



Community Emergency Guide



As a national homecare leader, Aveanna Healthcare is dedicated to innovative and exceptional care with a focus on patient safety that extends into our communities.

Aveanna's services include pediatric and adult private duty nursing, pediatric day health care centers, school nursing, pediatric therapy, personal care and companionship, home health and hospice, support services and medical solutions.

At Aveanna, our daily mission is to revolutionize the way homecare is delivered, one patient at a time.



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GET PREPARED

MEDICAL EMERGENCIES

In case of a medical emergency, do the following:

- Dial 911. (If your community does not have a designated number, call fire, police, or emergency medical services or dial “0” for the operator).
- Stay calm and answer all questions clearly.
- Do not hang up on emergency dispatchers.
- Follow the instructions provided to you.
- Do not attempt to move a person with injuries unless they are in danger.

COMMUNITY-WIDE EMERGENCIES

Emergencies and disasters can happen at any time. This booklet is intended to provide possible suggestions and information you may want to include in an emergency, disaster, and communication plan for your household. This guide may help you to prepare for such events, however, it is not all-inclusive, nor should it replace advisories given by the government or local authorities.

**Aveanna maintains and an email in case of emergencies at
emergency@aveanna.com.**

Preparation can help you not only know what to do, but it may possibly reduce the impact on your family.

Should a disaster occur in your community, you may need to shelter in place, evacuate, or seek a public shelter. Depending on the type of disaster, local responders may not be able to reach you immediately. Therefore, it is important to develop a plan to care for your specific needs and the needs of those you are responsible for, including animals.

To stay abreast of what is happening:

- Turn the TV to emergency broadcast stations
- Watch the local news
- Listen to the radio for further instructions and guidance
- Keep the phone lines clear if possible

Evacuate immediately if instructed, gather all supplies and follow directions and guidance given by local authorities. Evacuation may not be an option if you wait too long. Implement your family communication plan to ensure everyone gets to safety.

EMERGENCY EVENTS AND DISASTERS

PREPARE FOR AN EMERGENCY EVENT AND DISASTER

Being prepared for an emergency helps you know what to do to keep yourself and others safe before, during and after an emergency.

Assess – Understand the risks that you and your family may face. It is important to be aware of specific risks for your home and how to assess for them and minimize or eliminate them.

Plan – Make plans for evacuation, shelter, and communication. Consider any unique needs for members of your family as well as animals you are responsible for. Ensure that you have gathered emergency supplies and important documents. Make sure they are secure and easily accessible.

FEMA has created a resource so that you establish a Emergency Financial First Aid Kit (EFFAK) to prepare for emergencies. This tool can be viewed at <https://www.fema.gov/emergency-financial-first-aid-kit>

Act – Enact your plan! Your preparation will allow you to be ready to face emergencies at any time. Ensure insurance is up to date and understand any coverage options you may need. Confirm you have made lists of any personal property items. Practice your plan and register for any community alert systems in your area.

For more information, access the guide from FEMA titled Are You Ready? An In-Depth Guide to Citizen Preparedness at <https://www.ready.gov/sites/default/files/2020-08/are-you-ready-guide.pdf>.

DURING AN EMERGENCY EVENT AND DISASTER

Put your plan into action! Assess the situation to determine how to handle it based on the plans you have for your family. Identify the type of event that is occurring. Decide if you need to stay in your current location or move to a safer location. The goal is to be safe and avoid harm.

Follow instructions from emergency alert systems, this can include sheltering in place, evacuating, or limiting unnecessary outings. Ensure you have acted out your communication plan as needed so that important information about your location and status can be conveyed to those who need it.

Gather your emergency plan and supplies and utilize them as needed.

AFTER AN EMERGENCY EVENT

Remember to stay safe and protected. If anyone is injured, seek medical attention. Do not attempt to move anyone seriously injured unless immediate danger is present. Use caution to avoid injuries.

Returning to your property, assessing for damages, and beginning to clean up or make repairs can be challenging. Be cautious of safety issues that may have been created by this event. Do not enter damaged buildings. Follow guidelines and community information alerts for returning to areas that were affected. If you have damages, contact local officials and your insurance company. File insurance claims as soon as possible, if applicable.

Often local radio or television sources will give information for where to go for any housing, food, first aid, clothing, or financial help. Government programs may be available to assist you after a disaster.

Protect yourself against fraud. Beware of those going door-to-door attempting to scam those affected by the event. Before giving anyone your personal information, ensure they have an official, laminated ID from the entity they are representing. Remember, federal workers do not ask for or accept money.

PLAN FOR PETS

If you have pets, it is important to make sure they are included in your emergency preparedness plan. If you are told to evacuate, your evacuation plan should include your pet.

The CDC says: *“Leaving pets out of evacuation plans can put pets, pet owners, and first responders in danger. Even if you try to create a safe place for them, pets left behind during a disaster are likely to be injured, lost, or worse. Be prepared: make a plan and prepare a disaster kit for your pet.”*

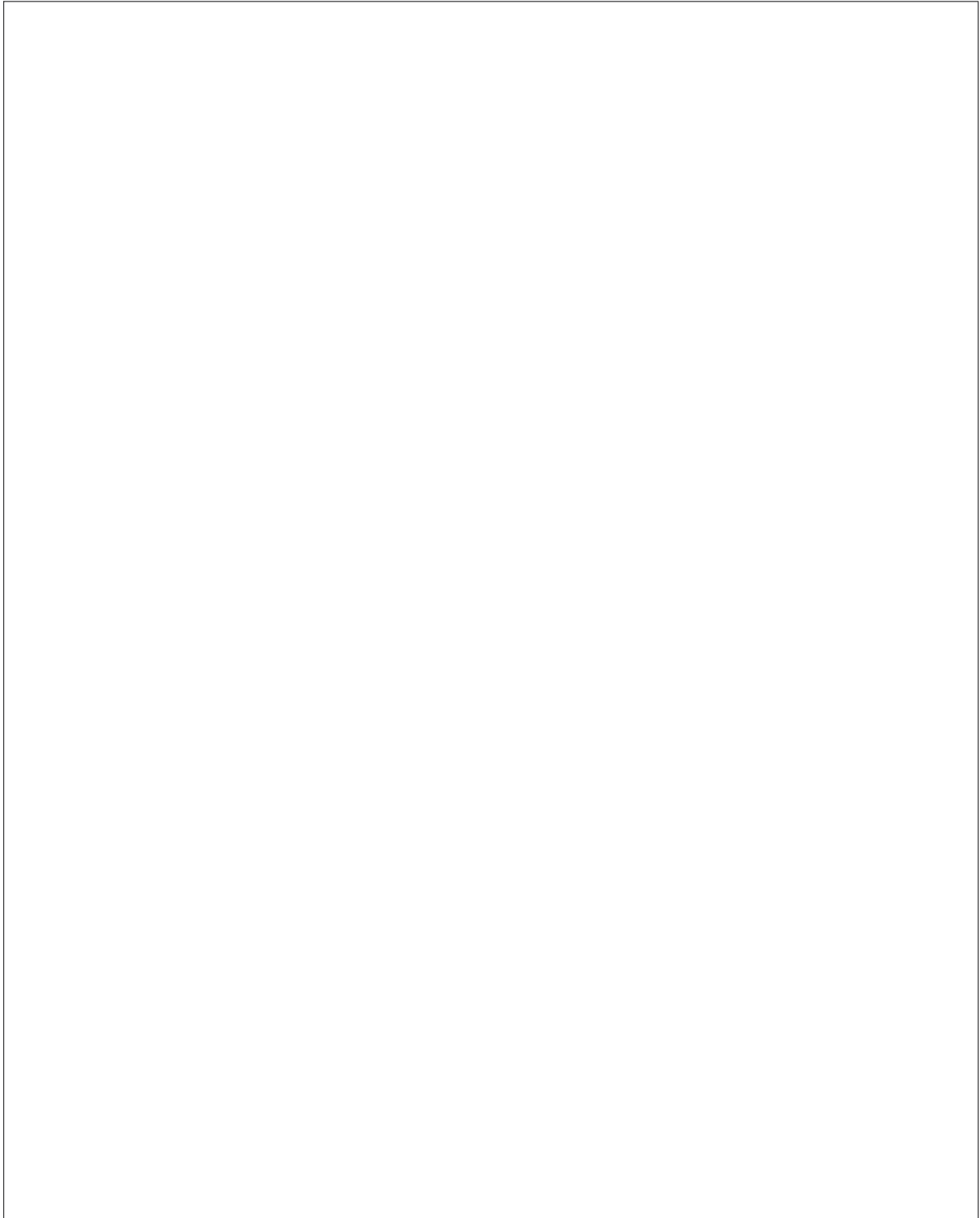
When including your pets in your emergency plan, here are a few things to consider:

