

_____ Family

Disaster and Evacuation Plan



Last Updated: _____

Disasters! They can strike anytime and anywhere. Being prepared for an emergency often means having many important decisions made before the disaster occurs. Doing this will reduce the likelihood of panic and irrational thinking during critical moments. Emergency Service Personnel will be on scene following a disaster, but depending on the scale and scope of the emergency, they may be overwhelmed. It is possible that help may not get to you for three days or more.

Other emergencies may confine you to your home or force you to evacuate your neighborhood, city or even state. Would your family know what to do if you were given five minutes to evacuate? Would you be able to cope if you were confined to your home for two weeks without utilities, (Electricity, Water, Gas) additional food or drinking water? What about three months?

Thinking through potentially critical decisions, planning ahead and working together with friends, family and neighbors may help you make it through any number of disasters. Use the information on the following pages to help you and your family create a *Family Disaster and Evacuation Plan*. Make sure that this plan is created with the input of all family members so everyone is aware of the decisions you make together. Explain the dangers of fire, severe weather, earthquakes and other disasters to children. Plan to share responsibilities and work together as a team. This process will take a few hours and possibly should be spread out over a few nights to complete. Once your plan is ready, make sure that everyone has a copy of it so that it can be referred to regularly. Don't forget to update it as often as needed.

TIPS TO CONSIDER WHILE ORGANIZING YOUR DISASTER AND EVACUATION PLAN

- Contact your local Emergency Management office or Red Cross to find out what types of disasters are most likely to happen in your area. Request information on how to prepare for each.
- If your community has warning signals or sirens, what do they sound like and what should you do when you hear them?
- Ask about animal care after a disaster. Animals will not be allowed inside emergency shelters due to health regulations.
- Find out how you can help people with special needs, if needed, until first responders arrive.
- Find out about the disaster plans at your workplace, your children's school or day care center, and other places where your family spends time.
- Take a first aid and CPR class.
- Determine the best escape routes from your home. Identify two ways out of each room.
- Identify the safe spots in your home for each type of disaster.
- Conduct a home hazard hunt.
- Quiz your kids often on points of the plan so they remember what to do.
- Conduct fire and emergency evacuation drills.

If disaster strikes and you must evacuate...

- Remain calm and put your plan into action.
- Make sure everyone is safe and all injuries are treated.
- Listen to your radio for important news and instructions.
- Wear protective clothing and sturdy shoes.
- Take your emergency kits
- Lock your home and Shut off water, gas and electricity before leaving, if instructed to do so.
- Post a note telling others when you left and where you are going.
- Use travel routes specified by local authorities. Don't use shortcuts. Certain areas may be impassable or dangerous.

CONTACTS:

Local Telephone Contact:
(Message Relay Person)

Name :

Phone # :

Long Distance Telephone Contact:
(Message Relay Person)

Name :

Phone # :

REGROUP LOCATION FUNDAMENTALS

Add maps, directions and GPS locations

Situation	Our Regroup Location
If we must evacuate our home but not the immediate area. (ex. House fire, other home damage) Regroup At:	
If we must evacuate the immediate area but not our neighborhood. (ex. Water Main Break, Police Incident) Regroup At:	
If we must evacuate our neighborhood but not the metro area. (ex. Gas Leak, Haz Mat Spill) Regroup At:	
If we must evacuate the Metro. Area but not the State. (ex. Flooding, Riots, Earthquake) Regroup At:	
If we must evacuate the State but not the Country. (ex. Nuclear, Biological or Chemical Incident) Regroup At:	
If we must evacuate the Country. (ex. War) Regroup At:	

Location of First Aid Kit:

More info at: http://www.iwillprepare.com/index_files/First_Aid.htm

Location of Emergency Kits:

More info at: http://www.iwillprepare.com/index_files/Emergency_Kits_Main.htm

LOCATION DISASTER AND EVACUATION PLANS

Location:

Need	Response
Escape routes from this location:	
Emergency supply kits at this location:	
Meeting place near this location:	
Message Drop Spot near this Location:	
Location of emergency contact list:	
People responsible for utility shut off (Gas, Water, Electricity) and location of valves/circuit box:	
Special assistance (People and Instructions):	
Public or pre-arranged shelter near this location:	
Extra Info. 1	
Extra Info. 2	
Extra Info. 3	

Instructions:

Duplicate this page for all the locations where your family members spend time. After you have filled them out, give copies to your family members and/or those at the related locations as well as your local and out-of-state contacts. Review these decisions with all those involved often so your decisions are fresh in everyone's mind. The next page gives additional information.

