



Utah

Family Emergency

Preparedness

Resource Book 2023

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## **Emergency Preparedness begins with you.**

It is important to learn the risks you face and ways to stay up-to-date with current conditions. Taking action now may give you and your family the power to protect yourselves and your property. There are many different types of disasters and hazards. Your risk of becoming affected by each type depends on the possibility of an event and your vulnerability to it. Disasters happen anytime and anywhere. An emergency or disaster can occur at any time and any location. It may create a significant degree of human suffering and loss of life, property damage and eco-

## **When disaster strikes, you may not have much time to respond.**

After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. The professional first responders will go to where major issues are. You could get help in hours, but more likely, it may take days for professional first responders to come to your neighborhood. Would your family be prepared to cope with the emergency until help arrives? Your family will cope best by preparing for disaster before it strikes. The best way to prepare is by creating a Family Disaster Plan and assembling an Emergency Supplies Kit. Once disaster hits you won't have time to shop or search for supplies. San Juan County Residents live in a very rural and remote area within the State of Utah as such disaster relief from agencies outside the county may take up to 2 weeks to arrive. You should be prepared to take care of yourself and your family for a minimum of 7 days.

## **Have a plan to meet after an emergency**

Choose a local and an out-of-state relative or friend of the family members to call if separated by an emergency. All family members should know that they are contacts, phone numbers and how to call them. These contacts can help members of the family. Pick two meeting places to gather after an emergency. One should be close to their house and the other should be outside your neighborhood if they cannot return home after the emergency.

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- 40" triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors and tweezers
- Epi pen (if allergic to bee stings)
- Sewing needles
- Moistened towelettes
- Antiseptic soap
- Antiseptic solution- Iodine compounds
- Antibacterial cream, such as Neosporin
- Thermometer
- Tongue depressors (2)
- Tube of petroleum jelly or lubricant
- Safety pins in assorted sizes
- Cleansing agent/soap
- Latex gloves (2 pairs)
- Sun screen
- Insect repellent
- Caladryl lotion
- First Aid Manual
- Non-prescription medications**
- Aspirin or other pain reliever
- Anti-diarrhea medication
- Antacid (upset stomach)
- Benadryl (allergic reactions)
- Laxative
- Syrup of Ipecac (only if advised by Poison Control Center)
- Personal items

**Assemble a 2 week ready kit-Plan to be on your own for at least 2 weeks  
Keep it stocked and rotate items.**

- may be disinfected, or purified, by boiling for a minimum of 10 minutes and chlorinated with 2 drops of bleach for each quart (8 drops per gallon). Or a Commercial water purification system.
- Food:** Minimal—preferably no-cook, lightweight, palatable; can opener, cooking and eating utensils, pots, plates, cups. Plan special meals for infants and those on restrictive diets.
- person, extra shoes, rain and winter gear, leather gloves, warm clothes and sturdy shoes.**Bedding:** Sleeping bags, blankets, tarp.
- Personal:** Toothbrushes, toothpaste, shampoo, lotion, comb, brush, chapstick.



- Evacuation:** Sleeping bags, blankets, tarp.
- Personal:** Toothbrushes, toothpaste, shampoo, lotion, comb, brush, chapstick.
- Sanitation:** Airtight bucket or portable toilet, toilet paper, newspaper, soap, towel, disinfectant, trash bags, bleach.
- Medical Equipment**
- Glasses-eye care**
- Shelter:** Tent or tarp, rope 1/4" x 36'.
- Fuel:** For cooking, light, heat.
- Tools:** Pocket knife, small tools, axe, and pointed shovel.
- Light:** Flashlights, extra batteries, water-proof matches, optional kerosene lantern.
- Communication:** Weather radio receiver, radio, batteries, *one whistle per person*.
- Money:** Cash, quarters for phone, credit cards.
- Papers and Keys:** Wills, testaments, securities, stocks, titles, certificates, insurance, current

praisal and photos, inventory of household items, pencil and paper, maps, address book, emergency manual, books, house and car keys, consent forms to treat minor children.

- Comfort Items/Recreation:** Don't forget to bring games or toys for children, and books or games for adults to prevent boredom and stress.
- Note:** Store the items you will most likely need during an evacuation in an easy-to-carry container. Possible containers include a large trash container, bucket, camping backpack, or duffle bag. Keep your 72-hour kit in a cool, dark and dry location. Make sure everyone in the house knows where it is kept. Children over the age of 8 may enjoy participating by preparing their own personal backpack. Children could store this under their beds.

### **Backpack Kit (for bedside, work, and vehicle) Keep it stocked and rotate items.**

- 1 Back pack
- 1 warm jacket or sweater (gloves to keep hands warm)
- 1 Sweat shirt
- 1 Pair of sweat pant
- 2 pairs of socks
- Change of under garments
- Small blanket or emergency/space blanket
- Flash light with extra batteries ZIPLOCK Baggie
- 1 Emergency poncho
- 1 Hand/body warmer
- Trial size tooth paste and tooth brush
- Trial size moisture lotion
- 4 moist towelettes
- 4 sterile alcohol swabs to clean cuts
- 1 blow whistle
- 2 pocket size facial tissues
- Trail size bar of soap or trial size hand sanitizer
- Nail clippers
- Cotton swabs



- Mess kits, or paper cups, plates, and plastic utensils
- Emergency preparedness manual
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Fire extinguisher: small canister ABY type
- Tube tent
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)



## Food Storage-Keep it stocked and rotate items.

If activity is reduced, healthy people can survive on half their usual food intake for an extended period of time. Unlike water, food can be rationed, except to children and pregnant women. Remember to store food your family will eat. Store at least a three day supply of non-perishable food in a dry place where the temperature is not above 70° f and not below freezing. Store food in tightly closed cans or metal containers so the food stays as fresh as possible and animals cannot eat it.



heat your food pack a can of Sterno. Choose food items high in calories and nutrition which are also compact, lightweight and are also easy to store and carry. Consider the special needs of those in your household, such as infants or those on special diets, and include appropriate food items. Remember to label food items with content and date. Use stored foods before they go bad and replace them with fresh supplies. Rotate food storage every six months. Try to eat salt-free crackers, whole grain cereals and canned food with high liquid content.

**How long can food supplies be stored?** To judge how long you can store food supplies, look for an “expiration date” or “best if used by” date on the product. If you can’t find a date on the product, then the general recommendation is to store food products for six months and then replace them.

\*Some households find it helpful to pull food products for their regular meals from their disaster supplies kit and replace them immediately on an ongoing basis, so the food supplies are always fresh.

**What kinds of food supplies are recommended to store in case of a disaster?** Try to avoid foods that are high in fat and protein, and don’t stock salty foods, since they will make you thirsty. Familiar foods can lift morale and give a feeling of security in time of stress. Also, canned foods won’t require cooking, water or special preparation. Take into account your family’s unique needs and tastes. Try to include foods that they will enjoy that are also high in calories and nutrition.

#### **Food Options to Avoid:**

- Commercially dehydrated foods. They can require a great deal of water for reconstitution and extra effort in preparation.
- Bottled foods. They are generally too heavy and bulky, and break easily.
- Meal-sized canned foods. They are usually bulky and heavy.
- Whole grains, beans, pasta. Preparation could be complicated under the circumstances of a disaster.

Store supplies of non-perishable foods and water in a handy place. You need to have these items packed and ready in case there is no time to gather food from the kitchen when disaster strikes. Sufficient supplies to last several days to a week are recommended.

#### **Recommended foods include:**

- Ready-to-eat canned meats, fruits and vegetables. (Be sure to include a manual can opener
- Canned juices, milk and soup (if powdered, store extra water).
- High energy foods, such as peanut butter, jelly, crackers, granola bars and trail mix.
- Instant coffee, tea bags.
- Foods for infants, elderly persons or persons on special diets, if necessary.



- lightweight, taste good and are nutritious.
- Trail mix. It is available as a prepackaged product or you can assemble it on your own.
- Dried foods. They can be nutritious and satisfying, but some have a lot of salt content, which promotes thirst. Read the label.
- Freeze-dried foods. They are tasty and lightweight, but will need water for reconstitution.
- Instant Meals. Cup of noodles or cups of soup
- Snack-sized canned goods. Good because they generally have pull-top lids or twist-open keys.
- Prepackaged beverages. Those in foil packets and foil-lined boxes are suitable because they are tightly sealed and will keep for a long time.



## Water Storage

Store at least two gallons of water per day (due to being at a higher altitude) for each person in your household. Have a two week supply of water for each household member. People in hot environments, extremely physically active people, nursing mothers, children and ill people will need more water. Look for the “HDPE” and “2” label on containers for safe, long term storage.

You don’t need to do anything to municipal “tap” water before filling your containers. It is already treated and ready for your storage. Be sure to fill your containers full. This keeps their gaskets moist and maintains an airtight seal. After filling, put your water storage in an area or areas of your house that are cool, dark, and dry. Check your containers yearly and replace the water as necessary. If there are no leaks or contamination, water can be stored for 5 years or longer without rotation.

### To purify water

- Boiling. A rolling boil for 3 minutes at Utah’s average elevation will kill all organisms in the water. Higher elevations will require a longer boiling time. A lid helps water boil faster and prevents loss from

allergy to iodine, have a thyroid problem, or for longer than a few weeks. Follow manufacturer’s directions.

- Bleach has a one-year shelf life. Only use unscented, uncolored bleach. Add 8 drops of bleach to one gallon of untreated water and let it set for 30 minutes. If it does not have a slight bleach smell, repeat the process with 8 more drops.
- Chlorine Dioxide is iodine and chlorine free. It is significantly stronger than iodine, with greater microorganism killing power. Chlorine dioxide does not discolor water, nor does it give water an unpleasant taste. Chlorine dioxide is often used to improve the taste of water. Follow manufacturer’s directions.





gency sanitation facilities.

Use the two bucket system, separating liquid and solid waste, is an effective and sanitary means of taking care of human waste in an emergency. Urine and fecal matter must be separated since they are disposed of in different ways. Bucket #1 does not need a bag and is used exclusively for liquid urine. Empty after each use in the yard or over gravel where it will harmlessly evaporate. Rinse the bucket to be used again. Bucket #2 is for solid fecal waste only. Line this bucket with two heavy duty plastic bags and put a layer of kitty litter in the bottom. As waste is deposited, cover with more kitty litter to absorb moisture and reduce odors. Once full, put on disposable gloves, securely tie off the double bags with twist ties, and carry outside, still in the bucket, to prevent spills.

Burying the waste is the best option, if you have a

safe location a minimum of 200 feet from any water supply or living area. Dig a hole 2.5 to 3 feet deep. Open the bag and empty the kitty litter and waste into the hole, then put the empty bag in the hole as well. The waste must be out of the bag for proper decomposition. Cover with ash and dirt after each “dump”. Cover the hole with weighted boards or another barrier between dumps. Stop adding waste to this hole when the waste is about a foot from the surface. Then, to finish burying the waste, continue filling the hole with dirt almost to the top, packing it down. Cover the dirt with more ash, or kitty litter top with dirt and pack it down once again.



### “Port-a-Potty” Kit

- Two 5-gallon buckets with handles
- Two bucket style toilet seat lids (find at emergency supply stores)
- Two boxes of heavy duty plastic bags for buckets
- Twist ties to close bags
- 8 rolls of toilet tissue
- Bucket of kitty litter
- Scoop

- Hand sanitizer
- Wet wipes
- Paper towels
- Air freshener
- Box of disposable gloves

### Additional supplies

- Additional kitty litter
- 30-gallon garbage can with tight fitting lid
- Heavy duty bags for garbage can
- Spray disinfectant
- Digging tools

- Rope to secure garbage can
- Bucket of wood ash or lime (Use caution)



If you or someone close to you has a disability or other access or functional need, you may need to take additional steps to prepare yourself and your family. Including creating a Family Emergency Plan and Kit that addresses the specific health and safety needs for you and your family. Your Family Emergency Plan, should address for any specific medical support, transportation, and/or communication needs for you and your family. In your emergency kit, consider adding those specific items that both you and your family will need in order to maintain health, safety and independence.

One of the most important things you can do is have someone who can help you evacuate and take care of you. During an emergency, your usual care giver may not be able to help you. Make sure your helper knows how to operate any medical equipment you use and knows what medication you may need.

- Create a support network of people who can help you in a disaster. Keep a contact list in a watertight container in your emergency kit or on your electronic devices.
- Inform your support network where you keep your emergency supplies.
- If you are on dialysis or other life-sustaining medical treatment know the location and availability of more than one facility that can help you.
- If you are on dialysis or other life-sustaining medical treatment know the location and availability of more than one facility that can help you.
- If you use medical equipment in your home that requires electricity, talk to your doctor or health care provider about what you may be able to do to keep it running during a power outage. You can also ask your power provider to put you on a list for priority power restoration.
- An emergency can make it difficult to refill prescriptions or to find an open pharmacy. Organize and protect your prescriptions, over-the-counter drugs, and vitamins to prepare for an emergency.

tronic devices.

