IT'S A DISASTER!

...and what are YOU gonna do about it?

5th Edition

A Disaster Preparedness, Prevention & Basic First Aid Manual provided by:

The Wasatch County Health Department

Wasatch County Health Department

medical reserve corps

www.wasatchcountyhd.org

Wasatch County Emergency Response Partners

Wasatch County Emergency Response Partners provide emergency assistance to the public by coordinating, mobilizing and deploying emergency services, personnel and resources to save lives and protect property. Wasatch County Emergency Response Partners have primary responsibility for ensuring that Wasatch citizens are safe from all types of hazards, by preparing for and responding to, emergencies through education, training and community-based programs. Other departmental services include updating emergency plans and strategies; managing special events; and educating and informing the public of impending emergencies or disasters.

Emergency Alert System

Notification for an evacuation will begin with an Emergency Alert System (EAS) message. The announcement will be repeated on all radio and television stations (local station KTMP 1340 AM or KSL 1160 AM). If time permits, fire and police personnel will travel streets giving instruction. If a notification to evacuate comes, *DO NOT DELAY*. Do not try to take unnecessary items. Remember, materials items can be replaced. **YOUR LIFE CANNOT**.

Important Wasatch County Telephone Numbers

Emergencies	**911**
Wasatch County Dispatch / Sheriff	(435) 654-1411
Heber City Police	(435) 654-3040
Poison Control	(800) 456-7707
Fire Marshal	(435) 654-3211
Animal Control Shelter	(435) 654-5727
Emergency Management Department	(435) 654-1661
Wasatch County Health Department	(435) 654-2700
Wasatch County Public Works	(435) 654-1661
Division of Wildlife Resources (DWR)	(801) 489-5678

Utilities	
Water/Sewage Company	_____
Allwest Communications	(888) 292-6381
Blue Stakes (Call before you dig)	(800) 662-4111
Heber City Water and Sewer	(435) 654-0757
Heber Light and Power	(435) 654-1581
Midway City Water and Sewer	(435) 654-3223
Questar Gas (24-hr emergency 800-541-2824)	(435) 654-3600
Qwest	(800) 244-1111
Rocky Mountain Power	(888) 221-7070
Wasatch County Solid Waste (garbage)	(435) 654-1661

Other Numbers	
Charleston Town	(435) 654-7177
Heber City	(435) 654-0757
Midway City	(435) 654-3223
Wallsburg Town	(435) 657-2173
Wasatch County Administration	(435) 654-3211
Utah Road Conditions	(800) 492-2400
Family Doctor	_____
Family Emergency Contact	_____
_____	_____
_____	_____

County Emergency Shelters

During a major event or emergency situation, always tune in to your local news or radio for instructions on evacuation routes and shelter locations. The primary radio stations for news and traffic are **KTMP 1340 AM** or **KSL 1160.**

Schools

Wasatch High
930 South 500 East, Heber

Wasatch Junior High
200 East 800 South, Heber

Rocky Mountain Middle
800 West School House Way, Heber

Heber Valley Elementary
730 South 600 West, Heber

J.R. Smith Elementary
235 East 500 North, Heber

Midway Elementary
225 South 100 East, Midway

Old Mill Elementary
1600 East 980 South, Heber

LDS Stake Centers

150 North 200 West, Heber
165 North Center, Midway
2395 South Mill Road, Heber
550 East 500 North, Heber

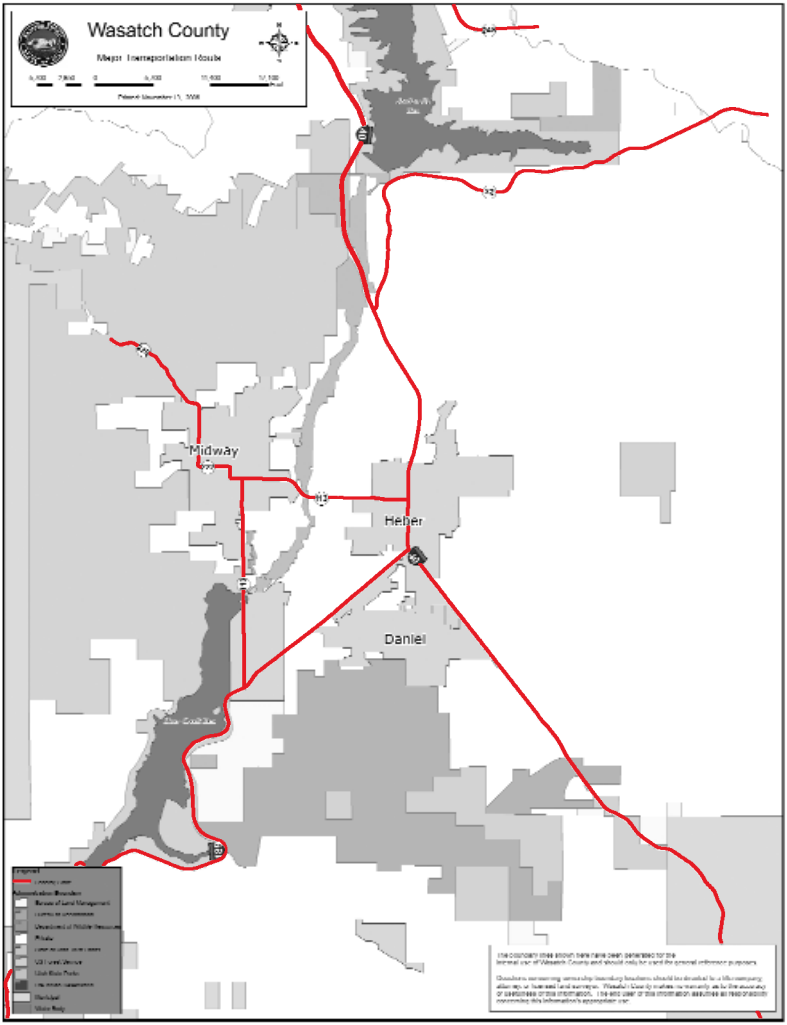
LDS Ward Houses

3423 South 3500 West, Charleston
325 East 500 North, Heber
176 West 500 South, Heber
200 South 250 East, Midway
494 W. Main Canyon Rd, Wallsburg
2395 So. & 1200 E. Mill Road, Heber
150 No. 200 W, Heber
715 East 600 South, Heber
240 East 400 South, Heber
1365 East Center, Heber
165 North Center, Midway
1205 West 650 South, Heber
650 Southfield Rd, Heber
550 E. 500 No., Heber

Other Religious Buildings

Independent Baptist Church — 1811 South Hwy 40, Heber
Heber Valley Baptist Church — 1400 North Hwy 40, Heber
St. Lawrence Catholic Church — 5 South 100 West, Heber
Jehovah's Witnesses — 3030 No. Hwy 40, Heber

Evacuation Routes

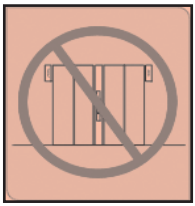


Emergency Procedures

If there is an explosion

1. Take shelter under your desk or a sturdy table.

2. Exit building as quickly as possible.



3. Do not use elevators.

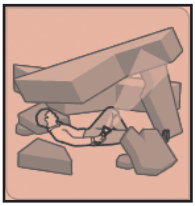
If there is a fire

1. Exit building as quickly as possible.

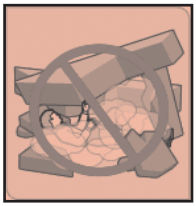
2. Crawl low in smoke.

3. Use a wet cloth to cover your nose and mouth.

If you are trapped in debris



1. If possible, use a flashlight to signal your location.



2. Avoid unnecessary movement so that you don't kick up dust. Cover nose and mouth with fabric to filter air.

3. Tap on a pipe or wall so rescuers can hear where you are. Shout as a last resort to reduce breathing in dust.

Learn more at www.ready.gov

Wasatch County Medical Reserve Corps

The Medical Reserve Corps Program

The Medical Reserve Corps, or MRC, was founded after President Bush's 2002 State of the Union Address, in which he asked all Americans to volunteer in support of their country. The purpose of the Medical Reserve Corps is to assist the local community during a public health and/or medical emergency by providing a rapid, coordinated, and specific response using locally recruited medical, mental health, public health, and health support volunteers appropriately trained in the latest emergency response methods. The role of a local MRC is not to replace existing emergency response systems, but rather, to supplement these systems during emergency situations which affect public health and emergency medical responses.

The MRC is a specialized component of Citizen Corps, a national network of volunteers dedicated to ensuring hometown security. Wasatch County's Citizen Corps organization also includes the Community Emergency Response Team (CERT) program.

The Medical Reserve Corps In Wasatch County

The Wasatch County Medical Reserve Corps (WCMRC) was officially registered with the Office of the U.S. Surgeon General in November 2006. It is a volunteer-based organization that relies on its volunteers to provide the needed infrastructure and personnel required to respond to an emergency. Medical and non-medical volunteers are needed to fill key emergency response roles such as: administration of prophylaxis medications, emergency triage, and ongoing administrative and planning roles which ensure that the WCMRC will always be prepared to respond in an emergency situation.

While the services performed by different MRC groups around the nation may vary, WCMRC and many other groups across the nation have agreed to support two critical Public Health and Homeland Security issues: 1) ensuring medical surge capacity, meaning the ability to meet the need for an abundance of medical workers during disasters, and 2) supporting the deployment and dispensing of medications received from the Strategic National Stockpile (SNS) through Point-of-Dispensing clinics (PODs). Volunteers are a critical element in staffing these clinics during a disaster.

WCMRC Mission Statement

Our goal is to organize and retain a volunteer force of medical and non-medical personnel for the purpose of community preparedness in the event of a medical disaster or public health threat.

Invitation

Wasatch County is in need of volunteers with a variety of backgrounds and experience to assist with the goals and objectives of WCMRC. We encourage volunteers with medical and non-medical backgrounds to submit applications to join our team.

If you or someone you know may be interested in becoming a member of WCMRC, please visit the Wasatch County Health Department at 55 South 500 East in Heber or call us at (435) 657-3302.

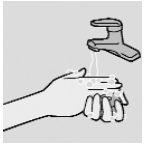
Or look us up on the Internet at: **http://www.wasatchcountyhd.org** *(Click on Programs then Emergency Preparedness drop-down menu has Medical Reserve Corps links)*

Or visit the Wasatch County Medical Reserve Corps page directly at:

http://www.wasatchcountyhd.org/Programs/EmergencyPreparedness/MedicalReserveCorps.aspx

Cover your coughs and sneezes with a tissue and discard after use.

Then wash your hands with soap & water. Use alcohol based sanitizer as a back up.



Stay home when you are sick. Avoid close contact with others who are sick.

