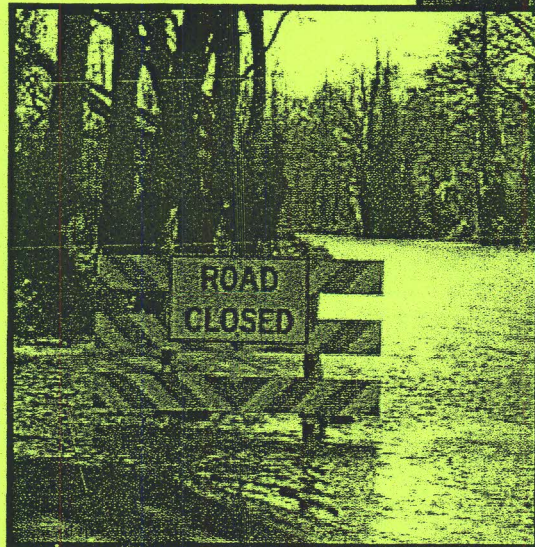
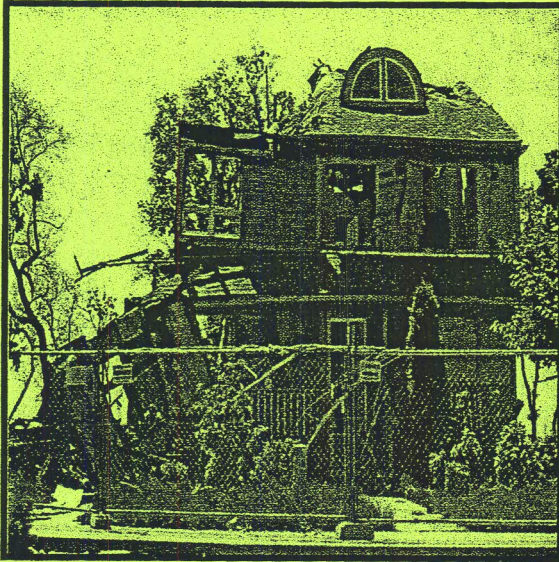
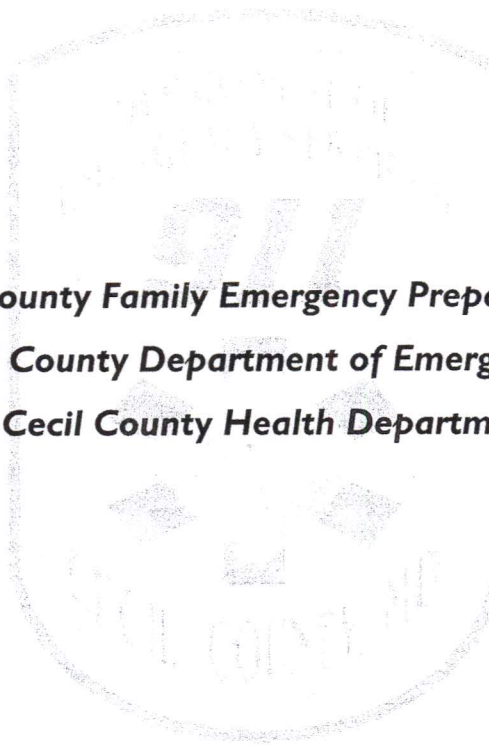


# Family Emergency Preparedness Guide



*The 2005/2006 Cecil County Family Emergency Preparedness Guide was developed by the Cecil County Department of Emergency Services in collaboration with the Cecil County Health Department and Exelon Nuclear.*





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**Cecil County Department of Emergency Services**

129 East Main Street, Suite 6  
Elkton, Maryland 21921

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Permit # 3361

Cecil County Resident



Town Commissioners of Charlestown  
Post Office Box 154  
Charlestown, Cecil County, Maryland 21914  
Phone 410-287-6173

December 2010

Dear Charlestown Resident,

The Town Commissioners of Charlestown are concerned about your safety. We would like to present you with a copy of some information gathered by us that may help you in an emergency.

Please read through this packet, fill out your emergency card and keep it on the refrigerator. There are extra copies at Town Hall if needed. Always be prepared!

Our goal is to keep you safe!!

Dr. Robert Gell, President  
Mary Carol Durange, Vice President  
Joseph Letts, Treasurer  
Michael Doss, Commissioner  
Donna M. Sheets, Commissioner



## INFORMATION INCLUDED IN THIS PACKET

- Emergency Preparedness Checklist
- Medical Emergency Refrigerator Card
- Information for a Town Emergency or Events
- Winter Storms
- Floods and Flash Floods
- Information to Take Shelter
- Information to Evacuate
- Thunderstorm Safety
- Hurricanes
- Boating Safety Tips / Hurricane Names and Information
- Flu Checklist
- 911 - FIRES
- Heat Wave
- Home Pool and Hot Tub Maintenance & Safety
- Oil Spill Checklist
- Pets and Disaster Safety Checklist
- Swimming Safely in Lakes, Rivers and Streams
- Power Outage checklist
- Taking Care of Your Emotional Health after a Disaster
- Tornadoes
- Earthquakes



# Emergency Preparedness Checklist



Harford County



Federal Emergency Management Agency



American Red Cross

**T**he next time disaster strikes, you may not have much time to act. Prepare now for a sudden emergency.

Learn how to protect yourself and cope with disaster by planning ahead. This

checklist will help you get started. Discuss these ideas with your family, then prepare an emergency plan. Post the plan where everyone will see it—on the refrigerator or bulletin board.

For additional information about how to prepare for hazards in your community, contact your local emergency management or civil defense office and American Red Cross chapter.

## Emergency Checklist

### Call Your Emergency Management Office or American Red Cross Chapter

- ☐ Find out which disasters could occur in your area.
- ☐ Ask how to prepare for each disaster.
- ☐ Ask how you would be warned of an emergency.
- ☐ Learn your community's evacuation routes.
- ☐ Ask about special assistance for elderly or disabled persons.

#### Also...

- ☐ Ask your workplace about emergency plans.
- ☐ Learn about emergency plans for your children's school or day care center.

### Create an Emergency Plan

- ☐ Meet with household members. Discuss with children the dangers of fire, severe weather, earthquakes and other emergencies.
- ☐ Discuss how to respond to each disaster that could occur.

- ☐ Discuss what to do about power outages and personal injuries.
- ☐ Draw a floor plan of your home. Mark two escape routes from each room.
- ☐ Learn how to turn off the water, gas and electricity at main switches.
- ☐ Post emergency telephone numbers near telephones.
- ☐ Teach children how and when to call 911, police and fire.
- ☐ Instruct household members to turn on the radio for emergency information.
- ☐ Pick one out-of-state and one local friend or relative for family members to call if separated by disaster (it is often easier to call out-of-state than within the affected area).
- ☐ Teach children how to make long distance telephone calls.
- ☐ Pick two meeting places.
  - 1) A place near your home in case of a fire.
  - 2) A place outside your neighborhood in case you cannot return home after a disaster.
- ☐ Take a basic first aid and CPR class.
- ☐ Keep family records in a water and fire-proof container.

### Prepare a Disaster Supplies Kit

Assemble supplies you might need in an evacuation. Store them in an easy-to-carry container such as a backpack or duffle bag.

#### Include:

- ☐ A supply of water (one gallon per person per day). Store water in sealed, unbreakable containers. Identify the storage date and replace every six months.
- ☐ A supply of non-perishable packaged or canned food and a non-electric can opener.
- ☐ A change of clothing, rain gear and sturdy shoes.
- ☐ Blankets or sleeping bags.
- ☐ A first aid kit and prescription medications.
- ☐ An extra pair of glasses.
- ☐ A battery-powered radio, flashlight and plenty of extra batteries.
- ☐ Credit cards and cash.
- ☐ An extra set of car keys.
- ☐ A list of family physicians.
- ☐ A list of important family information; the style and serial number of medical devices such as pacemakers.
- ☐ Special items for infants, elderly or disabled family members.



# Emergency Plan

## Out-of-State Contact

Name \_\_\_\_\_

City \_\_\_\_\_

Telephone (Day) \_\_\_\_\_ (Evening) \_\_\_\_\_

## Local Contact

Name \_\_\_\_\_

Telephone (Day) \_\_\_\_\_ (Evening) \_\_\_\_\_

## Nearest Relative

Name \_\_\_\_\_

City \_\_\_\_\_

Telephone (Day) \_\_\_\_\_ (Evening) \_\_\_\_\_

## Family Work Numbers

Father \_\_\_\_\_ Mother \_\_\_\_\_

Other \_\_\_\_\_

## Emergency Telephone Numbers

In a life threatening emergency, dial 911 or the local emergency medical services system number.

Police Department \_\_\_\_\_

Fire Department \_\_\_\_\_

Hospital \_\_\_\_\_

## Family Physicians

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Name \_\_\_\_\_ Telephone \_\_\_\_\_

## Reunion Locations

1. Right outside your home \_\_\_\_\_

2. Away from the neighborhood, in case you cannot return home \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

Route to try first \_\_\_\_\_

# Escape Plan



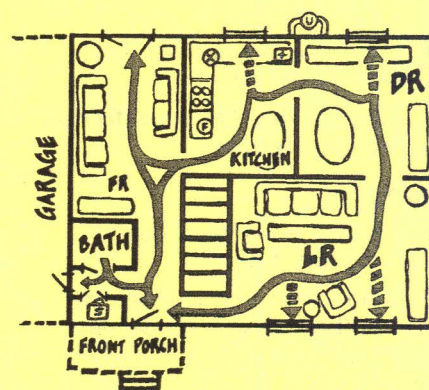
In a fire or other emergency, you may need to evacuate your house, apartment or mobile home on a moment's notice. You should be ready to get out fast.

Develop an escape plan by drawing a floor plan of your residence. Using a black or blue pen, show the location of doors, windows, stairways, and large furniture. Indicate the location of emergency supplies (Disaster Supplies Kit), fire extinguishers, smoke detectors, collapsible ladders, first aid kits and utility shut off points. Next, use a colored pen to draw a broken line charting at least two escape routes from each room. Finally, mark a place outside of the home where household members should meet in case of fire.

Be sure to include important points outside such as garages, patios, stairways, elevators, driveways and porches. If your home has more than two floors, use an additional sheet of paper. Practice emergency evacuation drills with all household members at least two times each year.

## Example:

Floor one

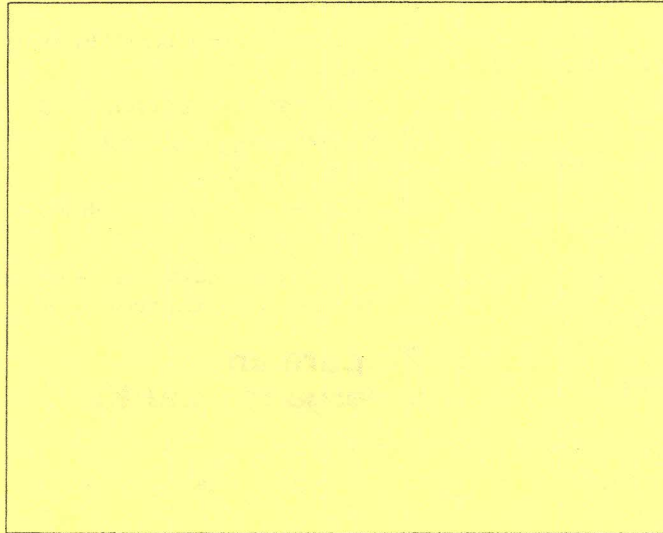


LARGE OAK

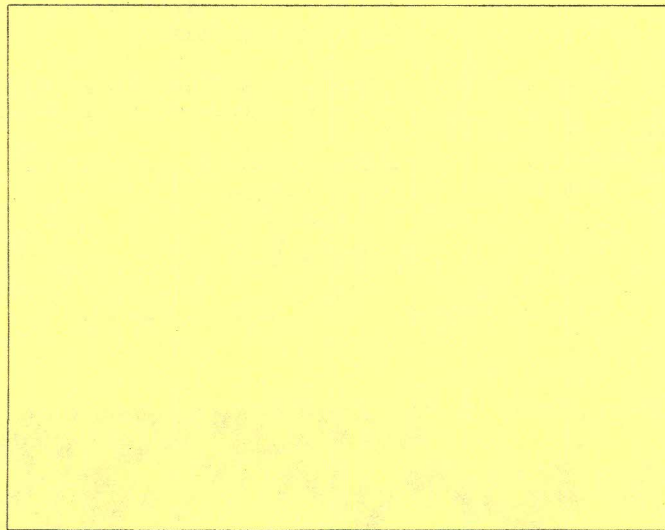


# Floor Plan

## Floor One



## Floor Two



Normal Exit Route



Emergency Exit Routes



Fire Extinguisher



Smoke Detectors



Disaster Supplies Kit



Doors



Collapsible Ladder



Reunion Location (Outside)



Stairways



Utility Shut Off



Windows



First Aid Kit



## Home Hazard Hunt

In a disaster, ordinary items in the home can cause injury and damage. Anything that can move, fall, break or cause a fire is a potential hazard.

