DISASTER

Preparedness Guide

BEFORE DISASTER STRIKES...

GET A KIT.

MAKE A PLAN.

BE INFORMED.

OCHD

Public Health

(315)798-6400 www.ocgov.net

DISASTER

PREPAREDNESS GUIDE

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Knowing that emergencies and disasters can happen anywhere and anytime, we have put together this guide to provide you with valuable information to help the Oneida- Herkimer County residents , visitors and businesses plan for man-made and natural disasters . For more disaster preparedness and other important county information, visit our website at:

www.ocgov.net

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MESSAGE FOR OUR RESIDENTS

"Your Oneida County government has an Emergency Reponse Plan in place, designed to coordinate the responses of numerous public and private agencies, in order to mitigate the effects of any diaster, natural or manmade, that might impact our area.

It is, however, the responsibility of each and every resident of Oneida County to provide a measure of safety and security for themselves and their families until such time that the appropriate federal, state or local government agencies can be mobilized to meet their needs in the aftermath of a disaster. A disaster can occur anywhere at anytime. That is why I urge all Oneida County residents to get an emergency kit, make and practice an emergency plan and keep informed!"

- Oneida County Executive Athony J. Picente, Jr.

"Emergency Preparedness from a Public Health perspective is focused on the ability of local partners to plan, respond and recover from any emergency that poses a risk to the health of the community. It's important to recognize that all emergencies have the potential to adversely impact your individual health and/or the health of an entire community; consequently, public health plays a crucial role in all phases of emergencies. These emergencies can include terrorist acts, infectious disease outbreaks, natural disasters or toxic spills and require Public Health, working with its community partners to develop plans based on best practices, practice the plans and then exercise them when an emergency occurs. The goal of Public Health during an emergency, as always, is to reduce illness or injury risk and we can best accomplish that goal through community education to promote personal and family preparedness."

- Phyllis Ellis, BSN, MS, FACHE, Oneida County Director of Health

"The time to prepare is now. As a nation, we have lived for more than a decade knowing that a manmade disaster can occur at anytime, causing untold loss of property and life. In Oneida County, we have witnessed havoc on a smaller scale wreaked by the forces of nature that disrupt the lives of those living in a flooded area or in the aftermath of an ice storm, often robbing them of shelter and belongings.

We cannot rely on on the government alone, or any one private sector agency to rescue us after a disaster happens. Our response should disaster strike home, must be a whole community approach- residents, emergency management practitioners, organizational and community leaders as well as government agencies and officials coming together as a team to access the community's needs and to coordinate our assets and capabilities. A whole community approach strengthens us as a community and makes us more resilient should disaster strike. A team works together not independently or in competition, and almost always ensures a more efficient outcome should an emergency arise.

But like any winning team, success often lies in planning and preparation. We cannot wait until disaster strikes. Each of us must be informed and be involved in emergency preparation for Oneida County."

-Kevin Revere, Director of Oneida County Emergency Management

How will you know?

When disaster strikes, you may have only a short time to make what might be a life or death decision. We cannot predict exactly where or when they will occur, but we can take precautions to minimize the danger. Knowing that a disaster has happened and what steps to take to keep you and your family safe is critical. Most injuries and deaths happen when people are unaware or uninformed. Oneida County utilizes a variety of measures to provide warnings to our citizens:

www.OCGov.net

In the event of an emergency, Oneida County's website, www.ocgov.net will be updated regularly with the latest information on the emergency including event status, what you can do to keep safe, and any disaster services available.

Reverse 911®

Reverse 911® is a high speed telephone notification system used to call homes and businesses to alert them during a variety of emergencies. Using a mapping system, Reverse 911® can call a section of the county that may be affected by an incident occurring in that area. A recorded message provides the listener with information about the emergency and recommended steps to protect their family from harm. The system recognizes answering machines and will leave a message.

NY Alert

NY Alert is New York State's e-mail and text messaging notification system. The public can sign up on the website to receive news alerts on emergencies or other events that may affect daily life in our county. Messages can also be viewed online at www.NYAlert.gov.

EAS

The Emergency Alert System or EAS is designed so officials can quickly send out important emergency information targeted to a specific area. EAS sends out alerts not just to broadcast media but also to cable television, satellites, pagers, Direct Broadcast Satellite, High Definition Television, and Video Dial Tone.

NOAA Weather Radio All Hazards

NWR is a nationwide network of radio stations broadcasting continuous weather information directly from the nearest National Weather Service office. NWR broadcasts official Weather Service warnings, watches, forecasts and other hazard information 24 hours a day, 7 days a week.

Local & National Media

Oneida County, through the public information officer, works with the local media to get important safety messages out to the public. No matter the type of emergency, residents are encouraged to monitor local and national TV, radio, newspapers and other news outlets for emergency information.

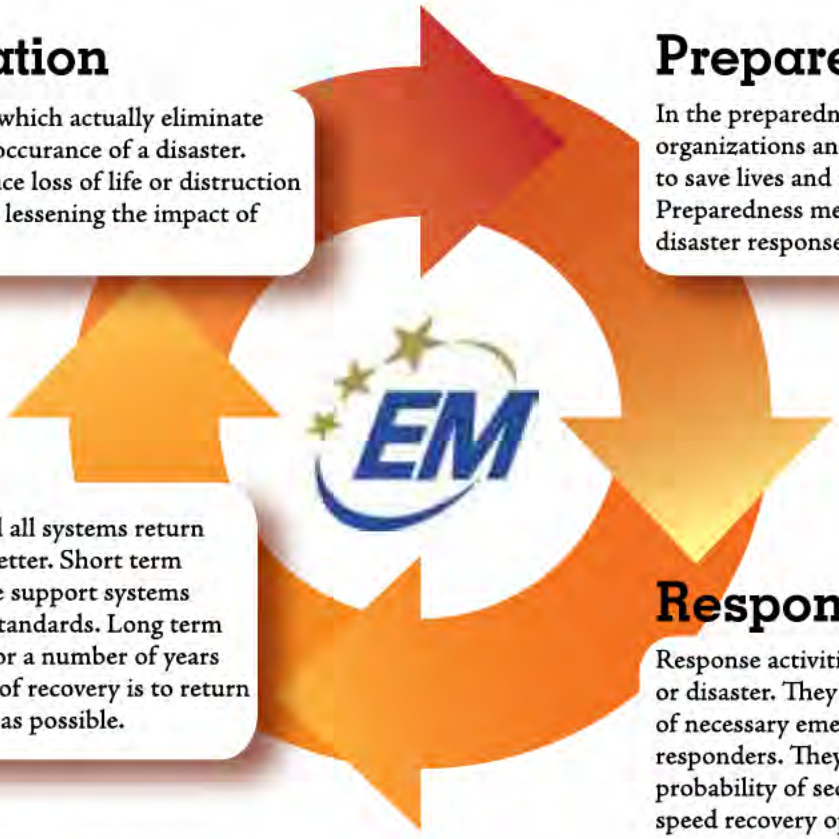
FOUR PHASES OF EMERGENCY MANAGEMENT

Mitigation

Any activities which actually eliminate or reduce the occurance of a disaster. Efforts to reduce loss of life or distruction of property by lessening the impact of disasters.

Preparedness

In the preparedness phase, governments, organizations and individuals develop plans to save lives and minimize disaster damage. Preparedness measures also seek to enhance disaster response operations.



Recovery

Recovery continues until all systems return to its previous state or better. Short term recovery returns vital life support systems to minimum operating standards. Long term recovery may continue for a number of years after a disaster. The aim of recovery is to return life to normal as quickly as possible.

Response

Response activities follow an emergency or disaster. They include the mobilization of necessary emergency services and first responders. They also seek to reduce the probability of secondary damage and to speed recovery operations.

Playing a Part in Our Response & Recovery

Disasters are inevitable. Are we prepared? Do you know what the role of your organization might be?

The Herkimer-Oneida Organizations Active in Disaster (HOOAD) is a humanitarian association of independent organizations who may be active in any or all phases of disaster including preparedness, response, recovery and mitigation. The HOOAD is a regional counterpart to the NY StateVoluntary Organization Active in Disaster (NYVOAD) and a partner with the National VOAD.

Through cooperative efforts, the HOOAD seeks to foster efficient, streamlined service delivery to people affected by disaster, eliminating duplication of effort throughout the process. We strive to provide training to members, volunteers and the community in awareness and preparedness, volunteer leadership development and support to the community during disasters- working together we can maximize our efforts and resources. We welcome non-profit orgainzations, faith based organizations, local government agencies and programs, educational institutions, as well as business and industry. We strive for an active membership with respresentatives dedicated to attending quarterly business meetings, participation on commitees and a willingness to collaborate for the benefit of our communities.

If you would like to know more or are interested in attending a meeting, please contact the HOOAD Chairperson, Tim Riecker at triecker@roadrunner.com or (518)649-6492. We look forward to working with you to better prepare our community.

Coordinating Our Health Emergency Response

A coordinated emergency response depends on teamwork. Since 2002, individuals represeting various groups with a stake in a health emergency response convened the CHERP (County Health Emergency Response & Preparedness) Team. This multi-agency partnership takes the lead in developing health and medical emergency response plans that are vital to protecting the health of the community during emergency events including disease outbreaks and natural and man-made disasters. To more effectively respond to emergencies, the CHERP Team engages in preparedenss activities such as establishing mutual agreements, developing coordinated response plans, conducting drills and exercises, trainings and coordinating public and media messages.

40% of all business that close after a disaster never reopen!

Operating under an Emergency Support Function structure during disaster activations emergency support function 18 - Businesses and Industry helps coordinate issues with Oneida County's business community in an effort to reduce the vulnerability of this sector to the effects of disasters, to more economically and efficiently utilize local resources, and to expedite response and recovery when a major disaster occurs. Support your local businesses!

