



Cottage Community Members Emergency Preparedness Plan



“Steady” and “Ready”

2023

DEDICATION

The Rivers Run Emergency Preparedness Plan is dedicated to all firefighters, policemen, safety officers and all other First Responders who save and protect us.

Permission to use the logo design must be obtained in writing through the Rivers Run Homeowners Association President,
Rochester, NY 14623

A MESSAGE TO OUR NEIGHBORS AT RIVERS RUN

When a disaster or serious emergency strikes an area, “911” and other local response capabilities are often at first overwhelmed. For this reason, FEMA and Red Cross officials ask each person to share the responsibility of “First Response.” To do this, we should all prepare a personal emergency response plan and an emergency survival kit. We should also consider our needs and evaluate our ability to help ourselves and cooperate with others in a variety of possible emergency situations.

Here at Rivers Run, we will share these responsibilities as a community. Therefore, we have created a Rivers Run Cottage Emergency Preparedness Plan.

Preparation: This handbook suggests ways to respond to the most common emergencies in our Rochester area and tips to assist you in the organization of your emergency survival kits.

Coordinated Group Response during Disasters: Our cottage community is organized into five neighborhood groups. Each neighborhood has an emergency action team of volunteers with a designated team captain who will be available to provide you with assistance.

Our goal is to create a secure environment where every Rivers Run resident will indeed be “steady” and all of our cottages will be “ready” in the event a disaster strikes. The best guide to preparedness is:

- **Put together a survival kit**
- **Have a plan ready to implement on a moment’s notice**
- **Keep personal emergency information current**
- **Keep informed of progress of emergency**
- **Follow instructions**
- **AND MOST IMPORTANT ... Keep your Rivers Run Emergency Preparedness Plan Handbook available**

If we are ordered to “Evacuate,” official First Responders from the Fire Department and/or Sheriff’s Department will come to Rivers Run and find us all calmly waiting for them with our “to go kits” and “carrier enclosed pets” by our sides.

Either staying, sheltering in place, or evacuating can be difficult, complex and possibly dangerous.

Being Prepared and Working Together is our Best Protection

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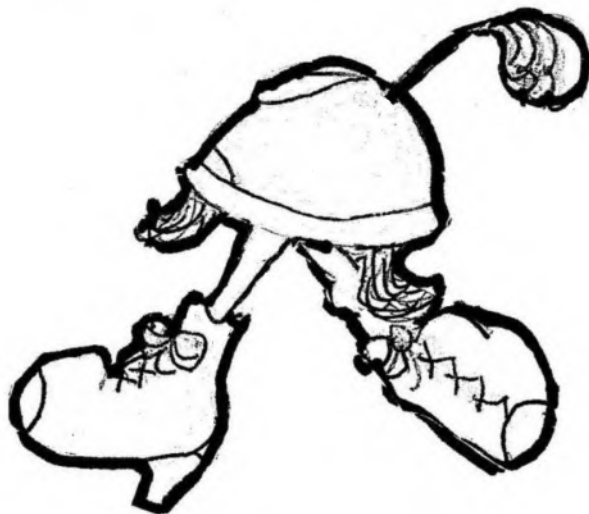
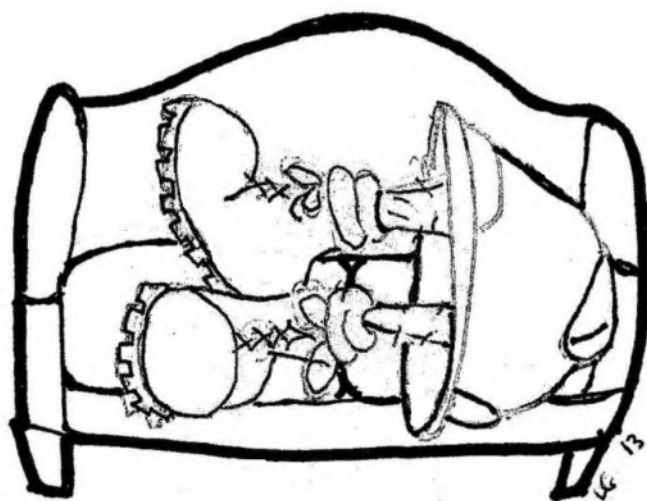
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ACKNOWLEDGEMENTS

STAY...OR FLEE!



STAY ... OR FLEE!

Always keep your Rivers Run Emergency Preparedness Plan Handbook available as a handy reference guide.

THINK AHEAD – PREPARE YOUR SURVIVAL KIT

FOOD	WATER/OTHER (for drinking/sanitation)
3-day supply of non-perishable high energy food Paper cups/plates/utensils/towels, manual can opener Matches in waterproof box, Coleman stove, propane fuel All-purpose knife Aluminum Foil and plastic wrap	3 gallons/person (1 gal/person/day) Garbage bags, ties, plastic bucket with tight lid Personal hygiene items, toothbrush, toilet paper, etc. Disinfectant, Regular Clorox (8 or 16 drops/1 gal water) Fill bathtub full of water, moist towelettes Put large containers of water in freezer; freeze bottles of water to drink and keep refrigerator cold if power out
ILLUMINATION & COMMUNICATION	CLEAN AIR
Flashlights/lantern, signal flare Extra batteries of appropriate sizes w/distant exp date Cell phone & charger, battery powered radio NOAA weather radio with toner alert Whistle to signal for help, compass Writing paper, pen, pencil	Dust Mask or cotton t-shirt to filter air Plastic sheeting & duct tape Non-sparking wrench or pliers to turn off gas Fire extinguisher
CLOTHING & BEDDING	FIRST AID KIT/MISCELLANEOUS
One complete change of winter/summer clothing/person (i.e., jacket or coat, long pants, long sleeve shirt, sturdy shoes/boots, hat & sturdy gloves) (or sunscreen, umbrella, wide brimmed hat, shade items) Sleeping bag or warm blanket/person Rain gear, tent or plastic sheeting	First aid book or print out info on www.ready.gov First aid kit, non-latex sterile gloves, needle/thread Cash or traveler's checks, change Extra house/car keys/keys to where you might be going Medicine dropper or teaspoon Pack of cards, reading materials
MEDICATIONS	IMPORTANT PAPERS/DOCUMENTS (electronic/copies)
Special diet items Assistive devices (glasses, contacts, hearing aids, extra batteries) Up-to-date copy of medications w/dosages & purpose OTC & prescription medications – minimum 3-day supply (pain, digestive, skin/mouth/eye, sanitary, allergies, diabetes, heart, etc.)	Wills, living wills, power of attorney, deeds Insurance – homeowners, auto, life (company, phone #, agent's name/phone #) Credit cards, personal ID card, Social Security #/card Serial # of medical devices (wheelchair, pacemaker) Bank account/investment account numbers, passwords Names/phone # of attorney/accountant/financial adv. Birth certificate, passport, marriage certificate Emergency contact names/number for family/friends Save electronically to thumb drive; keep extra hard copy
VEHICLE SUPPLY LIST	PETS SUPPLY KIT
Jumper cables, tow rope, shovel Cat litter or sand for better tire traction Ice scraper/snow brush Flares or reflective triangle, Tire repair kit (seal leak) Full gas tank Maps of local roads, list of shelters, official evac. routes Extra car and house keys, camera Plus, above First Aid, Food, Water, Illumination, Clothing, etc.	Containment – pet carrier with blanket/toys Restraint – sturdy leash, collar, harness, muzzle ID – name tag, rabies tag license, photo ID w/owner Documents - vet papers, ownership/registration, license Food/water – 3–7-day supply, feeding bowls, can opener Sanitary – litter/scoop, newspapers, plastic bags First Aid/Medications & permission note Information on feeding schedules, medical conditions, behavior problems in case you need to foster/board pet

HAVE A PLAN READY TO IMPLEMENT ON A MOMENT'S NOTICE

- Create Emergency Contact Lists (keep addresses current, check annually)
 - List of Family members and close friends
 - List of health and medical contacts
 - List of local medical health & safety authorities
 - **Make sure your neighbors know when you are out of town and how to reach you**
- Choose Possible Sites for Residence after Evacuation
 - Decide in advance where you would go in case you can't return home. You will need to find temporary or permanent living quarters. This could mean staying in a public shelter or hotel, living with friends or relatives, or renting a home or apartment so discuss options now. Write them down and share them with family/friends.
- Take Steps to Protect Your Property Investments
 - Inventory the contents of your home and take photos or videos of both the exterior and interior. Record contents of closets, cabinets and drawers. Keep electronically on a thumb drive plus back-up copies in a safe, separate location if possible.
 - **Know where and how to shut off electricity, gas and water at main switches and valves; keep a non-sparking wrench handy – Our electricity is in the utility room in the garage (could be in the furnace room or in a 2nd utility room); gas is outside where the gas meter is located; water is in the garage in the utility room with the furnace. (Note: some people have two utility rooms, some have one.)**

KEEP INFORMED OF THE PROGRESS OF THE EMERGENCY

- **Turn on TV/radio for specific instructions and information. Do what they say.**
- Local TV Channels and Radio FM and AM stations will all report emergencies, cancellations, and closing announcements (NOTE: TV 8, 10, and 13, all carry closed captioned emergency announcements.)
- Official reports originate from: Monroe County Office of Emergency Preparedness; The National Weather Bureau; Town of Henrietta Highway Department

EXAMPLES OF POSSIBLE IMPACT OR DAMAGE ON INFRASTRUCTURE:

Damage to:	Possible Effects:
Transportation	Inability to assess damage accurately Ambulances/Police/Fire Dept/First Responders prevented from reaching victims Flow of needed supplies (food, water, etc.) is interrupted Roads are closed and/or impassable
Structures	Damaged critical facilities (hospitals, fire/police stations, airports unable to function Increased risk of damage from falling debris
Communication Systems	Victims unable to call for help; families and friends cannot communicate Coordination of services is hampered
Utilities	Loss of service and limited access to fuel (pumps will not work) Increased risk of fire or electrical shock Loss of contact between victims and service providers
Water Service	Medical facilities hampered Inadequate water flow hampering firefighting, boiling water, risk to public health
Fuel Supplies	Increased fire/explosion from fuel line rupture; risk of asphyxiation
Financial Services	ATM machines do not work; credit card systems inoperable

STAY AT HOME OR SHELTER IN PLACE

In some cases, depending on the emergency, you might need to “shelter in place” on a temporary basis or told to “stay at home” which means stay where you are and make yourself as safe as possible until the emergency passes or you are told to evacuate.

- Remain indoors, listen to TV/radio for emergency messages and follow all instructions given by authorities.
- Be prepared to be on your own and have additional food/water for 7-14 days.
- Bring indoors outdoor objects that may fly around, such as patio furniture.

IF THE ELECTRICITY GOES OFF, USE FOOD WISELY:

- First – Use perishable food and foods from the refrigerator and limit opening the refrigerator. The refrigerator will keep foods cool for about 4 hrs. without power if left unopened. Dry ice or a block of ice can be placed in the refrigerator if power is out more than 4 hrs.
 - You can get dry ice at Irish Companies, 535 Buffalo Rd, Rochester, NY 14611 T: 585-254-6844; 25 lbs. should keep a 10-cubic-foot freezer cold for 3-4 days. Use care when handling dry run and wear dry, heavy gloves to avoid injury.
- Second – Use foods from the freezer and, if possible, have a list of items in the freezer taped outside or at least know how things are organized inside to find stuff quickly. (Keeping door shut keeps cold in!) Foods in a well-filled, well-insulated freezer won’t go bad until several days after power goes off. Usually there will be ice crystals in the center of food (which means it’s still okay to eat or refreeze) for 2-3 days after a power failure.
- Third – Use non-perishable foods and staples in your pantry and cabinets.

SAFETY PRECAUTIONS – TIPS ON USING HOUSEHOLD FOODS

When disaster strikes, you may not have electricity or gas for cooking.

HOW DO I PREPARE BEFORE DISASTER STRIKES:

- Stock canned foods, dry mixes, and other staples that do not require refrigeration, cooking, water, or special preparation.
- Be sure to include special dietary needs.
- Keep canned goods in a dry place where the temperature is cool.
- Store boxed foods in tightly closed plastic or metal containers to protect them from pests and to extend shelf life.
- Throw out any canned goods that become swollen, dented or corroded.
- Use foods before they go bad and replace them with fresh supplies.
- Place new items at the back of the storage area and older ones up front.
- Change stored foods/water supplies every 6 months; be sure to write the date you store it on all containers.
- Keep items in airtight plastic bags and put your entire disaster kit in easy-to-carry containers.

TIPS FOR YOUR FREEZER:

- Before a disaster strikes, line your indoor and/or outdoor freezer wall with jugs of bottled water. The frozen bottles can help keep food cold longer if you lose power, plus you'll have extra water once it melts. This also helps keep freezer as full as possible which makes it more efficient.

HOW DO I COOK IN A DISASTER SITUATION:

- For emergency cooking, you can use a charcoal grill, hibachi or propane camping unit or stove – but only do this outdoors.
- NEVER use charcoal in an enclosed environment – it causes deadly fumes.
- Canned food can be heated in the can but remember to remove the paper label, thoroughly wash and disinfect the can (use a diluted solution of one-part bleach to ten parts water) and open the can first. And be careful not to burn your hand since it may be hot!
- Commercially canned foods may also be eaten out of the can without warming.
- Try to limit using salty foods since they can make you thirsty. Also, keep in mind dried foods (pasta, beans, etc.) require extra water and cooking time so may not be good choices during a disaster situation.

SAFETY PRECAUTIONS – TIPS ON WATER PURIFICATION

Water is critical for survival. We can go days, even weeks, without food but we must have water to live! The average person should drink between 2 & 2 ½ quarts of water/day. Plan on storing about 1 gallon/day/person for drinking, cooking, and personal hygiene – and don't forget water for pets! Drink water that you know is not contaminated first. Suspicious water from regular faucets can be used if treated. If not possible, put off drinking suspicious water as long as possible but do not become dehydrated.

HOW DO I PURIFY DRINKING WATER:

- **Boiling** – Boil vigorously for 2-10 min. This will kill most harmful bacteria and parasites. To improve the taste of boiled water, pour it back and forth between two containers to add oxygen back into it.
- **Bleach** – Add 8-16 drops (or 1/8 tsp to 1/4 tsp) of “regular” household bleach/gallon of water, mix well, and let stand for 30 min. A slight smell or taste of chlorine indicates water is good to drink. (NOTE: DO **NOT** use scented bleaches, color safe bleaches or bleaches with added cleaners)
- **Tablets** – Use commercial purification tablets and follow instructions. They are inexpensive and found at most sporting goods stores and some drugstores. (NOTE: Look for products that contain 5.25 to 6.0% sodium hypochlorite as the only active ingredient.)
- **Distillation** – Involves boiling water and collecting the vapor to remove impurities.
- Also learn how to remove water from other places in your home (such as, hot water heater, ice cubes, toilet tanks—not the bowl, etc.) Consider purchasing a certified portable water purification device (pitcher filter, faucet filter, etc.) and pack an extra unit in your Disaster Survival Kit.

