

**What** to do in case of an

# Emergency



**INCLUDING:**

**Storms & Natural Disasters**

**Fire Safety**

**Medical Emergencies**

**Disaster Supplies**

**Family Disaster Planning**

**Special Needs Information**



**W**e live in a different world than we did before September 11, 2001. We are more aware of our vulnerabilities, more appreciative of our freedoms and more understanding that we have a personal responsibility for the safety of our families, our neighbors and our nation.

Your Guide to Emergency Preparedness provides practical information on how your family can prepare for any disaster. It includes up-to-date, hazard-specific safety tips and information about preparedness and protection. In addition to information on most natural and technological disasters, there is information about persons with disabilities and special needs, school disaster planning, health and medical emergencies and other timely information.

We know that disaster preparedness works. We can take action now that will help protect our families, reduce the impact an emergency has on our lives, and deal with the chaos if an incident occurs near us. Our vision of a prepared community is best achieved by your participation in community and family preparedness so that we are all better protected for every disaster.

Contact the fire department, the county emergency management office or the local American Red Cross for information about specific hazards in your area or to volunteer to help make your community better prepared.

We know that disaster can strike at any time, and we all have a personal responsibility to be ready.

Sincerely,



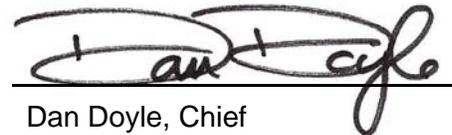
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### *Acknowledgement*

This guide has been prepared for direct dissemination to the general public and is based on the most reliable hazard awareness and emergency education information available at the time of publication, including advances in scientific knowledge, more accurate technical language, and the latest physical research on what happens in disasters.

This publication is, however, too brief to cover every factor, situation, or difference in buildings, infrastructure, or other environmental features that might be of interest. To help you explore your interest further, additional sources of information have been compiled in the *For More Information* section at the end of the guide.

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## Recognizing an Emergency

### Emergency Alert

**You could encounter an emergency anytime and anywhere. Your senses will alert you that something is wrong. You may:**

- Hear: shouts, moans, screams, clashing metal, breaking glass
- See: a crowd, an accident, downed electrical wires, spilled pills or chemicals
- Smell: smoke, strong odors
- Observe: unusual behavior, slurred speech, confusion, excessive sweating, grabbing for chest or throat

Check	Call	Care
<input type="checkbox"/> Check the scene to be sure it's safe to help; if it isn't, stay out of the hazard zone	<input type="checkbox"/> Call 9-1-1 or the local emergency number	<input type="checkbox"/> Check the victim for breathing, pulse, and bleeding
<input type="checkbox"/> Check the victim for consciousness	<input type="checkbox"/> Ask someone else to call if you're helping the victim	<input type="checkbox"/> Help victims with life-threatening emergencies first
<input type="checkbox"/> <b>BE CAREFUL!</b> You won't be much help if you get injured too	<input type="checkbox"/> Give your location and the victim's condition  <input type="checkbox"/> Don't hang up until the dispatcher says you can	<input type="checkbox"/> Don't move anyone who is injured unless they are in danger  <input type="checkbox"/> Help them rest comfortably  <input type="checkbox"/> Keep them warm or cool as needed  <input type="checkbox"/> Offer reassurance



### Why Prepare for a Disaster?



Disaster disrupts hundreds of thousands of lives every year. Each disaster has lasting effects- people are seriously injured, some are killed, and property damage runs into the billions of dollars.

If a disaster occurs in our community, local government and disaster relief organizations try to help you, but you need to be ready as well. Local responders may not be able to reach you immediately, or they may need to focus their efforts elsewhere.

Being prepared and understanding what to do can reduce fear, anxiety and losses that accompany disasters. Communities, families and individuals should know what to do in a fire and where to seek shelter in a serious thunderstorm.

You should be ready for home evacuation, understand how and where to take refuge in public shelters and know how to care for your and your family's basic medical needs.

You can also reduce the impact of emergencies and disasters (flood proofing/insurance, identifying potential hazards, fire safety, and crime prevention activities) and sometimes avoid the danger altogether.

You should know how to respond to severe weather or any disaster that could occur in your area- serious thunderstorms, utility outages, extreme heat/cold or flooding. You should also be ready to be self-sufficient for at least three days. This may mean providing for your own shelter, first aid, food, water and sanitation.

This guide can help. It was developed by Lake Havasu City, working in conjunction with the American Red Cross, Mohave County Department of Emergency Management, and Mohave County Health Department. It contains step-by-step advice on how to prepare for, respond to and recover from disasters.

While this guide focuses on the physical hazard of disasters, there are also the emotional effects of losing a loved one, a home, or treasured possessions. When under stress, people can become irritable, fatigued,

hyperactive, angry and withdrawn. Children and older adults are especially vulnerable to post-disaster psychological effects.

Share this reference with your household; include everyone in the planning process.

Teach children how to respond to emergencies. Give them a sense of what to expect. Being prepared, understanding your risks and taking steps to reduce those risks can reduce the damages caused by hazards.



#### What You Should Do

First, ask your fire department or the county emergency management office which disasters could strike your community. They will know your community's risks. You may be aware of some of them; others may surprise you. Also, ask for any information that might help you prepare and possibly reduce the risks you face. Then, refer to the appropriate sections in the guide.

Each section covers a specific hazard or special population and describes how to prepare and what to do when the disaster occurs.

Use this guide as your foundation for disaster preparedness and safety. Consider getting involved in local emergency preparedness and response activities by volunteering in your community. Contact your local American Red Cross to become trained in disaster response or become a volunteer in the Medical Reserve Corps, or CERT.

## General Preparedness Information

### Emergency Planning

Immediately after an emergency, essential services may be cut off and local disaster relief and government responders may not be able to reach you right away. Knowing what to do to protect yourself and your household is essential.

This section describes how to prepare for any kind of disaster. It also provides specific information about emergency water, food and a recommended disaster supply kit.

### Creating a Disaster Plan

One of the most important steps you can take in preparing for emergencies is to develop a household disaster plan.

1. Learn about the natural disasters that could occur in your community from your fire department, county emergency management office or American Red Cross chapter. Learn whether hazardous materials are produced, stored or transported near your area. Learn about possible consequences of deliberate acts of terror. Ask how to prepare for each potential emergency and how to respond.
  2. Talk with employers and school officials about their emergency response plans.
  3. Talk with your household about potential emergencies and how to respond to each. Talk about what you would need to do in an evacuation.
  4. Plan how your household would stay in contact if you were separated. Identify two meeting places: the first should be near your home in case of fire, perhaps a tree or a telephone pole; the second should be away from your neighborhood in case you cannot return home.
  5. Pick a friend or relative who lives out of the area for household members to call to say they are okay.
  6. Draw a floor plan of your home. Mark two escape routes from each room.
  7. Post emergency telephone numbers by telephones. Teach children how and when to call 9-1-1.
  8. Make sure everyone in your household knows how and when to shut off water, gas, and electricity at the main switches. Consult with your local utilities if you have questions.
- 
9. Take a first aid and CPR class. Local American Red Cross chapters can provide information. Official certification by the American Red Cross provides Good Samaritan law protection for those giving first aid.
  10. Reduce the economic impact of disaster on your property and your household's health and financial well-being:
    - Review property insurance policies before disaster strikes. Make sure policies are current and be certain they meet your needs (type of coverage including renter's insurance, amount of coverage, and hazard coverage for flood, fire and theft).
    - Protect your household's financial well-being before a disaster strikes. Review life insurance policies and consider saving money in an *emergency* savings account that could be used in any crisis. It is advisable to keep a small amount of cash or traveler's checks at home in a safe place where you can quickly gain access to it in case of an evacuation.
    - Make certain that health insurance policies are current and meet the needs of your household.
  11. Consider ways to help neighbors who may need special assistance, such as the elderly or the disabled.
  12. Make arrangements for pets. Pets are not allowed in public shelters. However, service animals for those who depend on them are allowed.

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### Disaster Supply Kits

You may need to survive on your own for three days or more. This means having your own water, food and emergency supplies. Try using backpacks or duffel bags to keep the supplies together. Assembling the supplies you might need following a disaster is an important part of your disaster plan. You should prepare:

- A disaster supply kit kept in a designated place and ready to *grab 'n go* in case you have to leave your home quickly because of a disaster. Make sure all household members know where the kit is kept and check the kit every six months.
- A disaster supply kit at work. This should be in one container, ready to *grab 'n go* in case you have to evacuate the building.
- A car kit of emergency supplies, including food and water, to keep stored in your car at all times. This kit would also include flares, jumper cables, and seasonal supplies.

The following checklists will help you assemble disaster supply kits that meet the needs of your household.

#### Water

- One gallon of water per person per day, for drinking and sanitation.
- Children, nursing mothers, and sick people may need more water.
- Store water tightly in clean plastic containers such as soft drink bottles.
- Keep at least a three-day supply of water per person.

#### Food

- Store at least a three-day supply of non-perishable food per person.
- Select foods that require no refrigeration, preparation or cooking and little or no water.
- Pack a manual can opener and eating utensils.
- Choose foods your family will eat.
- Ready-to-eat canned meats, fruits & vegetables.
- Protein or fruit bars.
- Dry cereal or granola.
- Peanut butter.
- Dried fruit.
- Nuts.
- Crackers.
- Canned juices.
- Non-perishable pasteurized milk.
- Vitamins.
- High energy foods.
- Food for infants.
- Comfort/stress foods.

#### First Aid Supplies

Assemble a first aid kit for your home and for each vehicle.

*The basics for your first aid kit should include:*

- First aid manual.
- Sterile adhesive bandages in assorted sizes.
- Assorted sizes of safety pins.
- Cleansing agents (isopropyl alcohol, hydrogen peroxide, soap, germicide).
- Thermometer.
- Antibiotic ointment.
- Latex gloves (2 pair).
- Scissors.
- Cotton balls.
- Needle.
- Triangular bandages (3).
- Tweezers.
- Moistened towelettes.
- Antiseptic.
- Sterile gauze pads (4-6 each size).

*Have the following nonprescription drugs in your disaster supply kit:*

- Aspirin and non-aspirin pain reliever.
- Anti-diarrhea medication.
- Antacid (for upset stomach).
- Syrup of ipecac (use to induce vomiting if advised by the poison control center).
- Laxative.

*continued on next page*

**Disaster Supply Kits****Tools and Emergency Supplies**

It will be important to assemble these items in a disaster supply kit in case you have to leave your home quickly. Even if you don't have to leave your home, if you lose power it will be easier to have these items already assembled and in one place.