IMPORTANT PHONE NUMBERS

	(Area Code 315)
City of Rome	339-7609
City of Rome Animal Control	337-6260
City of Rome Codes Department	339-7642
City of Rome Department of Public Works	339-7778
City of Sherrill	363-2440
City of Utica	792-4636
City of Utica Animal Control	735-3301
City of Utica Codes Department	792-0163
City of Utica Department of Public Works	738-1341
City of Utica Recycling	731-0238
Oneida County Aging Office & Continuing Care	798-5456
Oneida County Health Department	798-6400
Oneida County Highway & Bridges Department	793-6219
Oneida County Office of Emergency Management	765-2526
Oneida County Tax Collector	798-5758
Oneida-Herkimer Solid Waste Authority	733-1224
Veterans Services (Rome)	336-4270
Veterans Services (Utica)	798-5830
State Government	
NYS Child Abuse & Maltreatment Reporting	1-800-342-3720
NYS Department of Transportation	1-518-457-6195
NYS Labor Department	1-518-457-9000
NYS Protective Services for Adults	1-315-376-5400
NYS Thruway (Road Conditions)	1-800-847-8929
Poison Control	1-800-222-1222
Federal Government	
Emergency Preparedness Information (Be Ready)	1-800-237-3239
FEMA	1-800-621-3362
National Weather Service-recorded forecast	1-607-729-1597
Small Business Administration	1-202-205-6734
US Department of Agriculture	1-202-720-2791
Law Enforcement	(Area Code 315)
Oneida County Sheriff's Office	736-0141
NYS Police (non-emergency)	366-6000
Rome Police Department (non-emergency)	339-7780
Sherrill Police Department (non-emergency)	363-3200
Utica Police Department (non-emergency)	735-3301
Utilities	
Mohawk Valley Water Authority	315-792-0301
National Grid Gas/Electric Emergencies	1-800-892-2345
NYSEG Electric Emergencies	1-800-572-1121
Rome Water/Sewer Problems	315-339-7772
Sherrill-Kenwood Water Department	315-363-3754
Sherrill Power & Light	315-363-0780
Business Assistance	
Mohawk Valley Chamber of Commerce	315-724-3151
Mohawk Valley Edge (Economic Development)	315-338-0393
Oneida County Convention & Visitors Bureau	1-800-426-3132
Rome Area Chamber of Commerce	315-337-1700
Greater Oneida Chamber of Commerce	315-363-4300
Local Agencies	(Area Code 315)
American Red Cross of the Mohawk Valley	733-4666
Cornell Cooperative Extension	736-3394
Mohawk Valley Resource Center for Refugees	738-1083
Rescue Mission of Utica	735-4037
Resource Center for Independent Living	797-4642
Rome Rescue Mission Incorporated	337-1986
Salvation Army (Rome)	336-4290
Salvation Army (Utica)	724-8736
United Way of the Valley & Greater Utica Area	733-4691
First Call for Help	624-9211
Legal Aid Society of Mid-New York	793-7000

DIAL 9-1-1
FOR ALL EMERGENCIES

THE EMERGENCY OPERATIONS CENTER

An emergency operations center or EOC is a facility designed to serve as a local or regional support center. The EOC, when activated, is a central location where representatives of local government and private sector agencies convene during disaster situations to make decisions, set priorities and coordinate resources for response and recovery. The Oneida County EOC is located at the State Preparedness Training Center in Oriskany.

Emergency Communications/ 9-1-1

Q: What happens during a 9-1-1 call?

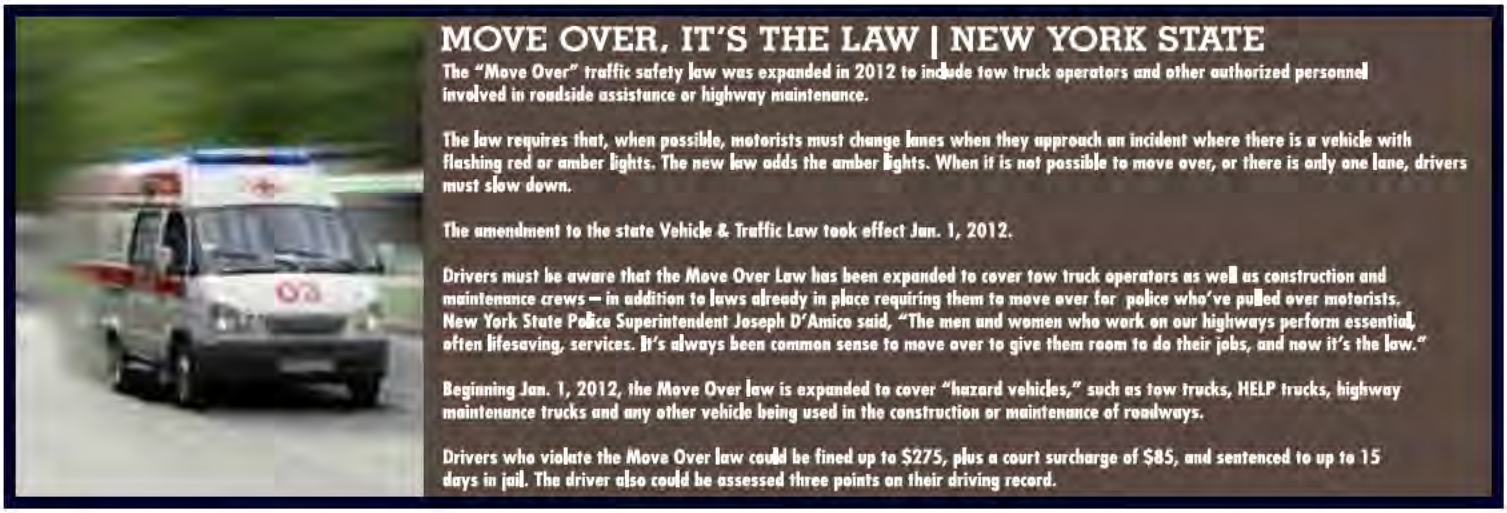
A: While the dispatcher is gathering the information, the appropriate emergency response units are being sent by another dispatcher. The dispatchers are all certified as National Emergency Medical Dispatchers and are trained to provide instructions and life saving techniques that you can do until emergency responders arrive. It is important that you remain calm even though you may be upset or scared. Stay on the telephone and talk to the dispatcher; **do not hang up until told to do so.**

Q: When do you call 9-1-1?

A: To save a life
To report a fire
To report a crime in progress
Anytime you believe there is an emergency.
The most important information we need to gather is the location of the emergency and a call back number in case we get disconnected. To help ensure better service, other questions will be asked such as:

1. A description of the emergency or event.
2. Any injuries to yourself or other individuals along with the type of injury if known.
3. If any weapons were involved and if so, how many & what kind.
4. Descriptions of vehicles involved.
5. Names and descriptions of persons involved.

Dispatchers work in teams, so while one dispatcher will ask you questions, others will be contacting the first responders. Therefore, these questions do not cause a delay in dispatching emergency responders, but assist them in better preparing for the emergency you are reporting. Please do NOT call 9-1-1 to report traffic congestion, to inquire about government services, to report electricity or other utility disruptions, or to find an address or other general information.



SIMPLE TOOL CAN SAVE YOUR LIFE

One of the wisest and least expensive things you can do to prtoect your family is to purchase a NOAA Weather Radio. NOAA Weather Radios are equipped with a special alarm tone feature, and can sound an alert and give you immediate information about a life threatening situation. During an emergency National Weather Services forecasters can interrupt routine weather radio programming and insert special warning messages concerning imminent threats to life or property. When the weather radio is activated, a loud alarm sounds to catch your attention. It may make the difference between life and death as the alarm will sound 24 hours a day, even when you are sleeping or when you are not tuned in to commercial radio or TV to receive EAS notices.

In conjunction with federal, state, local emergency managers and other public officials, NWR also broadcasts warnings for all types of hazards including natural, chemical releases or oil spills, AMBER and Silver alerts, or 911 telephone outages.

Warnings for Deaf or Hard of Hearing

People who are deaf, hard of hearing or visually impaired can be alerted to severe weather and other hazards by special devices connected to the NOAA Weather Radio receiver. These attention-getting devices may include strobe lights, bed shakers and even sirens. Some weather radios also provide a limited caution-like front message display which gives basic information regarding the nature of the event or emergency. Once activated, the user should go to the their normal source of news and/or information for futher details. For more information, visit **www.nws.noaa.gov/nwr/special_need.htm**.

SAME AND RADIO FREQUENCIES

Some weather radios are equipped with Specific Area Message Encoding, or SAME, which when properly programmed will only issue alerts that directly impact the specified SAME area, cutting down on unnecessary alarms.

The primary SAME numbers and NOAA Weather Radio frequencies for Oneida County are:

SAME #	FREQUENCY
036065	162.450
036065	162.425
036065	162.550

INSECT SAFETY

With the mild winter season and outdoor activities starting to ramp up, you should always be alert for insects. Insects such as ticks and mosquitoes are known to carry diseases. To protect yourself and others, follow these tips or visit http://ocgov.net/oneida/health/ZoonoticDisease for more information.

- Wear a light colored long sleeve shirt, long pants and a hat.
- Secure your clothing with rubber bands or tape to prevent insects from getting underneath them.
- Avoid underbrush and tall grass when hiking.
- Use an insect repellent and follow the directions for use. Be sure to read cautionary statements on label.
- After being outdoors for a long period of time, inspect yourself for ticks or have someone else do it.
- Shower immediately after coming indoors.
- If you find a tick, remove it by pulling steadily and firmly. Grasp the tick with a fine tipped tweezer, as close to the skin as possible, and pull slowly. Wash the area and apply antiseptic or antibiotic ointments. Watch area for infection. See a physician if you see signs of a rash in that area.
- If you have pets that go outdoors, use a repellent made for that type of pet and apply according to the label. Be sure to check your pets for ticks often.
- If you are stung, use a credit card to sweep away the stinger.
- A yellow jacket may have been rooting around in your garbage can before stinging you; properly treat the sting, even if it doesn't hurt, as a secondary infection may develop.

GET A KIT!

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Below is a check list of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicles or other places they spend time.

HOME

This is your main disaster supplies kit and should contain essential food, water, and supplies for at least three days. Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept. Additionally, you may want to consider having supplies for sheltering for up to two weeks.

WORK

This kit should be in one container, and ready to "grab and go" in case you are evacuated from your workplace. Make sure you have food and water in the kit. Also, be sure to have comfortable walking shoes at your workplace in case an evacuation requires walking long distance.

CAR

In case you are stranded, keep a kit of emergency supplies in your car. This kit should contain food, water, first aid supplies, flares, jumper cables, and seasonal supplies.

GO PAPERLESS

Scan and store copies of your important documents and save on CDs, flash drives or external backup devices.

CHECK YOUR KITS!

Review the supplies in your disaster kits at least once a year, and replace items which may have expired or become unusable.

Check List:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation.
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert, extra batteries for both.
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air, plastic sheeting and duct tape to shelter-in-place.
- Moist towelettes, garbage bags and plastic ties for personal sanitation.
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps
- Cell phone and chargers
- Prescription medications and glasses
- Infant formula and diapers
- Pet supplies
- Important family documents such as copies of insurance policies, identification and bank account records in waterproof, portable container.
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or this disaster guide
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold weather climate. Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold weather climate.
- Household chlorine bleach and medicine dropper for disinfecting water. Do not used scented, color safe or bleaches with added cleaners.
- Fire extinguisher
- Matches in a waterproof container
- Personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children.

(Source: Ready.gov)

**** Review your supplies in your disaster kits at least once a year, and replace items which may have expired or become unusable.***

PLAN FOR ANYTIME... *Anywhere*

If a disaster strikes, will you and your family know what to do? After a disaster, you and your family should be prepared to care for yourselves for three to five days. Emergency responders may be very busy and may not be able to provide immediate care to all who need it. Getting your family ready for anytime, anywhere is easy; just follow these simple steps:

BEFORE A DISASTER STRIKES...

