

For More Information

The following organizations and agencies can help you prepare even more thoroughly for emergencies and disasters that could strike your community.

Federal Emergency Management Agency	www.fema.gov
U.S. Fire Administration	www.usfa.dhs.gov
Citizen Corps	www.citizencorps.gov
U.S. Centers for Disease Control & Prevention	www.cdc.gov
U.S. Department of Energy	www.energy.gov
U.S. Department of Homeland Security	www.ready.gov
U.S. Environmental Protection Agency	www.epa.gov
National Weather Service	www.nws.noaa.gov
U.S. Nuclear Regulatory Commission	www.nrc.gov
American Red Cross	www.redcross.org

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EMERGENCY PREPAREDNESS GUIDE



What To Do When Disaster Threatens

Why Prepare for Disaster?

Disaster can strike without warning, forcing you to go for days without basic necessities or to evacuate your home. Relief workers will be on the scene following a disaster, but may not be able to reach you immediately.

You need to be prepared. Knowing the steps to take during a disaster—whether flooding, tornadoes, earthquakes or another crisis—can greatly reduce the danger and distress your family may face. This guide will help you and your family plan for a variety of emergency situations, persevere during them and recover afterward.

Contact your local emergency management office or American Red Cross chapter to learn which disasters could strike your community. Use their information, along with this guide, to help you prepare for and reduce the risks you face.



Creating a Basic Emergency Plan

Having a plan is one of the most important steps you can take in disaster preparedness. Knowing what to do and how to do it can help your family manage disasters with less worry, fear and uncertainty.

- Decide what you and your family would do in each potential emergency situation.
- Draw a floor plan of your home showing escape routes.
- Choose a place away from your neighborhood where family members can meet in case you are separated and cannot return home due to a disaster.
- Identify a friend or relative who lives out of the area for family members to contact if you are separated.
- Post emergency numbers by every phone and teach children how and when to dial 911.
- Know how to shut off the water, gas and electricity at the main switches in your home.
- Plan how to help elderly or disabled neighbors in a disaster.
- Check that your insurance policies are up-to-date and provide good coverage.



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TOOLS AND EQUIPMENT

- Battery-powered radio
- Flashlights
- Spare batteries
- Resealable plastic bags
- Washcloths and towels
- Paper cups and plates and plastic utensils
- Toothbrushes, toothpaste, shampoo, deodorant and other toiletries
- Heavy-duty plastic garbage bags
- Change of clothing and an extra pair of shoes and socks for each person
- Blankets or a sleeping bag for each person



PERSONAL ITEMS

- Personal identification
- Copies of birth and marriage certificates, inventory of household goods, bank account numbers and other important documents
- Maps
- Extra car and house keys
- Prescription medications

First Aid Kit Essentials

- Adhesive bandages
- Antacid
- Antibiotic ointment
- Antidiarrhea medication
- Antiseptic
- Aspirin and nonaspirin pain reliever
- Cleansing agents (isopropyl alcohol, hydrogen peroxide, soap, germicide)
- Cotton balls
- First aid manual
- Gauze pads and roll
- Latex gloves
- Laxative
- Moist towelettes
- Needle and safety pins
- Petroleum jelly
- Scissors
- Sunscreen
- Thermometer
- Tongue depressors
- Triangular bandages
- Tweezers



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Preparing a Disaster Supply Kit

Having a disaster supply kit ready to take with you at a moment's notice ensures that you will have necessary supplies no matter how fast you may need to evacuate. Pack supplies in duffel bags or backpacks and keep them in a designated place. Your kit will also come in handy if you must take shelter in your home. This list will help ensure that your disaster supply kit includes all the essentials.

WATER

- Pack at least one gallon per person per day for at least three days.
- Store water in tightly sealed, nonbreakable plastic, fiberglass or enamel-lined metal containers.
- Change your water every six months.

FOOD

- Pack enough food to last each family member at least three days.
- Include canned and boxed foods because they require little preparation and stay good for long periods of time. Remember to bring a manual can opener or to buy food in self-opening cans.
- Pack foods in sealed metal or plastic containers.
- Replace foods every six months.
- Include foods for infants and family members with special diets.



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Treating Serious Injuries

Injuries are common in disasters, but there are simple things you can do to comfort those who are hurt and prevent further harm. It's always a good idea to learn first aid, CPR and the Heimlich maneuver.

HEAVY BLEEDING

Cover wound with a clean cloth and press firmly. Add cloths on top of first cloth as needed. Elevate bleeding arm or leg unless a fracture is suspected.

BURNS

Flush burned area with cool water (unless an electrical burn). Do not use ice or ointments except on minor burns. Do not break blisters or remove clothes stuck to skin. Cover injured area with a dry, clean dressing. Call 911 if burn is serious or covers more than one body part, involves head, neck, hands, feet or genitals, or is caused by chemical, explosion or electricity.

