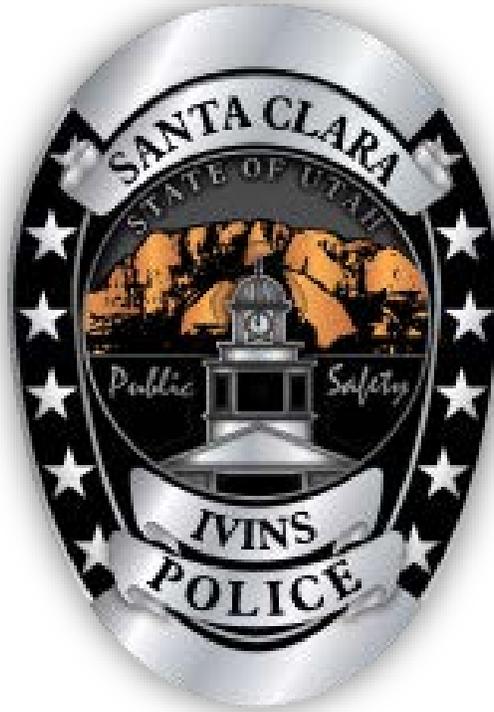


# FAMILY DISASTER EMERGENCY PLAN



## IVINS/SANTA CLARA CITY PUBLIC SAFETY DEPARTMENT

NAME:	
HOME ADDRESS:	
PHONE:	

**KEEP IN A SAFE PLACE BUT AVAILABLE**

# **EMERGENCY PREPAREDNESS GUIDE**

## **PREPARING MAKES SENSE – GET READY NOW**

Everyone should have a plan. The likelihood of you and your family surviving a house fire depends as much on having a working smoke detector and an exit strategy, as on a well-trained fire department. The same is true for surviving a terrorist attack or other emergency. We must have the tools and plans in place to make it on our own, at least for a period of time, no matter where we are when disaster strikes. Just like having a working smoke detector, preparing for the unexpected makes sense.

### **GET READY NOW.**

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services like water, gas, electricity, or telephones were cut off? Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone who might need help right away. Medical help may not arrive at all. 9-1-1 will be totally overwhelmed in a major disaster.

Families can – and do – cope with disaster by preparing in advance and working together as a team. Follow the steps listed in this guide to create your family’s disaster plan. Knowing what to do is your best protection and it is your responsibility.

Your family could be anywhere when a disaster strikes. How will you find each other? Will you know if your children are safe?

### ***Find Out What Disaster Could Happen in Our Area***

Natural	Human Caused	Technological
Winter Storm	Bomb Threat	Structural Failures
Wildland Fire	Fire	Transportation Failures
Earthquake	Utility Failures	Terrorism
Cold/Heat Wave	Hazardous Materials	Pandemic Influenza

### ***Create a Disaster Plan***

Meet with your family and discuss why you need to prepare for disaster. Explain the dangers of fire, severe weather, and earthquakes to children. Plan to share responsibilities and work together as a team.

- Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
- Pick two places to meet:
  - Right outside your home in case of a sudden emergency, like a fire.
  - Outside your neighborhood in case you can’t return home. Everyone must know the address and phone number.
- Ask an out-of-state friend or relative to be your “family contact”. After a disaster, it’s often easier to call long distance. Other family members should call this person and tell them where they are. Everyone must know your contact’s phone number.
- Discuss what to do in an evacuation.
- Plan how to take care of your pets.

### ***Complete This Checklist***

- Place emergency telephone numbers by all phones (fire, police, ambulance, etc.).
- Teach children how and when to call 9-1-1 for emergency help.

- Show each family member how and when to turn off the water, gas, and electricity at the main switches.
- Check to see if you have adequate insurance coverage.
- Teach each family member how to use the fire extinguisher (ABC type), and show them where it is kept.
- Install smoke detectors on each level of your home, especially near bedrooms.
- Conduct a home hazard hunt. (See page 9)
- Stock emergency supplies and assemble a Disaster Supply/72-Hour Kit. (See page 3).
- Take a First Aid and CPR class.
- Determine the best escape routes from your home. Find two ways out of each room.
- Find the safe spots in your home for each type of disaster.

### ***Develop a Family Communication Plan***

- Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations.
- Consider a plan where each family member calls, or e-mails the same friend or relative in the event of an emergency.
- It may be easier to make a long-distance phone call than to call across town so an out-of-town contact may be in a better position to communicate among separated family members.
- Be sure each person knows the phone number and has coins or a prepaid phone card to call the emergency contact. You may have trouble getting through, or the phone system may be down altogether, but be patient.

### ***Practice and Maintain Your Plan***

- Quiz your kids every six months so they remember what to do.
- Conduct fire and emergency evacuation drills.
- Replace stored water every three months and stored food every six months.
- Test and recharge your fire extinguisher(s) according to manufacturer's instructions.
- Test your smoke detectors monthly and change the batteries at least once a year. Every six months is even better.

## **YOUR FAMILY DISASTER SUPPLY / 72-HOUR KIT**

Disasters happen anytime and anywhere. And when disaster strikes, you may not have much time to respond. A highway spill or hazardous materials incident could mean evacuation. A winter storm could confine your family at home. An earthquake, flood, tornado, or any other disaster could cut water, electricity, and telephones for days.

After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours or it may take days. Would your family be prepared to cope with the emergency until help arrives?

Your family will cope best by preparing for disaster before it strikes. One way to prepare is by assembling a Disaster Supply/72-Hour Kit. Once disaster hits, you won't have time to shop or search for supplies. But if you've gathered supplies in advance, your family can endure an evacuation or home confinement.

### **Prepare Your Kit**

- Review the checklist below.
- Gather the supplies that are listed. You may need them if your family is confined at home.
- Place the supplies you'd most likely need for an evacuation in an easy-to-carry container.
- There are six basics you should stock for your home: water, food, first aid supplies, clothing, bedding, tools, emergency supplies, and special items.

### **Possible Containers Include:**

- A large, covered trash container.
- A camping backpack.
- A duffel bag.

### **Water**

- Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.
- Store one gallon of water per person per day.
- Keep at least a three-day supply of water per person (two quarts for drinking, two quarts for each person in your household for food preparation and sanitation).
- Don't forget water for your pets.
- Treat all water if unsure of its purity before using it for drinking, food preparation, or hygiene. Before treating, let any suspected particles settle to the bottom or strain through layers of paper towels or cloth. Water can be safely treated by:
  - Boiling for 10 – 12 minutes, or
  - Adding 6 – 10 drops bleach per gallon of water (don't use color-safe bleach). More bleach is not better, too much can make you ill.
  - Rotate your water storage every six months.

### **Food**

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food, pack a can of Sterno or a

backpacking stove. Select food items that are compact and lightweight. Include a selection of the following foods in your Disaster Supply/72-Hour Kit:

- Ready-to-eat canned meats, fruits, and vegetables.
- Canned juices, milk, soup (if powered, store extra water).
- Staples such as sugar, salt, pepper.
- High energy foods such as peanut butter, jelly, crackers, granola bars, and trail mix.
- Vitamins.
- Food for infants/elder persons or persons on special diets.
- Comfort/stress foods.

### **First Aid Kit**

Assemble a first aid kit for your home and one for each car. A first aid kit should include:

- Sterile adhesive bandages in assorted sizes.
- 2-inch sterile gauze pads (4-6).
- 4-inch sterile gauze pads (4-6).
- Hypo-allergenic adhesive tape.
- 40-inch triangular bandages (3 rolls).
- 2-inch sterile roller bandages (3 rolls).
- 3-inch sterile roller bandages (3 rolls).
- Scissors and tweezers.
- Epi pen (if allergic to bee stings).
- Sewing needles.
- Moistened towelette/wet wipes.
- Antiseptic solution – iodine compounds.
- Neosporin.
- Thermometer.
- Tongue depressors (2).
- Tube of petroleum jelly.
- Safety pins in assorted sizes.
- Cleaning agent/soap.
- Latex gloves (2 pairs).
- Sunscreen.
- Insect repellent.
- Caladryl or generic equivalent.
- First aid manual.
- Rubbing alcohol.
- Cotton balls.
- Heavy string.
- Prescription medications.
- Splinting material.

