

# STILLWATER ESTATES PROPERTY OWNERS ASSOCIATION



# EMERGENCY PLAN AND MANUAL

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## INTRODUCTION

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**STILLWATER ESTATES PROPERTY OWNERS ASSOCIATION** (hereon known and referred to as **S.E.P.O.A.**) has developed an emergency preparedness plan in the event that we have a wide spread emergency or disaster. This is in response to a request by Federal, State, County and Township Officials to implement a disaster preparedness plan in every community. This plan is not intended to guarantee the safety of any person or protection of private property. You don't need to have an immediate threat of a major disaster to plan for emergency preparedness. In today's world developing and implementing a plan will empower your family and the community to reduce the risk of loss of life and property damage resulting from emergency situations. This manual and the suggestions therein will help you to **implement your own customized family emergency plan**. Some of you will feel implementing a plan will be over whelming, but if you take it step by step it will not only prepare you to know what to do, it will also help you move toward controlling your fears and frustrations which would be natural if faced with a disaster. **You can rest assured that emergency personnel and first responders will be out in force if any does occur, but they can't be everywhere at once.** Some of your neighbors have formed a Community Emergency Response Team (C.E.R.T.). **All are volunteers and nothing contained here shall be interpreted as to expect any volunteer or employee to be put in harms way or endanger them in order to accomplish any of the objective or procedures contained in this manual. This is a work in progress and should be one that will be reviewed periodically and revised as necessary.** Any suggestions or procedures are just that; and nothing is a hard fast rule. They are meant as a guideline in implementing your own personal plan. **IT IS TO YOUR SAFETY AND TO YOUR ADVANTAGE THAT EACH AND EVERY S.E.P.O.A. MEMBER, TENANT, AND GUEST help and assist each other and not expect S.E.P.O.A. or anyone else to keep them or their property safe.**

It is suggested that all S.E.P.O.A. residents be urged to:

1. Keep S.E.P.O.A. office or committee chair advised of medical problems and disabilities and updated with any emergency contact name and number. Advise S.P.E.O.A. office or committee chair of serious medical problems that may require special attention. It can expedite help during a wide spread emergency situation.
2. Consider volunteering for the C.E.R.T. team and/or assist neighbors that are in need of assistance/help.
3. Encourage a family members or neighbors to take a CPR course.

## S.E.P.O.A. MISSION STATEMENT

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**S.E.P.O.A.** will implement a suggested guideline to address disasters using Federal, County, Township, and internet resources with the community. Together we, as citizens of Monroe County, Pennsylvania (Tobyhanna and Coolbaugh Townships) can and must organize to prepare ourselves in the event of an emergency or major disaster.

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## GETTING INVOLVED

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You can assure that officials, rescue workers and medical personnel will be on the scene, but they cannot be everywhere at once. We do not replace professional responders; we help our neighbors until the professionals arrive. First and foremost it is important that you prepare yourself and your family by thinking ahead, putting together a kit for your personal needs, making a plan and being informed. These things do not require a vast amount of time and you can take the next step to help prepare your family and community. You also might learn more about CERT and CART, which are training programs for ordinary citizens to make their communities and the Nation safer, stronger, and better prepared. Another way to become better informed is by checking out some of the web sites at the end of this manual and doing your own research. As we said before, this is a work in progress and you can help. You might also want to check with officials where you work, where your children go to school, or any other place your family spends a lot of time to see if they have any plans in place in case of emergency or disaster.

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## MAKING A PLAN

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Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services like electricity, telephone and water were cut off? Where would your family be if a disaster strikes? They can be anywhere. How will you find each other? Will you know where your children and relatives are? This is the time to think about and work out a plan before one strikes.

**Families can and do cope with disaster by preparing in advance and working together. Knowing what to do is your best protection and is your responsibility.**

Some things to consider when making your plan are:

- ✓ What kinds of disaster are most likely to occur?
- ✓ Find out about disaster plans in any of the places any of your family spends time.
- ✓ If you have pets, have a plan for them, too. They are your responsibility; animals are not allowed inside evacuation shelters due to health regulations ---If any of your family (disabled, elderly, kids) have special needs, find out how you can handle or care for them before disaster strikes.
- ✓ Discuss what would happen to pets if you were evacuated. How would you take care of them?
- ✓ Your family may not be together when disaster strikes, so it is important to plan in advance: how you will contact one another; how you will get back together; and what you will do in different situations.
- ✓ It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact may be in a better position to communicate among separated family members.

- ✓ Be sure every member of your family knows the phone number and has coins or a prepaid phone card to call the emergency contact.
- ✓ You may have trouble getting through, or the telephone system may be down altogether, but be patient.

### **Emergency Warnings**

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

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## **CREATING YOUR OWN PLAN**

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Have a family meeting and discuss why you need to prepare and why it for their best protection. Take particular care to explain and assure children they can help. Plan to share responsibilities and work as a team.

- ✓ Discuss different types of disasters. Explain what to do in each case. Stress the importance of remaining calm.
- ✓ Put your plan into writing. By putting it in writing you have easy access to information when it is needed.
- ✓ Pick two places to meet. Where do we reunite? Right outside your home in case of a sudden emergency like a fire. Know where the emergency exits are in your neighborhood. Have a place outside of your neighborhood to meet, in case you can't return home.
- ✓ Everyone must know their name, address and phone numbers.
- ✓ Decide on and ask an out-of-state friend to be your "family contact" during a disaster. It's often easier to call long-distance when local networks are jammed. Everyone must know your contact's number.
- ✓ Explain what to do in an evacuation. Describe how remaining calm is to your advantage.
- ✓ Plan and discuss how to take care of pets. Explain why this is important.
- ✓ Teach and explain all responsible family members where the main electrical panel and water and gas shutoffs are. Keep the tools necessary to turn off utilities off close by and discuss when to shut off utilities.
- ✓ Decide when and where practice drills would be held and keep a record. It is recommended that "Drop and Roll" drills be held every six months, especially with kids

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## CREATING A PLAN CHECKLIST

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*Some things to think about:*

1. **Post** an emergency telephone list near your phone, for example, on your refrigerator. Include Police, Fire, Security, Doctors, ambulance, etc.
2. **Teach** children when and how to call 911 or local EMS.
3. **Show** each responsible family member how and when to turn off electricity, propane or kerosene, and water.
4. **Check** to see if you have adequate insurance coverages.
5. **Teach** and show each family member how to use a fire extinguisher of type ABC, and make sure they know where it is kept.
6. **Install** smoke detectors on each level of your home, especially near bedrooms.
7. Have the family **conduct** a “Home Hazard Hunt” to find common household hazards. Ordinary objects that can create dangerous situations include cleaning chemicals stored under the sink: bleach and ammonia combined release chlorine gas, a potentially lethal vapor. Heavy bookcases may topple over, injuring someone, unless attached to the wall with strapping.
8. **Put together** a disaster kit. Stock water, tools, and food for at least three days, and preferably a seven-day supply.
9. **Encourage** family members to take a CPR course or first-aid training.
10. **Determine** the best escape routes from your home; find two ways out of each room, and make sure all members know them.
11. **Find** safe places in your home for each type of disaster.
12. Always **keep** your car’s gas tank at least half-full and have an extra set of keys for your home and car.
13. **Fill out** a family disaster card and give one to each member of your family.
14. Are **special needs** family members’ and pets’ needs planned for?
15. **Keep** written records.

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## PREPARE YOUR HOME AHEAD OF TIME – SUGGESTIONS

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1. Make sure your **house number** is visible from the street so it is easy for emergency vehicles to find you.
2. **Install** smoke alarms.
3. **Keep** at least one ABC type fire extinguisher on each level of your home.
4. **Keep** hallways, stairs and exits clear. Ensure all windows have safety bars and emergency releases.
5. **Ensure** all valuable electronics, tall, large or heavy furniture have safety straps installed, and keep heavy objects on the lower shelves.
6. **Store** hazardous chemicals such as gasoline, bleach, paint, and paint thinners away from open flames and secure them against spills.
7. **Don’t store** hazardous chemicals under the kitchen sink or in the garage. Containers may become corroded and leak, unnoticed. This is a disaster waiting to happen.
8. If you use propane or kerosene for heating, don’t let your fuel get too low.

## ASSEMBLE YOUR KITS

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When preparing for a possible disaster or emergency, it's best to think first about the basics of survival: fresh water, food, clean air, warmth and (some) medications. Just remember: water is the single most abundant substance in the human body, making up to 60% of an adult's weight and up to 80% of a infant's weight. A person can live for several days without food but only a couple of days without water. It is second only to air in importance to life.

### HOME BASIC EMERGENCY SUPPLY KIT:

Store in unbreakable bottles, label, date and replace every six months.

Food: At least a three-day to seven-day of non-perishable foods (canned, dried or other packaged foods.)

- Pocket knife
- Radio, battery -powered or hand-cranked and NOAA Weather Radio
- Flashlights, one for each person. Possibly consider some battery-powered lanterns
- Extra batteries for radios, flashlights and lanterns
- First Aid Kit and Manual, and essential prescription medications
- Whistle to signal for help
- Heavy duty work gloves
- Dust Masks, one for each person, to help filter contaminated air
- Goggles, one for each person
- Plastic sheeting, staple gun and duct tape for "Shelter in Place."
- Eye dropper and/or 1/2 & 1/4 tsp measuring spoons for water purification
- Moist Towelettes and heavy duty trash bags and ties for personal sanitation
- Wrench or pliers to turn off utilities
- Hand-operated can opener
- Local Maps
- Light Sticks
- Tool Kit with a scissors, screw driver, pliers, hammer, etc., an ax, shovel, broom, coil of rope, and garden hose for siphoning and firefighting.

Divide your household kit and "kit-to-go." See suggestions below. Store your Kit-to-Go in a location that is easily accessible if your home is damaged. You may wish to divide them into personal bags so that each family member has his own if you are separated. Consider purchasing a generator, bearing in mind that they are never to be used indoors. Always place outside and store fuel to run it outside as well.

### ***Some Food Facts to Remember:***

- ✓ Store foods that are familiar to the family.
- ✓ Consider dietary restrictions such as diabetes or allergies
- ✓ Note expiration dates on all packaged foods and rotate them.

- ✓ Most canned foods are to be rotated every 18 months. Low-acid foods like meat products, fruits and vegetables will normally last 2 years.
- ✓ Keep dry products such as crackers, cookies, dry milk or dried fruit no longer than 6 months.
- ✓ Do not consume food from cans that show any sign of deterioration, like rust or bulging.
- ✓ After a power outage, food in the refrigerator should be consumed within 4 hours. Food in the freezer will normally remain safe for 2 days. Remember they will stay cold longer if you keep the doors closed and open only when absolutely necessary.

### RECOMMENDED ITEMS TO INCLUDE IN YOUR HOME DISASTER KIT

- Battery powered lights, flashlights, lanterns with extra batteries.
  - Waterproof matches, matches in waterproof containers, candles. Not recommended with children. Some officials discourage anything with an open flame.
  - Extra car keys and house keys
  - Extra eyeglasses
  - Fire extinguisher, ABC rated, 5-pound minimum.
  - Mess Kits or paper plates and cups, plastic utensils
  - Heavy duty aluminum foil and plastic wrap
  - Cash, change, credit cards, check book
  - Prepaid cell phone, especially for kids
  - Manual can opener
  - Salt, pepper, food
  - Eyedropper for water purification
  - Chlorine bleach or Iodine for water purification
  - Coffee filters for water purification
  - Paper and pen or pencil
  - Pocket knife for adults
  - Resealable plastic bags
  - Whistle
  - Camera
  - Books, games and puzzles for children, and their favorite toys
  - Sanitation: paper towels, toilet paper, towelettes, facial tissue, trash bags and ties
- ❖ Portable waterproof container for personal identification papers and important documents, including:
- a. Marriage Certificates
  - b. Driver's License
  - c. Social Security card
  - d. Passports
  - e. Wills
  - f. Deeds

- g. Household inventory list
- h. Insurance papers
- i. Immunization records
- j. Bank and credit card account numbers
- k. Stock certificates, bonds and any other important papers
- l. Emergency contact list and phone numbers
- m. Map of area and phone numbers of places to go

## KIT TO GO

### ***In case of evacuation***

Pack in a backpack or duffle bag, one for each family member:

- ✓ A change of clothes; long-sleeve shirt, long pants that will offer protection, and sturdy shoes in case you have to walk some distance.
- ✓ Changes of underwear and socks for three days.
- ✓ Personal Hygiene Items: soap, toothpaste and toothbrush, shampoo, deodorant, razor and shaving cream, comb, hairbrush, contact lens solutions, lip balm, insect repellent and feminine hygiene products
- ✓ Notebook or paper and pencil
- ✓ Extra car keys
- ✓ Extra eyeglasses
- ✓ Rain gear - poncho, rain hat
- ✓ Pocket knife (for adults)
- ✓ Whistle
- ✓ Compass
- ✓ Medications clearly marked with name and dosage.
- ✓ Wash cloth and towel

## CAR EMERGENCY KIT

### ***To be kept in the car at all times***

Keep in your car's trunk in a duffle bag in case you are stranded and unable to return home. Keep gas tank at least half-full. These items will help you be more comfortable until help arrives:

- Blankets
- Flares
- Fire Extinguisher
- Jumper cables
- First Aid Kit
- High-Energy Foods - Granola Bars, Trail Mix, etc.
- Maps of the local area in a ZipLoc bag to keep them dry
- Shovels
- Tire Repair Kit and air pump
- Kitty Litter for traction
- Sturdy walking shoes or boots
- Cell Phone

- Flashlight & lantern with extra batteries
- Compass
- Notebook or paper and pencil or pen
- Extra house and car keys
- Disposable camera

## FIRST AID KIT

### ***Basic or to go kits:***

- Prescription medications. Ask your pharmacist about storing vital medicines, follow label instructions, watch expiration dates and keep them fresh.
- Sterile adhesive bandages, a variety of sizes
- Sterile gauze and 2-inch and 4-inch gauze pads
- Adhesive tape
- Triangular bandages
- 2-inch and 3-inch sterile roller bandages
- Safety pins, assorted sizes
- Scissors
- Tweezers
- Sewing needle
- Moist towelettes
- Peroxide
- Isopropyl alcohol
- Antibiotic ointment such as Neosporin
- Thermometer
- Tongue depressors
- Sunscreen
- Latex gloves or substitute
- Vaseline
- Soap
- First Aid manual
- Cotton balls
- Aspirin, laxative, anti-diarrheal medicine
- Syrup of Ipecac to induce vomiting in case of poison, if instructed by Poison Control
- Activated charcoal
- Vitamins

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## ASSEMBLING YOUR DISASTER KIT:

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### ***Water is Vital to Your Survival***

***Stocking water resources should be a top priority.*** In an emergency, **water should NOT be rationed**; going without water or drinking contaminated water causes many illnesses. It is suggested you purchase some water for drinking and for cooking. Bottled water usually keeps for a year as long as it is sealed. If you store water in your own bottles, be sure to seal

them tightly, **mark on them the date filled**, and rotate your supply every six months. One easy way to do this is to keep one container in the refrigerator for cold-water drinking. When empty, refill it and put it at the back of the line of filled bottles. Take the one at the front of the line and put it in the refrigerator. Individual needs depend on age, physical condition, activity, diet and climate. Children, nursing mothers and the sick will need more. Everyone will need water for sanitation purposes and for cooking.

