

Appendix I: ARE YOU PREPARED?

I1: HURRICANE

HURRICANE PERSONAL PREPARATION: This document has been prepared to assist you with personal preparation prior to / during a hurricane. It is not intended to be read as an exhaustive list and there may be further considerations that you wish to include which are specific to your circumstances.

WHAT TO DO IN AN ALERT: 72 hours (“Take Precautions”):

- Check emergency supplies and items for securing your home. Stock up
- Assess your home and make necessary repairs
- Remove overhanging limbs and fruit from trees
- Decide whether you need to stay with friends or relatives, or go to a shelter
- Find out which shelter is closest and make plans to get there
- Fill vehicles with gas and check tires
- Retrieve some cash from the bank as many businesses will operate on a ‘cash only’ basis after a storm due to lack of electricity or phone service to process credit cards
- Make arrangements for your pets
- Stay tuned to your local radio, TV, weather service
- Familiarize yourself with hurricane terminology
- Ensure that trees on your property that are close to power lines are properly trimmed and make sure areas around water meter boxes are cleared
- Install a shut off valve after your meter
- Keep a ‘C’ type fire extinguisher in your home and office – never attempt to extinguish an electrical fire with water
- Review your insurance policy and be sure you have sufficient coverage

WHAT TO DO IN A WATCH: 48 hours (“Batten Down”):

- Stay tuned to your local radio, TV and weather channel updates
- Listen to advice from local officials and evacuate if necessary
- Prepare your property for high winds (i.e. repair loose guttering etc)
- Bring lawn furniture inside, trash cans, hanging plants/pots and anything that can be picked up by the wind
- Board up or shutter windows (Go ‘Tapeless’!!-do NOT tape up windows with duct tape as this is very dangerous!)
- Remove outside antennas and satellite dishes
- Ensure boats etc are secured properly
- Stock up prescription medications and first aid kit
- Check your disaster supply kit – include items like flashlights, batteries, battery operated radio, canned food and can opener, ropes, tarpaulin, candles, matches
- Turn refrigerator / freezer to coldest setting
- Turn off propane tanks
- Unplug small appliances
- Stock up on drinking water – five gallons of water per person suggested



- Sterilise bathtub, pans and bottles and fill with water
- Consider buying food-grade plastic buckets or drums for water. Seal tightly and label date. Store in a cool, dark place and they will be usable for 6 months
- Fill up washing machine which can provide gallons of water suitable for cleaning dishes
- Raise furniture, appliances and other valuables off the floor; cover and secure with plastic sheets
- Disconnect downspouts from cisterns and close off cistern openings
- Have your cesspool emptied

WHAT TO DO IN A WARNING (36 hours) (Take “refuge”):

- Stay tuned to your local media for updated information and official instructions
- Stay away from beaches and other low areas
- Close curtains and blinds to minimize danger of flying glass
- Do not make unnecessary telephone calls and ensure cell phone is charged and has sufficient credit. Have a car phone charger on hand
- Put your food and other supplies in sealable plastic bags
- Put all important documents, i.e. passports, insurance certificates, birth certificates etc. in sealable plastic bags and keep at hand
- Bring pets indoors and make sure you have a plentiful supply of litter and newspaper, as well as pet food and any medication
- Ensure your animals are tagged with contact number’s and owners names and have leads and muzzles and carriers for transport
- Have a photograph of your pets for identification purposes
- Don’t chain your pets or leave in the same room as each other (behavior can change after trauma)
- Park vehicles on high ground and disconnect battery. Ensure battery is in good condition
- Close all interior doors and secure and brace exterior doors
- Have a supply of flashlights and extra batteries handy as well as a battery operated radio
- Turn off your water shut off valve if you evacuate your home
- Wedge sliding glass doors to prevent them being lifted from their tracks
- If using sealant around doors or windows, make sure it has 24 hours to dry
- Store screens in separate area to make sure you have window cover after storm
- Turn off main breaker and unplug all electrical appliances to prevent unnecessary damage

WHAT TO DO DURING A HURRICANE:

- Do not leave your house/ shelter during the storm (unless the structure is so compromised that it is safer to leave and seek shelter elsewhere)
- Stay on the downwind side of the house away from windows
- Do not go outside while the eye is passing unless absolutely necessary
- If your roof or walls begin to fail, go to an inner room (preferably one without windows) or to a cupboard, passageway and shield yourself with a mattress (n.b. know where the air conditioning units are situated-make sure they are not above your head!!)

- If power is lost turn off major appliances to reduce power surge when electricity is restored
- If you happen to be outside take shelter in the nearest substantial structure or a sturdy tree and hold yourself to it
- If the water rises move to a higher floor, or hold on to something that floats such as wooden furniture or plastic container
- Stay tuned to your local media for updated information and official instructions

WHAT TO DO AFTER A HURRICANE (“All Clear”):

- Keep listening to local news for instructions and for the all clear to be announced
- Wait until an area is declared safe before entering
- Help any injured or trapped persons, but do not move severely injured persons unless they are in immediate danger of further injury
- Drive only if absolutely necessary (avoiding debris and flood waters that are being cleared by emergency crew). Do not drive on washed out roads
- Stay on firm ground; moving water can sweep you off your feet and standing water can be electrically charged by downed power lines
- Enter and inspect your home with extreme caution. Beware of fallen objects/damaged roofs/walls/ undermined foundations and gas leaks
- Use flashlights for light. Do not use matches or other open flames
- Make a detailed list of damage to your property, and report to local water and/or electrical companies
- Take pictures of the damage to your home and property. The pictures will help later as documentation for any insurance claim
- Check gas, water and electrical lines for any damage (very carefully!)
- Do not drink or prepare food with tap water until you are certain it is not contaminated. Do not eat any food that has come into contact with flood water
- If you suspect the sewage lines are damaged, avoid flushing the toilets. Contact a plumber as soon as possible
- If cooking with a BBQ, ensure that grill is in an open area away from any overhang and never leave unattended. Never use an LP cylinder if it shows signs of corrosion/fire/excessive rust etc
- Do not touch fallen or low hanging power lines nor attempt to move any object in contact with power lines
- Do not turn on your main breaker until you ensure that the secondary breakers are in the off position
- Do not turn your water shut- off valve back on until the Water Authority advises that services have been restored in your area
- Once you turn on your water shut- off valve, inspect your home for damaged pipes
- Report any hurricane damage to public water mains or meter boxes to the Water Authority
- Check and report damage of any electrical lines/ appliances to relevant bodies
- Remove shutters or plywood and open windows and doors to ventilate/dry home if necessary. Dry and air furniture /rugs /bedding etc to avoid mildew
- If your home has been flooded, flush plumbing fixtures with buckets of water to ensure they are open. Have health authorities inspect your sanitary disposal system to avoid any health hazards



