds
  - o Passports, social security cards, immunization records
  - o Bank account numbers
  - o Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)
- Recent family photos for identification

### Important Reminders

- Store your kit in a convenient place known to all family members. Keep a smaller version of the Disaster Supplies Kit in the trunk of your car.
- Keep items in airtight plastic bags.
- Change your stored water supply every six months so it stays fresh.
- Replace your stored food every six months.
- Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medications.

# PREPARE YOUR VEHICLES

If you are evacuating an area or stranded in your vehicle, make sure your vehicle is prepared to help you survive. Use this checklist to create an emergency kit for each vehicle. Prepare now by storing these items in your vehicle and remember to rotate them periodically. Keep vehicles fueled and in good condition, and check the weather and road conditions before embarking on a trip.

- First-aid kit with manual
- Flashlight and extra batteries
- Cell phone and phone card
- Roadside assistance card
- Portable radio and extra batteries
- Fire extinguisher (5 lb. A-B-C type)
- Extra fuses
- Flares or hazard reflectors
- Jumper cables
- Properly inflated spare tire
- Jack, lug wrench, tire gauge
- Basic tool kit
- Windshield scraper and brush
- Small folding shovel
- Sand for traction
- Duct tape
- Gloves, rags, paper towels
- List of important phone numbers, local and out-of-town
- Detailed maps
- Waterproof matches and candles
- Whistle and small mirror
- Pen, pencil, paper
- Cash (bills and coins)
- Drinking water
- Bleach (disinfecting)
- Non-perishable energy foods
- Can opener
- Medications
- Toiletries
- Pre-moistened wipes
- Good shoes
- Extra clothes, gloves and hats
- Blankets or sleeping bag

# EMERGENCY SANITATION

After a major disaster, if water and sewage lines have been disrupted, you may need to improvise emergency sanitation facilities.

## Supplies

Always have basic sanitation supplies on hand

- Medium-sized plastic bucket with a tight lid
- Household chlorine bleach
- Toilet paper
- Plastic garbage bags and ties (heavy-duty)
- Soap, liquid detergent
- Towelettes

## Sanitation

Build a makeshift toilet

- If sewage lines are broken but the toilet bowl is usable, place a garbage bag inside the bowl.
- If the toilet is completely backed up, make your own.
- Line a medium-sized bucket with a garbage bag.
- Make a toilet seat out of two boards placed parallel to each other across the bucket. An old toilet seat will also work.

## Sanitize Waste

- After each use, pour a disinfectant such as bleach into the container. This will help avoid infection and stop the spread of disease.
- Cover the container tightly WHEN NOT IN USE.

## Waste Disposal

- Bury garbage and human waste to avoid the spread of disease by rats and insects.
- Dig a pit 2 to 3 feet deep and at least 50 feet downhill or away from any well, spring or water supply.
- If the garbage cannot be buried immediately, strain any liquids into the emergency toilet.
- Wrap the residue in several layers of newspapers and store it in a large can with a tight-fitting lid.
- Place the can outside until it can be buried.

# EVACUATION

Different types of disasters might require you to evacuate your home. If you're instructed to evacuate, follow these steps:

- Listen carefully to instructions given by local officials. Evacuate immediately if told to do so.
- If you have time, grab your portable disaster (72-hour) kit. Make sure to include any last-minute items, like prescription medications, that you might need.
- Wear appropriate clothing and sturdy shoes.
- Lock your home.
- Use travel routes outlined by local officials. Do not take shortcuts; they may be unsafe.
- Keep fuel in your car if evacuation seems likely. Gas stations may be closed during emergencies.

If you go to a shelter, notify staff of any special needs you may have. They will try to accommodate you and make sure your needs are met. you comfortable.

Be prepared to leave your home if:

- Your area is without electrical power or water for an extended period of time.
- There is a chemical emergency affecting your area.
- The floodwater is rising.
- A wildland fire is burning near your home.
- Your home has been severely damaged.
- Local officials tell you to evacuate.

# SHELTER-IN-PLACE

Shelter-in-place simply means staying inside your home or business. During accidental releases of toxic chemicals or emergencies involving hazardous materials that threaten air quality, sheltering in place keeps you inside a protected area and out of danger.

If shelter-in-place is required, local authorities will notify you. If you are asked to shelter in place, follow these steps:

- Take your children and pets inside immediately. While gathering your family, cover your mouth and nose with a damp cloth to provide minimal coverage.
- Close all windows and doors in your home, as well as the fireplace damper.
- Turn off all fans, heating and air conditioning systems, and any other ventilation.
- Go to an above-ground room (not the basement) with the fewest windows and doors. Be sure to take a radio with you.
- Wet some towels and jam them in the crack under the door. Cover the door, window, exhaust fan, vents, and outlets with plastic sheeting or garbage bags.
- Close drapes or shades over windows. Stay away from windows.
- Stay in the room and listen to your radio until you are told all is safe or you are told to evacuate.
- Once you are told to stop sheltering-in-place, ventilate your house by opening windows and

turning on fans. It is a good idea to take your 72-hour kit with you as you shelter in place.