### **Non-Prescription Drugs**

- Aspirin or non-aspirin pain reliever.
- Anti-diarrhea medication.
- Antacid (for stomach upset).
- Laxative.
- Activated charcoal (use if advised by the Poison Control Center).

### **Tools and Supplies**

- Mess kits or paper cups, plates, and plastic utensils.
- Emergency preparedness manual.
- Battery-operated radio with extra batteries or solar powered/hand-crank radio.
- Flashlight and extra batteries.
- Cash or traveler's checks, change.
- Non-electric can opener, utility knife, and utensils.
- Fire extinguisher, small canister ABC type.
- Tent.
- Pliers.
- Tape/Duct tape.
- Compass.
- Matches in waterproof container.

- Aluminum foil.
- Signal flare.
- Paper, pencils.
- Needles, thread.
- Medicine dropper.
- Shut-off wrench to turn off household gas and water.
- Whistle.
- Plastic sheeting.
- Extra set of car and house keys.
- Map of the area (for locating shelters).

### **Sanitation**

- Toilet paper, towelettes.
- Soap, liquid detergent.
- Feminine supplies.
- Personal hygiene items.
- Plastic garbage bags, ties (for personal sanitation use).
- Plastic bucket with tight lid.
- Disinfectant and household chlorine bleach.

### **Clothing and Bedding**

- Include at least one complete change of clothing and footwear per person.
- Sturdy shoes or work boots.
- Rain gear.
- Blankets or sleeping bags.
- Hat, gloves, and thermal underwear.
- Sunglasses.

### **Special Items**

- Remember family members with special requirements, such as infants and elderly or disabled persons.

### **For Baby**

- Formula.
- Diapers.
- Bottles and powdered milk.
- Medications.

### **Adults**

- Heart and high blood pressure medication.
- Insulin.
- Prescription drugs.
- Denture needs.
- Contact lenses and supplies.
- Extra eye glasses.

### **For Pets**

- Medications for heartworm, flea prevention, etc.
- Medical and registration records.
- Sturdy leashes and harnesses.
- Carrier big enough your pet can stand and turn in.
- Current photos of pets.
- Food and drinkable water for three days.
- Feeding schedule information.
- Bowls and can opener.

- Pet beds, toys.
- Litter and litter pan.
- Medical conditions, behavior problems.
- Veterinarian's information.

### **Entertainment**

- Games and books.

### **Important Family Documents**

- Keep these records in a waterproof, portable container:
  - Wills, trusts, insurance policies, contracts, deeds, stocks and bonds.
  - Passports, social security cards, immunization records.
  - Bank account numbers.
  - Credit card account numbers and companies.
- Inventory of valuable household goods.
- Important telephone numbers.
- Family records (birth, marriage, death certificates).
- Recent family photos for identification.

### **Important Reminders**

- Store your kit in a convenient place known to all family members. Keep a smaller version of the Disaster Supply/72-Hour Kit in the trunk of your car.
- Keep items in airtight plastic bags.
- Change your stored water supply every six months so it stays fresh.
- Rotate your stored food every six months.
- Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medications.

## **PREPARE YOUR VEHICLES**

If you are evacuating an area or you are stranded in your vehicle, you should make sure your vehicle is prepared to help you survive. Use this checklist to help you create a Disaster Supply/72-Hour Kit for each vehicle. Prepare now by storing these items in your vehicle and be sure to rotate the items periodically. Keep vehicles fueled (try to maintain at least ½ tank of gas), in good condition, check weather and road conditions before a trip.

- First-aid kit with manual
- Flashlight and extra batteries
- Cell phone and phone card
- Roadside assistance card
- Fire extinguisher (5 lb. ABC type)
- Extra fuses
- Flares and hazard reflectors
- Jumper cables
- Properly inflated spare tire
- Jack, lug wrench, tire gauge
- Basic tool kit
- Windshield scraper and brush
- Small folding shovel
- Sand for traction
- Duct tape
- Gloves, rags, paper towels
- Portable radio and extra batteries
- List of important phone numbers
- Detailed maps
- Waterproof matches and candles
- Whistle and small mirror
- Pen, pencil, paper
- Cash (bills and coins)
- Drinking water
- Bleach (disinfecting)
- Non-perishable energy foods
- Can opener
- Medications
- Toiletries
- Pre-moistened wipes
- Good shoes
- Extra Clothes, gloves and hats
- Blankets or sleeping bag

**Keep first aid kit and food and water close to the driver's seat if you are traveling alone. You may become trapped in your vehicle and are unable to access your vehicle's storage area.**

**Most important, remain calm.**

## **HOME HAZARD HUNT**

### **Check for Electrical Hazards**

- Repair or replace damaged cords and plugs.
- Remove cords under rugs, over nails, pipes or heaters.
- Use one plug per outlet – don't string surge protectors together.
- Put covers on outlets or electrical boxes.
- Repair/replace appliances that spark, smoke, or overheat.

### **Check for Chemical Hazards**

- Store flammable chemicals in approved containers and in a well-ventilated place outside your home.
- Store oily rags in covered metal containers.
- Limit quantities of household chemicals and store out of reach of children.
- Separate reactive chemicals like bleach and ammonia.

### **Check for Fire Hazards**

- Eliminate combustibles (yard waste, papers, rags, old mattresses).
- Separate heat sources (appliances, candles, portable heaters, etc.) and combustibles.
- Keep chimneys, flue pipes, vents, and vent connectors clean and in good repair.
- Keep portable heaters in low traffic areas.

### **Safety Equipment**

- Install a smoke alarm in each bedroom, hallway, and level of your home.
- Test monthly and replace batteries at least yearly.
- Learn how to use your ABC fire extinguisher.

### **Secure Large Items in Your Home**

- Anchor water heater, large appliances, tall or heavy furniture, and pictures to studs in the wall.
- Install a flexible gas line on gas appliances.
- Store heavy objects on lower shelves, secure cabinet doors.
- Avoid placing beds under windows or heavy objects.
- Brace overhead light fixtures or fans.

### **Utilities**

- Show responsible family members the location of utility shut-off valves and how to operate them.

## **EMERGENCY SANITATION**

After a major disaster if water and sewage lines have been disrupted you may need to improvise emergency sanitation facilities.

### **Supplies**

Always have basic sanitation supplies on hand:

- Medium sized plastic bucket with tight lid.
- Household chlorine bleach.
- Toilet paper.
- Plastic garbage bags and ties (heavy duty).
- Soap, liquid detergent.
- Towelettes.

### **Sanitation**

Build a makeshift toilet:

- If sewage lines are broken but the toilet bowl is usable, place a garbage bag inside the bowl.
- If the toilet is completely backed up, make your own.
- Line a medium sized bucket with a garbage bag.
- Make a toilet seat out of two boards placed parallel to each other across the bucket. An old toilet seat will also work.

### **Sanitize Waste**

- After each use, pour a disinfectant such as bleach into the container. This will help avoid infection and stop the spread of disease.
- Cover the container tightly WHEN NOT IN USE.

### **Waste Disposal**

- Bury garbage and human waste to avoid the spread of disease by rats and insects.
- Dig a pit 2 to 3 feet deep and at least 50 feet downhill or away from any well, spring, or water supply.
- If the garbage cannot be buried immediately, strain any liquids into the emergency toilet.
- Wrap the residue in several layers of newspaper and store it in a large can with a tight-fitting lid.
- Place the can outside until it can be buried.

## **EVACUATION**

Several types of disasters may force you to be evacuated from your home. If you are told to evacuate, take the following steps:

- Listen carefully to instructions given by local officials. Evacuate immediately if told to do so.
- If you have time, grab your Disaster Supply/72-Hour Kit. Make sure that you include any last-minute items, such as prescription medication, that you may need.
- Wear appropriate clothing and sturdy shoes.
- Lock your home.
- Use travel routes outlined by local officials. Do not take short cuts, they may be unsafe.
- Keep at least ½ tank of fuel in your car if evacuation seems likely. Gas stations may be closed during emergencies.

If you go to a shelter, notify staff of any special needs you may have. They will try to accommodate you and make you comfortable.

