

EMERGENCY PREPAREDNESS PLAN

FOR

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Make a plan

A simple line drawing of a floor plan with a red 'X' at the top, indicating a starting point or a specific location within the house.

Get a kit

An illustration of various items typically found in a first aid kit, including a roll of bandages, a bottle of antiseptic, a bottle of water, and a first aid kit box with a red cross.

Be informed

An illustration of communication tools, including a desktop computer monitor, a portable radio, and a mobile phone, all with a red cross symbol, representing emergency information sources.

Get Involved

An illustration showing a group of people, including a person in a wheelchair, standing next to a first aid kit box with a red cross, symbolizing community support and involvement.

Objective and Overview

The purpose of this document is to provide a hands-on emergency preparedness manual for families of the aaaaaaaaaaaaaaaaaa. It was prepared at the request of the Committee on Spiritual and Temporal Welfare and Family Services and has been read and approved by members of the High priest Group Leadership and the Bishopric.

All members of the Church have been asked to have an Emergency Preparedness Plan that would help every family be ready for any natural or man-made disaster. This manual contains the necessary guidelines for preparing such a plan and provides other helpful hints on resources, 72-hour kits, and how to cope should an event take place. Appropriate pamphlets are also inserted into the binder. It is constructed around the stewardship concept of caring for our families AND our neighbors.

These guidelines are consistent with the State of Utah's guidelines in preparing for disasters. Much of the information in this manual was gathered from **bereadyutah.gov**. It is recommended that all members of the Church in the area examine through this website for more details.

This document was meant to be a “work-in-progress,” meaning that with time there will be additions and deletions as new information becomes available from our leaders and from the State of Utah. Hence, you have a three-ring binder to make the necessary changes.

The manual is divided into five parts marked by plastic Tabs:

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In many ways, this has been more than just an assignment. Putting this document together has been a labor of love. Throughout its preparation we have had many images of the faces of our families and neighbors pass through our “mind's eye.” And in a sense, we have to had a glimpse of how all of us need to view our ward: as one eternal family, connected to each other through the love of the Gospel and for one another.

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List of Donated Pamphlets and Handouts

Your Guide to Personal & Family Preparedness

Family Communication Plan Contact Cards

Putting Down Roots in Earthquake Country

One for the Money

Prepare Every Needful Thing

All Is Safety Gathered In

A Simple Guide Plan 9 Shelter-In-Place

Top 10 List for Preparedness on a Budget

Questar Pipeline Safety

Family Evacuation Checklist

2-1-1 Utah Get Connected. Get Answers.

Preparing Makes Sense: People with Disabilities & Special Needs

Emergency Supply List

Preparing Makes Sense for Older Americans

Preparing Your Pets for emergencies Makes Sense

Preparing makes Sense, Get Ready Now Booklet

Preparing makes Sense, Get Ready Now Handout

Ready Kids activity Book

An In-Depth Guide to Citizen Preparedness Handbook

Organizing Your Neighborhood

Training

Contact your local police and fire departments, city/county Office of Emergency Services, American Red Cross chapter or community college to arrange for speakers and training workshops. Response teams should arrange to participate in annual disaster emergency exercises sponsored by local government.

- Learn simple firefighting techniques.
- Learn basic search-and-rescue skills.
- Learn to assess yourself and your family for injuries
- Learn to assess your home for hazards or damage.
- Learn to assess your community for hazards, needs and available resources.

Inventory Your Neighbors' Skills

As a part of the community response team planning process, teams should conduct an inventory of the skills and resources available in the community. You should have this information on hand.

Before a Disaster

Emergency response agencies could be overburdened and might not be able to get to your neighborhood immediately after a disaster. You and your neighbors may need to take the initial emergency response actions and take care of others for at least 72 hours. Past emergency disasters may have thrust many untrained people into positions of providing first aid and rescuing people. You need to be prepared.

1. Identify people who:
 - Have medical, electrical, child-care, leadership, firefighting, and survival skills.
 - Own chain saws, citizen band radios, four wheel drive vehicles, motorcycles and water purifiers.
 - Are willing and able to be a runner/bicyclist to deliver messages if telephone lines are down
2. If a response team has not been organized in your neighborhood, form one now.
3. Joining and forming a community response team can greatly improve your chances of surviving a disaster and can improve the self-sufficiency of neighborhood.
4. Sign up for CERT. It is a training program that prepares you to help yourself, family, and neighbors in the event of a disaster. As a member of a CERT team, you can respond to disasters, participate in drills and exercises, and take additional training.

Organizing Your Community

Every home has people with special needs. Your neighborhood response team should work with these individuals in advance to determine what extra assistance or supplies they may require after an emergency. Some of the people who may require special assistance included:

Physically Challenged

- Deaf or hearing impaired
- Blind
- Limited mobility—wheelchair-bound
- Persons who require special oxygen supply
- Persons with significant medical conditions

Other

- Children who spend time alone
- Non-English speaking

Store Supplies

In addition to the water, food and other supplies that everyone needs to stock, members of the community response team should store tools. Items such as the following should be stored in a central and easily accessible location.

- Gloves and goggles
- Adjustable wrenches
- Hard hats and vest
- Flashlights with extra batteries
- Axes and crowbars
- Ropes

Provident Living Self-Reliance and Welfare

Guidelines for Ward and Stake Emergency Plans

Wards and stakes should have a plan in the event of an emergency. Plans are prepared by ward and stake welfare committees under the direction of the bishop or stake president.

Plans should be updated periodically. The following should be included:

1. Disasters likely to occur and response actions needed.
2. Assignment of responsibilities to priesthood and Relief Society.
3. Maps, addresses, and contact information of members.
4. Procedure to account for missionaries and members following a disaster.
5. A list of members with special needs.
6. Procedures to assist members who may experience emotional trauma.
7. A list of members with available resources such as medical training or the ability to operate heavy equipment.
8. How stake leaders will contact the area office (outside the United States and Canada) or Church headquarters (United States and Canada) following a disaster.
9. Contact information for the local government, the Red Cross, and other emergency response agencies.

Provident Living

Self-Reliance and Welfare

Family Emergency Planning

Church members are encouraged to prepare a simple emergency plan.

Items To Consider May Include:

1. **Three-month supply of food that is part of your normal daily diet.**
Build a small supply of food that is part of your normal, daily diet. One way to do this is to purchase a few extra items each week to build a one-week supply of food. Then you can gradually increase your supply until it is sufficient for three months. These items should be rotated regularly to avoid spoilage.
2. **Drinking water**
 - Store drinking water for circumstances in which the water supply may be polluted or disrupted.
 - If water comes directly from a good, pretreated source, then no additional purification is needed; otherwise, pretreat water before use. Store the water in sturdy, leak-proof, breakage-resistant containers. Consider using plastic bottles commonly used for juices and soft drinks.
 - Keep water containers away from heat sources and direct sunlight.
3. **Financial reserves.**
Establish a financial reserve by saving a little money each week and gradually increasing it to a reasonable amount
4. **Longer-term supply of basic food items**
 - For longer-term needs, and where permitted, gradually build a supply of food that will last a long time and that you can use to stay alive, such as wheat, white rice, and beans.
 - These items can last 30 years or more when properly packaged and stored in a cool, dry place. A portion of these items may be rotated in your three-month supply.
5. **Medication and first aid supplies.**
6. **Clothing and bedding.**
7. **Important documents.**
8. **Ways to communicate with family following a disaster**

Be Ready Utah Campaign

Even though we don't know when or where disasters and emergencies may strike, we do know that we can do more to be prepared for the unexpected. In the last several years, many Utahans have witnessed terrible disasters throughout our state including devastating floods and wildfires. It's important that we learn from these events and make an effort to have a basic emergency plan and a 72-hour emergency supply kit for our families, businesses, schools, and communities.

Be Ready Utah Campaign Recommends Four Basic Steps.

We encourage all Utahans to take on the challenge to be “Be Ready.” Here are four simple steps to a higher level of preparedness.

- 1. Make a Plan** - Be ready with an emergency plan so you know where to go, what to do and how to communicate with your loved ones in case of an emergency. Practice your plan once a year if you can.
- 2. Get a Kit** - Be ready with an emergency supply kit so you can be self-sufficient for three – five days. Don't forget some basic emergency supplies in your vehicle as well.
- 3. Be Informed** - Be informed about Utah's natural hazards and get to know the local emergency manager in your community.
- 4. Get Involved** - Look for opportunities to help others become better prepared and volunteer your expertise and talents. Become a CERT member in your community.

The time and effort we invest now in preparing will help us navigate through and recover quickly from what may come our way at the most unexpected moment. The time to do planning is now before the next disaster strikes.

Red Cross Reports

The Red Cross reports that only 7 percent of Americans have taken the recommended actions to prepare for disasters. If you're in the remaining 93 percent, it's time to get it together before someone comes knocking at your door.

Earthquake Lady Article

All of Utah is waiting for "the big one," but many of its citizens are not prepared for it, says Maralin Hoff, community outreach specialist for the state's Division of Homeland Security.

According to Maralin, who is also known as "the earthquake lady" for her earthquake-preparation presentations, everyone should be ready for a disaster: families, small businesses and large corporations — even animals.

Preparing for an emergency is not hard, she says. Preparedness items can be assembled from things already in the home, purchased piecemeal at a variety of stores or ordered online. You just have to get started. Most important is a 72-hour kit for each member of the family, which contains essential items if a disaster forces an evacuation of your home.

Start with the basics. Pack only the food that you and your family will eat. Especially good choices are dry foods with a long shelf life and extra nutrition, such as soup mixes, cereals and candy. You will want high protein and high calories in your Kit. In addition to the kit, Maralin recommends loading a bucket with food such as granola bars, trail mix and canned fruit. Also, prepare a 5-gallon jug of water to take along. "You don't know how long you'll be away from home," she says.

About Be Ready Utah

We live in a state that is vulnerable to man-made threats and natural disasters. Since 1983, Utah has received eight presidential disaster declarations. The unexpected happened in 2005 when our state had three declarations in one year.

The Utah Department of Public Safety's Division of Homeland Security has adopted an all-hazard approach to mitigate and prepare for, respond to, and recover from any disaster that may occur in our state.

Be Ready Utah is the State of Utah's official emergency preparedness campaign managed by the Division of Homeland Security and under the direction of Lt. Governor Greg Bell. It's designed as a bottom-up approach for preparedness with the focus on every individual's personal responsibility in preparedness first.

The Be Ready Utah campaign was officially launched in April 2005 at the annual League of Cities and Towns conference in St. George, Utah following the devastating floods in January 2005.

Be Ready Utah provides valuable information for individuals and families, communities, public safety professionals, business and civic leaders, school administrators and volunteers. We believe that preparedness leads to prosperity. Every community has the opportunity to provide resources to prepare its citizens and Be Ready Utah can help prepare Utah.

We encourage you take on the challenge to be “Be Ready.” Be ready with an emergency plan. Be ready with an emergency supply kit. Be informed about Utah's natural hazards and get to know the local emergency manager in your community. Look for opportunities to get involved and volunteer your expertise and talents. The time and effort we invest in preparing now will help us navigate through and recover quickly from what may come our way at the most unexpected moment.

Building Disaster-Resilient Communities - A 12 Point Program for Individual, Family & Community Preparedness - By Al Cooper, Division of Homeland Security

1. Have an emergency plan

Develop, maintain and practice a written, comprehensive plan detailing how emergency contingencies will be mitigated, prepared for, responded to and recovered from.

Ask the question – “What would we do if . . .” a particular set of emergency circumstances was to arise? Think about possible and likely risks and areas of vulnerability, and then identify desirable resources and possible options. Consider how your plan correlates with school, work place and neighborhood plans. Keep in mind the fact that the very process of making a plan may well be more important than the plan itself.

2. Get an emergency kit

Assemble and maintain a portable 72-hour emergency kit containing items designed to support each individual with vital health & personal items designed to support each individual with vital health and personal comfort essentials for two or three days away from home. Of the two most likely responses to a wide range of emergencies, the possibility of evacuation should drive this effort.

Keep your personal kit simple, light in weight, and easy to update according to seasonal and other variables. Any of a long list of possible carrying options may prove practical, including a compact backpack, which leaves hands free. Of primary importance is a flashlight and battery radio together with fresh backup-up batteries for each. Other important items often overlooked might include essential medications, some cash money (“plastic” might not work” and a list of key contact information. Position your kit(s) with quick access in mind.

3. Have emergency food supplies

Fortify home-base with food, water and other provisions designed to care for the regular daily needs of those resident there, anticipating the second of the two most likely emergency situations – one where for possibly extended periods of time, outside resources will be unavailable or limited.

Don’t allow yourself to be daunted by the notion that there is “magic” in the famous “one-year-supply.”

Begin with an inventory of what you already have, and then set some practical, reasonable and achievable goals for adding the things in form and quantities which make sense for you. This is not a one-size-fits-all game plan. Build your program around foods which are desirable for you, have a long shelf life, and require a minimum of preparations. Date everything, and begin at once to put it into regular use, always maintaining and increasing based upon experience

4. Prepare to shelter-in-place

Identify, outfit and prepare an area of your home base suitable for a “shelter-in-place” emergency, such as might arise from a hazardous material release. In such a case, evacuation might expose a population to a greater danger than “staying put.” Select a room or space, which is relatively easy to isolate from outside air intake, and which promises a degree of comfort for a short period of time. In outfitting this space, assume that the emergency may involve a temporary interruption of electric power with the personal inconveniences, which follow.

A shelter-in-place kit should include a battery-powered radio and flashlight, along with pre-cut sheets of plastic and tape for helping to further proof the area against outside contamination. Some of the same thoughtfulness, which goes into the 72-hour kit, can help guide preparations here. A kit, which fits under a bed or into a closet corner, is sensible.

5. Know your home

Make it your business to become familiar with the critical infrastructure of your home base and learn how to operate electric circuits, natural gas service controls, culinary water main valves, outside air vents, etc. Locate necessary tools where they are handy for use in an emergency. Consult appropriate experts if necessary. Knowing when to take in turn utilities off and on is important. Remember during a “shelter-in-place” emergency to turn off air conditioner/heating systems, which bring outside air into the building or space providing shelter. In schools and work places, this may require the services of a custodian.

6. Take inventory

Take inventory items of special value and importance and their location in the home base, assigning a priority to each. In the event of an evacuation order, there may be only minutes to take property with you. Limitations of time and space may suggest the need to pre-position and/or protect such belongings.

The very act of producing this list – like the basic plan itself – may prove a useful reminder of the things that really have value in our lives. Usually, it will be family records, genealogies, irreplaceable photos, etc. which rise to the top of the list. A plan to consolidate the location and enhance the portability of high-priority items may result.

7. Equip your car

Outfit the family vehicle(s) with items, which will add to its safety and security in various emergency and everyday situations, with an eye to the changing of seasons and circumstances. Make it a matter of habit to keep the fuel level above the halfway mark. Such obvious items as a blanket, heavy-duty flashlight, and container of drinking water, a collapsible shovel, a basic first aid kit and jumper cables are a start. Some high-energy snack bars and weather-conscious clothing items are good additions. A sharp pointed rock hammer within the driver’s reach may become a life-saving method of breaking through a window in a flood situation, and a spare cell-phone kept charged is a smart further step.

8. Prepare to go powerless

Prepare the home base to remain secure and reasonably comfortable during short or extended periods of electrical power failure. This is one of the most likely events to follow in the wake of both natural and man-caused emergencies. Alternate lighting, communication, heating and food preparation resources should be part of the basic emergency response plan. Battery-operated lights should be positioned strategically in different parts of a residence along with a program, which insures a supply of back-up batteries. (Alkaline batteries have a long shelf life, and LED systems operate frugally.) In the case of a prolonged outage, alternate-fuel lamps may prove important.

Propane lanterns with handy cartridge replacement systems are easy to use and widely available. Kerosene- fueled lamps, such as the Aladdin design are economical to operate and provide a soft, silent source of illumination while producing a minimum of fumes. (Always plan for extra fresh air sources and ventilation when using any fueled device indoors or in a confined space. They all will consume some of the available oxygen supply as well as produce fumes.) Storing flammable fuels requires special attention, and kerosene is less volatile than others. Outdoor propane and charcoal grills are an excellent cooking alternative, as are camp stoves and Dutch oven systems.

Extra blankets, sleeping bags and warm clothing should be a part of every non-electric plan. At least one adult family member should remain awake and on watch when alternate lighting/heating devices are in use, even with recommended ventilation. Make sure that the presence of charged A, B, C fire extinguishers and practice in using them correctly is a part of your basic emergency response plan. Gasoline or other combustible-fueled generators may greatly extend the ability to compensate for loss of commercial power, but require knowledge and planning to operate safely. Never position a generator indoors or where its exhaust fumes may migrate into a living space.

Remember that the storage of adequate fuel supplies adds a certain safety burden, and limits the duration of this alternate source of power.

9. Plan for pets

Create a plan for the care and disposition of pets and domestic livestock in the event of a range of possible emergency-spawned contingencies. Almost without exception, emergency shelters-usually managed by the Red Cross-do not welcome pets. Domestic pet plans might include larger quantities of food, supplies, provision for automatic, gravity-feed water and food dispensers, multiple litter boxes, etc. Arrangements for extended care by family members, friends or commercial service providers might also be considered.

10. Figure financial contingencies

Develop a comprehensive "Financial Contingency Plan" geared to your particular set of economic circumstances and designed to respond to the possible interruption of normal cash flow and debt retirement obligations.

Among those "emergencies" most likely to occur at some point, but least anticipated and planned for is the interruption of income occasioned by loss of employment, illness or even the unexpected death of a breadwinner.

The economic consequences of a natural or manmade disaster may also affect cash flow in a temporary or even long-term way, reducing our ability to deal with everyday affairs and activities. In addition to making use of food storage supplies already identified, and thereby freeing up financial resources, contingency plans might also include such goals as the accumulation of cash reserves on an ongoing basis, and the pre-payment of some key monthly obligations, i.e. Home mortgages, car contracts, and medical insurance plans. "Buying time" thus becomes an important dimension of the overall emergency plan. While this may not be accomplished easily, or all at once, it is a worthwhile long-term objective well worth pursuing.

11. Remember your health

Make a plan for the continuation of health and medical needs during a time of extended emergencies and special circumstances.

With an emphasis on critical, life-supporting medications and supplies, and with the consultation of the prescribing physician where indicated, maintain a supply of such items sufficient to bridge an emergency response such as enforced evacuation or other interruption of normal access. Carry on your person preferably, vital written prescriptions for eye glasses and other vital, personal medical needs, and a clear description of treatment requirements.

An insulin-dependent diabetic, for instance, should anticipate having to leave home base with a small portable cooler, and a supply of insulin and syringes. Just as one shouldn't allow the fuel in the vehicle to get below half, the person with a medication dependency should not allow the supply to get below the 30-day mark. Make sure some other family member has a copy of your medical plan.