FRACTURES

Do not move victim if he/she is unconscious or back or neck injuries are suspected. Treat breathing, bleeding or shock first. Immobilize fracture before moving the victim.

SHOCK

Indicated by pale, clammy skin; weakness; fast breathing; rapid, weak pulse; confusion. Lay victim on his/her back with feet raised. Keep victim warm.

Always call 911 if a person is seriously injured.

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In Case of Evacuation

In a disaster situation, it may be necessary to evacuate your home for several days or longer. Because disasters can strike with little or no warning, you should be prepared to leave at a moment's notice. Knowing beforehand the steps to take in case of evacuation can make a big difference.

- Contact the local emergency management office to learn evacuation routes for your area.
- Determine where you will go if your community is evacuated.
- Discuss with your family the possibility of evacuation.
- Find out your child's school evacuation policy.
- Check that your disaster supply kit is assembled and ready to go.
- Make sure your car is filled up—fuel may be in short supply during a disaster.

WHEN AUTHORITIES TELL YOU TO EVACUATE

- Bring your disaster supply kit.
- Wear sturdy shoes and clothing.
- Unplug home electronics.



- Lock the doors and windows.
- Turn off the main switches and valves for gas, water and electricity, if instructed.
- Inform a friend or relative of your route.
- Follow recommended evacuation routes. Watch for washed-out bridges, flooded areas and downed power lines.

PETS

- Pets should not be left behind during a disaster, but do not risk your own safety attempting to find them if you must evacuate quickly.
- Attach ID tags to your pet with your name and address.
- Remember that most emergency shelters do not allow pets (except service animals).
- Make a list of pet shelters and of hotels that permit animals in the area you would evacuate to.
- Put together an emergency supply kit for your pet. Include things like a first aid kit, food dishes, a litter box, a leash or pet carrier, medication, food, veterinary records and water.

If You're Going to a Public Shelter

- Be aware that alcoholic beverages, pets and weapons are not allowed in public shelters.
- Practice patience and cooperation. Sharing space with many others can be a challenge.
- Stay in the shelter until authorities advise you it is safe to leave.

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Managing a Disaster at Home

Although you may not be asked to evacuate—and even if you are—disasters can isolate you from outside help and make it necessary for you to care for yourself for days at a time. Your disaster supply kit (see page 3) will contain many of the tools and supplies you need. Here are other ways to use and manage the resources you have at your home.

WATER

- Water is crucial for health and survival. If a disaster is imminent, fill pitchers, jars, buckets, water bottles and your bathtub in case your community water supply is cut off.
- If your drinking water supply is running low, use water from ice cube trays, the water heater and toilet tanks (but not bowls). It is *not* safe to use the water from radiators, waterbeds or swimming pools.
- Each person should drink at least two quarts of water each day. Drink what you need each day, and look for more water for the next day.

FOOD

- Ration food supplies for everyone except children and pregnant women. Most people can survive easily on half the normal amount.
- Avoid eating food from dented or swollen cans or food that looks or smells abnormal.
- Use pre-prepared formula for babies.

See Extreme Temperatures (page 23) for more tips on managing a disaster at home.

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IN CASE THE POWER GOES OUT

- Practice energy conservation to help your power company avoid rolling blackouts.
- Always keep your car's fuel tank at least half full—gas stations use electricity to operate pumps.
- Know how to manually release your electric garage door.
- Protect your computer with a surge protector.
- If the power goes out, check your fuse box or circuit breaker, or contact neighbors to see if the outage is limited to your own home.
- Turn off computers, stereos, televisions and appliances you were using when the power went off. Leave one light turned on so you know when power is restored.
- Avoid opening the refrigerator and freezer doors. Food will remain fresh for up to four hours after the power goes off. If you know power outages may happen, freeze water in plastic bottles to keep food cool longer.
- If the outage is expected to last for several days or more, consider relocating to a shelter or a friend's home.

Using a Generator

If you plan to use a generator, operate it outside only—not in the basement or garage. Do not hook it up directly to your home's wiring. Instead, connect the equipment and appliances you want to power directly to the outlets on the generator.

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What to Do after a Disaster

Whether returning home or venturing outside for the first time, beware of new dangers that may have arisen because of the disaster. You may experience washed-out roads, downed power poles, contaminated drinking water or other hazards. Report problems promptly to local officials so that corrective measures can be taken.

INSPECT YOUR HOME FOR DAMAGE

- Look for structural damage, loose or damaged electrical wires, and gas leaks before re-entering your home. If you doubt the safety of the structure, contact a professional before entering.
- Do not enter a fire-damaged house until authorities have inspected it.
- Check the refrigerator and discard spoiled food.
- Contact your insurance agent.

Help Children Cope

A child can be traumatized by a disaster whether it is experienced first-hand, seen on television or learned about from adults. Monitor the nature and quantity of disaster-related programming your children are exposed to and contact your school to determine how teachers are dealing with the situation. If your children have questions about the disaster, answer them truthfully, but don't allow the subject to dominate your conversations. Provide reassuring words and affection.