When storing water in your own bottles, make sure each bottle is marked with the date and contents. Store bottles in a cool, dark place, and rotate stock every six months.

**Do NOT use:**

- glass or breakable bottles
- anything that has been used for a toxic substance
- bleach bottles; these are not a food grade plastic and will leach chemicals into the water

**Do use:**

- Large five-gallon hard plastic drink bottles. They can be used for several years.
- Plastic milk jugs with screw caps are inexpensive. Check carefully as some may leak.
- 2-Liter or 3-Liter soda bottles

***Other Water Sources***

If you find you are running out of water, you can obtain it from other sources. Water from any of these sources **MUST** be purified before drinking, cooking or brushing teeth. Water that looks clear can be contaminated.

- Rain water
- Water from streams, rivers, lakes and other bodies of water.
- Ice
- Pipes - let air out of the highest faucet in the house, and get water from the lowest one.
- Hot Water Tank - make sure the heater is turned off.
- Water from the toilet tank, **never** the bowl, is the last resort.

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## SUGGESTED WAYS ON HOW TO PURIFY WATER

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### **Boiling Water**

Fill a large pot with water **AFTER** straining it through a coffee filter, tightly woven cloth or several layers of paper toweling to remove dirt and other particles. Bring it to a rolling boil and keep it boiling for three minutes. Pour it into a disinfected drinking water bottle and store it in the refrigerator if possible.

## Chemical Purification

Strain water through a coffee filter, tightly woven cloth or several layers of paper toweling to remove dirt and other particles. Add chlorine bleach or iodine to disinfect water, using an eyedropper to measure. If using bleach, read the label to find the percentage of available chlorine in solution, which will determine the number of drops to use per **Quart** of water. Mix thoroughly by stirring or shaking the container and let stand for 30 minutes. A slight chlorine odor should be noticeable. If not, repeat the dosage, and let stand an additional 15 minutes before using. **DO NOT use more chlorine bleach or iodine than recommended, because excessive amounts can be poisonous!**

**Boiling is the safest method.** Treat all water that you are unsure of, that is to be used for drinking, cooking, brushing teeth and making ice. Let cool for one hour before drinking. Boiled water will taste better if it is oxygenated by pouring it back and forth between two containers. This will also improve the taste of stored drinking water.

The table below specifies the amount of disinfectant to use per Quart of water.

4 to 6% household bleach= 2 drops to each quart of water that is clear

4 to 6% household bleach = 4 drops to each quart of water that is cloudy

7 to 10% swimming pool bleach = 1 drop to 1 quart of clear water (not swimming pool water)

7 to 10% swimming pool bleach = 2 drops to 1 quart of cloudy water (not swimming pool)

If using iodine, use USP tincture of Iodine from medicine cabinet, to be safe.

2 to 3 drops to each quart of clear water

8 to 10 drops to each quart of cloudy water

Mix thoroughly by stirring or shaking. Let stand for 30 minutes. **Unsafe Sources**

- Radiators
- Hot Water Boilers connected to heating systems
- Water Beds: chemicals added to water and vinyl and plastic make it unsafe.
- Swimming pools and spas: chemicals used to kill germs are too concentrated.

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## FOOD

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There is no need to buy unfamiliar foods to prepare. You can use canned foods, dry mixes and other staples found on your shelves. Canned foods do not require cooking, water or special prep. Be sure to keep a manual can opener. If activity is reduced, healthy people can survive on half of their usual intake. Unlike water, food may be safely rationed for days. The exceptions to this are children and pregnant women. Keep canned foods in a cool dry place. Protect boxed and dried foods from pests, and to extend shelf life, store in a tightly closed plastic or metal containers. Date each food item with a marker and replace items every six months. Place new items at the back of your storage and older ones in front.

### **Suggested foods include**

- Ready-to-eat canned meats, fruits, vegetables and juices
- Canned soup. If adding milk, whether dry or evaporated, allow extra water
- Staples such as sugar, salt and pepper
- High-energy foods: peanut butter, jelly, crackers, granola bars, trail mix
- Comfort or stress foods: cookies, candy, sweet cereals, lollipops, instant coffee, tea bags, potato chips, etc.

### **Some Facts About Electricity**

Electrocution can result from direct contact with live wires or anything that has been energized by these wires. Instruct everyone in your family to **NEVER touch any wires down or hanging**. This includes telephone wires. Take care to explain this to children and quiz them on this from time to time.

Show all responsible family members where the electric panel is in your home. The panel box may have a switch to flip or a handle to pull on a large circuit breaker. Always shut off electricity when:

- Arcing or burning occurs in an electrical device
- There is a fire or significant water leak
- You smell any burning insulation
- The area around the switches or plugs is blackened and/or hot to the touch
- A complete power loss is accompanied by the smell of burning material.

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## **IN CASE OF EMERGENCY EVACUATION**

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### **Seeking Shelter**

If told to shelter or shelter in place, remain indoors. Shelter is often a critical element in protecting you and your household. Sheltering can take several forms. The term shelter is used in this case anywhere you and your family seek protection from a disaster and the elements. Included in this could be a mass care facility. Seek shelter indoors; this includes all family, pets and visitors. Turn on the radio or TV to listen to announcements. If power is off, use battery power. Stay indoors until it is announced that it is safe to resume outdoor activities. DO NOT use candles or other flammable devices for lighting, as they may cause fires.

### **Shelter in Place, especially from chemical emergencies**

Seek shelter indoors for all family members, pets and invitees. Close all doors, windows, and vents. Shut off all systems that draw outside air, such as furnaces, heaters, air conditioners, attic fans and other ventilation systems. Put out fires in fireplaces, close chimney flues. Move into and seal a room. Make sure you bring a battery-powered radio

and supplies. Use plastic sheeting and tape to seal windows, doors, outlets and vents. Tune your radio to the local station that gives alerts. Remain sheltered until officials announce that it is safe to resume outdoor activity or you are told to evacuate. Do not use candles or other flammable devices for lighting, because they may cause a fire.

### **What to Take to an Evacuation Shelter**

- Pillows and blankets
- Flashlight
- Cash, change, phone card
- Change of clothing
- Sturdy shoes
- Battery powered radio
- Toiletries, shampoo, etc.
- Towel and washcloth
- Games, books, and other activities for children
- Medications. If any need to be kept cool, put them in a cooler.
- Important family papers and documents in a waterproof container: birth certificates, medical records, important phone numbers, insurance papers, wills, financial records. Pets are not allowed in shelters because of health regulations

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## **EMERGENCY EVACUATION CHECK LIST**

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Listen to your portable battery radio and follow instructions. When told to evacuate, go immediately. Gather your household and pets.

Take one car per household. This will keep your family together and reduce traffic congestion.

If you have time, secure your home by:

- a. Unplugging appliances;
- b. Turning off water if there is danger pipes will freeze, draining faucets and leaving them open to drain;
- c. Turn off electricity if instructed to do so;
- d. Let others know where you are going. If instructed to go to a certain place, do that;
- e. Take your Go kit and/or your Take-to-Shelter kit (see checklist). Don't forget your important papers;
- f. Lock your doors and windows, secure your home and leave other cars behind in garage or driveway;
- g. Use travel routes specified by local authorities. Don't use shortcuts as they may be impassable, blocked or dangerous;
- h. If you have pets, execute arrangements made ahead of time;
- i. Make sure everyone is wearing protective clothing, i.e., long pants, long sleeves;
- j. Wear sturdy shoes, those you can walk in for a distance;
- k. Leave early enough if weather-related to avoid being trapped by severe conditions;
- l. Stay away from downed wires; this includes telephone wires.

### **Make health cards for every member of the family to keep in important places**

A health card is recommended for everyone, especially children, the disabled, and people with special needs. It should include the following information that is necessary for rescuers to know if you are unconscious, confused, or unable to speak.

1. List of all your medications
2. Any medical or adaptive devices needed.
3. Blood type
4. Allergies and sensitivities.
5. Your health provider. Insurance Companies and numbers
6. Immunizations and dates
7. Any communication problems or Language you speak and understand.
8. Preferred treatments if any.
9. Emergency contact and personal support network contacts.
10. Your out of town contact number.

Make multiple copies and keep in the following places:

1. Wallet or purse.
2. Emergency Disaster kit.
3. In your car, probably in your Car Disaster Kit
4. At work.
5. Wheel chairs
6. First Aid Kit. One for each family member.

It has been suggested that you keep a Health Card along with your Telephone List behind your driver's license or the primary ID you normally use. Also it is suggested that you check on all the information and update it every six months. Mark it on your calendar to remind you.

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## SUGGESTIONS FOR CHILDREN AND DISASTERS

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Disasters often strike quickly and without warning. These events can be frightening for adults but they can be particularly traumatic for Children. It can be worst if they don't know what to do or to expect. During a disaster your family may have to leave your home or at the very least that will happen, their usual routine can be interrupted. Children may become very anxious, confused and fearful. They will look to you and other adults for help. How you react will give them clues if the situation is out of control. If you become overcome with a sense of fear and loss, children will feel it more strongly. It is important for you to **REMAIN CALM**. Do NOT discount there is real danger but let them see that you are concerned with their safety and have things under control. Let them know you know what to do. We have a plan in place and that will not only help them cope but will help everyone in the family. Present calmly a realistic picture that is honest and manageable. Assure them that feelings of fear are healthy and natural for both adults and children alike. You need to keep control of the situation. Your actions and words will provide trusting

assurance and comfort to everyone. It is important to continually assure them many times. So put a plan into effect, have them help you with it and have the whole family practice it. It will help in having them feel at some time or another life will return to normal. Be aware that the things children will fear at those times are:

1. The event will happen again.
2. Someone will be injured or killed.
3. They will be separated from the family.
4. They will be left alone.

Be sure to take the time after the danger has past, to ask questions, cuddle them and assure them.

### AFTER THE DISASTER

**IMMEDIATELY** after the disaster, try to reduce your children's fears and anxiety. For some children, writing stories or drawing pictures verbalize their true feelings. Encourage them to do so. It is important after a disaster to keep your family together. It may be tempting to leave your children with relatives or friends while you clean up, repair any damage, or otherwise do other things after a disaster to get the family back on its feet, but children fare out much better if they are a part of it. They feel like they are part of the team and it lessens the fears and worries that their parents won't return. Calmly and firmly explain the situation and explain what will happen next. Get down to the child's level and look them straight in their eyes. Let them know you are and will be there for them. Encourage children to talk about their feelings and the disaster. Let them ask as many questions as they want. Listen closely to what they have to say. Include the rest of the family in the discussion if possible. Include children in recovery activities and plans. Give them chores that are their responsibilities. This will help them to feel that they really are a part of the team. It will reaffirm that things can and will be normal again. Include in these plans how you and your children can help older neighbors and other people. They will be able to regain their sense of personal power, security and will understand that you are not the only ones who have problems. They really are part of the team.

If and when the power returns, turn off the television when pictures and text about the disaster become hard to watch. REASSURE – REASSURE – REASSURE Reassurance is the best way you can help the children understand what causes them to become fearful and anxious. Use firmness and love.

### ***Some Reactions to Watch For in a Disaster***

Children react in many different ways during and after a disaster. Be aware that the age of your child will affect their responses. They don't always show a reaction right away. Sometimes a reaction will appear several days or weeks after the disaster strikes. Some of the common reactions by age group are:

**Pre-school Age: 1-5 Years** - Have great difficulty adjusting to change or loss.

- Thumb Sucking
- May become clingy
- May tell exaggerated stories or repeat stories about the event
- Bed Wetting
- May have unexpected aches and pains
- Become afraid of strangers, animals, darkness and monsters

**Early Childhood: 6-11 Years** - May have same reactions as younger children

- Become Withdrawn
- Have Unexplained Fears
- Become Aggressive
- Have Trouble Concentrating
- Compete for Extra Attention
- Drop in Performance at school
- Show Childish Behavior

**Adolescent Years: 12-14**

- Vague Physical Complaints
- Compete Vigorously for Attention
- Abandon Chores, School Work and Other Responsibilities
- Become Disruptive
- Resist Authority
- May Experiment with High Risk Behavior such as Drugs and Alcohol

The young people in this age group need to be thought of as normal by their friends and are less concerned with relating to adults. They become less concerned with recreation and family activities.