12. Remember those with special needs

Include someone with special needs in your planning. Somewhere, probably nearby, is a neighbor or acquaintance that is handicapped, elderly, homebound, or medically dependent and alone. Be prepared to share your resources, and the security of your home base with that person, and to check on their well being in a time of emergency. It is an article of faith among those who have studied, or personally endured real disasters, that in the end, it is neighbor helping neighbor which most insures the "disaster-resiliency" of a community



Emergency Preparedness Resource List

City of Highland

POLICE

Police Chief: Donald Botkin
(801) 756-9800
<http://www.lonepeaksd.com>

FIRE DEPARTMENT

Fire Chief: Brad Freeman
(801) 763-5365

COUNTY DISPATCH

(801) 375-3601

ANIMAL CONTROL

(801) 756-9800

EMERGENCY SERVICES

(801) 763-5365

WATER

Culinary Water
Pressurized Irrigation
(801) 342-1471

SEWER

Timpanogos Service Sewer Dist
(801) 420-2553

County of Utah

Utah County Health Department
Provo, UT
801-851-7000
<http://www.utahcountyonline.org>

Animal Control
(801) 851-4080

Emergency Management

Dave Bennett
(801) 851-4130
www.daveb.ucso@state.ut.us

Fire Marshal
(801) 851-8341

Public Works
(801) 851-8600

Search & Rescue
(801) 851-4130

Police, Fire, Medical: Dial 911

UT CO Sheriff: (801) 851-4100

Disaster Information: Dial 211

Lehi City Emergency Manager
(801) 836-1007
www.rwfoggin@lehi-ut.gov

Utility Resources

Questar Gas
(800) 323-5517
www.questargas.com

Rocky Mountain Power
(800) 775-7950
www.rockymtnpower.net

State of Utah

Be Ready Utah
(801) 538-3400
<http://www.bereadyutah.gov>

Division of Homeland Security
Salt Lake City
(801) 538-3400
<http://publicsafety.utah.gov/homelandsecurity>

American Red Cross of Utah
801-323-7000
<http://www.utahredcross.org>

Utah Department of Health
(801) 538-6710
<http://health.utah.gov>

State Fire Marshal
(801) 284-6350
www.firemarshal.utah.gov

Unified Fire Authority
(801) 743-7118
www.unifiedfire.org

Salt Lake City -NOAA
www.weather.gov/saltlakecity

FEMA Region VIII
(303) 235-4800
<http://www.fema.gov>

Citizen Corps
(801) 538-8606
<http://citizencorps.utah.gov>

Community Emergency Response
<http://citizencorps.utah.gov>

Bureau of Land Management
(800) 323-5517
www.blm.gov/ut/st/en.html

Chemical Stockpile Emergency
(435) 882-3773
www.tcem.org

Utah Emergency Managers
www.uema.net

Utah Pandemic Resources
www.pandemicflu.utah.gov
www.wildlife.utah.gov
www.ag.utah.gov

United States

Department of HomeLand Security
<http://www.dhs.gov>

Ready Campaign
www.Ready.gov

NOAA: Oceanic & Atmospheric
www.noaa.gov

National Weather Service
www.nws.noaa.gov

American Red Cross
<http://www.redcross.org>

FEMA
800-480-2520
<http://www.fema.gov>

National Landslide Information
800-654-4966
<http://landslides.usgs.gov/landslide.html>

Disaster Preparedness
Longmont, CO
<http://www.disasters.org>

CDC: Center Disease Control
(800) 232-4636
www.cdc.gov

US Pandemic Resources
www.cdc.gov - www.usda.gov

The Church of Jesus Christ of Latter-Day Saints

Provident Living
<http://www.providentliving.org>

The following links are not to official Church publications, but are provided as additional resource material.

www.ready.gov - www.fema.gov
www.redcross.org - www.osha.org

Elementary GW cc`

5 XXfYgg; cYg<YfY
HY`Yd\ cbY; cYg<YfY



Emergency Evacuation Procedures

School Procedures

These past two months, we had a very successful fire and earthquake drills and want you to know that we practice different emergency drills every month. The types of drills that we practice are fire, earthquake, intruder alert, and hazardous waste or chemical spills. I feel that our teachers are very well prepared to handle any of these types of emergencies and know what they need to do to ensure safety of your children. I also want you to know that if our school became structurally unsafe due to one of these natural disasters that our alternate housing site would be the LDS church directly north of our building. We have two-way radios at the school that we use to keep in contact with other members of our emergency response team (office staff, custodian, asst. principal, principal) until emergency vehicles and personnel get here to assist us. We also have on site a number of teachers and administration that are first responders that would deal with any student injuries until paramedics arrive and take over those responsibilities. I feel that the students and the teachers know what to do in case of a disaster but I want to communicate to you what you should do in one of these situations.

Parent Procedures

1. Outside pickup (Fire, earthquake, intruder)

The check out point at the school would be at the south fence opening by the baseball diamond. We would ask that you go there because your children will already be on the field. We have also picked the back fence area because if we do have to get emergency vehicles into the back of our building the only access point is the space between the trailers and the building and we cannot have that entrance area clogged by traffic.

2. Checking your children

You would need to check your children out in an orderly fashion and not rush the field to find them because if you took them and we did not know that did, then we would have to go inside the building to look for them, thus putting rescue personnel in unnecessary danger. I know that you will be anxious to get them but we will need you to have patience so that we can get your children to you in an orderly manner otherwise we will have chaos and children will be lost or unaccounted for. When you get to the south fence, there will be school officials there to help direct you to the check out areas. You would let the check out school personnel know who your children are, who their teachers are, show them your 10 and have you sign our check out sheets by their names. The check out person would then call on the radio to have the school support team go get them from their class and deliver them to you. We will set up a number of these checkout stations to expedite this check out process.

3. Evacuation to an alternate site (school building deemed unsafe)

If our school building were deemed unsafe then we would evacuate to the church just north of the school. We would set up a check out station at the various entrances for you to check out your children using the previously mentioned procedure (See #1 step).

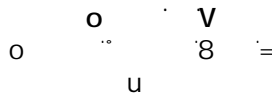
4. No evacuation emergency-(hazardous waste or chemical spill)

If for some reason we did not evacuate the building then the same checkout procedures would be in place except that you would come to the north entrance to the school (the gym entrance), come into the gym and go to the inside exit doors where checkout stations will be located. Please realize that with 970 children to check out that it will take some time to successfully complete this task and everyone's patience will be needed. We will keep your children safe until we check them out to you.

5. Designated pick-up parent

If a disaster were to happen, our top priority is to ensure the safety of your children and know that none of them would be released without your permission. If you work and know that it would be some time before you could get to the school then know that we will hold onto your child until you get here or we will let them go with an individual you have authorized on the blue emergency sheet you turned in at the beginning of the school year. If you have not turned one in or would like to change the individuals you have authorized for check out then come to the office and we will change your form or give you a new one to fill out.

We feel that if we are prepared and practice here at school that your children will be safe from these possible tragic events. I would hope that you would practice your own family emergency plan with your children so that every family member knows what to do if a disaster were to happen at home. If there are other aspects of this plan that we have overlooked then we will send out follow-up information to you about any changes that we make before we enact them at school. We appreciate your support and help in this school-wide endeavor and hope that we never have to use these procedures.



EMERGENCY EVACUATION PROCEDURES

Intercom system

1. If alarm system and/or intercom system have failed to operate, then a message will be sent to the classrooms with a two-way radio to communicate with the administrator in charge.
2. Check pre-designated areas for complete evacuation of building.
3. Coordinate with teachers, administration, custodians, and trackers to account for all students.
4. Report any missing individuals to emergency response personnel.
5. Assess situation through two-way radio communication with team leaders. (Assistant Principals, custodians, trackers, and first responder).
6. If building has been determined to be safe to re-enter, then: Notify teachers and staff by intercom and two-way radios to re-enter the building.

Note: DO NOT USE THE FIRE ALARM TO SIGNAL RE-ENTRY

If the building is unsafe to re-enter

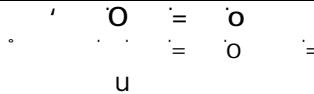
1. Evacuate the school site using a predetermined plan. (White L.D.S. Church immediately South of the school).
2. Instruct teachers to release students to responsible adult using predetermined procedures. (Picture I.D. etc.)
3. Escort remaining students to an alternate site if necessary, i.e. safer site (park, another school, or school busses for transport to another site).

Contact District Personnel & Follows Instructions

1. Contact Local Authorities
2. TEACHERS: Close all windows.
3. Turn off all lights in room.
4. Leave door unlocked, but close after leaving room. (Take rolls w/you)
5. Appoint a responsible student to lead class to assembly area.
6. Instruct students NOT to go to lockers or any other place.
7. Make special provisions to assist disabled students.
8. Exit building through assigned exit or through nearest unblocked exit
9. Assemble students in pre-designated area.
10. Call roll and report missing or injured students to admin. (Green- all accounted for- red card if missing a student)

STUDENTS

1. Leave all personal items in classroom.
2. Exit the room and building in a quit and orderly manner.
3. Assemble in pre-designated area.
4. Remain in assembly area until otherwise instructed.
5. Remain calm and follow instructions.



Emergency Procedures

The School will sound the alarm or use predetermined mode of communication to evacuate building.

The following procedures are intended for all emergency situations. If evacuation of the building is necessary, the alarm will sound. Teachers and students are to follow the procedures outlined below:

1. Follow the pre-arranged evacuation route described on the Evacuation Diagrams posted in each room.
2. Proceed to the P.E. field on the north side of the main building.
3. Students will report to their 2nd period teacher designated area.
4. If an emergency occurs during lunch or class break, students are to find their 2nd period teacher in their designated area.
5. Teachers will take roll. If anyone is missing, the teacher will list the missing students on the green
6. Missing Student form that will be picked up by front office staff, before the all clear is given.
7. All teachers are required to stay with their class until the all clear sign is given. All students must remain with their teachers until they can be released to a previously identified parent, guardian, or neighbor who is on the emergency check-out form.

School Emergency Plans

Know your children's school emergency plan:

- Ask how the school will communicate with families during a crisis.
- Ask if the school stores adequate food, water, and other basic supplies.
- Find out if the school is prepared to shelter-in-place if need be, and where they plan to go if they must get away.
- In cases where schools institute procedures to shelter-in-place, you may not be permitted to drive to the school to pick up your children. Even if you go to the school, the doors will likely be locked to keep your children safe. Monitor local media outlets for announcements about changes in school openings and closings, and follow the directions of local emergency officials.

Your Local Jr. High School
1234 West 56789 North Street
Your Town
Telephone Here



Emergency Evacuation Procedures

STUDENT RELEASE IN AN EMERGENCY SITUATION:

In the event of an emergency requiring student release, the following procedures apply:

- All students will remain in the custodial care of the school district staff until they can be released to a parent or to an individual designated by the parent on a current Emergency Form.
- If students are not being released from within the school building, the Student Release Team will establish a Student Release Station just south of the tennis courts on the East side of the school. If an alternative to this site is needed, the Administration will determine the location. Signs will be posted to indicate alternate pick up sites if the students have been evacuated to another location.
- The Team will keep written records of students released to parents or other authorized persons. All parents or designated parties who come for students must sign them out through the Student Release Station. The Team will ensure that all students released are signed out with a destination indicated for future reference.
- The Team will periodically update the Administration regarding the number of students remaining in the care of school staff.

WE ENCOURAGE ALL PARENTS TO:

- To have a current emergency form on file for their students. This is imperative!
- And designate a responsible adult other than yourself who can also pick up your student in case of an emergency and make sure they are on the current emergency form.

School Emergency Plans

Know your children's school emergency plan:

- Ask how the school will communicate with families during a crisis.
- Ask if the school stores adequate food, water, and other basic supplies.
- Find out if the school is prepared to shelter-in-place if need be, and where they plan to go if they must get away.
- In cases where schools institute procedures to shelter-in-place, you may not be permitted to drive to the school to pick up your children. Even if you go to the school, the doors will likely be locked to keep your children safe. Monitor local media outlets for announcements about changes in school openings and closings, and follow the directions of local emergency officials.

For more information on developing emergency preparedness plans for schools, please log on to the U.S. Department of Education at www.ed.gov/emergencyplan

Parent's Last Name

Student's Last Name

Home Address

City

Home Phone

Alpine School District

EMERGENCY & RELEASE INFORMATION

Occasionally a student may become ill or have an accident while at school. This may necessitate contacting the guardian or seeking medical attention for the student. The information you provide below will allow us to care for your child in case of an emergency. **Registration is not complete without this signed form.** *List your students attending this school, oldest first.*

Student Information

<i>Last Name</i>	<i>First Name</i>	<i>M/F</i>	<i>Grade</i>	<i>Teacher</i>	<i>Birth Date</i>	<i>List any Health Problems</i>

Parent Information

<i>Name</i>	<i>Employer</i>	<i>Work Phone</i>	<i>Cell Phone</i>	<i>E-mail Address</i>
Father:				
Mother:				
Legal Guardian:				
Step Father:				
Step Mother:				

Alpine School District requires a **legal guardian or a person authorized by the guardian** to sign for your student to be released from school during the day. Please include individuals you authorize to pick up your child from school when you cannot be contacted. If someone who is not listed below comes to check out your student **we will** not be able to release them. *Non-custodial parent's name must be written below for non-custodial parent to check this student out.*

Emergency Contacts (the individuals listed below are authorized to check out my student from school):

<i>Name</i>	<i>Street</i>	<i>City, State, Zip</i>	<i>Phone</i>	<i>Relationship</i>

In the event that none of the above are available, or in the case of an emergency, the school will call an ambulance or the paramedics if it is deemed necessary.

Physician's Name: _____ Phone: _____

Is there information on file preventing certain individuals from checking this student out? Yes ___ No ___

I have read and understand the information included on this form. Furthermore, I accept financial responsibility for all accident/illness-related costs and I agree to the emergency procedures outlines above.

Signature of parent or legal guardian

Relationship to the student

I attest by this signature that I am the Legal Custodial Parent or Legal Guardian of the student(s) above. Falsifying any of the above information could result in legal action.

Please notify the school office of any changes regarding this information.

Individual Resource & Skills List

Head of Household	Phone
Zone Captain	Phone
Long Term Food Supply Status:	72-Hour Kits Status:
Car Emergency Kit status:	Backpack on-the-go Kits Status:

Address	City, St, Zip
Spouse	
Children	Guardian
Home Phone	2nd Home Phone
Cell Phones	2nd Cell Phone
Email Address	2nd Email Address
Disability/Special Need	
Seniors/Widows	
Other Info	
Comments	

RESOURCES & SKILLS	DESCRIPTION
Cell & Satellite Phone	
Two-way Portable Radio	
Citizen Band Radio	
Amateur Radio	
Motorcycles\Four-wheeler	
Heavy Equipment	
Chain Saw	
Generator	
Trailers: Camper, Utility	
Ladder, Rope, Lighting	
Tents & Other Shelters	
Emergency Heating Sources	
Alternative Cooking Sources	
Extra Water Sources	
Medical & Child-Care Skills	
Fire & Survival Skills	
Other Skills & Training	

Ward Resource & Skills List

RESOURCES & SKILLS	DESCRIPTION
Satellite Phones	
Cell Phones	
Two-way Portable Radios	
Citizen Band Radios	
Amateur Radios	
Motorcycles\Four-wheelers	
Other Motorized Vehicles	
Heavy Equipment	
Chain Saws	
Generators	
Trailers: Camper, Utility	
Ladder & Ropes	
Portable Lighting	
Water Purifiers	
Fire Extinguishers	
Tents & Other Shelters	
Snow Removal Equipment	
Emergency Heating Sources	
Alternative Cooking Sources	
Extra Water Sources	
Child-Care Skills & Training	
Medical Skills	
Firefighting Skills	
Survival Skills	
Other Skills or Training	

Top 10 List for Preparedness on a Budget

- 1 Plan** for the types of disasters that can happen in the area where you live. You may need to plan for a snowstorm instead of a hurricane.
- 2 Create** your own personalized list. You may not need everything included in “ready made” kits and there may be additional items you need based on your personal situation. For example, if you have pets, you may need special items. Don't forget to have supplies in your car and at work.
- 3 Budget** emergency preparedness items as a “normal” expense. Even \$20.00 a month can go a long way to helping you be ready. Buy one preparedness item each time you go to the grocery store.
- 4 Save** by shopping sales. Make use of coupons and shop at stores with used goods. Don't replace your ready kit items annually, just replace and cycle through those items that have a shelf life (e.g., batteries, food). You may want to test the radio and flashlight every September to make sure they are in good working order.
- 5 Store** water in safe containers. You don't have to buy more expensive bottled water, but make sure any containers you use for water storage are safe and disinfected.
- 6 Request** preparedness items as gifts. We all receive gifts we don't need or use. What if your friends and family members gave you gifts that could save your life? Don't forget to protect them by sending preparedness gifts their way, too.
- 7 Think** ahead. You are more likely to save money if you can take your time with focused and strategic shopping. It's when everyone is at the store right before a storm hits that prices are going to be higher. Use a list to avoid duplicating items when you are stressed or panicked.
- 8 Review** your insurance policy annually and make necessary changes. When a disaster strikes, you want to know that your coverage will help you get back on your feet. Renters need policies too, in order to cover personal property.
- 9 Update** contact records. Have an accurate phone list of emergency contact numbers. If you are prepared, you may be able to help friends and neighbors who need assistance. By sharing preparedness supplies, you can help each other.
- 10 Trade** one night out to fund your 72-hour kit. Taking a family of four to the movies can cost upwards of \$80-\$100. Just one night of sacrifice could fund a 72-hour ready kit.

Congratulate yourself.

The majority of Americans are not prepared.

Pre-planning will help you and your family better survive a disaster.



FEMA



UTAH
citizen★corps
citizencorps.gov



Be Red Cross Ready

Get a kit. Make a plan. Be informed.

It's important to prepare for possible disasters and other emergencies. Natural and human-caused disasters can strike suddenly, at any time and anywhere. There are three actions everyone can take that can help make a difference ...

Be Red Cross Ready Checklist

- I know what emergencies or disasters are most likely to occur in my community.
- I have a family disaster plan and have practiced it.
- I have an emergency preparedness kit.
- At least one member of my household is trained in first aid and CPR/AED.
- I have taken action to help my community prepare.

Get a kit



At a minimum, have the basic supplies listed below. Keep supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate.

- Water—one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- Food—non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area

Consider the needs of all family members and add supplies to your kit. Suggested items to help meet additional needs are:

- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Two-way radios
- Extra set of car keys and house keys
- Manual can opener

Additional supplies to keep at home or in your kit based on the types of disasters common to your area:

- Whistle
- N95 or surgical masks
- Matches
- Rain gear
- Towels
- Work gloves
- Tools/supplies for securing your home
- Extra clothing, hat and sturdy shoes
- Plastic sheeting
- Duct tape
- Scissors
- Household liquid bleach
- Entertainment items
- Blankets or sleeping bags

Make a plan



- Meet with your family or household members.
- Discuss how to prepare and respond to emergencies that are most likely to happen where you live, learn, work and play.
- Identify responsibilities for each member of your household and plan to work together as a team.
- If a family member is in the military, plan how you would respond if they were deployed.

Plan what to do in case you are separated during an emergency

- Choose two places to meet:
 - Right outside your home in case of a sudden emergency, such as a fire
 - Outside your neighborhood, in case you cannot return home or are asked to evacuate
- Choose an out-of-area emergency contact person. It may be easier to text or call long distance if local phone lines are overloaded or out of service. Everyone should have emergency contact information in writing or programmed into their cell phones.

Plan what to do if you have to evacuate

- Decide where you would go and what route you would take to get there. You may choose to go to a hotel/motel, stay with friends or relatives in a safe location or go to an evacuation shelter if necessary.
- Practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on your map in case roads are impassable.
- Plan ahead for your pets. Keep a phone list of pet-friendly hotels/motels and animal shelters that are along your evacuation routes.

Be informed



Learn what disasters or emergencies may occur in your area.

- These events can range from those affecting only you and your family, like a home fire or medical emergency, to those affecting your entire community, like an earthquake or flood.
- Identify how local authorities will notify you during a disaster and how you will get information, whether through local radio, TV or NOAA Weather Radio stations or channels.
 - Know the difference between different weather alerts such as watches and warnings and what actions to take in each.
 - Know what actions to take to protect yourself during disasters that may occur in areas where you travel or have moved recently. For example, if you travel to a place where earthquakes are common and you are not familiar with them, make sure you know what to do to protect yourself should one occur.
 - When a major disaster occurs, your community can change in an instant. Loved ones may be hurt and emergency response is likely to be delayed. Make sure that at least one member of your household is trained in first aid and CPR and knows how to use an automated external defibrillator (AED). This training is useful in many emergency situations.
 - Share what you have learned with your family, household and neighbors and encourage them to be informed.

