

# Family Preparedness and First Aid Manual

Compliments of  
U.S. First Responders Association  
and USFRA Partners



**ONE COMMUNITY. TOGETHER.**



The **U.S. First Responders Association** is a nonprofit, professional and social network of firefighters, EMS, rescue, police officers, military and civilian support teams.

USFRA brings together personnel from many diverse fields where they can share their knowledge and expertise as well as form a closer bond of fellowship between its members with our focus primarily on: Training, Tactics, Safety, Education, Preparedness and Community Outreach.

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

**USFRA First Responder Directory & Commerce** is a community of First Responder and local and national businesses that promote economic development and business activity. MyUSFRA.org encourages a positive business climate by working with sponsors, attracting partnerships, and creating a strong community.

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

**USFRA FirstResponderLegacy.org** is a free service for first responders, active military, and veterans enabling the user to record messages and add pictures that can be sent out on predetermined dates for various holidays and occasions to loved ones and friends upon their passing.

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

# Give a Gift and Receive a Gift

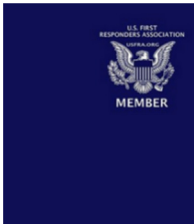
When you make a tax-deductible donation to the U. S. First Responders Association, Inc., you are supporting the most effective solutions to the nation's most pressing challenges.



And when you GIVE a gift and you GET a gift and your donation supports our programs for American first responders, K9s, military and veterans.



- Donate **\$5** and receive a USFRA patch;
- or **\$20** to get a USFRA keepsake ornament;
- and a **\$50** donation gets you a cool backpack!



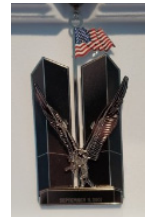
front



back

Another **\$20+** gift option gets you a Gildan's DryBlend® shirt to show your first responder pride. This USFRA t-shirt is the first of our collection for law enforcement, fire-rescue, EMS, military, and civilian members.

And for a **\$15** donation you can receive our September 11<sup>th</sup> keepsake in recognition of the 20th year of Remembrance of the day the earth stood still, and proceeds benefit the USFRA First Responder Scholarship Fund. [Learn more](#)



Find more swag on [USFRA.org](http://USFRA.org) and also visit our [Donate page](#) to support first responders.

# USFRA Pet Oxygen Mask Donation Program

When a fire strikes a home, smoke inhalation is one of the most lethal factors affecting victims. Pets are especially susceptible to this threat due to their small airways and limited lung capacity.

Unfortunately, oxygen masks designed for humans are often too wide and too shallow to properly fit over an animal's snout, which means oxygen cannot be administered efficiently. As a result, many pets perish before they have a chance to receive proper veterinary care.

USFRA is on a quest to help supply this much needed tool to firehouses throughout the Nation.

Learn how to request POMs for your station(s) or donate to this great cause on [USFRA.org](https://www.usfra.org)





# Jägermeister and USFRA Help our Heroes

One of USFRA's premiere partners – **Jägermeister** – has played a very active role in relief efforts following several disasters and emergencies. After Hurricane Michael devastated USFRA's hometown of Panama City and the Florida panhandle in Oct 2018, Jägermeister wanted to show appreciation for the heroes on the front lines, and generously donated over 400 backpacks along with **\$25,000** to USFRA for the **First Responder Thank You event** held Dec 2018 at the Bay County Sheriff's Office in Lynn Haven, Florida.



The backpacks each contained a “We Got Your Back!” t-shirt, a \$50 Walmart gift card, a thank you card and other gifts. USFRA also handed out 15 K-9 gift bags ~ [Read more and watch a short video of the event](#)

Jägermeister and USFRA also helped the **Los Angeles Emergency Preparedness Foundation** and **West Malibu Volunteer Fire Brigade** in California after the Woolsey Fire roared into Malibu. [Read more](#)

And, since Mast-Jägermeister US' headquarters is in New York who was hit hard during the recent outbreak, USFRA and MJUS teamed up to thank **5 Volunteer Fire Departments** in and around their hometown of White Plains. [Read more](#)





As of 2020 **Mast-Jägermeister US** is donating \$1 for every bottle of Jägermeister **Cold Brew Coffee** sold in specific parts of the country to benefit local first responders. And, in most campaigns, one of MJUS' distributor partners (**Southern Glazer's Wine & Spirits**) is matching MJUS' donations.

Funds raised for each state campaign are donated to USFRA who then coordinates donations to local first responder agencies in each respective state.

Read more and see photos from these Cold Brew Coffee campaigns and other stories from Jägermeister on [USFRA.org](https://www.usfra.org)

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## Would you like to partner with USFRA?

U.S. First Responders Association, Inc. works with companies, governments, nonprofits and other organizations to address complex challenges nationally. Our partners contribute more than money – their ideas, volunteer power, in-kind support and more are helping build stronger First Responder communities.

Learn more [about USFRA](https://www.usfra.org), our [Custom Sponsorships](https://www.usfra.org) and our [Sponsors & Partners](https://www.usfra.org), and support your local first responders through [USFRA.org](https://www.usfra.org)!

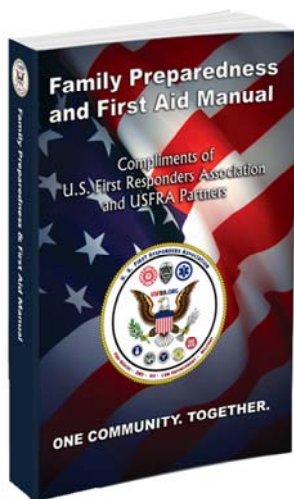


## USFRA Family Preparedness books/ebooks

[Fedhealth](#) and the U.S. First Responders Association invite you to join us in preparedness projects that benefit first responders, military and veterans.

Fedhealth is developing custom USFRA preparedness and first aid books (and PDF ebooks) for communities around the country.

When possible, grants or ads and sponsors will pay for books and ebooks, but Fedhealth can work with agencies using grant or budgeted public education funds, as well as businesses and groups interested in sponsoring purchases for communities or events.



Fedhealth can provide sole source documentation and individually receipt everyone involved to keep records clean. Custom books can be divided up and delivered FREE to sponsors, advertisers, partners and local first responders to give away to employees, customers, attendees of events, and whole communities.

Custom bulk PDF ebooks start at \$5 each and go as low as **\$2** each and can be distributed using special links or codes. Plus proceeds of **all** projects benefit USFRA in support of America's Fire/EMS, Law Enforcement, 911/Dispatch, Military and Veterans.

Learn more at [www.usfra.org/fedhealth](http://www.usfra.org/fedhealth) or call **520.907.2153**



# Funding ideas for volunteers + others

The coronavirus outbreak has financially impacted agencies and groups across the country – esp. volunteer fire depts and other support teams since much of their annual budgets come from community fundraisers like raffles, dinners, fairs and other functions.



Fedhealth has an easy way to help complement fundraising efforts for volunteers (VFDs, CERTs, SARs, etc.) and others just by spreading the word about this customizable preparedness and first aid book and PDF ebook.

Volunteers and others can...

- Earn **15%** on bulk book referrals and **30%** on bulk ebook orders!
- Raise funds without taking orders, collecting money, etc.;
- Just refer businesses, agencies and groups interested in custom books or ebooks to [www.fedhealth.net](http://www.fedhealth.net) or ph# 520.907.2153;
- Fedhealth does all the work including providing and helping referrals with free customization!

For example, say a VFD or CERT refers a county agency (HD or EMA)

- County calls Fedhealth and wants 5,000 books
- Cost for custom books: **\$ 30,000** ( $5,000 \times \$6 / \text{book}$  plus free customization)
- **Total amount earned (15%) for Referral: \$ 4,500**

And, if agencies or groups cannot take cash donations, Fedhealth can purchase needed equipment or supplies or provide that value in books or ebooks that can be used however you wish.