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Dealing with Specific Disasters



Having an emergency plan and a disaster supply kit will help you manage in almost every kind of crisis, whether natural or caused by humans. However, each situation requires specific kinds of preparation and action.

Read through these pages to familiarize yourself with the variety of hazards and what to do. Even if some are not likely to be a danger in your community, you may encounter them during your travels.

For those disasters you are most likely to experience at home, use the tips here as starting points and reminders. Contact your local emergency management agency and do your own research (*see back cover for helpful Internet sites*) to add to your knowledge.

- Thunderstorms
- Fires
- Floods
- Volcanoes
- Hurricanes
- Hazardous Materials
- Tornadoes
- Nuclear Power
- Earthquakes
- Terrorist Attacks
- Extreme Temperatures

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THUNDERSTORMS

About 10% of the thunderstorms that occur annually in the United States are classified as severe. Even those that are not can still be dangerous. Lightning in particular is a threat, though it may seem that a thunderstorm is miles away.

Before Thunderstorms Strike

- Cut down dead trees and clear branches from around your house.
- Secure loose outdoor objects such as patio furniture.
- Shutter the windows and secure the doors.

During a Thunderstorm

- Get or stay inside if, after seeing lightning, you cannot count to 30 before hearing thunder.
- Do not shower or bathe.

HOW CLOSE IS THE STORM?

To determine how close a thunderstorm is to you, count the seconds between the lightning flash and the next rumble of thunder. Divide that number by five. The answer is the number of miles away the storm is.

Terms to Know

Severe Thunderstorm Watch
Severe thunderstorms are likely to occur.

Severe Thunderstorm Warning
Severe thunderstorms have been spotted, and people in the path of the storm are in danger.

- Do not use a corded telephone, except in an emergency. Cell phones and cordless phones are OK to use during a storm.
- Unplug electronics and turn off air conditioners.
- If outside in a forest, take shelter under a thick growth of small trees.
- If outside in an open area, move to a low spot such as a ravine or valley—but beware of flash flooding.
- Never stand under a tall, isolated tree, on a hilltop, in an open field, on the beach or near open water.
- Stay away from metal equipment and apparatus such as fences, tractors, pipes and bicycles.
- If swimming or boating, get out of the water immediately and take shelter.

If You're about to Be Struck

- Feeling your hair stand on end means lightning is about to strike nearby. Make yourself into a small target.
- Squat down on the balls of your feet—do not lie flat on the ground.
- Place your hands over your ears and tuck your head between your knees.

Did You Know

On average, the United States gets 100,000 thunderstorms every year.

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FLOODS



Floods occur regularly across the country, causing evacuations, widespread damage and even death. Those living near waterways or other low-lying areas are most at risk, but anyone in a community susceptible to flooding can be affected. Hazards range from potentially deadly flash flooding to water contamination due to broken gasoline or sewer lines.

Before a Flood

- Consider purchasing flood insurance through the National Flood Insurance Program. Regular homeowners' insurance does not cover flood losses.
- Know how to get to higher ground from your home.
- Learn your community's flood evacuation routes.
- Ask local officials how you can protect your home.

Terms to Know

Flood Watch

Flooding is possible within 12 to 36 hours.

Flash Flood Watch

Flash flooding is possible and could occur without warning. Prepare to move to higher ground if you are at risk.

Flood Warning

Flooding is or soon will be occurring. Evacuate immediately if advised.

Flash Flood Warning

Flash flooding is occurring. Move to higher ground at once if you are at risk.

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Protecting Your Property

- If your home is prone to flooding, move your furnace, water heater and electric panel to higher floors.
- Install "check valves" in sewer traps to prevent water from backing up into your house.
- Waterproof your basement walls to stop seepage.
- Build barriers such as floodwalls or levees to keep out floodwater.
- Store insurance policies, deeds and other records in a safe-deposit box.

During a Flood

- Stay tuned to radio or TV for updates.
- Watch for flash flooding. This can occur without rain clouds or rain in the immediate area.
- Avoid low-lying areas such as canyons and drainage channels.
- Never walk through moving water more than 6 inches deep.
- Do not drive through flooded areas.
- If your vehicle stalls in water, exit it and move to higher ground.
- Evacuate if instructed by authorities, and return home only when they say it's safe.

Did You Know

Cars can be easily swept away in just 2 feet of moving water.

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After a Flood

- Be careful in areas where floodwaters have receded.
- Watch for downed electrical lines and weakened roads and bridges.
- Stay out of flooded buildings.
- Use caution when entering damaged structures. Their foundations may have weakened.
- Avoid coming into contact with floodwater—it may be contaminated. Wash your hands if they get wet.
- Discard any food that has been in contact with floodwater.