- If you have a communication disability consider carrying printed cards or storing information on your devices to inform first responders and others how to communicate with you.
- If you use assistive technologies, plan how you will evacuate with the devices or how you will replace equipment if lost or destroyed.
- Locate and access your electronic health records
- Plan for children and adults who may have difficulty in unfamiliar or chaotic environments. Consider your service or support animal or pets and plan for food, water and supplies. If you need to evacuate, you'll need to know whether your shelter allows pets or not, since some shelters only allow service or support animals.
- Keep a list of the nearest medical facilities, local hospitals and nearest transportation.



### **Tips for Medications**

- Talk to your doctor or pharmacist about how you can create an emergency supply of medicines.
- Keep a list of your prescription medicines. Include information about your diagnosis, dosage, frequency, medical supply needs and allergies.
- Store extra nonprescription drugs, like pain and fever relievers, antihistamines and antidiarrheal medicines.
- Have a cooler and chemical ice packs available to chill medicines that need to be refrigerated.

### **Tips for People Who are Deaf or Hard of Hearing**

- Weather radio (with text display and a flashing alert)
- Extra hearing-aid batteries
- Pen and paper (in case you have to communicate with someone who does not know sign language)
- Battery operated lantern to enable communication by sign language or lip reading, especially when the electricity is out and it's dark.

### **Tips for People Who are Blind or Have Low Vision**

- Mark emergency supplies with Braille labels or large print. Keep a list of your emergency supplies and where you bought them on a portable flash drive or make an audio file that is kept in a safe place where you can access it.
- Keep communication devices for your particular needs, such as a Braille or deaf-blind communications device as part of your emergency supply kit.

### **Tips for People with Speech Disability**

- If you use an augmentative communications device or other assistive technologies plan how you will evacuate with the devices or how you will replace equipment if it is lost or destroyed. Keep model information and note where the equipment came from (Medicaid, Medicare, private insurance, etc.).
- Plan how you will communicate with others if your equipment is not working, including laminated cards with phrases and/or pictogram.
- Individuals with Intellectual or Developmental Disabilities
- Keep handheld electronic devices charged and loaded with videos and activities.
- Purchase spare chargers for electronic devices and keep them charged.

provide instant privacy).

- Consider a pair of noise-canceling headphones to decrease auditory stimuli.
- Have comfort snacks available.

### **Tips for People with a Mobility Disability**

- If you use a power wheelchair have a lightweight manual chair available as a backup if possible.
- Show others how to assemble, disassemble and operate your wheelchair.
- Purchase an extra battery for a power wheelchair or other battery-operated medical or assistive technology devices. If you can't purchase an extra battery, find out what agencies, organizations or local charitable groups can help you buy one. Keep extra batteries charged at all times.
- Consider keeping a patch kit or can of sealant for flat tires and/or extra inner tube if wheelchair or scooter is not puncture proof.
- Keep an extra mobility device such as a cane or walker if you use one.
- Keep a portable air pump for wheelchair tires.
- If you use a seat cushion to protect your skin or maintain your balance and you must evacuate, consider keeping an extra cushion on hand.
- Communicate with neighbors who can assist you if you need to evacuate the building.

### **Additional Items**

- Several days supply of prescription medicines
- A list of all medications, dosage and any allergies
- Extra eyeglasses, contacts, hearing aids and batteries
- A backup supply of oxygen
- A list of the style and serial number of medical devices (include special instructions for operating your equipment if needed)
- Copies of insurance and Medicare cards
- Contact information for doctors, relatives or friends who should be notified if you are hurt
- Pet food, extra water, collar with ID tag, medical records and other supplies for your service or support animal





Know what disasters could affect your area, which could call for an evacuation and when to shelter in place. Keep a NOAA Weather Radio tuned to your local emergency station and monitor TV, radio and follow mobile alert and mobile warnings about severe weather in your area.

Determine any special assistance you may need and include in your emergency plan.

- Create a support network of family, friends and others who can assist you during an emergency and share your disaster plans with them. Practice your plan with them.
- Make sure they have an extra key to your home, know where you keep your emergency supplies and how to use lifesaving equipment or administer medicine.
- If you undergo routine treatments administered by a clinic or hospital, find out their emergency plans and work with them to identify back-up service providers.
- If you have a communication-related disability, note the best way to communicate with you.
- Don't forget your pets or service animals. Not all shelters accept pets so plan for alternatives.
- Consider loved ones or friends outside of your immediate area.
- Prepare an emergency kit for your pet.
- Get Your Benefits Electronically
- A disaster can disrupt mail service for days or weeks. The U.S. Department of the Treasury recommends two safer ways to get federal benefits: Direct deposit to a checking or savings account. If you get federal benefits you can sign up by calling 800-333-1795. The **Direct Express®** prepaid debit card is designed as a safe and

- Do not leave the person alone. Even those who aren't prone to wandering away may do so in unfamiliar environments or situations.
- If evacuating, help manage the change in environment by bringing a pillow and blanket or other comforting items they can hold onto.
- When at a shelter, try to stay away from exits and choose a quiet corner.
- If there is an episode of agitation, respond to the emotions being expressed. For example, say "You're frightened and want to go home. It's ok. I'm right here with you."

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confused, and insecure. Whether a child has personally experienced trauma, has merely seen the event on television, or has heard it discussed by adults, it is important for parents and teachers to be informed and ready to help if reactions to stress begin to occur. Children may respond to disaster by demonstrating fears, sadness, or behavioral problems. Younger children may return to earlier behavior patterns, such as bedwetting, sleep problems, and separation anxiety. Older children may also display anger, aggression, problems in school, or withdrawal. Some children who have only indirect contact with the disaster, but witness it on television may develop distress. Children's coping with disaster or emergencies is often tied to the way parents cope. They can detect adults' fears and sadness. Parents and adults can make disasters less traumatic for children by taking steps to manage their own feelings and plans for coping. Parents are almost always the best source of support for children in disasters.

- Let your child know that it is okay to feel upset when something bad or scary happens. Talk truthfully about the facts of the event according to the child's age.
- Encourage your child to express feelings and thoughts, without making judgments.
- Return to daily routines as quickly as possible.
- Allow them to help with the disaster recovery process for your family and for the community.
- **CHILDREN & DISASTERS**

One way to establish a sense of control and to build confidence in children before a disaster is to engage and involve them in preparing a family disaster plan and their own emergency supplies kit. After a disaster, children can contribute to a family recovery plan. Children experience trauma and fear during a natural disaster. If they know what to do during a disaster, because they have practiced family disaster drills, they will be better able to handle the experience. When parents are calm, children calm down more quickly.

sponse plans of schools and/or daycares your children attend.

Find out if the school/daycare will keep your children or send them home in an emergency.

Find out where the secondary reunification site may be if they have to evacuate from the school.

Decide if your children should get into your home if you are not there.

Decide if your children should take care of themselves or if a neighbor will take care of them.

Develop and practice your family disaster plan. Teach children how to recognize danger signals.

Explain how to call for help (911)

Help children memorize important family information.

Help children memorize their street address, not the P.O. Box.

Include children's toys and special foods in their emergency supply kit.

After a disaster, children are most afraid the disaster will happen again, someone will be hurt or killed, and they will be separated from family and left alone.



- Calmly and firmly explain the situation, facts, and your plans.
- Talk to your children at eye level.
- Encourage children to talk about the disaster and ask questions.
- Include children in recovery activities by giving them chores that will help them feel they are helping things get back to normal.
- Reassure children with firmness and love.
- Sympathize with and resolve their anxieties. Discuss that their life will not be the same as it was before, but it will come close as you work together, as a family, to recover.



## Emergency Preparedness and Pets

Pets are an important member of your family, so they need to be included in your family's emergency plan. If you have a plan in place for you and your pets, you will likely encounter less difficulty, stress and worry when you need to make a decision during an emergency. If local officials ask you to evacuate, that means your pet should evacuate too. If you leave your pets behind, they may end up lost, injured or worse.

Have an evacuation plan for your pet. Many public shelters and hotels do not allow pets inside. Know a safe place where you can take your pets before disasters and emergencies happen.

Develop a buddy system. Plan with neighbors, friends or relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so. Build a Kit for Your Pet

- Food. Keep several days' supply of food in an airtight, waterproof container.
- Water. Store a water bowl and several days'

exercise your pet takes on a regular basis in a waterproof container.

- Collar with ID tag and a harness or leash. Include a backup leash, collar and ID tag. Have copies of your pet's registration information and other relevant documents in a waterproof container and available electronically.
- Traveling bag, crate or sturdy carrier, ideally one for each pet.
- Grooming items. Pet shampoo, conditioner and other items, in case your pet needs some cleaning up.
- Sanitation needs. Include pet litter and litter box (if appropriate), newspapers, paper towels, plastic trash bags and household chlorine bleach to provide for your pet's sanitation needs.
- Familiar items. Put favorite toys, treats or bedding in your kit. Familiar items can help reduce stress for your pet.

#### Tips for Large Animals

If you have pets such as horses, goats or pigs on your property, be sure to prepare before a disaster. In addition to the tips above:

Ensure all animals have some form of identification. Evacuate animals earlier, whenever possible. Map out primary and secondary routes in advance. Make available vehicles and trailers needed for transporting and supporting each type of animal. Also make available experienced handlers and drivers. Ensure destinations have food, water, veterinary care and handling equipment. If evacuation is not possible, animal owners must decide whether to move large animals to a barn or turn them loose outside.



## Emergency Alert System IPAWS

Public safety officials use timely and reliable systems to alert you and your family in the event of natural or man-made disasters. Wireless Emergency Alerts-During an emergency, alert and warning officials need to provide the public with life-saving information quickly. Wireless Emergency Alerts (WEAs), made available through the integrated Public Alert and Warning System IPAWS.

### What you need to know about WEAs:

- WEAs can be sent by state and local public safety officials, the National Weather Service, the National Center for Missing and Exploited Children, and the President of the United States
- WEAs can be issued for three alert categories – imminent threat, AMBER, and presidential
- WEAs look like text messages, but are designed to get your attention and alert you with a unique sound and vibration, both repeated twice
- WEAs are no more than 90 characters, and will include the type and time of the alert, any action you should take, as well as the agency issuing the alert
- WEAs are not affected by network congestion and will not disrupt texts, calls, or data sessions
- To ensure your device is WEA-capable, check with your service provider
- The Integrated Public Alert and Warning System (IPAWS), is a modernization and integration of the nation's existing and future alert and warning systems, technologies, and infrastructure.
- The Emergency Alert System (EAS) is a national public warning system that requires broadcasters, satellite digital audio service and direct broadcast satellite providers, cable television systems, and wireless cable systems to provide the President with a communications capability to address the American people within 10 minutes during a national emergency.

- EAS may also be used by state and local authorities, in cooperation with the broadcast community, to deliver important emergency information, such as weather information, imminent threats, AMBER alerts, and local incident information targeted to specific areas.
- The President has sole responsibility for determining when the national-level EAS will be activated. FEMA is responsible for national-level EAS tests and exercises.
- EAS is also used when all other means of alerting the public are unavailable, providing an added layer of resiliency to the suite of available emergency communication



## Weather Information

It is always a good idea before planning an outing or traveling to check the television, radio, weather radio, or internet forecast for your area. Be aware of current weather conditions.

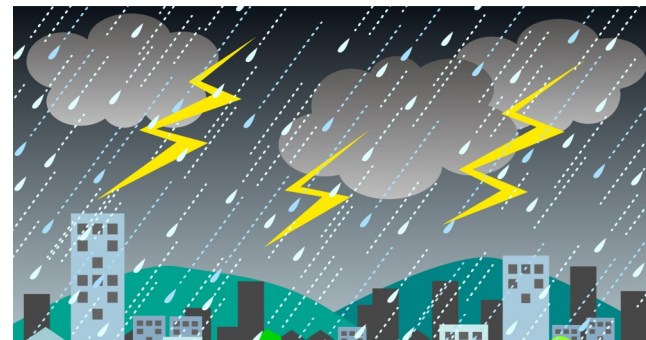
NOAA Weather Radio <https://www.weather.gov/>

Public Information/Forecast 970-243-7007 Weather Radio

The Monticello All-Hazards NOAA Weather Radio (NWR) frequency is 162.450 MHz with a power output of 100 watts.