- Wear protective clothing on legs, arms, feet and hands while cleaning up debris. Wear rubber gloves while scrubbing flood-damaged interiors
- Make sure you have had an up to date tetanus injection
- Keep listening for official information from the National authorities, including the locations of post-hurricane shelters, relief, and medical services

IF YOU HAVE A GENERATOR

- If you have a generator do not connect the output on the generator into the breaker panel or household outlets
- Make sure generator is properly grounded to avoid shock
- Keep children away from generators
- Plug your appliances directly into the generator and avoid overloading and use heavy duty outdoor rated power cords
- Do not use extension cords with exposed wires
- Do not run cords under rugs or furniture where heat might build up
- Place your generator in a well ventilated area and away from your home and windows
- Protect the generator from direct exposure to rain by placing it under a canopy
- Never refuel a generator while it is running or hot
- Turn off all equipment powered by the generator before shutting the generator down
- Use a flashlight or battery lantern when refueling and always keep open flames away from the area
- Read and adhere to manufacturer's instructions

TIPS FOR NOTIFYING FAMILY

- Establish a network to relatives by calling one family member or friend before a hurricane hits to ask them to notify others. Test the system to make sure everyone gets the message
- Use the internet to establish a similar network. Have those online relatives inform family members who don't have access to computers of your whereabouts.
- If you have a laptop, charge in advance (and have a back up battery if possible)
- If you have a cell phone voicemail, you can leave a message of your whereabouts and how you can be reached

PREPARING CHILDREN FOR A HURRICANE

During the storm

- Parents should watch for an increase in a child's anxiety levels and help them remain calm by talking to them and letting them choose the topic for conversation
- Remain calm as adult reactions set the tone of how children will react
- Try distracting them with activities
- Make sure you have plenty of their favourite foods and drinks in stock

After the storm

- Keep family together in the immediate aftermath to avoid fears of abandonment



- Reassure children by words as well as actions
- encourage children to talk about their feelings about the hurricane
- If they become withdrawn, talk to others about the storm in front of your children which may encourage them to express themselves. If this does not work consider counseling after two weeks
- Re-establish regular routines as quickly as possible
- Be prepared for fears to surface at bedtime i.e. nightmares, needing to share beds or waking during the night
- Be sure children are being cared for at all times and do not allow them to play in damaged buildings/ unsafe areas
- Give special attention to cleaning children's toys, playpens, cribs etc. Boil any items a toddler or infant might have put in his /her mouth. Discard stuffed toys that are non-cleanable and water logged.

SHELTER TIPS: (Shelter locations listed above)

If you decide to spend the storm in a public shelter

- Look at the shelter map before a storm for the shelter nearest to you.
- Let a friend or relative know where you are headed.
- Eat a good meal before you go to the shelter.
- Each person should take 3-4 day supply of tinned food and water (1 gallon per day per person). Remember that water has a shelf life of 6 months only!
- Do not take pets, alcoholic beverages, smoking materials, heavy luggage, valuable or weapons. Cots and air mattresses may not be allowed if space is limited.
- Also bring a can opener, first aid kit (and prescription medication), special need items for infants (diapers, formula, bottle etc), bedding (sleeping bags/ pillow), battery powered radio, flash light , extra batteries, change of clothes, extra set of car keys, credit card and cash, passport and other important documentation, phone charger and toys / games to keep children occupied.

MEDICAL CARE

Hospitalization may be required for:

- People with potentially serious injuries or infected wounds
- Pregnant women experiencing contractions or more than seven months pregnant
- Persons dependent on a ventilator
- People with chest pains or shortness of breath
- Uncontrollable or violent people

CAYMAN HOSPITALS:

George Town Hospital, Chrissie Tomlinson Memorial Hospital, Cayman Brac Hospital and Health Services and Little Cayman Health Services. There will be Emergency Medical facilities located at selected Government hurricane shelters (*marked "EMC" in list above) and a Red Cross First Aid representative will be present for minor injuries at all government shelters. These centers will provide assistance to those most vulnerable in disaster situations including:

- Wheelchair bound people with medical needs
- People with severely reduced mobility



- People with non-violent medical illness
- Medically impaired individuals who can maintain daily living activities with special assistance
- People having continuous IV therapy
- People who are oxygen dependent

All such persons must be accompanied by a care-giver.

SPECIAL NEEDS

- If you are taking prescription medication, make sure you have at least a seven day supply
- Dialysis patients should talk to Dialysis Unit Staff at the George Town or Cayman Brac Faith Hospitals for specific instructions, before the Hurricane season starts
- Oxygen therapy patients should consult their doctor about where to stay during a storm and ensure they have a portable oxygen unit if they intend to go to a shelter
- Wheelchair users should know the size of their wheelchairs for transport reasons and should show friends how to use it in case they need help

Hurricane Supplies Kit

Suggested items for a hurricane supplies kit. Please customize to your individual / family needs.

Personal

- Valuables and important papers (ie.. copy of passport/ marriage and birth certificates, insurance, medical records, bank account numbers, Social Security card, etc.) in waterproof sealed bags
- Money (KYD/USD)
- A few games and books for children
- Clothing - seasonal / rain gear/sturdy shoes / extra dry clothes
- Glow in dark vest
- Special Items - for babies and the elderly
- Toiletries / Hygiene items /Moisture wipes / sunblock
- Keys
- Pet care items (proper identification/immunization records/medications), ample supply of food and water, a carrier or cage, muzzle and leash
- Mosquito repellent
- Battery operated clock
- Baby food, formula, diapers, and baby wipes
- Bedding, blankets or sleeping bags, pillows etc.

Household

- Plastic drop cloth
- Bleach
- Clothes & dish detergent
- Clothesline and pins
- Fire extinguisher - ABC type
- Cleaning supplies



- Brooms, mops, buckets

Food & Water

As a minimum, prepare yourself to be without food and water for at least 3 days.

- Canned and non-perishable foods
- Water - at least 1 gallon daily per person for 3 to 7 days

Tools & Utensils

- Cooking tools (ie. A non-electric can opener.)
- Camp stove (with fuel)
- Lantern (with fuel)
- Several flashlights and fresh batteries/ Head torch
- A portable cooler and ice
- Eating utensils
- Masking tape
- Candles and matches
- Plastic Garbage bags
- Gloves & goggles
- Small tools
- Ladder
- Plywood & nails
- Rake/ shovel
- Chain saw, gas & oil
- Duct and masking tape (NOT FOR WINDOWS!)
- Rolls of plastic
- Wheelbarrow
- Axes, hatchets, pruners
- Rope

Medical

- First Aid Kit (include tweezers)
- Prescription Drugs / Medication
- Medic Alert tags (allergies etc)
- Thermometer
- Iodine or other water purification tablets

Communications

- Portable Radio - Battery operated with NOAA Weather Radio
- Extra batteries
- Cell phone with spare battery

Misc

- EXTRA Zip-lock bags to protect valuables
- Vehicle fuel tanks filled

I.2 FLOODS

Floods are among the most frequent and costly natural disasters. Conditions that cause floods include heavy or steady rain for several hours or days that saturates the ground. Flash floods occur suddenly due to rapidly rising water along a stream or low-lying area.