**Tools and Other Items**

- A portable, battery-powered radio or television and extra batteries (also have a NOAA weather radio, if appropriate for your area).
- Jumper cables or specific recharging device.
- Flashlight and extra batteries.
- Signal flare.
- Matches in a waterproof container or waterproof matches.
- Shut-off wrench, pliers, shovel and other tools.
- Duct tape and scissors.
- Tire patch kit; seal-in-air product.
- Plastic sheeting.
- Whistle.
- Small canister, ABC type fire extinguisher.
- Compass.
- Work gloves.
- Paper, pen, and pencils.
- Needles and thread.
- Battery-operated travel alarm clock.

**Kitchen Items**

- Manual can opener.
- Mess kits or paper cups, plates, and plastic utensils.
- Utility knife.
- Sugar, salt, and pepper.
- Aluminum foil and plastic wrap.
- Re-sealing plastic bags.
- If food must be cooked, small cooking stove and a can of cooking fuel.

**Sanitation and Hygiene Items**

- Washcloth and towel.
- Towelettes, soap, hand sanitizer, liquid detergent.
- Toothpaste, toothbrushes, shampoo, deodorants, comb and brush, razor, shaving cream, lip balm, sunscreen, insect repellent, contact lens solutions, mirror, feminine supplies.
- Heavy-duty plastic garbage bags and ties for personal sanitation uses, and toilet paper.
- Medium-sized plastic bucket with tight lid.
- Disinfectant and household chlorine bleach.
- Small shovel for digging a latrine.

**Household Documents and Contact Numbers**

- Personal identification, cash (including change) or traveler's checks, and a credit card.
- Copies of important documents: birth certificate, marriage certificate, driver's license, social security cards, passport, wills, deeds, inventory of household goods, insurance papers, immunization records, bank and credit card account numbers, stocks and bonds. Be sure to store these in a watertight container.
- Emergency contact list and phone numbers.
- Map of the area and phone numbers of places you could go.
- An extra set of car keys and house keys.

**Clothes and Bedding**

- One complete change of clothing and footwear for each household member. Shoes should be sturdy work shoes or boots. Rain gear, hat and gloves, extra socks, extra underwear, thermal underwear, sunglasses.
- Blankets or a sleeping bag for each household member; pillows.

**Specialty Items**

Remember to consider the needs of infants, elderly persons, disabled persons, and pets and to include entertainment and comfort items for children.

- For baby
- For the elderly
- For pets
- Entertainment: books, games, quiet toys and stuffed animals

**It is important for you to be ready, wherever you may be when disaster strikes. With the checklists above you can now put together appropriate disaster supply kits for your household.**



### Children and Disaster

Disasters may strike quickly and without warning. These events can be frightening for adults, but they are traumatic for children if they don't know what to do.

During a disaster, your family may have to leave your home and daily routine. Children may become anxious, confused, or frightened. It is important to give children guidance that will help them reduce their fears.

#### Children and Their Response to Disaster

- Children depend on daily routines: they wake up, eat breakfast, go to school, play with friends.
- When emergencies or disasters interrupt this routine, children may become anxious.
- In a disaster, children will look to you and other adults for help. How you react gives them clues on how to act. If you react with alarm, a child may become more scared. They see our fear as proof that the danger is real. If you seem overcome with a sense of loss, a child may feel their losses more strongly.
- Children's fears also may stem from their imagination, and you should take these feelings seriously. A child who feels afraid is afraid. Your words and actions can provide reassurance. When talking with your child, present a realistic picture that is honest and manageable.
- Feelings of fear are healthy and natural for adults and children. As an adult, you need to keep control of the situation. When you're sure that danger has passed, concentrate on your child's emotional needs by asking the child what is uppermost in his mind. Having children participate in the family's recovery activities will help them feel that life will return to *normal*. Your response may have a lasting impact.
- Be aware that after a disaster, children are most afraid that:
  - \* The event will happen again.
  - \* Someone will be injured or killed.
  - \* They will be separated from the family.
  - \* They will be left alone.

#### Advice to Parents: Prepare for Disaster

- You can create a family disaster plan and practice it so that everyone will remember what to do when a disaster occurs. Everyone in the household, including children, should play a part in the family's response and recovery efforts. See the *General Preparedness* section for more information.
- Teach your child how to recognize danger signals. Make sure your child knows what smoke detectors, fire alarms and alarm systems (horns/sirens) sound like.
- Teach your child how and when to call for help. Check the telephone directory for local emergency phone numbers and post these phone numbers by all telephones. Teach your child how and when to call 9-1-1.
- Help your child memorize important family information such as their family name, address and phone number. They should also know where to meet in case of an emergency. Some children may not be old enough to memorize the information; they could carry a small index card that lists emergency information to give to an adult or babysitter.

#### After the Disaster: Time for Recovery

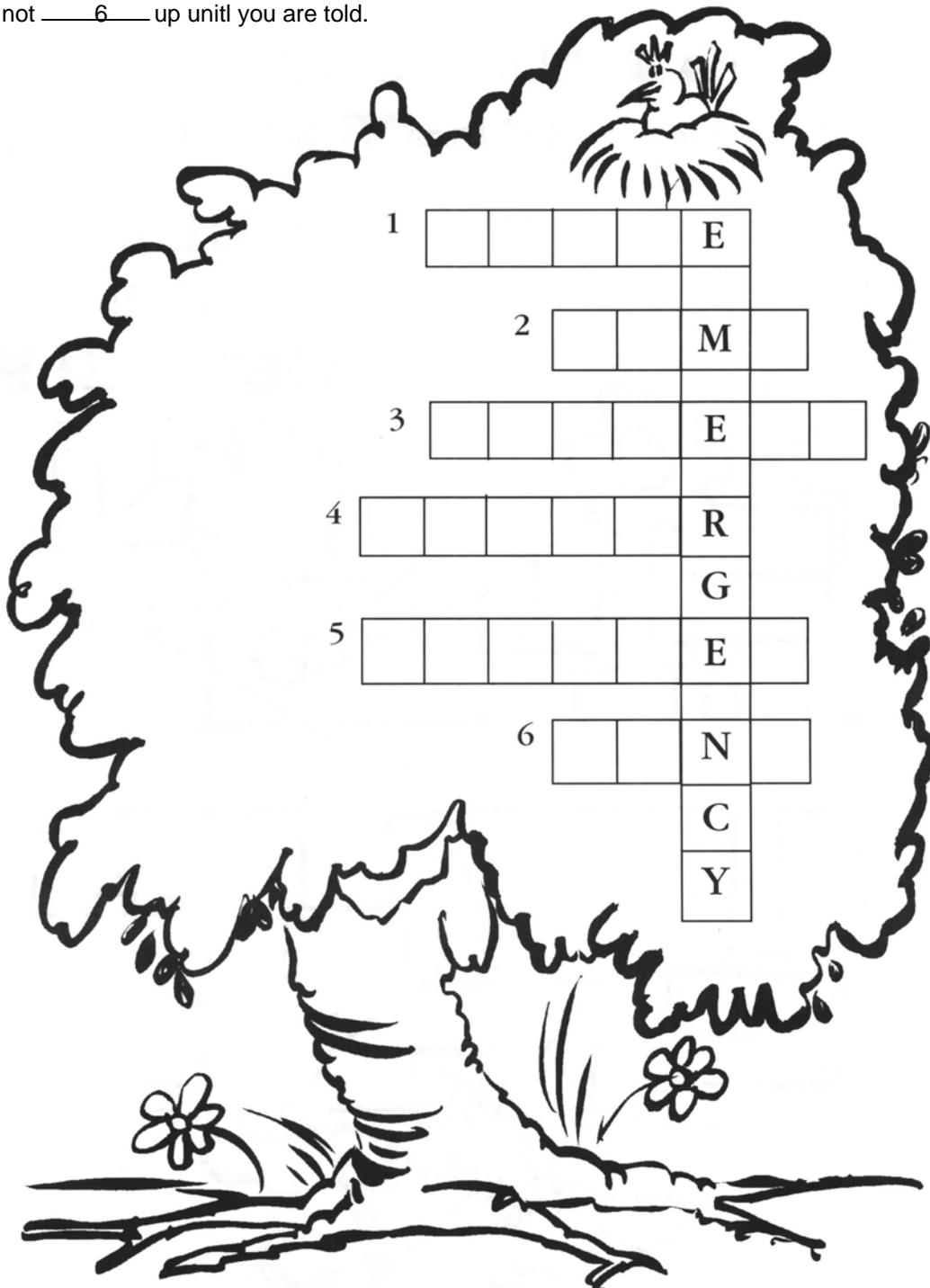
- Immediately after the disaster, try to reduce your child's fear and anxiety.
- Keep the family together. While you look for housing and assistance, you may want to leave your children with relatives or friends. Instead, keep the family together as much as possible and make children a part of what you are doing to get the family back on its feet. Children get anxious, and they'll worry that their parents won't return.
- Calmly and firmly explain the situation. As best as you can, tell children what you know. Explain what will happen next. For example, say, "Tonight we will all stay together in the living room, basement or area of best shelter." Get down to the child's eye level while talking. Encourage children to talk. Let children talk about the disaster and ask questions as much as they want. Encourage children to describe what they're feeling. Listen to what they say. Include the entire family in the discussion.
- Include children in recovery activities. Give children chores that are their responsibility. Having a task will help them understand that everything will be all right.
- You can help children cope by understanding what causes their anxieties and fears. Reassure them with firmness and love. Your children will realize that life will eventually return to normal. If a child does not respond to the above suggestions, seek help from a mental health specialist or a member of the clergy.

# Fun Reminder CROSSWORD TREE

Write the missing word to each sentence in the boxes on the tree.

**AFTER YOU DIAL THE EMERGENCY NUMBER (9-1-1), TELL THE OPERATOR...**

- A. This is an emergency and I am home 1.
- B. Give your 2, 3, and phone 4.
- C. Tell what the 5 is.
- D. Do not 6 up until you are told.



Courtesy American Red Cross

Additional Children's Educational Materials Available. Contact Your Local Chapter.

Answers: 1) alone, 2) name, 3) address, 4) number, 5) problem, 6) hang

### School Emergency Planning

The Lake Havasu Unified School District #1 is responsible for ensuring all children have a safe and secure learning environment. Parents should become involved by understanding the following basic emergency planning at their children's schools.

#### Emergency Plans

- Your school has established a school crisis plan in partnership with public safety agencies, including law enforcement, fire, health, mental health and local emergency preparedness agencies. They address traditional crises and emergencies such as fires, school shootings, and accidents, as well as biological, radiological, chemical and other terrorist activities.
- Your school's crisis plans address the unique circumstances and needs of your child's school. Each school crisis plan address four major areas.
  1. Prevention/mitigation
  2. Preparedness
  3. Response
  4. Recovery

#### Be Prepared

- Know the process the school has established for communicating with you during a crisis.
- Know the school's plan for discharging students under all circumstances to include severe storms, utility outages, fires, etc.
- Remember that during a crisis or early dismissal you may not be able to get to the school to pick up your child. Prepare a plan now to make sure your child has a secondary contact person, contact information is readily available at the school and your child knows who is authorized to pick them up.
- Listen to your local radio stations and watch local news reports. Emergency and school officials will use these outlets to distribute important information during a crisis.

