

Are You Ready? Welcome





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- DHS Founding Member
- FBI Infragard
- IAC NIP
- Tinley Park EMA
- ARES AEC / OES
- RACES CRO
- NTS / ORS
- Skywarn



Agenda

- Introduction
- Identifying hazards
- Taking protective measures for specific hazards
- Creating a family disaster plan
- Assembling a disaster supplies kit
- Recovering from disaster
- Conclusion



Objectives

- Identify the disasters that could occur in your communities
- Recognize the importance of family disaster planning
- Develop a family disaster plan



Objectives

- Recognize special planning issues and integrate them into the plan
- Assemble a disaster supplies kit that meets your family's needs
- Identify steps to take after disaster strikes



Benefits of Being Prepared

- Makes you a survivor / not a victim
- Reduces fear and anxiety
- Reduces the impact of disasters
- Communities, families, and individuals know what to do



Get the Confidence to Survive

- Having a kit
- Having the knowledge to use it
- Mental and Physical Preparedness





Seven Principal Skills of Survival

- **1. Water** acquisition and purification
- 2. Fire starting
- 3. Shelter building
- 4. Signaling & Communications
- 5. Food gathering
- 6. First Aid
- 7. Direction finding



The Seven Enemies

- **1. Fear and Anxiety**
- 2. Cold and Heat
- 3. Thirst
- 4. Boredom and Loneliness
- 5. Fatigue
- 6. Hunger
- 7. Pain and Injury



Family Disaster Plan

- Knowing the protective measures for specific hazards
- Recognizing warning systems and signals
- Evacuating from a disaster area
- Incorporating community, school, and other plans
- Identifying escape routes

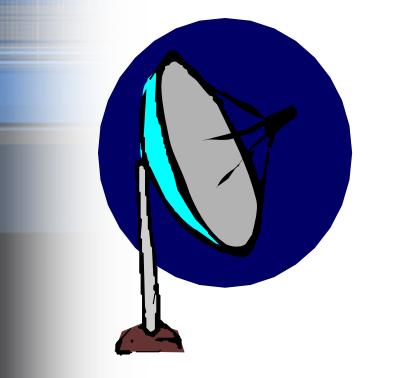


Family Disaster Plan

- Completing a family communications plan
- Shutting off utilities
- Obtaining appropriate insurance
- Preparing for special needs
- Caring for animals
- Learning safety skills



Warning Systems



- Emergency Alert System (EAS)
- NOAA Weather Radio
- NOAA All Hazards Weather Radio



Evacuation



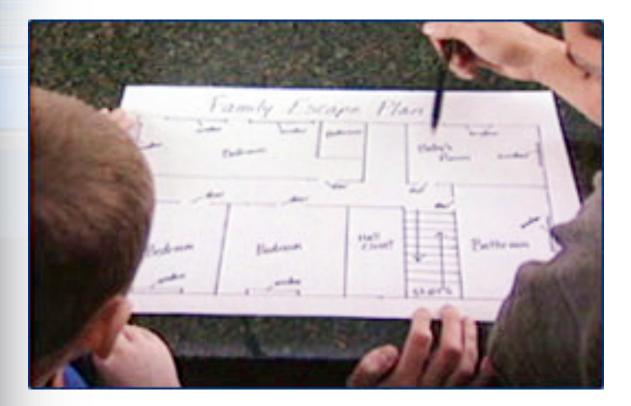


Community, School & Other Plans

- Most communities develop a disaster/ emergency plan
- Questions to ask:
 - What does the plan contain?
 - How often is it updated?
 - What should I know about the plan?
 - What hazard(s) does it cover?



Escape Routes





Family Communications Plan

- Out-of-state contacts
- Vital information about each family member
- Where to go in an emergency
- Additional information

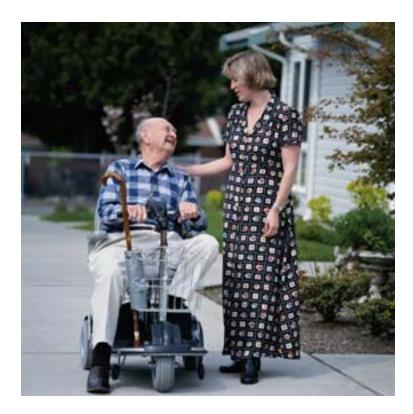


Shutting Off Utilities

- Natural Gas
- Water
- Electricity



Preparing for Special Needs





Individuals with Special Needs

- Babies
- Elderly
- Handicapped
- Special medical needs
- Life support



Caring for Animals

- Human shelters do no allow pets An exception is made for guide dogs
- Identify shelter for pets
- Gather pet supplies
- Ensure pet has proper ID and up-todate veterinarian records
- Provide a pet carrier and leash