- Have an alternate plan for your pet if you must go to a public shelter, often pets are not allowed.
- If you are away from home, make a plan with relatives or your neighbor to care for your pet(s).
- If your pet has a microchip, keep your address and phone number updated.
- A picture of you and your pet can serve as proof of ownership and help others to identify your pet if you become separated.
- Have an emergency kit with basic survival needs for your pet including:
 - Food and water
 - Medical supplies
 - Collar and leash/harness
 - Carrier or crate
 - Identification
 - Grooming/sanitation supplies
 - Bedding/toys/treats

If evacuating with larger animals, have what is needed for transportation and handling. Make a plan for what you will do with larger animals that you are not able to evacuate.

ESCAPE PLAN

Create a floorplan of your home and property with escape routes and alternate routes out of each room in the event of an emergency.

A large, empty rectangular box with a thin black border, intended for the user to draw a floorplan of their home and property, including escape routes and alternate routes out of each room in the event of an emergency.

DISASTER KIT

In the event of an emergency, make sure you are prepared with enough food, water, and supplies as outlined below in the event you need to survive without assistance for several days.

Prepare a disaster kit by placing the items in airtight plastic bags (to prevent from getting wet), inside of something easy to carry such as a backpack or duffel bag.

BASIC DISASTER KIT ITEMS

- | | | |
|--|--|--|
| <input type="checkbox"/> Water | <input type="checkbox"/> Plastic Sheeting | <input type="checkbox"/> Cell Phone |
| <input type="checkbox"/> Food | <input type="checkbox"/> Duct Tape | <input type="checkbox"/> Additional Chargers |
| <input type="checkbox"/> Radio (battery powered) | <input type="checkbox"/> Moist Towelettes | <input type="checkbox"/> Backup Batteries |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Garbage Bags | <input type="checkbox"/> Fire Extinguisher |
| <input type="checkbox"/> First Aid Kit | <input type="checkbox"/> Plastic Ties | <input type="checkbox"/> Matches in Waterproof Container |
| <input type="checkbox"/> Batteries | <input type="checkbox"/> Wrench/Pliers | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Whistle (signal for help) | <input type="checkbox"/> Can Opener (manual) | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Dust Mask | <input type="checkbox"/> Local Maps | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Other: _____ |

SPECIALTY ITEMS TO CONSIDER

- | | | |
|--|--|---|
| <input type="checkbox"/> Prescription Medications | <input type="checkbox"/> Cash or Traveler's Checks | <input type="checkbox"/> Pencil and Paper |
| <input type="checkbox"/> Non-Prescription Medications | <input type="checkbox"/> Sleeping Bag/Warm Blanket | <input type="checkbox"/> Books, Games, Puzzles |
| <input type="checkbox"/> Eyeglasses | <input type="checkbox"/> Complete Change of Clothing | <input type="checkbox"/> Activities for Children |
| <input type="checkbox"/> Contact Lenses and Solution | <input type="checkbox"/> Feminine Supplies | <input type="checkbox"/> Important Family Documents |
| <input type="checkbox"/> Infant Formula and Bottles | <input type="checkbox"/> Personal Hygiene Items | <input type="checkbox"/> Insurance Policies |
| <input type="checkbox"/> Diapers, Wipes, and Rash Creams | <input type="checkbox"/> Mess Kits and Paper Towels | <input type="checkbox"/> Identification Documents |
| <input type="checkbox"/> Pet Food and Extra Water | <input type="checkbox"/> Paper Cups and Plates | <input type="checkbox"/> Bank Records (if not electronic) |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Plastic Utensils | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Other: _____ |

Keep your disaster kit in a cool, dry place and check expiration dates on all items regularly. Re-assess the needs of your emergency kit annually and with all major family changes. Consider separate kits for home, work, and vehicles.

GOVERNMENT AND EMERGENCY WEBSITE RESOURCE LIST

Resource	Website
American Red Cross Contact Loved Ones	https://www.redcross.org/get-help/disaster-relief-and-recovery-services/contact-and-locate-loved-ones.html
American Red Cross Find Open Shelters	https://www.redcross.org/get-help/disaster-relief-and-recovery-services/find-an-open-shelter.html
Centers for Disease Control Emergency Preparedness and Response	https://emergency.cdc.gov/
Department of Health and Human Services	https://www.hhs.gov/
Disaster Assistance	https://www.disasterassistance.gov/
EFFAK (Emergency Financial First Aid Kit)	https://www.fema.gov/emergency-financial-first-aid-kit
FDA Emergency Situations (Medical Devices)	https://www.fda.gov/medical-devices/medical-device-safety/emergency-situations-medical-devices
FEMA	https://www.fema.gov/
FEMA Disaster Information	https://www.fema.gov/disasters
FEMA Local Location Information	https://www.fema.gov/locations
FEMA Tribal Contacts	https://www.fema.gov/about/organization/tribes
Insurance Institute for Business & Home Safety	https://ibhs.org/
Low Income Home Energy Assistance Program (LIHEAP)	https://www.benefits.gov/benefit/623
National Hurricane Site	https://www.nhc.noaa.gov/
National Weather Service	https://www.weather.gov/
Nuclear Regulatory Commission	https://www.nrc.gov/
Ready.gov	https://www.ready.gov/
Red Cross Get Help	https://www.redcross.org/get-help.html
USA.gov	https://www.usa.gov/disasters-and-emergencies
USDA Disaster Resource Center	https://www.usda.gov/topics/disaster-resource-center

HOUSEHOLD DISASTER PLAN

This plan should be included in your disaster kit. Save an electronic version and email a copy to yourself as a backup. REMEMBER to update this plan as needed and re-evaluate it often to ensure information is correct.

HOUSEHOLD CONTACT INFORMATION

Home Phone Number: _____ Address: _____

Name: _____ Cell Number: _____

Email: _____ Age/Medical/Other Information: _____

Name: _____ Cell Number: _____

Email: _____ Age/Medical/Other Information: _____

Name: _____ Cell Number: _____

Email: _____ Age/Medical/Other Information: _____

Name: _____ Cell Number: _____

Email: _____ Age/Medical/Other Information: _____

CHILDCARE/SCHOOL/WORK INFORMATION

Name of Location: _____ Who Attends: _____ Location Phone: _____

Attendance Times: _____ Website: _____

Address: _____

Emergency Plan/Pick Up: _____

Name of Location: _____ Who Attends: _____ Location Phone: _____

Attendance Times: _____ Website: _____

Address: _____

Emergency Plan/Pick Up: _____

EMERGENCY CONTACT INFORMATION

Name: _____ Cell Number: _____ Email: _____

Address/Other Information: _____

OUT-OF-TOWN CONTACT INFORMATION (OUTSIDE THE DISASTER RANGE)

Name: _____ Cell Number: _____ Email: _____

Address/Other Information: _____

HOUSEHOLD DISASTER PLAN *continued*

EMERGENCY MEETING PLACES

INDOOR Location: _____

Instructions: _____

NEIGHBORHOOD Location: _____

Instructions: _____

NEIGHBORHOOD Location: _____

Instructions: _____

NEIGHBORHOOD Location: _____

Instructions: _____

NEIGHBORHOOD Location: _____

Instructions: _____

IMPORTANT NUMBERS/INFORMATION

Police: Dial 911 or # _____

Fire: Dial 911 or # _____

Poison Control: # _____

Doctor: # _____

Pediatrician: # _____

Hospital/Clinic: # _____

Pharmacy: # _____

Medical Insurance: # _____

Policy #: # _____

Property Insurance: # _____

Policy #: # _____

Veterinarian: # _____

Electric Company: # _____

Gas Company: # _____

Water Company: # _____

Alternate/Accessible Transportation: # _____

Other: # _____

Other: # _____



Environmental Events

DROUGHT

Decreased rainfall can occur in almost any part of the US. Advanced planning can help during these times.