- ☐ Repair defective electrical wiring and leaky gas connections.
- ☐ Fasten shelves securely.
- ☐ Place large, heavy objects on lower shelves.
- ☐ Hang pictures and mirrors away from beds.
- ☐ Brace overhead light fixtures.
- ☐ Secure water heater. Strap to wall studs.
- ☐ Repair cracks in ceilings or foundations.
- ☐ Store weed killers, pesticides and flammable products away from heat sources.
- ☐ Place oily polishing rags or waste in covered metal cans.
- ☐ Clean and repair chimneys, flue pipes, vent connectors and gas vents.

## If You Need to Evacuate

- ☐ Listen to a battery powered radio for the location of emergency shelters. Follow instructions of local officials.

- ☐ Wear protective clothing and sturdy shoes.
- ☐ Take your Disaster Supplies Kit.
- ☐ Lock your house.
- ☐ Use travel routes specified by local officials.

### If you are sure you have time ...

- ☐ Shut off water, gas and electricity, if instructed to do so.
- ☐ Let others know when you left and where you are going.
- ☐ Make arrangements for pets. Animals may not be allowed in public shelters.

## Prepare an Emergency Car Kit

### Include:

- ☐ Battery powered radio and extra batteries
- ☐ Flashlight and extra batteries
- ☐ Blanket
- ☐ Booster cables
- ☐ Fire extinguisher (5 lb., A-B-C type)
- ☐ First aid kit and manual
- ☐ Bottled water and non-perishable high energy foods such as granola bars, raisins and peanut butter.

- ☐ Maps
- ☐ Shovel
- ☐ Tire repair kit and pump
- ☐ Flares

## Fire Safety

- ☐ Plan two escape routes out of each room.
- ☐ Teach family members to stay low to the ground when escaping from a fire.
- ☐ Teach family members never to open doors that are hot. In a fire, feel the bottom of the door with the palm of your hand. If it is hot, do not open the door. Find another way out.
- ☐ Install smoke detectors. Clean and test smoke detectors once a month. Change batteries at least once a year.
- ☐ Keep a whistle in each bedroom to awaken household members in case of fire.
- ☐ Check electrical outlets. Do not overload outlets.
- ☐ Purchase a fire extinguisher (5 lb., A-B-C type).
- ☐ Have a collapsible ladder on each upper floor of your house.
- ☐ Consider installing home sprinklers.

The Federal Emergency Management Agency (FEMA) and the American Red Cross are pleased to provide you with this brochure. FEMA's Emergency Public Information Program and the American Red Cross' Disaster Education Program are nationwide efforts to increase the ability of citizens to respond quickly and efficiently to disasters and emergencies of all types.

For more information, please contact your local emergency management office and your local American Red Cross chapter.

Write to FEMA, ask for *Are You Ready?*

H-34, Item #8-0908

P.O. Box 70274

Washington, D.C. 20024

L-154  
ARC 4471  
Nov. 1991

Your Local Contact is:



Harford County  
Division of Emergency Operations  
2220 Ady Road  
Forest Hill, Maryland 21050  
(410) 838-5800

## Emergency Preparedness Checklist

TORNADO • FLASH FLOOD • EARTHQUAKE • WINTER STORM



Federal Emergency  
Management Agency

Harford  
County

Ameri  
Red C

HURRICANE • FIRE • HAZARDOUS MATERIALS SPILL



## **Information for a Town Emergency & Events**

Name \_\_\_\_\_ Address \_\_\_\_\_

Phone Number \_\_\_\_\_

If you are Elderly and/or have a physical or medical condition, do you have someone to check on you in an emergency?    ☐ Yes    ☐ No

Are you on medical equipment that requires electricity?   ☐ Yes   ☐ No

Members of household and ages (Optional)

\_\_\_\_\_

\_\_\_\_\_

**Would you be interested in volunteering in an emergency? Please check below:**

- |  |   |                                       |
|--|---|---------------------------------------|
| <input type="checkbox"/> Radios  | <input type="checkbox"/> Four Wheel Drive         | <input type="checkbox"/> Small Boat   |
| <input type="checkbox"/> Skills or Services  | <input type="checkbox"/> Assist w/ clean up       | <input type="checkbox"/> Doctor       |
| <input type="checkbox"/> Nurse   | <input type="checkbox"/> Help @ Emergency Shelter | <input type="checkbox"/> Veterinarian |
| <input type="checkbox"/> EMT   | <input type="checkbox"/> Emergency Volunteer      | <input type="checkbox"/> Other _____  |
| <input type="checkbox"/> Share Emergency Supplies (ex: blankets, flashlights, fresh water, etc.) |   |                                       |

**Would you be willing to volunteer your time for other Town Events?**

- |                                    |                                    |                                |
|------------------------------------|------------------------------------|--------------------------------|
| <input type="checkbox"/> Halloween | <input type="checkbox"/> Christmas | <input type="checkbox"/> Other |
|------------------------------------|------------------------------------|--------------------------------|

**Do you have special talents or skills to share?**

\_\_\_\_\_

**Amount of time you would be willing to participate?**

\_\_\_\_\_

**Emergency Facilities in an Emergency:**

First – School  
Second – Fire Company

**Where to take your pet in an emergency:**

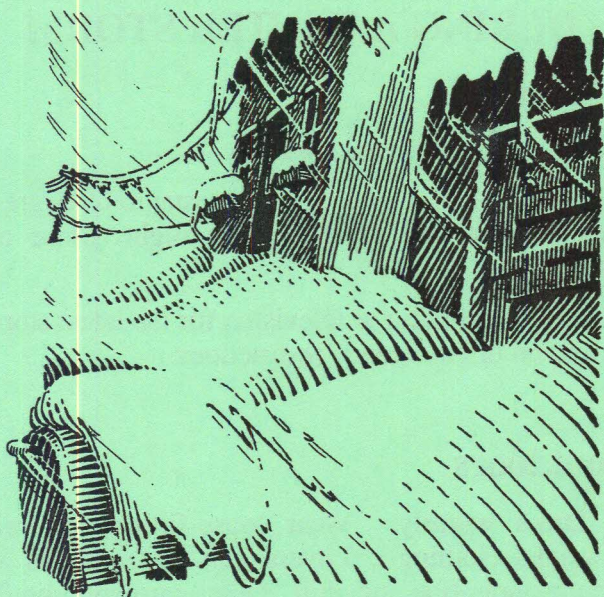
Elk Neck Veterinary Hospital  
Dr. Kathy Lackey  
1657 Turkey Point Road  
North East, MD 21901  
410-287-6670

**All pets would need to be crated with collar and tags!**

**Remember to take your medications with you in the case of an emergency!!**



# WINTER STORMS



A major winter storm can be lethal. Preparing for cold weather conditions and responding to them effectively can reduce the dangers caused by winter storms.

In minutes, snow flurries can change into a major winter storm. The storm can last for several days and can be accompanied by high winds, freezing rain or sleet, heavy snowfall and extremely cold temperatures. People can become stranded on the road or trapped at home, without utilities or other services. The best protection against severe winter weather is to stay inside and to dress warmly. A

serious danger during a winter storm is *hypothermia*, brought on when the body temperature drops due to prolonged exposure to extreme cold. Hypothermia is not always fatal, but for those who survive there are likely to be lasting kidney, liver and pancreatic problems. Heavy snowfall and blizzards can trap motorists in their cars. Trying to walk for help in a blizzard can be a deadly decision. People trapped in a car do best to remain there and wait for help.

## WHAT IS A WINTER STORM?

A winter storm can range from moderate snow over a few hours to blizzard conditions that last several days. Some winter storms may be large enough to affect several states while others may affect only a single community. All winter storms are accompanied by low temperatures and blowing snow, which can severely reduce visibility. A severe winter storm is one which drops four or more inches of snow during a 12 hour period, or six or more inches during a 24 hour span. An ice storm occurs when freezing rain falls from clouds and freezes immediately on impact. All winter storms make driving and walking extremely hazardous.

## WINTER STORM WARNINGS

**Winter Storm Watch:** Indicates that severe winter weather may affect your area.

**Winter Storm Warning:** Indicates that severe winter weather conditions are definitely on the way.

**Blizzard Warning:** Large amounts of falling or blowing snow and sustained winds of at least 35 miles per hour are expected for several hours.

**Traveler's Advisory:** Is issued if travel is expected to be difficult or dangerous.

## FROSTBITE AND HYPOTHERMIA

Frostbite is a severe reaction to cold exposure that can permanently damage its victims. A loss of feeling and a white or pale appearance in fingers, toes or nose and ear lobes is a symptom of frostbite.

Hypothermia is a condition brought on when the body temperature drops due to prolonged exposure to temperatures less than 55 degrees Fahrenheit. Symptoms include uncontrollable shivering, slow speech, memory lapses, frequent stumbling, drowsiness and exhaustion.

If frostbite or hypothermia is suspected, warm the person and seek immediate medical assistance. Never give a frostbite or hypothermia victim something with caffeine in it (coffee or sodas) or alcohol. Caffeine, a stimulant, can cause the heart to beat faster and hasten the effects the cold has on the body. Alcohol, a depressant, can slow the heart and also hasten the ill effects of cold body temperatures.



# WINTER STORMS

## WIND CHILL

"Wind chill" is a calculation of how cold it feels outside when the actual temperature and the speed of the wind are combined. A strong wind, combined with a temperature of just below freezing can have the same effect as a still air temperature about 35 degrees colder.

## KEROSENE HEATERS

Use only the correct fuel for your unit and follow the manufacturer's instructions, to include correct ventilation. Refuel outdoors only, and only when cool. Keep your kerosene heater at least three feet away from furniture and other flammable objects.

## WHAT TO DO...?

### BEFORE A WINTER STORM

- Be familiar with the winter storm warning messages.

- Follow the advisories issued by forecasters which describe the location, strength and movement of the storm.

- Service snow removal equipment and have rock salt on hand to melt ice on walkways and kitty litter to generate temporary traction.

- Make sure you have sufficient heating fuel; regular fuel sources may be cut off.

- Winterize your home by insulating walls and attic; caulk and weatherstrip doors and windows; and, install storm windows or cover windows with plastic from the inside.

- Have safe emergency heating equipment available such as a fireplace with ample supply of wood; a small, well vented wood, coal or camp stove with fuel; or, portable space heaters or kerosene heaters.

- Keep pipes from freezing. Wrap pipes with insulation or layers of old newspapers and cover the newspapers with plastic to keep out moisture. Let faucets drip a little to avoid freezing and know how to shut off water valves.

- Have the recommended emergency supplies on hand.

## DURING A WINTER STORM

### If indoors

- Stay indoors and dress warmly.

- Conserve fuel. Lower the thermostat to 65 degrees during the day and 55 degrees at night. Close off unused rooms.

Listen to the radio or television for the latest storm information or emergency instructions.

### If outdoors

- Dress warmly. Wear loose-fitting, layered, lightweight clothing. Layers can be removed to prevent perspiration and chill. Outer garments should be tightly woven and water repellent. Mittens are warmer than gloves because fingers generate warmth when they touch each other.

- Cover your mouth. Protect your lungs from extremely cold air. Try not to speak.

- Avoid overexertion. Cold weather puts an added strain on the heart. Unaccustomed exercise such as shoveling snow or pushing a car can bring on a heart attack or make other medical conditions worse.

- Watch for signs of frostbite or hypothermia.

- Keep dry. Change wet clothing frequently to prevent a loss of body heat.

### If trapped in a car

- Do not leave the car unless help is visible within 100 yards.

- Watch for signs of frostbite or hypothermia.

- Display a trouble sign. Hang a brightly colored cloth on the radio antenna.

- Occasionally run the engine for about 10 minutes each hour to keep warm. Keep exhaust pipe clear of snow and open a down-wind window slightly for ventilation.

- Do minor exercises to keep up circulation. Clap hands and move arms and legs occasionally. If more than one person is in the car, take turns sleeping. For warmth, huddle together. Use newspapers, maps or floor mats for added insulation.



# FLOODS AND FLASH FLOODS



A peaceful stream or river can dramatically change into turbulent flood waters in a matter of minutes. Knowing what to do before disaster strikes is the key to surviving and coping during a flood.

Flood waters can be extremely dangerous. The force of one foot of swiftly moving water can knock people off their feet. The best protection during a flood is to evacuate the area and seek shelter. Flash flood waters move at very fast speeds and can roll boulders, tear out trees, destroy buildings and obliterate bridges. Walls of water can

reach heights of 10 to 20 feet and generally are accompanied by a deadly cargo of debris. The best response to any signs of flash flooding is to move immediately and quickly to higher ground. Cars can easily be swept away in just 2 feet of moving water. If flood waters rise around a car, it should be abandoned. Passengers should climb to higher ground immediately.

## WHAT IS A FLOOD?

Floods are the most common and widespread of all natural disasters. Most communities in the United States can experience some kind of flooding after spring rains, heavy thunderstorms or winter snow thaws. Floods can be slow or fast rising, but generally develop over a period of days.

Dam failures are potentially the most catastrophic of flood events. A dam failure is usually the result of neglect, poor design or structural damage caused by a major event such as an earthquake. When a dam fails, a gigantic quantity of water is suddenly let loose downstream, destroying anything in its path.

## WHAT IS A FLASH FLOOD?

Flash floods are usually the result of intense storms dropping large amounts of rain within a brief period of time. Flash floods occur with little or no warning and can reach full peak in only a few minutes.