### **Be prepared to leave home if:**

- Your area is without electrical power and water for an extended period of time.
- There is a chemical emergency affecting your area.
- Flood water is rising.
- A wildland fire is burning near your home.
- Your home has been severely damaged.
- Local officials tell you to evacuate.

**Evacuations are more common than people realize. Hundreds of times each year, transportation and industrial accidents release harmful substances, forcing thousands of people to leave their homes. Fires and floods cause evacuations even more frequently.**

## **SHELTER-IN-PLACE**

Shelter-in-place simply means staying inside your home or business. During an accidental release of toxic chemicals, or emergencies involving hazardous materials where air quality may be threatened, shelter-in-place keeps you inside a protected area and out of danger.

If shelter-in-place is necessary you will be notified by local authorities. If you are asked to shelter-in-place, take the following steps:

- Take your children and pets inside immediately. While gathering your family, cover your mouth and nose with a damp cloth to provide a minimal amount of protection.
- Close all windows and doors in your home as well as the fireplace damper.
- Turn off all fans, heating and air conditioning systems, and any other ventilation.
- Go to an above-ground room with the fewest windows and doors. Be sure to take a radio with you.
- Wet some towels and jam them in the crack under the door. You may tape plastic sheeting or garbage bags over the door, window, exhaust fan, and vents.
- Close drapes or shades over windows. Stay away from windows.
- Stay in the room and listen to your radio until you are told it is safe or you are told to evacuate.
- Once you are told to stop sheltering-in-place, vent your house by opening windows and turning on fans.

It is a good idea to take your Disaster Supply/72-Hour Kit with you as you shelter-in-place.

**Be sure everyone in your household knows where to find shelter from all hazards that affect your area.**

## **ACCIDENTAL POISONING**

### **Before Poisoning**

- Place Poison Control Center number near all phones – 1-800-222-1222.
- Do not leave children alone.
- Be aware of all potential hazards in your home.
- Never call medicine “candy”.
- Teach children to ask before putting anything in their mouth.
- Keep activated charcoal on hand.

### **After Poisoning**

- Stay calm.
- Call the Poison Control Center at 1-800-222-1222.
- Follow the Poison Control Center’s instructions.

### **Inhaled Poisoning**

- Immediately get the victim to fresh air
- Avoid breathing fumes.
- Open doors and windows wide.
- If victim is not breathing, have someone call 9-1-1 then start CPR.

### **Poison on the Skin**

- Remove contaminated clothing.
- Flood skin with water for ten minutes.
- Call Poison Control Center at 1-800-222-1222.
- Follow the Poison Control Center’s instructions.

### **Poison in the Eye**

- Flood eye with lukewarm (not hot) water poured from a large glass two or three inches from the eye.
- Repeat process for 15 minutes.
- Call the Poison Control Center at 1-800-222-1222.
- Follow the Poison Control Center’s instructions.

### **Swallowed Poison**

- Do not give the victim anything to eat or drink.
- Call the Poison Control Center at 1-800-222-1222.
- Follow the Poison Control Center’s instructions.

## **COPING WITH DISASTERS**

Physical and emotional reactions often occur as a result of a natural emergency or traumatic event such as a terrorist attack. These reactions may happen immediately or weeks or months after an event. Traumatic stress reactions can happen to people of any age and can change a person's behavior, thoughts, and physical health.

### **Common Responses**

The physical effects caused by a traumatic event include and you should seek medical attention if any of these symptoms persist:

- Rapid heartbeat.
- Increased respiratory rate.
- Shortness of breath.
- Nausea.
- Muscle and joint aches.
- Tremors.
- Headaches.

Thoughts, behaviors and emotions may also change. These changes include:

- Flashbacks or re-experiencing the event.
- Withdrawal from normal social relations.
- Performance problems at work or school.
- Loss or increase of appetite.
- Difficulty sleeping or nightmares.
- Feeling overwhelmed, hopeless, and numb.
- Being extremely anxious, fearful, agitated, or irritable.
- Feeling depressed.
- Increased consumption of alcohol, prescribed, over-the-counter, or illicit drugs.

### **What You Can Do For Yourself**

There are many things you can do to cope with traumatic events.

- Understand that your symptoms may be normal, especially right after the trauma.
- Keep to your usual routine.
- Take the time to resolve day-to-day conflicts so they do not add to your stress.
- Do not shy away from situations, people, and places that remind you of the trauma.
- Find ways to relax and be kind to yourself.
- Turn to family, friends, and clergy for support. Talk about your experiences and feelings with them.
- Participate in leisure and recreational activities. Exercise helps as well.
- Recognize that you cannot control everything.
- Recognize the need for trained help and call a local mental health center.

### **What You Can Do For your Child**

- Let your child know that it is okay to feel upset when something bad or scary happens.
- Encourage your child to express feelings and thoughts, without making judgments.
- Return to daily routines.

## **CHILDREN AND DISASTERS**

Children experience trauma and fear during a natural disaster. If they know what to do during a disaster because they have practiced family disaster drills, they will be better off. When parents are calm, children calm down more quickly.

### **Before a disaster, parents can:**

- Familiarize yourself with the emergency response plans of schools and/or daycare your children attend.
- Find out if the school/daycare will keep your kids or send them home in an emergency.
- Decide if your children will take care of themselves or if a neighbor takes care of them.
- Develop and practice a family disaster plan.
- Teach children how to recognize danger signals.
- Explain how to call for help (9-1-1).
- Help children memorize important family information.
- Help children memorize their street address, not the PO Box.
- Include children's toys and special foods in Disaster Supply/72-Hour Kit.

### **After a disaster**

Children are most afraid that the disaster will happen again, someone will be hurt or killed, and they will be separated from family and left alone.

### **Parents can help minimize their children's fears by:**

- Keep the family together, do not leave children with relatives or friends, and take your children with you.
- Calmly and firmly explain the situation and your plans.
- Talk to your children at eye level.
- Encourage children to talk about the disaster and ask questions.
- Include children in recovery activities by giving them chores that will help them feel they are helping things get back to normal.
- Reassure children with firmness and love.
- Sympathize with and resolve their anxieties.
- Hold your children and spend more time with them.

## **ELDERLY / SPECIAL NEEDS AND DISASTERS**

People with disabilities should take extra precautions when preparing for a disaster. One of the most important things you can do is have a buddy, someone who can help you evacuate and take care of you. During an emergency, your usual care giver may not be able to help you. Make sure your buddy knows how to operate any medical equipment you use.

When planning for the care of the elderly and those with special needs, please consider the following recommendations:

- Establish a close network of relatives and friends who can assist your family in an emergency.
- Make sure helpers know where to find the Disaster Supply/72-Hour Kit which includes emergency supplies, medicines, and other essential equipment.
- Remind family members to always wear a medical alert tag or bracelet if they have threatening health conditions.
- Compose a list of special items, equipment, and supplies family members will need during a disaster. Extra supplies required for people with disabilities and special needs are:
  - Prescription medications, a record of when and how much of the medicine you should receive.
  - Prosthetic devices.
  - List of style and serial numbers of medical devices.
  - Extra eye glasses and a record of the prescription.
  - Extra oxygen.
  - Extra pillows, bedding.
  - Medical insurance and Medicare cards.
  - Back-up power supplies or generators for heat or air-conditioning.
  - Extra wheelchair batteries.
  - Hearing aids, batteries.

## **ANIMALS AND DISASTERS**

Your animals need to be included in your family disaster plan since they depend on you for their well being. Your disaster plan should include a list of emergency phone numbers for local agencies that can assist you if disaster strikes – including your veterinarian, state veterinarian, local animal shelter, animal care and control, county extension service, local agricultural schools, and the American Red Cross. These numbers should be kept with your Disaster Supply/72-Hour Kit in a secure, but easily accessible place.

