

FAMILY EMERGENCY PLAN

JUDSON ISD 2020-2021

CREATING YOUR FAMILY EMERGENCY PLAN

Creating your Family Emergency Plan starts with one simple question: “What if?”



COLLECT INFORMATION

HOUSEHOLD INFORMATION

Write down phone numbers and email addresses for everyone in your household. Having this important information written down will help you reconnect with others in case you don't have your mobile device or computer with you or if the battery runs down. If you have a household member(s) who is Deaf or hard of hearing, or who has a speech disability and uses traditional or video relay services (VRS), include information on how to connect through relay services on a landline phone, mobile device, or computer.

SCHOOL, CHILDCARE, CAREGIVER, AND WORKPLACE EMERGENCY PLANS

Because a disaster can strike during school or work hours, you need to know their emergency response plans and how to stay informed. Discuss these plans with children, and let them know who could pick them up in an emergency. Make sure your household members with phones are signed up for alerts and warnings from their school, workplace, and/or local government. To find out more about how to sign up, see Know Your Alerts and Warnings at [ready.gov](https://www.ready.gov). For children without mobile phones, make sure they know to follow instructions from a responsible adult, such as a teacher or principal.

OUT-OF-TOWN CONTACT

It is also important to identify someone outside of your community or State who can act as a central point of contact to help your household reconnect. In a disaster, it may be easier to make a long-distance phone call than to call across town because local phone lines can be jammed.

EMERGENCY MEETING PLACES

Decide on safe, familiar places where your family can go for protection or to reunite. Make sure these locations are accessible for household members with disabilities or access and functional needs. If you have pets or service animals, think about animal-friendly locations. Identify the following places:

- Indoor: If you live in an area where tornadoes, hurricanes, or other high-wind storms can happen, make sure everyone knows where to go for protection. This could be a small, interior, windowless room, such as a closet or bathroom, on the lowest level of a sturdy building, or a tornado safe room or storm shelter.
- In your neighborhood: This is a place in your neighborhood where your household members will meet if there is a fire or other emergency and you need to leave your home. The meeting place could be a big tree, a mailbox at the end of the driveway, or a neighbor's house.
- Outside of your neighborhood: This is a place where your family will meet if a disaster happens when you're not at home and you can't get back to your home. This could be a library, community center, house of worship, or family friend's home.
- Outside of your town or city: Having an out-of-town meeting place can help you reunite if a disaster happens and:
 - You cannot get home or to your out-of-neighborhood meeting place; or
 - Your family is not together and your community is instructed to evacuate the area.

This meeting place could be the home of a relative or family friend. Make sure everyone knows the address of the meeting place and discuss ways you would get there.

OTHER IMPORTANT NUMBERS AND INFORMATION

You should also write down phone numbers for emergency services, utilities, service providers, medical providers, veterinarians, insurance companies, and other services.

SHARE – MAKE SURE EVERYONE HAS THE INFORMATION

- ❑ Make copies of your Family Emergency Plan for each member of the household to carry in his or her wallet, backpack, or purse. Post a copy in a central place at home. Regularly check to make sure your household members are carrying their plan with them.
- ❑ Enter household and emergency contact information into all household members' mobile phones or devices.
- ❑ Store at least one emergency contact under the name “In Case of Emergency” or “ICE” for all mobile phones and devices. This will help someone identify your emergency contact if needed. Inform your emergency contact of any medical issues or other requirements you may have.
- ❑ Create a group list on all mobile phones and devices of the people you would need to communicate with if there was an emergency or disaster.
- ❑ Make sure all household members and your out-of-town contact know how to text if they have a mobile phone or device, or know alternative ways to communicate if they are unable to text.
Note: TEXT IS BEST – If you are using a mobile phone, a text message may get through when a phone call will not. This is because a text message requires far less bandwidth than a phone call. Text messages may also save and then send automatically as soon as capacity becomes available.
- ❑ Read Know Your Alerts and Warnings at [ready.gov](https://www.ready.gov) and sign up to receive emergency information.

PRACTICE

Once you have completed your Family Emergency Plan, made copies for all the members of your household, and discussed it, it's time to practice!

Here are some ideas for practicing your plan:

- ❑ Practice texting and calling. Have each person practice sending a text message or calling your out-of-town contact and sending a group text to your mobile phone group list.

- ❑ Discuss what information you should send by text. You will want to let others know you are safe and where you are. Short messages like “I’m OK. At Library” are good.
- ❑ Talk about who will be the lead person to send out information about the designated meeting place for the household.
- ❑ Practice gathering all household members at your indoor and neighborhood emergency meeting places. Talk about how each person would get to the identified out-of-neighborhood and out-of-town meeting places. Discuss all modes of transportation, such as public transportation, rail, and para-transit for all family members, including people with disabilities and others with access and functional needs.
- ❑ Regularly have conversations with household members and friends about the plan, such as whom and how to text or call, and where to go.
- ❑ To show why it’s important to keep phone numbers written down, challenge your household members to recite important phone numbers from memory – now ask them to think about doing this in the event of an emergency.
- ❑ Make sure everyone, including children, knows how and when to call 911 for help. You should only call 911 when there is a life-threatening emergency.
- ❑ Review, update, and practice your Family Emergency Plan at least once a year, or whenever any of your information changes.

To help start the conversation or remind your family why you are taking steps to prepare and practice, you may want to watch the 4-minute video, *It Started Like any Other Day*, about families who have experienced disaster, at www.youtube.com/watch?v=w_omgt3MEB.s. Click on the closed captioning (CC) icon on the lower right to turn on the captioning.

After you practice, talk about how it went. What worked well? What can be improved? What information, if any, needs to be updated? If you make updates, remember to print new copies of the plan for everyone.

COMMUNICATING DURING A DISASTER

- ❑ Text is best when using a mobile phone, but if you make a phone call, keep it brief and convey only vital information to emergency personnel and/or family or household members. This will minimize network congestion, free up space on the network for emergency communications, and conserve battery power. Wait 10 seconds before redialing a number. If you redial too quickly, the data from the handset to the cell sites

do not have enough time to clear before you've re-sent the same data. This contributes to a clogged network.

- ❑ Conserve your mobile phone battery by reducing the brightness of your screen, placing your phone in airplane mode, and closing apps you do not need. Limit watching videos and playing video games to help reduce network congestion.
- ❑ Keep charged batteries, a car phone charger, and a solar charger available for backup power for your mobile phone, teletypewriters (TTYs), amplified phones, and caption phones. If you charge your phone in your car, be sure the car is in a well-ventilated area (e.g., not in a closed garage) to avoid life-threatening carbon monoxide poisoning.
- ❑ If driving, do not text, read texts, or make a call without a hands-free device.
- ❑ Maintain a household landline and analog phone (with battery backup if it has a cordless receiver) that can be used when mobile phone services is unavailable. Those who are deaf or hard of hearing, or who have speech disabilities and use devices and services that depend on digital technology (e.g., VRS, Internet Protocol [IP] Relay, or captioning) should have an analog phone (e.g., TTY, amplified phone, or caption phone) with battery backup in case Internet or mobile service is down.
- ❑ If you evacuate and have a call-forwarding feature on your home phone, forward your home phone number to your mobile phone number.
- ❑ Use the Internet to communicate by email, Twitter, Facebook, and other social media networks. These communication channels allow you to share information quickly with a widespread audience or to find out if loved ones are ok. The Internet can also be used for telephone calls through Voice over Internet Protocol. For those who are deaf or hard of hearing, or who have speech disabilities, you can make calls through your IP Relay provider.
- ❑ If you do not have a mobile phone, keep a prepaid phone card to use if needed during or after a disaster.
- ❑ Use a pay phone if available. It may have less congestion because these phones don't rely on electricity or mobile networks. In some public places, you may be able to find a TTY that can be used by those who are deaf or hard of hearing, or who have speech disabilities.

SUPPLIES

BASIC DISASTER SUPPLY KIT

To assemble your kit store items in airtight plastic bags and put everything in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items:

- Water (one gallon per person per day for at least three days, for drinking and sanitation)
- Food (at least a three-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal help_
- Dust mask (to help filter contaminate air)
- Plastic sheeting, duct tape and scissors (to shelter in place)
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for canned goods)
- Local maps
- Cell phone with chargers and a backup battery

ADDITIONAL EMERGENCY SUPPLIES

- Masks (for everyone ages 2 and above)
- Soap, hand sanitizer, disinfecting wipes to disinfect surfaces
- Prescription medications (you may be able to receive a 7-day emergency prescription from you doctor that can be filled and kept in your kit. *Make sure to check medication expiration dates and dispose of any expired medications*)
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container

- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

MAINTAINING YOUR KIT

After assembling your kit remember to maintain it so it's ready when needed:

- Keep canned food in a cool, dry place.
- Store boxed food in tightly closed plastic or metal containers.
- Replace expired items as needed.
- Re-think your needs every year and update your kit as your family's needs change.

KIT STORAGE LOCATIONS

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and cars.

- Home: Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.
- Work: Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case.
- Car: In case you are stranded, keep a kit of emergency supplies in your car. If you choose to include food in your kit make sure it is nonperishable with a long shelf life. It may be a good idea to keep these foods in a cooler if you live somewhere with extreme temperatures.

BUILD A KIT

In addition to having your basic survival supplies, an emergency kit should have items to meet your individual needs in various emergencies. Consider the items you use on a daily basis and which ones you may need to add to your kit.

TIPS FOR PEOPLE WHO ARE DEAF OR HARD OF HEARING

- A weather radio (with text display and a flashing alert)
- Extra hearing-aid batteries
- Pen and paper (in case you have to communicate with someone who does not know sign language)

TIPS FOR PEOPLE WHO ARE BLIND OR HAVE LOW VISION

- Mark emergency supplies with Braille labels or large print. Keep a list of your emergency supplies and where you bought them on a portable flash drive or make an audio file that is kept in a safe place where you can access it.
- Keep communication devices for your particular needs, such as a Braille or deaf-blind communications device as part of your emergency supply kit.

TIPS FOR PEOPLE WITH SPEECH DISABILITY

- If you use an augmentative communications device or other assistive technologies plan how you will evacuate with the devices or how you will replace equipment if it is lost or destroyed. Keep model information and note where the equipment came from (Medicaid, Medicare, private insurance, etc.).
- Plan how you will communicate with others if your equipment is not working, including laminated cards with phrases and/or pictogram.

TIPS FOR PEOPLE WITH A MOBILITY DISABILITY

- If you use a power wheelchair have a lightweight manual chair available as a backup if possible. Know the size and weight of your wheelchair in addition to whether or not it is collapsible, in case it has to be transported.
- Show others how to operate your wheelchair.
- Purchase an extra battery for a power wheelchair or other battery-operated medical or assistive technology devices. If you can't purchase an extra battery, find out what agencies, organizations or local charitable groups can help you buy one. Keep extra batteries on a trickle charger at all times.
- Consider keeping a patch kit or can of sealant for flat tires and/or extra inner tube if wheelchair or scooter is not puncture proof.
- Keep an extra mobility device such as a cane or walker if you use one.
- Keep a portable air pump for wheelchair tires.

- If you use a seat cushion to protect your skin or maintain your balance and you must evacuate, have an extra cushion to take with you.

Keep in mind that not everyone can afford to stock up on supplies, such as sports drinks, cleaning supplies, and non-perishable foods. If you can, slowly buy supplies in advance so that you don't have to go to the store as often. Shopping less often helps to slow the spread of COVID-19. By social distancing and only shopping when you must, you can protect those who are unable to buy supplies in advance and must shop more frequently.

In addition, consider avoiding WIC-labeled products so that those who rely on these products can access them.

TIPS FOR INDIVIDUALS WITH SENSORY DISABILITIES (INCLUDING AUTISM SPECTRUM DISORDER)

For people with sensory disabilities, this may include:

- Handheld electronic devices (loaded with movies and games)
- Spare chargers
- Sheets and twine or a small pop up tent (to decrease visual stimulation in a busy room or to provide instant privacy)
- Headphones (to decrease auditory distractions)
- Comfort snacks

ADDITIONAL ITEMS

- At least a week-long supply of prescription medicines
- A list of all medications, dosage and any allergies
- Extra eyeglasses
- Extra hearing aid batteries
- Extra wheelchair batteries (or a manual wheelchair if possible)
- Oxygen
- A list of the style and serial number of medical devices (include special instructions for operating your equipment if needed)
- Copies of medical insurance and Medicare cards
- Contact information for doctors, relatives or friends who should be notified if you are hurt

- Pet food, extra water, collar with ID tag, medical records and other supplies for your service animal

ALERTS

WIRELESS EMERGENCY ALERTS (WEA)

WHAT ARE WIRELESS EMERGENCY ALERTS?

- Wireless Emergency Alerts, or WEAs, are free messages sent directly to your cellular phone, warning you about severe weather, AMBER Alerts and threats to safety in your area.
- WEAs are sent to you by your state and local public safety officials, the national Weather Service, the National Center for Missing and Exploited Children, the U.S. Geological Survey, and the President.
- WEAs began in 2012 and should already be on your cellular phone or other wireless devices.
- WEAs are no more than 360 characters and will provide brief critical information about a threat in your location or an AMBER emergency.
- The WEA notification is designed to get your attention and alert you with a unique sound and vibration.
- WEAs resemble a text message on your cellular phone – but WEAs will not interrupt calls in progress.
- WEA messages allow alerts to be sent to cellular phones in a geographically targeted affected area.
- WEAs are one-way alerts to any cell phones in range of the cell tower, which ensures that authorities cannot collect any data from an individual.
- WEAs are not affected by network congestion.
- Wireless customers will not be charged for the delivery of WEA messages.

UNIQUE SOUND & VIBRATION

- The unique sound and vibration (Common Audio Attention Signal and Vibration Pattern) you receive when a WEA is sent are prescribed in Part 10 of the Code of Federal Regulations for use in Alert messaging only.

- The unique sound and vibration cadence are particularly helpful to people with visual or hearing disabilities.

WILL I RECEIVE WEAS ON MY CELL PHONE?

- To find out if your phone can receive WEA alerts, contact your wireless provider. All the major providers participate in WEA on a voluntary basis. It will take time for upgrades in infrastructure, coverage and handset technology to allow WEA enhancements to reach all cellular customers.
- Wireless providers are selling devices with WEA capability included but not all handsets now on the market can receive WEAs. To learn how yours is configured, contact your wireless provider or phone manufacturer.
- WEA messages can save lives. Do not ignore these messages! WEAs contain basic information so if you receive a WEA, seek additional information from other sources such as radio or TV.

For more information visit <https://www.fema.gov/ipaws>. Contact the IPAWS Program Management Office at jpaws@fema.dhs.gov.

IPAWS is a national system for local alerting that provides authenticated emergency alert and information messaging to the public through cell phones and internet applications using Wireless Emergency Alerts, and to radio and television via the Emergency Alert System.

EMERGENCY ALERT SYSTEM

The Emergency Alert System (EAS) is a national public warning system that requires radio and TV broadcasters, cable TV, wireless cable systems, satellite and wireline operators to provide the President with capability to address the American people within 10 minutes during a national emergency.

Broadcast, cable, and satellite operators are the stewards of this important public service in close partnership with state, local, tribal, and territorial authorities.

FEMA, in partnership with the Federal Communications Commission and National Oceanic and Atmospheric Administration, is responsible for implementing, maintaining and operating the EAS at the federal level.

EMERGENCY ALERT SYSTEM DETAILS

- Messages can interrupt radio and television to broadcast emergency alert information.

- Messages cover a large geographic footprint. Emergency message audio/text may be repeated twice, but EAS activation interrupts programming only once, then regular programming continues.
- Messages can support full message text for screen crawl/display, audio attachments in mp3 format, and additional languages.
- It is important for authorities who send EAS messages to have a relationship with their broadcasters to understand what will be aired via radio, TV and cable based on their policies. Policies vary from station to station.

TESTS OF THE EMERGENCY ALERT SYSTEM

FEMA is also responsible for national-level EAS tests and exercises.

National-level tests of EAS evaluate the readiness of the system and our national alerting capability in the absence of internet connectivity.

WHY DO A NATIONAL EAS TEST?

