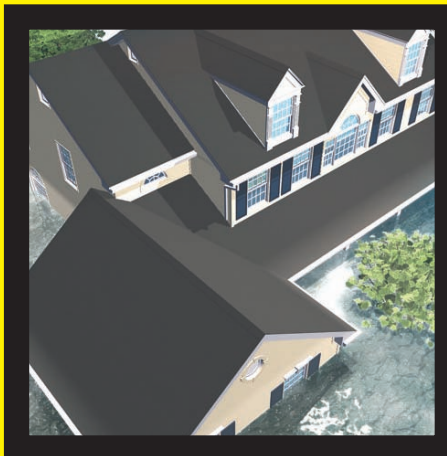
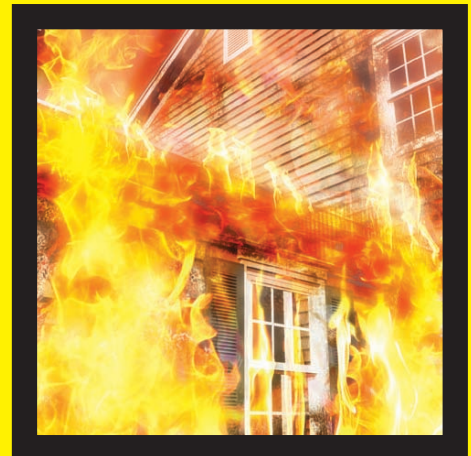
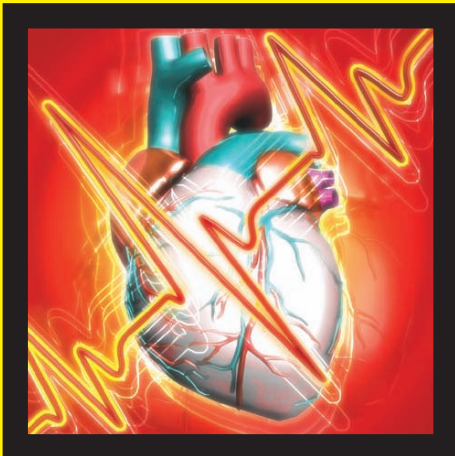


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E *What to do in case of an* **Emergency**



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Are you ready?

Take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. The Federal Emergency Management Agency's Ready campaign asks individuals to do three key things: get an emergency supply kit, make a family emergency plan and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. The following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs.



Ready

Prepare. Plan. Stay Informed.®

Emergency Supply List

Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children

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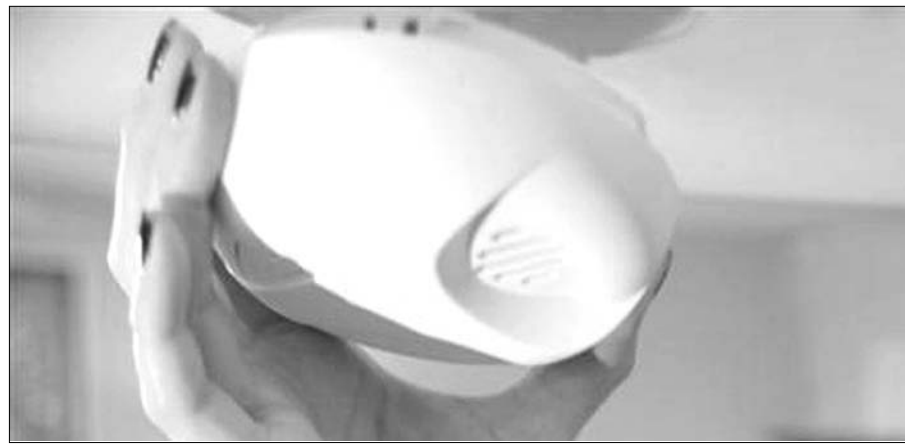
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Smoke alarms increase chance of surviving fire

A properly installed and maintained smoke alarm is the only thing in your home that can alert you and your family to a fire 24 hours a day, seven days a week. A working smoke alarm significantly increases your chances of surviving a deadly home fire.