Pet Provisions

Before an event occurs:

- Provide a pet carrier
- Keep pet's shots current and have copies of medical records
- Ensure you have a properly fitted collar and ID
- Gather pet emergency supplies







- Prescription medications and spear eyewear.
- 1 Gallon of water / person / day.
- Food, at least a three day supply of non-perishable food.
- First Aid kit, non-latex gloves, and infectious disease barrier







- Flash light with extra batteries & Chemical light sticks
- Whistle and signal mirror



- Strike anywhere matches in a waterproof container with tinder.
- Money (small bills and change)



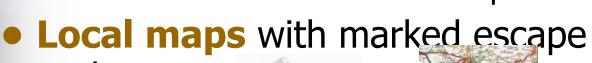
- Complete change of clothes, extra clothes for colder seasons.
- An emergency blanket



- **Toiler paper,** adult / baby wipes & garbage bags w/ ties for sanitation.
- Poncho, full length, hooded
- Identification, documentation, & emergency phone numbers



- Hand crank and / or battery powere radio with spare batteries
- NOAA Weather Radio with tome alert and spare batteries Newer All-Hazards Radios are a plus



- routes
- Compass







- Wrench or pliers to turn off utilities
- Dust mask and goggles
- Waterproof durable shoes or boots
- Can opener, cup & bowl
- Multi-Tool
- Duct tape





• Remember Special needs items for

- Babies
- Elderly
- Handicapped
- Life support
- Pets















Enough supplies for least three days





Non-Perishable Foods

- Select high density foods
- Watch sodium, MREs may have 2G of salt per meal.
- Keep sealed in waterproof containers

Dried fruit	Jerky
GORP	SPAM
Hard	Hi-energy
candy	bars
Peanut	Unsalted
butter	crackers
Foil	Bullion
packets	cubes



- Don't forget plenty of dry socks.
- Take care of your feet and your feet will take care of you. (Army Rangers)
- Seal clothes, toilet paper, etc inside waterproof plastic bags.
- Select Multi-Taskers



Maintaining Your Disaster Supplies Kit

- Keep canned foods in a cool dry place
- Store food in tightly closed containers
- Change stored food and water every six months
- Review your kit and family needs at least once a year
- Keep items in one or two easy-to-carry containers



Hazards You Face Here

- Thunderstorms
- Floods
- Tornados
- Microbursts
- Downbursts
- Fires
- Wild Fires
- Heat Waves
- Droughts

- Extreme Cold
- Ice Storms
- Winter Storms
- Blizzards
- Chemical Emergencies or Chemical Spills
- Explosions
- Blackouts



Other Hazards You Could Face

- Solar Storms
- Terrorism
- War
- Mudslides
- Earthquakes
- Hurricanes
- Tsunamis
- Volcanoes

- Wind Shears
- Gales
- Aircraft Accident *
- Automobile Accident
- Bus Accident *
- Other Accident *
- Railroad Accident *

* Only for large scale events or events that impact public safety.



Thunderstorms and Lightning





Facts About Thunderstorms

- Storms may occur singly, in clusters, or in lines
- Storms can be most severe when affecting one location for an extended time
- Storms typically produce heavy rain for a brief period



Facts About Thunderstorms

- Warm, humid conditions are favorable for storm development
- Ten percent of storms are severe—high winds and hail



Facts About Lightning

- Unpredictability increases the risk to individuals and property
- Lightning often strikes outside of rainfall
- Heat lightning is from a far away storm



Facts About Lightning

- Most deaths and injuries occur outside in summer months
- Your chance of being struck by lightning: 1 in 600,000
- Lightning strike victims carry no electrical charge and should be attended to immediately



- Severe thunderstorm watch thunderstorms are likely; listen to radio or TV for information
- Severe thunderstorm warning—severe weather has been reported; imminent danger to life and property



To prepare for a thunderstorm:

- Remove dead or rotting trees
- Remember the 30/30 lightning safety rule



- Postpone outdoor activities
- Get inside a home, building, or hard top automobile
- Remember rubber-soled shoes and rubber tires provide no protection