Wasatch County Health Department

NOAA Weather Radio

NOAA Weather Radio broadcasts National Weather Service (NWS) warnings, watches, forecasts, and other non-weather related hazard information 24 hours a day. During an emergency, NWS sends a special tone that activates weather radios in the listening area. Weather radios equipped with a special alarm tone feature can sound an alert and give you immediate information about a life-threatening situation.

NOAA Weather Radios are found in many electronics stores and cost about $25-$100. Some features to consider are alarm tone, battery backup, and "Specific Area Message Encoding" (SAME) programming.

NOAA Weather Radio (NWR) broadcasts warnings and post-event information for all types of hazards - **weather** *(blizzards, thunderstorms, etc.)*, **natural** *(floods, hurricanes, tornadoes and earthquakes)*, **technological** *(chemical or oil spills, nuclear power plant emergencies, etc.)*, and **national emergencies**. NOAA collaborates with other Federal agencies and the FCC's Emergency Alert System (EAS) to issue non-weather related emergency messages.

Weather Radio also cooperates in providing notices under the Department of Homeland Security Threat Advisory System and used for issuance of "AmberAlerts".

Programming Your NOAA Weather Radio

If you purchase a Weather Radio receiver with "Specific Area Message Encoding", you should program it with coding for your area. By doing so, you can limit the alerts which will trigger your weather radio to only those affecting your warning area. Follow the manufacturer's directions to program your receiver using the six-digit SAME code(s) for the warning areas of interest to you.

The SAME code for **Wasatch County** is listed below:

ST	County/City	SAME #	NWR TRANSMITTER	FREQ.	CALL	WATTS
UT	Wasatch	049051	Tabiona	162.550	KJY79	300

To learn more about **NOAA Weather Radios** visit **www.weather.gov/nwr**
(Click on "SAME Coding" to find state, county, territory & marine codes)

FedHealth™

We wanted let you know about this customizable "**tool**" and share some fundraising ideas that may benefit you and your community. *(Please note: This PDF is only a portion of the actual 268-page book. Most of the bookmarks and links won't work but we left them in to demonstrate layout and contents.)*

Many agencies, businesses and organizations across the U.S. and Canada use copies of "IT'S A DISASTER!" as customized giveaways to employees, volunteers, customers and local communities. Others utilize our fundraising programs associated with books to help fund and support their efforts.

Fedhealth discounts our paperback up to **75% off list,** and we customize books (and CDs and eBooks) at NO additional cost!

Some creative uses include...

* **Adding agency's / group's logos, contact data and messages to employees, members, customers and communities!**

* **Inserting any group's existing safety information or plans for giveaways at meetings, classes or events!**

* **Getting Sponsorship from or offering Ad space on/in books and let local volunteers keep 100% of the $$$ ...!**

We also have some creative programs to help nonprofits, schools and First Responders **raise funds** while educating local communities.

To learn more or to order individual or bulk copies, please visit **www.itsadisaster.net** or contact me direct.

As always ... we're completely open to any idea that gets this data into the publics' hands and benefits our country.

Stay safe,

Bill Liebsch
President & CEO
Fedhealth
Toll-free: 1-888-999-4325
bill@itsadisaster.net

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...and what are YOU gonna do about it?

5th Edition

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by Bill & Janet Liebsch

www.itsadisaster.net or call 1-888-999-4325

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www.itsadisaster.net

About the Authors

Bill and Janet Liebsch are the founders of Fedhealth, a publishing and marketing company formed to help the public focus on preparedness and health-related issues. They are dedicated to developing and marketing programs that primarily benefit First Responders, schools, and volunteers. Fedhealth books and eBooks are continually updated on preparedness and safety-related topics.

Disclaimer

The authors of this Manual are not licensed physicians, and the enclosed suggestions should not replace the advice of trained medical staff and officials. This information is not intended as a substitute for a first aid course, but reviews basic first aid measures that could be used when professional medical assistance is delayed or temporarily unavailable due to a major disaster or crisis. All data compiled here is for informational purposes only and neither the authors nor Fedhealth can accept responsibility for any injury, loss or damage arising from the use of this information. During a time of crisis, citizens should heed the advice of local officials over the data contained in this book.

Introduction

If you have never been involved in any type of major disaster, count yourself among the lucky ones and realize that disasters can happen anywhere and anytime.

The confusion immediately following a disaster is scary - especially if you have not prepared yourself in advance and discussed these ideas with your family members.

Hopefully every time you see or hear about a disaster it makes you stop and think… "What if that was me or my family?" But what have YOU done to get yourself and your family ready? The best thing you can do to deal with any type of disaster is…

BE AWARE… **BE PREPARED**… and… **HAVE A PLAN**!

If you do these 3 things, the life you save could be your own… because what you don't know CAN hurt you!

The more the public is prepared for a disaster, the less strain we place on our local emergency services. Any major disaster will temporarily swamp First Responders, therefore, both the Red Cross and the Federal Emergency Management Agency recommend persons to try to be self-sufficient for at least 72 hours following a disaster. And if you are prepared for a longer period (like 4 days to 2 weeks or more)… that's even better!

A majority of this information was compiled from various publications provided by the U.S. Department of Homeland Security, FEMA, the Red Cross, Public Safety Canada, the CDC and the Public Health Agency of Canada to help assist you in preparing for various types of disasters and basic first aid. It also offers suggestions on personal checklists and important telephone numbers for your family members and emergency groups that can be written in the spaces provided or attached inside this manual. Most importantly, there are many web sites throughout the book to help you find more information.

We realize you may not experience every type of disaster in your part of the world, but if you ever travel you could potentially be placed in a disaster situation so please educate yourself and your family.

Please stop your hectic lives for just a few hours and sit down with your entire family (from children to seniors) to read this Manual and discuss how each of you would handle these types of situations.

It will be quality time with your loved ones and could save your lives!

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Section 1

Family Emergency Plan, Kits & Shelter

Family Emergency Plan Checklist

The next time disaster strikes, you may not have much time to act and local first responders may not be able to reach you right away. PREPARE NOW for a sudden emergency and discuss these ideas with your entire family to create a **Family Emergency Plan**.

Even though this checklist looks long and scary, it is easy to do and can help you make a plan. We suggest you and your family review this list, then read through the Manual since there are many tips mentioned in various topics and Sections that could help develop your plan.

PLEASE make some time in your busy lives to prepare for a disaster… a few minutes now could possibly save a life when a disaster hits. Remember **- be aware… be prepared… and have a plan**!

Learn About Risks & Existing Plans:

(See Section 4 for phone numbers of State & Provincial Emergency Management offices and Red Cross - or check city/county white pages)

[ ] Find out which disasters could occur in your area and ask officials how to prepare for each disaster… but read this Manual first.

[ ] Ask how you will be warned of an emergency.

[ ] Learn your community's evacuation routes and map them out using a free online service like Google Maps or Mapquest.

[ ] Ask about special assistance for elderly or disabled persons.

[ ] Ask your workplace about emergency plans and learn about plans at your children's school(s) or day care center(s).

Tips on Making Your Family Plan:

*(Review all and complete **Family Emergency Plan** on pages 12-13)*:

[ ] Meet with household members to talk about the dangers of fire, severe weather, earthquakes and other emergencies. Explain how to respond to each using the tips in this Manual.

[ ] Find safe spots in your home for each type of disaster that affects your community. *(see Section 2 for explanations of each disaster)*

[ ] Talk about what to do when there are power outages and injuries.

[ ] Take a basic first aid and CPR class (or join a CERT - see page 224).

[ ] Draw a floor plan of your home showing doors, windows and stairways. Mark locations of first aid and disaster kits, fire extinguishers, smoke detectors, ladders, and utility shut-off points. Next, use a colored pen to draw a broken line charting at least 2 escape routes from each room. And practice drills!

[ ] Show family members how to turn off water, gas and electricity at the main switches when necessary.

[ ] Post emergency telephone numbers near telephones and teach children how and when to call 9-1-1. *(see Section 3)*

[ ] Make sure household members understand they should turn on the radio for emergency information.

[ ] Pick one out-of-state and a 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.)

[ ] Pick two emergency meeting places in case you can't go home: 1) A place near your home. 2) A place outside the neighborhood.

[ ] Teach children meeting places and emergency phone numbers in case you get separated during a crisis.

[ ] Put **ICE** before a name and number in cell phone address books so First Responders would know who to call "**I**n **C**ase of **E**mergency".

[ ] Make sure family members know how to send and receive photos and text messages (if you have those capabilities on your cells). Also consider joining a network like Twitter or a local text message alert system to receive emergency broadcast warnings, updates, etc.

[ ] Get some FRS walkie-talkies and teach family how to use them.

[ ] Practice emergency evacuation drills with all household members at least two times each year.

[ ] Consider doing a Living Will and/or a Healthcare Power of Attorney.

[ ] Keep family records in a water- and fire-proof container. Consider keeping another set of records in a safety deposit box offsite.

[ ] Check if you have enough insurance coverage. *(see Section 2 for more information on flood insurance.)*

Tips for Elderly & Disabled Family Members:

[ ] Ask about special aid that may be available in an emergency for elderly and disabled family members. Find out if assistance is available for evacuation and in public shelters. FEMA suggests people with a disability register with local fire department so help can be provided quickly in an emergency (if available in your area).

[ ] Ask your children's teachers and caregivers about emergency plans for schools, day care centers or nursing homes.

[ ] If you currently have a personal care attendant from an agency, check to see if the agency will be providing services at another location if there is an evacuation -- and tell family members.

[ ] Learn what to do and where to go for each type of emergency. For example, basements are not wheelchair-accessible so you should have alternate safe places for different types of disasters for disabled or elderly persons.

[ ] Learn what to do in case of power outages and injuries. Know how to start a back-up power supply for essential medical equipment!

[ ] If someone in the home uses a wheelchair, make sure 2 exits are wheelchair-accessible in case one exit is blocked.

[ ] Consider getting a medical alert system that will allow you to call for help if you have trouble getting around.

[ ] Both elderly and disabled persons should wear a medical alert bracelet or necklace at all times if they have special needs.

[ ] Talk to your doctor to ask if you can keep a 60-90 day supply of medications and special medical parts and supplies on-hand in case of emergency.

[ ] Consider setting up a "Buddy" system with a roommate, trusted friend or neighbor. Give buddy a copy of your **Family Emergency Plan** and an extra house key or tell them where one is available.

[ ] Consider putting a few personal items in a lightweight draw string bag (e.g. a whistle, some medications, a small flashlight, extra hearing aid batteries, etc.) and tie it to your wheelchair or walker for emergencies. Make sure to rotate items so current and working.

[ ] Visit the **National Organization on Disability** web site to learn more about Emergency Preparedness issues at www.nod.org .

Tips for Pets or Livestock / Large Animals:

Tips for Pets

[ ] If you have to evacuate your home, DO NOT leave pets behind! Make sure you take a secure pet carrier, leash or harness with you.