- The IPAWS Modernization Act of 2015 (Public Law 114-143) requires FEMA to conduct, not less than once every three years, a nationwide EAS test. The Act, which became law in April 2016, requires FEMA to help ensure that under all conditions the President can alert and warn the civilian population in areas endangered by natural disasters, acts of terrorism and other man-made disasters or threats to public safety.
- The testing process is designed to evaluate the effectiveness of the IPAWS Open Platform for Emergency Networks and assess the operational readiness of the infrastructure for distribution of a national message and determine whether technological improvements are needed.
- Testing will help ensure an effective and reliable system exists to provide timely and accurate alerts to the public. After each test, an after-action report and improvement plan is created and incorporated into future testing to ensure continual advancement of alert and warning capabilities.
- The national tests encourage communication and strengthen relationships between the broadcast, wireless and emergency management communities.

Before a national EAS test is conducted, there is significant coordination with radio and television broadcasters, cable systems, satellite radio and television providers, wireline video providers, and emergency managers.

NATIONWIDE TESTS

On August 7, 2019 FEMA, in coordination with the FCC, conducted the fifth nationwide test of the EAS. Previous EAS national tests were conducted in November 2011, September 2016 and 2017, and October 2018, in collaboration with the Federal Communications Commission, radio and television stations, and emergency management officials.

The audio test message was similar to regular monthly EAS test messages with which the public is familiar: “This is a test of the national Emergency Alert System.” The intent of 2019’s test was to evaluate the readiness of the national alerting capability in the absence of internet connectivity.

- 2019 National EAS Test Video in American Sign Language (ASL)
- 2019 Nationwide EAS Test Report
- 2017 Nationwide EAS Test Report

INTEGRATED PUBLIC ALERT & WARNING SYSTEM

The Integrated Public Alert & Warning System (IPAWS) is FEMA’s national system for local alerting that provides authenticated emergency and life-saving information to the public through mobile phones using Wireless Emergency Alerts, to radio and television via the Emergency Alert System, and on the National Oceanic and Atmospheric Administration’s Weather Radio.

NEWS & UPDATES

Appearing on Lamar Billboards Around the Nation

Emergency alerts transmitted over FEMA’s Integrated Public Alert & Warning System are being displayed on select Lamar Advertising Company digital billboards in the areas around the country affected by the alerts.

IPAWS alerts have already appeared on Lamar digital billboards in 17 states and are available to run in all 43 states that Lamar covers.

ICPD AND IPAWS

FEMA’s Individual and Community Preparedness Division (ICPD) builds a culture of preparedness by connecting individuals, organizations, communities, and families with research and tools to build and sustain capabilities to prepare for any disaster or emergency. ICPD uses peer-reviewed articles, in-depth studies, and subject -matter expert review to develop

research-based actions that anyone can take to prepare for, keep safe during, and recover from a disaster.

In 2020, ICPD launched the Protective Actions Research site, which contains guidance for 12 hazards. During this webinar, ICPD discusses how Protective Action Research is developed, and provides a demonstration of their Protective Actions site, highlighting key site features. The public and IPAWS Alerting Authorities can benefit from the protective action guidance by knowing definitively what actions can help protect themselves and others during a disaster or emergency.

HOW IPAWS SENDS ALERTS

IPAWS allows Alerting Authorities to write their own message using commercially available software that is Common Alerting Protocol (CAP) compliant. The message is then delivered to the Integrated Public Alert and Warning System, Open Platform of Emergency Networks (IPAWS OPEN), where it is authenticated and then delivered simultaneously through multiple communication pathways. Through IPAWS, one message is created to reach as many people as possible to save lives and protect property.

Utilizing multiple pathways for public alerts increases the likelihood that the message will successfully reach the public. IPAWS is structured to facilitate this functionality.

SAFETY SKILLS

LEARN FIRST AID AND CPR

Take a first aid and CPR class. You can get more information about training from your local American Red Cross chapter. Getting certified protects you under Good Samaritan laws if you have to give first aid.

LEARN TO USE A FIRE EXTINGUISHER

Have at least one up-to-date fire extinguisher and let everyone in your household know where it's kept and how to use it. You should have an ABC type at minimum.

The U.S. Fire Administration says you should only use a fire extinguisher if you've been trained in its proper use and maintenance. Contact your local fire department for information on training in your area. Get more information about preparedness for a fire emergency.

KNOW HOW TO SHUT OFF UTILITIES

NATURAL GAS

Natural gas leaks and explosions cause a significant number of fires after disasters. It's important that all household members know how to shut off natural gas.

There are different gas shut-off procedures for different gas meter configurations, so it's important to call your gas company. They can help you prepare for gas appliances and gas service to your home in the event of an emergency.

Make sure everyone in your household knows the proper shut-off procedures for your meter. Do not actually turn off the gas when practicing shutting it off.

- If you smell gas or hear a blowing or hissing noise, open a window and get everyone out quickly. Turn off the gas using the outside main valve if you can and call the gas company from a neighbor's home.
- Caution: If you turn off the gas for any reason, only a qualified professional can turn it back on. NEVER attempt to turn the gas back on yourself.

WATER

Water quickly becomes a precious resource following many disasters. It is important that everyone in your household learn how to shut off the main water valve to the house.

- Find the shut-off valve for the main water line that enters your house and tag it for easy identification. Make sure everyone in your household knows where it is.
- Make sure you can shut the valve off completely. Your valve may be rusted open or it may not close all the way. If so replace it.
- Cracked lines may pollute the water supply to your house. It's a good idea to shut off your water until authorities say it's safe to drink.

The effects of gravity may drain the water in your hot water heater and toilet tanks unless you trap it in your house by shutting off the main house valve. (This is not the street valve in the cement box at the curb – the street valve is extremely difficult to turn and requires a special tool.)

ELECTRICITY

Electrical sparks can ignite natural gas if it is leaking. Teach all responsible household members how to shut off the electricity.

- Locate your electrical circuit box. For your safety, always shut off all the individual circuits before shutting off the main circuit.

EVACUATION

PLAN TO EVACUATE

Many kinds of emergencies can cause you to have to evacuate. In some cases, you may have a day or two to prepare while other situations might call for an immediate evacuation. Planning is vital to making sure that you can evacuate quickly and safely no matter what the circumstances.

BEFORE AN EVACUATION

- Learn the types of disasters that are likely in your community and the local emergency, evacuation and shelter plans for each specific disaster.
- Plan how you will leave and where you will go if you are advised to evacuate.
- Check with local officials about what shelter spaces are available for this year. Coronavirus may have altered your community's plans.
- If you evacuate to a community shelter, follow the latest guidelines from the Centers for Disease Control and Prevention (CDC) for protecting yourself and your family from possible coronavirus: people over 2-years-old should use a cloth facial covering while at these facilities.
 - Be prepared to take cleaning items with you like masks, soap, hand sanitizer, disinfecting wipes or general household cleaning supplies to disinfect surfaces.
 - Maintain at least 6 feet of space between you and people who aren't in your immediate family.
- Identify several places you could go in an emergency such as a friend's home in another town or a motel. Choose destinations in different directions so that you have options during an emergency.
- If needed, identify a place to stay that will accept pets. Most public shelters allow only service animals.
- Be familiar with alternate routes and other means of transportation out of your area.
- Always follow the instructions of local officials and remember that your evacuation route may be on foot depending on the type of disaster.

- Come up with a family/household plan to stay in touch in case you become separated; have a meeting place and update it depending on the circumstance.
- Assemble supplies that are ready for evacuation. Prepare a “go-bag” you can carry when you evacuate on foot or public transportation and supplies for traveling longer distances if you have a car.
- If you have a car:
 - Keep a full tank of gas if an evacuation seems likely. Keep a half tank of gas in it at all times in case of an unexpected need to evacuate. Gas stations may be close during emergencies and unable to pump gas during power outages. Plan to take one car per family to reduce congestion and delay.
 - Make sure you have a portable emergency kit in the car.
- If you do not have a car, plan how you will leave if needed. Decide with family, friends or your local emergency management office to see what resources may be available.

DURING AN EVACUATION

- Download the FEMA app for a list of open shelters during an active disaster in your local area.
- Listen to a battery-powered radio and follow local evacuation instructions.
- Take your emergency supply kit.
- Leave early enough to avoid being trapped by severe weather.
- Take your pets with you but understand that only service animals may be allowed in public shelters. Plan how you will care for your pets in an emergency now.
- If time allows:
 - Call or email the out-of-state contact in your family communications plan. Tell them where you are going.
 - Secure your home by closing and locking doors and windows.
 - Unplug electrical equipment such as radios, televisions and small appliances. Leave freezers and refrigerators plugged in unless there is a risk of flooding. If there is damage to your home and you are instructed to do so, shut off water, gas and electricity before leaving.
 - Leave a note telling others when you left and where you are going.
 - Wear sturdy shoes and clothing that provides some protection such as long pants, long-sleeved shirts and a hat.
 - Check with neighbors who may need a ride.

- Follow recommended evacuation routes. Do not take shortcuts, they may be blocked.
- Be alert for road hazards such as washed-out roads or bridges and downed power lines. Do not drive into flooded areas.

AFTER AN EVACUATION

If you evacuated from the storm, check with local officials both where you're staying and back home before you travel.

- If you are returning to disaster-affected areas, after significant events prepare for disruptions to daily activities and remember that returning home before storm debris is cleared is dangerous.
- Let friends and family know before you leave and when you arrive.
- Charge devices and consider getting back-up batteries in case power-outages continue.
- Fill up your gas tank and consider downloading a fuel app to check for outages along your route.
- Bring supplies such as water and non-perishable food for the car ride.
- Avoid downed power or utility lines, they may be live with deadly voltage. Stay away and report them immediately to your power or utility company.
- Only use generators outside and away from your home and NEVER run a generator inside a home or garage or connect it to your home's electrical system.

PLAN FOR LOCATIONS

BE INFORMED

Many emergencies and disasters occur without any warning. Since you can't predict where you will be for disasters, it is important to have plans and supplies for the places you and your household go to regularly. Planning ahead makes sure that you and your family will know what to do and have the supplies you need to be safe wherever you are.

Find out what plans are available for the locations you go regularly. Customize your personal and household plans based on what household members would do if an emergency occurred while they were at that location.

MAKE A PLAN BY LOCATION

Examples of locations to consider and plan for include:

- Home
- Workplace
- Vehicles (download the Commuter Emergency Plan)
- Regular methods of transportation such as trains, urban commuter transit
- School and daycare
- Places of worship
- Sports arenas and playing fields
- Entertainment locations such as theatres
- Shopping areas such as malls and retail centers
- Tourist and travel locations such as hotels

ADDITIONAL CONSIDERATIONS

To develop a plan for different locations, you need to get important information about the organization or building managers' plans. In some cases if plans are not available, you may have to work with the building manager or other members of the organization to develop or build out plans. Consider the following:

- How to get local alert or warnings while you are there
- Building alarm or alert systems
- Building evacuation plans including alternate exits.
- Building or organization shelter in place plans
- Supplies you would need for temporary sheltering

Consider how the type of building or the environment around the building may impact alerts and warnings, shelter and evacuation and the need for supplies.

Examples include:

- Single story vs multi-story or high-rise buildings have different types of alarm systems, shelter and evacuation considerations.
- Urban and rural locations may have different local assumptions and plans for evacuation if large areas are affected.
- Buildings like schools, sports arenas and malls may have different plans for evacuation and shelter depending on the specific building structure, or safe locations for shelter for different types of emergencies (e.g. tornadoes).

- Outdoor locations like sports fields or golf courses need specific plans for rapid short-term shelter (e.g. for thunderstorms and lightening or tornadoes).
- Geography may be critical for some hazards (e.g. if the area is low and vulnerable to flash flooding).
- Mobile homes, modular structures and other buildings not attached to permanent foundations require planning for evacuation and alternate shelter locations.

NEIGHBORHOODS, CONDOMINIUMS AND APARTMENTS

- Talk to your neighbors about how you can work together during an emergency.
- Find out if anyone has specialized equipment like a power generator or expertise such as medical knowledge that might help in a crisis.
- Decide who will check on elderly or disabled neighbors.
- Make back-up plans for children in case you can't get home in an emergency.
- Sharing plans and communicating in advance is a good strategy.

IN A HIGH-RISE BUILDING

- Know where the closest emergency exit is.
- Know another way out in case your first choice is blocked.
- Take cover against a desk or table if things are falling.
- Move away from file cabinets, bookshelves or other things that might fall.
- Face away from windows and glass.
- Move away from exterior walls.
- Determine if you should stay put, shelter-in-place or get away.
- Listen for and follow instructions.
- Take your emergency supply kit, unless there is reason to believe it has been contaminated.
- Do not use elevators.
- Stay to the right while going down stairwells to allow emergency workers to come up.

IN A MOVING VEHICLE

- If there is an explosion or other factor that makes it difficult to control the vehicle, pull over, stop the car and set the parking brake.
- If the emergency could impact the physical stability of the roadway, avoid overpasses, bridges, power lines, signs and other hazards.

- If a power line falls on your car you are at risk of electrical shock, stay inside until a trained person removes the wire.
- Listen to the radio for information and instructions as they become available.
- Have a plan for traveling between work and home and other commonly visited locations in case of an emergency.

INDIVIDUALS WITH DISABILITIES

GET INFORMED

- Know what disasters could affect your area, which could call for an evacuation and when to shelter in place.
- Keep a NOAA Weather Radio tuned to your local emergency station and monitor TV and radio. Follow mobile alerts and warnings about severe weather in your area.
- Download the FEMA app and get weather alerts from the National Weather Service for up to five different locations anywhere in the United States.

MAKE A PLAN

How might a disaster affect you? Could you make it on your own for at least three days? After a disaster you may not have access to a medical facility or even a drugstore. It's crucial to plan for your regular needs and know what you would do if they become limited or unavailable.

Additional planning steps should include:

- Create a support network. Keep a contact list in a watertight container in your emergency kit.
- Be ready to explain to first responders that you need to evacuate and choose to go to a shelter with your family, service animal, caregiver, personal assistant and your assistive technology devices and supplies.
- Plan ahead for accessible transportation that you may need for evacuation or getting to a medical clinic. Work with local services, public transportation or paratransit to identify your local or private accessible transportation options.
- Inform your support network where you keep your emergency supplies. You may want to consider giving one member a key to your house or apartment.

- Contact your city or county government’s emergency management agency or office. Many local offices keep lists of people with disabilities so they can be helped quickly in a sudden emergency.
- If you are dependent on dialysis or other life-sustaining treatment know the location and availability of more than one facility.
- If you use medical equipment in your home that requires electricity, talk to your doctor or health care provider about how you can prepare for its use during a power outage.
- Wear medical alert tags or bracelets.
- If you have a communication disability make sure your emergency information says the best way to communicate with you.
- If you use an augmentative communications device or other assistive technologies, plan how you will evacuate with the devices or how you will replace equipment if lost or destroyed. Keep model numbers and note where the equipment came from (Medicaid, Medicare, private insurance, etc.).
- Plan how you will communicate with others if your equipment is not working, including laminated cards with phrases, pictures or pictograms.
- Keep Braille/text communication cards, if used, for two-way communication.
- Get preparedness tips for people with diabetes.
- The U.S. Department of Health and Human Services’ online tool helps people locate and access their electronic health records from a variety of sources.
- Plan for children with disabilities and people who may have difficulty in unfamiliar or chaotic environments.

GET YOUR BENEFITS ELECTRONICALLY

A disaster can disrupt mail services for days or weeks. If you depend on Social Security or other regular benefits, switching to electronic payments is a simple, significant way to protect yourself financially before disaster strikes. It also eliminates the risk of stolen checks. The U.S. Department of the Treasury recommends two safer ways to get federal benefits:

- Direct deposit to a checking or savings account. If you get federal benefits you can sign up by calling 800-333-1795 or sign up online.
- The Direct Express prepaid debit card is designed as a safe and easy alternative to paper checks. Call toll-free at 877-212-9991 or sign up online.

SHELTER

Sheltering is appropriate when conditions require that you seek protection in your home, where you work or other location when other emergencies arise. The length of time you are required to take shelter may be short, such as during a tornado warning, or during a pandemic. In all cases, it is important that you stay informed and follow the instructions of local authorities.

During extended periods of sheltering you will need to manage water and food supplies to make sure you and your family have what you need to get by. Read more about managing water and managing food.

Choosing to take shelter is necessary in many emergencies. This can mean: Stay-At-Home, going to a Mass Care shelter, or Sheltering in Place. Here's the distinction:

STAY-AT-HOME

- Remain indoors as much as possible and try to only leave your home when necessary. You can still use outdoor spaces such as patios, porches and yards.
- Outdoor activities such as walking, jogging and exercise are fine if you practice social distancing (maintaining six feet away from the next person).
- When outside, try not to touch anything (light signals, poles, signs, playground equipment, benches, etc.) because the coronavirus can remain on certain surfaces for multiple hours.
- Essential services such as grocery shopping, the gas station, pharmacies and going to the Post Office are still fine to do.
- Limit visitors if possible. Try to use video chatting. Call the people you would normally text.
- For the latest information on food safety tips related to COVID-19 visit the U.S. Food & Drug Administration Consumer page.

