This Guide Will Help You to:

- Learn what to do before, during, and after an emergency
- Create an emergency plan for your family
- Prepare an emergency supply kit
- Contact specific agencies for more information



Ottawa County Sheriff's Office Emergency Management Unit



The Ottawa County Board of Commissioners along with the Administration of Ottawa County continue to recognize the importance of family and community emergency preparedness. In addition, their support for a proper emergency response by Ottawa County Public Safety and Service Organizations is appreciated by many.

Al Vanderberg, Ottawa County Administrator

Commissioner Dennis W. Swartout, Chairperson, District 3

Commissioner Frederick VanderLaan, Vice-Chairperson, District 10

Commissioner Joyce Kortman, District 1

Commissioner Philip Kuyers, District 2

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Commissioner Gordon Schrotenboer, District 7

Commissioner Donald C. Disselkoen, District 8

Commissioner Edward Berghorst, District 9

Commissioner Cornelius VanderKam, District 11

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A Message from the Ottawa County Sheriff's Office Emergency Management Unit

We are pleased to provide you with this Family Preparedness Guide which will assist you in preparing your family to respond and recover from all-types of disaster.

This guide has been created to help you develop an emergency plan, provide information on how to assemble an Emergency Supply Kit, and provide specific contact telephone numbers and websites which you can use for emergency assistance.

Emergencies can strike at any time. Families, neighborhoods and local communities can improve their safety by working together with emergency managers, law enforcement, local school administration staff, and your local government officials.

Please take time from your hectic lives and spend some time with your family while reading this manual. Discuss how each of you would handle these types of situations. It will be quality time with your loved ones and could save your lives.

We hope you keep this manual handy as a reference tool and utilize many suggestions found inside to prepare your family for any emergency situation.

Sincerely,

Gary A. Rosema, Sheriff Ottawa County Sheriff William W. Smith, Director Emergency Management Unit

WEB SITES

http://www.michigan.gov/emd

Other valuable websites:

http://www.ready.gov/ http://www.fema.gov

http://www.redcross.org

http://www.whitehouse.gov/homeland/

MESSAGE FROM THE OTTAWA COUNTY SHERIFF'S OFFICE & VALUABLE WEBSITES

EMERGENCY SERVICES TELEPHONE NUMBERS

	POLICE	DIAL 911 or	1-800-249-09 i i (non-emergency)				
	FIRE	DIAL 911 or	1-800-249-0911 (non-emergency)				
	AMBULANCE	DIAL 911 or	1-800-249-0911 (non-emergency)				
•	Local County Sheriff		1-888-731-1001 or 1-616-738-4000				
	Local Emergency Ma	nagement	1-616-738-4050				
	Local Health Department		1-616-393-3645				
•	Local Public Works						
•	Local Road Commission Michigan State Police Post		1-616-842-5400				
•			1-616-842-2100				
•	Michigan Poison Cont	trol Center	1-800-222-1222				
•	DTE Energy (7 am to	7 pm)	1-800-477-4747				
	Coast Guard Emergen	cy Service	1-800-321-4400				
•	Center for Disease Co	ntrol	404-639-3311 or 1-800-311-3435 1-800-621-8431				
•	EPA Hazardous Waste	Hotline					
•	National Pesticide Net	twork (24 Hours)	1-800-858-7378				
•	FBI (Detroit Office) FBI Explosives Unit-E	Bomb Data Center	313-965-2323 703-632-8440				
•	Agricultural Spills in	Michigan	517-373-0440				
•	American Red Cross (Disaster Relief)	313-833-8816 or 1-800-774-6066				
	LOCAL UTILITIES						
	Electric		Gas				
	Water		Telephone				
	Cable		Other				

FAMILY EMERGENCY TELEPHONE NUMBERS

POLICE		DIAL 911 or			1-800-249-0911 (non-emergency)					
FIR	E	DIAL	. 911 or	,	1-800-249-0911	(non	-emergency)			
AMI	BULANCE	DIAL	911 or		1-800-249-0911	(non	-emergency)			
Local Con	tact Name Address, City Telephone number		Day ()	Even					
Out of Arc	ea Contact Name		·							
	Address, City Telephone number		Day ()	Even					
Nearest R	elative Name		·							
	Address, City Telephone number		Day ()	Even					
Family Wo	ork Numbers Father Mother					-				
Family Ph	Other					-				
- ummy I II	Name				Telephone ()				
	Name				•					
	Name				_					
Reunion L		ome								
2. A	way from the neighl	oorhood	(in case yo	ou c	annot return home)					

EMERGENCY SERVICES
FAMILY EMERGENCY TELEPHONE NUMBERS

FAMILY PREPAREDNESS QUESTIONNAIRE

(Take the time to answer these questions. If you have answered "no" to any one of these, you need to develop or update your Family Emergency Plan.)