Here are some possible locations you may want to consider: Babysitter's, Child's School, Church, Day Care, Friend's Home , Grandparent's Home, Gym, Home, Relative's Home, University, Work (Dad), Work (Mom), Etc...

Location Disaster Planning (Additional Information)

1. Escape routes from this location:

Knowing how to escape from a building is extremely important for people of all ages.

To create escape routes, take a building plan or draw a picture of the building that you are in. Look at the different possibilities for an exit and prioritize them. For example, the first way out may be the door. But if there is an obstruction that prevents you from exiting through the door, you may choose the window second.

Although commercial buildings are required to have multiple escape routes, some homes do not. If your second escape route absolutely has to be a second-story window, you should make sure to purchase a fire escape ladder and place it where it is easily accessible.

For more information on escape routes, see:

http://www.iwillprepare.com/index_files/Evacuation_Fire.htm

2. Emergency supply kits at this location:

There should be at least one disaster supply kit in every building. Larger buildings should have multiple kits spread throughout the building.

For more information on the contents of the kit, see:

http://www.iwillprepare.com/index_files/Emergency_Kits_Main.htm

3. Meeting place near this location:

Having a defined meeting place outside of every location that you or your family members frequent will save you valuable time in an emergency.

Choose a safe place that is as far from buildings and crowds as possible but that can be reached in less than one minute on foot. Examples are a tree, street corner, or mailbox. Make sure it is a safe distance from heat, smoke, flames, and debris.

4. Emergency contact numbers and locations of phones:

You should have all emergency numbers recorded in several places. Make sure you have the numbers for family, medical professionals and poison control, in addition to fire, police, and ambulance.

For more information, see:

http://www.iwillprepare.com/index_files/Emergency_Contacts.htm

5. Shut off valves for water, electricity, gas (and person responsible):

In any flood, earthquake or many other disasters, electricity, water, and gas supplies can be hazardous. For example, if electricity is not shut off, a fire could start.

Know where they are in every building that you or family members frequent.

Designate a responsible adult to be in charge of this duty.

For more information, see:

http://www.iwillprepare.com/index_files/Evacuation_Uilities.htm

6. Special assistance:

Elderly or young family members often need special assistance in an emergency. People with disabilities are sometimes in need of assistance as well. Even pets can require special assistance in disaster situations.

Make sure you are aware of the needs of everyone who may be at this location. Create a list of all of the procedures that you or others must take in order to ensure that everyone who needs assistance can get it. If you need to ask a neighbor for help, do so now, as it may be too late during an emergency.

7. Emergency accommodations if public shelter is not adequate:

If a member of your family cannot be accommodated in a public shelter, you should make plans for getting him or her to safety. For example, elderly people may need special medical attention or medication that cannot be provided by a public shelter.

If this is the case, make sure you know where the individual can get the special accommodations that he/she needs. Write down where the closest sufficient accommodation is.

In addition, if you have pets, you will generally not be allowed to keep them in a public shelter due to health hazards. Therefore, know where you can take them so that they will be safe during an emergency. Find the closest safe areas for animals near this location and record them.

SCENARIO DISASTER AND EVACUATION PLANS

Scenario:

Need	Response
Actions to be taken in the first few minutes:	
What will be done during the first hour in this scenario:	
Backup communication plan during first hour:	
Meeting place to use in this scenario:	
If roads are inaccessible, will you still go to this meeting place? Where will you go and how will you get there?	
How family members will find each other in a shelter or regroup location:	
How family members will contact each other if they are not in the same shelter:	
Last resort meeting location:	
Extra Info. 1:	
Extra Info. 2:	
Extra Info. 3:	

Instructions:

Duplicate this page for all the scenarios your family might be faced with. Don't assume that since a particular scenario is not common in your area that it will never happen. After you have filled them out, give copies to your family members and your local and out-of-state contacts. Review these decisions with all those involved often so your decisions are fresh in everyone's mind. The next few pages give you additional information.

