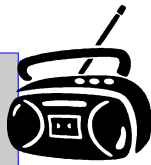


How to get information in an Emergency



Local radio and television stations will provide information in the event of a major emergency. In some instances, the Emergency Alert System may be activated. Tune in to your local station for public information.

RADIO: WTYE/WTAY 101.7FM Robinson

WAKO 103.1FM (910AM) Lawrenceville

WIKK 103.5FM Newton

TV: WBAK-TV www.fox38.com Terre Haute

WTHI-TV www.wthitv.com Terre Haute

WTWO-TV www.wtwo.com Terre Haute

HELPFUL WEBSITES

American Red Cross: www.redcross.org

Center for Disease Control & Prevention: www.bt.cdc.gov

Crawford County Agencies: www.crawfordcountycentral.com

Crawford County Health Department: www.cchd.net

IL Department of Public Health: www.idph.state.il.us

IL Environmental Protection Agency: www.epa.state.il.us

IL Department of Human Services: www.dhs.state.il.us

What Not to Do in an Emergency

Do Not go the hospital except in the case of a medical emergency and DO NOT call 9-1-1 except in life-threatening situations.

Do Not light matches or turn electrical switches on/off if you smell gas. DO NOT use the regular phone. Cell phones and sealed flashlights may be safe to use.

Do Not drive your vehicle unless you have been advised to evacuate or have a medical emergency. Be sure to check for travel restrictions.

Important Public Health and Safety Phone Numbers



| | |
|---------------------------------------|--------------|
| Life-Threatening Medical Emergencies: | 9-1-1 |
| County Emergency Management Agency: | 618-546-5602 |
| Crawford County Health Department:: | 618-544-8798 |
| Crawford Memorial Hospital: | 618-544-3131 |
| IL Poison Control Center: | 800-543-2022 |
| IL Dept. of Public Health: | 217-782-4977 |
| IL Dept. of Human Services: | 618-544-3151 |
| American Red Cross Chapter: | 812-882-2204 |
| Crawford County Humane Society: | 618-544-8698 |
| IL Emergency Management Agency: | 800-782-7860 |

Your Own Important Numbers

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West Nile Virus: Fighting the Bite

WNV is an illness that can spread from humans through mosquito bites. The best way to avoid WNV is to prevent mosquito bites. (Use insect repellent, avoid being outside dusk & dawn, wear long sleeves and pants when mosquitoes are active, drain standing water around the house, and repair tears in screens of windows and doors).



Emergency Preparedness Pocket Guide



“Promoting Health, Preventing Illness, and Protecting the Environment”

Your well being is what public health is all about. To learn more, visit us at <http://www.cchd.net> or call us at 618-544-8798

Crawford County Health Department
202 N. Christopher Blvd.
Robinson, IL 62454

This guide can help plan for and respond to a major emergency. Helpful websites and phone numbers have been included. Please read and review this guide carefully with your family. Add your own personal information to make it your own and keep it close at hand.

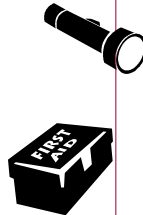
Your Best Protection is Preparation



If a disaster occurs, you may be asked by authorities to take one of two different actions: **Shelter In Place** or **Evacuate**. In either case, it is important that you and your family have an **Emergency Preparation Plan**.

Your Emergency Supplies Should Include:

- A battery powered or wind-up radio
- Flashlights with fresh batteries (store batteries separately)
- A first aid kit, including emergency medication
- A cell phone (make sure it is charged)
- Stored water in sealed, unbreakable containers (1 gallon per person per day for 1 week)
- A one week supply of food that doesn't need refrigeration (eating utensils including a can opener)
- Trash bags, duct tape, sheets of plastic, disposable gloves, N95 masks
- Fire Extinguisher
- For your car: shovel, fix-a-flat, booster cables, and flares



There are many types of emergencies. This Guide offers information about large-scale disasters and community-wide concerns, including earthquakes, emerging health threats and nuclear, biological, and chemical emergencies.

In the Event of an Earthquake:

Have a Plan: Select a safe place in every room. Practice DROP, HOLD, & COVER and teach children how to do it. This means drop under something, hold onto it, and cover your eyes by pressing your face against your arm.

Prepare an Emergency Supplies Kit: Make sure you have food, water, medical supplies and other materials you'll need for at least 3 days. Make sure you have food/supplies for your pets.

When the Shaking Starts: DROP, HOLD, COVER. Stay indoors until the shaking stops. If you're outside, find a clear spot away from buildings, trees, and power lines and drop to the ground. If you're in a car, slow down and drive to a clear place.

After the Shaking Stops: Get to a safe place outdoors if you think the building you're in is in danger of collapsing. Provide first aid for anyone injured and seek medical attention for seriously injured. Secure anything heavy that could fall and eliminate fire hazards. Listen to the radio for instructions. If you smell gas or think it is leaking, shut it off. Do not turn back on—leave it up to the professionals.

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Shelter In Place (In the event of a radiation, chemical, or biological emergency, authorities may direct you to SHELTER IN PLACE OR EVACUATE. If emergency officials advise you to **Shelter In Place** (remain in your home or place of work and protect yourself there):

1. Stay Calm
2. Bring Children and animals indoors immediately.
3. Close and lock all windows and outside doors.
4. Turn off fans, heating and air conditioning systems.
5. If you have a fireplace, close the damper.
6. Gather your disaster supplies and battery powered radio.
7. Go to an interior room. (above ground if a chemical threat)
8. Use duct tape (wet towels) to seal doors, exhaust fans, vents, & windows.
9. Listen to the radio or TV for emergency instructions.

In the event of a Chemical Emergency:



Protection for chemical agents varies. Either **Shelter In Place** or **Evacuation** orders may be given to provide protection. Listen to the radio for local authorities to give these orders only when necessary.

Chemical agents are poisonous gases, liquids, or solids that can cause injury, illness, and death. Chemical emergencies can be caused by industrial accidents or through the intentional release of

In the event of a Biological Emergency:



Biological agents are viruses, bacteria and toxins that can cause disease in people.

Protection during a biological event depends on the agent being used.

Some agents affect people who come into direct contact with it and it cannot pass from person to person. Others are highly contagious and require isolating persons who have been exposed. For some, immunizations may be recommended. In the event of a biological event, local authorities may give orders for **Shelter In Place** or **Evacuation**.

A **Pandemic** is caused by a novel flu virus that affects the world's population. Preparing ahead of time an emergency kit and flu plan will help to protect your family. Make sure to wash your hands often, use proper cough etiquette, and isolate yourself (stay home when ill, use paper masks when caring for ill family members, and maintain 3-6 feet personal space).

In the event of a Radiation Emergency:



1. Listen to the radio, TV, and local authorities to find out what to do.
2. Move to a place you will be protected from radiation. Stay Indoors.

SELF-DECONTAMINATION: If you have been in contact with radiation, remove your clothes as quickly as possible. Put clothes, jewelry, and eye glasses in a sealed plastic bag. Take a shower and wash with lukewarm water. Seek medical attention immediately.