**Older Teens: 15 and Above**

Children in this age group may experience feelings of helplessness and guilt because they are unable to assume full adult responsibilities as the community responds to disasters. They may also deny the extent of their emotional reactions to the traumatic events that have taken place. Don't hesitate to seek medical help in handling any of the above reactions.

The above information for working with children in disaster situations is from the following sources:

The American Red Cross and FEMA  
[www.ecels-healthychildcarepa.org](http://www.ecels-healthychildcarepa.org)  
Children's Defense Fund – Washington, D.C.

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## SUGGESTED PET PREPAREDNESS

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Many times the forgotten victims during an emergency are our animals. **Pets are Your Responsibility** and are a part of the family. Have a plan for their safety and your peace of mind. **This requires planning in advance. Evacuation Shelters Do Not take animals because of health concerns.** If you are told to evacuate, take your pet with you, even if you

think it may be just a few hours. In a disaster there is no way of knowing how long the authorities may keep you away from your home. You should also have a plan in place in case you are unable to take care of them for whatever reasons in a non-widespread disaster.

## GATHERING INFORMATION ON SAFE PLACES

Consider the following:

1. Homes of friends or relatives – ideally someone your pet is familiar with.
2. Pet friendly hotels and motels – Some questions to ask:
  - Ask them if they have any restrictions on size, numbers and species
  - What equipment would be required (cages, etc)
  - If they say No Pets – Ask them would that rule be waived during a disaster and make a note of it. This would be a last resort
3. Pet kennels and pet farms
4. Veterinary facilities and clinics
5. Specialized pet shelters
6. If you have specialized services, i.e. pet sitters, doggie day care or day camp; ask them for suggestions
7. Contact your local animal control facility for their ideas and more information on what is available nearby and outside your area

Make a list and add it to your list of telephone numbers. Put the list on the refrigerator and in your pet disaster kit.

### ***Some Important Things to Consider***

- Make sure your pet wears a collar with up to date rabies tag at all times.
- Ask a veterinarian about permanent ID such as micro-chipping, etc.
- You might want to register with a pet recovery data base.
- Make sure pets are current on their vaccinations. Pet shelters may require proof of vaccinations
- Keep a current photo – put it in the kit – write a description on the back.
- Keep a collar with ID on the pet.
- Have a sturdy leash handy to control your pet. Many animals behave differently when they become disoriented, scared, confused, etc. For example: An animal that doesn't normally bite might start biting during a disaster
- Have a properly-sized pet carrier for each animal. It should be large enough for the animal to stand and turn around.
- Everyone in your family should know where the pet kit is located and what needs to go along with it if you are not home at the time.
- Stock-up on non-perishable food and keep it on hand if you should have to go to a shelter or shelter-in-place for a while.
- If you have more than one pet it may become necessary to house them separately.
- Also, shelters in emergencies should be your last resort. Usually shelters are stretched to their limits and have limited resources.

## SUGGESTIONS FOR ITEMS TO INCLUDE IN YOUR PET DISASTER KIT

1. An ample supply of food and water. Also include a feeding bowl.
2. A sturdy leash, harness and/or muzzle.
3. In a waterproof container: Proper ID, current photo, description. Also include a cell phone number.
4. A pet carrier. Put either a blanket or towel inside the carrier. The more familiar the smells, the better to calm the pet. In a pinch, a pillow case will work for a cat and some other animals. The carrier should be large enough for the pet to stand up and turn around.
5. Necessary medications. Have written instructions on them.
6. Plastic bags, disinfectants, paper towels, a litter pan for cats, a scoop and fresh litter.
7. A favorite blankets, toys and treats.
8. Make sure everything is marked clearly with the pet's name.
9. A manual can opener if canned food without a pull- top.
10. If possible and easy to handle, the pet's bed. This will reduce your pet's stress.
11. Consider portable fencing or baby gates.

### **If You Plan To Shelter Your Pet, Work It In On Your Evacuation Route**

#### *During A Disaster or Emergency*

1. Keep your pets with you the first sign if a disaster. DO NOT let them roam.
2. Remain CALM and try to keep your pets calm. Constantly reassure them. If you don't evacuate take them to your shelter in place.
3. Call ahead if you are taking them to relatives or shelters. Pet shelters will be filled on a "first come" basis, so be sure to confirm availability. Prepare ahead and have several numbers listed. As a last resort leave your pets behind.
4. During and after a storm or disaster, animals can become aggressive or defensive, so monitor their behavior.

## PEOPLE WITH DISABILITIES

Almost everyone should read this section of the guide. This section focuses on you and our many friends and neighbors who might need special help to remain safe. It is surely our goal to strengthen your preparedness and your ability to weather any disaster. We all know it is a human tendency to avoid thinking about the possibility of a disaster, but it is also all the more important for people with special needs to prepare ahead of time for one. Make sure your questionnaires are filled out and returned to the S.E.P.O.A. office. **Many people do not realize that they need assistance because of conditions that are not apparent in regular or normal situations, but when faced with stress and exertion they would need help. Not realizing this fact is a danger to their safety.** Encourage your neighbors and friends to honestly evaluate this need ahead of time.

There are many different types of disabilities and special needs. Here are some of them: **Mobility Problems** – Persons who need crutches, walkers, canes in order to move around; those who have difficulty climbing stairs or are unable to walk at all; those who need a

wheel chair or are confined to one, those in extreme pain or who experience dizziness and are not steady on their feet.

**Tire Easily**- Persons who due to temporary or permanent conditions are unable to walk more than a short distance or have any condition that is triggered by stress, exertion or exposure.

**Respiratory** - Cardiac, heart, asthma, allergic to small amounts of dust, smoke and chemicals.

**Emotional** - Learning disabilities; cognitive or thinking abilities who will become confused with the unfamiliar or who cannot understand basic concepts.

**Vision** - Persons who need assistance in learning evacuation routes; need extra light to see their way; have trouble with the unfamiliar; cannot see to read emergency instructions.

**Hearing** - Persons who have hearing loss or are deaf and cannot hear announcements and instructions.

**Technical Devices** - Persons who must rely on machines that may not work in an emergency such as breathing devices, elevators, wheelchairs, etc.

**Dietary** - Persons who have special dietary restrictions due to allergies and other medical issues.

**Language** - Persons who are unable to speak or understand English.

**Other Conditions** - Persons who have temporary medical conditions such as broken limbs, other fractures, sprains, pregnancy, recovering from surgery, etc. Also, those who are bedridden.

In addition to the above, people who do not own a vehicle may need transportation. Single-parent households may need some extra help with children and pets.

These are just the highlights of disabilities and special needs and there are many more than are listed here.

### ***General Instructions***

In today's world, Disaster and Emergency Planning needs to be integrated in our lives in the same way as we are encouraged to check our smoke alarm batteries and change our clocks to daylight savings time. First responders and emergency personnel can't be everywhere at once. It is all the more important for people with special needs to prepare for the possibility of a disaster. They should do this **preparing little by little so as not to become overwhelmed by it**. You may not be in agreement with all of the suggestions presented here, but only you can decide what will work for you. As stated before, this is truly a "work in progress". If you have any additional suggestions please contact the S.E.P.O.A. office at 839-7920. The ideas in this book have been gathered from many different sources; the web, several local state and federal sources, first responders and many others. All of this is gathered with your safety in mind.

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## CREATING YOUR PLAN

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As with any disability, you will need to start with the suggestions found at the beginning of this guide. Of course, everyone needs a basic kit, a kit to go and first aid kits. We all need water and food. See the appropriate outlines concerning these items. The suggestions outlined here are **in addition to your basic needs**.

## CREATING YOUR PERSONAL CARE NETWORK – AN IMPORTANT STEP!

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Your personal care network is a group of people who are regularly in the same area as you most of the time. It is more than a “buddy system”. Depending on just one person can be a major weakness in your plan. It is unrealistic to expect any one person to be with you at all times. You need to establish a group of at least three people who will know what is required to help you and practice doing the necessary things that would need to be done if a disaster strikes. A group of three people should be at any place that you normally spend your time such as the workplace or favorite hang-out. You should choose people who are:

- Physically able
- Emotionally able
- Dependable
- Close friends

Usually, people choose those who are close friends but sometimes they do not have the qualities needed. Choose your personal care network carefully. In spite of the best-worked plans, you probably would have to call on your network with just a moments notice, so it is very important at that time to be able to quickly identify your personal needs whenever a disaster would take place.

### **Your Responsibility**

1. Know exactly what supplies are needed.
2. Be able to give clear, accurate and concise instructions.
3. Have your kits and supplies ready and assembled.
4. Keep the members of your personal care network up-to date on your activities and any changes in equipment.
5. Make sure that your network knows exactly what is required of them to help you.

### **Network Responsibility**

1. The network should regularly check on your well-being.
2. Exchange keys
3. Know where you keep your kit and emergency supplies including medications, medical equipment, etc.
4. Take part in drills and practice.
5. Keep in touch with you and them..
6. Their relationship with you should be mutual. Listen to their needs and concerns, too. Discuss ways that you can help each other.

## MOBILITY PROBLEMS

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Almost everyone with **mobility problems would need assistance** in a disaster. This section covers conditions from slight to severe. Many people do not realize that they fall into this category. Under usual circumstances they may manage to get around, but faced with a fearful and stressful occurrence they would have trouble walking to a community

emergency exit. It is for this reason that it is all the more important that they be prepared ahead of time to keep themselves safe. **Be honest with yourself!**

First and foremost you need to establish your **personal support network**. (See the section on 'personal support networks') It is all about neighbor helping neighbor.

It is also important to assemble your kits. The following are things you might want to incorporate into your plans:

1. In **addition to your basic kit** you might want to include:
  - Heavy gloves – to push a manual wheelchair; especially if you end up going over glass and debris.
  - If you have a power chair or scooter, an extra battery if there is a power outage. (Check with your vendor about the possibility of using jumper cables to charge you chair battery from your vehicle or a cigarette lighter connection. A car battery can be used as a substitute, but will not last as the deep-cell battery used by your chair.
  - Patch kit for tires
  - Can of compressed air to repair flat tires
  - An extra supply of inner tubes
  - A light-weight manual wheelchair to keep in your car.
  - Extra walkers, canes, crutches, etc.
2. Follow these **tips** and incorporate them in your plan:
  - (a) Make sure all exits are clear and free from clutter so you can navigate safely.
  - (b) Have a fire extinguisher on hand and know how to operate it. Perhaps extended handles would help you.
  - (c) Can you go down stairs or out the door quickly? If not, can your support network person handle your weight? - As a last resort are you able to go down stairs using sit down and crawl method? If so, practice doing it!
  - (d) Analyze what it would take for you to escape faster and to:
    - Carry supplies with you. Are they easily located everywhere?
    - An evacuation chair
    - Conduct practices and drills.

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## BLIND AND SIGHT IMPAIRMENTS

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People with these disabilities may be extremely reluctant to leave familiar surroundings if requested to evacuate by a stranger. Even a guide dog could become disoriented or confused when confronted by an emergency. People who are **partially or totally blind depend on other people to lead them**. Sometimes when the blind are confronted with unfamiliar circumstances, the guide dog depends on people to lead them to safety. Make sure that your personal network knows what to do if this should happen.

**Things to Consider** – Make sure your kit is equipped for these needs.

1. Keep an extra collapsible cane or walker by your bed. Attach a whistle to it.

2. If you wear contact lenses, know what to do if smoke, dust and fumes become painful or dangerous. Keep a pair of regular glasses with you as a back-up.
3. If you require glasses, keep an extra pair close by especially near the bed and shower, etc. Always have an extra pair in case your glasses become damaged or severely scratched.
4. If you rely on sounds to navigate, are you able to navigate without them? Some of these sounds may be absent if the electricity goes out.
5. Do you need to read Braille? Keep a card on your person at all times. Make sure your personal network persons know about it. Give them cards in Braille for simple commands. Make sure they know how to communicate easily under extreme circumstances. Label supplies in Braille or large print.
6. Do you need extra light to see dangers along your escape route? Have equipment in place that will automatically turn on when the electricity goes out.
7. Have security lights in every room.
8. Use high powered flashlights.
9. Keep service animals on a leash, and be sure an extra leash is in your kit.
10. Secure computers you are dependent on. Create back-up systems at least weekly. Take a copy along with you.
11. Check out the “message card” section and consider using them.

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## HEARING IMPAIRED

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1. Practice communicating with your personal network so that they can pass on emergency information.
2. Have text and/or amplification phones on hand and know where they are. Have flashing lights on your phones.
3. Make sure that alarms have visual features such as flashing lights.
4. If you wear hearing aids, will they work if they get wet? If you are in a building with sprinkler systems you may have to escape through water similar to rain and streams.
5. Find out if there are portable devices such as phones with vibrators available for your use.
6. Make sure you always have a visual system to receive warnings if an interpreter is not with you or available, or your hearing aids stop working.
  - (a) Carry cards with essential commands or pictures such as: “I only use sign language” – “I do not read or speak English well” etc.
  - (b) Carry a pen and paper with you. Make sure it is in your kit.
7. Keep a small flashlight handy to provide visual clues.
8. Keep extra batteries in your kit and nearby so that you can quickly find them.
9. Check out the section on “message cards” and consider using them.

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## LIFE SUPPORT SYSTEMS & OTHER MEDICAL EQUIPMENT

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Anyone needing a life sustaining device or equipment must plan ahead for the possibility of a disaster or emergency. They should have locations and phone numbers with them at all times of facilities that provide and service their particular type of equipment such as

dialysis machines and other vital medical equipment. Have the name of more than one supplier if at all possible.