PREPARE FOR A DROUGHT

INDOOR WATER CONSERVATION

- Check plumbing for leaks or drips and repair if needed.
- If possible, install an instant hot water heater for your sink
- Insulate your water pipes.
- Never pour water out if there are other uses for it.
- Use flow restrictors on showerheads and on all faucets, and low-volume toilets with toilet displacement devices to reduce water used. You can also place a large jug in the toilet tanks to displace the water flow (be careful of operating parts).
- Throw food in the garbage instead of using a garbage disposal. Consider what might be used for compost.

OUTDOOR WATER CONSERVATION

- Regularly check for leaks in any well pumps, hoses, sprinklers, pool pumps, etc.
- Choose plants and grass that tolerate drought-like conditions.
- Avoid water toys or water features unless water can be re-circulated.
- Harvest rainwater if possible.
- Use weather based or smart irrigation controllers.
- Use water-efficient irrigation systems and turn these systems down in the fall and off in the winter.
- Use mulch around all trees and plants to retain moisture.
- Cover pools and water sources to reduce evaporation.

DURING A DROUGHT

Ensure you are following guidelines or restrictions on water usage for your area. Limit time spent in showers or baths and avoid flushing the toilet unnecessarily. Place a bucket in the shower to catch excess water which can then be used to water plants. Do not let water run while you brush your teeth, peel vegetables, or wash dishes.

Only use dishwashers, or clothes washers when they are completely full or use “light wash” features if available. Defrost food in the refrigerator instead of placing under running water to thaw.

To wash your car, use a car wash that recycles water or use a nozzle with a shut-off valve and keep it to a fine spray.

Do not overwater your lawn. If soil is still moist, do not water it. For better absorption, water in short sessions.

Make sure sprinklers on a system are set so they only spray water onto the lawn or plants, avoiding structures, sidewalks, or pavement. Set sprinklers to go off early in the morning or late in the evening.

EARTHQUAKE

Rocks deep under the earth's surface can cause the ground to rapidly shake without warning. Higher risk areas for earthquakes include California, Oregon, Washington, the Mississippi River Valley, Alaska, Hawaii and Puerto Rico,

Earthquakes are dangerous and can cause other natural disasters such as landslides, fires, tsunamis or avalanches.

PREPARE FOR AN EARTHQUAKE

Ensure your family has an emergency plan which accommodates any special needs or animals in the home and includes evacuation routes and stocked emergency kit.

Ensure your home is prepared by securing any heavy items like televisions, appliances, or bookcases along with anything that hangs on the walls. Breakable items or heavier items should be kept in lower cabinets or shelves. Standard homeowner's insurance typically does not cover damage from earthquakes. Ensure you have coverage if you live in an area with a high risk of earthquakes.

DURING AN EARTHQUAKE

Protect yourself immediately. If indoors, remain inside and keep away from doorways and windows.

- **Drop** to your hands and knees. If you are in a wheelchair, lock the wheels and remain seated.
- **Cover** your head and neck using your arms. If able, crawl underneath a nearby table or another sturdy object. If you cannot find shelter and the path is clear, remain on your knees and crawl to an interior wall away from windows.
- **Hold on** to the table or sturdy object you are under and be prepared to move with it. If you are seated in a wheelchair, keep your head covered with your arms and use both hands to hold onto your neck. Remain in a protected position until the shaking stops.

If you are outside, stay away from buildings or anything that can fall on you. Drop to the ground and use your arms to protect your head and neck from falling debris.

If you are in a car, pull over, stop the car and set your parking brake.

AFTER AN EARTHQUAKE

Stay in a safe location until you are alerted that it is safe to leave. Be mindful that earthquakes can cause utility problems with water, gas, and electricity.

Aftershocks often follow earthquakes so be ready to **drop, cover, and hold on** again as needed.

Leave a damaged building, immediately and seek a safer form of shelter.

If you are trapped, use your cell phone if available to call or send a text for help. You can also use a hard object to create a noise.

Wear protective clothing if cleaning up debris and get help if needed.

EXTREME HEAT

Two to three days of humidity and temperatures greater than 90 degrees is considered extreme heat. This weather-related hazard can be deadly.

Extreme heat can occur without warning and can happen quickly. Children, the elderly and anyone who is sick or overweight are at an increased risk from extreme heat.

PREPARE FOR EXTREME HEAT

Keep your home cool by covering windows with drapes or shades and ensuring weather-stripping is intact on doors and windows. Window reflectors (such as cardboard covered with aluminum foil) can be used to reflect heat back outside and insulation can be added to help keep heat out.

Fans should not be the source for cooling. If using a window unit air conditioner, be sure to insulate around the unit. A powered attic ventilator or fan can be used to regulate the heat in an attic.

If you do not have air conditioning in your home, there may be programs to help. Contact The Low Income Home Energy Assistance Program (LIHEAP) to see if you are eligible for assistance.

DURING EXTREME HEAT

If outside, find shade or go inside somewhere with air conditioning. Public places with air conditioning might include shopping malls, libraries, or community centers. Never leave a child, adult, or animal inside a vehicle. Stay informed of local heat advisories.

Take cool baths/showers and wear lightweight, loose and light-colored clothing. Stay hydrated by drinking plenty of liquids and avoid being outdoors and performing any strenuous activity that will increase body temperature.

Do not use electric fans if the outside temperature is above 95 degrees as they create air movement but do not actually lower body temperature, which can cause a false sense of safety from heat-related illnesses.

RECOGNIZE SIGNS OF TROUBLE

Knowing signs of heat related illnesses can help identify and treat them as soon as possible.

- **Heat cramps** can cause spasms and muscle pains in the arms, legs, or stomach. If this occurs find a cooler location, remove any excess clothing and drink small sips of a cool sports drink (something with sugar and salt). Call your healthcare provider if needed. If the cramping continues for more than one hour, seek medical attention.
- **Heat exhaustion** can cause muscle cramps, heavy sweating, weakness, tiredness, headache, paleness, nausea, vomiting, dizziness, and fainting. If any of these signs occur move to an air-conditioned area to rest. Remove or loosen clothing and take a cool bath and drink sips of a cool sports drink (something with sugar and salt). Seek medical attention if symptoms do not improve.
- **Heat stroke** can cause hot, dry, and red skin without sweating, high body temperatures (above 103 degrees oral) with a strong, rapid pulse along with confusion, dizziness, or unconsciousness. If any of these symptoms occur call 911 or get to a hospital as soon as possible as this is a medical emergency.

ELECTRICAL FAILURE

Electrical failures, or power outages, can cause a number of safety concerns. Knowing the following information can help.

BEFORE AN ELECTRICAL FAILURE

- Register life-sustaining and medical equipment with your utility company.
- Consider buying a generator. When installing a generator, follow the instructions carefully. Keep your generator outside and run a cord inside. Don't connect your generator to main service panels—it's dangerous! Be sure to place a carbon monoxide detector indoors.
- Make sure your disaster preparedness kit contains light sticks, flashlights, a battery-powered radio with extra batteries and a wind-up clock.
- Have a corded telephone available — cordless phones will not work when the power is out.
- Have a safe alternative heat source and supply of fuel. Never burn charcoal or use a generator indoors.
- If you own an electric garage door opener, know how to open the door without power.