### **Pets**

- If you must evacuate, **DO NOT LEAVE YOUR PETS BEHIND!** There is a chance they will not survive or get lost before your return.
- With the exception of service animals, pets are not permitted in emergency shelters, although this may change in the future. Find out which motels allow pets and where boarding facilities are located. Boarding facilities will require veterinarian records to prove vaccinations are current.
- Include your local animal shelter's number in your list of emergency numbers – they might be able to provide information concerning pets during a disaster.
- Only some animal shelters will provide care for pets during emergencies. They should only be used as a last resort. Use friends and family or keep them with you if possible.
- Be sure your pet has proper identification tags securely fastened to the collar. If possible, attach the address and/or phone number of your evacuation site. Make sure you have a current photo of your pet for identification purposes.
- Make sure you have a secure pet carrier and leash for your pet. Pets may need to be restrained during tense emergency situations.
- Create a Disaster Supply/72-Hour Kit for your pet. Take it with you and be prepared to leave it with whoever assumes responsibility for your pet. Include:
  - Pet food and water.
  - Medication and veterinary records.
  - Litter and litter box.
  - Food and water dish.
  - First aid kit.
  - Information sheet with pets name, feeding schedule, and any behavior problems.
- If you have no alternative but to leave your pet at home, there are some precautions you must take:
  - Confine your pet to a safe area inside.
  - NEVER leave your pet chained outside.
  - Place a notice outside in a visible area advising that pets are in the house and where they are located.
  - Provide a phone number where you or a contact can be reached.
  - Provide the name and phone number of your vet.
- Have a back-up plan in case you are not at home when an evacuation is ordered. Find a trusted neighbor who will agree to take your pets and meet you at a prearranged location. Make sure this person is comfortable with your pets, knows where they are likely to be and where to find your pet emergency kit.

## **Livestock**

- **EVACUATE LIVESTOCK WHENEVER POSSIBLE.** Prepare in advance by having transportation and an evacuation destination prearranged. Alternate routes should be mapped out in case the planned route is inaccessible.
- The evacuation sites should have or be able to readily obtain food, water, veterinary care, handling equipment, and facilities.
- If evacuation is not possible, a decision must be made whether to move large animals to available shelter or turn them outside.
- All animals should have some form of identification that will help facilitate their return.

## **Wildlife**

- Wild or stray domestic animals can pose a danger during many types of disasters.
- Do not corner an animal. They may feel threatened and may endanger themselves or you.
- If an animal must be removed, contact your local animal control authorities.

**Working with neighbors can save lives and property. Meet with your neighbors to plan how the neighborhood could work together after a disaster until help arrives. If you're a member of a neighborhood organization, such as a home owners association or Neighborhood Watch group, introduce disaster preparedness as a new activity. Know your neighbor's special skills (e.g. medical, technical) and consider how you could help neighbors who have special needs, such as disabled and elderly persons. Make plans for child care if parents can't get home.**

## EARTHQUAKES

### **Before an Earthquake**

- Secure water heater, storage shelves, heavy mirrors, shelves, etc. to walls.
- Place large or heavy objects on lower shelves.
- Know where and how to shut off electricity, gas, and water at main switches and valves.
- Have earthquake drills – identify safe spots in each room.
- Develop a plan for reuniting your family after an earthquake.
- Review your insurance policies.
- Keep a good pair of shoes and a flashlight near your bed.
- Prepare to survive on your own for at least three days. See “Disaster Supply/72-Hour Kit” for instructions. (See page 3)

### **During an Earthquake**

- Stay calm.
- Inside: stay inside and find protection in a doorway, crouch under a desk or table, away from windows, glass, brick walls, and chimneys.
- Outside: stand away from buildings, trees, telephone and electric lines.
- On the road: drive away from under-passes/over-passes, stop in a safe area, and stay in your vehicle.
- In an office building: stay next to a pillar or column, or under a heavy table or desk.
- Stay where you are until the shaking has stopped and you are sure it is safe to move.

### **After an Earthquake**

- Check for injuries. Provide first aid.
- Check for fires, gas, water, sewage breaks, downed electric lines, building damage and potential problems during aftershocks, such as cracks around fireplace and foundation. Turn off interrupted utilities as necessary.
- Clean up dangerous spills.
- Wear shoes and leather gloves.
- Tune radio to emergency station and listen for instructions from public safety agencies.
- Use the telephone only for emergencies.
- As soon as possible, notify family that you are safe.
- Do not use matches or open flames until you are sure there are no gas leaks.
- Don't turn light switches off and on. Sparks created by the switch contacts can ignite gas fumes.
- In public buildings, follow evacuation procedures immediately and return only after the building has been declared safe by the appropriate authorities.

**Earthquakes can strike at any time without warning, causing major damage to homes and critical infrastructure. They are almost always followed by aftershocks that can be even larger than the initial quake. Remain calm and stay inside during an earthquake. Most injuries during earthquakes occur when people are hit by falling debris when entering or exiting buildings. If you must go out after an earthquake, watch for fallen objects, downed electrical wires, weakened walls, bridges, roads, and sidewalks.**

## **WINTER STORMS**

### **Before a Storm**

- Arrange for emergency heat supply in case of power failure.
- Prepare auto, battery-powered equipment, food, heating fuel, and other supplies.
- Prepare a car winter survival kit. Include the following items:
  - Blankets or sleeping bags.
  - Flares.
  - High energy foods like candy, nuts, and raisins.
  - First aid kit.
  - Flashlights.
  - Extra clothing.
  - Knives and compass.
  - Candles and matches.
  - Water.
  - Paper and pen to leave a note in case you evacuate your car.
- Keep car fuel tank above half full.

### **During and After the Storm**

- At home – stay in your house. Use your Disaster Supply/72-Hour Kit. Avoid travel.
- Dress warmly. Wear multiple layers of protective, loose-fitting clothing, scarves, mittens, and hoods. Cover your mouth and nose to protect lungs from extremely cold air.
- Avoid overexertion. Heart attacks are a major cause of death during and after winter storms. Shoveling snow or freeing stuck vehicles can be extremely hard work. Don't overdo it.
- Beware of the chill factor if winds are present.
- Be prepared for isolation at home. Make sure you can survive for a week or two in case a storm isolates you and makes it impossible for you to leave.

### **If Trapped in Your Car**

- Stay in your car for visibility and warmth. Do not try to walk out.
- Use a candle for warmth. Run the motor only 10 minutes each hour for heat with rear window opened slightly for ventilation. Make sure the exhaust pipe is not blocked.
- Change positions frequently.
- Stay alert. Do not let all occupants of the car sleep at once.

**About 70% of winter deaths related to snow and ice occur in automobiles. Travel by car in daylight, don't travel alone, keep others notified of your schedule, and stay on main roads.**

## **HIGH WINDS**

### **Before High Winds**

- Survey your property. Take note of materials stored, placed or used which could become missiles and destroy other structures or be destroyed. Devise methods of securing these items where they will still be accessible for day-to-day needs.
- Keep tall trees properly pruned away from power lines.
- Keep radio and/or TV on and monitor for wind advisories.
- If possible, board up, tape or shutter all windows, but leave some ventilation.
- Store water in case water service is interrupted.
- Have a supply of flashlights, spare batteries, candles, first aid equipment, medicines, etc., available for use.
- Have plastic sheeting available in case roof is damaged and it begins to rain.
- Secure outdoor furniture, trash cans, tools, etc.
- Take pictures of the house/yard and inside possessions for possible insurance purposes.

### **During High Winds**

- Take shelter in hallways and closets, avoid windows.
- If outside, take shelter from flying debris.

### **After Winds Subside**

- Inspect your home for structural and roof damage.
- Check all utilities and power lines for damage and proper operation.
- Monitor radio and TV for instructions from local leaders.

**Because of its varied terrain and climate, Utah can experience a variety of severe weather conditions. In a typical year, Utah can experience everything from blizzards to tornados. Winter snowstorms can knock out power and cause slick and icy driving conditions. Avalanches and lightning strikes have claimed the lives of many outdoor adventurers. Flash-flooding has caused damage to several areas of the state. Utah has even seen a number of tornados. Dense fog has also enveloped parts of the state, leading to dangerous conditions both on the ground and in the air. Windstorms have also caused extensive damage in parts of the state.**

## **THUNDERSTORMS AND LIGHTNING**

### **Protect Yourself**

- Get inside a home or large building when a storm approaches. Stay indoors and don't venture outside unless absolutely necessary.
- Stay away from open doors, windows, fireplace, radiators, stoves, metal pipes, sinks, and appliances.
- Do not use electrical appliances. Surge protectors may protect equipment.
- Use telephone for emergencies only.