[ ] Emergency shelters may not accept pets (unless it is a service animal). Find out which motels and hotels in your area allow pets in advance of needing them. Ask your veterinarian or animal shelter if they board animals during a disaster or emergency.

[ ] Make sure identification tags are current and securely fastened to pet's collar or get a microchip implanted in your pet. Keep a current photo in your wallet or cell phone for identification purposes.

[ ] Make sure a roommate, trusted neighbor or friend has an extra house key to evacuate your pets in the event you are unavailable.

Tips for Livestock / Large Animals

[ ] Evacuate livestock whenever possible. Make arrangements for evacuation, including routes and host sites, in advance. At least two alternate evacuation routes should be mapped out as a backup.

[ ] The evacuation site should have food, water, veterinary care, handlers, equipment and proper facilities.

[ ] Trucks, trailers, and vehicles for transporting animals should be available with experienced handlers and drivers to transport them.

[ ] If evacuation is not possible, a decision must be made whether to move large animals to available shelter or turn them outside. This decision should be based on the type of disaster and the soundness and location of the shelter or structure.

[ ] If you board animals, ask if facility has an evacuation plan in place.

Next, we suggest you sit with your family and write down your **Family Emergency Plan** using the next 2 pages as a guide. Then review how to put together a **Disaster Supplies Kit** since you may not have much time if you are told to evacuate quickly.

Again, we suggest you and family members read this manual together - especially your kids - since there are many tips here that could help you make a plan and learn what to do if the unexpected happens. You may just want to review the book first and then come back to this Section later.

Family Emergency Plan

Emergency Contact Numbers

(Post a copy of this information near each phone for easy access!)

Emergency Numbers

In a life-threatening emergency, **call 9-1-1** or local emergency number:

Police Department: _____
Fire Department: _____
Ambulance: _____
Hospital: _____
Poison Control: 1-800-222-1222 (U.S. only) _____

Out-of-State Contact

Name _____
Address _____
Telephone (Day) _____ (Evening) _____

Local Contact

Name _____
Telephone (Day) _____ (Evening) _____

Family & Friends Work / Cell Numbers

Name: _____ Phone#: _____
Name: _____ Phone#: _____
Name: _____ Phone#: _____

Neighbors

Name: _____ Phone#: _____
Name: _____ Phone#: _____
Name: _____ Phone#: _____

School Information (if you have children)

Child / School Name: _____ / _____ Ph#: _____
Child / School Name: _____ / _____ Ph#: _____

Family Doctors

Name: _____ Phone#: _____

Name: _____ Phone#: _____

Other

Veterinarian: _____

Animal Shelter or Humane Society: _____

Electric company: _____

Gas company: _____

Water company: _____

EMERGENCY MEETING PLACES (OR AREAS)

In case you get separated during an emergency or disaster, decide on two Meeting Places or Areas where you can join each other. Include children in this decision so they understand why they should meet here.

1. Right outside your home _____

   _____

   (Example: meet by the curb or by the mailbox in front of home or apartment building)

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

   _____

   (maybe choose the home of a relative or family friend)

   Address _____

   Telephone # _____

   Directions to this place _____

   _____

Note: If these meeting places cannot be reached, text or send pictures of a new location or a landmark you are near so others can find you.

Disaster Supplies Kit

Disasters happen anytime and anywhere -- and, when disaster strikes, you may not have much time to respond. And sometimes services may be cut off or first responders can't reach people right away. Would you and your family be prepared to cope until help arrives?

Both FEMA and the Red Cross recommend keeping enough supplies in your home to meet your family's needs for at *least* three days (we suggest 4 days to 2 weeks or more in home.) Once disaster threatens or hits, you may not have time to shop or search for supplies ... but, if you've gathered supplies in advance in your **Disaster Supplies Kit**, your family could handle an evacuation or shelter living easier. And since everything is all together in one place… all you gotta do is **GRAB & GO**!

Put items you'd most likely need (water, food, first aid, emergency items, etc.) in a container that is easy-to-carry and that will fit in your vehicle. For example, a large trash can or storage container with a lid that snaps shut tightly (some even come with wheels), or a waterproof backpack or large duffel bag (waterproof, if possible) would be useful.

We're also including suggestions for a CAR KIT and a CLASSROOM / LOCKER / OFFICE KIT since these are usually the most common places you would be if and when a disaster strikes.

There are seven basic categories of supplies you should stock in your home kit: **water**, **food**, **first aid supplies**, **tools and emergency supplies**, **sanitation, clothing and bedding**, and **special items**.

Take advantage of sales and stock up as you can -- also put dates on food cans or labels to show when they were purchased. Supplies should ALL be checked every 6 months to make sure they are still good and working! We suggest you mark dates on your calendar and have the entire family help check all the items together. It'll be good quality time with the family and give you all a chance to update any phone numbers or information that has changed.

Water

A normally active person needs to drink at least 2 quarts (2 litres) of water each day and possibly as much as a gallon (4 litres) a day.

[ ] Store one gallon of water per person per day (two quarts/litres for drinking and two quarts/litres for food preparation and sanitation).

[ ] Keep at least a three-day supply of water for each person in home and store extra water for pets. Rotate new bottles every 6 months since they may leak. Consider getting drums or containers for long-term water storage from a reputable dealer ... and treat the water.

[ ] Consider purchasing a certified portable water purification filter.

[ ] Review TIPS ON WATER PURIFICATION at end of Section 2.

Food

Choose foods that require no refrigeration, preparation or cooking and little or no water. If you must heat food, pack a can of sterno or a small propane camping stove. Select foods that are compact and lightweight and rotate food out every 6 months. (Keep items like this handy in pantry too.)

[ ] Ready-to-eat canned meats, fish, fruits, and vegetables (and put in a manual can opener!!) Make sure cans don't have dents in them.

[ ] Canned juices, milk, soups (if powder or cubes, store extra water)

[ ] Staples - sugar, salt, pepper

[ ] High energy foods - peanut butter, jelly, crackers, granola bars, trail mix, nuts, jerky, dried fruits, Emergency Food bars, etc.

[ ] Vitamins & herbs (e.g. a good multiple, Vitamins C & E, garlic pills [boosts immune], L-Tyrosine [an amino acid for stress], etc.)

[ ] Foods for infants, elderly persons or persons on special diets

[ ] Foods for your pet (if necessary)

[ ] Comfort / stress foods - cookies, hard candy, suckers, sweetened cereal, instant coffee, tea bags, powdered drink mixes, etc.

[ ] Some companies offer survival and long-term storage foods that are freeze dried and sold in months, 1-year, and 2-year supplies

First Aid Kits

You should always be prepared and keep a First Aid Kit in your home and in every car and make sure everyone knows where kits are and how to use them. And if you like the outdoors (hiking, biking, etc.) you should carry a small Kit in your fanny pack or backpack as a precaution.

There are many different sizes of First Aid Kits on the market that vary in price. You can also make your own kits using things that may already be in your home. Consider including the following items in a **waterproof** container or bag so you can be prepared for almost any type of emergency.

We realize there are a lot of items suggested here, but the more you prepare … the better off you and your family will be during a disaster situation.

Items to include in First Aid Kit

- Ace bandage(s)
- Adhesive bandages in assorted sizes
- Adhesive tape
- Antibiotic ointment or gel
- Antiseptic towelettes
- Assorted sizes of safety pins & needles
- Box of Baking soda
- Cleansing agent (isopropyl alcohol, hydrogen peroxide and/or soap)
- Cold & Heat packs
- Contact lens solution and Eyewash solution
- Cotton and Cotton swabs
- Copy of *IT'S A DISASTER!* manual
- Dental repair kit (usually near toothpaste section)
- Disposable Face shield for Rescue Breathing
- Disposable gloves
- Face masks (with N95 rated particulate filter and/or Nanomasks)
- Flashlight & batteries - check often to make sure it works & batteries are good (Tip: remove batteries while stored or get hand crank units)
- Gauze pads
- Hand sanitizer (with at least 60% alcohol)
- Hydrogen peroxide
- Lip balm (one with SPF is best)
- Liquid bandage (to seal cuts or scrapes)
- Moleskin (for blisters on feet)
- Petroleum jelly or other lubricant
- Plastic bags
- Roller gauze
- Scissors
- Small bottle of hand lotion
- Snake bite kit with extractor
- Sunscreen (one with SPF 30 or higher and 3 or 4 star UVA protection)
- Thermometer
- Tweezers

Non-prescription drugs to include in First Aid Kit

- Activated charcoal (use if advised by the Poison Control Center)

- Antacid (for upset stomach)
- Anti-diarrhea medication
- Antihistamine and decongestant (for allergic reactions or allergies and sinus problems)
- Aspirin, acetaminophen, ibuprofen and naproxen sodium
- Laxative
- Potassium Iodide *(see NUCLEAR POWER PLANT EMERGENCY)*
- Vitamins & herbs (e.g. a good multiple, Vitamins C & E, garlic pills or zinc [boosts immune sys], L-Tyrosine [amino acid for stress], etc.)

Prescription drugs to include in First Aid Kit

Since it may be hard to get prescriptions filled during a disaster, talk to your physician or pharmacist about storing these types of medications. Keep a 3-month supply of medications and supplies on-hand if at all possible. And make sure to check labels for special instructions and expiration dates.

Tips on some inexpensive First Aid items

Activated charcoal - absorbs poisons and drugs in the stomach and intestines and helps prevent toxins from being absorbed into the bloodstream by coating intestinal walls. (Check with the Poison Control Center before taking since it doesn't work on all toxic substances.) It's found at natural foods stores and pharmacies in powder, liquid, and capsule forms. Capsules can be broken open to use powder for making a paste on insect bites and stings.

Baking soda - aid for heartburn or indigestion; use as substitute for toothpaste; sprinkle in bath water for sore muscles or bites & stings; or make a paste (3 parts baking soda to 1 part water) to use on stings or insect bites, poison ivy, canker sores, sunburn, and rashes (but too strong for infants!)

Hydrogen peroxide - can help clean and disinfect wounds, treat canker sores, gingivitis, and minor earaches. Also can be used for cleaning hands or for brushing teeth. (The reason it foams up on skin or item is because of the oxygen at work - means it's killing germs!)

Meat tenderizer - (check ingredient list on bottle for "papain") make a paste to use on insect bites and stings. Papain is a natural enzyme derived from papaya that can help break down insect venom.

Vinegar - helps relieve jellyfish stings, sunburn, and swimmer's ear.

Tools and Emergency Supplies

The following items may come in handy if you have to evacuate or if stuck at home short or long-term.

[ ] Aluminum foil and resealable plastic bags

[ ] Battery-operated radio and extra batteries (remember to check batteries every 6 months). Also consider radios like the NOAA Weather Radio and Environment Canada's Weatheradio with one-alert feature that automatically alerts you when a Watch or Warning has been issued. Or get a hand crank radio with flashlight.