Here are some possible scenarios you may want to consider: House Fire, Bird Flu Outbreak, Wild Fire, Flood, Earthquake, Hurricane, Building Attack, Nuclear / Radiological Attack, Biological Attack, Chemical Attack, Snowstorm / Extreme Cold, Tornado, Landslide / Debris Flow, Utility Outage (Power, Water, Gas), Plane Crash in Neighborhood, Gas Leak, Hazardous Materials Spill, Microburst or other storm, Missing Child, Water Contamination, Volcanic Eruption, etc...

General

1. Actions to be taken in the first few minutes:

The first few minutes after a disaster can be the most crucial. During this time, there may be mass confusion, and the authorities may not yet be available.

Think about what you will need to do in this period to get yourself and others to safety. Also think about what tools may be needed: for instance, a fire extinguisher, or a wrench to shut off gas pipes.

In general, the first thing to do is to get yourself and others out of immediate danger. For example, is it necessary to leave the building? Which escape routes are viable in this scenario?

The next thing to do is make sure that authorities know what is going on. You should make sure to follow any instructions that they give you.

2. What will be done during the first hour in this scenario:

In the first hour after a disaster, there will likely be confusion, and authorities may not have fully understood the extent of the disaster.

Each family member should come up with a list of things that he/she will do during the first hour after the disaster. For instance: find the emergency kit, get all important documents, make sure that you are in an area that is free of immediate danger.

You will also want to communicate with family members as soon as possible. Come up with a plan to try to communicate. Keep in mind that mobile or even land phone networks may not be working. Do you have a backup? Also keep in mind that it may not be possible to communicate at all in the first hours after a disaster.

3. Backup communication plan during first hour:

Think about different options for a backup communication system. Keep in mind that in some scenarios, communication may be impossible.

Consider the scenario given to you, and think of which forms of alternate communication you may use. Think about whether computer networks may be available.

One possible solution is to keep long-range walkie-talkies or Ham radios in your emergency kits at each location. Since they do not rely on a centralized network, they may work when phones do not.

However, keep in mind that what you can use to communicate will depend on the scenario and the locations of each family member.

4. Meeting place to use in this scenario: Choosing safe meeting places is very important. In the Location Planning section, you entered the locations of safe meeting places nearby.

Now, you must select a safe meeting place for the given scenario. In selecting a meeting place, you will want to take into account two main factors:

- Is the meeting place accessible from the locations of each family member given in the scenario?
- Does the meeting place provide sufficient protection from the disaster given in the scenario?

Think about these questions and select a meeting place. Then determine the routes everyone will use to get to the meeting place from the locations given in the scenario.

Also, try to choose someone responsible who will be in charge of making sure everyone gets to the meeting place.

5. If roads are inaccessible, will you still go to a meeting place? Where will you go and how will you get there?

Major disasters often make travel impossible. Floods may make the roads impossible to maneuver. An earthquake or mudslide may result in a sink-hole or other impasse. Even if the roads are fine, major traffic jams may make it impossible to travel the roads.

Think about the given scenario and decide whether it makes sense for family members to try to get to a meeting place. If so, come up with several routes to the meeting place from each location.

Also, consider how family members may get to the meeting place without a car. For example, if public transportation is still running, that may be an option. Or family members may need to travel on foot.

6. How family members will find each other in a shelter or regroup location: It may sound simple, but finding others in a large shelter or regroup location can be very difficult.

To answer this question, think about the scenario given, and determine what the likely shelters are. Get a map of these shelters and come up with a meeting point inside each one.

Also think about where you will meet if you are taken to a place that you have not previously considered. For example, you may instruct family members to meet in the West-most room on the lowest floor in the building.

7. How family members will contact each other if they are not in the same shelter:

Choose a person that lives out of the area to be your family contact. If a public phone is available, make use of this contact. When you call your contact, you should be able to receive information about the current whereabouts of your family because they too, will have communicated with the contact. If a public phone is not available, you will have to try to find another way to reach family members.

8. Last resort meeting location:

Consider coming up with a last-resort meeting location that everyone will go to a certain number of days after the disaster.