### **If you are outside, with no time to reach a safe building or vehicle, follow these rules:**

- Do not stand under a natural lightning rod such as a tall, isolated tree in an open area.
- In a forest, seek shelter in a low area under a thick growth of small trees.
- In open areas, go to a low place such as a ravine or valley. Be alert for flash floods.
- Do not stand on a hilltop, in an open field, on the beach, or in a boat on the water.
- Avoid isolated sheds or other small structures in open areas.
- Stay out of the water and off of small boats.
- Stay away from anything metal such as farm equipment, motorcycles, golf carts, golf clubs, bicycles, camping chairs, etc.
- Stay away from wire fences, clothes lines, metal pipes, rails, exposed sheds or anything that is high and could conduct electricity. Some of these items could carry electricity to you from some distance away.
- When you feel an electrical charge – if your hair stands on end or your skin tingles, squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees.
- **DO NOT LIE FLAT ON THE GROUND.**

**Lightning often strikes outside of heavy rain and may occur as far as 10 miles away from any rainfall.**

## **FLOODING**

### **Before a Flood**

- Know the elevation of your property in relation to flood plains, streams, and other waterways. Determine if your property may be flooded.
- Plan what to do and where to go in case of a flood.
- Prepare a Disaster Supply/72-Hour Kit.
- Fill your car with gas in case you have to evacuate.
- Move furniture and essential items to higher elevation if time permits.
- Have a portable radio and flashlights with extra batteries.
- Secure your home.
- Consider flood and earthquake insurance.

### **Evacuation**

- Listen to local radio or TV for weather information.
- If asked to evacuate, shut off main power switch, main gas valve, and water valve.
- Follow local evacuation plan and routes.
- Do not attempt to drive over a flooded road, it may be washed out. While on the road, watch for possible flooding of bridges, dips, and low areas.
- Watch out for damaged roads, slides, and fallen wires.
- Drive slowly in water, use low gear.
- Abandon your vehicle immediately if it stalls and seek higher ground.
- Do not attempt to cross a stream on foot where water is above your knees.
- Register at your designated evacuation center and remain there until informed you may leave.

### **After the Flood**

- Remain away from evacuated area until public health officials and building inspector have given approval to return.
- Check for structural damage before entering.
- Make sure electricity is off, watch for electrical wires.
- Do not use open flame as a light source because of the possibility of escaping gas. Use flashlights. Beware of dangerous sparks.
- Do not use food contaminated by flood water.
- Test drinking water for suitability with test kits.
  - Test kits can be obtained at outdoor recreation stores.
  - Refer to page 3 under Water for instructions on treating water.
- Avoid walking in flood water. Do not let children play in flood water.

**Local officials are the best source of information. Follow their instructions during and after emergencies regarding sheltering, food, water and cleanup.**

## **WILDLAND FIRES**

### **Before a Wildfire**

To prepare for wildfires, you should:

- Make sure your property address is clearly visible from the road.
- Keep lawns trimmed, leaves raked, and the roof and rain gutters free from debris such as dead limbs and leaves.
- Stack firewood at least 30 feet away from your residence.
- Store flammable materials, liquids, and solvents in metal containers outside your residence at least 30 feet away from structures and wooden fences.
- Create defensible space by thinning trees and brush within 30 feet around your residence. Beyond 30 feet, remove dead wood, debris, and low tree branches.
- Landscape your property with fire resistant plants and vegetation to prevent fire from spreading quickly. For example, hardwood trees are more fire resistant than pine, evergreen, fir, or juniper trees.
- Make sure water sources, such as hydrants, ponds, swimming pools, and wells are accessible to the fire department.
- Use fire resistant, protective roofing and materials like stucco, stone, brick, and metal to protect your residence. Avoid using wood materials, which offers the least fire protection.
- Cover all exterior vents, attics, and eaves with metal mesh screens no larger than 6 millimeters or ¼ inch to prevent debris from collecting and to help keep sparks out.
- Install multi-pane windows, tempered safety glass, or fireproof shutters to protect large windows from radiant heat.
- Use fire-resistant draperies for added window protection.
- Have chimneys, wood stoves, and all home heating systems inspected and cleaned annually by a certified specialist.
- Insulate chimneys and place spark arresters on top. The chimney should be at least 3 feet above the roof.
- Remove branches hanging above and around the chimney.

### **Follow Local Burning Laws**

- Before burning debris in a wooded area, thick sage brush, or cheat grass, make sure you notify Ivins City Public Safety Dispatch to obtain a burning permit – 435-634-5730.
- Follow these guidelines:
  - Burn piles of debris no larger than the size of a wheel barrel.
  - Have a fire extinguisher and garden hose on hand while burning.

### **During a Wildfire**

If a wildfire threatens your home and time permits, take the following precautions:

- Shut off gas at the meter. Only a qualified professional can safely turn the gas back on again.
- Seal attic and ground vents with pre-cut plywood or commercial seals.
- Turn off propane tanks.
- Place combustible patio furniture inside.
- Connect garden hose to outside taps. Place lawn sprinklers on the roof and near above-ground fuel tanks. Wet the roof.
- Wet or remove shrubs within 15 feet of your residence
- Gather fire tools such as a rake, axe, handsaw or chainsaw, bucket, and shovel.

- Back your car into the garage or park it in an open space facing the direction of escape. Shut doors and roll up windows. Leave the key in the ignition and the car doors unlocked. Close garage windows and doors, but leave them unlocked. Disconnect automatic garage door openers.
- Open fireplace damper. Close fireplace screens.
- Close windows, vents, doors, blinds, or noncombustible window coverings, and heavy drapes. Remove flammable drapes and curtains.
- Move flammable furniture into the center of the residence away from windows and sliding glass doors.
- Close all interior doors and windows to prevent drafts.
- Place valuables that will not be damaged by water, in a pool, or pond.

**If advised to evacuate, do so immediately. Choose a route away from the fire hazard. Watch for changes in the speed and direction of the fire and smoke.**

**Wildfires are part of the natural ecosystem. The area in which homes and other human development intermingle with wildlands is referred to as the urban/wildland interface. The meeting of wildland and residential areas presents a serious threat to life and property. Wildfires greatly increase the threat of flooding and mudslides by stripping the native vegetation that holds the soil in place. This decreases the soil's ability to absorb water, resulting in faster runoff from storms and snowmelts.**

## HOUSE FIRE

### **Before a Fire**

- Make sure home is free of unnecessary combustible materials.
- Do not store flammable liquids inside the home. This could cause fire/rescue workers their lives.
- Do not run wires under carpets or rugs.
- Do not store matches or cigarette lighters where children can get them.
- Do not leave cooking unattended.
- If you smoke, do not smoke in bed or in other positions where you may fall asleep.
- Know avenues of escape. Always have two ways out of every room.
- Have a place to meet so no one tries to go back into a burning building to look for someone needlessly.
- Have fire extinguishers near the kitchen and the garage.
- Have escape ladders for all windows higher than eight feet off the ground.
- Install a smoke detector in every bedroom, every hallway outside of the bedroom, and at least one on every level of the house. Test the smoke detectors monthly. Change the batteries in the smoke detectors in the fall when you change your clocks from daylight savings time.
- Plan and practice fire drills on the first of each month. A good plan includes a place to meet, two ways out of every room, and escape ladders.

### **During a Fire**

- If you are outside, stay outside. Do not return for anything. Do not re-enter the building until appropriate authorities have given permission.
- If you are inside, get out. Go to the nearest house or building and call 9-1-1. Report the address and type of fire. Listen to and follow instructions. Go to the family meeting place.
- If you are inside and have time, make sure everyone is out.
- If you are in a closed room or office, do not open the door without first feeling it or the door knob. If it is warm or hot, do not open it, but unlock it to help fire/rescue personnel.
- If there is smoke, get under the smoke, no matter how low it is, and get out of the building.
- If you cannot use the door or other means of escape to exit and there is smoke, use clothes, sheets, etc. to stop the smoke from coming in. Go to the window and yell or blow a whistle.
- If you see someone on fire, use a coat or blanket, but not your bare hands, to smother the flames.
- Watch to see that nobody goes back inside to rescue anything or anyone.
- If possible, turn off the gas and electricity from outside the house.
- In a public building, know two ways out. If you hear a fire alarm, immediately exit the building regardless of what you are doing. Follow the established evacuation instructions.