The Monticello audio feed provides broadcast content for San Juan County, UT, as well as the western portions of Montezuma, Dolores, San Miguel, & Montrose Counties in southwest Colorado.

Weather Radio Frequencies: Broadcasts are found in the public service band at these seven frequencies (MHz): 162.400, 162.425, 162.450, 162.475, 162.500, 162.525, 162.550





Receive Emergency Alerts & Community Notifications:

San Juan County uses a comprehensive emergency alert and notification system powered by AlertSense. <https://public.alertsense.com/SignUp/?regionid=1320>

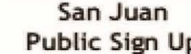
Our residents and visitors can now receive life-saving emergency alerts and advanced warning of severe weather directly on their Android or Apple

iOS phone or tablet. You can download the free MyAlerts app today from the Google Play Store or the App Store. Receive advanced warning of severe weather when you or one of your locations is in the direct path of the storm. AlertSense receives feeds from the National Weather Service.



## Emergency Alerting AlertSense

<https://public.alertsense.com/SignUp/?regionid=1320>



## San Juan Ready APP

San Juan County Utah Emergency Ready App for I-phone and Android to help you build a kit and be informed

## San Juan Ready App

Android:

<https://play.google.com/store/apps/details?id=clevercoding.com.sanjuan>

Apple:

<https://aps.apple.com/us/app/san-juan-county-em/id1628135948>



## Types of Mass Attacks

- Individuals using firearms to cause mass casualties (active shooter).
- Individuals using a vehicle to cause mass casualties.
- Individuals using homemade bombs to cause mass casualties.
- Other methods used in mass attacks may include knives, fires, drones or other weapons.

## BEFORE

- Stay alert. Always be aware of your environment and any possible dangers.
- If you see something, say something® to local authorities. That includes suspicious packages, people behaving strangely or someone using strange communications.
- Observe warning signs. Signs might include unusual or violent communications, substance abuse, expressed anger or intent to cause harm. These warning signs may increase over time.
- Have an exit plan. Identify exits and areas to hide wherever you go, including work, school and special events.
- Learn lifesaving skills. Take trainings such as You Are the Help Until Help Arrives and first aid to assist the wounded before help arrives.

## DURING: Run, Hide, Fight

- Run to Safety
- Seek safety. Getting away from the attacker is the top priority.
- Leave your belongings behind and get away.
- Call 9-1-1 when you are safe and describe the attacker, location and weapons.
- Cover and Hide if you can't evacuate. Find a place to hide out of view of the attacker and put a solid barrier between yourself and

- Lock and block doors, close blinds and turn off lights.
- Keep silent.
- Defend, Disrupt, Fight
- Fight only as a last resort. When you can't run or cover, attempt to disrupt the attack or disable the attacker.
- Be aggressive and commit to your actions.
- Recruit others to ambush the attacker with makeshift weapons such as chairs, fire extinguishers, scissors, books, etc.
- Be prepared to cause severe or lethal injury to the attacker.
- Help the Wounded
- Take care of yourself first and then, if you are able, help the wounded get to safety and provide immediate care. Call 9-1-1 when it is safe for you to do so.

## AFTER

- When Law Enforcement Arrives
- Remain calm and follow instructions.
- Keep hands visible and empty.
- Report to designated areas to provide information and get help.

Follow law enforcement's instructions and evacuate in the direction they tell you to go. Listen to law enforcement for information about the situation. Share updates as you can with family and friends.



Run



Hide



Fight

### **Before Avalanche:**

- Check with maps and local authorities to find out the possibility of an avalanche and emergency evacuation routes.
- Stay away from open, steep slopes, chutes and valleys where avalanches normally run.
- Change your path if the snow cracks underneath your step and the crack enlarges.



### **During Avalanche:**

- Stay calm and move quickly.
- Get out of the avalanche's path by hooking on to tree trunks or shrubs.

### **If you get caught in an avalanche**

- Get rid of your equipment quickly.
- Use a backstroke swimming action to remain on the surface.
- Get into a half-sitting position on your back, facing downhill with your legs together and your knees bent.
- Fight the avalanche all the way down. Keep your mouth shut to keep snow out of your lungs.

### **After Avalanche:**

- Make breathing room around your face.
- Do not panic.
- If you see another person buried by an avalanche.
- Mark the place where you last saw the victim.

## **Biohazard Exposure**



Biological agents are organisms or toxins that can kill or disable people, livestock and crops. Biological events can either be accidental or intentional. Both types of events can make you sick.

There are three basic groups of biological agents that could either accidentally or intentionally hurt someone: bacteria, viruses and toxins. Biological agents can be spread when they get sprayed into the air, with person-to-person contact, when animals are infected and then interact with people, or when food and water are contaminated.

### **Before**

- Events where you are exposed accidentally or intentionally to biohazards may or may not be immediately obvious. In most cases, local health care workers will report a pattern of unusual illness or there will be a wave of sick people seeking emergency medical attention. You would be alerted through an emergency radio or TV broadcast, a telephone call or a home visit from an

- Build a Family Emergency Plan.
- Check with your doctor to make sure everyone in your family has up-to-date immunizations.
- Consider installing a High-Efficiency Particulate Air (HEPA) filter in your furnace return duct, which will filter out most biological agents that may enter your house.

#### During a Possible Exposure

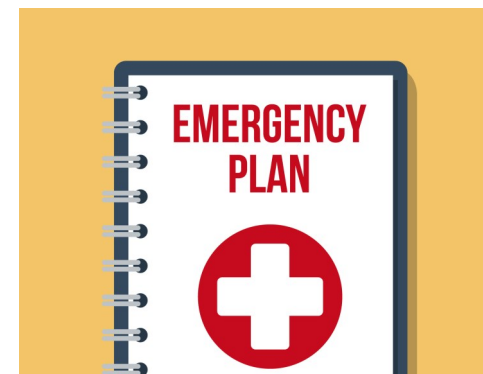
- The first sign of a biohazard exposure may be when people notice symptoms of the disease caused by exposure to the bacteria, virus or toxin. Public health officials may not immediately be able to provide information on what you should do. It will take time to figure out exactly what the illness is, how it should be treated and who is in danger.

#### During a event:

- Watch TV, listen to the radio or check the Internet for official news and information including:
- Signs and symptoms of the disease
- Areas in danger
- If medications or vaccinations are being distributed
- Where to seek medical attention if you become ill
- Quickly get away from the area if you notice a suspicious substance.
- Cover your mouth and nose with layers of fabric that can filter the air but still allow you to breath. Examples include two to three layers of cotton such as a t-shirt, handkerchief or towel.
- Depending on the situation, wear a face mask to reduce inhaling or spreading germs.
- If you have been exposed to a biological agent, remove and bag your clothes and personal items. Follow official instructions for disposal of contaminated items.
- Wash yourself with soap and water and put on clean clothes.
- Contact authorities and seek medical assistance. You may be advised to stay away from others or even to quarantine.
- If your symptoms match those described and you are in the group considered at risk, immediately seek emergency medical attention.
- Follow the instructions of doctors and other public health officials.
- Avoid crowds.
- Wash your hands with soap and water frequently.
- Do not share food or utensils.

#### After a Biohazard Exposure

- Pay close attention to all official warnings and instructions on how to proceed. Medical services for a biohazard exposure may be handled differently due to increased demand.
- The basic procedures and medical protocols for handling exposure to biological agents are the same as for any infectious





Before a Chemical Emergency-A chemical attack could come without warning. Signs of a chemical release include people having difficulty breathing, eye irritation, loss of coordination, nausea, or burning in the nose, throat and lungs. The presence of many dead insects or birds may indicate a chemical agent release.

What you should do to prepare for a chemical threat:

- Build an Emergency Supply Kit and include:
- Duct tape
- Scissors
- Plastic to cover doors, windows and vents
- Make a Family Emergency Plan

During a Chemical Emergency-What you should do in a chemical attack:

- Quickly try to define the impacted area or where the chemical is coming from, if possible.
- Take immediate action to get away.
- If the chemical is inside a building where you are, get out of the building without passing through the contaminated area, if possible.
- If you can't get out of the building or find clean air without passing through the affected area, move as far away as possible and shelter-in-place.
- If you are instructed to remain in your home or office building, you should:
- Close doors and windows and turn off all ventilation, including furnaces, air conditioners, vents, and fans.
- Seek shelter in an internal room with your disaster supplies kit.
- Seal the room with duct tape and plastic sheeting.
- Listen to the radio or television for instructions from authorities.
- If you are caught in or near a contaminated area outdoors:
- Quickly decide what is the fastest way to find clean air:

After a Chemical Emergency-

- Do not leave the safety of a shelter to go outdoors to help others until authorities announce it is safe to do so.
- A person affected by a chemical agent requires immediate medical attention from a professional. If medical help is not immediately available, decontaminate yourself and assist in decontaminating others.

Decontamination guidelines are as follows:

- Use extreme caution when helping others who have been exposed to chemical agents.
- Remove all clothing and other items in contact with the body.
- Cut off clothing normally removed over the head to avoid contact with the eyes, nose and mouth.
- Put contaminated clothing and items into a plastic bag and seal it.
- Remove eyeglasses or contact lenses. Put glasses in a pan of household bleach to decontaminate them and then rinse and dry. Wash hands with soap and water. Flush eyes with water. Gently wash face and hair with soap and water before thoroughly rinsing with water. Proceed to a medical facility for screening and professional treatment.

effects on the individual, organizations, the community, and at the national level. Cyberattacks are malicious attempts to access or damage a computer system. Cyberattacks can lead to loss of money, theft of personal information, and damage to your reputation and safety. Cyberattacks are malicious attempts to access or damage a computer system.

### **Cyberattacks**

- Can use computers, mobile phones, gaming systems, and other devices;
- Can include identity theft;
- Can block your access or delete your personal documents and pictures;
- Can target children; and
- Can cause problems with business services, transportation, and power.

### **Protect Yourself Against a Cyberattack**

- Keep software and operating systems up-to-date
- Use strong passwords and two-factor authentication (two methods of verification).
- Watch for suspicious activity. When in doubt, don't click. Do not provide personal information.
- Use encrypted (secure) internet communications.
- Create backup files.
- Protect your home and/or business WiFi network.

### **Before a Cyberattack**

- You can increase your chances of avoiding cyber risks by setting up the proper controls. The following are things you can do to protect yourself, your family, and your property before a cyberattack occurs:
- Use strong passwords that are 12 characters or longer. Use upper and lowercase letters, numbers, and special characters. Use a password manager.
- Use a stronger authentication such as a PIN or

password that only you would know. Consider using a separate device that can receive a code or uses a biometric scan (e.g., fingerprint scanner).

- Watch for suspicious activity that asks you to do something right away, offers something that sounds too good to be true, or needs your personal information. Think before you click.
- Check your account statements and credit reports regularly.
- Use secure internet communications.
- Use sites that use HTTPS if you will access or provide any personal information. Do not use sites with invalid certificates. Use a Virtual Private Network (VPN) that creates a secure connection.
- Use antivirus solutions, malware, and firewalls to block threats.
- Regularly back up your files in an encrypted file or encrypted file storage device.
- Limit the personal information you share online. Change privacy settings and do not use location features.
- Protect your home network by changing the administrative and Wi-Fi passwords regularly. When configuring your router, choose the Wi-Fi Protected Access 2 (WPA2) Advanced Encryption Standard (AES) setting, which is the strongest encryption option.



- pected denial of your credit card, posts you did not make showing up on your social networks and people receiving emails you never sent.
- Immediately change passwords for all of your online accounts.
  - Scan and clean your device.
  - Consider turning off the device. Take it to a professional to scan and fix.
  - Let work, school, or other system owners know.
- Information
- Contact banks, credit card companies, and other financial accounts. You may need to place holds on accounts that have been attacked. Close any unauthorized credit or charge accounts. Report that someone may be using your identity.
  - Check to make sure the software on all of your systems is up-to-date.
  - Run a scan to make sure your system is not infected or acting suspiciously.
  - If you find a problem, disconnect your device from the Internet and perform a full system restore.
  - If in a public setting immediately inform a librarian, teacher, or manager in charge to contact their IT department.

## Drought

### During a Drought

Always observe state and local restrictions on water use during a drought. If restricted, for example, do not water your lawn, wash your car, or other non-essential uses, to help ensure there is enough water for essential uses. Contact your state or local government for current information and suggestions.

your Social Security number. OIG reviews cases of waste, fraud, and abuse.