- 1. Do you believe that your community is prepared for emergencies?
- 2. Do you believe that your family is well prepared to handle most emergencies?
- 3. Have you discussed emergency planning issues with your family?
- 4. Do you have a Family Emergency Supplies Kit including:
 - A three-day supply of water per person (1 gallon per-person, per-day)
 - One change of clothing per person
 - One blanket or sleeping bag per person
 - First aid kit with current prescription medication enough for four days
 - Battery powered radio & flashlight, w/extra batteries
 - Extra set of car keys
 - A credit card and a small amount of cash
 - Sanitation supplies
- 5. Does your house have operational smoke detectors on every level?
- 6. Do you have a charge ABC fire extinguisher?
- 7. Have you trained your family on the proper techniques of fire extinguisher use?
- 8. Do you know how to turn off your utilities?

FAMILY HOME HAZARD HUNT

An important step in family preparedness is the identification of hazards in your home. Once the hazards are identified, it doesn't take much time or effort to make your home a safer place to live.

Getting Started: Using the checklist below, involve the whole family, especially your children, in a home hazard hunt. Remember that anything that can move, break or fall, or burn is a potential hazard. Foresight, imagination, and common sense are the only tools you will need! After identifying what needs to be done, devise a plan and do it.

Kitchen		Garage/Attic/Shed			
Yes	No	Yes	No		
	\square Wear snug-fitting clothes when cooking		\square Use gasoline as motor fuel only and never store it inside		
	\square Do not leave cooking food unattended		the home		
	☐ Keep pan handles turned in while cooking		☐ Keep only a small quantity of gasoline, if necessary, in an approved container locked		
	☐ Keep a pan lid nearby in case of fire ☐ Keep cooking areas clean and clear of combustibles		☐ Keep flammable liquids such as paints and thinners in their original containers and store on or near the		
	☐ Keep cords from dangling ☐ Ensure outlets near the kitchen sink are GF1 (Ground Fault Interrupt) equipped		ground and away from sources of heat, sparks, or flame		
	☐ Keep sharp knives out of reach of children	Smo	oking and Matches		
Outs	ddo	Yes	No		
Yes	No		☐ Store matches and lighters out of reach of children		
	☐ Clear dry vegetation and rubbish from around the house		☐ Use large, deep, non-tip ashtrays		
_			\square Never smoke when drowsy or in bed		
	☐ Use barbecue grills away from buildings and vegetation☐ Dispose of barbecue briquettes in a metal container		☐ Dispose of ashes and cigarette butts in a metal can at least daily		
	☐ Maintain a "greenbelt" around rural buildings		☐ Check furniture for smoldering cigarettes every night, especially after parties		
	☐ Check with the fire department before burning debris or using a burn barrel		Electricity		
All I	Rooms	Yes	No		
Yes	No		☐ Avoid the use of extension cords (if used, ensure the correct wattage rating)		
	☐ Ensure floor coverings (rugs, carpets) are properly secured to prevent tripping hazards		☐ Plug only one heat producing device into an electrical outlet		
	☐ Separate draw cords on blinds and drapes to reduce strangulation hazards for kids		☐ Ensure cords are not placed under rugs		
	☐ Ensure room exits are unobstructed		☐ Verify circuits are not overloaded		
			Replace damaged cords, plugs, sockets		
			☐ Use bulbs with the correct wattage for lamps and fixtures		
			☐ Check fuses/circuit breakers for the correct amperage ratings		
			☐ Don't override or bypass fuses or circuit breakers		
			(Continued on next page)		