**Each year more than 4,000 Americans die and more than 25,000 are injured in fires, many of which could have been prevented. Direct property loss due to fire is estimated at \$8.6 billion annually. Working smoke alarms decrease your chances of dying in a fire by half.**

## **POWER OUTAGE**

### **Home Electrical Circuits**

- Familiarize yourself with the location of the electrical breaker panel.
- Turn off breakers for areas of concern.
- If in doubt, shut off main breaker. Check your house electric meter. If it is on your home, there may be a main disconnect breaker next to it. If the meter is on an underground service, it may be in front of your home, but there should be a main breaker where the line enters the home.
- Be sure to show others in the family where the breakers are located in case of emergency.
- In case of basement flooding;
  - Think before stepping in any water.
  - A shock hazard may exist even in an inch of water.
  - If the electrical panel is upstairs, shut off all circuits.
  - If the electrical panel is in the basement, determine whether it can be reached on DRY ground. If not, shut off the main breaker.

### **Before a Power Outage**

- Learn location of fuse box or circuit breaker.
- Store candles, flashlights, and extra batteries in convenient places.
- Have food and water supplies on hand.
- Know the locations of all camping equipment including stove, lantern, and sleeping bags. Make sure equipment is operational and that you know how to use it. Use camping equipment requiring gasoline, propane, white fuel, Coleman fuel, or charcoal briquettes outside only.
- Keep refrigerator defrosted.
- Purchase and install approved surge protectors for appliances and electronics.

### **During the Power Outage**

- Unplug all electronic equipment if you do not have surge protectors. A power surge could ruin appliances when power is restored.
- Turn off all but one light switch.
- Open refrigerator door only to take food out, close as quickly as possible.
- Use camping equipment outside, six feet away from everything. Use only a fireplace, properly installed wood stove, or a new-style kerosene heater in a safe area with fresh outside air coming into area.
- Report any downed lines.
- Do not allow children to carry lanterns, candles, or fuel.

### **After the Power Outage**

- When power is restored, plug in appliances one by one, waiting a few minutes between each one. This will prevent overloading the system.
- Be patient. Power may first be restored to police and fire departments and hospitals.
- Examine your frozen food. If it still contains ice crystal, it may be refrozen. If meat is off-color or has an odd odor, throw it away.

## **GAS LEAKS**

### **Emergency Control of Gas**

- If you detect the smell of natural gas, leave your house immediately. Do not use any electrical device.
- Check house piping, appliances, and vents for damage.
- Check for fires or fire hazards.
- Do not use matches, lighters, or open flames.
- Do not operate electrical switches, appliances, or battery-operated devices if you suspect natural gas leaks. This could create sparks that could ignite gas from broken lines.
- If gas line breakage is suspected, evacuate immediately and shut off the gas at the meter.
- Wear heavy shoes in all areas near broken glass or debris. Keep your head and face protected from falling debris.
- Turn on a battery-operated radio if no gas leaks are found or a car radio to receive disaster instructions.
- Call 9-1-1 from your neighbor's house.

## **EXPLOSIONS**

### **If There is an Explosion**

- Take shelter against a desk or a sturdy table.
- Exit the building ASAP.
- Do not use elevators.
- Check for fire and other hazards.
- Take your Disaster Supply/72-Hour Kit if time allows.
- Help others and provide first aid as necessary.

### **If there is a Fire**

- Exit the building ASAP.
- Crawl low if there is smoke.
- Use a wet cloth, if possible, to cover your nose and mouth.
- Use the back of your hand to feel the upper, lower, and middle parts of closed doors.
- If the door is not hot, brace yourself against it and open slowly.
- If the door is hot, do not open it. Look for another way out.
- Do not use elevators.
- If you catch fire, do not run. Stop, drop, and roll to put the fire out.
- If you are at home, go to a previously designated meeting place.
- Account for your family members and carefully supervise small children.
- Never go back into a burning building.

### **If You Are Trapped in Debris**

- If possible, use a flashlight to signal your location to rescuers.
- Avoid unnecessary movement so that you don't kick up dust.
- Cover your nose and mouth with anything you have on hand. (Dense weave cotton material can act as a good filter. Try to breathe through the material.)
- Tap on a pipe or wall so that rescuers can hear where you are.
- If possible, use a whistle to signal rescuers.
- Shout only as a last resort. Shouting can cause a person to inhale dangerous amounts of dust.

## **HAZARDOUS MATERIALS INCIDENTS**

### **Before an Incident**

- Be prepared to evacuate. An evacuation could last for a few hours or several days.
- Be prepared to shelter-in-place.
- Keep your Disaster Supply/72-Hour Kit updated.

### **During an Incident**

- Stay away from the incident to minimize the risk of contamination.
- Remain uphill and upwind from the source of the hazardous materials.
- If asked to evacuate your home, do so immediately.
- Shelter-in-place if requested to stay indoors.
- Schools may institute shelter-in-place procedures if there is a hazardous materials incident. If so, you will probably not be able to drive to the school to pick up your children. Follow the directions of your local emergency officials.
- Avoid contact with spilled liquids, air-borne mists, or condensed solid chemical deposits.

### **After an Incident**

- Do not return home until you are told it is safe.
- When you get home, open windows, vents and turn on fans to ventilate your house.
- Find out from local authorities how to clean up your land and property.
- Report any lingering vapors or hazards.

**Billions of pounds of hazardous materials are transported across Utah's roadways each year, with more than 400,000 trucks carrying these materials. Some of the most common commodities include flammable liquids (gasoline and other fuels), followed by compressed gases (propane, etc.). Very small percentages carry radioactive materials. The Division of Emergency Services and Homeland Security help coordinate seven hazmat response teams throughout the state. This regional approach provides local communities with a more rapid response to hazmat incidents.**

## **HOUSEHOLD CHEMICAL EMERGENCIES**

### **Before a Household Chemical Emergency**

- Buy only as much of a chemical as you think you will use.
- Keep products containing hazardous materials in their original containers and never remove the labels unless the container is corroding.
- Never store hazardous products in food containers.
- Never mix household hazardous chemicals or waste with other products.

### **Take the following precautions to prevent and respond to accidents:**

- Follow the manufacturer's instructions for the proper use of the household chemical.
- Never smoke while using household chemicals.
- Never use hair spray, cleaning solutions, paint products, or pesticides near an open flame.
- Clean up any chemical spill immediately. Use rags to clean up the spill. Wear gloves and eye protection. Allow the fumes in the rags to evaporate outdoors, then dispose of the rags by wrapping them in newspaper and placing them in a sealed plastic bag in your trash can.
- Dispose of hazardous materials correctly. Take household waste to a local collection facility.

### **During a household chemical emergency, be prepared to seek medical assistance:**

- Call Poison Control at 1-800-222-1222 and follow directions.

### **If there is a danger of fire or explosion:**

- Get out of the residence immediately. Do not waste time collecting items or calling the fire department when you are in danger. Call the fire department from outside from a cellular phone or a neighbor's phone, once you are safely away from danger.
- Stay upwind and away from the residence to avoid breathing toxic fumes.

### **If someone has been exposed to a household chemical:**

- Find any containers of the substance that are readily available in order to provide requested information. Call emergency medical services.
- Follow the emergency operator or dispatcher's first aid instructions carefully. The first aid advice found on containers may be out of date or inappropriate. Do not give anything by mouth unless advised to do so by a medical professional or poison control.

## **NUCLEAR EMERGENCY**

### **During a Nuclear Emergency**

- If you have advanced warning, take your Disaster Supply/71-Hour Kit and go to an approved shelter or your basement. Huddle close to the floor and as near to a wall as possible. Get under a table for protection from falling objects.
- DO NOT attempt to evacuate your shelter until advised.
- If you see a nuclear flash and feel sudden heat, take cover INSTANTLY, within one or two seconds. Drop to the ground and curl up tightly, covering as many parts of your body as possible. Go to a shelter once the heat and blast effects have cleared.
- Never look at the light of a nuclear explosion.