OTHER SOURCES OF WATER:

- Melted ice cubes or liquids from canned goods, such as fruit and vegetable juices.
- Water drained from the water heater faucet if the water heater has not been damaged.
- Water dipped from the flush tanks (not the bowls) of home toilets. Bowl water can be used for pets.
- If water pipes are damaged or if local authorities advise you, turn off the main water valves to prevent water from draining away in case the water main breaks.
 - The pipes will be full of water when the main valve is closed.
 - To use this water, turn on the faucet at the highest point in your house which lets air into the system.
 - Then draw water, as needed, from the lowest point in your house, either a faucet or hot water tank.

NOTE: Carbonated beverages do not meet drinking-water requirements. Caffeinated drinks and alcohol dehydrate the body which increases the need for drinking water.

SAFETY PRECAUTIONS – TIPS ON SANITATION OF HUMAN WASTE

In disaster situations, plumbing may not be usable due to broken sewer or water lines, flooding or freezing of the system. To avoid the spread of disease, it is critical that human waste be handled in a sanitary manner.

IF TOILET IS OKAY BUT LINES ARE NOT....

- If water or sewer lines are damaged but toilet is still intact, you should line the toilet bowl with plastic bag to collect waste – but **DO NOT** flush the toilet!
- After use, add a small amount of disinfectant to bag, remove and seal bag (with a twist tie if reusing) and place bag in a tightly covered container away from people to reduce smell.

IF TOILET IS UNUSABLE...

- If the toilet is destroyed, a plastic bag in a bucket may be substituted.
- After use, add a small amount of disinfectant to the bag, and seal or cover bucket.

NOTE: There are also several types of camping toilets and portable toilets that range from low \$\$ to hundreds of \$\$\$. Or get a small shovel so you can at least dig a hole outside like campers do.

DISINFECTANTS

- Below are some easy and effective for home use in sanitation. Choose one to store with your Disaster Survival Kit.
 - Chlorine Bleach: If water is available, a solution of 1-part liquid household bleach to 10 parts water is best. DO NOT use dry bleach (can burn you, corrode, or dissolve things) – it is not safe for this kind of use.
 - Calcium Hypochlorite (e.g., HTH), etc.: Available in swimming pool supply or hardware stores and several large discount stores. It can be used in solution by mixing, then storing. Follow directions on package.
 - Portable Toilet Chemicals: These come in both liquid and dry formulas and are available in RV supply stores. Follow directions on package. These chemicals are designed especially for toilets that are not connected to sewer lines.
 - Powdered, Chlorinated Lime: Available at some building supply stores. Can be used dry and be sure to get chlorinated lime – not quick lime.

...OR FLEE

EVACUATION PROCEDURES

- **Meet outside at the Greenwood Cove Apartments as a gathering spot prior to evacuation**
- Try to carpool, if necessary or allowed to
- Wear appropriate clothing and sturdy shoes
- Take your “emergency survival kit”
- Close and lock all windows and doors.
- Move electronics or valuable objects away from windows and wrap in plastic garbage bags to keep dry.
- Use the travel routes specified by local officials; don’t take short cuts since they may be unsafe.

AVAILABILITY OF PUBLIC SHELTERS

- The American Red Cross may open shelters if the disaster affects a large number of people or it is expected to last for several days. Be prepared to go if –
 - Your area is without electrical power
 - Floodwater is rising
 - Your home is severely damaged
 - Police or other local officials tell you to evacuate
- American Red Cross emergency services are free; these include food, temporary shelter, and basic first aid. Note that provisions are likely to be limited so plan on using your own supplies; such as bedding, clothing, medications, personal needs, water and food.
- You will be advised which shelters take pets; most do not but will make arrangements with veterinarians, boarding kennels, foster care, etc.

ARRIVAL PROCEDURES

- Notify the shelter management of any needs you may have.
- Let your out-of-town contacts know when you left and where you are going.
- Make arrangements for your pets. Take them with you if you leave.
- Smoking, alcoholic beverages, and weapons are prohibited.
- Expect and plan for confined and uncomfortable conditions.

WHAT TO DO AFTER A DISASTER

- Volunteers and Emergency Service personnel usually go door-to-door to check on people. By placing a sign in your window that faces the street near the door, you can let them know if you need them to STOP HERE or MOVE ON (if home is still standing).
- Either use a piece of RED or GREEN construction paper or draw a big RED or GREEN “X” (using a crayon or marker) on a piece of paper and tape it to the window.
 - RED means STOP HERE!
 - GREEN means EVERYTHING IS OKAY – MOVE ON!
 - Nothing in the window would also mean STOP HERE!
- Insurance Matters
 - Understand exactly what your insurance company covers in the event of a disaster.
 - Make sure you take pictures of all damages/loss caused by the disaster.
 - Do not endorse and cash any payment from an insurance company that says “final” unless you are sure it is an adequate payment under your policy’s coverage.
 - Call your mortgage company to see how reimbursements from your home insurance company will be handled.
 - Consider mediation if you are not satisfied with negotiations with your insurance company. In many areas, there is a free public service offered by your state’s insurance commissioner.
 - Consult an attorney; local bar associations working with FEMA often set-up volunteer attorney sites.
- Fraud and Scams
 - Don’t pay cash to a contractor for home repairs, and never give your credit card number unless you are paying the bill with it.
 - Be sure you have a signed contract detailing the work you want to have done, and don’t make a final payment until the work has been done to your satisfaction.
 - Make sure that any contractors, plumbers, electricians, or roofers are bonded, licensed, or registered in your state. You can check their license status with your state or Better Business Bureau.
 - Try to get several bids before agreeing to any work; a one-third down payment is considered appropriate.
 - Beware of home repair loan brokers who guarantee you a loan if you first pay a fee.
 - If you suspect you have been taken advantage of, call your state attorney general’s office.

NOTE: The Homeowner/HOA Matrix of Responsibility is available in the Reference section of your HOA Handbook.

**SUPPORT IS NEARBY –
YOU ARE NEVER ALONE!**



SUPPORT IS NEARBY – YOU ARE NEVER ALONE!

COORDINATED GROUP RESPONSE DURING DISASTERS:

Rivers Run community has neighbors who have volunteered to assist the community stay calm and organized during a disaster through coordination and communication. RR is organized into five neighborhood groups and each neighborhood has a disaster emergency action team of volunteers, with a designated team leader who will be available to provide you with assistance. These teams are listed below and are willing to jump into action during an emergency.

RIVERS RUN NEIGHBORHOOD COMMUNICATION SUPPORT SYSTEM

- **Primary - HOA Board of Directors and Property Management:**
 - Linda McLaughlin, President, H: 585-424-3227; C: 585-406-1919
 - Cy Kastner, Vice President, H: 585-235-0935; C: 585-410-2360
 - Cheryl Lee, Secretary, H: 585-424-4424; C: 585-749-4260
 - Jim Michels, Treasurer, C: 607-279-0907
 - Mary Jane Thomas, At Large, H: 585-272-5499; C: 585-694-0306
 - Crofton Perdue – Eric O’Connell, (585) 248-3840

- **The Five (5) Neighborhood Volunteer Disasters Teams:**
 - **Neighborhood 100, 200, 300**
 - Mary Hayes – Captain (585) 474-5427
 - Cheryl Lee – (585) 749-4260

 - **Neighborhood 400, 500, 600, 700, 800**
 - Shirley Reed – Co-Captain (585) 414-9335
 - Ken Reed – Co-Captain (585) 764-1666
 - Jim Michels - (607) 279-0907

 - **Neighborhood 900, 1000, 1100**
 - Linda McLaughlin – (585) 406-1919

 - **Neighborhood 1200, 1300, 1400, 1500**
 - Sue Rausch – Co-Captain, (585) 272-1147
 - Larry Rausch – Co-Captain, C: (585) 455-1147
 - John and Ruth Hazzard (585) 319-3257

 - **Neighborhood 1600, 1700, 1800**
 - Bill Schmitt – Co-Captain, (585) 953-9919
 - Marty Schmitt – Co-Captain, (585) 953-3450
 - Richard Biedenbach - (585) 315-0333
 - Linda Biedenbach – (585) 705-7393

REMINDER:

Let your neighbors know if you hear ANYTHING!

Let your neighbors know if you will be out of town and how to contact you.

Have a list of your emergency contacts available.

HOW THIS NEIGHBORHOOD NETWORK FUNCTIONS:

HOMEOWNER RESPONSIBILITY

1. If you are injured and need assistance Contact Emergency Service Personnel via 911
2. Contact your neighborhood team leader for information, directions.
3. Prepare for the event; collect important papers\documents, make sure you, your family and pets are safe and if necessary ready to leave the property.
4. Help if you can

VOLUNTEER TEAM CAPTAIN'S RESPONSIBILITY

1. Communicate with both the HOA Board President and the unit owners in their designated neighborhood
2. Organize the volunteer support team and appraise them of the situation and assign tasks as needed
3. Make sure all unit residents are accounted for.
4. Maintain a calm and orderly manner.
5. Communication and provide comfort to the community members.
6. Help contact the homeowner's extended Emergency Service Network, if needed

- **Management Company -- Crofton Perdue Associates, Inc.** <http://www.croftoninc.com/>
Eric O'Connell, Property Manager (585) 248-3840

As property managers, our role is to manage the overall maintenance of the property. As in any case of emergency or "disaster," our advice would always be to call 911 first. Of course, we would want to be kept apprised of such an event, but the first action would be to call first responders.

Subsequently Crofton should be notified of the event via Crofton's normal office contact number (585) 248-3840; 24/7, 365 days a year. During weekday business hours, we will have someone from our office answering the phones. After business hours and on weekends, we contract an answering service. They have 24-hour access to our Crofton on-call staffer.

Obviously, potential emergency events cannot be predicted, but we attempt to be accessible in every situation. For example, in the ice storm of 1991, despite our inability to physically reach our office, our staff was still in constant contact with the answering service, responding to homeowners who called in need of assistance.

ROCHESTER COMMUNITY SUPPORT SYSTEM

- **Rochester Area Media and other Community Wide Alert Systems:**

- TV Channels: 8, 9 (Spectrum News), 10, 11, 13, (some closed-captioned messages)
- Radio: WBEE-FM (92.5); WCMF-FM (96.5); WDKX-FM (103.91); WDVI-FM (100.5); WITR-FM (89.7); WPXY-FM (97.9); WRMM-FM (101.3) WXXI-AM (1370); WHAM-AM (1180)
- Online D&C Newspaper www.democratandchronicle.com
- NOAA Weather Radio/All-Hazard Alert Radio.
National Weather Service Website: <https://www.weather.gov/> and NOAA's National Weather Service: <https://www.noaa.gov/weather>

NOTE: Always have a battery-operated or crank powered radio on hand to keep tuned in to local authorities on what is happening in your area so you will know what to do when – and follow instructions. Rochester does not have community wide warning sirens (except for 10 mi. area around Ginna Nuclear Power Plant).

- **RIT and 911 Personal Contact:**

- “911” is always the number to call if your personal emergency requires an ambulance or sheriff
- Sign up for RIT Emergency Alert. Website: <https://www.rit.edu/emergency-information>

- **Door-to-Door Warning from Local Emergency Officials -- *Listen carefully and follow their instructions***

- **Contact Information for Local Authorities:**

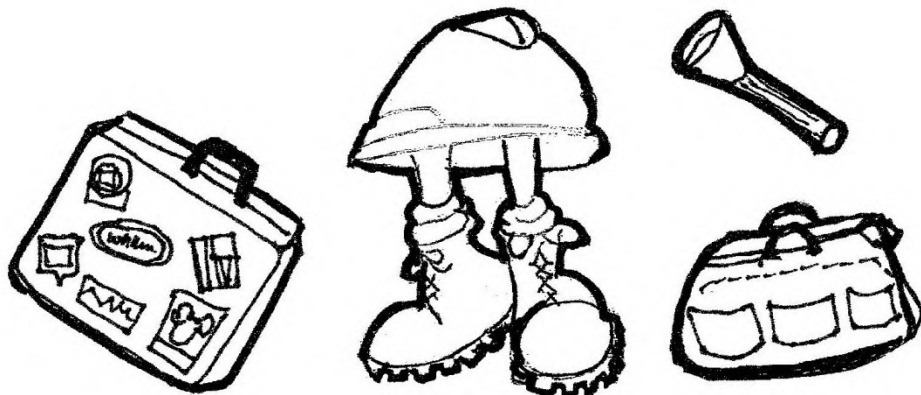
- American Red Cross (585) 241-4400
- Monroe County Office of Emergency Management (585) 753-3810; Web Site: <https://www.monroecounty.gov/safety-oem>
- Monroe County Emergency Preparedness Ops Center (585) 473-0710
- Sign up for NYS Alerts at: <https://alert.ny.gov/> (can receive info on phone/email)

- **Official Reports:**

Notification will come from....

- Monroe County Office of Emergency Preparedness Management
- National Weather Bureau
- Town of Henrietta Highway Department

HOW TO COPE –
WHAT TO DO BEFORE,
DURING AND AFTER
AN EMERGENCY
(A Safety Checklist)



ARMED INTRUDER SAFETY CHECKLIST

Armed intruder incidents in malls, theatres, homes, etc. are increasing. Because this type of incident happens so fast, we need to be able to take quick action to evacuate, hide or fight in order to protect ourselves until law enforcement arrives.

If you suspect an intruder or that someone may harm you call 911 as quickly as possible.

EVACUATE IF YOU CAN:

If there is a safe way out of the area, then take it. Don't wait if others won't leave.

- Don't delay to get your belongings.
- Encourage others to evacuate as you leave.
- Contact Public Safety (911) when you are safe.
- Follow instructions of law enforcement officers.

HIDE IF YOU CAN'T EVACUATE:

Your hiding place should be out of the armed intruder's view and provide protection if shots are fired in your direction.

- Lock the door if possible. If not, block the door with heavy furniture.
- Hide behind large items (cabinets, desks).
- Silence cell phones and/or pagers and if possible, turn off sources of noise (radio, TV).
- Stay quiet.

FIGHT IF IT'S YOUR LAST RESORT

Only if your life is in imminent danger and there is no other alternative; attempt to disrupt or incapacitate the intruder by:

- Acting as aggressively as possible toward him/her.
- Throwing items or improvising weapons.
- Yelling at the intruder.
- Committing to your actions.

EARTHQUAKE SAFETY CHECKLIST

Earthquakes can cause buildings and bridges to collapse, down telephone and power lines and result in fires, explosions and landslides. Our planet's surface is actually made up of slowly moving sections (tectonic plates) that can build up friction or stress in the crust as they creep around. An earthquake occurs when this built-up stress is suddenly released and transmitted to the surface of the earth by earthquake waves (seismic waves).