- Choose a place for your family to meet after a disaster.
- Choose a person outside the immediate area for family members to contact in case you get separated. This person should live far enough away so they are not involved in the same emergency.
- Assemble a disaster kit that allows you to be self-sustaining for three to five days.
- Know where a safe place is in your home. This can be used for hurricanes, tornadoes, or to shelter in place in case of a chemical release.
- Know how to contact your children at their school or day care, and how to pick them up after a disaster.
- Keep your child's emergency information up to date.
- Prepare a plan and discuss with your family how you should react to all hazards that may affect you. Make sure everyone knows what to do.
- Learn your community's public warning signals, what they sound like, where they come from and what you should do when you hear them.
- Learn first aid and CPR. Have a first aid kit, a first aid manual and extra medicine for family members.
- Learn how to shut off your water, gas and electricity properly. Know where to find shut-off valves and switches.
- Have a small amount of cash available. If the power is out, ATM machines won't work.
- Make copies of your vital records and store them in a safe location. Keep photos and videotapes of your home and valuables.
- Make sure family members know all the possible ways to get out of your home. Keep all exits clear.
- Make sure your plans include taking care of your pets.
- Purchase a NOAA Weather Radio.

DURING AN EMERGENCY OR DISASTER:

- Keep calm and take time to think. Give assistance where needed and when it is safe to do so.
- Listen to your radio or television for official information and instructions.
- Use the telephone for emergency calls only.
- If you are ordered to evacuate, take your emergency kit and follow official directions to a safe place or temporary shelter.
- If you are ordered to shelter in place, do so immediately and do not go outside until you are told it is safe.

DISASTERS & SPECIAL NEEDS

In a disaster, people with special medical needs have extra concerns. Take the following steps if you or your family members have special medical needs:

-Have an extra three day supply of any medical supplies you use, such as bandages, ostomy bags or syringes.
-For all medical equipment requiring electrical power such as beds, breathing equipment, or infusion pumps – check with your medical supply company and get information regarding a back-up power source such as a battery or generator.
-If you use oxygen, have an emergency supply (enough for at least three day period.)
-Oxygen tanks should be securely braced so they do not fall over. Call your medical supply company regarding bracing instructions.
-Prepare copies of vital medical papers such as insurance cards and power of attorney.
-Store extra batteries for hearing aids, implants, TTY and light phone signaler.
-If hearing impaired, determine how you will communicate with emergency personnel if there is no interpreter or if you don't have your hearing aids. Store paper and pens for this purpose.
-Service animals may become confused, frightened or disoriented during and after a disaster. Keep them confined or securely leashed or harnessed. A leash/harness is an important item for managing a nervous or upset animal.

COPING WITH ANXIETY

Coping with the uncertainty and stress of disasters can lead to anxiety. It is normal to be worried during a disaster and people can experience changes in their physical, emotional or mental state during and after emergencies. Here are some tips to help ease the anxiety (Please note that if these reactions seem extreme or last for a long time, the person suffering from the condition should seek help):

- Maintain your normal routine, if possible
- Avoid drugs and excessive drinking
- Exercise, eat well and get enough sleep
- Stay in touch with family and friends
- Limit your exposure to graphic news stories
- If you can, help others
- Learn more about the specific hazard
- Keep a sense of humor
- Share your concerns with others
- Stay active physically and mentally
- Get accurate, timely information from reliable sources

When an emergency happens, it is important to keep things in perspective. Get reliable information about the event from newspapers, radio and television as well as your health care provider or local health department.

PREPARING YOUR MEDICATION

*Always have a t least a three day supply of all your medications. In some emergencies, such as an influenza pandemic, you may need to prepare a week or more.

*Store your medications in one location in their orginal containers.

*Have a list of all of your medications: name of medication, dose, frequency and the name of the prescribing doctor.

DISASTER PLANNING FOR YOUR PET

Evacuating With Pets

The first rule to remember is, if you evacuate, take your pets. If it is not safe for you, it is not safe for them. Proper planning before a disaster could save your life and that of your pet. If you live in an area which is evacuated, you must make preparations for your family and your pets before the threat of a storm or disaster. Pets should not be left in an empty house or to roam free. Animals turned loose to fend for themselves are likely to become victims of starvations, predators, contaminated food or water, or accidents.

During A Disaster

If you plan to stay home during an evacuation bring your pets inside and prepare an area away from a window. Separate dogs and cats and keep other small pets away from cats and dogs. Make sure that if you have a bird, to keep it caged and cover it with a thin cloth or sheet to provide security and filtered light. Also, fill bathtubs and as many available containers with water for drinking and cooking.

After A Disaster

The first couple of days following the disaster be sure to put a leash on your pets when they go outside until they become familiar with their home again. Familiar scents and landmarks may be altered and your pet may become confused and lost. The behavior of your pets may change after an emergency; normally quiet and friendly pets may become aggressive or defensive. Watch animals closely when outdoors because snakes and other dangerous animals may move into the area. It's also important to keep a close eye on pets outside due to possible downed power lines that are a hazard. Be alert for rotted substances which your pet may find when released into your yard.

DON''T FORGET THE KIT!

Whether you evacuate, stay home or utilize a pet friendly shelter, your furry family member needs a disaster kit.

- Carrier or cage big enough for the pet to stand, stretch and turn around and room for food and water.
- Collar and leash
- Any necessary medication(s)
- Proof of vaccinations
- A five day supply of food and water
- Any special dietary requirements
- Bowls for food and water
- Cat litter pan, litter and litter scooper
- Plastic bags

PREVENTING DAMAGE

Mitigation is taking action to prevent or reduce effects of emergencies or disasters before they occur. By taking action now, residents, governments and businesses can decrease property damage and save lives. There are several grant programs offered by FEMA. These programs help rebuild lives and communities that have been impacted by a major disaster, and to reduce the impact of future disasters through mitigation. Find more information at:

www.fema.gov/media/fact_sheets/mitigation.shtm#1

PROTECT YOUR HOME FROM WIND DAMAGE

Roofs:

If you are replacing your roof, take steps to ensure the new roof covering and the sheathing it attaches to will resist high winds.

Gable:

Brace the end wall of a gable roof properly to resist high winds.

Garage Doors:

Because of their size and construction, garage doors are highly susceptible to wind damage. Some garage doors can be strengthened with retrofit kits.

Exterior Doors and Windows:

The exterior walls, doors and windows are the protective shell of your home. You can protect your home by strengthening doors and windows.

Entry Doors:

Make certain your doors have at least three hinges and a dead bolt security lock with bolt at least one inch long. Anchor door frames securely to wall framing.

PREPARING YOUR POOL

- Never completely drain the pool.
- You do not need to lower the water level in the pool, if you do, close the skimmer calve to prevent damage to the pump when the power is turned on.
- Turn off all electrical power to the swimming pool (pump, motor, lighting, chlorinators). If your filter pump is in an unsheltered area, have the motor removed and stored, or wrap the motor with a plastic bag and tie it securely in place to prevent sand and water from entering the motor.
- Remove loose items from the pool area. It is not advisable to throw patio furniture or accessories into the pool. Furniture may chip and damage the pool finish and the pool chemicals will have an adverse effect on the furniture.
- Add extra chlorine to your pool to prevent contamination. The pool provides a handy source of water for washing and flushing if your house water supply fails.
- If your pool area is screened, you may prevent costly damage to the frame structure by removing one or two panels of screen above the chair rail on each side to allow the wind to blow through.

TURNING OFF UTILITIES

Water, gas and electric utilities produce a constant supply to your home and if there is a failure in a pipe, valve, circuit, equipment or an appliance, then uninterrupted flow of any utility source can pose, at a minimum, serious damage to your home and at worst lethal consequences. In case of an emergency all responsible adults in the home should know where and how to operate the main shutoffs. It is also important the area around each utility shutoff is kept clear of obstructions like furniture and storage items or, in the case of an outside shut off, make sure plants have not over grown the area.

TURNING OFF WATER:

You will need to protect the water sources already in your home from contamination if you hear reports of broken water or sewage lines, or if local officials advise you of a problem.

- To close the incoming water source, locate the incoming valve and turn it to the closed position. To use the water in your pipe, let air into the plumbing by turning on the faucet in your home at the highest level. A small amount of water will trickle out. Then obtain water from the lowest faucet in the home.
- To use the water in your hot-water tank, be sure the electricity or gas is off, and open the drain at the bottom of the tank. Start the water flowing by turning off the water intake valve at the tank and turning on the hot water faucet. Refill the tank before turning the gas or electricity back on. If the gas if turned off, a professional will be needed to turn it back on.

TURNING OFF NATURAL GAS:

- Because there are different gas shut-off procedures for different gas meter configurations, it is important to contact your local gas company for guidance on preparations and response regarding gas appliances and gas service to your home.
- Be sure not to actually turn off the gas when practicing the proper gas shut-off procedure.
- If you smell gas or hear a blowing or hissing noise, open a window and get everyone out quickly. Turn off the gas, using the outside main valve if you can, and call the gas company from neighbor's home.
- Caution: if you turn off the gas for any reason, a qualified professional must turn it back on. NEVER attempt to turn the gas back on yourself.

TURNING OFF ELECTRICITY:

- Locate your electricity circuit box.
- Flip the breaker fully to the off position.
- FOR YOUR SAFETY: always shut off all the individual circuits before shutting off the main circuit breaker.

YOUR TREES & THE NEXT STORM:

Are you and your trees safe from the possible wrath of Mother Nature? Thousands of trees and communities are damaged annually by heavy winds and rains. But yours can be spared from the worst damage by following a few practical suggestions from the International Society of Arboriculture.

PRE STORM TREE PREPARATION:

Look for Potential Hazards: Investigate the condition of your trees. You or a certified arborist should look for damage such as cracks in the trunk or major limbs, hollow, aged , and decayed trees; hanging branches; improperly formed branches, one-sided or significantly leaning trees, and branches that may potentially rub the house.

KNOW YOUR TREE SPECIES:

Some species are more prone to storm damage.

DO NOT TOP YOUR TREES:

Untrained individuals may urge you to cut back all of the branches on the mistaken assumption that it will help avoid breakage in future storms. However, professional arborists say that "topping," the cutting of main branches back to stubs, is extremely harmful and unhealthy for your trees. Stubs will often grow back many weakly attached branches that are higher and are more likely to break when a storm strikes. Also, topping will reduce the amount of foliage, on which the tree depends for the food and nourishment needed for re-growth. A topped tree that has already sustained major storm damage is more likely to die than repair itself.

PURIFYING WATER FOR DRINKING & COOKING

There are two primary ways to treat water: boiling and adding bleach. If tap water is unsafe because of water contaminations from flooding, boiling is the best method.