MASS CARE SHELTER

Mass care shelters provide life sustaining services to disaster survivors. Even though mass care shelters often provide water, food, medicine and basic sanitary facilities, you should plan to take your emergency supply kit with you so you will have the supplies you need. Mass care sheltering can involve living with many people in a confined space, which can be difficult and unpleasant.

- Check with local officials about what shelter spaces are available. Coronavirus may have altered your community's plans.

- Be prepared to take cleaning items with you like cloth masks (for anyone ages 2 and above), soap, hand sanitizer, disinfecting wipes or general household cleaning supplies to disinfect surfaces.
- Maintain at least 6 feet of space between you and people who aren't in your immediate family.

Search for open shelters by texting **SHELTER** and a **ZIP code** to **43362**. Example: **Shelter 01234** (standard rates apply).

Learn more by visiting: <http://www.disasterassistance.gov/>.

SHELTERING IN PLACE

Whether you are at home, work or anywhere else you frequent regularly, there may be situations when it's best to stay where you are and avoid any uncertainty outside.

Here are some indicators and steps to take if the situation arises:

- Use common sense and available information to assess the situation and determine if there is immediate danger.
- If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated you may want to take this kind of action.

Here are some tips for sheltering in place:

- Local authorities may not immediately be able to provide information on what is happening and what you should do.
- Watch TV and listen to the radio or check the Internet often for official news and instructions as they become available.
- Bring your family and pets inside.
- Lock doors, close windows, air vents and fireplace dampers.
- Turn off fans, air conditioning and forced air heating systems.
- Take your emergency supply kit unless you have reason to believe it has been contaminated.
- Go into an interior room with few windows if possible.
- Seal all windows, doors and air vents with thick plastic sheeting and duct tape. Consider measuring and cutting the sheeting in advance to save time.
- Cut the plastic sheeting several inches wider than the openings and label each sheet.

- Duct tape plastic at corners first and then tape down all edges.
- Be prepared to improvise and use what you have on hand to seal gaps so that you create a barrier between yourself and any contamination.

“Sealing a room” is considered a temporary protective measure to create a barrier between you and potentially contaminated air outside. This type of sheltering in place requires pre-planning, by purchasing plastic sheeting and duct tape that you would keep in your emergency supply kit.

PETS AND ANIMALS

GET INFORMED

- Know what disasters could affect your area, which could call for an evacuation and when to shelter in place.
- Keep a NOAA Weather Radio tuned to your local emergency station and monitor TV, radio and follow mobile alert and mobile warnings about severe weather in your area.
- Download the FEMA app and get weather alerts from the National Weather Service for up to five different locations anywhere in the United States.

MAKE A PLAN

Remember, during a disaster what’s good for you is good for your pet, so get them ready today.

If you leave your pets behind, they may be lost, injured or worse. Never leave a pet chained outdoors. Plan options include:

- Create a buddy system in case you’re not home. Ask a trusted neighbor to check on your animals.
- Identify shelters. For public health reasons, many emergency shelters cannot accept pets.
 - Find pet friendly hotels along your evacuation route and keep a list in your pet’s emergency kit.
 - Locate boarding facilities or animal hospitals near your evacuation shelter.
 - Consider an out-of-town friend or relative.
- Locate a veterinarian or animal hospital in the area where you may be seeking temporary shelter in case your pet needs medical care. Add the contact information to your emergency kit.

- Have your pet microchipped and make sure that you not only keep your address and phone number up-to-date, but that you also include contact info for an emergency contact outside of your immediate area.
- Call your local emergency management office, animal shelter or animal control office to get advice and information.
- If you are unable to return to your home right away, you may need to board your pet. Find out where pet boarding facilities are located.
- Most boarding kennels, veterinarians and animal shelters will need your pet's medical records to make sure all vaccinations are current.
- If you have no alternative but to leave your pet at home, there are some precautions you must take, but remember that leaving your pet at home alone can place your animal in greater danger!

TIPS FOR LARGE ANIMALS

If you have large animals such as horses, cattle, sheep, goats or pigs on your property, be sure to prepare before a disaster.

- Ensure all animals have some form of identification.
- Evacuate animals whenever possible. Map out primary and secondary routes in advance.
- Make available vehicles and trailers needed for transporting and supporting each type of animal. Also make available experienced handlers and drivers.
- Ensure destinations have food, water, veterinary care and handling equipment.
- If evacuation is not possible, animal owners must decide whether to move large animals to shelter or turn them outside.

Take extra time to observe livestock, looking for early signs of disease and injury. Severe cold-weather injuries or death primarily occur in the very young or in animals that are already debilitated.

Animals suffering from frostbite don't exhibit pain. It may be up to two weeks before the injury becomes evident as the damaged tissue starts to slough away. At that point, the injury should be treated as an open wound and a veterinarian should be consulted.

Make sure your livestock has the following to help prevent cold-weather problems:

- Plenty of dry bedding to insulate vulnerable udders, genitals and legs from the frozen ground and frigid winds.
- Windbreaks to keep animals safe from frigid conditions.
- Plenty of food and water.

BUILD A KIT

Include basic survival items and items to keep your pet happy and comfortable. Start with this list or download [Preparing Makes Sense for Pet Owners-emergency Preparedness Pet Kit List \(PDF\)](#) to find out exactly what items your pet needs to be ready.

Your kit should include:

- Food (at least a three-day supply in an airtight, waterproof container)
- Water (at least three days of water specifically for your pets)
- Medicines
- Medical records, proof of vaccinations, registration and adoption documents (talk to your veterinarian about microchipping)
- First aid kit (cotton bandage rolls, bandage tape and scissors, antibiotic ointment, flea and tick prevention, latex gloves, isopropyl alcohol, saline solution and a pet first aid reference book)
- Collar or harness with ID tag, rabies tag and a leash
- Crate or pet carrier (s sturdy, safe crate or carrier large enough for your pet to stand, turn around and lie down)
- Sanitation needs (litter box and litter, newspapers, paper towels, plastic trash bags, and household chlorine bleach)
- A picture of you and your pet together to prove ownership (add species, breed, age, sex, color and distinguishing characteristics)
- Familiar items (treats, toys and bedding can help reduce stress for your pet)

MILITARY FAMILY PREPAREDNESS

GET INFORMED

Each military installation has an emergency management program that provides educational materials and briefings to the military and family members. Its goal is to make sure the installation is able to prepare for, respond to and recover from disasters and emergencies.

- Keep a National Oceanic and Atmospheric Administration weather radio tuned to your local emergency station and monitor local news on TV.
- Follow mobile alert and mobile warnings about severe weather in your area.
- Download the Federal Emergency management Agency app and get weather alerts from the National Weather Service for up to five different locations anywhere in the United States.

MAKE A PLAN

The installation plan for emergency management is the Comprehensive Emergency Management Plan 12/2. Service members, DOD civilians and overseas contractors should make sure their family members know about the CEMP 10-2 and supporting checklists.

- Every time you relocate, learn the types of emergencies likely to affect the area and update your emergency kit and plan with new materials, if necessary.
- If you live off an installation, threat levels or other circumstances may keep you from getting back on installation for day-to-day activities following an emergency. Know alternative places to shop or obtain things you normally get on an installation.
- During or after an emergency, you need to report to your command. Learn and follow the established procedures.
- Invest some time not to protect your family and your home in the event of a disaster. And develop a family emergency plan so you are prepared for whatever comes your way.

IF YOU'RE STATIONED ABROAD

You and your family should know the right numbers to call as the emergency number is probably not 9-1-1 and may differ on and off the installation.

- Your emergency kit should include some additional items, such as:
 - Passports
 - Birth abroad certificates for children born overseas

- Cash in the local currency
- A card with local translations of basic terms
- An electric current converter
- In the event of an emergency that occurs while you are stationed abroad and living on or off-installation, servicemembers should immediately check in with their installation, know and follow their protocols.
- Know what protective measures to take before, during and after an evacuation.

DOD COMPONENTS

Review the Personnel Accountability Course on MilLife Learning for more information on how best to account for yourself during natural and man-made disasters.

PREPARE TO REPORT

- Immediately following a catastrophic event, all DOD Components will begin internal accountability activities.
- Personnel accountability is a shared responsibility between the commander or supervisor and the service member, DOD civilian and overseas contractor and their families. If you have internet access, find emergency contacts for all DOD Components.
- All DOD-affiliated personnel who work or reside within the affected geographical area of a disaster are required to check in:
 - At the first available opportunity
 - With the appropriate authority or emergency call-in number established by the DOD Component or Military OneSource at 800-342-9647
 - By physical, telephonic or electronic means

ARMY

Ready Army is an Army-wide campaign to prepare the Army community. The campaign encourages Army civilians, soldiers and their families to build a kit, make a plan and be informed.

PREPARE TO REPORT

Following certain catastrophic events, the Secretary of the Defense may direct all DOD-affiliated people in the affected area to check-in with their command. If you have Internet access, check-in online using the Army Disaster Personnel Accountability and Assessment System (ADPAAS).

ADPAAS allows Army officials to account for personnel and their family members and provide help if needed.

Army Info Hotline: 800-833-6622

Military OneSource

CONUS (24/7): 800-342-9647

OCONUS (24/7): 800-342-9647, 703-253-7599

TTY/TTD: Dial 711 and give the toll-free number 800-342-9647

En español llame al: 800-342-9647

Visit Army Information on Military OneSource

READY ARMY RESOURCES & LINKS

Here are some resources to help you:

- Deal with a flood, fire or other natural disaster
- Seek military relief organizations and emergency financial help
- Recognize the signs of stress in children

SENIORS

GET INFORMED

- Know what disaster could affect your area, which could call for an evacuation and when to shelter in place.
- Keep a NOAA Weather Radio tuned to your local emergency station and monitor TV, radio and follow mobile alert and mobile warnings about severe weather in your area.
- Download the FEMA app and get weather alerts from the National Weather Service for up to five different locations anywhere in the United States.

MAKE A PLAN

Determine any special assistance you may need and include in your emergency plan.

- Create a support network of family, friends and others who can assist you during an emergency and share your disaster plans with them. Practice your plan with them.
- Make sure they have an extra key to your home, know where you keep your emergency supplies and how to use lifesaving equipment or administer medicine.
- If you undergo routine treatments administered by a clinic or hospital, find out their emergency plans and work with them to identify back-up service providers.
- If you have a communication-related disability, note the best way to communicate with you.
- Don't forget your pets or service animals. Not all shelters accept pets so plan for alternatives.
 - Consider loved ones or friends outside of your immediate area.
 - Prepare an emergency kit for your pet.
- For related information visit our page on individuals with disabilities.

GET YOUR BENEFITS ELECTRONICALLY

A disaster can disrupt mail service for days or weeks. If you depend on Social Security or other regular benefits switching to electronic payments is a simple, important way to protect yourself financially before disaster strikes. It also eliminates the risk of stolen checks. The U.S.

Department of the Treasury recommends two safer ways to get federal benefits:

- Direct deposit to a checking or savings account. If you get federal benefits you can sign up by calling 800-333-1795 or sign up online.
- The Direct Express prepaid debit card is designed as a safe and easy alternative to paper.

RECOVERING FROM DISASTER

Recovering from a disaster is usually a gradual process. Safety is a primary issue, as are mental and physical well-being. If assistance is available, knowing how to access it makes the process faster and less stressful. This section offers some general advice on steps to take after disaster strikes in order to begin getting your home, your community and your life back to normal.

FIRST, IF YOU HAVE DAMAGES FOLLOWING A DISASTER, CONTACT YOUR LOCAL EMERGENCY MANAGER

- Let your local officials know of any damages you may have, and what immediate assistance you may need.
- Local officials and voluntary organizations are usually the best options for immediate needs such as food and shelter.

IF YOU HAVE INSURANCE, CONTACT YOUR INSURANCE AGENT TO FILE A CLAIM

- Make sure to document all your damages – before you clean up, take photos and make a list.
- Save all your receipts for post-damage repair and clean up.
- If you have insurance and damages, you must file a claim with your insurance company.

RECOVERING FROM A DISASTER IS A GRADUAL PROCESS, TAKE CARE OF YOURSELF AND YOUR FAMILY

- Your first concern after a disaster is your family's health and safety. You need to consider possible safety issues and monitor family health and well-being.
- If you are returning home following a disaster, know it can be both physically and mentally challenging. Above all, use caution. You may be anxious to see your property, but do not return home before local officials say it is safe to return.
- Administer first aid and seek medical attention for any injured person following a disaster.
- Check for injuries. Do not attempt to move seriously injured persons unless they are in immediate danger of death or further injury. If you must move an unconscious person, first stabilize the neck and back, then call for help immediately.

SAFETY ISSUES

- Be aware of new safety issues created by the disaster. Watch for washed out roads, contaminated buildings, contaminated water, gas leaks, broken glass, damaged electrical wiring and slippery floors.
- Walk carefully around the outside and check for loose power lines, gas leaks and structural damage. If you have any doubts about safety, have your residence inspected by a qualified building inspector or structural engineer before entering.
- Watch out for animals, especially poisonous snakes. Use a stick to poke through debris.
- Do not enter your damaged home if:
 - You smell gas.
 - Floodwaters remain around the building.
 - Authorities have not declared it safe to enter.
- Inform local authorities about health and safety issues, including chemical spills, downed power lines, washed out roads, smoldering insulation and dead animals.
- Keep a battery-powered radio with your emergency updates from local officials.

DISASTERS AND EMERGENCIES

ATTACKS IN CROWDED AND PUBLIC SPACES

While the threat of mass attacks is real, we can take steps to prepare, protect ourselves and help others.

WHAT ARE MASS ATTACKS?

Types of Mass Attacks

- Active shooter: Individuals using firearms to cause mass casualties.
- Individuals using a vehicle to cause mass casualties.
- Individuals using homemade bombs to cause mass casualties.
- Other methods of mass attacks may include knives, fires, drones or other weapons.

BE INFORMED

- Stay alert. Always be aware of your environment and any possible dangers.
- If you see something, say something to local authorities. That includes suspicious packages, people behaving strangely, or someone using strange communications.
- Observe warning signs. Signs might include unusual or violent communications, expressed anger or intent to cause harm and substance abuse. These warning signs may increase over time.
- Have an exit plan. Identify exits and areas to hide wherever you go, including work, school and special events.
- Learn lifesaving skills. Take trainings such as You Are the Help Until Help Arrives and first aid to assist the wounded before help arrives.
- Practice wearing a mask when in public to slow the spread of COVID-19. You will not have time to put on a mask in an active shooter situation. Wearing one regularly will allow you to be prepared to hide safely with those who are not a part of your household. Masks should not be worn by children under two, those who have trouble breathing, and those who are unable to remove them on their own.

SURVIVE DURING

During the COVID-19 pandemic, focus on Run. Hide. Fight. Do not worry about social distancing, wearing a mask, or reducing the spread of COVID-19 during an active shooter situation.

RUN TO SAFETY

- Seek safety. Getting away from the attacker is the top priority.
- Leave your belongings behind and get away. If you are not wearing a mask, do not stop to put one on. It is more important to run to safety.
- Call 9-1-1 when you are safe and describe the attacker, location and weapons.

COVER AND HIDE

- If you can't evacuate, cover and hide. Find a place to hide out of view of the attacker and if possible, put a solid barrier between yourself and the threat. If you are hiding with people who are not part of your household, wear a mask and maintain a distance of six feet between yourself and others, if possible. Children under 2 years old, people who have trouble breathing, and people who cannot remove masks on their own should not wear them. Do not leave your hiding place to retrieve your mask.

- Lock and block doors, close blinds and turn off lights.
- Keep silent.

DEFEND, DISRUPT, FIGHT

- Fight only as a last resort. When you can't run or cover, attempt to disrupt the attack or disable the attacker.
- Be aggressive and commit to your actions.
- Recruit others to ambush the attacker with makeshift weapons like chairs, fire extinguishers, scissors, books, etc.
- Be prepared to cause severe or lethal injury to the attacker.