HOW DO I PREPARE FOR AN EARTHQUAKE:

- Learn the buzzwords:
 - Earthquake: A sudden slipping of the earth's crust that causes a series of vibrations.
 - Aftershock: Usually not as strong as an earthquake but can occur hours, days, months or years after a main quake.
 - Fault: Area of weakness where two sections of crust have separated.
 - Subduction Zone: Where two tectonic plates collide and one plate dives underneath the other.
 - Epicenter: Area of the earth's surface directly above the crust that caused the quake.
 - Seismic Waves: Vibrations that travel from the center of the earthquake to the surface.
 - Magnitude: Used to define how much energy was released.
- Reduce risks by looking for things that could be hazardous:
 - Place large/heavy objects on lower shelves and fasten shelves to walls if possible.
 - Hang heavy pictures and mirrors away from beds.
 - Store bottled foods, glass, china, and other breakables on low shelves or in cabinets that fasten shut.
 - Repair faulty electrical wiring and leaky gas connections.
- Shut off electricity (garage utility room), gas (outside by gas meter) and water (garage utility furnace room) at main switches and valves.
- Hold earthquake drills to learn what to do:
 - Duck: Drop down to the floor
 - Cover: Get under heavy desk/table/against inside wall protecting head/neck with your arms.
 - Hold: Grab something sturdy, be ready to move with it and hold on until shaking stops.
- Review insurance policies since some damage may be covered even without specific earthquake insurance.

WHAT SHOULD I DO DURING AN EARTHQUAKE:

- Watch for falling objects and find a safe spot! Most injuries happen when people are hit by things when running in and out of buildings.
- **IF INDOORS** – Stay inside and...
 - Avoid danger zones like glass, windows, heavy things that can fall over or down on you.
 - DUCK, COVER and HOLD until the shaking stops.

- **IF OUTDOORS** – Stay outside and, if possible, move away from buildings, signs, trees, power lines and street lights.
- **IF IN A MOVING VEHICLE** – Stop as quickly and safely as you can.
 - Try not to stop near buildings, trees, overpasses, or power lines and stay in vehicle until shaking stops.
 - Watch for road and bridge damage and be ready for aftershocks once you drive again.
- **IF TRAPPED IN AN AREA** –
 - Use a flashlight – don't use matches or lighters in case of gas leaks.
 - Try to stay still so you won't kick up dust.
 - Cover your mouth with a piece of clothing.
 - Tap on a pipe or wall so rescuers can hear you (shouting may cause you to inhale a lot of dust).

WHAT SHOULD I DO AFTER AN EARTHQUAKE:

- Watch out for aftershocks which are usually not as strong but can cause more damage to weakened structures and may continue for days, months, or even years!
- Check yourself and others for injuries – do not try to move seriously injured people unless they are in danger. If you must move a person who is passed out, keep their head and neck still and call for help.
- Never use candles, matches or lighters since there might be a gas leak. Use flashlights or battery powered lanterns.
- Look for structural damage – call a professional if needed.
- Clean up any flammable liquids (bleaches, gasoline, etc.) immediately.
- Check all utility lines and appliances for damage.
 - Smell gas or hear hissing: open a window and leave quickly. Shut off main valve outside, if possible, and call a professional to turn it back on when it's safe.
 - Electrical damage: Switch off power at main fuse box or circuit breaker.
 - Water Pipes: Shut off water supply at main valve.
 - Toilets: Do not use until you know sewage lines are okay.
- If water is cut off or contaminated, then use water from your Disaster Survival Kit or other clean water sources.
- Keep calls to a minimum to report emergencies since most lines will be down.
- Keep up on news reports for latest information.
- Things to Avoid:
 - Try to stay off roads to reduce risk
 - Stay away from damaged areas unless emergency crew or First Responders ask for your help.
 - Stay away from downed power wires

FIRE SAFETY CHECKLIST

Since fire spreads so quickly, there is **NO time** to grab valuables or make a phone call! In less than two minutes, a fire can become life threatening. In five minutes, a house can be engulfed in flames! A fire's heat and smoke are more dangerous than the actual flames. Fire produces a poisonous gas that makes you drowsy and disoriented. Instead of being awakened by a fire, you could fall into a deeper sleep!

HOW DO I PREPARE FOR A FIRE:

- Make sure your smoke and carbon monoxide detectors are in working order; test once a month. If your detector has backup batteries that can be replaced do so yearly; get a new smoke detector every ten years.
- Plan two ways out of every room.
- Check for items such as bookcases, hanging pictures or overhead lights that could fall or block an escape path.
- Check hallways, stairwells, doorways, windows and other areas for hazards that may keep you from leaving safely.
- Secure or remove furniture and objects that may block your path.
- Stay LOW to the floor (air is safer)
- Pick a spot to meet after escaping the fire.
- Clean up garage/storage area – don't stack up newspapers and trash.
- Check power sources – don't overload cords/outlets and make sure there are no exposed wires anywhere and that wiring doesn't touch home insulation.
- Use caution – never use gasoline indoors and never smoke around flammable liquids
- Check heat sources – check furnaces, stoves, cracked/rusty furnace parts, chimneys; be careful around space heaters and keep them at least 3 ft. away from flammable materials.
- Know how to shut off power – know where the circuit breaker box and gas valve is and how to turn them off (always have a gas company rep turn on a main gas line). **(Reference Section 1 "Stay or Flee")**
- Install and learn A-B-C fire extinguishers and know how to use them. (A-B-C works for all types of fires and is recommended for the home).
- Ask local fire department if they will inspect your home for fire safety and prevention.
- Prevent common fires by paying attention when cooking and don't smoke in bed!

WHAT SHOULD I DO DURING A FIRE:

- If only a small fire (size of a wastebasket) that's not spreading too fast, try to put it out by using a fire extinguisher or water and NEVER try to put out a fire that's getting out of control.
 - Electrical Fire: Never use water; use a fire extinguisher approved for electrical fires
 - Oil or Grease Fire in Kitchen: Smother fire with baking soda or salt. If burning in a pan/skillet, carefully put a lid over it – do not try to carry it outside!

- If fire is spreading....
 - **GET OUT!** – DO NOT take time to grab anything except your family members. Once outside, DO NOT try to go back (even for pets); let the firemen do it. Once outside, if you have your cell phone call the fire department or ask a neighbor to call.
 - **GET DOWN!** – Stay low to the ground under smoke by crawling on your hands and knees or squat down and walk like a duck – but KEEP MOVING to find a way out!
 - **Closed Door** – Using the back of your hand (not the palm) starting at the bottom, always feel the top of the door, doorknob, and crack between door and door frame before you open a closed door!
 - If the door is cool – leave quickly, close door behind you and crawl to an exit.
 - If door is hot – DO NOT open it; find another way out.
 - **NO WAY OUT** – If you’re trapped in (door is hot or it’s too high to jump), then hang a white or light-colored sheet, towel or shirt outside a window to alert firemen.
 - **Use Stairs** – Never take the elevator during a fire, use the stairs.
 - **If YOU are on Fire** – **STOP** what you’re doing, **DROP** to the ground, cover your face, and **ROLL** until the fire goes out.

WHAT SHOULD I DO AFTER THE FIRE:

- Do not go in there – NEVER enter a fire-damaged building until authorities say it’s okay and watch for signs of smoke or heat in case the fire isn’t totally out.
- Utilities – Have an electrician check your household wiring before you turn the power back on and DO NOT try to reconnect any utilities yourself.
- Damage – Look for structural damage (roof, walls, floors, etc.) since they may be weak.
- Call for Help – The American Red Cross, Salvation Army, etc. can help provide shelter, food or personal items that were destroyed.
- Insurance – Call your insurance agent and keep receipts for all clean-up and repair costs (for both insurance and income taxes) and do not throw away any damaged goods until an official inventory has been taken by your insurance company.
- Move your Stuff – Secure your personal belongs or move them to another location if possible.

FLOODS/DAM FAILURES SAFETY CHECKLIST

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. If the Mt Morris dam goes, we will be under 10 ft. of water within 45 minutes.

Know the Difference:

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.

WHAT SHOULD I DO BEFORE THE FLOOD:

- Listen to area radio and TV stations and a NOAA Weather Radio for flood warnings and reports of flooding in progress or other critical information from NOAA.
- Be prepared to evacuate at a moment's notice.
- When a warning is issued for your area, head for higher ground and stay there.
- Stay away from floodwaters. If you come upon a flowing stream, flooded road while driving, stop, turn around and go another way. Six inches of swiftly moving water can sweep you off of your feet.
- If you are caught on a flooded road and waters are rising quickly, 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.
- Be especially cautious at night when it is harder to recognize flood danger.

WHAT SHOULD I DO AFTER THE FLOOD:

- 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 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.
- Materials, such as cleaning products, paint, batteries, contaminated fuel and damaged fuel containers are hazardous.
- During clean-up, 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, and plastic utensils. When in doubt, throw it out.
- Do not use water that could be contaminated to wash dishes, brush teeth, prepare food, wash hands, or make ice.

- Contact your local or state public health dept for specific recommendations for boiling or treating water in your area. **(NOTE: Reference Section 1 “Stay or Flee” for Tips on Water Purification)**

FLU/INFLUENZA, EPIDEMIC, PANDEMIC SAFETY CHECKLIST

The flu is a contagious respiratory disease caused by different strains of viruses. In the US, there is a flu season that begins every fall and ends every spring. Flu viruses spread from person to person when people who are infected cough or sneeze. People at increased risk are: age 50 or older, chronic medical conditions, or who live with or care for anyone at high risk. You should have your recommended vaccinations updated every year and receive pneumococcal pneumonia vaccine as directed by your physician.

Seasonal Flu: A contagious respiratory illness caused by influenza viruses occurring every year. Adults may be able to infect others 1 day before getting symptoms and as long as 5 days after getting sick.

Epidemic: The rapid spread of a disease that affects some or many people in a community/region at a time.

Pandemic: An outbreak of a disease that affects large numbers of people through the world and spreads rapidly.

WHAT SHOULD I DO TO AVOID GETTING SICK:

- Get your flu shot every year for the best chance of protection.
- Always practice good health habits to maintain your body's resistance to infection.
 - Eat a balanced diet
 - Drink plenty of fluids
 - Exercise daily
 - Manage stress
 - Get enough rest and sleep
- Take these common sense steps to stop the spread of germs.
 - Wash hands frequently with soap and water or an alcohol-based hand sanitizer.
 - Avoid or minimize contact with people who are sick (a minimum 3 ft. distancing is recommended)
 - Avoid touching your eyes, nose, and mouth.
 - Cover your mouth and nose with tissues when you cough and sneeze; or cough/sneeze into the crook of your elbow.
 - Stay away from others as much as possible when you are sick.
- Anyone with a fever or other symptoms should stay home until at least 24 hours after the fever has gone (without medications).

DO I HAVE THE FLU:

- The flu usually begins with the rapid onset of a high fever and body aches. Other common flu symptoms are:
 - Headache
 - Extreme tiredness
 - Sore throat
 - Cough
 - Runny or stuffy nose
 - Vomiting and/or diarrhea
- It may be difficult to tell if you are suffering from the flu or another illness. Contact your health care provider, tell them your symptoms and concerns. They can help determine if you have the flu or another illness and advise you what to do next and any possible complications.

WHAT SHOULD I DO WHEN SOMEONE IS SICK:

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

TERMINOLOGY DEFINED:

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

Quarantine: The physical separation of healthy people who have been exposed to an infectious disease from those who have not been exposed.

Isolation: The state of separation between persons or groups to prevent the spread of disease.

Social Distancing: A practice imposed to limit face-to-face interaction in order to prevent exposure and transmission of a disease.

HAZARDOUS MATERIALS SAFETY CHECKLIST

Chemical plants are one source of hazardous materials. Most hazardous materials are transported around the country by road, rail and through pipelines potentially causing spills on highways, near railroad tracks or underground. Rochester has a number of hazardous material trucks passing through the area on a daily basis.

WHAT SHOULD I DO BEFORE A HAZARDOUS MATERIALS DISASTER:

- They are all around us and may be present regardless of the location or whether there are posted warnings. Stay away from any unidentifiable substance that smells, sounds or looks unusual and alert authorities.
- Alert Systems:
 - Emergency Alert System (EAS) – information via TV and Radio
 - “All-Call” Telephoning – an automated system for sending recorded messages via telephone
 - Residential Route Alerting – messages announced from vehicles equipped with PA systems
- Make a plan by preparing your disaster survival kit.
- Pick a Room – It could take time to determine what the hazardous material is so pick a room in advance that you could “shelter in place.” It’s best to pick an internal room where you could block out air if instructed to do so. Have plastic sheets pre-cut to cover each opening. Remember, a toilet is usually vented meaning outside air comes in constantly or when flushed.
- Calculate air for room – Keep in mind people can stay in a sealed off room for only so long before running out of air. FEMA suggests 10 sq. ft. of floor space per person (e.g., 5ft x 2ft) will provide enough air to prevent carbon dioxide build-up for up to 5 hrs.
- Be ready to evacuate.

WHAT SHOULD I DO DURING A HAZARDOUS MATERIALS DISASTER:

- Call for help – If you see an accident, call 911.
- Listen – Keep radio/TV tuned in for more information especially if you hear a warning signal ...and stay calm.
- **IF INDOORS** – If instructed, prepare to “shelter in place.”
 - Close your windows, vents and fireplace dampers and turn off A/C or heat/fans to reduce air drawn in from outside.
 - Keep a radio with you at all times.
 - Grab your Disaster Survival Kit and get to a closed off room.
 - Seal gaps under doorways and windows with wet towels or plastic and duct tape
- **IF OUTDOORS** – Stay upstream, uphill or upwind from the disaster since hazardous materials can be carried by wind and water quickly. Try to get at least ½ mi. away or as far away as possible.
- **IF IN A VEHICLE** – Close your windows and shut off vents to reduce risk
 - Stay Away – Get away from the accident and avoid contamination.

- Evacuate – **If told to leave...DO IT!** If officials say you have time, close windows, shut vents and turn off attic fans.
- What to Wear – Keep your body fully covered and wear gloves, socks and shoes.
- Avoid spilled liquid materials or airborne mists and contaminated food or water

WHAT SHOULD I DO AFTER A HAZARDOUS MATERIALS DISASTER:

- Don't go there – Do not return home until local authorities say it is safe.
- Air out – Open windows, vents and turn on fans in your home.
- Listen – Keep up with local reports from TV/radio.
- Clean up – A person, animal, or item that has been exposed to a hazardous chemical could spread it.
 - Decontamination: Follow instructions from authorities since it depends on the chemical. May need to rinse off or may be told to stay away from water – check first.
 - Strange Symptoms: If anything, unusual shows up, get to a hospital right away. Remove contaminated clothing and put on fresh, loose, warm clothing and listen to local reports on the radio.
 - Store Clothes/Shoes: Put exposed clothing/shoes in tightly sealed containers/bags without touching other materials and ask local authorities how to get rid of them.
 - Tell People You've Been Exposed: Tell everyone who comes in contact with you that may have been exposed to a toxic substance.
 - Land and Property: Ask authorities how to clean area.
 - Strange Vapors or Danger: Report any strange vapors to local authorities immediately.

HEAT WAVE SAFETY CHECKLIST

A heat wave is a prolonged period of excessive heat, often combined with excessive humidity. Generally, temperatures are 10 degrees or more above the average high temperature for the region during the summer months, last for a long period of time, and occur with high humidity as well.

Know the Difference:

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

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

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

HOW CAN I PREPARE:

- Listen to local weather forecasts and stay aware of upcoming temperature changes.
- The heat index is the temperature the body feels when the effects of heat and humidity are combined. Exposure to direct sunlight can increase the heat index by as much as 15 degrees Fahrenheit.
- Discuss heat safety precautions with your household. Have a plan for wherever you spend time – home, work, etc. – and prepare for the possibility of power outages.
- Check the contents of your emergency survival kit in case of a power outage.
- Help people who require special assistance and may be affected by the excessive heat.
- If your air conditioning is out, choose places you could go to for relief from the heat during the warmest part of the day.
- Ensure your animals' needs for water/shade are met.