- File a complaint with the FBI Internet Crime Complaint Center (IC3). They will review the complaint and refer it to the appropriate agency.
- File a report with the local police so there is an official record of the incident.
- Report identity theft to the Federal Trade Commission.
- Contact additional agencies depending on what information was stolen. Examples include contacting the Social Security Administration (1-800-269-0271) if your social security number was compromised, or the Department of Motor Vehicles if your driver's license or car registration has been stolen.
- Report online crime or fraud to your local United States Secret Service (USSS) Electronic Crimes Task Force or the Internet Crime Complaint Center.



water your indoor plants or garden.

- Repair dripping faucets by replacing washers. One drop per second wastes 2,700 gallons of water per year.
- Check all plumbing for leaks and have any leaks repaired by a plumber.
- Retrofit all household faucets by installing aerators with flow restrictors.
- Install an instant hot water heater on your sink.
- Insulate your water pipes to reduce heat loss and prevent them from breaking.
- Install a water-softening system only when the minerals in the water would damage your pipes. Turn the softener off while on vacation.
- Choose appliances that are more energy and water efficient.

#### **Bathroom**

- Avoid flushing the toilet unnecessarily. Dispose of tissues, insects, and other similar waste in the trash rather than the toilet.
- Avoid taking baths—take short showers—turn on water only to get wet and lather and then again to rinse off.
- Avoid letting the water run while brushing your teeth, washing your face or shaving.
- Place a bucket in the shower to catch excess water for watering plants.

#### **Kitchen**

- Operate automatic dishwashers only when they are fully loaded. Use the "light wash" feature, if available, to use less water.
- Hand wash dishes by filling two containers—one with soapy water and the other with rinse water containing a small amount of chlorine bleach.
- Clean vegetables in a pan filled with water rather than running water from the tap.
- Store drinking water in the refrigerator. Do not let the tap run while you are waiting for water to cool.
- Avoid wasting water waiting for it to get hot. Capture it for other uses such as plant watering

washing)

- Avoid using running water to thaw meat or other frozen foods. Defrost food overnight in the refrigerator or use the defrost setting on your microwave oven.

#### **Laundry**

- Operate automatic clothes washers only when they are fully loaded or set the water level for the size of your load.

#### **Outdoor Water Conservation Tips**

- Check your well pump periodically. If the automatic pump turns on and off while water is not being used, you have a leak.
- Plant native and/or drought-tolerant grasses, ground covers, shrubs, and trees. Once established, plants adapted to your local climate do not need water as frequently and usually will survive a dry period without watering. Small plants require less water to become established. Group plants together based on similar water needs.
- Install irrigation devices that are the most water efficient for each use, such as micro and drip irrigation, and soaker hoses.
- Use mulch to retain moisture in the soil. Mulch also helps control weeds that compete with landscape plants for water.
- Avoid purchasing recreational water toys that require a constant stream of water.
- Avoid installing ornamental water features (such as fountains) unless they use re-circulated water.
- Consider rainwater harvesting where practical.
- Contact your local water provider for information and assistance.





that can be adjusted down to a fine spray on your hose.

### Lawn Care

- Avoid over watering your lawn and water only when needed:
- A heavy rain eliminates the need for watering for up to two weeks. Most of the year, lawns only need one inch of water per week.
- Check the soil moisture levels with a soil probe, spade or large screwdriver. You don't need to water if the soil is still moist. If your grass springs back when you step on it, it doesn't need water yet.
- If your lawn does require watering, do so early in the morning or later in the evening, when temperatures are cooler.
- Check your sprinkler system frequently and adjust sprinklers so only your lawn is watered and

moisture and avoid runoff.

- Use a broom or blower instead of a hose to clean leaves and other debris from your driveway or sidewalk.
- Avoid leaving sprinklers or hoses unattended. A garden hose can pour out 600 gallons or more in only a few hours.
- In extreme drought, allow lawns to die in favor of pre-



## Earthquakes



### Before an Earthquake:

- Store water and food supply
- Organize a 72-hour portable emergency kit.
- Bolt down or provide strong support for appliances.
- Consider earthquake insurance.
- Keep a good pair of shoes and a flashlight near your bed.

### During an Earthquake:

- Stay calm.
- Inside: stay inside and find protection in a doorway, or crouch under a desk or table, away from windows, glass, brick walls and chimneys.
- Outside: stand away from buildings, trees, telephone and electric lines.
- On the road: drive away from under-passes/over passes; stop in a safe area; stay in vehicle.
- In an office building: stay next to a pillar or column, or under a heavy table or desk.

downed electric lines; building damage and potential problems during aftershocks, such as cracks around fireplace and foundation. Turn off interrupted utilities as necessary.

- Clean up dangerous spills.
- Wear shoes and leather gloves.
- Tune radio to an emergency station and listen for instructions from public safety agencies.
- Use the telephone only for emergencies.
- As soon as possible, notify family that you are safe.
- Do not use matches or open flames until you are sure there are no gas leaks.
- Don't turn light switches off and on. Sparks created by the switch contacts can ignite gas fumes.
- In public buildings, follow evacuation procedures

## Explosions

Explosive devices can be highly portable, using vehicles and humans as a means of transport. They are easily detonated from remote locations or by suicide bombers. There are steps you can take to prepare for the unexpected.

**The following are things you can do to protect yourself, your family and your property in the event of an explosion.**

- Build an Emergency Supply Kit
- Make a Family Emergency Plan
- Learn what to do in case of bomb threats or receiving suspicious packages and letters
- Ensure your employers have up-to-date information about any medical needs you may have and how to contact designated beneficiaries or emergency contacts.

### Bomb Threats

If you receive a telephoned bomb threat:

- Get as much information from the caller as possible. Try to ask the following questions:
- When is the bomb going to explode?
- Where is it right now?
- What does it look like?
- What kind of bomb is it?
- What will cause it to explode?
- Did you place the bomb?
- Keep the caller on the line and record everything that is said.
- Notify the police and building management immediately.



### Suspicious Packages and Letters

by the appropriate authorities.

### Tips:

- Know how, where, and when to turn off electricity, gas & water.
- Take a first aid course.
- Do not place mirrors or glass frames above beds.
- Secure shelves and furniture that could fall over.
- Plan and practice a family drill at least once a year. The Utah Great Shake Out is a great drill to practice it happens yearly in April. <https://www.shakeout.org/utah/>
- Sign up for tips and info: Text UTAHQUAKE to 43362



- Have no return address, one that doesn't match the postmark, or can't be verified as legitimate.
- Are marked with restrictive endorsements such as "Personal," "Confidential," or "Do not X-ray."
- Have inappropriate or unusual labeling such as threatening language
- Have protruding wires or aluminum foil, strange odors or stains.
- Have excessive postage or packaging material, such as masking tape and string.
- Are of unusual weight given their size or are lopsided or oddly shaped.
- Are not addressed to a specific person.
- Take these additional steps against possible biological and chemical agents:
- Never sniff or smell suspicious mail.
- Place suspicious envelopes or packages in a plastic bag or some other type of container to prevent leakage of contents.
- Leave the room and close the door or section off the area to prevent others from entering.
- Wash your hands with soap and water to prevent spreading any powder to your face.
- If you are at work, report the incident to your building security official or an available supervisor, who should notify police and other authorities without delay.
- List all people who were in the room or area when this suspicious letter or package was recognized. Give a copy of

- Do not use elevators.
- Stay low if there is smoke. Do not stop to retrieve personal possessions or make phone calls.
- Check for fire and other hazards.
- Once you are out, do not stand in front of windows, glass doors or other potentially hazardous areas.
- If you are trapped in debris, use a flashlight, whistle or tap on pipes to signal your location to rescuers.
- Shout only as a last resort to avoid inhaling dangerous dust.
- Cover your nose and mouth with anything you have on hand.
- Health and mental health resources in the affected communities can be strained to their limits, maybe even overwhelmed.
- Extensive media coverage, strong public fear and international implications and consequences.
- Workplaces and schools may be closed, and there may be restrictions on domestic and international travel.
- You and your family or household may have to evacuate an area, avoiding roads blocked for your safety.
- Clean-up may take many months.

## Extreme Heat

Extreme Heat often results in the highest number of annual deaths among all weather-related hazards. In most of the United States, extreme heat is defined as a long period (2 to 3 days) of high heat and humidity with temperatures above 90 degrees. In extreme heat, evaporation is slowed and the body must work extra hard to maintain a normal temperature. This can lead to death by overworking the human body.

Remember that:

- Extreme heat can occur quickly and without warning.
- Older adults, children, and sick or overweight individuals are at greater risk from extreme heat.



### **IF YOU ARE UNDER AN EXTREME HEAT WARNING:**

- Find air conditioning.
- Avoid strenuous activities.
- Watch for heat illness.
- Wear light clothing.
- Check on family members and neighbors.
- Drink plenty of fluids.
- Watch for heat cramps, heat exhaustion, and heat stroke.
- Never leave people or pets in a closed car.

### **HOW TO STAY SAFE WHEN EXTREME HEAT THREATENS**

- Find places in your community where you can go to get cool.
- Keep your home cool by doing the following:
  - Cover windows with drapes or shades.
  - Weather-strip doors and windows.

- Use attic fans to clear hot air.
- Install window air conditioners and insulate around them.
- Learn to recognize the signs of heat-related illness.
- Never leave a child, adult, or animal alone inside a vehicle on a warm day.
- Find places with air conditioning. Libraries, shopping malls, and community centers can provide a cool place to take a break from the heat.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Wear loose, lightweight, light-colored clothing.
- Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor how best to accommodate it.



ate air flow and a false sense of comfort, but do not reduce body temperature.

- Avoid high-energy activities.
- Check yourself, family members, and neighbors for signs of heat-related illness.
- Know the signs of heat-related illness and the

### **HEAT CRAMPS**

- Signs: Muscle pains or spasms in the stomach, arms, or legs
- Actions: Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

### **HEAT EXHAUSTION**

- Signs: Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, or fainting
- Actions: Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

### **HEAT STROKE**

- Signs: Extremely high body temperature (above 103 degrees) taken orally; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; or unconsciousness
- Actions: Call 911 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.

## **Evacuations**



Many kinds of emergencies can cause you to have to evacuate. In some cases, you may have a day or two to prepare while other situations might call for an immediate evacuation. Planning is vital to making sure that you can evacuate quickly and safely no matter what the circumstances.

### **Before an Evacuation**

- Learn the types of disasters that are likely in your community and the local emergency, evacuation and shelter plans for each specific disaster.
- Plan how you will leave and where you will go if you are advised to evacuate.
- Check with local officials about what shelter spaces are available for this year.
- Identify several places you could go in an emergency such as a friend's home in another town or a motel. Choose destinations in different directions so that you have options during an emergency.
- If needed, identify a place to stay that will accept pets. Most public shelters allow only service ani-

- Come up with a family/household plan to stay in touch in case you become separated; have a meeting place and update it depending on the circumstance.
- Assemble supplies that are ready for evacuation. Prepare a “go-bag” you can carry when you evacuate on foot or public transportation and supplies for traveling longer distances if you have a car.
- If you have a car:
- Keep a full tank of gas if an evacuation seems likely. Keep a half tank of gas in it at all times in case of an unexpected need to evacuate. Gas stations may be closed during emergencies and unable to pump gas during power outages. Plan to take one car per family to reduce congestion and delay.
- Make sure you have a portable emergency kit in the car.
- If you do not have a car, plan how you will leave if needed. Decide with family, friends or your local emergency management office to see what resources may be available.

#### **During an Evacuation**

- Download the FEMA app for a list of open shelters during an active disaster in your local area.
- Listen to a battery-powered radio and follow local evacuation instructions.
- Take your emergency supply kit.
- Leave early enough to avoid being trapped by severe weather.
- Take your pets with you but understand that only service animals may be allowed in public shelters. Plan how you will care for your pets in an emergency now.
- If time allows:
- Call or email the out-of-state contact in your family communications plan. Tell them where you are going.
- Secure your home by closing and locking doors and windows.
- Unplug electrical equipment such as radios, tele-

- Leave a note telling others when you left and where you are going.
- Wear sturdy shoes and clothing that provides some protection such as long pants, long-sleeved shirts and a hat.
- Check with neighbors who may need a ride.
- Follow recommended evacuation routes. Do not take shortcuts, they may be blocked.
- Be alert for road hazards such as washed-out roads or bridges and downed power lines. Do not drive into flooded areas.

#### **After an Evacuation**

- If you evacuated for the storm, check with local officials both where you’re staying and back home before you travel.
- If you are returning to disaster-affected areas, after significant events prepare for disruptions to daily activities and remember that returning home before storm debris is cleared is dangerous.
- Let friends and family know before you leave and when you arrive.
- Charge devices and consider getting back-up batteries in case power-outages continue.
- Fill up your gas tank and consider downloading a fuel app to check for outages along your route.
- Bring supplies such as water and non-perishable food for the car ride.
- Avoid downed power or utility lines, they may be live with deadly voltage. Stay away and report them immediately to your power or utility company.
- Only use generators outside and away from your home and NEVER run a generator inside a home or garage or connect it to your home's electrical system.