Emergency Contact Cards for All Household Members

Get your cards online at <http://www.redcross.org/prepare/ECCard.pdf>.

- Print one card for each family member.
- Write the contact information for each household member, such as work, school and cell phone numbers.
- Fold the card so it fits in your pocket, wallet or purse.
- Carry the card with you so it is available in the event of a disaster or other emergency.

Let Your Family Know You're Safe

Tell your loved ones about the American Red Cross Safe and Well Web site available through RedCross.org. This Internet-based tool should be integrated into your emergency communications plan. People within a disaster-affected area can register themselves as "safe and well" and concerned family and friends who know the person's phone number or address can search for messages posted by those who self-register. If you don't have Internet access, call 1-866-GET-INFO to register yourself and your family.



Be Ready Utah

Tips for Your Emergency Plan

Things you may have not thought of...

- ✓ Have an **emergency plan for your house pets** in case you have to evacuate from your home.
- ✓ Children and adults should always keep an extra pair of hard sole **shoes** next to the bed for quick evacuation.
- ✓ If you **wear eye glasses, contacts, or a hearing aid** – keep nearby at night in the bedroom
- ✓ Make a new habit and place your **purse or wallet** in the bedroom with you at night
- ✓ Don't forget the **car keys!**
- ✓ Think about **dentures** folks! (May want to keep them close in case you can't get to the bathroom where you would normally keep them at night.)
- ✓ Keep **baby diaper bag refilled** always and place next to the crib for a quick grab and go!
- ✓ Kids: Keep your **emergency backpack underneath your bed** or in your closet for a quick grab and go!
- ✓ Every room in the house should have a **flashlight with batteries**. Infants and children should have a flashlight in their rooms as well. Check flashlights often to make sure batteries are still good!)
- ✓ Keep an **emergency contact telephone list** handy. (Refrigerator door is a good place for easy access.)

<http://bereadyutah.gov>

TIPS IN PERSONALIZING YOUR FAMILY EMERGENCY PLAN

Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations.

- It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact may be in a better position to communicate among separated family members.
- Be sure every member of your family knows the phone number and has coins or a prepaid phone card to call the emergency contact.
- You may have trouble getting through, or the telephone system may be down altogether, but be patient.

Emergency Information

Find out what kinds of disasters, both natural and man-made, are most likely to occur in your area and how you will be notified. Methods of getting your attention vary from community to community. One common method is to broadcast via emergency radio and TV broadcasts. You might hear a special siren, or get a telephone call, or emergency workers may go door-to-door.

Call the closest chapter of the American Red Cross for emergency information that applies to your community.

Emergency Plans

You may also want to inquire about emergency plans at places where your family spends time: work, daycare and school. If no plans exist, consider volunteering to help create one. Talk to your neighbors about how you can work together in the event of an emergency. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead and communicate with others in advance.

Important things to consider in an emergency family plan:

Your family may not be together when disaster strikes, so it is important to plan in advance: how you will contact one another; how you will get back together; and what you will do in different situations.

- **Contacts:**
It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact may be in a better position to communicate among separated family members. Ask an out-of-state friend to be your family out of town contact. After a disaster, it is often easier to call long distance. Be sure every member of your family knows the phone number and has coins or a prepaid phone card to call the emergency contact. You may have trouble getting through, or the telephone system may be down altogether, but be patient.
- **Other Plans in Place:**
Find out what disaster plans are in place at your work, your children's school and other places your family spends time. Discuss preparedness with your family. Make sure you all understand what types of disasters can occur and what you will do in each case.
- **Escape routes:**
Determine two escape routes from each room in your home
- **Meeting Places:**
Pick three places to meet: in case of a sudden emergency, like a fire. Decide a location in your neighborhood and lastly, a regional meeting place in case you can't return home.
- **Children:**
Teach children how and when to call 9-1-1 and other emergency numbers including fire, police, ambulance, etc. Post these numbers near phones in your home.
- **Fire Safety:**
Install smoke detectors on each level of your home, especially near bedrooms and make sure everyone knows where the fire extinguisher is and how to use it.
- **First-Aid:**
Learn basic first aid skills, including CPR.
- **Insurance:**
Make sure your family has adequate insurance.

EVACUATION TIPS WHEN PERSONALIZING YOUR FAMILY EMERGENCY PLAN

Family Evacuation Considerations

- Have a written plan: Who does what; priorities; locations; who has last word
- Each person has a pre-loaded 72-hour (minimum) evacuation kit in place
- Family vehicle(s) always have fuel tank at least half full
- Each vehicle has its own emergency kit, geared to the season
- Maintain a 12-volt charger for cell phone in vehicle
- Based on the plan, divide evacuation tasks by person & by checklist
- Plan to share with someone in need
- If possible, have shoulder pack for each of following "evacuation packages"

Document Package

- Will/Estate plans
- Deeds – Title Certificates
- Mortgages and Contracts
- Insurance policies
- Veterans' papers
- Passports
- Zip drive records

Medical Package

- Prescription medications
- Non-prescription, but needed meds
- Testing equipment
- Anti-bacterial liquid or 'wipes'
- Basic first aid kit
- Cooler w/"blue ice" for insulin
- Extra eyeglasses (prescriptions)

Family/Personal Package

- Family History & Genealogy records
- (Associated albums & CD-Roms)
- Diplomas, awards & certificates
- Birth certificates & personal data
- Cash package (handy denominations)
- List of key phone numbers
- Credit cards & checkbooks
- Laptop computer

72-hour Kit & Essentials

- Portable radio w/extra batteries
- Flashlights w/extra batteries
- Lightweight high-energy food items
- Personal hygiene supplies
- Comfort items
- Emergency water supply (or purifier)
- Sleeping bag/blanket
- 3-day medication supply
- Change of clothing
- Small first aid kit (some hidden cash)
- Sterno or mini-stove

Time Permitting

- Extra clothing
- Extra ready-to-eat food items
- More water (handy gallons)
- Camera gear
- Collections of value
- Protective all-weather gear
- Foam sleeping pad
- Portable 'potty' (luggable loo)
- Reading/writing material
- Personal fire arms



Prepare. Plan. Stay Informed.

Family Emergency Plan



Make sure your family has a plan in case of an emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, where you will go and what you will do in an emergency. Keep a copy of this plan in your emergency supply kit or another safe place where you can access it in the event of a disaster.

Neighborhood Meeting Place: _____

Phone: _____

Out-of-Neighborhood Meeting Place: _____

Phone: _____

Out-of-Town Meeting Place: _____

Phone: _____

Fill out the following information for each family member and keep it up to date.

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans that you and your family need to know about.

Work Location One

Address: _____

Phone: _____

Evacuation Location: _____

School Location One

Address: _____

Phone: _____

Evacuation Location: _____

Work Location Two

Address: _____

Phone: _____

Evacuation Location: _____

School Location Two

Address: _____

Phone: _____

Evacuation Location: _____

Work Location Three

Address: _____

Phone: _____

Evacuation Location: _____

School Location Three

Address: _____

Phone: _____

Evacuation Location: _____

Other place you frequent

Address: _____

Phone: _____

Evacuation Location: _____

Other place you frequent

Address: _____

Phone: _____

Evacuation Location: _____

Name	Telephone Number	Policy Number

Dial 911 for Emergencies



FEMA

Ready®

Family Emergency Plan



Prepare. Plan. Stay Informed.

Make sure your family has a plan in case of an emergency. Fill out these cards and give one to each member of your family to make sure they know who to call and where to meet in case of an emergency.

ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

Family Emergency Plan 

EMERGENCY CONTACT NAME: _____
TELEPHONE: _____

OUT-OF-TOWN CONTACT NAME: _____
TELEPHONE: _____

NEIGHBORHOOD MEETING PLACE: _____
TELEPHONE: _____


OTHER IMPORTANT INFORMATION: _____

DIAL 911 FOR EMERGENCIES

Ready® 

< FOLD HERE >

ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

Family Emergency Plan 


EMERGENCY CONTACT NAME: _____
TELEPHONE: _____

OUT-OF-TOWN CONTACT NAME: _____
TELEPHONE: _____

NEIGHBORHOOD MEETING PLACE: _____
TELEPHONE: _____

OTHER IMPORTANT INFORMATION: _____

DIAL 911 FOR EMERGENCIES

Ready® 

ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

Family Emergency Plan 

EMERGENCY CONTACT NAME: _____
TELEPHONE: _____

OUT-OF-TOWN CONTACT NAME: _____
TELEPHONE: _____

NEIGHBORHOOD MEETING PLACE: _____
TELEPHONE: _____


OTHER IMPORTANT INFORMATION: _____

DIAL 911 FOR EMERGENCIES

Ready® 

< FOLD HERE >

ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

Family Emergency Plan 


EMERGENCY CONTACT NAME: _____
TELEPHONE: _____

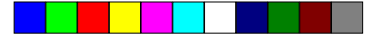
OUT-OF-TOWN CONTACT NAME: _____
TELEPHONE: _____

NEIGHBORHOOD MEETING PLACE: _____
TELEPHONE: _____

OTHER IMPORTANT INFORMATION: _____

DIAL 911 FOR EMERGENCIES

Ready® 



TORNADO • FLASHFLOOD • EARTHQUAKE • WINTER STORM • HURRICANE • FIRE • HAZARDOUS MATERIALS SPILL

Emergency Preparedness Checklist



Federal Emergency Management Agency



American Red Cross

The next time disaster strikes, you may not have much time to act. Prepare now for a sudden emergency.

Learn how to protect yourself and cope with disaster by planning ahead. This

checklist will help you get started. Discuss these ideas with your family, then prepare an emergency plan. Post the plan where everyone will see it—on the refrigerator or bulletin board.

For additional information about how to prepare for hazards in your community, contact your local emergency management or civil defense office and American Red Cross chapter.

Emergency Checklist

Call Your Emergency Management Office or American Red Cross Chapter

- Find out which disasters could occur in your area.
- Ask how to prepare for each disaster.
- Ask how you would be warned of an emergency.
- Learn your community's evacuation routes.
- Ask about special assistance for elderly or disabled persons.

Also...

- Ask your workplace about emergency plans.
- Learn about emergency plans for your children's school or day care center.

Create an Emergency Plan

- Meet with household members to discuss the dangers of fire, severe weather, earthquakes and other emergencies. Explain how to respond to each.
- Find the safe spots in your home for each type of disaster.

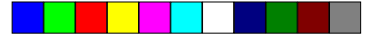
- Discuss what to do about power outages and personal injuries.
- Draw a floor plan of your home. Mark two escape routes from each room.
- Show family members how to turn off the water, gas and electricity at main switches when necessary.
- Post emergency telephone numbers near telephones.
- Teach children how and when to call 911, police and fire.
- Instruct household members to turn on the radio for emergency information.
- Pick one out-of-state and one local friend or relative for family members to call if separated during a disaster (it is often easier to call out-of-state than within the affected area).
- Teach children your out-of-state contact's phone numbers.
- Pick two emergency meeting places.
 - 1) A place near your home in case of a fire.
 - 2) A place outside your neighborhood in case you cannot return home after a disaster.
- Take a basic first aid and CPR class.
- Keep family records in a water and fire-proof container.

Prepare a Disaster Supplies Kit

Assemble supplies you might need in an evacuation. Store them in an easy-to-carry container such as a backpack or duffel bag.

Include:

- A supply of water (one gallon per person per day). Store water in sealed, unbreakable containers. Identify the storage date and replace every six months.
- A supply of non-perishable packaged or canned food and a non-electric can opener.
- A change of clothing, rain gear and sturdy shoes.
- Blankets or sleeping bags.
- A first aid kit and prescription medications.
- An extra pair of glasses.
- A battery-powered radio, flashlight and plenty of extra batteries.
- Credit cards and cash.
- An extra set of car keys.
- A list of family physicians.
- A list of important family information; the style and serial number of medical devices such as pacemakers.
- Special items for infants, elderly or disabled family members.



Emergency Plan

Out-of-State Contact

Name _____

City _____

Telephone (Day) _____ (Evening) _____

Local Contact

Name _____

Telephone (Day) _____ (Evening) _____

Nearest Relative

Name _____

City _____

Telephone (Day) _____ (Evening) _____

Family Work Numbers

Father _____ Mother _____

Other _____

Emergency Telephone Numbers

In a life threatening emergency, dial 911 or the local emergency medical services system number

Police Department _____

Fire Department _____

Hospital _____

Family Physicians

Name _____ Telephone _____

Name _____ Telephone _____

Name _____ Telephone _____

Reunion Locations

1. Right outside your home _____

2. Away from the neighborhood, in case you cannot return home _____

Address _____

Telephone _____

Route to try first _____

Escape Plan



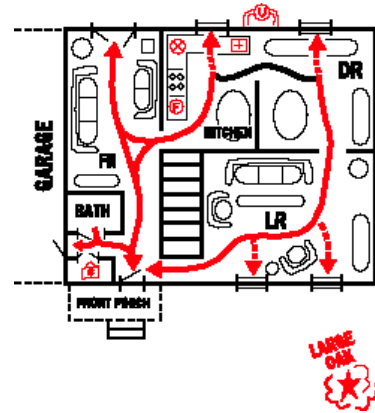
In a fire or other emergency, you may need to evacuate your house, apartment or mobile home on a moment's notice. You should be ready to get out fast.

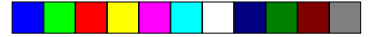
Develop an escape plan by drawing a floor plan of your residence. Using a black or blue pen, show the location of doors, windows, stairways, and large furniture. Indicate the location of emergency supplies (Disaster Supplies Kit), fire extinguishers, smoke detectors, collapsible ladders, first aid kits and utility shut off points. Next, use a colored pen to draw a broken line charting at least two escape routes from each room. Finally, mark a place outside of the home where household members should meet in case of fire.

Be sure to include important points outside such as garages, patios, stairways, elevators, driveways and porches. If your home has more than two floors, use an additional sheet of paper. Practice emergency evacuation drills with all household members at least two times each year.

Example:

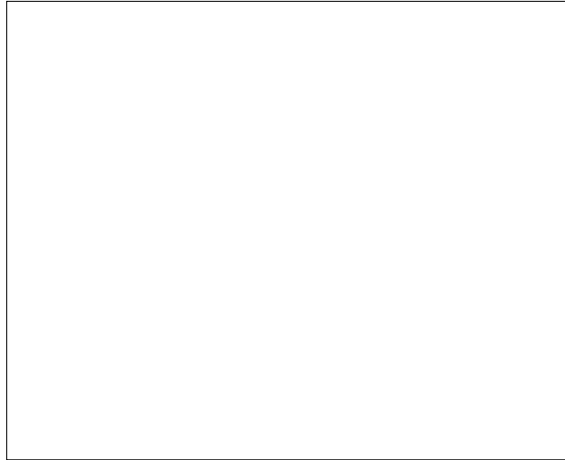
Floor one



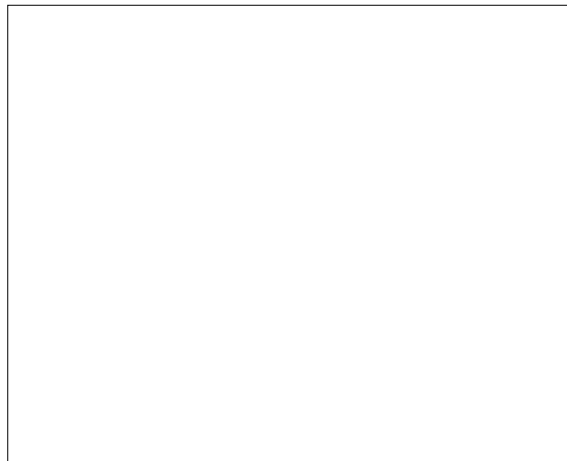






Floor Plan





Floor One







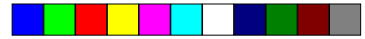
Floor Two



-  Normal Exit Route
-  Emergency Exit Routes
-  Fire Extinguisher
-  Smoke Detectors

-  Disaster Supplies Kit
-  Doors
-  Collapsible Ladder
-  Reunion Location (Outside)

-  Stairways
-  Utility Shut Off
-  Windows
-  First Aid Kit



Home Hazard Hunt

In a disaster, ordinary items in the home can cause injury and damage. Anything that can move, fall, break or cause a fire is a potential hazard.

- Repair defective electrical wiring and leaky gas connections.
- Fasten shelves securely and brace overhead light fixtures.
- Place large, heavy objects on lower shelves.
- Hang pictures and mirrors away from beds.
- Strap water heater to wall studs.
- Repair cracks in ceilings or foundations.
- Store weed killers, pesticides and flammable products away from heat sources.
- Place oily polishing rags or waste in covered metal cans.
- Clean and repair chimneys, flue pipes, vent connectors and gas vents.

If You Need to Evacuate

- Listen to a battery powered radio for the location of emergency shelters. Follow instructions of local officials.

- Wear protective clothing and sturdy shoes.
- Take your Disaster Supplies Kit.
- Lock your house.
- Use travel routes specified by local officials.

If you are sure you have time ...

- Shut off water, gas and electricity, if instructed to do so.
- Let others know when you left and where you are going.
- Make arrangements for pets. Animals may not be allowed in public shelters.

Prepare an Emergency Car Kit

Include:

- Battery powered radio, flashlight and extra batteries
- Blanket
- Booster cables
- Fire extinguisher (5 lb., A-B-C type)
- First aid kit and manual
- Bottled water and non-perishable high energy foods such as granola bars, raisins and peanut butter

- Maps, Shovel, Flares
- Tire repair kit and pump

Fire Safety

- Plan two escape routes out of each room.
- Practice fire drills at least twice a year.
- Teach family members to stay low to the ground when escaping from a fire.
- Teach family members never to open doors that are hot. In a fire, feel the bottom of the door with the palm of your hand. If it is hot, do not open the door. Find another way out.
- Install smoke detectors on every level of your home. Clean and test them at least once a month. Change batteries at least once a year.
- Keep a whistle in each bedroom to awaken household in case of fire.
- Check electrical outlets. Do not overload outlets.
- Purchase and learn how to use a fire extinguisher (5 lb., A-B-C type).
- Have a collapsible ladder on each upper floor of your house.
- Consider installing home sprinklers.

The Federal Emergency Management Agency's Community and Family Preparedness Program and the American Red Cross Community Disaster Education Program are nationwide efforts to help people prepare for disasters of all types. For more information, please contact your local emergency management office and American Red Cross chapter. This brochure and other preparedness materials are available by calling FEMA at 1-800-480-2520, or writing: FEMA, P.O. Box 2012, Jessup, MD 20794-2012.

Publications are also available on the World Wide Web at:

FEMA's Web site: <http://www.fema.gov>

American Red Cross Web site: <http://www.redcross.org>

Your Local Contact is:

L-154

ARC 4471

Aug. 1993

Federal Emergency
Management Agency

HURRICANE • FIRE • HAZARDOUS MATERIALS SPILL



EMERGENCY PREPAREDNESS CHECKLIST



TORNADO • FLASH FLOOD • EARTHQUAKE • WINTER STORM





72-Hour Kit Checklist

You should prepare a portable kit for each member of your family. Consider preparing one for your place of work as well as one for children to keep at school and one for the car.