WHAT SHOULD I DO DURING A HEAT WAVE:

- Stay hydrated by drinking plenty of fluids even if you do not feel thirsty; avoid drinks with caffeine/alcohol.
- Eat small meals and eat more often.
- Wear loose-fitting, lightweight, light colored clothing; avoid dark colors which absorb the sun's rays.
- Slow down, stay indoors, and avoid strenuous exercise during the hottest part of the day.
- Postpone outdoor games/activities.
- Take frequent breaks if you must be outdoors.

RECOGNIZE AND CARE FOR HEAT-RELATED EMERGENCIES:

- Heat Cramps are muscular pains and spasms that usually occur in the legs or abdomen caused by exposure to high heat/humidity and loss of fluids and electrolytes. They are often an early sign that the body is having trouble with the heat.
- Heat Exhaustion typically involves the loss of body fluids through heavy sweating during strenuous exercise/labor in high heat/humidity.
 - Signs of heat exhaustion include cool, moist, pale or flushed skin; heavy sweating; headache; nausea; dizziness; weakness; and exhaustion.
 - Move the person to a cooler place. Remove or loosen tight clothing and apply cool, wet cloths/towels to the skin. Fan the person. If the person is conscious, give small amounts of cool water to drink. Make sure the person drinks slowly. Watch for changes in condition.
 - If the person refuses water, vomits or begins to lose consciousness, **CALL 911**.
- Heat Stroke (also known as sunstroke) is a life-threatening condition in which a person's temperature control system stops working and the body is unable to cool itself.
 - Signs of heat stroke include hot, red skin which may be dry or moist; changes in consciousness; vomiting, and high body temperature.
 - Heat stroke is life-threatening. **CALL 911**.
 - Move the person to a cooler place. Quickly cool the person's body by giving care as you would for heat exhaustion. If needed, continue rapid cooling by applying ice or cold packs wrapped in a cloth to the wrists, ankles, groin, neck and armpits.

HURRICANE/STORMS SAFETY CHECKLIST

Hurricane season is generally between June and November. They are tropical cyclones with torrential rains and winds of 74-155 mi/hr. or faster. Hurricanes blow in a counter-clockwise direction around a center “eye”. The “eye” is usually 20-30 miles wide and may be spread out as far as 400 miles. As the hurricane approaches the coast, a huge dome of water called a storm surge will crash into the coastline.

Hurricanes are classed into five categories based on wind speeds, central pressure, and damage potential.

- ✓ Category 1: Minimal: untied mobile homes, vegetation & signs (74-95 mph)
- ✓ Category 2: Moderate: all mobile homes, roofs, small crafts, flooding (96-110 mph)
- ✓ Category 3: Extensive: small buildings, low-lying roads cut off (111-130 mph)
- ✓ Category 4: Extreme: roofs and mobile homes destroyed, trees down, beach homes flooded (131-155 mph)
- ✓ Category 5: Catastrophic: most buildings and vegetation destroyed, major roads cut off, homes flooded (>155 mph)

HOW DO I PREPARE FOR A HURRICANE:

- Learn the buzzwords:
 - Hurricane/Storm Watch: Possible within 36 hours so listen to TV and radio updates.
 - Hurricane/Storm Warning: Expected within 24 hours – if told to evacuate – do it and listen to TV and radio updates
 - Short-Term Watches and Warnings: Will provide detailed information on specific threats, such as flash floods and tornadoes.
- Listen to area radio and TV stations and a NOAA Weather Radio for flood warnings and reports of flooding in progress or other critical information from NOAA.
- Be prepared to evacuate at a moment’s notice. Have your Disaster Survival Kit ready to go.
- Shut off electricity (garage utility room), gas (outside by gas meter) and water (garage utility furnace room) at main switches and valves.
- Take pictures or video of home and personal belongings and store them in a safe place along with important papers.
- Review insurance policies since some damage may be covered even without specific flood insurance.

WHAT SHOULD I DO DURING A HURRICANE:

- Have a battery-operated radio available to keep up on news reports and evacuation routes.
- When a warning is issued for your area, **if told to evacuate – do it.**
- Close and lock windows and doors, turn off utilities at main switches or valves if instructed and make sure your car is fueled.
- Stay away from floodwaters. If you come upon a flowing stream, flooded road while driving, stop, turn around and go another way. Six inches of swiftly moving water can sweep you off of your feet.

- If you are caught on a flooded road and waters are rising quickly, 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.
- Be especially cautious at night when it is harder to recognize flood danger.
- **IF INDOORS** – Stay inside and...
 - Find a SAFE SPOT – get to a small interior room, closet or hallway, or lie on the floor under a heavy desk/table.
 - Keep curtains and blinds closed and the lull in the storm could only be the middle of the storm and winds can start again.
 - Move away from windows and glass doors.
 - Keep listening to the radio or TV reports.
 - Only use telephones in an emergency so it keeps the lines open for authorities.
- **IF OUTDOORS** – Stay outside and, if possible, move away from buildings, signs, trees, power lines and street lights.
- **IF IN A MOVING VEHICLE** – Stop as quickly and safely as you can.
 - Avoid moving water (6 inches can knock you off your feet and 2 ft. can float a car)
 - If flood waters rise around your car, get out and move to higher ground if you can do so safely. Don't try to walk thru moving water.
- **IF TRAPPED IN AN AREA** –
 - Use a flashlight – don't use matches or lighters in case of gas leaks.
 - Try to stay still so you won't kick up dust.
 - Cover your mouth with a piece of clothing.
 - Tap on a pipe or wall so rescuers can hear you (shouting may cause you to inhale a lot of dust).

WHAT SHOULD I DO AFTER A HURRICANE:

- Stay where you are (if you're safe) and don't return home (if you've been evacuated) until local authorities say it's okay.
- Continue listening to your radio for updates on weather and tips on getting assistance.
- Keep everyone together.
- Keep up on news reports for latest information.
- Try to stay off roads to reduce risk from flood waters and downed power lines.
- Wait for officials to advise when water is okay to drink.
- Volunteers and Emergency Service personnel usually go door-to-door to check on people. By placing a sign in your window that faces the street near the door, you can let them know if you need them to STOP HERE or MOVE ON (if home is still standing).
- Either use a piece of RED or GREEN construction paper or draw a big RED or GREEN "X" (using a crayon or marker) on a piece of paper and tape it to the window.
 - RED means STOP HERE!
 - GREEN means EVERYTHING IS OKAY – MOVE ON!
 - Nothing in the window would also mean STOP HERE!
- Throw away any food that has come in contact with flood waters.

- Use clean water and soap when washing hands.
- The best thing to use for cleaning up flooded areas is household bleach since it will help kill germs.
- Call your insurance agent to set up a visit to your home.
- Consider asking a professional to inspect your house for mold.

NUCLEAR THREAT SAFETY CHECKLIST

The US has over 100 commercial power plants across the country – the Ginna Nuclear Power Plant is located along the shores of Lake Ontario in Ontario, NY about 20 mi. northeast of Rochester. CENG (Constellation Energy Nuclear Group) has devoted extensive resources to plant security and emergency response to ensure health and safety of people who live and work in the area.

HOW DO I PREPARE FOR A NUCLEAR EMERGENCY:

- Learn the buzzwords:
 - Notification of Unusual Event (Reportable Event): A small problem has occurred at the plant. No radiation leak is expected. Federal, state and county/municipal officials will be told right away. No action on your part is necessary.
 - Alert (Abnormal Incident): A small problem has occurred and small amounts of radiation could leak inside plant. This will not affect you and you shouldn't have to do anything.
 - Site Area Emergency (Onsite Emergency): A more serious problem – small amounts of radiation could leak from the plant. Area sirens in vicinity of the plant may be sounded; listen to TV/radio for information.
 - General Emergency: The MOST serious problem – radiation could leak outside the plant off the plant site. Sirens will sound in the vicinity of the plant so listen to local TV/radio for reports and updates. State and county/municipal officials will act to assure public safety so be prepared so follow their instructions. People from that area will probably be evacuated to Henrietta since we are located west of the Ginna Plant.
- You will hear “test” warnings on TV. They are required to install sirens and other warning devices to cover a 10 mi. area around the plant. Since we live outside that area, we will learn of the event through local TV/radio. (**NOTE #1:** be aware winds and weather can impact areas as far as 200 mi away) (**NOTE #2:** If you are in another city, be aware they may have community warning sirens.)
- Be ready to leave if you are told to evacuate; take your Disaster Survival Kit.

WHAT SHOULD I DO DURING A NUCLEAR EMERGENCY:

- Stay calm – not all accidents release radiation outside of the power plant.
- Turn on the TV/radio. Authorities will give specific instructions and information. Pay attention to what they tell you to do since they know the specific facts for each incident.
- Evacuate if told to do so.
- If you are NOT told to evacuate, do the following:
 - **IF INDOORS:**
 - Stay inside and prepare to “shelter in place”
 - Close doors and windows and fireplace damper
 - Turn off air conditioning, ventilation, fans, furnace and other intakes which pull in air from outside.
 - Go deep inside (distance/shielding) or underground (if applicable) quickly.

- Keep a battery-operated radio with you to hear updates.
- Stay inside until authorities tell you it is safe to go out.
- **IF OUTDOORS:**
 - Cover your mouth and nose with a cloth/handkerchief and stay downwind, if possible.
 - Take cover behind anything that will offer protection, lie flat, and cover your head.
 - Get inside as soon as you can or maintain as much distance as possible from the incident and shield yourself.
 - Once inside, remove clothing and jewelry; cut off clothing that would normally be removed over the head to reduce inhaling or ingesting the agent. Shower copiously with cool water & wash hair, blot dry using an absorbent cloth – do not rub the skin. Put on fresh clothing and different shoes. Put contaminated clothing in plastic bags, seal and store. Local authorities can tell you what to do with bags.
- **IF IN A VEHICLE:**
 - Keep windows up, close vents, use “recirculating” air and keep listening to radio for updates. If possible, drive away from site.
- **IF AN EXPLOSION OR BLAST:**
 - Do NOT look at flash, blast or fireball – turn away!
 - Stay low and watch out for flying debris or fires
 - Take shelter in case of radioactive fallout
 - Blast count creates EMP that may fry electronics like cell phones, computers, cars, etc. and may harm people with pacemakers.
- Makes sure pets are indoors with clean food and water that has not been exposed to airborne radiation
- Put food in covered containers or in refrigerator – any food that was not in a covered container should be washed first.
- Take Potassium Iodide? If radioactive iodine has been released into the air from a power plant incident, state and local government have supplies for people within 20 mi of a nuclear power plant. But realize that it will take time to disperse to citizens, unless you prepare in advance and keep KI handy. Only take if officials confirm radiation was released outside the plant and follow package instructions exactly!

WHAT SHOULD I DO AFTER A NUCLEAR EMERGENCY:

- Keep TV/radio tuned in and stay in until authorities say all clear.
- If you were possibly exposed to radiation:
 - Remove clothing and jewelry; cut off clothing that would normally be removed over the head to reduce inhaling or ingesting the agent.
 - Shower copiously with cool water & wash hair, blot dry using an absorbent cloth – do not rub the skin.
 - Put on fresh clothing and different shoes.

- Put contaminated clothing in plastic bags, seal and store. Local authorities can tell you what to do with bags.
- Seek medical attention if you have symptoms like upset stomach or feel queasy since it may be related to radiation exposure.
- Authorities will provide information concerning safety of homegrown products.

POWER OUTAGE SAFETY CHECKLIST

Sudden power outages can be frustrating and troublesome, especially when they last a long time. If a power outage is 2 hours or less, you need not be concerned about losing your perishable foods. For prolonged power outages, there are steps you can take to minimize food loss and to keep yourself 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, open the dishwasher door to allow the dishes to air dry.
- ✓ Replace incandescent light bulbs with energy-efficient compact fluorescent lights.

HOW DO I PREPARE FOR A POWER OUTAGE:

- To help preserve your food, keep one or more inexpensive coolers in your home.
- Surround your food with ice in a cooler or refrigerator to keep cold during a prolonged power outage.
- Use a digital quick-response thermometer to quickly check internal temperatures of food to ensure they are cold enough to use safely.
- Use your emergency survival kit.
- If someone is dependent on electric-powered, life sustaining equipment, include backup power in your evacuation plan.
- Keep a non-cordless telephone that is likely to work even if power is out.
- Keep your vehicle's gas tank full.

WHAT SHOULD I DO DURING A POWER OUTAGE:

- Keep food as safe as possible.
 - Keep refrigerator/freezer doors closed as much as possible (an unopened refrigerator will keep foods cold for about 4 hrs.).
 - First use perishable foods from the refrigerator. Then use food from the freezer. (A full freezer will keep the temperature for about 48 hrs. (24 hrs. if it is half full if the door remains closed).
 - Then use your non-perishable foods after using food from refrigerator/freezer.
 - If it looks like the power outage will continue beyond a day, prepare a cooler with ice for your freezer items.
 - Keep food in a dry, cool spot and keep it covered at all times.
- Electrical Equipment
 - Turn off and unplug all unnecessary electrical equipment, including sensitive electronics.

- Turn off or disconnect any electrical 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 since traffic lights may be out and roads congested.
- Using generators safely
 - When using a portable generator, connect the equipment you want to power directly to the outlets on the generator. Do not connect a portable generator to a home's electrical system.
 - If you are considering getting a generator, get advice from a professional and make sure it's rated for the power that you think you will need.

WHAT SHOULD I DO WHEN THE POWER COMES BACK ON:

- Do not touch any electrical power lines. Report downed power lines to the appropriate officials in your area.
- Throw away any food that has been exposed to temperatures 40 degrees F for 2 hours or more or that has an unusual odor, color or texture. If you're not sure, check it with a food thermometer. When in doubt, throw it out.
- Never taste food or rely on appearance or odor to determine its safety. If they have been at room temperature too long, bacteria causing food-borne illnesses can start growing quickly and cannot be destroyed by cooking.
- If food in the freezer is colder than 40 degrees F and has ice crystals on it, you can refreeze it.
- 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 that location and remain there until emergency personnel arrive to assist you.

(NOTE: See Power Outage Prep Sheet in section 6)

TERRORISM SAFETY CHECKLIST

Terrorism is the use of force or violence against persons or property usually for emotional or political reasons or for ransom. The main goal of terrorists is to create public fear and panic. Being afraid or worrying is very unhealthy, especially about something you have little control over.

People need to remain calm about the threat of terrorist attacks and learn about some of the types, how to prepare for them and what to expect in some cases. Stay current on news but don't obsess over it – be aware of your surroundings as you go about your daily routines and prepare yourself for the unexpected.