Clothes Washer and Dryer			Family Preparedness			
Yes	No	Yes	No			
	☐ Verify that appliances are properly grounded		☐ Plan two unobstructed exits from every room, including the			
	☐ Ensure lint filter is clean and serviceable		second floor and make sure everyone knows them			
	☐ Check vent hose and vent line to ensure they are clean and provide unobstructed airflow		☐ Designate a meeting place outside			
			☐ Have an out-of-state contact for family check after a disaster/ emergency			
Fire	Extinguisher		☐ Develop an escape plan and practice it regularly			
Yes	No		☐ Store important papers and valuables in a fire proof safe or cabinet			
	☐ Verify that an all purpose fire extinguisher (Class ABC) is maintained in an accessible location		☐ Maintain proper insurance and coverage for your home and its contents (earthquake, flood, renter's, fire)			
	☐ Ensure that all occupants know how to use it		contents (eartiquake, 1100d, fenter s, fife)			
	☐ Are additional fire extinguishers kept in the kitchen, garbage, basement, and sleeping area?	Smoke Detector				
	☐ Store used oily rags in sealed metal containers	Yes No				
	☐ Never store combustibles such as newspapers		☐ Installed properly on every level			
			☐ Tested 1st Tuesday of each month			
Hea Yes	nting Equipment No		☐ Battery replaced every year			
	☐ Ensure fireplace inserts and gas/wood stoves comply with local	Ear	thquake Hazards (All Rooms)			
П	codes Clean and inspect chimney annually	Yes No				
			☐ Bolt heavy, tall, upright furniture to wall studs			
_	Dispose of ashes in metal containers		☐ Lock or remove rollers on beds, furniture and appliances			
	Keep clothes, furnishings and electrical cords at least 12" from wall heaters and 36" from portable heaters		☐ Secure hanging plants and light fixtures with one or more			
	☐ Service furnace annually		guide wires to prevent swinging into walls or windows and breaking			
	☐ Set water heater thermostat at 120 degrees F		Secure kitchen and bathroom cabinets with "positive" (self-			
	☐ Elevate new or replacement gas water heaters at least 18" above the floor		closing) latches			
			☐ Secure items on shelves with quake mats, velcro, low shelf barrier, etc.			
Bat	hrooms		☐ Store heavy and/or breakable items on lower shelves			
Yes	No		☐ Strap water heater to wall studs			
	☐ Store poisonous cleaning supplies and medications in "childproof" cabinets		☐ Use flexible connections on gas appliances			
	Replace glass bottles with plastic containers		☐ Check chimney for loose bricks and repair as needed			
	☐ Ensure all outlets are GFI equipped		☐ Check foundation for cracks and repair as needed			
_	2 2.15 are are outers are of requipped		☐ Bolt home to foundation to prevent shifting during			
			earthquake			
			☐ Secure mirrors and pictures to the wall or hang them with heavy wire, looped through eye screws or tongue-ingroove hangers			