#### If There is a School Emergency

- In the event a crisis has occurred at your child's school, do not assume that you should go directly to the school to pick up your child. Sometimes the safest place for them to be is within the school building. For example, if there is a hazardous materials incident and your child is at school, you will probably not be permitted to drive to the school to pick up your child. Even if you go to the school, the doors will probably be locked to keep the children safe.
- Follow the directions of your local emergency officials.

#### School Safety Tips for Parents

Advocate for these safeguards at your child's school:

- **An emergency plan**  
The plan involves local police, fire department, ambulance services and other emergency response organizations.
- **Regular emergency drills**  
Drills can uncover logistical problems or glitches in area school plans. For example, one school planned to evacuate students by bus in an emergency but had not considered that buses were available only in the morning and late afternoon.
- **Readily available first aid kits**  
Look for first aid kits throughout the premises, preferably in every classroom. Teachers' kits should also include a class roster, a list of who has permission to pick up each child, pens, paper, whistle, student activities, drinking water and cups, portable radio and flashlight, extra batteries and any specialty items such as extra medications, records of special needs and *comfort* items, such as toys for smaller children. Classroom kits should be stored in portable containers or backpacks.
- **An off-campus meeting site**  
Whether it's a fire or hostage situation, parents want to rush to the school right away. That can easily make the situation more dangerous for kids by diverting police attention and creating other problems, so all classrooms should have a designated off-campus meeting site.
- **A way to report bullying and violence**  
Many schools have hotlines or other means for students to anonymously report bullying or impending violence. The reason: two-thirds of the students who carry out school shootings have experienced *longstanding and severe* bullying and harassment, according to a US Secret Service report.
- **Interventions for troubled kids**  
Schools are focused on combating bullying and detecting actions and communication suggesting a violent act is actually being planned.

## Special Needs

### Emergency Planning for People With Special Needs

If you have a disability or special 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 special needs, help them with these extra precautions.

#### Prepare

- Purchase clothing, linens, and blankets made of fire resistance material.
- Arrange furniture so it does not obstruct a quick exit.
- Hearing impaired may need to make special arrangements to receive a warning.
- Mobility impaired may need assistance in getting to a shelter.
- Households with a single working parent may need help from others both in planning for disasters and during an emergency.
- Non-English speaking people may need assistance planning for and responding to emergencies. Community and cultural groups may be able to help keep these populations informed.
- People without vehicles may need to make arrangements for transportation.
- People with special dietary needs should have an adequate emergency food supply.
- 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.
- Ensure that you have a plan in place with your medical provider to continue your healthcare support, such as arranging to have access to an auxiliary site for dialysis if your power is out at home.
- Discuss your needs with your employer. If you are mobility impaired and live or work in a restrictive building, have an escape chair.
- If you live in an apartment building, ask the management to mark accessible exits clearly and to make arrangements to help you evacuate the building.
- Keep extra wheelchair batteries, oxygen, catheters, medication, food for guide or hearing-ear dogs, or other items you might need. Also, keep a list of the type and serial numbers of medical devices you need.
- Make sure all life-sustaining medications, equipment and oxygen (i.e., seizure, blood pressure, and heart medications, insulin, colostomy dressings, battery backup for machines or possibly a generator, etc.) can last through at least the disaster and recovery period.
- There may be no phone service and pharmacies may close. Plan with your physician for emergency prescription refills.
- Those who are not disabled should learn whom in their neighborhood or building is disabled so that they may assist them during emergencies.
- If you are a caregiver for a person with special needs, make sure you have a plan to communicate if an emergency occurs.
- Be sure to have all medical and medically related records in order, including health care proxy, DNR orders, etc.
- **National Organization on Disability:**  
Tel: 202.293.5960  
TDD: 711 Relay  
[www.nod.org/emergency](http://www.nod.org/emergency)



Find out about special assistance that may be available in your community.

**Fire Safety** Lake Havasu City Fire Department has responded to several fire-related calls, many of which could have been prevented. As a result of these fires, over the years there were civilian injuries, civilian deaths and property damage estimated in the millions. To protect yourself, it's important to understand the basic characteristics of fire. A fire spreads quickly; there is no time to gather valuables or make a phone call. In just two minutes a fire can become life-threatening. In five minutes a residence can be engulfed in flames. Heat and smoke from fire can be more dangerous than the flames. Inhaling the super-hot air can sear your lungs. Fire produces poisonous gases that make you disoriented and drowsy. Instead of being awakened by a fire, you may fall into a deeper sleep. Asphyxiation is the leading cause of fire deaths, exceeding burns, by a three-to-one ratio.

### What to Do Before Fire Strikes

1. Install smoke alarms. *Working smoke alarms decrease your chances of dying in a fire by half.*
  - Place smoke alarms on every level of your residence: outside bedrooms on the ceiling or high on the wall, at the top of open stairways or at the bottom the enclosed stairs and near (not in) the kitchen.
  - Test and clean smoke alarms once a month and replace batteries at least once a year. Replace smoke alarms once every 10 years.
2. With your family, plan two escape routes from every room in the residences. Practice with your family escaping from each room.
  - Make sure windows are not nailed or painted shut. Make sure security gratings on windows have a fire safety opening feature so that they can be easily opened from the inside.
  - Consider escape ladders if your home has more than one level and ensure that burglar bars and other anti-theft mechanisms that block outside window entry are easily opened from the inside.
  - Teach family members to stay low to the floor (where the air is safer) when escaping from a fire.
  - Pick a place outside your home for the family to meet after escaping from a fire.
3. Clean out storage areas. Don't let trash such as old newspapers and magazines accumulate.
4. Check the electrical wiring in your home.
  - Inspect extension cords for frayed or exposed wires or loose plugs.
  - Outlets should have cover plates and no exposed wiring.
  - Make sure wiring does not run under rugs, over nails, or across high traffic areas.
  - Do not overload extension cords or outlets. If you need to pug in two or three appliances, get a UL approved unit with built-in circuit breakers to prevent sparks and short circuits.
5. Never use gasoline, benzene, naphtha or similar liquids indoors.
  - Make sure home insulation does not touch bare electrical wiring.
  - Store flammable liquids in approved containers in well-ventilated storage areas.
  - Never smoke near flammable liquids.
  - After use, safely discard all rags or materials that have been soaked in flammable material.
6. Check heating sources. Many home fires are started by faulty furnaces or stoves cracked or rusted furnace parts and chimneys with creosote build-up. Have chimneys, wood stoves and all home heating systems inspected and cleaned annually by a certified specialist.
7. Insulate chimneys and place spark arresters on top. The chimney should be at least three feet higher than the roof. Remove branches hanging above and around the chimney.
8. Be careful when using alternative heating sources, such as wood, coal, kerosene heaters and electrical space heaters.
  - Check with your local fire department on the legality of using kerosene heaters in your community. Be sure to fill kerosene heaters outside after they have cooled.
  - Place heaters at least three feet away from flammable materials. Make sure the floor and nearby walls are properly insulated.
  - Use only the type of fuel designated for your unit and follow manufacturer's instructions.
  - Store ashes in a metal container outside and away from the residence.
  - Keep open flames away from walls, furniture, drapery and flammable items. Keep a screen in front of the fireplace.
  - Use portable heaters only in well-ventilated rooms.

*continued on next page*

**Before Fire Strikes** continued

9. Keep matches and lighters up high, away from children, and if possible, in a locked cabinet.
10. Do not smoke in bed, or when drowsy or medicated. Provide smokers with deep, sturdy ashtrays. Douse cigarette and cigar butts with water before disposal.
11. Sleep with your door closed.
12. Install ABC type fire extinguishers in the home and teach family members how to use them.
  - Type A - wood or paper fires only
  - Type B - flammable liquid or grease fires
  - Type C - electrical fires
  - Type ABC - rated for all fires and recommended for the home
13. Consider installing an automatic fire sprinkler system in your home.
14. Ask your local fire department to inspect your residence for fire safety and prevention.
15. Teach children how to report a fire and when to use 9-1-1.
16. To support insurance claims in case you do have a fire, conduct an inventory of your property and possessions and keep the list in a separate location. Photographs are also helpful.
17. See the *General Preparedness* section for additional information.

**What to Do During a Fire**

1. Do not try to put out a fire that is getting out of control. If you're not sure if you can control it, get everyone out of the residence and call the fire department from a neighbor's residence.
2. Never use water on electrical fires. Use only a fire extinguisher approved for electrical fires.
3. Smother oil and grease fires in the kitchen with baking soda or salt, or put a lid over the flame if it is burning in a pan. Do not attempt to take the pan outside.
4. If your clothes catch fire; stop, drop, and roll until the fire is extinguished. Running only makes the fire burn faster.
5. If you are escaping through a closed door, use the back of your hand to feel the top of the door, the door-knob, and the crack between the door and the door frame before you open it. Never use the palm of your hand or fingers to test for heat. Burning those areas could impair your ability to escape from a fire (i.e., climbing ladders and crawling).
  - If the door is cool, open slowly and ensure fire and/or smoke is not blocking your escape route. If your escape route is blocked, shut the door immediately and use an alternate escape route, such as a window. If clear, leave immediately through the door. Be prepared to crawl. Smoke and heat rise. The air is clearer and cooler near the floor.
  - If the door is warm or hot, do not open. Escape through a window. If you cannot escape, hang a white or light-colored sheet outside the window, alerting firefighters to your response.
6. If you must exit through smoke, crawl low under the smoke to your exit. Heavy smoke and poisonous gases collect first along the ceiling.
7. Close doors behind you as you escape to delay the spread of the fire.
8. Once you are safely out, STAY OUT. Call 9-1-1.

**What to Do After a Fire**

1. Do not enter a fire-damaged building unless authorities say it is okay.
2. Call your insurance agent.
  - Make a list of damage and losses. Pictures are helpful.
  - Keep records of clean-up and repair costs. Receipts are important for both insurance and income tax claims.
  - Do not throw away any damaged goods until an official inventory has been taken. Your insurance company takes all damages into consideration.
3. If you are a tenant, contact the landlord. It's the property owner's responsibility to prevent further loss or damage to the site.
4. Discard food, beverages and medicines that have been exposed to heat, smoke or soot. Refrigerators and freezers left closed hold their temperature for a short time. Do not attempt to refreeze food that has thawed.