Learn more and find some handouts to share with others at [www.fedhealth.net](http://www.fedhealth.net) or call **520-907-2153** so we can help fund and support YOUR organization and get Americans more prepared for emergencies and disasters.

*Proceeds benefit the [U.S. First Responders Association](http://www.fedhealth.net)*



# MOVE OVER



## IT'S THE LAW

When approaching  
**Law Enforcement, Emergency Responder,  
Utility Service or Sanitation Vehicles**

### **MOVE OVER**

to the far lane or slow down  
to 20 miles under the posted speed limit.

*Credit: Lakeland Florida*

# ***MOVE OVER. IT'S THE LAW.***

Learn these facts about the “Move Over” law so you can do your part to protect those who protect you, and help spread the word about the safety campaign ***Move Over. It's the Law.*** It's not just the law — it's the right thing to do.

## **I've never heard of the “Move Over” law — what is it?**

Laws vary from state to state, but in general: When an emergency vehicle with emergency lights activated is stopped on or next to a roadway, drivers approaching the emergency vehicle should (1) make a lane change into an available lane not immediately adjacent to the emergency vehicle; or (2) if unable to safely make a lane change, slow down to a reasonable speed for existing weather, road, and vehicular or pedestrian traffic conditions.

## **How do I know if my state has a “Move Over” law?**

All 50 states have enacted “Move Over” laws. Learn about your state's law at [www.moveoverlaws.com](http://www.moveoverlaws.com).

## **If I violate the “Move Over” law, what is the penalty?**

Fines for violations of the “Move Over” law vary from state to state. In some states, violation of the law is punishable by jail time.

## **Is it really that unsafe to drive next to a law enforcement officer stopped on the side of a highway?**

Yes. Making a traffic stop, investigating a crash, or assisting a motorist are some of the most dangerous things law enforcement officers do. Since 2017, there have been 188 law enforcement officers killed in traffic-related incidents according to the U.S. Department of Transportation's National Highway Traffic Safety Administration.



# IT'S A DISASTER!

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

5th Edition

A Disaster Preparedness, Prevention  
& Basic First Aid Manual

by Bill & Janet Liebsch

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## DEDICATION

*This manual is dedicated to Volunteers all around the  
world who give their heart, soul, energy, and time  
unselfishly for the betterment of our society.  
Thank you.*

## ABOUT THE AUTHORS

Bill and Janet Liebsch are the founders of Fedhealth, a publishing and marketing company formed in 1999 to help the public focus on preparedness and health-related issues. They are dedicated to developing and marketing collaborative programs that primarily benefit first responders and volunteers. Fedhealth's books and ebooks are continually updated on preparedness and safety-related topics. To order additional copies and to learn about some funding ideas visit [www.fedhealth.net](http://www.fedhealth.net)

## 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.





We wanted to share some creative ideas associated with our customizable book that may benefit you and your community. *(Note: This PDF is only a portion of the 266-pg book, but allows you to see layout, contents, etc.)*



Since 1999 agencies, businesses and organizations across North America have been using customized copies of *IT'S A DISASTER!* for their employees, volunteers, customers and whole communities.

We discount our 266-page paperback **60% off** list (or **\$6** U.S. each in bulk.) You can customize our standard red books (28 or more copies) with labels ... or personalize book covers and first 12 pages in the print process in bulk. Extra pages can also be added for an upcharge, and small and rush custom print jobs can be done but unit price will be higher ~ call for details.

Our interactive 282-page PDF ebook is only **\$5** each and we customize ebook in bulk with pricing as low as **\$2** each. And if no budget, no problem – [learn more](#)

#### Some creative uses for books and ebooks include...

- Changing entire cover (including the **title**) + adding your logos, safety data or plans, maps and special messages for local communities.
- Collaborating with public and private partners to include coupons, AR, QR codes and freebies on everyday products and services, and incentivize the public to keep books or ebooks handy.

Learn more about our products and funding ideas at [www.fedhealth.net](http://www.fedhealth.net) or contact me direct to discuss your needs.

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

Stay safe,  
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Proceeds benefit the U.S. First  
Responders Association  
[www.usfra.org](http://www.usfra.org)

# INTRODUCTION

If you have never been involved in any type of major disaster, count yourself among the lucky ones and realize that emergencies and 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 emergency situation 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 2 to 4 weeks or more)... that's even better!

A majority of this information was compiled from various publications and data provided by the U.S. Department of Homeland Security, FEMA, Public Safety Canada, the CDC, the Public Health Agency of Canada and others 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!

# CONTENTS

|                                                                  |          |
|------------------------------------------------------------------|----------|
| Dedication & Disclaimer                                          | ..ii     |
| Revenue sharing ideas using this Public Private Partnership tool | .... iii |
| Introduction                                                     | .....iv  |
| Disaster Facts & Figures                                         | .....1   |
| General Facts & Figures on Disasters                             | .....2   |
| Facts & Figures by Type of Disaster                              | .....3   |

## **Section 1 - Family Emergency Plan, Kits & Shelter .....7**

|                                                       |         |
|-------------------------------------------------------|---------|
| Family Emergency Plan Checklist                       | .....8  |
| Learn About Risks & Existing Plans                    | .....8  |
| Tips on Making <u>YOUR</u> Family Plan                | .....8  |
| Tips for Elderly & Disabled Family Members            | .....10 |
| Tips for Pets or Livestock / Large Animals            | .....11 |
| Family Emergency Plan                                 | .....12 |
| Disaster Supplies Kit                                 | .....14 |
| Water                                                 | .....14 |
| Food                                                  | .....15 |
| First Aid Kits                                        | .....15 |
| Tools and Emergency Supplies                          | .....17 |
| Sanitation                                            | .....19 |
| Clothing and Bedding                                  | .....19 |
| Special Items (for Infants, Elderly & Disabled, Pets) | .....20 |
| Car Kit                                               | .....21 |
| Classroom / Locker / Office Kit                       | .....22 |
| Suggestions and Reminders About Kits                  | .....23 |
| Think About Shelter                                   | .....24 |

## **Section 2 – Disaster Preparedness & Prevention .....25**

|                                                               |         |
|---------------------------------------------------------------|---------|
| What to Do <u>BEFORE</u> a Disaster Strikes (Mitigation Tips) | .....26 |
| What is Mitigation?                                           | .....26 |
| FEMA's Mitigation Directorate                                 | .....26 |
| Mitigation Tips to Help Prevent Damage & Loss                 | .....27 |
| Air Quality Mitigation                                        | .....27 |
| Earthquake Mitigation                                         | .....27 |
| Fire Mitigation                                               | .....28 |
| Flood Mitigation                                              | .....28 |
| Lightning Mitigation                                          | .....29 |
| Power Loss Mitigation                                         | .....29 |
| Wildfire Mitigation                                           | .....30 |
| Wind Mitigation                                               | .....31 |