- WATER. Store 1 gallon of water per person per day. Keep at least a three day supply of water.
- FOOD and UTENSILS. At least one to three-day supply of non-perishable food that could include ready-to-eat meats, juices, high-energy foods such as granola or power bars.
- NOAA WEATHER ALERT RADIO, either hand crank or battery powered, extra batteries if needed.
- BLANKETS/PILLOWS/SLEEPING BAG
- FLASHLIGHT and extra batteries or hand crank, or light sticks. Do not use candles/open flame during an emergency.
- WHISTLE for emergency signal. Ready to hang around neck.
- DUST or FILTER MASKS, readily available in hardware, N95 mask recommended for preventing inhalation of airborne particles.
- MOIST TOWELETTES or Baby Wipes for sanitation
- TOOLS - Wrench or Pliers to turn off utilities, Broom, Shovel, Hammer and Working Gloves.
- CAN OPENER for food (if kit contains canned items).
- PLASTIC SHEETING and DUCT TAPE to "seal the room" for sheltering in place.
- MEDICATIONS to include prescription and non-prescription medications such as pain relievers, stomach remedies and etc.
- FIRST AID SUPPLIES. An assortment of bandages, ointments, gauze pads, cold/hot packs, tweezers, scissors and sanitizer.
- PERSONAL HYGIENE ITEMS to include at least one change of clothing/shoes/outerware.
- GARBAGE BAGS and plastic ties for personal sanitation.
- PAPER SUPPLIES. Note pads, markers, pens, pencils, plates, napkins, paper towels and etc.
- CAMERA. Disposable camera to record damage.
- CASH/ATM AND CREDIT CARD. Keep enough cash for immediate needs in small denominations.
- EMERGENCY CONTACT PHONE LIST.
- MAPS. Local road and area maps.
- MEDICAL HISTORY LISTS. For every family member in your home make a list of medical history, all medications (by name) and dosages.

Emergency Container Tip:

Create emergency kit(s) and store in any type of containers with wheels. Such as for the larger kits; garbage cans, foot-lockers, chest, duffle bags, tote bags, ice chest, various size suitcases or various size plastic boxes. A water-tight container is most ideal for keeping a 72-Hour Kit.

Suggested Areas To Store Emergency Kit(s):

Store grab-and-go food and water container where easy to access in case you are advised to evacuate.

Children and adults keep their emergency kit(s) in their bedrooms. Let the children have responsibility for their own backpack and have the older children buddy-up and take care of younger brothers or sisters. Mom, dad take care of baby.

If a senior citizen resides with the family, also buddy-up and help them for they move slower and a backpack may be too heavy for them to carry.

Don't forget house pets should also have emergency kits to be ready to grab-and-go. Pack the foods pet(s) normally eat, leashes, crates and litterbox.

Re-think where all of your camping gear is located throughout the household. Keep in one area if possible for easy access so you're not looking in the dark with a flashlight for things.

Always keep a pair of hard sole shoes underneath your bed.



Car Survival and Emergency Kit

- Kept in a backpack
 - Maintain a minimum of ½ tank of gas
 - Tools needed to change a flat tire
 - Jumper cables
-
- Road emergency flares
 - Flashlight with extra batteries – Light Sticks
 - Blanket(s) – (can be Mylar)
 - Whistle (equipped to hang around neck)
 - Food/Power Bar(s)
 - Water: 2-liter soda bottles (filled ¾ full to allow for freeze expansion) Rotate water every six months. Secure for safety
- Collapsible shovel
 - Fire extinguisher (Standard Class ABC)
 - Rubber disposable gloves
 - Coat(s) or Jacket(s) and Rain Poncho
 - Boots/Goulashes
- First Aid Kit
 - Band aids, gauze, non-adherent sterile pads (various sizes) First aid tape
 - Anti-bacterial ointment
 - Burn cream
 - Scissors, tweezers, pocketknife, razor blades...
 - Large cotton cloth (use for sling, tourniquet, bandage)
 - Non-aspirin pain reliever
 - Chemical ice pack, hand warmer packets
 - Safety pins (various sizes) needles, heavy thread
 - Matches (waterproof)
 - Eye wash
 - Hand wipes (antiseptic) cotton balls, cotton pads
 - Alcohol swabs, iodine (bottle or pads)
 - PRESCRIPTION MEDICATIONS
- Additional car kit supplies
 - Siphoning Hose
 - Bag of sand or rock salt
 - Tow rope
 - Personal sanitation items (toilet tissue, Towelletes)
 - Writing pad, pencils, road map
 - Ice scraper
 - Dust Mask

Maintain your vehicle(s) for seasonal changes and...
ALWAYS BUCKLE UP AND DRIVE SAFELY!!



Be Ready Utah

BASIC CONTENTS FOR BACKPACK YOU ADD PERSONAL NEEDS

- Place backpack underneath head of bed with handle facing out for quick grab.
- Closet or hanging hooks at door for quick grab n' go!!!
- Children and adults should always keep extra pair of hard sole *shoes* next to the bed for quick evacuation.

KEY ITEMS:

- 1 backpack or tote bag, duffle bag, or a small suitcase on wheels for easy transportation.
- 1 warm jacket or sweater, hat and gloves to keep hands warm.
- 2 pair or more socks.
- Change of clothes. Pack warm clothes for emergency kit. Sweatshirt and pants are suitable!
- Change of under garments.
- Small blanket or emergency Mylar blanket, purchase at any stores in the camping section.
- Coloring book(s), crayons, pencils and paper for children.
- Writing pads, pen / pencils to take notes.
- Reading book(s), pad games, crossword puzzle pads, etc. for *stress relief*.
- Small stuffed animal for security and *stress relief*.
- Always keep a flashlight and extra batteries in your emergency backpack.
- Mom/Dad, keep battery operated radio in backpack in case of power outage.

PLACE ITEMS BELOW IN ZIP LOCK BAG TO KEEP TOGETHER AND PUT IN YOUR EMERGENCY BACKPACK

- 1 emergency poncho. (one size fits all - children sizes are available at any stores in the camping section).
- 1 or more hand / body warmers (usually 2 per packet at any stores in the camping section).
- Trial size toothpaste and tooth brush.
- Trial size hand / body moisturizing lotions.
- Trial size shampoo / conditioner.
- 4 or more moist hand wipes or towelettes (individually packaged).
- 4 sterile alcohol pads or swabs to clean wound or cuts (individually packaged).
- Variety size band aids, gauze, first aid tape,
- 2 or more pocket size facial tissues,
- Trial size bar soap, or sanitizer (kills germs without water).
- Nail file, tweezers, nail clippers (adult backpack).
- Q-tips, cotton pads / swabs to clean wound or cuts.
- Various size safety pins (in case you pop a button or broken zipper!).
- 1 blow whistle with lanyard to hang on backpack or hang around your neck.
 - Plastic whistles are great! If wet, shake water out and it will re-blow.
 - Place metal whistles in plastic bag to keep from getting wet. If wet, whistle will rust and won't blow as well, keep dry.
 - Mom: Place a whistle on baby diaper bag.
 - Attach whistle to wheelchairs, walkers, for whistles can be heard over a yell for help.

<http://bereadyutah.gov>



EMERGENCY SUPPLY KIT FOR THE CAR

What happens if your car slides off the highway during a **blizzard** and you're 40 miles from town? Imagine that you're driving home from work when a **major earthquake** strikes and you have to abandon your car! Or, perhaps, on a **scorching hot day** you find yourself stranded on the Interstate because of an accident a mile up the road. To be better prepared for these types of situations, it is recommended that you keep emergency supplies (such as a 72-hour kit) in your car in addition to traditional items such as a towrope and ice scraper.

Suggested Items for An Emergency Supply Kit in Your Car

First and foremost, include items that will help you to stay warm or cool, depending upon the weather. Water is an essential for avoiding dehydration---winter or summer. Store items in a backpack or other container that could be easily carried if you have to abandon your vehicle. Twice a year, check contents and rotate supplies as needed. Temperatures inside a car can get extremely cold or hot, so follow storage instructions found on the items you put in your kit. *This is especially important for medications.*

Blankets/Sleeping Bags---for warmth or shade (Mylar blankets are good for this purpose)

Bottled water, Mylar water pouches/water filters---do not fill bottles more than 3/4th full

Food/Snacks---for energy and nourishment (energy bars, Meals Ready to Eat)

Walking Shoes---in case you have to walk home

Medications

First aid/medical supply kit---don't forget to include a few large dressings and bandages

Whistle---to attract attention

Street/Highway map---to located alternate routes

Flashlight w/ extra batteries, windup flashlight, or chemical light sticks

Portable AM/FM radio or Weather Radio, and extra batteries, or windup radio---to get news and instructions

Dust masks---to minimize inhalation of dust and smoke

Games, cards, and puzzles---for entertainment

25' of rope or twine

Leather gloves

Utility knife or pocketknife

One-gallon plastic bags

Three cans, nested---#10 can for a potty; smaller cans in which to heat water or melt snow (these won't fit inside a backpack, of course)

Suggested "Tool Kit" Items

Jumper cables

Screwdriver

Small shovel

Duct Tape

Cat litter or sand

Ice scraper

Towrope

Fire extinguisher

Tire sealant and inflator

Utility knife

9" X 36" red distress flag

Reflective triangle(s) or warning lights

Antifreeze/windshield washer fluid

Electrical wire tape

Gas line deicer

Never let the gas gauge get below the one-half mark

Find more information online at <http://bereadyutah.gov>



Be Ready Utah School Student Backpack

EMERGENCY ZIP LOCK BAGGIE

- 1 7" x 8" size zip lock plastic bag to place emergency items in
- 1 emergency Mylar blanket
- 1 emergency poncho (one size fits all - children sizes are available at any stores in the camping section)
- 1 or more hand / body warmer (usually 2 per packet at any store in the camping section)
- Trial size toothpaste and tooth brush (for dentist appointment)
- Trial size hand / body moisturizing lotions
- 4 moist hand wipes
- 4 sterile alcohol pads or swabs to clean wound or cuts (individually packaged)
- Variety size band aids
- 2 pocket size facial tissues
- Various size safety pins (in case you pop a button or broken zipper!)
- 1 blow whistle with lanyard to hang on backpack or hang around your neck

UPDATE STUDENT ZIP LOCK EMERGENCY BAG ONCE EVERY MONTH

(Place remaining items in new bag and replace items that were used)

<http://bereadyutah.gov>

Water Storage Guidelines

Commercially bottled water in PETE (or PET) plastic containers may be purchased. Follow the container's "best if used by" dates as a rotation guideline. Avoid plastic containers that are not PETE plastic.

If you choose to package water yourself, consider the following guidelines:

Containers

- Use only food-grade containers. Smaller containers made of PETE plastic or heavier plastic buckets or drums work well.
- Clean, sanitize, and thoroughly rinse all containers prior to use. A sanitizing solution can be prepared by adding 1 teaspoon (5 ml) of liquid household chlorine bleach (5 to 6% sodium hypochlorite) to one quart (1 liter) of water. Only household bleach without thickeners, scents, or additives should be used.
- Do not use plastic milk jugs, because they do not seal well and tend to become brittle over time.
- Do not use containers previously used to store non-food products.

Water Pretreatment

- Water from a chlorinated municipal water supply does not need further treatment when stored in clean, food-grade containers.
- Non-chlorinated water should be treated with bleach. Add 1/8 of a teaspoon (8 drops) of liquid household chlorine bleach (5 to 6% sodium hypochlorite) for every gallon (4 liters) of water. Only household bleach without thickeners, scents, or additives should be used.

Storage

- Containers should be emptied and refilled regularly.
- Store water only where potential leakage would not damage your home or apartment.
- Protect stored water from light and heat. Some containers may also require protection from freezing.
- The taste of stored water can be improved by pouring it back and forth between two containers before use.

Additional Information

Note: The following links are not to official Church publications but are provided as additional resource material:

www.fema.gov/plan/prepare/water - www.epa.gov/safewater/fag/emerg.html

Water Purification Guidelines

If your water supply is not known to be safe or has become polluted, it should be purified before use. Water purification is generally a two-step process.

Step 1: Clarify

- Cloudy or dirty water must first be made clear. It may be passed through filter paper, fine cloth, or other filter. It may be allowed to settle and the clear water on top carefully drawn. *Filtered or clear settled water should always be disinfected before use.*

Step 2: Disinfect

Boiling Method

Bringing water to a rolling boil for 3 to 5 minutes will kill most water-borne microorganisms. However, prolonged boiling of small quantities of water may concentrate toxic contaminants if present.

Bleach Method

Adding 1/8 of a teaspoon (8 drops) of fresh liquid household chlorine bleach (5 to 6% sodium hypochlorite) to every gallon (4 liters) of water will kill most microorganisms. Only household bleach without thickeners, scents, or additives should be used. The use of bleach does not address toxic contamination. The U. S. Environmental Protection Agency Web site provides additional information about water purification.

Commercial Water Filters

Commercial water filters can effectively filter and purify water contaminated with microorganisms, toxic chemicals, and heavy metals. Their effectiveness depends on design, condition, and proper use. Water filters produced by Seychelle have been used successfully by Church missionaries for many years.



To learn more and to find local emergency preparedness stores, search the Internet for water purification and emergency preparedness supplies.

www.seychelle.com - www.katadyn.com

All this information is on the LDS Church website: <http://www.providentliving.org>

REQUIREMENTS FOR MAINTENANCE OF HEALTH

WATER PROCUREMENT

Water is one of your most urgent needs in a survival situation. You can't live long without it, especially in hot areas where you lose water rapidly through perspiration. Even in cold areas, you need a minimum of 2 liters of water each day to maintain efficiency.

More than three-fourths of your body is composed of fluids. Your body loses fluid as a result of heat, cold, stress, and exertion. To function effectively, you must replace the fluid your body loses. So, one of your first goals is to obtain an adequate supply of water.

WATER SOURCES: Almost any environment has water present to some degree.

To survive, you need water and food. You must also have and apply high personal hygiene standards.

Water

Your body loses water through normal body processes (sweating, urinating, and defecating). During average daily exertion when the atmospheric temperature is 20 degrees Celsius (C) (68 degrees Fahrenheit), the average adult loses and therefore requires 2 to 3 liters of water daily. Other factors, such as heat exposure, cold exposure, intense activity, high altitude, burns, or illness, can cause your body to lose more water. You must replace this water.

Dehydration results from inadequate replacement of lost body fluids. It decreases your efficiency and, if injured, increases your susceptibility to severe shock. Consider the following results of body fluid loss:

- A 5 percent loss of body fluids results in thirst, irritability, nausea, and weakness.
- A 10 percent loss results in dizziness, headache, inability to walk, and a tingling sensation in the limbs.
- A 15 percent loss results in dim vision, painful urination, swollen tongue, deafness, and a numb feeling in the skin.
- A loss greater than 15 percent of body fluids may result in death.

The most common signs and symptoms of dehydration are:

- Dark urine with a very strong odor.
- Low urine output.
- Dark, sunken eyes.
- Fatigue.
- Emotional instability.
- Loss of skin elasticity.
- Delayed capillary refill in fingernail beds.
- Trench line down center of tongue.
- Thirst. Last on the list because you are already 2 percent dehydrated by the time you crave fluids.

You replace the water as you lose it. Trying to make up a deficit is difficult in a survival situation, and thirst is not a sign of how much water you need.

Most people cannot comfortably drink more than 1 liter of water at a time. So, even when not thirsty, drink small amounts of water at regular intervals each hour to prevent dehydration. If you are under physical and mental stress or subject to severe conditions, increase your water intake.

Drink enough liquids to maintain a urine output of at least 0.5 liter every 24 hours. In any situation where food intake is low, drink 6 to 8 liters of water per day. In an extreme climate, especially an arid one, the average person can lose 2.5 to 3.5 liters of water per hour. In this type of climate, you should drink 14 to 30 liters of water per day.

With the loss of water there is also a loss of electrolytes (body salts). The average diet can usually keep up with these losses but in an extreme situation or illness, additional sources need to be provided. A mixture of 0.25 teaspoon of salt to 1 liter of water will provide a concentration that the body tissues can readily absorb.

Of all the physical problems encountered in a survival situation, the loss of water is the most preventable.

The following are basic guidelines for the prevention of dehydration:

- Always drink water when eating. Water is used and consumed as a part of the digestion process and can lead to dehydration.
- Acclimatize. The body performs more efficiently in extreme conditions when acclimatized.
- Conserve sweat not water. Limit sweat-producing activities but drink water.
- Ration water. Until you find a suitable source, ration your water sensibly. A daily intake of 500 cubic centimeter (0.5 liter) of a sugar-water mixture (2 teaspoons per liter) will suffice to prevent severe dehydration for at least a week, provided you keep water losses to a minimum by limiting activity and heat gain or loss.

Individuals with Special Needs

If you or someone close to you has a disability or a special need, you may have to take additional steps to protect yourself and your family in an emergency. The State of Utah offers individuals and organizations the opportunity to sign up for a voluntary Special Needs Registry to help emergency managers plan according to specific needs of their communities.

Disability/Special Need	Additional Steps
Visually impaired	May be extremely reluctant to leave familiar surroundings when the request for evacuation comes from a stranger. A guide dog could become confused or disoriented in a disaster. People who are blind or partially sighted may have to depend on others to lead them, as well as their dog, to safety during a disaster.
Hearing impaired	May need to make special arrangements to receive warnings.
Mobility impaired	May need special assistance to get to a shelter.
Single working parent	May need help to plan for disasters and emergencies.
Non-English speaking persons	May need assistance planning for and responding to emergencies. Community and cultural groups may be able to help keep people informed.
People without vehicles	May need to make arrangements for transportation.
People with special dietary needs	Should take special precautions to have an adequate emergency food supply.
People with medical conditions	Should know the location and availability of more than one facility if dependent on a dialysis machine or other life-sustaining equipment or treatment.
People with intellectual disabilities	May need help responding to emergencies and getting to a shelter.
People with dementia	Should be registered in the Alzheimer's Association Safe Return Program

If you have special needs: Find out about special assistance that may be available in your community. Register with the office of emergency services or the local fire department for assistance so needed help can be provided.

Check for hazards in the home

During and right after a disaster, ordinary items in the home can cause injury or damage. Anything that can move, fall, break or cause fire is a home hazard. Check for items such as bookcases, hanging pictures, or overhead lights that could fall in an earthquake or a flood and block an escape path.

Be ready to evacuate

- Have a plan for getting out of your home or building (ask your family or friends for assistance, if necessary). Also, plan two evacuation routes because some roads may be closed or blocked in a disaster.
- Create a network of neighbors, relatives, friends, and coworkers to aid you in an emergency. Discuss your needs and make sure everyone knows how to operate necessary equipment.
- Discuss your needs with your employer.
- If you are mobility impaired and live or work in a high-rise building, have an escape chair.
- If you live in an apartment building, ask the management to mark accessible exits clearly and to make arrangements to help you leave the building.
- Keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, prescriptions, food for service animals, and any other items you might need.
- Be sure to make provisions for medications that require refrigeration.
- Keep a list of the type and model numbers of the medical devices you require.
- Wear medical alert tags or bracelets to identify your disability.
- Know the location and availability of more than one facility if you are dependent on a dialysis machine or other life-sustaining equipment or treatment.

Special Needs Registry

Register Online or Dial 211 to register - Relay users call 1-888-826-9790 - Utah Special Needs Registry: <http://www.specialneedsutah.org>

This registration website allows residents with special needs an opportunity to provide information to emergency response agencies so those agencies can better plan to serve them in a disaster or other emergencies.

The information collected here will not be available to the public. It will only be shared with emergency response agencies to improve their ability to serve.

Please be as complete as possible in your responses. You will be contacted occasionally to ensure the information is correct and to make any necessary changes.

If you have any questions, please contact us. By submitting your information, you agree that you voluntarily authorize its release.

There is no substitute for personal preparation. In a disaster, government and other agencies may not be able to meet your needs. It is important for all residents to make individual plans and preparations for their care and safety in an emergency.

Prepare Now For A Sudden Emergency

- Disaster can strike quickly and without any warning
- Learn how to protect yourself and cope with disasters by planning ahead
- Even if you have physical limitations, you can still protect yourself. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away
- Take responsibility – Save your life
- Keep in touch with your neighbors and look out for each other
- Knowing what to do is your best protection and your responsibility. Every day some part of the country is affected by one or more of the following emergencies: severe weather, chemical spills, earthquakes, tornadoes, flooding, or fires. Which two are most likely to happen in your area?