### Extreme Heat Preparedness

#### Prepare yourself and your family for heat emergencies

- Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 a.m. and 7 a.m.
- Stay indoors as much as possible. If air conditioning is not available, stay on the lowest floor, out of the sunshine.
- Try to go to a public building with air conditioning each day for several hours.
- Fans do not cool the air but rather help sweat evaporate, which cools your body.
- Wear lightweight, light-colored clothing. This helps reflect away some of the sun's energy.
- Drink plenty of water regularly and often, even if you don't feel thirsty. Your body needs water to keep cool.
- Avoid drinks with alcohol or caffeine. They make the heat's effects on your body worse and dehydrate you.
- Eat small meals and eat more often. Avoid foods that are high in protein, which increase metabolic heat.
- Avoid using salt tablets unless directed to do so by a physician.

#### EXTREME HEAT TERMS

##### **Heat Wave:**

Prolonged period of excessive heat and humidity.

##### **Heat Index:**

A number of degrees Fahrenheit (F) that tells how hot it really feels when relative humidity is added to the actual air temperature.

##### **Heat Cramps:**

Heat cramps are muscular pains and spasms due to heavy exertion. Heat cramps are an early signal that your body is having difficulty with the heat.

##### **Heat Exhaustion:**

Heat exhaustion typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. If not treated, the victim may suffer heat stroke.

##### **Heat Stroke:**

Heat stroke is life threatening. Body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

#### EXTREME HEAT SIGNS

##### **Heat Exhaustion:**

###### Signs:

- \* Cool, moist, pale or flushed skin.
- \* Heavy sweating; headache.
- \* Nausea or vomiting.
- \* Dizziness.
- \* Exhaustion.
- \* Body temperature will be near normal.

###### Treatment:

- \* Get the victim out of the heat and into a cooler place.
- \* Remove or loosen tight clothing and apply cool, wet cloths.
- \* If the victim is conscious, give cool water to drink every 15 minutes.
- \* Make sure the victim drinks slowly. Let the victim rest in a comfortable position and watch carefully for any changes in his or her condition.

##### **Heat Stroke:**

###### Signs:

- \* Hot, red skin.
- \* Changes in consciousness.
- \* Rapid, weak pulse, and rapid, shallow breathing.
- \* Body temperature can be very high, as high as 105° F.

###### Treatment:

- \* Call 9-1-1 immediately; help is needed fast.
- \* Move victim to a cooler place.
- \* Quickly cool the body any way you can (i.e., cool bath, fan the body, or wrap wet sheets around their body).
- \* If the victim refuses water, vomits or there are changes in level of consciousness, do not give anything to eat or drink.

## Severe Weather Safety

Lake Havasu City and the surrounding communities experience approximately 20 or so severe thunderstorms a year, mostly between the spring and summer seasons (April to September). A thunderstorm is always accompanied by lightning, possibly gusty winds and heavy rainfall. Here are some safety tips to prepare you and your family for severe weather.

### Before

- Keep an eye to the sky. Look for darkening skies, flashes of light, or increasing wind. Listen for the sound of thunder.
- If you can hear thunder, you are close enough to the storm to be struck by lightning. Seek shelter immediately.
- Move pets inside your home or inside a safe secured location.
- Stay tuned to your local media for weather updates, alerts or warnings.

### During

- Find shelter in a building or a car. Keep car windows closed.
- Telephone lines and metal pipes can conduct electricity. Unplug all appliances and avoid using the telephone or any other electrical appliances.
- Avoid taking showers, baths or using running water.
- Turn off air conditioners because power surges from lightning can overload the compressor and cause extreme damage.
- Close window coverings to prevent windows from shattering into your home due to flying debris.

### Outside Safety

- If caught in the desert, seek shelter under the shortest brush/tree.
- If you are boating or swimming, get to land and find shelter immediately.
- Make sure the place you find is not subject to flooding.
- Go to low-lying, open place away from trees, poles or metal objects.

- Squat low to the ground. Place your hands on your knees with your head between them. Make yourself the smallest target possible.
- Do not lie flat on the ground as this will make you a large target!

### After the Storm

- Stay away from all damaged areas.
- Listen to your local media for information, alerts and instructions.
- If someone is struck by lightning, call 9-1-1 for help.
- A person struck by lightning carries no electrical charge and can be handled safely.
- Give first aid. If breathing has stopped begin rescue breathing. If the heart has stopped beating, a trained person should begin CPR.



### Floods

Are you prepared for a flood or flash flood? If the answer is NO, here is what we recommend you do to prepare your home, your office or your vehicle for these types of incidents.

#### BEFORE

- Know your community and area's flood risk—if unsure contact the fire department or Public Works.
- Flooding can occur if it has been raining hard for several hours, or steadily raining for several days, so be alert.
- Flooding can take several minutes, hours or days depending on your area's location and drainage system.
- A **FLOOD WATCH** means flooding is possible in your area. A **FLOOD WARNING** means flooding is already occurring or will soon occur in your area.
- Do not walk or play in flooded streets due to the uncertainty of missing manhole covers, drains, contaminated flood waters, or movement of water. *NOTE:* As little as six inches of moving water can knock you off your feet.
- Do not drive around barricades; they are there for your own safety.
- Stay away from downed power lines and electrical wires.
- If your vehicle stalls in rapidly rising waters, abandon it immediately and climb to higher ground.

#### INSURANCE FACTS

**Remember to listen to your local media stations for emergency information.**

- Check your homeowner's or renter's insurance to see if it covers flooding. If not, find out how to get flood insurance. *NOTE:* Even if you live outside a flood zone you may purchase flood insurance.
- Keep all insurance policies, documents and other valuable items in a safe deposit box and away from areas prone to flooding.
- Prepare a disaster supply kit. See the *General Preparedness* section for a list.
- Make sure your vehicle's gas tank is at least 3/4 full in case of evacuation.
- If your street floods, move your vehicle to higher ground prior to rainfall.
- Know where your utility shut off switches or levers are located.
- In the event of evacuation know where you could go, i.e., relative's or friend's home, hotel, or an emergency shelter.
- Establish a meeting or contact point in the event your family is separated, i.e., church, mall, a relative's or friend's home, etc.

Lake Havasu City participates in the Federal National Flood Insurance Program (NFIP). This means that flood insurance may be available to homes, condominiums, apartments and non-residential buildings at very good rates. It also means that even if your property was previously damaged in a flood, you can still be eligible to purchase flood insurance no matter how many times your home, apartment, or business has flooded.

Flood insurance premiums vary depending on property type, location, age, and construction. You are eligible to purchase flood insurance no matter where you live.

Keep in mind that 25 to 30 percent of claims come from outside high-risk flood areas, so even if you live outside a flood zone you may still want to think about this type of insurance.

**FOR MORE INFORMATION ON NFIP OR TO FIND OUT IF YOU ARE IN A FLOOD ZONE, CONTACT MOHAVE COUNTY'S OFFICE OF EMERGENCY MANAGEMENT**

**Always prepare before a storm to minimize panic and chaos.**

#### DURING

- Move all valuables, clothing, and furniture to higher floors of your home and away from any flooded areas.
- Do not venture down flooded streets or washes due to the uncertainty of depth of water.
- Stay away from rising washes for your own safety.



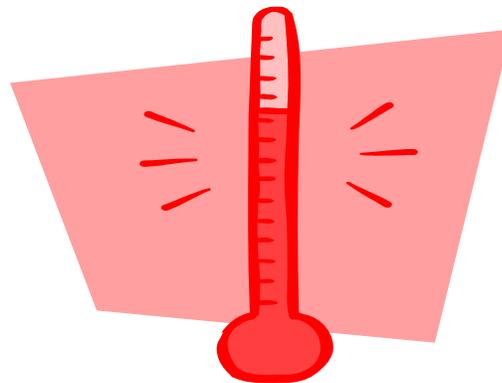
## Summer Preparedness

### Home Safety

- Know your local media stations and keep alert to them for any emergency announcements or storm updates.
- Please make sure your home, car and office has a flashlight, battery operated radio, and extra batteries in the event of any electrical loss.
- Keep by your phone a list of important telephone numbers of plumbers, air conditioning service providers, etc., in the event your equipment breaks down. Also emergency numbers for all utility providers.
- Keep some non-perishable items and water handy in the event of any utility failure.
- If shelter is needed due to utility failure in your home, make sure there is a plan to stay with a family member or friend until such fixes are made.
- Keep adequate fuel in your car, at least 3/4 full.
- Know where your utilities shut-off switches are located.
- Make sure your smoke alarms are in working order and new batteries are installed.
- If renting a property, make sure that renter's insurance is purchased and that your landlord has adequately maintained your heating/cooling unit, water pipes, etc. Keep a 24-hour contact number for your landlord near your phone in the event of an emergency. Remember to get permission from your landlord, in writing prior to any storm, stating the landlord will fix any damaged units or water pipes as soon as possible or that the landlord gives you permission to do so.

### Outside Safety

- When working outside, do not overexert yourself. Take frequent breaks.
- Always dress in loose clothing. This will allow for proper ventilation.
- Keep your body covered as much as possible, including your head, to prevent exposure to the sun's rays.
- Make sure your gutters are cleaned prior to any storm for safety purposes.



### School Safety

- If severe weather is imminent and you are a parent or guardian of a child, make sure plans are in place in the event school is cancelled or delayed prior to the arrival of the storm.
- If a child needs to wait at a bus stop, make sure they keep hydrated by sending them with a water bottle and if it is too warm allow them to stay in the house or cool car.

*continued on next page*

**Senior Citizen Safety**

- Check on elderly neighbors or relatives before, during and after the storm to make sure everything is all right and assistance is not needed.
- Make sure there is a back-up supply of medication, health aided devices, etc. prior to any storm. Also, make sure all pertinent medical information is kept secure, i.e., doctor's phone numbers including emergency numbers, list of medication and ailments, etc.
- If health aided equipment is utilized such as a ventilator, etc., please make sure that a backup power supply is purchased in the event of electrical failure prior to any storm or plans are in place to evacuate the individual to a safe location such as a hospital or family or friend's home.

**Office Safety**

- Make sure all employees understand all work cancellation or work delay policies.
- Make sure a plan is in place to alert employees of work cancellation or delays i.e., emergency phone number, local media station, etc.
- Make sure to communicate regarding parents bringing their children into work in the event of early school dismissal or cancellation.
- Have available any contractor's emergency numbers i.e., heating and air conditioning service providers, etc.

**Fuel Safety**

- Be sure your A/C unit is in good working condition and has an emergency shut off.
- Make sure there is proper ventilation when using appliances.
- Keep all fuel in approved metal containers and in well-ventilated storage areas, outside the house.