|                                                                     |    |
|---------------------------------------------------------------------|----|
| Winter Storm & Extreme Cold Mitigation . . . . .                    | 33 |
| Mitigation Tips Summary . . . . .                                   | 34 |
| Agencies and Groups Involved with Preparedness & Response . . . . . | 36 |
| What are <u>YOU</u> gonna do about ...                              |    |
| Avalanches, Landslides & Mudflows . . . . .                         | 37 |
| Avalanches . . . . .                                                | 37 |
| Landslides and Mudflows . . . . .                                   | 39 |
| Civil Disturbances or Civil Unrest . . . . .                        | 42 |
| Earthquake . . . . .                                                | 43 |
| Evacuation . . . . .                                                | 47 |
| Extreme Heat . . . . .                                              | 50 |
| Fires & Wildfires . . . . .                                         | 52 |
| Fires . . . . .                                                     | 52 |
| Wildfires . . . . .                                                 | 55 |
| Flood . . . . .                                                     | 57 |
| Hailstorms . . . . .                                                | 60 |
| Hazardous Materials . . . . .                                       | 62 |
| Hazardous Materials Disaster . . . . .                              | 62 |
| Household Chemical Emergency . . . . .                              | 65 |
| Hurricanes, Cyclones & Typhoons . . . . .                           | 66 |
| Nuclear Power Plant Emergency . . . . .                             | 72 |
| Terrorism . . . . .                                                 | 77 |
| Before <u>ANY</u> Type of Terrorist Attack . . . . .                | 79 |
| About the National Terrorism Advisory System . . . . .              | 80 |
| About Cyber Attacks . . . . .                                       | 81 |
| Before a Cyber Attack . . . . .                                     | 83 |
| About Chemical Agents . . . . .                                     | 83 |
| Basic Categories . . . . .                                          | 83 |
| BZ . . . . .                                                        | 85 |
| Chlorine . . . . .                                                  | 85 |
| Cyanide . . . . .                                                   | 86 |
| Sarin . . . . .                                                     | 87 |
| Sulfur Mustard / Mustard Gas . . . . .                              | 88 |
| VX . . . . .                                                        | 90 |
| Before / During / After a Chemical Attack . . . . .                 | 91 |
| For More Information about Chemical Agents . . . . .                | 93 |
| About Biological Agents . . . . .                                   | 94 |
| Basic Groups . . . . .                                              | 94 |
| Anthrax . . . . .                                                   | 95 |
| Botulism . . . . .                                                  | 96 |
| Plague . . . . .                                                    | 96 |
| Ricin . . . . .                                                     | 97 |



|                                                                           |                   |
|---------------------------------------------------------------------------|-------------------|
| Smallpox .....                                                            | 98                |
| Tularemia .....                                                           | 100               |
| Viral Hemorrhagic Fevers (VHFs) .....                                     | 101               |
| Before / During / After a Biological Attack .....                         | 102               |
| For More Information about Biological Agents .....                        | 104               |
| About Radiological Threat or Device .....                                 | 104               |
| RDD (Dirty Bomb) .....                                                    | 104               |
| Bomb Threat .....                                                         | 105               |
| Suspicious Package .....                                                  | 105               |
| Before a Radiological Threat or Event .....                               | 106               |
| During / After a Radiological Event or Explosion .....                    | 106               |
| For More Information about Radiological Emergencies ..                    | 108               |
| About Nuclear Threat or Device .....                                      | 109               |
| What Happens When a Nuke Explodes? .....                                  | 109               |
| Most Dangerous Part of Attack? (Radiation) .....                          | 112               |
| How do I Protect Myself and My Family? (Shelters) .....                   | 115               |
| Before / During / After a Nuclear Attack .....                            | 119               |
| For More Information about National Security .....                        | 125               |
| Thunderstorms .....                                                       | 127               |
| Tornado .....                                                             | 129               |
| Tsunami .....                                                             | 132               |
| Volcanic Eruption .....                                                   | 135               |
| Winter Storms & Extreme Cold .....                                        | 138               |
| Tips on Recovering from a Disaster ... ..                                 | 142               |
| Emotional Recovery Tips – Handling Emotions .....                         | 142               |
| Some Normal Reactions to Disasters .....                                  | 142               |
| Tips for Adults & Kids .....                                              | 142               |
| General Recovery Tips – AFTER a Disaster .....                            | 144               |
| Returning to a Damaged Home .....                                         | 144               |
| Getting Help: Disaster Assistance .....                                   | 146               |
| Mitigation (Reducing the Impact for the Next Time) .....                  | 148               |
| Tips on Shelter Living During or After an Emergency .....                 | 150               |
| Tips on Using Household Foods .....                                       | 151               |
| Tips on Water Purification .....                                          | 152               |
| Tips on Sanitation of Human Waste .....                                   | 153               |
| Tips on Helping Others in Their Time of Need .....                        | 154               |
| Dealing with Death or Mass Casualties .....                               | 155               |
| <b><u>Section 3 - Information &amp; Tips on Basic First Aid .....</u></b> | <b><u>157</u></b> |
| What are <u>YOU</u> gonna do about... an EMERGENCY? .....                 | 158               |
| Tips on the ABCs ... Airway, Breathing & Circulation .....                | 158               |
| Tips on Making <u>YOUR</u> “Emergency Action” Plan .....                  | 159               |
| Tips on Calling 9-1-1 for an Ambulance .....                              | 160               |

|                                                            |     |
|------------------------------------------------------------|-----|
| Tips on Reducing the Spread of Germs or Diseases . . . . . | 161 |
| Tips on Good Samaritan Laws . . . . .                      | 161 |
| What are <u>YOU</u> gonna do about ...                     |     |
| Bites & Stings . . . . .                                   | 162 |
| Animal & Human Bites . . . . .                             | 162 |
| Insect Bites & Stings . . . . .                            | 162 |
| Bites & Stings (in general) . . . . .                      | 162 |
| West Nile Virus . . . . .                                  | 164 |
| Things to do to avoid mosquito bites . . . . .             | 164 |
| For More Information about Vector-Borne Diseases . . . . . | 165 |
| Sea Critter (Marine Life) Stings . . . . .                 | 165 |
| Snake Bites . . . . .                                      | 166 |
| Spider Bites, Scorpion Stings & Ticks . . . . .            | 167 |
| Bleeding . . . . .                                         | 169 |
| Controlling Bleeding . . . . .                             | 169 |
| Internal Bleeding . . . . .                                | 170 |
| Nosebleeds . . . . .                                       | 170 |
| Slashed or Severed Body Parts/Amputation . . . . .         | 170 |
| Breathing Problems . . . . .                               | 171 |
| Asthma Attack . . . . .                                    | 171 |
| Rescue Breathing (Not Breathing) . . . . .                 | 171 |
| Broken or Fractured Bones . . . . .                        | 173 |
| Tips on Splinting . . . . .                                | 173 |
| Burns . . . . .                                            | 174 |
| Burns from Fire or Hot Liquids . . . . .                   | 174 |
| Chemical Burns . . . . .                                   | 175 |
| Electrical Burns . . . . .                                 | 175 |
| Sunburn . . . . .                                          | 176 |
| Choking . . . . .                                          | 177 |
| Adults & Children . . . . .                                | 177 |
| Infants . . . . .                                          | 178 |
| Cold-Related Illnesses . . . . .                           | 179 |
| Frostbite . . . . .                                        | 179 |
| Hypothermia . . . . .                                      | 180 |
| Convulsions & Seizures . . . . .                           | 181 |
| CPR – See Heart Problems . . . . .                         | 188 |
| Dizziness & Fainting . . . . .                             | 182 |
| Drowning . . . . .                                         | 183 |
| Ear Injuries . . . . .                                     | 184 |
| Eye Injuries . . . . .                                     | 185 |
| Head, Neck or Spine Injuries . . . . .                     | 187 |
| Heart Problems . . . . .                                   | 188 |

|                                                       |     |
|-------------------------------------------------------|-----|
| Heart Attack .....                                    | 188 |
| Cardiac Arrest (Giving CPR) .....                     | 189 |
| Heat-Related Illnesses .....                          | 193 |
| Heat Exhaustion .....                                 | 193 |
| Heat Stroke .....                                     | 193 |
| Infection .....                                       | 195 |
| Infectious Diseases .....                             | 196 |
| Influenza (flu - seasonal, avian, H1N1, etc.) .....   | 196 |
| Ebola virus .....                                     | 197 |
| Coronavirus (COVID-19, MERS, SARS, etc.) .....        | 197 |
| C. diff (Clostridium difficile or C. difficile) ..... | 197 |
| Staph (staphylococcus aureus & MRSA) .....            | 198 |
| How Infectious Diseases Spread .....                  | 198 |
| Reducing the Spread of Infectious Diseases .....      | 199 |
| For More Information about Infectious Diseases .....  | 199 |
| Poisoning .....                                       | 200 |
| Poison - Absorbed through the Skin .....              | 200 |
| Poison - Inhaled by Breathing .....                   | 201 |
| Poison - Poisonous Plants .....                       | 201 |
| Poison - Swallowed .....                              | 205 |
| Shock .....                                           | 206 |
| Stroke .....                                          | 207 |
| Tooth Injuries .....                                  | 208 |