BOILING

- Fill a large pot with water after straining the water through a coffee filter or cheesecloth to remove dirt and other particles.
- Bring the water to a rolling boil and keep it boiling for three minutes.
- Pour the water into a disinfected drinking water bottle.
- Store in the refrigerator, if possible.

USING BLEACH

- Strain the water through a coffee filter or cheesecloth to remove dirt and other particles.
- It is easiest to use gallon size drinking water containers to calculate the correct chlorine bleach solution.
- Pour a mixture of 1/8 teaspoon or 16 drops of pure, unscented, household chlorine bleach into a gallon size, purified drinking water container. Let this stand at least 30 minutes before drinking water.
- If the water is still cloudy after 30 minutes, you may add an additional 1/8 teaspoon or 16 drops of chlorine bleach to the gallon size container. Let the water stand another 30 minutes.
- If the water is still cloudy after the second treatment do not drink the water.
- CAUTION: Do not use more chlorine bleach than recommended because excessive amounts can be poisonous!

WELL WATER SAFETY

Heavy rainfall and flooding may cause some drinking water from private wells to become unsafe. The Oneida County Health Department urges the following precautions:

- If you are unsure about the impact of flooding on your well water, either use bottled water, or boil or disinfect all the water you use for drinking, making beverages, cooking, brushing your teeth, washing dishes, and washing areas of the skin that have been cut or injured.
- If your well has been flooded, please call Oneida County Health Department at (315) 798-6400 for information on how to sample your water and where to bring the sample for bacteriological testing.

FLOODING AND SEPTIC TANKS

If your septic tank has been flooded, it is likely that your toilets will not flush. Flushing may cause the untreated sewage to back-up into your home. Therefore, it is safest to wait until the water recedes before trying to flush toilets. Depending on the amount of flooding or damage to your system, you may need to have professional repair or service once the water recedes and the ground is less saturated. For questions about septic tanks, please call Oneida County Health Department at (315) 798-6400.

FEMA DISASTER ASSISTANCE PROCESS:

Once an area has been Presidentially declared a disaster:

1. Apply online by visiting www.disasterassistance.gov and clicking the "Online Individual Assistance Center" link (hearing/speech impaired ONLY - call 1-800-462-7585).
2. Within about 10 days after you have applied for help, and if an inspection is required to process your application, an inspector will contact you to make an appointment to visit your property. In some cases you may be contacted the same day that you apply. The inspector will visit your property to assess the damage related to the disaster. There is no fee for the inspection. Inspectors are contractors, not FEMA employees, but your inspector will have FEMA identifications. You must be present for your scheduled appointments. You must have proof of ownership and occupancy to show the inspector.
3. Within about 10 days of the inspector's visit, you will receive a letter informing you of the decision on your request for help.

PREPARING FOR POWER OUTAGES

When power interruptions or blackouts occur, people lose their sources of light, heat and water. Safety is a concern in a power blackout situation. A storm, an accident or widespread loss of electrical distribution system capacity can cause an extended power outage. Here are some things to do if you know there is a chance of power blackouts:

- If you use life-sustaining electrical equipment, pre-register with the special needs shelter
- Consider purchasing a small generator or know where to rent one if you use life-sustaining equipment that requires electrical power.
- Post the telephone number of the new construction, repairs and power outage listing of your local utility.
- Prepare a power outage kit. For short outages, consider having glow light sticks, flashlights, battery-powered radio, extra batteries and a wind-up clock on hand.
- Have a corded phone available (cordless phones do not work without power).
- Unplug computers and other voltage sensitive equipment to protect them against possible surges (even if you have surge protectors) when power is restored.

- If you own an electrical garage door opener, learn how to open it without power.
- Make sure you have an alternate heat source and a supply of fuel.
- When installing large home generators, follow the manufacturer's instructions and have it inspected by the utility company and the county inspection and code compliance department.

WHEN THE OUTAGE COULD BE LENGTHY:

- Report power outages to your utility company.
- Once you report your outage, do not use your telephone or cell phone. Phone lines are needed for emergency use. Do not call 9-1-1 unless you have an emergency and need a response from police, fire, or emergency medical personnel.
- If power is out in the neighborhood, disconnect all electrical heaters and appliances to reduce initial demand and protect the motors from possible low voltage damage.
- If you leave home, turn off or unplug heat-producing appliances.
- Stay away from downed transmission lines and report them to your utility company. (This would be an accepted emergency use of your phone)
- Conserve water, especially if you are on a well.
- Keep doors, windows and draperies closed to retain heat in your home if the outage occurs in the fall or winter.
- Keep refrigerator and freezer doors closed, especially in summer. If the door remains closed, a fully loaded freezer can keep foods frozen for two days. Carefully check thawed food for contamination, and when in doubt, throw it out.
- Be extremely careful of fire hazards from candles or other flammable light sources.
- When using kerosene heaters, gas lanterns or stoves inside the house, maintain ventilation to avoid a build-up of toxic fumes.
- If your house is not pre-wired for proper generator connection, connect lights and appliances directly to a generator, not an existing electrical system.
- Leave one light switch in the on position to alert you when service is restored.

Please Do Not Call 9-1-1 to report power outages. Power Outages should be reported to National Grid at (1-800-892-2345).

DISASTER PLANNING FOR THE FARM

The time to prepare for disasters is before they occur. Plans should be made, written and kept in a safe place that is quickly accessible. The first step in planning is to determine what type of disaster could impact the farm. Once you consider the risks, then decisions can be made about what actions can be taken in advance, and what actions would need to be taken once the disaster occurs.

Mitigation:

Hazard mitigation is defined as any action taken to eliminate or reduce the long-term risk of life and property from natural or technological hazards. Some examples of mitigation might be tying down building or barns with ground anchors to withstand wind damage, redirecting the impact away from a vulnerable area by digging water channels or planting vegetation to absorb water, or constructing berms, levees or permanent barrier to control flooding. The farm and buildings should be assessed to figure out what mitigation procedures should be followed based on the hazard risk.

These procedures could include:

- Building or repairing barns and buildings so they exceed building codes, constructing or moving buildings to high ground, replacing or covering glass windows and doors with sturdier materials, keeping drainage furrows sodded; cleaning or moving trash piles, moving or storing toxic chemicals, pesticides, herbicides in secured areas to prevent their washing onto pastures where animals could be exposed or where chemicals could wash into streams or contaminate food supplies; securing loose items, and draining or building levees around ponds that could flood.
- Important papers that contain emergency contacts and suppliers should be part of your plan. Supplies that may be needed during or after the disaster should be obtained and readily available after the disaster. Animals should be kept current on all vaccinations and booster shots and written record should be kept. Disruption in the environment could cause an increase in infectious disease spread so proper vaccination could protect the animals.
- If evacuation of farm animals is being considered, then the evacuation procedures, places and routes should be in the plan. Since all animals may not be able to be evacuated, owners should decide before the disaster which animals are the most important to save. Animal evacuation should not interfere with human evacuation routes. Places where the animals will be taken should be decided in advance and arrangements made. Feed and water supplies should be available. Animals should be photographed and permanently identified.

Preparing The Farm

Planning ahead can minimize damage to livestock, property and recovery time. You should:

- Establish escape routes for cows, horses, sheep and other livestock to higher elevation in case of flooding.
- Drive large animals out of barns that may be flooded. They will often seek shelter in barns in emergency situations.
- Make sure livestock have a good source of food and water.
- Move hay, machinery, fuels, pesticides, fertilizers and other chemicals out of flood prone areas.
- Turn off electrical power to machines, barns, and other structures that may become damaged or flooded.
- Secure loose items, such as lumber, logs, pipes, machinery parts, and tools.

Disaster Supply Kit

In addition to family disaster kits, agriculture producers should also keep on hand additional supplies to protect the farm. These include:

- Sandbags and plastic sheeting, in case of a flood
- Wire and rope to secure objects
- Lumber and plywood to protect windows
- Extra fuel for tractors and vehicles stored in a safe location
- Hand tools to assist in preparation and recovery
- Fire extinguishers at all barns and in all vehicles
- A safe supply of food to feed livestock
- A gas-powered generator in case of power failure

GENERATOR SAFETY

Having a portable generator can make the days after a storm much more bearable. However, they can be hazardous. Generator safety and proper handling is imperative for everyone who operates one. Because it runs on gas, (which can cause carbon monoxide poisoning) always remember to never operate a generator indoors, whether it's in your home, garage, basement, or other enclosed or partially enclosed areas. Carbon monoxide can accumulate in the attic or extra roof space of your home. Be sure to keep the generator dry. Only operate it on a dry surface under an open, canopy-like structure. Before touching the generator make sure your hands are dry.
Before refilling the gas tank, turn it off and let it cool. It should not be refilled while the generator is running. Fuel spilled on hot engine parts could ignite and cause a fire. Check your oil every time you re-fuel and store any extra fuel away from any fuel-burning appliances.
Plug appliances directly into a generator starting with the largest electric appliance first; then plug in other items, one at a time or use a heavy-duty, outdoor-rated extension cord. Make sure the entire extension cord is free of cuts or tears and the plug has all three prongs, especially a grounding pin. Grounding the generator is recommended to help prevent accidental electrical shock. NEVER plug the generator into a wall outlet. The only safe way to connect a generator to house wiring is to have a qualified electrician install a power transfer switch. A generator is something everyone should keep in their home or workplace in case of a disaster. It can keep the lights and fans running as well as other important necessities such as refrigerators, freezers, microwaves, stoves, security alarm systems, garage door openers, air conditioners, washer and dryers, televisions and DVD players, gaming equipment and computers. After a disaster, a generator can be used to run your outdoor power equipment when cleanup is needed. There are two types of generators to consider, portable and standby.

ITEMS YOU WILL NEED TO OPERATE A GENERATOR

CO DETECTOR

This will protect you from any possible exposure to carbon monoxide fumes while the portable generator is in use. The price range starts at about $20 to protect different rooms in your home.

GAS CANS

It is a good idea to have some extra gas cans so you don't run out of gas for your generator.

EXTENSION CORDS

You should always have these in your home because they can be used for a wide variety of household operations. Heavy duty 12 or 14-gauge grounded (3-prong) of GFCI cords work great with operation of a generator.

INVERTERS

With this continuous source of backup power, you are able to maintain power to your home from your car.

FUEL STABILIZERS & LUBRICANTS

The stabilizer is used to prevent stale gas from forming due to a long storage period. It is best to change the oil after the first five hours of operation, then after every 50 hours of use.

STANDBY OR PORTABLE GENERATOR?

Standby generators are for people who experience long power outages or have special requirements for continuous power. These can provide anywhere from 10 to 30 kilowatts.
Portable generators can be easily stored and start around $350. They run off a gasoline engine and can power a limited amount of appliances using extension cords. These types of generators provide 2 to 8 kilowatts, which is about 8 to 12 hours of power.