1. Consider purchasing a back-up generator in the event that you would be stranded for several hours or days at a time. Make sure your network and assistants know how to start it if the need should arise. Make sure that you know all the safety instructions. Never run a generator anywhere inside a residence, a basement or a garage. Know how to store and handle fuel safely. Check on equipment periodically and have your network team conduct practice runs. Keep the owner's manual or booklet within easy access. Consider laminating single instruction sheets. Keep a shut-off switch near you at all times when the generator is running.
2. C-Pap machines, etc. – have the backpack and supplies handy. If using a breathing machine, keep supplies on hand. You might consider having extra cords and tubes.
3. Be sure that your network is familiar with all medical devices used by you and that they know how to pack it and how to use it. Laminating instructions will save them from wear.
4. If your equipment is not portable and you are forced to evacuate, secure the equipment safely.
5. **Oxygen users:**
  - a. You and your support network must know safety factors. Make sure there are no gas leaks or open flames. **NO SMOKING!**
  - b. Post "Oxygen In Use" signs
  - c. Keep shut-off switch for oxygen equipment near you so you can get to it quickly if there is an emergency.
  - d. Ask your provider if there is a reduced rate if a disaster requires you to prolong the life or replace your system. Record any numbers or instructions you need to refer to.
  - e. Keep supplies up-to-date and on hand.
6. Test your back-up system regularly.
  - a. If your back-up system relies on batteries, be aware that stored batteries requires charging even if they haven't been used. Routine checks must be done to assure they are charged if they are needed.
  - b. Test your back up power equipment with your system. If one fails you will need the other. Ensure that you could work the alternative equipment in an emergency.
  - c. Know how long it takes to get the system operating.
  - d. Get advice from your power company about back-up power you may need to use. They have dealt with this before.
  - e. Register with your utility company. Tell them that you are on a life-support system. Ask them to put you on their list and to tag the meter. You may qualify for a discount rate with some companies. Contact "customer service" for more information.
  - f. **NEVER COUNT ON YOUR POWER TO BE RESTORED QUICKLY.** It may not be possible during a widespread disaster.

## ENVIRONMENTAL & CHEMICAL SENSITIVITIES – RESPIRATORY ILLNESSES

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Always collect the medical and health supplies you would need on your “worst” days. Consider the reactions you have to excess smoke, diesel fumes from idling engines, gas leaks, dust and mold. Also note your reactions to flashing lights, radio waves and electromagnetic fields which come from generators, emergency lights, cellular phones and walkie-talkies. Airborne toxins may trigger stronger reactions than you have experienced in the past.

1. Make up multiple health cards (see “health card” section. Be specific. **Environmental illnesses are not commonly understood.** Remember some reactions such as disorientation, asphyxia and panic may be diagnosed at the time as something else and treated as something other than chemical sensitivity, if you are not able to describe your needs verbally.
2. Add to your disaster kit:
  - (a) Inhalers, epinephrine shots, anticonvulsants.
  - (b) Cotton bandages, gauze and paper tape to first aid supplies.
  - (c) Hydrogen peroxide, Zephiranchloride or a disinfectant you can tolerate.
  - (d) Charcoal mask and/or respirator.
  - (e) Well aired out (out-gassed) plastic or steel tubing and a ceramic or an out-gassed plastic mask.
  - (f) Rolls of aluminum foil for covering chairs, sleeping areas and food.
  - (g) Baking soda; stored in waterproof container for washing.
  - (h) Food that needs no cooking. (keep in mind your allergies)
  - (i) Portable charcoal filter.
  - (j) Make sure the mask is rated for smoke and chemicals; at least a P1 or P2. N95 is not adequate.
3. If you have a **heart condition**:
  - (a) Know what your boundaries are and when it is time to stop and let someone else take over.
  - (b) Always have your medications with you.
  - (c) Know many conditions become worse under stress, fear and exertion.
  - (d) Always have your list of medications and doctors on your person and in your kit. Make sure your support people know what to do if you become unable to talk.

## INTELLECTUAL DISABILITIES

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Alzheimer’s Disease and a vast array of other disabilities fall into this category. The symptoms of these disabilities range from slight to very severe. People who have intellectual disabilities often find it uncomfortable to be in unfamiliar surroundings. Sometimes they become reluctant or even fearful. They need to be treated with patience, caring and understanding. Speak to them in a firm calm, calm voice and give them simple instructions. Find out if there is an Alzheimer Disease Safe Return Program in the area.

Most people with these difficulties will need assistance in reaching safety in the event of a disaster.

1. Determine how to communicate with emergency personnel. If there is no communication device, consider storing paper, writing materials, copies of word or letter board, or pre-printed key phrase specific to anticipated emergencies in all kits, wallets, purses, etc.
2. Practice how to communicate. Simplify your needs.
3. Help them to anticipate and understand reactions to different situations that they may encounter. Plan strategies for coping with such feelings (there are a lot of emotions at that time). Some of these feelings are confusion, agitation, paranoia, crying, fear, panic, anxiety, shaking and thought processing and memory difficulties. Very often these reactions may become more intense than at any other time. It is important to learn strategies ahead of time before a disaster strikes. Look for a strategy for coping with these emotions. Don't only work with the person, but make sure their network people are aware of the plan and how to put it in effect. Request that they practice with these strategies.
4. Make sure to note these strategies in the emergency and health information in their kit.
5. Try to think of ways to remember important things by association. It has also been suggested that a small tape recorder be used to record simple directions in a familiar voice. Store it with extra batteries.
6. Keep a small card in their wallet and kit with:
  - (a) health information and medications
  - (b) best way to communicate

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## SPEECH RELATED AND COMMUNICATION PROBLEMS

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If the person has a problem with speaking, understanding, reading or writing the English language, they especially need to plan ahead of time. Very often it is necessary to assist these people in preparing a plan and finding the resources in the community.

1. Consider carrying a pre-written or pre-printed message in both English and the language that is familiar to them. Learn to communicate instructions clearly. For example: "take medication from the top drawer of the desk by the window". "I am hard of hearing – Take that communication device from that table", etc.
2. If you are fortunate enough to be able to speak or write a different language, find out if someone needs assistance to find the resources available in your area. Many times people are either too embarrassed to ask or don't understand directions. Remember that your safety as well as that of the person you are assisting is the most important thing to consider.

## TYPES OF DISASTERS YOU MAY ENCOUNTER

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### ***MAJOR NATURAL DISASTERS***

Disasters and emergencies can sometimes develop quickly. Dam failures, flash floods, tornadoes and earthquakes, for example, can strike with little or no advance warning. Other types of disasters and emergencies are preceded by a build-up period that provides more time for taking effective protective measures. For example, winter storms can be tracked for days, and people in affected areas can be notified well in advance. Severe thunderstorms may be tracked for hours. Local flooding can be predicted to provide considerable warning for people in danger areas. Hurricanes are tracked for days which permits enough time prepare and evacuate if necessary. Some disasters are not likely to occur in this part of the country like tornadoes, but can and has caused much destruction. No area is entirely free from possibility of one type of disaster or another. This section is intended to help you prepare for those disasters and to tell you the proper actions to take if they do occur.

### ***BLACKOUTS***

Short-term Power Outages and Rolling Blackouts can happen at any time for several different reasons but are most likely to occur due to extreme weather conditions. It is important to know what to do if a blackout should occur.

#### ***Safety Tips for a Blackout***

- Only use a flashlight for emergency lighting. **Never use candles!**
- Turn off electrical equipment you were using when the power went out.
- Avoid opening the refrigerator and freezer.
- Do not run a generator inside a home or garage.
- If you use a generator, connect the equipment you want to power directly to the outlets on the generator. Do not connect a generator to a home's electrical system.
- Listen to local radio and television for updated information.

If you have an electric garage door opener, find out where the manual release lever is located and learn how to operate it. Sometimes garage doors can be heavy, so get help to lift it. If you regularly use the garage as the primary means of entering your home, be sure to keep a key to your house with you, in case the garage door will not open.

If you have a telephone at home or at work that requires electricity to work (such as a cordless phone or answering machine), plan for alternate communication, including having a standard telephone handset, cellular phone, radio or pager. Remember, too, that some voice mail systems and remote dial-up servers for computer networks may not operate when the power is out where these systems are located. So even if you have power, your access to remote technology may be interrupted if the power that serves those areas is disrupted.

## During a Blackout

1. Turn off or disconnect any appliances, equipment (like air conditioners) or electronics you were using when the power went out. When power comes back on, it may come back with momentary “surges” or “spikes” that can damage equipment such as computers and motors in appliances like the air conditioner, refrigerator, washer, or furnace.
2. Leave one light turned on so you’ll know when your power returns.
3. Leave the doors of your refrigerator and freezer closed to keep your food as fresh as possible. If you must eat food that was refrigerated or frozen, check carefully for signs of spoilage.
4. Use the phone for emergencies only. Listening to a portable radio can provide the latest information. Do not call 9-1-1 for information – only call to report a life-threatening emergency. The phones often go out as well.
5. Eliminate unnecessary travel, especially by car. Traffic signals will stop working during an outage, creating traffic congestion.
6. Remember that equipment such as automated teller machines (ATMs) and elevators may not work during a power outage.
7. If it is hot outside, take steps to remain cool. Move to the lowest level of your home, as cool air falls. Wear lightweight, light-colored clothing. Drink plenty of water, even if you do not feel thirsty.
8. Remember to provide plenty of fresh, cool water for your pet..
9. If it is cold outside, put on layers of warm clothing. **Never burn charcoal for heating or cooking indoors. Never use your oven as a source of heat.** If the power may be out for a prolonged period, plan to go to another location (relative, friend, or public facility) that has heat to keep warm.

## ***A WORD ABOUT EMERGENCY GENERATOR SAFETY***

Portable generators can keep things running during an outage. But owners of portable or auxiliary generators need to take special caution to avoid injuring themselves or others.

### ***Never plug a portable electric generator into a regular household outlet.***

Plugging a generator into a regular household outlet can energize “dead” power lines and injure neighbors or utility workers working on the system. The National Electric Code requires that a transfer switch be installed if you want to power some of your house loads with a generator. You should get a licensed electrical contractor to install it.

### ***Don’t overload the generator***

Overloading your generator can seriously damage your valuable appliances and electronics. Prioritize your needs and don’t plug in any more items than your generator is rated for. A portable electric generator should be used only to power essential items.

### ***Never use a generator indoors, in a garage, or in a basement***

Portable generators use an internal combustion engine that emits carbon monoxide which is deadly and can accumulate quickly and unnoticed in a closed environment such as a

house. Only use the generator outdoors in a well-ventilated, dry area, away from air intakes to the home, and protected from direct exposure to rain and snow, preferably under a canopy, open shed or carport.

### ***Use proper power cords***

Appliances should be plugged into the generator individually, using heavy-duty, outdoor rated cords with a wire gauge adequate for the appliance load. Overloaded cords can cause fires or equipment damage. Make sure the cords from the generator don't present a tripping hazard. Don't run cords under rugs where heat might build up or cord damage may go unnoticed.

### ***Keep children away from generators at all times***

Generators can cause severe burns and electrical shock hazards; be sure to keep your children away from them. A gas powered generator is the preferred alternative power source for all-day use for a period of several days.

- Use **ONLY** outdoors – **NEVER** in a basement or garage.
- Before a disaster, test it periodically
- If you store gasoline – Know safety rules concerning gasoline storage.
- Keep a siphon kit on hand. As a last resort you can obtain some gasoline from your automobile.

**NEVER** plug a generator into house wiring until you consult your utility company. Some generators can be plugged in ***but check first!***

## ***WINTER STORMS***

Here is advice that will help protect you and your family against the hazards of winter storms, blizzards, heavy snows, ice storms, freezing rain and/or sleet.

**Keep posted on weather conditions.** Use your radio, television, and newspapers to keep informed of current weather conditions and forecasts in your area. Even with a few hours warning you may be able to avoid being caught in it, or at least be better prepared to cope with it. You should also understand the terms commonly used in weather forecasts:

***Blizzard*** is the most dangerous of all winter storms. It combines cold air, heavy snow and strong winds. These strong winds will cause considerable blowing snow, which may reduce visibility to only a few yards. A Blizzard Warning is issued when the National Weather Service expects considerable snow, temperatures below freezing and winds of 35 miles per hour or more.

***Winter Storm Warning*** for the lower elevations usually means an expected snow-fall of 6 inches or more in a 12-hour period, or 8 inches or more in a 24-hour period. Heavy Snow Warning or Winter Storm warning for the *MOUNTAINS* means an expected snowfall of 8 inches or more in a 12-hour period.

**Freezing Rain or Freezing Drizzle** occurs when rain is likely to freeze on the ground, depositing a coating of ice or glaze on roads and everything that is exposed. If a substantial layer of ice is expected to accumulate from the freezing rain, a Winter Storm Warning is issued addressing the problems expected to be caused by the accumulation of ice.

### **Prepare Ahead**

1. Stock a supply of water and food. If you cook with electricity have an alternative source. If you cook or heat with propane, check your tanks. Make sure your food supply contains items that do not require cooking or refrigeration. Be sure to include a manual can opener.
2. Have a battery-powered *radio* and extra batteries on hand.
3. Have *flashlights* and battery powered lanterns with *extra batteries* available in case loss of electricity should occur. If there are children in your home it is recommended that you Do Not use candles or anything with an open flame.
4. Keep *simple tools* and equipment available: ice chopper, shovels, ice melt, pliers, screw drivers, hammer, scraper, etc. Know where to find them quickly. Keep a *fire extinguisher* and *baking soda* on hand in case of fire. Make sure older children and adult household members know how to properly use the fire extinguisher. It may take the fire department extra time to reach your home.
5. Avoid over exertion. Take it slow and easy. Every winter many unnecessary deaths occur, especially the elderly, but also younger people due to engaging in more strenuous physical activities than their bodies have been conditioned. COLD TEMPERATURES even without physical exertion put an extra strain on your heart and lungs.
6. Keep away from **all** downed wires.
7. **Dress for the Season:** wear layers of light weight and loose fitting clothing. Mittens are warmer than gloves. A stocking hat with a face mask will protect your lungs from extremely cold air. Wear warm, lined boots.
8. Travel only if necessary. Use well-traveled roads and travel only during daylight.
9. Keep your car's gas tank full. Do not let it fall below ½ full.
10. If travel is absolutely necessary, drive slowly with extreme caution. Don't try to save time by driving faster than conditions permit. If television and radio stations advise you to stay off the roads – **Don't Travel.**

### **If Caught in a Vehicle**

Keep radio tuned to weather and emergency information. Remain calm and decide on the safest thing to do.