#### **Section 4 - Emergency Contact Names & Numbers .....209**

|                                                                  |     |
|------------------------------------------------------------------|-----|
| About the Red Cross (American, Canadian, Mexican & Intl) .....   | 210 |
| About the Salvation Army (American, Canadian, Mexican & Intl) .. | 211 |
| About the Federal Emergency Management Agency (FEMA) .....       | 212 |
| FEMA Partners .....                                              | 212 |
| Local Emergency Management Agencies .....                        | 212 |
| State and Territory Emergency Management Agencies .....          | 212 |
| National Emergency Management Organizations .....                | 216 |
| Federal-level Partners .....                                     | 216 |
| Partnerships with the Private Sector .....                       | 217 |
| National Response Framework .....                                | 217 |
| About Public Safety Canada .....                                 | 218 |
| Partner Agencies .....                                           | 218 |
| Emergency Preparedness in Canada .....                           | 218 |
| Provincial & Territorial Emergency Management Orgs .....         | 219 |
| For More Information about Public Safety Canada .....            | 220 |
| APPENDIX A - Citizen Corps / CERT (Volunteer Programs) .....     | 221 |
| What is Citizen Corps? .....                                     | 221 |

|                                                                    |     |
|--------------------------------------------------------------------|-----|
| Citizen Corps Programs & Partners . . . . .                        | 221 |
| Community Emergency Response Teams (CERT) . . . . .                | 221 |
| Fire Corps . . . . .                                               | 221 |
| Medical Reserve Corps (MRC) . . . . .                              | 221 |
| Neighborhood Watch . . . . .                                       | 222 |
| Volunteers in Police Service (VIPS) . . . . .                      | 222 |
| Affiliate Programs & Organizations . . . . .                       | 222 |
| More About CERT . . . . .                                          | 223 |
| For More Information about Citizen Corps & CERT . . . . .          | 223 |
| APPENDIX B - Business Continuity (Plan for the Unexpected) . . . . | 224 |
| What is Business Continuity? . . . . .                             | 224 |
| Tips on Developing Your Business Plan . . . . .                    | 224 |
| Tips on Protecting Your Business . . . . .                         | 228 |
| Additional Business Continuity Resources . . . . .                 | 231 |
| APPENDIX C - School Safety Resources (Tools for Schools) . . . . . | 233 |
| APPENDIX D - Active Shooter Preparedness (How to Respond) . . .    | 235 |
| End Notes . . . . .                                                | 238 |
| Resources . . . . .                                                | 238 |
| Additional Resources & Web Sites . . . . .                         | 245 |
| Index . . . . .                                                    | 246 |



# 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:

- [ ] Find out which disasters could occur in your area and ask local 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 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 221).

- [ ] 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 "**In Case of Emergency**".
- [ ] 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 or on the cloud realizing data might not be accessible during a disaster.
- [ ] 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](http://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 phone and in kits 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#: \_\_\_\_\_

Child / School Name: \_\_\_\_\_ / \_\_\_\_\_ Ph#: \_\_\_\_\_

### Family Doctors

Name: \_\_\_\_\_ Phone#: \_\_\_\_\_  
Name: \_\_\_\_\_ Phone#: \_\_\_\_\_

### Medical Allergies

Name: \_\_\_\_\_ Allergy: \_\_\_\_\_  
Name: \_\_\_\_\_ Allergy: \_\_\_\_\_

### Current Prescriptions

Name: \_\_\_\_\_ Medication: \_\_\_\_\_  
Name: \_\_\_\_\_ Medication: \_\_\_\_\_

### Other

Dentist: \_\_\_\_\_ Phone#: \_\_\_\_\_  
Veterinarian: \_\_\_\_\_ Phone#: \_\_\_\_\_

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. Near your home (within 1 mile of your house) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. Away from your home (at least 5 miles from your house) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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 2 to 4 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 3 day supply of water (or more) for each person in home and store extra water for pets. Rotate new cases / bottles every 6 months. Consider getting large 55-gallon 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 vehicle 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 (standard & 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 & headlamp plus extra batteries & bulbs (check every 6 months) and/or get solar, hand crank or shake flashlights / 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, flint 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
- [ ] Plastic sheeting (for shelter, lean-to, or sealing room during chemical / hazardous material threat - see *HAZARDOUS MATERIALS*)
- [ ] Power inverter
- [ ] Radiation detection devices (like a dosimeter, etc. - see page 112)
- [ ] Tape (plastic & duct), rope, twine, paracord and bungee cords

- [ ] Signal flares
- [ ] Small hand tools (pliers, screwdrivers, shovel or trowel, etc.)
- [ ] Solar (or handcrank) charger for cell phone, tablets, etc.
- [ ] Sterno, small camp stove and propane bottle(s) and/or solar oven
- [ ] 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), disinfectant spray/wipes
- [ ] 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) or waste kits, WAG Bags, Poo powder, Poo~Pourri, etc.
- [ ] Soap, liquid detergent, hand sanitizer (with at least 60% alcohol), moist towelettes or sanitizing wipes, hydrogen peroxide, etc.
- [ ] Toilet paper, baby wipes and paper towels
- [ ] Wash cloths, hand and bath towels, dish rags & towels, etc.

## **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 a waterproof, portable safe container or scan to flash drive or use a secure online backup service. Also keep copies of papers off-site in a safety deposit box or with a family member.
  - 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 and Credit card numbers + 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 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 crank radio, flashlight/headlamp, extra batteries & 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, bulbs and batteries, or headlamp or 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](http://www.ready.gov)

# What are YOU gonna do about...

## AN EVACUATION?

Evacuations are quite common and happen for a number of reasons – fires, floods, mudflows, hurricanes, or chemical spills on the roads or railways.

When community evacuations become necessary, local officials provide information to the public usually through the media. Government agencies, the Salvation Army, Red Cross, churches and other relief organizations provide emergency shelter and supplies. But, as we have said before, you should have enough food, water, clothing and emergency supplies for days or weeks (or more) in case you cannot be reached by relief efforts.

The amount of time to evacuate obviously depends on the type of disaster. Hurricanes can be tracked and allow a day or two notice to get ready, but many types of disasters happen without much notice... so prepare NOW!!

### BEFORE AN EVACUATION:

Ask & learn - Ask emergency management officials about community evacuation plans and learn the routes that should be used. Also learn the signs used for your area - and, if you're traveling, make a mental note what evacuation signs look like in case something happens while on the road. And ask if your local officials have developed pet-friendly shelters and pet-related disaster plans through the 2006 PETS Act.

Make a plan - Review Section 1 and develop a **Family Emergency Plan** (so you know where to meet if separated, how to contact everyone, have a **Disaster Supplies Kit** ready to go, etc.) If you don't have a car, make arrangements with friends, neighbors or local officials so you have a way to evacuate.

Think about your pets - Make a plan for your critters. Review Tips for Pets or Livestock / Large Animals on page 11 and pack supplies for them in your **Disaster Supplies Kit**.

Where do we go? - Talk with your family members and decide in advance where you would go in case you can't return home for weeks or months. If your home is damaged or destroyed or you're forced to leave your home due to on-going threats (like mudslides or flooding), you will need to find temporary or permanent living quarters. This could mean staying in a public shelter or hotel, living with friends or relatives, or renting a home or apartment in the middle of all the chaos, so discuss several options. Then, write down your various options and share them with relatives and friends.