You will likely hear weather forecasters use these terms when floods are predicted in your community:

- Flood/Flash Flood Watch—Flooding or flash flooding is possible in your area.
- Flood/Flash Flood Warning—Flooding or flash flooding is already occurring or will occur soon in your area.

PREPARE:

As per supplies list Appendix I.1

RESPOND DURING:

- Listen to area radio and television stations and a NOAA Weather Radio for possible flood warnings and reports of flooding in progress or other critical information from the National Weather Service / HMC I (www.caymanprepared.ky).
- Be prepared to evacuate at a moment's notice.
- When a flood or flash flood warning is issued for your area, head for higher ground and stay there.
- Stay away from floodwaters. If you come upon a flowing stream where water is above your ankles, stop, turn around and go another way. Six inches of swiftly moving water can sweep you off of your feet.
- If you come upon a flooded road while driving, turn around and go another way. If you are caught on a flooded road and waters are rising rapidly around you, get out of the car quickly and move to higher ground. Most cars can be swept away by less than two feet of moving water.
- Keep children out of the water. They are curious and often lack judgment about running water or contaminated water.
- Be especially cautious at night when it is harder to recognize flood danger.
- Check that your home owner's insurance covers all potential natural and man made disasters.

RECOVER AFTER:

- Return home only when officials have declared the area safe.
- Before entering your home, look outside for loose power lines, damaged gas lines, foundation cracks or other damage.
- Parts of your home may be collapsed or damaged. Approach entrances carefully. See if porch roofs and overhangs have all their supports.



- Watch out for wild animals, especially snakes that may have come into your home with the floodwater.
- If you smell natural or propane gas or hear a hissing noise, leave immediately and call the fire department.
- If power lines are down outside your home, do not step in puddles or standing water.
- Keep children and pets away from hazardous sites and floodwater.
- Materials such as cleaning products, paint, batteries, contaminated fuel and damaged fuel containers are hazardous. Check with local authorities for assistance with disposal to avoid risk.
- During cleanup, wear protective clothing, including rubber gloves and rubber boots.
- Make sure your food and water are safe. Discard items that have come in contact with floodwater, including canned goods, water bottles, plastic utensils and baby bottle nipples. When in doubt, throw it out!
- Contact your public health / works department to see if your water supply might be contaminated. You may need to boil or treat it before use. Do not use water that could be contaminated to wash dishes, brush teeth, prepare food, wash hands, make ice or make baby formula.
- **Let Your Family Know You're Safe**

I.3: EARTHQUAKES

An earthquake is a sudden, rapid shaking of the earth caused by the breaking and shifting of rock beneath the earth's surface. Earthquakes strike suddenly, without warning, and they can occur at any time of the year, day or night.

Did you know?

Doorways are no stronger than any other part of a structure so don't rely on them for protection! During an earthquake, get under a sturdy piece of furniture and hold on. It will help shelter you from falling objects that could injure you during an earthquake.

PREPARE:

- Become aware of fire evacuation and earthquake safety plans for all of the buildings you occupy regularly.
- Pick safe places in each room of your home, workplace and/or school. A safe place could be under a piece of furniture or against an interior wall away from windows, bookcases or tall furniture that could fall on you.
- Practice "drop, cover and hold on" in each safe place. If you do not have sturdy furniture to hold on to, sit on the floor next to an interior wall and cover your head and neck with your arms.
- Keep a flashlight and sturdy shoes by each person's bed in case the earthquake strikes in the middle of the night.
- Make sure your home is securely anchored to its foundation.
- Bolt and brace water heaters and gas appliances to wall studs.
- Bolt bookcases, china cabinets and other tall furniture to wall studs.
- Hang heavy items, such as pictures and mirrors, away from beds, couches and anywhere people sleep or sit.
- Brace overhead light fixtures.
- Install strong latches or bolts on cabinets. Large or heavy items should be closest to the floor.
- Learn how to shut off the gas valves in your home and keep a wrench handy for that purpose.
- Learn about your area's seismic building standards and land use codes before you begin new construction.
- Keep and maintain an [emergency supplies kit](#) in an easy-to-access location.

RESPOND DURING:

If You Are Inside When the Shaking Starts...

- Drop, cover and hold on. Move as little as possible.



- If you are in bed, stay there, curl up and hold on. Protect your head with a pillow.
- Stay away from windows to avoid being injured by shattered glass.
- Stay indoors until the shaking stops and you are sure it is safe to exit. When it is, use stairs rather than the elevator in case there are aftershocks, power outages or other damage.
- Be aware that fire alarms and sprinkler systems frequently go off in buildings during an earthquake, even if there is no fire.

If You Are Outside When the Shaking Starts...

- Find a clear spot (away from buildings, power lines, trees, streetlights) and drop to the ground. Stay there until the shaking stops.
- If you are in a vehicle, pull over to a clear location and stop. Avoid power lines if possible. Stay inside with your seatbelt fastened until the shaking stops. Then, drive carefully, avoiding bridges and ramps that may have been damaged.
- If a power line falls on your vehicle, do not get out. Wait for assistance.

RECOVER AFTER:

- After an earthquake, the disaster may continue. Expect and prepare for potential aftershocks, landslides or even a tsunami. [Tsunamis](#) are often generated by earthquakes.
- Each time you feel an aftershock, drop, cover and hold on. Aftershocks frequently occur minutes, days, weeks and even months following an earthquake.
- Check yourself for injuries and get First Aid, if necessary, before helping injured or trapped persons.
- Put on long pants, a long-sleeved shirt, sturdy shoes and work gloves to protect against injury from broken objects.
- Look quickly for damage in and around your home and get everyone out if your home is unsafe.
- Listen to a portable, battery-operated or hand-crank radio for updated emergency information and instructions.
- Check the telephones in your home or workplace to see if you can get a dial tone. Make brief calls to report life-threatening emergencies.
- Look for and extinguish small fires. Fire is the most common hazard after an earthquake.
- Clean up spilled medications, bleach, gasoline or other flammable liquids immediately.
- Open closet and cabinet doors carefully as contents may have shifted.
- Help people who require special assistance, such as infants, children and the elderly or disabled.
- Watch out for fallen power lines or broken gas lines and stay out of damaged areas.
- Keep animals under your direct control.
- Stay out of damaged buildings.
- If you were away from home, return only when authorities say it is safe to do so. Use



extreme caution and examine walls, floors, doors, staircases and windows to check for damage.

- Be careful when driving after an earthquake and anticipate traffic light outages.