DURING AN ELECTRICAL FAILURE

- Turn off lights and electrical appliances except for the refrigerator and freezer.
- Even if it is dark, turn light switches and buttons on lamps or appliances to the “off” position.
- Unplug computers and other sensitive equipment to protect them from possible surges when the power is restored.
- Leave one lamp on so you will know when power is restored. Wait at least 15 minutes after power is restored before turning on other appliances.
- Conserve water, especially if you use well water.
- Never use gas ovens, gas ranges, barbecues or portable or propane heaters for indoor heating—they use oxygen and create carbon monoxide that can cause suffocation.
- Candles can cause a fire. It’s far better to use battery-operated flashlights or glow sticks for lighting.
- Using a kerosene heater, gas lantern or stove inside the house can be dangerous. Maintain proper ventilation at all times to avoid a buildup of toxic fumes, and be sure to have a carbon monoxide detector.
- Stay away from downed power lines and sagging trees with broken limbs.

KEEP FOOD SAFE

- Use and store food carefully to prevent foodborne illness when power outages make refrigeration unavailable.
- Use foods first that can spoil most rapidly.
- Keep doors to refrigerators and freezers closed. Your refrigerator’s freezer will keep food frozen for up to a day. A separate fully-loaded freezer will keep food frozen for two days.
- Use an ice chest packed with ice or snow to keep food cold. Buy dry ice to save frozen food. Do not handle dry ice with your bare hands. Use blocks or bags of ice to save refrigerator foods.
- Use caution if storing food outside during winter to keep it cold. The outside temperature varies, especially in the sun. Frozen food may thaw and refrigerator food may become warm enough to grow bacteria. Food stored outside must be secured from contamination by animals.
- If in doubt, throw it out. Throw out meat, seafood, dairy products and cooked food that does not feel cold.
- Never taste suspect food. Even if food looks and smells fine, illness-causing bacteria may be present.

FIRE

A small flame can turn into a major fire in less than 30 seconds. A home can be overcome with flames in less than five minutes.

Gases from the fire are toxic, cause you to become disoriented and drowsy, and are more deadly than the flames of a fire. The heat from the fire can rise to as high as 600 degrees at eye level which can cause scorching of the lungs and even melt your clothes.

PREVENT A FIRE

- **Cooking** – Stay in the kitchen when cooking food and ensure everything is turned off before you leave. Avoid wearing draping or loose clothing and sleeves. Keep grills or outside heat sources at least 10 feet away from the home and any tree branches that overhang. Do not use the stove or oven to warm your home.
- **Electrics and appliances** – Replace frayed wires and worn cords immediately and do not place cords under rugs or furniture. Use three-prong plugs with three-prong outlets and never alter the plug or attempt to fit it into a two-prong outlet. Have a professional replace any faulty outlets or light switches.
- **Space heaters** – Buy portable space heaters that are UL listed and have a thermostat with an automatic shut-off feature. Per ready.gov, if using a kerosene heater, use only crystal clear K-1 kerosene, avoid overfilling, and use in a well-ventilated area. Keep all heaters at least three feet from combustible objects and flammable liquids.
- **Fireplaces and woodstoves** – All chimneys and pipes should be inspected and cleaned annually and checked monthly for damages and obstructions. Fireplace screens should be large enough to cover the openings and heavy enough to stop rolling logs. Ensure the fire is completely out before going to bed or leaving the home.
- **Children** – Teach children that fire is not a toy. Keep matches and lighters in a locked cabinet and never leave children unattended near fires or heat sources for any amount of time.
- **General** – Never use or refuel portable generators indoors.

PREPARE FOR A FIRE

Have a fire escape plan that includes a primary exit path and additional ways to get out of each room and the home in the event the main exit is blocked by smoke and fire. Practice the fire escape plan twice a year by closing your eyes and feeling your way out of the home. Teach children in the home to never hide from firefighters.

For older adults or people with functional needs, make sure that all exits will accommodate walkers or wheelchairs. Keep exit ramps and walkways clear of clutter. Be sure all smoke

alarms are working and that you have backup batteries readily available. Place smoke alarms on every level of the home and replace every ten years. Follow manufacturer's instructions for replacing the batteries. Never disable a smoke alarm for convenience.

DURING A FIRE

If smoke is present, crawl low towards a safe exit. If you need to open a door test a doorknob first. If the knob is hot or you see smoke coming from the other side, do not open the door and find another route. If you do open a door, open it very slowly so that if smoke or fire is seen you can close it again quickly. Alert rescuers of any other individuals or pets that may still be in the home.

If you are unable to get out, keep smoke out of the room by closing the door and covering any vents or open areas with cloth or tape. Call 911 and let them know where you are in the home. Use a flashlight or light-colored cloth at the window to signal for help.

“Stop, Drop, and Roll” If your clothing catches fire. Immediately stop and drop to the ground, covering your face with your hands. Roll back and forth, over and over until the fire has been put out. If you cannot stop, drop, or roll, use a towel or blanket to smother the flames. Cool water can be used to immediately treat the burn for up to five minutes. Cover the burn with a dry, clean cloth and seek medical attention.

AFTER A FIRE

Seek medical attention for any inhalation or burn injuries and help others do the same. Before attempting to return to the home after a fire, ensure you have received word from the fire department that utilities and the home are safe for use. Contact your insurance agency for instructions and next steps and save all receipts.

FLOOD

Flooding occurs when water overflows onto land that is usually dry and may be a result of coastal storms, storm surges, rain, or an overflow of water systems. According to ready.gov, floods are the most common natural disaster in the U.S.

Flooding may result without warning (flash flood) or may develop slowly and often lead to power outages, disrupt transportation and even cause landslides. Failure to evacuate as directed or entering flood waters can lead to injury and even death.

PREPARE FOR FLOODING

Ensure your home's emergency kit and communication plan is ready and up to date. This can include meeting locations, individual responsibilities for property, pets, and children, as well as family members outside of your household.

Familiarize yourself with evacuation routes, flood zones and routes, and keep important documents and items in a waterproof container.

Sign up for local community, city, county, state, and national alert systems to stay up to date with emergency alerts, warnings, and evacuation recommendations.

DURING FLOODING

If not already in a safe place, attempt to get to a safe place or your planned location to shelter in place. Evacuate quickly if told to do so. Follow paths laid out by emergency responders and do not attempt to evade/go around the path.

Never attempt to walk, swim, or drive through flood waters. Find another route.

Do not try to cross a bridge that is over rapid moving water. Fast moving water can easily overtake the bridge without warning.

If trapped in a building, go to the highest level, including the roof if necessary. If trapped in a car, get on the roof if water is rising in the car.

AFTER FLOODING

Stay away from flooded areas and do not return home until it is deemed safe by local authorities. Only drive if it is an emergency and avoid flooded areas. Avoid wading in flood water as it can contain harmful items such as debris, chemicals, and bacteria, and even cause electrocution in the event of downed power lines.

Be careful of downed utilities that can present risks such as electrocution. Never touch electrical equipment if you are standing in water or if it is wet. Be careful during all cleanup or debris clearing and ensure you are wearing protective clothing.

If a generator is needed, use outdoors away from windows.

HABOOB / DUST STORM

Haboobs occur from strong outward winds of a thunderstorm, which can lead to a dust storm that severely reduces visibility.

A dust storm often appears quickly with little warning and forms a fast-moving wall of dust and debris which can be thousands of feet high and several miles long.

While haboobs/dust storms can happen anywhere, the most common part of the United States is in the Southwest. If a haboob/dust storm is occurring in your area, a warning will be issued by the National Weather Service (NWS). Even though dust storms often only last for a few minutes, they cause blinding, choking dust and can create massive pileups due to the lack of visibility.

DURING A HABOOB/DUST STORM

Avoid entering the area of a dust storm.

If you are in your vehicle during a dust storm or see one approaching, pull off the roadway immediately, stop and put the vehicle into park. Set the parking brake and ensure all lights are turned off and that your foot is off the brake pedal. Remain inside of the vehicle until the storm passes.

If you in your vehicle and unable to safely pull off to the side of the road, slow down, turn on the lights, occasionally beep your horn, and pull off the roadway as soon as you identify a safe place. **Never** stop your vehicle on the roadway.

HURRICANE

Hurricanes are intense storms that can cause storm surge, damaging winds, heavy rain, flooding and even tornadoes far inland. Hurricanes can occur in the Pacific and Atlantic oceans or along the US coast. Hurricane season can start as early as May and run through November.