## GUIDE TO ALL-HAZARD EVACUATION

No matter where you live in the state, staying aware of hazards is important. Learn how you can prepare your family and home before an emergency. Taking action now can help you evacuate quickly before the threat reaches your doorstep.

### READY – Prepare Now

#### Prepare for the hazards that can threaten your community.

- ⊙ Register with your county/tribal emergency notification system.
- ⊙ Connect with your Emergency Management/Sheriff's Office on social media.
- ⊙ Take steps now to prepare for seasonal threats.
- ⊙ Make a family communication plan that includes family phone numbers, out-of-town contacts and family meeting locations.
- ⊙ Assemble an emergency supplies kit (Go Kit). Start with the five P's; people and pet supplies, prescriptions, papers, personal needs and priceless items.
- ⊙ Check with your neighbors, family, friends, and elders to ensure they are READY.
- ⊙ Keep up to date on local news, weather watches and warnings.

### SET – Be Alert

#### There is significant danger in your area.

- ⊙ Residents should consider voluntarily relocating to a shelter or with family/friends outside the affected area.
  - ⊙ Grab your emergency supplies kit.
  - ⊙ Keep in mind unique needs for your family or special equipment for pets and livestock.
- ⊙ Stay aware of the latest news and information from public safety officials.

**This might be the only notice you receive.** Emergency services cannot guarantee they will be able to notify everyone if conditions rapidly deteriorate. Be SET to GO.

### GO – Evacuate

#### Danger in your area is current and life-threatening.

- ⊙ Residents should evacuate immediately to a shelter or with family/friends outside of the affected area.
- ⊙ If you choose to ignore this advisement, you must understand emergency services may not be able to assist you further.
- ⊙ Follow instructions from emergency personnel, stay on designated evacuation routes and avoid closed areas.



### **Before a Fire:**

- Make sure home is free of unnecessary combustible materials.
- Do not store flammable liquids inside the home.
- Do not run wires under carpets or rugs.
- Do not store matches or cigarette lighters where children can get them.
- Do not leave cooking unattended.
- If you smoke, do not smoke in bed or in other positions where you may doze. Also, have many large ashtrays in the home.
- Know avenues of escape. Always have two ways out of every room.
- Have a place to meet so no one tries to go back into a burning building to look for someone needlessly.
- Have fire extinguishers near the kitchen and the garage.
- Have escape ladders for all windows higher than eight feet off the ground.
- Install a smoke detector in every bedroom, and in every hallway outside of a bedroom, and at least one on every level of the house.
- Test the smoke detectors monthly. Change the batteries in the smoke detectors in the fall when you change your clocks.
- Plan and practice a family fire drill on the first of each month. A good plan will have a place to meet, two ways out of every room, and escape ladders.
- If you are inside and have time, make sure everyone is out.
- If you are in a closed room or office, do not open the door without first feeling it or the door knob. If it is warm or hot, do not open it, but unlock it to help rescue or fire personnel.
- If there is smoke, get under the smoke, no matter how low it is, and get out of the building.
- If you cannot use the door or other means of escape to exit and if there is smoke, use clothes, sheets, etc. to stop the smoke from coming in. Go to the window and yell or blow a whistle.
- If you are at home and there is a window, stay close to the floor and exit through the window, using the escape ladder if necessary.
- If you catch on fire, do not run. Stop where you are. Drop to the ground and cover your face. Roll over and over to smother the flames.
- If you see someone on fire, use a coat or blanket, etc., but not your bare hands, to smother the flames.
- Watch to see that nobody goes back inside to rescue anything or anyone.
- Turn off the gas and electricity, if possible, from outside of the house.
- In a public building, know two ways out. If you hear a fire alarm, immediately exit the building regardless of what you are doing. Follow the established evacuation instructions.

### **During a Fire:**

- If you are outside, stay outside. Do not return for anything. Do not re-enter the building until appropriate authorities have given permission.
- If you are inside, get out. Go to the nearest house or building and call 911. Report the ad-



**Before the Flood:**

- Before planning an outing check the television, radio, weather radio, or internet forecast for your area.
- Know the elevation of your property in relation to flood plains, streams and other waterways. Determine if your property may be flooded.
- Plan what to do and where to go in case of a flood.
- Store food, water and critical medical supplies.
- Fill your car with gas in case you have to evacuate.
- Move furniture and essential items to higher elevation, if time permits.
- Have a portable radio and flashlights with extra batteries.
- Open basement windows to equalize water pressure on foundations and walls.
- Secure your home.
- Consider flood and earthquake insurance.

**Evacuation:**

- Listen to your local weather radio, radio, or TV for weather information.
- If a flash flood watch is issued be prepared to move to higher ground immediately.
- If asked to evacuate, shut off main power switch, main gas valve and water valve.
- Follow local evacuation plan and routes.
- Do not attempt to drive over a flooded road: it may be washed out.
- While on the road, watch for possible flooding of bridges, dips and low areas.
- Watch out for damaged roads, slides and fallen wires.
- Drive slowly in water; use low gear.
- Abandon your vehicle immediately if it stalls and seek higher ground.
- Do not attempt to cross a stream on foot where water is above your knees. Six inches of fast mov-

ing water can knock you off of your feet.

- Register at your designated evacuation center and remain there until informed you may leave.

**After the Flood:**

- Remain away from the evacuated area until public health officials and the building inspector have given approval.
- Check for structural damage before entering.
- Make sure electricity is off; watch for electrical wires.
- Do not use open flame as a light source because of the possibility of escaping gas.
- Use flashlights. Beware of dangerous sparks.
- Do not use food contaminated by flood water.
- Test drinking water for suitability with test kits.
- Avoid walking in flood water. Do not let children play in flood water.





- Survey your home and premises to determine types and amounts of hazardous materials on hand. Read labels and become familiar with potential dangers of materials used in the home.
- Provide proper storage and safeguards for hazardous materials.
- Commercial fertilizers and petroleum products in proper proportions are components of plastic explosives. Never store in same storage area.
- Most household cleaning agents are hazardous materials. Use store and dispose of them properly.
- Sort through your storage containers. If you don't remember what is in them or cannot read the labels, dispose of the containers
- Each situation with hazardous materials will call for a different response.
- Review sections on fire and poison control for those specific directions.
- Remember, personal safety is of the utmost importance. Do not allow yourself or others to become part of the problem by endangering lives or property in an effort to gather information or control the situation without professional help.

**During:**

- Remain uphill and upwind from the source of hazardous material. Stay far away and restrict other unauthorized people from approaching the scene until professional responders arrive.



## High Winds

**Before High Winds:**

- Survey your property. Take note of materials stored, placed or used which could become missiles and destroy other structures or be destroyed. Devise methods of securing these items where they will still be accessible for day-to-day needs. Secure outdoor furniture, trash cans, tools, etc.
- Keep weather radio, radio and/or TV on and monitor for wind advisories for your area.
- If possible, board up, tape or shutter all win-



some ventilation.

- Store water in case water service is interrupted.
- Have a supply of flashlights, spare batteries, candles, first aid equipment, medicines, etc., available for use.

**During High Winds:**

- Take shelter in hallways and closets; avoid windows.
- Stay out of areas where flying objects may hit you or destroy your place of refuge.

**After Winds Subside:**

- Inspect the building for structural damage.
- Check all utilities for damage and proper operation.
- Monitor radio and TV for instruction from local leaders.



**What Shelter-in-Place Means:** One of the instructions you may be given in an emergency where hazardous materials may have been released into the atmosphere is to shelter-in-place. This is a precaution aimed to keep you safe while remaining indoors. (This is not the same thing as going to a shelter in case of a storm.) Shelter-in-place means selecting a small, interior room, with no or few windows, and taking refuge there. It does not mean sealing off your entire home or office building.

**At Home:**

- Close and lock all windows and exterior doors.
  - If you are told there is danger of explosion, close the window shades, blinds, or curtains.
  - Turn off all fans, heating and air conditioning systems.
  - Close the fireplace damper.
  - Get your family 72 hour kit and make sure the radio is working.
  - Go to an interior room without windows that's above ground level. In the case of a chemical threat, an above-ground location is preferable because some chemicals are heavier than air, and may seep into basements even if the windows are closed.
  - Bring your pets with you, and be sure to bring additional food and water supplies for them.
  - It is ideal to have a hard-wired telephone in the room you select. Call your emergency contact and have the phone available if you need to report a life-threatening condition. Cellular telephone equipment may be overwhelmed or damaged during an emergency.
  - Use duct tape and plastic sheeting (heavier than food wrap) to seal all cracks around the door and any vents into the room.
  - Keep listening to your radio or television until you are told all is safe or you are told to evacuate. Local officials may call for evacuation in specific areas at the greatest risk in your community.
- to take those steps now, where they are, and not drive or walk outdoors.
- Unless there is an imminent threat, ask employees, customers, clients, and visitors to call their emergency contact to let them know where they are and that they are safe.
  - Turn on call-forwarding or alternative telephone answering systems or services. If the business has voice mail or an automated attendant, change the recording to indicate that the business is closed, and that staff and visitors are remaining in the building until authorities advise it is safe to leave.
  - Close and lock all windows, exterior doors, and any other openings to the outside.
  - If you are told there is danger of explosion, close the window shades, blinds, or curtains.
  - Have employees familiar with your building's mechanical systems turn off all fans, heating and air conditioning systems. Some systems automatically provide for exchange of inside air with outside air – these systems, in particular, need to be turned off, sealed, or disabled.
  - Gather essential disaster supplies, such as non-perishable food, bottled water, battery-powered radios, first aid supplies, flashlights, batteries, duct tape, plastic sheeting, and plastic garbage bags.
  - Select interior room(s) above the ground floor, with the fewest windows or vents. The room(s) should have adequate space for everyone to be able to sit in. Avoid overcrowding by selecting several rooms if necessary. Large storage closets, utility rooms, pantries, copy and conference

**At Work:**

Close the business.

- If there are customers, clients, or visitors in the

- the outdoors.
- It is ideal to have a hard-wired telephone in the room(s) you select. Call emergency contacts and have the phone available if you need to report a life-threatening condition. Cellular telephone equipment may be overwhelmed or damaged during an emergency.
- Use duct tape and plastic sheeting (heavier than food wrap) to seal all cracks around the door(s) and any vents into the room.
- Bring everyone into the room(s). Shut and lock the door(s).
- Write down the names of everyone in the room, and call your business' designated emergency contact to report who is in the room with you, and their affiliation with your business (employee, visitor, client, customer.)
- Keep listening to the radio or television until you are told all is safe or you are told to evacuate. Local officials may call for evacuation in specific areas at the greatest risk in your community.

**At School:**

- Close the school. Activate the school's emergency plan. Follow reverse evacuation procedures to bring students, faculty, and staff indoors.
- If there are visitors in the building, provide for their safety by asking them to stay – not leave. When authorities provide directions to shelter-in-place, they want everyone to take those steps now, where they are, and not drive or walk outdoors
- Provide for answering telephone inquiries from concerned parents by having at least one telephone with the school's listed telephone number available in the room selected to provide shelter for the school secretary, or person designated to



- the room where the top school official takes shelter.
- If children have cell phones, allow them to use them to call a parent or guardian to let them know that they have been asked to remain in school until further notice, and that they are safe.
- If the school has voice mail or an automated attendant, change the recording to indicate that the school is closed, students and staff are remaining in the building until authorities advise that it is safe to leave.
- Provide directions to close and lock all windows, exterior doors, and any other openings to the outside.
- If you are told there is danger of explosion, direct that window shades, blinds, or curtains be closed.
- Have employees familiar with your building's mechanical systems turn off all fans, heating and air conditioning systems. Some systems automatically provide for exchange of inside air with outside air – these systems, in particular, need to be turned off, sealed, or disabled.
- Gather essential disaster supplies, such as non-perishable food, bottled water, battery-powered radios, first aid supplies, flashlights, batteries, duct tape, plastic sheeting, and plastic garbage bags.
- Select interior room(s) above the ground floor, with the fewest windows or vents. The room(s) should have adequate space for everyone to be able to sit in. Avoid overcrowding by selecting several rooms if necessary. Classrooms may be used if there are no windows or the windows are sealed and cannot be opened. Large storage closets, utility rooms, meeting rooms, and even a gymnasium without exterior windows will also work well.
- It is ideal to have a hard-wired telephone in the room(s) you select. Call emergency contacts and have the phone available if you need to report a life-threatening condition. Cellular telephone equipment may be overwhelmed or damaged

- Write down the names of everyone in the room, and call your schools' designated emergency contact to report who is in the room with you.
- Listen for an official announcement from school officials via the public address system, and stay where you are until you are told all is safe or you are told to evacuate. Local officials may call for evacuation in specific areas at the greatest risk in your community.