For example, select a hotel in another state where you will meet on the 31st day after a major disaster. On this day, everyone

should make sure to be at this place (if at all possible).

House Fire

E1. Main fire hazards to be aware of?:

Common precautions taken to prevent fire hazards include never leave cooking, candles or any open flame or heater unattended. Keep your chimney and dryer vents clean.

Learn more about what you can do to here: <http://www.fema.gov/hazard/fire/index.shtm>

E2. Fire extinguishers locations?:

You should have a fire extinguisher in every room or area in a building.

Write down the location of each one, and make sure every family member knows how to use them. If you do not have a fire extinguisher, see the web site below for information on how to obtain one.

For more information on fire extinguishers and fire safety, see:

<http://www.cdc.gov/nasd/docs/d001101-d001200/d001102/d001102.html>

E3. Plan for maintaining smoke detectors:

It is also particularly important that smoke detectors be located in areas where you are sleeping. Make sure they are installed in every level of your home and that you can hear them properly from any point. In any of your locations, check that the detectors are working properly and that their batteries are replaced regularly.

E4. Items to remove immediately in case of fire:

Examples of items that are particularly combustible include tarp covering, firewood and umbrellas. During a wildfire that reaches your home, you may also want to take down flammable drapes and coverings. To learn more, visit the following site:

<http://www.fema.gov/hazard/fire/index.shtm>

Bird Flu Outbreak

E1. How to reduce the risk of exposure to bird flu:

Stay away from water, birds and people-to-people contact. Stay at home.

Here are some tips to avoid catching the flu:

- avoid contact with people who are sick
- drink lots of water
- if you can, avoid large groups of people who may be sick
- wash your hands several times a day

For more information on pandemics, see: http://www.iwillprepare.com/index_files/Pandemics.htm

Wildfire

E1. Wildfire signals to be aware of:

If you do not know what the warning signs are for a wildfire in your community, speak with your local police department. It is also particularly important that smoke detectors be located in areas where you are sleeping. Make sure they are installed in every level of your home and that you can hear them properly from any point. In any of your locations, check that the detectors are working properly and that their batteries are replaced regularly.

E2. Items to remove immediately in case of fire:

Examples of items that are particularly combustible include tarp covering, firewood and umbrellas. During a wildfire that reaches your home, you may also want to take down flammable drapes and coverings. To learn more, visit the following site:

<http://www.fema.gov/hazard/fire/index.shtm>

E3. Plan to ensure common wildfire safety measures are taken:

Common measures taken to ensure safety during a fire (assuming you are in a building) include closing windows and doors to prevent a draft, closing gas valves, and turning on lights in rooms for visibility in heavy smoke. If you are trapped in the midst of a wildland fire (within a burning forest, for example) do not try to outrun the fire. Try to take shelter near a pond or river and cover your head with wet clothing. If no body of water is nearby, lie flat near a bed of rocks. Avoid inhalation of smoke by breathing only through a wet cloth. For more information on what to do during a wildland fire, visit this website:

<http://www.usfa.dhs.gov/downloads/pdf/publications/fa-287-508.pdf>

E4. Out-of-town contact and meeting location:

Remember, in traveling to your out-of-town location, you want to avoid re-entering the burned wildland areas in your vicinity. This is because new fires can flare up without warning.

E5. Community-specific wildfire information:

Fire Departments and forestry offices can inform you of the services they provide to make you feel safe in your location during a particularly dry season. Talking to your local fire officers will inform you of current practice and keep you up-to-date with the likelihood of wildfire for that season.

Learn more at: <http://www.usfa.dhs.gov/downloads/pdf/publications/fa-287-508.pdf>

Flood**E1. Immunization record location:**

All family members and pets should have all of the necessary immunizations. In the event of a flood, it is possible to sustain a wound that may become contaminated by the unsanitary water. If you have your immunization records available when you need medical attention, you can be helped much more quickly and safely.

For more information, see: <http://www.cdc.gov/vaccines/>

E2. Flood insurance information:

Flood insurance is a very important investment if you are located in a flood-prone area. To determine whether you need flood insurance, contact the local county geologist or county planning department. They will be able to tell you what the likelihood of a flood is in your area and whether it is advisable to get insurance. In a flood situation, you typically have only a few minutes to evacuate. Therefore, you will want to keep your flood insurance documentation handy at all times.