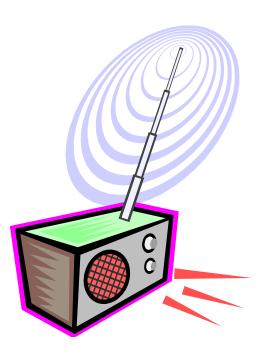


- Secure outdoor objects
- Shutter windows and secure outside doors





- Avoid showering or bathing
- Avoid using corded telephones
- Unplug appliances
- Listen to a batteryoperated radio for information





During a Thunderstorm

- If you are outside:
- Avoid natural lightning rods: hilltops, open fields, beaches, or a boat on the water
- Avoid isolated sheds or small structures in open areas
- Avoid anything metal
- Seek shelter in a low area



During Thunderstorms and Lightning

If you are on open water:

Get to land and find shelter
 immediately





During Thunderstorms and Lightning

- If you feel your hair stand on end:
- Squat low to the ground; place hands over ears, head between knees
- Make yourself the smallest target possible



After a Thunderstorm

To assist a victim of lightning:

- Call 9-1-1 as soon as possible
- Check:
 - Breathing
 - Heartbeat
 - Pulse



Tornadoes





Facts About Tornadoes

- Nature's most violent storms
- Every state is at some risk
- Tornadoes may strike quickly with little or no warning
- They generally occur near the trailing edge of a thunderstorm

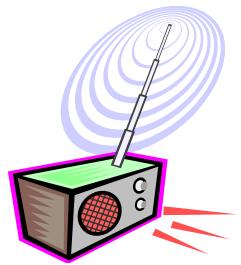


- Tornado watch—tornadoes are possible; remain alert for approaching storms
- Tornado warning—a tornado has been sighted or indicated by weather radar; take shelter



Before a Tornado

- Consider building a safe room
- Be alert to changing weather conditions
- Listen to radio or TV for information





Before a Tornado

- Look for approaching storms
- Look for danger signs:
 - Dark, greenish sky
 - Large hail
 - Large, dark low-lying cloud
 - Loud roar



During a Tornado

- Go to a shelter
- Immediately get out of a vehicle, trailer, or mobile home





During a Tornado

- If outside, lie flat in a ditch or depression and cover your head
- Do not get under an overpass or bridge
- Never try to outrun a tornado
- Watch out for flying debris



Floods





Facts About Floods

- One of the most common hazards in the United States
- Some floods develop slowly
- Flash floods develop quickly
- Risks are greater in low-lying areas, near water, or downstream from a dam



- Flood/Flash flood watch flooding is possible
- Flood warning—flooding is occurring or will occur soon
- Flash flood warning—a flash flood is occurring; seek higher ground



Before a Flood

- Buy flood insurance
- Avoid building in a floodplain
- Elevate furnace, water heater, and electric panel
- Install check valves in sewer traps
- Construct barriers
- Seal basement walls



During a Flood

• Listen to radio or TV for information



- Move immediately to high ground
- Be aware of streams, drainage channels, and canyons



During a Flood

- If you have to evacuate, and time permits:
- Secure your home
 - Bring in outdoor furniture
 - Move essential items to an upper floor
- Turn off utilities



During a Flood

- Do not walk through moving water
- Do not drive into flooded areas





After a Flood

- Listen to radio or TV for information
- Avoid floodwaters and moving water
- Be aware of areas where floodwaters have receded
- Stay away from downed power lines



After a Flood

 Return home only when authorities indicate it is safe





After a Flood

- Use caution when entering buildings
- Service damaged septic tanks, cesspools, pits, and leaching systems
- Clean and disinfect damaged property



Wildfires





Extreme Heat



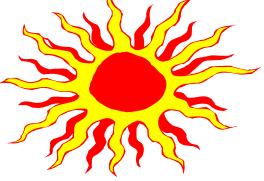


Facts About Extreme Heat

- Most heat disorders occur because the victim has been overexposed or has overexercised
- Particularly susceptible are older adults, young children, the sick, and overweight



- Heat wave—prolonged period of excessive heat
- Heat index—a number in degrees (F) adding relative humidity to the air temperature





- Heat cramps—muscular pains and spasms; first signal of trouble with heat
- Heat exhaustion—result of loss
 of body fluid