**In Your Vehicle:**

- If you are driving a vehicle and hear advice to “shelter-in-place” on the radio, take these steps:
- If you are very close to home, your office, or a public building, go there immediately and go inside. Follow the shelter-in-place recommendations for the place you pick described above.
- If you are unable to get to a home or building quickly and safely, then pull over to the side of the road. Stop your vehicle in the safest place possible. If it is sunny outside, it is preferable to stop under a bridge or in a shady spot, to avoid being overheated.
- Turn off the engine. Close windows and vents.
- If possible, seal the heating/air conditioning vents with duct tape.
- Listen to the radio regularly for updated advice and instructions.
- Stay where you are until you are told it is safe to get back on the road. Be aware that some roads may be closed or traffic detoured. Follow the directions of law enforcement officials.
- Local officials on the scene are the best source of information for your particular situation. Following their instructions during and after emergencies regarding sheltering, food, water, and cleanup methods is your safest choice.
- Remember that instructions to shelter-in-place are usually provided for durations of a few hours, not days or weeks. There is little danger that the room in which you are taking shelter will run out of oxygen and you will suffocate.



Your home, your personal belongings, and your business are meaningful and valuable assets. If a disaster strikes, having insurance for your home or business property is the best way to ensure you will have the necessary financial resources to help you repair, rebuild, or replace whatever is damaged. Yet, more than half of all homeowners in the United States do not carry adequate homeowners insurance to replace their home and its contents should a catastrophic loss occur



- Document your property
- Understand Your options for coverage
- Ensure you have appropriate insurance coverage
- Inventory your home or business
- Keep vital records in a safe place
- Store policy number and contact information in a safe place.
- Not all insurance policies are the same. Coverage amounts, deductibles, and payment caps can vary significantly. Consult with your insurance professional to be sure your policy is right for you. It is also important to review your policy annually.

**HOMEOWNER:** A homeowner's policy generally provides the following areas of coverage:

- Dwelling—coverage for your house;
- Other Structures—coverage for structures such as garages, decks, and fences;
- Personal Property—coverage for items such as furniture, clothing, and appliances;
- Loss-of-Use—compensation if you need to relocate temporarily due to covered damage;
- Personal Liability—coverage for accidents occurring on your property; and
- Medical Protection—payments for a person who is injured on your property.
- If you live in a manufactured home, in a condominium, or on a farm, there are policies specifically designed for these types of residences. For example, policies for condominiums primarily

- um association.
- Your bank or mortgage lender may have minimum insurance requirements as a condition of your loan, but be sure to carry enough coverage for **your** needs.

**RENTER:** Renters insurance policies can include the following coverage types:

- Personal Property—coverage for items such as furniture and clothing;
- Loss-of-Use—compensation if you need to relocate temporarily due to damage;
- Personal Liability—coverage if sued due to accidental injury to others;
- Medical Payments—payments for a person who's injured on your property; and
- Property Damage to Others—coverage if you accidentally break or damage someone else's property.
- Most responsible landlords and professional property management companies will require proof of renters insurance when a lease is signed



of your policy and the claim amount you receive will vary depending on the type of settlement you choose.

- **Replacement Cost:** This is the cost to replace all belongings or rebuild your home at current market rates. “Guaranteed” or “extended” replacement cost policies account for pricing surges in supplies and labor after a major disaster. Homeowners can also purchase additional replacement cost coverage to account for the cost of complying with updated local building codes. For replacement cost coverage, it is important to have an accurate assessment of how much it would cost to rebuild your home or to replace your belongings. Replacement cost settlements may not be available for older homes.
- **Functional Replacement Cost or Market Value Coverage:** This is the cost of repairs made with modern materials to provide the functional equivalent (e.g., a plaster wall is repaired with drywall), or if the damage is a total loss, the payment amount is the market value of the home.
- **Actual Cash Value:** Your insurance company will reimburse you by estimating the current value of your home and belongings, including depreciation. For example, if you purchased a large high-definition television 5 years ago, you will receive

## Landslide and Debris Flow

In a landslide, masses of rock, earth or debris move down a slope. Debris and mud flows are rivers of rock, earth, and other debris saturated with water. They develop during intense rainfall, runoff, or rapid snowmelt, changing the earth into a flowing river of mud or “slurry.” They can flow rapidly, striking with little or no warning at avalanche speeds (faster than a person can run). They also can travel many miles from their source, growing in size as they pick up trees, boulders, cars and other materials. Debris flows don’t always stay in stream channels and they can flow sideways as well as downhill.

## Flood Insurance

One of the ways to protect your home in future floods is to purchase flood insurance.

This is the best means of recovery from flood damages. Even if your home is not located in the floodplain, you can purchase flood insurance. Flood insurance is available to any property owner located in a community participating in the National Flood Insurance Program (NFIP). While floods are not covered under your regular homeowners insurance, homeowners, business owners and renters may all purchase flood insurance as long as their community participates in the NFIP.



On slopes, a debris flow can start on a dry slope after only a few minutes of intense rain. “Intense” rain means a burst of rain at a fast rate, about half an inch in an hour. With debris flows, the rate matters more than total rainfall.

How to protect yourself or your property depends on the type of landslide. Land-use zoning, professional inspections, and proper design can reduce many landslide problems but evacuation is often the only way to protect lives from a debris flow or other fast-moving landslide. Never ignore an evacuation order.

- Connect with your local emergency services, heed evacuation warnings.
- Leave if you have been told to evacuate or you feel it is unsafe to remain in your home. Text SHELTER + your ZIP code to 43362 (4FEMA) to find the nearest shelter in your area (example: *shelter 12345*).
- Prepare for landslides by following proper land-use procedures - avoid building near steep slopes, close to mountain edges, near drainage ways or along natural erosion valleys.
- Become familiar with the land around you. Learn whether landslides have occurred in your area by contacting local officials..
- Get an assessment of your property by a qualified geotechnical professional.
- Consult a professional for advice on appropriate preventative measures for your home or business, such as flexible pipe fittings, which can better resist breakage.
- Protect your property based on of recommendations from the 'qualified geotechnical professional' and/or local city/county guidance on protection from debris flow and flooding.
- In mud and debris flow areas, consider building channels or deflection walls to try to direct the flow around buildings. Be aware, however, that when a flow is big enough, it goes where it pleases. Also, if you divert a flow and it flows on a neighbor's property, you may be liable for damages.
- If you are at risk from a landslide talk to your insurance agent. Debris flow may be covered by flood insurance policies from the National Flood Insurance Program (NFIP).
- Watch for debris flows and other fast moving landslides that pose threats to life:
- If you are near a wildfire burn area, sign up for emergency alerts and pay attention to weather forecasts for the burn area. The weather in the burn area could be very different from where you are.
- A faint rumbling sound that increases in volume is noticeable as the landslide nears.
- Huge boulders in the landscape can be signs of past debris flows.

### During a Landslide

- Listen to local news stations on a battery-powered radio for warnings.
- Heed all warnings and evacuation notices.
- During a storm that could cause a landslide, stay alert and awake. Many deaths from landslides occur while people are sleeping.
- Be aware that by the time you are sure a debris flow is coming, that will be too late to get away safely. Never cross a road with water or mud flowing. Never cross a bridge if you see a flow approaching. It can grow faster and larger too quickly for you to escape.
- If you do get stuck in the path of a landslide move uphill as quickly as possible.
- Avoid river valleys and low-lying areas during times of danger.
- If you are near a stream or channel, be alert for any sudden increase or decrease in water flow or water that changes from clear to muddy. These can be signs that a landslide is coming.



Listen to local radio or television stations for the latest emergency information.

Watch for flooding. Floods sometimes follow landslides and debris flows because they may both be started by the same conditions.

Check for injured and trapped persons near the slide, without entering the direct slide area. Direct rescuers to their locations.

Report broken utility lines and damaged roadways and railways to appropriate authorities. Reporting potential hazards will get the utilities turned off as quickly as possible, preventing further hazard and injury.

Allow trained professionals to check the building

since erosion caused by loss of ground cover can lead to flash flooding and additional landslides in the near future.

Seek advice from a geotechnical expert for evaluating landslide hazards or designing corrective techniques to reduce landslide risk.



## Natural Gas Leaks

Natural gas is safe energy source for home use – in fact, it is used by more than half of American households as their main heating source. It is the cleanest-burning fossil fuel available, is efficient and has an excellent safety record due to the physical properties of the gas itself:

- Natural gas has a very narrow range of flammability, which means it requires extremely specific conditions in order to burn. It also has a very high ignition temperature, at about 1,100 degrees Fahrenheit – almost twice the ignition temperature for gasoline.
- Natural gas is lighter than air, so it dissipates into the air rapidly, making accidental combustion difficult.
- Interestingly, although known for its “rotten egg” smell, natural gas is odorless when taken from the ground. Local utilities add a non-toxic chemical odorant called mercaptan to make leaks easy to detect by the distinct smell. However, there may be



- not present, even though there is a leak.
- These factors make accidental ignition or combustion of natural gas an unlikely event. Nonetheless, helping you learn how to use this clean-burning energy safely throughout your home is one of our top priorities. It is important for you and your family to understand natural gas and related safety information.

### Gas Meter & Vent Safety

- Your outdoor natural gas meter is designed to work in harsh winter weather. However, heavy accumulations of snow and ice can damage your meter and threaten your safety.
- Make sure your meter is free of clutter and other obstructions, especially snow and ice.
- When clearing walks or drives, do not pile snow on or near the meter.
- Keep water from dripping from your roof and freezing on the meter.
- Carefully remove icicles and snow build-up from roof eaves above the meter and on the meter itself.
- Never kick or strike the meter to loosen built-up



### Emergency Control of Gas:

- Check house piping, appliances and vents for damage.
- Check for fires or fire hazards.
- Do not use matches, lighters or other open flames.
- Do not operate electrical switches, appliances or battery operated devices if you suspect natural gas leaks. This could create sparks that could ignite gas from broken lines.
- Turn on a battery-operated radio if no gas leaks are found or a car radio to receive disaster instructions.
- Do not use your telephone except in extreme emergency situations.

## Nuclear Safety/Radiation Emergencies

There are different types of radiation emergencies that vary in how much damage they cause and harm they pose to the public. Some examples of radiation emergencies include: a nuclear detonation (explosion), an accident at a nuclear power plant, a transportation accident involving a shipment of radioactive materials, or an occupational exposure like in a healthcare or research setting.

The best way to stay safe in any radiation emergency is to get inside, stay inside and stay tuned. Putting material between you and the radiation provides protection.



During:

- Follow the radiation protection principles of time, distance, and shielding. Limit your time exposed to radiation, stay as far away as possible from a radioactive source, and shield yourself from radiation by going deep inside a sturdy building.
- If the emergency is outside, Get inside. Stay inside. Stay tuned.
- Get Inside if warned of the possibility of a radiation hazard, immediately get inside the nearest building and move away from windows. Put as many walls between you and the outside to protect you from the radiation outside.
- Nuclear Detonations are the most dangerous radiation emergency. It creates a large, deadly blast. If it detonates on the ground, the explosion can suck material up into the air and create dangerous, sand-like, radioactive particles called fallout.
- For a nuclear explosion, if you have warning, take cover from the blast behind anything that might offer protection. If you are outside, lie face down nearest building as quickly as possible.
- After a detonation get inside, you will have 10 minutes or more to find an adequate shelter before fallout arrives. If a multi-story building or a basement can be safely reached within a few minutes of the explosion, go there immediately. The safest buildings have brick or concrete walls. Underground parking garages and subways can also provide good shelter.
- Remain in the most protective location (basement or center of a large building) for the first 24 hours unless threatened by an immediate hazard (e.g., fire, gas leak, building collapse, or serious injury) or informed by authorities that it is safe to leave. Radiation levels decrease rapidly, becoming significantly less dangerous, during the first 24 hours.



the outside. Close windows and doors. Close fireplace dampers. If you are instructed to stay inside during a radiation emergency, pets and service animals should be inside too. Sheltering usually lasts at least 24 hours.

- Follow instructions from emergency response officials. If advised to evacuate, listen for information about routes, shelters, and procedures. If you have evacuated, do not return until you are told it is safe to do so by local authorities.



### After:

If you were outside during a radiological release or if you think you have radioactive material on your body, there are simple steps to remove it.