TYPES OF TERRORISM:

- **Domestic Terrorism** – Directed at certain groups or parts of the government within the US without foreign direction. (Examples: Shootings and bomb threats at schools, bombings, anthrax scares).
- **International Terrorism** – Foreign-based by countries or groups outside the US. (Examples: bombings of US Embassies, 9/11 attacks) plus list below.
 - Cyber Attack: Computer-based attacks from individuals or terrorist groups causing severe problems for government, businesses and public in general (sometimes leading to injury or death).
 - Biological Agents: Infectious microbes, germs, or other substances producing illness or death in people, animals or plants; can be inhaled, enter thru a cut in the skin, or swallowed when eating or drinking. (Examples: Anthrax, Botulism, Plague, Ricin, Smallpox, Tularemia [Rabbit Fever], Viral [Hemorrhagic Fevers])
 - Chemical Agents: Poisonous vapors, liquids or solids that can kill or slow down/weaken people, destroy livestock or crops; can be absorbed through the skin, swallowed or inhaled. (Examples: BZ, Chlorine, Cyanide, Sarin, VX, Mustard Gas)
 - Radiological Threat or Device: A “dirty bomb” uses conventional explosives to spread radioactive materials over a general or targeted area.
 - Weapons of Mass Destruction: Chemical, biological, radiological, and nuclear devices are now all classified as WMD's.

BEFORE ANY TYPE OF TERRORIST ATTACK:

- You should always be aware of your surroundings and report any suspicious activities to local authorities.
- Stay current on threats thru the US Department of Homeland Security. <https://www.dhs.gov/>
- Terrorists usually prefer to pick targets that bring little damage to themselves and areas that are easy to access by the public (such as, international airports, military and government buildings, major events, schools, etc.). Some other high risk targets include water and food supplies, utility companies (especially nuclear power plants) and high-profile landmarks.

- Always be aware of where Emergency Exits are ... casually look around for the signs since most are marked well in public places.
- Have your Survival Kit ready to go and follow the directions from official information sources and First Responders.

“IF YOU SEE SOMETHING, SAY SOMETHING” – it could be a biological or chemical attack

- Vapor clouds or mists that are unusual for the area or time of day.
- Unscheduled spraying or abandoned spray devices which could be used to disperse chemical agents.
- Materials or equipment that are unusual for the area.
- Unusual odors or tastes.
- Out of place or unattended packages, boxes or vehicles.
- Packages that are leaking.
- Numerous sick or dead animals, fish or birds.
- Multiple people seeking medical attention with similar symptoms that are not characteristic of the season.
- Multiple casualties without obvious signs of trauma.

WHAT TO DO IF AN INCIDENT OCCURS:

Follow procedures for sheltering-in-place:

- Shut off the ventilation system and latch all doors and windows to reduce airflow from the outside.
- Go to your shelter-in-place room.
- Use precut plastic sheeting to cover openings where air can enter the room, including doors, windows, vents, electrical outlets and telephone outlets. When cut, the sheeting should extend several inches beyond the dimensions of the door or window to allow space to duct tape the sheeting to the walls and floor.
- Seal with duct tape other areas where air can come in, such as under doors and areas where pipes enter the home. Air can be blocked by placing towels or other soft objects in areas where air could enter, then securing them with duct tape.
- Listen to your battery-powered radio for the all clear. You will generally not need to stay in a sealed room for more than a few hours.
- After contaminants have cleared, open windows and vents and turn on fans to provide ventilation.

NOTE: 10 sq. ft. of floor space per person will provide sufficient air to prevent carbon dioxide buildup for up to 5 hours assuming normal breathing rate while resting.

WINTER STORM SAFETY CHECKLIST

Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Some are large enough to affect several states, while others affect only a single community. They can also be accompanied by dangerously low temperatures, strong winds, icing, sleet and freezing rain.

Know the Difference:

Winter Storm Outlook: Winter storm conditions are possible in the next 2-5 days.

Winter Storm Watch: Winter storm conditions are possible within the next 36-48 hours. You should review your winter storm plans and stay informed about weather conditions.

Winter Weather Advisory: Winter weather conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening.

Winter Storm Warning: Life-threatening, severe winter conditions have begun or will begin within 24 hours. People in a warning area should take precautions immediately.

WHAT SHOULD I DO BEFORE THE STORM:

- Dress in several layers of lightweight clothing, wear mittens and a hat that covers your ears.
- Wear waterproof, insulated boots to keep feet warm and dry and maintain footing in ice and snow.
- Minimize travel. If necessary, keep a disaster survival kit in your vehicle.
- Listen to a NOAA Weather Radio/ local news channel for critical information from National Weather Service.
- Winterize your vehicle and keep the gas tank full. A full tank will keep the fuel line from freezing.
- Running water, even at a trickle, helps prevent pipes from freezing.

WHAT SHOULD I DO AFTER THE STORM:

- Go to a designated shelter as instructed if you lose power or heat during periods of extreme cold.
- Avoid driving when conditions include sleet, freezing rain or drizzle, snow or dense fog.
- Protect yourself from frostbite and hypothermia by wearing warm, loose-fitting, lightweight clothing in layers.
- Stay indoors, if possible.
- Help people who require special assistance.
- Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage or any partially enclosed area.
- A primary hazard to avoid when using alternate sources for electricity, heating or cooking is carbon monoxide poisoning.

(NOTE: See Winter Storm Prep Sheet in section 6)

RETURNING HOME AFTER AN EMERGENCY SAFETY CHECKLIST

Preparing to return home after evacuating will keep you safer while inspecting and cleaning up the damages to your home. Before traveling, ensure local officials have declared that it is safe to enter your community and that you have the supplies you will need.

Items to Take When Returning Home:

- ✓ Government-issued Photo ID and Proof of Address
- ✓ Important Phone Numbers
- ✓ Bottled Water and Non-Perishable Foods
- ✓ First Aid Kit
- ✓ Cleanser/Hand Cleaning Gel for Personal Use
- ✓ Hygiene Products and Toilet Paper
- ✓ Insect Repellant and Sunscreen
- ✓ Long-sleeved Shirts, Long Pants, Sturdy Waterproof Boots and Work Gloves
- ✓ Flashlight, Portable Radio and Extra Batteries
- ✓ Cameras for Photos of Damage for Insurance Claims

BEFORE RETURNING:

- Find out if it is safe to enter your community. Follow the advice of your local authorities.
- Carry plenty of cash. ATM's may not work and stores may not be able to accept credit/debit cards.
- Bring supplies as noted above in case utilities are out.
- Create back-up communication plans with family and friends in case you are unable to call from affected areas.
- Plan for delays in traveling. Bring extra food, water, pillows, blankets, etc. that will make the trip comfortable. Keep your car's fuel tank as full as possible in case gas stations are crowded, out of fuel or closed.
- Carry a map to help route you around heavy traffic or impassable roads.
- Find out if local medical facilities are open and if emergency services are functioning. **DO NOT CALL 911 to do this.**
- Understand recovery takes time. Focus on the positive and have patience.

FIRST INSPECTION:

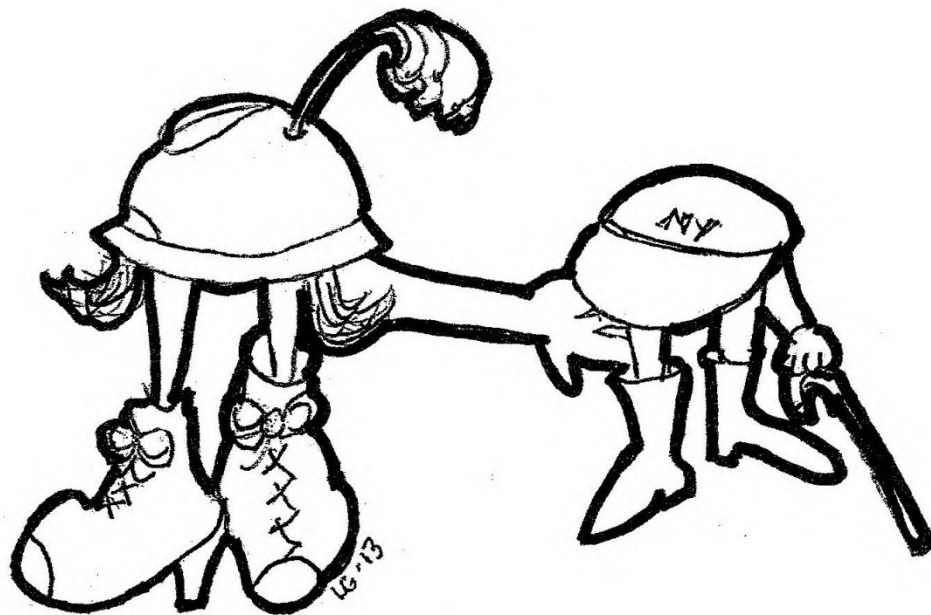
- If possible, leave pets with family or friends. If not, keep them away from hazards and floodwater.
- Beware of snakes, insects and other wild animals that may be in or around your house.
- Before entering your home, look outside for damaged power lines, gas lines, foundation cracks, and other exterior damage. It may be too dangerous to enter your home.
- If you smell natural gas or propane or hear a hissing noise, leave immediately and contact the fire department.
- If your home is flooded, assume it is contaminated with mold.

- Open doors and windows. If the house was closed more than 48 hours, let it air out before staying inside for any length of time.
- Turn the main electrical power and water systems off until you or a professional can ensure that they are safe. **NEVER** turn the power on or use or use an electrical tool or appliance while standing in water.
- Check the ceiling and floor for signs of sagging. Water may be trapped in the ceiling or floors and may be unsafe to walk on.

CLEANING YOUR HOME:

- Be careful when moving furnishings or debris because they may be waterlogged and heavier.
- Throw out all food, beverages, and medicine exposed to floor waters and mud, including canned goods and containers with food or liquid that has been sealed shut. When in doubt, throw it out.
- Some cleaning solutions can cause toxic fumes and other hazards if mixed together. If you smell a strong odor or your eyes water from the fumes, open a window and get out of the house.
- Throw out items that absorb water and cannot be cleaned or disinfected (mattresses, carpeting, cosmetics, stuffed animals, etc.)
- Remove all drywall and insulation that may have been in contact with flood waters.
- Clean hard surfaces (flooring, countertops and appliances) thoroughly with hot water and soap or a detergent.
- Return to as many personal and family routines as possible.

Preparing For and Assisting People With Special Needs



PLANNING FOR AND ASSISTING PEOPLE WITH SPECIAL NEEDS

Some people may need extra planning before an emergency to make sure special needs (hearing impaired, visually impaired, mobility impaired, non-visible disabilities) are met when an emergency happens. Many illnesses (i.e., respiratory) can be made worse by stress and help may not be immediately available; pharmacies, medical supply stores, physicians' offices and hospitals may be closed or inaccessible. Some medical conditions often have very strict medicine needs that cannot be interrupted without serious consequences and you may be unable to communicate this information in an emergency. It is always wise to ask the person's permission before applying any procedure if possible.

NOTE: Non-visible disabilities can include: communication, cognitive, sensory, mental health, intellectual, allergies, epilepsy, hemophilia, diabetes, thyroid condition, multiple sclerosis, pulmonary or heart disease, and/or dependency on dialysis, sanitary or urinary supplies. Some may also have difficulty performing tasks without appearing to have a disability.

THINK AHEAD!

- Keep a list of names and phone numbers of people who can help (family/friends, neighbors, doctor, pharmacy, local hospital, medical suppliers).
- Consider ordering a medical ID bracelet or pendant. Information can be engraved and can be helpful in communicating with emergency workers.
- Decide what you will be able to do for yourself and what assistance you may need before, during, and after.
- Always have at least a 3-day supply or more of all of your medicines/medical supplies.
- Store your medicine in one place in their original containers
- Have a list of all of your medicines including name, dose, how often you take it and name of doctor prescribing it.
- Have an "emergency go bag" packed at all times in the event you need to leave your home.
- Ask your local fire department or emergency management agency if they keep a list of people with special medical needs. Make sure the information they have for you is up to date.
- Check with your local utility company's customer service department before something happens. Many companies keep a list and map of the locations of power-dependent customers in case of an emergency.
- Since many shelters are still inaccessible to people with special needs (especially mobility), try to determine the status of the facility before you arrive. Wheelchair and scooter users may need assistance in transferring to and from a sleeping cot. People who use walkers or crutches might require aid navigating through a tightly-packed shelter. Staff in a general public shelter can assist you with these tasks, but they cannot perform more complex medical procedures or help you with other activities of daily living.

PLANNING FOR PEOPLE WHO ARE HEARING IMPAIRED:

- Because disaster warnings are often given by audible methods (sirens, radio), people who are hearing impaired may not receive early warnings and emergency instructions. Be their source of information as it comes over radio/TV.
- Have extra batteries for hearing aids and keep in your emergency kit.
- Maintain/store TTY batteries and light phone signaler. Store hearing aids in same locations so they can easily be found and used during a disaster. (NOTE: keep in a water-proof container by your bedside.)
- Determine how you will communicate with emergency personnel if there is no interpreter or if you do not have your hearing aids. Keep extra paper and pens in your emergency kit.
- Consider carrying a pre-printed copy of key phrase messages (such as, I speak ASL & need an interpreter or I will need to have announcements written or signed).
- Install both easy to hear and visual smoke alarms that are battery operated.

PLANNING FOR PEOPLE WHO ARE VISUALLY IMPAIRED:

- If you do rely on glasses or contacts, be sure to put a spare pair in your emergency supply kit, as well as any cleaning solutions.... plus, a copy of your vision RX so that replacement glasses can be easily provided.
- If your vision is more seriously impaired, consider some extra items in your kit; for example:
 - Magnifier
 - Mark all supplies with large print, fluorescent tape, or Braille
 - Cane which can be essential to help maneuver around obstacles, negotiate and identify barriers
 - Work gloves and sturdy shoes can offer safety and security in exploring an unfamiliar environment
 - Flashlight and plastic emergency whistle for visibility and signaling purposes.
- Have an “emergency go bag” packed at all times in the event you need to leave your home.
- If you have some vision, place security lights in each room to light paths of travel. These lights plug into electrical wall outlets and light up automatically if there is a loss of power. Some types continue to operate automatically for 1 to 6 hours and can be turned off manually and used as a short-lasting flashlight.
- Arrange and secure furniture and other items to provide paths of travel and barrier-free passages.
- Some people with vision disabilities may not want to leave their home when the evacuation notice comes from a stranger. They may have to depend on others to lead them. (Note: service animals are allowed to stay in emergency shelters with owners.)

PLANNING FOR PEOPLE WHO ARE MOBILITY IMPAIRED:

- Keep a pair of heavy gloves in your supply kit to use while wheeling or making your way over glass and debris.
- Have an “emergency go bag” packed at all times in the event you need to leave your home.
- Check with your medical supply company and get information regarding a back-up power source, such as battery or generator. If you use a motorized wheelchair or scooter, have an extra battery. A car battery also can be used but will not last as long or have a lightweight manual wheelchair for back-up. Keep a patch kit or can of “seal-in air product” to repair flat tires and/or keep an extra supply of inner tubes.
- Arrange and secure furniture and other items to provide paths of travel and barrier-free passages.
- People with mobility disabilities are often worried about being dropped when being lifted or carried. If you cannot use stairs, discuss lifting and carrying techniques that will work for you; you will need to be able to give brief instructions regarding how to move you.