Preparing for a disaster

Preparing for a disaster that is most likely to happen in your area will help you be prepared for any disaster. Remember, anything can happen at any time.

How You May Be Notified Of A Possible Emergency

- NOAA weather radio
- These special radios provide the earliest warning with an alarm that will alert you in case of anticipated bad weather. To learn more, call your local emergency management office or [Utah Emergency Services](#).
- Commercial radio and television stations
- Know your designated Emergency Alert System Stations (EAS). My EAS Radio Station is: _____ My EAS Television Station is: _____
- Door to door warning from local emergency officials. Strictly follow their instructions. Be aware of anyone in your neighborhood who may need special help. If available, take advantage of advance registration systems in your area for those who may need your help.

Emergency Supplies

- Keep enough supplies in your home to meet your needs for at least three days. Assemble a disaster supplies kit with items you may need in an evacuation. Store these supplies in sturdy, easy-to-carry containers such as backpacks, duffle bags or covered trash containers. Include:
- One change of clothing and footwear per person, and one blanket or sleeping bag per person.
- A first aid kit that includes your prescription medication
- Emergency tools including a battery-powered radio, flashlight and plenty of extra batteries
- An extra set of car keys and a credit card, cash or traveler's checks
- Sanitation supplies
- Extra pair of glasses
- Keep important documents in a waterproof container
- Keep a smaller kit in the back of your car
- Phone numbers of local and non-local relatives or friends
- Insurance agent's name and number
- Other items you may want to include: It may not be necessary to evacuate. You may be ordered to stay in your home. If this happens, in addition to the above items, you will need:
- A three-day supply of water (one gallon per person per day) and food that won't spoil. Store water in a sealed, unbreakable container that you are able to handle. Identify the storage date and replace every six months.
- Non-perishable food supply, including any special foods that are easy to store and carry, nutritious and ready-to-eat; rotate regularly
- Manual can opener you are able to use
- Non-perishable foods for any pets
- You should assemble enough supplies to last for at least three days. Assemble the supplies you would need in an evacuation, both medical and general supplies. Store them in an easy-to-carry container such as a backpack or duffle bag. Label any equipment, such as wheelchairs, canes or walkers that you would need.

Plan Ahead

Once disaster strikes, it is too late to prepare. Prepare now for a sudden emergency. By planning ahead you can avoid waiting in long lines for critical supplies such as food, water and medicine. Remember to review your plan regularly.

Use The Following Checklist To Get Started:

- Assemble disaster supplies
- Arrange for someone to check on you
- Plan and practice the best escape routes from your home
- Plan for transportation if you need to evacuate to a Red Cross shelter
- Find the safe spots in your home for each type of emergency
- Have a plan to signal the need for help
- Post emergency phone numbers near the phone
- If you have home health care service, plan ahead with your agency for emergency procedures
- Teach those who may need to assist you in an emergency how to operate necessary equipment. Be sure they will be able to reach you.
- For your safety and comfort, you need to have emergency supplies packed and ready in one place before disaster hits

For Your Medical Needs

- First-aid kit
- Prescription medicines, list of medications including dosage, list of any allergies
- Extra eyeglasses and hearing aid batteries
- Extra wheelchair batteries, oxygen
- List of the style and serial numbers of medical devices such as pacemakers
- Medical insurance and Medicare cards
- List doctors and relative or friend who should be notified if you are injured
- Any other items you may need:

Shelter-in-Place

In a chemical emergency you may be told to shelter in place. This means staying where you are and making yourself as safe as possible until the emergency passes or you are told to evacuate. In this situation it is safer to remain indoors than to go outside where the air is unsafe to breathe.

If You Are Told To Shelter In Place:

- Close all windows in your home
- Turn off all fans, heating and air conditioning systems
- Close the fireplace damper
- Go to an above ground room (not the basement) with the fewest windows and doors
- Take your Disaster Supplies Kit with you
- Wet some towels and jam them under the crack of the door. Tape around the doors, windows, exhaust fans or vents. Use Plastic garbage bags to cover windows, outlets and heat registers
- If you are told there is danger of explosion, close the window shades, blinds or curtains. To avoid injury, stay away from the windows.
- Stay in the room and listen to your radio until you are told it is safe or you are told to evacuate.

Going To A Shelter May Be Necessary

Red Cross shelters may be opened if:

- A disaster affects a large number of people
- The emergency is expected to last several days

Be prepared to go to a shelter if:

- Your area is without electrical power
- There is a chemical emergency affecting your area
- Flood water is rising
- Your home has been severely damaged
- Police and other local officials tell you to evacuate

Services provided at a Red Cross shelter:

- Food
- Temporary shelter
- Basic first aid

To learn about Red Cross shelters serving your area:

- Listen to your battery powered radio
- Check your local Red Cross chapter
- All American Red Cross emergency services are provided free of charge!

If You Need To Evacuate:

- Coordinate with your home care provider for evacuation procedures
- Try to carpool, if possible
- If you must have assistance for special transportation, call the American Red Cross or your local officials
- Wear appropriate clothing and sturdy shoes
- Take your Disaster Supplies Kit
- Lock your home
- Use travel routes specified or special assistance provided by local officials.

Don't take any short cuts; they may be unsafe

Notify shelter authorities of any special needs you may have. They will do their best to accommodate you and make your comfortable

If Disaster Strikes:

- Remain calm and patient. Put your plan into action
- Check for injuries
- Listen to your battery-powered radio for news and instructions
- Evacuate, if advised to do so. Wear protective clothing and sturdy shoes
- Use flashlights – do not light matches or turn on electrical switches, if you suspect damage
- Check for fires, fire hazards and other household hazards
- Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows, and get everyone outside quickly.

Remember to . . .

- Confine or secure your pets. Pets are not allowed in Red Cross Shelters
- Call your family contact – do not use the telephone again unless it is a life-threatening emergency

Pets and Disaster Safety Checklist

Our pets enrich our lives in more ways than we can count. In turn, they depend on us for their safety and well-being. The best way to ensure the safety of your family is to be prepared with a disaster plan. If you are a pet owner, that plan includes your pets. Being prepared can help save lives.

Learn First Aid for Your Pets

Dogs and cats are more than pets—they're family. And just like any other family member, pets deserve to be cared for and protected. That's why the American Red Cross has developed Dog First Aid and Cat First Aid, comprehensive guides to help keep pets healthy and safe. From basic responsibilities, like spaying/neutering and giving medications, to managing cardiac emergencies and preparing for disasters, these guides offer information pet owners can trust.

Contact your local chapter to purchase guide books and first aid kits or log on to the Red Cross Store to see all available products.

How can I prepare?



Plan to take your pets with you in an evacuation. If it is not safe for you to stay, it is not safe for them either.

- Know which hotels and motels along your evacuation route will accept you and your pets in an emergency. Call ahead for reservations if you know you may need to evacuate. Ask if no-pet policies could be waived in an emergency.
- Most Red Cross shelters cannot accept pets because of health and safety concerns and other considerations. Service animals that assist people with disabilities are allowed in Red Cross shelters.
- Know which friends, relatives, boarding facilities, animal shelters or veterinarians can care for your animals in an emergency. Prepare a list with phone numbers.
- Although your animals may be more comfortable together, be prepared to house them separately.
- Include your pets in evacuation drills so that they become used to entering and traveling in their carriers calmly.
- Make sure that your pet's vaccinations are current and that all dogs and cats are wearing collars with securely fastened, up-to-date identification. Many pet shelters require proof of current vaccinations to reduce the spread of disease.
- Consider having your pet "microchipped" by your veterinarian.

What should I do?



Assemble a portable kit with emergency supplies for your pets.

- Keep items in an accessible place and store them in sturdy containers so that they can be carried easily. Your kit should include—
 - Sturdy leashes, harnesses and/or carriers to transport pets safely and ensure that they can't escape.
 - Food, drinking water, bowls, cat litter/pan and a manual can opener.
 - Medications and copies of medical records stored in a waterproof container.
 - A first aid kit.
 - Current photos of you with your pet(s) in case they get lost. Since many pets look alike, this will help to eliminate mistaken identity and confusion.
 - Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to foster or board your pets.
 - Pet beds and toys, if easily transportable.

Know what to do as the disaster approaches.

- Often, warnings are issued hours, even days, in advance. At the first hint of disaster, act to protect your pet.
- Call ahead to confirm emergency shelter arrangements for you and your pets.
- Ensure that all pets are wearing collars with securely fastened, up-to-date identification.
- Check that your pet disaster supplies are ready to take at a moment's notice.
- Bring pets inside so you won't have to search for them if you need to leave quickly.

After a disaster ...



- The behavior of pets may change dramatically after a disaster, becoming aggressive or defensive, so be aware of their well-being and protect them from hazards to ensure the safety of other people and animals.
- Watch your animals closely and keep them under your direct control as fences and gates may have been damaged.
- Pets may become disoriented, particularly if the disaster has affected scent markers that normally allow them to find their home.
- Be aware of hazards at nose and paw or hoof level, particularly debris, spilled chemicals, fertilizers and other substances that might not seem to be dangerous to humans.
- Consult your veterinarian if any behavior problems persist.

Emergency action plans for your family should include your animals—all of your animals.

For information on disaster planning and emergency actions to take for livestock, horses, birds, reptiles or other small animals, such as gerbils or hamsters, please visit RedCross.org, the Humane Society of the United States (www.HSUS.org) or Ready.gov.

Let Your Family Know You're Safe

If your community has experienced a disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org to let your family and friends know about your welfare. If you don't have Internet access, call **1-866-GET-INFO** to register yourself and your family.

Earthquake Safety Checklist

An earthquake is a sudden, rapid shaking of the earth caused by the breaking and shifting of rock beneath the earth's surface. Earthquakes strike suddenly, without warning, and they can occur at any time of the year, day or night. Forty-five states and territories in the United States are at moderate to very high risk of earthquakes, and they are located in every region of the country.

Are you at increased risk from earthquakes?

- Contact your local emergency management office, local American Red Cross chapter, state geological survey or department of natural resources.
- Mobile homes and homes not attached to their foundations are at particular risk during an earthquake.
- Buildings with foundations resting on landfill and other unstable soils are at increased risk of damage.

Did you know?

Doorways are no stronger than any other part of the structure. During an earthquake, get under a sturdy piece of furniture and hold on. This will provide some protection from falling objects that can injure you during an earthquake.

How can I prepare?



- Become aware of fire evacuation and earthquake plans for all of the buildings you occupy regularly.
- Pick safe places in each room of your home, workplace and/or school. A safe place could be under a piece of furniture or against an interior wall away from windows, bookcases or tall furniture that could fall on you.
- Practice drop, cover and hold on in each safe place. If you do not have sturdy furniture to hold on to, sit on the floor next to an interior wall and cover your head and neck with your arms.
- Keep a flashlight and sturdy shoes by each person's bed.
- Make sure your home is securely anchored to its foundation.
- Bolt and brace water heaters and gas appliances to wall studs.
- Bolt bookcases, china cabinets and other tall furniture to wall studs.
- Hang heavy items, such as pictures and mirrors, away from beds, couches and anywhere people sleep or sit.
- Brace overhead light fixtures.
- Install strong latches or bolts on cabinets. Large or heavy items should be closest to the floor.
- Learn how to shut off the gas valves in your home and keep a wrench handy for that purpose.
- Learn about your area's seismic building standards and land use codes before you begin new construction.
- Keep and maintain an emergency supplies kit in an easy-to-access location.

What should I do during an earthquake?



If you are inside when the shaking starts ...

- Drop, cover and hold on. Move as little as possible.
- If you are in bed, stay there, curl up and hold on. Protect your head with a pillow.
- Stay away from windows to avoid being injured by shattered glass.
- Stay indoors until the shaking stops and you are sure it is safe to exit. If you must leave the building after the shaking stops, use stairs rather than an elevator in case there are aftershocks, power outages or other damage.
- Be aware that fire alarms and sprinkler systems frequently go off in buildings during an earthquake, even if there is no fire.

If you are outside when the shaking starts ...

- Find a clear spot and drop to the ground. Stay there until the shaking stops (away from buildings, power lines, trees, streetlights).
- If you are in a vehicle, pull over to a clear location and stop. Avoid bridges, overpasses and power lines if possible. Stay inside with your seatbelt fastened until the shaking stops. Then, drive carefully, avoiding bridges and ramps that may have been damaged.
- If a power line falls on your vehicle, do not get out. Wait for assistance.
- If you are in a mountainous area or near unstable slopes or cliffs, be alert for falling rocks and other debris. Landslides are often triggered by earthquakes.

What do I do after an earthquake?



- After an earthquake, the disaster may continue. Expect and prepare for potential aftershocks, landslides or even a tsunami. Tsunamis are often generated by earthquakes.
- Each time you feel an aftershock, drop, cover and hold on. Aftershocks frequently occur minutes, days, weeks and even months following an earthquake.
- Check yourself for injuries and get first aid, if necessary, before helping injured or trapped persons.
- Put on long pants, a long-sleeved shirt, sturdy shoes and work gloves to protect against injury from broken objects.
- Look quickly for damage in and around your home and get everyone out if your home is unsafe.
- Listen to a portable, battery-operated or hand-crank radio for updated emergency information and instructions.
- Check the telephones in your home or workplace to see if you can get a dial tone. Make brief calls to report life-threatening emergencies.
- Look for and extinguish small fires. Fire is the most common hazard after an earthquake.
- Clean up spilled medications, bleach, gasoline or other flammable liquids immediately.
- Open closet and cabinet doors carefully as contents may have shifted.
- Help people who require special assistance, such as infants, children and the elderly or disabled.
- Watch out for fallen power lines or broken gas lines and stay out of damaged areas.
- Keep animals under your direct control.
- Stay out of damaged buildings.
- If you were away from home, return only when authorities say it is safe to do so. Use extreme caution and examine walls, floors, doors, staircases and windows to check for damage.
- Be careful when driving after an earthquake and anticipate traffic light outages.

Let Your Family Know You're Safe

If your community experiences an earthquake, or any disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org to let your family and friends know about your welfare. If you don't have Internet access, call **1-866-GET-INFO** to register yourself and your family.

Be Red Cross Ready

Fire Prevention & Safety Checklist

The most effective way to protect yourself and your home from fire is to identify and remove fire hazards. Sixty-five percent of home fire deaths occur in homes with no working smoke alarms. During a home fire, working smoke alarms and a fire escape plan that has been practiced regularly can save lives.

- If a fire occurs in your home, **GET OUT, STAY OUT** and **CALL** for help.
- Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas. Test them every month and replace the batteries at least once a year.
- Talk with all household members about a fire escape plan and practice the plan twice a year.

Prevent home fires



Steps You Can Take Now

- Keep items that can catch on fire at least three feet away from anything that gets hot, such as space heaters.
- Never smoke in bed.
- Talk to children regularly about the dangers of fire, matches and lighters and keep them out of reach.
- Turn portable heaters off when you leave the room or go to sleep.

Cooking Safely

- Stay in the kitchen when frying, grilling or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- Stay in the home while simmering, baking, roasting or boiling food. Check it regularly and use a timer to remind you that food is cooking.
- Keep anything that can catch fire—like pot holders, towels, plastic and clothing—away from the stove.
- Keep pets off cooking surfaces and countertops to prevent them from knocking things onto the burner.

Caution: Carbon Monoxide Kills

- Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas.
- If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.
- Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area.

Practice fire safety at home



Smoke Alarms

- Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas.
- Teach children what smoke alarms sound like and what to do when they hear one.
- Once a month check whether each alarm in the home is working properly by pushing the test button.
- Replace batteries in smoke alarms at least once a year. Immediately install a new battery if an alarm chirps, warning the battery is low.
- Smoke alarms should be replaced every 10 years. Never disable smoke or carbon monoxide alarms.
- Carbon monoxide alarms are not substitutes for smoke alarms. Know the difference between the sound of smoke alarms and carbon monoxide alarms.

Fire Escape Planning

- Ensure that all household members know two ways to escape from every room of your home.
- Make sure everyone knows where to meet outside in case of fire.
- Practice escaping from your home at least twice a year and at different times of the day. Practice waking up to smoke alarms, low crawling and meeting outside. Make sure everyone knows how to call 9-1-1.
- Teach household members to **STOP, DROP** and **ROLL** if their clothes should catch on fire.

In case of fire ...



Follow Your Escape Plan!

Remember to **GET OUT, STAY OUT** and **CALL 9-1-1** or your local emergency phone number.

- If closed doors or handles are warm, use your second way out. Never open doors that are warm to the touch.
- Crawl low under smoke.
- Go to your outside meeting place and then call for help.
- If smoke, heat or flames block your exit routes, stay in the room with doors closed. Place a wet towel under the door and call the fire department or 9-1-1. Open a window and wave a brightly colored cloth or flashlight to signal for help.

Use Caution with Fire Extinguishers

- Use a portable fire extinguisher **ONLY** if you have been trained by the fire department and in the following conditions:
 - The fire is confined to a small area, and is not growing.
 - The room is not filled with smoke.
 - Everyone has exited the building.
 - The fire department has been called.
- Remember the word **PASS** when using a fire extinguisher.
 - Pull the pin and hold the extinguisher with the nozzle pointing away from you.
 - Aim low. Point the extinguisher at the base of the fire.
 - Squeeze the lever slowly and evenly.
 - Sweep the nozzle from side to side.

Let Your Family Know You're Safe

If you experience a home fire or any disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org to let your family and friends know about your welfare. If you don't have Internet access, call **1-866-GET-INFO** to register yourself and your family.

Be Red Cross Ready

Wild Fire Safety Checklist

More and more people are making their homes in woodland settings, rural areas or remote mountain sites. There, residents enjoy the beauty of the environment but face the very real danger of wild fires. Wild fires often begin unnoticed. They spread quickly, igniting brush, trees and homes. In a wild fire, every second counts!

Supplies to take with you if you need to evacuate:

- Water—one gallon per person, per day (3-day supply)
- Food—non-perishable, easy-to-prepare items (3-day supply)
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, deed/lease to home, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area
- Other essential items that could not be replaced if they were destroyed

What should I do to prepare ahead of time?



- Learn about wild fire risks in your area.
- Talk with members of your household about wild fires—how to prevent them and what to do if one occurs.
- Post emergency phone numbers by every phone in your home.
- Make sure driveway entrances and your house number or address are clearly marked.
- Identify and maintain an adequate water source outside your home, such as a small pond, cistern, well or swimming pool.
- Set aside household items that can be used as fire tools: a rake, ax, hand saw or chain saw, bucket and shovel. You may need to fight small fires before emergency responders arrive.
- Select building materials and plants that resist fire.
- Regularly clean roofs and gutters.

Plan ahead and stay as safe as possible during a wild fire.

- Plan and practice two ways out of your neighborhood in case your primary route is blocked.
- Select a place for family members to meet outside your neighborhood in case you cannot get home or need to evacuate.
- Identify someone who is out of the area to contact if local phone lines are not working.

What should I do if there are reports of wild fires in my area?



- Be ready to leave at a moment's notice.
- Listen to local radio and television stations for updated emergency information.
- Always back your car into the garage or park it in an open space facing the direction of escape.
- Confine pets to one room so that you can find them if you need to evacuate quickly.
- Arrange for temporary housing at a friend or relative's home outside the threatened area.

Limit exposure to smoke and dust.

- Listen and watch for air quality reports and health warnings about smoke.
- Keep indoor air clean by closing windows and doors to prevent outside smoke from getting in.
- Use the recycle or re-circulate mode on the air conditioner in your home or car. If you do not have air conditioning and it is too hot to stay inside with closed windows, seek shelter elsewhere.
- When smoke levels are high, do not use anything that burns and adds to indoor air pollution, such as candles, fireplaces and gas stoves. Do not vacuum because it stirs up particles that are already inside your home.
- If you have asthma or another lung disease, follow your health care provider's advice and seek medical care if your symptoms worsen.