I.4: TSUNAMIS

Tsunamis are a series of large ocean waves generated by major **earthquakes** beneath the ocean floor or major **landslides** into the ocean. When the waves enter shallow water, they may rise to several feet or, in rare cases, tens of feet, striking the coast with devastating force. People on the beach or in low coastal areas need to be aware that a tsunami could arrive within minutes after a severe earthquake. The tsunami danger period can continue for many hours after a major earthquake. A tsunami can occur during any season of the year and at any time, day or night.

Be aware of the signs of a tsunami:

- A strong earthquake lasting 20 seconds or more near the coast.
- A noticeable rapid rise or fall in coastal waters.

PREPARE:

- Find out if your home, school, workplace or other frequently visited locations are in tsunami hazard areas.
- Know the height of your street above sea level and the distance of your street from the coast or other high-risk waters. Evacuation orders may be based on these numbers.
- Plan evacuation routes from your home, school, workplace and other places you could be where tsunamis present a risk. If possible, pick areas 100 feet (30 meters) above sea level or go as far as 2 miles (3 kilometers) inland, away from the coastline. If you cannot get this high or far, go as high or far as you can. Every foot inland or upward may make a difference. You should be able to reach your safe location on foot within 15 minutes.
- Find out what the school evacuation plan is. Find out if the plan requires you to pick your children up from school or from another location. Telephone lines during a tsunami watch or warning may be overloaded, and routes to and from schools may be jammed.
- Practice your evacuation routes. Familiarity may save your life. Be able to follow your escape route at night and during inclement weather. Practicing your tsunami survival plan makes the appropriate response more of a reaction, requiring less thinking during an actual emergency.
- If you are a tourist, familiarize yourself with local tsunami evacuation protocols. You may be able to safely evacuate to the third floor and higher in reinforced concrete hotel structures.

RESPOND DURING:

If you are in a coastal area and feel an earthquake that lasts 20 seconds or longer:

- Drop, cover and hold on. You should first protect yourself from the earthquake.
- When the shaking stops, gather members of your household and move quickly to higher ground away from the coast. A tsunami may be coming within minutes.
- Avoid downed power lines and stay away from buildings from which heavy objects might fall during an aftershock.

What to Do During a Tsunami Watch

- Use a NOAA Weather Radio or tune to a Coast Guard emergency frequency station or a local radio or television station for updated emergency information.
- Locate household members and review evacuation plans. Be ready to move quickly if a tsunami warning is issued.

What to Do During a Tsunami Warning

- If you hear an official tsunami warning or detect signs of a tsunami, evacuate at once.
- Take your emergency preparedness kit. Having supplies will make you more comfortable during the evacuation.
- Take your pets with you. If it is not safe for you, it's not safe for them.
- Get to higher ground as far inland as possible. Watching a tsunami could put you in grave danger. If you can see the wave, you are too close to escape it.

RECOVER AFTER:

- Continue using a NOAA Weather Radio, HMC1 (www.caymanprepared.ky) tune into local radio or television station for the latest updates.
- Return home only after local officials tell you it is safe. A tsunami is a series of waves that may continue for hours. Do not assume that after one wave the danger is over. The next wave may be larger than the first one.
- Check yourself for injuries and get first aid as needed before helping injured or trapped persons.
- If someone needs to be rescued, call professionals with the right equipment to help. Many people have been killed or injured trying to rescue others.
- Help people who require special assistance—infants, elderly people, those without transportation, people with disabilities and large families who may need additional help in an emergency situation.
- Avoid disaster areas. Your presence might interfere with emergency response operations and put you at further risk from the residual effects of floods.
- Use the telephone only for emergency calls.
- Stay out of any building that has water around it. Tsunami water can cause floors to crack or walls to collapse.

- Use caution when re-entering buildings or homes. Tsunami-driven floodwater may have damaged buildings where you least expect it. Carefully watch every step you take.
- To avoid injury, wear protective clothing and be cautious when cleaning up.
- Watch animals closely and keep them under your direct control

I.5 POWER OUTAGES & FOOD SAFETY

Sudden power outages can be frustrating and troublesome, especially when they last a long time. If a power outage is 2 hours or less, don't 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.

PREPARE:

To help preserve your food during a power outage, keep supplies in your home (as per suggested hurricane supplies list in Appendix I1)

- 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 blackout.
- 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 (Appendix I.1).

Electrical Equipment During a Blackout

- 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.
- Learn/ read more about [using generators safely](#).

RESPOND DURING:

Food Safety During a Power Outage

- 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 be for more than 2-4 hours, pack the important items in your refrigerator, such as milk, dairy products, meats, fish, poultry, eggs, and left-overs into your cooler surrounded by ice. Keep temperature at or below 40 degrees. Throw away any items that have been exposed to temperatures greater than 40 degrees for more than two hours.
- If it looks like the power outage will be prolonged beyond a day or so, prepare another cooler with ice for the items in your freezer.
- Keep food in a dry, cool spot and keep it covered at all times.

Electrical Equipment During a Blackout

- 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.

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.

RECOVER AFTER:

What to Do When the Power Comes Back On

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

Throw Out Unsafe Food After a Blackout

- Throw away any food that has been exposed to temperatures higher than 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 a 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.

I.6 HOME FIRES

About Fire Safety & Prevention

The most effective way to protect yourself and your home from fire is to identify and remove fire hazards. 65 percent of house fire deaths occur in homes with no working smoke alarms. During a home fire, working smoke alarms and a fire escape plan that has been practiced regularly can save lives.

Be Red Cross Ready

- If a fire occurs in your home, GET OUT, STAY OUT and CALL for help.
- Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas. Test them every month and replace the batteries at least once a year.
- Talk with all household members about a fire escape plan and practice the plan twice a year.

PREPARE:

- Keep items that can catch on fire at least three feet away from anything that gets hot, such as space heaters.
- Never smoke in bed.
- Talk to your children regularly about the dangers of fire, matches and lighters and keep them out of reach.
- Turn portable heaters off when you leave the room or go to sleep.

Smoke Alarms

- Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas.
- Teach your children what smoke alarms sound like and what to do when they hear one.
- Once a month check whether each alarm in the home is working properly by pushing the test button.
- Replace batteries in smoke alarms at least once a year. Immediately install a new battery if an alarm chirps, warning the battery is low.
- Smoke alarms should be replaced every 10 years. Never disable smoke or carbon monoxide alarms.
- Carbon monoxide alarms are not substitutes for smoke alarms. Know the difference between the sound of smoke alarms and carbon monoxide alarms.

Fire Escape Planning

- Ensure that all household members know two ways to escape from every room of your home.
- Make sure everyone knows where to meet outside in case of fire.
- Practice escaping from your home at least twice a year and at different times of the day. Practice waking up to smoke alarms, low crawling and meeting outside. Make sure everyone knows how to call 9-1-1.
- Teach household members to STOP, DROP and ROLL if their clothes should catch on fire.