## WHAT TO DO...?

### BEFORE A FLOOD

- Find out if you live in a flood prone area. Contact the Department of Planning & Zoning for this information.
- If you live in a frequently flooded area, you should stockpile emergency building materials such as plywood, plastic sheeting, lumber, nails and sandbags.
- Have check valves installed in building sewer traps to prevent flood waters from backing up in sewer drains.
- Have the recommended emergency supplies on hand.
- Contact your insurance agent to discuss flood insurance coverage. Flood losses are not covered under homeowner's insurance policies.
- Make sure that all family members know how to respond during and after a flood or flash flood.



# FLOODS AND FLASH FLOODS

## DURING A FLOOD WARNING

- Listen to the radio and television for further information and instructions from emergency management officials.
- If you are where it might flood, prepare to evacuate and to seek shelter.
- Fill bathtubs, sinks and jugs with water in case water becomes contaminated.
- Bring outdoor belongings, such as patio furniture, indoors.
- Make sure you have enough fuel in your car. During emergencies, filling stations may not be operating.
- Move valuable household possessions to the upper floors or to safe ground, if time permits.
- **Only if you are instructed to do so by local authorities**, turn off all utilities at the main power switch and close the main gas valve.
- Join with neighbors and volunteers to place sandbags or other protection in place. Stack sandbags **away** from the outside walls of houses.

## DURING A FLOOD

### If advised to evacuate

- Secure your home, get your pre-assembled emergency supplies and do so immediately.
- Continue to listen to the radio for evacuation instructions.
- Follow recommended evacuation routes, shortcuts may be blocked.
- Leave early enough to avoid being marooned by flood waters. Do not drive over a flooded road. If your car stalls, abandon it and climb to higher ground.

### If caught at home

- Turn on battery-powered radio to get the latest emergency information.
- Get your pre-assembled emergency supplies and move to the second floor or roof.
- Wait for help. Do not attempt to drive on flooded roads.

### If caught outdoors

- Climb to higher ground and stay there.
- Do not attempt to walk through even slow-moving flood waters. If they are moving swiftly, water one foot deep can sweep you off your feet.



## AFTER A FLOOD

- Flood dangers do not end when the water begins to recede. Do not return home until the authorities have said it is safe to do so.
- Do not use water or eat food that has come in contact with flood waters. Wells should be pumped out and tested before drinking. Emergency management officials will let you know when it is safe to use public water.
- Do not enter your home if flood waters have not receded around the building.
- When entering buildings, use extreme caution. Use only battery-powered lanterns or flashlights to examine buildings.
- Look for hazards such as broken or leaking gas lines, flooded electrical circuits, or submerged furnaces or electrical appliances.
- Open windows and leave if you smell gas. Contact professionals to service and correct gas or electrical problems.
- If your basement has flooded, pump it out gradually (about one-third of the water per day) to avoid structural damage.
- Listen to your radio for instructions on assistance and medical care. If you have flood insurance and suffer a loss, notify your agent.



# IF YOU ARE ADVISED TO TAKE SHELTER



- REMAIN CALM
- STAY TUNED TO YOUR EAS RADIO STATION
- IF YOU ARE IN YOUR CAR, CLOSE WINDOWS AND VENTS
- IF YOU ARE NOT AT HOME, GO INSIDE A FRIEND'S HOUSE, A STORE OR OTHER PUBLIC BUILDING
- CHILDREN IN SCHOOLS OR DAY CARE CENTERS WILL TAKE SHELTER WHERE THEY ARE LOCATED AND WILL STAY INDOORS
- IF YOU ARE AT HOME, SHELTER FARM ANIMALS IN BARNES, SHEDS, ETC.
- KEEP PETS INSIDE WITH YOU AND STAY THERE
- CLOSE ALL OUTSIDE DOORS AND WINDOWS
- SHUT OFF ALL OUTSIDE AIR INTAKES SUCH AS FANS AND AIR CONDITIONERS
- LET FIREPLACE OR FURNACE FIRES COOL AND THEN SHUT FIREPLACE DAMPERS
- DO NOT USE THE PHONE EXCEPT TO REPORT EMERGENCIES OR ASK FOR SPECIAL ASSISTANCE



# IF YOU ARE ASKED TO EVACUATE

## STAY CALM

- STAY TUNED TO YOUR EAS RADIO STATION
- LOOK AT THE EVACUATION MAP FOR YOUR AREA OF THE COUNTYDO NOT USE THE PHONE EXCEPT TO REPORT EMERGENCIES, ASK FOR A RIDE OR REQUEST SPECIAL ASSISTANCE
- SCHOOLS AND DAY CARE CENTERS WILL EVACUATE TO PRE-DESIGNATED HOST SCHOOLS
- CHECK IF NEIGHBORS, RELATIVES OR FRIENDS NEED TRANSPORTATION
- GATHER EMERGENCY SUPPLIES

## BEFORE YOU LEAVE

- TURN OFF APPLIANCES
- SHUT OFF ALL OUTSIDE AIR INTAKES SUCH AS FANS AND AIR CONDITIONERS
- LET FIREPLACE OR FURNACE FIRES COOL AND THEN SHUT DAMPERS
- LOCK WINDOWS AND DOORS
- LEAVE FOOD AND WATER FOR ANIMALS
- OFFER A RIDE TO ANYONE YOU KNOW WHO DOES NOT HAVE TRANSPORTATION
- GET THE RESIDENTS OF YOUR HOME TOGETHER AND LEAVE

## IF YOU NEED A RIDE OR ASSISTANCE

- CONTACT A FRIEND, RELATIVE, OR NEIGHBOR TO SEE IF YOU CAN GET A RIDE
- IF NO RIDE IS AVAILABLE, CONTACT THE TOWN HALL AT (410) 287-6173 AND LEAVE A MESSAGE
- DESCRIBE YOUR NEED
- GIVE YOUR NAME, ADDRESS (LOCATION) AND TELEPHONE NUMBER

## WHEN YOU LEAVE

- KEEP YOUR VEHICLE WINDOWS AND AIR VENTS CLOSED
- LISTEN TO EMERGENCY ALERT SYSTEM (EAS)



# Be Red Cross Ready

## Thunderstorm Safety Checklist

A thunderstorm is considered severe if it produces hail at least 1 inch in diameter or has wind gusts of at least 58 miles per hour. Every thunderstorm produces lightning, which kills more people each year than tornadoes or hurricanes. Heavy rain from thunderstorms can cause flash flooding and high winds can damage homes and blow down trees and utility poles, causing widespread power outages.

### Know the Difference

**Severe Thunderstorm Watch**—Severe thunderstorms are possible in and near the watch area. Stay informed and be ready to act if a severe thunderstorm warning is issued.

**Severe Thunderstorm Warning**—Severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property.

*Every year people are killed or seriously injured by severe thunderstorms despite advance warning. While some did not hear the warning, others heard the warning and did not pay attention to it. The following information, combined with timely watches and warnings about severe weather, may help save lives.*

### How can I prepare ahead of time?



- ☐ Learn about your local community's emergency warning system for severe thunderstorms.
- ☐ Discuss thunderstorm safety with all members of your household.
- ☐ Pick a safe place in your home for household members to gather during a thunderstorm. This should be away from windows, skylights and glass doors that could be broken by strong winds or hail.
- ☐ Make a list of items to bring inside in the event of a severe thunderstorm.
- ☐ Make trees and shrubbery more wind resistant by keeping them trimmed and removing damaged branches.
- ☐ Protect your animals by ensuring that any outside buildings that house them are protected in the same way as your home.
- ☐ Consult your local fire department if you are considering installing lightning rods.
- ☐ Get trained in first aid and learn how to respond to emergencies.
- ☐ Put together an emergency preparedness kit:
  - Water—one gallon per person, per day
  - Food—non-perishable, easy-to-prepare
  - Flashlight • Battery-powered or hand-crank radio (NOAA Weather Radio, if possible) • Extra batteries • First aid kit
  - Medications (7-day supply) and medical items • Multi-purpose tool • Sanitation & personal hygiene items • Copies of personal documents • Cell phone with chargers • Family & emergency contact information • Extra cash

### What should I do during a thunderstorm?



- ☐ Listen to local news or NOAA Weather Radio for emergency updates. Watch for signs of a storm, like darkening skies, lightning flashes or increasing wind.
- ☐ Postpone outdoor activities if thunderstorms are likely to occur. Many people struck by lightning are not in the area where rain is occurring.
- ☐ If a severe thunderstorm warning is issued, take shelter in a substantial building or in a vehicle with the windows closed. Get out of mobile homes that can blow over in high winds.
- ☐ If you can hear thunder, you are close enough to be in danger from lightning. If thunder roars, go indoors! The National Weather Service recommends staying inside for at least 30 minutes after the last thunder clap.
- ☐ Avoid electrical equipment and telephones. Use battery-powered TVs and radios instead.
- ☐ Shutter windows and close outside doors securely. Keep away from windows.
- ☐ Do not take a bath, shower or use plumbing.
- ☐ If you are driving, try to safely exit the roadway and park. Stay in the vehicle and turn on the emergency flashers until the heavy rain ends. Avoid touching metal or other surfaces that conduct electricity in and outside the vehicle.
- ☐ If you are outside and cannot reach a safe building, avoid high ground; water; tall, isolated trees; and metal objects such as fences or bleachers. Picnic shelters, dugouts and sheds are NOT safe.

### What do I do after a thunderstorm?



- ☐ Never drive through a flooded roadway. Turn around, don't drown!
- ☐ Stay away from storm-damaged areas to keep from putting yourself at risk from the effects of severe thunderstorms.
- ☐ Continue to listen to a NOAA Weather Radio or to local radio and television stations for updated information or instructions, as access to roads or some parts of the community may be blocked.
- ☐ Help people who may require special assistance, such as infants, children and the elderly or disabled.
- ☐ Stay away from downed power lines and report them immediately.
- ☐ Watch your animals closely. Keep them under your direct control.

### If Lightning Strikes ...

Follow these steps if someone has been struck by lightning:

- ☐ **Call for help.** Call 9-1-1 or the local emergency number. Anyone who has sustained a lightning strike requires professional medical care.
- ☐ **Check the person for burns and other injuries.** If the person has stopped breathing, call 9-1-1 and begin CPR. If the person is breathing normally, look for other possible injuries and care for them as necessary. People who have been struck by lightning do not retain an electrical charge and can be handled safely.

### Let Your Family Know You're Safe

If your community has experienced a disaster, register on the American Red Cross Safe and Well Web site available through [RedCross.org](http://RedCross.org) to let your family and friends know about your welfare. If you don't have Internet access, call 1-866-GET-INFO to register yourself and your family.

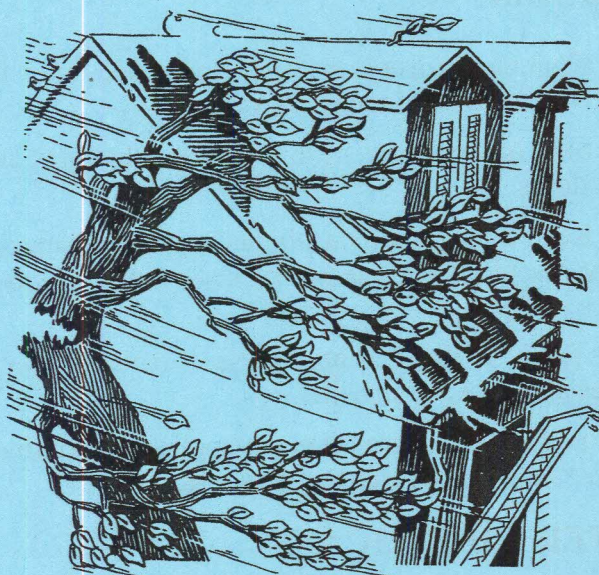


For more information on disaster and emergency preparedness, visit [RedCross.org](http://RedCross.org).

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# HURRICANES



Hurricanes can be dangerous killers. Learning the hurricane warning messages and planning ahead can reduce chances of injury, major property damage or death.

The 75-160 mile per hour winds of a hurricane can extend inland for hundreds of miles. Hurricanes can spawn tornadoes, which add to the destructiveness of the storm. Floods and flash floods generated by torrential rains also cause damage and loss of life. Following a hurricane, inland streams and rivers can flood and trigger landslides. When a hurricane watch is issued, the best response

is to protect your property by boarding up windows, bringing in outside items and being prepared to evacuate the area as soon as emergency management officials advise. Even more dangerous than the high winds of a hurricane is the storm surge - a dome of ocean or bay water that can be 20 feet high at its peak and 50 to 100 miles wide. The surge can devastate coastal communities as it sweeps ashore. Nine out of ten hurricane fatalities are attributable to the storm surge.

## WHAT IS A HURRICANE?

A hurricane is a tropical storm with winds that have reached a constant speed of at least 74 miles per hour. Hurricane winds blow in a large spiral around a relatively calm center known as the "eye." The "eye" is generally 20 to 30 miles wide, and the storm may spread outward 400 miles. As a hurricane nears, the skies will begin to darken and winds will grow in velocity. As a hurricane approaches land, it brings severe rain, wind and storm surges. August and September are the peak months during the hurricane season, which generally lasts from June through November.

