

**Emergency
Preparedness**
Village of Campton Hills
Spring 2014

What We Will Cover

Why We Prepare

Create a Disaster Kit

Shelter

Evacuation Plan

Warning Systems and Sirens

Resources

Types of Disasters Common to this Area

Other Types of Disasters

Hazardous Materials

Department of Homeland Security

Train Hazards

Why We Prepare

Benefits:

- “ Reduce fear, anxiety and losses
 - “ To know what to do next
- “ Reduce the impact of disasters

Local assistance will do their best to help you, but it may take some time.

Be prepared to be self-sufficient for at least 3 days.

Create a Disaster Kit

Basic Disaster Kits should include:

- ✓ 3 day supply of non-perishable food
- ✓ 3 day supply of water . one gallon of water per person, per day
- ✓ Portable, battery-powered radio or TV and extra batteries
- ✓ Flashlight and extra batteries
- ✓ First aid kit and manual
- ✓ Sanitation and hygiene system (moist towellettes and toilet paper)
- ✓ Matches stored in a waterproof container
- ✓ A whistle
- ✓ Extra clothing
- ✓ Kitchen accessories and cooking utensils, including a can opener
- ✓ Photocopies of credit and ID cards
- ✓ Cash and coins

Shelter

Where is the nearest shelter?!

Evacuation Plan

ALWAYS:

- . Keep a full tank of gas in your car if evacuation seems likely.
- . Make transportation arrangements if you don't own a car.
- . Listen to a battery-powered radio and follow local evacuation instructions.
- . Gather your family and go!
- . Leave early enough to avoid being trapped
- . Follow recommended evacuation routes.
- . Be alert for washed out roads and bridges.
- . Stay away from downed power lines.

IF TIME PERMITS:

- . Gather your disaster supplies kit.
- . Wear sturdy shoes and clothing
- . Secure your home: close and lock doors and windows, unplug electrical equipment, but leave the refrigerator and freezer plugged in unless there is a risk of flooding.
- . Let others know where you are going.

Campton Hills' Evacuation Plan

Does Campton Hills have
an evacuation plan?

Warning Systems and Signals



National Oceanic & Atmospheric
Administration (NOAA) Weather Radio App
(Free in Google Play)

Resources

American Red Cross National Headquarters

2023 E Street, NW
Washington, DC 20006
202-303-4498

www.redcross.org

National Weather Service

1325 East West Highway
Silver Spring, MD 20910

www.nws.noaa.gov

Centers for Disease Control and Prevention

1600 Clifton Road
Atlanta, GA 30333
404-639-3534 or 800-311-3435

www.cdc.gov

U.S. Geological Survey

Information Services
P.O. Box 25286
Denver, CO 80225
888-275-8747

www.usgs.gov

Floods

” Be Prepared:

- . Elevate the furnace, water heater, and electric panel
- . Install check valves in sewer traps
- . Construct barriers to stop floodwater
- . Seal walls in basements

<http://www.floodsafety.noaa.gov/>

Floods

“ During a flood

- . Listen to the radio or TV
- . Be aware that flash flooding can occur
- . Be aware of streams, drainage channels, canyons, etc

“ If you must evacuate:

- . Secure your home
- . Turn off utilities
- . Do not walk through moving water
- . Do no drive into flooded areas

Floods

” After the flood:

- . Listen for news for when water is safe to drink
- . Avoid floodwaters & moving water
- . Be aware of areas where floodwaters have receded
- . Stay away from downed power lines
- . Return home only when authorities indicate its safe
- . Use extreme caution when re-entering buildings
- . Service damaged septic tanks, cesspools, pits, and leaching systems as soon as possible
- . Clean and disinfect everything that got wet

Tornado

Tornado Watch

- “ Tornadoes are possible
- “ Remain alert for approaching storms

Tornado Warning

- “ A tornado has been sighted
- “ Take shelter immediately

Tornado

IF YOU ARE IN...	THEN...
A structure	Go to a pre-designated shelter area such as a safe room, basement, storm cellar, or the lowest building level
A vehicle, trailer, or mobile home	Get out immediately
The outside with no shelter	Lie flat Do not get under an overpass or bridge Never try to outrun a tornado Watch out for flying debris

Thunder & Lightning

Severe Thunderstorm Watch:

When and where storms are likely to occur.

Severe Thunderstorm Warning:

Severe weather has been spotted.

Thunder & Lightning

IF YOU ARE...	THEN...
In a forest	Seek shelter in a low area
In an open area	Go for a low place like a ravine or valley
On open water	Get to land and find shelter
Anywhere you feel your hair stand on end	Squat low to the ground on the balls of your feet.