# ACCIDENTAL POISONING

Poison Control Center: 1-800-222-1222

## Before Poisoning

- Place the poison control number near the phone (1-800-222-1222).
- Do not leave children alone or unattended.
- Be aware of all potential hazards in your home.
- Never call medicine "candy."
- Teach children to ask before putting anything in their mouth.
- Keep activated charcoal on hand.

## After Poisoning

- Stay calm.
- Call the poison control center at 1-800-222-1222.
- Follow Poison Control Center's Instructions.

## Inhaled Poisoning

- Immediately get the victim to fresh air.
- Avoid breathing fumes.
- Open doors and windows wide.
- If the victim is not breathing, have someone call 9-1-1, then start CPR.

## Poison on the Skin

- Remove contaminated clothing.
- Flood skin with water for ten minutes.
- Call the poison control center at 1-800-222-1222.
- Follow Poison Control Center's Instructions.

## Poison in the Eye

- Flood the eye with lukewarm (not hot) water poured from a large glass two or three inches from the eye.
- Repeat process for 15 minutes.
- Call the poison control center at 1-800-222-1222.
- Follow Poison Control Center's Instructions.

## Swallowed Poison

- Do not give the victim anything to eat or drink.
- Call the poison control center at 1-800-222-1222.
- Follow Poison Control Center's Instructions.

# COPING WITH DISASTERS

Physical and emotional reactions often happen after a natural emergency or traumatic event, such as a terrorist attack. These reactions can occur immediately or weeks or months later. Traumatic stress reactions can affect people of any age and may alter a person's behavior, thoughts, and physical health.

## Common Responses

The physical effects caused by a traumatic event include:

- Rapid heartbeat
- Increased respiratory rate
- Shortness of breath
- Nausea



- Muscle and joint aches
- Tremors
- Headaches
- Seek medical attention if any of these symptoms persist.

Thoughts, behaviors, and emotions may also change. These changes include:

- Flashbacks are re-experiencing the event
- Withdrawal from normal social relations
- Performance problems at work or school
- Loss or increase in appetite
- Difficulty sleeping or nightmares
- Feeling overwhelmed, hopeless, numb
- Being extremely anxious, fearful, agitated, or irritable
- Feeling depressed
- Increased consumption of alcohol or prescribed, over-the-counter or illicit drugs

### What You Can Do for Yourself

There are many things you can do to cope with traumatic events.

- Know that your symptoms might be normal, especially immediately after the trauma.
- Keep to your usual routine.
- Take the time to resolve day-to-day conflicts so they do not add to your stress.
- Do not shy away from situations, people, and places that remind you of the trauma.
- Find ways to relax and be kind to yourself.
- Turn to family, friends, and clergy person for support, and talk about your experiences and feelings with them.
- Participate in leisure and recreational activities.
- Recognize that you cannot control everything.
- Recognize the need for trained help, and call a local mental health center.

### What You Can Do for Your Child

- Let your child know that it is okay to feel upset when something bad or scary happens.
- Encourage your child to express feelings and thoughts, without making judgments.
- Return to daily routines.

## CHILDREN AND DISASTERS

Children face trauma and fear during a natural disaster. Knowing what to do through family disaster drills helps them cope better. When parents stay calm, children tend to calm down more quickly.

Before a disaster, parents can:

- Familiarize yourself with the emergency response plans of schools and/or daycares your children attend
- Find out if the school/daycare will keep your kids or send them home in an emergency.
- Decide if your child can get into your home if you are not there
- Decide if your children take care of themselves or if a neighbor takes care of them
- Develop and practice a family disaster plan
- Teach children how to recognize danger signals
- Explain how to call for help (9-1-1)
- Help children memorize important family information
- Help children memorize their street address, not the P.O. Box.
- Include children's toys and special foods in a 72-hour kit

After a disaster, children are most afraid that it will happen again, someone will get hurt or killed, and they will be separated from family and be left alone.

Parents can help minimize their children's fears by:

- Keep the family together; do not leave children with relatives or friends—take your children with you.

- Calmly and firmly explain the situation and your plans
- Talk to your children at eye level
- Encourage children to talk about the disaster and ask questions
- Include children in recovery activities by giving them chores that will help them feel they are helping things get back to normal
- Reassure children with firmness and love
- Sympathize with and resolve their anxieties
- Hold your children and spend more time with them

## ELDERLY / SPECIAL NEEDS AND DISASTERS

People with disabilities should take extra precautions when preparing for a disaster. One of the most important things you can do is have a buddy, someone who can help you evacuate and take care of you. During an emergency, your usual caregiver may not be able to help you. Ensure your buddy is familiar with how to operate any medical equipment you use.