A **hurricane watch** is issued when hurricane conditions threaten within 24-36 hours. A **hurricane warning** is issued when hurricane conditions (winds of 74 miles per hour or greater, or dangerously high water and rough seas) are expected in 24 hours or less.

When the storm center passes directly overhead, there is usually a lull that can last a few minutes to more than half-an-hour. This calm is not a sign that the hurricane is over, but is most likely the center or "eye" of the storm. In fact, the most intense part of a hurricane comes just before and after the eye has passed through an area.

## WHAT TO DO....?

### BEFORE A HURRICANE

- Learn safe routes inland. Be ready to drive 20 to 50 miles inland to locate a safe place.
- Protect your windows. Permanent shutters are the best approach; a lower cost solution is 1/2" plywood cut to fit each window.
- Trim back dead or weak branches from trees.
- Have the recommended emergency supplies on hand.
- Follow the advisories issued by forecasters which describe the location, strength and movement of the hurricane.
- Contact your insurance agent to discuss flood insurance coverage. Flood losses are not covered under homeowners' insurance policies.
- Make sure that all family members know how to respond during and after a flood or flash flood.



# HURRICANES

## DURING A HURRICANE WATCH

- Listen to the radio or television for hurricane progress reports.
- Check your emergency supplies.
- Begin shuttering or boarding windows.
- Bring in outdoor belongings, such as lawn furniture and anchor objects that cannot be brought inside.
- Make sure you have enough fuel in your car. During emergencies, filling stations may not be operating.
- Turn refrigerator and freezer to coldest settings. Open only when absolutely necessary and close quickly.
- Review your evacuation plan.
- Moor boats securely or move to a designated safe place. Use rope or chain to secure boat to trailer. Use tie-downs to anchor trailer to the ground or house.

## DURING A HURRICANE WARNING

- Listen constantly to the radio or television for official instructions. Make sure you have a battery-operated radio in case power fails.
- Secure buildings by closing and boarding up windows.
- If in a mobile home, check tie-downs and evacuate immediately.

## If advised to evacuate

- Get pre-assembled emergency supplies and warm protective clothing.
- Secure your home and unplug appliances; turn off electricity and the main water valve.
- Leave as soon as possible. Continue to listen to the radio for emergency instructions.
- Follow recommended evacuation routes, shortcuts may be blocked.
- Tell someone outside of the storm area where you are going.

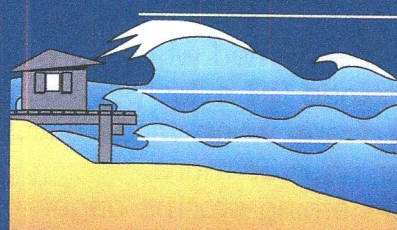
## If at home

- Continue to listen to the radio or television for storm advisories and emergency data.
- Stay inside, away from windows, skylights and glass doors.
- Keep a supply of flashlights and extra batteries handy. Avoid using candles or kerosene lamps as a source of light.
- Store drinking water in clean bathtubs, jugs, bottles and cooking utensils.
- If power is lost, turn off major appliances to reduce power "surge" when electricity is restored.

## AFTER A HURRICANE

- Do not return home until the authorities have said it is safe to do so.
- Avoid loose or dangling power lines and report them immediately to police, fire or power company workers.
- When entering buildings, use extreme caution. Use only battery-powered lanterns or flashlights to examine buildings.
- Look for hazards such as broken or leaking gas lines, flooded electrical circuits, or submerged furnaces or electrical appliances.
- Open windows and leave if you smell gas. Contact professionals to service and correct gas or electrical problems; otherwise, open windows and doors to ventilate and dry home.
- Check refrigerated foods for spoilage.
- Drive only if absolutely necessary and avoid flooded roads and washed out bridges.
- Listen to your radio for instructions on assistance and medical care. Notify your insurance agent if you have suffered a loss.
- Following a major hurricane, it may take several weeks to restore services and clear roads and several months to remove all the debris from neighborhoods. Be patient and cooperate with instructions and requests from authorities.





storm tide

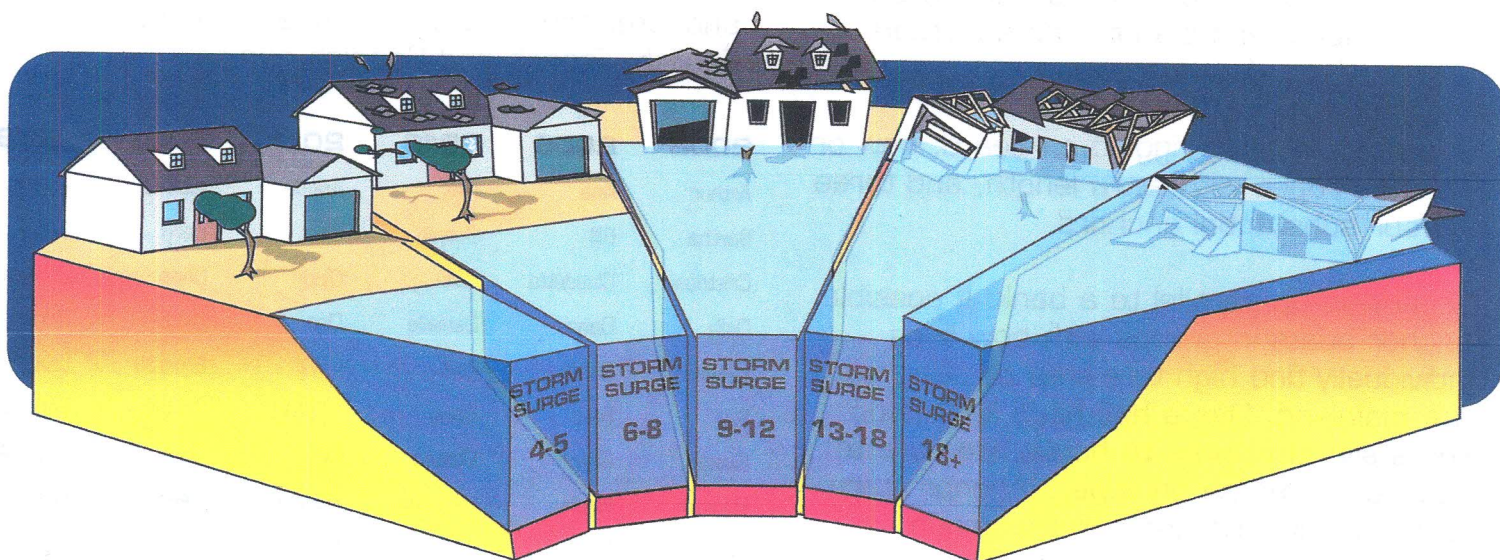
storm surge

normal tide

$$\begin{array}{r} \text{normal tide} \\ + \text{storm surge} \\ \hline = \text{storm tide} \end{array}$$

## Storm Surge

Storm surge is the abnormal rise in sea level that occurs with a hurricane. Often the large violent waves that occur during a hurricane are mistaken for storm surge. The combination of the large wind driven waves and the higher sea surface make the coastal waters very destructive.



## Hurricane Categories

category	winds	storm surge
I	74-95 mph	4-5 ft.
II	96-110 mph	6-8 ft.
III	111-130 mph	9-12 ft.
IV	131-155 mph	13-18 ft.
V	156+ mph	18+ ft.

## Saffir-Simpson Scale

The Saffir-Simpson Scale is a guide for measuring the strength and damage potential of a hurricane on a scale of 1 to 5. The Saffir-Simpson scale measures both wind speed and water effects, known as storm surge. The Saffir-Simpson Scale was developed in the early 1970's by Robert Simpson, former National Hurricane Director, and Herbert Saffir, a consulting engineer. The two men created the scale as a combination of engineering and meteorological knowledge that would give local forecasters an idea of the damage potential of a storm.



## Safe Boating Precautions

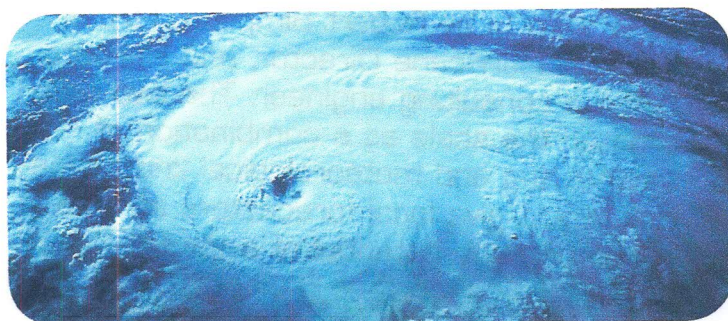
- Heed and respect National Weather Service warnings. Begin your safe anchorage trip before the storm.
- After you have prepared your boat for the hurricane, leave it! DO NOT stay on boats during a hurricane.
- Remove trailerable boats from the water and store them on high ground.
- If you are boating out of your local area, inquire about and plan to find a suitable location for safe anchorage.
- Keep safe anchor rigging on board: new or good tie ropes with extra length, and three or four substantial anchors.
- Do not tie up parallel to a bank. If possible, anchor boats in groups with bow lines individually tied high to a tree or piling on the mainland. Use a half hitch knot (loop knots slip) anchored to hooks. Be sure to leave extra length on ropes. Anchor stern well to hooks. Tie boats in the group together at bows and sterns using protective bumpers.
- Keep a navigable passage available at the stern of secured boats for late arriving vessels seeking safe anchorage.

## What's in a name?

A tropical storm is named when its wind speed reaches a sustained 39 miles per hour. It becomes a hurricane when winds develop to 74 miles per hour or more.

The practice of naming storms began informally in the 1940s and became a more formalized practice in 1950. Storms were named after characters in the international phonetic alphabet... Alpha, Baker, Charlie, etc., from 1950 to 1952. Beginning in 1953, women's names were used exclusively. By 1979, men's names were added to the list, and later the list was expanded to include English, French and Spanish names.

2008	2009	2010	2011	2012	2013
Arthur	Ana	Alex	Arlene	Alberto	Alice
Bertha	Bill	Bonnie	Bret	Beryl	Barry
Cristobal	Claudette	Colin	Cindy	Chris	Chantal
Dolly	Danny	Danielle	Don	Debby	Dorian
Edouard	Erika	Earl	Emily	Ernesto	Erin
Fay	Fred	Fiona	Franklin	Florence	Fernand
Gustav	Grace	Gaston	Gert	Gordon	Gabrielle
Hanna	Henri	Hermine	Harvey	Helene	Humberto
Ike	Ida	Igor	Irene	Isaac	Ingrid
Josephine	Joaquin	Julia	Jose	Joyce	Jerry
Kyle	Kate	Karl	Katia	Kirk	Karen
Laura	Larry	Lisa	Lee	Leslie	Lorenzo
Marco	Mindy	Matthew	Maria	Michael	Melissa
Nana	Nicholas	Nicole	Nate	Nadine	Nestor
Omar	Odette	Otto	Ophelia	Oscar	Olga
Paloma	Peter	Paula	Philippe	Patty	Pablo
Rene	Rose	Richard	Rina	Rafael	Rebekah
Sally	Sam	Shary	Sean	Sandy	Sabastien
Teddy	Teresa	Tomas	Tammy	Tony	Tina
Vicky	Victor	Virginie	Vince	Valerie	Van
Wilfred	Wanda	Walter	Whitney	William	Wendy





# Be Red Cross Ready

## Flu Checklist

**Influenza, also known as the flu, is a contagious respiratory disease caused by different strains of viruses. In the United States, there is a flu season that begins every fall and ends every spring. The type of flu people get during this season is called seasonal flu. Flu viruses spread from person to person when people who are infected cough or sneeze.**

### Know the Difference

**Seasonal Flu**—A contagious respiratory illness caused by influenza (flu) viruses occurring every year. It affects an average of 5 percent to 20 percent of the U.S. population by causing mild to severe illness, and in some instances can lead to death. Adults may be able to infect others 1 day before getting symptoms and as long as 5 days after getting sick.

**Epidemic**—The rapid spread of a disease that affects some or many people in a community or region at the same time.

**Pandemic**—An outbreak of a disease that affects large numbers of people throughout the world and spreads rapidly.

**H1N1 (swine flu)**—H1N1, referred to as "swine flu" early on, is a new influenza virus causing illness in people. In the United States, this new virus was first detected in people in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the World Health Organization (WHO) signaled that a pandemic of H1N1 flu was underway.

*It is important to stay informed about changes to guidance issued by the Centers for Disease Control and Prevention (CDC). The CDC Web site posts regular updates to public health recommendations regarding a number of public health threats, including H1N1 (swine flu).*

**H5N1 (avian flu)**—Commonly known as bird flu, this strain of influenza virus is naturally occurring in birds. Wild birds can carry the virus and may not get sick from it; however, domestic birds may become infected by the virus and often die from it.

### What should I do to avoid getting sick?



**Get your flu shot every year for the best chance of protection.**

- ☐ Always practice good health habits to maintain your body's resistance to infection.
  - Eat a balanced diet.
  - Drink plenty of fluids.
  - Exercise daily.
  - Manage stress.
  - Get enough rest and sleep.
- ☐ Take these common sense steps to stop the spread of germs:
  - Wash hands frequently with soap and water or an alcohol-based hand sanitizer.
  - Avoid or minimize contact with people who are sick (a minimum three feet distancing is recommended).
  - Avoid touching your eyes, nose and mouth.
  - Cover your mouth and nose with tissues when you cough and sneeze. If you don't have a tissue, cough or sneeze into the crook of your elbow.
  - Stay away from others as much as possible when you are sick.
- ☐ Anyone with a fever or other symptoms of the flu should stay home from work or school until at least 24 hours after the fever has gone (without medications).
- ☐ Get a flu shot every year. Vaccination is one of the most effective ways to minimize illness and death. Two shots will be needed for the 2009 flu season - one for seasonal flu and one for H1N1 flu.

