

Safety and Emergency

Preparedness Guide



**CHAFFEE
EL PASO
LAKE
PARK
TELLER
COLORADO SPRINGS**



COLORADO

THE SOUTH CENTRAL ALL-HAZARDS HOMELAND SECURITY REGION

My Contact Information

Fill out each field with your contact information to create a brief contact list. Complete the travel-sized communication plan on page 86-87 to carry with you.

First Name _____

Last Name _____

Telephone Number _____

E-mail Address _____

My Primary Emergency Contact

Name _____ Phone _____

E-mail _____

Nearby Neighbor Contact

Name _____ Phone _____

E-mail _____

My Out of Town Contact

Name _____ Phone _____

E-mail _____

Other immediate emergency contact information (school, work, physician, veterinarian, etc.)

Name _____ Phone _____

Name _____ Phone _____

Important Notes _____

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Start A Conversation

It's important to get yourself and the people you love ready for disasters such as wildfires, hurricanes, floods, earthquakes and so much more.

You may not know when a disaster will happen, but you can begin to take easy but impactful steps now to keep your family safe. Follow these five steps to help you start a conversation and begin your journey to get ready:

1. Think About the Intention

Talking about what you and your family should do to prepare for a disaster isn't an easy task, but it's necessary to save lives. Even though it's a tough topic and there isn't a perfect time to discuss, it is easier to talk about it before you're in the middle of an emergency. Honest and direct conversations can save your life and the people you love.



2. Be Aware of Disasters that Can Happen in Your Area

Knowing what can happen where you live will help you understand what you need to stay safe. Disasters such as floods and fires can happen anywhere, but others such as hurricanes and earthquakes are more common in certain areas. If you're new to an area, talk to people in your community to find out what disasters have happened and may happen in the future.



3. Consider Who Should Join the Conversation

Preparedness can look a little different for everyone depending on personal circumstances. Before you have a conversation, think about the key people you want to include. This can consist of any family members living in your household, older relatives, community members, neighbors, and friends. They can let you know how preparedness impacts them.

4. Have the Conversation

Discussing hard topics can provide peace of mind for you, your family, and friends. Keep the conversation as positive as possible by highlighting your concern for their safety. Highlight the facts about disasters that could happen in your area. Ask your neighbors if they can share tips that you and your family can put into practice. If they haven't started their preparedness journey, share information with them so they can begin.



5. Take Action Together

Consider taking at least one step to get ready for disasters. **Examples include:**

- Signing up for emergency alerts in your area to receive life-saving information from your state and local municipality.
- Storing important phone numbers somewhere besides just your phone.
- Visiting [Ready.gov/start](https://www.ready.gov/start) for more actions to prepare.



FEMA



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Local Chaffee County Response Agencies

In an Emergency Dial 9-1-1

Law Enforcement/Dispatch

Buena Vista Police Department Administration.....	719.395.8654
Chaffee County Sheriff’s Office Administration.....	719.539.2596
Salida Police Department Administration	719.530.2600
Chaffee County Combined Communications Center	719.539.2596

Fire Protection

Chaffee County Fire Protection District	719.395.6545
Salida Fire Department/South Arkansas Fire Protection District.....	719.539.2212

Electric

Sangre De Cristo Electric Association.....	719.395.2412
Tri State Generation and Transmission	303.452.6111
Xcel Energy	800.895.1999

Natural Gas

Atmos Energy.....	888.286.6700
Comfort Gas	719-395-8445
Deluca Gas	719.539.6402

Sanitation

Buena Vista Sanitation District	719.395.8095
Salida Utilities.....	719.539.2311

Waste Disposal

A.J. Stephens Trucking Services.....	601.467.0809
A & C Roll Offs	970.445.7667
Arkansas Valley Roll-Off	719.924.8033
Chaffee County Waste	719.395.6656
Shamrock Disposal Services.....	719.239.4854
Waste Management.....	719.539.6911
Chaffee County Landfill.....	719.539.3738

Hospitals/Clinics/Medical Services

Heart of the Rockies Regional Medical Center	719.530.2200
Chaffee County Emergency Medical Services.....	719.539.1914
Community Resources Ark-Valley Humane Society	719.395.2737
Chaffee County Public Health	719.539.4510

Community Resources

Chaffee County Government Administration.....	719.539.2218
Chaffee County Human Services	719.530.2500
Chaffee County Search & Rescue - North	719.581.9271
Chaffee County Search & Rescue - South	719.539.5381
City of Salida Administration	719.539.4555
Town of Buena Vista Administration	719.395.8643
Town of Poncha Springs Administration	719.539.6882

Chaffee County Office of Emergency Management..... 719.539.6856

For Law Enforcement, Fire and EMS assistance of any kind call 719.539.2596



Through a cooperative effort between Chaffee County and the South Central All-Hazards Region, we are pleased to provide the residents and visitors of Chaffee County with this Emergency Preparedness

Guide. Each individual and family needs to be prepared. Knowing the steps to take during a disaster can greatly reduce the danger and distress your family may face.

Chaffee County is an extraordinary place to live, regardless of whether you are raising a family, relocating because of our diverse recreational activities, or desiring a place to retire and enjoy the solitude. Chaffee County is the crossroads for three highways within the state and is geographically isolated by mountain passes and winding canyons. The land area of Chaffee County is 1,013 square miles and consists of varied terrain and population densities. The area is home to numerous mountain peaks over 14,000 feet and one of the most commercially rafted rivers in the world. While the area offers many benefits for residents and visitors, it is important to remember the best way to be prepared for an emergency is to be educated. This guide will help you and your family plan for a variety of emergency situations, persevere during them and recover afterwards.

The ongoing success of emergency management is based on an all-hazards approach and the strong partnerships built within the emergency management community. This community consists of federal, state, and local partners, local response agencies, and the private sector; such as local businesses, volunteer, non-governmental, and community-based organizations. The Chaffee County Office of Emergency Management (OEM) is responsible for providing mitigation, preparedness, response, and recovery as well as coordination for large-scale emergencies and disasters to the citizens of Chaffee County for the purpose of saving lives and preventing property damage.

As you read through this guide, please consider the following activities. Personal preparedness activities can not only keep you and your family safe but can help you become a response asset rather than requiring emergency assistance yourself.

Individuals and families can and should prepare for emergencies. We are centrally located and somewhat secluded within the state, and as such, each person, family, and business must remain vigilant with regard to emergency preparedness and management. There are several simple steps that you can take to prepare yourself for an emergency.

- **Complete Your Own Hazard Analysis for Around Your Home or Business.**

If you have lived in Chaffee County for any period of time, you are probably aware of the hazards that are high risk. If you are new to the area, talk to some long-time residents to determine what events have occurred historically or use the analysis in this guide. Don't forget the "small" emergencies, such as fire or an extended power outage.

- **Develop Your Own Emergency Plan.**

Play the "what if" game with each of the hazards you selected. What would you do if _____ occurs? Then ask yourself what supplies you would need to take the action(s) you identify as needed, then gather the appropriate supplies.

- **Practice Your Plan**

Even simple tasks can become difficult during an emergency. Practice your plan before an emergency occurs until you are thoroughly familiar with the procedures you need to follow if the event occurs.

We hope that you enjoy this guide and find the information valuable to you and your family.

Nothing in this document eliminates the need for common sense!

Local Lake County Response Agencies In an Emergency Dial 9-1-1

Law Enforcement/Dispatch

Leadville Police, Non-Emergency 719.486.1365
 Lake County Sheriff’s Office 719.486.1249

Fire Protection

Leadville/Lake County Fire-Rescue (LLCFR) 719.486.2990

Utilities

Xcel Energy 800.895.4999

Natural Gas

Xcel Energy 800.895.4999
 AmeriGas - Emergency Line..... 800.805.0659

Sanitation

Leadville Sanitation District 719.486.2993

Waste Disposal

Lake County Landfill..... 719.486.3099

Hospitals/Clinics/Medical Services

St. Vincent Hospital/SVHD Ambulance Service:

Ambulance..... 719.486.7133
 ER..... 719.486.7144
 Hospital..... 719.486.0230
 West Central Mental Health Center/Solvista Health 719.486.0985
 Lake County Public Health Agency..... 719.486.2413

Lake County Department of Human Services:

English 719.486.2088
 Spanish..... 719.293.4808
 Lake County Environmental Health..... 719.486.8181

Community Resources

Lake County Search and Rescue 719.486.3333
 Community Resources and Assistance 211
 Lake County Public Work 719.486.0259
 Leadville Animal Shelter 719.486.8951

Lake County Office of Emergency Management..... 719.486.1249



The Lake County Office of Emergency Management (OEM) is responsible for providing mitigation, preparedness, response, recovery and coordination for large-scale emergencies and

disasters to the citizens of Lake County for the purpose of saving lives and preventing property damage. OEM proactively plans for hazards, works to reduce threats and prepares Lake County's citizens to respond to and recover from a disaster.

Emergency Alerts & Notifications

Receive critical emergency notifications by registering for the Lake County Emergency Alerts Program through Everbridge. Once signed up for this program you will get alerts about emergencies and other important community news. This system enables us to provide you with critical information quickly in a variety of situations, such as severe weather, unexpected road closures, wildfires and evacuations of buildings or neighborhoods. You can sign up for these alerts by visiting the direct link to Everbridge shown here or scanning the QR code below.

<https://lakecountygov.co/3IM767q>

Be Prepared for Every Situation

Familiarizing yourself with each of the various evacuation levels is crucial to your safety and the safety of the first responders. You can find the Evacuation Levels for Lake County on page 78. When planning for these levels of evacuation please be prepared ahead of time. Having a "Go Bag" ready in advance can save you valuable time and allow you to ensure you have everything you need in the event of an emergency.

Personal Go Bag

- Clothing, Shoes, etc.
- Medications, Glasses, Contacts
- Toiletry Items
- Electronic Devices & Chargers
- Important Phone Numbers & Addresses

Pets Go Bag

- Leash, Collars, Harnesses
- Familiar Toy, Blanket
- Bowls, Food, Treats
- Vet Records, Medications, Rabies Tag
- Microchip Info, Recent Photo

These items should only be included if you have packed your bags in advance!

A Thumb Drive With:

- Insurance Forms
- Photos of Home & Property
- Family Photos



These are just ideas of what to include, tailor your go bag to you and your family's needs. Put a reminder on your calendar to go through the go bags quarterly. This will ensure that clothes are appropriate for the season, medications aren't expired, items are replaced as needed, and documents and vet records are updated.

When navigating potential emergencies in Lake County the best way to be successful is to stay prepared. You can do this by signing up for emergency alerts, following the public safety Facebook pages, get those go bags ready, and get involved by attending the various community activities, such as mitigation town hall events.

To sign up for Lake County Emergency Alerts scan the QR Code below:



**Lake County
Emergency Alerts**

Local Park County Response Agencies In an Emergency Dial 9-1-1

Law Enforcement/Dispatch

Park County Sheriff's Office:

Dispatch.....	719.836.4121
Administration	719.836.2494
Fairplay Police Department	719.836.2840

Fire Protection

Platte Canyon Fire Protection District	303.838.5853
Southern Park County Fire Protection District	719.689.9479
Lake George Protection District	719.748.3022
Hartsel Fire Department.....	719.836.3500
North-West Fire Protection District	719.836.3150
Jefferson-Como Fire Protection District.....	719.836.2082

Utilities

CORE Electric Cooperative.....	800.332.9540
EXCEL Electric	800.895.4999

Natural Gas

Colorado Natural Gas	303.979.7680
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Waste Disposal

Mountain View Waste Systems	303.838.0560
DRL Summit County Landfill.....	970.668.4290
BFI Foothills Landfill.....	303.371.5115

Hospitals/Clinics/Medical Services

South Park Ambulance District	719.836.2055
Southern Park County Fire Protection District	719.689.9479
Park County Public Health Agency	719.836.4161
Park County Department of Human Services	719.836.4139
Park County Environmental Health	719.836.4267

Community Resources

Park County Public Works.....	719.836.4277
Park County Development Services.....	719.836.4267

Park County Office of Emergency Management..... 719.836.4372



The Park County Office of Emergency Management (OEM) is located in the town of Fairplay, Colorado and is managed and operated by the Director of Emergency Management and the Deputy Emergency Manager. In addition to our administrative office, our facility also includes the OEM Emergency Operations Center (EOC). The EOC is the “mission control” center that is staffed during significant incidents and events that occur in our community. A significant incident is defined as an unplanned occurrence of a natural or human-caused condition that threatens life, safety, and security. A significant event is defined as a planned occurrence that does not outwardly present a threat, but due to its size and complexity requires the OEM to take a proactive role in managing potential threats associated with a large gathering.

Defining and preparing for these significant occurrences is an ever-changing process in our increasingly dynamic modern world. Although Park County is rural, enjoys a low population density, and feels remote, we are not immune to the natural and human-caused threats that occur more frequently in larger metropolitan population areas. In fact, we are at greater risk for several threats such as wildfires, severe weather, and flooding. The Park County OEM focuses on five (5) primary mission areas: prevention, protection, mitigation, response and recovery to prepare for significant disasters and large-scale events.

As a citizen or visitor of Park County, Colorado you should also use these same mission areas as an outline to prepare for the possibility of a disaster. We recommend the following proactive measures to be better prepared if you and your family must endure a disaster:

Protect Your Family by Registering for the “CodeRED” Early Alert Notification System.

CodeRED is a “web-based critical communication solution that enables local public safety personnel to notify residents and businesses by telephone, text message, email, and social media of time-sensitive information, emergencies, or urgent notifications.”

Register for CodeRED here:
www.parkcountyco.gov/97/CodeRED



Mitigate the Risks of a Wildfire Reaching Your Home.

Create a defensible space around your home, especially if you live in a wildfire urban interface area. A defensible space is defined as removing human made and natural fuel loads that would create a pathway for the fire to more easily and quickly reach your home. Park County has a debris management program that can help you with natural debris disposal.

For more information about the debris management plan, contact your local fire district or your OEM at:

[www.parkcountyco.gov/77/
Emergency-Management](http://www.parkcountyco.gov/77/Emergency-Management)

Prepare Yourself and Your Family to Respond to a Disaster by Creating a Household Evacuation Plan.

This plan should include a “go bag” for each member of your family. A “go bag” should include essential products such as: water, simple packable food items, toiletries, medications, portable chargers, blankets, etc. You should also establish your primary, secondary and tertiary evacuation routes. Contact your local fire district to learn about the evacuation plan for the county and where our evacuation shelters are located.

For more information you can also contact your OEM at:

[www.parkcountyco.gov/77/
Emergency-Management](http://www.parkcountyco.gov/77/Emergency-Management)

The contents of this guide will provide you with the information that you need to help you navigate the processes involved with preparing for a significant emergency within your community.

Local Teller Response Agencies

In an Emergency Dial 9-1-1

Text-to-911 is available in Teller County. Call if you can. Text if you must.

Non-Emergency Law Enforcement/Dispatch Center Contacts

Teller County Sheriff's Office	719.687.9652
Cripple Creek Police	719.689.2655
Woodland Park Police Department.....	719.687.9262

Non-Emergency Fire Protection Contacts

Northeast Teller County Fire District.....	719.687.1866
Divide Fire Protection District.....	719.687.8773
Cripple Creek Fire Department	719.689.0240
Florissant Fire Rescue	719.748.3909
Victor Fire Department	719.689.2886
Four Mile Fire Protection District.....	719.689.3417
Mountain Communities Volunteer Fire Department.....	303.647.2361
Green Mountain Falls - Chipita Park Fire Protection District.....	719.684.2293

Utilities

Black Hills Energy.....	888.890.5554
CORE Electric Cooperative	800.332.9540

Natural Gas

Colorado Natural Gas	800.720.8193
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Waste Disposal

APEX Waste.....	719.686.7517
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Hospitals/Clinics/Medical Services

UCHealth Pikes Peak Regional.....	719.374.6060
Southwest Teller County Emergency Medical Services	719.895.1206
Ute Pass Regional Health Service District.....	719.687.2291

Community Resources

Teller County Administration	719.689.2988
Teller County Public Health.....	719.687.6416
Teller County Department of Human Services.....	719.687.3335
Teller County Public Works	719.687.8812
Teller County Search and Rescue	719.286.9207

Teller County Office of Emergency Management..... 719.686.7990



Teller County public agencies are committed to ensuring citizens are prepared for all types of hazards, from wildfires to winter storms. The Office of Emergency

Management (OEM) is dedicated to coordinating responses and fostering partnerships across local, state, and federal levels to protect our community. Your safety and well-being are our top priorities, especially during emergencies and disasters.

Stay Informed and Stay Safe

We strongly encourage you to sign up for **Peak Alerts**:

www.peakalerts.org

Teller County's emergency notification system. This alert system will keep you informed about any urgent situations, including evacuations, road closures, or other vital updates. You can receive notifications through the **ReachWell app**, which offers the information in over 130 languages, ensuring accessibility for all residents.

Community Resilience and Volunteering

Teller County is known for its tight-knit, resilient community. We urge residents to get involved by joining local emergency volunteer groups such as: **Teller County Sheriff's Posse**, **Medical Reserve Corps (MRC)**, **Search and Rescue**, and **Community Emergency Response Team (CERT)**. Volunteering strengthens our preparedness and response capabilities during disasters, enabling neighbors to support one another effectively.

Know the Risks and Be Prepared

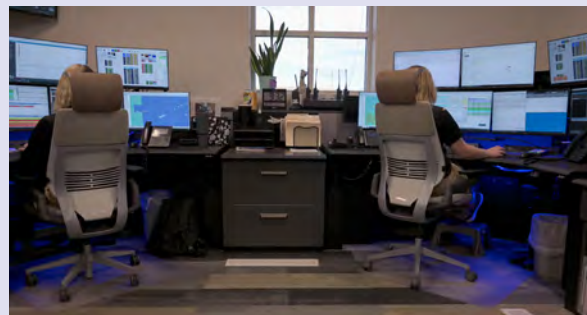
As a county, we face unique risks, including **wildfires, severe winter and wind storms, and potential hazardous material incidents**. We are part of the **South Central Homeland Security Region**, working with neighboring counties to coordinate responses and resources in times of crisis.

We encourage all residents to create a **"Ready, Set, Go Bag"** with essential supplies for 72 hours, and to familiarize themselves with evacuation routes and shelter locations. For businesses, we offer emergency planning resources to help them prepare for unexpected disruptions.

By staying informed, preparing ahead, and volunteering, we can ensure that our community remains strong, safe, and resilient in the face of any challenge.

Stay
SAFE
Stay
PREPARED
and
THANK YOU

for being part of Teller
County's strong and united
community.



Local El Paso County Response Agencies

In an Emergency Dial 9-1-1

Text-to-911 is available in El Paso County. Call if you can. Text if you must.

Non-Emergency Fire Department Contacts

Colorado Springs Fire Department	719.385.5950
Air Force Academy Fire & Emergency Services	719.333.2051
Big Sandy Fire Protection District.....	719.541.2883
Black Forest Fire Protection District	719.495.4300
Broadmoor Fire Protection District	719.366.1069
Calhan Fire Protection District	719.347.3057
Cascade Volunteer Fire Department	719.684.9549
Cheyenne Mountain Space Force Base Fire Department	719.474.3030
Cimarron Hills Fire Department	719.591.0960
Crystal Park Volunteer Fire Department.....	719.685.9729
Edison Volunteer Fire Department.....	719.478.2200
Ellicott Volunteer Fire Department.....	719.683.7211
Falcon Fire Protection District	719.495.4050
Fort Carson Fire & Emergency Services	719.526.6515
Fountain Fire Protection District	719.382.7800
Chipita Park Fire Protection District.....	719.684.2293
Hanover Fire Protection District	719.638.3473
Manitou Springs Fire Department	719.685.1444
Palmer Lake Fire Department.....	719.481.2902
Peterson Space Force Base Fire & Emergency Services.....	719.556.7354
Peyton Fire Protection District.....	719.749.2255
Security Fire Protection District.....	719.392.7121
Southwest Highway 115 Volunteer Fire Department	719.527.6762
Stratmoor Hills Fire Protection District	719.576.1200
Tri-County Volunteer Fire Department	719.478.2345
Monument Fire District.....	719.484.0911

**Pikes Peak Regional Office
of Emergency Management
(PPROEM)
719.385.5957**

Local El Paso County Response Agencies

In an Emergency Dial 9-1-1

Text-to-911 is available in El Paso County. Call if you can. Text if you must.

Utility Contacts

Colorado Springs Utilities	719.448.4800
Mountainview Electric Association.....	1.800.388.9881
CORE Electric Cooperative (formerly IREA).....	1.800.332.9540
Black Hills Energy.....	1.888.890.5554
Southeast Colorado Power Association.....	719.384.2551
Propane Education and Research Council.....	202.452.8975

Non-Emergency Law Enforcement Contacts

El Paso County Sheriff's Dispatch (24 hours)	719.390.5555
El Paso County Sheriff's Law Enforcement Division	719.520.7270
El Paso County Crime Prevention Office	719.520.7151
Colorado Springs Police Dispatch (24 hours)	719.444.7000

Colorado Springs Police Crime Prevention Offices:

Falcon Division.....	719.444.7246
Gold Hill Division	719.385.2117
Sand Creek Division	719.444.7276
Stetson Hills Division.....	719.444.3168
Colorado Springs Police Department (Text your Tip) Text message to	847411
Pikes Peak Area Crime Stoppers.....	719.634.7867
Manitou Springs Police	719.685.5407
Fountain Police.....	719.382.8555
Monument Police	719.481.3253
Palmer Lake Police.....	719.481.2934
Calhan Police.....	719.347.2586
Green Mountain Falls Marshal.....	719.684.9415

Community Resources

El Paso County Public Health	719.578.3199
El Paso County Department of Human Services (SNAP, TANF, Medicaid).....	719.636.0000
Pikes Peak United Way (Community Resources, Assistance)	211
Humane Society of the Pikes Peak Region	719.473.1741
El Paso County Search & Rescue.....	719.635.9400

Waste Disposal

Waste Management.....	719.632.8877
Waste Connections of Colorado.....	719.591.5000
El Paso County Household Hazardous Waste Facility.....	719.520.7878

Pikes Peak Regional Office Of Emergency Management (PPROEM) El Paso County and Colorado Springs

Success of the local emergency management system in the region is built on an all-hazards approach utilizing strong partnerships within the emergency management community. This community consists of federal, state, and local partners; volunteer and other non-governmental and community-based organizations; surrounding military facilities; and the private sector, such as large retailers and medical services providers.



The Pikes Peak Regional Office of Emergency Management (PPROEM) is responsible for providing mitigation, preparedness, response, recovery, and coordination for large-scale emergencies and disasters for the purpose of saving lives and preventing property damage. PPROEM proactively plans for hazards, works to reduce threats, and prepares the community to respond and recover from a disaster.

Services Provided

PPROEM serves unincorporated areas of El Paso County and the City of Colorado Springs through the following activities:

- Mitigate and plan for large scale all-hazards, emergencies, and disasters
- Develop and maintain the Emergency Operations Plan and Emergency Coordination Center
- Serve as liaison to local, county, state, military, and federal agencies/departments
- Coordinate multi-jurisdictional exercises
- Manage resources needed to assist first responders and partner agencies
- Educate the public about preparedness and community hazards
- Administer federal and state grant funding to provide assistance, and increase preparedness and response capabilities throughout the community

Readiness

Prevention and mitigation activities are designated to reduce or eliminate risks to persons or property and to lessen the actual or potential effects or consequences of an incident.

Mitigation measures may be implemented prior to, during, or after an incident. PPROEM develops and updates plans to establish a blueprint for new and existing programs, processes, and procedures to continuously reduce the impacts of hazards in the region.

PPROEM combines planning, resources, training, exercises, and organization to build, sustain, and improve local operational capabilities before, during, and after an emergency event. Preparedness is the process of identifying the personnel, training, and equipment needed for a wide range of potential incidents and developing specific plans for delivering capabilities when needed. The planning and training for disaster scenarios provide our first responders, emergency coordinators, and partner organizations a chance to address and resolve challenges before a real disaster occurs. PPROEM also helps the community prepare for disasters through preparedness presentations and training for businesses, civic organizations, community meetings, and individuals.

Because it is impossible to predict when a specific disasters will occur, PPROEM participates in and helps plan numerous preparedness exercises throughout the year. These exercises are disaster simulations that may involve all levels of government and partner organizations. They can range from an organized discussion about a potential threat to full-scale training that involves actual response units, real-time events and actors who play the role of survivors.



**Additional Response Agencies
Colorado State and National
In an Emergency Dial 9-1-1**

Non-Emergency Fire Department Contacts:

Colorado Road Conditions.....	Cell 511 or 303.639.1111
Colorado State Patrol.....	303.239.4501
Colorado State Patrol Dispatch.....	Cell *CSP or 719.544.2424
Colorado Department of Transportation	303.639.1111
American Red Cross, Pikes Peak Chapter	719.632.3563
American Red Cross, Mile High Chapter:	
State Wide	1.800.417.0495
Metro Denver/Boulder.....	303.722.7474
National Capital Poison Control Center	1.800.222.1222
Colorado Parks and Wildlife	719.227.5200

Your Own Contacts:

Why Prepare?

Individuals and households play an important role in the overall emergency management strategy of a community. Community members can contribute by:

- Learning about possible emergency events in your community.
- Enrolling in personal safety and emergency response training courses.
- Preparing emergency supply kits and household emergency plans.
- Reducing hazards in and around their residences.
- Monitoring emergency communications carefully.
- Volunteering with an established organization.

Learning About Possible Emergency Events in Your Community

Understanding what natural disasters, accidental events, or purposeful terrorist activities may occur in your area will help individuals and families focus on preparedness activities. Learning what actions to take before, during, and after specific types of emergencies or disasters increases individual and family resilience and speeds the recovery process.



Enrolling in Personal Safety and Emergency Response Training Courses

Emergency response training, such as Community Emergency Response Training (CERT) provided by your Office of Emergency Management, or basic first aid classes offered by other providers, will enable residents to take initial response actions required to care for themselves and their households, thus allowing first responders to focus on higher priority tasks that affect the entire community.



Being Aware of the Environment and Related Outdoor Activities

Living in the South Central Region affords community members and visitors closeness to the mountains and an ever-changing environment. Following sound practices to ensure your health and safety while enjoying the numerous parks and open spaces will result in enjoyable and memorable experiences.

Preparing Emergency Supply Kits and Household Emergency Plans

By developing household emergency plans and assembling disaster supplies prior to an event, people can take care of themselves until assistance arrives. This includes supplies for household pets and service animals. These preparations will reduce demand and allow first responders to focus on those individuals who are most in need.



Reducing Hazards in and Around Residences

By taking simple actions, such as raising utilities above flood level, securing objects during high winds and learning about proper use and storage of household chemicals, people can reduce the amount of potential damage caused by an emergency or disaster.

Monitoring Emergency Communications Carefully

Throughout an emergency, critical information and direction will be released to the public via various media, including radio, television, social media, and the internet. By carefully following the directions provided, residents can reduce their risk of injury, keep emergency routes open to response personnel, and decrease demand on landline and cellular communications.

Volunteering with an Established Organization

Organizations and agencies with a role in response and recovery seek hardworking, dedicated volunteers. By volunteering with an established voluntary agency, individuals and households become part of the emergency







management system and ensure that their efforts are directed where they are most needed.



Please see page 25 for additional information on volunteer opportunities.



12 WAYS TO PREPARE

<input type="checkbox"/>  <p>Sign up for Alerts and Warnings</p>	<input type="checkbox"/>  <p>Make a Plan</p>	<input type="checkbox"/>  <p>Save for a Rainy Day</p>	<input type="checkbox"/>  <p>Practice Emergency Drills</p>	<input type="checkbox"/>  <p>Test Family Communication Plan</p>	<input type="checkbox"/>  <p>Safeguard Documents</p>

Emergency Communications

Before, during, and after an emergency event, the timely and accurate distribution of information is essential in protecting and assisting community members. People need to understand what is happening, what actions they should take, how urgent their actions are, and what to expect. In the South Central Region, there are a variety of ways that emergency communications are provided to community members, including: the Emergency Alert System, Emergency Notification System, weather radios, the National Weather Service at www.weather.gov, local television, radio, social media, and print media. During an emergency, alert and warning, officials need to provide the public with life-saving information quickly. Wireless Emergency Alerts (WEAs), made available through the Integrated Public Alert and Warning System (IPAWS) infrastructure, is just one way safety officials can quickly and effectively alert and warn the public about serious emergencies. WEAs look like a text message but are designed to get your attention and alert you with a unique sound and vibration. The message will only be issued when an imminent threat requires specific action to be taken by the public for its safety. WEAs are not more than 90 characters and will include the type and time of the alert as well as the action that should be taken. Mobile users are not charged with receiving WEAs and there is no need to subscribe. Most new smartphones are WEA capable and are set up to receive these messages, but it is important to ensure that this feature, often called “emergency alerts” in the notification section of mobile device settings, is turned on or enabled.