HELP THE WOUNDED

- Take care of yourself first and then, if you are able, help the wounded get to safety and provide immediate care. If you are experiencing a medical emergency, call 9-1-1 and let the operator know if you have, or think you might have, COVID-19. If possible, put on a mask before help arrives.

BE SAFE AFTER

WHEN LAW ENFORCEMENT ARRIVES

- Remain calm and follow instructions.
- Keep hands visible and empty.
- Report to designated areas to provide information and get help.
- Follow law enforcement's instructions and evacuate in the direction they tell you to. When possible, maintain a distance of at least six feet between yourself and people who are not a part of your household and wear a mask to slow the spread of COVID-19.

MONITOR COMMUNICATIONS

- Listen to law enforcement's messages for information about the situation. Share updates with family and friends.

CONSIDER SEEKING PROFESSIONAL HELP

- Be mindful of your health. If needed, seek help for you and your family to cope with the trauma.
- Engage virtually with your community through video and phone calls. Know that it's normal to feel anxious or stressed. Take care of your body and talk to someone if you

are feeling upset. Many people may already feel fear and anxiety about the coronavirus 2019 (COVID-19). The threat of an active shooter can add additional stress. Follow CDC guidance for managing stress during a traumatic event and managing stress during COVID-19.

BIOTERRORISM

Biological agents are organisms or toxins that can kill or disable people, livestock and crops. A biological attack is the deliberate release of germs or other biological substances that can make you sick.

There are three basic groups of biological agents that could likely be used as weapons: bacteria, viruses and toxins. Biological agents can be spread by spraying them into the air, person-to-person contact, infecting animals that carry the disease to humans and by contaminating food and water.

BEFORE A BIOLOGICAL THREAT

A biological attack may or may not be immediately obvious. In most cases local health care workers will report a pattern of unusual illness or there will be a wave of sick people seeking emergency medical attention. You would be alerted through an emergency radio or TV broadcast, a telephone call or a home visit from an emergency response worker.

TO PREPARE:

- Build an Emergency Supply Kit
- Make a Family Emergency Plan
- Check with your doctor to make sure everyone in your family has up-to-date immunizations.
- Consider installing a High-Efficiency particulate Air (HEPA) filter in your furnace return duct, which will filter out most biological agents that may enter your house.

DURING A BIOLOGICAL THREAT

The first evidence of an attack may be when you notice symptoms of the disease caused by exposure to an agent. In the event of a biological attack, public health officials may not immediately be able to provide information on what you should do. It will take time to figure out exactly what the illness is, how it should be treated and who is in danger.

DURING A THREAT:

- Watch TV, listen to the radio or check the Internet for official news and information including:
 - Signs and symptoms of the disease
 - Areas in danger
 - If medications or vaccinations are being distributed
 - Where to seek medical attention if you become ill
- If you become aware of a suspicious substance, quickly get away.
- Cover your mouth and nose with layers of fabric that can filter the air but still allow breathing. Examples include two to three layers of cotton such as a t-shirt, handkerchief or towel.
- Depending on the situation, wear a face mask to reduce inhaling or spreading germs.
- If you have been exposed to a biological agent, remove and bag your clothes and personal items. Follow official instructions for disposal of contaminated items.
- Wash yourself with soap and water and put on clean clothes.
- Contact authorities and seek medical assistance. You may be advised to stay away from others or even to quarantine.
- If your symptoms match those described and you are in the group considered at risk, immediately seek emergency medical attention.
- Follow the instructions of doctors and other public health officials.
- Avoid crowds.
- Wash your hands with soap and water frequently.
- Do not share food or utensils.

AFTER A BIOLOGICAL THREAT

Pay close attention to all official warnings and instructions on how to proceed. Medical services for a biological event may be handled differently due to increased demand.

The basic procedures and medical protocols for handling exposure to biological agents are the same as for any infectious disease.

Visit the Centers for disease Control and Prevention for a complete list of potential agents and diseases and the appropriate treatments.

CHEMICAL EMERGENCIES

Chemical agents are poisonous vapors, aerosols, liquids and solids that have toxic effects on people, animals or plants. Chemical agents can cause death but are difficult to deliver in deadly amounts because they dissipate quickly outdoors and are hard to produce.

BEFORE A CHEMICAL EMERGENCY

A chemical attack could come without warning. Signs of a chemical release include difficulty breathing, eye irritation, loss of coordination, nausea or burning in the nose, throat and lungs. The presence of many dead insects or birds may indicate a chemical agent release.

WHAT TO DO TO PREPARE FOR A CHEMICAL ATTACK:

- Build an emergency Supply Kit and include:
 - Duct tape
 - Scissors
 - Plastic (to cover doors, windows and vents)
- Make a Family Emergency Plan

DURING A CHEMICAL EMERGENCY

WHAT YOU SHOULD DO IN A CHEMICAL ATTACK:

- Quickly try to figure out which areas are affected or where the chemical is coming from, if possible.
- Get away immediately.
- If the chemical is inside your building, get out of the building without passing through the contaminated area, if possible.
- If you can't get out of the building or find clean air without passing through the affected area, move as far away as possible and shelter-in-place.

IF YOU ARE INSTRUCTED TO REMAIN IN YOUR HOME OR OFFICE BUILDING, YOU SHOULD:

- Close doors and windows and turn off all ventilation, including furnaces, air conditioners, vents and fans.
- Seek shelter in an internal room with your disaster supplies kit.
- Seal the room with duct tape and plastic sheeting.
- Listen to the radio or television for instructions from authorities.

IF YOU ARE CAUGHT IN OR NEAR A CONTAMINATED AREA OUTDOORS:

- Quickly decide what is the fastest way to find clear air:
 - Move away immediately, in a direction upwind of the source.
 - Find the closest building to shelter-in-place.

AFTER A CHEMICAL EMERGENCY

Do not leave the safety of a shelter to go outdoors to help others until authorities say it is safe to do so.

If you are affected by a chemical agent you will need immediate medical attention from a professional. If medical help is not immediately available, decontaminate yourself and help others decontaminate.

HOW TO DECONTAMINATE:

- Use extreme caution when helping others who have been exposed to chemical agents.
- Remove all clothing and other items in contact with your body.
 - Cut off clothing normally removed over the head to avoid contact with the eyes, nose and mouth.
 - Put contaminated clothing and items into a plastic bag and seal it.
 - Remove eyeglasses or contact lenses. Put glasses in a pan of household bleach to decontaminate them and then rinse and dry.
- Wash hands with soap and water.
- Flush eyes with water.
- Gently wash face and hair with soap and water before thoroughly rinsing with water.
- Proceed to a medical facility for screening and professional treatment.

CYBERSECURITY

- Protect Yourself
- During an Attack
- After an Attack
- Additional Resources

Cybersecurity involves preventing, detecting and responding to cyberattacks that can have wide-ranging effects on individuals, organizations, the community and at the national level.

Cyberattacks are malicious attempts to access or damage a computer or network system. Cyberattacks can lead to loss of money, theft of personal, financial and medical information that can damage your reputation and safety.

CYBERATTACKS CAN OCCUR IN MANY WAYS, INCLUDING:

- Accessing your personal computers, mobile phones, gaming systems and other internet and Bluetooth connected devices.
- Damaging your financial security, including identity theft.
- Blocking your access or deleting your personal information and accounts.
- Targeting children and adults.
- Complicating your employment, business services, transportation and power grid.

PROTECT YOURSELF AGAINST CYBERATTACKS

You can avoid cyber risks by setting up the proper controls. The following are things you can do to protect yourself, your family, and your property before a cyberattack occurs:

- Limit the personal information you share online. Change privacy settings and do not use location features.
- Keep software applications and operating systems up-to-date.
- Using a password manager, use upper and lowercase letters, numbers and special characters, as well as, two-factor authentication (two methods of verification).

- Watch for suspicious activity that asks you to do something right away, offers something that sounds too good to be true or needs your personal information. Think before you click, and when in doubt, do NOT click. Do not provide personal information.
- Use encrypted (secure) Internet communications.
- Protect your home and/or business on a strong, using a secure Internet connection and Wi-fi network.
- Use a stronger authentication such as a personal identification number (PIN) or password that only you would know. Consider using a separate device that can receive a code or uses a biometric scan (e.g. fingerprint scanner or facial recognition).
- Check your account statements and credit reports regularly.
- Only share personal information on secure sites (e.g. https//). Do not use sites with invalid certificates. Use a Virtual Private Network (VPN) that creates a more secure connection.
- Use antivirus solutions, malware and firewalls to block threats.
- Regularly back up your files in an encrypted file or encrypted file storage device.
- Protect your home network by changing the administrative and Wi-Fi passwords regularly. When configuring your router, use either the instruction manual or speak to your internet-cable provider, to setup the Wi-Fi Protected Access 2 (WPA2) Advanced Encryption standard (AES) setting, which is the strongest encryption option.
- Regarding COVID-19:
 - Be cautious about sharing personal financial information, such as your bank account number, social security number, or credit card number.
 - Do not click on links in texts or emails from people you don't know. Scammers can create fake links to websites. Visit government websites, like [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus), directly in your internet browser.
 - Know that the government will not text or call you about "mandatory online COVID-19 tests," outbreaks "in your area," mandatory vaccinations, or to sell you COVID-19 cures.
 - Remember that the government will not call or text you about owing money or receiving economic impact payments.
 - Be aware that scammers may try to contact you via social media. The government will not contact you through social media about owing money or receiving payments.

- If you have been exposed to COVID-19, a contact tracer from your local health department might call you to let you know and ask you to self-quarantine at home away from others. Discussions with health department staff are confidential. They will not ask for financial information.
- Keep in mind that scammers may try to take advantages of financial fears by calling with work-from-opportunities, debt consolidation offers, and student loan repayment plans.

DURING A CYBERATTACK

- Check your credit statement for unrecognizable charges.
- Check your credit reports to be aware of open accounts and/or loans you did not open.
- Be alert for soliciting emails and social media users asking for private information.
- If you notice strange activity, (e.g. inappropriate pop-up windows), limit the damage by immediately changing all of your internet account passwords.
- Consider turning off the device. Take it to a professional to scan for potential viruses and fix. If you take your device to a store or local business, contact them in advance. Many companies have new guidelines to protect employees and individuals during the COVID-19 pandemic.
- Let work, school or other system owners know.
- Contact banks, credit card companies and other financial services companies where you hold accounts. You may need to place holds on accounts that have been attacked. Close any unauthorized credit or charge accounts. Report that someone may be using your identity.
- Check to make sure the software on all of your systems is up-to-date.
- Run a security scan on your computer/device to make sure your system is not infected or acting more slowly or inefficiently.
- If you find a problem, disconnect your device from the Internet and perform a full system restore.

AFTER A CYBERATTACK

IF YOU BELIEVE YOU HAVE BEEN A VICTIM OF A CYBERATTACK, LET THE PROPER FEDERAL, STATE AND LOCAL AUTHORITIES KNOW:

- File a report with the Office of the Inspector General (OIG) if you think someone is illegally using your Social Security number.
- File a complaint with the FBI Internet Crime Complaint Center (IC3). They will review the complaint and refer it to the appropriate agency.
- File a report with the local police so there is an official record of the incident.
- Report identity theft to the Federal Trade Commission.
- Contact the Federal Trade Commission (FTC) at [ftc.gov/complaint](https://www.ftc.gov/complaint) if you receive messages from anyone claiming to be a government agent.
- Contact additional agencies depending on what information was stolen. Examples include contacting:
 - The Social Security Administration (800-269-0271) if your social security number was compromised, or
 - The Department of Motor Vehicles if your driver's license or car registration has been stolen.
- Report online crime or fraud to your local United States Secret Service (USSS) electronic Crimes Task Force or the Internet Crime Complaint Center.
- Engage virtually with your community through video and phone calls. Know that it's normal to feel anxious or stressed. Take care of your body and talk to someone if you are feeling upset. Many people may already feel fear and anxiety about the coronavirus 2019 (COVID-19). The threat of a cyber attack can add additional stress. Follow CDC guidance for managing stress during a traumatic event and managing stress during COVID-19.

HOW TO STAY SAFE WHEN A CYBERATTACK THREATENS

NOW – PREVENT

- Keep your anti-virus software updated. Use strong passwords that are 12 characters or longer. Use upper and lowercase letters, numbers, and special characters. Change passwords monthly. Use a password manager.
- Use a stronger authentication such as a PIN or password that only you would know. Consider using a separate device that can receive a code or uses a biometric scan (e.g., fingerprint scanner).

- Watch for suspicious activity that asks you to do something right away, offers something that sounds too good to be true, or needs your personal information. Think before you click.
- Check your account statements and credit reports regularly.
- Use secure internet communications. Use sites that use “HTTPS” if you will access or provide any personal information. Don’t use sites with invalid certificates. Use a Virtual Private Network (VPN) that creates a secure connection.
- Use antivirus solutions, malware, and firewalls to block threats.
- Regularly back up your files in an encrypted fire or encrypted file storage device.
- Limit the personal information you share online. Change privacy settings and do not use location features.
- Protect your home network by changing the administrative and Wi-Fi passwords regularly. When configuring your router, choose the Wi-Fi Protected Access 2 (WPA2) Advanced Encryption Standard (AES) setting, which is the strongest encryption option.

DURING – LIMIT DAMAGE

- Limit the damage. Look for unexplained charges, strange accounts on your credit report, unexpected denial of your credit card, posts you did not make showing up on your social networks, and people receiving emails you never sent.
- Immediately change passwords for all of your online accounts.
- Scan and clean your device.
- Consider turning off the device. Take it to a professional to scan and fix.
- Let work, school, or other system owners know. Information Technology (IT) departments may need to warn others and upgrade systems.
- Contact banks, credit card companies, and other financial accounts. You may need to place holds on accounts that have been attacked. Close any unauthorized credit or charge accounts. Report that someone may be using your identity.

AFTER – REPORT

- File a report with the Office of the Inspector General (OIG) if you think someone is illegally using your Social Security number. OIG reviews cases of waste, fraud, and abuse. To file a report, visit www.idtheft.gov.
- You can also call the Social Security Administration hotline at 1-800-269-0271. For additional resources and more information, visit <http://oig.ssa.gov/report>.

- Fire a complaint with the FBI Internet Crime Complaint Center (IC3) at www.IC3.gov. They will review the complaint and refer it to the appropriate agency.
- Learn tips, tools, and more at www.dhs.gov/stothinkconnect.

DROUGHT

Nearly every part of the U.S. experiences periods of reduced rainfall. Planning in advance for a drought can protect us in dry years.

BEFORE A DROUGHT

The best way to prepare for a drought is to conserve water. Make conserving water a part of your daily life.

INDOOR WATER CONSERVATION TIPS BEFORE A DROUGHT GENERAL

- Never pour water down the drain when there may be another use for it. For example, use it to water your indoor plants or garden.
- Fix dripping faucets by replacing washers. One drop per second wastes 2/700 gallons of water a year.
- Check all plumbing for leaks and have any leaks repaired by a plumber.
- Retrofit all household faucets by installing aerators with flow restrictors.
- Install an instant hot water heater on your sink.
- Insulate your water pipes to reduce heat loss and prevent them from breaking.
- Install a water-softening system only when the minerals in the water would damage your pipes. Turn the softener off while on vacation.
- Choose appliances that are more energy and water efficient.

BATHROOM

- Consider purchasing a low-volume toilet that uses less than half the water of older models. Note: In many areas, low-volume units are required by law.

- Install a toilet displacement device to cut down on the amount of water needed to flush. Place a one-gallon plastic jug of water into the tank to displace toilet flow. Make sure it does not interfere with the operating parts.
- Replace your showerhead with an ultra-low-flow version.

KITCHEN

- Instead of using the garbage disposal, throw food in the garbage or start a compost pile to dispose it.

OUTDOOR WATER CONSERVATION TIPS BEFORE A DROUGHT

GENERAL

- Check your well pump periodically. If the automatic pump turns on and off while water is not being used, you have a leak.
- Plant native and/or drought-tolerant grasses, ground covers, shrubs and trees. Once established, your plants won't need as much watering. Group plants together based on similar water needs.
- Don't buy water toys that require a constant stream of water.
- Don't install ornamental water features (such as fountains) unless they use re-circulated water.
- Consider rainwater harvesting where practical.
- Contact your local water provider for information and assistance.