When planning for the care of the elderly and those with special needs, please consider the following recommendations:

- Establish a close network of relatives and friends who can assist your family in an emergency.
- Make sure helpers know where to find the disaster-supply kit, which includes emergency supplies, medicines, and other essential equipment.
- Remind family members to always wear a medical alert tag or bracelet if they have threatening health conditions.
- Compose a list of special items, equipment and supplies family members will need during a disaster. Extra supplies that people with disabilities and special needs may require are:
  - o Prescription medications, a record of when and how much of the medicine you should receive.
  - o Prosthetic devices
  - o List of style and serial numbers of medical devices.
  - o Extra eye glasses and a record of the prescription.
  - o Emergency medical certification
  - o Extra oxygen
  - o Extra pillows, bedding
  - o Medical insurance and Medicare cards
  - o Back-up power supplies or generators for heat or air-conditioning.
  - o Extra wheelchair batteries
  - o Hearing aids, batteries

## ANIMALS AND DISASTERS

Your animals need to be included in your family disaster plan since they depend on you for their well-being. Your disaster plan should include a list of emergency phone numbers for local agencies that can assist you if disaster strikes - including your veterinarian, the state veterinarian, the local animal shelter, animal care and control, the county extension service, local agricultural schools, and the American Red Cross. These numbers should be kept with your disaster kit in a secure, but easily accessible place.

## Pets

- If you need to evacuate, DO NOT leave your pets behind! They might not survive or could get lost before you come back.
- With the exception of service animals, pets are not allowed in emergency shelters. Find out which motels accept pets and where boarding facilities are located. Boarding facilities will require veterinarian records to prove vaccinations are up to date.
- Add your local animal shelter's number to your emergency contacts— they can provide information about pets during a disaster.
- Only some animal shelters provide emergency care for pets. They should be a last resort. Whenever possible, use friends and family or keep pets with you.
- Ensure your pet has secure identification tags on its collar. If possible, include the address and/or phone number of your evacuation site. Keep a current photo of your pet for identification.
- Make sure you have a secure pet carrier and a leash for your pet. Pets may need to be restrained during tense emergency situations.
- Create a disaster supply kit for your pet. Take it with you and be ready to leave it with whoever is responsible for your pet. Include:
  - o Pet food and water
  - o Medication and veterinary records
  - o Litter box
  - o Food and water dish
  - o First aid kit
  - o Information sheet with the pet's name, feeding schedule, and any behavior problems
- If you have no choice but to leave your pet at home, take some necessary precautions. Keep your pet confined to a safe area inside. NEVER leave your pet chained outside! Put a notice in a visible spot outside, indicating that pets are inside and where they are found. Include a phone number where you or a contact can be reached, along with the name and number of your vet.
- Have a backup plan in case you're not home when an evacuation is announced. Find a trusted neighbor willing to look after your pets if you're unable to be there and arrange to meet at a preplanned spot. Ensure this person is comfortable with your pets, knows where they typically are, and understands where to find your pet emergency kit.
- Livestock
  - EVACUATE LIVESTOCK WHENEVER POSSIBLE.  
Prepare ahead by arranging transportation and an evacuation destination. Map out alternate routes in case the planned route becomes inaccessible.
  - Evacuation sites should have or be able to easily obtain food, water, veterinary care, handling equipment, and facilities.
  - If evacuation isn't possible, a decision must be made whether to move large animals to available shelter or to turn them outside.
  - All animals should have some type of identification to help them return if lost.

## Wildlife

- Wild or stray domestic animals can be dangerous during many types of disasters. Do not corner an animal. They may feel threatened and could harm themselves or you. If you need to remove an animal, contact your local animal control authorities.

# EARTHQUAKES

## Before an Earthquake

- Secure water heater, storage shelves, heavy mirrors, etc., to the walls.
- Place large or heavy objects on lower shelves.
- Learn where and how to turn off electricity, gas, and water at the main switches and valves.
- Have earthquake drills - identify safe spots in each room.

- Have an out-of-state contact person.
- Create a plan to reunite your family after an earthquake.
- Review your insurance policies.
- Keep a good pair of shoes and a flashlight close to your bed.
- Prepare to survive on your own for at least three days. See "Your Family Disaster Supplies Kit" for instructions.

### During an Earthquake

- Remain calm.
- Inside: stay indoors and seek shelter in a doorway, or crouch under a desk or table, away from windows, glass, brick walls, and chimneys.
- Outside: stay clear of buildings, trees, and power lines.
- On the road: drive past underpasses and overpasses, stop in a safe area, and remain in your vehicle.
- In an office building: stay next to a pillar or column, or under a heavy table or desk.
- Stay in place until the shaking stops and you're sure it's safe to move.