PLANNING FOR PEOPLE WITH NON-VISIBLE DISABILITIES:

- People with Multiple Sclerosis: Symptoms are often made worse by heat and humidity – be prepared to keep cool and dry.
- People with Diabetes: Keep frozen water bottles or ice packs in your freezer. Have an insulated bag or cooled thermos ready to store your insulin should there be a power outage or you need to evacuate.

HOW TO ASSIST PEOPLE WITH SPECIAL NEEDS:

General Comments

- “Ask First” if the person needs or wants your help – do not just assume that they do.
- Allow the person to identify how best to assist them.
- Offer to carry their survival kit along with any other items they will need.
- If the person appears anxious or agitated, speak calmly and provide assurance that you are there to help.
- Never administer any food or liquids to an unconscious or unresponsive person.
- Ask the person with special needs if areas of their body have reduced sensation and if they need you to check those areas for injuries after a disaster.

Hearing Impaired Do's & Don'ts

- Get the person's attention via a visual cue or gentle touch on their arm before speaking to them.
- Face the person and make eye contact when speaking to them as they may rely on speech reading.
- Communicate in close proximity.
- Speak clearly and naturally.
- Use gestures to help explain the meaning of what you are trying to communicate.
- Write a message if there is time and keep a pencil and paper handy.
- Avoid approaching the person from behind.
- Refrain from shouting or speaking unnaturally slowly.
- Do not make loud noises as hearing aids amplify sounds and can create a physical shock to the user.

Visually Impaired Do's & Don'ts

- Always ask first if you can be of any assistance.
- Use your finger to draw an "X" on their back to let them know you are there to help during an emergency.
- To communicate, try tracing letters with your finger on the palm of their hand.
- To guide, offer them your arm instead of taking theirs and walk at their pace. Keep half a step ahead of them.
- If the person has a service dog, ask where you should walk to avoid distracting the animal.
- Provide advance warning of upcoming stairs, curbs, major obstacles or changes in direction.
- Watch for overhangs or protrusions the person could walk into.
- Will need help finding a place to sit and location of rest room and food line.
- Never grab or touch a person with vision loss.
- Do not assume they cannot see you or that they need your help.
- Do not touch, make eye contact or distract the person's service dog.
- Do not shout at a person with vision loss. Speak clearly and provide specific and precise directions.
- Avoid the term "over there." Instead, describe locating positions, such as "to your right/left/straight ahead/behind you" or by relaying clock face positions (i.e., 12 o'clock).

Mobility Impaired Do's & Don'ts

- Use latex-free gloves when providing personal care whenever possible.
- Follow instructions posted on special needs equipment and/or assistive device/equipment during an emergency.
- Avoid attempts to lift, support or assist in moving someone unless you are familiar with safe techniques since they may need assistance in transferring to and from a sleeping cot.
- People who use walkers or crutches might require aid navigating through a tightly-packed shelter.
- Ensure that the person's wheelchair goes with the person
- Do not push or pull a person's wheelchair without their permission.

Non-Visible Disabilities Do's & Don'ts

- Allow the person to describe what help they need from you.
- Find effective means of communication (e.g., drawn or written instructions) and when giving directions, use landmarks instead of "go left" or "turn right."
- Be patient, flexible and maintain eye contact when speaking to the person.
- Repeat instructions, if needed.
- Keep people with multiple sclerosis cool and dry to avoid making their symptoms worse.
- Ask the person about their medication and if they need help taking it.
- Never offer medicines not prescribed by their physician.
- Avoid shouting or speaking quickly; instead speak clearly but not so slowly as to offend the person.
- Do not restrain a person having convulsions. Roll them on their side to keep their airway clear and place something soft (i.e., your jacket) under their head to protect it from injury. Once the convulsion passes, help them into a resting position.

TAKING CARE OF YOUR EMOTIONAL HEALTH AFTER A DISASTER CHECKLIST

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

Disasters Can Bring About Significant Stress:

This is especially true if you have experienced a previous disaster. The good news is that many people have experience coping with stressful life events and are naturally resilient – meaning we are designed to bounce back from difficult times. **Please seek immediate help if you or someone else is feeling that life isn't worth living or if you are having thoughts of harming yourself or others.**

WHAT YOU MAY BE FEELING NOW:

- When we experience a disaster or other stressful life event, we can have a variety of reactions – all of which can be common responses to difficult situations. These reactions include:
 - Feeling physically and mentally drained.
 - Having difficulty making decisions or staying focused on topics.
 - Becoming easily frustrated on a frequent basis.
 - Frustration occurring more quickly and more often.
 - Arguing more with family and friends.
 - Feeling tired, sad, numb, lonely or worried.
 - Experiencing changes in appetite or sleep patterns.
- Most of these reactions are temporary and will go away over time. Try to accept whatever reactions you may have. Look for ways to take one step at a time and focus on taking care of your disaster-related needs and those of your family.

TAKING ACTION:

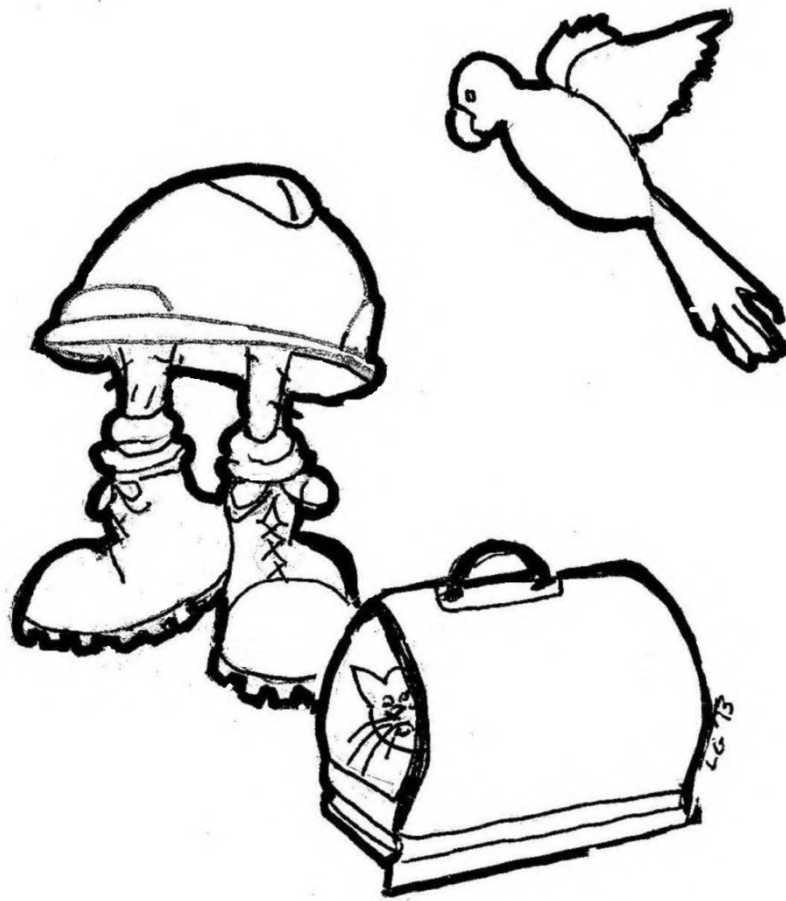
- Getting ourselves and our lives back in a routine that is comfortable for us takes time.
- Find a safe place and make sure your physical health needs are addressed. Seek medical attention if necessary.
- It is important that you maintain a balanced diet and drink plenty of water.
- It may be difficult to have enough time to rest or get adequate sleep. Giving your body and mind a break can boost your ability to cope with the stress you may be experiencing.
- Giving and getting support is one of the most important things you can do.
- Recognize that everyone is stressed and may need some time to put their feelings and thoughts in order.
- Tackle tasks in small steps.
- Gather information about assistance and resources that will help you and your family members.
- Remind yourself of how you've successfully gotten through difficult times in the past. Reach out when you need support and help others when they need it.

IF YOU STILL DON'T FEEL BETTER:

- Many people have experience coping and typically feel better after a few days. Others find that their stress does not go away as quickly as they would like and it influences their relationship with family, friends and others.
- If you, a friend or a loved one is experiencing some of the feelings/reactions below for 2 weeks or longer, this may be a sign that you need to reach out for additional help and assistance.
 - Crying spells or bursts of anger
 - Difficulty eating
 - Difficulty sleeping
 - Losing interest in things
 - Increased physical symptoms, such as headaches or stomach-aches.
 - Fatigue
 - Feeling guilty, helpless or hopeless
 - Avoiding family and friends.
- Free and confidential resources are available through the CDC and can help you or a loved one connect with a skilled, trained mental health professional.

<https://www.cdc.gov/mentalhealth/tools-resources/individuals/index.htm>

PETS AND THEIR PEOPLE



PETS AND DISASTER SAFETY CHECKLIST

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

Learn First Aid for Your Pets:

The American Red Cross has developed Dog and Cat First Aid comprehensive guides to help keep pets healthy and safe. From basic responsibilities, such as spaying/neutering and giving medications, to managing cardiac emergencies and preparing for disasters, these guides offer information pet owners can trust.

HOW CAN I PREPARE:

- Often, warnings are issued hours, even days, in advance. At the first hint of disaster, act to protect your pet. Bring pets inside so you won't have to search for them if you need to leave quickly.
- Plan to take your pets with you in an evacuation. If it is not safe for you to stay, it is not safe for them either.
- Know which hotels/motels along your evacuation route will accept your and your pets in an emergency. Call ahead for reservations if you know you may need to evacuate. Ask if no-pet policies could be waived in an emergency.
- Most Red Cross shelters cannot accept pets because of health/safety concerns. Service animals that assist people with disabilities are allowed in Red Cross shelters.
- Know which friends, relatives, boarding facilities, animal shelters or veterinarians can care for your pet in an emergency. Prepare a list with phone numbers.
- Be prepared to house them separately if necessary.
- Include your pets in evacuation drills so they become used to entering and traveling in their carriers calmly.
- Make sure your pet's vaccinations are current and that all dogs/cats are wearing collars with securely fastened, up-to-date identification. Many pet shelters require proof or current vaccinations to reduce spread of disease.
- Consider having your pet "micro-chipped" by your veterinarian.
- Assemble a portable kit with emergency supplies for your pets that is ready to take at a moment's notice

WHAT SHOULD I DO AFTER THE DISASTER:

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

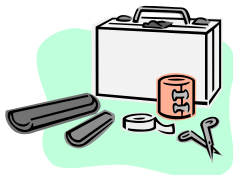
REFERENCE INFORMATION





EMERGENCY! QUICK GUIDE

Create a personal safety net by organizing the suggested following items into go-to survival kits in case of any natural disaster. Use this checklist to start stockpiling the necessities you shouldn't be without. Replace yearly.



FIRST AID KIT

Tailor this to your specific needs. Check expiration dates every 6 months, resupplying as necessary:

1. Prescription Medications/ equipment 14 day supply)
2. Sterile gloves (2 pairs)
3. Sterile dressings, adhesive & triangular bandages
4. Adhesive tape
5. Multipurpose pocket knife, needle
6. Soap/Antibiotic/burn ointment
7. Eyewash for flushing contaminants
8. Thermometer, scissors, tweezers
9. Aspirin/pain reliever
10. First Aid Manual

READY TO GO SURVIVAL CONTAINER

1. One gallon of water/person/day
2. Non-perishable, ready-to-eat food, including pet food, manual can opener
3. Battery-powered or hand-crank radio; extra batteries
4. Flashlight, whistle
5. Spare cellphone chargers
6. Extra set of car/house keys
7. Matches (in waterproof container)
8. Lightweight, high-insulation blanket
9. Seasonal/extra clothing, hat, sturdy shoes
10. First Aid Kit & essential papers
11. Cash, Maps, Camera
12. Make sure you have a full tank of gas



STAY HOME STASH

Store by your "go-to" survival container in case you are stranded on your own (14 day supply)

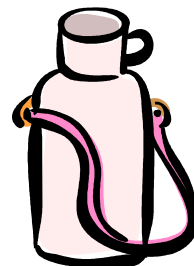
1. One gallon of water/person/day
2. Non-perishable, ready-to-eat food, manual can opener + pet food
3. Plates, utensils, napkins
4. Fire extinguisher, First aid Kit, battery-powered radio
5. Work gloves, face masks for dust/mold
6. Small toolbox, including wrench or pliers for utility shutoff
7. Plastic sheeting & duct tape for sealing windows & doors
8. Chlorine bleach with medicine dropper or teaspoon
9. Extra blankets, sleeping bags, rain ponchos, towels



ESSENTIAL PAPERS

Copy important documents: stash with money in a sealed container. Consider electronic back-up.

1. Emergency contact information: family, friends, doctors, insurers
2. ID cards: photo ID's, passports, health insurance, Social Security
3. Family records: birth, marriage, death certificates
4. Medical/Immunization records, prescriptions
5. Wills, insurance policies, contracts, deeds/leases, tax returns, bank & credit card statements, retirement account records, investment records, Cash and change
6. Local maps
7. Video and/or photos of your valuables and interior/exterior of your home



Creating a Go Bag

By VALI HAWKINS MITCHELL, Ph.D.



How-To-Get-Ready-Before-Her-Family-Evacuated-The-Fire-That-Burned-13-Houses-In-Her-Neighborhood-So-Now-I'm-Telling-Everyone-Bag, preparing for a potential evacuation is good thinking.

Unfortunately, disasters don't check your schedule for convenient times. During a voluntary or mandatory evacuation there just won't be time to think through your choices calmly. You may not be interested in the complex workings of neurology and brain perception that are triggered during crisis. But if you are interested in emotional continuity management you know that people in crisis do really predictably crazy things.

Seasoned disaster planners get their own houses in order before helping others plan for emergencies. Preparing your own personal emergency **Go Bag** is a good start. This first level of survival planning assures that you will have some valued personal items and won't require immediate outside resources if you need to evacuate. You can go out the door in a hurry without making the normal and sometimes fatal blunders of people under extreme duress.

A **Go Bag** is not shelter-in-place preparation. A **Go Bag** is your custom-designed I'm-out-the-door-to safety-right-now supply. Whether you call it a **Go Bag**, survival kit, emergency pack, shelter stay pack, or what I now call *Oh-Oh-I-Forgot-To-Tell-My-Sister-*

Survival behavior is often not a pretty sight.

You may find yourself in the path of a wildfire as the wind changes, a tanker truck or railroad car spilling random toxins, or a UFO invasion. Who knows what's around the corner in our world today? When something unexpected happens, people naturally try to grab and protect belongings. This is normal behavior. Unfortunately, normal doesn't cut it during a disaster! It is heart wrenching to see people run back into burning homes desperately trying to retrieve pets or valuables and come out with a phone book, an old pillow, a teaspoon, and a broken heart. Trust me on this. You don't want to be one of those people. If you are someone who teaches others to be ready for emergencies, take your own pulse first. Are you ready? Today, long before you may be required to make an exit, make your **5-MINUTE GO BAG**.

1) RIGHT NOW: Get your backpack

- a) Obtain a backpack that you can carry. Purchased new, or old from a thrift store, a water resistant backpack allows you to keep both hands free.