FAMILY PREPAREDNESS QUESTIONAIRE & HOME HAZARD HUNT



COLOR BY TERROR ALERT LEVEL THE HOMELAND SECURITY ADVISORY SYSTEM

Low Risk of Terrorist Attacks P_M

GUARDED

General Risk of Terrorist Attacks

Significant Risk of Terrorist Attacks

ELEVATED

High Risk of Terrorist Attacks HGH

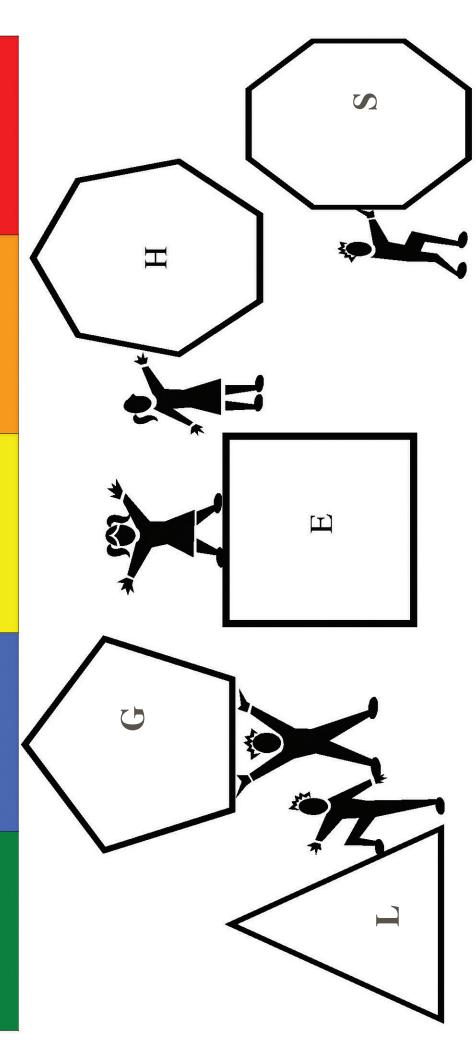
Severe Risk of Terrorist Attacks

SEVERE

<u>(S)</u>

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(E





COLOR BY TERROR ALERT LEVEL THE HOMELAND SECURITY ADVISORY SYSTEM

(L) LOW Low Risk of Terrorist Attacks

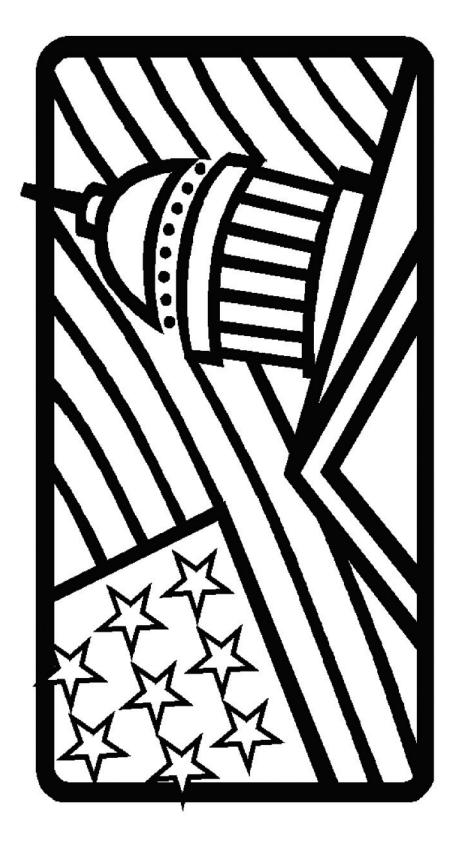
GUARDED

General Risk of Terrorist Attacks

ELEVATED
Significant Risk of
Terrorist Attacks

Terrorist Attacks HIGH High Risk of $\widehat{\Xi}$

Severe Risk of Terrorist Attacks SEVERE



BABYSITTER VISITOR INFORMATION

We use babysitters often. Whether they are people from our family or recruited from the community, they may not be familiar with our home emergency plans and contacts. When we place trust of our loved ones in homes with others, it is only appropriate to all concerned to know how to take care of emergencies when they occur.

The address of this nome:
The phone number of this home:
Emergency Numbers: POLICE, FIRE or AMBULANCE: CALL 911 — Hearing Impaired: 586-977-3616
The parents are at this location: Address:
Phone:
Pager/Cell Phone:
They will return approximately a.m./p.m.
The Home Emergency Guide is located
The Home Emergency Kit is located
Reminders: • Do not open the door for anyone until you confirm their identity, purpose and determine that they do not pose a threat
Keep all doors and windows locked
• Know where the children are playing whether outside or inside
Understand severe weather announcements
Messages:

COLORING PAGES
BABYSITTER/VISITOR INFORMATION

AN EVACUATION KIT FOR YOUR HOME

A fire, flood or other emergency may require the immediate evacuation of your home. The following items should be assembled and placed into a small portable container, readily accessible so that it can be grabbed as you flee your home.

- A small battery powered radio (AM is enough) and extra batteries
- Flashlight with extra batteries
- A small amount of cash and change, and a credit card
- An extra set of car and house keys
- Critical family documents in a portable, fireproof container Social Security Cards
 - Insurance policies
 - Wills
 - Deeds
 - Savings and checking account numbers
 - Birth and Marriage Certificates
 - Inventory of household property and valuables/assets (video of your homes contents or pictures are extremely beneficial)
 - Extra pair of glasses

A DISASTER KIT FOR YOUR CAR

Keep your car equipped with emergency supplies. Never allow the gas tank to drop below half full. If warnings of an impending emergency are being broadcast, fill up. Gas stations may be affected by the emergency and unable to be used. Keep these items stored in a portable container.

