



WHEN DISASTER STRIKES: WHAT TO DO



Basic disaster preparation: "Ready in 3" — More info at www.fema.gov/plan

- 1. Create a plan-** Make sure your family knows its emergency contact person and emergency meeting spot, in case you can't reach home.
- 2. Make a kit-** See details below.
- 3. Stay informed-** monitor radio, TV and Internet to keep updated with emergency information. Keep your cell phone charged.

BASIC KIT SUPPLIES

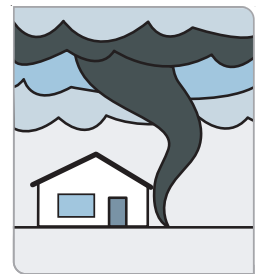
- Water: One gallon per person per day
- Food: 3 day supply non-perishable food
- Can-opener
- Battery-powered AM/FM radio
- NOAA weather radio
- Flashlight with batteries
- First Aid kit
- Medications or medical supplies
- Personal hygiene supplies, diapers, etc.
- Dust masks
- Wrench or pliers to turn off utilities
- Cell phone with chargers
- Cash
- Warm blankets

FLOOD

- Do not walk or drive into moving water. "Turn around, don't drown."
- If your home or vehicle is damaged, take pictures and contact your insurance company.
- Flooding can impact public drinking water. Listen for boil orders.
- Clean and disinfect everything that got wet and service flooded septic systems.
- Stay away from downed utility lines.
- Stay out of any building surrounded by floodwaters.



- During a Tornado Warning, go to your safe place: a protected corner of your basement or a ground floor bathroom, hall or closet. Stay away from windows and doors. Monitor local media for info. Duck and cover. Cover yourself with blankets or mattresses.
- Sirens run in cycles of 3 minutes on, 3 minutes off, until Tornado Warning expires.
- Check your home for damage. Beware of downed limbs and utility lines. If your home is unsafe, stay out. Check on neighbors.
- If your home or vehicle is damaged, take pictures and contact your insurance company.
- Power outages can impact public drinking water. Listen for boil orders.



WINTER STORM

- During a Winter Storm Watch, monitor local media for weather updates. Recharge phone. Stock up on food and bottled water. Top off gas tank and antifreeze. Equip your vehicle with sand (for traction), shovel, blanket, flashlight, tire chains, jumper cables, snacks, water, warm clothing and a bright cloth (to tie to antenna if you get stuck.)
- During a Winter Storm Warning, monitor media and stay indoors.
- If you lose power, dress warmly. Do not heat your home with gas stoves or candles. Keep fridge/freezer closed, or store food outside.
- Roads may be dangerous. If you must travel, let someone know your destination and route.
- If you get stuck, use warning lights and keep exhaust pipe clear.

TORNADO

- During a Tornado Watch, stay aware of weather updates. Locate radio, phone, purse/wallet, blanket and flashlight.

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EXCESSIVE HEAT

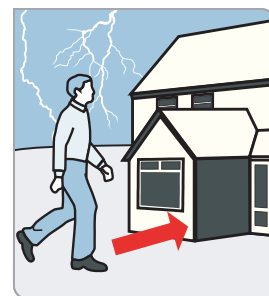
- Schedule outdoor activities for early morning or evening. Wear lightweight, light-colored clothing.
- Drink plenty of water. Take a water bottle with you. Stay out of the sun.
- Watch for heat cramps: muscle spasms during strenuous exercise or activity. Massage the cramping muscle. Hydrate. Rest for 12 hours.
- Warning signs of heat exhaustion: sweating, irritability, headaches, thirst, cramps, nausea. Hydrate immediately and move to cooler place. Apply cool, wet towels. Seek medical attention if symptoms do not improve.
- Warning signs of heat stroke: vomiting, disorientation, high fever, hot skin, confusion, severe headache, rapid heartbeat, seizure, loss of consciousness. Call 911 immediately. Hydrate and move victim to cooler place. Apply cool, wet towels.



- Inspect your home for damage. If damaged, do not enter, leave it until inspected.
- If you smell or hear gas, open doors and windows and get outside. If possible, turn off gas at the meter.
- If you see sparks or frayed wires or smell smoke, turn off electricity at the main fuse, if possible.

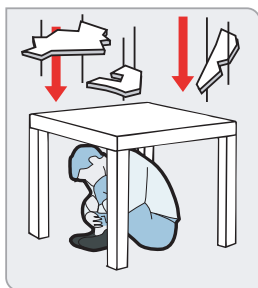
SHELTER IN PLACE

- Monitor media for instructions.
- To shelter in place, move everyone to the room with the fewest windows and doors.
- Turn off heat, AC and fans that draw in outside air. Close fireplace dampers. Close and lock doors and windows. Close interior doors.
- Seal doors and windows with tape, towels and plastic sheeting.
- Cover vents and electrical outlets with tape.
- Be prepared to evacuate.



EARTHQUAKE

- If indoors, stay there. Shelter under a desk, table, or interior. Avoid windows, mirrors, hanging objects, shelving, appliances, and fireplaces.
- If you are cooking, turn off the stove and take cover.
- If you are outdoors, move to an open area to avoid falling objects. Move away from buildings, utility lines and trees.



EVACUATION

- Monitor media for instructions.
- Lock doors and windows.
- Pack an overnight kit for each family member. If possible, take your emergency supplies kit.
- Transport pets with leashes or crates.
- Follow evacuation routes specified by officials.
- Update your out-of-area contact(s).