[ ] Battery-operated travel alarm clock

[ ] Cash or traveler's check and some change

[ ] CD (could be used as a reflector to signal planes if stranded)

[ ] Compass

[ ] Extra copy of *IT'S A DISASTER!* manual

[ ] Flashlight and extra batteries & bulbs (check every 6 months) or get emergency solar, hand crank or shake flashlights and lanterns

[ ] Fire extinguisher: small canister, ABC type

[ ] Generator (learn how to use and store it in advance)

[ ] Manual can opener and a utility knife

[ ] Map of the area (to help locate shelters, alternate routes, etc.)

[ ] Matches, lighters and candles in a waterproof container

[ ] Medicine dropper (e.g. measure bleach to purify water, etc.)

[ ] Needles & thread

[ ] Paper, pencil (store in baggies to keep dry)

[ ] Paper or plastic cups, plates, utensils, a few pots & pans (or Mess Kits)

[ ] Plastic sheeting (for shelter, lean-to, or sealing room during chemical / hazardous material threat - *see HAZARDOUS MATERIALS*)

[ ] Radiation detection devices (like a dosimeter, etc - see page 116)

[ ] Tape (plastic & duct), rope, twine and bungee cords

[ ] Signal flares

[ ] Small hand tools (pliers, screwdrivers, shovel or trowel, etc.)

[ ] Solar (or handcrank) charger for cell phone, PDA, etc.

[ ] Sterno or small camp stove and mini propane bottle

[ ] Walkie-talkies (low cost set of FRS radios and store extra batteries)

[ ] Whistle (can be used to call for help in an emergency)

[ ] Wrench (to turn off household gas and water)

Sanitation

Make sure all these items are in a waterproof containers or plastic bags.

[ ] Disinfectant *(see TIPS ON SANITATION OF HUMAN WASTE)*

[ ] Feminine supplies (tampons, pads, etc.)

[ ] Household chlorine bleach (regular scent)

[ ] Personal hygiene items (toothbrushes, toothpaste or baking soda, brush, comb, deodorant, shaving cream, razors, etc.)

[ ] Plastic garbage bags with twist ties and small plastic grocery bags

[ ] Plastic bucket with tight lid (for human waste use)

[ ] Soap, liquid detergent, hand sanitizer (with at least 60% alcohol), moist towelettes or sanitizing wipes, hydrogen peroxide, etc.

[ ] Toilet paper and baby wipes

[ ] Wash cloths, hand and bath towels

Clothing and Bedding

[ ] At least one complete change of clothing and footwear per person

[ ] Sturdy shoes or work boots and extra socks

[ ] Hats, work and regular gloves, and thermal underwear

[ ] Blankets or sleeping bags (small emergency ones are cheap and about the size of a wallet ... or pack extra garbage bags)

[ ] Rain gear or poncho (or use plastic garbage bags)

[ ] Safety glasses and/or Sunglasses

[ ] Small stuffed animal, toy or book for each child at bedtime

Special Items

[ ] Entertainment - games, books and playing cards

[ ] Important Family Documents (keep in waterproof, portable safe container and update as needed. Keep copies of papers off-site in safety deposit box or with a family member [or scan all to a CD].)
- Extra set of car keys, cash, traveler's checks and credit card
- Will, insurance policies, contracts, deeds, stocks and bonds
- Passports, social security #s/cards, immunization records
- Bank account numbers
- Credit card numbers, card companies + phone numbers
- Inventory of valuable household goods
- Family records (birth, marriage, death certificates, photo IDs)
- Recent pictures of all family members and pets for i.d. needs

[ ] RED and GREEN construction paper or RED and GREEN crayons or markers (can signal rescue workers to stop or move on)

Remember to pack things for family members with special needs:

For Infants

[ ] Bottles, Formula, powdered milk, cereals and juices

[ ] Diapers, baby wipes and diaper rash ointment

[ ] Medications

[ ] Small soft toys

For Elderly and Disabled (Children & Adults)

[ ] Bladder control garments and pads

[ ] Denture needs

[ ] Extra eye glasses or contact lenses and supplies

[ ] Extra hearing aid batteries

[ ] Extra wheelchair batteries, oxygen, catheters or any other special equipment

[ ] A list of style and serial numbers of medical devices such as pacemaker, defibrillator, etc. and copy of Medicare card

[ ] List of prescription medications and dosages or allergies (if any)

[ ] Special medicines for heart, high blood pressure, diabetes, etc.

[ ] Store backup equipment (such as a manual wheelchair, cane or walker) at a neighbor's home or at another location

For Pets

[ ] Cage or carrier, bedding, leash, muzzle, litter & box, trash bags, etc.

[ ] Food, manual can opener, bowls, chew toys or treats, etc.

[ ] Medications and copies of medical / immunization records

Car Kit

Keep most or all of these items in a waterproof pack so everything is together and easy to grab. Make one for each vehicle too!

[ ] Battery (or hand crank) radio, flashlight, extra batteries and bulbs

[ ] Blanket (small emergency ones are cheap and the size of a wallet)

[ ] Bottled water and non-perishable foods (Tip: store food in empty coffee cans to keep it from getting squashed)

[ ] CD (could be used as a reflector to signal planes if stranded)

[ ] Copy of *IT'S A DISASTER!* manual

[ ] Extra clothes (jeans and sweater), sturdy shoes and socks

[ ] First Aid Kit (with disposable gloves and N95 rated face masks)

[ ] Local maps with evacuation routes pre-marked

[ ] Personal hygiene items (hand sanitizer, toilet paper, tissues, tampons, etc)

[ ] Plastic bags that seal

[ ] Shovel (small collapsible ones are available)

[ ] Short rubber hose (for siphoning)

[ ] Small fire extinguisher (5 lb., ABC type)

[ ] Tools - Tire repair kit, booster cables, flares, screw drivers, pliers, knife, wire or rope, etc.

[ ] Work gloves

Classroom / Locker / Office Kit

Keep items in a small pack, drawstring bag or duffel so everything is together and easy to grab!

[ ] Battery-operated radio and extra batteries (or a hand crank radio)

[ ] Copy of *IT'S A DISASTER!* manual

[ ] Emergency blanket (small, cheap, & light - the size of a wallet)

[ ] A few plastic trash bags with twist ties

[ ] Mini flashlight and extra bulbs and batteries (or a hand crank unit)

[ ] Non-perishable foods like crackers, cookies, trail mix, granola bars, etc. (Ask children to help choosing food and make sure they understand this is for Emergencies!)

[ ] Personal hygiene items (packet of tissues, moist towelettes, hand sanitizer, comb, toothbrush, tampons, etc)

[ ] Small First Aid kit (with disposable gloves and N95 face masks)

[ ] Small stuffed animal, book, or toy (for children)

[ ] Sweatshirt or sweater (or a full change of clothes if enough room)

[ ] Walkie-talkies (low cost set of FRS radios and store extra batteries)

[ ] Water … as much as you can fit! Small juice boxes are good too.

[ ] Work gloves to protect your hands (especially from broken glass)

Suggestions & Reminders About Kits

Remember, both the Red Cross and FEMA recommend keeping enough supplies to meet your family's needs for at *least* three days, but consider a longer period like 96 hours or 2 weeks or more.

You may not have time to shop or search for items once a disaster threatens or hits so make your kits now so you're prepared for the unexpected.

Some things to keep in mind include ...

- Store your **Disaster Supplies Kit** in convenient place known to ALL family members. Keep a smaller version in the trunk or back of every vehicle (see CAR KIT).

- Keep items in airtight plastic bags to keep them dry in kit.

- Take advantage of end-of-season clearance sales and grocery sales (esp. can goods) and stock up as you can. Look around your home since you may be able to put a lot of these things together from what is already on shelves or in drawers or medicine cabinets.

- Replace your stored food and water supply every 6 months. It's best to test or replace batteries at this time too. Make a game of it by keeping track on a calendar or on a poster drawn by children so they can help. Also, everyone should meet every 6 months anyway to go over the **Family Emergency Plan** and update any data (phone numbers, address changes, etc.) *Suggestion: Do this every Daylight Savings time - it's twice a year on a weekend so easy to remember.*

- Ask your physician or pharmacist about storing prescription medicines.

- Visit the U.S. Department of Homeland Security web site for more tips about Kits at www.ready.gov

Section 2

Disaster Preparedness, Prevention & Recovery

What are YOU gonna do about...
An Earthquake?

Earthquakes can cause buildings and bridges to collapse, down telephone and power lines, and result in fires, explosions and landslides. Earthquakes can also cause huge ocean waves, called tsunamis [soo-nah'-mees], which travel long distances over water until they hit coastal areas.

Our planet's surface is actually made up of slowly-moving sections (called "tectonic plates") that can build up friction or stress in the crust as they creep around. An earthquake occurs when this built up stress is suddenly released and transmitted to the surface of the earth by earthquake waves (called seismic waves).

There are actually about one million small earthquakes, or seismic tremors, per year around the world. Many earthquakes are too small to be felt, but when they happen, you will feel shaking, quickly followed by a rolling motion that can rotate up, down, and sideways that lasts from a few seconds to several minutes.

Before an Earthquake:

Learn the buzzwords - Learn the terms / words used with earthquakes...

- **Earthquake** - a sudden slipping of the earth's crust that causes a series of vibrations
- **Aftershock** - usually not as strong as earthquake but can occur for hours, days, months or years after a main quake
- **Fault** - area of weakness where two sections of crust have separated
- **Subduction zone** - where 2 tectonic plates collide and one plate dives or "subducts" underneath the other
- **Epicenter** - area of the earth's surface directly above the crust that caused the quake
- **Seismic Waves** - vibrations that travel from the center of the earthquake to the surface
- **Magnitude** - used to define how much energy was released (A Richter Scale is the device used to measure this energy on a scale from 0-10 ... each whole number equals an increase of about 30 times the energy released meaning a 5.0 is about 30 times stronger than a 4.0.)

Prepare - See EARTHQUAKE and POWER LOSS MITIGATION at the

beginning of this Section.

Reduce risks - Look for things that could be hazardous...

- Place large or heavy objects on lower shelves and fasten shelves to walls, if possible.
- Hang heavy pictures and mirrors away from beds.
- Store bottled foods, glass, china and other breakables on low shelves or in cabinets that can fasten shut.
- Repair faulty electrical wiring and leaky gas connections.

Learn to shut off - Know where and how to shut off electricity, gas and water at main switches and valves -- ask local utilities for instructions.

Do drills - Hold earthquake drills with your family to learn what to do...

- **DUCK** - drop down to the floor
- **COVER** - get under heavy desk or table or against inside wall protecting head and neck with your arms
- **HOLD** - grab something sturdy, be ready to move with it and hold on until shaking stops!