**Travel Safety**

- Drive slowly and carefully with your lights on. Leave enough time to reach your destination.
- Make sure you have at least 3/4 tank of fuel in your vehicle.
- Proceed with caution when driving up and down hills in the event you begin to slide. Avoid hills if at all possible.
- During winter months, and in areas where freezing occurs, beware of black ice, fallen tree limbs or down wires.
- Ensure wipers, tires, and other vehicle parts are in good working condition.
- Do not venture down flooded streets.
- Leave enough space between your car and others; do not tailgate or follow closely.
- When exiting or changing lanes, use extreme caution and make sure you use your signals.

**Utility Outages & Food Safety**  
 Sudden power outages can be frustrating and troublesome, especially when they are prolonged. Perishable foods should not be held above 40 degrees for more than 2 hours. If a power outage is 2 hours or less, you need not be concerned, but how do you save your food when the refrigerator is out for longer times? Being prepared can help. By planning ahead, you can save your perishables.

**What do I need?**

- One or more coolers. Inexpensive Styro-foam coolers will suffice.
- Shelf-stable foods, such as canned goods and powdered or boxed milk. These can be eaten cold or heated on the grill.
- A digital quick-response thermometer so you can quickly check the internal temperatures of food for doneness and safety.

**What to do...**

- Do not open the refrigerator or freezer. An unopened refrigerator will keep foods cold enough for at least a couple of hours. A freezer that is half-full will hold for up to 24 hours and a full freezer for 48 hours.
- If it looks like the power outage will be for more than 2-4 hours, pack refrigerated milk, dairy products, meats, fish, poultry, eggs, gravy, stuffing and leftovers in your cooler surrounded by ice.
- If it looks like the power outage will be prolonged, prepare a cooler with ice for your freezer items.

**What should be discarded after a power outage?**

When the power returns, check temperatures. If the food in the freezer has ice crystals and is not above 40° F you can refreeze. Perishable foods in the refrigerator should not be above 40° F for more than two hours. Use the following chart to see what has to be discarded and what can be kept.

**What if I go to bed and the power is still not on?**

Before you got to bed, pack your perishables in your coolers and put in as much ice as you can. When you go to bed, leave a bedroom light switch on. When the power goes back on, it will wake you so you can check the condition of your food.

**What if the power goes out while I'm at work or out of the house and it has been more than a few hours before I get home?**

Determine how long the power has been off. Check the internal temperature of the food in your refrigerator with your thermometer. A liquid such as milk or juice is easy to check. Spot-check other items like steaks or leftovers. If the internal temperature is above 40°, it is best to throw it out.

**What if the power goes out and comes back on while I am out?**

If your freezer is fairly full and you know it was not longer than 24 hours, the food should be O.K. There will be loss of quality with refreezing, but the food will be safe. If the refrigerator was off for more than 2-4 hours you should discard the perishables.

**Food Safety Guide**

	Still Contains Ice Crystals- Not Above 40°F	Thawed- Held Above 40°F For Over 2 Hrs
<b>Meat and Mixed Dishes:</b>		
• Beef, veal, lamb, pork, poultry, ground meat and poultry	Refreeze	Discard
• Casseroles with meat, pasta, rice, egg or cheese base, stews, soups, convenience foods, pizza	Refreeze	Discard
• Fish, shellfish, breaded seafood products	Refreeze	Discard
<b>Dairy:</b>		
• Milk	Refreeze	Discard
• Eggs (out of shell), egg products	Refreeze	Discard
• Ice cream, frozen yogurt	Discard	Discard
• Cheese (soft and semi-soft), cream cheese, ricotta	Refreeze	Discard
• Hard cheese (cheddar, Swiss, parmesan)	Refreeze	Refreeze

Fruits and Vegetables:	Still Contains Ice Crystals- Not Above 40°F	Thawed- Held Above 40°F For Over 2 Hrs
• Fruit juices	Refreeze	Refreeze- discard if mold, yeasty smell or sliminess develops
• Home or commercially packaged fruit	Refreeze	Refreeze- discard if mold, yeasty smell or sliminess develops
• Vegetable juice	Refreeze	Discard if above 50°F for over 8 hrs
• Home or commercially packaged or blanched vegetables	Refreeze	Discard if above 50°F for over 8 hrs
Baked Goods and Baking Ingredients:		
• Fruit juices	Refreeze	Refreeze
• Flour, cornmeal, nuts	Refreeze	Refreeze
• Pie crusts, breads, rolls, muffins, cakes (no custard fillings)	Refreeze	Discard if above 50°F for over 8 hrs
• Cakes, pies, pastries with custard or cheese filling, cheesecake	Refreeze	Discard
• Commercial and homemade bread dough	Refreeze	Refreeze
Sauces, Spreads, Jams:	Still Cold- Held At 40°F or Above- Under 2 Hrs	Held Above 40°F For Over 2 Hrs
• Mayonnaise, tartar sauce, horseradish	Keep	Discard
• Opened salad dressing, jelly, relish, taco and BBQ sauce, mustard, ketchup, olives	Keep	Keep
Dairy, Eggs, Cheese:		
• Milk, cream, sour cream, buttermilk, evaporated milk, yogurt	Keep	Discard
• Butter, margarine	Keep	Keep
• Baby formula- opened	Keep	Discard
• Eggs, egg dishes, custards, puddings	Keep	Discard
• Hard and processed cheeses	Keep	Keep
• Soft cheeses, cottage cheese	Keep	Discard
Fruits and Vegetables:		
• Fruit juice- opened, canned fruits- opened, fresh fruit	Keep	Keep
• Vegetables- cooked, vegetable juice- opened	Keep	Discard after 6 hrs
• Baked potatoes	Keep	Discard
• Fresh mushrooms, herbs, spices	Keep	Keep
Meat, Poultry, Seafood:		
• Fresh or leftover meat, poultry, fish or seafood	Keep	Discard
• Lunchmeats, hot dogs, bacon, sausage, dried beef	Keep	Discard
• Canned meats- NOT labeled <i>Keep Refrigerated</i> , rather refrigerate after opening	Keep	Discard
• Canned hams labeled <i>Keep Refrigerated</i>	Keep	Discard

Mixed Dishes, Side Dishes:	Food Still Cold-Held At 40°F or Above- Under 2 Hrs	Held Above 40°F For Over 2 Hrs
• Casseroles, soups, stews, pizza with meat	Keep	Discard
• Meat, tuna, shrimp, chicken or egg salad	Keep	Discard
• Cooked pasta, pasta salads with mayonnaise or vinegar base	Keep	Discard
• Gravy, stuffing	Keep	Discard
<b>Pies, Breads:</b>		
• Cream or cheese filled pastries and pies	Keep	Discard
• Fruit pies	Keep	Keep
• Breads, rolls, cakes, muffins, quick breads	Keep	Keep
• Refrigerator biscuits, rolls, cookie dough	Keep	Discard

## Animals in Disaster

Disaster disrupts and affects everything in its path, including pets, livestock, and wildlife. The following section provides general guidelines for handling animals in emergency and disaster situations.

### Pets in Disaster

Pets need to be included in your household disaster plan since they depend on you for their safety and well-being. It is important to consider and prepare for your pets before disaster strikes. Consider the following preparedness measures:

1. If you must evacuate, do not leave pets behind. There is a chance they may not survive, or get lost before you return.
2. With the exception of service animals, pets are not permitted in emergency shelters for health reasons.
3. Find out before a disaster which local hotels and motels allow pets and where pet boarding facilities are located. Be sure to include some hotels and motels outside your local area in case local facilities have closed.
4. Know that most boarding facilities require veterinarian records to prove vaccinations are current.
5. Only some animal shelters will provide care for pets during emergency and disaster situations. They should be used as a last resort. Use friends and family or keep them with you.
6. Be sure your pet has proper identification tags securely fastened to the collar. A current photo of your pet will assist identification should it become necessary.

7. Make sure you have a secure pet carrier or leash for your pet as they may need to be restrained during tense emergency situations.
8. Assemble a disaster kit for your pet. Include pet food, water, medications, veterinary records, litter box, manual can opener, food dishes, first aid kit, other supplies that may not be available at a later time, and an information sheet with pet's name and such things as behavior problems. Provide the kit to whoever assumes responsibility for your pet.
9. Call the county emergency management office or animal shelter for further information.

### Animals After Disaster

Wild or stray domestic animals can pose a danger during or after many types of disaster. Remember, most animals are disoriented and displaced, too. Do not corner an animal. If an animal must be removed, contact your local animal control authorities.

If any animal bites you, seek immediate medical attention. Certain animals may carry rabies. Although the virus is rare, care should be taken to avoid contact with stray animals and rodents. Health departments can provide information on the types of animals that carry rabies in your area. Rats may also be a problem during and after many types of disasters. Be sure to secure all food supplies. Contact your local animal control authorities to remove any animal carcasses in the vicinity.

## General Shelter Information

Taking shelter is often a critical element in protecting yourself and your household in time of disaster. Sheltering can take several forms. In-place sheltering is appropriate when conditions require that you seek protection in your home, place of employment, or other location where you are located when disaster strikes. In-place sheltering may either be short-term, such as going to a safe room for a fairly short period while a severe storm warning is in effect or while a chemical cloud passes. It may also be long-term, when you stay in your home for several days without electricity or water services following an emergency. We also use the term **shelter** for **mass care** facilities that provide a place to stay along with food and water for people who evacuated following a disaster.

The appropriate steps to take in preparing for and implementing short-term in-place sheltering depend entirely on the emergency situation. For instance, during a severe weather warning you should go to a safe area in the home. On the other hand, during a chemical release you should seek shelter in a room at or above ground level. Because of these differences, short-term in-place shelter is described in the sections dealing with specific hazards. See the section on *Severe Weather* and *Hazardous Materials Incidents* for more information. The remainder of this section describes steps you should take to prepare for long-term in-place sheltering and for staying in a mass care shelter if you evacuate.

### Long-Term In-Place Sheltering

Sometimes disasters make it unsafe for people to leave their residence for extended periods. Monsoon storms, floods, and utility outages may isolate individual households and make it necessary for each household to take care of its own needs until the disaster abates, such as when power is restored or until rescue workers arrive.

1. Stay in your home/shelter until local authorities say it's okay to leave.
2. Maintain a 24-hour communications and safety watch. Listen for local radio broadcasts.

### Staying In a Mass Care Shelter

In Lake Havasu City, schools and other facilities have been designated as either long-term or short-term emergency shelters. Listen to your local radio broadcasts for the location of the nearest shelter.

The American Red Cross, assisted by community and other disaster relief groups, works with local authorities to set up public shelters in schools, municipal buildings and churches. While they often provide water, food, medicine and basic sanitary facilities, you should plan to have your own supplies as well, especially water. See the *General Preparedness* section for more details.