### After an Earthquake

- Assess for injuries and give first aid.
- Check for fires, gas leaks, water and sewage breaks, downed electrical lines, building damage, and potential problems after shocks, such as cracks around fireplaces and foundations. Turn off any disrupted utilities as needed.
- Clean up hazardous spills.
- Wear shoes and leather gloves.
- Tune the radio to an emergency station and listen for instructions from public safety agencies.
- Use the telephone only for emergencies.
- Notify family as soon as possible that you are safe.
- Avoid using matches or open flames until you're certain there are no gas leaks.
- Don't turn light switches off and on. Sparks from the switch contacts can ignite gas fumes.
- In public buildings, follow evacuation procedures immediately and only return after the building has been declared safe by the appropriate authorities.

## WINTER STORMS

### Before a Storm

- Arrange for backup heating in case of power outage.
- Gather auto, battery-powered equipment, food, heating fuel, and other supplies.
- Prepare a winter survival kit for your car. Include the following items: blankets or sleeping bags, flares, high-energy foods (candy, nuts, raisins), a first aid kit, flashlights, extra clothing, knives, a compass, candles and matches, maps, jumper cables, a tow chain, a shovel, a windshield scraper, a sack of sand, and paper and a pen to leave a note if you need to evacuate your car.
- Keep the fuel tank in the car above half full.

### During and After the Storm

- Stay at home. Use your Emergency Supplies Kit. Avoid traveling.
- Dress warmly. Layer with loose, protective clothing, scarves, mittens, and hoods. Cover your mouth and nose to shield your lungs from extremely cold air.
- Avoid overexerting yourself. Heart attacks are a leading cause of death during and after winter storms. Shoveling snow or helping free stuck vehicles can be very strenuous. Don't push yourself too hard!
- Beware of the chill factor when winds are present.
- Be ready to be isolated at home. Ensure you can survive for a week or two if a storm traps you and makes it impossible to go out.

### If Trapped in Your Car

- Stay in your car for visibility and warmth. Do not try and walk out.
- Use a candle for warmth. Run the motor for only 10 minutes every hour for heat, with the rear window slightly open for ventilation. Ensure the exhaust pipe is not obstructed.
- Change positions frequently.
- Stay alert. Do not let all occupants of the car sleep at once.

## HIGH WINDS

### Before High Winds

1. Inspect your property carefully. Note materials stored, placed, or used that could become projectiles and harm other structures or be destroyed. Develop methods to secure these items while maintaining accessibility for daily use.
2. Keep tall trees properly trimmed away from power lines.
3. Keep the radio and/or TV on to monitor for wind advisories.
4. If possible, board up, tape, or shutter all windows, but leave some airflow.
5. Store water in case of water service interruption.
6. Keep a supply of flashlights, spare batteries, candles, first aid kits, medicines, etc., ready for use.
7. Keep plastic sheeting on hand in case the roof gets damaged and it starts to rain.
8. Secure outdoor furniture, trash cans, tools, and other belongings.

### During High Winds

1. Seek refuge in hallways and closets; stay away from windows.
2. If you are outside, seek shelter from flying debris.

### After the Winds Subside

1. Check your home for damage to the structure and roof.
2. Inspect all utilities and power lines for damage and proper functioning.
3. Monitor radio and TV for instructions from community leaders.

## THUNDERSTORMS AND LIGHTNING

### Protect Yourself

- Seek shelter inside a home or large building when a storm is approaching. Remain indoors and avoid going outside unless it's absolutely necessary.
- Keep away from open doors, windows, fireplaces, radiators, stoves, metal pipes, sinks, and appliances.
- Avoid using electrical appliances.
- Use the telephone only for emergencies.

### If you are outside, with no time to reach a safe building or vehicle, follow these rules:

- Avoid standing under tall, isolated trees during thunderstorms.
- In a forest, find shelter in a low spot beneath a dense grouping of small trees.
- In open areas, move to a low spot like a ravine or valley. Stay alert for flash floods.
- Avoid standing on a hilltop, in an open field, on the beach, or in a boat on the water.
- Avoid standalone sheds or other small structures in open spaces.
- Get out of the water and leave small boats.
- Stay away from anything metal - tractors, farm equipment, motorcycles, golf carts, golf clubs, and bicycles.

- Stay away from wire fences, clotheslines, metal pipes, rails, exposed sheds, or anything tall that could conduct electricity. Some of these items might carry electricity from a distance.
- When you feel an electrical charge - if your hair stands on end or your skin tingles - squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees.