2) RIGHT NOW: Create your 5 Minute Go List

- a) Go from room to room with a small notebook.
- b) In your notebook list the one thing in each room that you would be able to carry in your backpack that if lost you would suffer for the rest of your life (such as Grandma's wedding ring, the only photo of your deceased cousin, a special book, a wedding photo).
- c) List only one or two absolute treasures that fit in the go bag that you can grab as you are running through the house at breakneck speed with your list in hand because you have already pre-decided what you cannot live without. Make those critical choices NOW. If you can put those precious items in the **Go Bag** now, all the better. If not, list them on the **5 Minute Go List**

3) RIGHT NOW:

- a) Start your **5 Minute Go List** with what you can manage alone. If you have help you can assign tasks.

Examples:

- ◆ Turn off the gas and lights
- ◆ Insulin in the refrigerator

- ◆ Cell phone and flash-drives with backup
 - ◆ All critical work-related contact numbers, priority data, or hard copy of emergency plans that you may need to work from an off-site location for a week.
 - ◆ Lock doors
 - ◆ Put the cat out
 - ◆ Or put cat in carrier that is by the door. (Most pet owners have a **5 Minute Go List/Plan** for their beloved critters. I have seen chickens and cats inside cars at shelters, and horses tied to fences a mile away from homes with names and phone numbers painted on their backs)
 - ◆ Keys
 - ◆ Follow pre-arranged meeting plan with family
 - ◆ Make calls later
- b) Add all your phone numbers, e-mail addresses as you might lose pre-programmed numbers and information. Remember, you only have 5 minutes. Call people AFTER you are out of your home and on your way to safety.
- c) Include any originals or copies of valuable documents. Credit card numbers, Social Security cards, birth certificates, passports, banking information, a DVD of photos of personal items for insurance purposes, and an old utility bill to prove your home is (or was) where you think it is right now.
- d) Stage your Go Bag in a very convenient location.
- e) Now start on the Go Bags for all the other members of your family. (As in airline safety, once you have “your own oxygen mask in place, help those around you” thinking, you are ready and no can focus on others. Even a toddler can carry a tiny backpack with a blanket, a sweater, extra diapers, and a granola bar.)

4) WHEN YOU GET MORE TIME

- a) Add other personal survival items: three-day (or more) supply of extra medications, old pair of glasses, portable radio, granola bars, flashlight, etc.
- b) I recommend earplugs since you might have to sleep in a shelter with 4,000 of your new best friends. And breath mints. And deodorant.
- c) One change of seasonally appropriate clothes (rotate items each season) is necessary.
- d) Some cash in small bills for purchases and in case some disaster-exploitive-jerk tries to sell you a bottle of water for \$10 and you are really, really that thirsty! It happens.

Good Job! Now you can zoom through your house and out the door in 5 minutes if you get the dreaded *Midnight Knock On the Door*. What you want in your **Go Bag** is up to you. It doesn't have to be fancy or expensive. Once you have the basics in place you can improve the selection or upgrade anytime. Later, you can start a secondary **Go Bag** for the trunk of your car (keeping in mind that car trunks are not always secure don't store anything valuable or critical there). As time and budget allows you can continue to build and improve long-term emergency supplies. If you just added one or two items to your grocery list, each time you shopped you would soon have an ample emergency system in place.

But remember the **Dr. Vali's Spam Rule**: *Store stuff you like. If you don't like Spam now ... why would you want it during a disaster? On the other hand, I live in Hawaii and Spam is what's happening!*

Wait ... You Aren't Done Yet!

Grab your notebook and make the following entries:

- **THE 15-MINUTE PLAN**: Meaning you have 15 minutes or less to exit. Follow the same guidelines as above, only think what you could do with an extra 10 minutes
- **THE 30-MINUTE PLAN**: Meaning you have 30 minutes or less to exit. Follow the same guidelines as above, only think what you could do with an extra 20 minutes
- **THE 60-MINUTE PLAN**: Meaning you have 60 minutes or less to exit
- **THE OFFICE GO BAG**: Meaning you have to evacuate from your worksite. This bag should contain similar items as your personal **Go Bag** but should ALSO include critical workplace items: a hardcopy of your office disaster plan, critical flash drives, contact phone numbers, and emergency protocols.

Wait ... You Aren't Done Yet!

Go Bag Checklist:

- Prepared my 5 Minute Go List
- Started creating a **Go Bag**
- Working on all my other emergency plans at my own pace
- Feeling better prepared and getting on with my wonderful non-emergency-there-is-no-disaster-now-life
- Called my sister (or other loved ones) and got them started



Vali Hawkins Mitchell, Ph.D. is the leading authority on emotional continuity management, author of “Emotional Terrors in the Workplace: Protecting Your Business’ Bottom Line,” and the CEO of ImproVizion Consulting, LLP, based in Honolulu, Hawaii.



**American
Red Cross**

Adult First Aid/CPR/AED

READY REFERENCE



CHECKING AN INJURED OR ILL ADULT

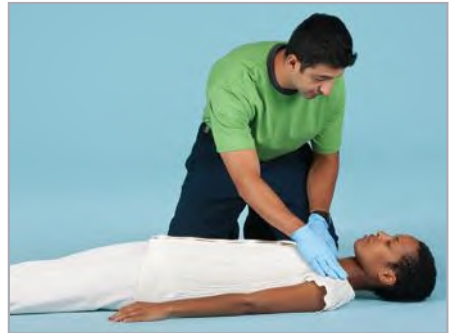
APPEARS TO BE UNCONSCIOUS

TIP: Use disposable gloves and other personal protective equipment and obtain consent whenever giving care.

AFTER CHECKING THE SCENE FOR SAFETY, CHECK THE PERSON:

1 CHECK FOR RESPONSIVENESS

Tap the shoulder and shout, "Are you OK?"



2 CALL 9-1-1

If **no** response, **CALL 9-1-1** or the local emergency number.

- If an unconscious person is face-down, roll face-up, supporting the head, neck and back in a straight line.

If the person responds, obtain consent and **CALL 9-1-1** or the local emergency number for any life-threatening conditions.

CHECK the person from head to toe and ask questions to find out what happened.

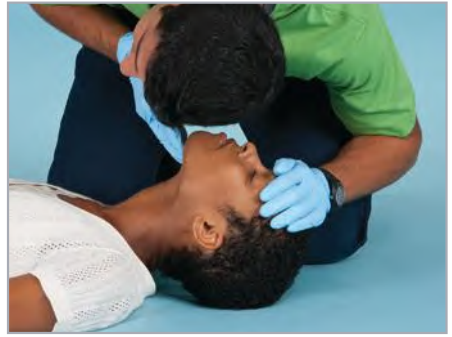
3 OPEN THE AIRWAY

Tilt head, lift chin.

4 CHECK FOR BREATHING

CHECK quickly for breathing for no more than **10** seconds.

- Occasional gasps are not breathing.



5 QUICKLY SCAN FOR SEVERE BLEEDING

WHAT TO DO NEXT

- Give **CARE** based on conditions found.
- IF NO BREATHING—Go to PANEL 6 or PANEL 7 (if an AED is immediately available).
- IF BREATHING—Maintain an open airway and monitor for any changes in condition.

CONSCIOUS CHOKING

CANNOT COUGH, SPEAK OR BREATHE

AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON, HAVE SOMEONE CALL 9-1-1 AND GET CONSENT.

1 GIVE 5 BACK BLOWS

Give **5** back blows.

- Bend the person forward at the waist and give **5** back blows between the shoulder blades with the heel of one hand.



2 GIVE 5 ABDOMINAL THRUSTS

- Place a fist with the thumb side against the middle of the person's abdomen, just above the navel.
- Cover your fist with your other hand.
- Give **5** quick, upward abdominal thrusts.



3 CONTINUE CARE

Continue sets of **5** back blows and **5** abdominal thrusts until the:

- Object is forced out.
- Person can cough forcefully or breathe.
- Person becomes unconscious.



WHAT TO DO NEXT

- IF THE PERSON BECOMES UNCONSCIOUS—**CALL 9-1-1**, if not already done, and give care for an unconscious choking adult, beginning with looking for an object (PANEL 5, Step 3).

UNCONSCIOUS CHOKING

CHEST DOES NOT RISE WITH RESCUE BREATHS

AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:

1 GIVE RESCUE BREATHS

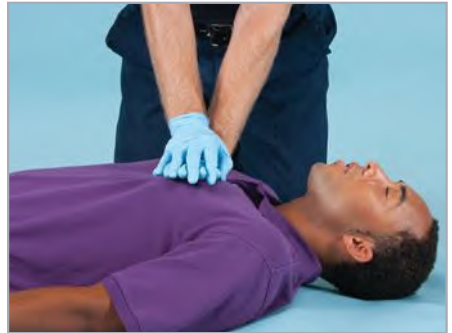
Retilt the head and give another rescue breath.



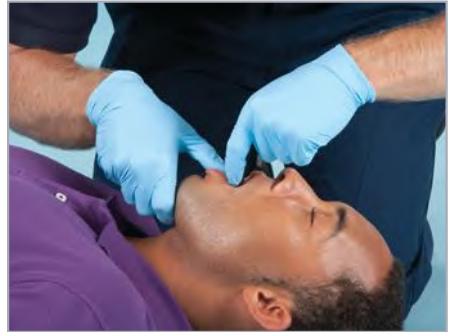
2 GIVE 30 CHEST COMPRESSIONS

If the chest still does not rise, give **30** chest compressions.

TIP: Person must be on firm, flat surface.
Remove CPR breathing barrier when giving chest compressions.



3 LOOK FOR AND REMOVE OBJECT IF SEEN



4 GIVE 2 RESCUE BREATHS

WHAT TO DO NEXT

- IF BREATHS DO NOT MAKE THE CHEST RISE—Repeat steps 2 through 4.
- IF THE CHEST CLEARLY RISES—**CHECK** for breathing. Give **CARE** based on conditions found.

CPR

NO BREATHING

AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:

1 GIVE 30 CHEST COMPRESSIONS

Push hard, push fast in the middle of the chest at least **2** inches deep and at least **100** compressions per minute

TIP: Person must be on firm, flat surface.



2 GIVE 2 RESCUE BREATHS

- Tilt the head back and lift the chin up.
- Pinch the nose shut then make a complete seal over the person's mouth.
- Blow in for about **1** second to make the chest clearly rise.
- Give rescue breaths, one after the other.

Note: If chest does not rise with rescue breaths, retilt the head and give another rescue breath.



3 DO NOT STOP

Continue cycles of CPR. Do not stop CPR except in one of these situations:

- You find an obvious sign of life, such as breathing.
- An AED is ready to use.
- Another trained responder or EMS personnel take over.
- You are too exhausted to continue.
- The scene becomes unsafe.

WHAT TO DO NEXT

- IF AN AED BECOMES AVAILABLE—Go to AED, PANEL 7.
- IF BREATHS DO NOT MAKE THE CHEST RISE— AFTER RETILTING HEAD—Go to Unconscious choking, PANEL 5.

TIP: If at any time you notice an obvious sign of life, stop CPR and monitor breathing and for any changes in condition.

AED—ADULT OR CHILD OLDER THAN 8 YEARS OR WEIGHING MORE THAN 55 POUNDS

NO BREATHING

AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:

TIP: Do not use pediatric AED pads or equipment on an adult or child older than 8 years or weighing more than 55 pounds.

1 TURN ON AED

Follow the voice and/or visual prompts.



2 WIPE BARE CHEST DRY

TIP: Remove any medication patches with a gloved hand.

3 ATTACH PADS



4 PLUG IN CONNECTOR, IF NECESSARY



5 STAND CLEAR

Make sure no one, including you, is touching the person.

- Say, “EVERYONE, STAND CLEAR.”



6 ANALYZE HEART RHYTHM

Push the “analyze” button, if necessary. Let AED analyze the heart rhythm.

7 DELIVER SHOCK

If SHOCK IS ADVISED:

- Make sure no one, including you, is touching the person.
- Say, “EVERYONE, STAND CLEAR.”
- Push the “shock” button, if necessary.



8 PERFORM CPR

After delivering the shock, or if no shock is advised:

- Perform about **2 minutes** (or **5 cycles**) of CPR.
- Continue to follow the prompts of the AED.

TIPS:

- *If at any time you notice an obvious sign of life, stop CPR and monitor breathing and for any changes in condition.*
- *If two trained responders are present, one should perform CPR while the second responder operates the AED.*

CONTROLLING EXTERNAL BLEEDING

AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:

1 COVER THE WOUND

Cover the wound with a sterile dressing.

2 APPLY DIRECT PRESSURE UNTIL BLEEDING STOPS



3 COVER THE DRESSING WITH BANDAGE

Check for circulation beyond the injury (check for feeling, warmth and color).



4 APPLY MORE PRESSURE AND CALL 9-1-1

If the bleeding does not stop:

- Apply more dressings and bandages.
- Continue to apply additional pressure.
- Take steps to minimize shock.
- **CALL 9-1-1** or the local emergency number if not already done.

TIP: Wash hands with soap and water after giving care.

BURNS

AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:

1 REMOVE FROM SOURCE OF BURN

2 COOL THE BURN

Cool the burn with cold running water at least until pain is relieved.



3 COVER LOOSELY WITH STERILE DRESSING



4 CALL 9-1-1

CALL 9-1-1 or the local emergency number if the burn is severe or other life-threatening conditions are found.

5 CARE FOR SHOCK

POISONING

AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:

1 CALL 9-1-1 OR POISON CONTROL HOTLINE

For life-threatening conditions (such as if the person is unconscious or is not breathing, or if a change in the level of consciousness occurs), **CALL** 9-1-1 or the local emergency number.

OR

If the person is conscious and alert, **CALL** the National Poison Control Center (PCC) hotline at **1-800-222-1222** and follow the advice given.

2 PROVIDE CARE

Give **CARE** based on the conditions found.

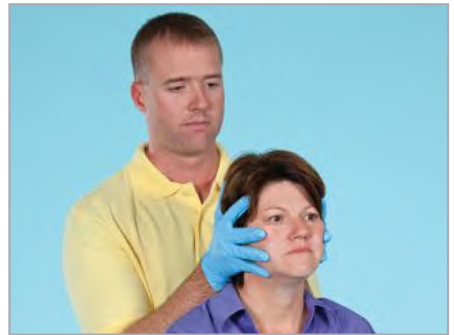
HEAD, NECK OR SPINAL INJURIES

AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:

1 CALL 9-1-1 OR THE LOCAL EMERGENCY NUMBER

2 MINIMIZE MOVEMENT

Minimize movement of the head, neck and spine.



3 STABILIZE HEAD

Manually stabilize the head in the position in which it was found.

- Provide support by placing your hands on both sides of the person's head.
- If head is sharply turned to one side, **DO NOT** move it.

STROKE

FOR A STROKE, THINK F.A.S.T.

AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:

1 THINK F.A.S.T.

- Face**— Ask the person to smile.
Does one side of face droop?
- Arm**— Ask the person to raise both arms.
Does one arm drift downward?
- Speech**— Ask the person to repeat a simple sentence (such as, “The sky is blue.”). Is the speech slurred?
Can the person repeat the sentence correctly?
- Time**— **CALL 9-1-1** immediately if you see any signals of a stroke. Try to determine the time when signals first appeared. Note the time of onset of signals and report it to the call taker or EMS personnel when they arrive.



2 PROVIDE CARE

Give **CARE** based on the conditions found.