Returning home after a wild fire ...



- Do not enter your home until fire officials say it is safe.
- Use caution when entering burned areas as hazards may still exist, including hot spots, which can flare up without warning.
- Avoid damaged or fallen power lines, poles and downed wires.
- Watch for ash pits and mark them for safety—warn family and neighbors to keep clear of the pits also.
- Watch animals closely and keep them under your direct control. Hidden embers and hot spots could burn your pets' paws or hooves.
- Follow public health guidance on safe cleanup of fire ash and safe use of masks.
- Wet debris down to minimize breathing dust particles.
- Wear leather gloves and heavy soled shoes to protect hands and feet.
- Cleaning products, paint, batteries and damaged fuel containers need to be disposed of properly to avoid risk.

Ensure your food and water are safe.

- Discard any food that has been exposed to heat, smoke or soot.
- Do NOT ever use water that you think may be contaminated to wash dishes, brush teeth, prepare food, wash hands, make ice or make baby formula.

Let Your Family Know You're Safe

If your community has experienced a wild fire, or any disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org to let your family and friends know about your welfare. If you don't have Internet access, call **1-866-GET-INFO** to register yourself and your family.



For more information on disaster and emergency preparedness, visit RedCross.org.



Lightning: What You Need to Know



- **NO PLACE** outside is safe when thunderstorms are in the area!!
- If you hear thunder, lightning is close enough to strike you.
- When you hear thunder, *immediately* move to safe shelter.
- Safe shelter is a substantial building or inside an enclosed, metal-topped vehicle.
- Stay in safe shelter at least 30 minutes after you hear the last clap of thunder.



Indoor Lightning Safety Tips

- Stay off corded phones, computers and other electrical equipment that put you in direct contact with electricity.
- Avoid plumbing, including sinks, baths, and faucets.
- Stay away from windows and doors, and stay off porches.
- Do not lie on concrete floors, and do not lean against concrete walls.



Last Resort Outdoor Risk Reduction Tips

NO PLACE outside is safe when lightning is in the area, but if you are caught outside **with no safe shelter anywhere nearby** the following actions *may* reduce your risk:

- Immediately get off elevated areas such as hills, mountain ridges or peaks
- NEVER lie flat on the ground
- NEVER use a tree for shelter
- NEVER use a cliff or rocky overhang for shelter
- Immediately get out and away from ponds, lakes and other bodies of water
- Stay away from objects that conduct electricity (barbed wire fences, power lines, windmills, etc.)
- UNDER NO CIRCUMSTANCES should ANY of the above actions be taken if a building or an all-metal vehicle is nearby



If Someone Is Struck

- Victims do not carry an electrical charge and may need immediate medical attention.
- Monitor the victim and begin CPR or AED, if necessary.
- Call 911 for help.



Weather Safety: Lightning

Safety and Preparedness Factsheet

Lightning Safety for You and Your Family

When Thunder Roars, Go Indoors!

Each year in the United States, more than 400 people are struck by lightning. On average, between 55 and 60 people are killed; hundreds of others suffer permanent neurological disabilities. Most of these tragedies can be avoided with a few simple precautions. When thunderstorms threaten, get to a safe place. Lightning safety is an inconvenience that can save your life.

The National Oceanic and Atmospheric Administration (NOAA) collects information on weather-related deaths to learn how to prevent these tragedies. Many lightning victims say they were “caught” outside in the storm and couldn’t get to a safe place. With proper planning, these tragedies could be prevented.

Other victims waited too long before seeking shelter. By heading to a safe place 5 to 10 minutes sooner, they could have avoided being struck by lightning.

Some people were struck because they went back outside too soon. Stay inside a safe building or vehicle for at least 30 minutes after you hear the last thunder clap.

Finally, some victims were struck inside homes or buildings while they were using electrical equipment or corded phones. Others were in contact with plumbing, a metal door or a window frame. Avoid contact with these electrical conductors when a thunderstorm is nearby!

What You Might Not Know About Lightning

- ▶ **All thunderstorms produce lightning and are dangerous.** In the United States, in an average year, lightning kills about the same number of people as tornadoes and more people than hurricanes.
- ▶ **Lightning often strikes outside the area of heavy rain and may strike as far as 10 miles from any rainfall.** Many lightning deaths occur ahead of storms or after storms have seemingly passed.
- ▶ **If you can hear thunder, you are in danger.** Don’t be fooled by blue skies. If you hear thunder, lightning is close enough to pose an immediate threat.

- ▶ Lightning leaves many victims with permanent disabilities. While a small percentage of lightning strike victims die, many survivors must learn to live with very serious lifelong pain and neurological disabilities.

Avoid the Lightning Threat

- ▶ **Have a lightning safety plan.** Know where you’ll go for safety and how much time it will take to get there. Make sure your plan allows enough time to reach safety.
- ▶ **Postpone activities.** Before going outdoors, check the forecast for thunderstorms. Consider postponing activities to avoid being caught in a dangerous situation.
- ▶ **Monitor the weather.** Look for signs of a developing thunderstorm such as darkening skies, flashes of lightning or increasing wind.
- ▶ **Get to a safe place.** If you hear thunder, even a distant rumble, immediately move to a safe place. Fully enclosed buildings with wiring and plumbing provide the best protection. Sheds, picnic shelters, tents or covered porches do NOT protect you from lightning. If a sturdy building is not nearby, get into a hard-topped metal vehicle and close all the windows. Stay inside until 30 minutes after the last rumble of thunder.
- ▶ **If you hear thunder, don’t use a corded phone except in an emergency.** Cordless phones and cell phones are safe to use.
- ▶ **Keep away from electrical equipment and wiring.**
- ▶ **Water pipes conduct electricity.** Don’t take a bath or shower or use other plumbing during a storm.

Organized Outdoor Activities

Many people enjoy outdoor activities. It’s essential for the people in charge of these activities to understand the dangers of lightning, have a lightning safety plan in place, and follow the plan once thunder is heard or lightning is seen. Many outdoor activities rely on volunteer leaders, coaches or sports officials to make safety decisions. Make sure the leaders of these activities follow a lightning safety plan. Don’t be afraid to ask, and don’t be afraid to speak out during an event if conditions become unsafe. You could save a life!

Weather Safety: Lightning



Lightning Safety for You and Your Family



What You Should Know About Being Caught Outside Near a Thunderstorm

There is no safe place outside in a thunderstorm. Plan ahead to avoid this dangerous situation! If you're outside and hear thunder, the only way to significantly reduce your risk of becoming a lightning casualty is to get inside a substantial building or hard-topped metal vehicle as fast as you can. In addition, you should avoid the following situations which could increase your risk of becoming a lightning casualty. Remember – there is no substitute for getting to a safe place.

- ▶ **Avoid open areas.** Don't be the tallest object in the area.
- ▶ **Stay away from isolated tall trees, towers or utility poles.** Lightning tends to strike the taller objects in an area.
- ▶ **Stay away from metal conductors such as wires or fences.** Metal does not attract lightning, but lightning can travel long distances through it.

If you are with a group of people, spread out. While this actually increases the chance that someone might get struck, it tends to prevent multiple casualties, and increases the chances that someone could help if a person is struck.

Act Fast If Someone Is Struck by Lightning!

- ▶ **Lightning victims do not carry an electrical charge, are safe to touch, and need urgent medical attention.** Cardiac arrest is the immediate cause of death for those who die. Some deaths can be prevented if the victim receives the proper first aid immediately.
- ▶ **Call for help.** Call 9-1-1 or your local ambulance service.
- ▶ **Give first aid.** Do not delay CPR if the person is unresponsive or not breathing. Use an Automatic External Defibrillator if one is available.

- ▶ **If possible, move the victim to a safer place.** Lightning can strike twice. Don't become a victim.

Stay Informed About Storms Listen to NOAA Weather Radio All Hazards

There are an estimated 25 million cloud-to-ground lightning flashes in the U.S. each year. While the National Weather Service (NWS) issues severe thunderstorm watches and warnings for storms that produce damaging wind or hail, watches and warnings are NOT issued for lightning. When you hear thunder, there is an immediate lightning danger.

As a further safety measure, consider purchasing a portable, battery-powered, tone-alert NOAA Weather Radio All Hazards. The radio will allow you to monitor any short-term forecasts for changing weather conditions. The tone-alert feature can automatically alert you when the NWS issues a severe thunderstorm watch or warning.

For More Information

NWS lightning links, forecasts, assessments:

<http://www.lightningsafety.noaa.gov>

NOAA Weather Radio All Hazards:

<http://www.weather.gov/nwr>

American Red Cross:

<http://www.redcross.org>

Federal Emergency Management Agency:

<http://www.fema.gov>

Remember, When Thunder Roars, Go Indoors!

YPA-200951

Be Red Cross Ready

Heat Wave Safety Checklist

In recent years, excessive heat has caused more deaths than all other weather events, including floods. A heat wave is a prolonged period of excessive heat, often combined with excessive humidity. Generally temperatures are 10 degrees or more above the average high temperature for the region during summer months, last for a long period of time and occur with high humidity as well.

Know the Difference

Excessive Heat Watch—Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.

Excessive Heat Warning—Heat Index values are forecast to meet or exceed locally defined warning criteria for at least 2 days (daytime highs=105-110° Fahrenheit).

Heat Advisory—Heat Index values are forecast to meet locally defined advisory criteria for 1 to 2 days (daytime highs=100-105° Fahrenheit).

How can I prepare?



- Listen to local weather forecasts and stay aware of upcoming temperature changes.
- The heat index is the temperature the body feels when the effects of heat and humidity are combined. Exposure to direct sunlight can increase the heat index by as much as 15° F.
- Discuss heat safety precautions with members of your household. Have a plan for wherever you spend time—home, work and school—and prepare for the possibility of power outages.
- Check the contents of your emergency preparedness kit in case a power outage occurs.
- Know those in your neighborhood who are elderly, young, sick or overweight. They are more likely to become victims of excessive heat and may need help.
- If you do not have air conditioning, choose places you could go to for relief from the heat during the warmest part of the day (schools, libraries, theaters, malls).
- Be aware that people living in urban areas may be at greater risk from the effects of a prolonged heat wave than are people living in rural areas.
- Get trained in first aid to learn how to treat heat-related emergencies.
- Ensure that your animals' needs for water and shade are met.

What should I do during a heat wave?



- Listen to a NOAA Weather Radio for critical updates from the National Weather Service (NWS).
- Never leave children or pets alone in enclosed vehicles.
- Stay hydrated by drinking plenty of fluids even if you do not feel thirsty. Avoid drinks with caffeine or alcohol.
- Eat small meals and eat more often.
- Avoid extreme temperature changes.
- Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays.
- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.
- Postpone outdoor games and activities.
- Use a buddy system when working in excessive heat.
- Take frequent breaks if you must work outdoors.
- Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.
- Check on your animals frequently to ensure that they are not suffering from the heat.

Recognize and care for heat-related emergencies ...



Heat cramps are muscular pains and spasms that usually occur in the legs or abdomen caused by exposure to high heat and humidity and loss of fluids and electrolytes. Heat cramps are often an early sign that the body is having trouble with the heat.

Heat exhaustion typically involves the loss of body fluids through heavy sweating during strenuous exercise or physical labor in high heat and humidity.

- Signs of heat exhaustion include cool, moist, pale or flushed skin; heavy sweating; headache; nausea; dizziness; weakness; and exhaustion.
- Move the person to a cooler place. Remove or loosen tight clothing and apply cool, wet cloths or towels to the skin. Fan the person. If the person is conscious, give small amounts of cool water to drink. Make sure the person drinks slowly. Watch for changes in condition.
- If the person refuses water, vomits or begins to lose consciousness, **call 9-1-1** or the local emergency number.

Heat stroke (also known as sunstroke) is a life-threatening condition in which a person's temperature control system stops working and the body is unable to cool itself.

- Signs of heat stroke include hot, red skin which may be dry or moist; changes in consciousness; vomiting; and high body temperature.
- Heat stroke is life-threatening. **Call 9-1-1** or the local emergency number immediately.
- Move the person to a cooler place. Quickly cool the person's body by giving care as you would for heat exhaustion. If needed, continue rapid cooling by applying ice or cold packs wrapped in a cloth to the wrists, ankles, groin, neck and armpits.

Let Your Family Know You're Safe

If your community experiences a disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org to let your family and friends know about your welfare. If you don't have Internet access, call **1-866-GET-INFO** to register yourself and your family.

Be Red Cross Ready

Thunderstorm Safety Checklist

A thunderstorm is considered severe if it produces hail at least 1 inch in diameter or has wind gusts of at least 58 miles per hour. Every thunderstorm produces lightning, which kills more people each year than tornadoes or hurricanes. Heavy rain from thunderstorms can cause flash flooding and high winds can damage homes and blow down trees and utility poles, causing widespread power outages.

Know the Difference

Severe Thunderstorm Watch—Severe thunderstorms are possible in and near the watch area. Stay informed and be ready to act if a severe thunderstorm warning is issued.

Severe Thunderstorm Warning—Severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property.

Every year people are killed or seriously injured by severe thunderstorms despite advance warning. While some did not hear the warning, others heard the warning and did not pay attention to it. The following information, combined with timely watches and warnings about severe weather, may help save lives.

How can I prepare ahead of time?



- Learn about your local community's emergency warning system for severe thunderstorms.
- Discuss thunderstorm safety with all members of your household.
- Pick a safe place in your home for household members to gather during a thunderstorm. This should be away from windows, skylights and glass doors that could be broken by strong winds or hail.
- Make a list of items to bring inside in the event of a severe thunderstorm.
- Make trees and shrubbery more wind resistant by keeping them trimmed and removing damaged branches.
- Protect your animals by ensuring that any outside buildings that house them are protected in the same way as your home.
- Consult your local fire department if you are considering installing lightning rods.
- Get trained in first aid and learn how to respond to emergencies.
- Put together an emergency preparedness kit:
 - Water—one gallon per person, per day
 - Food—non-perishable, easy-to-prepare
 - Flashlight • Battery-powered or hand-crank radio (NOAA Weather Radio, if possible) • Extra batteries • First aid kit
 - Medications (7-day supply) and medical items • Multi-purpose tool • Sanitation & personal hygiene items • Copies of personal documents • Cell phone with chargers • Family & emergency contact information • Extra cash

What should I do during a thunderstorm?



- Listen to local news or NOAA Weather Radio for emergency updates. Watch for signs of a storm, like darkening skies, lightning flashes or increasing wind.
- Postpone outdoor activities if thunderstorms are likely to occur. Many people struck by lightning are not in the area where rain is occurring.
- If a severe thunderstorm warning is issued, take shelter in a substantial building or in a vehicle with the windows closed. Get out of mobile homes that can blow over in high winds.
- If you can hear thunder, you are close enough to be in danger from lightning. If thunder roars, go indoors! The National Weather Service recommends staying inside for at least 30 minutes after the last thunder clap.
- Avoid electrical equipment and telephones. Use battery-powered TVs and radios instead.
- Shutter windows and close outside doors securely. Keep away from windows.
- Do not take a bath, shower or use plumbing.
- If you are driving, try to safely exit the roadway and park. Stay in the vehicle and turn on the emergency flashers until the heavy rain ends. Avoid touching metal or other surfaces that conduct electricity in and outside the vehicle.
- If you are outside and cannot reach a safe building, avoid high ground; water; tall, isolated trees; and metal objects such as fences or bleachers. Picnic shelters, dugouts and sheds are NOT safe.

What do I do after a thunderstorm?



- Never drive through a flooded roadway. Turn around, don't drown!
- Stay away from storm-damaged areas to keep from putting yourself at risk from the effects of severe thunderstorms.
- Continue to listen to a NOAA Weather Radio or to local radio and television stations for updated information or instructions, as access to roads or some parts of the community may be blocked.
- Help people who may require special assistance, such as infants, children and the elderly or disabled.
- Stay away from downed power lines and report them immediately.
- Watch your animals closely. Keep them under your direct control.

If Lightning Strikes ...

Follow these steps if someone has been struck by lightning:

- Call for help.** Call 9-1-1 or the local emergency number. Anyone who has sustained a lightning strike requires professional medical care.
- Check the person for burns and other injuries.** If the person has stopped breathing, call 9-1-1 and begin CPR. If the person is breathing normally, look for other possible injuries and care for them as necessary. People who have been struck by lightning do not retain an electrical charge and can be handled safely.

Let Your Family Know You're Safe

If your community has experienced a disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org to let your family and friends know about your welfare. If you don't have Internet access, call **1-866-GET-INFO** to register yourself and your family.



For more information on disaster and emergency preparedness, visit RedCross.org.

Winter Storm Safety Checklist

Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Some winter storms are large enough to affect several states, while others affect only a single community. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, icing, sleet and freezing rain.

Know the Difference

Winter Storm Outlook

Winter storm conditions are possible in the next 2 to 5 days.

Winter Weather Advisory

Winter weather conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening.

Winter Storm Watch

Winter storm conditions are possible within the next 36 to 48 hours. People in a watch area should review their winter storm plans and stay informed about weather conditions.

Winter Storm Warning

Life-threatening, severe winter conditions have begun or will begin within 24 hours. People in a warning area should take precautions immediately.

What should I do?



- Dress in several layers of lightweight clothing, wear mittens and a hat (preferably one that covers your ears).
- Wear waterproof, insulated boots to keep your feet warm and dry and to maintain your footing in ice and snow.
- Minimize travel. If travel is necessary, keep a disaster supplies kit in your vehicle.
- Listen to a NOAA Weather Radio or other local news channels for critical information from the National Weather Service (NWS).
- Winterize your vehicle and keep the gas tank full. A full tank will keep the fuel line from freezing.
- Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.
- Maintain heating equipment and chimneys by having them cleaned and inspected every year.
- Bring pets/companion animals inside during winter weather. Move other animals or livestock to sheltered areas with non-frozen drinking water.
- Running water, even at a trickle, helps prevent pipes from freezing.
- All fuel-burning equipment should be vented to the outside and kept clear.

Cold-Related Emergencies

- Frostbite** and **hypothermia** are two dangerous and potentially life-threatening emergencies. Learn how to care for these emergencies by taking a first aid class.

What supplies do I need?



- Water—at least a 3-day supply; one gallon per person per day
- Food—at least a 3-day supply of non-perishable, easy-to-prepare food
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Baby supplies (bottles, formula, baby food, diapers)
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Tools/supplies for securing your home
- Sand, rock salt or non-clumping kitty litter to make walkways and steps less slippery
- Warm coats, gloves or mittens, hats, boots and extra blankets and warm clothing for all household members
- Ample alternate heating methods such as fireplaces or wood- or coal-burning stoves

What do I do after a storm?



- Go to a designated public shelter if your home loses power or heat during periods of extreme cold.
- Avoid driving when conditions include sleet, freezing rain or drizzle, snow or dense fog.
- Before tackling strenuous tasks in cold temperatures, consider your physical condition, the weather factors and the nature of the task.
- Protect yourself from frostbite and hypothermia by wearing warm, loose-fitting, lightweight clothing in several layers. Stay indoors, if possible.
- Help people who require special assistance such as elderly people living alone, people with disabilities and children.
- Check on your animals and make sure that their access to food and water is not blocked by snow drifts, ice or other obstacles. If possible, bring them indoors.

Caution: Carbon Monoxide Kills

- Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors.
- The primary hazards to avoid when using alternate sources for electricity, heating or cooking are carbon monoxide poisoning, electric shock and fire.
- Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas to provide early warning of accumulating carbon monoxide.
- If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.
- Call for help from the fresh air location and remain there until emergency personnel arrive to assist you.

Let Your Family Know You're Safe

If your community experiences a severe winter storm, or any disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org to let your family and friends know about your welfare. If you don't have Internet access, call **1-866-GET-INFO** to register yourself and your family.