- Install both ionization AND photoelectric smoke alarms, OR dual sensor smoke alarms, which contain both ionization and photoelectric smoke sensors
- Test batteries monthly.
- Replace batteries in battery-powered and hard-wired smoke alarms at least once a year (except non-replaceable 10-year lithium batteries)
- Install smoke alarms on every level of your home, including the basement. The U.S. Fire Administration recommends installing smoke alarms both inside and outside of sleeping areas.
- Always follow the manufacturer's installation instructions when installing smoke alarms.
- Replace the entire smoke alarm unit every 8-10 years or according to manufacturer's instructions.
- Never disable a smoke alarm while cooking – it can be a deadly mistake. Open a window



FEMA recommends smoke alarms should be installed on every level of the home including the basement.

or door and press the "hush" button, wave a towel at the alarm to clear the air, or move the entire alarm several feet away from the location.

More Fire Safety Tips

- Sleep with your door closed.
- Only those trained in the proper use and maintenance of fire extinguishers should consider using them when appropriate. Contact your local fire department for information on training in your area and what kind to buy for your home.
- Consider installing an automatic fire sprinkler system in your residence.
- Ask your local fire department to inspect your residence for fire safety and prevention.

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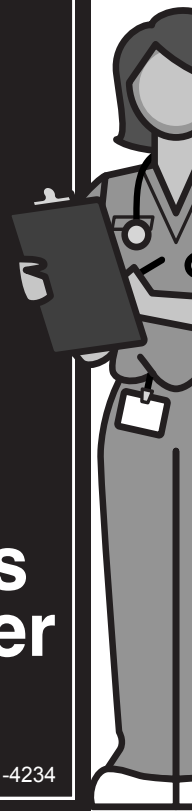


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Most flood deaths due to flash flooding

Several factors contribute to flash flooding. The two key elements are rainfall intensity and duration. Intensity is the rate of rainfall, and duration is how long the rain lasts. Topography, soil conditions, and ground cover also play an important role.

Flash floods occur within a few minutes or hours of excessive rainfall, a dam or levee failure, or a sudden release of water held by an ice jam. Flash floods can roll boulders, tear out trees, destroy buildings and bridges, and scour out new channels. Rapidly rising water can reach heights of 30 feet or more. Furthermore, flash flood-producing rains can also trigger catastrophic mud slides.

You will not always have a warning that these deadly, sudden floods are coming. Most flood deaths are due to flash floods.

Most flash flooding is caused by slow-moving thunderstorms, thunderstorms repeatedly moving over the same area, or heavy rains from hurricanes and tropical storms.

Occasionally, floating debris or ice can accumulate at a natural or man-made obstruction and restrict the flow of water. Water held back by the ice jam or debris dam can cause flooding upstream. Subsequent flash flooding can occur downstream if the obstruction should suddenly release.

The National Oceanic and Atmospheric Administration National Weather Service, FEMA, and The American Red Cross recommend individuals identify where to go if told to evacuate. Choose several places...a friend's home or a motel

in another town, or a shelter.

GO TO HIGHER GROUND!

Know your area's flood risk. For information, call your local National Weather Service office, Red Cross chapter, or local emergency management agency. Check your homeowner's or renter's insurance. Homeowners' policies do not cover flooding. Contact your insurance agent to find out how to get flood insurance.

Even 6 inches of fast-moving flood water can knock you off your feet, and a depth of 2 feet will float your car! NEVER try to walk, swim, or drive through such swift water. If you come upon flood waters, **STOP! TURN AROUND AND GO ANOTHER WAY.**

Flooding along rivers is a natural and inevitable part of life. Some floods occur seasonally when winter or spring rains, coupled with melting snows, fill river basins with too much water, too quickly. Torrential rains from decaying hurricanes or tropical systems can also produce river flooding.