For more information, see: <http://www.bt.cdc.gov/disasters/floods/readiness.asp>

Earthquake**E1. Earthquake safe spots:**

Heavy falling objects include things like bookcases or cabinets. Windows can also shatter and injure you. Other hazards during an earthquake include refrigerators, heating units and other furniture that can fall down. You can avoid being harmed by getting under a sturdy table or desk or the void areas near them. If these aren't available, cover your head with your arms and stand in a secure doorway. If you're inside, stay there because the entrance of a building is where broken material is most likely to fall. You can learn to identify other hazards in your home at: <http://www.bt.cdc.gov/disasters/earthquakes/inspecting.asp>

E2. Earthquake practice drills:

The standard drill for high-rise buildings includes staying away from windows, avoiding use of elevators and keeping under a desk or the voids near them. For public places, make sure you don't move towards the exit because that's where everyone will be rushing. If you can, try to shield your head. When outdoors, make sure you move away from telephone poles and electric lines. In an automobile, move to a secure spot of the road away from poles, lines and bridges and stay in the vehicle. Learn more about what you can do to stay secure at: <http://www.bt.cdc.gov/disasters/earthquakes/during.asp>

E3. Out-of-town meeting place in the event of earthquake:

An earthquake's damage can span the distance of your entire state depending on its strength. You should try to establish both an in-state and out-of-state location to travel to when an earthquake strikes.

E4. Ways to attract attention if trapped:

The same tactics that apply to any situation in which you feel unsafe and are trying to attract help can apply here. For example, if your cell phone is not working or available, you may place a whistle on your key chain or keep a small horn in your purse.

E5. Earthquake shelter:

The American Red Cross provides emergency relief services to areas that have suffered a disaster. To find out your local chapter, click here: <http://www.redcross.org/where/where.htm>. Also consider other means of shelter, tent, tube tent, tarps, etc...

E6. Plan for making locations more earthquake-safe:

Securing your location might require precautions such as:
- Securing large appliances with braid or cable

- Supporting air conditioners
- Securing "top heavy" furniture to the wall by using brackets or bolts
- Tightening cabinet doors by using sliding bolts or latches

For more information on how to make your home more "earthquake proof," click here:

<http://www.bt.cdc.gov/disasters/earthquakes/inspecting.asp>

Hurricane

E1. Sources to keep track of for hurricane information:

A reliable source of information about hurricanes used by most people is your local weather channel. In addition, the National Oceanic and Atmospheric Administration (NOAA) provides information about weather forecasts at <http://www.nws.noaa.gov> through their National Weather Service. Be sure to note how far away the hurricane is so that you can plan appropriately in the time available.

E2. Are you in a low lying area that is likely to be evacuated?

The states most vulnerable to hurricanes in the US include New York, Florida, Louisiana, Texas and North Carolina. Essentially, the Atlantic and Gulf coasts are the most likely to experience storms. However, areas outside of these can also be hit hard. Find out if you're likely to receive orders to be evacuated by determining the frequency of such an event in your area in the past. Consult <http://www.nws.noaa.gov> for help.

E3. Tasks to perform in preparation for a hurricane evacuation:

You'll need to prepare your vehicle for transportation as well as make sure your house will be safe in your absence. Prepare an emergency kit for your car as well as pack only essential belongings you may need. Secure items outside your house which may damage it in the storm (such as grills). Cover windows with plywood or boards and adjust the temperature within your home. Turn off the gas, electricity and water. Make the necessary arrangements for your pets if you're unable to transport them. Note that some shelters do not accept animals. For more information on what you should do to prepare consult:

<http://www.bt.cdc.gov/disasters/hurricanes/> Remember, do not ignore orders to evacuate.

E4. Tasks to secure your location if you remain there during a hurricane:

It is vital that you stock up on water and nonperishable foods. Also, remember, most injuries during a hurricane are caused by flying debris such as shards of glass. For this reason, you need to stay away from the windows and take shelter in a more shielded part of your home such as a bathroom or basement. Do not go outside until authorities state that the storm is over. For more specific information on how to proceed when caught in the midst of a hurricane, consult: <http://www.bt.cdc.gov/disasters/hurricanes/>

E5. Means of contact with family members in a hurricane:

The damage caused by a hurricane may produce a longer separation period for you and your family as well as irregular access to means of communication. If you're unable to travel to your contact, be sure to establish a communication schedule beforehand for making calls. In other words, when you call your contact, you should be able to receive information from that him/her about the current whereabouts of your family because they too, will have communicated with the contact.