- A small battery powered radio (AM is enough) and extra batteries
- Flashlight with extra batteries
- Cellular phone
- Blanket
- Jumper Cables
- Fire Extinguisher
- Maps
- Shovel
- Flares
- Bottled Water
- Tire repair kit and pump
- Nonperishable, high energy foods (granola bars, canned nuts, hard candy, trail mix, peanut butter & crackers)

PREPARE AN EMERGENCY SUPPLY KIT

You should gather water, food, first-aid supplies, clothing, bedding, tools and other essentials ahead of time and be ready in the event you must evacuate or go without electricity, heat, or water for an extended period. The kit can be put into 5-gallon buckets, duffel bags, or backpacks.

You should consider including the following items in an Emergency Supply Kit:

	Emergency sup	Pij ilit
To the state of th	Water 3-day supply of water. ☐ 1 gallon per person per day. Store water in seal-	ed, unbreakable containers. Replace every 6 months.
	Food 3- to 5-day supply of nonperishable packaged Ready to eat canned meats, fruits & vegetables Soups-bouillon cubes or dried soups in a cup Milk-powdered or canned Stress foods-sugar cookies, hard candy Juices-canned, powdered or crystallized	or canned food per person. Smoked or dried meats such as beef jerky Vitamins High energy foods-peanut butter, nuts, trail mix Sugar, salt, pepper
A Property of the Control of the Con	Clothing & Bedding Include at least one complete Sturdy shoes or work boots Warm socks, rain gear Blankets or sleeping bags	ete change of clothing and footwear per person. Hats & gloves, extra warm clothing Thermal underwear Sunglasses
	First Aid Kit Sterile adhesive bandages 3-inch sterile gauze pads (8-12) Triangular bandages (3) 2-inch sterile gauze pads (8-12) Hypoallergenic adhesive tape 2 & 3-inch sterile roller bandages Scissors Tweezers Needles Safety razor blade	Bar of soap Moistened towelletes Antiseptic spray Non-breakable thermometer Latex gloves Petroleum jelly Assorted sizes of safety pins Cleansing agent –soap Tongue blades and wooden applicator sticks Water purification tablets
	Tools & Supplies Mess kits, paper cups, plastic utensils Batteries, battery operated radio Flashlight, extra bulbs, extra batteries Wooden matches in waterproof container Aluminum foil, plastic storage containers Signal flare Paper, pencil and needles, thread Shovel & other useful tools Plastic sheeting, duct tape	Maps (state, county, city) Fire extinguisher Money Family emergency plan Can opener (hand-operated) Utility knife, paper towels Tube tent/tarp Medicine dropper Dust mask and work gloves
W)	Sanitation Personal hygiene items Plastic garbage bags and ties Plastic bucket w/tight lid	Spray disinfectant Towelettes or diaper wipes Toilet paper
	Special Items For Baby Formula, Juice Diapers/wipes For Adult Heart and high blood pressure medications Insulin Prescription drugs Denture needs	Bottles Powdered milk Medications Extra eyeglasses Entertainment –games, books Cell phone Prepaid phone
	Denture needs Contact lenses and supplies Important Family Documents Keep copies in the Important phone numbers Wills, insurance polices Contracts, deeds, stocks and bonds Passports, social security cards	- Frepaid phone card

EMERGENCY SUPPLY KIT CHECKLIST & EVACUATION KIT — DISASTER KIT FOR YOUR CAR

BEFORE AN EMERGENCY STRIKES

An emergency can occur without warning, leaving little or no time for you and your family to plan. What would you do if basic services-water, gas, electricity or telephones-were cut off? Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away. It is necessary for you to learn about the things that you can do to be prepared — before an emergency occurs. Follow the steps listed in this brochure to create your family's disaster plan. **Knowing what to do is your best protection and your responsibility**.