LAWN CARE

- Position sprinklers so water land on the lawn and shrubs and not on paved areas.
- Repair sprinklers that spray a fine mist.
- Check sprinkler systems and timing devices regularly to be sure they operate properly.
- Raise the lawn mower blade to at least three inches or to its highest level. A higher cut encourages grass roots to grow deeper and holds soil moisture.
- Plant drought-resistant lawn seed. Reduce or eliminate lawn areas that are not used frequently.
- Don't over-fertilize your lawn. Applying fertilizer increases the need for water. Apply fertilizers that contain slow-release, water-insoluble forms of nitrogen.
- Choose a water-efficient irrigation system such as drip irrigation for your trees, shrubs and flowers.

- Turn irrigation down in fall and off in winter. Water manually in winter only if needed.
- Use mulch around trees and plants to retain moisture in the soil. Mulch also helps control weeds that compete with plants for water.
- Invest in a weather-based irrigation controller- or smart controller. These devices will automatically adjust the watering time and frequency based on soil moisture, rain, wind, and evaporation and transpiration rates. Check with your local water agency to see if there is a rebate available for the purchase of a smart controller.

POOL

- Install a new water-saving pool filter. A single back flushing with a traditional filter uses 180 to 250 gallons of water.
- Cover pools and spas to reduce water evaporation.

DURING A DROUGHT

Always observe state and local restrictions on water use during a drought. Contact your state or local government for current information and suggestions.

INDOOR WATER CONSERVATION TIPS DURING A DROUGHT

BATHROOM

- Avoid flushing the toilet unnecessarily. Dispose of tissues, insects and other similar waste in the trash rather than the toilet.
- Take short showers instead of baths. Turn on the water only to get wet and lather and then again to rinse off.
- Avoid letting the water run while brushing your teeth, washing your face or shaving.
- Place a bucket in the shower to catch excess water for watering plants.

KITCHEN

- Operate automatic dishwashers only when they are fully loaded. Use the “light wash” feature to use less water.
- Hand wash dishes by filling two containers – one with soapy water and the other with rinse water containing a small amount of chlorine bleach.
- Clean vegetables in a pan filled with water rather than running water from the tap.

- Store drinking water in the refrigerator. Do not let the tap run while you are waiting for water to cool.
- Avoid wasting water waiting for it to get hot. Capture it for other uses such as plant watering or heat it on the stove or in a microwave.

LAUNDRY

- Operate clothes washers only when they are fully loaded or set to water level for the size of your load.

OUTDOOR WATER CONSERVATION TIPS DURING A DROUGHT CAR WASHING

- Use a commercial car wash that recycles water.
- If you wash your own car, use a shut-off nozzle that can be adjusted down to a fine spray on your hose.

LAWN CARE

- Avoid over watering your lawn and water only when needed.
- A heavy rain eliminates the need for watering for up to two weeks. Most of the year, lawns only need one inch of water per week.
- Check the soil moisture levels with a soil probe, spade or large screwdriver. You don't need to water if the soil is still moist. If your grass springs back when you step on it, it doesn't need water yet.
- If your lawn does require watering, do so early in the morning or later in the evening, when temperatures are cooler.
- Check your sprinkler system frequently and adjust sprinklers so only your lawn is watered and not the house, sidewalk, or street.
- Water in several short sessions rather than one lone one, in order for your lawn to better absorb moisture and avoid runoff.
- Use a broom or blower instead of a hose to clean leaves and other debris from your driveway or sidewalk.
- Avoid leaving sprinklers or hoses unattended. A garden hose can pour out 600 gallons or more in only a few hours.
- In extreme drought, allow lawns to die in favor of preserving trees and large shrubs.

EXPLOSIONS

Explosive devices can be carried by cars and people and are easily detonated from remote locations or by suicide bombers. There are steps you can take to prepare.

BEFORE AN EXPLOSION

Protect yourself:

- Build an Emergency Supply Kit.
- Make a Family Emergency Plan.
- Learn what to do in case of bomb threats or receiving suspicious packages and letters.
- Make sure your employers have up-to-date information about any medical needs you may have and how to contact designated beneficiaries or emergency contacts.

BOMB THREATS

If you receive a telephoned bomb threat:

- Get as much information from the caller as possible. Try to ask the following questions:
 - When is the bomb going to explode?
 - Where is it right now?
 - What does it look like?
 - What kind of bomb is it?
 - What will cause it to explode?
 - Did you place the bomb?
- Keep the caller on the line and record everything that is said.
- Notify the police and building management immediately.

SUSPICIOUS PACKAGES AND LETTERS

Characteristics of suspicious packages:

- Is unexpected or from someone you don't know.
- Has no return address, one that doesn't match the postmark or can't be verified as legitimate.
- Is marked with phrases like "Personal," "Confidential," or "Do not X-ray."
- Has inappropriate or unusual labeling such as threatening language.

- Has protruding wires or aluminum foil, strange odors or stains.
- Has excessive postage or packaging material, such as masking tape and string.
- Has an unusual weight given its size or it's lopsided or oddly shaped.
- Is not addressed to a specific person.

Take these additional steps against possible biological and chemical agents:

- Never sniff or smell suspicious mail.
- Place suspicious envelopes or packages in a plastic bag or some other type of container to prevent anything from leaking out.
- Leave the room and close the door or section off the area to prevent others from entering.
- Wash your hands with soap and water to prevent spreading any powder to your face.
- If you are at work, report the incident to your building security official or an available supervisor. They should notify police and other authorities right away.
- List everyone in the room or area when the suspicious letter or package was recognized. Give a copy of this list to both the local public health authorities and law enforcement officials for follow-up investigations and advice.
- If you are at home, report the incident to local police.

DURING AN EXPLOSION

- Get under a sturdy table or desk if things are falling around you. When they stop falling, leave quickly, watching for obviously weakened floors and stairways.
- Do not use elevators.
- Stay low if there is smoke. Do not stop to retrieve personal possessions or make phone calls.
- Check for fire and other hazards.
- Once you are out, do not stand in front of windows, glass doors or other potentially hazardous areas.
- If you are trapped in debris, use a flashlight, whistle or tap on pipes to signal your location to rescuers.
- Shout only as a last resort to avoid inhaling dangerous dust.
- Cover your nose and mouth with anything you have on hand.

AFTER AN EXPLOSION

What to expect after an explosion:

- There may be significant numbers of casualties or damage to buildings and infrastructure.
- Heavy law enforcement involvement at the local, state and federal levels.
- Health and mental health resources may be strained or overwhelmed.
- Extensive media coverage and strong public fear.
- Workplaces and schools may be closed and there may be restrictions on travel.
- You may have to evacuate an area.
- Clean-up may take many months.

EXTREME HEAT

Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat your body works extra hard to maintain a normal temperature, which can lead to death. In fact, extreme heat is responsible for the highest number of annual deaths among all weather-related hazards.

Remember:

- Extreme heat can occur quickly and without warning.
- Older adults, children and sick or overweight individuals are at greater risk from extreme heat.
- Humidity increases the feeling of heat as measured by a heat index.

IF YOU ARE UNDER AN EXTREME HEAT WARNING:

- Find air conditioning.
- Avoid strenuous activities.
- Wear light clothing.
- Check on family members and neighbors.
- Drink plenty of fluids.
- Watch for heat cramps, heat exhaustion and heat stroke.
- Never leave people or pets in a closed car.

HOW TO STAY SAFE WHEN EXTREME HEAT THREATENS PREPARE NOW

Find places in your community where you can go to get cool while following the latest guidelines from CDC about social distancing to reduce the spread of COVID-19.

TRY TO KEEP YOUR HOME COOL:

- Do not rely on a fan as your primary cooling device.
- Cover windows with drapes or shades.
- Weather-strip doors and windows.
- Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside.
- Add insulation to keep the heat out.
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing hot air.
- Install window air conditioners and insulate around them.
- Learn to recognize the signs of heat illness. For more information visit:
www.cdc.gov/disasters/extremeheat/warning.html

BE SAFE DURING

Never leave a child, adult, or animal alone inside a vehicle on a warm day. Exposing yourself to the sun or to high temperatures does not protect you from coronavirus disease 2019 (COVID-19).

Sign up for email updates and follow the latest guidelines about coronavirus from the Centers for Disease Control and Prevention (CDC) and your local authorities to prevent the spread of COVID-19.

Find places with air conditioning. Libraries, shopping malls, and community centers can be a cool place to beat the heat. Stay informed and check with local authorities about possible closures prior to going to cooling centers.

If air conditioning is not available in your home:

- Contact Low Income Home Energy Assistance Program (LIHEAP) for help.

- Contact your local health department or locate an air-conditioned shelter in your area.
- Spend some time at a shopping mall or public library – even a few hours spent in air conditioning can help.
 - Keep at least six feet of space between you and individuals who are not a part of your immediate household.
 - Your community may set up emergency alternatives for cooling centers, such as using parked air-conditioned buses or movie theaters, as normal cooling centers may not have enough space for physical distancing. Pay attention to guidance for local officials to determine where the nearest cooling center is.
 - Wear masks when in public spaces. Masks should not be worn by children under 2 years old, people who have trouble breathing, and people who are unconscious, incapacitated, or otherwise unable to remove them.
 - Try to bring items that can help protect you and others in the cooling center from COVID-19, such as hand sanitizer that contains at least 60 percent alcohol and cleaning materials.
 - Review the CDC’s guidelines for “Going to a Public Disaster Shelter During the COVID-19 Pandemic.”
- Take cool showers or baths.
- Don’t rely solely on fans to keep you cool. While electric fans might provide some comfort, when temperatures are really hot, they won’t prevent heat-related illness.
- Use your stove and oven less to maintain a cooler temperature in your home.
- If you’re outside, find shade. Wear a hat wide enough to protect your face. Wear appropriate cloth masks and keep a physical distance of at least six feet while you’re outside. Don’t wear a mask if you have trouble breathing or if you are unable to remove it on your own. Children under the age of 2 shouldn’t wear face coverings. If you can, wash your reusable mask regularly.
- During extreme heat events, use a cloth mask that has breathable fabric, such as cotton, instead of polyester. Keep in mind that masks with filters, which are used when cleaning mold or debris, are often made with synthetic materials, which makes it harder to breathe.

- Ensure that your mask covers your mouth and nose and is somewhat snug on your face, even when it is hot. Make sure that it is not too tight. You should not have trouble breathing while wearing the mask. If it is too tight, loosen it so that it fits snugly without slipping.
- Be sure to have several clean masks to use in case your mask becomes wet or damp from sweat during an extreme heat event. Cloth masks should not be worn when they become damp or wet. Be sure to wash your cloth masks regularly.
- Wear loose, lightweight, light-colored clothing.
- Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor what would be best. There is no evidence showing that you can get COVID-19 through drinking water or touching water. Conventional water treatment methods, such as those in most municipal drinking water systems, use filtration and disinfection methods that should remove or inactivate the virus that causes COVID-19.
 - Being prepared allows you to avoid unnecessary excursions and to address minor medical issues at home, alleviating the burden on urgent care centers and hospitals.
- Do not use electric fans when the temperature outside is more than 95 degrees. You could increase the risk of heat-related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature.
- Avoid high-energy activities outdoors. Avoid working outdoors during the midday heat, if possible.
- Check yourself, family members, and neighbors for signs of heat-related illness.
- Engage virtually with your community through video and phone calls. Know that it's normal to feel anxious or stressed. Take care of your body and talk to someone if you are feeling upset. Follow CDC guidance for managing stress during a traumatic event.

RECOGNIZE AND RESPOND

Know the signs of heat-related illnesses and ways to respond. At-risk populations for heat-related illness include older individuals and those with underlying health conditions. Know how to protect individuals especially at risk from extreme heat events.

If you are sick and need medical attention, contact your healthcare provider for advice and shelter in place, if you can. If you are experiencing a medical emergency, call 9-1-1 and let the

operator know if you have, or think you might have, COVID-19. If you can, put on a mask before help arrives. If you are at a shelter or public facility, alert shelter staff right away so they can call a local hospital or clinic.

HEAT CRAMPS

- Signs: Muscle pains or spasms in the stomach, arms or legs.
- Actions: Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. If you are sick and need medical attention, call your healthcare provider first. Follow your healthcare provider's instructions about whether you should go to the hospital or cooler location yourself. If cramps last more than an hour, seek medical attention. If possible, put on a mask before medical help arrives.

HEAT EXHAUSTION

- Signs: Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, fainting, nausea, vomiting.
- Actions: Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Call your healthcare provider if symptoms get worse or last more than an hour.

HEAT STROKE

- Signs: Extremely high body temperature (above 103 degrees) taken orally, Red, hot and dry skin with no sweat, rapid, strong pulse, dizziness, confusion or unconsciousness.
- Actions: Call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.

FLOODS

Flooding is a temporary overflow of water onto land that is normally dry. Floods are the most common natural disaster in the United States. Failing to evacuate flooded areas or entering flood waters can lead to injury or death.

Floods may:

- Result from rain, snow, coastal storms, storm surges and overflows of dams and other water systems.

- Develop slowly or quickly. Flash floods can come with no warning.
- Cause outages, disrupt transportation, damage buildings and create landslides.

IF YOU ARE UNDER A FLOOD WARNING, FIND SAFE SHELTER RIGHT AWAY

- Do not walk, swim or drive through flood waters. **Turn Around, Don't Drown!**
 - Just six inches of moving water can knock you down, and one foot of moving water can sweep your vehicle away.
- Stay off of bridges over fast-moving water.
- Depending on the type of flooding:
 - Evacuate if told to do so.
 - Move to higher ground or a higher floor.
 - Stay where you are.

HOT TO STAY SAFE WHEN A FLOOD THREATENS

PREPARE NOW

- Make a plan for your household, including your pets, so that you and your family know what to do, where to go, and what you will need to protect yourself from flooding.
- Build a “Go Kit” of the supplies you will need if you have to quickly evacuate your home.
- Know types of flood risk in your area. Visit FEMA’s Flood Map Service Center for information.
- Sign up for your community’s warning system. The Emergency Alert system (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provides emergency alerts. Sign up for email updates.
- If flash flooding is a risk in your location monitor potential signs, such as heavy rain.
- Learn and practice evacuation routes, shelter plans, and flash flood response.
 - If you live in a storm surge flooding zone or a mandatory hurricane evacuation zone, make plans to stay with family and friends. Evacuate to shelters only if you are unable to stay with family and friends. Check with local authorities to determine which public shelters are open. Review your previous evacuation plan and consider alternative options to maintain social and physical distancing to prevent the spread of COVID-19.
 - Don’t forget to include your pet in your emergency plan. Remember that some evacuation shelters do not accept pets.

- Check that your kit has no expired or out of date items in it.
 - Being prepared allows you to avoid unnecessary excursions and to address minor medical issues at home, alleviating the burden on urgent care centers and hospitals.
- Purchase or renew a flood insurance policy. Homeowner’s policies do not cover flooding. It typically takes up to 30 days for a policy to go into effect so the time to buy is well before a disaster. Get flood coverage under the National Flood Insurance Program (NFIP).
- Keep important documents in a waterproof container. Create password-protected digital copies.
- Protect your property. Move valuables to higher levels. Declutter drains and gutters. Install check valves. Consider a sump pump with a battery.

SURVIVE DURING

- Depending on where you are, the potential impact, and the warning time given for flooding, go to the safe location that you have identified. If you are not able to shelter in place or with family or friends and must go to a public shelter, remember to bring items that can help protect you and others from COVID-19, such as hand sanitizer that contains at least 60 percent alcohol, cleaning materials, and two cloth masks per person.
- If told to evacuate, do so immediately. Never drive around barricades. Local responders use them to safely direct traffic out of flooded areas.
- If you are sick and need medical attention, contact your healthcare provider for further care instructions and shelter in place, if possible. If you are experiencing a medical emergency, call 9-1-1 and let the operator know if you have, or think you might have, COVID-19. If possible, put on a mask before help arrives. If staying at a shelter or public facility, alert shelter staff immediately so they can call a local hospital or clinic.
- Listen to EAS, NOAA Weather Radio or local alerting systems for current emergency information and instructions regarding flooding.
- Do not walk, swim or drive through flood waters. Turn Around. Don’t Drown!
- Stay off bridges over fast-moving water. Fast-moving water can wash bridges away without warning.
- If your car is trapped in rapidly moving water stay inside. If water is rising inside the car get on the roof.

- If trapped in a building go to its highest level. Do not climb into a closed attic. You may become trapped by rising floodwater. Only get on the roof if necessary and once there signal for help.