Nuclear / Radiological Attack

E1. Nuclear drill procedures:

Your instantaneous response to a nuclear explosion should be to turn away and close your eyes to prevent damage and drop flat to the ground, putting your hands under your body. Make sure you stay flat until the heat and two shock waves have passed. In addition, you will want to cover your mouth and nose with a piece of cloth and move to an underground shelter or basement. Be sure to remove your clothing before you enter the shelter because it may be contaminated with radiation.

E2. Whereabouts of nuclear shelters:

Few communities have nuclear shelters since federal funding ceased in 1993 for them. If you have a basement, consider making an area in which to secure safety.

E3. Procedures for survival in a shelter:

Once inside the shelter (or your basement) be sure to keep your mouth covered until the fallout cloud has passed. Seal doors and windows and make sure that the ventilation systems are shut off. Do not go outside until advised to do so by authorities.

Learn more by clicking on <http://www.bt.cdc.gov/radiation/nuclearfaq.asp>.

E4. Nuclear treatments available:

Potassium Iodide (KI) serves as a treatment for exposure to radioactive agents. Note that your authorities will need to find out if KI is a necessary measure by determining what types of radioactive agents are present due to the blast. The only situation in which

taking KI would be protective is if radioactive iodine is present. In that situation, KI will protect your thyroid gland from the radioactivity.

Learn more at: <http://www.bt.cdc.gov/radiation/nuclearfaq.asp>.

E5. Dirty bomb safety procedures:

If no windows or doors are broken, be sure to stay inside the building. Prevent radioactive dust from entering by closing doors and windows and turn off fans that can bring the dust in. If doors and windows are broken, you need to find a place that has sealed entryways. You may need to go outside to find such a place. In this case, cover your mouth and nose with a piece of cloth.

If you believe you have been exposed to radioactivity at any point, take your clothes off and wash yourself. Remember not to consume any food or water that may have been exposed to radioactive waste. If you're in a car during the explosion, close the windows and turn off the air conditioner or heater. Try to find a sheltered spot to stop (if you're unable to reach home or a shelter from your car's location) then stay in the car. Cover your nose and mouth for extra protection.

For more information see: <http://www.bt.cdc.gov/radiation/dirtybombs.asp>.

Biological Attack

E1. Preventive options for use in a biological attack: Carrie will research

Vaccines for both anthrax and smallpox have been licensed and a botulism toxoid is available for use. In addition, the Center for Biologics Evaluation and Research associated with the US Food and Drug Administration is currently developing a vaccine for black plague.

To find out more about how you can obtain these vaccines, contact your local healthcare facility or visit the CBER at:

<http://www.fda.gov/cber/faq/cntrbfaq.htm>.

E2. How to recognize, seek treatment for bioterror attacks:

Be sure to note how the pathogen is spread and where it is likely to be found. Anthrax is commonly found in soil and is spread through spores that contact the skin or that can be inhaled. Smallpox is spread through contact with lesions on the skin. Botulism inhibits proper muscle movement and could be transmitted through contamination of foods.

Find out more about likely biological threats at:

<http://www.bt.cdc.gov/bioterrorism/>.

E3. Plan for seeking help if infected by a biological agent:

Many of the agents used in biological attacks are infectious through the skin or mouth. When you are traveling to a hospital, avoid touching or coughing on anyone. Hold a cloth to your mouth and face. Call 911 immediately, alerting healthcare workers to the fact that you suspect you are harboring an infectious agent.

To learn more on how to respond to specific agents, visit: <http://www.bt.cdc.gov/bioterrorism/factsheets.asp>

Chemical Attack

E1. Chemicals that may be used in a chemical attack and their resulting conditions:

Chlorine, ammonia and benzene are chemicals used in industry or found in household cleaners. These are associated with numerous harmful effects. Naturally found toxins include those found in poisonous plants. It is possible to group chemicals based on how they affect your body. Some chemicals can alter your consciousness, other cause inflammation of the eyes and still others, inhibit proper clotting of the blood.