PREPARE FOR A HURRICANE

Ensure you have a communications and disaster plan in place for your household. Pay attention to warnings and alerts from weather stations or local authorities.

Know the risk of a hurricane in your area and know your evacuation zones and routes in case you are directed to evacuate. Ensure your disaster kit and any important documents are ready.

Ensure your home exterior and surrounding area is free from clutter and debris, bring in furniture and clean out gutters and drains. Consider hurricane shutters and protection for windows and doors.

DURING A HURRICANE

Pay attention to local alerts and changes in condition. Evacuate immediately if directed.

Use designated storm shelters to protect yourself from high winds and flooding. Go to the highest level of a building if trapped by flooding.

Do not attempt to drive across, swim or walk through fast-moving or flood water.

AFTER A HURRICANE

Only drive if it is an emergency and avoid flooded areas. Avoid wading in flood water as it can contain harmful items such as debris, chemicals, and bacteria, and even cause electrocution in the event of downed power lines.

Be careful of downed utilities that can present risks such as electrocution. Never touch electrical equipment if you are standing in water or if it is wet. Be careful during all clean-up or debris clearing and ensure you are wearing protective clothing.

Take pictures to document any damages and contact your insurance company if assistance is needed.

LANDSLIDE

Landslides occur when large masses of earth, debris, or rock move down a slope often resulting from intense storms, earthquakes, or rapid snowmelt, often occurring with little or no warning.

A landslide can travel quickly up to several miles from the origin. As the landslide continues, it will become a river of mud, growing in size as anything in its path such as debris and even cars will be picked up.

PREPARE FOR A LANDSLIDE

Ensure your home's emergency kit and communication plan is ready and up to date. This can include meeting locations, individual responsibilities for property, pets, and children, as well as family members outside of your household.

Familiarize yourself with the land around you and find out if landslides are a common occurrence in your area or when the last one occurred.

You cannot stop the path of a landslide, but there are things that can be done to protect from damage if one occurs. These can include retaining walls, sandbags, or other types of barriers.

Sign up for local community, city, county, state, and national alert systems via telephone, text, or email. This will enable you to stay up to date with emergency alerts and warnings, as well as evacuation recommendations.

WARNING SIGNS OF A LANDSLIDE

Sounds of rushing water, trees cracking, boulders or rocks moving against each other and faint rumbling that gets steadily louder. Movement of trees, rocks, walls, fences, or utility poles.

DURING A LANDSLIDE

If possible, evacuate from your location or remove yourself from the path of the landslide. If you cannot escape the path, try to find a safe area or move to higher ground. Do not cross a road or a bridge that has flowing mud or water.

AFTER A LANDSLIDE

Stay away from the area as additional slides can occur. If driving, be mindful of damage to roadways or structures. Report any damage to utilities, property, or persons as soon as possible and allow trained professionals to handle any help or repairs.

SEVERE THUNDERSTORM

Thunderstorms often include loud thunder, lightning, hail, high winds and flash flooding. Lighting is the primary cause of weather related injury. Injuries from lightning can be long-term, debilitating, and sometimes fatal.

PREPARE FOR A THUNDERSTORM

Know the risk around you. Many areas receive severe thunderstorms throughout the year. Make sure your family's emergency kit and communication plan are set up and ready.

Ensure you have a plan for where your family will go to seek shelter if needed. Protect yourself and your property from damage by keeping trees trimmed and your area free of debris.

DURING A THUNDERSTORM

If a thunderstorm occurs, get to safety in a sturdy building/structure. Pay attention to communications giving information about the status of current storms and the timeline for the storm.

Avoid exposing yourself or others to electrocution risks. Electricity can travel through running water, phone lines (landline), electric devices that are plugged in, and anything metal. Appliances should be unplugged, if possible, to prevent surges.

Watch for flash flooding and avoid flooded roadways. Do not attempt to walk through water deeper than 6 inches or drive through water deeper than 1 foot. When in doubt, find another route.

AFTER A THUNDERSTORM

Assess and report any damage to yourself, property, or utilities to proper authorities. Be careful of areas where flash flooding can occur after the storm is over as well as any fallen trees or power lines.

TORNADO

A tornado is a funnel-like, violent rotating column of air, extending down to the ground from a thunderstorm, generating intense winds greater than 200 miles per hour.

Tornadoes, which can occur at anytime and anywhere are capable of destroying buildings and creating flying debris which can be deadly.

PREPARE FOR A TORNADO

Know the risk for tornadoes in your area and sign up for alerts and warning systems in your community.

Ensure that you have an emergency kit and a plan for your household and any animals, along with a safe place to shelter in the event of a tornado.

Watch local weather reports and be familiar with the warning signs such as a funnel-like rotating cloud, sounds of a loud roar similar to that of a freight train, or clouds of approaching debris.

DURING A TORNADO

Go to your identified safe area immediately, shelter in place and stay tuned to local weather alerts.

Protect your body by covering your head and neck with your arms and use items such as mattresses or blankets for additional protection.

Never try to outrun the tornado if you are in a vehicle.

AFTER A TORNADO

Keep yourself protected until you receive updated information about the status of the tornado.

Be mindful of debris and damage to property that may have occurred, including utilities and stay away from broken utility or down power lines.

If it is necessary to clean up or move through debris make sure to wear appropriate clothing and protective gear to avoid injury.

TSUNAMI

A tsunami, which results from natural disasters such as earthquakes, volcanic eruptions, or underwater landslides, is a sequence of huge ocean waves from 10 feet up to 100 feet high, traveling up to 30 miles an hour.

Tsunamis can occur anywhere along the US coastline and lead to floods, interrupt transportation and power, destroy or damage buildings, and can even severe injury or death.

PREPARE FOR A TSUNAMI

Be familiar with the risks of your area and how often tsunamis typically occur. Sign up for any alert systems or warning notifications for your area and pay attention to any posted or distributed maps of evacuation routes or at-risk zones.

Ensure that you have an emergency kit and a plan for your household and any animals, along with an evacuation plan that is outside the risk area.

Warning signs of a tsunami include:

- Earthquake
- Sounds from the ocean such as a loud roar
- Sudden rise or wall of water
- Sudden draining of water, showing the ocean floor

Immediately go inland and to higher ground if any of the warning signs are noted and evacuate immediately if directed.

DURING A TSUNAMI

In the event of an earthquake, immediately drop to your knees and use your arms to cover your head and neck. Move to a safe place as far inland and above sea level as possible once the shaking has stopped.

If advised to evacuate, leave immediately and follow the evacuation routes as directed.

If a tsunami occurs and you are in water, find something that will float to anchor yourself to such as a door, tree trunk or raft of some sort. If in a boat, head away from the land and out to sea or go further inland if you are in a harbor.

AFTER A TSUNAMI

Do not return home until directed by local authorities and pay attention to local alerts for areas to avoid, such as areas with flood water or damaged roads.

Avoid wading in flood water as it can contain harmful items such as debris, chemicals, and bacteria, and even cause electrocution in the event of downed power lines.

Be careful of downed utilities that can present risks such as electrocution. Never touch electrical equipment if you are standing in water or if it is wet.

VOLCANIC ERUPTION

A volcanic eruption occurs when lava and gases are released from an opening in the earth's crust. The flow of lava and debris destroys everything in the path and can travel at speeds up to 100 mph. Volcanic ash can travel distances of hundreds of miles, creating health problems and harmful gases released can lead to eye, nose, throat, and skin irritation. California and Oregon are among the states with the most active volcanoes.

PREPARE FOR A VOLCANIC ERUPTION

Be familiar with the risks of your area and if the area is at risk of volcanic eruptions. Sign up for any alert systems or warning notifications for your area and pay attention to any posted or distributed maps of evacuation routes or at-risk zones.

Ensure that you have an emergency kit and a plan for your household and any animals, along with an evacuation plan that is outside the risk area. Consider the need for protection from burns as well as from ash.

DURING A VOLCANIC ERUPTION

If advised to evacuate, leave immediately and follow directions provided by the local authorities. Avoid areas downstream from any lava or water as well as downwind of any ash.