Make a plan - Review Section 1 and develop a **Family Emergency Plan.**

Check policies - Review your insurance policies. Some damage may be covered even without specific earthquake insurance.

DURING AN EARTHQUAKE:

Stay calm & be aware - Watch for falling objects and find a safe spot! Realize most injuries happen when people are hit by things when running IN or OUT of buildings.

IF INDOORS – Stay inside and ...

- Avoid danger zones like glass, windows, heavy things that can fall over or down on you.
- **DUCK**, **COVER** and **HOLD** until the shaking stops. If there isn't a table or desk near you, cover face and head with arms and crouch in an inside corner of the building.

IF IN A HIGH-RISE BUILDING – Stay on the same floor!

- Move away from outside walls and windows.
- Stay on the same floor - you may not have to evacuate.
- Realize electricity may go out and alarms and sprinkler systems may go on.

- DO NOT use the elevators!

IF OUTDOORS - Stay outside and, if possible, move away from buildings, signs, trees, power lines and street lights.

IF IN A MOVING VEHICLE - Stop as quickly and safely as you can!

- Try not to stop near buildings, trees, overpasses, or power lines and stay in vehicle until shaking stops.
- Watch for road and bridge damage and be ready for aftershocks once you drive again.

If you are trapped in an area:

- **light** - use a flashlight (if you have one) – do not use matches or lighters in case of gas leaks
- **be still** - try to stay still so you won't kick up dust
- **breathing** - cover your mouth with a piece of clothing
- **make noise** - tap on a pipe or wall so rescuers can hear you (shouting may cause you to inhale a lot of dust)

After an Earthquake:

Aftershocks - Usually not as strong but can cause more damage to weakened structures and may continue for days, months or even years.

Injuries - Check yourself and people around you for injuries - do not try to move seriously injured people unless they are in danger. If you must move a person who is passed out keep their head and neck still and call for help! *(see Section 3 – TIPS ON BASIC FIRST AID)*

Light - Never use candles, matches or lighters since there might be gas leaks. Use flashlights or battery powered lanterns.

Check home - Look for structural damage -- call a professional if needed.

Check chimney - First check from a distance to see if chimney looks normal and have a professional check it if it looks strange. Check out the Chimney Safety Institute of America's homeowner tips at www.csia.org

Clean up - Any flammable liquids (bleaches, gasoline, etc.) should be cleaned up immediately.

Inspect - Check all utility lines and appliances for damage:

- **smell gas or hear hissing** - open a window and leave quickly. Shut off main valve outside, if possible, and call

a professional to turn it back on when it's safe

- **electrical damage** - switch off power at main fuse box or circuit breaker
- **water pipes** - shut off water supply at the main valve
- **toilets** - do not use until you know sewage lines are okay

Water - If water is cut off or contaminated then use water from your **Disaster Supplies Kit** or other clean water sources. *(see TIPS ON WATER PURIFICATION)*

Power - If you use a generator, keep it outside and follow manufacturer's instructions. *(see some safety tips in POWER LOSS MITIGATION)*

Phones - Keep calls to a minimum to report emergencies since most lines will be down.

Listen - Keep up on news reports for the latest information.

Things to avoid:

- **going out** - try to stay off the roads to reduce risk
- **stay away** - unless emergency crew or First Responders ask for your help stay away from damaged areas
- **downed power wires**

Tsunami - If you live near the coast, a tsunami can crash into the shorelines so listen for warnings by local authorities. *(see section on TSUNAMIS)*

RED or GREEN sign in window – After a disaster, Volunteers and Emergency Service personnel will be going door-to-door to check on people. By placing a sign in your window that faces the street near the door, you can let them know if you need them to STOP HERE or MOVE ON.

Either use a piece of RED or GREEN construction paper or draw a big RED or GREEN "X" (using a crayon or marker) on a piece of paper and tape it in the window.

- RED means STOP HERE!
- GREEN means EVERYTHING IS OKAY…MOVE ON!
- Nothing in the window would also mean STOP HERE!

Recovery tips - Review TIPS ON RECOVERING FROM A DISASTER at end of this Section.

What are YOU gonna do about...
A Flood?

Floods are the most common natural disaster. Some floods develop over a period of several days, but a flash flood can cause raging waters in just a few minutes. Mudflows are another danger triggered by flooding that can bury villages without warning, especially in mountainous regions.

Everyone is at risk from floods and flash floods, even in areas that seem harmless in dry weather. Always listen to the radio or TV to hear the latest updates. Some other types of radios are the NOAA Weather Radio and Environment Canada Weatheradio with battery backup and tone-alert feature that alert you when a Watch or Warning has been issued.

Before A Flood (or Heavy Rain):

Prepare - Review FLOOD MITIGATION at beginning of this Section.

Learn the buzzwords - Learn the terms / words used with floods...

- **Flood watch** - flooding is possible
- **Flash flood watch** - flash flooding is possible so move to higher ground if in a low-lying area
- **Flood warning** - flooding is occurring or will occur soon so listen to radio or TV for updates or evacuation alerts
- **Flash flood warning** - flash flood is occurring so seek higher ground on foot immediately
- **Urban and Small Stream Advisory** - flooding of small streams, streets and low-lying areas is occurring

Learn risks - Ask local emergency management office if your property is a flood-prone or high-risk area and what you can do to reduce risks to your property and home. Find out what official flood warning signals are and what to do when you hear them. Ask if there are dams or levees nearby and if they could be hazards. *(also see Landslides & Mudflows on pages 39-41.)*

Be ready to evacuate - Listen to local authorities and leave if you are told to evacuate. *(see EVACUATION)*

Make a plan - Review Section 1 to develop a **Family Emergency Plan** and **Disaster Supplies Kit**. And download Iowa Conservation and Preservation Consortium's "Flood Recovery Booklet" to learn how to dry materials like artwork, books, photographs, CD/DVDs, etc. at www.neilsa.org

Learn to shut off - Know where and how to shut off electricity, gas and water at main switches and valves -- and ask local utilities for instructions.

Get insurance...? - Talk to your agent and find out more about the **National Flood Insurance Program**. *(see FLOOD MITIGATION)*

Did you know…

… you can buy federal flood insurance through most major insurance companies and licensed agents?!

… you do not have to own a home to have flood insurance as long as your community participates in the **NFIP**?!

… **NFIP** offers coverage even in flood-prone areas and offers basement and below ground level coverage?!

Put it on film/chip/drive - Either videotape or take pictures of home and personal belongings and store them in a safe place with important papers.

During A Flood (or Heavy Rain):

Be aware - Listen to local news and watch for flash floods especially if near streams, drainage channels, and areas known to flood. Be prepared to fill and place sandbags in areas as instructed to help combat rising waters.

Get to higher ground - If in a low-lying area, move to higher ground.

Prepare to evacuate – *(see EVACUATION*), and IF time also…

- Secure home and move important items to upper floors.
- Turn off utilities at main switches or valves if instructed by authorities and DO NOT touch electrical equipment if you are wet or standing in water!
- Fill up your car with fuel.

Obey warnings - If road signs, barricades, or cones are placed in areas - DO NOT drive around them! Find another way or you may get fined.

Things to avoid:

- **moving water** - 6 inches (15 cm) of moving water can knock you off your feet and 2 ft (0.6 m) can float a car
- **flooding car** - if flood waters rise around your car, get out and move to higher ground if you can do it safely
- **bad weather** - leave early enough so you're not trapped
- **flooded areas** - roadways and bridges may be washed-out
- **downed power lines** - extremely dangerous in floods!!

After A Flood (or Heavy Rain):

Things to avoid:

- **flood waters** - avoid since they may be contaminated by oil, gasoline or raw sewage or may be electrically charged from underground or downed power lines - local authorities will say when it's okay to return
- **moving water** - 6 inches (15 cm) can knock you off your feet and 2 ft (0.6 m) can float a car
- **flooded areas** - roadways and bridges may be washed-out
- **downed power lines** - extremely dangerous and report them to the power company

Obey warnings - If road signs, barricades, or cones are placed in areas - OBEY THEM! Most areas fine people who ignore posted warnings. DO NOT drive around barricades… find another way to get there!

Strange critters - Watch out for snakes and other wildlife in areas that were flooded. Don't try to care for a wounded critter since it may try to attack you... call your local animal control office or animal shelter.

Flooded food - Throw away food that has come into contact with flood waters since eating it can make you sick.

Drinking water - Wait for officials to advise when water is safe to drink. If you have a well that gets contaminated, find another source or boil water.

Wash your hands - Wash hands often with clean water and soap since flood waters are dirty and full of germs!

Use bleach – The best thing to use for cleaning up flooded areas is household bleach since it helps kill germs.

Sandbags - If any sandbags come into contact with floodwaters, wear rubber gloves when removing them and follow officials' instructions on where to discard them since they're most likely contaminated.

Listen - Continue listening to radio or TV for updates on weather and tips on getting assistance for housing, clothing, food, etc.

Insurance - Call your insurance agent or representative to discuss claims.

Mold - Consider asking a restoration professional to inspect your house for mold. *(see AIR QUALITY MITIGATION)*

Recovery tips - See TIPS ON RECOVERING FROM A DISASTER.

What are YOU gonna do about...
WINTER STORMS & EXTREME COLD?

Winter storms can last for many days and include high winds, freezing rain, sleet or hail, heavy snowfall and extreme cold. These types of winter storms can shut down a city or area mainly due to blocked roads and downed power lines. People can be stranded in their car or trapped at home for hours or days, but there are many other hazards that come with these storms.

The leading cause of death during winter storms is automobile or other transportation accidents and the second leading cause of death is heart attacks. Hypothermia (or freezing to death) is very common with the elderly who sometimes die inside their homes because it is so cold. The best way to protect yourself from a winter disaster is to plan ahead before the cold weather begins. Take advantage of spring sales when winter items are cheaper so you're ready for next winter.

BEFORE A WINTER STORM:

Prepare - Review FLOOD, POWER LOSS, WIND and WINTER STORM MITIGATION at beginning of this Section.

Learn the buzzwords - Learn terms / words used with winter conditions...