### **After a Nuclear Emergency**

- Take cover in an underground shelter, basement, etc.
- Remove contaminated clothing.
- Wash yourself thoroughly with soap and water. Wash your head and nose hairs especially well.
- If source of radiation is known and travel advisable, travel in the opposite direction and go up wind from the radiation.
- Remain in a protective shelter until advised it is safe to leave. Limit your exposure to contaminated areas.
- If someone needs radiation sickness treatment, keep the victim calm. Give emotional support and plenty of fluids.
- Wipe food and water containers with a clean cloth to remove particles of fallout, which resemble sand or salt.

**Thanks to the coordination of security for the 2002 Olympics, Utah is better prepared to prevent and respond to acts of terrorism. In 1999, Governor Michael Leavitt created the Utah Center for Domestic Preparedness by executive order and designated the Division of Emergency Services and Homeland Security to serve as the central coordinating office for domestic preparedness and implementation of weapons of mass destruction protection and prevention programs in the state.**

## **RADIOLOGICAL EVENT**

A radiation threat, commonly referred to as a “dirty bomb” or “radiological dispersion device (RDD)”, is the use of common explosives to spread radioactive materials over a targeted area. It is not a nuclear blast. The force of the explosion and radioactive contamination will be more localized. While the blast will be immediately obvious, the presence of radiation will not be clearly defined until trained personnel with specialized equipment are on the scene. As with any radiation, you want to try to **limit exposure**. It is important to avoid breathing radiological dust that may be released in the air.

### **If There is a Radiation Threat or “Dirty Bomb”**

If you are outside and there is an explosion or authorities warn of a radiation release nearby, cover your nose and mouth and quickly go inside a building that has not been damaged. If you are already inside check to see if your building has been damaged. If your building is stable, stay where you are. Close windows and doors; turn off air conditioners, heaters, or other ventilation systems.

If you are inside and there is an explosion near where you are OR you are warned of a radiation release inside, cover nose and mouth and go outside immediately. Look for a building or other shelter that has not been damaged and quickly get inside. Once you are inside a safe building, close windows and doors, turn off air conditioners, heaters, or other ventilation systems.

If you think you have been exposed to radiation, take off your clothes (place the clothes outdoors in a container) and shower as soon as possible. Wash thoroughly around the mouth and nose.

Stay where you are, watch TV, listen to the radio, or check the Internet for official news as it becomes available.

### **Remember:**

To limit the amount of radiation you are exposed to, think about shielding, distance, and time.

- **Shielding:** If you have a thick shield between yourself and the radioactive materials more of the radiation will be absorbed and you will be exposed to less.
- **Distance:** The farther away you are from the blast and the fallout (dust and debris) the lower your exposure.
- **Time:** Minimizing time spent exposed will also reduce your risk.

## **TERRORISM**

### **Preparing for Terrorism**

- Wherever you are, be aware of your surroundings. The very nature of terrorism suggests there may be little or no warning.
- Take precautions when traveling. Be aware of suspicious or unusual behavior. Do not accept packages from strangers. Do not leave luggage unattended. Unusual behavior, suspicious packages and strange devices should be promptly reported to the police or security personnel.
- Do not be afraid to move or leave if you feel uncomfortable or if something does not seem right.
- Learn where emergency exits are located in buildings you frequent. Take note of where exits are when you enter unfamiliar buildings. Also, find out where staircases are located.
- Assemble a disaster supply kit at home and learn first aid.

### **Chemical Attack**

Signs of a chemical attack would include many people suffering from watery eyes, choking and having trouble breathing and many sick or dead birds, fish or small animal. If you suspect a chemical attack has occurred:

- Avoid the contaminated area. Get away from the area or shelter-in-place, using the option that minimizes your exposure to the chemical.
- Wash with soap and water immediately if you were exposed to a chemical.
- Seek medical attention.
- Notify local law enforcement or health authorities.

### **Biological Attack**

A biological attack may not be immediately obvious. Patterns of unusual illnesses or a surge of sick people seeking medical treatment may be the first sign of an attack. If you believe there has been a suspicious release of biological substances:

- Quickly get away from the area.
- Cover your mouth and nose with layers of fabric, such as a t-shirt or towel.
- Wash with soap and water.
- Contact local law enforcement or health authorities.

The Center of Disease Control has listed the following agents as Category A agents, meaning they pose the greatest potential public health threat: anthrax, botulism, plague, smallpox, tularemia, and viral hemorrhagic fevers.

## PANDEMIC INFLUENZA

A pandemic is a worldwide disease outbreak. An influenza pandemic occurs when a new “Influenza A” virus emerges and there is little or no immunity in humans. A pandemic influenza virus causes serious illness and then spreads easily from person-to-person. It could be mild, moderate, or very severe even leading to death. The Federal Government, State of Utah and the Southwest Utah Public Health Department are taking steps to prepare for and respond to an influenza pandemic.

If a pandemic occurs, it is likely to last several months or possibly even longer. A widespread outbreak of influenza could require temporary changes in many areas of society, such as schools, work, transportation and other public services. Social distancing measures could be implemented where public gatherings such as sporting events, church meetings, and others would be closed to prevent further spread of the disease. An informed and prepared public can take appropriate actions to decrease their risk during a pandemic. To be prepared for such an emergency, Ivins Public Safety Department encourages individuals and families to:

Talk with local public health officials and health care providers who can supply information about the signs and symptoms of a specific disease outbreak and recommend prevention and control actions.

Check [www.swuhealth.org](http://www.swuhealth.org) for current information.

- Adopt work/school procedures that encourage sick employees/students to stay home. Anticipate how to function with a significant portion of the workforce/school population absent due to illness or caring for ill family members.
- Practice good health habits, including eating a balanced diet, exercising daily, and getting sufficient rest. In addition, take common-sense steps to stop the spread of germs including frequent hand washing, covering coughs and sneezes and staying away from others as much as possible when you are sick.
- Stay informed about pandemic influenza and be prepared to respond. Consult [www.pandemicflue.gov](http://www.pandemicflue.gov) for updates on national and international information on pandemic influenza.

### **Have a Plan**

- Stock up on supplies for an emergency. (See page 3)
- Make a list for every member of your family of the following items:
  - Current medical problems.
  - Prescription (include dosages).
  - Allergies.

### **If the disease is severe and widespread:**

- You may be asked to stay home from work/school if you are sick.
- Schools, churches, and public gatherings such as sporting events may be cancelled.
- Stores may be closed and food and water may be hard to find.
- Healthcare will be different than it is now. Doctors and hospitals may be overwhelmed and *you may be on your own* to take care of family members.

## **LANDSLIDES**

Landslides, also known as mudslides and debris flow may occur in all parts of Utah. Landslides can be caused by a variety of factors including earthquakes, storms, and fires. Landslides can occur quickly, often with little notice. The best way to plan for a mudslide is to stay informed about changes in and around your home and area that could signal that a landslide is likely to occur. Look for changes in landscape and water drainage, or new cracks in foundations and sidewalks.

- Prepare for landslides by following proper land-use procedures – avoid building near steep slopes or along natural erosion valleys.
- Consult a professional for advice on appropriate preventative measures for your home or business, such as flexible pipe fittings, which can better resist breakage.

### **Stay informed**

Local authorities may not immediately be able to provide information on what is happening and what you should do. However you should listen to NOAA Weather Radio, watch TV, listen to the radio, or check the Internet often for official news and instructions as they become available.

## **GET INVOLVED**

Involved citizens make our community and our nation safer, stronger, and better prepared. We all have a role to play in keeping our hometowns secure from emergencies of all kinds. Find out what you can do to get involved in your community. Ivins City Public Safety sponsors Community Emergency Response Team (C.E.R.T.) training and Neighborhood Watch groups. There are many volunteer opportunities for citizens to get involved in their community.

### **What role do you play?**

Being ready starts with you, but it also takes everyone working together to make our community safer. Citizens can provide valuable assistance to our local fire station, emergency medical services, law enforcement, and emergency management. Get connected with disaster volunteer groups by contacting the Ivins City Public Safety Department at 435-674-1083.

### **Ways you can get involved:**

- Being part of Community Emergency Response Team (CERT) helps people immediately after a disaster and to assist emergency responders.
- Joining a Neighborhood Watch group can help with terrorism awareness and neighborhood emergency preparedness.
- Providing fire safety and prevention education in the community and helping with the local fire station.