If there is heavy ash fall, avoid driving and protect your airway with cloths or coverings as well as covering any ventilation openings and sealing windows and doors.

AFTER A VOLCANIC ERUPTION

Keep yourself protected until you receive updated information about the status of the volcanic eruption as well as any air conditions or ash fall that may be occurring.

Avoid driving in areas with heavy ash.

Remain inside if you have any breathing difficulties until directed by local authorities that is safe to be outside.

Do not attempt to remove ash from the top of the roof or structures.

Wear protective clothing and appropriate mask if assisting with clean up.

WATER FAILURE

The following information will assist you during and after a water failure, such as a water main break, or after a disaster when water service has not yet been restored.

PREPARE FOR WATER FAILURE

Following a disaster or local water emergency, clean drinking water may not be available. Your regular water source could be cut off and compromise your families' needs during an emergency. Prepare your family for a water failure by storing at least 1 gallon per person per day for several days.

DURING A WATER FAILURE

- Call your local utility office to report the outage.
- Use stored bottled water for drinking or medical purposes.

AFTER A WATER FAILURE

After a water failure, especially after a disaster or burst pipe, there may be contamination to the public water supply. In the area hit by a disaster, water treatment plants may not be operating; even if they are, storm damage and flooding can contaminate water lines. **Listen for public announcements about the safety of the municipal water supply.**

After water failure, follow these steps to ensure that your water is safe for use with medical devices:

- Use only bottled, boiled, or treated water until your supply is tested and found safe.
- If you use bottled water, be sure it came from a safe source. If you do not know that the water came from a safe source, you should boil or treat it before you use it.
- Boiling water, when practical, is the preferred way to kill harmful bacteria and parasites. Bringing water to a rolling boil for 1 minute will kill most organisms.
- When boiling water is not practical, you can treat water with chlorine tablets, iodine tablets, or unscented household chlorine bleach (5.25% sodium hypochlorite).
- If you use household chlorine bleach, add 1/8 teaspoon (~0.75 mL) of bleach per gallon of water if the water is clear. For cloudy water, add 1/4 teaspoon (~1.50 mL) of bleach per gallon. Mix the solution thoroughly and let it stand for about 30 minutes before using it.

Note: Treating water with chlorine tablets, iodine tablets, or liquid bleach will not kill parasitic organisms.

Use a bleach solution to rinse water containers before reusing them. Use water storage tanks and other types of containers with caution. For example, fire truck storage tanks and previously used cans or bottles may be contaminated with microbes or chemicals.

Sterility

- When performing medical procedures, maintain a clean environment by using bleach, alcohol, or a disinfectant in the area you are working (e.g., catheter changes, dressing changes, suctioning).
- Check sterile packaging to make sure it is dry and intact (e.g., sterile gauze).
- When you purchase or receive supplies from DME companies, always check the packaging to make sure it hasn't been damaged.

WILD FIRE

A wildfire is an unplanned fire that burns in a natural area such as a forest, grassland, or prairie. Wildfires can spread quickly burning anything in its path, endangering peoples' lives.

PREPARE FOR A WILD FIRE

The FEMA App allows you to receive real-time weather alerts, locate emergency shelters in your area, prepare for common hazards, and more. The FEMA App is your personalized disaster resource, so you feel empowered and ready to take charge of any disaster life throws your way.



Ready.gov Words to Know:

Evacuation - Leaving an area that has been declared unsafe.

Fire Extinguisher - A fire protection device that sprays foam and is used to help put out small fires.

Red Flag Warning - Also called a Fire Weather Warning, it is a warning for when fire danger exists because of weather patterns.

Evacuation Notice - An evacuation notice tells you that a fire is nearby, and it is important—or mandatory—to leave the area.

Fire Weather Watch - A notice that dangerous fire weather conditions are possible over the next 12 to 72 hours.

Smoke Alarms - Sensors attached to the ceiling that sound an alarm when they sense smoke.

DURING A WILD FIRE

If you spot a wildfire report it immediately by calling 9-1-1. Listen to and follow the direction of Emergency Officials. They will provide the latest recommendations based on the threat to your community and provide appropriate safety measures. Delayed decisions to evacuate after mandatory evacuation notice can result in deaths related to wild fire. If you or your family are threatened by wild fire, call 9-1-1 immediately.

People with respiratory considerations such as asthma, COPD, or other diagnosis affecting the lungs may need to take additional precautions as poor air quality can worsen conditions.

AFTER A WILD FIRE

If you or a family member has been burned, seek help immediately.

If there has been a mandatory evacuation, do not return home until the Emergency Officials have cleared you to return. Be aware of hot ash, and heat pockets in the ground which may not have fully extinguished.

Take pictures to document property damage, and report losses to your property insurance agency.

When cleaning wear protective clothing. Remember wear a mask to protect yourself from smoke dust particles.

Government sites like www.ready.gov and www.FEMA.gov provide guidelines on what to do after a fire.

WINTER STORM

A winter storm can last for hours or even days, cause intense cold and include weather such as blizzards, snow, freezing rain, high winds, and ice.

Winter storms increase the risk of car accidents, loss of electricity, and may cause medical emergencies such as hypothermia and frostbite, carbon monoxide poisoning, and heart attacks, which may result from overexertion while shoveling snow.

PREPARE FOR A WINTER STORM

Monitor your home for leaks or areas where cold air may get in, this can involve ensuring insulation, weather stripping, or caulking and sealants are intact as well as protection for pipes to prevent freezing. Ensure your home has working smoke alarms, carbon monoxide detectors, and backup batteries for both.

Ensure your home and family have an up to date emergency plan and kit and that everyone in the household knows what to do in the event of a winter storm.

Keep the gas tank full in your vehicle(s) along with an emergency kit that includes jumper cables, warm clothes/blankets, bottled water, and non-perishable snack items.

Pay attention to local alerts which warn of potential winter weather such as heavy snow or freezing rain or sleet.

- A Winter Storm Warning will be issued 12-24 hours before winter weather is expected to begin.
- A Winter Storm Watch will be issued 12-48 hours before the winter storm is known to begin.
- A Winter Weather Advisory will be issued to alert you and your family to the dangers of the weather and to advise caution so that you can prepare to avoid life-threatening situations.

DURING A WINTER STORM

Stay inside and off the roads as much as possible and remain inside your vehicle if you are trapped. Limit any time outdoors and protect yourself with extra layers to prevent frostbite and hypothermia. Be careful not to overexert yourself walking in snow or shoveling snow as this can lead to a heart attack.

Do **not** use generators or gas grills indoors and do **not** attempt to warm yourself or your home with a gas stovetop or oven. These can all lead to carbon monoxide poisoning!

RECOGNIZE FROSTBITE AND HYPOTHERMIA

Frostbite can lead to a loss of color and feeling around fingers, toes, and the face. The skin may be numb, appear firm or waxy skin, white or yellowish gray in color. If this occurs seek a warm room and soak the area in warm water and use body heat to help warm the affected area. Never use a heating pad or massage the area.

Hypothermia occurs when the body is at an abnormally low temperature. If the body temperature falls below 95 degrees Fahrenheit, this is considered a medical emergency. Signs of hypothermia can include exhaustion and drowsiness, memory loss, slurred speech, confusion, shivering, and fumbling with hands. If this occurs seek a warm room and warm the head, neck, chest, and groin areas first. Keep as dry as possible and wrap the entire body including the head and neck, in warm blankets.



Biological Events

AIR POLLUTION

The air quality can change at any point during the day and is affected by the amount of pollutants in the air (airborne particles) and ground-level ozone (smog).

Smog, can cause severe respiratory irritation, decrease lung functionality and trigger pre-existing conditions like asthma. Pollution from airborne particles can cause severe health problems as they can be breathed in, allowing them access to lung tissue. Groups sensitive to air quality issues can include children, elderly, and those with existing pulmonary conditions, such as chronic bronchitis, emphysema, or asthma.