BE SAFE AFTER

- Listen to authorities for information and instructions. Return home only when authorities say it is safe.
- Avoid driving except in emergencies.
- Be aware that snakes and other animals may be in your house. Wear heavy work gloves, protective clothing, and boots during clean up. Wear a mask and maintain a physical distance of at least six feet while working with someone else. Use an appropriate mask if cleaning mold or other debris. People with asthma and other lung conditions and/or immune suppression should not enter buildings with indoor water leaks or mold growth that can be seen or smelled. Children should not take part in disaster cleanup work.
- Be aware of the risk of electrocution. Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off the electricity to prevent electric shock.
- Avoid wading in floodwater, which can be contaminated and contain dangerous debris. Underground or downed power lines can also electrically charge the water. There is not evidence that COVID-19 can be transmitted through water; however, you should avoid contact with floodwaters.
- Continue taking steps to protect yourself from COVID-19 and other infectious diseases, such as washing your hands often and cleaning commonly touched surfaces with disinfecting products.
- Use a generator or other gasoline-powered machinery ONLY outdoors and away from windows.
- Engage virtually with your community through video and phone calls. Know that it's normal to feel anxious or stressed. Take care of your body and talk to someone if you are feeling upset. Many people may already feel fear and anxiety about the coronavirus 2019 (COVID-19). The threat of a flood can add additional stress. Follow CDC guidance for managing stress during a traumatic event and managing stress during COVID-19.

HAZARDOUS MATERIALS INCIDENTS

Hazardous materials can include explosives, flammable and combustible substances, poisons and radioactive materials. Emergencies can happen during production, storage, transportation, use or disposal. You are at risk when chemicals are used unsafely or released in harmful amounts where you live, work or play.

BEFORE A HAZARDOUS MATERIALS INCIDENT

Many communities have Local Emergency Planning Committees (LEPCs) who are responsible for collecting information about hazardous materials in the community and planning, which is available to the public upon request. Contact your local emergency management office for more information on LEPCs.

Protect yourself from a hazardous materials incident:

- Build an Emergency Supply Kit with the addition of plastic sheeting and duct tape.
- Make a Family Emergency Plan.
- Know how to operate your home’s ventilation system.
- Identify an above-ground shelter room with as few openings as possible.
- Read more about sheltering in place.

DURING A HAZARDOUS MATERIALS INCIDENT

Listen to local radio or television stations for detailed information and follow instructions carefully. Remember that some toxic chemicals are odorless.

If you are:	Then:
Asked to evacuate	<ul style="list-style-type: none">• Do so immediately.• Stay tuned to the radio or television for information on evacuation routes, temporary shelters and procedures.

	<ul style="list-style-type: none"> • If you have time, minimize contamination in the house by closing all windows, shutting all vents and turning off attic fans. • Take pre-assembled disaster supplies. • Remember to help your neighbors who may require special assistance – infants, elderly people and people with access and functional needs.
Caught Outside	<ul style="list-style-type: none"> • Stay upstream, uphill and upwind. In general, try to go at least a half mile (usually 8-10 city blocks) from the danger area. • Do not walk into or touch any spilled liquids, airborne mists or condensed solid chemical deposits. Try not to inhale gases, fumes and smoke. If possible, cover mouth with a cloth or mask while leaving the area. • Stay away from accident victims until the hazardous material has been identified.
In a car	<ul style="list-style-type: none"> • Stop and seek shelter in a permanent building. • If you must remain in your car, keep car windows and vents closed and shut off the air conditioner and heater.
Asked to stay indoors	<ul style="list-style-type: none"> • Bring pets inside. • Close and lock all exterior doors and windows. Close vents, fireplace dampers and as many interior doors as possible. • Turn off air conditioners and ventilation systems, or set ventilation systems to 100 percent recirculation so that no outside air is drawn into the building. • If gas or vapors could have entered the building, take shallow breaths through a cloth or a towel. • Avoid eating or drinking any food or water that may be contaminated. • Go into your pre-selected shelter room. • Seal gaps under and around the following areas with wet towels, plastic sheeting, duct tape, was paper or aluminum foil: <ul style="list-style-type: none"> ○ Doorways an windows ○ Air conditioning units ○ Bathroom and kitchen exhaust fans ○ Stove and dryer vents with duct tape and plastic sheeting

AFTER A HAZARDOUS MATERIALS INCIDENT

- Listen to local radio or television stations for the latest emergency information.

- Go to a designated public shelter if you have been told to evacuate or you feel it is unsafe to remain in your home. Text SHELTER + your ZIP code to 43362 to find the nearest shelter in your area (example: shelter 12345).
- Act quickly if you have come in to contact with or have been exposed to hazardous chemicals.
- Follow decontamination instructions from local authorities.
- Seek medical treatment for unusual symptoms as soon as possible.
- Place exposed clothing and shoes in tightly sealed containers.
- Advise everyone who comes in to contact with you that you may have been exposed to a toxic substance.
- Return home only when authorities say it is safe. Open windows and vents and turn on fans to provide ventilation.
- Find out from local authorities how to clean up your land and property.
- Report any lingering vapors or other hazards to your local emergency services office.

HOME FIRES

In just two minutes a fire can become life-threatening. In five minutes, a residence can, be engulfed in flames.

LEARN ABOUT FIRES

- Fire is FAST! In less than 30 seconds a small flame can turn into a major fire. It only takes minutes for thick black smoke to fill a house or for it to be engulfed in flames.
- Fire is HOT! Heat is more threatening than flames. Room temperatures in a fire can be 100 degrees at floor level and rise to 600 degrees at eye level. Inhaling this super-hot air will scorch your lungs and melt clothes to your skin.
- Fire is DARK! Fire starts bright, but quickly produces black smoke and complete darkness.
- Fire is DEADLY! Smoke and toxic gases kill more people than flames do. Fire produces poisonous gases that make you disoriented and drowsy. Asphyxiation is the leading cause of fire deaths, exceeding burns by a 3-to-1 ratio.

BEFORE A FIRE

CREATE AND PRACTICE A FIRE ESCAPE PLAN

In the event of a fire, remember that every second counts. Escape plans help you get out of your home quickly. Twice each year, practice your home fire escape plan. Some tips to consider when preparing this plan include:

- Find two ways to get out of each room in the event the primary way is blocked by fire or smoke.
- Make sure that windows are not stuck, screens can be taken out quickly and that security bars can be properly opened.
- Practice feeling your way out of the house in the dark or with your eyes closed.
- Teach children not to hide from firefighters.

SMOKE ALARMS

A working smoke alarm significantly increases your chances of surviving a deadly home fire.

- Replace batteries twice a year, unless you are using 10-year lithium batteries.
- Install smoke alarms on every level of your home, including the basement.
- Replace the entire smoke alarm unit every 10 years or according to manufacturer's instructions.
- Never disable a smoke alarm while cooking – it can be a deadly mistake.

SMOKE ALARM SAFETY FOR PEOPLE WITH ACCESS OR FUNCTIONAL NEEDS

- Audible alarms for visually impaired people should pause with a small window of silence between each successive cycle so that they can listen to the instructions or voices of others.
- Smoke alarms with a vibrating pad or flashing light are available for the hearing impaired. Contact your local fire department for information about obtaining a flashing or vibrating smoke alarm.
- Smoke alarms with a strobe light outside the home to catch the attention of neighbors and emergency call systems for summoning help are also available.

MORE FIRE SAFETY TIPS

- Make digital copies of valuable documents and records like birth certificates.
- Sleep with your bedroom door closed.

- Keep a fire extinguisher in your kitchen. Contact your local fire department for assistance on the proper use and maintenance.
- Consider installing an automatic fire sprinkler system in your residence.

DURING A FIRE

- Crawl low under any smoke to your exit. Heavy smoke and poisonous gases collect first along the ceiling.
- Before opening a door, feel the doorknob and door. If either is hot, or if there is smoke coming around the door, leave the door closed and use your second way out.
- If you open a door, open it slowly. Be ready to shut it quickly if heavy smoke or fire is present.
- If you can't get to someone needing assistance, leave the home and call 911 or the fire department. Tell the emergency operator where the person is located.
- If pets are trapped inside your home, tell fire fighters right away.
- If you can't get out, close the door and cover vents and cracks around doors with cloth or tape to keep smoke out. Call 911 or your fire department. Say where you are and signal for help at the window with a light-colored cloth or a flashlight.
- If your clothes catch fire, stop, drop, and roll – stop immediately, drop to the ground, and cover your face with your hands. Roll over and over or back and forth until the fire is out. If you or someone else cannot stop, drop, and roll, smother the flames with a blanket or towel. Use cool water to treat the burn immediately for three to five minutes. Cover with clean, dry cloth. Get medical help right away by calling 911 or the fire department.

FIRE EXCAPE PLANNING FOR OLDER ADULTS AND PEOPLE WITH ACCESS OR FUNCTIONAL NEEDS

- If you use a walker or wheelchair, check all exits to be sure you get through the doorways.
- Make any necessary accommodations – such as providing exit ramps and widening doorways – to facilitate an emergency escape.
- Speak to your family members, building manager or neighbors about your fire safety plan and practice it with them.

- Contact your local fire department’s non-emergency line and explain your special needs. Ask emergency providers to keep your special needs information on file.
- Keep a phone near your bed and be ready to call 911 if a fire occurs.

AFTER A FIRE

The following checklist serves as a quick reference and guide for you to follow after a fire strikes.

- Contact your local disaster relief service, such as The Red Cross, if you need temporary housing, food and medicines.
- If you are insured, contact your insurance company for detailed instructions on protecting your property, conducting inventory and contacting fire damage restoration companies.
- Check with the fire department to make sure your residence is safe to enter. Watch out for any structural damage caused by the fire.
- The fire department should make sure that utilities are either safe to use or are disconnected before they leave the site. DO NOT attempt to reconnect utilities yourself.
- Conduct an inventory of damaged property and items. Do not throw away any damaged goods until after an inventory is made.
- Begin saving receipts for any money you spend related to fire loss. The receipts may be needed later by the insurance company and for verifying losses claimed on your income tax.
- Notify your mortgage company of the fire.

PREVENT HOME FIRES

Home fires are preventable! The following are simple steps that each of us can take to prevent a tragedy.

COOKING

- Stay in the kitchen when you are frying, grilling or broiling food. If you leave the kitchen for even a short period of time turn off the stove.
- Wear short, close-fitting or tightly rolled sleeves when cooking.

- Position barbecue grills at least 10 feet away from siding and deck railings, and out from under eaves and overhanging branches.
- Keep a fire extinguisher available.

ELECTRICAL AND APPLIANCE SAFETY

- Frayed wires can cause fires. Replace all worn, old or damaged appliance cords immediately and do not run cords under rugs or furniture.
- If an appliance has a three-prong plug, use it only in a three-slot outlet. Never force it to fit into a two-slot outlet or extension cord.
- Immediately shut off, then professionally replace, light switches that are hot to the touch and lights that flicker.

PORTABLE SPACE HEATERS

- Keep combustible objects at least three feet away from portable heating devices.
- Buy only heaters evaluated by a nationally recognized laboratory, such as Underwriters Laboratories (UL).
- Check to make the portable heater has a thermostat control mechanism and will switch off automatically if the heater falls over.
- Only use crystal clear K-1 kerosene in kerosene heaters. Never overfill it. Use the heater in a well-ventilated room.

FIREPLACES AND WOODSTOVES

- Inspect and clean woodstove pipes and chimneys annually and check monthly for damage or obstructions.
- Use a fireplace screen heavy enough to stop rolling logs and big enough to cover the entire opening of the fireplace to catch flying sparks.
- Make sure the fire is completely out before leaving the house or going to bed.

CHILDREN

- Take the mystery out of fire play by teaching children that fire is a tool, not a toy.
- Store matches and lighters out of children's reach and sight, preferably in a locked cabinet.
- Never leave children unattended near operating stoves or burning candles, even for a short time.

MORE PREVENTION TIPS

- Never use a stove range or oven to heat your home.

- Keep combustible and flammable liquids away from heat sources.
- Portable generators should NEVER be used indoors and should only be refueled outdoors and in well ventilated areas.

HOUSEHOLD CHEMICAL EMERGENCIES

Knowing how to handle household products containing hazardous materials or chemicals can reduce the risk of injury.

BEFORE A HOUSEHOLD CHEMICAL EMERGENCY

Only store household chemicals in places children can't get to them.

HAZARDOUS HOUSEHOLD CHEMICALS MAY INCLUDE:

- Aerosol cans (including hair spray and deodorant)
- Nail polish and nail polish remover
- Cleaning products and furniture polishes
- Pesticides
- Automotive products (like antifreeze or motor oil)
- Miscellaneous items (like batteries, mercury thermometers and florescent light bulbs)
- Flammable products (like kerosene, home heating oil, propane tanks and lighter fluid)
- Workshop or painting supplies (such as paint thinners and turpentine)
- Lawn and garden products (like herbicides and insecticides)

GUIDELINES FOR BUYING AND STORING HAZARDOUS HOUSEHOLD CHEMICALS SAFELY:

- Keep products containing hazardous materials in their original containers and never remove the labels unless the container is corroding. Corroding containers should be repackaged and clearly labeled.
- Never store hazardous products in food containers.

- Never mix household hazardous chemicals or waste with other products. Some chemicals, such as chlorine bleach and ammonia may react, ignite or explode.
- Never use hair spray, cleaning solutions, paint products or pesticides near an open flame.
- Clean up any chemical spills immediately. Allow the fumes in the rags to evaporate outdoors, then dispose of the rags by wrapping them in a newspaper and placing them in a sealed plastic bag in your trash can.
- Dispose of hazardous materials correctly.
- Save the national poison control number in your cell phone and post it next to landlines in your home 800-222-1222.

DURING A HOUSEHOLD CHEMICAL EMERGENCY

If there is danger of fire or explosion get out immediately.

- Stay upwind and away from the residence to avoid breathing toxic fumes.
- Recognize and respond to symptoms of toxic poisoning including:
 - Difficulty breathing
 - Irritation of the eyes, skin, throat or respiratory tract
 - Changes in skin color
 - Headache or blurred vision
 - Dizziness, clumsiness or lack of coordination
 - Cramps or diarrhea
- If someone is experiencing toxic poisoning symptoms or has been exposed to a household chemical, call the national poison control center at 800-222-1222.
- Follow the emergency operator or dispatcher's first aid instructions carefully. The first aid advice found on containers may be out of date or inappropriate. Do not give anything by mouth unless advised to do so by a medical professional.

AFTER A HOUSEHOLD CHEMICAL EMERGENCY

Discard clothing that may have been contaminated. Some chemicals may not wash out completely.

MORE INFORMATION

- Red Cross www.redcross.org
- Environmental Protection Agency www.epa.gov
- Centers for Disease Control and Prevention www.cdc.gov

NOVEL PANDEMICS

A pandemic is a disease outbreak that spans several countries and affects a large number of people. Pandemics are most often caused by viruses, like Coronavirus Disease 2019 (COVID-19), which can easily spread from person to person.

A novel (new) virus, like COVID-19, can emerge from anywhere and quickly spread around the world. It is hard to predict when or where the next novel pandemic will emerge.

REMEMBER:

- May be spread directly from person to person.
- May be spread indirectly. Germs can pass from a non-living object to a person.
- May be spread by people who are infected but don't have any symptoms.
- A vaccine, testing, or treatment for the disease may not exist right away. It may take months or years for the majority of the world to become immune to the disease.

IF A NOVEL PANDEMIC IS DECLARED:

- Wash your hands often with soap and water for at least 20 seconds and try not to touch your eyes, nose, and mouth.
- Keep a distance of at least six feet between yourself and people who are not part of your household.
- Cover your mouth and nose with a mask when in public.
- Clean and disinfect high-touch objects and surfaces.
- Stay at home as much as possible to prevent the spread of disease.

- Follow the guidance of the Centers for Disease Control and Prevention (CDC) and local authorities.

HOW TO STAY SAFE WHEN A PANDEMIC THREATENS

PREPARE NOW

- Learn how diseases spread to help protect yourself and others.
- Take actions to prevent the spread of disease. Cover coughs and sneezes. Stay home when sick (except to get medical care). Wash hands with soap and water for at least 20 seconds.
- Plan for schools, workplaces, and community centers to be closed. Investigate and prepare for virtual coordination of school, work (telework), and social activities.
- Create an emergency plan so that you and your family know what to do and what you will need in case an outbreak happens. Consider how a pandemic may affect your plans for other emergencies.
- Gather supplies in case you need to stay home for several days or weeks. Supplies may include cleaning supplies, non-perishable foods, prescriptions, and bottled water. Buy supplies slowly to ensure that everyone has the opportunity to buy what they need. Remember that not everyone can afford to stock up immediately. Consider avoiding WIC-labeled products so that those who rely on these products can access them.
- Review your health insurance policies to understand what they cover, including telemedicine options.
- Create password-protected digital copies of important documents and store in a safe place. Watch out for scams and fraud.

