

Are You Ready?

Crawford County Medical Reserve
Corp Unit Training Session

Are You Ready?

- IS-22 Are You Ready? An In-depth Guide to Citizen Preparedness
- Course developed by FEMA with information from local emergency management offices at the American Red Cross
- Full course materials can be accessed at www.training.fema.gov/EMIWeb/IS/is22.asp

Why prepare?

- Reduce fear, anxiety, & losses associated with disasters
- Can help reduce the impact of disaster
- Know how to respond to threats
- Be able to be self-sufficient for at least 3 days

Basic Preparedness

- **Develop family plans**
 - Know home escape routes
 - Communications - family contact cards
 - Know where utility shut offs are located
 - Maintain & know about your vital records
 - Assemble a disaster supplies kit
 - Practice your plan



Homeland Security Family Communications Plan

Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations.

Out-of-State Contact Name: _____ Telephone Number: _____
 Email: _____ Telephone Number: _____

Fill out the following information for each family member and keep it up to date.

Name: _____	Social Security Number: _____
Date of Birth: _____	Important Medical Information: _____
Name: _____	Social Security Number: _____
Date of Birth: _____	Important Medical Information: _____
Name: _____	Social Security Number: _____
Date of Birth: _____	Important Medical Information: _____
Name: _____	Social Security Number: _____
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Name: _____	Social Security Number: _____
Date of Birth: _____	Important Medical Information: _____
Name: _____	Social Security Number: _____
Date of Birth: _____	Important Medical Information: _____

Where to go in an emergency. Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans.

Home	Work
Address: _____	Address: _____
Phone Number: _____	Phone Number: _____
Neighborhood Meeting Place: _____	Evacuation Location: _____
Regional Meeting Place: _____	

School	Work
Address: _____	Address: _____
Phone Number: _____	Phone Number: _____
Evacuation Location: _____	Evacuation Location: _____

School	Other place you frequent:
Address: _____	Address: _____
Phone Number: _____	Phone Number: _____
Evacuation Location: _____	Evacuation Location: _____

School	Other place you frequent:
Address: _____	Address: _____
Phone Number: _____	Phone Number: _____
Evacuation Location: _____	Evacuation Location: _____

Other Important Phone Numbers & Information:

Family Communications Plan

Contact Name: _____

Telephone: _____

Out-of-State Contact Name: _____

Telephone: _____

Neighborhood Meeting Place: _____

Meeting Place Telephone: _____

Dial 9-1-1 for Emergencies!

Important Information	Name	Telephone #	Policy #
Doctor(s):			
Other:			
Pharmacist:			
Medical Insurance:			
Homeowners/Rental Insurance:			
Veterinarian/Kennel (for pets):			

Other useful phone numbers: **9-1-1 for emergencies.** Police Non-Emergency Phone #: _____

Local Risks for Disasters

- Natural Hazards
 - Floods
 - Tornadoes
 - Thunderstorms & lightning
 - Winter storms & extreme cold
 - Extreme heat
 - Earthquakes

Local Risks for Disasters

- Technological Hazards
 - Hazardous materials incidents
- Terrorism Hazards
 - Biological threats
 - Chemical threats
 - Radiological threats

Natural Hazards - Flooding

- Flooding
 - Do not drive in flood waters
 - 1 foot of water can float vehicles
 - 2 feet of rushing water can carry away vehicles
 - Do not walk through moving water
 - 6 inches of moving water can make you fall
 - Avoid low-lying areas during heavy rains
 - Listen for reports on TV, local radio, & weather radio

Natural Hazards - Tornadoes

- Tornadoes
 - Be alert during severe storms
 - Can strike quickly with little or no warning
 - Get to interior room or basement
 - Listen for reports on TV, local radio, & weather radio
 - Tornado Watch – tornadoes possible
 - Tornado Warning – tornado has been sighted or indicated by radar

Natural Hazards - Thunderstorms

- Thunderstorms & lightning
 - Avoid being outside or near tall objects
 - Avoid open areas and isolated structures
 - Listen for reports on TV, local radio, & weather radio
 - T-storm Watch – severe storms likely to occur
 - T-storm Warning – severe storms reported by spotters or indicated by radar

Natural Hazards – Winter Storms

- Winter storms & cold
 - Check car to properly winterize it
 - Drive only when necessary during storm
 - Wear proper clothing
 - Several lightweight, loose fitting, warm layers instead of one layer of heavy clothing
 - Watch for frostbite & hypothermia
 - Listen for reports on TV, local radio, & weather radio

Natural Hazards – Extreme Heat

- **Extreme Heat**
 - Limit exposure to heat & sun
 - Drink plenty of water
 - Wear proper clothing
 - Loose fitting, lightweight, light colored
 - Avoid over-exertion
 - Heat cramps
 - Heat exhaustion
 - Heat stroke

Natural Hazards - Earthquakes

- Earthquakes

- If indoors: take cover under sturdy furniture if possible
- If outdoors: stay there, move away from buildings & other structures
- If driving: watch for road & bridge damage
- Be aware of falling objects
- Be prepared for aftershocks