As land is converted from fields or woodlands to roads and parking lots, it loses its ability to absorb rainfall. Urbanization increases runoff 2 to 6 times over what would occur on natural terrain. During periods of urban flooding, streets can become swift moving rivers, while basements can become death traps as they fill with water.

- Distant thunder runoff from a faraway thunderstorm could be headed your way.
- Look out for water rising rapidly.

Nearly half of all flash flood fatalities are auto related!

- Look out for flooding at highway dips, bridges, and low areas.

Many flash floods occur at night ... Be prepared to take quick action.

When a vehicle stalls in the water, the water's momentum is transferred to the car. For each foot the water rises, 500 pounds of lateral force are applied to the car.

Two feet of water will carry away most automobiles. If driving, be aware that the road bed may not be intact under flood waters. Turn around and go another way. NEVER drive through flooded roadways!

If the vehicle stalls, leave it immediately and seek higher ground. Rapidly rising water may engulf the vehicle and its occupants and sweep them away. Remember, it's better to be wet than dead!

- Know your flood risk and elevation above flood stage.
- Do your local streams or rivers flood easily? If so, be prepared to move to a place of safety. Know your evacuation routes.
- Keep your automobile fueled; if electric power is cut off, gas stations may not be able to operate pumps for several days.
- Assemble a disaster supplies kit containing: first aid kit, canned food and can opener, bottled water, rubber boots, rubber gloves, NOAA Weather Radio, battery-powered radio, flashlight, and extra batteries.

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More hot days ahead, so be prepared

Summer isn't over and there are many hot days ahead. Be prepared for the heat.

Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children and those who are sick or overweight are more likely to succumb to extreme heat.

Child Safety Tips

- Make sure your child's safety seat and safety belt buckles aren't too hot before securing your child in a safety restraint system, especially when your car has been parked in the heat.

- Never leave your child unattended in a vehicle, even with the windows down.

- Teach children not to play in, on, or around cars.

- Always lock car doors and trunks--even at home--and keep keys out of children's reach.

- Always make sure all children have left the car when you reach your destination. Don't leave sleeping infants in the car ever!

Adult Safety Tips

- Slow down. Reduce, eliminate or reschedule strenuous activities until the coolest time of the day. Children, seniors and anyone with health problems should stay in the coolest available place, not necessarily indoors.

- Dress for summer. Wear lightweight, light-colored clothing to reflect heat and sunlight.

- Put less fuel on your inner fires. Foods, like meat and other proteins that increase metabolic heat production also increase water loss.

- Drink plenty of water, non-alcoholic and decaffeinated fluids. Your body needs water to keep

cool. Drink plenty of fluids even if you don't feel thirsty. Persons who have epilepsy or heart, kidney or liver disease, are on fluid restrictive diets or have a problem with fluid retention should consult a physician before increasing their consumption of fluids. Do not drink alcoholic beverages and limit caffeinated beverages.

- During excessive heat periods, spend more time in air-conditioned places. Air conditioning in homes and other buildings markedly reduces danger from the heat. If you cannot afford an air conditioner, go to a library, store or other location with air conditioning for part of the day.

- Don't get too much sun. Sunburn reduces your body's ability to dissipate heat.

- Do not take salt tablets unless specified by a physician.

Heat Disorder Symptoms

SUNBURN: Redness and pain. In severe cases swelling of skin,

blisters, fever, headaches. First Aid: Ointments for mild cases if blisters appear and do not break. If breaking occurs, apply dry sterile dressing. Serious, extensive cases should be seen by physician.

HEAT CRAMPS: Painful spasms usually in the muscles of legs and abdomen with heavy sweating. First Aid: Firm pressure on cramping muscles or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue water.