1. Make sure your vehicle is prepared for winter conditions and equipped with snow tires or chains. (good quality all-weather tires are sufficient).
2. Make sure a family member or friend knows where you are going, your approximate schedule, estimated time of arrival at your destination and the approximate route you plan to take. If using the phone try to keep conversations short.
3. Keep your vehicle full of gas if at all possible
4. Keep emergency equipment and supplies in your vehicle at all times.
5. Keep blankets and a bag of kitty litter (for traction if stuck in snow or ice) in your vehicle.

6. Keep and maintain a cell phone with an adapter for charging with you. Keep calls short and to an absolute minimum.
7. If you are stranded on a well-traveled road show a trouble signal. Hang a cloth out a window or on the antenna. Put on emergency flashers or raise the hood.
8. Stay in your vehicle if no houses are visible or possible help is in sight. Do not leave your vehicle to search for help because it is easy to become confused and get lost.
9. Run the engine for only short periods of time to keep warm. **Remember to keep a window slightly open for ventilation. Make sure that the exhaust pipe is clear of snow or any blockage to protect you from carbon monoxide poisoning.**
10. You can help keep yourself warm by performing simple exercises while sitting in your vehicle.
11. Don't be daring or foolhardy. **Stop and Turn Back** if conditions are deteriorating. Don't risk being stranded, especially if it may test your endurance or ability. It is easy to become confused and lost even if you are familiar with the area.

## ***FIRE***

Here are some general rules to follow that will both help prepare for the possibility of a fire and also help prevent a fire from occurring.

1. Don't let "junk" accumulate. Clean out attics, basements, closets and garages frequently. **Do not clutter stairways.**
2. Check electrical wiring and appliances on a regular basis.
  - a. Replace worn or frayed cords.
  - b. Don't operate too many appliances at one time.
  - c. Don't string extension cords all over the home
  - d. **Never** run extension cords under rugs, through bedding or any other place where there is friction.
  - e. Do use heaters, irons or anything else that heats with **caution**
3. Store explosive and flammable materials outside and away from the home.
  - a. Never use gasoline, benzene, naptha and similar fluids indoors or near flames.
4. Rags soaked with oil or turpentine sometimes catch fire on their own. This is **spontaneous ignition**. They should never be left lying around.
5. Check heating systems often. Faulty furnaces, faulty stoves, cracked or rusted pipes, and sooty chimneys are often the cause of fires.
6. Never place papers or magazines on radiators, near stoves or near fireplaces.
7. Don't allow lampshades to touch electric light bulbs.
8. Create a defensible space around your home to protect it from outside fires.
9. Defensible space includes:
  - a. trimming branches
  - b. thinning tree and brush cover
  - c. removing leaves, dead limbs, fallen trees and other litter
  - d. maintain an irrigated green belt
  - e. mow grass and weeds
  - f. clean roof and gutters

Make other improvements such as having easy access to driveway and water supplies; installing fire-resistant roof; enclosing over-hanging eaves; install spark arrestors on chimney.

10. Do not discard cigarettes carelessly anywhere around home or out windows.

### ***WILD & BRUSH FIRES***

We do live in a forested area; and by living there you have accepted the fact that these areas may have limited access and are at risk from manmade situations along with natural ones such as lightning. All it takes is one carelessly discarded cigarette, trash being illegally burned or illegal fireworks to start a fire. It is important that we be aware of the hazards and what to do if we encounter them in order to prevent further tragedies. Know what to do if one of these fires should happen. If you see a wildfire, call 9-1-1. **Don't assume that someone else has already called.** Describe the location of the fire, speak slowly and clearly, and answer any questions asked by the dispatcher.

***Before a Fire:*** Create a “defensible space” around your home and make other improvements to increase the chances that it can survive a wildfire.

***Defensible Space*** includes: Reducing the hazard area of at least 15 ft. from the home by trimming branches.

- *Removing dead limbs and other litter*
- *Mowing dry grasses and weeds*
- *Cleaning your roof and gutters*
- *Pruning low branches.*

Other improvements include improving driveway access and water supplies, having a fire resistive roof, enclosing overhanging eaves and decks, spark arrestors on chimney, etc. Follow your evacuation plan that includes ***all*** family members and animals.

Know where your escape routes are located. In the event that it is too late to evacuate, know where to find a safety zone. Safety zones may be large areas where little or no vegetation or other fuels exist Go to your emergency communication plan to stay in touch with family members who are not at home. Let relatives or friends know your fire plan and check in as soon as you are able. Keep conversations short.

### ***Provide Equipment***

1. Connect hoses to faucets in advance.
2. Provide a ladder long enough to reach the roof easily.
3. Have one or more 5-pound multi-purpose fire extinguishers readily available.
4. Have protective clothing available for anyone whom is unable to evacuate before first help arrives. This includes cotton long-sleeved shirt or jacket and trousers; leather boots; gloves; helmet or other head covering; goggles; and a handkerchief to provide minimum protection for the lungs.

## ***Before the Fire Approaches Your Home***

- Wear protective clothing
- Locate valuables that you will take with you if asked to evacuate your home. Keep them in a waterproof container.
- Remove combustibles. Clear items that will burn from around the house, including wood piles, lawn furniture, barbecue grills, tarp coverings, etc. Move them outside of your defensible space. Close all windows, doors, vents, shutters, blinds or heavy non-combustible window coverings to prevent drafts and reduce radiant heat. Open the damper on your fireplace but close screen.
- Shut off any natural gas, propane or fuel oil supplies at the source.
- Connect garden hoses. Fill any pools, hot tubs, garbage cans, tubs or other large containers with water.
- Place a ladder against the house in clear view.
- Back your car into the driveway and roll up the windows.
- Disconnect any automatic garage door openers so that doors can still be opened by hand if the power goes out. Close all garage doors.
- Place valuable papers, mementos and anything “you can’t live without” inside the car, ready for quick departure. Any pet still with you should also be put in the car.

## ***EVACUATION***

If asked to evacuate by fire or law enforcement personnel, or if you should decide to evacuate on your own:

- a. Turn outside lights on, and leave a light on in every room
- b. Leave all outside doors unlocked to allow firefighters to enter to fight a fire inside your home.

## ***WHAT TO DO DURING A WILDFIRE***

### ***Survival in a Vehicle***

- This is dangerous and should **only** be done **in an emergency**, but you can survive the firestorm if you stay in your car. It is much less dangerous than trying to run from a fire on foot.
- Roll up windows and close air vents. Drive slowly with headlights on. Watch for other vehicles and pedestrians. Do not drive through heavy smoke.
- If you have to stop, park away from the heaviest trees and brush. Turn headlights on and ignition off. Roll up windows and close air vents.
- Get on the floor and cover up with a blanket or coat.
- Stay in the vehicle until the main fire passes.
- Stay in the car. Do not run! The engine may stall and not restart. Air currents may rock the car. Some smoke and sparks may enter the vehicle. Temperature inside will increase. Metal gas tanks and containers rarely explode.

### ***If You Are Trapped at Home***

- **Stay calm.** As the fire front approaches, go inside the house. You can survive inside. The fire will pass before your house burns down.

### ***If Caught in the Open***

- The best temporary shelter is in a sparse fuel area. On a steep mountainside, the back side is safer. Avoid canyons, natural “chimneys” and saddles.
- If a road is nearby, lie face down along the road cut or in the ditch on the uphill side. Cover yourself with anything that will shield you from the fire’s heat.
- If hiking in the back country, seek a depression with sparse fuel. Clear fuel away from the area while the fire is approaching and then lie face down in the depression and cover yourself. Stay down until after the fire passes!

### **Another Often Ignored Danger of Fire and Injury**

***Many people find fireworks enjoyable and exciting to watch, but they injure thousands of people, many of them children. Federal and State laws prohibit the sale of fireworks. New York and New Jersey have banned them altogether. Pennsylvania allows only sparklers. Even those sparklers can injure many people. They burn at a temperature of approximately 2,000 degrees Fahrenheit.*** Permanent scarring, loss of vision, dismemberment are too often the harsh realities of amateur fireworks, not to mention **loss of woodlands and property damage** caused each year. **We live in a woodland environment so we are particularly at risk** for something to happen as a result of fireworks that have gone astray. Each year there is well **over \$20 million in property losses**, and that figure doesn’t cover any human losses. These losses are from the year 2001 and **they rise each and every year**. A good portion of structure fires involves the supposedly harmless bottle rockets. These, when finished, still retain enough heat to cause a fire and clearly are not harmless. Dr John Hall of the National Fire Protection Association says “Safe and sane fireworks Do Not exist. When things go wrong with fireworks, they go very wrong, very fast, far faster than any fire protection measures can reliably respond”. So let the professionals handle them and plan to go to a professional display. They are under controlled settings and regulations. Usually they have the Fire Department and equipment right there. Even the professionals have had devastating results. So protect our children, woodlands and homes. **Leave The Fireworks Up To The Professionals.**

### ***HOUSE OR STRUCTURE FIRES***

To protect yourself and your family in a house fire, or any fire, it is important to understand the basic characteristics of fire. Fire spreads quickly; there is no time to gather valuables or make a phone call. In just **two minutes**, a fire can become life-threatening. In **five minutes**, a residence can be engulfed in flames.

Heat and smoke from fire can be more dangerous than the flames. Inhaling the superhot air can sear your lungs. Fire produces poisonous gases that make you disoriented and

drowsy. Instead of being awakened by a fire, you may fall into a deeper sleep. Asphyxiation is the leading cause of fire deaths, exceeding burns by a three-to-one ratio. Just as a wildfire can cause a structure to catch on fire, a house or structure fire can spread to a brushfire, which can quickly become a wildfire.

It is important to be prepared ahead of time for a house or structure fire by conducting family fire drills on a regular basis. If your home should catch fire:

1. **Stay low** – Don't stand-up if you are in bed; roll out and crawl low on floor under the smoke.
2. **Crawl** to the door using the wall as a guide. Check the door for heat with the back of your hand before attempting to open it.
3. If the **door is cool** when you touch it, open it just a crack so that it can be shut again quickly if there are flames or smoke on the other side.
4. If the **door is hot** or smoke is seeping under it, **Do Not Open the Door!** Push a blanket, towel, robe or other heavy clothing in the crack.
5. Using a **wall as your guide crawl** to a window and open it. Take a sheet or any large piece of fabric, wave it out the window and shout for help. If the window is close to the ground, climb out.
6. When you escape a burning structure **NEVER return** for something you forgot or go back to look for other people or a pet. Go to your pre-arranged meeting place and stay there.
7. **LET A FIREFIGHTER KNOW IMMEDIATELY IF SOMEONE IS MISSING.**
8. If firefighters are not at the fire scene yet, call or tell someone else to call 9-1-1. **DO NOT** call from inside the burning structure. **ESCAPE FIRST.**

**Remember:**

1. It is your job to escape.
2. Stay as low to the ground as possible.
3. Take short breaths to avoid inhaling fumes and smoke.
4. Signal others in the house by pounding on walls, floors and doors. Shout **"FIRE"** using as little breath as possible.
5. Shout loudly **"FIRE"** once you are outside the heavy smoke.

**LIGHTNING**

All thunderstorms produce lightning. Governor Rendell stated that Pennsylvania ranks among the top 10 states in lightning strikes every year. Lightning is one of the most prevalent causes of disaster in our state. Many people ignore the dangers of lightning. Lightning can start forest fires and brushfires. Consider these facts:

- Most people struck by lightning are not in the rain. Lightning can strike 5 to 10 miles in advance of the storm.
- You can tell how far away the lightning is, by using the "Flash to Bang" method. When you see lightning, count how many seconds pass until you hear thunder. If the time is 5 seconds, the lightning was one mile away; if it is 10 seconds, the lightning

was two miles away. Seek shelter if the lightning moves to within 4 miles of your location.

### ***Protect Yourself and Everyone in Your Group***

When a thunderstorm threatens, get inside a home or large building, or inside an all-metal, hard top vehicle. (not a convertible) Set up safety procedures for outdoor operating events such as youth soccer and little league. Inside a home, do not use corded telephones except for emergencies and unplug unnecessary appliances before the thunderstorm approaches. ***Find a safe shelter.*** A safe shelter is a sturdy building; not a pavilion, carport, shed or a convertible automobile. ***Stay off of a porch.***

If outside, with no time to reach a safe building or an automobile, follow these rules:

- Do not stand underneath a natural lightning rod such as a tall isolated tree in an open area.
- In open areas, do not be the tallest object as you would be if you were standing on a hilltop, in an open field, on the beach, or fishing from a small boat.
- Get out of and away from open water.
- Get away from tractors and other metal equipment.
- Get off and away from motorcycles, scooters, golf carts and bicycles. Put down golf clubs, bags or metal framed backpacks.
- Stay away from wire fences, clotheslines, metal pipes, rails, downed power lines and other metallic paths which could carry the electrical current to you from some distance away.
- Avoid standing in small isolated sheds or other small structures in open areas.
- In a forest, seek shelter in a low area under a thick growth of trees. In open areas, go to a low place such as a ravine or valley. Be alert for flash floods.
- If you are in a level field in an active thunderstorm and cannot get to shelter ***DO NOT LIE FLAT ON THE GROUND.*** Minimize your risk to lightning by dropping to a crouching position with your feet on the ground and close together.
- Stay at least 15 feet away from other people.
- Do not chain pets to a tree or wire runner.