PREPARE FOR AN AIR QUALITY ALERT

To keep the public aware of the air quality and associated health concerns, the Environmental Protection Agency (EPA) created the Air Quality Index (AQI) which provides a range of the air quality symbolized by color and indicates the level of health concern. For example, when the air quality reaches a level of concern, you might hear an advisory such as “code orange air quality.”

AIR QUALITY ADVISORY (AQI) CATEGORIES

- **Good (green)** – satisfactory air quality, posing little to no health risk
- **Moderate (yellow)** – acceptable quality, can pose moderate health concern for those sensitive to air pollution
- **Unhealthy for sensitive groups (orange)** – members within sensitive groups can have negative health effects, but general public will likely be unaffected
- **Unhealthy (red)** – can affect everyone negatively, and sensitive groups may have serious or severe health effects
- **Very unhealthy (purple)** – a health alert will be triggered, meaning everyone can have serious health effects
- **Hazardous (maroon)** – emergency conditions and the entire population can have serious health effects

DURING AN AIR QUALITY ALERT

Based on the level of Air Quality advisory, you may need to reduce physical activity and limit the time spent outdoors. Symptoms for people with conditions such as asthma, COPD, or other respiratory diagnosis can worsen with poor air quality. If symptoms worsen, reach out to your primary care physician for guidance. Pay attention to air quality alerts and follow guidance from local health authorities.

CHEMICAL EMERGENCY

Chemical agents have dangerous effects on humans, animals or plants, and can even lead to death.

PREPARE FOR A CHEMICAL EMERGENCY

Chemical emergency may happen without warning and can cause breathing difficulties, nausea, irritation of the eyes, nose, and throat and loss of coordination. They may also kill wildlife in the area, such as birds or insects.

Ensure your disaster kit includes scissors, duct tape and plastic sheeting.

DURING A CHEMICAL EMERGENCY

During a chemical emergency, attempt to determine areas that are affected or the source and move away immediately. If you are inside and the chemical is also inside, leave the building immediately. If unable to get out, move as far away from the chemical as possible and shelter-in-place.

If you must shelter in place, close all doors and windows and turn off any ventilation sources. Seek an internal room and ensure your disaster kit is with you if possible. Seal the room with tape or sheeting and listen to broadcasts for updates.

If you are caught in a contaminated area quickly find the fastest way to clean air.

AFTER A CHEMICAL EMERGENCY

Stay safe and in shelter or away from the affected area until you are told it is safe to relocate.

If you are affected, seek medical attention as soon as possible. If you must decontaminate yourself remove all clothing by cutting it off (do not take it over your head). Seal all clothing in a plastic bag. If applicable, remove contact lenses. Place glasses in bleach then rinse dry.

Wash hands, face, hair, and body with soap and water before rinsing completely and use water to flush out the eyes.

HAZARDOUS MATERIALS

Materials such as explosives, flammable and combustible substances, poisons and radioactive materials can be hazardous. An Emergency can occur when chemicals are not safely used or released in amounts that are considered harmful.

PREPARE FOR A HAZARDOUS MATERIALS EVENT

Be familiar with hazardous materials in your community. Local Emergency Planning Committees are in many communities. They have information related to hazardous materials in the community available upon request.

Have an emergency kit and a plan for your household. Know how to operate the ventilation system in your home. Identify a room with as few openings as possible that can serve as an above ground shelter.

DURING A HAZARDOUS MATERIALS EVENT

If you need to evacuate:

- Leave immediately and bring your disaster kit with you.
- Shut off vents and attic fans and close windows if there is time.
- Help others needing assistance.

If you are outside:

- Go at least a ½ mile away from the hazardous material and cover your mouth with a cloth and try not to inhale gases or smoke.
- Do not go near accident victims until the hazardous material.
- Do not touch or walk through any contaminated areas.
- If you are in a vehicle, stop and try to seek shelter in a building. If unable to find shelter, remain in the vehicle, close all vents and windows and turn off the air conditioner or heater.

If told to remain indoors:

- Ensure all household members and animals are indoors inside.
- Close and lock all doors and windows, including vents, fireplace openings and interior doors. Do not run the air conditioner, furnace, or heaters.
- If the interior air is contaminated, take shallow breaths and use a cloth to cover your nose and mouth.
- Seek a pre-selected, interior shelter room and bring your disaster kit. Seal gaps around doorways or vents with wet towels, plastic, or tape.

AFTER A HAZARDOUS MATERIALS EVENT

Stay safe and in shelter or away from the affected area until you are told by local authorities that is safe to relocate.

If you been in contact with or exposed to the hazardous material, follow instructions from local authorities and seek medical attention as soon as possible.

NUCLEAR EVENT

A nuclear event such as a nuclear explosion can lead to serious damage or loss of life from the blast, heat or radiation.

A nuclear event can occur with little to no warning.

PREPARE FOR A NUCLEAR EVENT

Identify the best locations near you to seek shelter whether you are at home, work, or school. Locations underground, in the middle of large buildings or basements are best. These areas should not be outdoors, in vehicles, or mobile homes.

KNOW THE HAZARDS OF A NUCLEAR EVENT

- **Bright flash** may temporarily cause blindness (less than 1 minute).
- **Blast wave, fire and heat** may cause burns, injury, death, and damage to structures even several miles away from the source.
- **Radiation** may damage to body cells. Radiation sickness may result from large exposures.
- **Electromagnetic Pulse (EMP)** may damage electronics or electrical equipment as well as temporary disruptions even several miles away from the source.
- **Fallout** is raining dirt and debris that is radioactive and can cause sickness; and may fall up to several miles away.

DURING A NUCLEAR EVENT

If you receive a warning of a nuclear event occurring, get inside and seek shelter immediately. If you are outside and unable to seek shelter in time, lay down, attempting to cover yourself or seeking cover behind anything that may protect you. Lay face down to protect your face from the blast and avoid touching your face, eyes, mouth, or nose. Once the initial blast occurs and the shockwave has passed, seek better shelter immediately.

Watch and listen for updates with instructions from local authorities. If you are advised to evacuate, do so immediately and follow any directions given for evacuation routes and procedures.

AFTER A NUCLEAR EVENT

The first few hours after a nuclear explosion is the most dangerous because radiation levels in fallout are highest. Fallout takes time to reach ground level, sometimes more than 15 minutes. You may have time to prevent radiation exposure from fallout by taking these steps:

- Seek shelter inside the nearest building. A concrete or brick structure is best. Keep away from the roof and outer walls.
- If you were outside when the fallout arrived:
 - Take off any contaminated clothing. Do not touch your mouth, eyes, nose, or face and avoid allowing the clothing to touch these areas.
 - Wash off with soap or water in a shower if possible or wipe with a clean wet cloth. Hand sanitizer will not help remove fallout and disinfectant wipes should not be used.
 - Help others or any animals that were in contact with fallout to be wiped down.

Food and beverages that are packaged and were inside buildings may be safe to consume but do not consume anything that was uncovered or that may be contaminated by the fallout. Stay tuned to local communication on media outlets for updates and further instructions.

PANDEMIC

A pandemic occurs when an outbreak of a disease, often a virus, affects large numbers of people across multiple countries.

New viruses can emerge anytime and spread quickly, which makes a pandemic difficult to predict.

PREPARE FOR A PANDEMIC

Learn how diseases spread and how to limit personal exposure and disease transmission to others. Prevent the spread of diseases by covering coughs and sneezes and wash hands with soap and water for at least 20 seconds. Think about solutions to possible school, work, and public closures and the shift to virtual platforms for school, work, and social activities. Gather necessary supplies, including food, medicine, cleaning supplies, bottled water, and personal items in case you or our family need to stay home for a quarantine period. Buy supplies over a period to prevent stock buying. Ensure your disaster kit and communication plan are up to date. Review your health insurance plans to understand what is covered and how to access care, including telehealth, especially during disaster emergencies. Ensure you have enough supplies such as non-perishable foods, medical supplies, cleaning supplies, and prescriptions if you need to stay home for an extended period.