- **Freezing rain** - rain that freezes when it hits the ground, creating a coating of ice on roads and walkways
- **Hail** - rain that turns to ice while suspended and tossed in the air from violent updrafts in a thunderstorm
- **Sleet** - rain that turns to ice pellets before reaching ground
- **Winter Weather Advisory** - cold, ice and snow expected
- **Winter Storm Watch** - severe winter weather such as heavy snow or ice is possible within a day or two
- **Winter Storm Warning** - severe winter conditions have begun or are about to begin
- **Blizzard Warning** - heavy snow and strong winds producing blinding snow (near zero visibility) and life-threatening wind chills for 3 hours or longer
- **Frost/Freeze Warning** - below freezing temperatures expected

Be prepared - Review Section 1 to develop a **Family Emergency Plan** and **Disaster Supplies Kit**, and add the following at home for winter storms:

- **calcium chloride** - good for melting ice on walkways (rock salt can blister concrete and kill plants)
- **sand or kitty litter** - to improve traction
- **emergency heating equipment and fuel** - have backup...
  fireplace - gas or wood burning stove or fireplace
  generator – gas or diesel models available and learn how to use it in advance (and never bring it indoors!)
  kerosene heaters – ask Fire Department if they are legal in your community and ask about safety tips in storing fuel
  charcoal - NEVER use charcoal indoors since fumes are deadly in contained room -- fine for outdoor use!!
- **extra wood** - keep a good supply in a dry area
- **extra blankets** – either regular blankets or emergency blankets (about the size of a wallet)

Clean chimney - If you use a wood-burning fireplace often, have it inspected annually and consider having a professional chimney sweep clean it as needed. Learn more in the Chimney Safety Institute of America's FAQs at www.csia.org

During a Winter Storm:

Listen - Get updates from radio and TV weather reports.

What to wear - Dress for the season…

- **layer** - much better to wear several layers of loose-fitting, light-weight, warm clothing than one layer of heavy clothing (outside garment should be waterproof)
- **mittens** - mittens are warmer than gloves
- **hat** - most body heat is lost through the top of your head
- **scarf** - cover your mouth with a scarf or wrap to protect your lungs from cold air

Don't overdo it - Be careful when shoveling snow or working outside since cold can put strain on the heart and cause a heart attack (even in children!)

Carbon monoxide - Learn how to protect your home from winter heating dangers by visiting CDC's Carbon Monoxide site at www.cdc.gov/co/

Watch for signs - playing or working out in the snow can cause exposure so look for signs of…

- **frostbite** - loss of feeling in your fingers, toes, nose or ear lobes or they turn really pale

- **hypothermia** - start shivering a lot, slow speech, stumbling, or feel very tired

If signs of either one ... get inside quickly and get medical help *(see COLD-RELATED ILLNESSES in Section 3)*. Also check out NOAA's Windchill Chart and safety information at www.weather.gov/om/windchill

Power loss – If the power goes off, turn off all tools, appliances and electronic equipment to reduce the load on electrical system once power is restored. It also may protect devices from a power surge that could follow the start-up. (Tip: Leave one light switch on so you know power's back on.)

Leaving? – If you decide to leave home during the winter for some time with the chance of freezing weather hitting while your gone, Canadian officials suggest you …

- Turn off main breaker or electric switch.
- Turn off water main where it enters house and cover the valve and pump or meter with a blanket or insulating material.
- Drain the water from the plumbing system by turning on water taps and flushing toilets a few times. Add some anti-freeze to toilet bowl, sink and bath drains.
- Check draining and frost protection instructions in the manuals for your dishwasher, washing machine, etc.

Winter Driving Tips

Driving - If you must travel, consider public transportation. Best to travel during the day, don't travel alone, and tell someone where you're going. Stay on main roads and avoid taking back roads.

Winterize car - Make sure you have plenty of antifreeze and snow tires (or chains or cables). Keep gas tank as full as possible during cold weather.

Winter Kit - Carry a "winter" car kit in trunk *(see Section 1)* and throw in…

- **warm things** – mittens, hat, emergency blanket, sweater, waterproof jacket or coat
- **cold weather items** - windshield scraper, road salt, sand
- **emergency items** - bright colored cloth or distress flag, booster cables, emergency flares, tow chain, rope, shovel
- **miscellaneous** - food, water, radio, etc.

Stranded - If you get trapped in your car by a blizzard or break down…

- **get off the road** - if you can, drive car onto shoulder

- **give a sign** - turn on hazard lights and tie a bright cloth or distress flag on antenna, door handle or hang out driver side window (keep above snow so it draws attention)
- **stay in car** - stay inside until help arrives (CAR KIT can provide food, water and comforts if you planned ahead)
- **start your car** - turn on car's engine and heater about 10 minutes each hour (open window slightly for ventilation so you don't get carbon monoxide poisoning)
- **light at night** - turn on inside light so crews or rescuers can see you
- **if you walk** - if you walk away from car, make sure you can see building or shelter (no more than 100 yards/10 m)
- **exercise** - DO NOT overdo it, but light exercises can help keep you warm
- **sleeping** - if others in car, take turns sleeping so someone can watch for rescue crews
- **exhaust pipe** - check exhaust pipe now and then and clear out any snow buildup

After a Winter Storm:

Check food - If you lost power, check food in both frig and freezer to ensure it didn't spoil. Foods in a well-filled, well-insulated freezer won't go bad until several days after power goes off. If there are ice crystals in the center of food it's okay to eat or refreeze.

Don't overdo it - Both adults and children need to be careful when playing or working outside in frigid conditions since cold can put strain on the heart and cause a heart attack.

Restock - Stock up on items you used so you're ready for the next one.

Recovery tips - Review TIPS ON RECOVERING FROM A DISASTER starting on next page.

Section 3

Information & Tips on Basic First Aid

What are YOU gonna do about...
An Emergency?

Everyone should know what to do in an emergency. You should know who to call and what care to provide. Providing care involves giving first aid until professional medical help arrives.

The Emergency Medical Services (EMS) is a network of police, fire and medical personnel, as well as other community resources. People can help EMS by reporting emergencies and helping out victims until EMS can arrive.

During a major disaster, EMS groups will become swamped so if the public is prepared to handle some types of emergencies then we can help some of the victims until EMS arrives.

Your role in the EMS system includes the following things:

BE AWARE…	Realize this is an emergency situation -- you could be putting yourself in danger!
BE PREPARED…	Know how to handle the situation.
HAVE A PLAN!	Check **ABCs...**, call 9-1-1 (or call for an ambulance) and help victim, if possible.

Tips On The ABCs…
Airway, Breathing & Circulation

In an emergency, you need to check the victim for **ABCs...**

Airway.	Open the airway by tilting the head back, gently lifting the jaw up, and leaving mouth open.
Breathing.	Place your ear over victim's mouth and nose. Look at chest, listen, and feel for breathing for 3 to 5 seconds.
Circulation.	Check for a pulse using fingertips (not your thumb) in the soft spot between throat and the muscle on the side of the neck for 5-10 seconds.

Tips On Making Your "Emergency Action" Plan

1. **BE AWARE…** Make sure it's safe to approach area and victim.

   Use your senses…

   Listen for cries for help; screams; moans; explosions; breaking glass; crashing metal; gunshots; high winds; popping, humming or buzzing noises; lots of coughing, etc.

   Look for broken glass; open medicine cabinet, container or bottle near victim; smoke; fire; vapors or mist; downed power lines, etc.

   Watch for signs like trouble breathing; trouble talking; grabbing at throat or chest; pale or blue color in face, lips or ears; lots of people covering mouth or running away, etc.

   Smell smoke or something burning; strong odors or vapors (leave if odor is too strong), etc.

   Feel something burning your eyes, lungs or skin, etc.

2. **BE PREPARED…** The best thing you can do is **STAY CALM…** and THINK before you act!

   Any time there's an emergency or disaster, most people are scared or confused and many don't know what to do. Take a few seconds and breathe in through your nose and out through your mouth to help slow your heartbeat and calm down. Always ask if you can help… either ask the victim or people around who may be helping.

3. **HAVE A PLAN!** Check **ABCs**, call 9-1-1 and help victim, if possible.

   … Check victims' **ABCs… Airway, Breathing, & Circulation**

   … call 9-1-1, 0 for Operator or local emergency number for an ambulance *(see tips on next page)*

   … help the victim, if possible -- and STAY until help arrives.

   Before giving first aid, you must have the victim's permission. Tell them who you are, how much training you've had, and how you plan to help. Do not give care to someone who refuses it - unless they are unable to respond.

Tips On Calling 9-1-1 For An Ambulance

Whenever there is an emergency, use the following tips to help decide if you should call 9-1-1 (or local emergency number) for an ambulance.

Call if victim…

… is trapped

… is not responding or is passed out

… is bleeding badly or bleeding cannot be stopped

… has a cut or wound so bad and deep that you can see bone or muscles

… has a body part missing or is torn away

… has pain below the rib cage that does not go away

… is peeing, pooping or puking blood (called passing blood)

… is breathing weird or having trouble breathing

… seems to have hurt their head, neck or back

… is jerking uncontrollably (called having a seizure)

… has broken bones and cannot be moved carefully

… acts like they had a heart attack (chest pain or pressure)

If you call 9-1-1 there may be a recording or delay while your call is being processed. DO NOT HANG UP -- wait for a 9-1-1 dispatcher.

When you talk to 9-1-1 or the emergency number…

… try to stay CALM and describe what happened and what is wrong with the victim

… give the location of the emergency, your name and the phone number you are calling from

… follow their instructions in case they tell you what to do for the victim

… do NOT hang up until the 9-1-1 operator tells you to.

Tips On Reducing the Spread of Germs Or Diseases

Whenever you perform first aid on anyone, there is always a chance of spreading germs or diseases between yourself and the victim. These steps should be followed no matter what kind of first aid is being done -- from very minor scrapes to major emergencies -- to reduce the risk of infection.

BE AWARE…

… Try to avoid body fluids like blood or urine (pee).

… Cover any open cuts or wounds you have on your body since they are doorways for germs!

BE PREPARED…

… Wash your hands with soap and water before and after giving first aid.

… Have a first aid kit handy, if possible.

… Put something between yourself and victim's body fluids, if possible ...

blood or urine - wear disposable gloves or use a clean dry cloth

saliva or spittle – use a disposable Face Shield during Rescue Breathing

… Clean up area with household bleach to kill germs.

… and… HAVE A PLAN!

… *see TIPS ON MAKING YOUR "EMERGENCY ACTION" PLAN two pages back.*

Tips On Good Samaritan Laws

The definition of a "Samaritan" is a charitable or helpful person. Most states have Good Samaritan laws that were designed to protect citizens who try to help injured victims with emergency care. If a citizen uses "logical" or "rational" actions while making wise or careful decisions during an emergency situation then they can be protected from being sued.

To learn more about your state's Good Samaritan laws, check with your local library, search the web or contact an attorney.

What are YOU gonna do about…
Bleeding?

Controlling Bleeding

Things to watch for…

Source of bleeding
Pain and/or Swelling
Object sticking out or stuck in wound (like a piece of metal or glass or a bullet)
Shock (pale, cold or clammy, drowsy, weak or rapid pulse, etc.)