Frostbite and Hypothermia

Frostbite results from the body's survival mechanisms kicking in during extremely cold weather. The body's first imperative is to protect the vital inner organs, which it does by cutting back on circulation to your extremities: feet, hands, nose, etc. If these parts are exposed to the cold and receive less warming blood flow, they eventually freeze.

One way to avoid frostbite is to avoid going outside during severe cold, especially if the wind chill is -50 degrees F or below. If you must go, be sure to protect the exposed parts of your body, such as ears, nose, toes, and fingers. Mittens are more effective than gloves for warming your hands. Keep your skin dry. Stay out of the wind when possible. Drink plenty of fluids since hydration increases the blood's volume, which helps prevent frostbite. Avoid caffeinated beverages, however, as they constrict blood vessels and prevent warming of your extremities. Alcohol should be avoided since it reduces shivering, which is one of your body's ways of keeping warm. And be especially wary of smoking cigarettes in extremely cold temperatures. According to one physician, when you smoke, the blood flow to your hands practically shuts off.

Different Degrees of Frostbite

- First degree: ice crystals forming on your skin
- Second degree: your skin begins to feel warm, even though it is not yet defrosted.
- Third degree: your skin turns red, pale, or white.
- Fourth degree: pain lasts for more than a few hours, and you may see dark blue or black areas under the skin. See a doctor immediately if these symptoms arise. Gangrene is a real threat.

Frostbite First Aid

- Have you heard that you should rub frostbitten skin with snow? That old-time remedy can cause permanent damage.
- Never rub or massage, but do use your armpits, a warm companion, warm drinks, and warm clothes to thaw your frozen body parts. Remove rings, watches, and anything that is tight. Your goal is to get indoors as quickly as possible, without walking on a frostbitten foot if you can avoid it.
- Once indoors, get in a warm (not hot) bath and wrap your face and ears in a moist, warm (not hot) towel. Don't get near a hot stove or heater, and don't use a heating pad, a hot water bottle, or a hair dryer. You may burn yourself before your feeling returns.
- Your frostbitten skin will become red and swollen, and you'll feel like it's on fire. You may develop blisters. Don't break the blisters. It could cause scarring.
- If your skin is blue or gray, very swollen, blistered, or feels hard and numb even under the surface, go to a hospital immediately.
- Sources:

The Handy Weather Answer Book, Visible Ink, Detroit, 1997

The American Medical Association Encyclopedia of Medicine, Random House, New York, 1989, U.S. Pharmacist (21, 1:31)

Hypothermia: the cold-blooded killer

- You may have never heard of hypothermia, much less know how to get a handle on it. Here are the bone-chilling facts about this cold-blooded killer.
- A body temperature below 96 degrees Fahrenheit is called hypothermia, and it doesn't take arctic temperatures to put you at risk. Even a moderately chilly air temperature of 60 degrees is low enough to trigger hypothermia if you aren't properly clothed.
- The National Institute of Aging estimates that of the 28,000 people hypothermia kills every year, the largest percentage are older people. Some medicines, problems with circulation, and certain illnesses appear to reduce the older person's ability to resist hypothermia.
- Also, the older you get, the less sensitive you are to cold weather. So, your body temperature could drop to a dangerously low level without you really being aware of it. In addition, older people don't seem to shiver very effectively, which is one of the ways the body warms itself up.

Remember these tips to help prevent hypothermia:

- Dress in layers
- Always wrap up well when going outside in the cold.
- Set your thermostat to at least a toasty 70 degrees during cold weather.
- Avoid extensive exposure to breezes and drafts.
- Keep plenty of nutritious food and warm clothes and blankets on hand to help ward off the winter chill. You'd also be wise to wear a warm hat during these months.
- Eat hot foods and drink warm drinks several times during the day.
- Ask a family member or neighbor to check on you often.
- Ask your doctor if any medicine you're taking increases your risk of hypothermia. Some drugs make it difficult for your body to stay warm. Drugs that may cause a problem include barbiturates, benzodiazepines, chlorpromazine, reserpine, and tricyclic antidepressants.

If your temperature is 96 degrees or less or you feel sluggish or recognize that you're having trouble thinking clearly, see your doctor immediately or go to the nearest emergency room. It's better to be overly cautious than to die of a disorder that doesn't have to be deadly.

To help someone you suspect may be suffering from hypothermia, first call an ambulance. Then lie close to the person and cover both of you with thick blankets. The hotter you get, the more warmth you can give the other person. Don't rub the person or handle him or her roughly. That can make things worse.

Sources: Accidental hypothermia: a winter hazard for older people, National Institute on Aging, 1995 Geriatrics (51, 2:23)

The American Medical Association Encyclopedia of Medicine, Random House, New York, 1989

Power Outage Checklist

Sudden power outages can be frustrating and troublesome, especially when they last a long time. If a power outage is 2 hours or less, you need not be concerned about losing your perishable foods. For prolonged power outages, though, there are steps you can take to minimize food loss and to keep all members of your household as comfortable as possible.

Energy Conservation Recommendations

- ❑ Turn off lights and computers when not in use.
- ❑ Wash clothes in cold water if possible; wash only full loads and clean the dryer's lint trap after each use.
- ❑ When using a dishwasher, wash full loads and use the light cycle. If possible, use the rinse only cycle and turn off the high temperature rinse option. When the regular wash cycle is done, just open the dishwasher door to allow the dishes to air dry.
- ❑ Replace incandescent light bulbs with energy-efficient compact fluorescent lights.

How do I prepare for a power outage?



To help preserve your food, keep the following supplies in your home:

- ❑ One or more coolers—Inexpensive Styrofoam coolers work well.
- ❑ Ice—Surrounding your food with ice in a cooler or in the refrigerator will keep food colder for a longer period of time during a prolonged power outage.
- ❑ A digital quick-response thermometer—With these thermometers you can quickly check the internal temperatures of food to ensure they are cold enough to use safely.

Put together an emergency preparedness kit with these supplies in case of a prolonged or widespread power outage:

- Water—one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
 - Food—non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
 - Flashlight
 - (NOTE: Do not use candles during a power outage due to the extreme risk of fire.)
 - Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
 - Extra batteries
 - First aid kit
 - Medications (7-day supply) and medical items
 - Multi-purpose tool
 - Sanitation and personal hygiene items
 - Copies of personal documents (medication list and pertinent medical information, deed/lease to home, birth certificates, insurance policies)
 - Cell phone with chargers
 - Family and emergency contact information
 - Extra cash
- ❑ If someone in your home is dependent on electric-powered, life-sustaining equipment, remember to include backup power in your evacuation plan.
 - ❑ Keep a non-cordless telephone in your home. It is likely to work even when the power is out.
 - ❑ Keep your car's gas tank full.

What should I do during a power outage?



Keep food as safe as possible.

- ❑ Keep refrigerator and freezer doors closed as much as possible. First use perishable food from the refrigerator. An unopened refrigerator will keep foods cold for about 4 hours.
- ❑ Then use food from the freezer. A full freezer will keep the temperature for about 48 hours (24 hours if it is half full) if the door remains closed.
- ❑ Use your non-perishable foods and staples after using food from the refrigerator and freezer.
- ❑ If it looks like the power outage will continue beyond a day, prepare a cooler with ice for your freezer items.
- ❑ Keep food in a dry, cool spot and keep it covered at all times.

Electrical equipment

- ❑ Turn off and unplug all unnecessary electrical equipment, including sensitive electronics.
- ❑ Turn off or disconnect any appliances (like stoves), equipment or electronics you were using when the power went out. When power comes back on, surges or spikes can damage equipment.
- ❑ Leave one light turned on so you'll know when the power comes back on.
- ❑ Eliminate unnecessary travel, especially by car. Traffic lights will be out and roads will be congested.

Using generators safely

- ❑ When using a portable generator, connect the equipment you want to power directly to the outlets on the generator. Do not connect a portable generator to a home's electrical system.
- ❑ If you are considering getting a generator, get advice from a professional, such as an electrician. Make sure that the generator you purchase is rated for the power that you think you will need.

What should I do when the power comes back on?



- ❑ Do not touch any electrical power lines and keep your family away from them. Report downed power lines to the appropriate officials in your area.

Throw out unsafe food.

- ❑ Throw away any food that has been exposed to temperatures 40° F (4° C) for 2 hours or more or that has an unusual odor, color or texture. When in doubt, throw it out!
- ❑ Never taste food or rely on appearance or odor to determine its safety. Some foods may look and smell fine, but if they have been at room temperature too long, bacteria causing food-borne illnesses can start growing quickly. Some types of bacteria produce toxins that cannot be destroyed by cooking.
- ❑ If food in the freezer is colder than 40° F and has ice crystals on it, you can refreeze it.
- ❑ If you are not sure food is cold enough, take its temperature with the food thermometer. Throw out any foods (meat, poultry, fish, eggs and leftovers) that have been exposed to temperatures higher than 40° F (4° C) for 2 hours or more, and any food that has an unusual odor, color or texture, or feels warm to touch.

Caution: Carbon Monoxide Kills

- ❑ Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors.
- ❑ The primary hazards to avoid when using alternate sources for electricity, heating or cooking are carbon monoxide poisoning, electric shock and fire.
- ❑ Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas to provide early warning of accumulating carbon monoxide.
- ❑ If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.
- ❑ Call for help from the fresh air location and remain there until emergency personnel arrive to assist you.

Let Your Family Know You're Safe

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Flood Safety Checklist

Floods are among the most frequent and costly natural disasters. Conditions that cause floods include heavy or steady rain for several hours or days that saturates the ground. Flash floods occur suddenly due to rapidly rising water along a stream or low-lying area.

Know the Difference

Flood/Flash Flood Watch—Flooding or flash flooding is possible in your area.

Flood/Flash Flood Warning—Flooding or flash flooding is already occurring or will occur soon in your area.

What should I do?



- Listen to area radio and television stations and a NOAA Weather Radio for possible flood warnings and reports of flooding in progress or other critical information from the National Weather Service (NWS).
- Be prepared to evacuate at a moment's notice.
- When a flood or flash flood warning is issued for your area, head for higher ground and stay there.
- Stay away from floodwaters. If you come upon a flowing stream where water is above your ankles, stop, turn around and go another way. Six inches of swiftly moving water can sweep you off of your feet.
- If you come upon a flooded road while driving, turn around and go another way. If you are caught on a flooded road and waters are rising rapidly around you, get out of the car quickly and move to higher ground. Most cars can be swept away by less than two feet of moving water.
- Keep children out of the water. They are curious and often lack judgment about running water or contaminated water.
- Be especially cautious at night when it is harder to recognize flood danger.
- Because standard homeowners insurance doesn't cover flooding, it's important to have protection from the floods associated with hurricanes, tropical storms, heavy rains and other conditions that impact the U.S. For more information on flood insurance, please visit the National Flood Insurance Program Web site at www.FloodSmart.gov.

What supplies do I need?



- Water—at least a 3-day supply; one gallon per person per day
- Food—at least a 3-day supply of non-perishable, easy-to-prepare food
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, deed/lease to home, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area
- Baby supplies (bottles, formula, baby food, diapers)
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Tools/supplies for securing your home
- Extra set of car keys and house keys
- Extra clothing, hat and sturdy shoes
- Rain gear
- Insect repellent and sunscreen
- Camera for photos of damage

What do I do after a flood?



- Return home only when officials have declared the area safe.
- Before entering your home, look outside for loose power lines, damaged gas lines, foundation cracks or other damage.
- Parts of your home may be collapsed or damaged. Approach entrances carefully. See if porch roofs and overhangs have all their supports.
- Watch out for wild animals, especially poisonous snakes that may have come into your home with the floodwater.
- If you smell natural or propane gas or hear a hissing noise, leave immediately and call the fire department.
- If power lines are down outside your home, do not step in puddles or standing water.
- Keep children and pets away from hazardous sites and floodwater.
- Materials such as cleaning products, paint, batteries, contaminated fuel and damaged fuel containers are hazardous. Check with local authorities for assistance with disposal to avoid risk.
- During cleanup, wear protective clothing, including rubber gloves and rubber boots.
- Make sure your food and water are safe. Discard items that have come in contact with floodwater, including canned goods, water bottles, plastic utensils and baby bottle nipples. When in doubt, throw it out!
- Do not use water that could be contaminated to wash dishes, brush teeth, prepare food, wash hands, make ice or make baby formula.
- Contact your local or state public health department for specific recommendations for boiling or treating water in your area after a disaster as water may be contaminated.

Let Your Family Know You're Safe

If your community experiences a flood, or any disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org/SafeandWell to let your family and friends know about your welfare. If you don't have Internet access, call **1-866-GET-INFO** to register yourself and your family.

Landslide Safety Checklist

Landslides have occurred in almost every state and can cause significant damage. The term landslide describes downhill earth movements that can move slowly and cause damage gradually, or move rapidly, destroying property and taking lives suddenly and unexpectedly. Most landslides are caused by natural forces or events, such as heavy rain and snowmelt, earthquake shaking, volcanic eruptions and gravity. Landslides are typically associated with periods of heavy rainfall or rapid snowmelt and tend to worsen the effects of flooding. Areas burned by forest and brush fires are also particularly susceptible to landslides.

Gather supplies in case you need to evacuate:

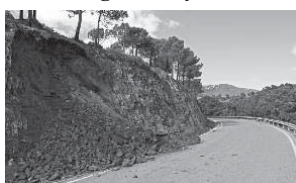
- Water—a 3-day supply; one gallon per person per day
- Food—a 3-day supply of non-perishable, easy-to-prepare food
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Other essential items that could not be replaced if they were destroyed

What should I do if I live in an area at risk from landslides?



- Landslides generally happen in areas where they have occurred in the past. Learn about your area's landslide risk. Landslides can also be referred to as mudslides, debris flows, mudflows or debris avalanches.
- Learn about local emergency response and evacuation plans.
- Talk to everyone in your household about what to do if a landslide occurs.
- Create and practice an evacuation plan for your family and your business.
- Assemble and maintain an emergency preparedness kit.
- Become familiar with the land around where you live and work so that you understand your risk in different situations.
- Watch the patterns of storm water drainage on slopes near your home, especially where runoff water converges.
- Debris flows and other landslides onto roadways are common during rainstorms.
- Heavily saturated ground is very susceptible to mudflows and debris flows.
- Be aware that, generally, landslide insurance is not available, but that debris flow damage may be covered by flood insurance policies from the National Flood Insurance Program (NFIP) at www.FloodSmart.gov.

What should I do if a landslide is occurring or likely to occur?



- If you suspect imminent danger, evacuate immediately. Inform affected neighbors if you can, and contact your public works, fire or police department.
 - Listen for unusual sounds that might indicate moving debris, such as trees cracking or boulders knocking together.
 - If you are near a stream or channel, be alert for any sudden increase or decrease in water flow and notice whether the water changes from clear to muddy. Such changes may mean there is debris flow activity upstream so be prepared to move quickly.
 - Be especially alert when driving—watch for collapsed pavement, mud, fallen rocks and other indications of possible debris flow.
 - If you are ordered or decide to evacuate, take your animals with you.
 - Consider a precautionary evacuation of large or numerous animals as soon as you are aware of impending danger.
- #### During Severe Storms
- Stay alert and awake. Many deaths from landslides occur while people are sleeping.
 - Listen to local news stations on a battery-powered radio for warnings of heavy rainfall.
 - Consider leaving if it is safe to do so.

What should I do after a landslide?



- Stay away from the slide area until local officials say it is safe to enter.
- Listen to local stations on a portable, battery-powered radio for the latest emergency information.
- Watch for flooding—floods sometimes follow landslides and debris flows.
- Check for injured and trapped persons and animals near the slide, without entering the slide area.
- Help people who require special assistance.
- Look for and report broken utility lines to appropriate authorities.
- Check your home's foundation, chimney and surrounding land for damage.
- Replant damaged ground as soon as possible because erosion caused by loss of ground cover can lead to flash flooding.

Let Your Family Know You're Safe

If your community has experienced a disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org/SafeandWell to let your family and friends know about your welfare. If you don't have Internet access, call **1-866-GET-INFO** to register yourself and your family.

Hazardous Materials

Major Chemical Emergencies

A major chemical emergency is an accident which releases a hazardous amount of a chemical into the environment. Accidents can happen underground, on railroad tracks or highways and at manufacturing plants. These accidents sometimes result in a fire or explosion, but many times you cannot see or smell anything unusual.

How You May Be Notified Of A Major Chemical Emergency

1. In the event of a major chemical emergency, you will be notified by the authorities. To get your attention, a siren could sound, you may be called by telephone, or emergency personnel may drive by and give instructions over a loud speaker. Officials could even come to your door.
2. Listen carefully to radio or television emergency alert stations (EAS), and strictly follow instructions. Your life could depend on it.

You Will Be Told:

- The type of health hazard
- The area affected
- How to protect yourself
- Evacuation routes (if necessary)
- Shelter locations
- Type and location of medical facilities
- And the phone numbers to call if you need extra help.

Do not call the telephone company, and do not call EMS, 9-1-1, or the operator for information. Dial these numbers only for a possible life threatening emergency.

What To Do During a Hazardous Materials Incident

Listen to local radio or television stations for detailed information and instructions. Follow the instructions carefully. You should stay away from the area to minimize the risk of contamination. Remember that some toxic chemicals are odorless.

If You Are:	Then:
Asked to Evacuate	Do so immediately. Stay tuned to a radio or television for information on evacuation routes, temporary shelters, and procedures. Follow the routes recommended by the authorities--shortcuts may not be safe. Leave at once. If you have time, minimize contamination in the house by closing all windows, shutting all vents, and turning off attic fans. Take pre-assembled disaster supplies. Remember to help your neighbors who may require special assistance--infants, elderly people and people with disabilities.
Caught Outside	Stay upstream, uphill, and upwind! In general, try to go at least one-half mile (usually 8-10 city blocks) from the danger area. Move away from the accident scene and help keep others away. Do not walk into or touch any spilled liquids, airborne mists, or condensed solid chemical deposits. Try not to inhale gases, fumes and smoke. If possible, cover mouth with a cloth while leaving the area. Stay away from accident victims until the hazardous material has been identified.
In a Motor Vehicle	Stop and seek shelter in a permanent building. If you must remain in your car, keep car windows and vents closed and shut off the air conditioner and heater.
Requested to stay indoors	Bring pets inside. Close and lock all exterior doors and windows. Close vents, fireplace dampers, and as many interior doors as possible. Turn off air conditioners and ventilation systems. In large buildings, set ventilation systems to 100 percent recirculation so that no outside air is drawn into the building. If this is not possible, ventilation systems should be turned off. Go into the pre-selected shelter room. This room should be above ground and have the fewest openings to the outside. Seal gaps under doorways and windows with wet towels or plastic sheeting and duct tape. Seal gaps around window and air conditioning units, bathroom and kitchen exhaust fans, and stove and dryer vents with duct tape and plastic sheeting, wax paper or aluminum wrap. Use material to fill cracks and holes in the room, such as those around pipes. If gas or vapors could have entered the building, take shallow breaths through a cloth or a towel. Avoid eating or drinking any food or water that may be contaminated.

What To Do After a Hazardous Materials Incident

The following are guidelines for the period following a hazardous materials incident:

1. Return home only when authorities say it is safe. Open windows and vents and turn on fans to provide ventilation.
2. Act quickly if you have come in to contact with or have been exposed to hazardous chemicals. Do the following:
 - a. Follow decontamination instructions from local authorities. You may be advised to take a thorough shower, or you may be advised to stay away from water and follow another procedure.
 - b. Seek medical treatment for unusual symptoms as soon as possible.
 - c. Place exposed clothing and shoes in tightly sealed containers. Do not allow them to contact other materials. Call local authorities to find out about proper disposal.
 - d. Advise everyone who comes in to contact with you that you may have been exposed to a toxic substance.
3. Find out from local authorities how to clean up your land and property.
4. Report any lingering vapors or other hazards to your local emergency services office.