Emergency Alert System

The Emergency Alert System (EAS) is a nationwide method of alerting the public to emergency events and disasters. In Colorado, the EAS is comprised of 15 geographic areas with individual plans. Current Federal Communications Commission regulations require all television broadcast stations and cable systems to participate in EAS tests and activations. During an emergency, the public will see an EAS message scroll across television screens.



Weather Radios

National Weather Radio is an “All Hazards” radio network, making it your single source for comprehensive weather and emergency information. In conjunction with Federal, state and local emergency managers, and other public officials, warnings and post event information are broadcast for all types of hazards – including natural, environmental, and public safety. Weather radios receive weather and public service announcements from the National Weather Service and the Emergency Alert System. National Weather Radio broadcasts official NWS warnings, watches, forecasts, and other hazard information 24 hours a day, 7 days a week. A special radio receiver or scanner capable of picking up the National Weather Radio network signal is required and can be purchased at retailers and online. Radios with the Specific Area Message Encoding (SAME) technology allow you to program for your specific area.

Amateur Radio

Amateur radio operators may participate in organized communication networks to support emergency operations, and to help community members connect with one another when other conventional communications options may not be available. Often referred to as “ham radio,” it can be operated independently from power lines, cell phone towers, and internet connections and can be used to communicate over long distances. There are several organizations in the South Central Region that offer information for obtaining an amateur radio license and support for new radio operators to get started. PPROEM posts upcoming radio classes and events at pproem.com. Teller County has the Mountain Amateur Radio Club that can be researched through www.nx0g.org. CLARA is the Amateur Radio Association in Lake and Chaffee Counties that can be found at w0cla.org.

National Weather Service

The local National Weather Service (NWS) office serving the South Central Region is located in Pueblo, Colorado. The Pueblo office provides forecasts, warnings and other meteorological information to the general public, media, emergency management and law enforcement officials, the aviation community and other customers. Serving as the nerve center for official government weather services across Southern Colorado, the staff at the NWS in Pueblo ensures the delivery of timely information on critical weather. It can be accessed on the NWS Website at www.nws.noaa.gov.

Emergency Notification Systems

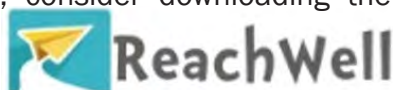
Peak Alerts, CodeRED®, and the Emergency Preparedness Network (EPN) are systems that send notifications through various software, by public safety agencies throughout the South Central Region. The alerts notify you of emergency situations that are a threat to life or property and are deemed dangerous by public safety officials. Examples of emergency situations may include but are not limited to: natural or man-made disasters, hazardous materials incidents, missing persons, law enforcement activity impacting the public, evacuation notices, and more.

El Paso & Teller Counties

These alerts notify you of emergencies that happen near your registered address(es) or current location (if you are using the Everbridge app). Refer



to your County Office of Emergency Management website to determine the best way to sign up for your alerts. The information you provide is protected and will not be used for any other purpose. You choose how you want to receive these messages. Messages can be sent via text, phone call, email, mobile app, fax, and more. When you confirm receipt of a message, the system will stop attempting to contact you. If you do not confirm the message, the system will continue to attempt to reach your other registered contact methods. If you need notifications in a different language, consider downloading the **ReachWell App** for translation.



***See note below**

Colorado Springs Police Dept: 719-309-4135

Cripple Creek Police Dept: 719-323-6532

El Paso County Sheriff's Office: 719-426-2457

**Fort Carson Emergency Communication Center:
719-694-3527**

Teller County Sheriff's Office: 719-387-7223

Woodland Park Police Dept: 719-354-2703

Text messages are delivered using the short code 88-911

Park County



Park County uses the CodeRED® system. It is important to note that during an emergency, you should use as many forms of communication as possible to stay informed. Stay tuned to news broadcasts, radio stations, social media, websites, weather radios, etc. It is recommended that you sign up as an individual rather than a household as notifications will stop once a user confirms receipt of the message. If at any time you feel you are in danger, you should take whatever action you feel is necessary to get yourself to safety.

***See note below**

**Emergency Communications for
Emergency Notifications866-419-5000**

**ECN Communications for
General Notifications855-969-4636**

**Emergency Communications for CodeRED
Weather Warning Alerts 800-566-9780**

Lake & Chaffee Counties

To receive push-alerts to your mobile device anytime you travel into an area of an active incident, you can download the Everbridge app at www.everbridge.com/app/.



***See note below**

**Chaffee County 719-539-2596 or
719-539-6688**

Lake County . . . 719-539-1249

What Might Prevent a Message from Being Delivered?

- Power outages, cordless phones, computers, and VoIP equipment need electricity to work. You should register both landline and cell phones as well as email and text for the best chance to get a message delivered during an emergency.
- Telephone numbers that have a solicitation blocker (requires you to enter your phone number before the line rings), or an answering attendant, may prevent calls from being delivered to that phone number.
- If you have moved or your telephone number has changed, and you have not updated your registered alert account.
- If you have registered mobile devices and there is no service coverage at the attempted time of delivery.

***Emergency alerts may be sent to your phone from one of the numbers listed here. Add them to your contact list so that your caller ID will identify them as emergency notifications.**

Call 911 When You:

- See fire, smoke, downed power line.
- Smell smoke or gas.
- See or hear an explosion.
- See or have a need for medical assistance.
- See a suspicious person or vehicle in or leaving a secured area, or a suspicious package.
- See someone being forcibly detained or taken.
- Perceive an immediate threat to life or property.
- See something that may present a threat.

Be Prepared to Answer These Questions:

- What is the address where the incident occurred?
- Is the location a house, apartment, or business?
- What address are you calling from?
- What is your name?
- What is your phone number?
- When did the incident occur?
- Can you describe the suspect (if applicable)?
- What was the suspect's mode of travel?
- Did the suspect have a weapon? What type?
- Where was the suspect when you last saw him/her and which direction was he/she traveling?

When Calling 911 About a Suspicious Person or Vehicle, and if it is Safe to Do So:

Observe the Suspect

- Observe without staring
- Start at the top of the head
- The more detail the better
- Note unique features
- Write down details

Observe the Vehicle

- Make/Model/Color
- Approximate year
- Body style
- Anything unique
- License plate number and state
- Direction of travel

It is important to contact 911 to report a fire, stop a crime, or save a life.

Here are Some Tips When Calling 911:

1. Remain calm – It helps 911 call takers get information quickly.
2. Know Your Location – different phones provide different types of location information. Landlines provide a physical address, mobile devices provide latitude and longitude. The 911 call taker asks the location of your emergency on every call to make sure they are sending help to the correct location.
3. Answer all the questions – A 911 dispatcher asks questions about your emergency to help first responders be prepared when they arrive. These questions do not delay the response. While talking to a 911 call taker, a 911 dispatcher is sending help.
4. Stay on the line until the 911 call taker tells you to hang up.
5. Keep yourself safe.

How to Text 911:

1. Open your text message app on your mobile phone.
2. Enter the numbers 911 in the “to” field.
3. Text the address and the emergency.
4. Push the “send” button.
5. Be clear – Send a short text message without abbreviations, slang or emojis.
6. Stay calm – Answer questions and follow instructions from the 911 call taker. Text to 911 is available in Chaffee, El Paso, Park and Teller Counties and should only be used if you have an emergency and are unable to make a voice call. Call if you can, text if you can't. If text to 911 is not available, you will receive a bounce back text message asking you to make a voice call.

Important Considerations:

1. A text or data plan is required to text 911.
2. Group and picture messaging is not supported.
3. Do not abuse Text to 911. It is for emergency use only.
4. Do not text and drive.

Do not actually call 911 to practice with your children. Help your children practice dialing and talking to 911 by playing the 911 game on the web at 911forkids.com.

Preparedness Depends on the Whole Community

Preparedness is everyone’s job because disasters can happen anywhere at any time. Being prepared and knowing what to do can greatly reduce the fear and anxiety that accompany an emergency event. Some of the things you can do to prepare, such as making emergency kits and developing family plans, are the same for naturally occurring, accidental, or purposeful human-caused events. There are important differences among potential emergencies that will influence the decisions you make and the actions you take.

Reading this guide and following the tips is a good start toward individual and family preparedness. This guide will help you learn more about the actions you can take before, during, and after emergency events or disasters.

Your county Office of Emergency Management will also offer preparedness presentations, materials, and support for neighborhoods or organizations.

Another way to enhance your knowledge of emergency preparedness is by taking a Community Emergency Response Training (CERT) course. CERT provides both classroom and hands-on training.



Hazard Mitigation Plan

Your county Office of Emergency Management maintains a Hazard Mitigation Plan on the county website. This plan assesses risks and identifies actions that can help reduce injury, loss of life, and property damage due to natural disasters. The plan is reviewed and updated every five years. It identifies natural hazard risks to your county and the region, describes the potential impact of those events, and defines local mitigation strategies. The complete document is posted for the public on your county Office of Emergency Management website.



Get a Kit

When creating your emergency supply kits, think about the things you will need for basic survival: fresh water, food, clean air, and warmth.

Depending on the size and complexity of the event, local responders may not be able to reach you immediately. It may be necessary for you to be self-sufficient for three or more days, whether you are displaced from your home in an evacuation or restricted to sheltering in place at your home. Prepare these kits in advance before an emergency:

- Emergency supply kit for your residence with a two-week supply of everything you need to be self-sustaining in your home.
- Emergency “Go Bag” for the event of an evacuation with everything you need to be self-sustaining for at least 72 hours.
- Emergency car kit for each vehicle for roadside emergencies, or the event that you may need to stay in your vehicle due to a road closure for an extended period of time.



By using items you have on hand or shopping at sales or thrift stores, the kits can be assembled inexpensively. Additionally, a wide variety of pre-made kits are available for sale. If purchasing a pre-made kit, be sure the items it includes will cover your specific needs. Additional information is available at www.ready.gov.

Supply list suggestions are included on pages 92-96.

Family Records and Financial Recovery

If you quickly evacuate your residence, you may not have time to gather important documents before leaving and it may be days or weeks before you are able to return. The recovery process can be smoother if you take steps to protect and ensure timely access to important vital records and financial information. Many community, government, and disaster-relief organizations offer assistance after an event. Having back-up records and documents will make a significant difference during this process.

See the Important Documents list on page 96 for a list of information you may need to file insurance claims, pay bills, and take care of injured family members in an emergency.

Additional considerations beyond the checklist may include:

- School records for children currently enrolled.
- Back up of important computer data.
- Maintenance of a written and photographic inventory of your possessions. Include model and serial numbers so you can estimate the value of your property for insurance or tax purpose if it is damaged or destroyed.
- Copies of important documents scanned and stored on an external storage device such as a flash USB drive and stored in your emergency supply evacuation kit or a safe deposit box.



The Federal Emergency Management Agency (FEMA) Emergency Financial First Aid Kit (EFFAK) helps individuals and families collect and organize critical financial, medical, and household contact information.

The EFFAK includes a checklist of important documents and forms to compile relevant information (see page 85 and 96):

- Household Identification
- Financial and Legal Documentation
- Medical Information
- Household Contacts

This guide also offers suggestions on safeguarding and storing the EFFAK, as well as information on protecting your family, property, and other resources. For information on personal disaster preparedness or FEMA disaster assistance, please visit www.ready.gov and www.fema.gov/assistance.

Sign Up for Electronic Benefit Payments

A large-scale disaster can disrupt mail service and the delivery of benefit payments for days or even weeks. If you receive Federal benefit payments, the U.S. Department of the Treasury recommends two safer ways to ensure receiving these benefits during an emergency event:

- Direct deposit to a checking or savings account is the best option for people with bank accounts. Federal benefit recipients can sign up by calling (877) 874-6347 or at www.GoDirect.gov.
- The Direct Express® prepaid debit card is designed as a safe and easy alternative to paper checks for people who do not have a bank account. Sign up by calling toll-free at (800) 333-1795 or sign up at www.USDirectExpress.com.

Make a Plan

Your family may not be together when a disaster occurs, so it is important to make plans in advance. Loved ones worry about each other during disaster situations. Be sure to identify an out-of-town contact to share the information with your loved ones. When everyone checks in with the contact person, worry and anxiety will be reduced. You should check into emergency plans at work, schools, and daycare centers. If you live in an apartment or condominium, ask the management about emergency plans for the community. Talk with your neighbors about how you can work together in the event of an emergency.

Individual and Family Plans

Preparedness starts with gaining knowledge to become informed and then taking appropriate action prior to an emergency. An excellent way to get your family involved is to dedicate a few hours for everyone to gather supplies and assemble kits together. This provides a great opportunity to discuss what everyone will do during an emergency event, whether you are evacuating or sheltering in-place. The time together will allow you to develop your emergency plans, discuss access and functional needs, and plan for your pets or animals.

Some of the basics to help you get started:

- Hold a household meeting and develop an emergency plan.
- Draw a floor plan of your residence and mark two escape routes from each room.
- Develop a Family Communications Plan (pgs. 86-87).
- Complete a family contact information card and ensure each family member has one.

- Complete the Access and Functional Needs Plan (pages 87-92) if you have a household member with a disability or access and functional needs.
- Practice your plans.
- Establish your Emergency Financial First Aid Kit.
- Learn how and when to turn off all of your utilities at main switches.

Planning Resources are provided on pages 88-96 to assist you and your family in accomplishing your plans.

Planning for Infants, Toddlers and Children

Disasters are traumatic for children even if they know what to do. Talking with your children, practicing your plans, and giving them guidance are important steps in reducing their fear. If your family needs to evacuate and daily routines are changed, children may become anxious, confused, and/or frightened. How you react to an emergency gives them clues on how to act. If you are fearful, sad or angry, a child's emotions could be intensified.



You can help prepare your children:

- Make sure every family member knows what to do in the event of an emergency.
- Identify at least two ways to exit from each area in your residence.
- Agree on a meeting place in the event family members are not together.
- Practice your plans.
- Ensure your children know their phone number and residence address, including nearby cross streets and landmarks.
- Teach them to stay in touch. Make sure they check in with a parent or guardian immediately when they get home from school or other activities.
- Make sure they know how to contact you at work.
- Talk to your child about how and when to call 911.
- Do not actually call 911 to practice with your children.
- Identify places that are safe for children and teens to go in an emergency. Safe havens may be a friend's house, fire or law enforcement station, school, library, or place of worship. Make sure your children know the phone numbers and addresses for their safe havens.

Infants and Toddlers Require Special Attention:

- Your preparedness kit should include enough baby formula, baby food, diapers, bottles, clothing, blankets, toys, and games to keep infants safe and comfortable after a disaster.
- Toddlers may need small packets of food and juice. Include clothing, toys, games, and a favorite blanket or pillow in your kit.
- Be sure to rotate the formula, food and juice regularly. When your child grows into a larger size, exchange the diapers and clothing in the kit too.
- If children are at preschool, daycare, or school, it is important that parents or guardians know the emergency procedures of the school.
- Review and update information on your child's emergency contact information as needed.
- Make sure you authorize someone nearby to pick up your children in case you are unable to travel to the school after a disaster.
- Include copies of your children's birth certificate and immunization records in your emergency supply kit.

Other great resources to help prepare can be found at www.ready.gov/kids.

Planning for Military Families

Source: FEMA

As part of our nation's military, whether on active duty, reserves, civilian employee, or family member, you play an important role in ensuring the welfare of our homeland. It is also important to prepare yourself and your family for all types of emergencies so you can increase your personal sense of security and peace of mind.

Considerations for All Military Personnel and Families:

- After relocating, learn the types of emergencies likely to affect the area and update your emergency supply kit and plan with new materials, if necessary.
- Public warning systems may differ by community.
- Establish an emergency plan with an out-of-town contact you and your family members can reach.
- If you live off base, threat levels or other circumstances may keep you from getting back on base for day-to-day activities following an emergency. Know alternative places to shop or obtain things you normally get on base.
- Collecting and recording important personal and financial documents are already a part of preparing for deployment. Be sure to include these documents in your family's emergency supply kit.

- During or after an emergency, you need to report to your command. Learn and follow the established procedures.

Additional Resources for Military Families:

- Military family preparedness at www.ready.gov
- Ready Army at www.ready.army.mil
- CNIC Fleet and Family Readiness at www.cnic.ready.navy.mil
- Air Force Be Ready at www.beready.af.mil
- Ready Coast Guard at www.uscg.mil and click "resources" and "work life"
- Military One Source at www.militaryone.source.mil/resources/millife-guides/family-emergency-preparation/



Planning for People with Disabilities and Access and Functional Needs

Source: FEMA

Millions of Americans have physical, medical, sensory, or cognitive disabilities that cause emergencies to present a great challenge. Similar challenges may also apply to infants, elderly persons, or other individuals such as being a single working parent, speaking with limited English proficiency, or having limited access to an automobile. By evaluating your own personal needs and making plans, you can be better prepared for any situation.

First, create a plan with a Personal Support Network (PSN).

- One of the most important actions you can take to prepare for emergencies and disasters is to build a personal support network.
- Your PSN might include family, friends, co workers, or caregivers.
- With your PSN, develop a written emergency plan for evacuating and for sheltering in place.
- Then decide on communication for before, during, and after a disaster.

Planning Considerations for Evacuations:

- Consider how a disaster might affect your individual needs being evacuated to a shelter.
- Plan to be self-sufficient for at least three days.
- Identify what kind of resources you use on a daily basis and what you might do if they are limited or not available, such as medical supplies, medication, and disability-specific items you will need.
- Practice your plan to evacuate your residence or workplace and where you will go in a disaster with your personal support network members.
- Make sure that your support network members have an extra key to your residence and know where you keep your emergency supplies.
- Teach your personal support network how to use any life-sustaining equipment and how to administer medicine in case of an emergency.
- Label all equipment with instructions for use, maintenance, and where alternate power sources, such as batteries, are kept.
- Every six months practice your plan, replenish your kits, and update contact information with your PSN.
- Ensure pets are included in your evacuation plan.
- Have a kit and carriers ready for your service animals or pets.
- If you are going to a public shelter, it is important to understand that only service animals are allowed inside shelters. Other pets/support animals may need to be sheltered elsewhere. In the South Central Region, efforts are made to provide emergency animal shelters close to human shelters whenever possible.
- Consider sheltering alternatives that will work for both you and your pets (friends, boarding facilities, pet sitters).
- Know the disaster plan for any facility if you are dependent on a dialysis machine or other life sustaining equipment or treatment.
- Know two ways out of every room and two evacuation routes out of your neighborhood because roads may be closed or otherwise impassible during an emergency event.
- Keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, prescriptions, and any other items you might need.
- Be sure to make provisions for medications that require refrigeration.
- Keep a list of the type and model numbers of the medical devices you require.
- Wear medical alert tags or bracelets to identify your allergies.

Planning Considerations for Sheltering in Place:

- Choose a room that is innermost in your house with the least number of windows.
- Plan an area for service animals/pets to relieve themselves.
- Check for obstacles in your residence that could block your escape path or access during a disaster.
- Prepare for scheduled or unpredictable power outages if you are on electric powered life support systems. Some utility providers can provide advance notice for planned outages.

Medications and Medical Supplies:

- Pack a 3-day supply of medications if you take medicine or use a medical treatment. If possible, have up to 2 weeks supplies available.
- Make a list of prescription medicines including dosage, treatment, and allergy information.
- Talk to your pharmacist or doctor about what else you need to prepare.
- Talk to your service providers about their emergency plans if you undergo routine treatments administered by a clinic or hospital, or if you receive regular services such as home health care, treatment, or transportation. Work with the providers to identify back-up services and incorporate them into your personal support network.
- Consider other personal needs such as eye glasses, hearing aids and batteries, wheelchair batteries, communication devices, and oxygen.

Emergency Documents:

- Have copies of your medical insurance and/or Medicare/Medicaid cards readily available.
- Keep a list of the style and serial number of medical devices or other life-sustaining devices and include copies of the owner's manual. Include the names and contact information of your support network, as well as your medical providers in each kit.
- Create a communication card so the emergency responders know the best way to communicate with you if you have a disability that might affect your ability to communicate your needs.
- Make sure that a friend or family member has copies of the documents.
- Keep the documents in a waterproof container for quick and easy access or saved on a flash drive or other portable memory storage.

Access and Functional Needs Framework

The Access and Functional Needs framework suggests there are resources everyone needs during emergencies regardless of who we are. This means that everyone needs access to resources to function during emergencies.

CMIST (Resources)

CMIST is a memory tool for the purposes of emergency planning, preparedness, response, and recovery. It is utilized to help people remember and include the five functional resource needs individuals may have in an emergency or disaster:

- C**ommunication
- M**aintaining Health/Medical
- I**ndependence
- S**upport Services/Safety
- T**ransportation

This framework helps to identify actual resource needs during an emergency rather than labeling people as “special needs” or “vulnerable populations.”

Whole community inclusion integrates and coordinates the access and functional needs of the whole community in all phases of emergency management.

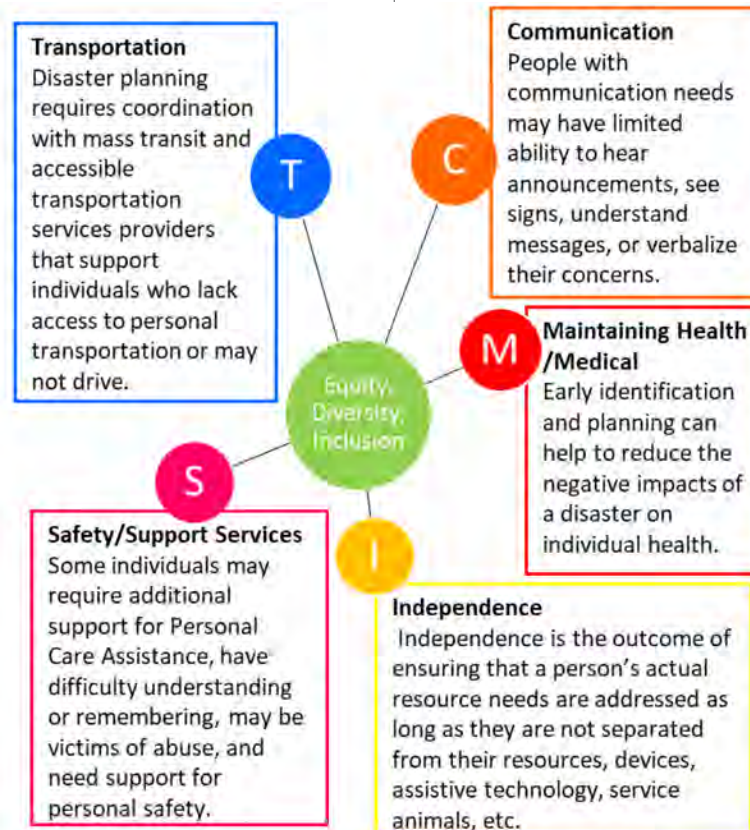
Why is This Important?

Equity, Diversity, and Inclusion: To help strengthen a community’s disaster resilience by addressing and identifying CMIST resource needs before, during, and after a disaster to ensure whole community inclusion - more lives and property saved.

Understanding and meeting the true needs of the entire affected community helps engage all sectors (public, private, and civic) in both defining resource needs and devising ways to meet them. It strengthens the processes that work well in communities on a daily basis to improve resilience and emergency management outcomes and builds community competence on skills needed to survive during emergencies and disasters. CMIST supports emergency management practices committed to making programs, benefits, services and facilities, and information and communications technology accessible to everyone.

Next Steps

For more information or assistance in development of your own Whole Community Inclusion plans, visit bit.ly/DHSEMAFN.



die.Martinez@state.



Preparing for Pets and Other Animals

As you make supply kits and emergency/evacuation plans for your household, be sure to make plans for your pets, service animals, or livestock. Many emergency shelters do not allow pets other than service animals. In the South Central Region, efforts are made to provide pet emergency shelters located close to human emergency shelters whenever possible.

Emergency shelters for large animals and small livestock may also be established as needed at locations appropriate for non-pet species. If you are unable to evacuate your animals, post a visible advisory on the front door so emergency workers will know there is a pet inside. Inside your residence, post your contact information and evacuation destination in a prominent place, such as the refrigerator.



Be sure that each animal has at least a 3-day supply of food, water, and other essentials. Make all possible preparedness efforts for pets and livestock prior to an emergency to prevent being faced with the difficult decision to leave them behind. Advance planning and acting early in an evacuation will help ensure your animals survive disaster.

People Who Use Service Animals

Service animals are dogs or miniature horses trained to aid an individual with a disability or access and functional need. If they meet this definition, these animals are considered service animals under the ADA regardless of whether they have been licensed or certified by a state or local government. Pet preparedness is a critical component of an emergency plan for users of service animals. Plans should address the health, welfare, and safety of the service animal, as well as ways to have the service animal assist the individual in emergencies.

Additional Resources for Animals:

- More information on pet preparedness is available from your local Humane Society.
- Livestock preparedness checklists and links are available from the Colorado State University Extension Service in the fact sheet called “Caring for Livestock Before a Disaster” a publication 1.814 at

extension.colostate.edu.

See pages 79-80 for pet evacuation preparedness.



How to Prepare in Your Community

Schools, workplaces, apartment buildings, places of worship and gathering locations should all have site specific emergency plans. Ask about plans at the places where your family spends time such as work and school. If none exist, consider volunteering to help develop one.

Schools and Daycares

If you are a parent or a guardian of school-aged children or an elderly or disabled adult, make sure schools or daycare providers have emergency response plans. Ask how they will communicate with families during a crisis. Do they store adequate food, water, and other emergency supplies? Find out if they are prepared to stay put if need be, and where they plan to go if they must get away.

In the Workplace

An emergency can happen anytime. You and your coworkers should know what to do if one occurs at work. Even if you think you are not in a disaster-prone area, something like a chemical tanker truck overturning or a snowstorm can prevent you from getting to or from work. Workplace violence, pandemic influenza, bomb threats, and severe weather are other emergency or disaster events that may interrupt business as usual in the workplace.

What Employees Should Do to Prepare:

- Learn and practice emergency plans.
- Know at least two exits from each room.
- Be able to escape in the dark by knowing how many desks, cubicles, or doorways are between your workstation and the two nearest exits.
- Know the post-evacuation meeting location.
- Know the location of fire extinguishers and how to use them.
- Make a list of important personal numbers.
- Keep a printed list at your desk or near other phones. Do not rely on electronic contact lists that may not work in an emergency.
- Gather personal emergency supplies in a desk drawer. Include a flashlight, walking shoes, dust mask, water, and non-perishable food.
- Report damage or malfunctions to the fire alarms or other safety systems.
- Never lock or block fire exits or doorways. Keep fire doors closed to slow the spread of smoke and fire.
- Determine how you will help each other in the event that public transportation is unavailable or roadways are impassable. Consider offering to temporarily house, transport, or feed your co-workers in case of emergency.

If you own or operate a business and want ideas on business disaster preparedness, resources are available at FEMA Ready Business at www.ready.gov/business or the Small Business Administration at www.sba.gov.

Neighbors Helping Neighbors

A community working together during an emergency can save lives and property. Meet with your neighbor to plan how you can work together. Find out if anyone has specialized equipment like a power generator or special skills (e.g., medical, technical) that might help during a crisis. Decide who will check on elderly or disabled neighbors. Make back-up plans for childcare in case parents cannot get home. Get to know each other; become a connected community before a disaster occurs.

Get Involved, Volunteer

Knowledge and preparedness go hand-in-hand in making stronger families and more resilient communities. There are numerous training opportunities, both in person and online, that will assist you in developing your plans and enhancing your level of preparedness.

Neighborhood Watch

A Neighborhood Watch is a group of neighbors who are willing to communicate with each other and pass along information. The group fosters education on crime prevention, watches for suspicious activity, and reports suspicious activity to law enforcement.

A Neighborhood Watch group involves houses in a designated area, typically all homes on one street facing one another, to include cul-de-sacs and greenbelts. Groups usually consist of 10-25 households and do not require 100% participation from all community members in the Watch's area of coverage. Each Neighborhood Watch group has a block captain who is a direct liaison with an assigned law enforcement officer. That officer can provide crime prevention information, current crime statistics for your neighborhood, and a list of all registered sex offenders living in your area. The block captain also distributes information from the law enforcement to the neighbors. For more information or to start a Neighborhood Watch program in your area, schedule a meeting with your Division Crime Prevention Officer.



American Red Cross

The American Red Cross is a great resource for preparedness information and training. Training is available in various levels of first aid and CPR certifications. Courses that train individuals to respond as part of a team to local and national disasters are also available.



American Red Cross
of Colorado

Your regional Chapter carries a wide variety of preparedness brochures and other informational resources. You can find your local classes at www.redcross.org.

Federal Emergency Management Agency (FEMA)

FEMA is part of the Department of Homeland Security and offers a variety of free independent study classes on their website at www.training.fema.gov/IS. FEMA also sponsors the National Youth Preparedness Council, a leadership program involving youth in grades 8 through 11 in activities and opportunities for input with regional and national organizations.