1. Cooperate with shelter managers and others staying in the shelter. Living with many people in a confined space can be difficult and unpleasant.
2. Restrict smoking to designated areas that are well-ventilated. Ensure that smoking materials are disposed of safely.
3. If you go to an emergency shelter, remember that alcoholic beverages and weapons are prohibited. Also not allowed in most public shelters are pets, except for service animals. See *Animals in Disaster* section or contact your local humane society for additional information.



## Hazardous Materials Incidents

In Lake Havasu City, hazardous materials are part of our everyday lives. Several facilities use, store or manufacture hazardous chemicals in our area. In addition to these known fixed locations, chemicals being transported on the highway, as well as the utilization among home and business owners of household detergents and chemicals, makes Lake Havasu City vulnerable to a hazardous materials incident at any time. The Lake Havasu City Fire Department responds to hazardous materials related incidents often. Hazardous materials are substances that, because of their chemical nature, pose a potential risk to life, health or

property if they are released. Hazards can exist during production, storage, transportation, use or disposal. Chemical plants are one source of hazardous materials, but there are many others. Your local service station stores gasoline and diesel fuel and hospitals store a range of radioactive and flammable materials. Lake Havasu City's Local Emergency Planning Committee (LEPC) and an emergency response plan identifies industrial hazardous materials and their potential risk. All companies that have hazardous chemicals must report annually to the LEPC. The public is encouraged to participate in this process.

### What to do Before a Hazardous Materials Incident

1. Ask your fire or police department about warning procedures. That could include:
  - Outdoor warning sirens or horns.
  - Emergency Alert System (EAS) - information provided via radio and television.
  - News media - radio, television and cable.
  - Residential route alerting - messages announced to neighborhoods from vehicles equipped with public address systems.
2. Ask your fire department or county emergency management office about community plans for responding to a hazardous materials incident at a plant or other facility, or a transportation incident involving hazardous materials.
3. Ask your LEPC about storage and usage of hazardous chemicals in your local area.
4. Use the information gathered from the fire department and the county emergency management offices to evaluate risks to your household. Determine how close you are to factories, freeways, or facilities that may produce or transport toxic waste.
5. Be prepared to evacuate. An evacuation could last for a few hours or several days. See the *Evacuation* and *General Preparedness* sections for important information.
6. Be prepared to shelter-in-place, that is to seek safety in your home or any other building you might be in at the time of a chemical release. At home you should select a room to be used as a shelter. The shelter room for use in case of a hazardous material incident should be above ground, large enough to accommodate all household members and pets, and should have the fewest possible exterior doors and windows. You should also assemble a shelter kit to be used to seal the shelter room during a chemical release. The kit should include plastic sheeting, duct tape, scissors, a towel, and modeling clay or other material to stuff into cracks.



### What to do During a Hazardous Materials Incident

1. If you witness (or smell) a hazardous material accident, call 9-1-1, your local emergency notification number or the fire department as soon as safely possible.
2. If you hear a warning signal, listen to local radio or television stations for further information. Follow instructions carefully.
3. Stay away from the incident site to minimize the risk of contamination.
4. If you are caught outside during an incident, remember that gases and mists are generally heavier than air.
  - Try to stay upstream, uphill and upwind. Hazardous materials can quickly be transported by water and wind. In general, try to go at least 1/2 mile from the danger area; for many incidents you will need to go much further.
5. If you are in a motor vehicle, stop and seek shelter in a permanent building if possible. If you must remain in your car, keep car windows and vents closed and shut off the air conditioner and/or heater.

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6. If asked to evacuate your home, do so immediately.
  - If authorities indicate there is enough time, close all windows, shut vents and turn off attic, heating and air conditioning fans to minimize contamination.
  - See the *Evacuation* section for more information.
7. If you are requested to stay indoors (shelter-in-place) rather than evacuate:
  - Follow all instructions given by emergency authorities.
  - Get household members and pets inside as quickly as possible.
  - Close and lock all exterior doors and windows. Close vents, fireplace dampers and as many interior doors as possible.
  - Turn off air conditioners and ventilation systems.
  - Go into the pre-selected shelter room (the above-ground room with the fewest openings to the outside). Take a battery-powered radio, water, sanitary supplies, a flashlight, and the shelter kit containing plastic sheeting, duct tape, scissors, a towel, and modeling clay or other materials to stuff into cracks.
  - Close doors and windows in the room. Stuff a towel tightly under each door and tape around the sides and top of the door. Cover each window and vent in the room with a single piece of plastic sheeting, taping all around the edges of the sheeting to provide a continuous seal.
8. Schools and other public buildings may institute procedures to shelter-in-place. If there is a hazardous materials incident and your children are at school, you will probably not be permitted to drive to the school to pick them up. Even if you go to the school, the doors will probably be locked to keep your children safe. Follow the directions of your local emergency officials.
9. Avoid contact with spilled liquids, airborne mists or condensed solid chemical deposits. Keep your body fully covered to provide some protection. Wear gloves, socks, shoes, pants and long sleeved shirts.
10. Do not eat or drink food or water that you believe has been contaminated.
11. If indoors, fill the bathtub (first sterilize it with a diluted bleach solution— one part bleach to ten parts water) and large containers with water for drinking, cooking, and dishwashing. Be prepared to turn off the main water intake valve in case authorities advise you to do so.

### What to do After an Incident

1. Do not return home until local authorities say it is safe.
2. Upon returning home, open windows, vents and turn on fans to provide ventilation.
3. A person or item that has been exposed to a hazardous chemical may be contaminated and could contaminate other people or items. If you have come in contact with or have been exposed to hazardous chemicals, you should:
  - Follow decontamination instructions from local authorities. Depending on the chemical, you may be advised to take a thorough shower, or you may be advised to stay away from water and follow another procedure.
  - Seek medical treatment for unusual symptoms as soon as possible.
  - If medical help is not immediately available and you think you might be contaminated, remove all of your clothing and shower thoroughly (unless local authorities say the chemical is water reactive and advise you to do otherwise). Change into fresh, loose clothing and seek medical help as soon as possible.
  - Place exposed clothing and shoes in tightly sealed containers. Do not allow them to contact other materials. Call 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.
4. Find out from local authorities how to clean up your land and property.
5. Report any lingering vapors or other hazards to the fire department or your local emergency services office.
6. See the *Recovering from Disaster* and *Shelter* sections for more information.

**Evacuations** are more common than you may realize. In Lake Havasu City, home and business owners are evacuated several times a year for incidents ranging from transportation and industrial accidents, releases of harmful substances, fires, bomb threats, and floods forcing individuals to leave their locations. Fires, storms and chemical releases are the most common causes of evacuations in Lake Havasu City.

When community evacuation becomes necessary, your local officials will provide information to you through the media. In some circumstances other warning methods will be utilized. The American Red Cross will work with officials to provide emergency shelter and supplies. To be prepared for an emergency, follow the instructions provided in the *General Preparedness* section of this guide.

The amount of time you have to evacuate will depend on the disaster. If the event can be anticipated in advance, like a severe power outage, you might have a day or two to get ready. However, many disasters allow no time for people to gather even the most basic necessities. This is why you should prepare now.

### Planning for Evacuation

1. Ask your local fire department and county emergency management office about community evacuation plans. Learn evacuation routes. If you don't own a car, make transportation arrangements with friends or your local government.
2. Talk with your family and friends about the possibility of evacuation. Plan where you would go if you had to leave the community. Determine how you would get there. In your planning, consider different scales of evacuations. In a severe hazardous materials incident, for example, entire neighborhoods might be evacuated, while a much smaller area would be affected by a large structure fire or hostage situation.
3. Plan a place to meet members of your household in case you are separated from one another in a disaster. Ask a friend outside your town to be the *checkpoint* so that everyone in the household can call that person to say they are safe. Find out where children will be sent if schools are evacuated.
4. Assemble a disaster supplies kit. See the *General Preparedness* section for a complete list.
5. Keep fuel in your car if an evacuation seems likely. Gas stations may be closed during emergencies and unable to pump gas during power outages.
6. Know how to shut off your home's electricity, gas and water supplies at main switches and valves. Have the tools you would need to do this usually adjustable pipe and crescent wrenches.

### What to do When You Are Told to Evacuate

Listen to a battery-powered radio and follow LOCAL instructions. If the danger is a chemical release and you are instructed to evacuate immediately, gather your household and go. Take one car per household when evacuating. This will keep your household together and reduce traffic congestion and delays. In other cases, you may have time to follow these steps:

1. Gather water, food, clothing, emergency supplies, and insurance and financial records. See the *General Preparedness* section for important information.
2. Wear sturdy shoes and clothing that provides some protection, such as long pants, long-sleeved shirts, and a hat.
3. Secure your home. Close and lock doors and windows. Unplug appliances. Even though a hard freeze is not very likely during your absence, still take actions needed to prevent damage to water pipes, such as:
  - Turn off water main and electricity.
  - Drain faucets.
  - Turn off inside valves for external faucets and open the outside faucets to drain.
4. Let others know where you are going.
5. Leave early enough to avoid being trapped by severe weather or other evacuees.
6. Follow recommended evacuation routes. Do not take shortcuts, as they may be blocked. Be alert for washed out roads and bridges. Do not drive into flooded areas. Stay away from downed power lines.

Disaster situations can be intense, stressful, and confusing. Should an evacuation be necessary, local authorities will do their best to notify the public, but do not depend entirely on this. Often, a disaster can strike with little or no warning, providing local authorities scant time to issue an evacuation order. In addition, it is possible that you may not hear of an evacuation order due to communications or power failure or not listening to your battery-powered radio.

In the absence of evacuation instructions from local authorities, you should evacuate if you feel you and your household are threatened or endangered. Use pre-designated evacuation routes and let others know what you are doing and your destination.

## Hazardous Chemical Emergencies

Nearly every household uses products containing hazardous materials. Although the risk of a chemical accident is slight, knowing how to handle these products and how to react during an emergency can reduce the risk of injury.