### Are you considered high risk for flu-related complications?

- The following groups of people are at an increased risk: people age 50 or older, pregnant women, people with chronic medical conditions, children age 6 months and older and people who live with or care for anyone at high risk.
- People at high risk should have their vaccinations updated every year and receive pneumococcal pneumonia vaccine if age 50 or older, as directed by their physician.

### Do I have the flu?



**The flu usually begins with the rapid-onset of a high fever and body aches. Be aware of other common flu symptoms:**

- Headache
- Extreme tiredness
- Sore throat
- Cough
- Runny or stuffy nose
- Vomiting and/or diarrhea (more common in children than in adults)
- **NOTE:** Having all of these symptoms doesn't always mean that you have the flu. Many different illnesses have similar symptoms.

### Diagnosing the flu:

- It may be difficult to tell if you are suffering from the flu or another illness.
- Your health care provider may be able to tell you if you have the flu.
- If you develop flu-like symptoms and are concerned about possible complications, consult your health care provider.

### Potential risks and serious complications of the flu:

- Bacterial pneumonia
- Dehydration
- Worsening of chronic medical conditions
- Ear infections
- Sinus problems

### What should I do when someone is sick?



- ☐ Designate one person as the caregiver.
- ☐ Keep everyone's personal items separate. All household members should avoid sharing pens, papers, clothes, towels, sheets, blankets, food or eating utensils unless cleaned between uses.
- ☐ Disinfect doorknobs, switches, handles, computers, telephones, toys and other surfaces that are commonly touched around the home or workplace.
- ☐ Wash everyone's dishes in the dishwasher or by hand using very hot water and soap.
- ☐ Wash everyone's clothes in a standard washing machine as you normally would. Use detergent and very hot water and wash your hands after handling dirty laundry.
- ☐ Wear disposable gloves when in contact with or cleaning up body fluids.

### Terminology defined

**Immunity** to a disease is defined by the presence of antibodies to that disease in a person's system. Most people have some resistance to infections, either after they recover from an illness or through vaccination. Seasonal flu viruses change over time and immunity to them cannot be acquired unless vaccination is administered.

**Quarantine** is the physical separation of healthy people who have been exposed to an infectious disease from those who have not been exposed.

**Isolation** is a state of separation between persons or groups to prevent the spread of disease.

**Social distancing** is a practice imposed to limit face-to-face interaction in order to prevent exposure and transmission of a disease.



For more information on disaster and emergency preparedness, visit [RedCross.org](http://RedCross.org).

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**Fire safety practices save lives. Every year 6,000 Americans die in fires, and more than 100,000 people are injured. Most fire deaths occur in the home, and many could have been prevented.**

Since 1900, more Americans have died in fires than have been killed in all wars during the same period. Residential fires are the leading cause of accidental death for children under the age of five. As smoke detectors and other fire prevention steps have become more common in recent years, the deaths and injuries from fires have decreased significantly. To understand the

importance of fire prevention, be aware of the basic characteristics of fire. Fire spreads quickly, and you have no time to grab valuables or make a phone call. In two minutes, a room can become life-threatening. In five minutes, your house can be engulfed in flames. A fire's heat and smoke are more dangerous than the flames — inhaling the super-hot air can sear your lungs. Fire produces gases that make you disoriented and drowsy. Instead of being awakened by a fire, you may fall into a deeper, and lethal, sleep.

## **FIRE SAFETY AND PREVENTION**

■ Install smoke detectors in your house or apartment. Working smoke detectors double your chance of surviving a fire.

- Place smoke detectors on every level of your house: outside bedrooms on the ceiling or high on the wall; at the top of open stairways or at the bottom of enclosed stairs and near, but not in, the kitchen.

- Clean smoke detectors regularly and replace batteries once a year.

■ With your family, plan two escape routes from every room in the house.

- Make sure windows are not nailed or painted shut. If you have security gratings on your windows, be sure they have a fire safety opening feature, so that they can be easily opened from the inside.

- Practice escaping from rooms with your eyes closed, since during a fire, the house will be filled with thick, black smoke.

■ Clean out storage areas. Don't let trash (such as old newspapers) accumulate.

■ Check electrical wiring:

- Inspect extension cords for frayed or exposed wires or loose plugs.

- Do not overload extension cords or outlets; if you need to plug in two or three appliances, get a UL-approved unit with built-in circuit breakers to prevent sparks and short circuits.

■ Never use gasoline, benzine, naphtha or similar flammable liquids indoors.

- Store them in approved containers and well ventilated storage areas.

- Never smoke near these flammable liquids.

- After use, safely discard all rags or materials soaked in flammable material.

■ Check heating sources. Many home fires are started by faulty furnaces or stoves, cracked or rusted furnace parts and chimneys with creosote build-up. Make sure your home heating source is clean and in working order. Call professionals for help.



■ Alternative heating sources such as wood, coal and kerosene heaters should be used carefully. Make sure that:

- There is proper ventilation to the outside.
- Adequate space is left behind the heater.
- The floor and nearby walls are insulated.
- You use only the type fuel designed for your unit; follow manufactures' instructions.
- You store ashes in metal containers outside and away from the house.
- You keep walls, furniture, drapery and any flammable items away from open flame. Always keep a screen in front of the fireplace.

■ Make sure that home insulation is not in contact with electrical wiring.

■ Know where your gas meter and central electrical panels are so you can shut them off in an emergency. If you shut off your gas line, only allow a gas company representative to turn it on again to ensure it is done properly.

■ Ask your local fire company if they will inspect your house for fire safety.

## WHAT TO DO IN CASE OF FIRE

■ To put out a small fire, cut off its air or fuel supply, or use water or a fire extinguisher, but do not try to put out a fire which is getting out of control. Get out of the house and call **911** immediately.

■ Never use water on an electrical fire. Use only a fire extinguisher.

■ Oil and grease fires occur primarily in the kitchen. Smother the flames with baking soda or salt or put a lid over the flame, if it is burning in a pan.

■ If your clothes catch on fire, stop, drop and roll until the fire is out. Running only makes the fire burn faster.

■ Sleep with your door closed. If you wake up to the sound of a smoke detector, feel the bottom of the door with the palm of your hand before opening it.

■ If the door is cool, leave immediately. Be prepared to bend low or crawl; smoke and heat rise, and the air is clearer and cooler near the floor.



■ If the door is hot, escape through a window. If you cannot escape, hang a white or light colored sheet out the window, alerting fire fighters to your presence.

## WHAT TO DO AFTER A FIRE

■ If you are the homeowner, see that holes in the house are covered against rain and that entry to your home can be secured. The fire company can assist you.

■ If you are a tenant, contact the landlord. It is the property owner's responsibility to prevent further loss or damage to the site.

■ Contact your insurance agent about estimates and loss coverage.

■ Contact the local Red Cross or Salvation Army if you need temporary housing, food, eyeglasses or medicines which were destroyed in the fire.

■ Do not enter a fire damaged building unless authorities have given you permission.

■ Discard food, beverages and medicines that have been exposed to heat, smoke or soot.

■ Obtain a copy of "After the Fire! Returning to Normal" from your local fire company or public library. Detailed information on insurance, actions you should take and other valuable items of information are discussed.

For information about the Fire Service in our County, either contact your local Fire Company or contact the Harford County Volunteer Fire and Ambulance Association at 838-3341.



# Be Red Cross Ready

## Heat Wave Safety Checklist

In recent years, excessive heat has caused more deaths than all other weather events, including floods. A heat wave is a prolonged period of excessive heat, often combined with excessive humidity. Generally temperatures are 10 degrees or more above the average high temperature for the region during summer months, last for a long period of time and occur with high humidity as well.

### Know the Difference

**Excessive Heat Watch**—Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.

**Excessive Heat Warning**—Heat Index values are forecast to meet or exceed locally defined warning criteria for at least 2 days (daytime highs=105-110° Fahrenheit).

**Heat Advisory**—Heat Index values are forecast to meet locally defined advisory criteria for 1 to 2 days (daytime highs=100-105° Fahrenheit).

### How can I prepare?



- ☐ Listen to local weather forecasts and stay aware of upcoming temperature changes.
- ☐ The heat index is the temperature the body feels when the effects of heat and humidity are combined. Exposure to direct sunlight can increase the heat index by as much as 15° F.
- ☐ Discuss heat safety precautions with members of your household. Have a plan for wherever you spend time—home, work and school—and prepare for the possibility of power outages.
- ☐ Check the contents of your emergency preparedness kit in case a power outage occurs.
- ☐ Know those in your neighborhood who are elderly, young, sick or overweight. They are more likely to become victims of excessive heat and may need help.
- ☐ If you do not have air conditioning, choose places you could go to for relief from the heat during the warmest part of the day (schools, libraries, theaters, malls).
- ☐ Be aware that people living in urban areas may be at greater risk from the effects of a prolonged heat wave than are people living in rural areas.
- ☐ Get trained in first aid to learn how to treat heat-related emergencies.
- ☐ Ensure that your animals' needs for water and shade are met.

### What should I do during a heat wave?



- ☐ Listen to a NOAA Weather Radio for critical updates from the National Weather Service (NWS).
- ☐ Never leave children or pets alone in enclosed vehicles.
- ☐ Stay hydrated by drinking plenty of fluids even if you do not feel thirsty. Avoid drinks with caffeine or alcohol.
- ☐ Eat small meals and eat more often.
- ☐ Avoid extreme temperature changes.
- ☐ Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays.
- ☐ Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.
- ☐ Postpone outdoor games and activities.
- ☐ Use a buddy system when working in excessive heat.
- ☐ Take frequent breaks if you must work outdoors.
- ☐ Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.
- ☐ Check on your animals frequently to ensure that they are not suffering from the heat.

### Recognize and care for heat-related emergencies ...



**Heat cramps** are muscular pains and spasms that usually occur in the legs or abdomen caused by exposure to high heat and humidity and loss of fluids and electrolytes. Heat cramps are often an early sign that the body is having trouble with the heat.

**Heat exhaustion** typically involves the loss of body fluids through heavy sweating during strenuous exercise or physical labor in high heat and humidity.

☐ Signs of heat exhaustion include cool, moist, pale or flushed skin; heavy sweating; headache; nausea; dizziness; weakness; and exhaustion.

☐ Move the person to a cooler place. Remove or loosen tight clothing and apply cool, wet cloths or towels to the skin. Fan the person. If the person is conscious, give small amounts of cool water to drink. Make sure the person drinks slowly. Watch for changes in condition.

☐ If the person refuses water, vomits or begins to lose consciousness, call 9-1-1 or the local emergency number.

**Heat stroke** (also known as sunstroke) is a life-threatening condition in which a person's temperature control system stops working and the body is unable to cool itself.

☐ Signs of heat stroke include hot, red skin which may be dry or moist; changes in consciousness; vomiting; and high body temperature.

☐ Heat stroke is life-threatening. Call 9-1-1 or the local emergency number immediately.

☐ Move the person to a cooler place. Quickly cool the person's body by giving care as you would for heat exhaustion. If needed, continue rapid cooling by applying ice or cold packs wrapped in a cloth to the wrists, ankles, groin, neck and armpits.

### Let Your Family Know You're Safe

If your community experiences a disaster, register on the American Red Cross Safe and Well Web site available through [RedCross.org](http://RedCross.org) to let your family and friends know about your welfare. If you don't have Internet access, call 1-866-GET-INFO to register yourself and your family.



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# Be Red Cross Ready

## Home Pool and Hot Tub Maintenance and Safety

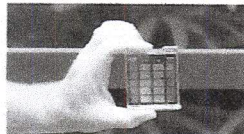
Owning a pool or hot tub comes with many responsibilities. These include taking steps for proper operation, such as keeping the water clean and at an appropriate temperature. Responsible ownership also includes taking steps for safe use, such as providing layers of protection. The Home Pool Essentials: Maintenance and Safety online course can help you learn to make pool care easier and make pool or hot tub areas safer.

### Layers of Protection

A pool or hot tub is only as safe as its weakest link.

- Keep children under active supervision.
- Secure your pool or hot tub with appropriate barriers.
- Remove any structures that provide unsupervised access.
- Establish and enforce rules.
- Make sure everyone knows how to swim well.
- Know how to respond in an emergency.

### Maintenance: What Should I Do?



Maintain a Safe and Clean Pool or Hot Tub.

- ☐ Store chemicals out of children's reach.
- ☐ Pool and hot tub main drains must be clearly visible, intact and properly attached.
- ☐ Use qualified professionals to repair or replace equipment.
- ☐ Follow all manufacturers' directions for operation, cleaning and maintenance.
- ☐ Maintain proper disinfectant and pH levels all the time. Test the water regularly.

Ensure Good Water Clarity.

Effective disinfection, water circulation and filtration are keys to keeping the water clear.