HAZMAT INCIDENTS & YOU

Chemicals are found everywhere. They purify drinking water, increase crop production, and simplify household chores. But chemicals also can be hazardous to humans or the environment if used or released improperly. Hazards can occur during production, storage, transportation, use or disposal. Whether it be an accidental chemical release or an intentional attack, be prepared by knowing what to do before, during and after a chemical/hazardous materials incident that affects your area. Your local emergency management office is equipped with an automated phone system that will be used to notify you and provide instructions for these types of incidents. If you witness a chemical/hazardous incident, call 9-1-1 as soon as possible.

WHAT TO DO BEFORE CHEMICAL DISASTERS

Know what your threats are in the community:

- Contact Your Local Emergency Planning Council
- Contact Your Local Emergency Management Office

WHAT TO DO DURING CHEMICAL DISASTERS

Know your evacuation routes and evacuate if told to do so.

- Shelter in place if told to do so.
- Keep your disaster kit with you in your safe room.
- Listen to local radio or television stations for detailed information and instructions.
- Remember that some toxic chemicals are odorless.

WHAT TO DO AFTER CHEMICAL DISASTERS

- Return home or go outside only when told it is safe to do so by local authorities.
- Open windows and vents and turn on fans to provide ventilation.
- Follow decontamination instructions from local authorities.
- Seek medical treatment for symptoms related to hazardous materials.
- If medical assistance is not immediately available and you are contaminated, remove your clothes and place in a plastic bag or sealed container and dispose of as told to by local authorities, take a shower and put on clean clothes.
- Remember that eyeglasses, contacts and hearing aides may be contaminated and must be cleaned properly or disposed of.
- Seek information from local authorities on how to clean your property.
- Continue to monitor your television and radio for current information.

IF YOU RECEIVE A BOMB THREAT

Get as much information from the caller as possible. Keep the caller on the line and document everything that is said. Notify law enforcement and building management.

TERRORISM ADVISORY SYSTEM

On April 26, 2011 the federal government announced that the National Terrorism Advisory System will replace the color-coded Homeland Security Advisory System. The NTAS will more effectively communicate information about terrorist threats by providing timely, detailed information to the public, government agencies, first responders, airports and other transportation hubs, and the private sector. The NTAS recognizes that Americans all share responsibility for the nation's security, and should always be aware of the heightened risk of terrorist attack in the United States and what they should do.

HOW THE ALERTS WILL BE ISSUED

After reviewing available information, the Secretary of Homeland Security will decide, in coordination with other Federal entities, whether an NTAS Alert should be issued. NTAS Alerts will only be issued when credible information is available.

WHAT AN ALERT WILL INCLUDE

NTAS Alerts will include a clear statement that there is an imminent threat or elevated threat. Using available information, the alerts will provide a concise summary of the potential threat, information about actions being taken to ensure public safety, and recommended steps that individuals, communities, businesses and governments can take to help prevent, mitigate or respond to the threat. NTAS Alerts will be based on the nature of the threat; in some cases, alerts will be sent directly to law enforcement or affected areas of the private sector, while in others, alerts will be issued more broadly to the American people through both official and media channels. Each alert will provide information to the public about the threat, including, if available, the geographic region, mode of transportation, or critical infrastructure potentially affected by the threat, protective actions being taken by authorities, and steps that individuals and communities can take to protect themselves and their families, and help prevent, mitigate or respond to the threat.

ALERT ANNOUNCEMENTS

Local EMAs, news media and the public can choose to receive NTAS Alerts via one or more of the following channels:

- Via the official DHS NTAS webpage - http://www.dhs.gov/alerts
- Via email signup at - http://www.dhs.gov/alerts
- Via social media
- Facebook - search NTASAlerts
- Twitter - search NTASAlerts
- Via data feeds, web widgets and graphics
- http://www.dhs.gov/alerts

ALERT PERIOD

An individual threat alert will be issued for a specific time period and then it will automatically expire, although it may be extended if new information becomes available or the threat evolves. NTAS Alerts will include a specific date when the alert expires - there will not be a constant NTAS Alert or blanket warning that there is an overarching threat. If threat information changes for an alert, the Secretary of Homeland Security may announce an updated NTAS Alert. All changes, including the announcement that cancels an NTAS Alert, will be distributed the same way as the original alert.

TERRORISM INFORMATION

Terrorism information and intelligence will be based on the collection, analysis and reporting of a range of sources and methods. While intelligence may indicate that a threat is credible, specific details may still not be known. As such, Americans should continue to stay informed and vigilant throughout the duration of an NTAS Alert.

"SEE SOMETHING, SAY SOMETHING"

As always, it is critical to the success of NTAS for citizens and local jurisdictions to report suspicious activity to their local law enforcement authorities.

Visit www.dhs.gov/ifyouseesomethingsaysomething to learn more about the "If You See Something, Say Something™" campaign.

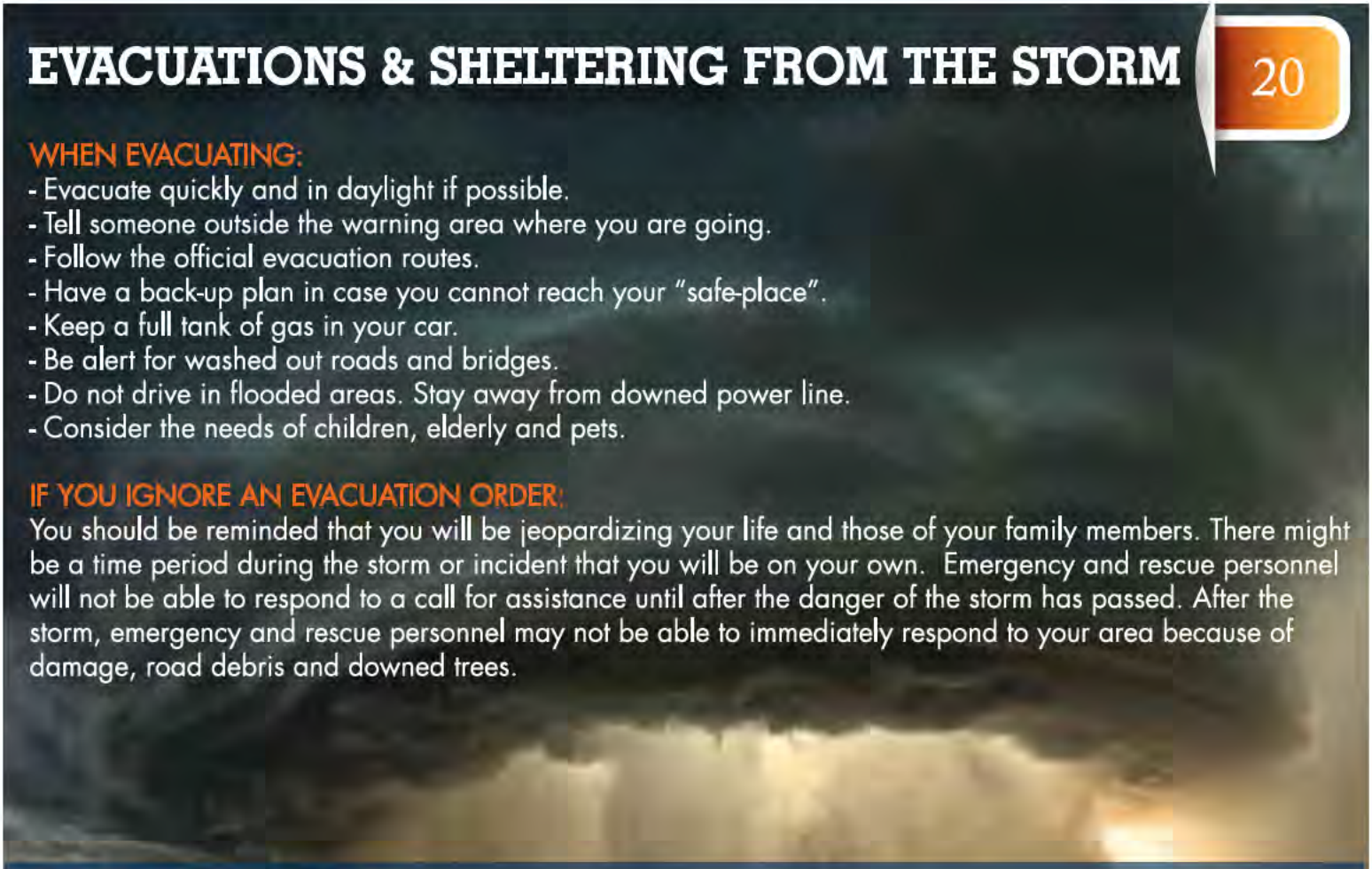
NTAS ALERT CATEGORIES

NTAS Alerts are organized into the following two threat categories:

Imminent Threat Alert - Warns of a credible, specific, and impending terrorist threat against the United States.

Elevated Threat Alert - Warns of a credible terrorist threat against the United States.

EVACUATIONS & SHELTERING FROM THE STORM



WHEN EVACUATING:

- Evacuate quickly and in daylight if possible.
- Tell someone outside the warning area where you are going.
- Follow the official evacuation routes.
- Have a back-up plan in case you cannot reach your "safe-place".
- Keep a full tank of gas in your car.
- Be alert for washed out roads and bridges.
- Do not drive in flooded areas. Stay away from downed power line.
- Consider the needs of children, elderly and pets.

IF YOU IGNORE AN EVACUATION ORDER:

You should be reminded that you will be jeopardizing your life and those of your family members. There might be a time period during the storm or incident that you will be on your own. Emergency and rescue personnel will not be able to respond to a call for assistance until after the danger of the storm has passed. After the storm, emergency and rescue personnel may not be able to immediately respond to your area because of damage, road debris and downed trees.

SHELTERING FROM THE STORM

When your home is not safe:

Buildings used for evacuation shelters are normally public schools that are staffed by specially trained American Red Cross volunteers and staff. Shelters are generally crowded, usually uncomfortable (especially when the power goes off because there is no ventilation), have long lines to use restrooms and get food, and are very noisy, making it difficult to rest or sleep. Keep in mind you may have to stay in the shelter for several days.

DON'T WAIT

Downed power lines, trees and flooding may make it difficult, if not impossible, to reach shelters during a disaster. Allow for adequate time to reach a shelter before winds and rain become severe.

WHAT TO TAKE TO A SHELTER:

If you go to a public evacuation shelter, you will need to take:

- A change of clothing, rain gear and sturdy shoes.
- Toiletries and personal items.
- Blankets or sleeping bags.
- Identification and any important papers.
- Games or toys for children; books for adults.
- Special items for infants or elderly family members.
- Any special dietary needs and nonperishable foods for snacks.
- Battery operated radio, flashlights and plenty of spare batteries.
- Prescription medications or any over-the-counter medications you normally take.
- Health insurance and pharmacy cards.