- Heat stroke—life threatening condition; temperature control stops working
- Sun stroke—another term for heat stroke



Before Extreme Heat

- Install window air conditioners
- Check air-conditioning ducts
- Install temporary window reflectors



Before Extreme Heat

- Weather-strip doors and sills
- Cover windows that receive morning or afternoon sun
- Keep storm windows up all year



During a Heat Emergency

- Stay indoors, on the lowest floor, out of the sun
- Eat light meals and drink plenty of water
- Limit intake of alcoholic beverages
- Dress in loose-fitting, light-colored clothing



During a Heat Emergency

- Protect face and head by wearing a wide-brimmed hat
- Check on family, friends, and neighbors
- Never leave children or pets alone in vehicles

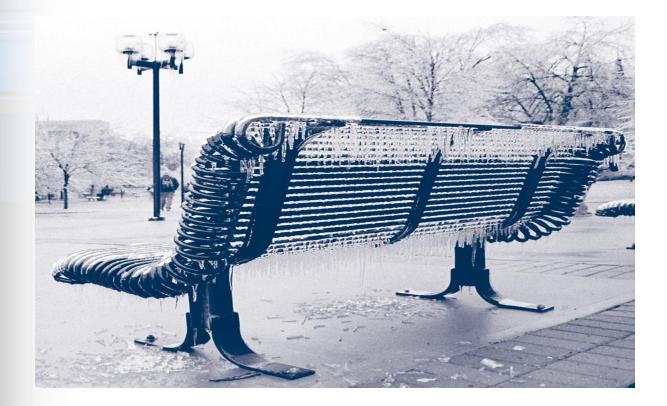


During a Heat Emergency

- Avoid strenuous work during the warmest part of the day
- Know the signs of heat-induced illness and how to treat it



Winter Storms and Extreme Cold





Facts About Winter Storms and Extreme Cold

- Heavy snowfalls can immobilize an entire region
- Winter storms can result in flooding, storm surge, closed highways, blocked roads, downed power lines, and hypothermia



Know the Terms

- Freezing rain rain that freezes when it hits the ground
- Sleet—rain that turns to ice pellets before reaching the ground





Know the Terms

- Winter storm watch—a winter storm is possible in your area
- Winter storm warning—a winter storm is occurring or will soon occur



Know the Terms

- Blizzard warning—sustained winds and considerable amounts of snow for a period of three hours or longer
- Frost/Freeze warning—below freezing temperatures expected



Before a Winter Storm

- Add to your disaster supplies kit:
 - Rock salt to melt ice
 - Sand to improve traction
 - Snow shovels
- Prepare to rely on alternate heating sources
- Winterize your car



Dress for the Weather

- Wear several layers of loose fitting clothing
- Wear mittens, rather than gloves
- Wear a hat
- Cover your mouth with a scarf to protect your lungs





During a Winter Storm

- Listen to radio or TV for information
- Eat regularly and drink ampleting fluids

CCC

 Avoid overexertion when shoveling snow



During a Winter Storm

- Watch for signs of frostbite
- Watch for signs of hypothermia
- Conserve fuel
- Maintain ventilation when using kerosene heaters
- Drive only if absolutely necessary



If a Blizzard Traps You in the Car

- Pull off the highway
- Turn on hazard lights
- Remain in your vehicle
- Run the engine and heater ten minutes an hour
- Exercise to maintain body heat



If a Blizzard Traps You in the Car

- Take turns sleeping
- Drink fluids
- Conserve battery power
- Turn on the inside light at night



If a Blizzard Traps You in the Car

- If stranded in a remote area, mark large block letters in the snow (SOS or HELP)
- Once the blizzard passes, proceed on foot if necessary