Bird Flu (Avian Influenza - H5N1)



H5N1 is a virus that is killing large numbers of birds and a few people in other parts of the world.

- H5N1 has been found in Europe, Africa, and Asia.

Bird flu is mainly a disease in birds.

- Bird flu has been found in wild birds.
- Bird flu has been found in domestic birds such as chickens and ducks.
- The birds can look normal and still be infected.

Bird flu is hard for people to catch.

- Very few people have ever caught bird flu.
- Most people who get bird flu have close contact with infected birds – usually their droppings and blood.
- Bird flu does not spread easily from one person to another.
- You can't get bird flu from eating cooked chicken or turkey.

There is no bird flu in the U.S.

- No people have bird flu.
- No birds have bird flu.

Pandemic Influenza



Pandemic influenza is not bird flu.

- Pandemic influenza is a disease in humans.
 - It would be a new disease.
 - It would spread easily from one person to another.
 - It could be mild, moderate, or very severe.
 - There is no pandemic vaccine (flu shot) at this time.
- If the disease is severe:
 - You may be asked to stay home if you are sick.
 - Schools, churches, and large gatherings (such as sporting events) may be cancelled.
 - Stores may be closed and food and water may be hard to find.
 - Healthcare will be different than it is now.

There is no pandemic influenza anywhere in the world at this time.

Preparing for a Pandemic



Be informed.

- Go to www.pandemicflu.utah.gov.
- Watch the news for regular updates.

Talk to people.

- Tell your family about this disease.
- Talk about ways to prevent disease such as:
 - Cover your coughs and sneezes.
 - Wash your hands often.
 - Stay away from others when you are sick.
- Talk about how you will stay in touch with families and friends.

Have a plan.

- Stock up on supplies for an emergency (see next page)
- Make a list for every member of your family of the following items:
 - Current medical problems.
 - Drugs that you take (how much and how often).
 - Allergies (especially to drugs).

**Whenever you go to the store,
buy one more!**

Your emergency supply kit
should include:

Water for 3 days (1 gal/per
person/per day)

Two-week supply of food

Canned meats/fish/fruits/
vegetables

Peanut butter/crackers

Dried rice/beans/pasta

Baby food

Pet food

Prescription medicines

Pain reliever

Hand sanitizer/soap

Stomach remedies

Feminine hygiene products

Diapers

Batteries



For More Information

Local Resources

Utah Resources

www.pandemicflu.utah.gov

www.wildlife.utah.gov

www.ag.utah.gov

U.S. Resources

www.pandemicflu.gov

www.cdc.gov

www.usda.gov

Pandemic Influenza



Utah Prepares

Flu Checklist

Influenza, also known as the flu, is a contagious respiratory disease caused by different strains of viruses. In the United States, there is a flu season that begins every fall and ends every spring. The type of flu people get during this season is called seasonal flu. Flu viruses spread from person to person when people who are infected cough or sneeze.

Know the Difference

Seasonal Flu—A contagious respiratory illness caused by influenza (flu) viruses occurring every year. It affects an average of 5 percent to 20 percent of the U.S. population by causing mild to severe illness, and in some instances can lead to death. Adults may be able to infect others 1 day before getting symptoms and as long as 5 days after getting sick.

Epidemic—The rapid spread of a disease that affects some or many people in a community or region at the same time.

Pandemic—An outbreak of a disease that affects large numbers of people throughout the world and spreads rapidly.

H1N1 (swine flu)—H1N1, referred to as “swine flu” early on, is a new influenza virus causing illness in people. In the United States, this new virus was first detected in people in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the World Health Organization (WHO) signaled that a pandemic of H1N1 flu was underway.

It is important to stay informed about changes to guidance issued by the Centers for Disease Control and Prevention (CDC). The CDC Web site posts regular updates to public health recommendations regarding a number of public health threats, including H1N1 (swine flu).

H5N1 (avian flu)—Commonly known as bird flu, this strain of influenza virus is naturally occurring in birds. Wild birds can carry the virus and may not get sick from it; however, domestic birds may become infected by the virus and often die from it.

What should I do to avoid getting sick?



Get your flu shot every year for the best chance of protection.

- Always practice good health habits to maintain your body's resistance to infection.
 - Eat a balanced diet.
 - Drink plenty of fluids.
 - Exercise daily.
 - Manage stress.
 - Get enough rest and sleep.
- Take these common sense steps to stop the spread of germs:
 - Wash hands frequently with soap and water or an alcohol-based hand sanitizer.
 - Avoid or minimize contact with people who are sick (a minimum three feet distancing is recommended).
 - Avoid touching your eyes, nose and mouth.
 - Cover your mouth and nose with tissues when you cough and sneeze. If you don't have a tissue, cough or sneeze into the crook of your elbow.
 - Stay away from others as much as possible when you are sick.
- Anyone with a fever or other symptoms of the flu should stay home from work or school until at least 24 hours after the fever has gone (without medications).
- Get a flu shot every year. Vaccination is one of the most effective ways to minimize illness and death. Two shots will be needed for the 2009 flu season - one for seasonal flu and one for H1N1 flu.

Are you considered high risk for flu-related complications?

- The following groups of people are at an increased risk: people age 50 or older, pregnant women, people with chronic medical conditions, children age 6 months and older and people who live with or care for anyone at high risk.
- People at high risk should have their vaccinations updated every year and receive pneumococcal pneumonia vaccine if age 50 or older, as directed by their physician.

Do I have the flu?



The flu usually begins with the rapid-onset of a high fever and body aches. Be aware of other common flu symptoms:

- Headache
- Extreme tiredness
- Sore throat
- Cough
- Runny or stuffy nose
- Vomiting and/or diarrhea (more common in children than in adults)
- *NOTE: Having all of these symptoms doesn't always mean that you have the flu. Many different illnesses have similar symptoms.*

Diagnosing the flu:

- It may be difficult to tell if you are suffering from the flu or another illness.
- Your health care provider may be able to tell you if you have the flu.
- If you develop flu-like symptoms and are concerned about possible complications, consult your health care provider.

Potential risks and serious complications of the flu:

- Bacterial pneumonia
- Dehydration
- Worsening of chronic medical conditions
- Ear infections
- Sinus problems

What should I do when someone is sick?



- Designate one person as the caregiver.
- Keep everyone's personal items separate. All household members should avoid sharing pens, papers, clothes, towels, sheets, blankets, food or eating utensils unless cleaned between uses.
- Disinfect doorknobs, switches, handles, computers, telephones, toys and other surfaces that are commonly touched around the home or workplace.
- Wash everyone's dishes in the dishwasher or by hand using very hot water and soap.
- Wash everyone's clothes in a standard washing machine as you normally would. Use detergent and very hot water and wash your hands after handling dirty laundry.
- Wear disposable gloves when in contact with or cleaning up body fluids.

Terminology defined

Immunity to a disease is defined by the presence of antibodies to that disease in a person's system. Most people have some resistance to infections, either after they recover from an illness or through vaccination. Seasonal flu viruses change over time and immunity to them cannot be acquired unless vaccination is administered.

Quarantine is the physical separation of healthy people who have been exposed to an infectious disease from those who have not been exposed.

Isolation is a state of separation between persons or groups to prevent the spread of disease.

Social distancing is a practice imposed to limit face-to-face interaction in order to prevent exposure and transmission of a disease.

Centers for Disease Control and Prevention
1600 Clifton Rd, Atlanta, GA 30333
800-CDC-INFO - (800-232-4636) - TTY: (888) 232-6348
24 Hours/Every Day
Cover Coughs & Sneezes, Clean Hands



Stop the Spread of Germs



COVER MOUTH AND NOSE



WASH HANDS

Cover Coughs and Sneezes. Clean Hands.
Be a germ stopper at school -- and home. Cover your mouth and nose when you cough or sneeze. Use a tissue and throw it away.

Clean your hands a lot
• After you sneeze or cough
• After using the bathroom
• Before you eat
• Before you touch your eyes, mouth or nose

Washing hands with soap and water is best. Wash long enough to sing the "Happy Birthday" song twice. Or, use gels or wipes with alcohol in them. They should kill germs.
Stop germs. And stop colds and flu.



Stopping Germs at Home, Work and School

How Germs Spread

The main way that illnesses like colds and flu are spread is from person to person in respiratory droplets of coughs and sneezes. This is called "droplet spread."

This can happen when droplets from a cough or sneeze of an infected person move through the air and are deposited on the mouth or nose of people nearby. Sometimes germs also can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches his or her own eyes, mouth or nose before washing their hands. We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks.

How to Stop the Spread of Germs

In a nutshell: take care to

- Cover your mouth and nose
- Clean your hands often
- Remind your children to practice healthy habits, too

Cover your Mouth and Nose when Coughing or Sneezing

Cough or sneeze into a tissue and then throw it away. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

The "Happy Birthday" Song Helps Keeps your Hands Clean?

Not exactly. Yet we recommend that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. That's about the same time it takes to sing the "Happy Birthday" song twice!

Alcohol-Based Hand Wipes and Gel Sanitizers Work Too

When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.*

Germs and Children

Remind children to practice healthy habits too, because germs spread, especially at school. The flu has caused high rates of absenteeism among students and staff in our country's 119,000 schools. Influenza is not the only respiratory infection of concern in schools -- nearly 22 million school days are lost each year to the common cold alone. However, when children practice healthy habits, they miss fewer days of school.

Stop the Spread of Germs in Schools

- Approximately 1/5 of the U.S. population attends or works in schools. (U.S. Dept of Ed, 1999).
- Some viruses and bacteria can live from 20 minutes up to 2 hours or more on surfaces like cafeteria tables, doorknobs, and desks.
- Nearly 22 million school days are lost annually due to the common cold alone.
- Addressing the spread of germs in schools is essential to the health of our youth, our schools, and our nation.
- Students need to get plenty of sleep and physical activity, drink water, and eat good food to help them stay healthy in the winter and all year

For more information, visit: http://www.cdc.gov/germstopper/home_work_school.htm or www.cdc.gov/flu or www.flu.gov

Be Red Cross Ready

Taking Care of Your Emotional Health after a Disaster

Each positive action you take can help you feel better and more in control.

Disasters can bring about significant stress.

- This is especially true if you have experienced a previous disaster.
- The good news is that many people have experience coping with stressful life events and are naturally resilient—meaning we are designed to bounce back from difficult times.
- Here is some information on how to recognize your current feelings and tips for taking care of the emotional health of you, your family and your friends.

What you may be feeling now



When we experience a disaster or other stressful life event, we can have a variety of reactions, all of which can be common responses to difficult situations.

These reactions can include:

- Feeling physically and mentally drained.
- Having difficulty making decisions or staying focused on topics.
- Becoming easily frustrated on a frequent basis.
- Frustration occurring more quickly and more often.
- Arguing more with family and friends.
- Feeling tired, sad, numb, lonely or worried.
- Experiencing changes in appetite or sleep patterns.

Most of these reactions are temporary and will go away over time. Try to accept whatever reactions you may have. Look for ways to take one step at a time and focus on taking care of your disaster-related needs and those of your family.

Taking action



Getting ourselves and our lives back in a routine that is comfortable for us takes time.

- Take care of your safety.** Find a safe place to stay and make sure your physical health needs and those of your family are addressed. Seek medical attention, if necessary.
- Eat healthy.** During times of stress, it is important that you maintain a balanced diet and drink plenty of water.
- Get some rest.** With so much to do, it may be difficult to have enough time to rest or get adequate sleep. Giving your body and mind a break can boost your ability to cope with the stress you may be experiencing.
- Stay connected with family and friends.** Giving and getting support is one of the most important things you can do.
- Be patient with yourself and with those around you.** Recognize that everyone is stressed and may need some time to put their feelings and thoughts in order.
- Set priorities.** Tackle tasks in small steps.
- Gather information** about assistance and resources that will help you and your family members meet your disaster-related needs.
- Stay positive.** Remind yourself of how you've successfully gotten through difficult times in the past. Reach out when you need support, and help others when they need it.

If you still don't feel better ...



Many people have experience coping with stressful life events and typically feel better after a few days. Others find that their stress does not go away as quickly as they would like and it influences their relationships with their family, friends and others.

If you find yourself or a loved one experiencing some of the feelings and reactions listed below for 2 weeks or longer, this may be a sign that you need to reach out for additional assistance.

- Crying spells or bursts of anger
- Difficulty eating
- Difficulty sleeping
- Losing interest in things
- Increased physical symptoms such as headaches or stomachaches
- Fatigue
- Feeling guilty, helpless or hopeless
- Avoiding family and friends

For additional resources, contact your local Red Cross Disaster Mental Health or community mental health professional.

Please seek immediate help if you or someone you know is feeling that life isn't worth living or if you are having thoughts of harming yourself or others. You can also contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or SuicidePreventionLifeline.org.

Let Your Family Know You're Safe

If your community experiences a disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org to let your family and friends know about your welfare. If you don't have Internet access, call 1-866-GET-INFO to register yourself and your family.



For more information on disaster and emergency preparedness, visit RedCross.org.

Coping with Stress After a Traumatic Event

Tip Sheet

A traumatic event turns your world upside down.

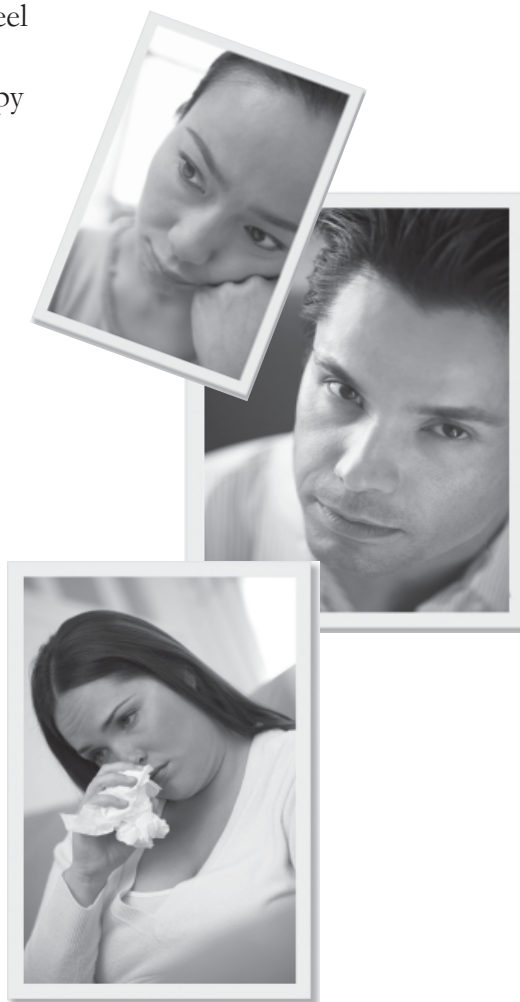
After surviving a disaster or act of violence, people may feel dazed or even numb. They may also feel sad, helpless, or anxious. In spite of the tragedy, some people just feel happy to be alive.

It is not unusual to have bad memories or dreams. You may avoid places or people that remind you of the disaster. You might have trouble sleeping, eating, or paying attention. Many people have short tempers and get angry easily.

These are all normal reactions to stress.

It will take time before you start to feel better.

You may have strong feelings right away. Or you may not notice a change until much later, after the crisis is over. Stress can change how you act with your friends and family. It will take time for you to feel better and for your life to return to normal. Give yourself time to heal.



Give yourself time to heal.



www.cdc.gov



Coping with Stress After a Traumatic Event

These steps may help you feel better.

A traumatic event disrupts your life. There is no simple fix to make things better right away. But there are actions that can help you, your family, and your community heal. Try to

- Follow a normal routine as much as possible.
- Eat healthy meals. Be careful not to skip meals or to overeat.
- Exercise and stay active.
- Help other people in your community as a volunteer. Stay busy.
- Accept help from family, friends, co-workers, or clergy. Talk about your feelings with them.
- Limit your time around the sights and sounds of what happened. Don't dwell on TV, radio, or newspaper reports on the tragedy.



Sometimes the stress can be too much to handle alone.

Ask for help if you:

- Are not able to take care of yourself or your children.
- Are not able to do your job.
- Use alcohol or drugs to get away from your problems.
- Feel sad or depressed for more than two weeks.
- Think about suicide.

If you or someone you know is having trouble dealing with the tragedy, ask for help. Talk to a counselor, your doctor, or community organization, such as the National Suicide Prevention Lifeline (1-800-273-TALK).

For more information, please contact:

Centers for Disease Control and Prevention
National Center for Injury Prevention and Control
Division of Violence Prevention

1-800-CDC-INFO • www.cdc.gov • cdcinfo@cdc.gov

Helping Parents Cope with Disaster

Tip Sheet

Anyone who is a parent knows how hard it can be to raise a child. Add a stressful situation, like a natural disaster or other emergencies, and a difficult job gets even harder. When disasters happen, it is important to remember the health and well-being of yourself and your children. If you are prepared for potential disasters, you can be more confident in your ability to keep your family safe, and your children are likely to handle the disaster better as well.

It is difficult to predict how children will react when disasters occur. Some children may not seem to be upset while others may have an emotional reaction or a change in behavior. Changes in emotions and behaviors can occur immediately or after a short delay.

Potential Reactions to Disasters:

Common Emotions:

- Shock and surprise
- Anxiety and tension
- Confusion
- Fear or worry
- Grief
- Anger
- Guilt and shame
- Helplessness
- Isolation
- Despair and sadness
- Numbness
- Fear of being alone

Behavioral Changes:

- Crying
- Eating patterns
- Sleeping patterns
- Anger or short temper
- Fatigue
- Hyperactivity
- Restlessness
- Difficulty concentrating



When talking to your child, be sure to present a realistic picture that is both honest and manageable. Be aware that after a disaster, children may fear that:

- They will be separated from family, and they will be left alone.
- The event will happen again.
- Someone will be injured or killed.



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Helping Parents Cope with Disaster

How Can I Help My Children Cope?

Regardless of your child's age, remember to:

- Model coping through calm reactions, even though you may be stressed. If you feel unable to control your emotions, seek out help and support from family or professionals.
- Keep routines as consistent as possible.
- Answer questions openly and honestly and at a level they can understand.
- Allow your children to talk about the event from their point-of-view. Let them know you will listen to their concerns and questions. Help them label and cope with their feelings. Let them know it is okay if they feel angry or sad.
- Reassure your children that you love and will care for them.
- Provide a peaceful household (and school experience).

Ages birth to 5:

- Children should have limited exposure to media and adult conversations about crisis and disaster.
- They should spend ample time with loving, reassuring adults.
- Parents should provide plenty of physical contact (for example, hugs and cuddles).
- Offer reassurance, especially at bedtime.
- Provide opportunities to be physically active.

Ages 6 to 12:

- Spend ample time with loving, reassuring adults.
- Provide verbal and physical reassurance that you are with them and will care for them.
- Limit repeated exposure to adult discussions and the news media. Watch with them and talk with them about what they are seeing and hearing, how they feel about it, and what it means for them and the family.
- Provide opportunities to talk and play, be creative and physically active.
- Provide reassurance, especially at bedtime.

Ages 13 to 18:

- Let them know your whereabouts and make sure you know where they will be.
- Provide time to talk and interact with peers.
- Allow opportunities to contribute in the family or assist others in responding to the crisis or community needs if they are interested.
- Give encouragement and support in taking care of themselves: eating well, sleeping sufficiently, exercising regularly.
- If you are staying in a shelter or in other unfamiliar surroundings, talk to your teen about staying safe.
- Talk with your teen about their feelings and discuss ways to help them cope.

For more information, please contact:

Centers for Disease Control and Prevention
National Center for Injury Prevention and Control
Division of Violence Prevention

1-800-CDC-INFO • www.cdc.gov • cdcinfo@cdc.gov