SHELTERING IN PLACE

Whether you are at home, work or elsewhere, there may be situations when it's simply best to stay where you are and avoid any uncertainty outside. There are other circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as "sheltering in place," is a matter of survival. Use available information to assess the situation. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to take this kind of action.

The process used to seal the room is considered a temporary protective measure to create a barrier between you and potentially contaminated air outside. It is a type of sheltering in place that requires preplanning. If you are told to shelter in place, take your children and pets indoors immediately and:

- 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 disaster supply 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 greatest risk in your community. *Source: www.ready.gov and American Red Cross*

WHAT IF I AM IN MY CAR?

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.*

CLEANING UP AFTER A DISASTER

After a severe storm, residents should follow regular service schedules and watch for service changes published in the local news media. Storm debris should be prepared for pickup as quickly as possible since special collection may be available only for a limited time. After the designated time, debris will be the responsibility of the property owner. The debris and damage left behind by a disaster can carry hidden dangers and hazards. Follow these safety tips when cleaning up:

- Always wear gloves and work boots when cleaning or removing debris.
- Discard unsafe food.
- Open windows to provide ventilation.
- Remove wet contents including carpet, furniture and building materials.
- Do not allow children to play in or around debris piles. Check play areas for hazards.
- Do not try to move any displaced propane tanks. Get in touch with fire officials to provide them the location of these tanks.
- Mold growth can be removed from hard surfaces with commercial products, soap and water, or a bleach solution of no more than one cup of bleach in one gallon of water. Never mix bleach with ammonia or other household cleaners; mixing can produce dangerous, toxic fumes.

PLEASE SEPARATE STORM DEBRIS INTO THESES CATEGORIES:

Household Garbage: Perishable items, such as food and normal household waste, will be collected by your regular garbage service provider. This type of garbage will have priority service. Service may be interrupted due to road closures.

Yard Debris: All yard waste must be placed on the right of way. To decrease debris on the roadways, leaves, plants and small branches should be contained in a garbage bag or can. Limbs should be stacked and must be less than four feet long, 12 inches across or 60 pounds. Larger tree sections/limbs may be collected as expanded service after a declared disaster.

Construction debris & bulk items: Storm damage bulk items, such as large furniture and materials relating to building construction, may be collected as an extension of services. Construction debris is not included in normal collection service.

CHAIN SAW SAFETY:

- Become familiar with the recommended safe operational procedures before attempting to work with a chain saw.
- Be sure that you are in top physical and mental condition when operating dangerous machinery.
- Medications and alcohol can cause you to be a hazard to yourself and others when working with chain saws.
- Equip yourself with protective clothing and equipment including safety goggles, hearing protection, steel-toed shoes, hard hat, gloves and close-fitting clothing.
- Always avoid making cuts with the saw between your legs; always cut with the saw to the outside of your legs.
- Don't stand on a log and saw between your feet.
- Always stand to one side of the limb you are to cut, never straddle it.
- Always keep in mind where the chain will go if it breaks; never position yourself or other people in line with the chain.
- Keep the chain out of the dirt; debris will fly, the teeth will be dulled and the chain life shortened considerably.

WHEN TEMPERATURES ARE EXTREME

EXTREME HOT WEATHER

WHAT TO DO BEFORE EXTREME HOT WEATHER:

- Install window air conditioners snugly; insulate if necessary.
- Check air-conditioning ducts for proper insulation.
- Install temporary window reflectors between window and drapes to reflect heat back outside, such as aluminum foil covered cardboard.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers. Outdoor awnings can reduce the heat that enters a home by up to 80 percent.
- Install storm windows.

WHAT TO DO DURING EXTREME HOT WEATHER:

- Listen to television or radio for current information.
- Stay indoors as much as possible and limit exposure to the sun.
- Stay on the lowest level out of the sunshine, if air conditioning is not available.
- Consider spending the warmest part of the day in public buildings such as libraries, movie theaters, shopping malls and other community facilities
- Dress in light weight, light-colored clothing.
- Use sun screen to avoid sun burn, and consider wearing a hat and sunglasses.
- Never leave a pet or child in an unattended vehicle.
- Drink plenty of water and eat well balanced, light and regular meals.
- Make sure pets have plenty of water.
- During prolonged heat waves, check on elderly or disabled family, friends and neighbors.

WHAT TO DO AFTER EXTREME HOT WEATHER:

- Restock supplies.
- Monitor television and radio for current and future weather information.

EXTREME COLD WEATHER

WHAT TO DO BEFORE EXTREME COLD WEATHER:

- Have your home heating source checked out. Loss of lives and damage to homes tend to increase during the winter months due to unsafe use or operating condition of home heating systems.
- Store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.
- Winterize your home by insulating walls and attics and weather-stripping doors and windows or covering them with plastic.
- Insulate pipes using insulation or newspaper and plastic.
- Allow faucets to drip a little during cold weather to avoid freezing.
- Learn how to shut off water valves (in case pipes burst).
- Be sure to check your vehicles maintenance and antifreeze levels to avoid freezing.
- Install smoke and carbon monoxide alarms in your home.
- Purchase a NOAA Weather Radio.

WHAT TO DO DURING EXTREME COLD WEATHER:

- Stay indoors and use safe heating sources.
- Check on elderly or disabled family members, friends or neighbors.
- Wear several layers of loose fitting, lightweight; warm clothing rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent.
- Keep space heaters away from flammable materials.
- Drink plenty of liquids and eat high calorie foods.
- Seek medical attention if frost-bite or hypothermia is suspected.
- Listen to your television and radio for weather updates.

WHAT TO DO AFTER EXTREME COLD WEATHER:

- Seek medical attention if needed.
- Restock supplies and recheck preparations for the next event.
- Monitor television and radio for weather conditions and current information.

PREPARING FOR WINTER STORMS

TO PREPARE FOR A WINTER STORM, YOU SHOULD DO THE FOLLOWING:

Before winter approaches, add the following supplies to your emergency kit:

- Rock salt or more environmentally safe products to melt ice on walkways. Visit the Environmental Protection Agency for a complete list of recommended products.
- Sand to improve traction.
- Snow shovels and other snow removal equipment.
- Sufficient heating fuel. You may become isolated in your home and regular fuel sources may be cut off. Store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.
- Adequate clothing and blankets to keep you warm.
- Make a Family Communications Plan. Your family may not be together when disaster strikes, so it is important to know how you will contact one another, how you will get back together and what you will do in case of an emergency.
- Listen to a NOAA Weather Radio or other local news channels for critical information from the National Weather Service (NWS). Be alert to changing weather conditions.
- Minimize travel. If travel is necessary, keep a disaster supplies kit in your vehicle.
- Bring pets/companion animals inside during winter weather. Move other animals or livestock to sheltered areas with non-frozen drinking water.

FAMILIARIZE YOURSELF WITH THESE TERMS TO HELP IDENTIFY A WINTER STORM HAZARD:

- Freezing Rain - Rain that freezes when it hits the ground, creating a coating of ice on roads, walkways, trees and power lines.
- Sleet - Rain that turns to ice pellets before reaching the ground. Sleet also causes moisture on roads to freeze and become slippery.
- Winter Weather Advisory - Winter weather conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening.
- Winter Storm Watch - A winter storm is possible in your area. Tune in to NOAA Weather Radio, commercial radio, or television for more information.
- Winter Storm Warning - A winter storm is occurring or will soon occur in your area.
- Blizzard Warning - Sustained winds or frequent gusts to 35 miles per hour or greater and considerable amounts of falling or blowing snow (reducing visibility to less than a quarter mile) are expected to prevail for a period of three hours or longer.
- Frost/Freeze Warning - Below freezing temperatures are expected.

WINTERIZE YOUR VEHICLE

CHECK OR HAVE A MECHANIC CHECK THE FOLLOWING ITEMS IN YOUR CAR:

ANTI FREEZE LEVELS — Ensure they are sufficient to avoid freezing.

BATTERY & IGNITION SYSTEM — Should be in top condition and battery terminals should be clean.

THERMOSTAT — Ensure it works properly.

WINDSHIELD WIPERS — Repair any problems and maintain proper washer fluid level.

HEATER & DEFROSTER — Ensure they work properly.

LIGHTS — Check lights and flashing hazard lights for serviceability.

OIL — Check for level and weight. Heavier oils congeal more at low temperatures and do not lubricate as well.

BRAKES — Ensure they work properly.

FUEL/AIR FILTERS — Replace and keep water out of the system by using additives and maintaining a full tank of gas. A full tank will keep the fuel line from freezing.

EXHAUST SYSTEM — Check for leaks and crimped pipes and repair or replace as necessary. Carbon monoxide is deadly and usually gives no warning.

WINTER TIRES — Make sure the tires have adequate tread. All-weather radials are usually adequate for most winter conditions. However, some jurisdictions require that to drive on their roads, vehicles must be equipped with chains or snow tires with studs.

Update the emergency kits in your vehicles with:

- a shovel
- windshield scraper and small broom
- flashlight
- battery powered radio
- extra batteries
- water
- snack food
- matches
- extra hats, socks and mittens
- first aid kit with pocket knife
- necessary medications
- blanket(s)
- tow chain or rope
- road salt and sand
- booster cables
- emergency flares
- fluorescent distress flag

WINTERIZE YOUR HOME

HOW TO WINTERIZE YOUR HOME:

- Winterize your home to extend the life of your fuel supply by insulating walls and attics, caulking and weather-stripping doors and windows, and installing storm windows or covering windows with plastic.

- Winterize your house, barn, shed or any other structure that may provide shelter for your family, neighbors, livestock or equipment. Clear rain gutters; repair roof leaks and cut away tree branches that could fall on a house or other structure during a storm.

- Maintain heating equipment and chimneys by having them cleaned and inspected every year.
- Insulate pipes with insulation or newspapers and plastic and allow faucets to drip a little during cold weather to avoid freezing. Running water, even at a trickle, helps prevent pipes from freezing.

- All fuel-burning equipment should be vented to the outside and kept clear.

- Keep fire extinguishers on hand, and make sure everyone in your house knows how to use them. House fires pose an additional risk, as more people turn to alternate heating sources without taking the necessary safety precautions.

- Learn how to shut off water valves (in case a pipe bursts).

- Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.

- Hire a contractor to check the structural ability of the roof to sustain unusually heavy weight from the accumulation of snow - or water, if drains on flat roofs do not work.