Cooking Safely

- Stay in the kitchen when frying, grilling or broiling food. If you leave the kitchen, even for a short period of time, turn off the stove.
- Stay in the home while simmering, baking, roasting or boiling food. Check it regularly and use a timer to remind you that food is cooking.
- Keep anything that can catch fire—like pot holders, towels, plastic and clothing—away from the stove.
- Keep pets off cooking surfaces and countertops to prevent them from knocking things onto the burner.

Caution: Carbon Monoxide Kills

- Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas.
- If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.
- 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.

RESPOND DURING:

Follow Your Escape Plan

During a home fire, remember to GET OUT, STAY OUT and CALL 9-1-1 or your local emergency phone number.

- If closed doors or handles are warm, use your second way out. Never open doors that are warm to the touch.
- Crawl low under smoke.
- Go to your outside meeting place and then call for help.

- If smoke, heat or flames block your exit routes, stay in the room with doors closed. Place a wet towel under the door and call the fire department or 9-1-1. Open a window and wave a brightly colored cloth or flashlight to signal for help.

Use Caution with Fire Extinguishers

Use a portable fire extinguisher **ONLY** if you have been trained by the fire department and in the following conditions:

- The fire is confined to a small area, and is not growing.
- The room is not filled with smoke.
- Everyone has exited the building.
- The fire department has been called.

Remember the word PASS when using a fire extinguisher:

P – Pull the pin and hold the extinguisher with the nozzle pointing away from you.

A – Aim low. Point the extinguisher at the base of the fire.

S – Squeeze the lever slowly and evenly.

S – Sweep the nozzle from side to side.

RECOVER AFTER:

Immediately After a House Fire

- Have injuries treated by a medical professional. Wash small wounds with soap and water. To help prevent infection of small wounds, use bandages and replace them if they become soiled, damaged or waterlogged.
- Remain calm. Pace yourself. You may find yourself in the position of taking charge of other people. Listen carefully to what people are telling you, and deal patiently with urgent situations first.
- Check with the fire department to make sure your residence is safe to enter.
- Anyone entering your damaged home should wear long pants, a long-sleeved shirt, closed-toed rubber-soled shoes or boots and work gloves, plus dust masks, safety goggles and/or a hard hat when necessary.

Checking Your Home after a Fire

Taking the Appropriate Steps to Stay Safe

Do not cut or walk past colored tape that was placed over doors or windows to mark damaged areas unless local authorities advise that it is safe to do so. If a building inspector has placed a color-coded sign on the home, do not enter it until you get

more information, advice and instructions about what the sign means and whether it is safe to enter your home.

If you have children, leave them with a relative or friend while you conduct your first inspection of your home after the fire. The site may be unsafe for children, and seeing the damage firsthand may upset them and cause long-term effects, including nightmares.

Checking for Structural Damage

- Check the outside of your home before you enter. Look for loose power lines, broken or damaged gas lines, foundation cracks, missing support beams or other damage. Damage on the outside can indicate a serious problem inside. Ask a building inspector or contractor to check the structure before you enter.
- If the door is jammed, don't force it open – it may be providing support to the rest of your home. Find another way to get inside.
- Damaged locks should be taken apart and wiped with oil. If locks can't be removed, squirt machine oil through a bolt opening or keyhole, and work the knob to distribute the oil. Hinges should also be thoroughly cleaned and oiled.
- Sniff for gas. If you detect natural or propane gas, or hear a hissing noise, leave the property immediately and get well away from it. Call the fire department after you reach safety.
- If you have a propane tank system, turn off all valves and contact a propane supplier to check the system out before you use it again.
- Check for smoke and embers throughout the home, including the attic.
- Beware of animals, such as rodents, snakes, spiders and insects, that may have entered your home. As you inspect your home, tap loudly and often on the floor with a stick to give notice that you are there.
- Damaged objects, such as furniture or stairs, may be unstable. Be very cautious when moving near them. Avoid holding, pushing or leaning against damaged building parts.
- Is your ceiling sagging? That means it got wet – which makes it heavy and dangerous. It will have to be replaced, so you can try to knock it down. Be careful: wear eye protection and a hard hat, use a long stick, and stand well away from the damaged area. Poke holes in the ceiling starting from the outside of the bulge to let any water drain out slowly. Striking the center of the damaged area may cause the whole ceiling to collapse.
- Is the floor sagging? It could collapse under your weight, so don't walk there! Small sections that are sagging can be bridged by thick plywood panels or thick, strong boards that extend at least 8–12 inches on each side of the sagging area.
- If the weather is dry, open windows and doors to ventilate and dry your home.
- If power is out, use a flashlight. Do not use any open flame, including candles, to inspect for damage or serve as alternate lighting.
- Disconnect and check all appliances for water damage before using them.
- Make temporary repairs such as covering holes, bracing walls, and removing debris. Save all receipts.
- Take photographs of the damage. You may need these to substantiate insurance claims later.

Checking Utilities and Major Systems

Telephones

- Check each telephone to see if it is still on the hook. Hang up any phones that aren't. Wait a few minutes, and then pick up one phone to listen for a dial tone to know whether you have working telephone service.
- If you don't have a dial tone, try unplugging all the phones. Plug in one at a time and listen for dial tone. This will help you determine if the phone itself is broken or the service is completely out. If it is, contact the telephone company to report the problem and request repair.

Electrical, Plumbing and Heating Systems

- If you see sparks, broken or frayed wires, or if you smell hot insulation, turn off the electricity at the main fuse box or circuit breaker.
- If there is a pool of water on the floor between you and the fuse box or circuit breaker panel, use a dry wooden stick to try to reach to turn off the main fuse or breaker, but do not step or stand in water to do that. If you cannot reach the fuse box or breaker panel, call a qualified electrician for assistance.
- Inspect the panel box for any breakers that may have tripped. A tripped breaker may indicate damaged wiring inside your home. Do not turn them on. Call an electrician.
- Use a flashlight to inspect fuses. Replace broken fuses with exactly the same amperage rating and never use an object such as a coin or strip of metal to bypass the protection that fuses provide.
- If you suspect sewage lines are damaged, avoid using sinks, showers or toilets and call a plumber.
- If water pipes are damaged, turn off the water at the main valve. Call a plumber for assistance.
- If you have a heating oil tank system, turn off all valves and contact a professional specializing in maintenance of such equipment before using it again.

Checking Household Items

- Normal household items, such as cleaning products, can cause toxic fumes and other hazards if they mix. See our household chemical safety tips.
- Spilled chemicals that don't pose a health risk must still be carefully cleaned up. Wear rubber gloves and discard spilled chemicals and rags used for cleaning according to the advice of local authorities.
- Throw away food, beverages and medicine exposed to heat, smoke or soot. Food that was in the freezer can be used if it still has ice crystals on it. If not, discard it.