### **Lightning strikes**

#### ***What to look for:***

1. Keep an eye on the sky. Look for darkening skies, flashes of light, or increasing wind. Listen for the sounds of thunder.
2. If thunder is heard, you are close enough to the storm to be struck by lightning. Go to a safe shelter immediately.
3. Listen to commercial radio, television or NOAA radio for the latest weather forecasts.
4. An AM radio will pick up static from lightning strikes in your vicinity before you see or hear them.

### ***When a storm approaches:***

Lightning storms are often announced by a sudden drop in temperature and increase in wind. The temperature drop and breeze usually the result of a downburst of cold air. Once the air hits the ground, it has no place to go but outward in all directions. In the process, the cold air mixes with warmer air at the ground level, becoming a breeze and a temperature drop.

1. Find shelter in a building or a car. Keep car windows closed and avoid convertibles.
2. Telephone lines and metal pipes can conduct electricity. Unplug appliances and avoid using the telephone and any electrical appliances.
3. Stay away from open doors and windows, fireplaces, radiators, stoves, metal pipes, sinks.
4. Avoid taking a bath or shower, or running water for any other purpose.
5. Turn off the air conditioner, the computer and any other appliance that a power surge from lightning can result in costly repairs.
6. Draw blinds and shades over windows. If windows break due to objects blowing by the winds shades can help prevent glass from shattering and hurting someone.

### ***If caught outside:***

1. The summits of the mountains, crests of ridges, slopes above the timberline, and large meadows are extremely hazardous places to be during lightning storms. If you are caught in such an exposed place, quickly descend to a lower elevation, away from the direction of the approaching storm, keep your head low and squat down. Avoid taking shelter under isolated trees or trees much taller than adjacent trees. Stay away from water, metal objects and anything that conducts electricity.
2. If you are in the woods, take shelter. Stay in the car if you are traveling. Automobiles offer excellent lightning protection.
3. If you are boating or swimming, **GET TO LAND** immediately and find shelter.

### ***Protect yourself outside:***

1. Keep away from fences, metals, clotheslines, fences, telephone lines, power lines, and pipelines.
2. Avoid hilltops, open spaces, isolated buildings, exposed sheds or other metal structures.
3. Do not handle flammable materials especially in open containers.
4. Do not metal object like fishing rods and golf clubs. Golfers wearing cleated shoes are good targets.
5. Watch flooding and don't be where it will flood.
6. Get out of the water and off small boats. Make sure when you get out of the water go at least 100 yards.

## **FLOODS**

We also live in a flood plain. Floods can occur anywhere, even in areas that have never flooded before. Watch the main TV stations or listen to radio broadcasts for predictions of floods and likely locations for floods to take place. You will be advised of a Flood Watch or a Flood Warning.

A **Flood Watch** takes place when the rainfall or melting snow combined with rain is enough to cause rivers and streams to rise and overflow their banks, and drainage ditches are unable to handle the amount of water. The flood watch means that heavy rains are occurring and may cause a flash flood.

A **Flood Warning** advises you to expect flooding. Careful preparation and prompt response may assure your safety and may reduce property loss. We at Stillwater have to be especially vigilant of our two bridges at Hawkey Run creek and Pocono Summit creek (near the tennis courts). Both bridges have overflowed many times in the past. **Do not cross if water is over the bridge. If flooding of the bridges happens in the afternoon during the time children come home from school, Security should be notified by phone at 839-9255, and they will make sure that the Community Center is opened for the children to be dropped off by the buses. The children should remain at the Community Center until it is safe to cross the bridges to get to their homes.**

**Driving Flood Facts** – The following are important points to remember when driving in flood conditions:

- Six inches of water will reach the bottom of most passenger cars, causing loss of control and possible stalling.
- A foot of water will float many vehicles.
- Two feet of rushing water can carry away most vehicles, including sport utility vehicles (SUVs) and pickups.
- Be aware of areas where floodwaters have receded. Roads may have weakened and could collapse under the weight of a car.
- Return home only when authorities indicate it is safe. Do not walk or drive through flowing water. All it takes is a few inches for water to cause trouble. Watch for cones and other warning devices that are blocking the road. You really don't know what is under the water; the road could be washed away or have large holes in it. A few inches of fast flowing water can cause you to lose your footing if you are walking or can lift a car dragging it downstream. Streams can suddenly rise and flood. Turn around and wait. Always keep drainage ditches cleaned out. If there is a swale on your property, keep it cleaned out.

### ***The Hidden Danger – Low-Water Crossing***

- Nearly half of all flash flood fatalities are vehicle related!
- When driving your automobile during flood conditions, look out for flooding at highway dips, bridges and low areas.

- Even the largest and heaviest of vehicles will float. Two feet of water will carry most cars away.
- As little as six inches of water may cause you to lose control of your vehicle. Do not drive through flowing water!
- A hidden danger awaits motorists where a road without a bridge dips across a creek bed. Motorists develop false confidence when they normally or frequently pass through a dry low-water crossing. Carefully watch our two bridges.
- Road beds may have been scoured or even washed away during flooding creating unsafe driving conditions.
- Those who repeatedly drive through flooded low-water crossings may not recognize the dangers of a small increase in water level.
- Driving too fast through low water will cause the vehicle to hydroplane and lose contact with the road surface.
- Visibility is limited at night increasing the vulnerability of the driver to any hidden dangers.
- Heed **all** flood and flash flood watches and warnings.
- Remain aware of road conditions. Know what normally floods.
- Heed cones and warning devices that are blocking the road. You can't tell how deep the water is or what is underneath it.

### ***HEAT RELATED PROBLEMS***

***Extreme Heat***---Even short periods of high temperatures can cause serious health problems. It causes body temperatures to rise rapidly. Anything over 106 degrees and over can be dangerous to some people. The body's sweating mechanism fails and is unable to cool down.

People who are high risk.

1. The elderly
2. The very young ages up to four years.
3. Ones who have mental illness. They tend toward depression and insomnia.
4. The ones who have chronic illnesses, especially heart disease, high blood pressure, those taking certain medications and those with poor circulation.
5. Anyone who is taking part in strenuous physical activity. They have a tendency to become dehydrated.
6. People who are overweight. They have a tendency to retain more body heat.

***Heat Stroke***---Warning signs may vary

#### ***Some of the signs***

1. Extremely high temperature---anything over 103 degrees orally.
2. Red hot and dry skin with no sweating.
3. Rapid, strong pulse.

4. Throbbing headache.
5. Dizziness.
6. Nausea
7. Confusion
8. Unconsciousness
9. Sometimes muscles will begin to twitch uncontrollably---if this happens keep victim from hurting himself.

### ***What to do***

1. Get the victim away from the heat source especially when dealing with a fire. Get them out of the sun and into the shade.
2. Cool the victim as rapidly as possible by any means available.
  - a. Immerse the victim in a tub of cool water or in the lake.
  - b. Place victim in a cool shower.
  - c. Spray cool water from a garden hose.
  - d. Sponge with cool water.
  - e. If humidity is low---wrap victim in a cool wet sheet and fan vigorously.
  - f. Monitor body temperature and continue cooling measure until temperature reaches 101 or 102.
  - g. If emergency medical personnel are not there yet, call hospital ER for further instructions.
  - h. DO NOT give victim fluids to drink.
  - i. Get medical assistance as soon as possible.

### ***Some common sense things when dealing with extreme heat.***

1. Avoid hot foods and heavy meals when temperatures are high. They add to your body heat.
2. Drink, drink, drink---drink plenty of fluids and replace salt and minerals in your body.
3. Absolutely DO NOT take salt tablets unless under a doctor's orders.
4. Dress infants and children in cool loose clothing, remove them from heat and shade their head and face with hats. Put them under an umbrella.
5. Limit your exposure to sun especially in the mid-day hours.
6. NEVER leave pets, infants or children in a parked car.
7. Pets as well as humans can experience heat related problems. Make sure they too have plenty of water. NEVER leave them out in the hot sun.

## ***HURRICANES***

A hurricane is an unleashing of nature's fury. It is important to know the terms that help identify a hurricane hazard.

### ***Tropical Depression***

An organized system of clouds and thunderstorms with a defined surface circulation and maximum sustained winds of 38 MPH (33 knots) or less. Sustained winds are defined as one-minute average wind measured at about 33 ft. (10 meters) above the surface.

### ***Tropical Storm***

An organized system of strong thunderstorms with a defined surface circulation and Maximum sustained winds of 39 – 73 MPH (34-63 knots).

### ***Hurricane***

An intense tropical weather system of strong thunderstorms with a well-defined surface circulation and maximum sustained winds of 74 MPH (64 knots) or higher.

### ***Hurricane/Tropical Storm Watch***

Hurricane/tropical storm conditions are possible in the specified area, usually within 36 hours. Tune in to commercial radio and television for information.

### ***Hurricane/Tropical Storm Warning***

Hurricane/tropical storm conditions are expected in the specified area, usually within 24 hours.

### ***Short Term Watches and Warnings***

These warnings provide detailed information about specific hurricane threats, such as flash floods and tornadoes. Hurricane winds can be greater in higher elevations. Make trees more wind resistant. Remove diseased and damaged limbs so wind will blow through them.

### ***Prepare Your Home for a Hurricane Watch/Warning***

1. Secure any items outside which may damage property; bicycles, grills and propane tanks, lawn furniture, hanging plants and any other loose items.
2. If advised to do so, cover windows and doors with plywood or boards and shutters.
3. Make sure family pets are in a safe area.
4. Tune in to radio and TV for latest information.
5. If possible, place all vehicles under cover.
6. Fill up the car gas tank.
7. Do things recommended in preparation for any kind of disaster.
8. Make sure you have all prescribed medications with you at all times.

### ***During a Hurricane***

If a hurricane is likely in your area, you should:

- Listen to the radio or TV for information. Have a working battery powered radio available if loss of power occurs.
- Secure your home, close storm shutters, and secure outdoor objects or bring them indoors.

- Turn off utilities if instructed to do so. Otherwise, turn the refrigerator thermostat to its coldest setting and keep its doors closed.
- Turn off propane tanks. Avoid using the phone except for serious emergencies.
- Ensure a supply of water for sanitary purposes such as cleaning and flushing toilets. Fill the bathtub and other large containers with water.

You should evacuate under the following conditions:

- If you are directed by local authorities to do so. Be sure to follow their instructions.
- If you feel you are in danger.

If you are unable to evacuate, go to your basement or safe room. (see “shelter in place”). If you do not have one, follow these guidelines:

- Stay indoors during the hurricane and away from windows and glass doors.
- Close all interior doors – secure and brace external doors.
- Keep curtains and blinds closed. Cover windows with heavy drapes, shutters or plywood.
- Take refuge in a small interior room, bathroom, closet or hallway on the lowest level.
- Lie on the floor under a table or another sturdy object.
- Do not be fooled if there is a lull, it could be the eye of the storm. The worst part of the storm will happen after the eye passes and the winds blow from the opposite direction. Trees, shrubs, buildings and other objects damaged from the first winds can be destroyed by the second winds.

***When the Storm is Over:***

1. Keep listening to radio and TV.
2. If you evacuated, don’t return to your home until advised by authorities.
3. Inspect home and vehicle for damage.
4. If there is no electricity, do not use candles. Use flashlights and keep extra batteries nearby.
5. Use power outage recommendations. (see “Blackouts”)
6. Follow food safety rules.
7. Use chain saw safety precautions if cutting trees and limbs
8. If using a power generator; follow safety precautions.
9. Boil water or use sterilization methods for drinking water, cooking, and brushing teeth if there is any question about the safety of the water supply.

***TORNADOES***

A tornado is a violently rotating column of air in contact with the ground capable of producing tremendous damage. It appears as a rotating, funnel-shaped cloud, which extends to the ground from the base of a thunderstorm. A tornado spins like a top and may sound like the roaring of an airplane or locomotive. These short-lived storms are the most violent of all atmospheric phenomena, and over a small area, the most destructive. They

are unusual in this area but can still happen. As a general rule, tornadoes move in an easterly direction, but they can move any direction.

***When a Tornado Watch is Announced***, it means that tornadoes may be possible in or near the “watch” area. Keep your radio or television set tuned to a local station for information and advice from your local government and the National Weather Service.

***When a Tornado Warning is Issued, Take Shelter Immediately***. The **Warning** means that a tornado has actually been sighted, or has been indicated by radar. You must take action to protect yourself from the tornado and the debris caused by the tornado. Your best protection is an underground shelter or a substantial steel-framed or reinforced concrete building.

***If You Are at Home***, go to your basement if you have one. Take cover under the basement stairs or under a sturdy workbench or table. If your home has no basement, take cover in the center part of the house, on the lowest floor in small rooms such as a closet or bathroom, or under sturdy furniture. Stay away from windows to avoid debris.

***Outside in Open Country***, if you are driving, get out of your car. Take cover and lie flat in the nearest depression, such as a ditch, but beware of the possibility of rising water. You can also take cover under highway overpasses, but beware of the possibility of rising water. If you are walking or working outside, follow the same instructions.

## ***EARTHQUAKES***

It is very unusual for earthquakes to take place in this area, but minor ones have taken place in the past several years. Earthquakes are caused by underground volcanic forces or by breaking and shifting of rock beneath the surface. This causes ground shaking that affects people and buildings. Although considerable progress has been made toward developing the science of earthquake prediction, techniques for making precise predictions of earthquakes do not yet exist. The actual earth movement of an earthquake, disconcerting as it is, seldom is a direct cause of death or injury. The preparations before an earthquake are the same as those for any kind of disaster.