There are no limits to how you can prepare and train for emergencies. All over America, communities have organized groups to inspire citizens to take action and get involved in hometown preparedness.

## **ADDITIONAL RESOURCES**

### **Are You Ready? A Guide to Citizen Preparedness**

[www.fema.gov/areyouready](http://www.fema.gov/areyouready)

[www.bereadyutah.gov](http://www.bereadyutah.gov)

### **Federal Emergency Management Agency**

[www.fema.gov](http://www.fema.gov)

### **U.S. Department of Homeland Security**

[www.ready.gov](http://www.ready.gov)

### **American Red Cross**

[www.redcross.org](http://www.redcross.org)

### **National Organization on Disability**

[www.nod.org](http://www.nod.org)

### **U.S. Department of Education**

[www.ed.gov](http://www.ed.gov)

### **U.S. Fire Administration**

[www.usfa.fema.gov](http://www.usfa.fema.gov)

### **Centers for Disease Control and Prevention (CDC)**

[www.cdc.gov](http://www.cdc.gov)

### **National Disaster Education Coalition**

[www.disastereducation.org](http://www.disastereducation.org)

### **Southwest Utah Public Health Department**

[www.swuhealth.org](http://www.swuhealth.org)

### **State of Utah Department Emergency Services**

[www.des.utah.gov](http://www.des.utah.gov)

### **Utah Department of Health**

[www.health.utah.gov](http://www.health.utah.gov)

**FAMILY EMERGENCY INFORMATION**

**Local Emergency Numbers**

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Police & Fire Emergency – 9-1-1	435-634-5730 – Police Non-Emergency
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Fire Department – 435-674-1083 (Non Emergency)	9-1-1 – Ambulance
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County Health Department – 435-673-3528	435-634-5734 – County Emergency Management
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Local Red Cross – 800-323-7000

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**Family Member Information**

Name:	Date of Birth:	Blood Type:
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**FAMILY EMERGENCY INFORMATION**

**Family Telephone Numbers**

Name: \_\_\_\_\_ Work: \_\_\_\_\_ Home: \_\_\_\_\_ Cell: \_\_\_\_\_

Child/Adult Care: \_\_\_\_\_ Phone: \_\_\_\_\_

Childs School \_\_\_\_\_ Phone: \_\_\_\_\_

Childs School \_\_\_\_\_ Phone \_\_\_\_\_

**Friends & Neighbors Numbers**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**Out-of-Town Contacts**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**Rally Points**

In Hometown: \_\_\_\_\_ Phone: \_\_\_\_\_ Address: \_\_\_\_\_

In Hometown: \_\_\_\_\_ Phone: \_\_\_\_\_ Address: \_\_\_\_\_

Out-of-Town: \_\_\_\_\_ Phone: \_\_\_\_\_ Address: \_\_\_\_\_

Out-of-Town: \_\_\_\_\_ Phone: \_\_\_\_\_ Address: \_\_\_\_\_

**Medical Information**

Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

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Dentist:

Phone:

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Pharmacy:

Phone:

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Veterinarian:

Phone:

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Name:

Medication:

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Name:

Medication:

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Name:

Medication:

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## IMPORTANT PHONE NUMBERS

Police, Fire, or Ambulance – <b>EMERGENCY</b>	9-1-1
Dispatch – <b>NON-EMERGENCY</b>	435-634-5730
Burn Permit	
Ivins City Public Safety ( <b>non emergency</b> ) 90 W. Center St. Ivins, UT	435-674-5503
Ivins City Fire Station ( <b>non emergency</b> ) 90 W. Center St. Ivins, UT	435-674-1083
Ivins Animal Services	435-628-1049
Wa. County Emergency Management Services	435-634-5734

### **Municipalities**

Apple Valley	435-874-1033
Enterprise	435-878-2221
Hilldale	435-874-2323
Hurricane	435-635-4284
Ivins City	435-628-0606
Laver kin	435-635-2581
Leeds	435-879-2447
New Harmony	435-865-7522
Rockville	435-772-0992
Santa Clara	435-673-6712
Springdale	435-772-3434
St. George	435-634-5800
Toquerville	435-635-1094
Virgin	435-635-4695
Washington City	435-656-6300

### **Schools**

Red Mountain Elementary	263 E. 220 S. Ivins, UT 84738	435-656-3802
Tuacahn High School	1100 Tuacahn Dr. Ivins, UT 84738	435-652-3201
Washington County School District	wash.k12.ut.us	435-673-3553
Dixie State College	225 S. 700 E. St. George, UT	435-652-7500
Dixie Applied Tech College	46. 1000 E. St. George, UT	435-652-7730

### Local Health Care Facilities

Dixie Regional Medical Center	River Road Campus 1380 E. Medical Center Dr. St. George, UT	435-688-4500
Dixie Regional Medical Center	400 East Campus 544 S. 400 E. St. George, UT	435-251-1000
Dixie Regional Medical Center Jan Call, MSN, RN Program Specialist ER Trauma / Lifeflight	1380 E. Medical Center Dr. St. George, UT	435-251-1084
Health Department – Southwest District	168 N. 100 E. St. George, UT	435-673-3528
Snow Canyon Clinic	272 E. Center St. Ivins, UT	435-986-2300
Insta Care	577 S. River Road St. George, UT	435-688-6300
Insta Care	1739 W. Sunset Blvd. St. George, UT	435-634-6000

### Utilities

Qwest Communications (Repair)	800-223-7508
Rocky Mountain Power (Outages & Emergencies)	877-548-3768
Questar Gas (Line breaks, Leaks, and Odors)	800-541-2824

### Other Important Numbers

Association for Utah Community Health	801-974-5522
Poison Control	800-222-1222
State-wide Road Conditions	800-492-2400
Utah Red Cross	801-323-7000
Southwest Utah Health Center	435-986-2565

## **Disposal of Household Hazardous Materials**

### **Used Oil Collection Centers**

Please call ahead to make sure they are able to take the oil at that time.

Checker Auto Parts	795 E. St. George Blvd., St. George	(435) 673-7120
Auto Zone	780 S. Bluff St., St. George	(435) 688-9472
Speed Lube	435 N. 1680 E., St. George	(435) 652-9560
Pearson Tire	204 N. Bluff Street, St. George	(435) 628-0431
Riverside Chevron	125 E. Riverside Dr., St. George	(435) 628-6900
Xpress Lube	1090 W. Sunset Blvd., St. George	(435) 628-0200
Riders Mountain View Tire	653 S. Guy Lane, Ivins	(435) 673-9730

### **Antifreeze**

St. George Muffler & Radiator	28 N. 700 E., St. George	(435) 673-2948
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### **Transmission Fluid**

Speed Lube	435 N. 1680 E., St. George	(435) 652-9560
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### **Batteries**

Please call to make sure they can take your batteries at that time.

Dixie Battery Exchange	1250 W. Sunset Blvd., St. George	(435) 628-6248
Interstate Battery	615 N. 1300 E.	(435) 673-6736

### **Paint**

#### **New & more than half full**

Washington County of Landfill	1200 S. Landfill Rd., Washington	(435) 674-7623
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#### **Old & less than half full**

Please take off lid and let dry completely. Once dry than fill with kitty liter and you can dump into the monthly dumpsters.

### **Tires**

Washington County of Landfill	1200 S. Landfill Rd., Washington	(435) 674-7623
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There is a fee for disposal of tires. Please call Washington County of Landfill for price.

### **Pesticides / Herbicides**

Try to use all contents for intended purpose.

### **Cleaning Chemicals**

Try to use all contents for intended purpose.

### **Acids**

Try to use all contents for intended purpose.

### **Freon**

These companies will extract Freon.

Same Day Appliance	630 N. 350 East, St. George	(435) 628-5155
Mr. Appliance	PO Box 149, St George	(435) 627-0770
Chuck Waymond	1108 Red River Dr., Washington	(435) 467-8296
Color Country Appliance	640 Toquerville Blvd., Toquerville	(435) 635-2429

**BLOCK CAPTAIN/CERT COORDINATORS**

Primary  
Block Captain/Cert Coordinator:

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Address:

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Telephone:

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Alternate  
Block Captain/Cert Coordinator:

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