Cleaning Up after a fire and removing odour

- Products containing tri-sodium phosphate (TSP) can reduce odors in fabrics. TSP is caustic so be careful! Read the label for directions and safety instructions.



- Test garments before using any treatment, and follow the manufacturer's instructions. Smoke odor and soot can sometimes be washed from clothing that can be bleached. Measure 4 to 6 tbsp. Tri-Sodium Phosphate and 1 cup household cleaner or chlorine bleach for every gallon of warm water you will use. Alternatively, consider washing clothes in cold water with your usual household laundry detergent, and adding one tablespoon of pure vanilla extract.
- To remove soot and smoke from walls, furniture and floors, use a mild soap or detergent or mix together 4 to 6 tbsp. tri-sodium phosphate and 1 cup household cleaner or chlorine bleach to every gallon of warm water. Wear rubber gloves. Be sure to rinse surfaces with clear warm water and dry thoroughly.
- Wash walls one small area at a time, working from the floor up to prevent streaking. Rinse with clear water immediately. Ceilings should be washed last. Do not repaint until walls and ceilings are completely dry. Reduce the chances of growth of mold and mildew by wiping down all surfaces that had gotten wet with a solution of one cup of liquid household bleach to a gallon of water. (Test surfaces to ensure that the bleach solution will not discolor these surfaces. To conduct this test, wipe a small area of the surface with the bleach solution, and allow it to dry at least 24 hours.)
- Washable wallpaper can be cleansed like painted walls, but do not wet through the paper. Use a commercial paste to repaste any loose edges or sections.
- Consult a professional about replacing drywall and insulation that has been soaked by water from fire hoses. It can not be dried out and maintain structural integrity or resistance to mold and mildew.
- Pots, pans, flatware, etc., should be washed with soapy water, rinsed and then polished.
- Wipe leather goods with a damp cloth, then a dry cloth. Stuff purses and shoes with newspaper to retain shape. Leave suitcases open. Leather goods should be dried away from heat and sun. When leather goods are dry, clean with saddle soap. Rinse leather and suede jackets in cold water and dry away from heat and sun.



I.7 CHEMICAL EMERGENCIES

Chemicals are a natural and important part of our environment. Even though we often don't think about it, we use chemicals every day. Chemicals help keep our food fresh and our bodies clean. They help our plants grow and fuel our cars. And chemicals make it possible for us to live longer, healthier lives.

Under certain conditions, chemicals can also be poisonous or have a harmful effect on your health. Some chemicals that are safe, and even helpful in small amounts, can be harmful in larger quantities or under certain conditions. Chemical accidents do happen, at home and in the community.

How might you be exposed?

You may be exposed to a chemical in three ways:

- Breathing the chemical
- Swallowing contaminated food, water, or medication
- Touching the chemical, or coming into contact with clothing or things that have touched the chemical

***Remember, you may be exposed to chemicals even though you may not be able to see or smell anything unusual.

CHEMICAL ACCIDENTS CAN BE PREVENTED!

Chemicals are found everywhere – in our kitchens, medicine cabinets, basements, and garages. In fact, most chemical accidents occur in our own homes. And they can be prevented.

PREPARE:

Home chemical accidents can result from trying to improve the way a product works by adding one substance to another, not following directions for use of a product, or by improper storage or disposal of a chemical. Fortunately, a few simple precautions can help you avoid many chemical emergencies.



- **Avoid mixing chemicals**, even common household products. Some combinations, such as ammonia and bleach, can create toxic gases.
- **Always read and follow the directions** when using a new product. Some products should not be used in small, confined spaces to avoid inhaling dangerous vapors. Other products should not be used without gloves and eye protection to help prevent the chemical from touching your body.
- **Store chemical products properly.** Non-food products should be stored tightly closed in their original containers so you can always identify the contents of each container and how to properly use the product. Better yet – don't store chemicals at home. Buy only as much of a chemical as you think you will use. If you have product left over, try to give it to someone who will use it. Or see below for tips on proper disposal.
- **Beware of fire.** Never smoke while using household chemicals. Don't use hair spray, cleaning solutions, paint products, or pesticides near the open flame of an appliance, pilot light, lighted candle, fireplace, wood burning stove, etc. Although you may not be able to see or smell them, vapor particles in the air could catch fire or explode.
- **Clean up any spills immediately** with some rags, being careful to protect your eyes and skin. Allow the fumes in the rags to evaporate outdoors in a safe place, then wrap them in a newspaper and place the bundle in a sealed plastic bag. Dispose of these materials with your trash. If you don't already have one, buy a fire extinguisher that is labeled for A, B, and C class fires and keep it handy.
- **Dispose of unused chemicals properly.** Improper disposal can result in harm to yourself or members of your family, accidentally contaminate our local water supply, or harm other people or wildlife.
- Many household chemicals can be taken to your local household hazardous waste collection facility. Many facilities accept pesticides, fertilizers, household cleaners, oil-based paints, drain and pool cleaners, antifreeze, and brake fluid. Some products can be recycled, which is better for our environment. If you have questions about how to dispose of a chemical, call the facility or the environmental or recycling agency to learn the proper method of disposal.

RESPOND DURING:

There are many organizations that help the community in an emergency, such as police, fire departments, the Red Cross and government agencies. All of these groups coordinate their activities through the local office of emergency management (HMCI).

If an accident involving hazardous materials occurs, you will be notified by the authorities as to what steps to take. You may hear a siren, be called by telephone, or emergency personnel may drive by and give instructions over a loudspeaker. Officials could even come to your door. If you hear a warning signal, you should go indoors and listen to a local radio.

Important Points to Remember

- In the event of an emergency, follow the instructions of the authorities carefully. They know best how to protect you and your family. Listen to your emergency broadcast stations on radio and TV.
- If you are told to "shelter in place", go inside, close all windows and vents and turn off all fans, heating or cooling systems. Take family members and pets to a safe room,



seal windows and doors, and listen to emergency broadcast stations for instructions.

- If you are told to evacuate immediately, follow your [Family Disaster Plan](#). Take your [Family Disaster Supplies Kit](#). Pack only the bare essentials, such as medications, and leave your home quickly. Follow the traffic route authorities recommend. Don't take short cuts on the way to the shelter.
- If you find someone who appears to have been injured from chemical exposure, make sure you are not in danger before administering First Aid.
- And lastly, remember, the best way to protect yourself and your family is to be prepared.

In Case of Poisoning

The most common home chemical emergencies involve small children eating medicines. Keep all medicines, cosmetics, cleaning products, and other household chemicals out of sight and out of reach of children. Experts in the field of chemical manufacturing suggest that doing so could eliminate up to 75 percent of all poisoning of small children.

If someone in your home does eat or drink a non-food substance, find the container it came out of immediately and take it with you to the phone. Call the Emergency Medical Services (EMS), or 9-1-1, or call the operator and tell them exactly what your child ingested.