Hurricanes





Earthquakes



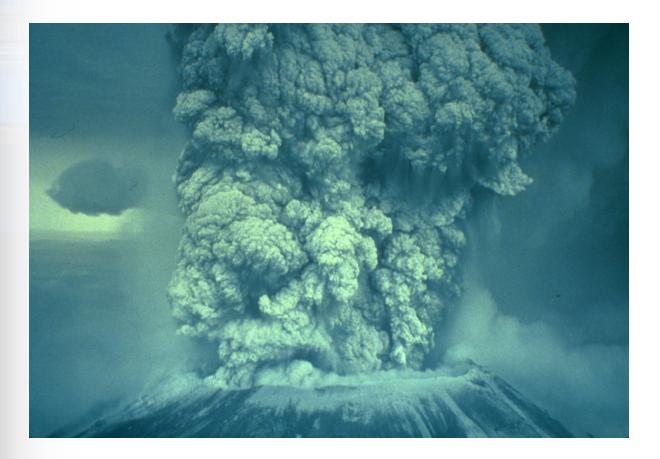


Landslides and Debris Flow





Volcanoes





Tsunamis





Hazardous Materials Incidents





Facts About Hazardous Materials

- Chemicals are found everywhere but can be hazardous if used or released improperly
- Hazards can occur during production, storage, transportation, use, or disposal



Facts About Hazardous Materials Incidents

Sources include:

- Chemical manufacturers
- Service stations
- Hospitals
- Hazardous materials waste sites



Before a Hazardous Materials Incident

- Learn about community emergency planning
- Add to your disaster supplies:
 - Plastic sheeting
 - Duct tape and scissors



During a Hazardous Materials Incident

 Listen to radio or TV for information





During a Hazardous Materials Incident

- If advised to evacuate, do so immediately
- If outside, stay upstream, uphill, and upwind
- If in a car, stop and seek shelter



During a Hazardous Materials Incident

- If advised to stay indoors:
 - Close doors, windows, and vents
 - Turn off ventilation systems
 - Go to a shelter room; seal the room



After a Hazardous Materials Incident

- Return home only when authorities say it is safe
- If you have been exposed to hazardous chemicals, follow instructions from local authorities for decontamination procedures



After a Hazardous Materials Incident

- Consult authorities about cleaning your property
- Report any lingering vapors or hazards



Household Chemical Emergencies





Before a Household Chemical Emergency

- Buy only as much of a chemical as you will use
- Keep products in original containers
- Store and dispose of hazardous household chemicals properly
- Follow manufacturer's instructions



Before a Household Chemical Emergency

- Never smoke while using household chemicals
- Never use chemicals near an open flame
- Clean spills immediately
- Post the national poison control number: (800) 222-1222



Toxic Poisoning

Recognize the symptoms:

- Difficulty breathing
- Irritation of eyes, skin, throat, or respiratory tract
- Changes in skin color



Toxic Poisoning

Recognize the symptoms:

- Headache or blurred vision
- Dizziness
- Clumsiness or lack of coordination
- Cramps or diarrhea



During a Household Chemical Emergency

If there is danger of fire or explosion:

- Get out of the residence immediately
- Stay upwind to avoid breathing toxic fumes



During a Household Chemical Emergency

- If someone has been exposed to a chemical:
- Find the container of the substance if readily available
- Call emergency medical services
- Follow emergency operator's instructions



Nuclear Power Plants





Facts About Nuclear Power Plants

- Nuclear power plants operate in most states
- Facilities are monitored by the Nuclear Regulatory Commission



Facts About Nuclear Power Plants

- An accident could result in dangerous levels of radiation
- If an accident occurs, authorities would activate warning systems



Minimizing Exposure to Radiation

- Distance
- Shielding
- Time



Know the Terms

- Notification of an unusual event—no radiation, no action
- Alert—small amounts of radiation, no action
- Site area emergency—listen to your radio for safety information
- General emergency—radiation could leak, listen to your radio and follow instructions



Before a Nuclear Power Plant Emergency

- Obtain public emergency information materials
- Learn about community emergency planning



During a Nuclear Power Plant Emergency

If you are told to evacuate:

- Keep car windows closed
- Listen to the radio for information



During a Nuclear Power Plant Emergency

If you are told to remain indoors:

- Turn off the air conditioner, ventilation fans, and furnace
- Go to a basement or underground room
- Do not use the phone unless absolutely necessary



During a Nuclear Power Plant Emergency

- If you suspect you have been exposed to radiation:
- Change clothes and shoes; put exposed clothing in a plastic bag and seal it
- Take a thorough shower



After a Nuclear Power Plant Emergency

 Seek medical treatment for any unusual symptoms





Biological Threats

- Bacteria
- Viruses
- Toxins

Delivery methods:

- Aerosols
- Animals
- Food and water
- Person-toperson



Before a Biological Attack

- Ensure immunizations are up to date
- Consider installing a HEPA filter



During a Biological Attack

- If you become aware of a suspicious substance:
- Move away
- Wash with soap and water
- Contact authorities
- Listen to media for instructions
- Seek medical attention if you become sick