Paperwork & money - As discussed in Section 1, put important paperwork (wills, photo I.D.s, insurance policies, list of bank and credit card numbers, etc.) in a portable fireproof container (and have copies in an off-site safety deposit box) so you have identification to get access to your bank or to set up new accounts if you have to relocate long-term to another town. Also keep copies on a CD, flash drive or external drive and store media in a safe place off-site or in a locked fireproof container. Or consider using a service that allows you to upload scans and securely store your documents on their servers.

Fill 'er up - Keep car fueled up -- stations may close during an emergency. (Try to stay in the habit of having at least half a tank of gas at all times.)

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 (and keep a wrench handy).

Review tips on basic needs - Please review TIPS ON SHELTER LIVING, TIPS ON USING HOUSEHOLD FOODS, TIPS ON WATER PURIFICATION and TIPS ON SANITATION OF HUMAN WASTE near end of this section to prepare yourself and family for what to expect.

## **DURING AN EVACUATION:**

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

Grab & Go - Grab your **Disaster Supplies Kit** (has water, food, clothing, emergency supplies, insurance and financial records, etc. ready to go).

What do I wear? - Put on protective clothing (long sleeve shirt and pants) and sturdy shoes - may even want to grab a jacket, hat or cap.

Shut off utilities - Turn off main water valve and electricity (if authorities tell you to do so).

Secure home - Close and lock doors and windows, unplug appliances, protect water pipes (if freezing weather), tie down boats, etc. (*See specific types of disaster for additional tips on securing home.*)

Take quick pics - Use your camera phone to take some shots of your home and property for a last minute inventory of things.

Pets - Make sure you take pets in secure carriers and bring food, water and leashes or harnesses with you. Grab medical records so you can prove immunizations are current. Realize some shelters may not accept pets so have a backup plan on where you'll go. If you have no alternative but to leave your pet at home, confine it to a safe area inside with dry food and

plenty of water. Leave bathroom door open and toilet lid up (or remove lid completely) so they can access additional water (but only if toilet is free of chemicals.) If you must leave your pet outside -- don't chain it!

Large animals - Hopefully you made arrangements in advance to evacuate livestock and/or large animals. If you must turn them loose, prepare halters for horses that include your name and phone numbers or spray paint your number on the animals and leave lots of food and water out.

Alert family / friends - Let others know where you are going (or at least leave a message or note in clear view explaining where you can be found). If pets are left on the property, put a note on door to alert rescue workers.

Social media - Social networking sites allow users to stay current on evacuation and recovery efforts. You may not have access to the Internet during or after a crisis, but text messages can sometimes get through when cell and phone systems are down. The Salvation Army, Red Cross, FEMA, local emergency officials and other relief groups use social media to send instant messages about evacuations, shelter information, and other emergency broadcast warnings to stay updated on friends and families displaced by storms. Social media is also a great way to post and share photos and videos.

#### Things to avoid:

- **bad weather** - leave early enough so you're not trapped
- **shortcuts** - may be blocked -- stick to the recommended Evacuation routes
- **flooded areas** - roadways and bridges may be washed-out
- **downed power lines**

Review tips on basic needs - Make sure you review tips on SHELTER LIVING, USING HOUSEHOLD FOODS, WATER PURIFICATION and SANITATION OF HUMAN WASTE at end of this section to prepare your family for the unexpected.

# What are YOU gonna do about...

## FIRES & WILDFIRES?

Since fire spreads so quickly, there is NO time to grab valuables or make a phone call! In just two minutes a fire can become life threatening! In five minutes a house can be engulfed in flames.

A fire's heat and smoke are more dangerous than the actual flames since you can burn your lungs by inhaling the super-hot air. Fire produces poisonous gases that make you drowsy and disoriented (confused). Instead of being awakened by a fire, you could fall into a deeper sleep.

First we will discuss **FIRES** like you might encounter in your home or apartment, then we will cover **WILDFIRES** since there are many things people need to think about when living near wilderness areas.

### **BEFORE A FIRE (FIRE SAFETY TIPS):**

Install smoke and carbon monoxide (CO) detectors! - Test alarms 1-4 times a month, replace batteries once a year, and get new units every 10 years.

Make a plan - Review Section 1 and create an Escape Plan that includes two escape routes from every room in the house and walk through the routes with your entire family. Also...

- Make sure your windows are not nailed or painted shut.
- Make sure security bars on windows have a fire safety opening feature so they can be easily opened from the inside...and teach everyone how to open them!
- Teach everyone how to stay LOW to floor (air is safer).
- Pick a spot to meet after escaping fire (meeting place).

Clean up - Keep storage areas clean - don't stack up newspapers & trash.

Check power sources - Check electrical wiring and extension cords -- don't overload cords or outlets. Make sure there are no exposed wires anywhere and make sure wiring doesn't touch home insulation.

Use caution - Never use gasoline or similar liquids indoors and never smoke around flammable liquids!

Check heat sources - Check furnaces, stoves, cracked or rusty furnace parts, and chimneys. Always be careful with space heaters and keep them at least 3 feet (1 m) away from flammable materials.

Know how to shut off power - Know where the circuit breaker box and gas valve is and how to turn them off, if necessary. (And always have a gas company rep turn on a main gas line.)

Install A-B-Cs and remember P-A-S-S - Install A-B-C fire extinguishers in the home since they work on all types of fires, and teach family members how to use them. Remember **P-A-S-S** = **P**ull the pin; **A**im at the base of the fire; **S**queeze the trigger; **S**weep side to side.

Call local fire - Ask local fire department if they will inspect your home or business for fire safety and prevention.

Teach kids - Explain to children that matches and lighters are **TOOLS**, not toys... and if they see someone playing with fire they should tell an adult right away! And teach them how to report a fire and when to call 9-1-1.

Prevent common fires - Pay attention when cooking & don't smoke in bed!

## **DURING A FIRE:**

**If only a small fire that's not spreading too fast ...**

Try to put out...? - Use a fire extinguisher or water (unless it's an electrical or grease fire) ... and never try to put out a fire that's getting out of control!

- **electrical fire** - never use water... use a fire extinguisher approved for electrical fires
- **oil or grease fire in kitchen** - smother fire with baking soda or salt (or, if burning in pan or skillet, carefully put a lid over it -- but don't try to carry pan outside!)

**If fire is spreading ...**

GET OUT - DO NOT take time to try to grab anything except your family members! Once outside, do NOT try to go back in (even for pets) - let the firemen do it! Ask a neighbor to call fire department if not already called.

GET DOWN - Stay low to the ground under smoke by crawling on your hands and knees or squat down and walk like a duck... but keep moving to find a way out!

Closed door - Using the back of your hand (not your palm) always feel the top of the door, doorknob, and the crack between the door and door frame before you open a closed door!

- **if door is cool** - leave quickly, close door behind you and crawl to an exit
- **if door is hot** - DO NOT open it ... find another way out



No way out - If you can't find a way out of the room you're trapped in (door is hot and too high to jump) then hang a white or light-colored sheet, towel or shirt outside a window to alert firemen.

Use stairs - Never take the elevator during a fire ... always use stairs!

If YOU are on fire - If your clothes ever catch fire, **STOP** what you're doing, **DROP** to the ground, cover your face and **ROLL** until the fire goes out. Running only makes the fire burn faster!

Toxic gas - Plastics in household goods create deadly fumes when burned.

## **AFTER A FIRE:**

Don't go in there - Never enter a fire-damaged building until officials say it's okay and watch for signs of smoke in case the fire isn't totally out. Even if a fire's out, hydrogen cyanide and other toxic fumes can remain.

Utilities - Have an electrician check your household wiring before you turn the power back on and DO NOT try to reconnect any utilities yourself!

Damage - Look for structural damage (roof, walls, floors, etc.) since they may be weak.

Call for help - Local disaster relief service (Red Cross, Salvation Army, etc.) can help provide shelter, food, or personal items that were destroyed.

Insurance - Call your insurance agent or representative and...

- Keep receipts of all clean-up and repair costs (for both insurance and income taxes).
- Do not throw away any damaged goods until an official inventory has been taken by your insurance company.