Follow their instructions carefully. Please be aware that the First Aid advice found on the container may not be appropriate. So, do not give anything by mouth until you have been advised by medical professionals.

I.8 TERRORISM

Terrorist attacks like the ones we experienced on September 11, 2001 have left many concerned about the possibility of future incidents of terrorism in the United States and their potential impact. They have raised uncertainty about what might happen next, increasing stress levels. There are things you can do to prepare for terrorist attacks and reduce the stress that you may feel now and later should another emergency arise. Taking preparatory action can reassure you and your children that you can exert a measure of control even in the face of such events.

What You Can Do to Prepare for Terrorism

Finding out what can happen is the first step. Once you have determined the events possible and their potential in your community, it is important that you discuss them with your family or household. Develop a disaster plan together.

What to Do If a Terrorism Event Occurs

- Remain calm and be patient.
- Follow the advice of local emergency officials.
- Listen to your radio or television for news and instructions.
- If the event occurs near you, check for injuries. [Give first aid](#) and get help for seriously injured people.
- If the event occurs near your home while you are there, check for damage using a flashlight. Do not light matches or candles or turn on electrical switches. Check for fires, fire hazards and other household hazards. Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows, and get everyone outside quickly.
- Shut off any other damaged utilities.
- Confine or secure your pets.
- Call your family contact—do not use the telephone again unless it is a life-threatening emergency.
- Check on your neighbors, especially those who are elderly or disabled.

A Word on What Could Happen

As we've learned from previous events, the following things can happen after a terrorist attack:

- There can be significant numbers of casualties and/or damage to buildings and the infrastructure. So employers need up-to-date information about any medical needs you may have and on how to contact your designated beneficiaries.
- Heavy law enforcement involvement at local/ regional levels follows a terrorist attack due to the event's criminal nature.
- Health and mental health resources in the affected communities can be strained to their limits, maybe even overwhelmed.
- Extensive media coverage, strong public fear and international implications and consequences can continue for a prolonged period.
- Workplaces and schools may be closed, and there may be restrictions on domestic and international travel.
- You and your family or household may have to evacuate an area, avoiding roads blocked for your safety.
- Clean-up may take many months.

PREPARE:

Finding out what can happen is the first step. Once you have determined the events possible and their potential in your community, it is important that you discuss them with your family or household. Develop a disaster plan together.

1. Create an emergency communications plan.

Choose an off island contact your family or household will call or e-mail to check on each other should a disaster occur. Your selected contact should live far enough away that they would be unlikely to be directly affected by the same event, and they should know they are the chosen contact. Make sure every household member has that contact's, and each other's, e-mail addresses and telephone numbers (home, work, pager and cell). Leave these contact numbers at your children's schools, if you have children, and at your workplace.

2. Establish a meeting place.

Having a predetermined meeting place away from your home will save time and minimize confusion should your home be affected or the area evacuated. You may even want to make arrangements to stay with a family member or friend in case of an emergency. Be sure to include any pets in these plans, since pets are not permitted in shelters and most hotels will not accept them.

3. Assemble an emergency preparedness kit.

If you need to evacuate your home or are asked to "shelter in place," having some essential supplies on hand will make you and your family more comfortable. Prepare a disaster supplies kit (Appendix I.1) in an easy-to-carry container such as a duffel bag or small plastic trash can. Include "special needs" items for any member of your household (infant formula or items for people with disabilities or older people), first aid supplies (including prescription medications), a change of clothing for each household member, a sleeping bag or bedroll for each, a battery-powered radio or television and extra batteries, food, bottled water and tools.



It is also a good idea to include some cash and copies of important family documents in a zip-lock / water-proof bag (birth certificates, passports and licenses) in your kit.

Copies of essential documents-like powers of attorney, birth and marriage certificates, insurance policies, life insurance beneficiary designations and a copy of your will-should also be kept in a safe location outside your home. A safe deposit box or the home of a friend or family member who lives out of town is a good choice.

4. Check on the school emergency plan of any school-age children you may have.

You need to know if they will they keep children at school until a parent or designated adult can pick them up or send them home on their own. Be sure that the school has updated information about how to reach parents and responsible caregivers to arrange for pickup. And, ask what type of authorization the school may require to release a child to someone you designate, if you are not able to pick up your child. During times of emergency the school telephones may be overwhelmed with calls.

RESPOND DURING:

If an Event of Terrorism Occurs

- Remain calm and be patient.
- Follow the advice of local emergency officials.
- Listen to your radio or television for news and instructions.
- If the event occurs near you, check for injuries. Give first aid and get help for seriously injured people.
- If the event occurs near your home while you are there, check for damage using a flashlight. Do not light matches or candles or turn on electrical switches. Check for fires, fire hazards and other household hazards. Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows, and get everyone outside quickly.
- Shut off any other damaged utilities.
- Confine or secure your pets.
- Call your family contact—do not use the telephone again unless it is a life-threatening emergency.
- Check on your neighbors, especially those who are elderly or disabled.

Evacuation During a Terror Attack

If local authorities ask you to leave your home, they have a good reason to make this request, and you should heed the advice immediately. Listen to your radio or television and follow the instructions of local emergency officials and keep these simple tips in mind:



- Wear long-sleeved shirts, long pants and sturdy shoes so you can be protected as much as possible.
- Take your disaster supplies kit.
- Take your pets with you; do not leave them behind. Because pets are not permitted in public shelters, follow your plan to go to a relative's or friend's home, or find a "pet-friendly" hotel.
- Lock your home.
- Use travel routes specified by local authorities—don't use shortcuts because certain areas may be impassable or dangerous.
- Stay away from downed power lines.
- **Listen to Your Local Authorities**

Your local authorities will provide you with the most accurate information specific to an event in your area. Staying tuned to local radio and television, and following their instructions is your safest choice.

If you're sure you have time:

- Call your family contact to tell them where you are going and when you expect to arrive.
- Shut off water and electricity before leaving, if instructed to do so. Leave natural gas service ON unless local officials advise you otherwise. You may need gas for heating and cooking, and only a professional can restore gas service in your home once it's been turned off. In a disaster situation it could take weeks for a professional to respond.

If you are advised by local officials to "**shelter in place**," what they mean is for you to remain inside your home or office and protect yourself there. Close and lock all windows and exterior doors. Turn off all fans, heating and air conditioning systems. Close the fireplace damper. Get your disaster supplies kit, and make sure the radio is working. Go to an interior room without windows that's above ground level. In the case of a chemical threat, an above-ground location is preferable because some chemicals are heavier than air, and may seep into basements even if the windows are closed. Using duct tape, seal all cracks around the door and any vents into the room. Keep listening to your radio or television until you are told all is safe or you are told to evacuate. Local officials may call for evacuation in specific areas at greatest risk in your community.