***DO NOT LIE FLAT ON THE GROUND.***

## **GAS LEAKS**

### Emergency Control of Gas

1. Inspect house piping, appliances, and vents for damage.
2. Inspect for fires or fire hazards.
3. Avoid using matches, lighters, or other open flames.
4. Do not operate electrical switches, appliances, or battery-operated devices if you suspect a natural gas leak. This could produce sparks that might ignite gas from broken lines.
5. If a gas line break is suspected, turn off the gas at the meter.
6. Wear sturdy shoes in all areas with broken glass or debris. Keep your head and face protected from falling debris.
7. Turn on a battery-operated radio if no gas leaks are detected, or switch on a car radio to get disaster instructions.
8. Avoid using your phone except in serious emergencies.

## **FLOODING**

### Before a flood

- Know the elevation of your property relative to flood plains, streams, and other waterways. Determine if your property might be prone to flooding.
- Create a plan for actions and evacuation routes in case of a flood.
- Prepare a 72-Hour Family Emergency Supplies Kit
- Fill your car with gas in case you need to evacuate.
- Move furniture and essential items to higher ground if time allows.
- Have a portable radio and flashlights with extra batteries.
- Open basement windows to balance water pressure on foundations and walls.
- Secure your home.
- Consider flood and earthquake insurance.

### Evacuation

- Tune in to local radio or TV for weather updates.
- If asked to evacuate, shut off the main power switch, main gas valve, and water valve. Follow the local evacuation plan and routes.
- Do not attempt to drive across a flooded road; it may be washed out. While on the road, watch for potential flooding of bridges, dips, and low areas.
- Watch out for damaged roads, landslides, and fallen objects or wires.
- Drive slowly when in water; use a low gear.
- Leave your vehicle immediately if it stalls and move to higher ground.
- Avoid crossing a stream on foot if water is above your knees.
- Register at your designated evacuation center and stay there until you are told you can leave.

### After a Flood

- Stay away from the evacuated area until public health officials and building inspectors approve it.
- Check for structural damage before entering.
- Make sure the electricity is off; watch out for electrical hazard wires.
- Avoid using open flames for lighting due to potential gas leaks. Use flashlights instead. Be cautious of sparks that could be dangerous.
- Do not use food contaminated by flood water.
- Test drinking water for suitability with test kits.
- Avoid walking in flood water. Do not let children play in flood water.

## WILDLAND FIRES

### Before a Wildfire

To prepare for wildfires, you should:

- Place address signs at your property entrance so they are clearly visible from the road.
- Keep lawns trimmed, leaves raked, and the roof and rain gutters clear of debris like dead limbs and leaves.
- Stack firewood at least 30 feet away from your residence.
- Store flammable materials, liquids, and solvents in metal containers outside your residence at a minimum of 30 feet from structures and wooden fences.
- Create defensible space by thinning trees and brush within 30 feet of your home. Beyond 30 feet, clear out dead wood, debris, and low-hanging branches.
- Landscape your property with fire-resistant plants and vegetation to prevent fires from spreading quickly. For example, hardwood trees are more fire-resistant than pine, evergreen, eucalyptus, or fir trees.
- Ensure that water sources like hydrants, ponds, swimming pools, and wells are accessible to the fire department.
- Use fire-resistant, protective roofing and materials like stone, brick, and metal to shield your residence. Avoid using wood materials, as they provide the least fire resistance protection.
- Cover all exterior vents, attics, and eaves with metal mesh screens no larger than 6 millimeters or 1/4 inch to prevent debris buildup and keep sparks out.
- Install multi-pane windows, tempered safety glass, or fireproof shutters to protect large windows from radiant heat.
- Use fire-resistant drapes for extra window protection.
- Have chimneys, wood stoves, and all home heating systems inspected and cleaned annually by a certified professional specialist.
- Insulate chimneys and install spark arresters on top. The chimney should extend at least 3 feet above the roof.
- Remove branches hanging above and around the chimney.

### Follow Local Burning Laws

- Before burning debris in a wooded area, make sure you notify local authorities, obtain a burning permit, and follow these guidelines:
- Use an approved incinerator with a safety lid or cover that has holes no larger than 3/4 inch.
- Create at least a 10-foot clearance around the incinerator before burning debris.
- Keep a fire extinguisher or garden hose nearby when burning debris.

### During a Wildfire

If a wildfire threatens your home and time permits, take the following precautions:

- Turn off the gas at the meter. Only a qualified professional should turn it back on safely.
- Seal attic and ground vents using pre-cut plywood or commercial sealants.
- Turn off the propane tanks.
- Store combustible patio furniture indoors.



- Connect the garden hose to outdoor taps. Place lawn sprinklers on the roof and near above-ground fuel tanks. Wet the roof.
- Wet or remove shrubs within 15 feet of your residence.
- Gather fire tools such as a rake, axe, handsaw or chainsaw, bucket, and shovel.
- Back your car into the garage or park it in an open space facing the escape route. Shut doors and roll up windows. Leave the key in the ignition and the car doors unlocked. Close garage windows and doors, but leave them unlocked. Disconnect automatic garage door openers.
- Open the fireplace damper. Close the fireplace screens.
- Close windows, vents, doors, blinds, noncombustible window coverings, and heavy drapes. Remove flammable drapes and curtains.
- Move flammable furniture to the center of the home, away from windows and sliding-glass doors.
- Close all interior doors and windows to prevent drafts.
- Place valuables that won't be damaged by water in a pool or pond.