Community Emergency Response Team (CERT)

Citizens have come to expect that when they report an emergency, help will arrive immediately. During a large disaster, police, fire and medical responders may be overwhelmed and unable to assist you right away. It is important that citizens know how to be self-sufficient for a minimum of 72 hours or until help does arrive. CERT is a free course that provides citizens with basic training in disaster preparedness and response. Through classroom learning and hands on training, people learn how to help themselves, their families and their neighbors during and immediately following a disaster. The course does not offer certification in CPR or first aid.

Topics include:

- Fire Safety
- Terrorism
- Disaster Psychology
- CERT Organization
- Disaster Preparedness
- Light Search and Rescue
- Disaster Medical Assistance



You can find more information through your local Office of Emergency Management.

Community Animal Response Team



The Community Animal Response Team (CART) provides volunteers with the unique experience of making a difference in the lives of livestock, companion pets, and the people who care for them. CART volunteers may be called upon to assist in emergencies requiring the rescue, evacuation, and sheltering of animals in need through the South Central Region. CART members receive routine training in emergency sheltering and animal welfare best practices as well as hands-on experience with a wide variety of animals. If you are interested in making a difference in the lives of animals displaced by disaster, please contact your local Humane Society or Animal Shelter for more information.

Medical Reserve Corps (MRC)

The Medical Reserve Corps utilizes volunteers including medical and public health professionals and community members with or without healthcare experience, to prepare for and respond to public health emergencies.



Volunteer

The South Central Region is fortunate to have a wealth of volunteer opportunities at various organizations. Volunteer your time and talents or provide support to others. Check with local organizations or government entities, civic organizations, or an online volunteer matching website. In Park County you can reach out to your local Red Cross or Salvation Army for volunteer opportunities.

Contact your local Emergency Management organization to get more information on your local programs



Fire Extinguishers

Before a fire breaks out, keep fire extinguishers in several locations and learn when – and when not – to use them.

Easy Access

Have fire extinguishers in several places you may need them, like each level of your home, the garage, workshop, recreational vehicle, boat, barn, etc.

Be sure nothing is blocking or limiting your ability to reach it and that it is stored near an exit door from the room for quick escape if needed.



Maintain Your Extinguishers

Expiration date

Expiration date or manufacture date is listed on the extinguisher label or canister. Replace expired models.

Check for recalls

Visit the manufacturer's website to be sure your extinguisher is not recalled.

Pressure level

Many extinguishers have gauges that show when pressure is too high or too low.

Working parts

Make sure the can, hoses and nozzles aren't damaged, dented, or rusted.

Cleanliness

Remove dust, oil, or grease that might be on the outside of the extinguisher.

Read the Instructions

Some extinguishers need to be shaken occasionally; others need to be pressure tested every few years. Follow manufacturer's instructions.

When to Use Fire Extinguishers

Use a fire extinguisher when all of these questions are answered "yes."

- Have I alerted others in the building that there's a fire?
- Has someone called the fire department?
- Am I physically able to use a fire extinguisher?
- Is the fire small and contained to a single object?
- Am I safe from the fire's toxic smoke?
- Do I have a clear escape route?

Fire extinguishers are helpful for immediate use on small fires. Familiarize yourself in advance with proper use. Your fire department or the Pikes Peak Regional Office of Emergency Management can provide training and answer questions.

Fire Extinguisher Use

Be sure the category of the fire extinguisher is right for the type of fire:

- A – Ordinary Combustibles
- B – Combustible Liquids
- C – Electrical Equipment
- D – Specific Flammable Metals
- K – Cooking Oils

If you're unsure about whether it is safe to use an extinguisher, alert others and leave the building. Call 911 from a safe place.

If you choose to use an extinguisher, remember these steps, **P-A-S-S**:

- P**ull the pin to release the locking mechanism
- A**im the nozzle at the base of the fire
- S**queeze the lever fully
- S**weep the nozzle in a side-to-side action

Don't turn your back on the fire. Avoid breathing or touching the extinguishing chemicals.

Evacuation and Sheltering

It is important to remain calm during and after an emergency. Being prepared and having your plans in place will make it easier for you to get through the crisis. Stay tuned to local radio or television stations for information updates. Emergency officials may notify the public to shelter in place or evacuate. Being prepared for either situation and responding to emergency notifications immediately may save your life and the lives of others.

Sheltering

Being outside during some emergencies will increase your risk. Local officials may advise you to shelter in place. This means staying inside a safe building such as your residence, workplace, or school. If you are outdoors, you may need to enter a nearby building to seek cover. When an emergency occurs, items needed to shelter in place will quickly be in short supply and there may not be time to get the items you need. Plan ahead by inventorying your supplies, obtaining missing items, and writing down where they are stored. Consider storing additional food, water, and other supplies to expand your kit to last up to two weeks. Include plastic sheeting and tape in your supply kit, in case you are instructed to seal doors and windows from outside air.

Steps for Sheltering in Place (if You Have Time and if It is Safe)

- Bring pets inside.
- Close and lock all windows and exterior doors.
- Locate your emergency supply kit or take it to the designated shelter room.
- Go to an interior room with the fewest windows and doors.
- Stay away from windows if there are any in the room.
- Go to an above-ground location in the case of chemical threat because some chemicals are heavier than air and may seep into basements even when the windows are closed.
- Go to a basement or interior room with strong structural support if the emergency is related to severe weather where flooding is not a threat.
- Turn off all fans and heating and air conditioning systems if the emergency is airborne.

See page 78 for specific information about evacuation messaging.

- Seal doors, windows, and fireplaces with wet towels or plastic sheeting and duct tape if the emergency is airborne, such as a disease, chemical release, or radiation.
- Take shallow breaths through a cloth or a towel if gas or vapors have entered the building.
- Listen to a local radio or television station for news and instruction. Follow the advice of local emergency officials.

Evacuation

In some emergencies, officials will tell you when to evacuate. In other situations, you may decide to evacuate on your own. Evacuation centers or overnight shelters may be opened if a disaster affects a large number of people and/or the emergency is expected to last several days. Please listen to the local news media for updates on sheltering locations.

Steps for evacuating

- Stay tuned to a radio or television for updates.
- Pay close attention to notifications for evacuation, as the specific route and other instructions will be determined based on the particular emergency, weather conditions, and other factors. Be familiar with all routes out of your neighborhood, by vehicle and on foot, prior to an emergency.
- Take your emergency evacuation kit with you when you leave.
- Don't forget items for persons with access and functional needs, children, or pets/animals as needed.
- Let your emergency contact person know that you are evacuating and where you are going.
- If you have time, close windows, shut all vents, turn off attic fans, turn off utilities (see page 31 and the important numbers for your county), and lock doors.
- Help your neighbors who may require assistance.
- Leave immediately, using the routes recommended by the authorities.
- If an evacuation center is established, be sure to check in there regardless of whether you're staying at a shelter or other location. This will help you stay in touch with communications for evacuees.
- Do not return to your neighborhood until authorities announce that it is safe to do so. In some cases, you may also receive instructions for re-entering the area such as required identification/proof of residence, safety considerations, or other information.

The Importance of Mental Health in Emergencies

Source: El Paso County Department of Human Services

Emergencies and disasters can take a toll on mental health. The stress of dealing with uncertainty, loss, and disruption can lead to a range of emotional and psychological responses, including anxiety, anger, irritability, apathy, sadness, hopelessness and grief. It's essential to recognize these responses as normal reactions to abnormal situations. Additionally, the stress and dysregulation caused by an emergency or disaster can exacerbate pre-existing mental health disorders like depression, addiction, and PTSD. It is important to reach out for help, if you need it.

Tips for Managing Mental Health During Emergencies

- **Stay Informed:** Staying informed during an emergency is crucial, but finding balance is key. While updates can ease anxiety, constant exposure to the 24/7 news cycle and social media can increase stress. Limit your news and social media intake if it heightens your anxiety. Instead, focus on getting information from reliable sources at regular intervals, giving yourself time to process and relax. Remember, staying informed is important, but so is protecting your mental health.
- **Stay Connected:** During tough times, staying connected with friends, family, and support networks is essential. Social connections provide crucial emotional support, helping you feel less alone and more resilient. Reach out to those you trust, as talking and sharing can make a big difference in how you cope with challenges.



- **Practice Self-Care:** During emergencies, it's essential to prioritize your well-being with gentle self-care practices that support both your body and mind. Staying hydrated by drinking water regularly can help maintain your strength and clarity. Rest is vital, so take short breaks when you can and try to sleep whenever possible your body needs this time to recover. Eating small, manageable meals can help sustain your energy and focus. Engage in calming activities like stretching, deep breathing, or listening to music to help ease stress.
- **Seek Professional Help:** During a crisis, feeling anxious, overwhelmed, or depressed is normal. However, if these feelings persist or start affecting your daily life, it's important to seek professional help. Early support from a mental health professional can prevent these emotions from worsening. Remember, asking for help is a sign of strength, and it can make a big difference in your well-being.

Mental Health Resources

Mental health is just as important as physical health, and there is no shame in seeking treatment. The resources listed here are available to support you and your loved ones through any crisis.

General Resources

- **GRIT** (Greater Resilience Information Toolkit) grit.uccs.edu/
- **Peak Rising 360** pikespeakrising360.crediblemind.com/

Regional Resources

- **Pikes Peak Suicide Prevention Partnership**
Services: Suicide prevention, intervention, and postvention support.
Phone: (719) 573-7447
www.pikespeaksuicideprevention.org/
- **NAMI Colorado Springs**
Services: Support groups, educational programs, and advocacy for individuals living with mental illness.
Phone: (719) 473-8477
www.namicoloradosprings.org/



- **Colorado Crisis Services (Mobile Crisis Response)**
Services: Mobile crisis services, walk-in centers, and 24/7 crisis line.
Crisis Line: 1-844-493-8255
Text: Text "TALK" to 38255
coloradocrisisservices.org/
- **El Paso County Public Health - Behavioral Health Services**
Services: Behavioral health services, including crisis intervention and mental health resources.
Phone: (719) 578-3199
www.elpasocountyhealth.org/
- **Trevor Project (Serving LGBTQ+ Youth)**
Services: Crisis intervention and suicide prevention services for LGBTQ+ youth.
Trevor Lifeline: 1-866-488-7386
Text: Text "START" to 678678
www.thetrevorproject.org/
- **Solvista Health**
Located in Salida, Buena Vista and Leadville
Phone: Salida and Buena Vista - 719-539-502
Leadville - 719-486-0985
solvistahealth.org/
- **Teller County Mental Health Alliance**
tcmha.org/



State Resources

- **Colorado Crisis Services**
Services: 24/7 crisis support, walk-in centers, mobile crisis, and respite care.
Crisis Line: 1-844-493-8255
Text: Text "TALK" to 38255
Website: <https://coloradocrisisservices.org/>
- **Colorado Department of Human Services, Office of Behavioral Health (OBH)**
Services: Oversight and coordination of mental health and substance use treatment services.
Phone: (303) 866-7400
Website: bha.colorado.gov/
- **Mental Health Colorado**
Services: Advocacy, education, and resources for mental health across Colorado.
Phone: (720) 208-2220
Website: www.mentalhealthcolorado.org/
- **Diversus Health - diversushealth.org/**
- **Peak Vista Behavioral Health**
www.peakvista.org/services/behavioral-health
- **Peak View Behavioral Health - [/peakviewbh.com/](https://peakviewbh.com/)**
- **Children's Hospital Mental Health institute**
www.childrenscolorado.org/doctors-and-departments/departments/psych/programs/
- **OwnPath - ownpath.co/**

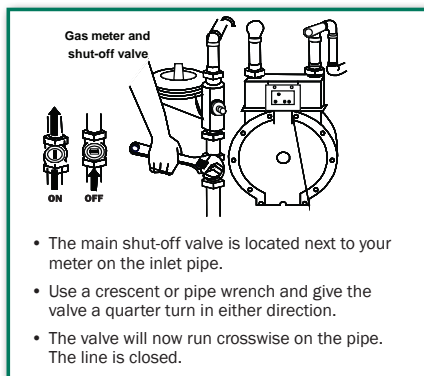
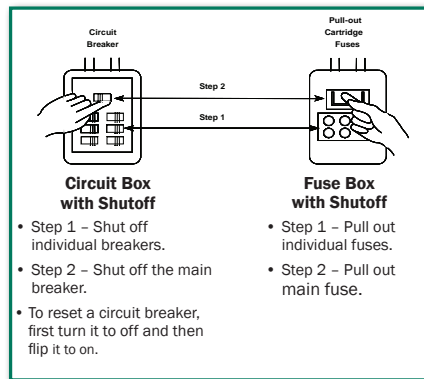
Utility Considerations During an Emergency

Source: Colorado Springs Utilities & Mountain View Electric Assn

Electricity

- Locate your main electrical switch or fuse panel and learn how to turn the electrical system power off.
- If a generator is used as a backup power supply remember to:
 - Follow the manufacturer's instructions.
 - Connect lights and appliances directly to the generator and not the electrical system.

Note: Generators connected to a utility company's electrical system must be inspected by the utility and the state electrical inspector.



Natural Gas

- Locate your gas meter valve and learn how to turn off the gas. The shut-off valve is usually found just beneath the gas meter on the plumbing coming up from the ground into the meter.
- If you suspect the shutoff valve is not working properly, call the utility company to request an operational check.
- Ensure a wrench is immediately available for turning the meter off in an emergency.
- If you smell natural gas, evacuate immediately.

- Do not use candles, matches, lighters, open flame appliances, or operate electrical switches.
- Sparks could ignite gas causing an explosion.
- Shut off the gas if you suspect structural damage to your house or smell gas or hear a hissing noise. Let the gas company turn the gas back on.
- Seek the assistance of a plumber to repair gas pipe damage.

Water

- Clearly label the water shut off valve and learn to turn off the water supply.
- Ensure the valve can be fully turned off. If a special tool is needed, make sure one is readily available.
- Shut off the main valve to prevent contamination of the water supply in your water heater and plumbing.

Propane

Provided by: Propane Research and Education Council

- Know how and where to shut off the outdoor propane supply and indoor propane appliances.
- As with natural gas, if you turn off your propane for an emergency, contact your supplier or service technician to inspect your system before turning it back on.
- Always keep at least a 10-foot area around your propane tank or gas grill clear of any debris or anything combustible.
- Make sure the grill and all propane cylinders are at least 10 feet from any structure.
- Keep an adequate supply of propane in your tank. Propane and other types of fuel may not be available and roads might not be accessible for delivery.
- Make sure that you and your family know what propane smells like. Propane has a strong, unpleasant smell, like rotten eggs.
- Never store or place a propane cylinder indoors or in an enclosed area such as a basement, garage, shed, or tent.
- Have carbon monoxide (CO) detectors on every level of your home and one or more propane gas detectors.
- Review preparations for natural disasters with your propane supplier as well as other utility providers. Advise them of any special needs you may have.

Recovery After an Emergency

The first concern after a disaster is the health and safety of you and your loved ones. Your planning and preparedness efforts will strengthen everyone's ability to recover.

Consider These General Tips to Take After an Emergency Event

- Take care of yourself, your family, and those around you first.
- Notify relatives and friends of your location.
- Pace yourself during recovery activities to avoid exhaustion, illness, or injury.
- Drink plenty of clean water, eat well, and get enough rest.
- Protect yourself by wearing work boots, gloves, and eye protection during clean up or debris removal. Protect your airway with a N-95 face mask for airborne contaminants, dust, soot, etc.
- Wash your hands thoroughly with soap and clean water often when working in debris.
- Attend community meetings to obtain information about the situation and status of recovery efforts.
- If your property has been damaged, or you or your family injured, contact your insurance agent.

Disasters May Cause a Wide Variety of Safety Issue

- Use caution driving due to the potential for damaged roadways or debris.
- Treat each signal as a stop sign if traffic signals are out.
- Watch for washed out roads, contaminated buildings, contaminated water, gas leaks, broken glass, and damaged electrical wiring.
- Be careful both inside and outside a building.
- Look for signs of danger or damage to buildings, bridges, trees and surroundings.
- Inform local authorities about health and safety issues, including chemical spills, downed power lines, washed out roads, smoldering insulation, and dead animals.

Recovery for Children

After a disaster, children may be afraid that the event will happen again. Common fears include someone will be injured or killed, they will be separated from their family and/or they will be left alone.

The Following Tips May Help to Reduce Your Child's Fear and Anxiety After an Event:

- Keep the family together.
- Calmly and firmly explain the situation in simple language.
- Keep them informed about what is happening.
- Encourage children to talk about their fears.
- Let them ask questions and describe how they're feeling. Listen to them.
- Children may tell stories about the emergency over and over again. This is a common way for them to deal with their experience. You may also want to share your feelings about the event with them.
- Reassure them with love. Tell them they are safe.
- Emphasize that they are not responsible for what happened.
- Hold and hug them frequently.
- Include them in recovery activities.
- Encourage them to return to school and discuss problems with teachers and to resume playing games, riding bikes, and other activities.
- Limit the amount of time children are exposed to media coverage of disasters and people's reactions to the events. This can be very upsetting to children, especially if the images are shown over and over.

Emotional Recovery

Recovery from a disaster or emergency event may continue well after it is over. It is normal to have reactions as you deal with the emotional and psychological effects of the event. It is important to allow people to react in their own way.

Reactions vary from person to person and may include:

- Restless sleep or nightmares.
- Anger or wanting revenge.
- Numbness or lack of emotion.
- Needing to keep active, restlessness.
- Needing to talk about experiences.
- Loss of appetite - weight loss or gain.
- Headaches and/or mood swings.

It may be helpful to talk with family, friends, a counselor or a religious or spiritual advisor about what happened and how you feel about it. Try to spend time doing things other than watching or listening to news of the disaster. Activities such as volunteering at a local shelter, blood bank, or food pantry to assist emergency victims may help your own recovery as well as helping others.

Types of Emergencies

It is not always obvious at the outset whether a seemingly minor event might be the initial phase of a larger, rapidly growing threat. A disaster, or other event of significance, represents the occurrence or imminent threat of widespread or severe damage, injury, or loss of life or property, or significant adverse impact on the environment, resulting from any natural disaster, act of terrorism, and other types of events.

Actions Common to All Types of Hazards

Regardless of what type of disaster or event that may affect you and your family, there are steps you can take to help you before, during, and after the event to reduce its impacts:

- Listen to your radio, television, or NOAA Weather Radio for weather reports and emergency information from public officials.
- Pay attention to announcements by emergency management, fire or law enforcement officials regarding actions the public should take.
- Talk to your insurance agent to ensure proper coverage for your residence or other personal property if you are at risk from natural hazards.
- Know ahead of time what you should do to help elderly or disabled friends, neighbors or employees.
- Be alert to changing weather conditions and take appropriate precautions when necessary.



Natural Hazards

The region has endured numerous natural disasters including flooding, wildfire, landslides, and severe weather events. There is no certainty that future disasters will be equal, less, or greater than the magnitude of previous disasters. Located in the middle of two major topographic influences – the Rocky Mountains and the Palmer Divide – the South Central Region frequently experiences extreme weather conditions. To access your daily weather visit www.weather.gov/pub for preparation.

Extreme Heat

Heat kills by pushing the human body beyond its limits. Most heat-related illnesses or deaths occur because people have been overexposed to heat or overexerted themselves. Older adults, young children, and those who are sick or overweight are more likely to succumb to extreme heat.

Before Extreme Heat

- To keep cool air inside, ensure weather stripping on doors and sills is in good condition.
- Cover windows that receive morning or afternoon sun with drapes, shades or awnings or use foil or cardboard to reflect heat.
- Install air conditioners and insulate gaps.
- Insulate gaps in window and door frames.

During a Heat Emergency

- Stay indoors as much as possible and limit exposure to the sun.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities.
- Drink plenty of water and limit intake of alcoholic beverages to prevent dehydration.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible.
- Avoid strenuous work during the warmest part of the day.
- Check on family, friends, and neighbors who do not have air conditioning and are frequently alone.
- Never leave children or pets alone in closed vehicles.
- Be aware of vulnerable populations in your community. Individuals with health issues, elderly, the very young and those socioeconomically at risk may spend more time in the heat and may suffer the effects of extreme heat.

Floods

Historically, flash flooding is the deadliest and most damaging hazard in our region. This natural disaster continues to pose a high-priority threat to the region. Flooding can occur along a waterway in one drainage area or in larger watersheds. Flash floods can develop quickly, sometimes in just a few minutes and without any visible signs of rain. Flash floods often have a dangerous wall of roaring water that carries rocks, mud, and other debris and can sweep away most things in its path.



Before a Flood

- Check the FEMA National Flood Insurance website (www.floodsmart.gov) to determine your risk of flooding.
- Elevate and reinforce your residence if you live or plan to build in a flood prone area.
- Elevate the furnace, water heater, and electric panel if your residence or business is susceptible to flooding.
- Install back-flow valves in piping to prevent floodwater from backing up into the drains of your residence.
- Seal the walls in your basement with waterproofing compounds to avoid seepage.
- Move to higher ground if there is any possibility of a flash flood.

During a Flood

- Be aware of streams, drainage channels, canyons, and other areas known to suddenly flood. A “dry” creek bed will carry water in the event of a rain event.
- Turn off utilities at the main switches or valves if instructed to do so. Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.
- Secure your residence by bringing in outdoor furniture and moving essential items to an upper floor, only if it is safe to do so.
- Avoid walking through moving water.
- Never drive into water of unknown depth.

After a flood

- Listen for news reports to learn whether the water supply is safe to drink.
- Avoid floodwater as it may be contaminated by oil, gasoline, raw sewage, or may be electrically charged from underground or downed power lines.
- Return to your residence only when authorities indicate it is safe.
- Use extreme caution when entering buildings due to potential hidden water damage.
- Clean and disinfect everything that was wet.

Flood Facts

- Six inches of moving water can make an adult fall.
- Six inches of water will reach the bottom of most passenger cars causing loss of control and possible stalling.
- A foot of water will float many vehicles.
- Two feet of rushing water can carry away most vehicles including sport utility vehicles (SUVs) and pick-ups.

Landslide or Debris Flow

Debris flows are rivers of rock, earth, and other debris saturated with water. They develop when water rapidly accumulates in the ground during heavy rainfall or rapid snowmelt, changing the earth into a flowing river of mud or slurry. They can flow rapidly, striking with little or no warning. They also can travel several miles from their source, growing in size as they pick up trees, boulders, cars, and other materials.

Before a Landslide or Debris Flow

- Do not build near steep slopes, close to mountain edges, near drainage ways, or areas of natural erosion. Obtain a geologic hazard assessment of your property.
- Contact local land development offices to find out about land-slides in your area.



During a Landslide or Debris Flow

- Evacuate if it is safe to do so or if advised by local officials.
- Move to an above ground level if possible.
- Listen for unusual sounds that indicate moving debris, such as trees cracking or boulders knocking together.
- Be alert for any sudden increase or decrease in water flow and for a change from clear to muddy water because such changes may indicate land slide activity upstream.
- Be alert when driving along embankments near roadsides as they are particularly susceptible to landslides.
- Watch the road for collapsed pavement, mud, fallen rocks, and other indications of possible debris flows.



After a Landslide or Debris Flow

- Avoid the slide area if possible as there may be danger of additional slides.
- Check for injured and trapped persons without entering the direct slide area.
- Help neighbors who may need assistance.
- Look for and report broken utility lines, damaged roadways and railways.
- Check the building foundation, chimney, and surrounding land for damage.

Protect Your Residence

- Have a professional install flexible pipe fittings to avoid gas or water leaks.
- Plant ground cover on slopes and build retaining walls.
- Replant damaged ground as soon as possible.
- Erosion caused by loss of ground cover can lead to flash flooding and additional landslides.
- Report any dangerous damage you observe to authorities.

Thunderstorms and Lightning

The South Central Region is subject to intense thunderstorms with high rates of precipitation, hail, flash floods, high winds, and lightning strikes. Some of the most costly disasters along Colorado's Front Range are a result of high winds and hail damage. In addition, Colorado has over 500,000 lightning strikes per year and has the fourth highest lightning fatality rate in the United States over the last 50 years.

Before a Thunderstorm:

- Remove dead or rotting trees and branches that could fall and cause injury or damage.
- Postpone outdoor activities.
- Secure outdoor objects that could blow away or cause damage.
- Shutter windows or close blinds, shades, or curtains and secure outside doors.
- Remain indoors 30 minutes before and after a thunderstorm.

During a Thunderstorm, Avoid:

- Showering or bathing: plumbing and bathroom fixtures can conduct electricity.
- Corded telephones: cordless and cellular telephones are safer.
- Power surges: unplug appliances and electrical items such as computers and turn off air conditioners.
- Natural lightning rods such as a tall, isolated tree in an open area.
- Hilltops, open fields, the beach, or a boat on the water.
- Isolated sheds or other small structures in open areas.
- Anything metal: tractors, farm equipment, motorcycles, golf carts, golf clubs, and bicycles.



Photo credit: Rustling Leaf Design

If You are Outside

- Get inside a residence, building, or hard top automobile if possible.
- Seek shelter in a low area under a thick growth of small trees if in a forested area
- Be aware of flash flooding.

- If you feel your hair stand on end (which indicates that lightning is about to strike):
 - Squat low to the ground on the balls of your feet.
 - Place your hands over your ears and your head between your knees.
 - Make yourself the smallest target possible and minimize your contact with the ground.
 - DO NOT lie flat on the ground.

Lightning Facts

- It is unpredictable.
- Lightning may occur as far as 10 miles away from rainfall.
- Most lightning deaths and injuries occur in the summer months during the afternoon and evening.
- Lightning strike victims carry no electrical charge and should be attended to immediately.
- Rubber-soled shoes and rubber tires provide no protection from lightning.

Tornadoes

Tornadoes are nature's most violent storms. Spawned from powerful thunderstorms, tornadoes can cause fatalities and devastate a neighborhood in seconds. They may strike quickly and with little or no warning. Tornado season is spring to summer with June having the most recorded tornadoes.

Before a Tornado

- Follow a Ready, Set, Go type of plan:
 - Ready - Be weather aware of days that are conducive to thunderstorms and/or tornados
 - Set - Pay attention if a Tornado Watch has been issued for your area
 - Go - Listen to your phone or however you get your weather information (FEMA app)



Tornadoes, continued...

If You Are in a Structure

- Go to a pre-designated shelter area such as a safe room, basement, storm cellar, or the lowest building level.
- Go to the center of an interior room on the lowest level (closet, interior hallway) away from corners, windows, doors, and outside walls if there is no basement.
- Put as many walls as possible between you and the outside.
- Get under a sturdy table and use your arms to protect your head and neck.
- Do not open windows.

If You Are in a Vehicle, Trailer or Mobile Home

- If you are far enough away from the tornado, drive away.
- If tornado impact is imminent, find a low lying ditch to protect you from flying debris.
- You should never hide under an overpass
- Get out immediately and go to the lowest floor of a sturdy, nearby building, or a storm shelter.
- Mobile homes, even if tied down, offer little protection from tornadoes.

If You Are Outside Without Shelter

Never try to outrun a tornado. As soon as you are alerted to an emergency in your area, follow these steps and be prepared to leave immediately:

- Lie flat in a nearby ditch or depression and cover your head with your hands.
- Do not get under an overpass or bridge because these structures can intensify the wind.
- Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.

Winter Storm

Although we generally experience mild winters, typically the area is hit with one or two major snowstorms or extreme cold temperature events each year. One of the primary concerns is the winter weather's ability to knock out heat, power, and communications services to your residence or office, sometimes for days at a time. Heavy snowfall and extreme cold can immobilize an entire region. The National Weather Service refers to winter storms as the "Deceptive Killers" because most deaths are indirectly related to the storm. People die in traffic accidents on icy roads or of hypothermia from prolonged exposure to cold. It is important to be prepared for winter weather before it strikes.

Before a Winter Storm

- Add snow melt, sand, and snow shovels to your vehicle emergency supply kit.
- Prepare your vehicle for winter weather (e.g., test heater and defrosters, put in winter grade oil, ensure all-weather or snow tires are installed).
- Wear or take along several layers of loose fitting, lightweight, warm clothing and carry gloves or mittens and a winter hat and scarf.
- Stock sufficient heating fuel or wood for burning in case electricity or other fuel sources are interrupted.
- Insulate walls and attics, caulk and weather strip doors and windows.
- Insulate pipes and allow faucets to drip a little during cold weather to avoid freezing.
- Learn how to shut off water valves in case pipes freeze and burst.

During a Winter Storm

- Conserve fuel by keeping your residence cooler than normal. Temporarily close off heat to some rooms.
- Ensure your ventilation pipes are not blocked.
- Blockages could create a backup of carbon monoxide in your residence.
- Drive only if it is absolutely necessary.
- Be aware of vulnerable populations in your community. Individuals with health issues, elderly, the very young and those socioeconomically at risk may spend more time in the cold and may suffer the effects of a winter storm.