Additional Positive Steps You Can Take

Raw, unedited footage of terrorism events and people's reaction to those events can be very upsetting, especially to children. We do not recommend that children watch television news reports about such events, especially if the news reports show images over and over again about the same incident. Young children do not realize that it is repeated video footage, and think the event is happening again and again. Adults may also need to give themselves a break from watching disturbing footage. However, listening to local radio and television



reports will provide you with the most accurate information from responsible governmental authorities on what's happening and what actions you will need to take. So you may want to make some arrangements to take turns listening to the news with other adult members of your household.

RECOVER AFTER:

What to Expect after an Act of Terrorism

An act of terrorism may have wide-spread and devastating results. You should be prepared for the following things after an attack:

- There can be significant numbers of casualties and/or damage to buildings and the infrastructure. So employers need up-to-date information about any medical needs you may have and on how to contact your designated beneficiaries.
- Heavy law enforcement involvement at local/ regional levels follows a terrorist attack due to the event's criminal nature.
- Health and mental health resources in the affected communities can be strained to their limits, maybe even overwhelmed.
- Extensive media coverage, strong public fear and international implications and consequences can continue for a prolonged period.
- Workplaces and schools may be closed, and there may be restrictions on domestic and international travel.
- You and your family or household may have to evacuate an area, avoiding roads blocked for your safety.

I.9 WATER SAFETY

Make Water Safety Your Priority

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone. Even at a public pool or a lifeguarded beach, use the buddy system!
- Ensure that everyone in the family learns to swim well. Enroll in age-appropriate Red Cross water orientation and Learn-to-Swim courses.
- **Never leave a young child unattended near water** and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved **life jackets** around water, but do not rely on life jackets alone.
- Establish rules for your family and enforce them without fail. For example, set limits based on each person's ability, do not let anyone play around drains and suction fittings, and do not allow swimmers to hyperventilate before swimming under water or have breath-holding contests.
- Even if you do not plan on swimming, be cautious around **natural bodies of water** including ocean shoreline, rivers and lakes. Cold temperatures, currents and underwater hazards can make a fall into these bodies of water dangerous.
- If you go boating, wear a life jacket! Most boating fatalities occur from drowning.
- Avoid alcohol use. Alcohol impairs judgment, balance and coordination; affects swimming and diving skills; and reduces the body's ability to stay warm.

Prevent Unsupervised Access to the Water

- Install and use barriers around your **home pool or hot tub**. Safety covers and pool alarms should be added as additional layers of protection.
- Ensure that pool barriers enclose the entire pool area, are at least 4-feet high with gates that are self-closing, self-latching and open outward, and away from the pool. The latch should be high enough to be out of a small child's reach.
- If you have an above-ground or inflatable pool, remove access ladders and secure the safety cover whenever the pool is not in use.
- Remove any structures that provide access to the pool, such as outdoor furniture, climbable trees, decorative walls and playground equipment.



- Keep toys that are not in use away from the pool and out of sight. Toys can attract young children to the pool.

Maintain Constant Supervision

- Actively supervise kids whenever around the water—even if lifeguards are present. Do not just drop your kids off at the public pool or leave them at the beach—designate a responsible adult to supervise.
- Always stay within arm's reach of young children and avoid distractions when supervising children around water.

Know What to Do in an Emergency

If a child is missing, check the water first. Seconds count in preventing death or disability.

Know how and when to call 9-1-1 or the local emergency number.

If you own a home pool or hot tub, have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.

Enroll in Red Cross first aid and CPR/AED courses to learn how to prevent and respond to emergencies.

J. GENERATORS

How to Buy a Generator

If you choose to buy a generator, make sure you get one that is rated for the amount of power that you think you will need. Look at the labels on lighting, appliances, and equipment you plan to connect to the generator to determine the amount of power that will be needed to operate the equipment.

For lighting, the wattage of the light bulb indicates the power needed. Appliances and equipment usually have labels indicating power requirements on them. Choose a generator that produces more power than will be drawn by the combination of lighting, appliances, and equipment you plan to connect to the generator including the initial surge when it is turned on. If your generator does not produce adequate power for all your needs, plan to stagger the operating times for various equipment.

If you can not determine the amount of power that will be needed, ask an electrician to determine that for you. (If your equipment draws more power than the generator can produce, then you may blow a fuse on the generator or damage the connected equipment.)

How to Use a Generator at Home

The primary hazards to avoid when using a generator are carbon monoxide (CO) poisoning from the toxic engine exhaust, electric shock or electrocution, and fire. Follow the directions supplied with the generator. Every year, people die in incidents related to portable generator use.

Never Use a Portable Generator Indoors

This includes inside a garage, carport, basement, crawlspace, or other enclosed or partially-enclosed area, even with ventilation. Opening doors and windows or using fans will not prevent CO buildup in the home. The CO from generators can rapidly lead to full incapacitation and death, but CO can't be seen or smelled. Even if you cannot smell exhaust



fumes, you may still be exposed to CO. If you start to feel sick, dizzy, or weak while using a generator, get to fresh air RIGHT AWAY - DO NOT DELAY.

Because you may have windows open to get fresh air while the power is out, be sure to place the generator away from windows, doors, and vents that could allow CO to come indoors. To avoid electrocution, keep the generator dry and do not use in rain or wet conditions. To protect the generator from moisture, operate it on a dry surface under an open canopy-like structure, such as under a tarp held up on poles. Do not touch the generator with wet hands.

It is a good idea to install battery-operated CO alarms or plug-in CO alarms with battery back-up in your home, according to the manufacturer's installation instructions. If CO gas from the generator enters your home and poses a health risk, the alarm will sound to warn you. Test the battery frequently and replace when needed.

Be sure to turn the generator off and let it cool down before refueling. Gasoline spilled on hot engine parts could ignite.

Store fuel for the generator in an approved safety can. Use the type of fuel recommended in the instructions or on the label on the generator. Local laws may restrict the amount of fuel you may store, or the storage location. Ask your local fire department for additional information about local regulations. Store the fuel outside of living areas in a locked shed or other protected area. Do not store it near a fuel-burning appliance, such as a natural gas water heater in a garage. If the fuel is spilled or the container is not sealed properly, invisible vapors from the fuel can travel along the ground and can be ignited by the appliance's pilot light or by arcs from electric switches in the appliance.

Plug appliances directly into the generator. Or, use a heavy duty, outdoor-rated extension cord that is rated (in watts or amps) at least equal to the sum of the connected appliance loads. Check that the entire cord is free of cuts or tears and that the plug has all three prongs, especially a grounding pin.

Never try to power the house wiring by plugging the generator into a wall outlet, a practice known as "backfeeding." This is an extremely dangerous practice that presents an electrocution risk to utility workers and neighbors served by the same utility transformer. It also bypasses some of the built-in household protection devices.