HEAT EXHAUSTION: Heavy sweating; weakness; cold, pale, clammy skin; thready pulse; fainting and vomiting but may have normal temperature. First Aid: Get victim out of sun. Once inside, the person should lay down and loosen his or her clothing. Apply cool, wet cloths. Fan or move victim to air conditioned room. Offer sips of water. If nausea occurs, discontinue water. If vomiting continues, seek immediate medical attention.



HEAT STROKE (or sunstroke): High body temperature (106° F or higher), hot dry skin, rapid and strong pulse, possible unconsciousness. First Aid: Heat stroke is a severe medical emergency. Summon emergency medical assistance or get the victim to a hospital immediately. Delay can be fatal.

While waiting for emergency assistance, move the victim to a cooler environment reduce body temperature with cold bath or sponging. Use extreme caution. Remove clothing, use fans and air conditioners. If temperature rises again, repeat process. Do NOT give fluids. Persons on salt restrictive diets should consult a physician before increasing their salt intake.

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In emergency, hands-only CPR can be a lifesaver

Hands-only CPR is a potentially lifesaving technique involving no mouth to mouth contact. It is best used in emergencies where someone has seen another person suddenly collapse.

The hands-only technique increases the likelihood of surviving cardiac emergencies that occur outside medical settings.

HANDS-ONLY CPR FOR WITNESSED SUDDEN COLLAPSE

CHECK and CALL

1. CHECK the scene, then CHECK the person.
2. Tap on the shoulder and shout, "Are you OK?" and quickly look for breathing.
3. CALL 9-1-1 if no response.
4. If unresponsive and not breathing, BEGIN CHEST COMPRESSIONS.

TIPS:

- Whenever possible use disposable gloves when giving care.
- Occasional gasps are not breathing.

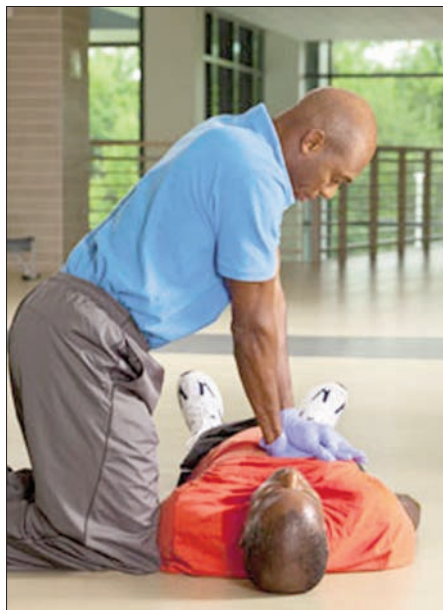
GIVE CHEST COMPRESSIONS

1. Place the heel of one hand on the center of the chest.
2. Place the heel of the other hand on top of the first hand, lacing your fingers together.
3. Keep your arms straight, position your shoulders directly over your hands.
- 4 Push hard, push fast.
 - Compress the chest at least 2 inches.
 - Compress at least 100 times per minute.
 - Let the chest rise completely before pushing down again.
5. Continue chest compressions.

DO NOT STOP

Except in one of these situations:

- You see an obvious sign of life (breathing).
- Another trained responder arrives and takes over.
- EMS personnel arrive and take over.
- You are too exhausted to continue.



The hands-only technique of CPR does not involve mouth-to-mouth contact but can still increase the likelihood of surviving a cardiac arrest.

- An AED is ready to use.
- The scene becomes unsafe.

AUTOMATED EXTERNAL DEFIBRILLATOR

If an AED is available:

1. Turn on AED.
2. Wipe chest dry.
3. Attach the pads.
4. Plug in connector, if necessary.
5. Make sure no one is touching the individual.
6. Push the "Analyze" button, if necessary.
7. If a shock is advised, push the "Shock" button.
8. Perform compressions and follow AED prompts.

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MORE RESOURCES

For more information on advanced preparation to deal with emergency situations visit the following sites:

- www.redcross.org
- www.ready.gov
- emergency.cdc.gov/preparedness/plan/

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