If You are Outdoors

- Avoid overexertion when shoveling snow to prevent a heart attack or other injuries.
- Protect your lungs from extremely cold air by covering your mouth.
- Stay dry or change wet clothing frequently to prevent a loss of body heat.
- Watch for signs of frostbite such as loss of feeling and white or pale appearance in fingers, toes, earlobes, and the tip of the nose.
- Watch for signs of hypothermia including uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion.



If You Are Driving:

- Travel during daylight hours.
- Travel with more than one person.
- Keep others informed of your location and schedule.
- Stay on main roads; avoid backroad shortcuts.

If You Become Trapped or Stranded in a Vehicle:

- Try to move the vehicle to the side of the road if possible.
- Turn on hazard lights.
- Remain in your vehicle where rescuers are most likely to find you.
- Run the engine and heater about 10 minutes each hour to keep warm.
- Protect yourself from possible carbon monoxide poisoning by opening a downwind window slightly while your vehicle is running.
- Periodically clear snow from the exhaust pipe.
- Exercise to maintain body heat, but avoid overexertion.
- Huddle with passengers and use your coat, blanket, road maps, seat covers, and floor mats for warmth.
- Take turns sleeping. One person should be awake at all times to look for rescue crews.
- Drink fluids to avoid dehydration.
- Conserve car battery power by balancing the use of lights, heat, and radio with supply.
- Turn on the inside light at night so work crews or rescuers can see you.

Wildfire

Much of the region is within the Wildland Urban Interface and much of the interface is adjacent to steep mountainous forests. Dry conditions at various times of the year greatly increase the potential for wildland fires. Humans start 99% of wildfires, so listen to when critical fire weather conditions are present. Protecting your residence from wildfire is a shared responsibility.

Prepare Your Residence Now

- Remove items that will burn from around the house, including wood piles, shrubs that are against the building, and wood mulch (use rock mulch instead).
- Replace cedar shake roofs with new low-flammability shingles and consider replacing wooden siding with nonflammable siding or stucco.
- Have trees trimmed so branches are not over or near the structures.
- Keep roof gutters clear of debris; remove fallen leaves/pine needles as soon as possible.



Before the Fire Approaches Your Residence

- Prepare an emergency evacuation kit for your household.
- Ensure you have Communication and Evacuation Plans.
- Anyone with medical or physical limitations and the young and the elderly should be evacuated immediately.
- Clear items from around the house that will burn, including wood piles, lawn furniture, grills, tarp coverings, etc.
- Close all external doors and windows, inside-to-outside vents, shutters, blinds, or heavy noncombustible window coverings to reduce radiant heat.
- Close all doors inside the house to prevent draft.
- Shut off any natural gas, propane, or fuel oil supplies at the source.
- Fill any pools, hot tubs, garbage cans, tubs, or other large containers with water.
- Place a ladder against the house in clear view.
- Back your vehicle into the garage and roll up the windows. Place your evacuation kit, valuable papers, mementos, and anything “you can’t live without” inside the vehicle.
- Disconnect any automatic garage door openers so that doors can still be opened by hand if the power goes out. Keep the garage doors closed.



Prepare to Leave

- Turn on outside lights and leave a light on in every room to make the house more visible in heavy smoke.
- Evacuate your pets and family members when an evacuation order is given.
- It is okay to leave before an evacuation order is given. If you do not feel safe, evacuate right away.
- Notify relatives of your location.

What to do During a Wildfire

If You Are Trapped at Your Residence:

- Stay calm. As the fire front approaches, go inside the residence. Fire conditions and smoke will be much worse outside.

If You Are in a Vehicle:

- Staying in your vehicle is preferred to running from a fire on foot.
- Roll up windows, close air vents, and drive slowly with the headlights on.
- Do not drive through heavy smoke.
- Try to park in an open area, turn headlights on, and leave the ignition on if you have to stop.
- Get on the floor of the vehicle and cover up with a blanket or coat.
- Stay in the vehicle until the main fire passes.

If Caught in the Open:

- Seek an open area free of trees and shrubs.
- If on a mountainside, try to move to the back side of the hill, away from the fire.
- Avoid canyons, natural chimneys and saddles as fire and heat condense and move up these quickly.
- Lie face down along the road cut or in the ditch on the uphill side if a road is nearby.
- Cover yourself with anything that will shield you from the heat.
- Lie down and protect your airway with an N-95 mask, breathing filter, or tight-woven fabric.

Create Defensible Space

Defensible space is the area around a home or other structure that has been modified to reduce fire hazards. Establishing defensible space reduces the likelihood of a home igniting by direct contact with flame or by exposure to the radiant heat of the fire. It also helps limit local production of embers and reduces the chance a structure fire will spread to neighboring homes or surrounding vegetation.

Develop defensible space zones around each building on your property, including detached garages, storage buildings, barns and other structures.

Structural Ignitability

The likelihood the materials in and on your home will ignite during a wildfire is known as structural ignitability. The ideal time to address home ignition risk is when the structure is in the design phase. However, you can still take steps to reduce the ignitability of an existing home.

- Ensure the roof has a Class A fire rating.
- Remove all leaves, needles and other debris from decks, roofs and gutters.
- Screen attic, roof, eaves and foundation vents with 1/8-inch metal mesh.
- Screen or wall-in stilt foundations and decks with 1/8-inch metal mesh.
- Use tempered glass for windows; two or more panes are recommended.
- Create 6 inches of vertical clearance between the ground and home siding.
- Replace combustible fencing or gates, at least within 5 feet of the home.

Information courtesy of the
Colorado State Forest Service.
Illustrations © Bonnie Palmatory,
Colorado State University

For additional resources on how to reduce your wildfire risk visit these websites or contact your local fire department.

csfs.colostate.edu/wildfire-mitigation/protect-your-home-property-from-wildfire/
www.wildlandfirersg.org/s/are-you-wildfire-ready?

To Manage Your Home, Learn The **THREE ZONES**

ZONE 1

0-5 FEET FROM THE HOME

The area nearest the home. This zone requires the most vigilant work in order to reduce or eliminate ember ignition and direct flame contact with your home.

ZONE 2

5-30 FEET FROM THE HOME

The area transitioning away from the home where fuels should be reduced. This zone is designed to minimize a fire's intensity and its ability to spread while significantly reducing the likelihood a structure ignites because of radiant heat.

ZONE 3

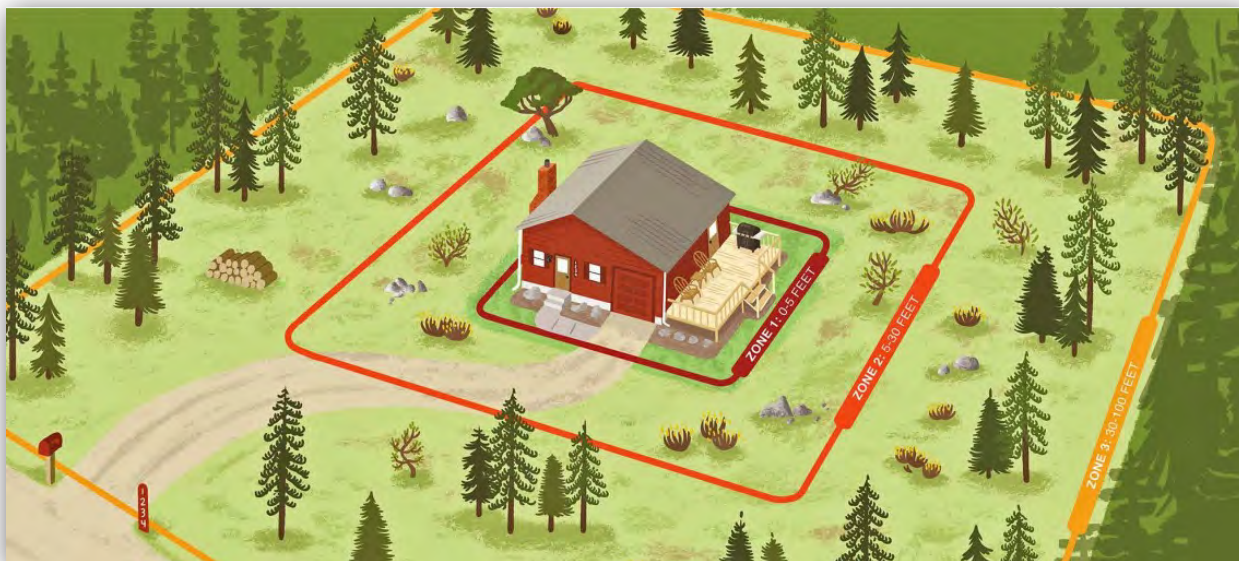
30-100 FEET FROM THE HOME

The area farthest from the home. It extends 100 feet from the home on relatively flat ground. Efforts in this zone are focused on ways to keep fire on the ground and to get fire that may be active in tree crowns (crown fire) to move to the ground (surface fire), where it will be less intense.



What is a Red Flag Warning?

A Red Flag Warning is a notice issued by the National Weather Service, when warm temperatures combine with low humidity and strong wind to create extreme risk of fire danger. Fires are more likely to catch and spread quickly during these conditions. Prior to a Red Flag Warning, a Fire Weather Watch may be issued up to 72 hours in advance of expected Red Flag Warning conditions, to call attention to the future potential of increased fire danger.



Avalanches

Information courtesy of the National Weather Service
<http://www.weather.gov/safety/winter-avalanche>

An avalanche is a rapid flow of snow down a hill or mountainside. Although avalanches can occur on any steep slope given the right conditions, certain times of the year and types of locations are naturally more dangerous. While avalanches are sudden, there are typically a number of warning signs you can look for or feel before one occurs. In 90 percent of avalanche incidents, the snow slides are triggered by the victim or someone in the victim's party. Avalanches kill more than 150 people worldwide each year. The National Weather Service provides current weather conditions and forecast information to regional avalanche forecast centers that in turn issue avalanche forecasts.

Avalanche - How to Stay Safe:

- Know the three factors required for an avalanche:
- Slope - Avalanche generally occur on slopes steeper than 30 degrees.
- Snowpack - Recent avalanches, shooting cracks, and "whumpfung" are signs of unstable snow.
- Trigger - Sometimes it doesn't take much to tip the balance; people, new snow, and wind are common triggers.
- Determine if you are on or below slopes that can avalanche.
- Find out if the snow is stable.
- Get the Advisory: Refer to your local avalanche center for current snowpack conditions!
- Get the gear and learn how to use it! Have these three avalanche safety essentials in your pack. :
 - Transceiver: so you can be found if covered by the snow
 - Shovel: so you can dig out your partner
 - Probe: so you can locate someone who has been covered by the snow

Avalanche Warning Signs:

The following are a few of the warning signs of unstable snow and possible avalanches:

- You see an avalanche happen or see evidence of previous slides.
- Cracks form in the snow around your feet or skis.
- The ground feels hollow underfoot.
- You hear a "whumpfung" sound as you walk, which indicates that the snow is settling and a slab might release.
- Heavy snowfall or rain in the past 24 hours.

- Significant warming or rapidly increasing temperatures.
- You see surface patterns on the snow made by the force of strong winds. This could indicate that snow has been transported and deposited in dangerous drifts that could release.

Earthquake

Information courtesy of Ready.gov

An earthquake is a sudden, rapid shaking of the ground caused by the shifting of rocks deep underneath the earth's surface. Earthquakes can cause fires, tsunamis, landslides or avalanches. They can happen anywhere without warning.

Prepare Before an Earthquake:

- Practice Drop, Cover, and Hold On with family and coworkers.
- Make an Emergency Plan: Create a family emergency communications plan that has an out-of-state contact. Plan where to meet if you get separated. Make a supply kit that includes enough food and water for several days, a flash light, a fire extinguisher and a whistle.

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.
- Protect Your Home: Secure heavy items in your home like bookcases, refrigerators, water heaters, televisions and objects that hang on walls. Store heavy and breakable objects on low shelves.

Consider making improvements to your building to fix structural issues that could cause your building to collapse during an earthquake.

Consider obtaining an earthquake insurance policy. A standard homeowner's insurance policy does not cover earthquake damage.



See avalanche.state.co.us for information on local avalanche forecasts and danger scales.

Stay Safe During an Earthquake:

If an earthquake happens, protect yourself right away:

- If you are in a car, pull over and stop. Set your parking brake.
- If you are in bed, turn face down and cover your head and neck with a pillow.
- If you are outdoors, stay outdoors away from buildings.
- If you are inside, stay. Do not run outside, and avoid doorways.

Drop (or Lock)

Wherever you are, drop down to your hands and knees and hold onto something sturdy. If you're using a wheelchair or walker with a seat, make sure your wheels are locked and remain seated until the shaking stops.

Cover

Cover your head and neck with your arms. If a sturdy table or desk is nearby, crawl underneath it for shelter. If no shelter is nearby, crawl next to an interior wall (away from windows). Crawl only if you can reach better cover without going through an area with more debris. Stay on your knees or bent over to protect vital organs.

Hold On


If you are under a table or desk, hold on with one hand and be ready to move with it if it moves. If seated and unable to drop to the floor, bend forward, cover your head with your arms and hold on to your neck with both hands.

Stay Safe After an Earthquake:


There can be serious hazards after an earthquake, such as damage to the building, leaking gas and water lines, or downed power lines.

- Expect aftershocks to follow the main shock of an earthquake. Be ready to Drop, Cover, and
- Hold On if you feel an aftershock.
- If you are in a damaged building, go outside and quickly move away from the building. Do not enter damaged buildings.
- If you are trapped, send a text or bang on a pipe or wall. Cover your mouth with your shirt for protection and instead of shouting, use a whistle.
- If you are in an area that may experience tsunamis, go inland or to higher ground immediately after the shaking stops. Avoid contact with floodwaters as they can contain chemicals, sewage, and debris.
- Check yourself to see if you are hurt and help others if you have training. Learn how to be the help until help arrives.
- If you are sick or injured and need medical attention, contact your healthcare provider for instructions. If you are experiencing a medical emergency, call 9-1-1.

Information courtesy of Ready.gov - Disasters and Emergencies - Earthquakes



What Does It Mean?



Warning	Watch	Advisory	Outlook
Weather hazard is occurring, imminent or likely	Risk of weather hazard in the near future	Weather hazard is occurring, imminent or likely	Risk of weather hazard in the next 7 days
Poses a threat to life/property	Could pose a threat to life/property	Could cause significant inconvenience	Could pose a threat to life/property
Take Protective Action	Have a Plan of Action	Use Caution	Prepare a Plan of Action

Hazardous Materials

Chemicals purify drinking water, increase crop production, and simplify household chores.

Hazardous materials are those that can cause death, serious injury long-lasting health effects, and damage to buildings, residences, and other property.

There are many sources of hazardous materials in our area. These sources include chemical manufacturers, service stations, hospitals, and hazardous materials disposal sites. Products containing hazardous chemicals are routinely used and stored in residences. Hazardous materials are also shipped daily on area highways and railroads.

Before a Hazardous Materials Incident

Be aware of local hazards and know how they may impact your neighborhood, workplace, or travel routes.

During a Hazardous Materials Incident

- Follow instructions for sheltering in place or evacuation from local public safety authorities.
- Stay away from the contaminated area.

Guidelines for sheltering in place on page 22. Evacuation guidelines are on pages 76-78.

If You are Outside:

- Stay upstream, uphill, and upwind.
- Try to go at least one-half mile (usually 8-10 city blocks) from the danger area.
- Move away from the contaminated area and warn others of the danger.
- Cover your mouth with a cloth while leaving the area and try not to inhale gases, fumes, and smoke.
- Stay away from anyone who may be contaminated until the hazardous material has been identified.



After a hazardous materials incident

Do the following:

- Follow decontamination instructions from local authorities. Seek medical treatment for unusual symptoms.
- Place exposed clothing and shoes in tightly sealed containers and contact local authorities to find out about proper disposal.
- Advise everyone who comes in contact with you that you may have been exposed to a toxic substance.
- Report any lingering vapors or other hazards to your local public safety authorities.
- Return to your residence only when authorities say it is safe.



Household Hazardous Waste Collection Programs

El Paso County and Teller County:

El Paso County Environmental Services
3255 Akers Drive Colorado Springs, CO
719-520-7871

Lake County and Park County:

Summit County Resource Allocation Park
639 County Road 66 Dillon, CO
970-468-9263

Household Chemical Emergency

Nearly every household uses products containing hazardous materials or chemicals. Knowing how to handle these products and how to react during an emergency can reduce the risk of injury. Proper storage and disposal can reduce risks to responders and the community after a natural disaster or house fire. Common hazardous household items include cleaning, automotive, lawn/garden, woodworking, and painting products.

Dispose of hazardous household chemicals properly by taking them to your County Household Hazardous Waste Facility. This is a free service to County residents. A donation of nonperishable food items is encouraged. Be sure to check the drop off schedule in advance, as it is subject to change and may require an appointment. For additional information or to schedule, see your county's Important Phone Numbers at the beginning of this book.

Preventing Household Chemical Accidents

- Post the number of the emergency medical services and the poison control center by all telephones.
- Limit quantity: Buy only as much chemical as you think you will use. Properly dispose of leftover materials.
- Keep products containing hazardous materials in their original containers.
- Never store hazardous products in food containers.
- Never mix household hazardous chemicals or waste with other products.
- Incompatibles, such as chlorine bleach and ammonia, may react, ignite, or explode.
- Follow the manufacturer instructions for proper use and disposal.
- Never smoke while using household chemicals.
- Never use hair spray, cleaning solutions, paint products, or pesticides near an open flame.
- Use rags, wear gloves, and protect eyes while cleaning up any chemical spill.
- Dispose of household hazardous waste by taking it to the household hazardous waste facility or attending a public recycling event.

Symptoms of Household Chemical Poisoning

- 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



What to do if exposed to household chemicals

- Locate the chemical container in order to provide requested label information.
- Call 911 immediately if you are experiencing any symptoms.
- Call the National Capital Poison Center (NCPC) at 1-(800) 222-1222.
- Follow the NPCC emergency operator's first aid instructions carefully. First aid advice found on containers may be out of date or inappropriate.
- Do not take or give anything by mouth unless advised to do so by a medical professional.



Power Outage

Power outages in the South Central Region are most commonly associated with summertime electrical storms, high wind events, and severe winter snow or ice storms. Intermittent power outages may even be caused by traffic accidents, fires, building or construction activities, or regularly scheduled electric services.

Before a Power Outage

- Prepare an outage kit that contains a battery powered radio, fresh batteries, a flashlight, candles, matches, bottled water, paper plates, and plastic utensils.
- Fill plastic containers with water, leaving about an inch of space inside each one for the frozen water to expand. Place the containers in the refrigerator and freezer. This chilled or frozen water will help keep food cold for several hours if the power goes out.
- Keep a stock of canned food in your cupboard along with a manual can opener. Consider buying a camp stove and fuel that you can use (outdoors only) if you can't cook on your electric stove.
- Tape your electric provider's phone number on your refrigerator so it will be handy if you must report an outage. Do not take it for granted that your neighbor has made the call.
- Medication that requires refrigeration usually can be kept in a closed refrigerator for several hours without a problem.
- Back up computer files and operating systems.
- Turn off and unplug major appliances and sensitive electric equipment until after power is restored.
- Purchase a high-quality surge protector for electronic equipment.
- Locate the manual release for your electric garage door opener and learn how to operate it.
- Keep your car fuel tank at least half-full because gas stations rely on electricity to power the pumps.
- Make sure to have extra cash at your residence, as equipment such as automated teller machines (ATMs) may not work during a power outage.
- When tree limbs grow too close to power lines, they can cause damage or interrupt your electric service. They could also create a safety hazard to you, your neighbors, or children who like to climb trees. Contact your local electric provider for information about their free tree trimming programs.
- If you rely on electrically powered life support equipment have a backup plan for power outages. It is critical that those using

special medical equipment at home, such as respirators, consider purchasing a backup generator and/or have other contingency plans in place.

During a Power Outage

- Use a flashlight whenever possible rather than candles or kerosene lanterns, which are a fire hazard.
- Do not use charcoal grills or gas ovens to heat your home; this could lead to carbon monoxide poisoning. Stay inside and dress in warm, layered clothing.
- Keep your refrigerator and freezer doors closed as much as possible.
- Teach children to stay away from fallen or sagging power lines. They could be energized and dangerous, even if the power is out.
- Treat each signal as a stop sign if traffic signals are not working.
- Do not call 911 to ask about the power outage.

After a Power Outage

- In the event of a major storm, the status of your outage may be monitored through your electric provider's web page.
- For homes with overhead power lines, look for damage to an outside metal pipe or tube called a "mast," that feeds electricity from overhead lines into the meter on your house.
- This mast is the responsibility of the resident and is typically located at the roofline or the side of a residence coming out of the meter. The mast should not be touched. Customers can inspect the mast from a safe distance and call a licensed electrician for repairs if it is damaged.
- Once the mast is repaired by an electrician, your electrical provider can restore power to the residence.
- Throw away any refrigerated food 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 label says otherwise. Consult your doctor or pharmacist immediately for a new supply.



Contact your electrical utilities provider with any questions.

Public Health Hazards

Pandemics and Other Emerging Illnesses

Source: El Paso County Public Health

A pandemic is a global disease outbreak. It is determined by how the disease spreads, not how many deaths it causes. When a new virus emerges, a pandemic can occur. Because the virus is new, the human population has little to no immunity against it. The virus spreads quickly from person to person worldwide. COVID-19 was considered a global pandemic because it met all of the above criteria. There are other diseases that experts think may cause a pandemic in the future and the most common opinion is that it will be caused by a novel or new influenza (flu) virus.

The influenza virus is transmitted when a person with the flu coughs, sneezes, or talks and droplets containing their germs land in your mouth or nose. You can also get the flu by touching a surface or object that has the flu virus on it and then touching your mouth, eyes, or nose.

Diseases that have never been seen before (novel or new), that can change and spread quickly from person to person and impact young adults are just some of the features that are concerning to medical providers and public health. Service disruptions by hospitals, health care facilities, banks, stores, restaurants, government offices, post offices and other services are possible during a pandemic.

Items to Consider During a Pandemic

School and Daycare Considerations

- Ask your child's school or day care center if they plan to encourage sick children to stay home during a pandemic or disease outbreak.
- Plan learning and recreational activities in case your child's school or daycare center is closed.
- Consider alternative childcare needs. Service disruptions by hospitals, health care facilities, banks, stores, restaurants, government offices, post offices and other services are possible during a pandemic.

Healthcare Considerations

- Ask your health care provider and health insurance company if you can get an extended prescription for your regular drugs and medical supplies.
- Stock a supply of nonprescription drugs, such as pain relievers, cough and cold medicines, stomach remedies, and anti-diarrheal medication, as well as vitamins and fluids with electrolytes (such as sports drinks).
- Store health and cleaning supplies, such as bleach, tissues, a thermometer, disposable gloves, soap, and alcohol-based hand sanitizers.
- Consider how to care for people with access and functional needs in case the services they rely on are not available. Consider alternative childcare needs.



Employment Considerations

- Ask your employer about plans to have staff stay home when they or family members are sick.
- Check with your employer or union about leave policies.
- Find out your employer's plans to keep the business functioning if key staff are not available to work.
- Find out if you can work from home.
- Plan for the possible reduction or loss of income if you are unable to work or your place of employment is closed.

Respiratory Illness and Prevention Tips

Respiratory diseases circulate year-round but tend to increase between October and May, often called the Respiratory Season. Common respiratory diseases include COVID-19, influenza and respiratory syncytial virus (RSV). Although respiratory illnesses are caused by different viruses, often prevention and recommendations are the same. Here is everything you need to know about respiratory season:

What Should You Do if You're Sick with a Respiratory Illness?

If you develop a fever, sore throat, cough, or congestion, stay home and away from others until your symptoms are getting better and you are fever-free for 24 hours. Once your symptoms improve, protect others by keeping your distance and wear a mask five more days.

https://www.cdc.gov/respiratory-viruses/guidance/?CDC_AAref_Val=https://www.cdc.gov/respiratory-viruses/guidance/respiratory-virus-guidance.html

What if You are Exposed to a Respiratory Illness?

People who have been exposed to someone who is sick with a respiratory illness can still be around others as long as no symptoms are present. Pay attention to your health for the next ten days. If you develop any symptoms, stay home and away from others.

<https://www.cdc.gov/respiratory-viruses/prevention/precautions-when-sick.html>

Do You Need Treatment for Respiratory Illness?

Medication treatment is available for certain respiratory viruses, namely flu and COVID-19. Some people — including older adults, very young children, people with weakened immune systems and pregnant women — are at a high risk for complications due to a respiratory virus. These individuals should talk to your health care provider right away to learn if you need treatment. Treatment works best if taken within the first few days of getting sick and can help you recover faster and lower your risk for serious illness.

<https://www.cdc.gov/respiratory-viruses/treatment/index.html>

What Vaccines are Recommended?

Stay up to date on all your vaccines. Remember, yearly flu and COVID-19 vaccines are recommended. Some older adults should also consider a respiratory syncytial virus (RSV) vaccine.

<https://www.cdc.gov/respiratory-viruses/prevention/immunizations.html>

Food Safety in a Disaster or Emergency

Before a Disaster or Emergency

Prepare an Emergency Food Supply

<https://www.foodsafety.gov/keep-food-safe/food-safety-in-disaster-or-emergency>

A disaster can disrupt the food supply, so plan to have at least a 3-day supply of food on hand.

Keep Foods That:

- Have a long storage life
- Require little or no cooking, water, or refrigeration, in case utilities are disrupted
- Meet the needs of infants or other family members who are on special diets
- Meet pets' needs
- Are not very salty or spicy, as these foods increase the need for drinking water, which may be in short supply
- For a list of suggested emergency food supplies visit <https://www.ready.gov/food>.

How to Store an Emergency Food Supply

When storing food, it is not necessary to buy dehydrated or other types of emergency food.

- Check the expiration dates on canned foods and dry mixes. Home-canned food usually needs to be thrown out after a year.
- Use and replace food before its expiration date.
- Certain storage conditions can enhance the shelf life of canned or dried foods. The ideal location is a cool, dry, dark place. The best temperature is 40°F (4°C) to 70°F (21°C).
- Store foods away from ranges or refrigerator exhausts. Heat causes many foods to spoil more quickly.
- Store food away from petroleum products, such as gasoline, oil, paints, and solvents. Some food products absorb their smell.
- Protect food from rodents and insects. Items stored in boxes or in paper cartons will keep longer if they are heavily wrapped or stored in waterproof, airtight containers.
- Store food on shelves that will be safely out of the way of floodwaters.

Prepare an Emergency Water Supply

- Store at least 1 gallon of water per day for each person and each pet. Consider storing more water than this for hot climates, for pregnant women, and for people who are sick.
- Store at least a 3-day supply of water for each person and each pet.
- Make sure to store your emergency water supply where it will be as safe as possible from flooding.
- If your bottled water has an odor, do not drink or use it. Instead, dispose of it, or if applicable, call your bottled water provider to get a replacement.
- Observe the expiration date for store-bought water; replace other stored water every 6 months.
- Store a bottle of unscented liquid household chlorine bleach to disinfect your water and to use for general cleaning and sanitizing. Try to store bleach in an area where the average temperature stays around 70°F (21°C). Because the amount of active chlorine in bleach decreases over time, consider replacing the bottle each year.

Prepare for a Power Outage

- Make sure you have appliance thermometers in your refrigerator and freezer.
 - Check to ensure that the freezer temperature is at or below 0°F (-18°C), and the refrigerator is at or below 40°F (4°C).
 - In case of a power outage, the appliance thermometers will indicate the temperatures in the refrigerator and freezer to help you determine if the food is safe.
- Purchase or make ice cubes in advance, and freeze gel packs and containers of water to help keep food cold in the freezer, refrigerator, or coolers in case the power goes out. Store all of these in the freezer for later use in the refrigerator or in coolers. The melting ice in the containers of water will also supply safe drinking water.
- **Freeze refrigerated items** such as leftovers, milk, and fresh meat and poultry that you may not need immediately. This helps keep them at a safe temperature longer.
- **Group food together** in the freezer. This helps the food stay cold longer.
- **Have coolers on hand** to keep refrigerated food cold if the power might be out for more than 4 hours.

- Check out local sources to know where **dry ice and block ice** can be purchased, in case it should be needed.

During an emergency, if you use food or beverage containers to hold non-food substances like gasoline, dispose of them after use and do not recycle them.

During a Disaster or Emergency

If the Power Goes Out

- Keep the **refrigerator and freezer doors** closed as much as possible to maintain the cold temperature.
 - The **refrigerator** will keep food **cold for about 4 hours** if unopened.
 - A **full freezer** will keep the temperature for approximately **48 hours** (24 hours if it is half full) if the door remains closed.
- Buy **dry or block ice** to keep the refrigerator as cold as possible if the power is going to be out for a prolonged period of time. Fifty pounds of dry ice should keep an 18-cubic-foot, fully stocked freezer cold for two days.
- If you plan to eat refrigerated or frozen meat, poultry, fish, or eggs while they are still at safe temperatures, it is important that each item is **thoroughly cooked to a safe minimum internal temperature** to ensure that any foodborne bacteria that may be present are destroyed. However, if at any point the food was above 40°F (4°C) for 2 hours or more (or 1 hour if temperatures are above 90°F (32°C)) – **discard it**.
- During a snowstorm, do not place perishable food out in the snow. Outside temperatures can vary and food can be exposed to unsanitary conditions and animals. Instead, make ice. Fill buckets, empty milk containers, or cans with water and leave them outside to freeze. Use the homemade ice in your refrigerator, freezer, or coolers.