STAY HEALTHY DURING

- Sign up for email updates and follow the latest guidelines about coronavirus from the Centers for Disease Control and prevention (CDC) and your local authorities to prevent the spread of COVID-19.
- Maintain good personal health habits and public health practices. Proper handwashing and disinfecting surfaces help to slow the spread of disease. If soap and water are not available, use a hand sanitizer that contains at least 60 percent alcohol.

- Limit close, fact-to-face contact with others. Stay at home as much as possible to prevent the spread of disease.
- If you believe you've been exposed to the disease, contact your doctor, follow the quarantine instructions from medical providers, and monitor your symptoms. If you're experiencing a medical emergency, call 911 and shelter in place with a mask, if possible, until help arrives.
- Practice social distancing while in public. Keep a distance of at least six feet between yourself and people who are not part of your household. Avoid crowds and large groups of people.
- Share accurate information about the disease with friends, family, and people on social media. Sharing bad information about the disease or treatments for the disease may have serious health outcomes. Remember that stigma hurts everyone and can cause discrimination against people, places, or nations.
- Know that it's normal to feel anxious or stressed. Engage virtually with your community through video and phone calls. Take care of your body and talk to someone if you are feeling upset.

THREE IMPORTANT WAYS TO SLOW THE SPREAD

- Wear a mask to protect yourself and others and stop the spread of COVID-19.
- Stay at least 6 feet (about 2 arm lengths) from others who don't live with you.
- Avoid crowds. The more people you are in contact with, the more likely you are to be exposed to COVID-19.

Wear a Mask Over Your Nose and Mouth

- Masks help prevent you from getting or spreading the virus.
- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a mask in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.
 - Masks should not be placed on young children under age 2, anyone who has trouble breathing, or in unconscious, incapacitated or otherwise unable to remove the mask without assistance.

- Do NOT use a mask meant for a healthcare worker. Currently, surgical masks and N95 respirators are critical supplies that should be reserved for healthcare workers and other first responders.
- Continue to keep about 6 feet between yourself and others. The mask is not a substitute for social distancing.

Stay 6 Feet Away from Others

- Inside your home: Avoid close contact with people who are sick.
 - If possible, maintain 6 feet between the person who is sick and other household members.
- Outside your home: Put 6 feet of distance between yourself and people who don't live in your household.
 - Remember that some people without symptoms may be able to spread the virus.
 - Stay at least 6 feet (about 2 arms' length) from other people.
 - Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Avoid Crowds

- Being in crowds like in restaurants, bars, fitness centers, or movie theaters put you at higher risk for COVID-19.
- Avoid poorly ventilated spaces
- Avoid indoor spaces that do not offer fresh air from the outdoors as much as possible. If indoors, bring in fresh air by opening windows and doors, if possible.

Wash Your Hands Often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- It's especially important to wash:
 - Before eating or preparing food
 - Before touching your face
 - After using the restroom
 - After leaving a public place
 - After blowing your nose, coughing, or sneezing
 - After handling your mask

- After changing a diaper
- After caring for someone sick
- After touching animals or pets
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Cover Coughs and Sneezes



- Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and Disinfect



- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Then, use a household disinfectant. Use products from EPA’s List N: Disinfectants for Coronavirus (COVID-19) external icon according to manufacturer’s labeled directions.

Monitor Your Health Daily



- Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
 - Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.
- Take your temperature if symptoms develop.
 - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow CDC guidance if symptoms develop.



Protect Your Health This Flu Season

It's likely that flu viruses and the virus that causes COVID-19 will both spread this fall and winter. Healthcare systems could be overwhelmed treating both patients with flu and patients with COVID-19. This means getting a flu vaccine during 2020-2021 is more important than ever.

While getting a flu vaccine will not protect against COVID-19 there are many important benefits, such as:

1. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization, and death.
2. Getting a flu vaccine can also save healthcare resources for the care of patients with COVID-19.

BE SAFE AFTER

- Continue taking protective actions, like:
 - Staying home when you are sick (except to get medical care).
 - Following the guidance of your health care provider.
 - Covering coughs and sneezes with a tissue.
 - Washing your hands with soap and water for at least 20 seconds.
- Follow guidance on the re-opening of businesses, schools, community-based organizations, houses of worship, and workplaces.
- Be sure to evaluate your family emergency plan and make timely updates.
- Work with your community to talk about the lessons you learned from the pandemic. Decide how you can use these experiences to be more prepared for future pandemics.

POWER OUTAGES

Extended power outages may impact the whole community and the economy. A power outage is when the electrical power goes out unexpectedly. A power outage may:

- Disrupt communications, water and transportation.
- Close retail businesses, grocery stores, gas stations, ATMs, banks and other services.
- Cause food spoilage and water contamination.
- Prevent use of medical devices.

PROTECT YOURSELF DURING A POWER OUTAGE:

- Keep freezers and refrigerators closed.
- Use a generator, but ONLY outdoors and away from windows.
- Do not use a gas stove and ovens to heat your home.
- Disconnect appliances and electronics to avoid damage from electrical surges.

- Have alternate plans for refrigerating medicines or using power-dependent medical devices.
- If safe, go to an alternate location for heat or cooling.
 - Check with your local officials for locations of cooling or warming centers. Locations may have changed this year due to the COVID-19 pandemic.
 - CDC has provided cooling shelter operators with guidance to help protect people from COVID-19. This guidance can be used for warming shelters, too.
 - Review the CDC’s guidelines for “Going to a Public Disaster Shelter During the COVID-19 Pandemic.”
- Be a good neighbor. Check on the welfare of others.

HOW TO STAY SAFE WHEN A POWER OUTAGE THREATENS:

PREPARE NOW

- Take an inventory of the items you need that rely on electricity.
- Talk to your medical provider about a power outage plan for medical devices powered by electricity and refrigerated medicines. Find out how long medication can be stored at higher temperatures and get specific guidance for any medications that are critical for life.
- Plan for batteries and other alternatives to meet your needs when the power goes out.
- Install carbon monoxide detectors with battery backup in central locations on every level of your home.
- Determine whether your home phone will work in a power outage and how long battery backup will last.
- Review the supplies that are available in case of a power outage. Have flashlights with extra batteries for every household member. Have enough nonperishable food and water. Be sure to include hand sanitizer that contains at least 60 percent alcohol to use in case you are unable to wash your hands with soap and water.
 - Include non-perishable foods, cleaning supplies, and water for several days, in case services are cut off in your area. If you are able to, set aside items like soap, hand sanitizer that contains at least 60 percent alcohol, disinfecting wipes, and general household cleaning supplies that you can use to disinfect surfaces you

touch regularly. After a power outage, you may not have access to these supplies for days or even weeks.

- Being prepared allows you to avoid unnecessary excursions and to address minor medical issues at home, alleviating the burden on urgent care centers and hospitals.
- Use a thermometer in the refrigerator and freezer so that you can know the temperature when the power is restored. Throw out food if the temperature is 40 degrees or higher.
- Keep mobile phones and other electric equipment charged and car and generator gas tanks full.

SURVIVE DURING

- keep freezers and refrigerators closed. The refrigerator will keep food cold for about four hours. A full freezer will keep the temperature for about 48 hours. Use coolers with ice if necessary. Monitor temperatures with a thermometer.
- Maintain food supplies that do not require refrigeration.
- Avoid carbon monoxide poisoning. Generators, camp stoves or charcoal grills should always be used outdoors and at least 20 feet away from windows. Never use a gas stovetop or oven to heat your home.
- Check on your neighbors. Older adults and young children are especially vulnerable to extreme temperatures.
- Go to a community location with power if heat or cold is extreme.
- Turn off or disconnect appliances, equipment or electronics. Power may return with momentary surges or spikes that can cause damage.

BE SAFE AFTER

- When in doubt, throw it out! Throw away any food that has been exposed to temperatures 40 degrees or higher for two hours or more, or that has an unusual odor, color or texture.

- If the power is out for more than a day, discard any medication that should be refrigerated, unless the drug's label says otherwise. Consult your doctor or pharmacist immediately for a new supply.
- Continue taking steps to protect yourself from COVID-19 and other infectious diseases, such as washing your hands often and cleaning commonly touched surfaces.
- Engage virtually with your community through video and phone calls. Know that it's normal to feel anxious or stressed. Take care of your body and talk to someone if you are feeling upset. Many people may already feel fear and anxiety about the coronavirus 2019 (COVID-19). The threat of a power outage can add additional stress. Follow CDC guidance for managing stress during a traumatic event and managing stress during COVID-19.

RADIOLOGICAL DISPERSION DEVICE

An RDD combines a conventional explosive device – such as a bomb- with radioactive material. It is designed to scatter dangerous and sub-lethal amounts of radioactive material over a general area.

Such RDDs appeal to terrorists because they require limited technical knowledge to build and deploy compared to a nuclear device. The size of the affected area and the level of destruction caused by an RDD would depend on the sophistication and size of the conventional bomb and other factors. The area affected could be placed off-limits to the public for several months during cleanup efforts.

BEFORE AN RADIOLOGICAL DISPERSION DEVICE (RDD) EVENT

There is no way of knowing how much warning time there will be before an attack by terrorists using a Radiological Dispersion Device (RDD), so being prepared in advance and knowing what to do and when is important. To prepare for an RDD event, you should do the following:

- Build an Emergency Supply Kit with the addition of duct tape and scissors.
- Make a Family Emergency Plan.
- Find out from officials if any public buildings in your community have been designated as fallout shelters. If none have been designated, make your own list of potential shelters near your home, workplace, and school, such as basements, subways, tunnels, or the windowless center area of middle floors in high-rise buildings.
- If you live in an apartment building or high-rise, talk to the manager about the safest place in the building for sheltering and about providing for building occupants until it is safe to go out.

Taking shelter during an RDD event is absolutely necessary. There are two kinds of shelters – blast and fallout. The following describes the two kinds of shelters:

- Blast shelters are specifically constructed to offer some protection against blast pressure, initial radiation, heat, and fire. But even a blast shelter cannot withstand a direct hit from a nuclear explosion.
- Fallout shelters do not need to be specially constructed for protecting against fallout. They can be any protected space, provided that the walls and roof are thick and dense enough to absorb the radiation given off by fallout particles.

DURING AN RADIOLOGICAL DISPERSION DEVICE (RDD) EVENT

While the explosive blast will be immediately obvious, the presence of radiation will not be known until trained personnel with specialized equipment are on the scene.

If the explosion or radiological release occurs inside, get out immediately and seek safe shelter. Otherwise, if you are:

OUTDOORS

- Seek shelter indoors immediately in the nearest undamaged building.
- If appropriate shelter is not available, cover your nose and mouth and move as rapidly as is safe upwind, away from the location of the explosive blast. Then, seek appropriate shelter as soon as possible.
- Listen for official instructions and follow directions.

INDOORS

- If you have time, turn off ventilation and heating systems, close windows, vents, fireplace dampers, exhaust fans, and clothes dryer vents.
- Retrieve your disaster supplies kit and a battery-powered radio and take them to your shelter room.
- Seek shelter immediately, preferably underground or in an interior room of a building, placing as much distance and dense shielding as possible between you and the outdoors where the radioactive material may be.
- Seal windows and external doors that do not fit snugly with duct tape to reduce infiltration of radioactive particles. Plastic sheeting will not provide shielding from radioactivity nor from blast effects of a nearby explosion.
- Listen for official instructions and follow directions.

AFTER AN RADIOLOGICAL DISPERSION DEVICE (RDD) EVENT

After finding safe shelter, those who may have been exposed to radioactive material should decontaminate themselves. To do this, remove and bag your clothing (and isolate the bag away from you and others), and shower thoroughly with soap and water. Seek medical attention after officials indicate it is safe to leave shelter.

Contamination from an RDD event could affect a wide area, depending on the amount of conventional explosives used, the quantity and type of radioactive material released, and meteorological conditions.

Follow these additional guidelines after an RDD event:

- Continue listening to your radio or watch the television for instructions from local officials, whether you have evacuated or sheltered-in-place.
- Do not return to or visit an RDD incident location for any reason.

SPACE WEATHER

The term “space weather” refers to the variable conditions on the sun and in space that can influence the performance of technology we use on Earth.

Extreme space weather could potentially cause damage to critical infrastructure – especially the electric grid – highlighting the importance of being prepared.

LEARN ABOUT SPACE WEATHER

In order to protect people and systems that might be at risk from space weather effects, we need to understand the causes of space weather.

The sun is the main source of space weather. Sudden bursts of plasma and magnetic field structures from the sun’s atmosphere called coronal mass ejections (CME) together with sudden bursts of radiation, or solar flares, all cause space weather effects here on Earth.

Space weather can produce electromagnetic fields that induce extreme currents in wires, disrupting power lines, and even causing wide-spread blackouts. Severe space weather also produces solar energetic particles, which can damage satellites used for commercial communications, global positioning, intelligence gathering, and weather forecasting.

The strongest geomagnetic storm on record is the Carrington Event of August – September 1859, named after the British astronomer Richard Carrington. During this event currents electrified telegraph lines, shocking technicians and setting their telegraph papers on fire; and Northern Lights (electrically charged particles from the sun that enter Earth’s atmosphere) were visible as far south as Cuba and Hawaii.

Another significant space weather event took place on March 13, 1989; a powerful geomagnetic storm set off a major power blackout in Canada that left six million people without electricity for nine hours. According to the North American Electric Reliability Corporation (NERC), the flare disrupted electric power transmission from the Hydro Quebec generating station and even melted some power transformers in New Jersey.

PREDICTING SPACE WEATHER

Space weather prediction services in the United States are provided primarily by NOAA’s Space Weather Prediction Center (SWPC) and the U.S. Air Force’s (USAF) Weather Agency (AFWA), which work closely together to address the needs of their civilian and military user communities. The SWPC draws on a variety of data sources, both space and ground-based, to

provide forecasts, watches, warnings, alerts, and summaries as well as operational space weather products to civilian and commercial users.

BEFORE SPACE WEATHER OCCURS

Space weather can have an impact on our advanced technologies, which has a direct impact on our daily lives. The main area of concern will most likely be our nation's electric power grid. Northern territories are more vulnerable to these effects than areas farther south. Generally, power outages due to space weather are very rare events, but evidence suggests that significant effects could occur. These power outages may have cascading effects, causing:

- Loss of water and wastewater distribution systems
- Loss of perishable foods and medications
- Loss of heating/air conditioning and electrical lighting systems (including disruptions in airline flights, satellite networks and GPS services)
- Loss of public transportation systems
- Loss of fuel distribution systems and fuel pipelines
- Loss of all electrical systems that do not have back-up power

To begin preparing, you should build an emergency kit and make a family communications plan. Other steps you can take include:

- Fill plastic containers with water and place them in the refrigerator and freezer if there's room. Leave about an inch of space inside each one, because water expands as it freezes. This chilled or frozen water will help keep food cold during a temporary power outage.
- Be aware that most medication that requires refrigeration can be kept in a closed refrigerator for several hours without a problem. If unsure, check with your physician or pharmacist.
- Keep your car tank at least half full because gas stations rely on electricity to power their pumps.
- Know where the manual release lever of your electric garage door opener is located and how to operate it. Garage doors can be heavy, so know that you may need help to lift it.
- Keep a key to your house with you if you regularly use the garage as the primary means of entering your home, in case the garage door will not open.

- Keep extra batteries for your phone in a safe place or purchase a solar-powered or hand crank charger. These chargers are good emergency tools to keep your laptop and other small electronics working in the event of a power outage. If you own a car, purchase a car phone charger because you can charge your phone if you lose power at your home.
- If you have a traditional landline (non-broadband or VOIP) phone, keep at least one non-cordless receiver in your home because it will work even if you lose power.
- Prepare a family contact sheet. This should include at least one out-of-town contact that may be better able to reach family members in an emergency.
- Make back-up copies of important digital data and information, automatically if possible, or at least weekly.

SPACE WEATHER SCALES

The NOAA Space Weather Scales report three categories of solar effects. These scales communicate current and future space weather conditions, and their possible effects on people and systems. Similar to the Saffir-Simpson Hurricane Wind Scale, the NOAA space weather scales correlate space weather events with their likely effects on technological systems. As shown in the table below, the scales describe the environmental disturbances for three event types: Geomagnetic Storms (G-scale), Solar Radiation Storms (S-scale), and Radio Blackouts (R-scale). The scales have numbered levels, analogous to hurricanes, tornadoes, and earthquakes that convey severity.