Technological Hazards - HazMat

- Hazard Materials incident
 - Numerous semi-trucks & trains carrying hazardous materials through Crawford County
 - Evacuate if asked to do so by officials
 - Avoid the danger area
 - Stay upstream/upwind at least ½ mile
 - Stay inside if requested by officials
 - Turn off A/C or vent systems
 - Try to seal doors/windows with plastic sheeting & duct tape
 - Seek medical treatment for unusual symptoms if exposed
 - Listen to TV & radio for updates and instructions

Terrorism Hazards - Biological

- Biological threats
 - Aerosols, animals, food & water contamination, person-to-person
 - Avoid unusual or suspicious substances
 - Remove contaminated clothing, bag them, & dispose of properly
 - Wash with soap & water
 - Seek medical treatment if exposed
 - Listen to TV & radio for updates and instructions

Terrorism Hazards - Chemical

- Chemical threats
 - Toxic vapors, aerosols, liquids, solids
 - Similar to biological threats
 - Seek medical treatment if exposed
 - Listen to TV & radio for updates and instructions

Terrorism Hazards - Radiological

- Radiological threats
 - RDD aka “dirty bombs”
 - Seek immediate shelter
 - Seal doors & windows
 - Turn off ventilation systems
 - Listen to TV & radio for updates and instructions

Homeland Security Advisory System

- Provides warnings in form of graduated “threat conditions”
- Includes probability of attack occurring & potential magnitude
- Can be assigned for entire nation or specific areas or sectors



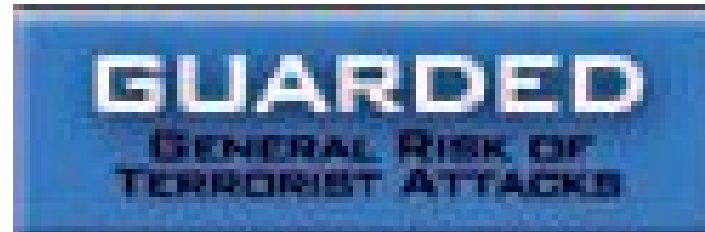
Homeland Security Advisory System

- **Green**
 - Low risk
 - Develop plans
 - Be informed of potential threats



Homeland Security Advisory System

- **Blue**
 - Guarded risk
 - Review stored supplies & replenish if necessary
 - Be alert to suspicious activity & report it



Homeland Security Advisory System

- **Yellow**

- Elevated risk
- Ensure disaster supplies are stocked
- Check emergency phone numbers
- Continue to be alert for suspicious activity



Homeland Security Advisory System

- **Orange**
 - High risk
 - Exercise caution when traveling, pay attention to travel advisories
 - Review your emergency plans
 - Check on others who might need assistance in an emergency

An orange rectangular box with a gradient background, containing the text "HIGH HIGH RISK OF TERRORIST ATTACKS" in white, bold, uppercase letters.

HIGH
HIGH RISK OF
TERRORIST ATTACKS

Homeland Security Advisory System

- **Red**

- Listen to local emergency management officials for guidance
- Listen to TV & radio for current information & instructions
- Be prepared to shelter or evacuate
- Expect travel delays & restrictions



SEVERE
SEVERE RISK OF
TERRORIST ATTACKS

Recovering from Disaster

- Health & Safety issues
 - Aid the injured, but do not move them unless there is imminent danger
 - Be aware of your own health
 - Don't try to do too much
 - Drink plenty of water & eat well
 - Be aware of new & existing safety issues
 - Inform authorities about health & safety issues

Coping with Disaster

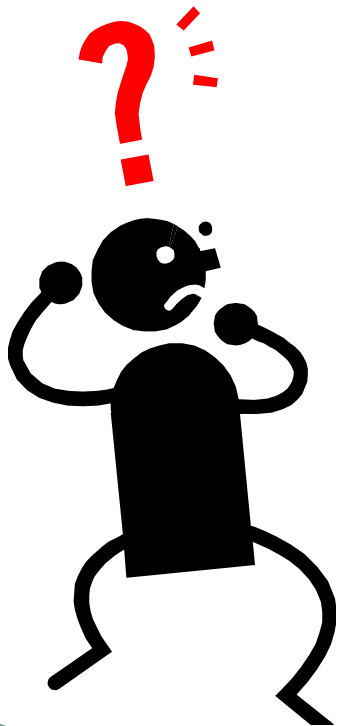
- **Ease stress**
 - Talk to someone about your feelings
 - Try to maintain a sense of normalcy
- **Help your children cope**
 - Children's coping often associated with how parents cope
 - Different ages cope differently
- **Help others**

What we've discussed...

- Why we prepare for disasters
- Basic preparedness strategies
- Local risks of disasters
- Homeland Security Advisory levels
- Disaster recovery & coping techniques

Now, do you feel ready?

- Questions/Comments?



For more detailed information...

- Are You Ready? information
 - Full course materials available at www.training.fema.gov/EMIWeb/IS/is22.asp (over 200 pages)
 - There is also an optional final exam

Thank you

- Next meeting
 - Incident Command System (ICS) basics
 - IS-100.a: Intro to Incident Command System
- Contact info
 - Randy Tedford
 - Email: rltedford@cchd.net
 - Phone: 618-544-8798