Winter Storms and Extreme Cold

- “ Freezing Rain:
 - . Rain that freezes, creating a coating of ice on EVERYTHING
- “ Sleet:
 - . Rain that turns to ice pellets before reaching the ground
- “ Winter Storm Watch:
 - . Possible winter storm for your area
- “ Winter Storm Warning:
 - . A winter storm is occurring or will soon occur in your area
- “ Blizzard Warning:
 - . Sustained winds, considerable amounts of snow are expected
- “ Frost/Freeze Warning:
 - . Below freezing temperatures expected

Winter Storms and Extreme Cold

Take Protective Measures:

- “ Winterize your home
- “ Winterize your car
- “ Dress appropriately

Winter Storms and Extreme Cold

” During a Winter Storm:

- . Listen to your radio
- . Eat regularly
- . Avoid overexertion when shoveling snow
- . Watch for signs of frostbite
- . Watch for signs of hypothermia
- . Conserve fuel
- . Maintain ventilation when using kerosene heaters
- . Drive only if absolutely necessary

Winter Storms and Extreme Cold

” If trapped in your car

- . Pull off the highway
- . Remain in your vehicle
- . Run the engine and heater about 10 minutes each hour.
- . Exercise to maintain body heat, but avoid overexertion.
- . Take turns sleeping.
- . Drink fluids to avoid dehydration.
- . Be careful not to waste battery power.
- . Turn on the inside light at night.
- . If stranded in a remote area, walk out+HELP or SOS
- . Leave the car and proceed on foot . if necessary . once blizzard passes

Extreme Heat

Terms to Know:

” Heat Wave

” Heat Index

” Heat Cramps

” Heat Exhaustion

” Heat Stroke

” Sun Stroke

Extreme Heat

” To Prepare for Extreme Heat:

- . Install window AC units snugly
- . Check AC ducts for proper insulation
- . Install temporary window reflectors
- . Weather-strip doors and window sills
- . Cover windows that receive the most sunlight
- . Keep storm windows up all year

Extreme Heat

During a Heat Emergency:

- . Stay indoors
- . Stay on the lowest floor
- . Consider going to a community facility for AC
- . Eat well-balanced, light, and regular meals
- . Drink plenty of water
- . Limit intake of alcohol
- . Dress in loose-fitting, lightweight clothes
- . Protect your face and head
- . Check on those who don't have AC or spend time/live alone
- . Never leave children or pets in closed vehicles
- . Avoid strenuous work

Extreme Heat

Conditions	Symptoms	First Aid
Sunburn	Skin redness and pain	<ul style="list-style-type: none"> ” Take a shower ” Apply dry, sterile dressings to blisters
Heat Cramps	Painful spasms in leg & abdominal muscles; heavy sweating	<ul style="list-style-type: none"> ” Move victim to cooler location ” Lightly stretch ” Give sips of cool water
Heat Exhaustion	Heavy sweating; weak pulse; fainting, dizziness, nausea, vomiting, exhaustion and headaches possible	<ul style="list-style-type: none"> ” Have victim lie down ” loosen/remove clothing ” Apply cool, wet cloths ” Fan or move victim to cool place ” Give sips of cool water ” Seek immediate medical attention if vomiting occurs
Heat Stroke	High body temp (105+); victim may not sweat; possible unconsciousness	<ul style="list-style-type: none"> ” Call 911 ” Move victim to cool location ” Remove clothing ” Try a cool bath

Earthquakes

Terms to Know:

- . Earthquake
- . Aftershock
- . Fault
- . Epicenter
- . Seismic Waves
- . Magnitude

Earthquake

Steps to protect yourself and your family:

- ” Repair defective utility connections
- ” Bolt down appliances
- ” Place large, heavy objects on low shelves
- ” Store breakables on low shelves
- ” Anchor overhead lighting fixtures
- ” Be sure building is anchored to foundation
- ” Install flexible pipe fittings
- ” Locate safe spots in each room under a table
- ” Hold drills . drop, cover, and hold on!

Earthquake

If you are:	Then:
In a moving vehicle	" Stop as quickly as you can safely " Stay in the vehicle " Proceed cautiously once the earthquake as stopped
Trapped under debris	" Do not light a match " Do not move or kick up dust " Cover your mouth with a handkerchief or clothing " Tap on a pipe or wall so rescuers can locate you

Other Concerns

Volcanoes

Mudslides

Hurricanes

Tsunamis

Landslides

Wildfires

Hazardous Materials



BIOHAZARD

Homeland Security Chart




Train Safety





Any questions?



Now that you've completed the Outreach Volunteer training, would you consider being a Lead Volunteer?!