LOCAL HOSPITALS AND URGENT CARE SERVICES

HOSPITALS:

UR Medical - Strong Memorial Hospital
601 Elmwood Ave, Brighton
(585) 275-2100
Web Site <http://www.urmc.rochester.edu/strong-memorial/>

US Medical - Highland Hospital
1000 South Ave, Rochester
(585) 473-2200
Web Site: <http://www.urmc.rochester.edu/highland.aspx>

RRH - Rochester General Hospital
1425 Portland Ave, Rochester
(585) 922-4000
Web Site: <https://www.rochesterregional.org/locations/hospitals/rochester-general-hospital>

RRH - Unity Health System
1555 Long Pond Road, Rochester
(585) 723-7000
Web Site: <https://www.rochesterregional.org/locations/hospitals/unity-hospital>

MEDICAL CARE SERVICES:

Urgent Care:

RRH Immediate Care ; Web Site: <https://www.rochesterimmediatecare.com/location/>

RRH - Immediate Care – Henrietta
2685 E Henrietta Rd
Henrietta, NY 14467
(585) 444-0058
<https://www.rochesterimmediatecare.com/location/henrietta/>
Monday – Friday from 9 am to 9 pm
Saturday – Sunday from 9 am to 8 pm

UR Medicine Urgent Care; Web Site: <https://www.urmc.rochester.edu/urgent-care/>
UR Medical Urgent Care – Henrietta
1300 Jefferson Rd #100
Rochester, NY 14623
(585) 413-1800

Open daily from 9 am – 9 pm
Holidays: 9 am – 5 pm

Primary Care:

RRH Henrietta Primary Care
50 Middle Rd.
Henrietta, NY 14467
(585) 321-4350

<https://www.rochesterregional.org/locations/henrietta/henrietta-primary-care>

Mon. – Fri: 8:00 am - 4:30 pm

UR Medicine Primary Care
200 Red Creek Dr #100
Rochester, NY 14623
(585) 334-0130

Rochester VA Outpatient Clinic
260 Calkins Road
Rochester, NY 14623
585 463- 2600
Mon – Fri 7:30 a.m. – 4:30 p.m.
Extended hours by appointment

UR Medical...General Website: <https://www.urmc.rochester.edu/>

Rochester Regional Health (RRH)...General Website: <https://www.rochesterregional.org/>

LINK TO HELPFUL VIDEOS, WEBSITES, TELEPHONE NUMBERS and PDF DOCUMENTS

NAME	WEBSITE-VIDEO- PDF INFO
How to Shut off Gas to Your Home (YouTube Video)	http://www.youtube.com/watch?v=aOd-X8pA-MU
RIT Emergency Response	http://emergency.rit.edu/actions.php
AARP Members (1-800-687-2277) AARP Emergency Preparedness	http://www.aarp.org/ http://search.aarp.org/browse?Ntt=emergency%20preparedness
American Red Cross 1-800-RED CROSS (733-2767) Source of emergency supplies/kits	www.redcross.org http://www.redcross.org/prepare/location/home-family/seniors http://www.redcrossstore.org/
Carbon Monoxide	http://www.cdc.gov/co/
Center for Disease Control Disaster Planning Goal: Protect Vulnerable Older Adults	http://www.cdc.gov/aging/pdf/disaster_planning_goal.pdf
Center for Disease Control Home for Emergency Preparedness and Response	http://emergency.cdc.gov/planning/
Division of Homeland Security & Emergency Services	http://www.dhSES.ny.gov/
FEMA Registration/Assistance: 1-800-621-3362 Programs: 1-800-342-3450 Report Fraud: 1-866-720-5721	http://www.ready.gov/seniors
Flood Insurance info (visit National Flood Insurance Program)	www.fema.gov/business/nfip
Food and Water in an Emergency (FEMA pdf)	http://www.fema.gov/foodandwater
42 Weeks to Preparedness (Preparedness Supplies)	http://readynutrition.com/resources/52-weeks-to-preparedness-an-introduction_19072011/
Ginna Nuclear Power Plant	http://www.nrc.gov/info-finder/reactor/ginn.html
Humane Society of the United States Search: Disaster Preparedness	www.hsus.org
National Suicide Prevention Lifeline (1-800-273-8255)	www.suicidepreventionlifeline.org

National Weather Service Emergency Alert	http://www.nws.noaa.gov/nwr/resources/NWS_EAS_chg_impl.pdf
NYS Homeland Security	http://www.dhSES.ny.gov/oem/event/hurricane-safety.cfm
NYS Public Health	http://www.health.ny.gov/environmental/emergency/
Pet Safety Stickers (FREE from ASPCA) (Google pet safety stickers for info on where/how to purchase)	http://www.asPCA.org/about-us/free-aspca-stuff/free-pet-safety-pack.aspx
Veterinary Partner	http://www.veterinarypartner.com/
Winter Weather	http://www.ready.gov/winter-weather Http://www.nws.noaa.gov/nwr/ http://www.weather.com/life/safety/ http://www.weather.com/news/weather-severe/severe-weather-tracker

PERSONAL INFORMATION, MEDICAL HISTORY, AND FINANCIAL HISTORY FORM

Before an emergency happens, sit down and decide how you will get in contact with your family members, where you will go, and what you will do in an emergency. Also gather information and/or make copies of pertinent medical and insurance coverage; save on a thumb drive/hard copy. Reminder: let your neighbors know when you will be out of town and how to contact you.

Checklist #1 - Family & Friends Emergency Contact

(NOTE: Fill out chart with as much information as you know. Include at least one out-of-town contact, at least one contact with a landline telephone and work location/phone number if appropriate)

Contact Name/ Relationship	Address	Landline Phone	Cellular Phone

Checklist #2 – Health and Medical Contacts

Health Care Provider	Address	Phone Number	Alternate Number
Primary Physician:			
Specialist #1:			
Specialist #2:			
Specialist #3:			
Optometrist:			
Dentist:			
Pharmacy:			
Veterinarian:			

Checklist #3 – Local Authorities Emergency Contacts

(Note: This information can be found in the local telephone book)

Local Authority	Address	Phone Number	Alternate Number
Police Department:			
Fire Department:			
Hospital:			
Poison Control:			
Urgent Care:			
Other:			
Other:			
Other:			

Checklist #4 – General Health Concerns

(Note: List each health concern including physical disabilities, allergies and mental health care and what you do to treat them)

Health Concerns or Disabilities	Treatment Method & Equipment	Comments

Checklist #5 – Prescriptions

(Note: List all of your prescriptions. Keep original packaging for medications in your disaster kit; consult your doctor or pharmacist for generic drug names in case your brands are not available during a disaster)

NAME #1: _____

Drug Name	Purpose	Dosage Strength	Color/ Shape	Dosage Frequency	Special Instructions	Prescribing Physician

NAME #2: _____

Drug Name	Purpose	Dosage Strength	Color/ Shape	Dosage Frequency	Special Instructions	Prescribing Physician

Checklist #6 – Important Documents

Document Type	Contact Name/ Telephone No.	Contact Address	Account/Policy Numbers

SUGGESTIONS ON WHAT ITEMS TO HAVE ON HAND DURING AN EMERGENCY

FOOD SUPPLIES:

- Bottled water
- Ice
- Canned and powdered milk
- Electrolyte Drinks (Gatorade or PowerAde)
- Beverages (powdered or canned, fruit juices, single serving 100% juice boxes, instant coffee, tea)
- Prepared foods (canned soups, beef, spaghetti, tuna, chicken, ham, corned beef hash, packaged pudding)
- Canned vegetables (beans, peas, carrots, etc.)
- Canned fruits (fruit cocktail, peaches, pears, berries, applesauce)
- Dried fruits (raisins, etc.)
- Dried meats (beef jerky or beef sticks)
- Snacks (crackers – good replacement for bread, cookies, granola bars, hard candy)
- Nuts (almonds, walnuts, cashews, pecans)
- Snack spreads (peanut butter, cheese spreads, and jelly)
- Dry Cereals
- Raw vegetables
- Sugar, salt, pepper
- Bread
- Multivitamins
- Dry and canned pet food

KITCHEN SUPPLIES:

- Paper plates
- Napkins
- Cutlery
- Cups
- Jugs or containers to store water
- Manual can opener
- Bottle opener
- Matches (larger stick type or lighters)
- Pocketknife (preferably Swiss Army style)
- Flashlight and batteries
- Blankets
- First aid Kit
- Camp stove
- Ice chests – Coolers
- Large containers to carry food

FOOD PANTRY TIPS:

- Buy single-serving sizes whenever possible, because you can't depend on refrigeration after the containers have been opened.
- Make sure to periodically check the foods in your emergency food pantry, so that you don't keep foods that have passed their expiration dates

Winter Storm

Preparedness Checklist

Winter storms can bring extreme cold, freezing rain, sleet, heavy snowfall, ice, and high winds. These storms can cause transportation, heat, power, and communication disruptions. They also can close schools, stores, and workplaces. Winters are getting warmer and shorter because of climate change. But, because a warmer atmosphere holds more moisture, heavier snowfalls are more likely to occur. We can take action to prepare. Prepare now to protect yourself, your loved ones, and your home.



What to Do: Before



Plan to Stay Warm

- Stay warm indoors to prevent frostbite and hypothermia.
- Before the winter season begins, make sure you can heat your home safely. Prepare your home to keep out the cold with insulation, caulking, and weather stripping.
- Consider using an indoor thermometer or thermostat to monitor the temperature inside.
- Plan to check on loved ones and neighbors to make sure they are staying warm. This is especially important for older adults and babies.
- Drink plenty of warm fluids but avoid caffeine and alcohol.
- Avoid travel if you can.
- If you must go outside, plan to dress properly. Keep your nose, ears, cheeks, chin, fingers, and toes covered in warm, dry clothing. These areas are the first to be at risk for frostbite.
 - Wear layers of loose clothing, a coat, hat, mittens, and water-resistant boots. Use a scarf to cover your face and mouth.
- Know where you will go if your home becomes too cold. You could go to a friend's house, a public library, or a warming center.



Learn Emergency Skills

- Learn first aid and cardiopulmonary resuscitation (CPR). Emergency services may be delayed.
- Learn how to spot and treat frostbite and hypothermia.
- Install and test smoke alarms and carbon monoxide detectors with battery back-ups.
- Be ready to live without power, gas, and water.
- Learn how to keep pipes from freezing.



Plan to Stay Connected

- Sign up for free emergency alerts from your local government.
- Plan to monitor local weather and news.
- Have a backup battery or a way to charge your cell phone.
- Have a battery-powered radio to use during a power outage.
- Understand the alerts you may receive.
 - A WATCH means **Be Prepared!**
 - A WARNING means **Take Action!**
- Create a support team to help everyone stay safe in a disaster. Plan how you can help each other.



Gather Emergency Supplies

- Gather food, water, and medicine before a winter storm. Stores might be closed, and it may be unsafe to travel.
- Organize supplies into a Go-Kit and a Stay-at-Home Kit.
 - Go-Kit: at least three days of supplies you can carry with you if you need to go somewhere else to stay warm. Include critical backup batteries and chargers for your devices (cell phone, CPAP, wheelchair, etc.)
 - Stay-at-Home Kit: at least two weeks of supplies.
- Ensure you have enough warm clothing, such as hats, mittens, and blankets, for everyone in your household.
- You may lose access to drinking water. Set aside at least one gallon of drinking water per person per day.
- Consider having emergency supplies in your vehicle, such as a blanket, warm clothing, a first aid kit, and boots.
- Have a 1-month supply of needed medications and medical supplies. Consider keeping a list of your medications and dosages on a small card to carry with you.
- Keep personal, financial, and medical records safe and easy to access (hard copies or securely backed up).
- Have a snow shovel and ice-melting products to keep your walkways safe.

What to Do: During



Stay Safe

- Use care with space heaters and fireplaces to prevent fires. Keep anything that could catch fire **at least 3 feet (1 meter) from the heat!**
- Avoid using candles because of the fire risk. Use battery-powered lights and flashlights instead.
- Prevent carbon monoxide poisoning. Carbon monoxide poisoning is common during power outages when people use other means to heat and cook. You can prevent carbon monoxide poisoning.
 - Only use generators, grills, and camp stoves outdoors and away from windows.
 - Carbon monoxide kills. If you start to feel sick, dizzy, or weak, **get to fresh air right away – do not delay.**
- To prevent carbon monoxide poisoning and home fires, never heat your home with a cooking oven or stove.



Act Fast if You See Signs of Frostbite or Hypothermia

- **Frostbite** is when a part of your body freezes. Your nose, ears, cheeks, chin, fingers, and toes often are the first affected. People may experience pain, numbness, and a change of skin color.
 - What to do for frostbite: Move to a warm place. Warm the affected area gently by soaking in warm water (NOT hot) until the skin appears normal and feels warm. Seek emergency medical care.
- **Hypothermia** can kill you. It occurs when your body loses heat faster than it can produce heat. This causes a dangerously low body temperature. Older adults, babies, children, and people with certain health conditions are more at risk.
 - Shivering is one of the first signs of hypothermia; other signs include confusion, drowsiness, and slurred speech.
 - What to do for hypothermia: Seek emergency medical care right away. Move to a warm place. Remove any wet clothing and warm the body slowly.

What to Do: After



Stay Safe

- If you need to go outside, use extreme caution when driving or walking on ice.
- Avoid damaged or fallen power lines. They can electrocute you.
- Be aware of branches, trees, and ice that may fall.
- Avoid overexertion when shoveling snow. Take frequent breaks and, if possible, work with a partner.
- Use ice-melting products to keep your walkways safe.
- Go to a public library, shopping mall, or warming center if your home becomes too cold.



Take Care of Yourself

- It's normal to have a lot of bad feelings, stress, or anxiety.
- Eat healthy food and get enough sleep to help you deal with stress.
- You can contact the Disaster Distress Helpline for free if you need to talk to someone. Call or text **1-800-985-5990**.

Prepare so you can protect.

| For more information, visit redcross.org/prepare

| Download the Emergency App



Be Red Cross Ready

Power Outage Checklist

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

Energy Conservation Recommendations

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

How do I prepare for a power outage?



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

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

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

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

What should I do during a power outage?



Keep food as safe as possible.

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

Electrical equipment

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

Using generators safely

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

What should I do when the power comes back on?



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

Throw out unsafe food.

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

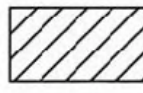
Caution: Carbon Monoxide Kills

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

Let Your Family Know You're Safe

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

KEY

 - R.I.T. river front access

COMMUNITY PARK/ RIVER ACCESS POINT

R.I.T. BOAT HOUSE

10 ACRES of PRESERVED WOODLANDS

Greenwood Cove Apartments

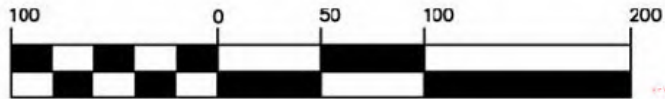
NATURAL STREAMS/PONDS

WALKWAYS

GENESEE RIVER



GRAPHIC SCALE



(IN FEET)

RIVERS RUN

ILLUSTRATIVE SITE PLAN Scale: 1" = 100'

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Ollie, the River Otter

says:



Stay Safe!