What to do…

- Be aware of your surroundings and be prepared to call for help. (*see TIPS ON CALLING 9-1-1 FOR AMBULANCE*)

If there IS object sticking out of wound (or possibly deep inside):

- Put thick soft pads around the object (or around wound).
- Gently try to apply pressure to help stop the bleeding.
- DO NOT try to remove or press on the object!
- Carefully wrap with a roller bandage to hold thick pads around the object.
- Get medical attention immediately!

If there is NO object sticking out of the wound:

- Be careful since there might be something inside wound.
- Cover wound with a clean cloth or sterile gauze pad and press firmly against the wound… and follow above steps if victim has an object inside the wound.
- If cloth or gauze becomes soaked with blood, DO NOT remove it! Keep adding new dressings on top of old ones.
- Carefully elevate injured body part above the level of victim's heart but be aware…there may be broken bones.
- Keep applying pressure on dressings until bleeding stops.
- Use firm roller bandage to cover gauze or cloth dressings.

If bleeding won't stop:

- Put pressure on nearby artery to help slow blood flow
  Arm – press inside upper arm, between shoulder & elbow
  Leg – press area where leg joins front of the hip (groin)

Internal Bleeding

Minor internal bleeding is like a bruise - a vein, artery or capillary can break or rupture spewing blood under the skin. A more serious form of internal bleeding can be caused by a major fall, crushing accident or a blow to the head. It's very hard to tell if a person is suffering from internal bleeding since there may not be blood outside the body. Symptoms don't always appear right away but can be life-threatening so get medical help quickly.

Things to watch for…

Abdominal pain or tenderness
Pain and/or Swelling in abdomen (around belly button)
Shock (pale, cold or clammy, drowsy, weak or rapid pulse, etc.)
Either a fast or slow pulse
Coughing up bright, foamy blood (if dark red means been bleeding inside for a while)
Blood shows up in victim's pee, poop or puke

What to do…

- Be aware of surroundings and call for an ambulance.
- Don't move victim if injuries to head, neck or spine.
- Check **ABCs… Airway, Breathing** & **Circulation**.
- Stay with victim until help arrives

(Please review HEAD, NECK & SPINE INJURIES and SHOCK too)

Nosebleeds

What to do…

- Have the person sit down, lean forward and pinch the soft part of the nose for about 10 minutes.
- Put an icepack or cold compress on the bridge of the nose.

Slashed or Severed Body Parts/Amputation

What to do…

- Keep direct pressure on the stump to stop the bleeding.
- Find body part, if possible, and wrap in gauze or clean cloth.
- Put body part in an airtight plastic bag, put bag in ice water and take it to the hospital with the victim.

What are YOU gonna do about...
Infectious Diseases?

The immune system is a complex network of cells, tissues, and organs that work together to defend the body against attacks by foreign invaders such as bacteria, viruses, parasites and fungi. Because the human body provides an ideal environment for many microbes, they try to break in. It is the immune system's job to keep them out or, failing that, to seek out and destroy them.[9] But if a person's immune system is weak or damaged, germs and infection can settle in, leading to illness or possibly death.

According to the Centers for Disease Control and Prevention, infectious diseases are the leading cause of death worldwide. And with air travel and international trade, infectious microbes are carried across borders every day by humans, animals, insects and contaminated foods.

Some "old" diseases like malaria and measles are found in certain parts of the world, but "new" diseases like HIV/AIDS and West Nile are spreading around the globe. Plus every year there's some form of influenza and the common cold that spreads and affects people.

There are many infectious diseases -- too many to cover -- so we're only covering a common one (flu) and some emerging ones (avian & swine flu, C. diff and staph). First, we describe each illness followed by "Things to watch for", then summarize "How they spread" and "What to do" for all of them at the end. Educate yourself about threats of emerging diseases and listen to officials for advice on how to protect yourself and your loved ones.

Influenza (**flu**) is a respiratory illness caused by the influenza virus that affects millions of people each year. Flu causes about 250,000 - 500,000 deaths worldwide every year, and a major outbreak (called a pandemic) could increase the death toll dramatically. The best way to prevent the flu is to boost your immune system and get vaccinated, esp people with weakened immune systems. There are several antivirals approved for treatment.

There are 3 types of flu viruses: A, B, and C. Influenza A viruses can infect humans and mammals (including pigs) but wild birds are the natural host. Typically, wild birds don't get sick but A viruses can be deadly to domestic chickens and turkeys. Influenza B viruses are normally found only in humans and generally don't cause severe widespread illness, while Influenza C viruses cause mild illness in humans. Since strains can mutate or cross over to other species, it could lead to widespread illness and death. The worst influenza A outbreak on record was the Spanish flu pandemic of 1918-1919 which may have killed up to 50 million people worldwide.

Things to watch for (flu)…

Possible symptoms - fever (usually high), headache, sore throat, cough, runny nose, body aches, weakness, diarrhea or puking (more common in children)

Possible complications - bacterial pneumonia (lung inflammation), shortness of breath, hospitalization

Avian flu (**bird flu**) is an influenza A virus subtype that occurs mainly in birds, is highly contagious among birds, and can be deadly to them. According to the CDC there are many different subtypes but one of them is the H5N1 virus. H5N1 does not usually infect people, but infections have occurred. To date, most human cases caught this flu from domestic chickens or ducks and over 50% of those patients died.

Swine flu is also an influenza A virus subtype that occurs mainly in pigs year-round. It doesn't normally affect humans but we can get swine flu from infected pigs or other mutations of flu strains (like the H1N1 virus).

According to a recent worst-case scenario outlined by the World Bank, a flu pandemic of avian or other origin could kill more than 70 million people worldwide and lead to a "major global recession" costing more than $3 trillion.[10] Several vaccines are currently in development for avian and swine flu plus there are some antiviral drugs available for treatment.

Things to watch for (avian or swine flu)…

Flu-like symptoms - fever, headache, sore throat, cough, runny nose, body aches, fatigue, puking or diarrhea

Possible complications - eye infections (avian flu), pneumonia, severe breathing problems or death

C. diff (**Clostridium difficile or C. difficile**) is a toxin-producing bacterium that causes diarrhea and more serious conditions like colitis (inflammation of the colon). There are many different strains and most make only two toxins that cause minor symptoms that are easily treated. However, a mutated strain called NAP1 (or the 027 or BI strain) makes about 20 times more toxins so symptoms are much more severe. And now NAP1 is starting to show signs of becoming drug-resistant.

Experts estimate C. diff sickens about 500,000 Americans a year and the rate of infection grows by about 10% each year. C. diff is fairly common among older adults in hospitals or in long-term care facilities and typically occurs after using antibiotics. One out of five people who get the infection will get it again, and recurrences can be more severe or even deadly.

Unfortunately C. diff spores can survive on most surfaces for months, and

most hospital cleaners won't kill it, but a solution of bleach and water could. Also, alcohol-based hand sanitizers used in many health facilities do not work so staff, patients and visitors must wash hands with soap and water frequently to reduce spreading the infection.

Things to watch for (C. diff)…

Mild symptoms - watery diarrhea (at least three times a day for 2 or more days with no blood in your poop), possible cramping or minor abdominal pain or tenderness
Severe symptoms - watery diarrhea 10 to 15 times a day, abdominal cramping and pain, fever, blood or pus in poop, nausea / pukey, dehydration, loss of appetite, weight loss

Note: Not all cases of diarrhea are C. diff, but if you have it several times a day for 2 or more days, see your doctor immediately.

Staph (**staphylococcus aureus**) are bacteria about a third of the population carries on their skin or in their nose. Bacteria can enter the body through a cut, bite or wound and may cause infection. Some strains of staph have become drug resistant (called methicillin-resistant Staphylococcus aureus or **MRSA**). According to the CDC, staph bacteria are one of the most common causes of skin infections in the U.S. Most infections are minor (like a pimple, bump or boil) and can be treated with antibiotics. However, it can quickly turn into deep, painful abscesses that require surgical draining. Sometimes the bacteria remain confined to the skin, but they can also penetrate into the body, causing potentially life-threatening infections in bones, joints, surgical wounds, the bloodstream, heart valves and lungs.

Staph infections, including MRSA, occur most often in hospitals, nursing homes and facilities where people have weakened immune systems. MRSA also threatens police, firefighters and EMS workers, school kids and the community in general. In fact, the CDC reports MRSA is now killing more Americans each year than AIDS.

Things to watch for (staph / MRSA)…

Possible symptoms - skin infection that may look like a pimple or boil and can be red, swollen, painful, or have pus or other drainage
Severe - pneumonia, bloodstream or wound infections

How infectious diseases spread…

Most infectious diseases are spread by close person-to-person contact primarily by touching people or things contaminated with bodily fluids (like pee, poop, sweat, droplets from sneezing, etc) -- then touching your

eyes, nose, or mouth. Other diseases (like MRSA) can be spread by sharing personal items like towels or razors or by medical staff using contaminated items like stethoscopes or blood pressure cuffs. Keep in mind some bacteria or viruses can survive on objects for days, weeks or months.

What to do to reduce the spread of infectious diseases…

- Wash hands often using soap and water or use hand sanitizer (with at least 60% alcohol in it) to reduce the spread of germs. But keep in mind sanitizers don't work against some bugs so it's best to wash up.
- Tell healthcare workers and visitors to wash their hands before they touch you or your stuff -- don't be timid!
- If you have a fever, stay home! And wait 24 hours after fever breaks before you return to work or school.
- Use antibiotics only when absolutely necessary. Consider boosting your immune system to help fight infections.
- Sick people should cover mouth and nose with tissue or sleeve when coughing or sneezing, wash hands often, and wear a face mask around others (if very ill).
- Keep cuts and scrapes clean and covered until healed.
- Clean counters, doorknobs, fixtures, phones, remotes, nurse call buttons, linens, etc. often with a bleach solution.
- Don't share silverware, razors, clothing, towels, or bedding and wash objects with soap and hot water.
- Follow doctor's instructions and limit activities outside home until fever and symptoms have gone away.

For more information, visit the following web sites ...

Influenza / Flu: www.cdc.gov/flu/ www.phac-aspc.gc.ca/influenza/
www.pandemicflu.gov www.who.int/topics/influenza/en/

Avian flu: www.cdc.gov/flu/avian/ www.phac-aspc.gc.ca/influenza/

Swine (H1N1) flu: www.cdc.gov/h1n1flu/ www.phac-aspc.gc.ca/influenza/

C. diff: www.cdc.gov/ncidod/dhqp/id_Cdiff.html
www.phac-aspc.gc.ca/id-mi/cdiff-eng.php
www.mayoclinic.com/health/c-difficile/DS00736

Staph: www.cdc.gov/ncidod/dhqp/ar_mrsa.html
www.mayoclinic.com/health/mrsa/DS00735

Or call CDC Hotline at 1-800-CDC-INFO. See more tips on pages 231-232

What are YOU gonna do about...
A STROKE?