If you rent - Contact your landlord since it is the owner's responsibility to prevent further loss or damage to the site.

Move your stuff - Secure your personal belongings or move them to another location, if possible.

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

*To learn more about fire safety and fire prevention visit the U.S. Fire Administration's web site [www.usfa.fema.gov](http://www.usfa.fema.gov) or contact your local fire department, emergency official, or your insurance agent / representative.*

**Wildfires** are intense fires that are usually caused by careless humans or lightning. Campfires, children playing with matches or lighters, and cigarettes are the most common things that cause brush fires or wildfires so please be careful when you're out in deserts, mountains, or any other heavy vegetation areas. And please don't toss cigarettes out when driving!

NEVER leave a campfire burning - make sure it is completely out using plenty of water before leaving the area. Stir the coals around with a stick or log while pouring water over them to ensure all the coals get wet and they are no longer hot. Any hot coals left unattended can be easily ignited by wind since they can stay hot for 24 - 48 hours.

When building a campfire, always choose a level site, clear away any branches and twigs several feet from the fire, and never build a fire beneath tree branches or on surface roots. Also, build at least 10 feet (3 m) from any large rocks that could be blackened by smoke or cracked from a fire's heat.

See your local Forest Service office or Ranger Station for more information on campfires and permits. Or visit [www.fs.fed.us](http://www.fs.fed.us) or [www.pc.gc.ca](http://www.pc.gc.ca)

## **BEFORE A WILDFIRE (FIRE SAFETY TIPS):**

Prepare - See WILDFIRE MITIGATION at beginning of this Section.

Learn fire laws - Ask fire authorities or the forestry office for information on fire laws (like techniques, safest times to burn in your area, etc.)

Could they find & reach you? - Make sure that fire vehicles can get to your property and that your address is clearly marked.

Safety zone - Create a 30-100 foot (9-30 m) safety zone around your home. (see *WILDFIRE MITIGATION*)

Teach kids - Explain to children that matches and lighters are TOOLS, not toys... and if they see someone playing with fire tell an adult right away. And teach kids how to report a fire and when to call 9-1-1.

Tell authorities - Report hazardous conditions that could cause a wildfire.

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

## **DURING A WILDFIRE:**

Listen - Have a radio to keep up on news, weather and evacuation routes.

Evacuate? – If you are told to leave - do so ... and IF you have time also...

- Secure your home - close windows, vents, all doors, etc.
- Turn off utilities and tanks at main switches or valves.
- Turn on a light in each room to increase the visibility of your home in heavy smoke.
- See WILDFIRE MITIGATION at front of this section.

Head downhill – Fire climbs uphill 16 times faster than on level terrain (since heat rises) so always head down when evacuating the area.

Food & water - If you prepared ahead, you'll have your **Disaster Supplies Kit** handy to **GRAB & GO...** if not, gather up enough food and water for each family member for at least 3 days or longer!

Be understanding - Please realize the firefighters main objective is getting wildfires under control and they may not be able to save every home. Try to understand and respect the firefighters' and local officials' decisions.

## **AFTER A WILDFIRE:**

Don't go there - Never enter fire-damaged areas until authorities say it's okay and watch for signs of smoke or heat in case the fire isn't totally out.

Critters - Don't try to care for a wounded critter -- call Animal Control.

Utilities - Have an electrician check your household wiring before you turn the power back on and DO NOT try to reconnect any utilities yourself!

Damage - Look for structural damage (roof, walls, floors) -- may be weak.

Call for help - Local disaster relief services (Red Cross, Salvation Army, etc.) can help provide shelter, food, or personal items that were destroyed.

Insurance - Call your insurance agent or representative and...

- Keep receipts of all clean-up and repair costs
- Do not throw away any damaged goods until an official inventory has been taken by your insurance company.

If you rent - Contact your landlord since it is the owner's responsibility to prevent further loss or damage to the site.

Move your stuff - Secure belongings or move them to another location.

Recovery tips - See TIPS ON RECOVERING FROM A DISASTER.

# 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 the Iowa Conservation and Preservation Consortium has some resources on how to dry materials like artwork, books, photographs, etc. at [www.iowaconserveandpreserve.org](http://www.iowaconserveandpreserve.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...

## HURRICANES, CYCLONES & TYPHOONS?

Hurricane season in North America is generally between June and November. Hurricanes are tropical cyclones with torrential rains and winds of 74 - 155 miles per hour (120 - 250 km/h) or faster. These winds blow in a counter-clockwise direction (or clockwise in the Southern Hemisphere) around a center “eye”. The “eye” is usually 20 to 30 miles (32 to 48 km) wide, and the storm may be spread out as far as 400 miles (640 km)!

As the hurricane approaches the coast, a huge dome of water (called a storm surge) will crash into the coastline. Nine out of ten people killed in hurricanes are victims of storm surge. Hurricanes can also cause tornadoes, heavy rains and flooding.

### What's with all the different names?

You may have heard different words used to describe storms depending on where you live in the world. It's a little confusing but hopefully this explains the various names.

Cyclone - an atmospheric disturbance with masses of air rapidly rotating around a low-pressure center... (sort of like a dust devil or a tornado)

Tropical Depression - maximum surface winds of less than 39 miles per hour (62 km/h) over tropical or sub-tropical waters with storms and circular winds

Tropical Storm - a tropical cyclone is labeled a Tropical Storm if winds are between 39-73 mph (62 - 117 km/h) and given a name to track it

Hurricane, Typhoon, Tropical cyclone - surface winds are higher than 74 mph (120 km/h)... and depending on where it is happening will determine what it is called

### Where in the world do they use these names?

*(Please note: We are only listing a few major countries or areas for each name.)*

Cyclone - used in several parts of the world - **Indian Ocean, Australia, Africa, SW and southern Pacific Ocean**

Hurricane - used in North Atlantic Ocean, Northeast Pacific Ocean (east of the dateline), or South Pacific Ocean (east of 160) - **both coasts of North America, Puerto Rico, Caribbean Islands, and Central America**



Typhoon - used in Northwest Pacific Ocean west of the dateline - **Guam, Marshall Islands, Japan, Philippines, Hong Kong, coastal Asia**

Tropical cyclone - used in Southwest Pacific Ocean west of 160E or most of Indian Ocean - **Australia, Indonesia, Africa, Middle East**

Hurricanes are classed into five categories based on wind speeds, central pressure, and damage potential. The chart below is the Saffir-Simpson Hurricane Wind Scale with examples of damage provided by NOAA:

| <b>Scale #<br/>(Category)</b> | <b>Sustained<br/>Winds</b>  | <b>Wind Damage (examples of potential<br/>damage)</b>                                                          |
|-------------------------------|-----------------------------|----------------------------------------------------------------------------------------------------------------|
| <b>1</b>                      | 74-95 mph<br>119-153 km/h   | Dangerous winds will produce some damage<br>(Untied mobile homes, vegetation & signs)                          |
| <b>2</b>                      | 96-110 mph<br>154-177 km/h  | Extremely dangerous winds/extensive damage<br>(All mobile homes, roofs, small crafts, floods)                  |
| <b>3</b>                      | 111-129 mph<br>178-208 km/h | Devastating damage will occur<br>(Small buildings, low-lying roads cut off)                                    |
| <b>4</b>                      | 130-156 mph<br>209-251 km/h | Catastrophic damage will occur<br>(Roofs and mobile homes destroyed, trees<br>down, beach homes flooded)       |
| <b>5</b>                      | > 156 mph<br>> 251 km/h     | Catastrophic damage will occur<br>(Most bldgs and vegetation destroyed, major<br>roads cut off, homes flooded) |

## **BEFORE A HURRICANE:**

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

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

- **Hurricane/Tropical Storm Watch** - hurricane/tropical storm is possible within 48 hours so listen to TV and radio updates
- **Hurricane/Tropical Storm Warning** - hurricane/tropical storm is expected within 36 hours -- may be told to evacuate (if so, do it) and listen to radio or TV for updates
- **Short term Watches and Warnings** - warnings provide detailed information on specific hurricane threats (like flash floods and tornadoes)
- **Storm surge** - large dome of water formed as the winds push water towards the shore. Surges can be up to 20 feet (6 meters) tall and 50 to 100 miles (80-160 km) wide.