***If advised to evacuate, leave immediately. Pick a route away from the fire danger. Watch for shifts in the speed and direction of the fire and smoke.***

## FIRE

### Before a Fire

1. Ensure your home is free of unnecessary combustible materials.
2. Never store flammable liquids inside the home.
3. Avoid running wires under carpets or rugs.
4. Do not store matches or cigarette lighters where children can access them.
5. Never leave cooking unattended.
6. If you smoke, avoid doing so in bed or in other positions where you might fall asleep. Also, keep many large ashtrays around the house.
7. Know your escape routes. Always identify two exits in every room.
8. Have a designated meeting spot so no one accidentally re-enters a burning building to look for someone unnecessarily.
9. Have fire extinguishers near the kitchen and the garage.
10. Ensure there are escape ladders for all windows more than eight feet above the ground.
11. Install a smoke detector in each bedroom, in the hallway outside every bedroom, and at least one on every floor of the house. Test the smoke detectors monthly. Replace the batteries in fall when you set back your clocks.
12. Plan and rehearse a family fire drill on the first day of each month. A solid plan includes a designated meeting spot, two exits from every room, and an escape route ladders.

### During a Fire

1. If you are outside, stay outside. Do not come back for anything. Do not re-enter the building until the authorities give permission.
2. If you are inside, get out immediately. Go to the nearest house or building and call 911. Report the address and the type of fire. Listen carefully to and follow all instructions. Proceed to the designated family meeting area place.
3. If you are inside and have the time, make sure everyone has left.
4. If you are in a closed room or office, do not open the door without first feeling it or the doorknob. If it is warm or hot, do not open it, but unlock it to help rescue or fire personnel.
5. If there is smoke, stay low under it, no matter how low it is, and exit the building.
6. If you can't use the door or another way to escape and there's smoke, use clothes, sheets, etc., to block the smoke from entering. Head to the window and shout or blow a whistle.
7. If you see someone on fire, use a coat or blanket—avoiding bare hands—to smother the flames.
8. Watch to make sure nobody goes back inside to rescue anything or anyone.

9. If possible, turn off the gas and electricity from outside the house.
10. In a public building, know two ways out. If you hear a fire alarm, leave the building immediately regardless of what you are doing. Follow the established evacuation instructions.

## POWER OUTAGE

### Home Electrical Circuits

1. Learn where the electrical breaker panel is located.
2. Turn off breakers for areas of concern.
3. If unsure, turn off the main breaker. Check your house's electrical meter. If it is on your home, there may be a main disconnect breaker beside it. If the meter is on an underground service, it might be in front of your house; but there should be a main breaker where the line enters the house.
4. Be sure to show others in the family where the breakers are located in case of emergency.
5. In the case of a basement flooding:
  - a. Think before stepping into any water.
  - b. A shock hazard can exist even in just an inch of water.
  - c. If the electrical panel is upstairs, shut off all circuits.
  - d. If the electrical panel is in the basement, check if it is accessible on DRY ground. If it's not, turn off the main breaker.

### Before a Power Outage

1. Learn the location of the fuse box or circuit breaker.
2. Store candles, flashlights, and extra batteries in easy-to-reach places.
3. Keep food and water supplies ready.
4. Know the locations of all camping gear: stove, lantern, sleeping bags. Ensure the equipment works properly and that you know how to operate it. Use camping gear that needs gasoline, propane, white fuel, Coleman fuel, or charcoal briquettes outside only.
5. Keep the refrigerator well defrosted.

### During the Power Outage

1. Unplug all your appliances and electronic devices. A power surge might damage appliances when the power comes back on.
2. Turn off all the light switches except one.
3. Open the refrigerator door only to remove food, and close it as quickly as possible.
4. Use camping equipment outdoors, maintaining at least six feet of distance from everything. Only use a fireplace, a properly installed wood stove, or a new-style kerosene heater in a safe area with fresh outside air flowing in.
5. Report any lines that are down.
6. Do not let children carry lanterns, candles, or fuel.

### After the Power Outage

1. When power comes back, plug in appliances one at a time, waiting a few minutes between each. This helps avoid overloading the system.
2. Be patient. Energy might initially be restored to police, fire departments, and hospitals.
3. Check your frozen food. If it still has ice crystals, it can be refrozen. If meat is off-color or has an unusual odor, discard it.

# EXPLOSIONS

## If There is an Explosion

- Take cover under your desk or a sturdy table.
- Leave the building immediately.
- Avoid using elevators.
- Inspect for fire and other hazards.
- Take your emergency supply kit if there's time.