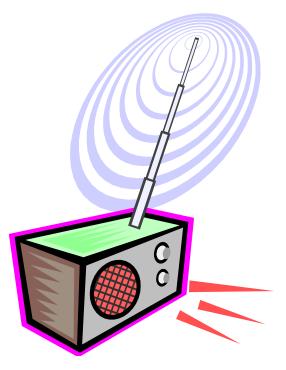
During a Biological Attack

- If you are exposed to a biological agent:
- Remove and bag your clothes
- Follow decontamination
 instructions
- Wash with soap and water
- Seek medical assistance



After a Biological Attack

Pay attention to official warnings and instructions





Chemical Threats





Before a Chemical Attack

- Add to your disaster supplies:
 - Duct tape and scissors
 - Plastic sheeting
- Choose an internal room to shelter



During a Chemical Attack

In your home of office building:

- Close doors and windows; turn off ventilation
- Seek shelter in an internal room; take disaster supplies
- Seal the room
- Listen to radio for instructions



During a Chemical Attack

If you are in an unprotected area:

- Move away immediately
- Get upwind of contaminated area
- Find shelter



After a Chemical Attack

- Follow decontamination guidelines
- Do not leave shelter until authorities announce it is safe
- Seek medical assistance



Decontamination Guidelines

- Use caution when helping others
- Remove all clothing
- Flush eyes with water
- Wash face and hair
- Change into uncontaminated clothes
- Proceed to a medical facility



Explosions





During an Explosion

- Get under a sturdy table or desk
- Leave the building as quickly as possible
- Exit without using elevators
- Do not stand in front of windows or glass doors
- Do not block sidewalks or streets used by emergency officials



During an Explosion

If you are trapped in debris:

- Use a flashlight to signal rescuers
- Avoid unnecessary movement
- Cover your nose and mouth
- Use a whistle and/or tap on the wall to signal rescuers
- Shout only as a last resort



Nuclear Blast





Facts About a Nuclear Blast

- The effect of the hazard will be defined by:
- Size of the device
- Height above ground the device was detonated
- Nature of the surface beneath the explosion
- Existing meteorological conditions



Facts About a Nuclear Blast

- Individuals may be affected by radioactive fallout
- A nuclear weapon can create an electromagnetic pulse
- Protection from fallout requires sheltering



Nuclear Blast

Factors for protecting oneself:

- Distance
- Shielding
- Time



Before a Nuclear Blast

- Locate designated fallout shelters
- Identify safe places to shelter
- Increase your disaster supplies to be adequate for up to two weeks



Blast Shelters

- Constructed to offer protection against blast pressure
- Cannot withstand a nuclear explosion



Fallout Shelters

- Not specifically constructed for fallout
- Protected space thick and dense enough to absorb radiation



During a Nuclear Blast

If an attack warning is issued:

- Take cover below ground if possible
- Listen for official information and instructions



During a Nuclear Blast

If you are outside:

- Do not look at the flash or fireball
- Take cover behind anything that might offer protection
- Lie flat on the ground and cover your head
- Take shelter as soon as you can



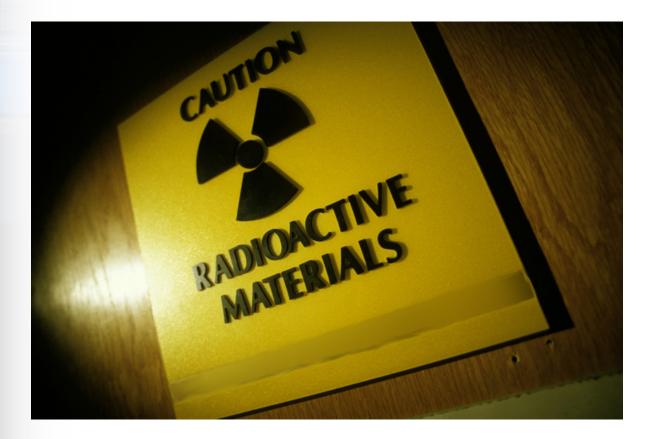
After a Nuclear Blast

- Listen to the radio to determine when it is safe to leave your shelter
- Stay away from damaged areas





Radiological Dispersion Device (RDD)