Description of Space Weather Scale	
Geomagnetic Storms: disturbances in the geomagnetic field caused by gusts in the solar wind that blows by Earth.	
Minor – Extreme	G1
	G2
	G3
	G4
	G5
Solar Radiation Storms: elevated levels of radiation that occur when the numbers of energetic particles increase.	
Minor – Extreme	S1
	S2
	S3
	S4
	S5

Radio Blackouts: disturbances of the ionosphere caused by X-ray emissions from the Sun.	
Minor – Extreme	R1
	R2
	R3
	R4
	R5

Description of Space Weather Scale	Minor-Extreme				
Geomagnetic Storms: disturbances in the geomagnetic field caused by gusts in the solar wind that blows by Earth.	G1	G2	G3	G4	G5
Solar Radiation Storms: elevated levels of radiation that occur when the numbers of energetic particles increase.	S1	S2	S3	S4	S5
Radio Blackouts: disturbances of the ionosphere caused by X-ray emissions from the Sun.	R1	R2	R3	R4	R5

NOTE: The vast majority of “5” level events will not cause catastrophic damages to the electric grid. On average, the Earth is impacted by such storms about four times during every 11-year solar cycle, so many large storms have impacted the planet since the Carrington Storm with much less significance impact.

For more information visit NOAA Space Weather Scales.

KNOW THE TERMS

Watches are used for making long-lead predictions of geomagnetic activity.

Warnings are used to raise the public’s level of alertness based on an expectation that a space weather event is imminent.

Alerts indicate that the observed conditions, highlighted by the warnings, have crossed a present threshold or that a space weather event has already started.

DURING SPACE WEATHER OCCURRENCE

- Follow energy conservation measures to keep the use of electricity as low as possible, which can help power companies avoid imposing rolling blackouts during periods when the power grid is compromised.

- Follow the Emergency Alert System (EAS) instructions carefully.
- Disconnect electrical appliances if instructed to do so by local officials.
- Do not use the telephone unless absolutely necessary, during emergency situations keeping lines open for emergency personnel can improve response.

AFTER SPACE WEATHER OCCURRENCE

THROW OUT UNSAFE FOOD:

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

THUNDERSTORMS & LIGHTNING

Lightning is a leading cause of injury and death from weather-related hazards. Although most lightning victims survive, people struck by lightning often report a variety of long-term, debilitating symptoms. Thunderstorms are dangerous storms that include lightning and can:

- Include powerful winds over 50 MPH;
- Create hail: and
- Cause flash flooding and tornadoes.

IF YOU ARE UNDER A THUNDERSTORM WARNING, FIND SAFE SHELTER RIGHT AWAY

- When thunder roars, go indoors!
- Move from outdoors into a building or car.
- Pay attention to alerts and warnings.
- Unplug appliances.
- Do not use landline phones.

HOW TO STAY SAFE WHEN A THUNDERSTORM THREATENS

PREPARE NOW

- Know your area's risk for thunderstorms. In most places, they can occur year-round and at any hour.
- Create an emergency plan so that you and your family know what to do, where to go, and what you will need to protect yourselves from the effects of a thunderstorm during the COVID-19 pandemic.
- Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- Identify nearby, sturdy buildings close to where you live, work, study, and play.
- Cut down or trim trees that may be in danger of falling on your home.
- Consider buying surge protectors, lightning rods, or a lightning protection system to protect your home, appliances, and electronic devices.

SURVIVE DURING

- When thunder roars, go indoors. A sturdy building is the safest place to be during a thunderstorm.
 - If you are sheltering with people who are not part of your household, be sure to wear a mask and maintain a distance of at least six feet between yourself and others. Masks should not be worn by children under 2 years old, people who have trouble breathing, and people who cannot remove them on their own.

- Pay attention to weather reports and warnings of thunderstorms. Be ready to change plans, if necessary, to be near shelter.
- When you receive a thunderstorm warning or hear thunder, go inside immediately.
- If indoors, avoid running water or using landline phones. Electricity can travel through plumbing and phone lines. Do not wash your hands with soap and water. Instead, use hand sanitizer that contains at least 60 % alcohol to help slow the spread of COVID-19.
- Protect your property. Unplug appliances and other electric devices. Secure outside furniture.
- If boating or swimming, get to land and find a sturdy, grounded shelter or vehicle immediately.
- If necessary, take shelter in a car with a metal top and sides. Do not touch anything metal. Avoid touching your eyes, nose, and mouth.
- Avoid flooded roadways. Turn Around. Don't Drown! Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away. There is no evidence that COVID-19 can be spread by water, however floodwaters may contain debris, chemicals, or waste that are harmful to your health.

BE SAFE AFTER

- Listen to authorities and weather forecasts for information on whether it is safe to go outside and instructions regarding potential flash flooding.
- Watch for fallen power lines and trees. Report them immediately.
- If you are sick and need medical attention, contact your healthcare provider for further care instructions and shelter in place, if possible. If you are experiencing a medical emergency, call 911 and let the operator know if you have, or think you might have, or have been exposed to COVID-19. If possible, put on a mask before help arrives.
- Continue taking steps to protect yourself from COVID-19 and other infectious diseases by washing your hands often and cleaning commonly touched surfaces with disinfecting products.
- Engage virtually with your community through video and phone calls. Know that it's normal to feel anxious or stressed. Take care of your body and talk to someone if you are feeling upset. Many people may already feel fear and anxiety about the coronavirus 2019 (COVID-19). The threat of a thunderstorm can add additional stress. Follow CDC guidance for managing stress during a traumatic event and managing stress during COVID-19.

TORNADOES

Tornadoes can destroy buildings, flip cars, and create deadly flying debris. Tornadoes are violently rotating columns of air that extend from a thunderstorm to the ground. Tornadoes can:

- Happen anytime and anywhere;
- Bring intense winds, over 200 MPH; and
- Look like funnels.

IF YOU ARE UNDER A TORNADO WARNING, FIND SAFE SHELTER RIGHT AWAY

- If you can safely get to a sturdy building, then do so immediately.
- Go to a safe room, basement, or storm cellar.
- If you are in a building with no basement, then get to a small interior room on the lowest level.
- Stay away from windows, doors, and outside walls.
- Do not get under an overpass or bridge. You're safer in a low, flat location.
- Watch out for flying debris that can cause injury or death.
- Use your arms to protect your head and neck.
- If you cannot stay at home after a tornado, make plans to shelter with friends and family. If necessary, go to a public shelter. Shelters are taking precautions to protect people from COVID-19.
 - If you must go to a public shelter after a tornado, try to bring items that can help protect you and others in the shelter from COVID-19, such as hand sanitizer that contains at least 60 % alcohol, cleaning materials, and two masks per person. Note that your regular public shelter may not be open this year. Check with local authorities for the latest information about public shelters.
 - While you are at the shelter, take actions that will protect you and others from COVID-19. Wear a mask and maintain a distance of at least six (6) feet between yourself and people who are not part of your household while at a public shelter.

Children under 2 years old, people who have trouble breathing, and people who are unable to remove masks on their own should not wear them.

- Create an emergency plan so that you and your family know what you will do, where you will go, and what you will need to take with you to safely weather the storm.
- Review the CDC's guidelines for "Going to a Public Disaster Shelter During the COVID-19 Pandemic."

HOW TO STAY SAFE WHEN A TORNADO THREATENS

PREPARE NOW

- Know your area's tornado risk. In the U.S., the Midwest and the Southeast have a greater risk of tornadoes.
- Know the signs of a tornado, including a rotating, funnel-shaped cloud; an approaching cloud of debris; or a loud roar – similar to a freight train.
- Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts. If your community has sirens, then become familiar with their warning tone. Sign up for email updates about coronavirus from the Centers for Disease Control and Prevention (CDC).
- Pay attention to weather reports. Meteorologists can predict when conditions might be right for a tornado.
- Identify and practice going to a safe shelter, while following the latest social and physical-distancing and other health safety guidelines from the Centers for Disease Control and Prevention and your local health authorities, in the event of high winds, such as a safe room built using FEMA criteria or a storm shelter built to ICC 500 standards. The next best protection is a small, interior, windowless room on the lowest level of a sturdy building.
- Once you have identified your safe location, prepare for long-term social distancing by gathering emergency supplies, cleaning supplies, non-perishable foods, and water. If you must evacuate to go to a public shelter after a tornado, set aside items to help prevent the spread of COVID-19, such as soap, hand sanitizer that contains at least 60 percent alcohol, two masks for each person age 2 and older in the household, disinfecting wipes, and general household cleaning supplies that you can use to disinfect

surfaces you touch regularly. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets. After a tornado, you may not have access to these supplies for days or even weeks.

- Being prepared allows you to avoid unnecessary excursions and to address minor medical issues at home, alleviating the burden on urgent care centers and hospitals.

SURVIVE DURING

- Immediately go to a safe location that you identified.
- Take additional cover by shielding your head and neck with your arms and putting materials such as furniture and blankets around you.
- Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instructions.
- Do not try to outrun a tornado in a vehicle.
- If you are in a car or outdoors and cannot get to a building, cover your head and neck with your arms and cover your body with a coat or blanket, if possible.

BE SAFE AFTER

- Keep listening to EAS, NOAA Weather Radio, and local authorities for updated information.
- If you are trapped, cover your mouth with a cloth or mask to avoid breathing dust. Try to send a text, bang on a pipe or wall, or use a whistle instead of shouting.
- Stay clear of fallen power lines or broken utility lines.
- Do not enter damaged buildings until you are told that they are safe.
- Save your phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messaging or social media to communicate with family and friends.
- If you are sick and need medical attention, contact your healthcare provider for further care instructions and shelter in place, if possible. If you are experiencing a medical emergency, call 911 and let the operator know if you have, or think you might have, COVID-19. If possible, put on a mask before help arrives. If staying at a shelter or public facility, alert shelter staff immediately so they can call a local hospital or clinic.

- Be careful during clean-up. Wear thick-soled shoes, long pants, and work gloves. Use appropriate face coverings or masks if cleaning mold or other debris, and maintain a physical distance of at least six (6) feet while working with someone else.
 - Cloth masks help prevent the spread of COVID-19, but they will not adequately protect you from inhaling mold like a respirator will. Respirators, like an N-95, are not meant to fit children. Due to COVID-19, it may be difficult to find respirators, such as N-95s.
 - People with asthma and other lung conditions and/or immune suppression should not enter buildings with indoor water leaks or mold growth that can be seen or smelled, even if they do not have an allergy to mold. Children should not take part in disaster cleanup work.
- Continue taking steps to protect yourself from COVID-19 and other infectious diseases, by washing your hands often and cleaning commonly touched surfaces.
- Engage virtually with your community through video and phone calls. Know that it's normal to feel anxious or stressed. Take care of your body and talk to someone if you are feeling upset. Many people may already feel fear and anxiety about the coronavirus 2019 (COVID-19). The threat of a tornado can add additional stress. Follow CDC guidance for managing stress during a traumatic event and managing stress during COVID-19.

WINTER WEATHER

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter storms including blizzards can bring extreme cold, freezing rain, snow, ice and high winds.

A winter storm can:

- Last a few hours or several days.
- Cut off heat, power and communication services.
- Put older adults, children and sick individuals at greater risk.

IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY

- Stay off roads.
- Stay indoors and dress warmly.
 - If you need to spend time in a public indoor space in order to stay safe from the cold, follow CDC precautions to protect yourself and others from COVID-19: wear a mask and maintain a distance of at least six feet between yourself and those who are not a part of your household. Masks should not be worn by children under two years of age, those who have trouble breathing, and those who are unable to remove them on their own.
- Prepare for power outages.
- Use generators outside only and away from windows.
- Listen for emergency information and alerts.
- Look for signs of hypothermia and frostbite.
- Check on neighbors while following the latest guidelines from the Centers for Disease Control and Prevention (CDC) on maintaining social and physical distancing. Consider connecting with family and friends by telephone, e-mail, text messages, video chat, and social media. If you must visit in person, wear a mask and maintain a distance of at least six feet from them. Masks should not be worn by children under two years of age, those who have trouble breathing, and those who are unable to remove them on their own.

HOW TO STAY SAFE WHEN A WINTER STORM THREATENS

PREPARE NOW

- Know your area's risk for winter storms. Extreme winter weather can leave communities without utilities or other services for long periods of time.
- Prepare your home to keep out the cold with insulation, caulking and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.
- Know your winter weather terms.
- Pay attention to weather reports and warnings of freezing weather and winter storms.

- Sign up for your community’s warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts. Sign up for email updates about coronavirus from the Centers for Disease Control and Prevention (CDC).
- Gather supplies in case you need to stay home for several days without power. Keep in mind each person’s specific needs, including medication. Remember the needs of your pets. Have extra batteries for radios and flashlights. If you are able to, set aside items like soap, hand sanitizer that contains at least 60 percent alcohol, disinfecting wipes, and general household cleaning supplies that you can use to disinfect surfaces you touch regularly.
- Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water and non-perishable snacks. Keep a full tank of gas.
 - Remember that not everyone can afford to respond by stocking up on necessities. For those who can afford it, making essential purchases and slowly building up supplies in advance will allow for longer time periods between shopping trips. This helps to protect those who are unable to procure essentials in advance of the pandemic and must shop more frequently. In addition, consider avoiding WIC- labeled products so that those who rely on these products can access them.
 - Being prepared allows you to avoid unnecessary excursions and to address minor medical issues at home, alleviating the burden on urgent care centers and hospitals.
- Learn the signs of, and basic treatments for, frostbite and hypothermia.
 - If you are sick and need medical attention, contact your healthcare provider for further care instructions and shelter in place, if possible. If you are experiencing a medical emergency, call 911 and let the operator know if you have, or think you might have, COVID-19. If possible, put on a mask before help arrives.
 - Learn the symptoms of COVID-19 and follow CDC guidance.
- Frostbite causes loss of feeling and color around the face, fingers and toes.
 - Signs: Numbness, white or grayish-yellow skin, firm or waxy skin.
 - Actions: Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.

- Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.
 - Signs: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech or drowsiness.
 - Actions: Go to a warm room. Warm the center of the body first—chest, neck, head and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

SURVIVE DURING

- Stay off roads if at all possible. If trapped in your car, then stay inside.
- Limit your time outside. If you need to go outside, then wear layers of warm clothing. Watch for signs of frostbite and hypothermia.
 - Be sure to have several clean masks to use in case your mask becomes wet or damp from snow. Cloth masks should not be worn when they become damp or wet. Be sure to wash your mask regularly.
- Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.
- Reduce the risk of a heart attack by avoiding overexertion when shoveling snow and walking in the snow.
 - Masks may make it difficult to breathe, especially for those who engage in high intensity activities, like shoveling. If you are unable to wear a mask, maintain a distance of at least six (6) feet between yourself and those who are not part of your household.
- Watch for signs of frostbite and hypothermia and begin treatment right away.
- If it is safe to do so, check on neighbors while following the latest guidelines from the Centers for Disease Control and Prevention (CDC) on maintaining social and physical distancing. Consider connecting with family and friends by telephone, e-mail, text messages, video chat, and social media. If you must visit in person, wear a mask and maintain a distance of at least six (6) feet from them. Masks should not be worn by children under two years of age, those who have trouble breathing, and those who are unable to remove them on their own.

BE SAFE AFTER

- **Frostbite** causes loss of feeling and color around the face, fingers, and toes.
 - **Signs:** Numbness, white or grayish-yellow skin, and firm or waxy skin.
 - **Actions:** Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.
- **Hypothermia** is an unusually low body temperature. A temperature below 95 degrees is an emergency.
 - **Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness.
 - **Actions:** Go to a warm room. Warm the center of the body first – chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.
- If you are sick and need medical attention, contact your healthcare provider for further care instructions and shelter in place, if possible. If you are experiencing a medical emergency, call 911 and let the operator know if you have, or think you might have, COVID-19. If possible, put on a mask before help arrives.
- Engage virtually with your community through video and phone calls. Know that it's normal to feel anxious or stressed. Take care of your body and talk to someone if you are feeling upset. Many people may already feel fear and anxiety about the coronavirus 2019 (COVID-19). The threat of a winter storm can add additional stress. Follow CDC guidance for managing stress during a traumatic event and managing stress during COVID-19.