## If There is a Fire

- Leave the building as soon as possible.
- Crawl low if you see smoke.
- Use a damp cloth, if possible, to cover your nose and mouth.
- Use the back of your hand to feel the upper, middle, and lower parts of closed doors.
- If the door isn't hot, hold onto it and open it slowly.
- If the door is hot, don't open it. Find another way out.
- Avoid using elevators.
- If you catch on fire, do not run. Stop, drop, and roll to extinguish the fire.
- If you're at home, go to a designated meeting spot.
- Account for your family members and closely supervise small children.
- Never re-enter a burning building.

## If You Are Trapped in Debris

- Whenever you can, use a flashlight to signal your location to rescuers.
- Avoid unnecessary movement to prevent kicking up dust.
- Cover your nose and mouth with anything you have available. (Dense-weave cotton material can act as a good filter. Try to breathe through the material.)
- Tap on a pipe or wall so rescuers can hear your location.
- If possible, use a whistle to alert rescuers.
- Shout only when necessary. Shouting can lead to inhaling harmful amounts of dust.

# HAZARDOUS MATERIALS INCIDENTS

## Before an Incident

- Be ready to evacuate. An evacuation might last a few hours or several days.
- Be ready to shelter-in-place.

## During an Incident

- Keep away from the incident site to reduce the risk of contamination.
- Stay uphill and upwind from the source of the hazardous materials.
- If you're asked to evacuate your home, do so right away.
- Shelter in place if instructed to stay indoors.
- Schools may implement shelter-in-place procedures if there is a hazardous materials incident. If so, you probably won't be able to drive to the school to pick up your children. Follow your local emergency officials' directions.
- Avoid contact with spilled liquids, airborne mists, or condensed solid chemical deposits.

## After an Incident

- Only go back home when it is safe to do so.
- When you get home, open windows and vents, then turn on fans to ventilate your house.
- Check with local authorities on how to clean up your land and property.
- Report any remaining vapors or hazards.

# HOUSEHOLD CHEMICAL EMERGENCIES

## Before a Household Chemical Emergency

- Buy only the amount of a chemical you believe you will use.
- Keep products with hazardous materials in their original containers and never remove the labels unless the container is corroding.
- Never store hazardous materials with food containers.
- Never combine household hazardous chemicals or waste with other products.

## Take the following precautions to prevent and respond to accidents:

- Follow the manufacturer's instructions for proper use of household chemicals.
- Never smoke when using household chemicals.
- Never use hair spray, cleaning solutions, paint products, or pesticides near an open flame.
- Clean up any chemical spill immediately. Use rags to absorb the spill. Wear gloves and eye protection. Let the fumes in the rags evaporate outdoors, then wrap the rags in newspaper and place them in a sealed plastic bag in your trash can.
- Properly dispose of hazardous materials. Take household hazardous waste to a local collection site.

## During a household chemical emergency, be prepared to seek medical assistance:

- Call Poison Control at 1-800-222-1222 and follow their instructions.

## If there is a danger of fire or explosion:

- Leave the residence immediately. Do not waste time gathering belongings or calling the fire department while in danger. Once you're safely away, call the fire department from outside using a cell phone or a neighbor's phone.
- Keep upwind and away from the house to prevent inhaling toxic fumes.

## If someone has been exposed to a household chemical:

- Locate any containers of the substance that are easily accessible to provide the requested information. Call emergency medical services.
- Follow the first aid instructions from the emergency operator or dispatcher carefully. The first aid advice on containers might be outdated or not suitable. Do not give anything by mouth unless a medical professional advises you to do so.

Dispose of clothing that might be contaminated. Some chemicals might not wash out entirely.

# NUCLEAR EMERGENCY

## During a Nuclear Emergency

- If you get an early warning, grab your 72-hour kit and go to an approved shelter or your basement. Crouch close to the floor and as near to a wall as possible. Get under a table for protection from falling objects.
- Do not try to leave your shelter until you are told it is safe.
- If you see a nuclear flash and feel sudden heat, TAKE COVER IMMEDIATELY, within one to two seconds. Drop to the ground and curl up tightly, covering as much of your body as possible. Go to a shelter once the heat and blast effects have subsided. Never stare at the light of a nuclear explosion.

## After a Nuclear Emergency

- Seek shelter in a basement, underground shelter, or similar location.
- Remove contaminated clothing.
- Wash yourself thoroughly with soap and water, paying special attention to your head and nose hairs.

- If the source of radiation is known and travel is advisable, travel in the opposite direction and go upwind from the radiation.
- Stay in a protective shelter for three days. Keep exposure to contaminated areas to a minimum.
- If someone needs treatment for radiation sickness, keep the victim calm, provide emotional support, and give plenty of fluids.
- Wipe food and water containers with a clean cloth to remove fallout particles, which look like sand or salt.