- ☐ Contaminants are always entering the water from swimmers, the air, runoff, leaves, pollen and other outside sources. Keep the water clear of debris and vacuum often.
- ☐ Don't let anyone who has diarrhea into the water.
- ☐ Consider running your pump longer during high use times or periods when it is hot or rainy.

Use Chemicals Safely.

- ☐ Read directions and safety information on all chemicals you use.
- ☐ Never add water to chemicals. Always add the chemical to large amounts of water and pour slowly.
- ☐ Never mix chemicals.
- ☐ Always keep chemicals in their original containers and replace covers properly.
- ☐ Always clean up spills immediately.
- ☐ Use appropriate protective equipment when handling chemicals.

### Safety: What Should I Do?



Understand the Risks.

- ☐ Home pool drowning is a leading cause of death for children younger than 5.
- ☐ Children were often out of sight less than 5 minutes and under the care of one or both parents at the time of many home pool drownings.\*
- ☐ It is never safe to dive in an aboveground pool. Many inground pools are not safe for diving.

Take Action to Prevent Drowning.

- ☐ Secure your pool or hot tub with barriers such as these:
  - Surround the entire pool with a fence or barrier that is at least 4 feet high, has a self-closing and self-latching gate and is designed so that a child cannot climb over, under, around or through it.
  - Remove or enclose steps or ladders to prevent access to an aboveground pool.
  - Mount a lockable structural barrier that fully encloses the top of a hot tub and will not collapse under the weight of a child.
- ☐ Consider placing a safety cover that meets safety standards over the pool and/or installing alarms on doors or in the pool to detect unauthorized access. Underwater alarms work best.\*
- ☐ Keep children under active supervision when in or around the water.
- ☐ Have weak swimmers wear a U.S. Coast Guard-approved life jacket—do not rely on water wings or inflatable toys.
- ☐ Remove any pool toys from the pool or hot tub area when the area is not in use.
- ☐ Do not use alcohol and/or drugs before or while using a pool or hot tub.
- ☐ Establish and enforce rules, such as no one swims alone, stay away from drains, no loose/dangling items and no diving (if appropriate). Obey set limits for how much time is spent in hot water.
- ☐ Children younger than 5 should not use a hot tub. Pregnant women or people with chronic medical conditions should obtain a health care provider's approval.

### How Do I Prepare?



Make Sure Everyone Knows How to Swim Well.

- ☐ Enroll everyone in the home in American Red Cross water safety and learn-to-swim courses.

Know How to Respond in an Emergency.

- ☐ Take the Home Pool Essentials: Maintenance and Safety online course.
- ☐ Learn how to safely respond to aquatic and other emergencies by taking Red Cross courses, such as First Aid, CPR, Lifeguarding and Basic Water Rescue.

Outfit Your Pool or Hot Tub with Appropriate Safety Equipment.

At a minimum, pool and hot tub owners should keep the following equipment readily accessible:

- ☐ Phone with emergency information posted near it
- ☐ First aid kit
- ☐ Emergency signal, such as a whistle
- ☐ Multiple life jackets in various sizes
- ☐ Reaching device (pool owners)
- ☐ Throwing device (pool owners)

**Caution: No One Is "Drownproof."**

Participation in any swim lesson program cannot "drownproof" your child, despite what some may claim. No child is ever "drownproof" or water safe.

- ☐ Water safety and learn-to-swim courses should be age-appropriate.
- ☐ Learning to swim well takes time. Do not expect that children will learn to swim in one set of lessons or even in one season.

Enter promotion code HPS2009 when you register for Home Pool Essentials at [HomePoolEssentials.org](http://HomePoolEssentials.org) and receive a 10 percent discount!

### Find Out More About ...

- Home Pool Essentials: Maintenance and Safety—[HomePoolEssentials.org](http://HomePoolEssentials.org).
- Specific safety recommendations at U.S. Consumer Product Safety Commission—[poolsafety.gov](http://poolsafety.gov).
- Additional water-safety information at Centers for Disease Control and Prevention—[healthyswimming.org](http://healthyswimming.org).

\*Source: U.S. Consumer Product Safety Commission



**American Red Cross**



For more information about the National Swimming Pool Foundation, please visit [nspf.org](http://nspf.org). For information on learn-to-swim and other Red Cross courses, contact your local American Red Cross chapter or visit [RedCross.org](http://RedCross.org).

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# Be Red Cross Ready

## Oil Spill Checklist

**An oil spill is a release of a liquid petroleum hydrocarbon into the environment due to human activity.**

### Terms to Know:

- **Surface Washing Agents**—Products that soften and lift oil off of surfaces. They do this either by dispersing the oil into small droplets or by lifting the oil from the surface so it floats on the water and can be recovered.
- **Tar Balls**—Sticky, persistent remains of oil spills created through a process of weathering. Handling tar balls is not recommended.
- **Mousse**—Brown, rust or orange-colored oil or oil-water mixture that has lost some of its more volatile parts through evaporation. It may cause human health hazards through inhalation, skin contact or ingestion.
- **Dispersants**—Chemicals that break down oil slicks into small droplets and disperse them through the water.

### What to do to prepare



#### Stay informed

- ☐ Being aware of possible hazards is the first step to staying safe. It's always a good idea to do a little research before you set off for the beach or go boating or fishing. If you're planning to go to a beach or water area possibly affected by the oil spill, consult local and state public health departments to see if the area is experiencing contamination. Stay out of closed or contaminated areas.
- ☐ Young children, pregnant women, the elderly, people with compromised immune systems and individuals with underlying respiratory conditions are more likely to suffer medical problems due to exposure to oil products. It's best that they stay out of any possibly contaminated areas.

#### If you are in the oil-affected area

- ☐ Hazards from an oil spill come from the potential to be exposed to substances through breathing (air), eating or drinking (food or drink) and touching (through the skin). Therefore:
  - Avoid direct skin contact with oil, oil spill-affected water and sediments.
  - Do not fish in the oil spill-affected waters.
  - Do not harvest and eat dead seafood, seafood with oily residue or seafood that has a petroleum odor.
  - Do not swim or ski in areas affected by the oil spill.
  - Do not drive your boat through oil slicks or oil sheens.
  - Do not burn debris, driftwood or other materials contaminated with oil.
- ☐ The smell is generally not a health risk. However, if you are bothered by it, stay indoors, run your air conditioner in recirculation mode and avoid physical activities that put extra demands on your lungs and heart.

### What to do during the oil spill



#### In case you come in contact with an oil product

- ☐ Immediately remove yourself from the environment.
- ☐ Wash yourself thoroughly with fresh water and soap, baby oil, petroleum jelly or a cleaning paste for hands, such as those sold at auto parts stores. Do not use solvents, gasoline, kerosene, diesel fuel or similar products to clean oil off skin.
- ☐ Remove contaminated clothing and launder with detergent and fresh water. Do not launder it with other clothing and throw away anything you can't get clean.
- ☐ If you get oil in your eyes, flush them with water for 15 minutes.
- ☐ If a person or pet has swallowed oil, do not induce or encourage vomiting. Seek medical attention.
- ☐ If you inhale oil vapors, or smoke from burning oil, move to an area where the air is more clear.
- ☐ Seek immediate medical attention if you experience acute shortness of breath, significant coughing, facial or throat swelling, nausea or vomiting or a significant rash after being exposed to oil products. Be sure to inform medical personnel of any possible exposure.
- ☐ If you encounter a wild animal that has been exposed to oil, contact local authorities. Do not attempt to capture or clean it unless you have been properly trained.
- ☐ If your pet is exposed to oil:
  - Because of the harm from the internal and external effects of the oil, all efforts should be made to wash the oiled pet within 24-48 hours.
  - Remove oil from feathers/fur using a mild dishwashing detergent and warm water.
  - Wear non-latex, oil-resistant gloves and rub the detergent solution through feathers/fur.
  - Feathers/fur must be washed and rinsed repeatedly until the oil is removed.
  - Contact your veterinarian to determine if further steps should be taken.

### Recovery



#### Returning home after an oil spill crisis

- ☐ A home should not be re-occupied until potential health hazards, such as indoor mold, oil contamination and structural damage, have been looked at and fixed.
- ☐ If oil has contaminated the home, it may require professional decontamination. Refer to local authorities for guidance on oil decontamination of residences.
- ☐ Avoid bare skin contact with sediment, soil and indoor surfaces with visible oil contamination.
- ☐ Restrict children and pets from entering areas containing oil-related waste.
- ☐ Keep arms and legs covered. Wear coveralls or clothing that can be left at the oil-contaminated residences.
- ☐ Use oil-resistant gloves; do not use latex gloves.
- ☐ Open doors and windows to ventilate the oil-contaminated residence.
- ☐ Do not transport oil-contaminated items to non-contaminated locations.

#### Manage stress

- ☐ Stay informed about the extent of the oil spread and how it is affecting the area. Knowing the facts can lessen anxiety that comes from uncertainty. However, watching too much news about the spill can increase stress.
- ☐ Avoid having children watch or see repeated images of troubling events. Young children might think that the event is happening over and over.
- ☐ Make connections with family, friends and neighbors. Helping one another can be positive for your emotional health.
- ☐ Maintain a hopeful outlook on the situation. Disasters are inevitable, but not insurmountable. Know that many scientists and experts are working to limit the oil's spread and damage.
- ☐ Engage in healthy behaviors, such as eating healthy foods and drinking plenty of water, to enhance your ability to cope with stress.
- ☐ Set priorities and tackle tasks in small steps.

### Let Your Family Know You're Safe

If your community has experienced a disaster, register on the American Red Cross Safe and Well Web site, available through [RedCross.org/SafeandWell](http://RedCross.org/SafeandWell), to let your family and friends know about your welfare. You may also call 1-866-GET-INFO (1-866-438-4636) to register yourself and your family.



For more information on disaster and emergency preparedness, visit [RedCross.org](http://RedCross.org).



# Be Red Cross Ready

## Pets and Disaster Safety Checklist

Our pets enrich our lives in more ways than we can count. In turn, they depend on us for their safety and well-being. The best way to ensure the safety of your family is to be prepared with a disaster plan. If you are a pet owner, that plan includes your pets. Being prepared can help save lives.

### Learn First Aid for Your Pets

Dogs and cats are more than pets—they're family. And just like any other family member, pets deserve to be cared for and protected. That's why the American Red Cross has developed Dog First Aid and Cat First Aid, comprehensive guides to help keep pets healthy and safe. From basic responsibilities, like spaying/neutering and giving medications, to managing cardiac emergencies and preparing for disasters, these guides offer information pet owners can trust.

Contact your local chapter to purchase guide books and first aid kits or log on to the Red Cross Store to see all available products.

### How can I prepare?



**Plan to take your pets with you in an evacuation. If it is not safe for you to stay, it is not safe for them either.**

- ☐ Know which hotels and motels along your evacuation route will accept you and your pets in an emergency. Call ahead for reservations if you know you may need to evacuate. Ask if no-pet policies could be waived in an emergency.
- ☐ Most Red Cross shelters cannot accept pets because of health and safety concerns and other considerations. Service animals that assist people with disabilities are allowed in Red Cross shelters.
- ☐ Know which friends, relatives, boarding facilities, animal shelters or veterinarians can care for your animals in an emergency. Prepare a list with phone numbers.
- ☐ Although your animals may be more comfortable together, be prepared to house them separately.
- ☐ Include your pets in evacuation drills so that they become used to entering and traveling in their carriers calmly.
- ☐ Make sure that your pet's vaccinations are current and that all dogs and cats are wearing collars with securely fastened, up-to-date identification. Many pet shelters require proof of current vaccinations to reduce the spread of disease.
- ☐ Consider having your pet "microchipped" by your veterinarian.

### What should I do?



**Assemble a portable kit with emergency supplies for your pets.**

- ☐ Keep items in an accessible place and store them in sturdy containers so that they can be carried easily. Your kit should include—
  - Sturdy leashes, harnesses and/or carriers to transport pets safely and ensure that they can't escape.
  - Food, drinking water, bowls, cat litter/pan and a manual can opener.
  - Medications and copies of medical records stored in a waterproof container.
  - A first aid kit.
  - Current photos of you with your pet(s) in case they get lost. Since many pets look alike, this will help to eliminate mistaken identity and confusion.
  - Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to foster or board your pets.
  - Pet beds and toys, if easily transportable.

**Know what to do as the disaster approaches.**

- ☐ Often, warnings are issued hours, even days, in advance. At the first hint of disaster, act to protect your pet.
- ☐ Call ahead to confirm emergency shelter arrangements for you and your pets.
- ☐ Ensure that all pets are wearing collars with securely fastened, up-to-date identification.
- ☐ Check that your pet disaster supplies are ready to take at a moment's notice.
- ☐ Bring pets inside so you won't have to search for them if you need to leave quickly.

### After a disaster ...



- ☐ The behavior of pets may change dramatically after a disaster, becoming aggressive or defensive, so be aware of their well-being and protect them from hazards to ensure the safety of other people and animals.
- ☐ Watch your animals closely and keep them under your direct control as fences and gates may have been damaged.
- ☐ Pets may become disoriented, particularly if the disaster has affected scent markers that normally allow them to find their home.
- ☐ Be aware of hazards at nose and paw or hoof level, particularly debris, spilled chemicals, fertilizers and other substances that might not seem to be dangerous to humans.
- ☐ Consult your veterinarian if any behavior problems persist.