4 Steps to Safety

Find Out What Could Happen to You

- Meet with household members and discuss the dangers of possible emergency events, including fire, severe weather, hazardous spills, and terrorism.
- Learn about your community's warning signals: what it sounds like and what you should do when you hear it.
- Find out how to help elderly or disabled persons, if needed.
- Ask about animal care after a disaster. Animals may not be allowed inside emergency shelters due to health regulations.
- Find out about the disaster plans in your workplace, your children's school or daycare center and other places where your family spends time.

2 Create a Disaster Plan

- Pick two places to meet:
 - 1-Right outside your home in case of a sudden emergency, like a fire.2-Outside your neighborhood in case you can't return home. All family members must know the address and phone number.
- Choose an out-of-town or out-of-state contact your family or house-hold will call or e-mail to check on each other should a disaster occur. Other family members should call this person and tell them where they are. Everyone must know your contact's phone number.
- Discuss what to do in an evacuation. Plan how to take care of your pets.

Prior to an Emergency

Check on the School Emergency Plan... You need to know if they will keep children at school until a parent or designated adult can pick them up or send them home. Be sure that the school has updated information about how to reach parents and responsible caregivers to arrange for pick up. Ask what type of authorization the school may require to release your child. During times of emergency, the school telephones may be overwhelmed with calls.

3 Complete This Checklist

ш	Fost emergency telephone numbers by the phones (me, ponce, amountaice, etc.).
	Teach children how and when to call 911 for emergency help.
	Show each family member how to and when to turn off the water, gas and electricity at the main switches
	Check if you have adequate insurance coverage, with special attention to flood insurance.
	Teach each family member how to use the fire extinguisher (ABC type) and show them where it's kept.
	Install smoke detectors on each level of your home, especially near bedrooms.
	Stock emergency supplies and assemble a Disaster Supplies Kit .
	Take a Red Cross first aid and CPR class.
	Find the safe spots in your home for each type of disaster.
	Determine the best escape routes from your home. Find two ways out of each room.

Practice and Maintain Your Plan

- Quiz your kids every six months so they remember what to do.
- Conduct fire and emergency evacuation drills.
- Replace stored water every six months and stored food every six months.
- Test and recharge your fire extinguisher(s) according to manufacturer's instructions.
- Test your smoke detectors monthly and change the batteries twice each year when you set your clocks for daylight savings or standard time.

WHEN AN EMERGENCY STRIKES

During and after an emergency occurs, it is important to stay calm. Even after an event, there may still be many dangers. What seems like a safe distance or location may not be. **Stay tuned to your local emergency station and follow the advice of trained professionals.** Unless told to evacuate, avoid roads to allow emergency vehicles access. What you do next can save your life and the lives of others.

During an emergency you might be cut off from food, water and electricity for several days or more. If power is out, food stores may be closed and your water supply may not work. Here are some suggestions:

Water: If a disaster catches you without a supply of clean water, you can use ice cubes and the water in your hot-water tank or pipes. If it is safe to go outside, you can also purify water from streams or rivers, rainwater, ponds and lakes, natural springs and snow by boiling (for 5 minutes), distilling or disinfection. To purify water with bleach, use 10 drops of bleach per gallon of water. Use only regular household liquid bleach that contains only 5.25% sodium hypochlorite.

Food: During and right after an emergency, it will be important that you keep up your strength by eating at least one well-balanced meal each day. Take vitamin, mineral and/or protein supplements.

If Your Power Goes Out

- Remain calm, and assist family members or neighbors who may be vulnerable if exposed to extreme heat or cold.
- Locate a flashlight with batteries to use until power comes back on. Do not use candles—this can cause a fire.
- Turn off sensitive electric equipment such as computers, VCRs, and televisions.
- Turn off major electric appliances that were on when the power went off. This will help to prevent power surges when electricity is restored.
- Keep your refrigerator and freezer doors closed as much as possible to keep cold in and heat out.
- Do not use the stove to heat your home this can cause a fire or fatal gas leak.
- Use extreme caution when driving. If traffic signals are out, treat each signal as a stop sign—come to a complete stop at every intersection and look before you proceed.
- Do not call 9-1-1 to ask about the power outage. Listen to the news radio stations for updates.