### How to Prepare For Household Chemical Emergencies

1. Contact agencies with expertise on hazardous household materials, such as your local public health department or the Environmental Protection Agency, for information about potentially dangerous household products and their antidotes. Ask about the advisability of maintaining antidotes in your home for: cleaners and germicides, deodorizers, detergents, drain and bowl cleaners, gases, home medications, laundry bleaches, liquid fuels, paint removers and thinners.
2. Follow instructions on the product label for proper disposal of chemicals. Proper disposal will ensure environmental and public health as well as household well-being. If you have additional questions on chemical disposal, call your local environmental agency.
  - Dispose of the following products at a designated collection site: kerosene, motor or fuel oil, car battery or battery acid, diesel fuel, transmission fluid, large amounts of paint, thinner or stripper, power steering fluid, turpentine, gun cleaning solvents, and tires.
  - Empty spray cans completely before placing in the trash. Do not place spray cans into a burning barrel, incinerator, or trash compactor because they may explode.
3. Read directions before using a new chemical product and be sure to store household chemicals according to the instructions on the label.
4. Store chemicals in a safe, secure location, preferably up high and always out of the reach of children.
5. Avoid mixing household chemical products. Deadly toxic fumes can result from the mixture of chemicals such as chlorine bleach and ammonia.
6. Never smoke while using household chemicals. Avoid using hair spray, cleaning solutions, paint products, or pesticides near an open flame, pilot light, lighted candle, fireplace, wood burning stove, etc. Although you may not be able to see or smell them, vapor particles in the air could catch fire or explode.
7. If you spill a chemical, clean it up immediately with rags. Be careful to protect your eyes and skin (wear gloves and eye protection). Allow the fumes in the rags to evaporate outdoors, then dispose of the rags by wrapping them in a newspaper and placing them in a sealed plastic bag in your trash can.
8. Buy only as much of a chemical as you think you will use. If you have product left over, try to give it to someone who will use it. Storing hazardous chemicals increases risk of chemical emergencies.
9. Keep an ABC rated fire extinguisher in the home and car, and get training from your local fire department on how to use it.
10. Post the number of the nearest poison control center by all telephones. In an emergency situation you may not have time to look up critical phone numbers.
11. Learn to detect hazardous materials. Many hazardous materials do not have a taste or an odor, and some can be detected because they cause physical reactions such as watering eyes or nausea. Other hazardous materials exist beneath the ground and can be recognized by an oil or foam-like appearance.
12. Learn to recognize the symptoms of toxic 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 During a Household Chemical Emergency**

1. If your child should eat or drink a non-food substance, find any suspected containers immediately and take them to the phone. Medical professionals may need specific information from the container to give you the best emergency advice.
2. Call the poison control center, emergency medical services (EMS), 9-1-1, hospital emergency room, fire department or your local pharmacy. They will give you emergency advice while you wait for professional help. You should have such numbers on hand for easy access and use.
3. Follow the emergency operator or dispatcher's instructions carefully. The first aid advice found on containers may not be appropriate. Do not give anything by mouth until medical professionals have advised you.
4. Take immediate action if the chemical gets into the eyes. Delaying first aid can greatly increase the likelihood of injury. Flush the eye with clear water for a minimum of 15 minutes, unless authorities instruct you not to use water on the particular chemical involved. Continue the cleansing process even if the victim indicates he or she is no longer feeling any pain, and then seek medical attention.
5. Get out of the residence immediately if there is danger of a fire or explosion. Do not waste time collecting items or calling the fire department when you are in danger.
6. If there is a fire or explosion, call 9-1-1 from outside (a cellular phone or a neighbor's phone) once you are safely away from danger.
7. Stay upwind and away from the residence to avoid breathing toxic fumes.
8. Wash hands, arms, or other exposed body parts that may have been exposed to the chemical. Chemicals may continue to irritate the skin until they are washed off.
9. Discard clothing that may have been contaminated. Some chemicals may not wash out completely. Discarding clothes will prevent potential future exposure.


***Protect Yourself  
From Crime***

The Lake Havasu City Police Department continues its dedication and commitment in reducing criminal acts and crime in Lake Havasu City. Unfortunately, fear of crime restricts activities for many adults. Instead of limiting your life, take sensible precautions to protect yourself and keep your home safe. Ask your local police department for more advice. For more information on crime safety and prevention contact the Lake Havasu City Police Department and they will provide additional advice. In the meantime, here are a few tips.

**Safe On the Street**

- Carry your wallet in an inside or front pocket.
- Use a fanny pack rather than a purse.
- Have your key in hand as you approach your house or car.
- Be alert to your surroundings and walk confidently.
- If someone seems suspicious, cross the street or head in the opposite direction.
- Carry a shriek alarm or loud whistle in your hand.
- Travel in the daytime by the safest, most direct route.
- On buses or trains, sit close to the driver; choose busy, well-lit stops; and watch who gets off with you. If you feel concerned, quickly enter a store or find a group of people.

**Protect Your Home****What You Need**

- A peephole at eye level to screen visitors.
- Deadbolts on doors.
- Solid metal or wood doors with little glass.
- Locking devices on windows.
- A touch-tone phone by your bed.
- Timers to turn on lights or radios when you're away.
- Motion-sensitive lights near outside entrances, pathways, and parking areas.

**Dos and Don'ts**

- Do keep windows and doors secured.
- Do keep trees and hedges trimmed away from windows and doors.
- Don't hide keys outside. Give a spare to a good neighbor or friend.
- Don't put your name or address on keys.
- Don't open the door to someone you don't know. Check with an unexpected repair person's company.
- Don't leave ladders or tools outside.
- Do list only your first initial and last name on mailboxes or in phone books.

### Terrorism

#### What is Terrorism?

- Terrorism is the calculated use of unlawful violence or threat of unlawful violence to instill fear.
- To coerce or to intimidate governments or societies in the pursuit of goals that are generally political, religious, or ideological.
- Within the definition are three key elements:
  - ▲ Violence
  - ▲ Fear
  - ▲ Intimidation

#### Objectives of Terrorism

- Terrorism is a criminal act that influences an audience beyond the immediate victim.
- To commit acts of violence that draw the attention of the local populace, the government (sometimes more than one government), and the world to their causes.
- Attacks are planned to obtain the greatest publicity, choosing targets that symbolize what they oppose.

#### Acts of Terrorism

- Threats
- Assassinations
- Kidnappings
- Hijackings
- Bomb scares
- Bombings
- Cyber attacks (computer based)

#### Delivered Methods

- Chemicals
- Biological
- Nuclear weapons

#### Preparing for Terrorism

- Plan ahead.
- Wherever you are, be aware of your surroundings.
- Take precautions when traveling.
- Do not accept packages from strangers.
- Do not leave luggage unattended.
- Report unusual behavior, suspicious packages, and devices.
- Learn where emergency exits are located in buildings you frequent.
- Plan how to leave a building, subway, or congested public area or traffic both in your community and while visiting others.
- Take note where staircases are located.

#### Bomb Threats

- If you receive a threat, obtain as much information as possible.
- If you are notified of a threat, do not touch any suspicious packages.
- Clear the area.
- Notify police.
- If you are evacuating a location, don't stand in front of windows, glass doors or potentially hazardous areas.

#### Suspicious Parcels and Letters

- Some typical characteristics postal inspectors have detected over the years:
  - ▲ Unexpected or from someone unfamiliar to you
  - ▲ Inappropriate or unusual labeling
  - ▲ Not addressed to a specific person

#### Suspicious Envelopes and Packages

- Never sniff or smell mail.
- Leave the room and close the door.
- Prevent others from going into the area.
- Wash hands with soap and water.
- If at work, report incident to security or supervisor.
- If at home, call police.
- List anyone who was in the area or room for authorities.

#### If You are Exposed

- Limit exposure to substance.
- Cover mouth and nose with fabric.
- Cover exposed skin.
- Take shallow breaths.
- Leave area of exposure at once.
- Don't touch suspicious substances.
- Close eyes if it does not inhibit escape.
- Follow the instructions of emergency personnel for decontamination procedures.

#### During an Epidemic (Natural or Manmade)

- If you must be near potentially infected people, wear a mask, gloves, or other appropriate protective clothing as recommended by public health officials.
- Listen to emergency instructions on local radio and television stations.

### What is Chemical Terrorism?

A chemical attack is the deliberate release of toxic gas, liquid, or solid that can poison people and the environment.

#### Chemical Weapons May Be Manifested By:

- Unexplained odors
- Unexplained low-lying clouds or fog
- Unusual liquid droplets or deposits
- Unexplained and unusually high numbers of dead wildlife and vegetation

#### How Can I Be Exposed?

- Generally liquids
- Often aerosolized (stored under pressure as a fine mist)
- Can be inhaled through food and water contamination

#### How Will I Know If I Have Been Exposed?

A release will immediately trigger:

- Burning eyes
- Runny eyes
- Blurred vision
- Burning nose and throat
- Burning skin
- Rashes
- Difficulty breathing
- Nausea
- Disorientation

**Bioterrorism**

**What Is Bioterrorism?**

It is the deliberate release of biological agents or other biological substances that make people sick.

Smallpox • Botulism • Plague • Anthrax  
Tularemia • Viral Hemorrhagic Fever

**Useful Information**

- Some biological agents, such as anthrax, do not cause contagious diseases.
- Others like the smallpox virus, can result in disease that spread from person to person.
- A biological attack may or may not be immediately obvious or known.

**How Can I Be Exposed?**

- The substance can be inhaled.
- The substance can enter your body through a cut in the skin.
- It can be ingested when eating.

**How Can I Prepare?**

- Be alert to your surroundings.
- When in a mall, theater, or other area with heavy traffic, familiarize yourself with devices normally found in and around your location.
- Notify security if you see anything out of the ordinary. Wash your hands regularly with soap and water— not only will this potentially help limit the spread of a biological weapon, but it will minimize the spread of *regular* germs as well.

**What Can I Do If Exposed?**

- Limit your exposure to the substance.
- Cover mouth and nose with fabric or some other barrier.

- Take shallow breaths.
- Cover exposed skin as much as possible.
- Prevent the further spread of contamination.
- Turn off ventilation systems.
- Seal windows, doors, fireplace openings, etc.
- Maintain adequate ventilation for breathing.
- Decontamination— when allowed by emergency personnel.
- Move from the immediate area to decontamination facility.
- It is vitally important to contain the spread of the unknown substance.
- Try to remain calm, and follow instructions provided by emergency workers.

**If Not Exposed, But Are Instructed to Shelter-In-Place**

- Plan in advance where you will take shelter.
- An interior room or a room with a few windows and doors.
- Pre-cut pieces of plastic sheeting to seal windows, doors, and air vents.
- Each piece needs to be several inches larger than the open being covered.
- Label each piece as to its intended location.
- Sometimes the safest place is where you are
- Listen to your local radio and television stations for emergency announcements and directions for the public.

**DO NOT LEAVE YOUR SHELTER UNLESS INSTRUCTED TO DO SO**

**During An Epidemic (Natural or Manmade)**

- If you must be near potentially infected people, wear a mask, gloves or appropriate protective clothing recommended by public health officials.

**What is SARS?**

Severe acute respiratory syndrome (SARS) is a viral respiratory illness that was first reported in Asia in February 2003.

**What are the symptoms and signs of SARS?**

The illness usually begins with a fever— temperature greater than 100.4°F. The fever is sometimes associated with chills or other symptoms, including headache, general feeling of discomfort and body aches. Sometimes people also experience mild respiratory symptoms at the outset. Diarrhea is seen in approximately 10 to 20 percent of patients.

After 2 to 7 days, SARS patients may develop a dry, nonproductive cough.