**Emergency action plans for your family should include your animals—all of your animals.**

For information on disaster planning and emergency actions to take for livestock, horses, birds, reptiles or other small animals, such as gerbils or hamsters, please visit [RedCross.org](http://RedCross.org), the Humane Society of the United States ([www.HSUS.org](http://www.HSUS.org)) or [Ready.gov](http://Ready.gov).

### Let Your Family Know You're Safe

If your community has experienced a disaster, register on the American Red Cross Safe and Well Web site available through [RedCross.org](http://RedCross.org) to let your family and friends know about your welfare. If you don't have Internet access, call 1-866-GET-INFO to register yourself and your family.



For more information on disaster and emergency preparedness, visit [RedCross.org](http://RedCross.org).

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# Be Red Cross Ready

## Swimming Safely in Lakes, Rivers and Streams

Swimming in lakes, rivers and streams can be safe at designated swimming areas that are protected by lifeguards.

Swimming in a natural body of water is different from swimming in a pool. More skills and energy are required for natural water environments because of cold water and air temperatures, currents, waves and other conditions—and these conditions can change due to weather.

### Life Jackets Are Not Just for Boating.

Many people involved in aquatic emergencies never intended to swim in the first place. Whenever you are around water, take steps to prepare for the unexpected, such as wearing a U.S. Coast Guard-approved life jacket, also known as a personal flotation device (PFD). Select and use the right life jacket by:

- Checking the life jacket label for proper usage and sizing and to be sure that it is U.S. Coast Guard approved.
- Making sure each life jacket fits its intended user.
- Checking buckles and straps for proper function. Discard any life jacket with torn fabric or straps that have pulled loose.
- Making sure everyone tests swimming in a life jacket in a swimming pool.

### How Do I Prepare?



#### Be Aware of Water and Weather Conditions.

Whenever you are near a natural water environment, look out for:

- ☐ Unexpected changes in air or water temperature.
- ☐ Fast-moving currents, waves and rapids, even in shallow water.
- ☐ Hazards, such as dams, underwater obstacles, or rocks or debris moving on the surface or along the bottom of the water.
- ☐ Aquatic life, such as vegetation that could entangle feet or animals that live in, on or around the water.
- ☐ Sudden drop-offs that change water depth.
- ☐ Other people's activities in the same waters, such as boating.

#### Make Smart Choices.

Planning ahead and staying informed can help keep everyone in your group safe. Remember to:

- ☐ Be aware of the potential hazards of the area you are visiting and take appropriate precautions.
- ☐ Check water and weather conditions before your trip and frequently during your stay.
  - Watch for signs of severe weather and leave the water at the first indication of thunder and lightning. In the event of an electrical storm, stay inside an enclosed area for at least 30 minutes after the last thunder clap. If outside, avoid open areas, tall, isolated trees or metal objects.\*
- ☐ Know the abilities of those going with you, including swimming abilities and level of supervision required. Be sure to provide appropriate supervision.

### What Do I Do at the Waterfront?



#### Practice Water Safety.

- ☐ Ensure that everyone in your family learns to swim well by enrolling them in age-appropriate learn-to-swim courses.
- ☐ Swim only in areas that are designated for swimming with buoys and ropes and are supervised by lifeguards.
- ☐ Keep children under constant active supervision and remain free from distractions. Ensure that inexperienced swimmers stay within arm's reach.
- ☐ Have weak swimmers wear U.S. Coast Guard-approved life jackets whenever they are in, on or around water. Do not rely upon water wings or inflatable toys; they can enable swimmers to go beyond their ability or suddenly deflate, which could lead to a drowning situation.

#### Set and Enforce Rules.

- ☐ Always swim with a buddy.
- ☐ Always enter unknown or shallow water cautiously, feet first.
- ☐ Dive only in water clearly marked as safe for diving. Diving areas should be at least 9 feet deep with no underwater obstacles.
- ☐ Do not enter the water from a height, such as a tree, ledge or bridge.
- ☐ Be careful when standing to prevent being knocked over by currents or waves.
- ☐ Do not use alcohol and/or drugs before or while swimming, diving or supervising swimmers.

#### Prevent Recreational Water Illnesses.

Natural water can become contaminated from sewage, animal waste and water runoff following rainfall. Swimming or playing in unsafe water may result in illnesses. It is important to:

- ☐ Avoid swallowing the water.
- ☐ Contact your state or local health department for results of water testing in your area.
- ☐ Avoid swimming after rainfalls or in areas identified as unsafe by health departments.

### How Do I Respond?



#### Know How to Respond in an Emergency.

- ☐ If a child is missing, always check the water first! Seconds count in preventing death or disability from drowning.
- ☐ If present, always alert the lifeguard in the event of an emergency.
- ☐ Know how and when to call 9-1-1 or the local emergency number.
- ☐ Learn how to respond to aquatic and other emergencies by taking Red Cross first aid, CPR and water safety courses.
- ☐ Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.

#### If Someone Is in Trouble in the Water:

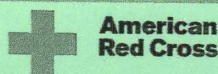
- ☐ Reach out to the person using any available object that will extend your reach, such as a pole, an oar, a tree branch, a belt or a towel. Brace yourself to keep from losing your balance.
- ☐ Throw anything that will provide the victim support, such as a foam cooler or inner tube. A floating object with a line attached is best so you can pull the person to safety.
- ☐ If the water is shallow and calm, put on a life jacket, wade into the water and reach toward the person with a pole, branch, life jacket or other object.
  - Do not enter the water if a current or waves make wading dangerous.
- ☐ Keep yourself safe. In most cases, only trained professionals should enter the water to perform a rescue.

#### Caution: No One Is "Drownproof."

Participation in any swim lesson program cannot "drownproof" your child, despite what some may claim. No child is ever "drownproof" or water safe.

- ☐ Water safety and learn-to-swim courses should be age-appropriate.
- ☐ Learning to swim well takes time. Do not expect that children will learn to swim in one set of lessons or even in one season.

\*Source: National Weather Service



For more information on recreational water illnesses, visit the Centers for Disease Control and Prevention Web site at [cdc.gov/healthyswimming](http://cdc.gov/healthyswimming). For more information on learn-to-swim, water safety and other Red Cross courses, contact your local Red Cross chapter or visit [RedCross.org](http://RedCross.org).

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# Be Red Cross Ready

## Power Outage Checklist

Sudden power outages can be frustrating and troublesome, especially when they last a long time. If a power outage is 2 hours or less, you need not be concerned about losing your perishable foods. For prolonged power outages, though, there are steps you can take to minimize food loss and to keep all members of your household as comfortable as possible.

### Energy Conservation Recommendations

- ☐ Turn off lights and computers when not in use.
- ☐ Wash clothes in cold water if possible; wash only full loads and clean the dryer's lint trap after each use.
- ☐ When using a dishwasher, wash full loads and use the light cycle. If possible, use the rinse only cycle and turn off the high temperature rinse option. When the regular wash cycle is done, just open the dishwasher door to allow the dishes to air dry.
- ☐ Replace incandescent light bulbs with energy-efficient compact fluorescent lights.

### How do I prepare for a power outage?



To help preserve your food, keep the following supplies in your home:

- ☐ One or more coolers—Inexpensive Styrofoam coolers work well.
- ☐ Ice—Surrounding your food with ice in a cooler or in the refrigerator will keep food colder for a longer period of time during a prolonged power outage.
- ☐ A digital quick-response thermometer—With these thermometers you can quickly check the internal temperatures of food to ensure they are cold enough to use safely.

Put together an emergency preparedness kit with these supplies in case of a prolonged or widespread power outage:

- Water—one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
  - Food—non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
  - Flashlight (NOTE: Do not use candles during a power outage due to the extreme risk of fire.)
  - Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
  - Extra batteries
  - First aid kit
  - Medications (7-day supply) and medical items
  - Multi-purpose tool
  - Sanitation and personal hygiene items
  - Copies of personal documents (medication list and pertinent medical information, deed/lease to home, birth certificates, insurance policies)
  - Cell phone with chargers
  - Family and emergency contact information
  - Extra cash
- ☐ If someone in your home is dependent on electric-powered, life-sustaining equipment, remember to include backup power in your evacuation plan.
  - ☐ Keep a non-cordless telephone in your home. It is likely to work even when the power is out.
  - ☐ Keep your car's gas tank full.

### What should I do during a power outage?



Keep food as safe as possible.

- ☐ Keep refrigerator and freezer doors closed as much as possible. First use perishable food from the refrigerator. An unopened refrigerator will keep foods cold for about 4 hours.
- ☐ Then use food from the freezer. A full freezer will keep the temperature for about 48 hours (24 hours if it is half full) if the door remains closed.
- ☐ Use your non-perishable foods and staples after using food from the refrigerator and freezer.
- ☐ If it looks like the power outage will continue beyond a day, prepare a cooler with ice for your freezer items.
- ☐ Keep food in a dry, cool spot and keep it covered at all times.

### Electrical equipment

- ☐ Turn off and unplug all unnecessary electrical equipment, including sensitive electronics.
- ☐ Turn off or disconnect any appliances (like stoves), equipment or electronics you were using when the power went out. When power comes back on, surges or spikes can damage equipment.
- ☐ Leave one light turned on so you'll know when the power comes back on.
- ☐ Eliminate unnecessary travel, especially by car. Traffic lights will be out and roads will be congested.

### Using generators safely

- ☐ When using a portable generator, connect the equipment you want to power directly to the outlets on the generator. Do not connect a portable generator to a home's electrical system.
- ☐ If you are considering getting a generator, get advice from a professional, such as an electrician. Make sure that the generator you purchase is rated for the power that you think you will need.

### What should I do when the power comes back on?



- ☐ Do not touch any electrical power lines and keep your family away from them. Report downed power lines to the appropriate officials in your area.

### Throw out unsafe food.

- ☐ Throw away any food that has been exposed to temperatures 40° F (4° C) for 2 hours or more or that has an unusual odor, color or texture. When in doubt, throw it out!
- ☐ Never taste food or rely on appearance or odor to determine its safety. Some foods may look and smell fine, but if they have been at room temperature too long, bacteria causing food-borne illnesses can start growing quickly. Some types of bacteria produce toxins that cannot be destroyed by cooking.
- ☐ If food in the freezer is colder than 40° F and has ice crystals on it, you can refreeze it.
- ☐ If you are not sure food is cold enough, take its temperature with the food thermometer. Throw out any foods (meat, poultry, fish, eggs and leftovers) that have been exposed to temperatures higher than 40° F (4° C) for 2 hours or more, and any food that has an unusual odor, color or texture, or feels warm to touch.

### Caution: Carbon Monoxide Kills

- ☐ Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors.
- ☐ The primary hazards to avoid when using alternate sources for electricity, heating or cooking are carbon monoxide poisoning, electric shock and fire.
- ☐ Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas to provide early warning of accumulating carbon monoxide.
- ☐ If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.
- ☐ Call for help from the fresh air location and remain there until emergency personnel arrive to assist you.

### Let Your Family Know You're Safe

If your community experiences a disaster, register on the American Red Cross Safe and Well Web site available through [RedCross.org](http://RedCross.org) to let your family and friends know about your welfare. If you don't have Internet access, call 1-866-GET-INFO to register yourself and your family.



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# Be Red Cross Ready

## Taking Care of Your Emotional Health after a Disaster

**Each positive action  
you take can help you  
feel better and more  
in control.**

### Disasters can bring about significant stress.

- ☐ This is especially true if you have experienced a previous disaster.
- ☐ The good news is that many people have experience coping with stressful life events and are naturally resilient—meaning we are designed to bounce back from difficult times.
- ☐ Here is some information on how to recognize your current feelings and tips for taking care of the emotional health of you, your family and your friends.

#### What you may be feeling now



When we experience a disaster or other stressful life event, we can have a variety of reactions, all of which can be common responses to difficult situations.

These reactions can include:

- ☐ Feeling physically and mentally drained.
- ☐ Having difficulty making decisions or staying focused on topics.
- ☐ Becoming easily frustrated on a frequent basis.
- ☐ Frustration occurring more quickly and more often.
- ☐ Arguing more with family and friends.
- ☐ Feeling tired, sad, numb, lonely or worried.
- ☐ Experiencing changes in appetite or sleep patterns.

*Most of these reactions are temporary and will go away over time. Try to accept whatever reactions you may have. Look for ways to take one step at a time and focus on taking care of your disaster-related needs and those of your family.*

#### Taking action



Getting ourselves and our lives back in a routine that is comfortable for us takes time.

- ☐ **Take care of your safety.** Find a safe place to stay and make sure your physical health needs and those of your family are addressed. Seek medical attention, if necessary.
- ☐ **Eat healthy.** During times of stress, it is important that you maintain a balanced diet and drink plenty of water.
- ☐ **Get some rest.** With so much to do, it may be difficult to have enough time to rest or get adequate sleep. Giving your body and mind a break can boost your ability to cope with the stress you may be experiencing.
- ☐ **Stay connected with family and friends.** Giving and getting support is one of the most important things you can do.
- ☐ **Be patient with yourself and with those around you.** Recognize that everyone is stressed and may need some time to put their feelings and thoughts in order.
- ☐ **Set priorities.** Tackle tasks in small steps.
- ☐ **Gather information** about assistance and resources that will help you and your family members meet your disaster-related needs.
- ☐ **Stay positive.** Remind yourself of how you've successfully gotten through difficult times in the past. Reach out when you need support, and help others when they need it.