DURING WINTER STORMS & EXTREME COLD

DURING WINTER STORMS AND EXTREME COLD:

- Stay indoors during the storm.
- Walk carefully on snowy, icy, walkways.
- Avoid overexertion when shoveling snow. Overexertion can bring on a heart attack—a major cause of death in the winter. If you must shovel snow, stretch before going outside.
- Keep dry. Change wet clothing frequently to prevent a loss of body heat. Wet clothing loses all of its insulating value and transmits heat rapidly.
- Watch for signs of frostbite. These include loss of feeling and white or pale appearance in extremities such as fingers, toes, ear lobes, and the tip of the nose. If symptoms are detected, get medical help immediately.
- Watch for signs of hypothermia. These include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. If symptoms of hypothermia are detected, get the victim to a warm location, remove wet clothing, warm the center of the body first and give warm, non-alcoholic beverages if the victim is conscious. Get medical help as soon as possible.
- Drive only if it is absolutely necessary. If you must drive: travel in the day; don't travel alone; keep others informed of your schedule; stay on main roads and avoid back road shortcuts.
- Let someone know your destination, your route, and when you expect to arrive. If your car gets stuck along the way, help can be sent along your predetermined route.
- If the pipes freeze, remove any insulation or layers of newspapers and wrap pipes in rags. Completely open all faucets and pour hot water over the pipes, starting where they were most exposed to the cold (or where the cold was most likely to penetrate).
- Maintain ventilation when using kerosene heaters to avoid build-up of toxic fumes. Refuel kerosene heaters outside and keep them at least three feet from flammable objects.
- Conserve fuel, if necessary, by keeping your residence cooler than normal. Temporarily close off heat to some rooms.
- If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55°F.

DRESS FOR THE WEATHER

If you must go outside, wear several layers of loose-fitting, lightweight, warm clothing rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent.

- Wear mittens, which are warmer than gloves.
- Wear a hat. A hat will prevent loss of body heat.
- Cover your mouth with a scarf to protect your lungs.

STRANDED IN A VEHICLE

If a blizzard traps you in the car:

- Pull off the highway. Turn on hazard lights and hang a distress flag from the radio antenna or window.
- Remain in your vehicle where rescuers are most likely to find you. Do not set out on foot unless you can see a building close by where you know you can take shelter. Be careful; distances are distorted by blowing snow. A building may seem close, but be too far to walk to in deep snow.
- Run the engine and heater about 10 minutes each hour to keep warm. When the engine is running, open a downwind window slightly for ventilation and periodically clear snow from the exhaust pipe. This will protect you from possible carbon monoxide poisoning.
- Exercise to maintain body heat, but avoid overexertion. In extreme cold, use road maps, seat covers, and floor mats for insulation. Huddle with passengers and use your coat for a blanket.
- Take turns sleeping. One person should be awake at all times to look for rescue crews.
- Eat regularly and drink ample fluids to avoid dehydration, but avoid caffeine and alcohol.
- Be careful not to waste battery power. Balance electrical energy needs - the use of lights, heat, and radio with supply.
- Turn on the inside light at night so work crews or rescuers can see you.
- If stranded in a remote area, stomp large block letters in an open area spelling out HELP or SOS and line with rocks or tree limbs to attract the attention of rescue personnel who may be surveying the area by airplane.
- Leave the car and proceed on foot - if necessary - once the blizzard passes.

After Winter Storms and Extreme Cold

- Go to a designated public shelter if your home loses power or heat during periods of extreme cold. Text SHELTER + your ZIP code to 43362 (4FEMA) to find the nearest shelter in your area
- Continue to protect yourself from frostbite and hypothermia by wearing warm, loose-fitting, lightweight clothing in several layers. Stay indoors, if possible.

Source: http://www.ready.gov/winter-weather

PREPARING FOR FLOODS

THE MOST COMMON NATURAL DISASTER

Floods are the most common natural disaster in the United States. Three fourths of all presidential disaster declarations are associated with flooding. In most years it causes more damage than any other severe weather related event.

Although many floods are caused by huge storms like hurricanes, more floods occur every day and can result from small, localized events, such as a typical afternoon thunderstorm.

Unfortunately, most flood fatalities are not due to limitations in the forecast system. All too often, people in vehicles literally drive into harm's way. As little as two feet of water can float an average car. While it may appear that water is not deep enough to cause problems, there is almost no way of knowing if the roadbed itself has been eroded or undermined.

WHAT TO DO BEFORE A FLOOD:

- Understand "Watch" and "Warning" terms
- Determine if you are in a flood prone area.
- Purchase a NOAA Weather Radio.
- Know how to shut off utilities.
- Purchase flood insurance.
- Keep your car filled with gas.
- Make plans to care for your pets in case you must evacuate.

WHAT TO DO DURING HEAVY RAINS:

- Know what low lying areas near your home are subject to flooding such as creeks, drainage channels, streams and bayous.
- Do not try to walk or drive through flooded areas.
- Stay away from moving water. Moving water six inches deep can sweep you off your feet.
- Evacuate if advised or if you feel threatened.
- If you have time, turn off all utilities at the main switch and move all valuables to a higher floor if possible, but only if you have time.
- If you're caught in the house by suddenly rising waters, move to the second floor and/or the roof. Take warm clothing, a flashlight and radio with you. Do not try to swim to safety. Wait for help. Resuce teams will be looking for you.
- Monitor radio and TV for current information as well as keep a disaster kit handy.

WHAT TO DO AFTER A FLOOD:

- Stay away from flooded areas.
- When flood waters recede, watch out for weakened surfaces.
- Keep away from downed power lines, especially near water.
- Monitor radio and TV for current information.
- If you evacuate, return home only when authorities advise that it is safe.
- Call your insurance agent. Have your policy and list of possessions handy to simplify the adjuster's work.
- When it is safe to return home, be sure your house is not in danger of collapsing before entering.
- Open windows and doors to let air circulate.
- Take photos to record the damage.
- Throw out perishable foods; hose down appliances and furniture, even if they have been destroyed. You need to keep these for the adjuster's inspection.
- Shovel out mud while it is still wet.
- Have your water tested before using.
- Wear gloves and boots when cleaning.
- Make any temporary repairs necessary to stop further losses from the elements and to prevent looting.

LIGHTNING SAFETY

Lightning is one of the most underrated severe weather hazards, yet ranks as the second leading weather killer in the United States. More deadly than hurricanes or tornadoes, lightening strikes in America kill an average of 73 people and insure 300 others each year, according to NOAA's National Weather Service.

WHAT TO DO BEFORE A SOTRM WITH LIGHTNING

-Remove dead or rotting trees and branches that could fall and cause injury or damage during a severe thunderstorm.
-Remember the 30/30 lightening safety rule: Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder.
-Postpone outdoor activities.
-Get inside a home, building, or hard top automobile (not a convertible). Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.
-Remember, rubber-soled shoes and rubber tires provide NO protection from lightening. However, the steel frame of a hard-topped vehicle provides increased protection if you are not touching metal.
-Secure outdoor objects that could blow away or cause damage.
-Shutter windows and secure outside doors. If shutters are not available, close window blinds, shades, or curtain.
-Avoid showering or bathing. Plumbing and bathroom fixtures can conduct electricity.
-Use a corded telephone only for emergencies. Cordless and cellular telephones are safe to use.
-Unplug appliances and other electrical items such as computers and turn off air conditioners.
- Power surges from lightning can cause serious damage.
-Use your battery-operated NOAA Weather Radio for updates from local officials.

AVOID THE FOLLOWING:

-Natural lightning rods such as a tall, isolated tree in an open area.
-Hilltops, open fields, the beach, or a boat on the water.
-Isolated sheds or other small structures in open areas.
-Anything metal – tractors, farm equipment, motorcycles, golf carts, golf clubs, and bicycles.

WHAT TO DO DURING A STORM WITH LIGHTNING:

-Seek shelter immediately.

IF YOU ARE OUTSIDE:

-Seek shelter in a low area under a thick growth of small trees.
-Go to a low place such as a ravine or valley. Be alert for flash floods.
-Squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. Make yourself the smallest target possible and minimize your contact with the ground. DO NOT lie flat on the ground.

IF LIGHTNING STRIKES A PERSON

Call 9-1-1 for medical assistance immediately.

If the person is not responsive and not breathing, BEGIN CPR IMMEDIATELY. Use an Automatic External Defibrillator (AED) if available.

Check for other injuries – check for burns in two places. The injured person has received an electric shock and may be burned, both where struck and where the electricity left their body. Being struck by lightning can also cause nervous system damage, broken bones, and loss of hearing or eyesight. People struck by lightning carry no electrical charge and cannot shock other people.

TORNADOES & HIGH WIND

LEARN THESE TORNADO DANGER SIGNS:

- An approaching cloud of debris can mark the location of a tornado even if its funnel is not visible.
- Before a tornado hits, the wind may die down and the air may become very still.
- Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

WHAT TO DO DURING A TORNADO:

- Go to an interior or basement room on a lower level.
- In a large building (school, hospital, etc.) go to a pre-designated shelter area or interior hall on lowest level.
- Get under a mattress, sturdy desk or furniture if possible; use arms and hands to protect head.
- In a mobile home, RV or trailer, get out immediately and go to a permanent structure.

WHAT TO DO AFTER A TORNADO:

- Call 9-1-1 to report damage and injuries.
- Be aware of debris and downed power lines.
- Monitor radio and TV for current information.
- Check family for injuries; move injured only if necessary.
- Check on neighbors when it is safe to do so.

IF YOU ARE OUTSIDE DURING A TORNADO:

- Lie flat in a nearby ditch or the lowest lying area and cover your head with your hands.
- Do not get under an overpass or bridge. You are safer in a low, flat location.
- Never try to outrun a tornado in urban or congested areas in a car or truck. Instead, leave the vehicle immediately for safe shelter.
- Watch out for flying debris. Flying debris from tornadoes causes the most fatalities and injuries.

THE ENHANCED FUJITA TORNADO SCALE

Developed in 1971 by T. Theodore Fujita of the University of Chicago

EF0: (65-85 MPH) **Gale Tornado:** Some damage to chimneys. Tree branches broken off. Shallow rooted trees uprooted.

EF1: (86-110 MPH) **Moderate Tornado:** Peels surface off roofs. Mobile homes overturned. Moving autos pushed off roads.

EF2: (111-135 MPH) **Significant Tornado:** Considerable damage. Roofs torn off frame houses. Large trees snapped or uprooted. Light- object projectiles generated.

EF3: (136-165MPH) **Severe Tornado:** Severe damage. Roofs and some walls torn off well constructed homes. Most trees in forests uprooted. Heavy cars lifted off ground.

EF4: (166-200MPH) **Devastating Tornado:** Well constructed houses leveled. Structures blown off weak foundations. Cars thrown and large projectiles generated.

EF5: (200+MPH) **Incredible Tornado:** Strong frame houses lifted off foundations and disintegrated. Automobile sized projectiles fly through the air in excess of 100 MPH. Trees debarked.

THE FLU & YOU

Flu is a serious contagious disease that can lead to hospitalization and sometimes death. In 2009–2010, a new and very different flu virus called "2009 H1N1" spread worldwide causing the first flu pandemic in more than 40 years. Flu is unpredictable, and it is difficult to predict when the next influenza pandemic will occur or how severe it will be. Wherever and whenever a pandemic starts, everyone around the world is at risk.