- **Eye wall** - area that circles the eye of the storm and contains the most damaging winds and heaviest rains
- **Outer bands** - the outer rings or bands of thunderstorms that make landfall first

Listen - Keep local radio or TV tuned in for weather forecasts and updates. (Some other radios to consider are Environment Canada's Weatheradio and NOAA's Weather Radio with battery backup and tone-alert feature that automatically alert you when a Watch or Warning has been issued.)

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

Pets & large animals - Make arrangements for pets since shelters may not allow them. If you have horses or livestock, make a plan for an alternate site in case they must be evacuated. (*see tips on page 11 and in EVACUATION*)

Make a plan - Review Section 1 to develop a **Family Emergency Plan** and **Disaster Supplies Kit**.

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.

Batten down - Make plans to protect your property with storm shutters or board up windows with plywood that is measured to fit your windows. Tape does not prevent windows from breaking. (*see WIND MITIGATION*)

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

Put it on film/chip/drive - Either videotape or take pictures of home and personal belongings and store them in a safe place (like a fireproof box or a safety deposit box or up in the cloud) along with important papers.

## **DURING A HURRICANE THREAT:**

Listen - Have a battery-operated radio available to keep up on news reports, tornado warnings and evacuation routes.

Evacuate? – If you are told to leave - do it! (*see EVACUATION*) And if you have time also...

- Secure your home - close storm shutters or put up boards on windows, moor your boat, and secure outdoor objects or put them inside since winds will blow them around.
- Turn off utilities at main switches or valves, if instructed.

- Fill up your car with fuel.
- Make arrangements for pets in case you can't take them with you.

**Food & water** - If you prepared ahead, you'll have your **Disaster Supplies Kit** handy to GRAB & GO... if not, gather up enough food and water for each family member for at least 3 days!

**IF INDOORS** – Stay inside!

- Find a **SAFE SPOT** - get to small interior room, closet or hallway ... or lie on the floor under a heavy desk or table.
- Move away from windows and glass doors.

**IF IN A MULTI-STORY BUILDING** – Go to the first or second floor!

- Find a **SAFE SPOT** - get to a small interior room or hallway ... or lie on the floor under a heavy desk or table.
- Move away from outside walls and windows.
- Realize electricity may go out and alarms and sprinkler systems may go on.

**Things to avoid:**

- **moving water** - 6 inches (15 cm) 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 safely
- **bad weather** - leave early enough so you are not trapped
- **flooded areas** - roadways and bridges may be washed-out
- **downed power lines** - extremely dangerous in floods!!

**Stay indoors** - If you do not evacuate, stay indoors and stay away from glass doors and windows. Keep curtains and blinds closed and remember, a lull in the storm could only be the middle of the storm (the “eye”) and winds can start again. Keep listening to radio or TV reports.

**Nasty weather** - Be aware of other hazards like high winds, heavy rain, flooding and tornadoes. And realize weather can move hundreds of miles into the mainland too.

**Right front quadrant** - The northeast part or right front quadrant of a hurricane typically has the strongest winds and highest storm surge. If it's a high tide when the storm slams ashore you could have serious problems.

**Limit phone calls** - Only use phones in an emergency so it keeps lines open for local authorities.

## AFTER A HURRICANE:

Stay put - Stay where you are (if you're in a safe location) and don't return home (if you've been evacuated) until local authorities say it's okay. Realize it may take weeks, months or years before some areas will be classed as "safe" due to health hazards or massive destruction from the storm.

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

Stick together - Keep family together since this is a very stressful time. Try to find chores for children so they feel they're helping with the situation.

### Things to avoid:

- **flood waters** - stay away from flood waters since it may be contaminated by oil, gasoline or raw sewage or may be electrically charged from underground or downed power lines - wait for local authorities to approve returning to flooded areas
- **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 or weakened
- **downed power lines** - extremely dangerous and report them to power company

### Things to watch out for:

- **weak structures** - be careful since buildings and homes could have been weakened by wind or floods
- **looting, guns and panicked people** - be aware people may become violent trying to find loved ones, water or food (or there may be criminals and jerks out stealing whatever they can)
- **bodies** - strong storm surges, floods, and high winds may cause deaths so be aware there may be dead human and animal carcasses scattered around

Drinking water - Use bottled water or purify water until officials advise it is okay to drink out of the tap. (*see TIPS ON WATER PURIFICATION*)

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

Wash your hands - Use clean water and soap when washing hands.

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

Insurance - Call your insurance agent to set up a visit to your home.

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

No power? - If you use a generator, keep it outside and follow the manufacturer's instructions. (*see some safety tips in POWER LOSS MITIGATION*)

Donations – Lots of people want to help victims of a hurricane and here are some tips...

- **wait & see** - don't donate food, clothing or personal items unless they are specifically requested
- **money** - donations to a known disaster relief group, like the Red Cross, Salvation Army, churches, etc. is always helpful
- **volunteers** - if local authorities ask for your help, bring your own water, food and sleeping gear

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

# 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.

*Note: For **heart** emergencies when doing CPR, the steps are now **CAB!***

# 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**  
(Note: For **heart** emergencies, the steps are now **CAB!**)

... 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)

Visit [www.bleedingcontrol.org](http://www.bleedingcontrol.org) to learn about Stop The Bleed campaign.

## 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...

## CHOKING?

### Things to watch for...

Trouble breathing  
Coughing or choking for several minutes  
Gripping the throat with one or both hands  
High-pitched wheezing  
Bluish color of skin, lips, fingertips/nails, and earlobes

**ATTENTION:** There are TWO separate “What to do...” parts here... one for ADULTS & CHILDREN (below) and one for INFANTS (see next page)!

### What to do... for ADULTS & CHILDREN (*Children over age 1*)

- Tell victim to try and cough it out. Ask “are you choking?” If victim nods yes, tell him/her you are going to help.
- Stand behind victim, wrap your arms around him/her and place your fist (thumb side in) just above victim’s belly button well below the breastbone.
- Grab the fist with your other hand and give quick, upward thrusts into their abdomen.
- Continue giving thrusts until the object is coughed out and victim can breathe, cough or talk or until he/she stops responding or passes out.

### If ADULT or CHILD stops responding or passes out:

- Yell for help, check breathing, and position victim on a flat surface so you can begin CPR (30 compressions and 2 breaths) - or do Hands-only CPR - to help force object out.
- Find hand position in center of chest over breastbone  
FOR ADULTS – see illustration 3-1 on page 190  
FOR CHILDREN – see illustration 3-2 on page 191
- Begin chest compressions:  
ADULTS – Using **both** hands, compress chest 30 times.  
CHILDREN – Using **one** hand, compress chest 30 times.
- Check mouth for object after every set of 30 compressions then give 2 rescue breaths (if doing). After 5 sets, call 911.
- Continue doing 30:2 sets until victim moves, coughs or talks or help arrives.

### What to do... for **INFANTS** (*Newborn to age 1*)

- If infant stops breathing, have someone call an ambulance.
- Turn infant face down on your forearm and support its head with that hand -- hold at angle so it's head is lower than chest. (May want to brace arm holding infant against your thigh.)
- Give 5 back blows between infants' shoulder blades with the heel of your other hand.
- If no object comes out, turn infant over so it is facing up on your forearm (still at an angle so head lower than chest) -- use your **first two fingers** to find the center of the breastbone on infant's chest.
- Give 5 thrusts to infant's chest using **only 2 fingers!** (Each thrust should be 1½ inches [3.81 cm] deep!)
- Repeat steps until infant can breath, cough, or cry or until he/she stops responding or passes out.