After a Disaster or Emergency

Throw Away the Following Food:

- Perishable food that has not been refrigerated or frozen properly due to power outages
- Food that may have come in contact with floodwater or stormwater
- Food with an unusual odor, color, or texture

After a Power Outage

Determine the Safety of Your Food

- If an appliance thermometer was kept in the freezer, check the temperature when the power comes back on. If the freezer thermometer reads 40°F (4°C) or below, the food is safe and may be refrozen.
- If a thermometer has not been kept in the freezer, check each package of food to determine its safety. You can't rely on appearance or odor alone. If the food still contains ice crystals or is 40°F (4°C) or below, it is safe to refreeze or cook.
- Refrigerated food should be safe as long as the power was out for no more than 4 hours and the refrigerator door was kept shut. Discard any perishable food (such as meat, poultry, fish, eggs, or leftovers) that has been at temperatures above 40°F (4°C) for 2 hours or more (or 1 hour if temperatures are above 90°F (32°C)).

Throw Out the Following Foods:

- All perishable foods (including meat, poultry, fish, eggs, and leftovers) in your refrigerator when the power has been off for 4 hours or more.
- All perishable foods in your freezer if they have thawed.
- You can safely refreeze or cook food from the freezer if the food still contains ice crystals and feels as cold as if refrigerated.

After a Flood

Do Not Eat Any Food That May Have Come Into Contact with Flood or Storm Water

Discard:

- Food with an unusual odor, color, or texture.
- Food in packages that are not waterproof.
- Food in cardboard containers, including juice/milk/baby formula boxes.
- Food containers with screw-caps, snap-lids, crimped caps, twist caps, flip tops, and snap tops.
- Home-canned foods because they cannot be disinfected.
- Canned foods or food containers that are bulging, opened, or damaged. Throw out cans or food containers that spurt liquid or foam when you open them or contain food that is discolored, moldy, or smells bad. When in doubt, throw it out!

How to salvage commercially prepared food in cans and plastic or metal pouches (like flexible, shelf-stable juice package)

- Remove labels if possible. Note the expiration date.
- Brush or wipe away dirt or silt.
- Wash cans and pouches with hot, soapy water.
- Rinse cans and pouches with clean, safe water.
- Sanitize cans and pouches in one of two ways:
 - a. Place them in a solution of 1 cup (8 oz/240 mL) of unscented household bleach in 5 gallons of water for 15 minutes, OR
 - b. Put in a pot of water, bring to a boil, and continue boiling for 3-5 minutes or whatever time is appropriate for your elevation.
- Re-label cans or pouches with a marker. Include the expiration date.
- Use food in cans or pouches as soon as possible.

FOOD SAFETY BEFORE, DURING AND AFTER A POWER OUTAGE

Know how to keep food safe before during and after emergencies. Hurricanes, tornadoes, winter weather and other events may cause power outages. Follow these tips to help minimize food loss and reduce your risk of foodborne illness.

BEFORE

PLAN AHEAD (IF YOU CAN) ...

Put **appliance thermometers** in your refrigerator and freezer.

Keep **freezer 0°F** or below

Refrigerator **40°F** or below

Freeze **containers of water and gel packs** to help keep food cold if the power goes out.

Freeze refrigerated items such as leftovers, milk, and fresh meat and poultry that you do not need immediately.

Group **foods together** in the freezer to help food stay colder longer.

If you think power will be out for an extended period of time, buy **dry or block ice** to keep the fridge or freezer cold.

Store nonperishable foods on higher shelves to avoid flood water.

DURING

WHILE THE POWER IS OUT ...

Keep the refrigerator and freezer doors closed to **maintain cold temperature**.

CLOSED

IF DOORS STAY CLOSED ...

- ... a full freezer will hold its temperature for **48 HOURS** if half-full **24 HOURS**
- ... a fridge will keep food safe for **4 HOURS**

FOOD SAFETY BEFORE, DURING AND AFTER A POWER OUTAGE

Know how to keep food safe before during and after emergencies. Hurricanes, tornadoes, winter weather and other events may cause power outages. Follow these tips to help minimize food loss and reduce your risk of foodborne illness.

AFTER

ONCE THE POWER IS BACK ON ...

WHEN IN DOUBT, THROW IT OUT!

Check the **temperature** inside of your refrigerator and freezer. If they're still at safe temperatures, your food should be fine.

Never taste food to **determine its safety!**

WHAT CAN I KEEP?

The following foods are safe if held above 40 °F for more than 2 hours:

Hard cheeses (Cheddar, Colby, Swiss, Parmesan, Provolone, Romano)	Grated Parmesan, Romano, or combination (in can or jar)	Butter or margarine	Opened fruit juices	Opened canned fruits	Jelly, relish, taco sauce, mustard, ketchup, olives, pickles	Worcestershire, soy, barbecue, and Hoisin sauces
Peanut butter	Opened vinegar-based dressings	Bread, rolls, cakes, muffins, quick breads, tortillas	Breakfast foods (waffles, pancakes, bagels)	Fruit pies	Fresh mushrooms, herbs, and spices	Uncut raw vegetables and fruit

WHAT SHOULD I THROW OUT?

Meat, poultry or seafood products	Soft cheeses and shredded cheeses	Milk, cream, yogurt, and other dairy products
Opened baby formula	Eggs and egg products	
Dough, cooked pasta	Cooked or cut produce	

REFREEZE FOOD THAT STILL CONTAINS ICE CRYSTALS OR IS AT 40 °F OR BELOW.

AFTER A FLOOD

FOLLOW THESE STEPS AFTER A FLOOD:

- DO NOT EAT any food that may have touched flood water.
- DISCARD FOOD not in waterproof containers; screw-caps, snap lids, pull tops, and crimped tops are not waterproof.
- DISCARD cardboard juice/milk/baby formula boxes and home canned foods
- DISCARD any damaged cans that have swelling, leakage, punctures, holes, fractures, extensive deep rusting, or crushing/denting severe enough to prevent normal stacking or opening.

SANITIZE

1 tsp. bleach + 1 gallon water

- Pots, pans, dishes and utensils
- Undamaged all-metal cans after removing labels

CBRNE Incidents

Emergencies involving chemical, biological, radiological, and nuclear weapons or explosive devices are referred to as CBRNE incidents. They may be caused by terrorism or other acts of intentional violence.

Some high-risk targets for CBRNE attacks may include military and civilian government facilities, airports, large cities, and high-profile landmarks. Others may include large public gatherings, water and food supplies, utilities, and corporate centers.

Within the immediate area of a CBRNE event, you would need to rely on police, fire, and other officials for instructions. However, you can prepare in much the same way you would prepare for other crisis events.

The Following are General Guidelines:

- Be aware of your surroundings.
- Move or leave if you feel uncomfortable or if something does not seem right.
- Take precautions when traveling. Be aware of conspicuous or unusual behavior. Do not accept packages from strangers. Do not leave luggage unattended. You should promptly report unusual behavior, suspicious or unattended packages, and strange devices to the police or security personnel.
- Learn where emergency exits are located in buildings you frequent. Plan how to get out in the event of an emergency.
- Be prepared to do without services you normally depend on: electricity, telephone, natural gas, gasoline pumps, cash registers, ATMs, and Internet transactions.

Terrorism

Terrorism is the use of force or violence against persons or property for purposes of intimidation, coercion or ransom. Acts of terrorism include threats of terrorism, assassinations, kidnappings, hijackings, cyber-attacks, bomb threats and explosions. To carry out these activities, terrorists use chemical, biological, radiological and nuclear weapons as well as explosive devices. These weapons and devices are often referred to as CBRNE. Although it is unlikely a terrorist attack will directly affect the South Central Region, information related to terrorism is included in this guide to provide a comprehensive understanding of potential hazards in our community.

Chemical Weapon

They can be released by bombs or sprayed from aircraft, boats, and vehicles. Signs of a chemical release include difficulty breathing, eye irritation, losing coordination, becoming nauseated, or having a burning sensation in the nose, throat, and lungs. Large numbers of dead insects or birds may indicate a chemical agent release.

Examples of biological agents used as weapons are bacteria, viruses, and toxins. Biological agents can be dispersed by spraying them into the air, infecting animals that carry the disease to humans or contaminating food and water. Children and older adults are particularly vulnerable to biological agents.

Before a Chemical or Biological Attack

- Choose an internal room to shelter, preferably one without windows and on the highest level.
- Check your emergency supply kit to make sure it includes:
 - A roll of duct tape and scissors.
 - Plastic sheeting for doors, windows, and vents for the room in which you will shelter in place. Measure, cut, and label the plastic for each opening in that room to save time in an emergency.
 - N-95 or higher rated airway protection for everyone in your home.
 - Be sure immunizations are up-to-date.
 - Consider installing high efficiency particulate air filters in your furnace.

During a Chemical or Biological Attack

You may receive emergency notifications to either shelter in place or evacuate, depending on the nature of the incident, the weather, and other factors. Pay close attention to notifications and follow instructions as given.

If Sheltering in Place:

- Close doors and windows.
- Turn off all ventilation, including furnaces, air-conditioners, vents, and fans.
- Seek shelter in an internal room and take your emergency supply kit.
- Seal the room with duct tape and plastic.

If You are Outside:

- Move away immediately in a direction upwind of the source.
- Find shelter as quickly as possible.

Radiological or Nuclear Device

A radiological dispersion device (RDD), otherwise known as a “dirty nuke” or “dirty bomb,” 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.

A nuclear device can range from a weapon carried by an intercontinental missile launched by a hostile nation or terrorist organization to a small portable nuclear device transported by an individual. All nuclear devices cause deadly effects when exploded, including blinding light, intense heat (thermal radiation), initial nuclear radiation, blast, fires started by the heat pulse, and secondary fires caused by the destruction.

The Three Factors for Protecting Oneself from Radiation and Fallout are:

- **Distance** - The greater the distance between your sheltering location and the fallout particles outside, the better.
- **Shielding** - The heavier and denser the materials (thick walls, concrete, bricks, books, and earth) between you and the fallout particles, the better.
- **Time** - Fallout radiation loses its intensity fairly rapidly.

Before a RDD/Nuclear Event

- Make a list of places with basements or the windowless center area of middle floors in high-rise buildings.

During a RDD/Nuclear Event

- Take shelter immediately in the nearest undamaged building, preferably underground or in an interior room of a building.
- Move upwind and far away from the incident if appropriate shelter is not available.
- Turn off ventilation and heating systems, and close or block indoor to outdoor accesses or venting.
- Seal windows and external doors with duct tape to reduce infiltration of radioactive particles.

Increase your home disaster supplies from three days to two weeks. See pages 75-93.

If You are Outside During a Nuclear Event and are Unable to Get Inside Immediately:

- Do not look toward an explosion, the flash can cause blindness.
- Take cover behind anything that might offer protection.
- Lie flat on the ground and protect your head. If the explosion is some distance away, it could take 30 seconds or more for the blast wave to hit.
- Take shelter as soon as you can, even if you are many miles from where the attack occurred.
- Radioactive fallout can be carried by the winds for hundreds of miles.
- Remember the three protective factors: distance, shielding, and time.

Decontamination Actions Following a CBRNE Incident

	Chemical	Biological	Radiological/ Nuclear
Flush eyes with water. Remove eyeglasses or contact lenses. Put eyeglasses in a pan of household bleach to decontaminate them, and then rinse and dry.	■		
Cut off contaminated clothing normally removed over the head.	■		
Wash face and hair with soap and water and rinse thoroughly.	■	■	■
Decontaminate other body areas likely to have been contaminated by blotting (do not swab or scrape) with a cloth soaked in soapy water and rinse with clear water.	■	■	■
Remove and bag your clothes and personal items and follow official instructions for proper disposal.	■	■	■
Isolate the contaminated clothing away from you and others.	■	■	■
Seek medical assistance. Proceed to a medical facility for screening and professional treatment.	■	■	■
You may be advised to stay away from others or even quarantined.		■	

After a RDD Event

Do not return to or visit an RDD incident location for any reason.

After a Nuclear Event

- The heaviest fallout is in the area at or downwind from the explosion, and 80 percent of the fallout occurs during the first 24 hours.
- It might be necessary for those in the areas with highest radiation levels to shelter for up to a month.
- People in lower radiation areas may be allowed to come out of shelter within a few days and, if necessary, evacuate to unaffected areas.

In the event of contamination, follow the decontamination procedures on page 51.

Explosive Device

Explosives have been used to damage and destroy financial, political, social, and religious institutions and to instill fear.



During and after an Explosion

- Get under a sturdy table or desk if things are falling around you.
- Leave the building as quickly as possible.
- Do not use elevators.
- Watch for weakened floors and stairways.
- Do not stand in front of windows, glass doors, or other potentially hazardous areas.
- Move away from sidewalks or streets to be used by emergency officials or others still exiting the building.

If You are Trapped in Debris

- Avoid unnecessary movement to minimize airborne dust.
- Cover your nose and mouth with anything you have on hand to protect your lungs from dust.
- Tap on a pipe or wall so rescuers can hear.
- Shout only as a last resort to avoid inhaling dangerous amounts of dust.

Cyber Threat

A cybersecurity attack is the use of computer technology to coerce or intimidate a civilian population or government or to disrupt critical national infrastructure or systems such as the financial and communications industry, transportation systems, and utilities such as energy and water distribution. If not properly protected, your computer systems can be used to launch attacks, or to steal or destroy information such as financial data or personal identities. You can help protect yourself and your family by following basic protocols to minimize exposure and risk to potential cyber threats.

Steps to Protect Yourself and Your Computer

- Install anti-virus and anti-spyware programs and keep them up to date.
- Install a firewall and keep it properly configured.
- Regularly install security patches and other updates for your computer's operating system.
- Use passwords that cannot be easily guessed.
- Lock your computer when you are away from it.
- Disconnect your computer from the internet when not in use.
- Do not reply to email or pop-up messages that ask for personal or financial information.
- Do not open or respond to messages from strange or unknown email addresses.
- Do not cut and paste a link from the message into your web browser.
- Backup all of your data on a regular basis.
- Be wary of communicating with strangers over the internet.

For more information on cyber security, visit [ready.gov/cybersecurity](https://www.ready.gov/cybersecurity).



Active Threat

An active threat is an individual actively engaged in killing or attempting to kill people in a confined and populated area. In most cases, active shooters use firearms or other weapons and there is no pattern or method to their selection of victims.

Active shooter situations are unpredictable and evolve quickly. Typically, the immediate deployment of law enforcement is required to stop the shooting and mitigate harm to victims. Because active shooter situations are often over within 10 to 15 minutes, before law enforcement arrives on the scene, individuals must be prepared both mentally and physically to deal with an active threat situation.

Nevertheless, there are things you can do to prepare for the unexpected. Preparing for such events will reduce the stress that you may feel now, and later, should another emergency arise. Explore the information below to see how you can better prepare yourself for these types of situations.

Before an Active Threat Occurs

Source: Colorado Department of Homeland Security and Emergency Management

Key Considerations of the Active Threat

There is no one demographic profile of an active shooter. Many active shooters display observable pre-attack behaviors, which, if recognized, can lead to the disruption of the planned attack. The pathway to targeted violence typically involves an unresolved real or perceived grievance and ideation of a violent resolution that eventually moves from thought to research, planning, and preparation.

Steps to Take if You See Someone or Something Suspicious

“If you see something, say something!” It can be difficult to determine when to report someone or something suspicious. People most familiar with a given environment are in the best position to determine whether or not something seems out of the ordinary. Be aware of your environment and any possible dangers. Trust your instincts - if something feels wrong, don't ignore it. Take note and ensure that the facility you're at has at least two evacuation routes. Be sure evacuation routes are posted in visible locations at work, club and organization buildings, houses of worship, etc. Do not assume that someone else has already reported the suspicious activity. Call local authorities.

When you make a report, be ready to provide your name and location, a description of what you think is suspicious, and the time you saw it. The responding officer will assess the situation, ensure the area is evacuated and call for appropriate personnel and equipment.

- Bystanders generally represent the greatest opportunity for the detection and recognition of an active shooter prior to his or her attack. Concerning active shooters, a person who makes a threat is rarely the same as the person who poses a threat.
- Successful threat management of a person of concern often involves long-term caretaking and coordination between law enforcement, mental health care, and social services.
- Exclusionary interventions (i.e. expulsion, termination) do not necessarily represent the end of threat-management efforts.
- While not every active shooter can be identified prior to attacking, many potential active shooters who appear to be on a pathway toward violence can be stopped.

During an Active Threat: Run, Hide, or Fight

Run:

If there is an accessible escape path, attempt to evacuate the premises.

Be Sure to:

- Have an escape route and plan in mind. Evacuate regardless of whether others agree to follow. Leave your belongings behind. Help others escape, if possible. Prevent individuals from entering an area where the active shooter may be. Keep your hands visible. Follow the instructions of any police officers.
- Do not attempt to move wounded people. Call 911 when you are safe.
- The first officers to arrive to the scene will not stop to help injured persons; their main goal is to locate and stop the active shooter. Expect rescue teams comprised of additional officers and emergency medical personnel to follow the initial officers. These rescue teams will treat and remove any injured persons. They may also call upon able-bodied individuals to assist in removing the wounded from the premises.

(continued on next page)

If the active threat is nearby:

Hide:

If evacuation is not possible, find a place to hide where the active shooter is less likely to find you.

Your Hiding Place Should:

- Be out of the active shooter's view.
- Provide protection if shots are fired in your direction (i.e., an office with a closed and locked door).
- Not trap you or restrict your options for movement.

To prevent an active shooter from entering your hiding place, lock the door and blockade with heavy furniture. Remain calm and dial 911, if possible, to alert police to the active shooter's location. If you cannot speak, leave the line open and allow the dispatcher to listen. Silence your cell phone and/or pager. Turn off any source of noise (i.e., radios, televisions, cell phone ringers). Hide behind large items (i.e., cabinets, desks). Remain quiet.

If Evacuation and Hiding Out are Not Possible:

Fight:

As a last resort, and only when your life is in imminent danger, attempt to disrupt and/or incapacitate the active shooter by:

- Acting as aggressively as possible against him/her.
- Throwing items and improvising weapons.
- Committing to your actions.

How to React When Law Enforcement Arrives:

Remain calm and follow officers' instructions. Put down any items in your hands (i.e., bags, jackets).

Immediately raise hands and spread fingers. Keep hands visible at all times. Avoid making quick movements toward officers. Avoid pointing, screaming and/or yelling. Do not stop to ask officers for help or direction when evacuating, just proceed in the direction from which officers are entering the premises.

After the Event

Once you have reached a safe location or an assembly point, you will likely be held in that area by law enforcement until the situation is under control, and all witnesses have been identified and questioned. Do not leave until law enforcement authorities have instructed you to do so.

Psychological effects in survivors, first responders,

and others may be present and are not unusual in the aftermath of a high-casualty event. Assistance from mental health professionals may be necessary.

For more information on preparing for and responding to an active threat, visit dhsem.colorado.gov and search "active threat."

Protect your every day.

RECOGNIZE THE SIGNS OF TERRORISM-RELATED SUSPICIOUS ACTIVITY

<p>EXPRESSED OR IMPLIED THREAT Threatening to commit a crime that could harm or kill people or damage a facility, infrastructure, or secured site</p>	<p>SURVEILLANCE A prolonged interest in or taking pictures/videos of personnel, facilities, security features, or infrastructure in an unusual or covert manner</p>	<p>THEFT/LOSS/DIVERSION Stealing or diverting items—such as equipment, uniforms, or badges—that belong to a facility or secured site</p>	<p>TESTING OR PROBING OF SECURITY Investigating or testing a facility's security or IT systems to assess the strength or weakness of the target</p>	<p>AVIATION ACTIVITY Operating or interfering with the operation of an aircraft that poses a threat of harm to people and property</p>
<p>BREACH/ATTEMPTED INTRUSION Unauthorized people trying to enter a restricted area or impersonating authorized personnel</p>	<p>ACQUISITION OF EXPERTISE Gaining skills or knowledge on a specific topic, such as facility security, military tactics, or flying an aircraft</p>	<p>ELICITING INFORMATION Questioning personnel beyond mere curiosity about an event, facility, or operations</p>	<p>MISREPRESENTATION Presenting false information or misusing documents to conceal possible illegal activity</p>	<p>CYBERATTACK Disrupting or compromising an organization's information technology systems</p>
<p>RECRUITING/FINANCING Funding suspicious or criminal activity or recruiting people to participate in criminal or terrorist activity</p>	<p>SABOTAGE/TAMPERING/VANDALISM Damaging or destroying part of a facility, infrastructure, or secured site</p>	<p>MATERIALS ACQUISITION/STORAGE Acquisition and/or storage of unusual materials such as cell phones, radio controllers, or toxic materials</p>	<p>WEAPONS COLLECTION/STORAGE Collection or discovery of unusual amounts of weapons including explosives, chemicals, or other destructive materials</p>	<p>SECTOR-SPECIFIC INCIDENT Actions which raise concern to specific sectors, (e.g., power plant) with regard to their personnel, facilities, systems, or functions</p>

If you **see** something, **say** something®
REPORT SUSPICIOUS ACTIVITY TO LOCAL AUTHORITIES OR CALL 9-1-1 IN CASE OF EMERGENCY

dhs.gov/see-something-say-something

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Personal Safety and Awareness

Source: Colorado Springs Police Department

Personal safety is based on the concept of prevention. Personal safety and awareness is what we do before we find ourselves in a potentially dangerous or violent situation. Making sure you know how to protect yourself and your family is the best way to make sure that you do not become a victim or statistic.

Abduction Prevention Ideas

Avoid putting yourself in situations or circumstances that you know could be potentially dangerous. Follow your intuition and if a person or situation is making you uncomfortable, **LEAVE** immediately. Practice situational awareness, always know who and what is around you, where possible escape routes are, and what objects near at hand could be used as weapons if necessary. Never allow yourself to be moved. Your chances of survival are better at the initial attack location than they will be if you allow yourself to be taken by the criminal to a second location which is likely going to be remote and advantageous to the criminal. Try to remain calm, confident, and emotionally centered.

Train Yourself to be a **HARD TARGET** with the Following Strategies:

- Have boundaries - both emotional and physical that you will allow no one to cross.
- **HAVE A PLAN** before something happens!
- Mentally prepare ahead of time for the possibility of being attacked.
- Ask yourself the “what if game...?” to start acquiring a survival mindset.
- Keep your head up, alert and aware of your surroundings.
- Have a confident, purposeful walk and demeanor.
- Project an erect, assertive posture.
- Be sure that expensive items, jewelry, or valuables are not visible.
- Do not carry too many things at once; keep at least one arm/hand free.
- Wear non-restrictive clothing and shoes that you could run or fight in if needed.

If you are attacked do everything possible to get away!

Your Defensive Options Include:

- Run, move away, distance yourself from the danger.
- Verbalize. Yell out loud repetitive verbal commands such as:

- **“NO” “LET GO” “GET BACK” “STAY DOWN” “BACK OFF”** or something similar.
- Do not yell **“FIRE”** or **“HELP,”** plead and beg, or say things that make you seem passive and weak.
- Be assertive and do whatever you have to in order to get away and to safety.
- Cause a commotion; call attention to the situation.
- Honk your horn.
- Set off an alarm.
- Break things, throw things, act completely wild!
- Utilize physical defensive techniques or weapons if necessary.
- Make it clear you will not give in.
- Make it clear you **WILL** be a difficult victim.

Safety In and Around Your Residence

- Have good lighting at all entrances of your residence and utilize a home security system.
- All outside doors should have deadbolt locks.
- Draw your curtains/shades in evening hours.
- Remove garage door openers from vehicle (if parked outside).
- Sliding doors should have auxiliary locks to prevent lifting or sliding.
- Never open your door to a stranger and teach your children the same.
- Make sure you know who is on the other side before opening. Contact law enforcement if in doubt of who is at your door.
- Do not enter if you come home and find a door or window open or broken.
- Call law enforcement from a phone other than the phone in your residence.

General Awareness

- Stay alert – be careful about relaxing in certain areas.
- Keep your mind on your surroundings.
- Who is around you?
- What is around you?
- Know where you are. Do not become lost.
- Know the area layout, local stores, how to get in and out.
- Know area fire department and law enforcement locations.
- Be suspicious of everyone and everything.
- Act confident. Walk with a purpose and use good posture.
- Make eye contact and speak to or greet people to let them know you have noticed them.
- Trust your first instincts and do not justify your feelings.
- Safety first. If you are suspicious, get out/away and report it.

- If possible, DO NOT stop mail, newspapers, circulars, and deliveries if you go on vacation or will be away from home for a period of time. The fewer people who know you will be gone, the better. Have someone you trust visit your home regularly while you are away to check your mail and pick up newspapers or circulars. This provides activity at your house and it is less likely to look as if no one is home. Consider asking a neighbor to use your driveway for parking a car while you are gone.
- No spare keys should be hidden around your residence. A stranger can find a hiding place if you can.
- All important property in your residence should have a serial number assigned to it in case of theft. Document this information in a safe place.
- Keep all doors and windows locked when you leave your residence.
- Do not leave cash lying around your residence.

Driving Safety if You are Being Followed:

- Be alert. Notice the same cars that often travel in your direction.
- Use your rear view mirror and side mirrors to identify the vehicle.
- Change streets or direction to see if the vehicle stays with you.
- Obtain a license plate number and a description.
- Report it to the police via a cell phone if you have one.
- Drive to a public location that is well-lit, open, and where there are numerous people who may help. While driving to a police or fire station is an option and can act to deter your pursuer, many times there may be only one or two people present because the officers or firefighters are out on calls. Those present may be civilian staff or light duty officers.

Vehicle and Parking Safety:

- Keep your vehicle in good mechanical condition to avoid breakdowns.
- Park in well-lit areas at all times if possible.
- Park near entrances/exits or highly traveled pedestrian areas.
- Use common sense, lock your doors, and roll windows up when driving through unsafe areas.
- Never give rides to strangers. Report motorists needing assistance to law enforcement. Never leave your keys in a running vehicle.
- Remove ALL valuables from the vehicle.
- Never leave your garage door opener in your vehicle overnight. Do not get in the habit of traveling the same way to work every day. Look before getting out of the vehicle if you are involved in a collision. Is it a simple collision or a carjacking attempt?

Personal Theft Prevention:

- Know the area in which you are walking or shopping.
- Face the traffic flow when walking so you can see what is coming.
- Walk in populated and well-lighted areas.
- Do not become so focused on shopping that you forget your surroundings.
- Do not carry large amounts of cash on your person, consider carrying a "Dummy" wallet/purse. You cannot defend yourself if you are carrying too many items.
- Do not leave personal items in such things as carts that are unattended while shopping.
- Walk with others or ask the mall or hospital for a security escort.
- Do not be in a hurry. Think before you make an elevator or stair choice.
- Look inside elevators and stairs before getting in. If someone in the elevator looks suspicious, do not get in!
- Stand near the controls. This gives you control of the floors and the alarm.



Protect Yourself When Walking:

- Avoid walking alone at night unless absolutely necessary.
- Call 911 to report suspicious persons or activity in or around your neighborhood.
- Avoid shortcuts and dark, isolated areas.
- Walk purposefully, know where you are going, and project a no-nonsense image.
- Avoid potentially dangerous situations.
- Cross the street, locate an emergency phone, or enter a store or place of business even if you have just left it if you feel threatened.
- Have your keys ready; carry them in your hand, not buried in a purse or pocket.
- Be familiar with how pepper spray works and have it available if you carry it.

For further information or training contact your local law enforcement.

See the complete list of contacts for law enforcement offices in the South Central Region at the beginning of this guide.

Outdoor Recreation

Bicycling, boating, horseback riding, fishing, and hiking rate just behind skiing among the top activities related to outdoor recreation deaths in Colorado. Our altitude, intense sun, and rapidly changing weather add to the potential risks outdoors. Preparedness and common sense can help ensure safety while enjoying our many parks, trails, open spaces and outdoor facilities.

Before Your Outdoor Adventure

Plan to travel with a companion, and share your plan. You don't want to be by yourself in case of an emergency. Leave a copy of your itinerary with a responsible person. Include such details as the make, year, and license plate of your car, the equipment you're bringing, the weather you've anticipated, and when you plan to return. If you'll be entering a remote area, your group should have a minimum of four people. This way, if one is hurt, another can stay with the victim while two go for help. Pack the first aid kit. Be sure your first aid supplies are updated and include supplies for any outdoor needs as well as injuries. Include sunscreen and insect repellent.