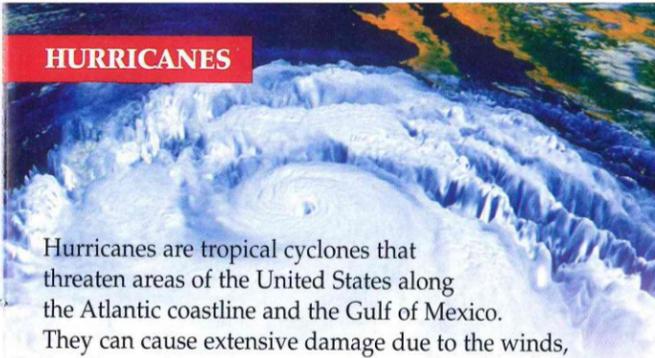
Beware of Landslides

- Look for changes in the landscape, such as small slides; leaning trees, poles or fences; widening cracks in the driveway or street; or the ground bulging out at the base of a slope or hill.
- Be prepared to evacuate if you feel threatened.
- While driving, watch for signs like fallen rocks and mud in the roadway. Embankments along roadsides can slide with little or no notice.
- Move quickly away from the path of the slide.
- If you cannot escape, curl into a ball and protect your head.



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HURRICANES



Hurricanes are tropical cyclones that threaten areas of the United States along the Atlantic coastline and the Gulf of Mexico. They can cause extensive damage due to the winds, flooding and even tornadoes they produce. The hurricane season extends from June to November, and peaks from mid-August to late October.

During a Hurricane Threat

- Stay tuned to radio or TV for updates.
- Shutter or board the windows in your home.
- Secure outdoor objects or bring them inside.
- Stock up on food and water in case you must take shelter in your home.
- Fuel up your car in case an evacuation is ordered.
- Turn off utilities at the main valves or switches if instructed by authorities.

Terms to Know

Hurricane Watch

Hurricane conditions are possible within 36 hours.

Hurricane Warning

A hurricane is expected within 24 hours.

Storm Surge

A dome of water pushed ashore by hurricane-force winds.

Storm Tide

A storm surge combined with a normal tide.

Did You Know

Hurricane winds can range from 74 mph to more than 150 mph.

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HURRICANE EVACUATION



Evacuate before you are told to do so if:

- You live in a mobile home.
- You live in a high-rise.
- You live on the coast or near water.
- You feel you may be in danger.

If an evacuation is ordered:

- Leave at once.
- Bring your disaster supply kit.
- Follow advised evacuation routes.
- Keep away from coastal areas or inland water.
- Let others know your plans.

During a Hurricane

- Take refuge on the ground floor in a small central room or hallway.
- Get under a table or similar strong object.
- Keep away from windows and glass doors.
- Close all inside doors. Brace all outside doors.

After a Hurricane

- Remain in a secure location until you are notified it is safe to leave.
- Do not drive unless necessary.
- Do not drink tap water until authorities say it's safe.
- Stay away from waterways until potential flooding has passed.
- Report downed power lines and broken gas and sewer mains to officials.
- Inspect your home for damage.
- Report damage to your insurance agent.

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TORNADOES

Tornadoes are violent, rotating storms with winds that can exceed 300 miles per hour. The product of thunderstorms and sometimes hurricanes, they can be highly destructive. Injuries or deaths from tornadoes most often are due to collapsed buildings, flying objects, or people caught trying to outrun the funnel cloud.

Preparing for a Tornado

- Designate a shelter area in your home. Basements or storm cellars are the safest. Otherwise, use an interior room or hallway on the ground floor.
- Practice getting to your home shelter area.
- If you live in a mobile home, find a sturdy building nearby where you can take shelter. Mobile homes offer little protection in a tornado.
- Contact your local emergency management agency to find out if there are any public safe rooms or shelters nearby.
- Know the locations of designated shelter areas in places like schools and shopping centers.

Terms to Know

Tornado Watch

Tornadoes are possible in the area. Stay tuned to radio or TV and watch the sky.

Tornado Warning

A tornado has been sighted. Take cover at once.

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During a Tornado Watch

- Stay tuned to radio or TV for updates.
- Be prepared to take shelter at any time, since some tornadoes develop so quickly that advance warning is impossible.
- Watch the sky for funnel-shaped clouds and pay attention to tornado danger signs—dark, greenish sky, large hail and a loud roar similar to a freight train.
- Stay out of large, flat buildings with wide-open areas such as supermarkets or shopping malls.
- Stock your home shelter area with a flashlight, a battery-powered radio, extra batteries, water and a first aid kit.

During a Tornado Warning

- Head for the designated shelter or a central area on the lowest floor of a nearby building.
- In a high-rise, get to the lowest floor possible and go to an interior room.
- Leave vehicles and mobile homes at once. Seek shelter in a sturdy building.
- If you are caught outside, lie flat in a ditch and cover your head. Do not get under bridges or overpasses.
- Never attempt to outrun a tornado.

After a Tornado

- Watch out for debris—especially broken glass—and downed electrical lines.
- Be careful when entering a tornado-damaged structure. Make sure the walls and roof are in place and the foundation is sound.