If You Have Pets

Create a survival kit for your pet. This should include:

- Identification collar and rabies tag.
- Carrier or cage.
- Leash.
- Any medications (be sure to check expiration dates).
- Newspapers and plastic trash bags for handling waste.
- At least a 2-week supply of food, water, and food bowls.
- Veterinary records (most animal shelters do not allow pets without proof of vaccination).

Neighbors Helping Neighbors

Working with neighbors in an emergency can save lives and property. Meet with your community members to plan how you could work together until help arrives. If you're a member of a neighborhood organization, such as a home association or crime watch group, introduce emergency preparedness as a new activity. Know your neighbor's special skills and consider how you could help those with special needs, such as people with disabilities and elderly persons.



Pets should not be left behind. If you have no other choice but to leave your pet at home, place your pet in a safe area inside your home with plenty of water and food. Never leave pets chained outside. Place a note outside your home listing what pets are inside, where they are located, and phone numbers of where you can be reached.



MICHIGAN HAZARDS

Technological Hazards

If you are notified or become aware of a technological hazard such as a hazardous spill/release, fire, or explosion, do not panic. If you need to get out of the surrounding area or are directed to evacuate, do so immediately.

How to Evacuate

- Take your Emergency Supply Kit.
- Lock your home.
- Cover your nose and mouth with a wet cloth if told to do so.
- Travel on routes specified by local authorities.
- Head upwind of the incident.

If you are sure you have time:

- Shut off water, gas, and electricity before leaving.
- Post a note telling others when you left and where you are going.
- Make arrangements for your pets.



If you are instructed to stay inside and not to evacuate:

- Close and lock windows and doors.
- Seal gaps under doorways and windows with wet towels and duct tape if told to do so.
- Turn off ventilation systems, water, and gas.

Terrorism

Terrorist attacks have left many concerned about the possibility of future incidents in the United States and their potential impact. Terrorist goals are to destabilize government and panic citizens. They try to keep us guessing about what might happen next, increasing our worries. However, there are things you and your family can do to prepare for the unexpected. This can reduce the stress that you may feel now and later should another emergency arise. Being prepared ahead of time can reassure you and your children that you can have a measure of control even in the face of such events.

What can you do?

- Prepare to deal with a terrorist incident by adapting many of the same techniques used to prepare for other
- Take precautions when traveling. Be aware of suspicious or unusual behavior. Do not accept packages from strangers. Do not leave luggage unattended.
- Learn basic first aid Enroll in a first aid CPR course at your local Red Cross.
- Volunteer to help your community prepare for and respond to emergencies through the Michigan Citizen Corps at:

http://www.michigan.gov/mcsc/0,1607,7-137-6115-34574--,00.html

weather warning means a storm has developed and is on its way—take cover immediately!



Homeland Security Advisory System

Natural Hazards Michigan is vulnerable to a variety of types of severe weather including tornadoes, thunderstorms, flash floods, snowstorms, and ice storms. Because of this, it is important for you to understand the difference between a watch and a warning for severe weather. A severe storm watch means that severe weather may develop. A severe

The safest place to ride out any storm is inside a secure building, home or apartment building. You should:

- Listen to weather updates and stay informed.
- Be ready to evacuate if necessary.
- Keep away from windows and doors.
- Have your Emergency Supply Kit handy.
- Purchase a battery operated NOAA weather radio.



Emergency personnel are trained to respond to these situations. They will tell you what to do, either at the incident site, or via TV or radio.



Tornadoes

Tornadoes are dangerous because of their high winds and ability to lift and move heavy objects. If you receive a tornado warning, seek shelter immediately.

At home:



- Go to the basement, storm shelter, or room near the center of the house.
- In a high-rise or other public building: Move to the interior, preferably a stairwell or hallway.

If you are in your car:

- STOP! Get out and lie flat face down in a low area.
- Cover your head and wait for the tornado to pass.
- Do not use overpasses as a shelter.

Flooding



Floods are the most common and widespread of all natural disasters and can occur nearly anywhere in the United States. The sheer force of just six inches of swiftly moving water can knock people off their feet.

- Find out if you live in a flood-prone area and identify dams in your area.
- Ask your local emergency management coordinator about official flood warning signals.
- Flash flooding can be very dangerous because of strong, swift currents.
- If flood waters rise around your car, get out and move to higher ground immediately. Cars can be easily swept away in just 2 feet of moving water.
- Stay away from and report downed power lines.