- Consider additional emergency supplies you may need: map, compass, knife, personal shelter, safety whistle, etc.
- Be in good physical condition. Set a comfortable pace as you hike. A group trip should be designed for the weakest member of the group. If you have any medical conditions, discuss your plans with your health care provider and get approval before departing.
- Learn outdoor skills and first aid. Make sure you have the skills you need for your camping or hiking adventure. You may need to know how to read a compass, erect a temporary shelter, or give first aid. Practice your skills in advance.
- Develop an emergency plan. Make sure everyone knows what to do if they become lost or a medical emergency arises. Give children whistles with the instructions to "stop and blow" if they become lost.
- Visit the website for the place you will visit. Pay attention to local regulations, particularly concerning campfires, trail closures, pet restrictions, etc. Check the forecast, and the altitude. Mountain weather is generally cooler, cloudier, and windier than in lowland areas. For every 1,000 feet of elevation, the temperature often drops three to five degrees. Thus, it's best to plan to dress in layers.

- Polyester clothing worn closest to your skin will trap warm air next to the skin and transfer or wick body moisture away.
- Warm up. Stretching before you begin trekking gradually increases heart rate, temperature and circulation to your muscles and prevents injury.

Search and Rescue Teams (SAR)

Your County Search and Rescue is a mountain search and rescue unit dedicated to saving lives through search, rescue, and mountain safety education. They provide services primarily in their home county but also respond to regional requests. The team specializes in operations involving rescue or medical assistance in remote areas, searches for people who are missing or overdue, disaster weather operations, technical rescue and recovery, and more. There is never a charge for this service, year-round, 24 hours a day. These are non-profit corporations funded by public donations and grants. See the beginning of this Guide for your SAR Team contact information.



In case of an outdoor emergency, call 911 and dispatchers will activate appropriate resources.

Essentials for Outdoor Activities

- **Appropriate footwear**
- **Map/Compass/GPS**
- **Water**
- **Food**
- **Rain Gear**
- **Safety Gear: headlamp, fire starter, and whistle**
- **First Aid Kit / multi-tool**
- **Sun protection**
- **Shelter**
- **Take a friend and tell another friend your plan**
- **Cellphone and charger**

Outdoor Safety Tips

- Let somebody know where you will be and when you expect to return.
- Include two or more companions in outdoor activities.
- Familiarize yourself with the route you are taking and the general area you will be using.
- Review weather reports for your destination and watch the weather for approaching storms.
- Ensure you have up-to-date maps for the location you will be using.
- Stay on the trail to avoid getting lost.
- If you get lost, stay where you are and let searchers find you.
- Carry plenty of fresh water and avoid drinking from lakes or streams whenever possible.
- Carry enough food or snacks to last twice as long as you plan to be gone.
- Dress appropriately and be prepared for any sudden change in the weather.
- Wear bright clothing to increase your visibility.
- Avoid wearing gray, brown, tan, or white clothing when hiking in hunting areas.
- Know your physical limits for hiking and biking.

Bicycling

Source: Bike Colorado Springs

An extensive network of on-street bicycle lanes, urban bicycle trails, and unpaved mountain bike trails are available to bicyclists in the region. This network of trails, lanes, and routes is designed to interconnect for a variety of riding options. Bicycle routes, marked by signs, are streets with less traffic and lower speed limits which makes them conducive to bicycle travel.



Bicycle Safety Tips

- Always wear a helmet.
- Be sure the bicycle is the right size.
- Be sure your bicycle is in good condition and has the right safety accessories.
- In the city of Colorado Springs, the law requires that each bicycle have a white front reflector, two-side wheel reflectors, and a headlight visible for 500 feet.

- Ride predictably, maintain a consistent path while on the roadway.
- Each bicycle should have a bell or horn to alert pedestrians and other riders.
- Always follow basic safety rules.
- Know and obey traffic laws and signs.
- Ride, single file, the same direction as traffic.
- Stop and look both ways before entering traffic.
- Use hand signals.
- Watch all parked cars or cars pulling out of driveways and alleys.
- Walk the bicycle across busy intersections.
- Wear bright-colored (white, florescent) clothing to increase your visibility. Children should also wear retro-reflective clothing or material, especially on their ankles, wrists, back, and helmet.



Helmets

- Make sure the helmet meets safety standards. Look for a sticker or other indication that the helmet meets the CPSC, ANSI, SNELL or ASTM standard.
- Buy the smallest size that fits comfortably; use the sizing pads to fine-tune the fit.
- A good-fitting helmet should be snug, but not so tight that it is uncomfortable.
- A properly fitting helmet should touch your head at the crown, sides, front, and back.
- The helmet should set squarely on top of the head in a level position and cover the top of the forehead extending down to about an inch above the eyebrows.
- Adjust the straps according to the manufacturer's instructions. With the chinstrap buckled, the helmet should not move when you shake your head or push from sides, front or back.
- Allow your child to help pick out his or her helmet. Children are more likely to wear the helmet if they have helped to select it.

Living with Wildlife

Source: Colorado Parks and Wildlife

Wildlife can be found in and around the urban areas of Colorado's fast-growing Front Range and throughout the western portions of the region. As the population continues to grow and expand, subdivision development impacts wildlife habitat and wild animals are often displaced. Some species continue to live in open space areas, parks, undeveloped parcels of land, river bottoms, and near bodies of water. Others have adapted well to urban living; skunks and raccoons, in particular, appear to thrive around urban environments. In most circumstances, people and wildlife can coexist but the key is to remember that wildlife are not pets; they are wild animals. Most dangerous and potentially harmful encounters with wildlife occur because people fail to leave the animals alone.

It is illegal in Colorado to feed deer, bighorn sheep, mountain goats, pronghorn, and elk. Violators may be fined.



Bears

Black bears are the only species of bear known to inhabit Colorado and are routinely observed throughout the region. With many more people residing and recreating in the black bear's native territory, human-bear encounters continue to rise.

Although named black bear, they can be honey colored, blond, brown, cinnamon, or black and may have a tan muzzle or white spot on the chest. Depending on the season, food supply and gender, black bears may weigh from 100 to 450 pounds. Black bears typically measure three feet high when on all fours but can reach five feet tall when standing on back legs.



Black Bears at a Glance

- A bear's natural diet is largely comprised of grasses, berries, fruits, nuts, and plants with a small portion coming from insects and scavenged carcasses.
- Black bears are wary of people and other unfamiliar things with a normal response to run from perceived danger.
- Bears are most active from mid-March through early November before heading to their den as food sources become less abundant.
- Bears can smell food five miles away as their nose is 100 times more sensitive than that of humans.
- Bears are smart and have great memories so once they find food, they come back for more.
- During late summer and early fall bears need 20,000 calories a day to gain enough weight to survive the winter without eating or drinking.

If You Encounter a Bear

- Try to scare away a bear that comes near your residence. Yell, blow a whistle, clap your hands, and make other loud noises.
- Never approach or corner a bear.

If You Surprise a Bear on a Trail

- Stand still and calm, let the bear identify you and leave.
- Talk in a normal tone of voice.
- Be sure the bear has an escape route.
- Never run or climb a tree.
- Leave the area immediately if you see cubs, their mother is usually close by.

If the Bear Doesn't Leave

- A bear standing up is just trying to identify what you are by getting a better look and smell.
- Wave your arms slowly overhead and talk calmly. If the bear huffs, pops its jaws, or stomps a paw, it wants you to give it space.
- Step off the trail to the downhill side, keep looking at the bear, and slowly back away until the bear is out of sight.

If the Bear Approaches

- Stand your ground. Yell or throw small rocks in the direction of the bear. A bear approaching a person could be a food-conditioned bear looking for a handout or, very rarely, an aggressive bear
- Get out your bear spray and use it when the bear is about 40 feet away.
- Fight back with anything available if attacked and do not play dead. People have successfully defended themselves with pocketknives, walking sticks, and even bare hands.

Coyotes

Coyotes live throughout Colorado and are a common sight here. They are adaptable animals and rapidly adjust to changing conditions. Given appropriate food and shelter, coyotes are comfortable in the country, mountains, or urban areas. People should be aware of their presence and take precautions to avoid conflict with them. Although human or pet interactions with coyotes generally receive negative publicity, humans can coexist with these animals with a better understanding of them and their habitat. In urban settings, they can lose their fear of people and may even threaten domestic pets. Although attacks on humans are extremely rare, there have been cases where coyotes have attacked young children.



Preventing Wildlife Encounters

- Do not feed wildlife.
- Keep pet food inside.
- Cover window wells with grates, wire, or plastic covers.
- Fill gaps or holes around the foundation of your residence to eliminate a place for animals to live.
- Seal all cracks and holes larger than ¼ inch in diameter to keep rats, mice, bats, and snakes out of a structure.
- Screen fireplace chimneys, and furnace, attic and dryer vents, and keep dampers closed to prevent wildlife entry.
- Bury wire mesh one to two feet deep to prevent animals from burrowing in unwanted areas.
- Store garbage in metal or plastic containers with tight-fitting lids, inside a garage or shed.
- Mark windows with strips of white tape or with raptor silhouettes to help prevent birds from flying into windows.
- Fence gardens and pick fruit from trees before it ripens and clean up fallen fruit.
- Keep bird feeders out of reach.
- Burn food off grills and clean after each use.
- Keep windows and doors closed and locked, including residence, garage, and vehicle doors.
- Do not leave food, trash, coolers, air fresheners, or anything that smells in your vehicle.

Coyote identification

- Similar in size and shape to a small shepherd dog.
- Generally four feet in length.
- Black-tipped tail about 14 inches long.
- Weights are 30 to 40 pounds.
- Hair varies in color with geography and season from pale grayish buff to rich reddish brown.
- Ears are rusty red behind.
- Active day or night, but mostly at dawn and dusk.

If you Live in Coyote Country

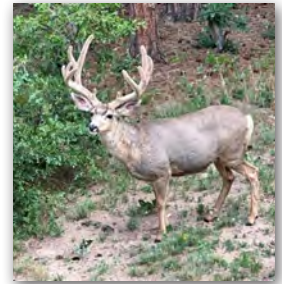
- Do not allow your pets to roam, especially at night. Coyotes will attack and kill cats and dogs.
- Make sure your yard is appropriately fenced.
- Do not allow dogs to run with coyotes.
- Do not leave pet food outside because this invites wildlife into your yard.
- Keep your garbage in a storage facility or in a tightly sealed container.

If You Meet a Coyote

- Keep your distance and do not approach the animal.
- Keep your pets on a leash when walking them.
- Throw rocks or sticks to frighten a coyote away if it approaches you or your pet.
- Use a loud, authoritative voice to frighten the animal.

Deer

Deer are common in the region due to the city's ample parks and open space and proximity to forests and rangeland. There are two species of deer locally – mule deer and whitetails. Both species of deer average five feet long and stand three or more feet tall at the shoulder. Larger bucks may reach over 400 pounds with does being about half that size.



If you live in deer country

- Slow down and drive cautiously when you see a deer crossing sign—especially during feeding times such as dusk and at night.
- Drive cautiously if you see one deer on the road, at least one more may be nearby.
- Leave the animals alone; they will tend to move on to new areas.
- Utilize commercial deer repellents or mixtures containing eggs to ward off deer.
- Protect gardens, flowers, and shrubs by using wire cylinders and fences.
- Consider planting native flowers and shrubs that may be less attractive food sources.

Mountain Lions

Mountain lions in Colorado are most likely found in foothills, canyons, or mesa country and are at home in brushy areas and woodlands. Mountain lions are typically found in areas with plentiful deer and adequate cover. These characteristics are common in foothills, urban edges, parks, and open spaces. Not surprisingly, the number of mountain lion/human interactions is increasing as more people move into mountain lion habitat and spend more time using hiking and running trails in these areas. The mountain lion is called by more names than any other Colorado mammal—cougar, puma, panther, catamount or lion. As Colorado's largest cat, adult mountain lions grow to more than six feet in length including a long black tipped tail. They typically weigh 130 pounds or more.



Mountain Lions at a Glance

- Mountain lions are generally calm, quiet, and elusive. People rarely see mountain lions in the wild.
- Mountain lion attacks on people are rare.
- The mountain lion's staple diet is deer, with adults eating about one a week.
- Mountain lions hunt by stealth, often pouncing on prey from a tree or rock overhanging a game trail.
- They are most active from dusk to dawn.

If You Encounter a Mountain Lion

- Do not approach a mountain lion, especially one that is feeding or with kittens. Most mountain lions will try to avoid a confrontation.
- Give them a way to escape.
- Stay calm when you come upon a mountain lion. Talk calmly yet firmly to it. Move slowly.
- Stop or back away slowly, if you can do it safely. Running may stimulate a mountain lion's instinct to chase and attack. Face the mountain lion and stand upright.
- Throw stones, branches, or whatever you can get your hands on without crouching down or turning your back if the mountain lion behaves aggressively. Wave your arms slowly and speak firmly. What you want to do is convince the cat that you may in fact be a danger to the mountain lion.

- Do all you can to appear larger by raising your arms or opening your jacket if you are wearing one.
- Protect small children by picking them up so they won't panic and run.
- Fight back if a mountain lion attacks you. They have been driven away by prey that fights back.
- People have successfully fought back with rocks, sticks, caps or jackets, garden tools, and their bare hands.
- Try to stay on your feet.

If You Live in Mountain Lion Country

- Walk or hike in groups and make plenty of noise to reduce your chances of surprising a mountain lion.
- Make sure children are close to you and within your sight at all times.
- Carry a sturdy walking stick to help ward off a mountain lion.
- Make lots of noise if you come and go during the times mountain lions are most active.
- Install outside lighting. Light areas where you walk so you could see a mountain lion if one were present.
- Closely supervise children whenever they play outdoors. Make sure children are inside before dusk and not outside before dawn. Talk with children about mountain lions and teach them what to do if they meet one.
- Landscape or remove vegetation to eliminate hiding places for mountain lions, especially around children's play areas. Make it difficult for mountain lions to approach unseen.
- Plant native shrubs and plants to minimize unwanted wildlife from foraging on your property.
- Keep your pet under control. Roaming pets are easy prey and can attract mountain lions. Bring pets in at night. If you leave your pet outside, keep it in a kennel with a secure top. Don't feed pets outside; this can attract raccoons and other animals that are eaten by mountain lions.
- Store all garbage securely.

Source for Bears, Coyotes, Deer and Mountain Lions: Colorado Parks and Wildlife, By David M. Armstrong, University of Colorado-Boulder

If you have encounter or observe a mountain lion in person or on surveillance cameras, report it to authorities.
For a life-threatening emergency, call 911. Otherwise, report it to Colorado Parks and Wildlife at 719-227-5200 Monday through Friday from 8:00 a.m. to 5:00 p.m.

Snakes

Source: M. Cerato and W.F. Andelt and the Colorado State University Extension Office

Of the 25 species of snakes in Colorado, the western rattlesnake is the only venomous species regularly found in the Pikes Peak region. Rattlesnakes may be found in a wide variety of habitats including rocky hillsides, grassy fields, forested areas, and along creeks. When hiking in one of the area's numerous parks, open spaces, or in other rattlesnake habitat, the best safety measure against venomous snakes is to be prepared for a possible encounter with them. Rattlesnakes generally are nonaggressive toward people and pets unless they are startled, cornered, or stepped on.

Before You Enter Rattlesnake Habitat

- Be able to recognize the western rattlesnake.
- Wear long, loose pants and calf-high leather boots, or preferably snake guards.
- Alert snakes of your approach by sweeping grassy areas with a long stick before entering.
- Do not jump over logs, turn over rocks, put your hands in rock crevices or sit down without first carefully checking for snakes.
- Remain calm and still at first, then try to slowly and carefully back up if you are confronted with a rattlesnake.



How to Identify the Western Rattlesnake

- Rattle at the end of the tail
- Fangs in addition to their rows of teeth
- Vertical pupils that may look like thin lines in bright light whereas nonvenomous snakes have round pupils
- Broad triangular head and narrow neck

How to Discourage Snakes from Entering Your Yard and Residence

- Eliminate cool, damp areas where snakes hide.
- Remove brush and rock piles, keep shrubbery away from foundations, and cut tall grass.
- Control insect and rodent populations (the snakes' primary food source) to force them to seek areas with a larger food supply.
- Place grains in sealed containers and clean up pet food and debris.
- Prevent snakes from entering basements and crawl spaces by sealing all openings $\frac{1}{4}$ inch or larger with mortar, caulking compound, or $\frac{1}{8}$ -inch hardware cloth.

Spiders

Source: Colorado Parks and Wildlife and W. Cranshaw of the Colorado State University Extension Office – Paraphrased

The western widow spider is common here and is the only regularly encountered spider in the area that is harmful to humans. The widely known “black widow” usually nest near the ground in dark, undisturbed sites. Some of the favorite nesting sites of widows are window wells, corners of garages, loose stone or woodpiles, crawl space entrances, and old rodent burrows.



Widow Spider Identification

The presence of red or red-orange markings on the underside of the abdomen is characteristic of widow spiders. This pattern may be in the form of a distinct hourglass pattern or appear as two separate triangles. However, this pattern can be highly variable with the western widow where markings may be distinct and bright, or sometimes faint and indistinct.

Signs and Symptoms of a Widow Spider Bite

Bites from the widow spider are painful and potentially dangerous because they contain a nerve poison. Fortunately, widow spiders are non-aggressive and rarely bite. When bites do occur, they occur when the female is provoked, such as when an unwitting person presses down on a spider that is resting beneath a log or rock.

- Often there is a general sense of discomfort shortly after the bite and acute symptoms increase in severity during the first day.
- Muscle and chest pain or tightness are some of the most common reactions.
- Pain may spread to the abdomen, producing stomach cramping and nausea.
- Other symptoms include restlessness, anxiety, sweating, and breathing and speech difficulty.
- Swelling may be noticed in extremities and eyelids, but rarely at the bite site.
- A sense of burning in the soles of the feet is often noted.
- Symptoms usually decline after two to three days but some may continue for several weeks up to a month after the bite.

Other mammals vary in their reaction to widow toxin. For example, horses are highly susceptible whereas rabbits are more resistant. Cats may be sensitive to a widow bite while dogs may suffer only mild symptoms.

Transmittable Animal Diseases

Source: County Public Health and the United States Center for Disease Control

Plague

Plague (*Yersinia Pestis*) is caused by bacteria and is transmitted to people through bites from infected fleas and through direct contact with tissues or fluids from animals infected with plague. In this region, prairie dogs and rabbits are the most likely wild animals to carry the plague. However, rock and ground squirrels, and mice can also become infected after eating other infected animals.



Transmission from domestic cats and dogs also has caused plague in humans. Cats sometimes exhibit swelling around their mouth, head, and neck when infected. Seek professional veterinary care for animals exhibiting those symptoms and do not handle sick pets without gloves and face protection.

In humans, the incubation period of plague is usually one to six days depending on the mode of transmission. Treatment with antibiotics is effective during the early stages of disease.

Life-threatening complications may occur if diagnosis and appropriate treatment are delayed.

Symptoms of Plague

- Swollen lymph nodes
- Rapidly developing pneumonia
- Bleeding under the skin
- Severe headache and weakness

Preventing Exposure

The best way to prevent being infected is to avoid contact with rodents. Keep them away from commonly accessed areas such as your residence, garage, and shed. Although it may be difficult to eliminate rodents completely, make every effort to monitor and reduce their presence. Special precautions should be taken when cleaning or working in a heavily rodent infested environment.

- Keep your residence or outbuilding clean.
- Properly store or dispose of unused food, including pet food.
- Keep garbage cans tightly sealed.
- Fill structural holes with wire screening, steel wool, or cement.
- Set and maintain spring-loaded traps throughout the building—inside and outside.
- Eliminate or maintain places where rodents can hide and breed, such as woodpiles, yard equipment, broken cement, and trash.
- Do not feed or entice any rodent or rabbit species into your yard or back porch.
- Reduce the rodent habitat around your home, workplace and recreational areas.
- Wear gloves if you are handling potentially infected animals.
- Use repellent if you think you could be exposed to rodent fleas during activities such as camping, hiking or working outdoors.
- Keep fleas off your pets by applying flea control products. If your pet becomes sick, promptly seek care from a veterinarian.
- Do not allow dogs or cats that roam free in endemic areas to sleep on your bed.
- Do not touch sick, dead or dying wildlife with bare hands.
- Avoid rodent burrows like prairie dog holes as the fleas that carry disease can be numerous in those areas.

West Nile Virus

West Nile Virus (WNV) is the leading cause of mosquito-borne disease in Colorado and the continental United States (U.S.). There are no vaccines to prevent or medications to treat WNV in humans. Only about 20 percent of people infected with WNV develop symptoms. However, about one in 150 infected people develop a serious, sometimes fatal, infection of the nervous system called neuroinvasive WNV infection.

Person-to-person transmission does not occur. The virus is prevalent from May to September when mosquitoes are most abundant, but the risk to humans occurs primarily from August through early September. In Colorado, mosquitoes carrying West Nile virus feed in the hours around dawn and dusk. During the day they rest in shady, secluded areas, such as under porches, roof overhangs, tall grass, shrubs, and storm sewers. They breed in almost any source of standing water that lasts for more than a few days.

Symptoms of West Nile Virus

Approximately 80% of people who are infected with mosquito-borne virus do not become ill and have no symptoms. For persons who do become ill, the incubation period (time between the mosquito bite and onset of symptoms) is 2-14 days. Two different types of disease occur in humans:

About 20% of people who are infected with West Nile Virus will develop a viral fever syndrome. Symptoms of viral fever syndrome include fever, headache, and malaise; and can persist for 2-7 days. In less than 1% of the cases, the virus can cause a more serious brain infection such as meningitis or encephalitis. Symptoms begin with sudden onset of high fever and headache, then may progress to stiff neck, disorientation or tremors. Severe infections can result in permanent brain damage or death. There is no specific treatment for these viruses except supportive care.

Mosquito Virus Prevention and Control

- Limit outside activity around dawn and dusk when mosquitoes feed.
- Wear protective clothing such as lightweight long pants and long sleeve shirts.
- Apply insect repellent to exposed skin when outside. Repellents with DEET are effective but should be applied sparingly. Products with 10% or less of DEET are recommended for children.
- Drain any sources of standing water and remove anything where water can collect.
 - o Change water in birdbaths or wading pools and empty flowerpot saucers of standing water at least once a week.
 - o Remove items that could collect water such as old tires, buckets, and empty cans.
 - o Check around faucets and air conditioner units; repair leaks or puddles remaining for several days.
 - o Make sure gutters drain properly.
 - o Remove standing water under or around structures or on flat roofs.
- Other methods of mosquito protection include:
 - o Stock permanent ponds or fountains with fish that eat mosquito larvae or larvicides.
 - o Ensure that window screens are in good condition and that there are no holes or cracks where mosquitoes could creep in.
- Report dead birds to local authorities because they may be a sign that West Nile virus is circulating between birds and mosquitoes.
 - o For wild bird deaths, contact Colorado Parks and Wildlife

- o For domestic bird deaths- contact Colorado State Veterinarians Office or the USDA Veterinary Services Office

Rabies

Rabies is a virus that affects the central nervous system of mammals, causing a fatal inflammation of the brain and spinal cord. In Colorado, bats and skunks are the primary carrier of rabies, but raccoons, foxes, and coyotes are other carriers of the virus. Pets, such as dogs, cats and ferrets are unlikely to have the rabies virus and are considered low-risk.



Rabies virus is found in the saliva of infected animals and is commonly spread through a bite, scratch or other contact with animal's mouth or saliva. If a person is bitten or otherwise has contact with a potentially rabid wild animal, every effort should be taken to collect the animal for rabies testing. It is important not to destroy or damage the head of the animal because that is the only way to test for the rabies virus.

- It is impossible to tell if an animal is rabid by simply looking at it.
- The safest approach is not to touch it.
- If you come into contact with a bat, skunk, raccoon, fox or other wild carnivore, it is important to contact your local public health agency immediately.

How to Protect Yourself from Rabies

- Do not feed, touch, or adopt sick or wild animals and be cautious of stray dogs and cats.
- Teach children to leave wildlife alone and to tell an adult if an animal bites or scratches them.
- Close garbage cans or store them in a garage or shed.
- Call your health care provider or local public health agency if an animal bites or scratches you.

How to Protect Pets from Rabies

- Keep rabies vaccinations up-to-date for all cats, ferrets, and dogs.
- Maintain control of your pets by keeping them indoors and under direct supervision when outdoors.

Avian Flu (Bird Flu)

Source: The US Centers for Disease Control and Prevention
Although avian (bird) influenza (flu) A viruses usually do not infect people, there have been some rare cases of human infection with these viruses as observed with (H5N1) in Colorado beginning in March, 2022. Illness in humans from avian influenza virus infections have ranged in severity from no symptoms or mild illness to severe disease that resulted in death. Avian influenza A(H7N9) virus and highly pathogenic avian influenza (HPAI) A(H5N1) and A(H5N6) viruses have been responsible for most human illness from avian influenza viruses reported worldwide to date, including the most serious illnesses with high mortality.

People Can Get Avian Flu in the Following Ways: Infected birds shed avian influenza viruses through their saliva, mucous and feces. Other animals infected with avian influenza viruses may have virus present in respiratory secretions, different organs, blood, or in other body fluids, including animal milk. Human infections with avian influenza viruses can happen when virus gets into a person’s eyes, nose or mouth, or is inhaled. This can happen when virus is in the air (in droplets, small aerosol particles, or possibly dust) and deposits on the mucus membranes of the eyes or a person breathes it in, or possibly when a person touches something contaminated by viruses and then touches their mouth, eyes or nose.

Prevent Becoming Infected with Avian Flu: Avian influenza viruses have been detected in many other species. Avoid contact with surfaces that appear to be contaminated with animal feces, raw milk, litter, or materials contaminated by birds or other animals with suspected or confirmed avian influenza virus infection.

CDC has information about precautions to take with wild birds, poultry and other animals at <https://www.cdc.gov/bird-flu/prevention/index.html>.

TIPS FOR FLOCK OWNERS TO
Protect Your Birds from HPAI

Highly Pathogenic Avian Influenza (HPAI) is a highly contagious and fatal foreign animal disease in domestic poultry. Wild birds serve as a reservoir for influenza viruses and can spread these viruses to poultry. Flock owners should review and increase their biosecurity measures.

- INCREASE BIOSECURITY**
 Check your plans and make sure everyone knows what safety practices are being used and implemented.
- MONITOR FLOCKS**
 Monitor production parameters (like feed and water consumption), signs of HPAI, or other changes in bird behavior.
- REPORT DISEASE**
 Report suspicious disease events in your commercial or back yard flocks to the State Veterinarian's office.
- SECURE FOOD SUPPLY**
 Enroll as a Secure Food Supply (SFS) participant through the State Veterinarian's office.



COLORADO
 Department of Agriculture

REPORT DEAD OR SICK BIRDS TO THE STATE VETERINARIAN'S OFFICE AT 303-869-9130
 More information at ag.colorado.gov/animals

First Aid Is Everyone's Responsibility

Source: American Red Cross of Colorado

To be prepared to react confidently and without wasting time in either a life-threatening situation or a minor accident, we suggest you study this guide before an emergency occurs. It has been carefully prepared to offer you basic emergency information, with topics listed below for quick and easy reference.

It is vital that you keep emergency telephone numbers on hand so that they are available for immediate use. It is also important that you keep your medical supplies in a safe and convenient place where you can find them when needed.

Remember, it is important to remain calm and use common sense in any emergency situation. **For medical emergencies, seek professional help.**

For information on First Aid training contact: The American Red Cross of Southeastern Colorado at 719-632-3563 or visit RedCross.org/take-a-class. CERT training includes disaster first aid training for volunteer responders, and first aid classes are also offered by numerous other providers throughout the community.



American Red Cross of Colorado



Assessing The Situation: What To Treat First

Don't panic. You will be able to assess the situation more effectively. Remember, psychological support is also important

- Remember the ABCs of Life Support:
 - Airways open – Open and maintain victim's airway.
 - Breathing restored – If victim is not breathing, begin rescue breathing techniques immediately.
 - Circulation maintained – If no pulse is present, get assistance from a person certified in cardio pulmonary resuscitation (CPR) techniques.

- REMEMBER, to be able to perform CPR effectively, it is essential to be properly trained
- Check for bleeding. Apply direct pressure and elevate injured limb.
- Look for signs of shock and broken bones (fractures).
- Check for emergency medical identification on the victim.
- Get professional medical help quickly. Know emergency numbers, such as 911. Telephone appropriate authorities (rescue squad, ambulance, police, poison control center or fire department) and describe the problem. Be sure to give your name, location and the number of persons involved.
- 8. Loosen any clothing that may restrict victim's breathing or interfere with circulation.
- Never give an unconscious person anything by mouth.
- **DO NOT** move injured persons unless situation is life-threatening. Keep victim still, quiet and warm (except heat exhaustion and sunstroke). Victims with broken bones (fractures) should not be moved until a splint has been properly applied.