- Remove your outer layer of contaminated clothing to remove radioactive material from your body. Removing your outer layer of clothing can remove up to 90% of radioactive material. Be very careful in removing your clothing to prevent radioactive dust from shaking loose. Avoid touching your eyes, nose, and mouth, if possible.
- Get clean. If possible, take a shower or wash with

wipe any skin or hair that was not covered. Do not use household cleaning wipes on your skin. Hand sanitizer does not protect against radioactive material. Follow CDC guidance on Decontamination for Yourself and Others.

- Clean any pets that were outside after the radioactive dust arrived. Gently brush your pet's coat to remove any radioactive particles and wash your pet with soap and water, if available.
- Stay hydrated and fed: It is safe to eat and drink food that was inside a building. It is safe to eat food in sealed containers that were outside as long as you wipe off the container with a damp towel or cloth before using. Seal these towels or cleaning cloths in a plastic bag and place them away from people and pets. Unsealed foods from outside may be contaminated with radioactive material. Do not consume food from your garden, or food or liquids that were outdoors and uncovered, until authorities tell you it is safe.
- Take care of yourself and others: If you are sick or injured, listen for instructions on how and where to get medical attention. If you are at a public shelter, immediately notify the staff at that facility so they can call a local hospital or clinic. If you are experiencing a medical emergency, call 9-1-1.
- The threat of a radiation or nuclear emergency can be stressful and surviving one can be a traumatic experience. Take care of yourself and talk to someone if you are feeling upset.

## Pandemic

A pandemic is a disease outbreak that spans several countries and affects a large number of people. Pandemics are most often caused by viruses, like Coronavirus Disease 2019 (COVID-19), which can easily spread from person to person.

A new virus, like COVID-19, can emerge from anywhere and quickly spread around the world. It is hard to predict when or where the next new pandemic



Pandemic influenza is a disease in humans.

- It would be a new disease.
- It would spread easily from person to person.
- It could be mild, moderate or severe.
- There is not vaccine (flu shot) at this time.
- If the disease is severe:
- You may be asked to stay home if you are sick.
- Schools, churches, and large gatherings may be cancelled.
- Stores may be closed.
- Food and water may be hard to find.
- Healthcare will be different that it is now.

### **Be prepared for a Pandemic Influenza Before a Pandemic**

- Store a two week supply of water and food.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Get copies and maintain electronic versions of health records from doctors, hospitals, pharmacies and other sources and store them, for personal reference. Get help accessing electronic health records.
- Talk with family members and loved ones about

what will be needed to care for them in your home.

- During a Pandemic-Limit the Spread of Germs and Prevent Infection
- Avoid close contact with people who are sick.
- When you are sick, keep your distance from others to protect them from getting sick too.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth.
- Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.you are feeling upset.



## **Poison Control**

### **Before Poisoning:**

- Place poison control number near the phone (1-800-222-1222)
- Do not leave children alone or unattended.
- Be aware of all potential hazards in your home.
- Never call medicine “candy”.
- Teach children to ask before putting anything in their mouth.



- Stay calm.
- Call the poison control center at 1-800-222-1222.
- Follow poison control's instructions.

**Inhaled Poisoning:** Immediately get the victim to fresh air. Avoid breathing fumes. Open doors and windows. If victim is not breathing, call 911 then start CPR.

**Poison on the Skin:** Remove contaminated clothing. Call the poison control center. Flood skin with water for ten minutes. Then wash skin gently with soap

**Poison in the Eye:** Flood eye with lukewarm (not hot) water poured from a large glass two or three inches from the eye. Repeat process for 15 minutes. Have victim blink as much as possible while flooding the eye. Do to force the eyelid open.

**Swallowed Poison:** Unless victim is unconscious, having convulsions or cannot swallow, give milk or water immediately. Then call poison center to see if you should induce vomiting.

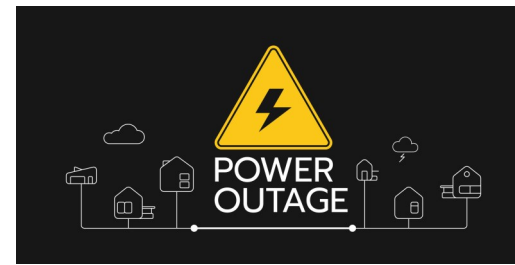
## Power Outage

- Take an inventory of the items you need that rely on electricity.
  - Talk to your medical provider about a power outage plan for medical devices powered by electricity and refrigerated medicines. Find out how long medication can be stored at higher temperatures and get specific guidance for any medications that are critical for life.
  - Plan for batteries and other alternatives to meet your needs when the power goes out.
  - Sign up for local alerts and warning systems. Monitor weather reports.
  - Install carbon monoxide detectors with battery backup in central locations on every level of your home.
  - Determine whether your home phone will work in a power outage and how long battery backup will last.
  - Review the supplies that are available in case of a power outage. Have flashlights with extra batteries for every household member. Have enough nonperishable food and water.
  - Use a thermometer in the refrigerator and freezer so that you can know the temperature when the power is restored. Throw out food if the tempera-
- DURING
- Keep freezers and refrigerators closed. The refrigerator will keep food cold for about four hours. A full freezer will keep the temperature for about 48 hours. Use coolers with ice if necessary. Monitor temperatures with a thermometer.
  - Maintain food supplies that do not require refrigeration.
  - Avoid carbon monoxide poisoning. Generators, camp stoves, or charcoal grills should always be used outdoors and at least 20 feet away from windows. Never use a gas stovetop or oven to heat your home.
  - Check on your neighbors. Older adults and young children are especially vulnerable to extreme temperatures.
  - Go to a community location with power if heat or cold is extreme.
  - Turn off or disconnect appliances, equipment, or electronics. Power may return with momentary "surges" or "spikes" that can



#### AFTER

- When in doubt, throw it out! Throw away any food that has been exposed to temperatures 40 degrees or higher for two hours or more, or that has an unusual odor, color, or texture.
- If the power is out for more than a day, discard any medication that should be refrigerated, unless the drug's label says otherwise. If a life depends on the refrigerated drugs, consult a doctor or pharmacist and use medicine only until a new supply is available.



## See Something Say Something

"If You See Something, Say Something<sup>®</sup>" is a national campaign that raises public awareness of the signs of terrorism and terrorism-related crime, and how to report suspicious activity to state and local law enforcement. We all play a role in keeping our communities safe. It's easy to be distracted during our daily routines such as going to work, school, or the grocery store, but as you're going about your day, if you see something that doesn't seem quite right, say something.

Public safety is everyone's responsibility. If you see suspicious activity, report it to local law enforcement or a person of authority. Many states have designated a unique "tip line" to collect reports of terrorism-related suspicious activity.

IF THERE IS AN EMERGENCY, CALL 9-1-1

Do not report suspicious activity to the Department of Homeland Security. Instead notify local  
law enforcement

In Utah

The Utah Department of Public Safety Statewide Information and Analysis Center (SIAC) is Utah's coordination center for the federal, local, and private sector partners necessary to prevent, protect against, mitigate the effects of, respond to, and recover from emergencies and disasters.

To report suspicious activity, call 833-DPS-SAFE (833-377-7233)

# RECOGNIZE THE SIGNS OF TERRORISM-RELATED SUSPICIOUS ACTIVITY



## EXPRESSED OR IMPLIED THREAT

Communicating a spoken or written threat to commit a crime that could harm or kill people or damage a facility, infrastructure, or secured site



## OBSERVATION/SURVEILLANCE

A prolonged or unusual interest in facilities, buildings, or infrastructure beyond casual or professional interest, in a suspicious manner



## PHOTOGRAPHY

Taking pictures or videos of persons, facilities, buildings, or infrastructure in a covert manner, such as taking photos or video of security-related equipment or personnel, infrequently-used access points, or the structure of a building



## THEFT/LOSS/DIVERSION

Stealing or diverting items—such as equipment, uniforms, or badges—that belong to a facility or secured site



## TESTING OR PROBING OF SECURITY

Challenging or testing a facility's security or IT systems to assess the strength or weakness of the target



## AVIATION ACTIVITY

Operating or interfering with the operation of an aircraft that poses a threat of harm to people and property



## BREACH/ATTEMPTED INTRUSION

Unauthorized people trying to enter a restricted area or impersonating authorized personnel



## MISREPRESENTATION

Presenting false information or misusing documents to conceal possible illegal activity



## ELICITING INFORMATION

Questioning personnel beyond mere curiosity about an event, facility, or operations



## ACQUISITION OF EXPERTISE

Gaining skills or knowledge on a specific topic, such as facility security, military tactics, or flying an aircraft



## CYBERATTACK

Disrupting or compromising an organization's information technology systems



## RECRUITING/FINANCING

Funding suspicious or criminal activity or recruiting people to participate in criminal or terrorist activity



## SABOTAGE/TAMPERING/VANDALISM

Damaging or destroying part of a facility, infrastructure, or secured site



## MATERIALS ACQUISITION/STORAGE

Acquisition and/or storage of unusual materials such as cell phones, radio controllers, or toxic materials



## WEAPONS COLLECTION/STORAGE

Collection or discovery of unusual amounts of weapons including explosives, chemicals, or other destructive materials



## SECTOR-SPECIFIC INCIDENT

Actions which raise concern to specific sectors, (e.g., power plant) with regard to their personnel, facilities, systems, or functions

The above activities should only be reported if they are conducted in a manner that would arouse suspicion of terrorism.

If you **see** something, **say** something®

REPORT SUSPICIOUS ACTIVITY TO LOCAL AUTHORITIES OR CALL 9-1-1 IN CASE OF EMERGENCY

hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds. A winter storm can:

- Last a few hours or several days;
- Knock out heat, power, and communication services; and
- Place older adults, young children, and sick individuals at greater risk.
- IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY
- Stay off roads.
- Stay indoors and dress warmly.
- Prepare for power outages.
- Use generators outside only and away from windows.
- Listen for emergency information and alerts.
- Look for signs of hypothermia and frostbite.
- Check on neighbors.
- Know your area's risk for winter storms. Extreme winter weather can leave communities without utilities or other services for long periods of time.
- Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.
- Pay attention to weather reports and warnings of freezing weather and winter storms. Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.
- Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-

**During**

- Stay off roads if at all possible. If trapped in your car, then stay inside.
- Limit your time outside. If you need to go outside, then wear layers of warm clothing. Watch for signs of frostbite and hypothermia.
- Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.
- Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.
- Watch for signs of frostbite and hypothermia and begin treatment right away.
- Check on neighbors. Older adults and young children are more at risk in extreme cold.

### **Recognize and Respond**

- Frostbite causes loss of feeling and color around the face, fingers, and toes.
- Signs: Numbness, white or grayish-yellow skin, firm or waxy skin
- Actions: Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.
- Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.
- Signs: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, or drowsiness
- Actions: Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.



Lightning is a leading cause of injury and death from weather-related hazards. Although most lightning victims survive, people struck by lightning often report a variety of long-term, debilitating symptoms.

Thunderstorms are dangerous storms that include lightning and can:

- Include powerful winds over 50 MPH;
- Create hail; and
- Cause flash flooding and tornadoes.
- Move from outdoors into a building or car.
- Pay attention to alerts and warnings.
- Unplug appliances.
- Do not use landline phones.
- Know your area's risk for thunderstorms. In most places, they can occur year-round and at any hour.
- Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- Identify nearby, sturdy buildings close to where you live, work, study, and play.
- Cut down or trim trees that may be in danger of falling on your home.
- Consider buying surge protectors, lightning rods, or a lightning protection system to protect your home, appliances, and electronic devices.

#### **DURING**

## Tornados

### **IF YOU ARE UNDER A TORNADO WARNING, FIND SAFE SHELTER RIGHT AWAY**

Tornadoes can destroy buildings, flip cars, and create deadly flying debris. Tornadoes are violently rotating columns of air that extend from a thunderstorm to the ground.

When a thunderstorm is approaching, go indoors immediately, and if you are outdoors, find shelter. Being indoors is the safest place to be during a thunderstorm.

- Pay attention to weather reports and warnings of thunderstorms. Be ready to change plans, if necessary, to be near shelter.
- When you receive a thunderstorm warning or hear thunder, go inside immediately.
- If indoors, avoid running water or using landline phones. Electricity can travel through plumbing and phone lines.
- Protect your property. Unplug appliances and other electric devices. Secure outside furniture.
- If boating or swimming, get to land and find a sturdy, grounded shelter or vehicle immediately.
- If necessary, take shelter in a car with a metal top and sides. Do not touch anything metal.
- Avoid flooded roadways. Turn Around. Don't Drown! Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.



#### **AFTER**

- Listen to authorities and weather forecasts for information on whether it is safe to go outside and instructions regarding potential flash flooding.