### If **INFANT** stops responding or passes out:

- Place infant on a firm, flat surface above ground (like on a table or counter) so you can begin Infant CPR.
- Yell for help and check infant's breathing.
- Find finger position in center of chest over breastbone [*see illustration 3-3 on page 192*]
- Using **2 fingers only**, compress chest 30 times.
- Open the airway and check mouth for object(s). If you see it, take it out.
- Give 2 breaths ... and remember, cover both mouth and nose on Infants!
- Repeat giving sets of 30 compressions and 2 rescue breaths, checking the mouth for objects. After 5 sets, call 911 (if they haven't already been called).
- Continue doing 30:2 sets until infant starts to respond or help arrives.

# What are YOU gonna do about...

## EXTREME HEAT?

**What is Extreme Heat?** Temperatures that hover 10 degrees or more above the average high temperature for that area and last for several weeks are considered “extreme heat” or a **heat wave**. Humid and muggy conditions can make these high temperatures even more unbearable. Really dry and hot conditions can cause dust storms and low visibility. **Droughts** occur when a long period passes without enough rainfall. A heat wave combined with a drought is a very dangerous situation!

Doing too much on a hot day, spending too much time in the sun or staying too long in an overheated place can cause **heat-related illnesses**. Know the symptoms of heat illnesses and be ready to give first aid treatment. (see *HEAT-RELATED ILLNESSES* in Section 3)

### BEFORE EXTREME HEAT HITS:

Keep it cool - Tips to keep hot air out and cool air inside include...

- Close any floor heat vents nearby.
- Seal gaps around window units with foam or duct tape.
- Use a circulating or box fan to spread the cool air around.
- Use aluminum foil covered cardboard in windows to reflect heat back outside.
- Use weather-stripping on doors and windowsills.
- Keep storm windows up all year to help keep cool in.

### DURING EXTREME HEAT:

Protect windows - If you hang shades, drapes, sheets, or awnings on windows you can reduce heat from entering home by as much as 80%.

Conserve power - During heat waves there are usually power shortages since everyone is trying to cool off, so stay indoors as much as possible.

Conserve water - Tips to lower water usage, esp. during drought conditions

- Check plumbing for leaks.
- Replace toilet and shower head with “low flow” versions.
- Don’t leave water running while shaving, brushing teeth, washing dishes, cleaning fruit or veggies, etc.

- If washing dishes or clothes, make sure it's a full load.
- Take short showers rather than filling up a bathtub.
- Limit watering lawn or washing cars.

No A/C..? - If you have no air conditioning, try to stay on the lowest floor out of the sunshine and use electric fans to help keep yourself cool.

Cars - Never leave children or pets in vehicles on warm or hot days!!

Eat light - Light meals are best, especially fresh fruits and veggies.

Drink WATER - Increase your daily intake of water, esp. in dry climates (deserts and high elevations) -- you don't realize how dehydrated you get And don't forget your pets!

Limit booze - Even though beer and alcoholic beverages may be refreshing on a hot day, they actually cause your body to dehydrate more.

What to wear - Light-colored (to reflect heat) loose-fitting clothes are best... and cover as much skin as possible. Dark colors absorb the sun's heat. Also, wear a wide-brimmed hat to protect face and neck.

Use sunscreen - Apply lotion or cream at least 20 minutes before going outside so skin can absorb and protect, esp. face and neck (SPF 30 to 50 with a 3 or 4 star UVA protection is best). You usually burn within the first 10 minutes outside, so take care of your skin... especially children! A sunburn slows the body's ability to cool itself and can be extremely dangerous.

Working outdoors - If you have to do yard work or other outdoor work, try to do it in the early morning hours to limit exposure in the sun. The most powerful sun is between 10 a.m. and 3 p.m. (when you burn the quickest) so limit outdoor activity during the heat of the day, if possible.

Ozone alerts - These can cause *serious* danger to people with breathing and respiratory problems (especially children and the elderly) so limit your time outdoors when alerts are announced on the radio, newspapers or TV.

- **ozone** - a colorless gas that is in the air we breathe and is a major element of urban smog.
- **ground-level ozone** - an air pollutant that can lower resistance to colds, cause problems for people with heart and lung disease, and cause coughing or throat irritation
- **ozone levels** - Air Quality Index between 0-50 is fine, but anything above 100 is extremely dangerous!

Heat Index - Visit NOAA's heat safety page at [www.nws.noaa.gov/om/heat/](http://www.nws.noaa.gov/om/heat/)

# 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 FEMA. Learn more at [www.ready.gov/cert](http://www.ready.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 administered by the National Volunteer Fire Council (NVFC). Visit [www.firecorps.org](http://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 <https://aspr.hhs.gov/MRC>

**National 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. The National Neighborhood Watch is administered by the National Sheriffs' Association. Learn more at [www.nnw.org](http://www.nnw.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.theiacp.org/VIPS](http://www.theiacp.org/VIPS)

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](http://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](http://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](http://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.ready.gov/citizen-corps](http://www.ready.gov/citizen-corps).

## 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 2½ 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 <https://training.fema.gov/emicourses> and search 317

For more information about CERT or to check if a CERT is in your community, visit [www.ready.gov/cert](http://www.ready.gov/cert) ... or visit [www.cert-la.com](http://www.cert-la.com) ... 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!

# INDEX

## A

- activated charcoal, first aid uses for, 17, 163
- active shooter
  - how to respond, 235-237
  - training and resources, 237
- air pollution, ozone alerts, 51
- air quality
  - improving with HEPA filter, 27, 229
  - mitigation tips, 27
- American Red Cross. *See also* Canadian Red Cross
  - about, 210
  - assistance following disasters, 146
  - business continuity information, 232
- amputation, emergency measures, 170
- anthrax (biological agent)
  - about, 95
  - how spread, 95
  - signs and symptoms of exposure, 95
  - treatment, 96
- asthma attack, first aid treatment, 171
- avalanches. *See also* landslides
  - basics, 37
  - facts and figures, 3
  - safety information, 37-39
- avian flu (bird flu). *See also* flu
  - reducing the spread of infectious diseases, 198-199
  - symptoms, 197
  - where to get more information, 199

## B

- baking soda
  - first aid uses for, 17
  - paste for insect bites or stings, 163
  - paste for rash, 202
  - paste for sea critter sting, 166
  - soak for sunburn, 176
  - use to put out small grease or oil fire, 53
- bedding, items to include in disaster supplies kit, 19-20
- biological agents, 78. *See also* terrorism
  - about, 94-104
  - basic groups of, 94
  - how used in an attack, 94
  - safety information, 78, 94-104
    - after an attack, 103-104

**BE AWARE... BE PREPARED... and HAVE A PLAN!**  
*This book may save your life!*

**Is your family or business *really* prepared for  
a disaster or emergency?**

**Look inside to see how to ...**

- **Protect your family and property from natural disasters;**
- **Prepare for Chem / Bio, cyber, or nuclear threats;**
- **Make a Family Emergency Plan with tips for kids, elderly and special needs family members, and pets;**
- **Assemble "Grab & Go" kits for home, car and office;**
- **Plan for shelter, water purification, food preparation, and sanitation;**
- **Apply basic first aid if help is not readily available;**
- **Develop a Business Continuity Plan**

**... plus find many resources and much more!**

As a firm believer in both preparedness and education, I find this book to be an invaluable resource for all ages. This book is a wonderful aid on how to prepare and provide for yourself and your loved ones during times of need.

*-- Howard Pierpont, MBCI CBM CBCP CRP  
Board Chair, DERA [www.disasters.org](http://www.disasters.org)*

This book is a must have for every home. USFRA, in partnership with local charitable organizations and businesses, dispenses books every year.

*-- Captain Traycee Biancamano, CEO,  
U.S. First Responders Association [www.usfra.org](http://www.usfra.org)*

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