Did You Know

About 1,000 tornadoes touch down in the United States every year.

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EARTHQUAKES

Earthquake damage can extend for miles from the epicenter of these traumatic shifts in the earth's crust, resulting in collapsed buildings, bridges and overpasses; cracked roadways; downed power lines; broken gas lines; fires; explosions; and landslides. Earthquakes at sea can trigger tsunamis that crash into and devastate islands and coastal areas.

Preparing Your Home

- Secure major appliances to both the floor and wall.
- Move large objects and breakable items to lower shelves.
- Fasten pictures and mirrors securely to walls.
- Install flexible pipe fittings to minimize breakage of gas and water lines.

Terms to Know

Aftershock

An earthquake of lesser intensity that occurs after the main earthquake.

Epicenter

The point on the earth's surface directly above the focus of the earthquake.

Fault

A fracture in the earth's crust.

Seismic Waves

Vibrations that travel out from the fault at hundreds of miles per hour. These waves are the leading cause of damage in an earthquake.



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During an Earthquake

- If you are inside a building, stay there.
- Hide under a table or desk, or crouch in a corner or against a wall. Use a doorway for shelter only if you know it is strongly supported.
- Stay away from windows and bookcases.
- If you are outside, stay there, but away from power lines, buildings and anything else that can fall.
- If you are in a vehicle, stay inside it but park in a safe place. Avoid stopping on bridges, near buildings or trees, or under overpasses and power lines.

After an Earthquake

- Be cautious—aftershocks can further damage weakened structures.
- Stay off the streets.
- Tune to radio or TV for the latest emergency information.
- Check your home for structural damage. If in doubt, call a qualified professional to inspect it.
- Inspect water pipes and electrical lines at your home.
- Check appliances and utilities. If you smell gas, open a window and leave, then call the gas company. Shut off the main gas valve.
- Open cabinets carefully.

Surviving a Tsunami

If you are near the shore and you feel an earthquake, or the water recedes noticeably from the shoreline, a tsunami (tidal wave) may be on its way. Do not attempt to watch for a tsunami. By the time the waves are visible, it is too late to escape. Move away from the beach to higher ground as fast as possible. Do not return until authorities say it is safe.

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EXTREME TEMPERATURES



Cold snaps and heat waves can be as challenging and as deadly as any other natural disaster. You can best weather these times through pre-season preparation and the right know-how.

WINTER

Preparing for a Winter Storm

- Stock up on food, water, medicines and heating fuel.
- Secure back-up heat sources, such as kerosene heaters. Never use charcoal, gas or propane heaters indoors.
- Buy bags of rock salt and sand for use on icy walkways.
- Weather-strip windows and doors to help seal out the cold.

Winter Weather Terms to Know

Freezing Rain

Rain that freezes on contact with roads, trees, sidewalks, etc.

Sleet

Rain that freezes before hitting the ground.

Winter Storm Watch

A winter storm is possible in the area.

Blizzard Warning

Winds or gusts 35 mph or greater, along with snow, are expected to last 3 hours or more.

Winter Storm Warning

A winter storm is occurring or will begin soon.

Frost/Freeze Warning

Temperatures are expected to drop below freezing.

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During and after a Winter Storm

- Conserve heating fuel by shutting off unused rooms.
- Wear several layers of clothing and a hat outdoors. Cover your mouth with a scarf to protect your lungs.
- Don't overexert yourself while shoveling snow.
- Watch for signs of frostbite: loss of feeling along with paleness in tip of nose, fingers, toes and ear lobes.
- Beware of hypothermia. Signs include uncontrollable shivering, slurred speech, drowsiness, memory loss and disorientation.
- Avoid driving at night or alone. Notify others of your schedule and route.

If Your Vehicle Is Stranded in a Blizzard

- Pull off the road and turn on your hazard lights.
- Do not start walking unless you can see a building where you can take shelter.
- If no buildings are in sight, stay in your vehicle, where rescuers are more likely to find you.
- Wrap yourself in blankets, or use seat covers, floor mats and maps.
- Run the engine for 10 minutes each hour to keep warm. Open a window slightly for ventilation.
- Balance use of the heater and lights to conserve the battery.
- If stuck in a remote location, spell out "HELP" or "SOS" with rocks or branches.

Winterize Your Vehicle

- Check the wipers, battery, heater, defroster, ignition system, lights, oil and tire pressure.
- Consider purchasing snow tires or chains.
- Pack a winter emergency kit with a window scraper, blankets, battery-powered radio, flashlight, water, snack food, tow chain or rope, shovel and flares.

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SUMMER

Summer Weather Terms to Know

Heat Wave

Period of extreme heat, usually accompanied by high humidity.

Heat Index

The relative humidity added to the air temperature—how hot it feels.

Heat Cramps

Muscle pains due to exertion—the first sign of heat-related problems.

Heat Exhaustion

A mild form of shock brought on by strenuous activity in the heat.