- Look like funnels.
- If you can safely get to a sturdy building, then do so immediately.
- Go to a safe room, basement, or storm cellar.
- If you are in a building with no basement, then get to a small interior room on the lowest level.
- Stay away from windows, doors, and outside walls.
- Do not get under an overpass or bridge. You're safer in a low, flat location.
- Watch out for flying debris that can cause injury or death.
- Use your arms to protect your head and neck.
- Take additional cover by shielding your head and neck with your arms and putting materials such as furniture and blankets around you.
- Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instructions.
- Do not try to outrun a tornado in a vehicle.
- If you are in a car or outdoors and cannot get to a building, cover your head and neck with your arms and cover your body with a coat or blanket, if possible.

### **NOW**

- Know your area's tornado risk. In the U.S., the Midwest and the Southeast have a greater risk for tornadoes.
- Know the signs of a tornado, including a rotating, funnel-shaped cloud; an approaching cloud of debris; or a loud roar—similar to a freight train.
- Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts. If your community has sirens, then become familiar with the warning tone.
- Pay attention to weather reports. Meteorologists can predict when conditions might be right for a tornado.
- Identify and practice going to a safe shelter in the event of high winds, such as a safe room built using FEMA criteria or a storm shelter built to ICC 500 standards. The next best protection is a small, interior, windowless room on the lowest level of a sturdy building.
- Consider constructing your own safe room that
- Keep listening to EAS, NOAA Weather Radio, and local authorities for updated information.
- If you are trapped, cover your mouth with a cloth or mask to avoid breathing dust. Try to send a text, bang on a pipe or wall, or use a whistle instead of shouting.
- Stay clear of fallen power lines or broken utility lines.
- Do not enter damaged buildings until you are told that they are safe.
- Save your phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messaging or social media to communicate with family and friends.
- Be careful during clean-up. Wear thick-soled shoes, long pants, and work gloves.



## **Wildfires ---IF YOU ARE UNDER A WILDFIRE WARNING, GET TO SAFETY RIGHT**

Wildfires can ruin homes and cause injuries or death to people and animals. A wildfire is an unplanned fire that burns in a natural area such as a forest, grassland, or prairie.

- power, and communications.
- Happen anywhere, anytime. Risk increases with in periods of little rain and high winds.
- Cost the Federal Government billions of dollars each year.
- Leave if told to do so.
- If trapped, call 9-1-1.
- Listen for emergency information and alerts.
- Use N95 masks to keep particles out of the air you breathe.
- Sign up for your community’s warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- Know your community’s evacuation plans and find several ways to leave the area. Drive the evacuation routes and find shelter locations. Have a plan for pets and livestock.
- Gather emergency supplies, including N95 respirator masks that filter out particles in the air you breathe. Keep in mind each person’s specific needs, including an updated asthma action plan and medication. Don’t forget the needs of pets.
- Designate a room that can be closed off from outside air. Close all doors and windows. Set up a portable air cleaner to keep indoor pollution levels low when smoky conditions exist.
- Keep important documents in a fireproof, safe place. Create password-protected digital copies.
- Use fire-resistant materials to build, renovate, or make repairs.
- Find an outdoor water source with a hose that can reach any area of your property.
- Create a fire-resistant zone that is free of leaves, debris, or flammable materials for at least 30 feet from your home.
- Review insurance coverage to make sure it is enough to replace your property.
- Pay attention to air quality alerts.

## **DURING**

- but be aware that emergency response could be delayed or impossible. Turn on lights to help rescuers find you.
- Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instructions.
- Use an N95 masks to keep harmful particles out of the air you breathe.
- If you are not ordered to evacuate but smoky conditions exist, stay inside in a safe location or go to a community building where smoke levels are lower.

## **AFTER**

- Listen to authorities to find out when it is safe to return, and whether water is safe to drink.
- Avoid hot ash, charred trees, smoldering debris, and live embers. The ground may contain heat pockets that can burn you or spark another fire. Consider the danger to pets and livestock.
- Send text messages or use social media to reach out to family and friends. Phone systems are often busy following a disaster. Make calls only in emergencies.
- Wear a NIOSH certified-respirator and wet debris down to minimize breathing dust particles.
- Document property damage with photographs. Conduct an inventory and contact your insurance company for assistance.
- Wildfires dramatically change landscape and ground conditions, which can lead to increased risk of flooding due to heavy rains, flash flooding and mudflows. Flood risk remains significantly higher until vegetation is restored—up to 5 years after a wildfire. Consider purchasing flood insurance to protect the life you've built and to assure financial protection from future flooding.



Defensible space acts as a barrier to slow or halt the progress of fire that would otherwise engulf your property. It also helps ensure the safety of firefighters defending your home.



Defensible Space is your property's front line defense against wildfire. Creating and maintaining defensible space around your home can dramatically increase your home's chance of surviving a wildfire and improves the safety of firefighters defending your property. 100 feet of defensible space is required by law.\*



**TWO ZONES MAKE UP THE REQUIRED 100 FEET OF DEFENSIBLE SPACE:**

**ZONE 1: 30 feet of Lean, Clean & Green**

- 1 Remove all dead plants, grass and weeds.
- 2 Remove dead or dry leaves and pine needles from your yard, roof and rain gutters.
- 3 Keep tree branches 10 feet away from your chimney and other trees.

**ZONE 2: 30-100 feet of Reduced Fuel**

- 4 Cut or mow annual grass down to a maximum height of 4 inches.
- 5 Create horizontal spacing between shrubs and trees.
- 6 Create vertical spacing between grass, shrubs and trees.

**Use Equipment Properly to Keep from Sparking a Wildfire**

- 7 Mow before 10 a.m., and never on



**VERTICAL SPACING**

Large trees do not have to be cut and removed as long as all of the plants beneath them are removed. This eliminates a vertical "fire ladder."



**HORIZONTAL SPACING**

Create horizontal and vertical spacing between

All twelve areas of emergency preparedness need to be planned for every emergency though they may apply differently for different situations.

Go to

<https://beready.utah.gov/family-preparedness/12-areas-of-preparedness/>

To learn more .

### 12 Areas of Preparedness

All twelve areas of emergency preparedness need to be planned for every emergency though they may apply differently for different situations.

|   |  |   |   |  |  |
|---|--|---|---|--|--|
| <br>Shelter, Clothing & Fire | <br>Water               | <br>Food                     | <br>Hygiene & Sanitation | <br>Light & Power                 | <br>First Aid                     |
| <br>Communication          | <br>Safety & Security | <br>Tools & Personal Items | <br>Cooking            | <br>Important Documents & Money | <br>Transportation & Navigation |



- Everyone who sees or experiences a disaster is affected by it in some way.
- It is normal to feel anxious about your own safety and that of your family and close friends.
- Profound sadness, grief and anger are normal reactions to an abnormal event.
- Acknowledging your feelings helps you recover.
- Focusing on your strengths and abilities helps you heal.
- Accepting help from community programs and resources is healthy.
- Everyone has different needs and different ways of coping.
- It is common to want to strike back at people who have caused great pain.

It is a good idea to make sure that you have updated your family disaster plan and replenished disaster supplies just in case a disaster happens again. Seek counseling if you or a family member are experiencing disaster-related stress.

### **Signs of Disaster-Related Stress**

When adults have the following signs, they might need crisis counseling or stress management assistance:

- Difficulty communicating thoughts.
- Difficulty sleeping.
- Difficulty maintaining balance in their lives.
- Low threshold of frustration.
- Increased use of drugs/alcohol.
- Limited attention span.
- Poor work performance.
- Headaches/stomach problems.
- Tunnel vision/muffled hearing.
- Colds or flu-like symptoms.
- Disorientation or confusion.
- Difficulty concentrating.
- Reluctance to leave home.
- Depression, sadness.
- Feelings of hopelessness.
- Mood swings and easy bouts of crying.

### **Easing Stress**

- Talk to someone and seek professional help for disaster-related stress.
- The following are ways to ease disaster-related stress:
  - Talk with someone about your feelings - anger, sorrow and other emotions - even though it may be difficult.
  - Seek help from professional counselors who deal with post-disaster stress.
  - Do not hold yourself responsible for the disastrous event or be frustrated because you feel you cannot help directly in the rescue work.
  - Take steps to promote your own physical and emotional healing by healthy eating, rest, exercise, relaxation and meditation.
  - Maintain a normal family and daily routine, limiting demanding responsibilities on yourself and your family.
  - Spend time with family and friends.
  - Participate in memorials.
  - Use existing support groups of family, friends and religious institutions.

Are you experiencing distress or other mental health concerns related to natural or human-caused disasters? Visit the Disaster Distress Helpline. 1-800-985-5990

For many children, reactions to disasters are brief and represent normal reactions to "abnormal events." A smaller number of children can be at risk for more enduring psychological distress as a function of three major risk factors:

- Direct exposure to the disaster, such as being evacuated, observing injuries or death of others, or experiencing injury along with fearing one's life is in danger.
- Loss/grief: This relates to the death or serious injury of family or friends.

disaster, such as temporarily living elsewhere, loss of friends and social networks, loss of personal property, parental unemployment, and costs incurred during recovery to return the family to pre-disaster life and living conditions.

Suggestions to help reassure children include the following:

- Personal contact is reassuring. Hug and touch your children.
- Calmly provide factual information about the recent disaster and current plans for insuring their safety along with recovery plans.
- Encourage your children to talk about their feelings.
- Spend extra time with your children such as at bedtime.
- Re-establish your daily routine for work, school, play, meals, and rest.

## Recovering From Disaster

If you have damages following a disaster, contact your local emergency manager.

- Let your local officials know of any damages you may have, and what immediate assistance you may need.
- Local officials and voluntary organizations are usually the best options for immediate needs such as food and shelter.

If you have insurance, contact your insurance agent to file a claim.

- Make sure to document all your damages – before you clean up, take photos and make a list.
- Save all your receipts for post-damage repair and clean up.
- If you have insurance and damages, you must file a claim with your insurance company.

Take care of yourself and your family

- Your first concern after a disaster is your family's health and safety.
- If you are returning home following a disaster,

- Praise and recognize responsible behavior.
- Understand that your children will have a range of reactions to disasters.
- Encourage your children to help update your a family disaster plan.



- for any injured person following a disaster.
- Check for injuries. Do not attempt to move seriously injured persons unless they are in immediate danger of death or further injury. If you must move an unconscious person, first stabilize the neck and back, then call for help immediately.
- Be aware of new safety issues created by the disaster. Watch for washed out roads, contaminated buildings, contaminated water, gas leaks, broken glass, damaged electrical wiring and slippery floors.
- Walk carefully around the outside and check for loose power lines, gas leaks and structural damage.
- Do not enter your damaged home if: You smell gas.
- Floodwaters remain around the building.
- Authorities have not declared it safe to enter.
- Inform local authorities about health and safety issues.

|                                      |                     |
|--------------------------------------|---------------------|
| Fire or Ambulance                    | 911                 |
| Life or Death Situations             | 911                 |
| San Juan County Sheriff's Department | 435-587-2237        |
| Blanding City Police Department      | 435-678-2334        |
| Poison Control                       | 800-222-1222        |
| <b>Public Utilities</b>              |                     |
| Empire Electric                      | 303-565-4444        |
| Rocky Mountain Power & Light         | 888-221-7070        |
| Dominion Energy                      | 800-323-5517        |
| Monticello City                      | 435-587-2271        |
| Blanding City                        | 435-678-3791        |
| San Juan County Landfill             | 435-678-3070        |
| Blue Stakes                          | 811 or 800-662-4111 |
| <b>Other Important Numbers</b>       |                     |
| San Juan County Administration       | 435-587-3225        |
| County Road Department               | 435-587-3230        |
| National Weather Service             | 970-243-7007        |
| State-Wide Road Conditions           | 800-492-2400        |
| Kayenta Police Department            | 928-697-5600        |
| Shiprock Police Department           | 505-368-1350        |
| Towoac Police Department             | 719-346-8353        |
| Navajo Tribal Utilities Authority    | 928-697-3574        |
| San Juan County Emergency Management | 435-587-3225        |
| Navajo Nation Emergency Management   | 928-871-6892        |
| Monticello City                      | 435-587-2271        |
| Blanding City                        | 435-678-2791        |
| Bluff Town                           | 435-672-9990        |
| Ute Mountain Ute Tribe               | 435-678-2118        |
| San Juan Southern Paiute Tribe       | 928-212-9794        |
| Aneth Chapter                        | 435-651-3525        |
| Dennehotso Chapter                   | 928-658-3300        |
| Mexican Water Chapter                | 928-429-0943        |
| Navajo Mountain Chapter              | 928-672-2915        |
| Oljato Chapter                       | 435-727-5850        |

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