DURING A PANDEMIC

Follow the latest guidance from the CDC, state and local authorities. Prevent disease spread through social distancing and limited face-to-face contact with others. Wear masks when in public and stay home if you are sick or have been exposed to someone sick. Follow proper hand hygiene. If soap and water are unavailable, use hand sanitizer with at least 60% alcohol. Make sure to clean high-touch surfaces and objects in your home frequently. Seek medical attention if you believe you have been exposed to the disease and follow any quarantine and isolation instructions as applicable. It is also important to take care of your mental health and well-being. Engage with family, friends, and community virtually. It's normal to feel sad, depressed, anxious, or upset. Contact your physician or someone if you are having any of these feelings.

AFTER A PANDEMIC

Continue to practice protective measures, stay home if sick, or seek medical attention. Cover coughs and sneezes and practice proper hand hygiene. Follow guidance on re-opening of schools, offices, workplaces, faith and community organizations, and businesses. Update your family's emergency plan as needed.



Human Events

ABDUCTION

While news of child abductions can be scary, it is important to remember that most of those reported missing have run away or there has been a misunderstanding with their parents on their location. Of those abducted, 25% are abducted by strangers, while the majority have been taken by a family member or someone they know.

PREVENT AN ABDUCTION

Ensure all documents, records, and photos are in order and updated regularly. This can include medical and dental records, custody documents, and ID-like photos of your child (update every 6 months). Fingerprinting your child can often be done at a local police department.

Talk to your children about what to do if they are approached, followed, or taken by a stranger. Encourage them to never engage with strangers, never accept anything from strangers, never follow strangers. Ensure they know to run away and scream if someone attempts to make them do something or touch them in a way that is inappropriate or makes them uncomfortable.

Teach your child to always tell a trusted adult if anything happens that makes them uncomfortable and to always ask permission from a parent before leaving the house or play area.

Teach your child their name, address, phone number, and parent's names. Have a code word that they will use if needed. Teach them not to ride with or be alone with anyone that doesn't know that code word.

Practice safety with your child. Teach them that abductors will often attempt to lure them with enticing questions or situations such as asking if the child if they would like to see a puppy or kitten.

Monitor your child's online use and know who they interact with and what is said.

Keep a close watch on your child when in public places like parks, malls, movie theaters, or play spaces. Never leave children alone in cars or strollers, even for small amounts of time.

Keep doors and windows closed and locked when in the house, and teach your children to do the same, especially if they are old enough to spend time alone in the home.

Do not dress your child in clothing that has their name on it. Choose caregivers carefully and ask for references. Communicate changes in caregivers, transportation, or supervision to your child ahead of time as well as with the caregivers or school.

DURING AN ABDUCTION

Remain calm and understand that the first few hours are the most critical. Contact authorities and the police immediately and provide as much information as possible about

your child, including what they were wearing and the last time you saw them.

You can request that your child's abduction case be entered into the National Crime and Information Center (NCIC) and the National Center for Missing and Exploited Children.

ACTIVE SHOOTER

An active shooter is an individual who uses a firearm to attempt to cause mass casualties.

PREPARE FOR AN ACTIVE SHOOTER

Be aware of your surroundings and stay alert to possible dangers. If you notice anything out of the ordinary such as suspicious packages or people exhibiting strange behaviors including anger or expressed intent to cause harm, alert local authorities immediately.

Ensure you have an exit plan from all locations you visit.

DURING AN ACTIVE SHOOTING

Run to a safe area immediately and leave any belongings behind. Call 911 when you are in a safe place, tell them your location and about the attacker including weapons.

Cover and hide if you cannot evacuate or leave the area in a place that is out of the attackers view. Try to find a solid barrier if possible. Lock and block doors and windows, closing any blinds or window coverings, and turn off all lights. Limit noise and try to stay silent and hidden.

Fight as a last resort if you cannot run away or find cover. Be aggressive and stick with your actions to try to disable or disrupt the attacker, even if that means causing severe injury. Get the help of others if they are available and use any items around you as weapons.

After ensuring you are safe, help others do the same if you can do so without putting yourself at risk. Provide medical care if you are able and call emergency services.

AFTER AN ACTIVE SHOOTING

Remain calm and follow all instructions of law enforcement, health professionals, and authorities. Ensure your hands are empty and visible to law enforcement. Listen for messages or information about the situation and share updates with those around you.

Be mindful of your health after an event like this and consider seeking professional help if needed, to cope with the trauma.

CYBER ATTACKS

A cyber attack is any intentional effort to steal, expose, alter, disable, or destroy data, applications or other assets through unauthorized access to a network, computer system or digital device.

PREPARE FOR A CYBER ATTACK

Recommended Protective Actions:

- Keep software, anti-virus, and operating systems up-to-date.
- Use strong passwords that are 12 characters or longer with upper and lower case letters, numbers, and special characters.
- Watch for suspicious activity that requests action immediately, think before you click.
- Regularly check your account statements (at least once a week).
- Make sure your internet is secure.
- Be careful sharing personal information online.
- Change your home wifi password on a regular basis.
- Backup important information.

3-2-1 Rule of Backup

All computer users should back up important information they have on their electronic devices. Saving just one backup file may not be enough to safeguard your information. To increase your chances of recovering lost or corrupted important information, follow the 3-2-1 rule:

3 – Keep 3 copies of any important file: 1 primary and 2 backups.

2 – Keep the files on 2 separate methods of backup to protect against different types of hazards.

1 – Store 1 copy outside of your home.

DURING A CYBER ATTACK

- Monitor bank and credit card accounts for unexpected charges.
- Watch social media accounts for posts that you did not make.
- Contact banks, credit card companies, and other financial institutions. You may need to place holds on accounts that have been attacked.
- Immediately change passwords for all of your online accounts.
- Scan and clean your device, or consider turning off the device and taking it to a professional to scan and fix.

AFTER A CYBER ATTACK

If you think someone is illegally using your Social Security Number:

- File a report with the Office of the Inspector General (OIG). OIG reviews cases of waste, fraud, and abuse. To file a report, visit <http://www.idtheft.gov/>:
- Call the Social Security Administration (SSA) fraud hotline at 1-800-269-0271. For additional resources, visit <http://oig.ssa.gov/report>.
- File a complaint with the Federal Bureau of Investigation (FBI) Internet Crime Complaint Center (IC3) at <http://www.ic3.gov/>. They will review it and refer it to the appropriate agency.

Learn tips, tools, and more at <http://www.dhs.gov/stopthinkconnect>.

EXPLOSION

Explosive devices can be carried by people, transported by vehicles or detonated from another location.

PREPARE FOR AN EXPLOSION

Ensure your disaster kit and communications plan is current.

If you receive a bomb threat over the phone, try to get as much information as possible about timing, location, description and type of bomb as well as any information regarding triggers and current status of the bomb. Keep the caller on the line and attempt to record everything that is said. Notify police and authorities as soon as possible.

Suspicious packages are anything that you are not expecting or that come from an unknown person. The package might not have a return address, be marked with phrases such as “personal”, or have wires, protrusions, threats or be oddly shaped. If there are suspicions about a package, place in a plastic bag, leave in a closed off room, wash your hands and notify local authorities.

DURING AN EXPLOSION

Seek shelter under a sturdy object such as a table if items are falling around you. When possible, seek a safer location immediately and leave the area but be mindful of weakened structures, floors, or pathways. Do not use elevators. If there is smoke present, stay low and be careful of fire or other hazards.

Once outside, avoid standing near windows.

If you are trapped, use a flashlight or light-colored cloth to signal for help or use a hard object to create a noise. Avoid shouting and cover your mouth and nose with a cloth or anything that is available.

AFTER AN EXPLOSION

Seek medical attention if needed and help others do the same. Be careful of weakened structures and pathways as you are leaving the area. Help others get to safety or get medical attention if you can do so safely.

Be prepared to evacuate.

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This Community Guide is a plan template and is intended to give you a format and possible suggestions about information you might want to include in a family disaster plan. It is not all-inclusive and should be modified as needed. You can adapt this plan to your own specific needs or requirements.

If you need assistance in developing your family disaster plan or would like more information, contact your local county and city emergency management officials.



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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-255-8360 (TTY: 1-888-255-8360).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-255-8360 (TTY: 1-888-255-8360)。

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