### ***During an Earthquake***

- Keep calm. Don't run or panic. If you take proper precautions, the chances of you being injured may be reduced.
- Stay where you are. If outdoors and move away from buildings and utility wires. If indoors, stay indoors and seek cover. Most injuries occur as people are entering or leaving buildings.
- If the earthquake occurs when you are indoors, **Drop, Cover and Hold On**". Take cover under a desk, table, bench, or against inside walls or doorways. Stay away

from glass, windows, mirrors, and outside doors. Cover your head and neck with your arms.

- Do not use candles, matches, or other open flames either during or after a tremor. Use flashlights. Douse all fires.
- If in bed, **Stay There**. Cover head with pillow.
- If you use a wheelchair, lock the wheels. Cover head and neck.
- Don't run through or near buildings. The greatest danger from falling debris is just outside doorways and close to outer walls.
- If you are trapped in debris, move as little as possible so that you don't kick up dust. Cover your nose and mouth with a handkerchief or clothing. Tap on a pipe or wall so rescuers can hear where you are. Use a whistle if one is available. Shout only as a last resort.
- If you are in a moving vehicle, stop as quickly as safety permits.

A vehicle may jiggle on its springs during an earthquake, but it is a good place to stay until the shaking stops. Stay away from bridges. When you drive, watch for hazards created by the earthquake, such as fallen or falling objects, downed electric or telephone wires, or broken or undermined roadways.

### ***After an Earthquake***

- Check for injuries. Don't attempt to move seriously injured persons unless they are in immediate danger of future injury.
- Check utility lines and appliances for damage. If electric wiring is shorting out, shut off the current at the main meter box.
- If water pipes are damaged shut off the supply at the main valve. Emergency water may be obtained from such sources as hot water heaters and melted ice cubes. However, storing emergency supplies of water beforehand is suggested.
- Check to see that sewage lines are intact before permitting continued flushing of toilets.
- Check chimneys for cracks and damage. Unnoticed damage could lead to a fire. The initial check should be made from a distance. Approach chimneys with great caution.
- If you have fire extinguishers and are trained to use them, put out small fires immediately.
- Stay out of severely damaged buildings. Aftershocks can shake buildings down and cause death or injury.
- Use extreme caution around spilled hazardous materials such as bleach, lye, garden chemicals, paint, gasoline or other flammable liquids. When in doubt, leave the area.
- Do not heed or spread rumors. They often do great harm following disaster. Stay off the telephone, except to report an emergency. Turn on your radio or television to get the latest emergency information.
- Evacuate buildings using stairs; avoid elevators.
- Don't go sightseeing. Respond to requests for assistance from police, fire fighting and relief organizations, but do not go into damaged areas unless your assistance has been requested. Cooperate fully with authorities.

- Be prepared for additional earthquake aftershocks.
- Earthquakes pose a special threat to those who live downstream of dams. A severe tremor could result in dam collapse and flooding.
- Assist your neighbors in need if you can do so without jeopardizing your own safety.

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## MAN MADE DISASTERS

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### ***CHEMICAL***

Chemical disaster can come in many different ways. It is an emergency which releases a hazardous amount of chemicals into the environment. **Accidents can happen on a highway as on 380**, railroad tracks across 380, gas stations, manufacturing plants and sometimes underground. We are not aware of any underground nor manufacturing plants in our immediate area (**\*The Flour Mill creates dust, and dust can be explosive. 60 Minutes did a piece on dust explosions in June 2008, and OSHA is not preventing many of these explosions.**) but highway, gasoline and railroad tracks are in the vicinity. These accidents sometimes result in an explosion and/or a fire, but many times you can not see or smell anything unusual. One of the basic instructions you may be given in a chemical emergency is to shelter in place. This is usually a precaution aimed at keeping you and your family safe while remaining at home. If you are told to shelter in place, take your children, pets and yourself indoors immediately. While gathering your family, you can provide a minimal amount of protection to your breathing by covering your mouth and nose with a damp cloth. Take the following precautions:

- Close all windows and doors
- Turn off any heating, vents and air conditioning systems
- Close fireplace damper
- Go to an aboveground room, not the basement, with the fewest windows and doors.
- Take your disaster kits
- Wet towels and jam them in cracks under doors.
- Tape around doors, windows, exhaust fans or vents.
- Use plastic garbage bags to cover windows, outlets and heat registers.

#### ***If you are told there is danger of an explosion:***

- Close window shades, blinds or curtains
- To avoid injury, stay away from windows
- Stay in the room and listen to TV or radio until you are told it is safe or you are told to evacuate. Officials may tell you to evacuate an area for your protection.

If you are told to evacuate, follow directions for evacuation. Move quickly, follow instructions, listen to TV or radio to make sure that applies to your area. Take your disaster kit.

## **CHEMICAL AND BIOLOGICAL WEAPONS**

In case of a chemical or biological weapon attack near you, authorities will instruct you on the best course of action. This may be to evacuate the area immediately, to seek shelter at a designated location, or to take immediate shelter where you are and seal the premises. The best way to protect yourself is to take emergency preparedness measures ahead of time and to get medical attention as soon as possible, if needed. Chemical warfare agents are poisonous vapors, aerosols, liquids or solids that have toxic effects on people, animals or plants. They can be released by bombs, sprayed from aircraft, boats, or vehicles, or used as a liquid to create a hazard to people and the environment. Some chemical agents may be odorless and tasteless. They can have an immediate effect (a few seconds to a few minutes) or a delayed effect (several hours to several days). While potentially lethal, chemical agents are difficult to deliver in lethal concentrations. Outdoors, the agents often dissipate rapidly. Chemical agents are also difficult to produce.

**Biological agents** are organisms or toxins that can kill or incapacitate people, livestock and crops. The three basic groups of biological agents which would likely be used as weapons are bacteria, viruses, and toxins.

***Some toxins can be treated with specific antitoxins and selected drugs.***

Most biological agents are difficult to grow and maintain. Many break down quickly when exposed to sunlight and other environmental factors, while others such as anthrax spores are very long lived. They can be dispersed by spraying them in the air, or infecting animals which carry the disease to humans as well through food and water contamination.

**Aerosols** - Biological agents are dispersed into the air, forming a fine mist that may drift for miles. Inhaling the agent may cause disease in people or animals.

**Animals** - Some diseases are spread by insects and animals, such as fleas, mice, flies, and mosquitoes. Deliberately spreading diseases through livestock is also referred to as agroterrorism.

**Food and Water Contamination** -Some pathogenic organisms and toxins may persist in food and water supplies. Most microbes can be killed, and toxins deactivated, by cooking food and boiling water.

**Anthrax** spores formulated as a white powder were mailed to individuals in the government and media in the fall of 2001. Postal sorting machines and the opening of letters dispersed the spores as aerosols. Several deaths resulted. The effect was to disrupt mail service and to cause a widespread fear of handling delivered mail among the public. **Person-to-Person Spread** of a few infectious agents is also possible. Humans have been the source of infection for smallpox, plague, and the Lassa viruses.

### ***What to do to prepare for a chemical or biological attack***

Assemble a disaster supply kit (see the "Emergency Planning and Disaster Supplies" chapter for more information) and be sure to include those for Shelter In Place (see "Shelter in Place" section).

### ***What to do during a chemical or biological attack***

1. Listen to your radio for instructions from authorities such as whether to remain inside or to evacuate.
2. If you are instructed to remain in your home, go to the "***shelter in place***" ***instructions***.. Seek shelter in an internal room, preferably one without windows. Seal the room with duct tape and plastic sheeting. Ten square feet of floor space per person will provide sufficient air to prevent carbon dioxide build-up for up to five hours. (See "Shelter" chapter.) Remain in protected areas where toxic vapors are reduced or eliminated, and be sure to take your battery-operated radio with you
3. If you are caught in an *unprotected area*, you should:
  - a. Attempt to get up-wind of the contaminated area.
  - b. Attempt to find shelter as quickly as possible.
  - c. Listen to your radio for official instructions.

### ***What to do after a chemical attack***

Immediate symptoms of exposure to chemical agents may include blurred vision, eye irritation, difficulty breathing and nausea. A person affected by a chemical or biological agent requires immediate attention by professional medical personnel. If medical help is not immediately available, decontaminate yourself and assist in decontaminating others. Decontamination is needed within minutes of exposure to minimize health consequences. (However, you should not leave the safety of a shelter to go outdoors to help others until authorities announce it is safe to do so.)

Use extreme caution when helping others who have been exposed to chemical agents:

1. Remove all clothing and other items in contact with the body. Contaminated clothing normally removed over the head should be cut off to avoid contact with the eyes, nose, and mouth. Put into a plastic bag if possible.
2. Decontaminate hands using soap and water. Remove eyeglasses or contact lenses. Put glasses in a pan of household bleach to decontaminate.
3. Remove all items in contact with the body.
4. Flush eyes with lots of water.
5. Gently wash face and hair with soap and water; then thoroughly rinse with water.
6. Decontaminate other body areas likely to have been contaminated. Blot (do not swab or scrape) with a cloth soaked in soapy water and rinse with clear water.
7. Change into uncontaminated clothes. Clothing stored in drawers or closets is likely to be uncontaminated.
8. If possible, proceed to a medical facility for screening.

### ***What to do after a biological attack***

In many biological attacks, people will not know they have been exposed to an agent. In such situations, the first evidence of an attack may be when you notice symptoms of the disease caused by an agent exposure, and you should seek immediate medical attention for treatment.

**If your skin or clothing comes in contact** with a visible, potentially infectious substance, you should remove and bag your clothes and personal items and wash yourself with warm soapy water immediately. Put on clean clothes and seek medical assistance. For more information, visit the website for the Centers for Disease Control and Prevention at [www.bt.cdc.gov](http://www.bt.cdc.gov).

### ***NUCLEAR AND RADIOLOGICAL ATTACK***

Nuclear explosions can cause deadly effects, blinding light, intense heat (thermal radiation), initial nuclear radiation, blast, fires started by the heat pulse, and secondary fires caused by the destruction. They also produce radioactive particles called fallout that can be carried by wind for hundreds of miles.

Terrorist use of a radiological dispersion device (RDD) often called "dirty nuke" or "dirty bomb" is considered far more likely than use of a nuclear device. These radiological weapons are a combination of conventional explosives and radioactive material designed to scatter dangerous and sub-lethal amounts of radioactive material over a general area. Such radiological weapons appeal to terrorists because they require very little technical knowledge to build and deploy compared to that of a nuclear device. Also, these radioactive materials, used widely in medicine, agriculture, industry and research, are much more readily available and easy to obtain compared to weapons grade uranium or plutonium.

Terrorist use of a nuclear device would probably be limited to a single smaller "suitcase" weapon. There is no way of knowing how much warning time there would be before an attack by a terrorist using a nuclear or radiological weapon. A surprise attack remains a possibility nuclear weapons programs. If there were threat of an attack, people living near potential targets could be advised to evacuate.. Protection from radioactive fallout would require taking shelter in an underground area, or in the middle of a large building.

In general, potential targets include:

- \* Strategic military bases.
- \* Important transportation and communication centers.
- \* Manufacturing, industrial, technology and financial centers.

***Taking shelter during a nuclear attack is necessary.*** There are two kinds of shelters blast and fallout. Blast shelters offer some protection against blast pressure, initial radiation, heat and fire, but even a blast shelter could not withstand a direct hit from a nuclear

detonation. Fallout shelters do not need to be specially constructed for that purpose. They can be any protected space, provided that the walls and roof are thick and dense enough to absorb the radiation given off by fallout particles. The three protective factors of a fallout shelter are shielding, distance, and time.

**\*Shielding.** The more heavy, dense materials, thick walls, concrete, bricks, books and earth between you and the fallout particles, the better.

**\*Distance.** The more distance between you and the fallout particles, the better. An underground area offers more protection than the first floor of a building.

**\*Time.** Fallout radiation loses its intensity fairly rapidly. In time, you will be able to leave the fallout shelter. Radioactive fallout poses the greatest threat to people during the first two weeks, by which time it has declined to about 1% of its original radiation level.

**Remember that any protection, however temporary, is better than none at all, and the more shielding, distance and time you can take advantage of, the better.**  
***What to do before a nuclear or radiological attack:***

1. Learn the warning signals. Make sure you know what the signals are and what you should do if you hear them.
2. Assemble and maintain a disaster supply kit with food, water, medications, fuel and personal items adequate for up to 2 weeks the more the better. (See the "Emergency Planning and Disaster Supplies" chapter for more information).
3. Call your local emergency management office.
4. Look for yellow and black fallout shelter signs on public buildings. **NOTE:** With the end of the Cold War, many of the signs have been removed from the buildings previously designated. If no noticeable or official designations have been made, make your own list of potential shelters near your home, workplace and school: basements, or the windowless center area of middle floors in high-rise buildings, as well as subways and tunnels.
5. Give your household clear instructions about where fallout shelters are located and what actions to take in case of attack.
6. If you live in an apartment building or high-rise, talk to the manager about the safest place in the building for sheltering, and about providing for building occupants until it is safe to go out.

7. There are few public shelters in many suburban and rural areas. If you are considering building a fallout shelter at home, keep the following in mind. A basement, or any underground area, is the best place to shelter from fallout. Often, few major changes are needed, especially if the structure has two or more stories and its basement or one corner of it is below ground.
  - \* Fallout shelters can be used for storage during non-emergency periods, but only store things there that can be very quickly removed. (When they are removed, dense, heavy items may be used to add to the shielding.)
  - \* All the items you will need for your stay need not be stocked inside the shelter itself but can be stored elsewhere, as long as you can move them quickly to the shelter.
8. Learn about your community's evacuation plans. Such plans may include evacuation routes, relocation sites, how the public will be notified and transportation options for people who do not own cars and those who have special needs. See the "Evacuation" chapter for more information.
9. Acquire other emergency preparedness booklets that you may need.