Facts About RDD

- Often referred to as a "dirty bomb"
- Combines a conventional device —such as a bomb—with radioactive material
- Designed to scatter dangerous and sub-lethal amounts of radioactive material



Before an RDD Event

- Modify your disaster supplies to be adequate for two weeks
- Locate designated fallout shelters
- Identify safe places to shelter



During an RDD Event

If outdoors:

- Seek shelter indoors
- Move upwind if shelter is not available
- Listen for official instructions and follow directions



During an RDD Event

If indoors:

- Time permitting, close windows, vents, fireplace dampers, exhaust fans, and clothes dryer vents
- Seek shelter in an underground or interior room
- Seal windows and external doors
- Listen for official instructions



After an RDD Event

- Listen to the radio to determine when it is safe to leave your shelter
- Stay away from damaged areas





Terrorism





General Guidelines

- Be aware of your surroundings
- Leave if something does not seem right
- Take precautions when traveling



General Guidelines

- Locate emergency exits and emergency supplies in buildings you frequent
- Be prepared to do without basic services such as electricity, telephone, gas, ATM, and Internet



General Guidelines

- Work with building owners to ensure on each floor:
- Battery-operated radio
- Flashlights
- First aid kit
- Hard hats and dust masks
- Fluorescent tape to rope off dangerous areas



Homeland Security Advisory System





Civilian Guidance Low Risk

- Develop a family emergency plan
- Create an emergency supply kit
- Be informed
- Know where to shelter
- Examine volunteer opportunities



Civilian Guidance Guarded Risk

- Complete recommended steps at level green
- Review stored disaster supplies and replace items that are outdated
- Be alert to suspicious activity and report it to authorities



Civilian Guidance Elevated Risk

- Complete steps at levels green and blue
- Ensure disaster supplies are stocked and ready
- Update phone numbers in family emergency plan
- Develop alternative routes to work or school
- Be alert for suspicious activity



Civilian Guidance High Risk

- Complete steps at lower levels
- Exercise caution when traveling
- Review your family emergency plan
- Be patient; expect delays
- Check on neighbors



Civilian Guidance Severe Risk

- Complete recommended steps at lower levels
- Listen to emergency management officials
- Stay tuned to TV or radio
- Be prepared to shelter or evacuate



Civilian Guidance Severe Risk

- Expect traffic delays and restrictions
- Provide volunteer services only as requested
- Contact school and business to determine status



Recovering From Disaster





Aiding the Injured

- Check for injuries
- Avoid moving a seriously injured person
- Perform mouth-to-mouth resuscitation if necessary
- Maintain body temperature
- Never feed liquids to an unconscious person



Health

- Be aware of the potential for exhaustion
- Drink plenty of clean water
- Eat well
- Wear sturdy work boots and gloves
- Wash hands thoroughly when working in debris



Safety Issues

- Be aware of new safety issues created by the disaster
- Inform local authorities about:
 - Chemical spills
 - Downed power lines
 - Washed out roads
 - Smoldering insulation
 - Dead animals



Returning Home

- Keep a batterypowered radio
- Use a flashlight to inspect a damaged home





Returning Home

- Watch out for animals
- Use the phone only in emergencies
- Stay off the streets



Before You Enter Your Home

- Inspect the outside
- Have your residence inspected if you are unsure
- Do not enter if:
 - You smell gas
 - Floodwaters remain
 - Home is declared unsafe by authorities



Going Inside Your Home

- Enter carefully and check for damage
- Be aware of loose boards and slippery floors





Going Inside Your Home

Check for:

- Natural gas
- Sparks, broken or frayed wires
- Roof, foundation, and chimney cracks
- Damp appliances



Going Inside Your Home

Check for:

- Damaged water and sewage systems
- Contaminated food and other supplies
- Water in your basement
- Objects that may fall from cabinets



Wildlife and Other Animals

- Do not approach an injured or trapped animal; call animal control
- Do not attempt to move a dead animal; call local emergency management or health department
- If bitten, seek immediate medical attention



Coping With Disaster

- Educate yourself about the effects of disaster events
- Recognize signs of disaster related stress
- Take steps to ease disaster related stress



Coping With Disaster

• Be aware of the special needs of children





Helping Others

- Volunteer CERT, Salvation Army, Red Cross, ...
- Bring your own supplies to the emergency area
- Donate money





??? Questions ???

Where can you learn more? fema.gov, Ready.gov & redcross.org