Heat Stroke

A life-threatening condition occurring when the body's temperature control system shuts down. Brain damage or death can result if the body is not cooled at once.

During a Heat Wave

- Stay indoors in air conditioning as much as possible, and in the shade if you go outside.
- If your home is not air conditioned, spend at least two hours daily at an air-conditioned mall, library or other public place.
- Wear sunscreen outside, along with light-colored clothes that cover as much skin as possible.
- Drink water regularly even if you are not thirsty. Limit alcohol, which speeds dehydration.
- Never leave children or pets alone in the car.
- Avoid exertion during the hottest part of the day.
- Take a cool shower or bath.

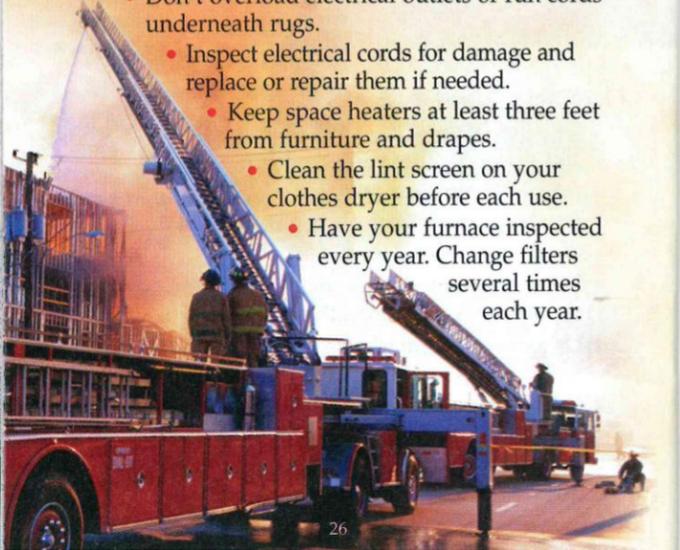
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FIRES

Every year, more than 350,000 homes in the United States are struck by fire. There are easy steps you can take to reduce the chance that your home will be damaged or anyone injured in a blaze—whether it starts inside or outside your home.

Practice Home Fire Safety

- Have smoke detectors and fire extinguishers on every level of your home.
- Test and clean smoke detectors monthly and replace batteries at least twice a year.
- Check fire extinguisher pressure gauges monthly.
- Store matches and lighters out of the sight and reach of children.
 - Don't overload electrical outlets or run cords underneath rugs.
 - Inspect electrical cords for damage and replace or repair them if needed.
 - Keep space heaters at least three feet from furniture and drapes.
 - Clean the lint screen on your clothes dryer before each use.
 - Have your furnace inspected every year. Change filters several times each year.



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VOLCANOES

Active volcanoes are rare in the United States, but they can be deadly and have far-reaching effects. Lava flows are not the only danger they pose. During an eruption, a cloud of abrasive ash and toxic gas is blown miles from the volcano. Mudflows, landslides, flash floods and fires also often accompany eruptions.

Before an Eruption

- If you live in a known volcanic hazard area, purchase goggles and disposable breathing masks for every family member.
- Plan out primary and secondary evacuation routes.

During an Eruption

- Stay or get away from the volcano. Stay upwind of the blast to avoid volcanic ash.
- Watch for mudflows—look upstream before crossing a bridge.
- Remain indoors until the ash has settled. Close doors, shut windows and seal all ventilation to keep ash out.
- Breathe through a mask or cloth if you are caught in ash.

After an Eruption

- Shovel ash from roofs and gutters—it is heavy and can cause a collapse.
- If you are in an area of ash, wear a long-sleeved shirt and long pants, a facemask and goggles.
- Do not attempt to drive through ash unless it is necessary. Ash can clog engines and stall vehicles, and it will damage moving parts.

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- Store flammable materials and chemicals safely away from sources of heat.
- Clean fireplace, coal stove and wood stove chimneys every year.
- Thin bushes and trees within 30 feet of your home. Clear a wider area of dead wood and other fire fuels.
- Store firewood at least 30 feet from your home.

Know What to Do in a Fire

- Create a family fire escape plan that shows two ways out of every room and a family meeting place outside. Practice it at least twice a year.
- In a fire, get out fast and stay out. Crawl low under smoke.
- Telephone to report a fire only from outside of a burning building.
- If clothes catch fire, stop, drop to the floor or ground, and roll. Cover your face with your hands.

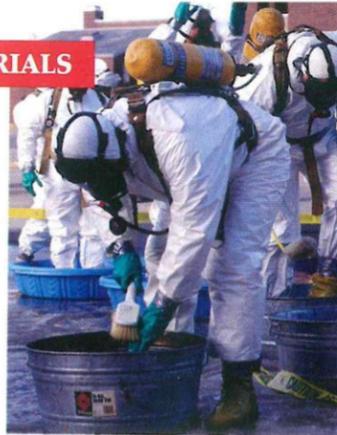
If a Wildfire Threatens Your Home

- Shut off the gas at the meter.
- Hook up a garden hose and place lawn sprinklers on the roof.
- Wet or pull up vegetation within 15 feet of your home.
- Submerge water-resistant valuables in a pool or pond.
- Move patio furniture inside.
- Close windows and doors.
- Prepare to evacuate immediately, if necessary. Park the car facing your escape route and leave the doors unlocked and the keys in the ignition.