Minor First Aid Situations

Burns & Scalds

CAUTION: DO NOT clean burns or break blisters. **DO NOT** remove any clothing that sticks to burn. **DO NOT** apply grease, ointment or medication to a severe burn. **DO NOT** use cotton or material with loose fibers to cover burns.

Treatment: First degree burns – redness or discoloration of skin surface; mild swelling and pain.

1. Apply cool, wet cloths or immerse in water.
2. **DO NOT** use ice.
3. Blot gently; apply a dry, sterile pad if necessary.
4. Usually medical treatment is not necessary; however, if severe, call for professional medical help. Be alert for signs of shock.

Treatment: Second degree burns – deep burn with red or mottled appearance; blisters; considerable pain and swelling; skin surface appears wet.

See treatment for first degree burns. If arms and legs are affected, elevate above heart level. Burns may be deep and potentially serious, requiring medical treatment depending on extent and location. Be alert for signs of shock and infection.

Treatment: Third degree burns – deep tissue destruction with a white or charred appearance; no pain.

Call for professional medical help immediately. Be alert for signs of shock.

Cuts & scrapes

Before initiating any first aid to control bleeding, be sure to wear health care gloves to avoid contact of the victim's blood with your skin.

Treatment:

1. Clean wound and surrounding area gently with mild soap and rinse. Blot dry with sterile pad or clean dressing.
2. Treat to protect against contamination.
3. Protect and cover to absorb fluids and prevent further contamination. (Handle only the edges of sterile pads or dressings.) Secure with first aid tape to help keep out dirt and germs.

Splinters: Slender Pieces of Wood, Bone, Glass or Metal Objects That Lodge in or Under Skin
Symptoms: May include pain, redness and swelling.

Treatment:

1. First wash your hands thoroughly, then gently wash affected area with mild soap and water.
2. Sterilize needle or tweezers by boiling for 10 minutes; wipe with a sterile pad before use.
3. Loosen skin around splinter with needle; use tweezers to remove splinter. If splinter breaks or is deeply lodged, consult professional medical help.
4. Cover with adhesive bandage or sterile pad, if necessary.

Stings

CAUTION: In highly sensitive persons, do not wait for symptoms to appear. Get professional medical help immediately. If breathing difficulties occur, start rescue breathing techniques; if pulse is absent, begin CPR.

Signs: Signs of allergic reaction may include nausea, severe swelling, breathing difficulties, bluish face, lips and fingernails, and shock or unconsciousness.

Treatment:

1. For mild or moderate symptoms, wash with soap and cold water. Remove stinger or venom sac with tweezers or by gently scraping with fingernail (DO NOT squeeze).
2. For multiple stings, soak affected area in cool bath. Add one tablespoon of baking soda per quart of water.

Emergency/Trauma Situations

Bleeding

Before initiating any first aid to control bleeding, be sure to wear health care gloves to avoid contact of the victim's blood with your skin.

Treatment:

1. Act quickly. Have victim lie down. Elevate injured limb higher than heart unless you suspect a broken bone.
2. Control bleeding by applying direct pressure on the wound with a sterile pad or clean cloth.
3. If bleeding is controlled by direct pressure, bandage firmly to protect wound. Check pulse to be sure bandage is not too tight.
4. If bleeding is not controlled by use of direct pressure, apply a tourniquet only as a last resort.
5. Call for professional medical help immediately.
6. If you are bleeding and have no one to help you, call for professional medical help.
7. Lie down, so your body weight applies pressure to the bleeding site.



Broken Bone (Fracture) - Break or Crack in a Bone

Symptoms: May include the victim hearing or feeling the bone break; area tender to touch with pain in one spot; swelling noted around suspected fracture; limb in an unnatural position; painful movement; abnormal motion; loss of function; grating sensation; discoloration of affected area.

Treatment:

1. Keep victim warm and still, treat for shock if necessary. DO NOT move victim until a splint has been applied unless there is danger of a life-threatening emergency.
2. If bone is suspected to be broken but does not pierce the skin (closed fracture), splint the limb before the victim is moved, immobi-

- If broken bone pierces the skin (open or compound fracture), apply pressure to appropriate pressure point to control bleeding. DO NOT try to straighten limb, return it to a natural position, or replace bone fragments. DO NOT touch or clean the wound. Secure a sterile pad or clean cloth firmly in place over the wound and tie with strong bandages or cloth strips.
- If victim must be moved, apply a splint to prevent further damage. Use anything that will keep the broken bones from moving, including broomsticks, boards or rolled magazines. Pad splints with cotton, clothes or clean cloths tied firmly (but not tightly) in place. If victim complains of numbness, loosen splint.
- Get professional medical help immediately.

Chemical Burns

Treatment:

- Remove contaminated clothing.
- Flush burned area with cool water for at least 5 minutes.
- Treat as you would any major or minor burn.
- If eye has been burned:
 - Immediately flood face, inside of eyelid and eye with cool running water for at least 15 minutes. Turn head so water does not drain into uninjured eye. Lift eyelid away from eye so the inside of lid can also be washed.
 - If eye has been burned by a dry chemical, lift any loose particles off the eye with the corner of a sterile pad or clean cloth.
 - Cover both eyes with dry sterile pads, clean cloths, or eye pads; bandage in place.
- Consult professional medical help.

Choking, Airway Obstruction - Partial Obstruction with Good Air Exchange

Symptoms: May include forceful cough with wheezing sounds between coughs.

Treatment:

- Encourage victim to cough as long as good air exchange continues.
- DO NOT interfere with attempts to expel object.

Partial or Complete Airway Obstruction in Conscious Victim with Poor Air Exchange

Symptoms: May include: weak cough, high-pitched crowing noises during inhalation, inability to breathe, cough or speak, gesture of clutching neck between thumb and index finger, exaggerated breathing efforts, dusky or bluish skin color.

The universal sign for choking is hands clutched to the throat. If the person does not give the signal, look for these indications:

- Inability to talk
- Difficulty breathing or noisy breathing
- Inability to cough forcefully
- Skin, lips and nails turning blue or dusky
- Loss of consciousness



Treatment for Adult if They are Standing or Sitting:

- Stand slightly behind victim.
- Place your arms around victim's waist; place your fist, thumb side in, against victim's abdomen, slightly above the navel and below the rib margins.
- Grasp fist with your other hand and exert a quick upward thrust. Repeat (five times in a rapid succession) if necessary (Heimlich Maneuver or manual thrust).

Complete Airway Obstruction in Unconscious Victim

Treatment:

- Call 911 first.
- Follow breathing problems section.

Penetrating Objects Such as Sticks or Pieces of Metal Protruding from Body

CAUTION DO NOT remove penetrating object.

Symptoms: May include profuse bleeding, swelling and redness of injured tissue.

Treatment:

- Get professional medical help immediately.
 - If victim is fixed to object (impaled), cut it off at a safe distance from skin. Immobilize object with thick dressings made from sterile pads or clean cloths secured in place with first aid tape, a belt or a bandage.
 - If object is protruding from victim, DO NOT move it.
 - Immobilize object with thick dressings made from sterile pads or clean cloths secured in place with first aid tape, a belt or a bandage.
 - Do not apply bandage so tightly that breathing is restricted.

2. If object penetrates chest and victim complains of discomfort or pressure, quickly loosen bandage on one side and reseal.
3. Watch carefully for recurrence. Repeat procedure if necessary.
4. If breathing problems develop, begin rescue breathing techniques immediately.
5. Treat for shock.

Poisoning

Call 911 or poison control center immediately, before administering first aid.

Treatment:

1. Do not give any other first aid if victim is unconscious or is having convulsions. Begin rescue breathing techniques or CPR if necessary. If victim is convulsing, protect from further injury; loosen tight clothing if possible.
2. If professional medical help cannot be reached immediately:
 - Do not induce vomiting if poison is unknown, a corrosive substance (i.e., acid, cleaning fluid, lye, drain cleaner), or a petroleum product (i.e., gasoline, turpentine, paint thinner, lighter fluid). Do not use activated charcoal.
 - Induce vomiting if poison is known and is not a corrosive substance or petroleum product.
 - To induce vomiting: give adult one ounce of syrup of ipecac (1/2 ounce for child) followed by four or five glasses of water. If victim has vomited, follow with one ounce of powdered, activated charcoal in water, if available.



Severed Body Parts (Avulsion) - Tissue is Partially or Completely Cut or Torn from Body

CAUTION: Wrap the detached part of the body in something clean and send it to the hospital with the victim so that it may be reattached if possible. Ice may be used to keep the detached part cool; however, prevent it from direct contact with ice and/or from freezing.

Treatment:

1. Stop the bleeding immediately.
2. Treat for shock if necessary. If breathing problems are present, begin rescue breathing techniques.
3. If wound is not deep or is not bleeding severely, gently cleanse with mild soap and warm water. Cover with a sterile dressing or clean cloth and bandage.
4. Get professional medical help immediately.



Shock - Disturbance in the Circulation of the Blood That Can Upset All Body Functions

CAUTION: Shock is a dangerous condition and can be fatal. Expect some degree of shock in any emergency. DO NOT give anything by mouth.

Symptoms: May include unusual weakness or faintness, cold, pale, clammy skin, rapid, weak pulse, shallow, irregular breathing, chills, nausea, unconsciousness.

Treatment:

1. Treat known cause of shock as quickly as possible (i.e., breathing difficulties, bleeding, severe pain).
2. Maintain an open airway. If victim vomits, gently turn head to side.
3. Keep victim warm and lying flat. (In cases of head or chest injuries, with no chance of broken neck or back, elevate head and shoulders 10 inches higher than feet if possible.)
4. Get professional medical help immediately.
5. DO NOT give anything by mouth.

Sprains - Injury to Soft Tissue Surrounding Joint Due to Wrenching or Laceration of Ligaments, Muscles, Tendons or Blood Vessels

CAUTION: Victim may have a broken bone (fracture) and should be examined by a medical professional.

Symptoms: may include painful movement, swelling, discoloration and tenderness around injured joint.

Treatment:

1. If ankle or knee is affected, do not allow victim to walk. Loosen or remove shoe, elevate leg.
2. Protect skin with thin towel or cloth. Then apply cold, wet compresses or cold packs to affected area. Never pack joint in ice or immerse in icy water.
3. Consult professional medical assistance for further treatment if necessary.



Transporting an Injured Person

If injury involves neck or back, DO NOT move victim unless absolutely necessary. Call for professional medical help.

If victim must be pulled to safety:

1. Move body lengthwise, not sideways. If possible, slide a coat or blanket under the victim.
2. Carefully turn victim toward you and slip a half-rolled blanket under back.
3. Turn victim on side over blanket, unroll and return victim onto back.
4. Drag victim head first, keeping back as straight as possible.

If victim must be lifted:

1. Support each part of the body. Position a person at victim's head to provide additional stability. Use a board, shutter, table top or other firm surface to keep body as level as possible.

Unconsciousness - Victim is Not Mentally Aware, Does Not Respond to Sensory Stimuli, Such as Sound or Light

Treatment:

1. Call for professional medical help.
2. DO NOT move victim or give anything by mouth.
3. Keep victim warm; loosen any tight clothing.
4. Maintain an open airway. If breathing difficulties develop, begin rescue breathing techniques immediately.
5. Check for emergency medical identification tag to help determine cause of unconsciousness.

Wounds (Severe)-Breaks in Skin or Mucus Membrane (Open) or Injuries to Underlying Tissue Breaks in Skin (Closed)

CAUTION: Some wounds, such as small cuts or minor scrapes, require only simple first aid measures; others, however, require immediate first aid followed by professional medical treatment.

Treatment:

1. Before treating any serious incision, abrasion or laceration with extensive bleeding, act quickly to control bleeding. Get professional medical help immediately.
2. Any wound can become contaminated and infected.

Weather-Related Situations and Cold Exposure

Treatment:

1. Move victim into warm room as soon as possible.
2. Be alert for breathing difficulties; start rescue breathing techniques if necessary.
3. Remove wet or frozen clothing. Immediately rewarm victim by wrapping in blankets or placing in tub of warm, not hot, water. Dry victim thoroughly after bath.
4. Give victim hot liquids to drink, only if conscious (not alcohol).
5. Follow treatment for frostbite.
6. Consult professional medical help if indicated.



Frostbite

CAUTION: DO NOT break blisters, rub affected area, or apply heat lamps or hot water bottles. DO NOT attempt rapid thawing if refreezing is a possibility.

Treatment:

1. Warm affected areas as quickly as possible by covering with clothing and blankets or immersing frozen part in warm, not hot, water.
2. If frostbitten area has been thawed and refrozen, then warm at room temperature.
3. Discontinue warming techniques as soon as affected area becomes flushed. Expect swelling and pain after thawing. Victim may require an analgesic.
4. Gently exercise affected area after it has been rewarmed.
5. DO NOT apply dressings or clothing unless transportation is required for medical help. If fingers or toes are affected, separate with sterile pads or clean cloths.
6. Elevate frostbitten areas, but not higher than heart.
7. Get professional medical help.

Dehydration

Symptoms: May include fatigue, dry skin and lips, thirst, dark-colored urine, headache, delirium and confusion, dizziness, weakness, and lightheadedness.

Treatment:

1. Make sure you are drinking enough water.
2. Avoid sugary, caffeinated and alcoholic drinks.
3. If you are sweating a lot, combine water with snacks or a sports drink to replace the salt and minerals you lose in sweat.
4. Talk to your doctor about how to prepare if you have a medical condition or are taking medications.

Heat Exhaustion (Heat Prostration)

Symptoms: May include fatigue, irritability, headache, faintness, weak, rapid pulse, shallow breathing, cold, clammy skin, and profuse perspiration.

Treatment:

1. Instruct victim to lie down in a cool, shaded area or an air-conditioned room. Elevate feet.
2. Massage legs toward heart.
3. Only if victim is conscious, give cool water or electrolyte solution every 15 minutes until victim recovers.
4. Use caution when letting victim first sit up, even after feeling recovered.

Sunburn

Treatment:

1. Treat for first or second degree burns.
2. Treat for shock if necessary.
3. Cool victim as rapidly as possible by applying cool, damp cloths or immersing in cool, not cold, water.
4. Give victim fluids to drink.
5. Get professional medical help immediately for severe cases.

Sunstroke (Heat Stroke)

Symptoms: May include extremely high body temperature (106 °F or higher), hot, red, dry skin, absence of sweating, rapid pulse, convulsions, unconsciousness.

CAUTION: Sunstroke is a life-threatening emergency.

Treatment:

1. Get professional medical help immediately.
2. Lower body temperature quickly by placing victim in partially filled tub of cool, not cold, water (avoid over-cooling). Briskly sponge victim's body until temperature is reduced; then towel dry. If tub is not available, wrap victim in cold, wet sheets in well ventilated room or use fans and air conditioners until body temperature is reduced.
3. DO NOT give stimulating beverages, such as coffee, tea, or soda.



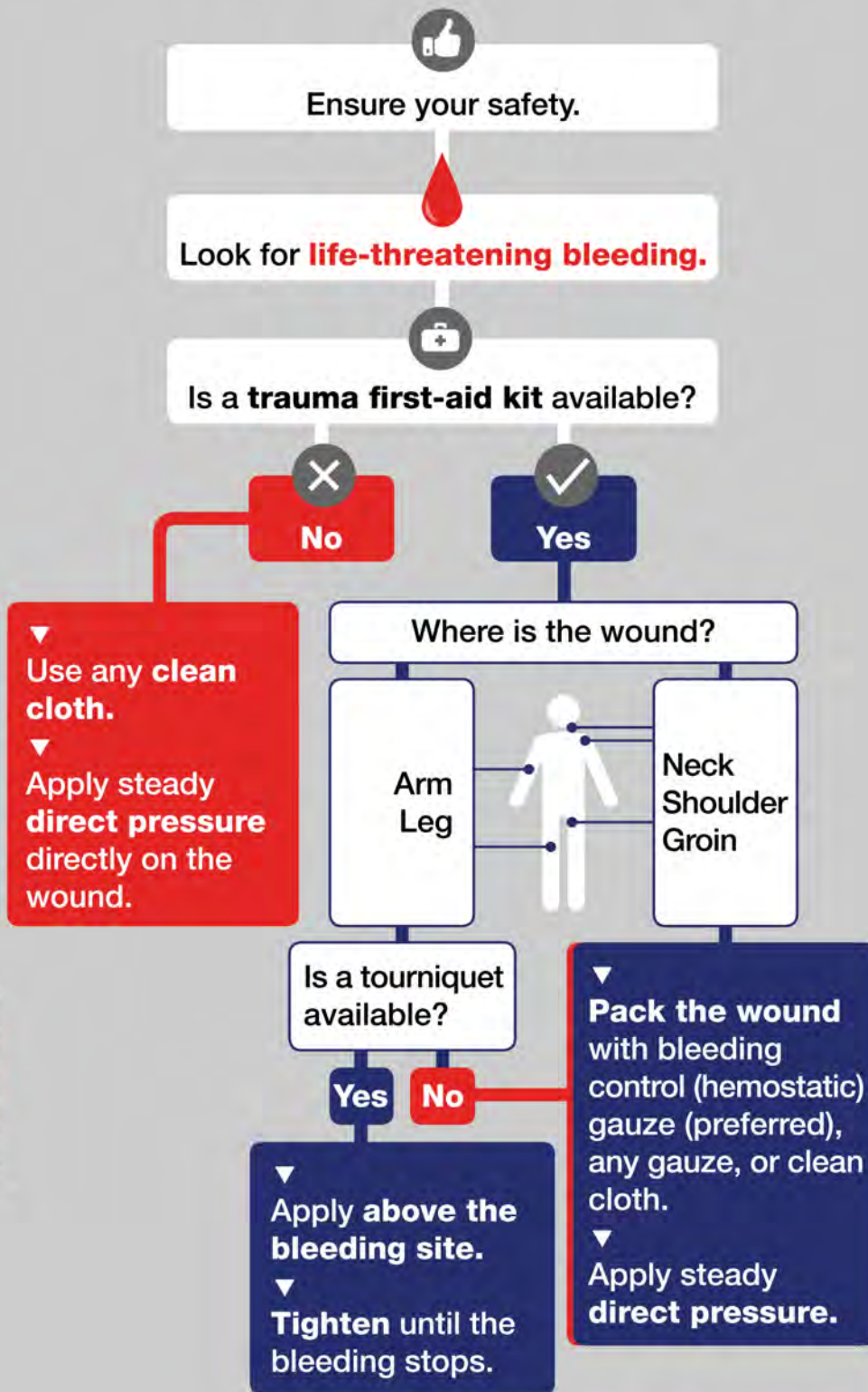
American Red Cross
of Colorado

The official American Red Cross First Aid app puts expert advice for every-day emergencies in your hand.

Download the FREE app by searching for American Red Cross in the Apple App Store or the Google Play Store for Android or by going to redcross.org/mobileapps.

Save a life

What everyone should know to stop bleeding after an injury



BLEEDINGCONTROL.ORG

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Proactive Planning

Disasters and emergencies of all types can happen anytime and anywhere. When an emergency strikes, there may not be much time to respond. Proactive planning and preparation can be the key to surviving an emergency.

Be Prepared

Basic items should be stocked in every home: water, food, clothing, bedding, first aid kit, tools and supplies, and items for other needs. See the checklist in the back of this guide for suggestions. Put items in airtight plastic bags. Keep items most likely needed during an evacuation in an easy-to-carry container. Possible containers include a large covered storage bin, backpack or duffel bag. Store the emergency kit in a convenient place known to all family members.

Keep a kit in your vehicle as well. Evaluate contents of the kit and family needs at least once a year, and observe expiration dates. Replace items as needed.

Meet and Discuss as a Family:

- Evacuation procedures
- Individual roles

Plan How the Family Will Stay in Contact If Separated by Disaster:

- Decide on two meeting places – one outside of the home and one outside of the neighborhood.
- Give everyone a written copy of important phone numbers.
- Choose an out-of-state friend or relative who will act as a point of contact for everyone.

Meet with Neighbors:

- Plan how everyone will work together.
- Consider how to help neighbors with disabilities or access and functional needs.
- Make plans for children if parents can't return to the area where the children are located.

Complete These Steps:

- Post emergency phone numbers, give everyone a hard copy of the list, and program the numbers into cell phones.
- Know how and when to shut off water, electricity, and gas at main controls.
- Install smoke and carbon monoxide alarms on each level of your home and near bedrooms.
- Make arrangements for animals. Public shelters may not accept them.

Personal Safety Should Be the Highest Priority:

- During an evacuation, immediately follow instructions from fire, police, and emergency officials.
- Learn several alternate ways out of the neighborhood; plan and rehearse an escape plan.
- Make a list of items to take with you. Remember, you may only have a few minutes to evacuate.
- If told to evacuate immediately, take only essential items:
 - Medications/prescriptions
 - Identification
 - Eyeglasses, dentures, hearing aids
 - Financial resources – cash, credit cards, checks, bank cards
 - Emergency evacuation kit for your household

ASSEMBLE AN EMERGENCY KIT FOR YOUR HOME AND ONE FOR EACH VEHICLE.

THE EMERGENCY KIT SHOULD INCLUDE:

WATER

- Store the water in a location that will prevent water from freezing.
- Avoid using containers that will decompose or break, such as wax milk cartons or glass bottles.
- Change your stored water supply every six months so it stays fresh.
- Store one gallon of water per person per day.
- Keep at least a three day supply of water for each person in the household.

FOOD

- Store at least a three day supply of non-perishable food.
- Select foods that are compact, require no refrigeration, preparation or cooking, and little or no water.
- Rotate stored food every six months.
- Select ready-to-eat canned meats, fruits and vegetables, juices, milk, soup (if powdered, store extra water).
- Store staples such as sugar, salt, and pepper.
- Choose high-energy foods: peanut butter, jelly, crackers, granola bars, and trail mix.
- Add comfort foods: cookies, hard candy, sweetened cereals, lollipops, instant coffee, and tea bags.

CLOTHING/BEDDING

- At least one complete change of clothing and sturdy footwear per perso
- Hat and gloves, sunglasses, thermal wear, rain gear

FIRST AID

- See page 93 for a list of recommended supplies and equipment included in the first aid kit.

TOOLS AND SUPPLIES

- | | | |
|--|-------------------------------------|--|
| ■ Plastic cups, plates, or utensils | ■ Tent | ■ Plastic storage containers |
| ■ Battery operated radio and flashlights | ■ Pliers | ■ Signal flare |
| ■ Extra batteries | ■ Tape | ■ Paper and pencil |
| ■ Non-electric can opener | ■ Compass | ■ Needles and thread |
| ■ Utility knife | ■ Wrench to turn off gas and water | ■ Whistle |
| ■ Fire extinguisher – ABC type | ■ Matches in a waterproof container | ■ Plastic sheeting or good quality drop cloths |
| | ■ Aluminum foil | |

OTHER NEEDS

For Adults

- Denture needs
- Extra eye glasses
- Contact lenses and supplies
- Medications
- Oxygen

For Babies

- Formula, bottles, powdered milk
- Medications
- Diapers

Sanitation

- Plastic bucket with tight lid
- Toilet paper and towelettes
- Plastic garbage bags and ties
- Soap
- Personal hygiene items
- Disinfectant
- Household chlorine bleach

See page 96 for a list of important documents to include.

Be Ready For Evacuation

Planning for an evacuation should occur well before an emergency happens. Because an emergency is a dynamic event, time may be limited. It will be important for you to think clearly and act decisively during an evacuation. Contact your local emergency management organization or view their website for more information on your local process and sign up for the local alert and warning system.

Have A Plan

The first step in preparing for an emergency is to have a plan. Determine how you will respond to an evacuation order and make sure everyone in the home is familiar with the plan.

- Know several alternative routes of escape, by vehicle or on foot.
- Identify safety zones near your home, school, workplace, etc.
- Determine family meeting place.
- Plan and practice.

When To Evacuate

There are a number of ways that community members will be notified about an emergency in your area. If you receive the notice to evacuate, it is important to respond immediately. Waiting, or choosing not to evacuate when told to leave can put you and your family in danger. Some of the ways that information will be communicated to the public include:

- Local media
- Emergency Alert System (EAS)
- Emergency Notification System (ENS) (visit your county office of emergency management website for more information and to register cell and landline phone numbers)
- Emergency personnel

Preparing For Immediate Evacuation

As soon as you are alerted to a potential emergency in your area, follow these steps and be prepared to leave immediately:

- Back the vehicle into the garage, roll the windows up, and leave the keys in the ignition.
- Close the garage door and set it for manual operation.
- Load important documents, pet supplies, valuables, evacuation kit, and prescriptions into the vehicle.
- Do not take boats, RVs, or extra vehicles
- Wear long pants, long sleeve shirts, and sturdy shoes.

During Evacuation

Stay calm, think clearly, and avoid panic. Evacuating early and away from the emergency is recommended; however if you cannot safely evacuate, follow these guidelines:

- If you become trapped by fire, seek safe refuge, either in a structure or open, cleared area. Your choice of refuge will depend on specific conditions.
- If you are trapped in your vehicle, park in a clear area, close windows and vents, and cover up with a blanket on the floor.
- If on foot, find clear area, lay down on the ground, and protect your airway.

If You Have Time

If you become aware of a developing emergency, but your area is not yet directly affected, you may have time to take some action to increase your home's survivability.

- Attach garden hoses to reach around the entire house.
- Fill sinks, tubs, etc.
- Place a ladder against the house away from the fire.
- Close windows and doors.
- Turn lights on.
- Move furniture to the interior.

Emergency Kit – Plan For At Least 72 Hours

Following a disaster, emergency workers may not be able to respond to your needs right away. Officials recommend that families stock enough supplies to last at least three days.

The emergency kit should be individually tailored to meet the basic survival needs of your family for three days to a week. Take into consideration any special needs such as infants and elderly, persons with disabilities or access and functional needs, and pets. It is recommended that you store your emergency supplies in one location that is relatively safe, yet easily accessible and portable if evacuation is required. Rethink your kit and family needs at least once a year and replace items as needed. See pages 93-96 for the recommended contents of an emergency kit.

Children's Activity Survival Kit

You may have to leave your home during a disaster. It's smart to put together your own children's activity survival kit so they will have things to do and share with other children. You may want to pack:

- A few favorite books.
- Crayons and pencils.
- Plenty of paper.
- Scissors and glue.
- A few favorite toys.
- Board games.
- A favorite stuffed animal.
- Pictures of family pets.
- A favorite blanket and/or pillow.

Emergency Supply Evacuation Bags

- Wallet card with emergency and family phone numbers
- Electronic copies of important papers, which can be stored on a small USB flash drive
- Identification for each person
- A change of clothes for each person
- First aid kit
- Medications with prescription directions
- Glasses, hearing aid batteries, or necessary items for other medical devices
- Batteries for cell phones and other items
- Face masks
- Toiletries including toothbrush and toothpaste
- Hand sanitizer
- Plastic bags
- Blankets
- A non-electric can opener
- Canned dog or cat food if you have pets
- Good quality painting drop cloths (shelter-in-place)
- Duct tape

Should you receive a message about evacuation, it is important to follow the emergency instructions provided.

In El Paso and Teller Counties, there are three types of evacuation levels:

1 Pre-Evacuation Warning

This is a warning of a potential threat to life and property. It is anticipated that an evacuation order may follow. Everyone in the impacted area should be prepared to leave.

- If you are in danger, evacuate immediately. There is no need to wait for an evacuation order.
- Those who need additional time to evacuate should leave now.
- If you need transportation assistance, arrange it now.
- Take pre-evacuation preparedness actions inside and outside your home. Evacuate large animals or livestock. Have your emergency go kit ready.
- Back your vehicle into garage or driveway with the keys handy. Switch garage door openers to manual mode in case of power outage.
- Monitor local media for updates.

2 Evacuation Order

This is an order to leave immediately. There is an immediate danger to life and property. All residents in the impacted area should evacuate immediately.

- Don't hesitate. Leave now.
- If you are not home when evacuation is ordered, do not try to return.
- Take only one vehicle and do not take trailers, RVs, campers, boats, etc.
- Continue to monitor local media and emergency notifications.
- Follow emergency notification about evacuation routes or other instructions.
- Once you have reached safety, check in with evacuation center if one is established.

3 Shelter in Place Direction

You will receive this direction if you need to shelter temporarily inside a safe location. The risk of evacuation is greater than the risk of staying in place. Pay attention to further emergency notifications for more instructions.

- Close doors and windows and turn off ventilation system.
- Go to an interior room and stay away from windows.
- Follow emergency instructions, which may vary depending on the type of emergency.
- Monitor local media and emergency notifications.

Lake County Asks That You Be Prepared for Every Situation

Familiarizing yourself with the various evacuation levels used in your county is crucial to your safety and the safety of the first responders. Below are the various evacuation levels for Lake County that their residents should be familiar with:

Pre-Evacuations “Be-Ready”

There is a danger in the area. Those with special needs (elderly/disabilities) or anyone who would need additional time should evacuate. Livestock owners should begin evacuating. If you have concerns, evacuate.