# TERRORISM

## Preparing for Terrorism

- Wherever you are, stay alert to your surroundings. The very essence of terrorism indicates there might be little or no warning.
- Take precautions when traveling. Be aware of any conspicuous or unusual behavior. Do not accept packages from strangers. Never leave luggage unattended. Report any unusual behavior, suspicious packages, or strange devices immediately to the police or security personnel.
- Don't hesitate to move or leave if you feel uneasy or something seems off.
- Learn where emergency exits are located in the buildings you visit. Pay attention to exit placements when you enter unfamiliar buildings. Remember where staircases are situated.
- Put together a disaster supply kit at home and learn first aid.

## Chemical Attack

Signs of a chemical attack include many people experiencing watery eyes, choking, breathing problems, and numerous sick or dead birds, fish, or small animals. If you suspect a chemical attack has taken place:

- Stay clear of the contaminated area. Either leave the zone or shelter in place, choosing the option that reduces your exposure to the chemical.
- Wash with soap and water immediately if you are exposed to a chemical.
- Get medical help.
- Notify local law enforcement or health authorities.

## Biological Attack

A biological attack might not be immediately noticeable. Unusual patterns of illness or a sudden increase in people seeking medical care could be the first alert. If you suspect a suspicious release of biological substances:

- Get away from the area quickly.
- Cover your mouth and nose with multiple layers of fabric, like a T-shirt or towel.
- Wash with soap and water.
- Contact local law enforcement or health authorities.

The CDC has listed the following agents as Category A agents, meaning they pose the most significant potential public health threat: anthrax, botulism, plague, smallpox, tularemia, and viral hemorrhagic fevers

# PANDEMIC INFLUENZA

A pandemic is a global outbreak of disease. An influenza pandemic happens when a new "Influenza A" virus appears and there is little or no immunity in people. A pandemic influenza virus causes serious illness and spreads easily from person to person. It can be mild, moderate, or very severe, even leading to death. The Federal Government, the State of Utah, and the Summit County Health Department are taking steps to prepare for and respond to an influenza pandemic.

If a pandemic occurs, it is likely to last several months or even longer. A widespread influenza outbreak might require temporary changes in many parts of society, such as schools, workplaces, transportation, and other public services. Social distancing measures could be put into place, with public gatherings like sporting events and church services being canceled to prevent further disease spread. An informed and prepared public can take proper actions to reduce their risk during a pandemic. To be ready for such an emergency, the Summit County Health Department encourages individuals and families to:

- Implement work and school policies that encourage sick employees and students to stay home. Plan for how to operate when a large part of the workforce or student body is absent due to illness or caring for sick family members.
- Practice good health habits, such as eating a balanced diet, exercising daily, and getting enough rest. Additionally, take sensible steps to prevent the spread of germs, including washing hands frequently, covering coughs and sneezes, and staying away from others as much as possible when you are sick.
- Stay informed about pandemic influenza and be ready to respond. Visit [www.pandemicflu.gov](http://www.pandemicflu.gov) often for updates on national and international information about the pandemic influenza.

Have a plan:

- Stock up on emergency supplies (see the list in this booklet).
- Make a list for each family member of the following items: current medical problems, prescriptions (including dosages), and allergies.

If the disease is severe and widespread:

- You may be asked to stay home from work or school if you are sick.
- Schools, churches, and public events like sporting events may be canceled.
- Stores might be closed, and food and water could be scarce.
- Healthcare will be different from what it is now. Doctors and hospitals might be overwhelmed, and you could be responsible for caring for your family members.

# ADDITIONAL RESOURCES

Are You Ready? A Guide to Citizen  
Preparedness

[www.fema.gov/areyouready/](http://www.fema.gov/areyouready/)

Federal Emergency Management Agency

[www.fema.gov](http://www.fema.gov)

U.S. Department of Homeland Security

[www.ready.gov](http://www.ready.gov)

American Red Cross

[www.redcross.org](http://www.redcross.org)

National Organization on Disability

[www.nod.org](http://www.nod.org)

U.S. Department of Education

[www.ed.gov](http://www.ed.gov)

U.S. Fire Administration

[www.usfa.fema.gov](http://www.usfa.fema.gov)

Centers for Disease Control and  
Prevention (CDC)

[www.cdc.gov](http://www.cdc.gov)

National Disaster Education Coalition

[www.disastereducation.org](http://www.disastereducation.org)

Washington County Health Department

[www.swuhealth.gov](http://www.swuhealth.gov)

State of Utah Department of Emergency  
Services

[www.des.utah.gov](http://www.des.utah.gov)

Utah Department of Health

[www.health.utah.gov](http://www.health.utah.gov)

Washington County Emergency  
Management

[www.washco.utah.gov](http://www.washco.utah.gov)