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HAZARDOUS MATERIALS

Chemical manufacturing plants are just one source of potential danger from hazardous materials. These toxic products are stored, used and transported daily throughout our communities. Occasionally accidents happen, and the effects of spills and leaks can be spread for miles through the air, sewer system or waterways.



Before a Chemical Disaster

- Contact your local emergency management office for information about nearby factories, warehouses or highways that may handle hazardous materials.
- Learn the emergency alert system for your area.
- Be prepared to evacuate with little or no notice.

During a Chemical Disaster

- Call 911 if you witness a spill or accident.
- Evacuate immediately if told to do so by authorities.
- If not evacuating, get inside as quickly as possible. Bring pets inside too.

Did You Know

Every year in the United States, there are about 15,000 incidents in which hazardous materials are spilled or leaked while being transported.

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If you are advised to stay inside:

- Close windows and both inside and outside doors.
- Seal off vents and fireplaces.
- Turn off air conditioners.
- Gather everyone in the above-ground room with the fewest doors and windows.
- Tape plastic sheeting around windows and vents, and tape the sides, tops and bottoms of doors.

After a Chemical Disaster

- Do not return home until authorities say it is safe.
- After you return or when authorities say it is OK to leave your shelter, open all windows and turn on vents and fans to flush chemicals and gases from your home.
- Report any residual gases, chemicals or other hazards.
- Seek medical treatment for any exposure as soon as possible.
- Seal up exposed clothing and contact authorities about proper disposal.
- Find out from authorities how to clean up your land or property.



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NUCLEAR POWER

Nuclear power plants are closely regulated and monitored for safe operation. However, accidents are possible. The greatest danger for nearby residents is exposure to high radiation levels. The best ways to minimize exposure are to get away from the source of radiation, stay away until levels are reduced and/or shield yourself by taking shelter.

If You Live within 50 Miles of a Nuclear Plant

- Contact the power company that operates the nuclear plant for emergency information.
- Be familiar with your community's warning system.
- Learn the evacuation plans for schools, nursing homes or other places where family members may be.

Terms to Know

Notification of Unusual Event

A problem has occurred. No radiation leak is expected. No action needed.

Alert

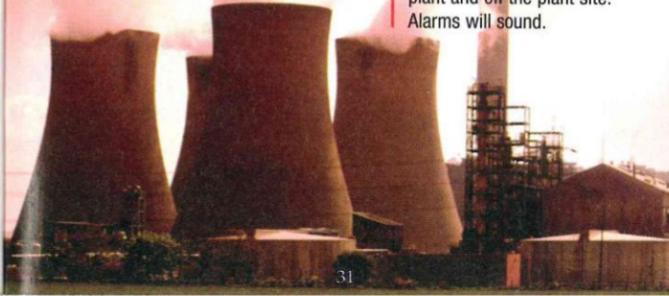
A problem has occurred. A small amount of radiation could leak from the plant. No action needed.

Site Area Emergency

A more serious problem has occurred. Small amounts of radiation could leak from the plant. Alarms may sound.

General Emergency

A serious problem has occurred. Radiation could leak from the plant and off the plant site. Alarms will sound.



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During a Nuclear Power Emergency

- Pay attention to the warning system—not all incidents result in the release of radiation.
- Stay tuned to radio and TV for updates and instructions.
- Put food in covered containers or in the refrigerator.
- If ordered to evacuate, do so at once. Close and lock the windows and doors in your home. Keep car windows and vents closed and listen to the radio for evacuation routes.
- If evacuation is not advised, remain indoors. Close windows and doors, turn off air conditioning, and take shelter underground or in a central area on the lowest floor of the building.

If You Have Been Exposed to Radiation

- Change your clothes and shoes. Seal exposed clothing in a plastic bag. Contact authorities for proper disposal.
- Shower thoroughly.

After a Nuclear Power Emergency

- Stay away from home until you are advised it is safe to return.
- If indoors, do not go outside until authorities say it is safe.
- Seek medical treatment for unusual symptoms, such as nausea, that may be due to radiation exposure.

Did You Know

More than half of all Americans live within 100 miles of a nuclear power plant.

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TERRORIST ATTACK

National security emergencies can include terrorist acts from bombings to chemical or biological attacks. Although terrorists intend their acts to spread fear, the actual damage they cause can often be minimized through preparedness and quick action.