Voluntary Evacuations “As Soon As Possible”

There is significant potential of danger in your area. Leave as soon as possible.

Mandatory Evacuation “Leave Now”

Danger in your area is current and imminent. There is no time to gather belongings. Leave Immediately!

Park County Outlines their Evacuation Orders Online

Please visit:

www.parkcountyco.gov/DocumentCenter/View/8229/emergency_checklist_2022pr?bidId=

Pet and Service Animal Evacuation Planning

Community Animal Response Team

The Community Animal Response Team (CART) provides volunteers with the unique experience of making a difference in the lives of livestock, companion pets, and the people who care for them. CART volunteers may be called upon to assist in emergencies requiring the rescue, evacuation, and sheltering of animals in need. CART members receive routine training in emergency sheltering and animal welfare best practices as well as hands-on experience with a wide variety of animals.

If you are interested in making a difference in the lives of animals displaced by disaster, please contact your local Humane Society.

Be Prepared

- Be prepared to function without assistance from your service animal if necessary. Different disasters may affect animals in different ways. It is important to have a back-up plan.
- Keep your pets' identification information current (ID tags and microchip).
- Evacuation shelters or hotels may not allow pets. Prepare a list of boarding kennels, animal hospitals, and pet-friendly hotels.
- Make a plan with friends and relatives who are willing to house your pets in the event of an evacuation.
- Prepare pet evacuation and first aid kits (see lists on page 80). Remember to rotate perishable stock regularly.
- Put a rescue alert sticker near your front entrance, and keep it updated with the type and number of pets in your home.

Evacuation

- Take your pet(s) with you when you evacuate. Never leave pets turned loose, or chained up outside when you evacuate. If you leave a pet behind, they can easily be lost, injured, or worse. Advance planning and preparation will help prevent the need to leave animals behind.
- Leave early—do not wait for a mandatory evacuation order. If you wait to be evacuated, you may be instructed to leave your pets behind. Once you leave the evacuation zone, you may not be allowed to return for your pets.
- Keep dogs on leashes or in crates. Keep cats in carriers.

Away from Home

- If there is a chance you will be away from home when your area is evacuated, create a “buddy plan” with nearby relatives, friends, or neighbors to help each other with animal evacuation.
- Make sure they have a key to your house, are familiar with your pets, and have access to your pet emergency kit.



Pet Evacuation Kit

- 3-Day supply of food and drinking water
- Dishes, utensils, manual can opener
- Medications (in waterproof container)
- Pet first aid kit
- Familiar items (toys, treats, blankets)
- Collar/harness with ID tags, extra leash, muzzle (if necessary)
- Crate/carrier with bedding (labeled with your contact information)
- Pet shampoo, grooming brush
- Cat litter, box, and scoop
- Paper towels, newspaper, trash bags, spray disinfectant
- Proof of ownership (microchip information, current photos of you with your pet)
- Medical records and veterinarian contact information (in waterproof container)
- Animal emergency contact list
- Instructions for your animal's care including feeding/medication schedules and behavior information

Pet First Aid Kit

Consult your veterinarian when assembling a first aid kit.

These items are only recommendations. Your animal's individual needs may vary.

- Contact information for your pet's vet, local emergency clinics, poison control
- Small flashlight
- Disposable gloves
- Ice pack
- Tweezers
- Cotton balls or swabs
- Nonstick bandage pads
- Bandage scissors
- Adhesive tape
- Self-adhering bandage wrap
- Gauze pads and rolls
- Styptic powder (clotting agent)
- Saline solution (for rinsing wounds)
- Liquid dish detergent (mild wound and body cleanser)
- Antibiotic ointment
- Isopropyl alcohol/alcohol wipes
- Artificial tear gel
- Eye dropper/oral syringe
- Sterile lubricant (water based)
- Digital thermometer and stethoscope
- Towels and washcloths
- Activated charcoal liquid or milk of magnesia (use only when directed to do so by a veterinarian or the poison control center)
- 3% Hydrogen Peroxide (always contact a veterinarian or poison control center before inducing vomiting; do not use on wounds)

Additional Information

- FEMA – www.ready.gov/pets
- The Humane Society – www.ark-valley.org or <https://www.hsppr.org>
- American Veterinary Medical Association - www.avma.org/

Livestock Animal Evacuation Considerations



Prepare an evacuation plan for large animals. Your plan should include a list of resources such as trucks, trailers, pasture and/or feed which might be needed in an evacuation, as well as a designated person who will unlock gates and doors and make your facility easily accessible to emergency personnel if you are not available. Make sure that everyone who lives, works, or boards at your barn is familiar with the plan.

If you must leave animals behind, post a highly visible sign (either on a window or a door) letting rescue workers know the species and number of animals which remain. Leave plenty of food and water with care instructions. If your animal becomes lost, call or visit the nearest animal shelter or emergency command post.

Some of the most common reasons for animal loss or injury in a disaster are collapsed shelters, dehydration, electrical injuries, and fencing failures. Barn fires are also a serious danger.

- **FIRST:** Have a plan and take precautions to protect you and your family.
- **NEXT:** Make a disaster plan to protect animals and property.
- Create an emergency telephone number list, including ranch employees, neighbors, veterinarian, poison control office, local animal shelter, animal care and control office, county extension service, trailering resources, and local volunteers. Give family members and employees printed copies and post it in your barn or animal shelter.
- Share animal care instructions with neighbors who could help in a disaster.
- Train large animals to load into and ride in trailers.
- Make sure every animal is marked for identification.
- Identify necessary alternate water and power sources in your pasture. A generator with a safely stored supply of fuel may be essential, depending on your farm or ranch operation.
- In case of an impending wind event, secure or remove anything that could become wind-blown debris, including trailers, boats, feed troughs, propane tanks.
- Keep heat sources safe, secured and clear of flammable debris.
- Label hazardous materials and place them all in the same safe area with a posted label. Provide information about their location to local fire and rescue agency.



Sheltering in Pasture

If evacuation isn't possible, you must decide whether to confine large animals to available shelter on your farm or leave them loose in pastures. While it may seem that animals will be safer inside barns, in many circumstances confinement can reduce their ability to protect themselves.

Survey your property for the best location for shelter. If your pasture area meets the following criteria, in some types of non-fire disasters such as wind storms, your large animals may be better off in the pasture than being evacuated:

- No easily-uprooted trees, if wind is a concern
- No overhead power lines or poles
- No debris or sources of blowing debris
- No barbed-wire fencing
- Enough acreage to avoid hazards (blowing debris, flooded areas, etc.)

Whether you evacuate or shelter in place, make sure that you have adequate and safe fencing or pens to separate and group animals appropriately.

If you cannot reasonably evacuate animals, work with local authorities to make a plan. Contact them well in advance to learn what capabilities exist in your area, and the most effective communication procedure.

Evacuation

- Evacuate animals as soon as possible. Be ready to leave as soon the evacuation is recommended. If an early evacuation notice is given, leave right away, especially if you have multiple animals to transport or will be hauling high-profile trailer in windy conditions.

- Work with neighbors, 4H clubs, etc. to establish safe alternative shelters for farm animals.

Shelters are typically established near the Fairgrounds and/or arenas, and several private stables.

Confirmed shelter locations may vary depending on circumstances.

- Become familiar with at least two possible vehicle evacuation routes well in advance, and make plans for evacuation on foot if necessary.
- Set up safe transportation including well-maintained trucks and trailers suitable for livestock and appropriate for each type of animal, along with experienced handlers and drivers. Take all your disaster supplies with you or make sure they will be available at your evacuation site.

These include feed, water, veterinary supplies, handling equipment, tools, bedding, etc.

- If your animals are sheltered off your property, make sure that they remain in familiar groupings, securely contained and sheltered from the elements.



Always have at least a two-week supply of animal feed on hand in case of sheltering in place, evacuation or supply chain interruption.

Water Sources

How to Store Water

Store your water in thoroughly washed plastic, glass, fiberglass, or enamel-lined metal containers. Never use a container that has held toxic substances. You can also purchase food-grade plastic buckets or drums. Seal water containers tightly, label them and store in a cool, dark place. Rotate water every six months.

Hidden Water Sources in Your Home

If a disaster catches you without a stored supply of clean water, you can use the water in your water heater tank, pipes, and ice cubes. Place a container under the lowest faucet in your house, and open the faucet. Then open a faucet at the highest level of the house to allow water in your pipes to drain downward. To use the water in your water heater tank, be sure the electricity or gas is off, and open the drain at the bottom of the tank. Start the water flowing by turning off the water intake valve and turning on a hot water faucet. Be cautious as tank water may be very hot.

Water Treatment Methods

In addition to having a bad odor and taste, contaminated water can contain microorganisms that cause diseases such as dysentery, typhoid, and hepatitis. You should treat all water of uncertain purity before using it for drinking, food preparation or hygiene. There are many ways to treat water. None is perfect. Often the best solution is a combination of methods. Two easy treatment methods are outlined below. These measures will kill most microbes but will not remove other contaminants such as heavy metals, salts, and many other chemicals. Before treating, let any suspended particles settle to the bottom or strain them through layers of paper towel or clean cloth.

Boiling: Boiling is the safest method of treating water. Bring water to a rolling boil for 3-5 minutes, keeping in mind that some water will evaporate. Let the water cool before drinking. Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers. Boiling time requirement increases with altitude, so be sure to check recommendations for your elevation.

Disinfection: You can use household liquid bleach to kill microorganisms. Use only regular household liquid bleach that contains 5.25 percent sodium hypochlorite. Do not use scented bleaches, color safe bleaches, or bleaches with added cleaners. Add 8-16 drops of bleach per gallon of water stir and let stand for 30 minutes. The water should have a slight bleach odor. The only agent used to treat water should be unscented household liquid bleach. Other chemicals, such as iodine or water treatment products sold in camping or surplus stores that do not contain 5.25 percent sodium

hypochlorite as the only active ingredient, are not recommended and should not be used.

Food Supplies

When Food Supplies Are Low

If activity is reduced, healthy people can survive on half their usual food intake for an extended period and without any food for many days. Food, unlike water, may be rationed safely, except for food to children and pregnant women. If your water supply is limited, try to avoid foods that are high in fat and protein, and don't stock salty foods, since they will make you thirsty. Try to eat salt-free crackers, whole grain cereals, and canned foods with high liquid content.

You don't need to go out and buy unfamiliar foods to prepare an emergency food supply. You can use the canned foods, dry mixes, and other staples on your cupboard shelves. In fact, familiar foods are important. They can lift morale and give a feeling of security in time of stress. Also, canned foods won't require cooking, water, or special preparation. The following are recommended short-term food storage plans.

Special Considerations

As you stock food, take into account your family's unique needs and tastes. Try to include foods that they will enjoy and that are also high in calories and nutrition. Foods that require no refrigeration, preparation, or cooking are best.

Individuals with special diets and allergies will need particular food items, as will babies, toddlers, and elderly people. Nursing mothers may need liquid formula in case they are unable to nurse. Canned dietetic foods, juices, and soups may be helpful for ill or elderly people.

Make sure you have a manual can opener and disposable utensils. Don't forget foods for your pets.

Food Storage Tips

- Keep food in a dry, cool spot – a dark area if possible.
- Keep food covered at all times.
- Open food boxes or cans carefully so that you can close them tightly after each use.
- Wrap cookies and crackers in plastic bags and keep them in tight containers.
- Empty opened packages of sugar, dried fruits, and nuts into screw-top jars or airtight cans to protect them from pests.
- Inspect all food for signs of spoilage before use.
- Use foods before they go bad and replace them with fresh supplies. Mark all items with the date.

Place new items at the back of the storage area and older ones in front.

Nutrition Tips

- It is vital that you maintain your strength during and right after a disaster.
- Eat at least one well-balanced meal each day.
- Drink enough liquid to enable your body to function properly (two quarts a day).
- Take in enough calories to enable you to do any necessary work.
- Include vitamin, mineral, and protein supplements in your food storage to assure adequate nutrition.

Shelf Life of Foods for Storage

These are general guidelines for rotating common emergency foods. Observe label expiration dates on all items.

Use Within Six Months:

- Powdered milk (boxed)
- Dried fruit
- Dry, crisp crackers
- Dried or powdered potatoes

May Be Store Indefinitely (in Proper Containers and Conditions):

- Wheat, soybeans, white rice
- Vegetable oils
- Dried corn
- Salt, baking powder, bouillon products
- Dry pasta
- Instant coffee, tea and cocoa
- Powdered milk (in nitrogen-packed cans)
- Noncarbonated soft drinks

Use Within One Year:

- Canned condensed meat and vegetable soups
- Canned fruits, fruit juices, and vegetables
- Ready-to-eat cereals and uncooked instant cereals
- Peanut butter
- Jelly
- Hard candy and canned nuts
- Vitamin C tablets



Photo Credit: DHSEM Strategic Communications

More food storage and safety information is on pages 47.

Emergency Financial First Aid Kit

Compile and review your Emergency Financial First Aid Kit (EFFAK) before a disaster. Below are few suggestions from the complete planning kit available at [ready.gov/financial-preparedness](https://www.ready.gov/financial-preparedness).

Assess and Compile:

Gather your important financial documents and contacts.

- Complete and date all the forms in the EFFAK.
- If you do not have an original version of a document, contact the appropriate company or agency to obtain a copy.
- If you receive paper payroll or benefit checks, replace them with direct deposit or prepaid debit cards.
- Print or download statements of any bills that you pay automatically.
- Take photographs or record a video of the rooms in your home and any valuable belongings, as well as the important documents listed in your EFFAK.
- Keep some cash in the same safe location as your EFFAK in case ATMs are not functioning, or banks are closed.

Review:

Review your insurance policies and financial paperwork to be sure that they are still accurate and current.

- Ensure that homeowners and auto insurance coverage is sufficient, or update renter's insurance and be sure your rental agreement reflects your current rent.
- Visit www.usa.gov/ and search "document and insure your property" for additional tips.

Safeguard:

Store paper and electronic copies of all files in safe locations.

- Consider storing paper or electronic copies of important documents at home in a fireproof and waterproof box or safe, in a bank safe deposit box, or with a trusted friend or relative.
- If you bank or pay your bills electronically, print account records and/or download your bank's banking app to keep track of statements from your phone.
- File living wills and advanced directives with hospitals and primary care doctors.
- Provide lawyer, financial advisor, or other trusted person with sealed copy of your EFFAK, with instructions to open only with your approval or the approval of someone whom you have chosen in the event you cannot make decisions on your own.

Update:

Revisit and update your EFFAK regularly. Updates are especially important when significant changes in your life occur.

- Review your EFFAK at least annually.
- Update or change information as soon as possible when:
 - Changing insurance provider, address, or marital status.
 - Purchasing a home or entering new rental agreement.
 - Opening or closing bank accounts.
 - Children change schools.
 - Retirement planning.
 - There is a death in your household.



Write your family's name above

Family Emergency Communication Plan

HOUSEHOLD INFORMATION

Home #:

Address:

Name: Mobile #:

Other # or social media: Email:

Important medical or other information:

Name: Mobile #:

Other # or social media: Email:

Important medical or other information:

Name: Mobile #:

Other # or social media: Email:

Important medical or other information:

Name: Mobile #:

Other # or social media: Email:

Important medical or other information:

SCHOOL, CHILDCARE, CAREGIVER, AND WORKPLACE EMERGENCY PLANS

Name:

Address:

Emergency/Hotline #: Website:

Emergency Plan/Pick-Up:

Name:

Address:

Emergency/Hotline #: Website:

Emergency Plan/Pick-Up:

Name:

Address:

Emergency/Hotline #: Website:

Emergency Plan/Pick-Up:

Name:

Address:

Emergency/Hotline #: Website:

Emergency Plan/Pick-Up:



NATIONAL STRATEGY
for
YOUTH PREPAREDNESS EDUCATION

IN CASE OF EMERGENCY (ICE) CONTACT

Name: Mobile #:
Home #: Email:
Address:

OUT-OF-TOWN CONTACT

Name: Mobile #:
Home #: Email:
Address:

EMERGENCY MEETING PLACES

Indoor:
Instructions:

Neighborhood:
Instructions:

Out-of-Neighborhood:
Address:
Instructions:

Out-of-Town:
Address:
Instructions:

IMPORTANT NUMBERS OR INFORMATION

Police: Dial 911 or #:
Fire: Dial 911 or #:
Poison Control: #:
Doctor: #:
Doctor: #:
Pediatrician: #:
Dentist: #:
Medical Insurance: #:
Policy #:
Medical Insurance: #:
Policy #:
Hospital/Clinic: #:

Pharmacy: #:
Homeowner/Rental Insurance: #:
Policy #:
Flood Insurance: #:
Policy #:
Veterinarian: #:
Kennel: #:
Electric Company: #:
Gas Company: #:
Water Company: #:
Alternate/Accessible Transportation: #:
Other:
Other:

LEARN MORE AT
ready.gov/prepare

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Simple Steps to Get Your Household Ready

1. KNOW YOUR RISK

Learn about disasters or other risks, including natural disasters, hazardous materials, acts of terrorism, etc. that could occur in your area. Make notes here:

2. WORK AND SCHOOL EMERGENCY RESPONSE PLANS

Talk with employers and/or school officials about emergency response plans. Make notes Here:

3. HAVE A HOUSEHOLD MEETING

Talk about potential emergencies and how you would respond to each of them. Discuss what you will do in an evacuation or shelter-in-place order. Detail your plans here:

4. COMPLETE A WRITTEN COMMUNICATION PLAN

A template is provided on page 86-87 or visit ready.gov for examples.

5. TRAIN

- Make sure children know how and when to call 911.
- Show everyone in your household how to shut off utilities and consult with your utility providers if you have questions.
- Practice a home fire escape plan with all household members several times a year.
- Take classes in first aid, emergency preparedness, for financial disaster planning.

6. REVIEW AND GATHER IMPORTANT DOCUMENTS

- Copy and store important documents in several places. See the list on page 96 or download the Emergency Financial First Aid Kit from ready.gov.
- Review your insurance coverage and be familiar with restrictions and requirements.

7. DISCUSS YOUR PREPARATIONS WITH NEIGHBORS

- Consider ways neighbors can help each other in an emergency.

Plan for Disability and Access and Functional Needs

You may have to take additional steps for friends, neighbors, or family members with access and functional needs



Make a Plan. Make a Difference.

Access

If you have a disability or access and functional need, you may have to take additional steps to protect yourself and your household in an emergency. If you know of friends or neighbors with access and functional needs, help them with these extra precautions.

- People who have vision and/or hearing loss may need to make special arrangements to receive a warning. Make notes here.

- People with communication disabilities may not be able to communicate with emergency personnel or get important information quickly in a disaster. How will you communicate with others and receive emergency information.

- People with cognitive or developmental disabilities may have difficulty communicating information that a rescuer or someone in a shelter might need to know. Be prepared to say it briefly or keep a written copy with you.

- Those who are mobility impaired may need assistance in getting to a shelter. Make notes here.

- Households with a single working parent may need help from others both in planning for disasters and during an emergency. Who can help?

- Non-English speaking people may need assistance planning for and responding to emergencies. Make notes here.

- Community and cultural groups may be able to help keep people informed. Make notes here.

- People without vehicles may need to make arrangements for transportation. *Make notes here.*

- People with special dietary needs should have an adequate emergency food supply. *Make notes here.*

Steps You Should Take

- Find out about assistance that may be available in your community.
- Create a network of neighbors, relatives, friends, and co-workers to aid you in an emergency. Discuss your needs and make sure they know how to operate necessary equipment.
- Discuss your needs with your employer.
- If you are mobility impaired and live or work in a high-rise building, have an escape chair.
- If you live in an apartment building, ask the management to mark accessible exists clearly and to make arrangements to help you evacuate the building.
- Keep extra wheelchair batteries, oxygen, catheters, medication, food for service animals, and other items you might need. Keep a list of the type and serial numbers of medical devices you need.
- If you are a caregiver for a person with a disability or access and functional need, make sure you have a plan to communicate if an emergency occurs.
- People with cognitive and developmental disabilities and their caregivers can prepare written statements to carry with them. Examples are:
 - “I communicate using an augmentative communication device. I can point to simple pictures or key words which you will find in my wallet, purse or backpack.”
 - “I may have difficulty understanding what you are telling me, please speak slowly and use simple language.”
 - “I forget easily. Please write down information for me.”
- If you use a cane, keep extras in strategic, consistent, and secured locations at work, home, school, volunteer, or other sites to help you maneuver if your primary cane is lost or broken.
- Service animals may become confused, panicked, frightened, or disoriented in or after a disaster. Keep them confined or securely leashed or harnessed to manage a nervous or upset animal. Be prepared to use alternative methods to negotiate your environment.
- Individuals with visual disabilities should plan on losing the auditory clues normally relied upon following a disaster.
- Plan ahead for multiple methods of communication and notification.
- Do not get rid of your TTY or Alternate Format TTY, even if you rarely use it. You may need the TTY and your home phone to make calls. A full-charged TTY can run for several hours without power.
- Make arrangements to take public transportation ahead of time as another option for evacuation. Make sure you have enough money to use public transportation.

Action Checklist for Individuals with Disabilities or Access and Functional Needs.

People often have needs that require more detailed planning in the event of a disaster. Consider the following actions as you prepare:

- In case of power outages, know how to connect and start a backup power supply for essential medical equipment.
- Consider getting a medical alert system that will allow you to call for help if you are immobilized in an emergency. Most alert systems require a working phone line, so it is a good idea to have a backup plan, such as a cell phone.
- Have a manual wheelchair for backup if you use an electric wheelchair or scooter.
- Teach those who may need to assist you in an emergency how to operate necessary equipment. Label equipment and attach laminated instructions for equipment use.
- Store backup equipment (mobility, medical, etc.) at your neighbor's home, or your school or workplace.
- Have your personal support network (PSN) to check on you in an emergency. Let your PSN know if you go on vacation or in the hospital.
- Plan ahead for your PSN to convey essential emergency information to you, if your disability makes you unable to use the technology.
- If you use a personal care attendant from an agency, check to see if that agency has special provisions for emergencies (e.g., providing services at another location should an evacuation be ordered).
- If you live in an apartment, ask the management to identify and mark accessible exits and access to all areas designated for emergency shelter or safe rooms. Ask about plans for alerting and evacuating those with disabilities.
- Learn about devices and other technology available (local emergency notification system, weather radios with digital display, social media, etc.) to assist you in receiving emergency instructions and warnings from local officials.
- Be prepared to provide clear, specific, and concise instructions to rescue personnel. Practice giving these instructions (verbally, preprinted phrases, word board, etc.) clearly and quickly.
- Prepare your personal support network to assist you with anticipated reactions and emotions associated with disaster and traumatic events (such as: confusion, thought processing and memory difficulties, agitation, fear, panic, and anxiety).
- You do not have to be the only one prepared. Encourage others to be prepared and consider volunteering or working with local authorities on disability and access and functional needs preparedness efforts.
- Add supplies for your service animal into your emergency kit. Familiarize your service animal with your PSN in case it needs to receive care from someone other than you.
- Practice evacuating from your home, office, or school with your PSN to mitigate any obstacles during an emergency.

CHECKLISTS

Use the checklists on the following pages to help you plan and pack your emergency supplies for evacuation, shelter in place, roadside emergencies, financial emergency preparedness, and first aid. Consider which items would be helpful to you and plan accordingly. You may want to add/delete/change some items depending on your specific needs and preferences.

Once emergency supplies are organized, take an occasional inventory to replace expired perishables, anything missing or used up, or items outgrown or no longer needed. Change out supplies for seasonal needs, especially in your vehicle kit, such as warm clothing and ice scrapers in winter months, or sunscreen and extra water in summer.

Emergency supplies for evacuation purposes should be stored in a place that's quick to access and in container(s) that are small enough for one person to carry. Shelter-in-place food supplies should be stored in a cool location out of direct sunlight in secure containers to prevent contact with humidity, rodents, air, etc.

First aid kits should be stocked and readily available wherever you are, so carry one with you or stock several for home, work, school, vehicle, or other locations. Learn how to use the items in your first aid kit by taking training in first aid, CPR, severe wound treatment, and AED use.

DOCUMENTS (in watertight container, external drive, safe box, etc.)	(✓) Packed in "Go Kit", for evacuation	Saved in secondary off-site location
Personal identification		
Cash (paper and coin)		
Credit card(s)		
Extra set of house keys		
Extra set of vehicle keys		
COPIES OF:		
Birth certificates		
Marriage license		
Driver's license		
Social Security cards		
Passports		
Wills		
Deeds		
Inventory of household contents		
Inventory of shop/storage/etc.		
Insurance papers		
Immunization records		
Bank and credit card account numbers		
Emergency contact list		
Paper map of the area		
Important passwords		
Photos of family and pets		
Pet microchip or tattoo info		
Written copy of medical & vision prescriptions		
Medical consent forms		
Medical history records		
Living wills/power of attorney		

FOOD, WATER, CLOTHING, BEDDING	Two-Week Supply Stored at Home for Shelter in Place	72-Hour Supply in "Go Kit" Ready for Evacuation	In Vehicle	Other location (work, dorm, vacation home, etc.)
Water (1 gal/person/day)				
High-energy foods				
Canned or boxed liquids				
Special foods, if needed				
Infant food, if needed				
Pet foods as needed				
Complete change of clothes				
Sturdy shoes or boots				
Rain gear				
Hat and gloves				
Extra underwear and socks				
Thermal undergarments				
Sunglasses				
Blanket/sleeping bag				
Pillow				
Other items needed:				

FIRST AID SUPPLIES	At Home	In Evacuation "Go Kit"	In Vehicle	Other location (work, dorm, vacation home, etc.)
Various adhesive bandages				
5" x 9" Sterile dressings				
Conforming roller gauze				
Tourniquet				
Hemostatic wound dressing				
Scissors				
Medical grade non-latex gloves				
Germicidal wipes or sanitizer				
Antiseptic wipes or rinse				
2" wide adhesive tape				
Cold pack and heat pack				
Shoeprotectors				
Safety pins				
Thermometer				
Emergency blanket				
Sunscreen				
CPR mask or breathing barrier				
First aid manual				
Various sterile gauze pads				
Sam-style splint				
Tongue depressors				
Elastic bandage roll				
Hydrocortisone ointment				
Saline rinse				

EQUIPMENT AND TOOLS	In Evacuation			Other location (work, dorm, vacation home, etc.)
	At Home	“Go Kit”	In Vehicle	
Battery or solar-powered radio				
Extra batteries				
Flashlight(s)				
Safety flare				
Waterproof matches				
Wrench, pliers				
Multi-tool				
Plastic sheeting				
Duct tape				
A-B-C fire				
Extinguisher				
Small tent				
Compass				
Work gloves				
Paper and writing instruments				
Needles and thread				
Power pack or solar charger				
Wall and car chargers				
Pet carriers and leashes				

PET AND ANIMALS SUPPLIES	In Evacuation			Other location (work, dorm, vacation home, etc.)
	At Home	“Go Kit”	In Vehicle	
3-day supply of pet food - dry or canned				
3-day supply of water				
Cages/carrier with contact information				
Copies of veterinary records				
Veterinarian contact information				
Familiar items (toys, blankets, etc.)				
Medications				
Leash & collar with contact information				
Litter pan, scoop, litter				
Dishes for food and water				
Current photos of pets				
Bedding				
Waste bags, newspaper, spray disinfectant				
Microchip information				
Pet first aid supplies				
Written instructions for feeding, behavior notes				
Grooming supplies				

PREPARE NOW!

This guide provides tips and tools for individuals and families to prepare for emergency events and disasters at home, school, work, and in public places. Please take time to read it, develop your plans, and pack emergency supply kits so you may be better prepared to respond to and cope with the aftermath of a disaster or crisis. The guide is intended to be a tool to assist individuals and families in making emergency preparedness a part of daily life.

Some of the fundamentals you will learn are:

- The different types of emergencies that may affect you and your community
- Information about the emergency notification system and how to register for notices
- Tips on reporting emergencies
- How to prepare an emergency supply kit
- How to prepare an emergency evacuation supply kit “go bag”
- How to create a family emergency plan
- Actions to take if you are advised to shelter in place or evacuate
- How to get involved
- Telephone numbers and internet links for additional information on emergency preparedness

Everyone should be prepared to survive on their own for a minimum of three days in the event of an emergency. By using this guide, you will accomplish three vital steps toward individual and family emergency preparedness:

- Get a Kit
- Make a Plan
- Be Informed



We hope you will use this guide to make emergency preparedness a part of your daily life and, in the process, help make your neighborhood and community safer places to live.

Please note this guide is a compilation of current emergency preparedness information from various sources. While we endorse the general concept of being prepared for emergencies, both individually and as a community, we are not directing anyone to implement all the listed measures. Situations differ, and everyone should make their own decisions as to the extent of their preparedness.

This publication and information contained within it will be updated and revised as necessary in a continued effort to build a safer, stronger community.