#### If you still don't feel better ...



Many people have experience coping with stressful life events and typically feel better after a few days. Others find that their stress does not go away as quickly as they would like and it influences their relationships with their family, friends and others.

If you find yourself or a loved one experiencing some of the feelings and reactions listed below for 2 weeks or longer, this may be a sign that you need to reach out for additional assistance.

- Crying spells or bursts of anger
- Difficulty eating
- Difficulty sleeping
- Losing interest in things
- Increased physical symptoms such as headaches or stomachaches
- Fatigue
- Feeling guilty, helpless or hopeless
- Avoiding family and friends

For additional resources, contact your local Red Cross Disaster Mental Health or community mental health professional.

**Please seek immediate help if you or someone you know is feeling that life isn't worth living or if you are having thoughts of harming yourself or others. You can also contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or [SuicidePreventionLifeline.org](http://SuicidePreventionLifeline.org).**

### Let Your Family Know You're Safe

If your community experiences a disaster, register on the American Red Cross Safe and Well Web site available through [RedCross.org](http://RedCross.org) to let your family and friends know about your welfare. If you don't have Internet access, call 1-866-GET-INFO to register yourself and your family.

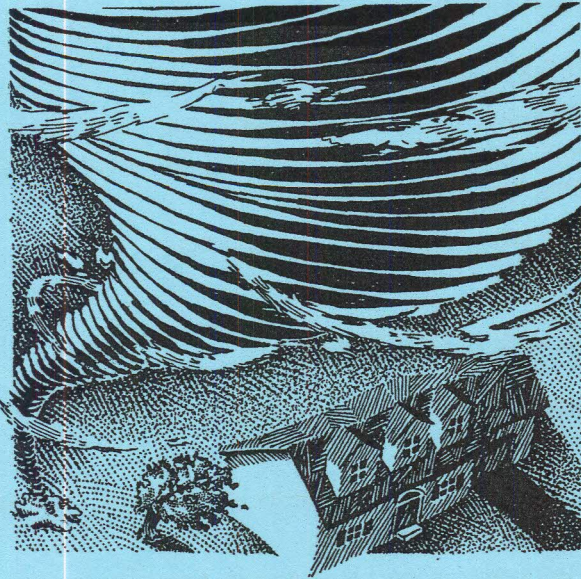


For more information on disaster and emergency preparedness, visit [RedCross.org](http://RedCross.org).

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# TORNADOES



When a tornado is coming, you have only a short amount of time to make life-or-death decisions. Advance planning and quick response are the keys to surviving a tornado.

The best protection during a tornado is on the lowest level of a building, preferably a basement or storm cellar. Tornadoes strike with incredible velocity. Winds speeds may approach 300 miles per hour. These winds can uproot trees and structures and turn harmless objects into deadly missiles, all in a matter of seconds. Mobile homes are particularly vulnerable to tornadoes.

Injuries or deaths from tornadoes mostly occur when buildings collapse, people are hit by flying objects or are caught trying to outdrive the twister in a car. Tornadoes are most destructive when they touch ground. Normally a tornado will stay on the ground less than twenty minutes; however, one tornado can touch ground several times in different areas.

## WHAT IS A TORNADO?

A tornado is a violent windstorm characterized by a twisting, funnel-shaped cloud. It is spawned by a thunderstorm and produced when cool air overrides a layer of warm air, forcing warm air to rise rapidly. The damage from a tornado is a result of the high wind velocity and wind-blown debris. Tornado season is generally March through August, although tornadoes can occur at any time of year. They tend to occur in the afternoons and evenings; over 80 percent of all tornadoes hit between noon and midnight.

## TORNADO DANGER SIGNS

**Large hail:** Tornadoes are spawned from very powerful thunderstorms and the most powerful storms produce large hail. Tornadoes frequently emerge from near the hail-producing portion of the storm.

**Calm before the storm:** Before a tornado hits, the wind may die down and the air may become very still.

**Cloud of debris:** An approaching cloud of debris can mark the location of a tornado even if a funnel is not visible.

**Funnel cloud:** A visible rotating extension of the cloud base is a sign that a tornado may develop. A tornado is evident when one or more of the clouds turns greenish and a dark funnel descends.

**Roaring noise:** The high winds of a tornado can cause a roar that is often compared to the sound of a freight train.

**Calm behind the storm:** Tornadoes generally occur near the trailing edge of a severe thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

## TORNADO WATCH

A *tornado watch* is issued by the National Weather Service when weather conditions are such that tornadoes are likely to develop. This is the time to remind family members where the safest places are located, keep alert for changing weather conditions and listen to the radio or television for further advisories.

## TORNADO WARNING

A *tornado warning* is issued when a tornado has been sighted or indicated by radar. At this point, the danger is very serious and everyone should go to a safe place, turn on a battery-operated radio or television and wait for the "all clear" by the authorities.



# TORNADOES

## MOBILE HOMES

Mobile homes are particularly vulnerable. A mobile home can overturn very easily even if precautions have been taken to tie down the unit. When a tornado warning is issued, take shelter in a building with a strong foundation. If shelter is not available, lie in a ditch or low-lying area a safe distance from the unit.

## WHAT TO DO...?

### BEFORE A TORNADO

- Learn the tornado danger signs.
- Have the recommended emergency supplies on hand.
- Know the difference between a "tornado watch" and a "tornado warning".
- Follow the advisories issued by forecasters which describe the location, strength and movement of the storm or tornado.
- Designate an area in the home as a shelter and practice having everyone go there in response to a tornado threat.



### DURING A TORNADO

#### If at home

- Go at once to the basement, storm cellar or the lowest level of the building.
- If there is no basement, go to an inner hallway or a small inner room without windows, such as a bathroom or closet.
- Get away from windows.
- Go to the center of the room. Stay away from corners as they tend to attract debris.
- Use arms to protect head and neck.

#### If outdoors

- If possible, get into a building.
- If shelter is not available or there is no time to get indoors, lie in a ditch or low-lying area or crouch near a strong building.
- Use arms to protect head and neck.

#### If at work or school

- Go to the basement or to an inside hallway at the lowest level.
- Avoid wide rooms such as auditoriums, cafeterias or large hallways.
- Get under a piece of sturdy furniture such as a workbench or heavy table or desk and hold on to it.
- Use arms to protect head and neck.

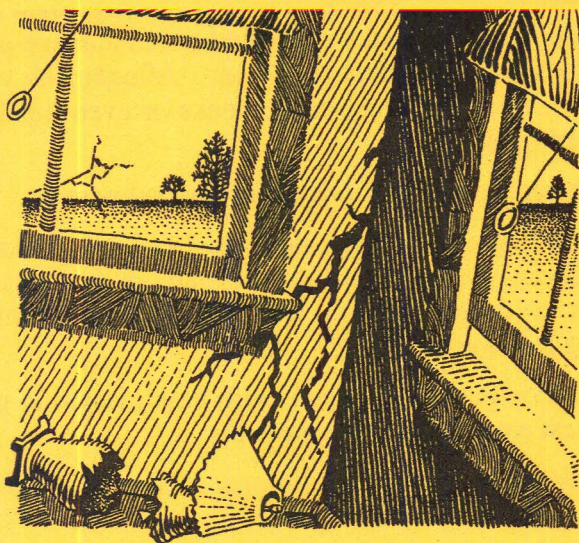
#### If in a car

- Never try to outdrive a tornado in a car or truck. Tornadoes can change direction quickly and can lift a car or truck and toss it through the air.
- Get out of the car immediately and take shelter in a nearby building.
- If there is no time to get indoors, get out of the car and lie in a ditch or low-lying area away from the vehicle.

### AFTER THE TORNADO

- Check for injured or trapped persons.
- Give first aid when appropriate. Don't try to move the seriously injured unless they are in immediate danger of further injury. Call 911 for help if telephones still work.
- Turn on radio or television to get the latest emergency information.
- Clean up spilled medicines, bleaches, gasoline or other flammable liquids immediately. Leave the building if you smell gas or chemical fumes.
- Stay out of damaged buildings. Return home only when authorities say it is safe.





**violently and without warning. Identifying potential hazards ahead of time and advance planning can reduce the dangers of serious injury or loss of life from an earthquake.**

**The best protection during an earthquake is under heavy furniture such as a desk, table or bench or, braced inside a solid, heavy-framed doorway. The greatest danger exists directly outside buildings, at exits and alongside exterior walls. Many of the 120 fatalities from the 1933 Long Beach earthquake occurred when people ran outside of**

**buildings only to be killed by falling debris from collapsing walls. Ground movement during an earthquake is seldom the direct cause of death or injury. Most earthquake-related casualties result from collapsing walls, flying glass and falling objects.**

## **WHAT IS AN EARTHQUAKE?**

An earthquake is a sudden, rapid shaking of the earth by the breaking and shifting of rock beneath the earth's surface. This movement can cause buildings and bridges to collapse; disrupt gas, electric and phone service; and trigger landslides, avalanches, flash floods, fires and huge, destructive ocean waves. Buildings with foundations resting on unconsolidated landfill, old waterways or other soft or unstable soil are most at risk.. Trailers and mobile homes not tied to a reinforced foundation anchored to the ground are also at risk since they can be shaken off their mountings during an earthquake. Earthquakes can occur at any time of year.

## **EARTHQUAKE INSURANCE**

Earthquake insurance is usually an "add-on" to a standard homeowners' insurance policy. Separate deductibles may apply to contents and structure. If you buy earthquake insurance, consider getting coverage for your living expenses in case you can't return to your home.

## **PETS AFTER AN EARTHQUAKE**

The behavior of pets may change dramatically after an earthquake. Normally quiet and friendly cats and dogs may become vicious. Monitor animals closely. Leash dogs and place them in a fenced yard.

## **WHAT TO DO...?**

### **BEFORE AN EARTHQUAKE**

- Check for hazards in your home.
  - Fasten shelves securely to the walls.
  - Place large, heavy objects on lower shelves.
  - Store breakable items in low, closed cabinets with latches.
  - Hang heavy items such as pictures and mirrors away from beds or where people sit.
  - Brace overhead light fixtures.
  - Repair defective electrical wiring and leaky gas connections.
  - Secure a water heater by strapping it to the wall studs and bolting it to the floor.
  - Repair any deep cracks in ceilings or foundations.
  - Store weed killers, pesticides and flammable products in closed, low cabinets with latches.
- Make sure all family members know how to respond during and after an earthquake.



# EARTHQUAKES

- Identify safe spots in each room such as under sturdy furniture such as a heavy desk or table; against an inside wall or solid heavy framed doorway; and, away from where glass could shatter or heavy furniture could fall over.

- Have the recommended emergency supplies on hand.

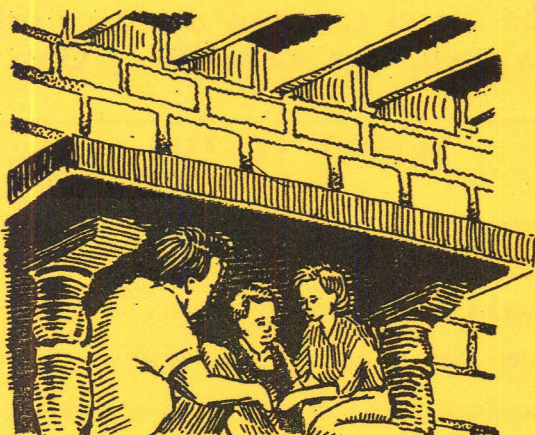
## DURING AN EARTHQUAKE

### If indoors

- Take cover under a piece of heavy furniture, against an inside wall or inside a solid, heavy framed doorway and hold on.

- Stay inside!

- Don't dash for exits and never use elevators.



### If outdoors

- Move into the open, away from buildings, street lights and utility wires.

- Once in the open, stay there until the shaking stops.

### If in a moving vehicle

- Stop quickly and stay in the vehicle.

- Don't stop near or under buildings, trees, overpasses or utility wires.

- Once the shaking has stopped, proceed with caution. Avoid bridges or ramps that might have been damaged by the quake.

## AFTER THE EARTHQUAKE

- Prepare for aftershocks. Although smaller than the main shock, aftershocks cause additional damage and bring weakened structures down. Aftershocks can occur in the first hours, days, weeks or even months after the quake.

- Check for and help injured or trapped persons.

- Give first aid when appropriate. Don't try to move the seriously injured unless they are in immediate danger of further injury. Call 911 for help if telephones still work.

- Turn on battery-operated radio or television to get the latest emergency information.

- Stay out of damaged buildings. Return home only when authorities say it is safe.

- Clean up spilled medicines, bleaches, gasoline or other flammable liquids immediately. Leave the area if you smell gas or fumes from other chemicals. Call 911 for help if telephones still work.

- Open closet and cupboard doors cautiously.

- Have the entire length of chimneys inspected carefully. Unnoticed damage could lead to fire.

- Inspect all utilities.

- Stay off the streets. If you must go out, travel with care. Watch for hazards created by the quake, such as fallen objects, downed electrical wires, weakened bridges, roads and sidewalks.