Raise Your Awareness

- Be aware of your surroundings. Note emergency exits and staircases.
- Leave the area if you feel something is wrong.
- Do not accept suspicious packages.
- Do not leave your baggage unattended while traveling.
- Report suspicious behavior.

In Case of an Explosion

- Watch for falling debris.
- Crawl beneath the smoke and exit the area as quickly as possible.
- If you are trapped in debris, minimize your movements and cover your mouth with a cloth. Tap on a pipe or wall so rescuers can hear you. Do not use a match or lighter.

In Case of a Biochemical Attack

- Evacuate if ordered by authorities.
- Stay tuned to radio or TV for updates.
- If not evacuating, take shelter in an interior room that can be easily sealed off with pre-cut plastic sheeting and duct tape that you have stored in this room.
- Turn off the air conditioning or heating system.
- Remain sheltered until advised it's safe to leave.

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- If caught outside, try to get upwind of the attack site and seek shelter as soon as possible.
- If in a vehicle, get inside a building if you can. If unable, roll up windows, shut vents and turn off the engine.

If Exposed to Chemicals

- Quickly remove all clothing and items in contact with the body. Cut shirts off to avoid contact with the face.
- Flush eyes with water.
- Wash hands and face with soap and water. Use a soapy cloth to blot exposed skin. Rinse with clean water.
- Change into clean clothes.
- Seek medical help as soon as possible.

If Exposed to Biological Attack

- Pay close attention to instructions from authorities.
- Remove and bag clothes that may have come in contact with an infectious substance. Seek medical assistance.
- Seek immediate medical treatment if you notice symptoms of the disease caused by the infectious substance used in the attack.

In Case of Nuclear Attack

- Be prepared: learn in advance about your community's evacuation and shelter plans and have plenty of emergency supplies on hand.
- Inside a building, use a basement or underground area as shelter, or a central room on the lowest floor.
- Take shelter even if you are many miles from the site of the explosion. If you are close enough to see the flash, fallout will arrive within 20 minutes.
- Stay tuned to radio or TV for updates and instructions.
- Remain in the shelter until authorities say it is safe to leave. This could be from two days to four weeks.

HOMELAND SECURITY ADVISORY SYSTEM

LOW
LOW RISK OF TERRORIST ATTACKS

Have a family emergency plan. Put together a disaster supply kit. Be ready and able to take shelter in your home. Learn first aid, CPR and the Heimlich maneuver.

GUARDED
GENERAL RISK OF TERRORIST ATTACKS

In addition to the actions above, replace disaster supplies that are out of date. Be alert to suspicious activity and report it to authorities.

ELEVATED
SIGNIFICANT RISK OF TERRORIST ATTACKS

In addition to the actions above, ensure your disaster supply kit is stocked and ready. Update telephone numbers in family emergency plan. Determine and practice using alternate routes to work or school. Remain alert.

HIGH
HIGH RISK OF TERRORIST ATTACKS

In addition to the actions above, be cautious when traveling and pay attention to travel advisories. Review your emergency plan with family members. Expect travel delays and restrictions at public buildings.

SEVERE
SEVERE RISK OF TERRORIST ATTACKS

In addition to the actions above, stay tuned to radio and TV for updates. Be ready to take shelter or evacuate. Expect traffic delays and travel restrictions. Contact your school and workplace about closures.

Family Communication Plan

A family communication plan, prepared in advance, can help loved ones stay in touch in the event of a sudden disaster or other emergency.

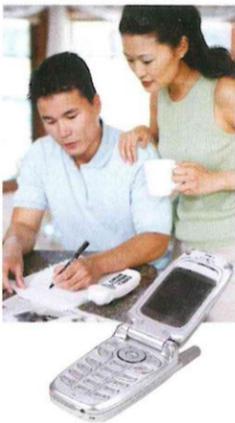
Your communication plan should include contact information for family members and/or close friends in your community, as well as a nearby neighbor. You should also establish an out-of-town contact. For each of these people, list the following information:

- name
- home phone
- work/school phone
- cell phone
- e-mail
- other means of contact

Choose a spot in your neighborhood where family members can gather if your home must quickly be evacuated. Designate another location in the community to go to if family members are away from home and unable to gather at your neighborhood meeting place. Include these on your plan.

Make copies and give them to everyone on your list, with instructions to keep the plan with them at all times, in a purse, wallet or backpack. Place copies in your vehicles' glove boxes and in your home. Emphasize the need to contact one another as soon as it is safe and possible after a disaster strikes.

Update your plan on a regular basis.



Important Local Phone Numbers

Fill in these numbers so they will be readily available when you need them.

POLICE/FIRE _____

AMBULANCE _____

LOCAL EMERGENCY MANAGEMENT AGENCY _____

POISON CONTROL CENTER: 1-800-222-1222 (in the United States)

Other _____

DOCTOR _____

HOSPITAL _____

LOCAL WEATHER _____

ROAD CONDITIONS _____

UTILITIES

Water _____

Electricity _____

Gas _____

Telephone _____

OTHER _____