For a complete list of chemicals with potential to be used in terrorist attack consult <http://www.bt.cdc.gov/chemical/overview.asp>

E2. How to get up-to-date, local information in the event of a chemical attack:

The government will most likely issue a statement via radio or TV. The emergency broadcast system will also alert the nation of an attack. A severe terror alert is noted as a "code red". In such a situation, evacuation orders may be issued. During an evacuation you will have to act quickly to get to an emergency shelter or away from a specific area.

Note that if you have children in school, they may be sheltered in place. Check with your child's school and learn their emergency procedures.

Landslide / Debris Flow

E1. Signs you will watch for in your area to help predict a mudslide or landslide:

Usually a loud, rumbling sound will tend to precede an approaching landslide. In addition, be sure to look for tilted trees or telephone poles as well as bare holes on hillsides.

For more information, consult: <http://www.bt.cdc.gov/disasters/landslides.asp>

E2. Areas where you can go to get away from a landslide:

After you move out of the way of an oncoming mass of debris, try to run to the nearest high ground away from the debris or a shelter where you can take cover. After the slide has occurred, be sure to avoid reentry since flooding or additional slides often occur. Be sure to report in broken utility lines to your local authorities.

For more information, consult: <http://www.bt.cdc.gov/disasters/landslides.asp>

Snowstorm / Extreme Cold

E1. How will you respond to cold-related injuries:

Hypothermia is abnormally low body temperature that can prevent a person from thinking clearly. It is most likely to occur in elderly people or children. To respond to hypothermia, first try to get the affected individual to a warm place. Remove any wet clothing and warm the center of the person first (head, chest, groin).

Learn more at: <http://www.bt.cdc.gov/disasters/winter/faq.asp#stranded>

E2. Plan on how to proceed when stranded in a snowstorm:

Try to attract attention to yourself by attaching a brightly colored cloth to your car's antenna or calling for help with a whistle. Stay as warm as possible by wrapping your body completely, including your head.

Be sure to run your car motor for only 10 minutes every hour. You don't want to exhaust your resources. In addition, make sure that your car's exhaust pipe is not blocked – otherwise you can suffer from carbon monoxide poisoning. Try to stay awake since this will make you less vulnerable to injuries caused by the cold. Move your appendages to stimulate circulation and generate heat. Do not eat snow unless it has melted completely, otherwise you will cause your core body temperature to drop.

For more information, consult: <http://www.bt.cdc.gov/disasters/winter/faq.asp#stranded>

E3. Preparation of home and car:

For your home preparations, if you plan to use a fireplace as a source of heat, be sure to have it inspected annually. In addition, install fire alarms and a carbon monoxide detector in the vicinity to prevent possibility of fire or poisoning. Prevent your water supply from freezing by insulating water lines that run along the exterior of your walls. Make sure pets stay indoors.

To prepare your car, replace worn tires as well as windshield wiper fluid. Also, be sure to prepare a Survival Kit for your car, which will provide needed supplies in the possibility of being stranded.

Check out: <http://www.bt.cdc.gov/disasters/winter/guide.asp#home>

Tornado

E1. Information about tornado alert system:

Most tornado-prone areas have a tornado alert system. This is often some sort of siren that can be heard throughout the area. There are generally two different sirens to listen for: one for a tornado **watch** and one for a tornado **warning**. A tornado watch is given by the NOAA and indicates that you should be ready for tornadoes in the area. A tornado warning means a tornado funnel has been sighted or indicated by weather radar. If you don't know what the tornado alert sounds like in your area, contact your local police department. Make sure everyone in your family knows what the alert sounds like and can distinguish between a warning alert and a watch alert.

E2. Locations of nearest tornado shelters:

Knowing where to seek shelter in a tornado is extremely important in a tornado-prone area. The best place to find safety from a tornado is in a specially designed storm shelter. Find out if there is one in your building or nearby.

If you do not have access to a specially designed shelter, it is possible to create a makeshift shelter in the basement. Try to get underneath an **extremely** sturdy work table that will keep you from getting hit by falling debris. Make sure to have old sleeping bags to protect you from smaller flying debris.