### ***What to do during a nuclear or radiological attack***

1. Do not look at the flash or fireball it can blind you.
2. If you hear an attack warning:
  - Take cover as quickly as you can, BELOW GROUND IF POSSIBLE, and stay there unless instructed to do otherwise.
  - If you are caught outside, unable to get inside immediately, take cover behind anything that might offer protection. Lie flat on the ground and cover your head.
  - If the explosion is some distance away, it could take 30 seconds or more for the blast wave to hit.
3. Protect yourself from radioactive fallout. If you are close enough to see the brilliant flash of a nuclear explosion, the fallout will arrive in about 20 minutes. Take shelter, even if you are many miles from ground zero radioactive fallout can be carried by the winds for hundreds of miles. Remember the three protective factors: shielding, distance and time.
4. Keep a battery-powered radio with you, and listen for official information. Follow the instructions given. Local instructions should always take precedence: officials on the ground know the local situation best.

### ***Returning to your home***

1. Keep listening to the radio for news about what to do, where to go, and places to avoid.

2. If your home was within the range of a bomb's shock wave look for:
  - \* toppling chimneys, falling bricks, collapsing walls, plaster falling from ceilings
  - \* fallen light fixtures, pictures and mirrors.
  - \* broken glass from windows.
  - \* overturned bookcases, wall units or other fixtures
  - \* fires from broken chimneys.
  - ruptured gas and electric lines.
3. Immediately clean up spilled medicines, drugs, flammable liquids, and other potentially hazardous materials.
4. Listen to your battery-powered radio for instructions and information about community services.
5. Monitor the radio and your television for information on assistance that may be provided. Local, state and federal governments and other organizations will help meet emergency needs and help you recover from damage and losses.
6. The danger may be aggravated by broken water mains and fallen power lines.
7. If you turned gas, water and electricity off at the main valves and switch before you went to shelter:
  - \* Do not turn the gas back on. The gas company will turn it back on for you or you will receive other instructions.
  
  - \* Turn the water back on at the main valve only after you know the water system is working and the water is not contaminated.
  
  - \* Turn electricity back on at the main switch only after you know the wiring is undamaged in your home and the community electrical system is functioning.
8. Stay away from damaged areas.
9. Stay away from areas marked "radiation hazard" or "HAZMAT."

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## TRAINING: CERT AND CART/PASART

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### ***Ten Tips for Volunteering Wisely***

1. Research the causes or issues important to you.
2. Consider the skills you have to offer.
3. Would you like to learn something new?
4. Combine your goals.
5. Don't over-commit your schedule.
6. Consider volunteering as a family.

### ***Consider volunteering as a family.***

Think about looking for a volunteer opportunity suitable for parents and children to do together, or for a husband and wife to take on as a team. When a family volunteers to work together at a nonprofit organization, the experience can bring them closer together, teach young children the value of giving their time and effort, introduce everyone in the family to skills and experiences never before encountered, and give the entire family a shared experience as a wonderful family memory.

### ***Be on the lookout for volunteers:***

Other mothers who live in the same neighborhood and go to the same Day Care centers, Organizations and Civic Clubs.

### ***What is CERT?***

The Community Emergency Response Team (CERT) Program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help.

### ***How does CERT benefit the community?***

People who go through CERT training have a better understanding of the potential threats to their home, workplace and community and can take the right steps to lessen the effects of these hazards on themselves, their homes or workplace. If a disaster happens that overwhelms local response capability, CERT members can apply the training learned in the classroom and during exercises to give critical support to their family, loved ones, neighbors or associates in their immediate area until help arrives. When help does arrive, CERT provides useful information to responders and supports their efforts, as directed, at the disaster site.

### ***How do we start a CERT program?***

CERT requires a partnership between community members and local government, emergency management and response agencies. The program does take a commitment. Interested community members should discuss with local government and emergency management officials ways to improve their community's preparedness capability and how they can be involved.

### ***How is the CERT funded?***

Congress has provided funds through the Citizen Corps program to the States and Territories. Grants from these funds may be available to local communities to start CERT programs. Contact your State Citizen Corps point of contact to learn more about grant possibilities. Also, there are a variety of local approaches to funding. Some communities build costs into their local budget while others charge participants to attend training to cover costs for instructors and course materials. In a few communities, CERT organizations have formed 501 (C) 3 for non-profit status to allow them to do fundraising and seek corporate donations.

### ***Why take the CERT training?***

Local government prepares for everyday emergencies. However, there can be an emergency or disaster that can overwhelm the community's immediate response capability. While adjacent jurisdictions, State and Federal resources can activate to help, there may be a delay for them getting to those who need them. The primary reason for CERT training is to give people the decision-

making, organizational, and practical skills to offer immediate assistance to family members, neighbors, and associates while waiting for help. While people will respond to others in need without the training, the goal of the CERT program is to help people do so effectively and efficiently without placing themselves in unnecessary danger.

***Who can take the training?***

Natural for the training are community organizations and other groups that come together regularly for a common purpose. CERT skills are useful in disaster and everyday life events.

***How do I take CERT training?***

To become a CERT member, you will have to take the CERT training from a sponsoring agency like an emergency management agency, fire department or police department in the area where you live or work. Contact the Office.

***.What if I have concerns about my age or physical ability?***

There are many jobs within a CERT for someone who wants to be involved and help. Following a disaster, CERT members are needed for documentation, comforting others, logistics, etc. Non-disaster related team activities may include keeping databases, writing a newsletter, planning activities, helping with special events and organizing exercises and activities. During CERT classroom training, if one has a concern about doing a skill like lifting, just let the instructor know. You can learn from watching. We would like everyone who wants to go through the training to have an opportunity to participate and learn the skills. CERT educates participants about local hazards and trains them in skills that are useful during disaster and life's everyday emergencies.

***What about liability?***

The text of the Volunteer Protection Act of 1997 is available for viewing. Also there is information about State Liability Laws located on the Citizen Corps website. During training, each sponsoring agency should brief its CERT members about their responsibilities as a CERT member and volunteer. The CERT material was developed by the Los Angeles City Fire Department and adopted by the Federal Emergency Management Agency in 1993. The CERT manual contains basic and straightforward material that has been accepted by those using it as the standard for training. It is important to remember that the best sources of help in emergencies are professional responders. However, in situations when they are not immediately available, people will want to act and help. We have seen this time and again in our history. CERT training teaches skills that people can use to safely help while waiting for responders. The alternate is to do nothing and that is not in our nature.

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## RESOURCES AND OTHER SITES TO CHECK OUT

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***For Kids Coloring Books***

**Julie and Robbie The Disaster Twins**

[www.uspa.fema.gov/kids](http://www.uspa.fema.gov/kids)..... A 33 page coloring booklet from The Federal Emergency Management Association (FEMA)

**Ready Kids Activity Booklet**

[www.ready.gov/kids](http://www.ready.gov/kids) ..... A 9 page coloring booklet from Homeland Security with Rex the Mountain Lion Mascot.

## The Be Ready Book

[www.redcross.org/services/disaster/eduifo/beready.pdf](http://www.redcross.org/services/disaster/eduifo/beready.pdf) ... A 11 page coloring book from The American Red Cross. Prepare with Cool Cat, Ready Rabbit and Disaster Dog. This covers the disasters of fire, winter storms and earth quakes.

## Watch Out....Storms Ahead

[www.nws.noaa.gov/om/brochures.pdf](http://www.nws.noaa.gov/om/brochures.pdf) .....A 43 page coloring book from The Federal Management Association, The American Red Cross and NOAA. Actually covers dangerous weather conditions with Owlie Skywarn's Weather Book. It is written to keep you and your pets alive during natural disasters.

## Disaster Preparedness Coloring Book

[www.fema.gov/pdf/library/color.pdf](http://www.fema.gov/pdf/library/color.pdf) .....A 26 page coloring book from FEMA -243 dated October 1993 and the Red Cross. Covers a lot of good information for kids

## Disaster Preparedness Color Book

[www.redcross.org/services/eduifo/colorbk.pdf](http://www.redcross.org/services/eduifo/colorbk.pdf) ...A 35 page book looks very much the same as the one above but is different. It covers even more information.

## Billy and Marie Coloring Books

[www.nssl.noaa.gov/bd/bm/bm--main.html](http://www.nssl.noaa.gov/bd/bm/bm--main.html) .....A series of coloring books online.

## More For Kids Online

[www.sparky.org/](http://www.sparky.org/) .....Fun site with Sparky the Fire Dog . It has some coloring pages and has one in Spanish.

[www.usfa.dhs.gov/kids](http://www.usfa.dhs.gov/kids) .....United States Fire Administration (USFA)

[www.nasa.gov/audience/forkids](http://www.nasa.gov/audience/forkids) NASA,s web site for kids

<http://www.fema.gov/kids> .....Federal Emergency Management Association's web site for kids to learn information about coping with emergencies. This also includes good information for parents and teachers.

[www.aap.org/family/frk](http://www.aap.org/family/frk) .....American Academy of Pediatrics (AAP)

<http://bam.gov/> .....Centers For Disease Control and Prevention (CDC). Bam stands for Body and Mind. Good site for kids addressing all kinds of things, especially check out the pages with links for everybody.

## *Information On Pets And Animals In Disasters*

<http://evacuatemypet.com/index.html> Community Animal Response and Evacuation Group has several printable forms to help you with animal preparedness.

[www.cacda.org/shelter.cqs](http://www.cacda.org/shelter.cqs) .....California Animal Shelters includes good information on animal diseases and injuries.

[www.fema.gov/plan/prepare/animals.shtm](http://www.fema.gov/plan/prepare/animals.shtm) Pet preparedness, federal.

[www.aspc.org/site/](http://www.aspc.org/site/) .....American Society for the Prevention of Cruelty to Animals Disaster Preparedness.

[www.bt.cdc.gov/disasters/petprotect.asp](http://www.bt.cdc.gov/disasters/petprotect.asp) ....Protecting pets in an emergency.

[www.hsus.org/hsus field/hsus disaster center/resources/disaster preparedness](http://www.hsus.org/hsus_field/hsus_disaster_center/resources/disaster_preparedness)

...Humane Society Disaster Preparedness

[www.uan.org/index.cfm?navid=27](http://www.uan.org/index.cfm?navid=27) .....United Animal Nations an interesting animal rescue organization.

[www.ussartf.org/pets and disasters.htm](http://www.ussartf.org/pets_and_disasters.htm) ...United States Search and Rescue Task Force.

## *For Families And Adults*

### *Booklets online to download*

Pennsylvania State Emergency Preparedness Booklet

[www.pema.state/site/default.asp](http://www.pema.state/site/default.asp) .....Our State's preparedness guide that can be downloaded, recommend that you check this one out.

Family Emergency Preparedness Guide

[www.tosv.com/PDF/Police/Docs/Family%20Emergen](http://www.tosv.com/PDF/Police/Docs/Family%20Emergen) ...Colorado Office of Emergency Management. A very good complete guide. Excellent.  
 72 Hours Prepared  
[www.72hours.org](http://www.72hours.org) .....San Francisco Department of Emergency Management. Emergency Evacuation Preparedness – Taking your Responsibility For Your Safety  
[www.cdihp.org](http://www.cdihp.org) .....by June Isaacson Kailes a health professional. Large Booklet for the Center For Disability Issues and The Health Professional. Excellent for disabilities.  
 Preparing For The Unexpected: Terrorism  
[www.redcross.org](http://www.redcross.org) .....A 6 page booklet aimed at dealing with terrorism.  
 Emergency Resource Guide  
[www.littleton.org/emergency/EmergencyResourceGuide\\_2008.pdf](http://www.littleton.org/emergency/EmergencyResourceGuide_2008.pdf)  
 City of Littleton Colorado Guide along with Washington State Department of Health excellent complete guide.

***Other sites to check out***

[www.bhs.org](http://www.bhs.org) .....Institute for Business And Home Safety. Put in your zipcode and it gives you information for your particular area.  
[www.fema.gov/hazard/fire/pubs/athome\\_woods.shtm](http://www.fema.gov/hazard/fire/pubs/athome_woods.shtm) At Home In The Woods..**ARTICLES EVERYBODY SHOULD READ, WE LIVE IN THE WOODS.**  
[www.broward.org](http://www.broward.org) .....Broward County, Florida. Web site on safety of hurricanes.  
[www.pueblo.gsa.gov/cic\\_text/family](http://www.pueblo.gsa.gov/cic_text/family) ...Look for the Disaster Guide.  
[www.co.dutches.ny.us/CountyGov/Departments/Emergency](http://www.co.dutches.ny.us/CountyGov/Departments/Emergency) Good on floods.  
[www.ci.lewes.de.us/index.cfm?/](http://www.ci.lewes.de.us/index.cfm?/) City of Lewes Delaware  
[www.do1thing.us](http://www.do1thing.us) .....excellent on Water Purification  
[www.nfpa.org](http://www.nfpa.org) .....National Fire Protection Association - An excellent site covering all sorts of facts including information about fireworks.  
[www.iaem.com](http://www.iaem.com) .....International Association of Emergency Managers  
[www.fema.gov](http://www.fema.gov) .....a lot of good information, also includes 24 page booklet about what to do after a disaster.  
[www.bt.cdc.gov](http://www.bt.cdc.gov) .....  
<http://www.dhs.gov/index.shtm> .. United States Department of Homeland Security  
<http://www.ready.gov/america/index.html> ..US DHS Ready Family Emergency Plan

**DEDICATION**

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This booklet is dedicated to each and every resident of Stillwater Estates. Our goal is to make our community safer, stronger and better prepared to survive in the event of a major disaster.

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