HOW DOES THE FLU SPREAD?

Most experts think that flu viruses are spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. A person might also get flu by touching a surface or object that has flu virus on it and then touching their own eyes, mouth or nose.

HOW LONG CAN A SICK PERSON SPREAD THE FLU TO OTHERS?

People infected with flu shed virus and may be able to infect others from one day before getting sick to about five to seven days after getting sick. This can be longer in some people, especially children and people with weakened immune systems. This means that you may be able to pass on the flu to someone else before you are sick, as well as while you are sick.

HOW SEVERE IS ILLNESS ASSOCIATED WITH FLU?

Each flu season, different flu viruses spread and affect people differently based on their body's ability to fight infection. Even healthy children and adults can get very sick from the flu and spread it to friends, coworkers, and family. In the United States, thousands of healthy adults and children have to visit the doctor or are hospitalized from flu complications each year. While flu can make anyone sick, certain people are at greater risk for severe illness resulting in hospitalization or death. This includes older adults, young children, people with certain long term health conditions such as asthma, diabetes, and heart disease and women who are pregnant.

PROTECT YOUR FAMILY AND YOURSELF

- Cover your cough and sneeze with tissues, dispose of them properly, and then wash your hands.
- Wash your hands often and well.
- Stay at home if you are ill and minimize exposure to sick persons by staying 3 to 6 feet away.
- Regularly disinfect common surfaces such as phones, remote controls, door knobs, light switches, and toys.
- Get vaccinated yearly.

Most people can treat the flu at home. However, you should seek medical attention if you have the following symptoms:

- Severe or prolonged symptoms, lasting 10 or more days
- Difficult, rapid or painful breathing
- Bluish skin
- Dizziness or fainting
- Return of fever or cough after symptoms have improved
- Dehydration
- Cough with yellow mucus or saliva
- Confusion
- Severe or persistent vomiting
- Worsening of an existing medical condition

Everything you need to know about hand washing you probably learned in preschool

1. Wet your hands and apply liquid, bar, or powder soap.
2. Rub hands together vigorously to make lather and scrub all surfaces.
3. Continue for 20 seconds – it takes that long for the soap and scrubbing action to dislodge and remove stubborn germs. Need a timer? Imagine singing "Happy Birthday" twice through to a friend!
4. Rinse hands well under running water.
5. Dry your hands using a paper towel or air dryer.
6. If possible, use your paper towel to turn off the faucet.

Remember: if soap and water are not available, consider using alcohol-based wipes or gel formulas to clean hands.

Source: www.ilsasnap.org

WHAT IS A PANDEMIC?

A pandemic is a global disease outbreak. An influenza pandemic occurs when a new influenza virus emerges for which there is little or no immunity in the human population, begins to cause serious illness, and then easily spreads person-to-person worldwide. Planning for pandemic influenza is essential to minimize a pandemic's impact.

WHAT TO DO DURING A PANDEMIC:

- Follow the directions of local authorities.
- Social isolation should be practiced.

WHAT TO DO AFTER A PANDEMIC:

- Follow the directions of local authorities.

HELPING CHILDREN

COPE WITH DISASTER

Disasters can leave children feeling frightened, confused, and insecure. It is important for parents and adults to be informed and ready to help if reactions to stress occur. Children may respond to disasters by demonstrating fear, sadness, or exhibiting behavioral problems. Children's reactions are influenced by the behavior of adults. Adults should encourage children to share their thoughts and feelings about what is happening around them. Clarifying misunderstandings about risks and dangers by listening to children's concerns and answering their questions is a good place to start. Maintain a sense of calm by validating children's concerns and perceptions. Also engage in discussion of your plans for your family's safety. Parents and adults can make disasters less traumatic for children by managing their own feelings and plans for coping. Children can detect others fears and sadness, especially during a disaster or an emergency. Parents are almost alwaysthe best source of support for children in disasters. Involving children in the preparation of a family disaster plan is one way to create a sense of control and encourage confidence before a disaster. After a disaster, including children in the family recovery plan will give them a sense of importance. Listen to what the child is saying. When a child asks questions about the incident, answer them as simply as possible avoiding any confusion. If a child has difficulty expressing feelings, allow the child to draw a picture or tell a story of what happened. Following a disaster, children are most afraid that the event will happen again, someone close to them will be killed or injured, or that they will be separated from their family and left alone.

Monitoring Your Family's Exposure to the Media

News coverage of the disaster can cause fear, confusion and anxiety in children, especially after a large scale disaster or terrorist incident, in which significant property damage and loss of life occurred. Repeatedly watching images of an event can cause younger children to believe the event is occurring continuously. Parents should be there for children to encourage communication and provide explanations when they are permitted to watch television or use the Internet if images or news about the disaster are being shown.

Actions Parents Can Take:

- *Understand that your children will have a range of reactions to disasters.*
- *Praise and recognize responsible behavior.*
- *Encourage your children to talk about their feelings and concerns.*
- *Calmly provide information about the disaster and plans for insuring their ongoing safety.*
- *Involve your children in updating your family disaster plan and disaster supplies kit.*
- *Involve your children by giving them specific chores to help them feel they are helping to restore family and community life.*
- *Spend extra time with your children.*

Kids Activity Survival Kit

You may have to leave your house during a disaster and may sleep somewhere else for a while. It's smart to put together your own Kid's Activity Survival Kit so you will have things to do and share with other kids. These can all be stored in a backpack or duffel bag. Just make sure you can carry it easily.

FEMA suggests the following items for your Activity Survival Kit:

- **A few of your favorite books**
- **Crayons, pencils or marking pens and plenty of paper**
- **Scissors and glue**
- **Two favorite toys such as a doll or action figure**
- **One or two board games**
- **A deck of cards**
- **A puzzle (One with lots of pieces is good - it takes a long time to do!)**
- **Small people figures and play vehicles that you can use to play out what is happening during your disaster - such as ambulance, fire truck, helicopter, dump truck, police car, small boats.**
- **Favorite stuffed animal or puppet**
- **Favorite blanket or pillow**
- **Pictures of the family and pet**
- **A "keep safe" box with a few treasures that make your child feel special.**

WATER & SAFETY

Go Hand in Hand

Tragic water accidents happen quickly. The most common reason for aquatic mishaps is a lack of safety knowledge. While enjoying the beach or a pool, please follow these simple, life saving tips:

- Know and understand the meaning of each flag found in the beach warning flag system. Signs and flags are posted at each beach public access.
- Swim near a lifeguard station.
- Never swim alone.
- Supervise children closely, even when lifeguards are present.
- Don't rely on flotation devices, such as rafts, you may lose them in the water.
- Alcohol and swimming don't mix.
- Protect your head, neck, and spine - don't dive into unfamiliar waters – feet first, first time!
- Don't swim at dawn, dusk or at night as these are times when sharks feed.
- During thunderstorms move inside to a building or vehicle.
- Follow regulations and lifeguard directions.
- Report hazardous conditions to lifeguards or other beach management personnel.

Prevent Drowning, Pool Safely!

Each year, thousands of American families experience drownings and nonfatal submersions, and entrapments. Pool Safely! Your greatest water safety assurance comes from adopting and practicing as many safety steps as possible. Adding an extra safety step around the water can make all the difference. You can never know which safety measure will save a life - until it does.

Practice Supervision

Never take your eyes off children in the water - not for a minute! Always designate a "pool watcher."

Install Barriers

The Consumer Product Safety Commission strongly recommends that all residential pools have a 4 foot barrier, such as a fence with self-closing and self-latching gates. If the house is the fourth side of a barrier, secure doors with alarms that prevent children from wandering into the pool area.

Avoid Entrapments

Suction from a pool or spa drain can be so powerful it can trap an adult underwater. Do not use a pool or spa if there are broken or missing drain covers.

Ask your pool operator if your pool or spa drains are compliant with the Pool and Spa Safety Act.

KNOW LIFE SAVING SKILLS

- **Teach your children how to swim**
- **Know CPR so you can help save a life if a water emergency happens**
- **Understand the basics of life-saving so you can assist in an emergency**

Household EMERGENCY Information

Your family may not be together when disaster strikes, so plan now how you will contact one another and where you will meet. Complete both sides of this form, cut out and keep in an easily accessible place with other important papers.

Complete the following for each family member:

Name	
Date of Birth/Gender	
Social Security Number	
Cell Phone Number	
Primary Doctor Name and Phone Number	
Medical Information: Medication (name/ dosage), allergies, equipment, supplies, etc.	

Name	
Date of Birth/Gender	
Social Security Number	
Cell Phone Number	
Primary Doctor Name and Phone Number	
Medical Information: Medication (name/ dosage), allergies, equipment, supplies, etc.	

Name	
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Cell Phone Number	
Primary Doctor Name and Phone Number	
Medical Information: Medication (name/ dosage), allergies, equipment, supplies, etc.	

Name	
Date of Birth/Gender	
Social Security Number	
Cell Phone Number	
Primary Doctor Name and Phone Number	
Medical Information: Medication (name/ dosage), allergies, equipment, supplies, etc.	

Complete the following for each family pet:

Pet Name	Pet Type	Medication	Veterinarian/Kennel Name & Phone Number

Continued on next page

MEDICAL & INSURANCE INFORMATION	Company Name	Telephone #	Policy #
Pharmacist			
Medical Insurance			
Homeowner's/Renters Insurance			
Flood Insurance			
Car Insurance			

Who to call in an emergency. Select one out-of-town and one local emergency contact you and your family members can call during an emergency to let them know your plans and to check in. Make sure each family member knows who to contact in case you get separated.

DESIGNATED OUT-OF-TOWN EMERGENCY CONTACT	
Name	
Home Phone	
Work Phone	
Cell Phone	
E-mail	

DESIGNATED OUT-OF-TOWN EMERGENCY CONTACT	
Name	
Home Phone	
Work Phone	
Cell Phone	
E-mail	

Where to go during an emergency. Write down where your family spends the most time: home,work, school, childcare providers. Each should have a site-specific emergency plan. Discuss your family plan with each family member and make sure everyone knows where to go in the event of a disaster.

HOME & MEETING PLACE ADDRESS			
Address		Family Meeting Place #1	
Phone		Family Meeting Place #2	

WORK	
Address	
Phone	
Evacuation Location	

WORK	
Address	
Phone	
Evacuation Location	

SCHOOL/CHILD CARE PROVIDER	
Address	
Phone	
Evacuation Location	

SCHOOL/CHILD CARE PROVIDER	
Address	
Phone	
Evacuation Location	

SCHOOL/CHILD CARE PROVIDER	
Address	
Phone	
Evacuation Location	

SCHOOL/CHILD CARE PROVIDER	
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