Winter Storms and Ice Storms

Heavy snowfall and extreme cold can immobilize an entire region. Even areas which normally experience mild winters can be hit with a major snow storm or extreme cold. The results can range from isolation to the havoc of cars and trucks sliding on icy highways.

- Know the terms used by weather forecasters.
- Purchase a battery-powered NOAA weather radio.
- Listen to the radio or television for weather reports and emergency information.
- Make sure you have sufficient heating fuel.
- Make sure you have an alternate heat source and a supply of fuel.
- Wear several layers of loose fitting, light weight, warm clothing rather than one layer of heavy clothing.

Recovering from an Emergency

Recovery continues even after you return home, as you and your family face the emotional and psychological effects of the event. Reactions vary from person to person, but may include:

- Restless sleep or nightmares
- Anger or wanting revenge
- Numbness or lack of emotion
- Needing to keep active, restlessness
- Needing to talk about your experiences
- Loss of appetite
- Weight loss or gain
- Headaches
- Mood swings



All of the above are normal reactions to stressful events, and it is important to let people react in their own way. In particular, children may need reassurance and extra attention. It is best to encourage them to share their feelings, even if you must listen to their stories repeatedly—this is a common way for children to grasp what they've experienced. You may also want to share your feelings about the event with them.

PUBLIC MEASURE' GUIDELINES FOR THE PUBLIC HOMELAND SECURITY ADVISORY SYSTEM

Green

Continue to enjoy individual freedom. Participate freely in travel, work, and recreational activities.

Be prepared for disasters and family emergencies.

Develop a family emergency plan.

Know how to turn off your power, gas and water service to your house.

Know what hazardous materials are stored in your home and how to properly dispose of unneeded chemicals.

Support the efforts of your local emergency responders.

Know what natural hazards are prevalent in your area and what measures you can take to protect your family.

Blue

Continue normal activities while being watchful for suspicious activities. Report criminal activity to local law enforcement.

report suspicious activities to the

Continue normal activities, but

Review family emergency plans.

(Community Emergency Response

Feam) class.

Take a first aid or CERT

Become active in your local Neighborhood Crime Watch

program.

Increase family emergency preparedness by purchasing supplies, food and storing water. Be familiar with local natural and technological hazards in your community.

Increase individual or family emergency preparedness through training, maintaining good physical fitness and health, and storing food, water and emergency Monitor local and national news for terrorist alerts.

planning committee meeting to learn more about local hazards.

Attend your local emergency

Update immunizations.

Volunteer to assist and support the community emergency response agencies.

emergency preparedness through training, maintaining good physical fitness and health, and storing

good, water and emergency

Increase individual or family

Orange

Yellow

Resume normal activities but expect some delays, baggage searches and restrictions as a result of heightened security at public buildings and facilities.

Monitor local events and government threat advisories.

Report suspicious activities at or near critical facilities to local law enforcement by calling 911.

Avoid leaving unattended packages or brief cases in public areas.

neighbors, and community for mutual support during a disaster or

terrorist attack.

Network with your family,

Inventory and organize emergency supply kits and discuss emergency plans with family members.

Revealuate meeting location based

located in your community and report suspicious activities at or

near these sites

Learn what critical facilities are

Consider taking reasonable personal security precautions. Be alert to your surroundings, avoid placing yourself in a vulnerable situation and monitor the activities

Maintain close contact with your family and neighbors to ensure their safety and emotional welfare.

Red

Report suspicious activities and call 911 for immediate response.

Expect delays, searches of purses and bags and restricted access to public buildings.

Expect traffic delays and restrictions.

Take personal security precautions to avoid becoming a victim of crime or terrorist attack.

Avoid crowded public areas and gatherings.

Do not travel into areas affected by the attack or in an expected terrorist

Keep emergency supplies accessible and car gas tank full.

Be prepared to evacuate your home or to shelter in place on order of

Be suspicious of persons taking photographs of critical facilities, asking questions about physical security or dressed inappropriately for weather conditions. Report these incidents immediately to law

Closely monitor news reports and local radio/TV stations.

Assist neighbors who may need

Avoid passing on unsubstantiated information and rumors..