According to the American Stroke Association, about 700,000 Americans suffer strokes each year and almost 1/4 of those victims die making stroke the #3 killer in the U.S. Canada reports about 40,000-50,000 new strokes annually killing about 16,000 Canadians making it the 4th leading cause of death according to the Heart and Stroke Foundation of Canada.

A stroke (or "brain attack") occurs when oxygen and vital nutrients carried by blood are cut off causing brain cells to die. It's cut off because…

…a blood vessel is blocked in the neck or brain (by a blood clot or narrowing of an artery) -- called an **ischemic** [is-KEM-ik] stroke *(causes about 83% of strokes)*

... **or** ...

…a blood vessel bursts or leaks -- called **hemorrhagic** [hem-o-RAJ-ik] stroke or bleeder *(causes 17% of strokes)*

NOTE: You only have 2 - 6 hours maximum to stop permanent brain damage from a stroke - so get to a hospital as quickly as possible (within 3 hours is best!)

Things to watch for…

Sudden confusion, trouble speaking or understanding
Loss of muscle control on one side of the body
Loss of balance, stumbling, dizziness or fainting
Different sized pupils (one pupil small / one enlarged)
Severe headache
Blurred or double-vision in one or both eyes
Shock (pale, cold or clammy, weak or rapid pulse, etc.)
Transient ischemic attack (TIA / mini-stroke) - a minor or warning stroke - risk of major stroke is high

What to do…

- Call 9-1-1 for an ambulance.
- Get victim to lie back with head raised (put pillows or blankets under head and shoulders so partially sitting up).
- Loosen any tight or restrictive clothing.
- See if there are any other injuries.
- If victim is drooling or having problems swallowing, place them on their side to keep the airway open.
- Stay with victim until medical help arrives.

APPENDIX A

Citizen Corps / CERT

(Volunteer Programs for Americans & Canadians)

What is Citizen Corps?

Citizen Corps was created to help coordinate volunteer activities that make the nation's communities safer, stronger, and better prepared to respond to any emergency situation. Citizen Corps is managed at local levels by Citizen Corps Councils, which bring together existing crime prevention, disaster preparedness, and public health response networks with the volunteer community and other groups.

Citizen Corps Programs & Partners

Community Emergency Response Teams (CERTs) educate people about disaster preparedness and trains them in basic disaster response skills, such as fire safety, light search and rescue, and disaster medical operations. Using their training, CERT members can assist others in their neighborhood or workplace following an event and can take a more active role in preparing their community. The program is administered by DHS. Learn more at www.citizencorps.gov/cert

Fire Corps promotes the use of citizen advocates to enhance the capacity of resource-constrained fire and rescue departments at all levels: volunteer, combination, and career. Citizen advocates can assist local fire departments in a range of activities including fire safety outreach, youth programs, and administrative support. Fire Corps provides resources to assist fire and rescue departments in creating opportunities for citizen advocates and promotes citizen participation. Fire Corps is funded through DHS and is managed and implemented through a partnership between the National Volunteer Fire Council, the International Association of Fire Fighters, and the International Association of Fire Chiefs. Visit www.firecorps.org

Medical Reserve Corps (MRC) strengthens communities by helping medical, public health and other volunteers offer their expertise throughout the year as well as during local emergencies and other times of community need. MRC volunteers work in coordination with existing local emergency response programs and also supplement existing community public health initiatives, such as outreach and prevention, immunization programs, blood drives, case management, care planning, and other efforts. The MRC program is administered by the Department of Health & Human Services. Check out www.medicalreservecorps.gov

Neighborhood Watch incorporates terrorism awareness education into its existing crime prevention mission, while also serving as a way to bring residents together to focus on emergency preparedness and emergency response training. Funded by Department of Justice, Neighborhood Watch is administered by the National Sheriffs' Association. Learn more at www.usaonwatch.org

Volunteers in Police Service (VIPS) works to enhance the capacity of state and local law enforcement to utilize volunteers. VIPS serves as a gateway to resources and information for and about law enforcement volunteer programs. Funded by DOJ, VIPS is managed and implemented by the International Association of Chiefs of Police. To learn more visit www.policevolunteers.org

Citizen Corps **Affiliate Programs & Organizations** offer communities resources for public education, outreach, and training; represent volunteers interested in helping to make their community safer; or offer volunteer service opportunities to support first responders, disaster relief activities, and community safety efforts. Some Affiliates include:

The **American Radio Relay League** (ARRL) represents the interests of the more than 650,000 U.S. Radio Amateurs (or "HAMS"). Many amateurs have organized themselves under a formal structure to better provide public service and emergency communications like the Amateur Radio Emergency Service (ARES) and Radio Amateur Civil Emergency Service (RACES). Learn more by visiting www.arrl.org or contact your local Emergency Management office.

Civil Air Patrol is a congressionally chartered, non-profit corporation and is the civilian auxiliary of the U.S. Air Force. CAP supports Homeland Security efforts by providing coastal patrol, air/ground observation, radio communications and relay, aerial reconnaissance, air-to-ground photography, radiological monitoring, and disaster and damage assessment assets. Learn more by visiting www.gocivilairpatrol.com

National Association for Search and Rescue is a non-profit membership association comprised of thousands of paid and non-paid professionals interested in all aspects of search and rescue throughout the United States and around the world. NASAR has trained over 30,000 responders since 1989 utilizing its internationally respected SARTECH© Certification Program. NASAR is dedicated to ensuring that volunteers (non-paid professionals) in search and rescue are as prepared as the career public safety personnel (fire, law and emergency medical services) with whom they work on a daily basis. Learn more at www.nasar.org.

Some other Affiliates include The American Legion, Home Safety Council, National Safety Council, National Voluntary Organizations Active in

Disaster (NVOAD) and many others. To learn more about **Citizen Corps** or to check if there's a local council in your community, please visit www.citizencorps.gov.

More About CERT

In the United States and Canada, the **Community Emergency Response Team** (**CERT**) program helps train volunteers to assist first responders in emergency situations in their communities. CERT members give critical support to first responders in emergencies, provide immediate assistance to victims, organize spontaneous volunteers at a disaster site, and collect disaster intelligence to support first responder efforts.

The CERT course is taught in the community by a trained team of first responders who have completed a CERT Train-the-Trainer course conducted by their state training office for emergency management, or FEMA's Emergency Management Institute (EMI), located in Emmitsburg, Maryland. CERT training includes disaster preparedness, disaster fire suppression, basic disaster medical operations, and light search and rescue operations and is usually delivered in 2-1/2 hour sessions, one evening a week over a 7 week period.

FEMA's online "Introduction to Community Emergency Response Teams", IS 317, is an independent study course that serves as an introduction to CERT for those wanting to complete training or as a refresher for current team members. It has six modules with topics that include an Introduction to CERT, Fire Safety, Hazardous Material and Terrorist Incidents, Disaster Medical Operations, and Search and Rescue. It takes between six and eight hours to complete the course. The IS 317 can be taken by anyone interested in CERT. However, to become a CERT volunteer, one must complete classroom training offered by a local government agency such as the emergency management agency, fire or police department. To learn more, visit www.citizencorps.gov/cert/IS317/

For more information about CERT programs or to check if a CERT is in your community, please visit www.citizencorps.gov/cert/ ... or visit www.cert-la.com (click on "Other CERT Team Links") ... or call your local, state, provincial, or territorial Emergency Management Office to ask about volunteer opportunities.

Or visit your local or state / provincial web site to learn about other types of volunteer groups in your area and get involved!

Additional Resources & Web Sites

Web Sites ***(* = Cool Stuff for Educators, Kids & Parents)***

American Avalanche Association www.americanavalancheassociation.org
American Heart Association www.americanheart.org
American Stroke Association www.strokeassociation.org
* **British Columbia Injury Prevention Centre** www.injuryfreezone.com
Canadian Centre for Emergency Preparedness www.ccep.ca
Central Intelligence Agency www.cia.gov
* **CIA's Homepage for Kids** https://www.cia.gov/kids-page/index.html
DisasterHelp www.disasterhelp.gov
* **Environment Canada** www.ec.gc.ca
Environmental Protection Agency (EPA) www.epa.gov
* **EPA's Environmental Kids Club** www.epa.gov/kids
Federal Bureau of Investigation www.fbi.gov
* **FBI - For the Family** www.fbi.gov/fbikids.htm
* **FEMA for Kids** www.fema.gov/kids
Health Canada www.hc-sc.gc.ca
Heart and Stroke Foundation of Canada www.heartandstroke.ca
Humane Society Disaster Services Program www.hsus.org/disaster
Institute for Business and Home Safety www.disastersafety.org
Insurance Bureau of Canada www.ibc.ca
Munich Re Group's Press Releases www.munichre.com
National Fire Protection Association www.nfpa.org
National Hazards Center (Univ. of Colorado) www.colorado.edu/hazards/
National Safety Council www.nsc.org
NOAA (National Oceanic & Atmospheric Administration) www.noaa.gov
OSHA (Occupational Safety & Health Administration) www.osha.gov
Physicians for Civil Defense www.physiciansforcivildefense.org
U.S. Department of Defense DefenseLINK www.defenselink.mil
* **U.S. Fire Administration** www.usfa.dhs.gov
* **U.S. Nuclear Regulatory Commission** www.nrc.gov
U.S. Small Business Administration www.sba.gov
* **U.S.G.S. Earthquake Hazards Program** www.earthquake.usgs.gov
* **U.S.G.S. Volcano Hazards Program** http://volcanoes.usgs.gov
World Nuclear Association www.world-nuclear.org

More resources available on our "Links" page at www.itsadisaster.net

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This Manual is available through the following methods:

- for agencies, companies, and groups to use as customized **giveaways** for employees, customers and communities *(**50%** to **75%** off list ~ provides minimum $4-to-$1 match on grants)*

- for K-12 schools and volunteers to use as a **fundraising** project *(Ad Program, Affiliate Program, Referral Program, and Traditional Fundraiser)*

- for qualified Resellers to offer online and in stores

- for individual purchase from nonprofits and bookstores nationwide and online.

Also available as a downloadable **eBook**, customized **CDs**, and customized bulk eBooks. Plus customizable booklets available ~ call for details!

For more information, please call Fedhealth at 1-888-999-4325 or visit us online at **www.itsadisaster.net**

Wasatch County Emergency Response Partners are very concerned about your safety. Although we don't like to think about it, emergencies do happen. Look inside this book for information on:

- **WINTER STORM & EXTREME COLD . .page 138**
- **FAMILY INFORMATION, PLAN & KITS . . .page 7**
- **BASIC FIRST AID . . . . . .page 157**

BE AWARE! BE PREPARED!
DURING ANY EMERGENCY, ENSURE YOUR OWN SAFETY FIRST!

For additional information on emergency preparedness in Wasatch County, call the Wasatch County Health Department at 435-654-2700.