**What is the cause of SARS?**

SARS is caused by previously unrecognized coronavirus, called SARS-associated coronavirus (SARS-CoV).

**How is SARS spread?**

The primary way is by close person-to-person contact. The virus that causes SARS is thought to be transmitted most readily through respiratory droplets.

**How long is a person with SARS infectious to others?**

Available information suggests that people with SARS are most likely to be infectious only when they have symptoms, such as a fever or cough.

**Do some people who recover from SARS become sick again or relapse?**

At this time we don't have a full understanding of the natural course of illnesses persons infected with SARS-CoV have.

**What medical treatment is recommended for patients with SARS?**

Center of Disease Control recommends that patients with SARS receive the same treatment that would be used for any patient with severe community-acquired atypical pneumonia.

**If there is another outbreak of SARS, how can I protect myself?**

If SARS were to re-emerge, there are some common sense precautions that you can take that apply to many infectious diseases. The most important is frequent hand washing with soap and water or use of alcohol-based hand sanitizers. You also should avoid touching your eyes, nose and mouth with unclean hands and encourage people around you to cover their nose and mouth with a tissue when sneezing or coughing.

## Radiation Emergency

### How Can Exposure Occur?

- People are exposed to small amounts of radiation every day including naturally occurring sources, such as cosmic rays from the sun or manmade sources, such as microwave ovens and televisions. They may also come from medical sources, such as x-rays, certain diagnostic tests, and treatments.
- The amount of radiation from natural or manmade sources to which people are exposed is usually small.
- A radiation emergency, as a result of a nuclear power plant accident or a terrorist event, could expose people to varying doses of radiation; it depends on the situation.

### Types of Exposure

- Internal exposure refers to radioactive material that is taken into the body through breathing, eating, or drinking.
- External exposure refers to an exposure to a radioactive source outside of our bodies.
- Contamination refers to particles of radioactive material that are deposited anywhere such as on an object or on a person's skin.

### What Happens When People Are Exposed to Radiation?

These adverse health effects can range from mild effects, such as skin reddening, to serious effects such as cancer or death. It depends on the amount of radiation absorbed by the body (dose), the type of radiation, the route of exposure, and the length of time a person was exposed.

### What Types of Terrorist Events Might Involve Radiation?

- Possible terrorist events could involve using explosives (like dynamite) to scatter radioactive materials (a dirty bomb), destroying a nuclear facility, exploding a small nuclear device or introducing radioactive material into the food and water supply.
- Although a dirty bomb could cause serious injuries from the explosion, it most likely would not have enough radioactive material in a form that would cause serious radiation sickness among large numbers of people.
- A meltdown or explosion at a nuclear facility could cause a large amount of radioactive material to be released. People in the surrounding area could be exposed or contaminated.
- Introducing radioactive material into the food or water supply would cause great concern or fear but would not cause much contamination or increase the danger of adverse health effects.

### What Preparations Can I Make For a Radiation Emergency?

- Check with community leaders to learn more about the plan and possible evacuation routes.
- Check with your child's school, the nursing home of a family member, and your employer to see what their plans are for dealing with a radiation emergency.
- Develop your own family emergency plan so that every family member knows what to do.
- At home, put together an emergency kit that would be appropriate for any emergency. See the *General Preparedness* section.

### How Can I Protect Myself During a Radiation Emergency?

- Tune to the local emergency response network or news station for information and instructions during any emergency.
- You may be advised to shelter-in-place, which means to stay in your home or office; or you may be advised to move to another location.
- Close and lock all doors and windows.
- Turn off fans, air conditioners, and forced-air heating units that bring in fresh air from the outside. Only use units to re-circulate air that is already in the building.
- Close fireplace dampers.
- If possible, bring pets inside.
- Move to an interior room or basement.
- Keep your radio tuned to the emergency response network or local news to find out what else you need to do.
- If you are advised to evacuate, follow the directions that your local officials provide.
- Leave the area as quickly and orderly as possible.
- Take a flashlight, portable radio, batteries, first-aid kit, supply of sealed food and water, hand-operated can opener, essential medicines, and cash and credit cards.
- Take pets only if you are using your own vehicle and going to a place you know will accept animals. Emergency vehicles and shelters usually will not accept animals.

### Should I Take Potassium Iodide During a Radiation Emergency?

- Potassium iodide (KI) should only be taken in a radiation emergency that involves the release of radioactive iodine, such as an accident at a nuclear power plant or the explosion of a nuclear bomb. A dirty bomb most likely will not contain radioactive iodine.
- KI only protects the thyroid gland and doesn't provide protection from any other radiation exposure.
- Some people are allergic to iodine and should not take KI. Check with your doctor about any concerns you have about potassium iodide.

## What is a Dirty Bomb?

A radiation threat, often called a *dirty bomb*, is the use of common explosives to spread radioactive materials over a targeted area.

### **How Can Exposure Occur?**

- The force of the explosion and radioactive contamination is localized.
- While the blast will be immediately obvious, the presence of radiation may not be clearly defined until trained personnel with specialized equipment are on scene.

### **How Can I Prepare?**

- Be aware of your surroundings.
- If you see something that is unusual, report what you have seen to authorities.

### **What Can I Do If I Am Affected?**

- Leave the area of the blast site as quickly as possible, against the wind.
- Cover mouth and nose with fabric (wet if possible) if in immediate area.
- Seek shelter; go to a basement without windows or the innermost room.
- Avoid mass transit; leave the immediate area on foot.
- Listen to the radio or television for instructions from emergency officials.

### **What Happens If I Am Exposed?**

- Radiation poisoning after a dirty bomb is detonated is extremely unlikely.
- The amount of time from exposure to illness ranges from minutes to years.
- Most injuries would be due to the explosion itself.

### **Symptoms May Include:**

- Upset stomach.
- Vomiting.
- Diarrhea.
- Burns and/or peeling of skin.
- Hair loss.
- Open sores on the skin, in the mouth, along intestinal track.
- Vomiting blood.
- Bleeding from the nose, mouth, and gums.
- Unless you have been directed to a decontamination site by public health officials, remove clothing and shower.
- Seek medical attention.

## RECOVERING FROM DISASTER

This section offers some general advice on steps to take after disaster strikes to begin putting your home, your community, and your life back to normal.

### Health and Safety

Your first concern after a disaster is your family's health and safety.

1. Be aware of new hazards created by the disaster. Watch for washed out roads, contaminated buildings, contaminated water, gas leaks, broken glass, damaged wires and slippery floors.
2. Be aware of exhaustion. Don't try to do too much at once. Set priorities and pace yourself.
3. Drink plenty of clean water. Eat well and get enough rest.
4. Wear sturdy work boots and gloves. Wash your hands thoroughly with soap and clean water often when working in debris.
5. Inform local authorities about health and safety hazards, including chemical releases, downed power lines, washed out roads, smoldering insulation or dead animals.

### Getting Disaster Assistance

Throughout the recovery period, it's important to monitor local radio television reports and other media sources for information about where to get emergency housing, food, first aid, clothing and financial assistance. Following is general information about the kinds of assistance that may be available.

Direct assistance to individuals and families may come from any number of organizations. The American Red Cross is often stationed right at the scene to help people with their most immediate medical, food and housing needs. Other voluntary organizations, such as the Salvation Army, may also provide food, shelter and supplies, and assist in cleanup efforts. Church groups and synagogues are often involved as well.

Social service agencies from local or state governments may be available to help people in shelters or provide direct assistance to families.

### Returning to a Damaged Home

Returning to a damaged home can be both physically and mentally challenging.

**Above all, use caution.**

1. Keep battery-powered radio with you so you can listen for emergency updates.
2. Wear sturdy work boots and gloves.
3. Before going inside, walk carefully around the outside of your home and check for loose power lines, gas leaks, and structural damage. If you smell gas, do not enter the home and leave immediately. Do not enter if floodwaters remain around the building. If you have any doubts about safety, have your home inspected by a professional before entering.
4. If your home was damaged by fire, do not enter until authorities say it is safe.
5. Check for cracks in the roof, foundation and chimneys. If it looks like the building may collapse, leave immediately.
6. A battery-powered flashlight is the best source of light for inspecting a damaged home. **CAUTION:** The flashlight should be turned on outside before entering a damaged home—the battery may produce a spark that could ignite leaking gas, if present.
7. Do not use oil, gas lanterns, candles, or torches for lighting inside a damaged home. Leaking gas or other flammable materials may be present. Do not smoke. Do not turn on the lights until you're sure they're safe to use.
8. Enter the home carefully and check for damage. Be aware of loose boards and slippery floors.
9. Watch out for animals. Use a stick to poke through debris.
10. If you smell gas or hear a hissing or blowing sound, open a window and leave immediately. Turn off the main gas valve from the outside, if you can. Call the gas company from a neighbor's residence. If you shut off the gas supply at the main valve, you will need a professional to turn it back on.
11. Check the electrical system where visible and accessible. If you see sparks, broken or frayed wires, or if you smell hot insulation, turn off the electricity at the main fuse box or circuit breaker. However, if you are wet, standing in water or are unsure of your safety, do not touch anything electrical. Rather, leave the building and call for help.
12. Check appliances. If appliances are wet, turn off the electricity at the main fuse box or circuit breaker. Then unplug appliances and let them dry out. Have appliances checked by a professional before using them again. Also, have the electrical system checked by an electrician before turning the power back on.
13. Check the water and sewage systems. If pipes are damaged, turn off the main water valve.
14. Clean up spilled medicines, bleaches and gasoline. Open cabinets carefully. Be aware of objects that may fall.
15. Try to protect your home from further damage. Open windows and doors to get air moving.
16. Clean and disinfect everything that got wet. Mud left behind by floodwaters can contain sewage and chemicals.
17. If your basement has flooded, pump it out gradually (about 1/3 of the water per day) to avoid damage. The walls may collapse and the floor may buckle if the basement is pumped out while the surrounding ground is still waterlogged.
18. Check with local authorities before using any water; it could be contaminated.
19. Throw out fresh food, cosmetics, and medicines that have come into contact with flood waters.
20. Check refrigerated food for spoilage—your power supply may have been disrupted during the emergency. Throw out all spoiled food and any food that you suspect might be spoiled.
21. Call your insurance agent. Take pictures of damages. Keep good records of repair and cleaning costs.

**Coping With Disaster** Disasters strike quickly, without warning and affect people in many ways. This may mean that loved ones are lost, such as relatives, friends, neighbors or family pets. It may mean the loss of a home or property, furnishings, and important cherished belongings. These events can be traumatic for adults and children.

It is very important to know that a natural grieving process takes place after any loss, and that a disaster of any size will cause unusual and unwanted stress. People may become anxious or confused, but most of all, frightened as they attempt to reconstruct their lives and get back to their daily routines.

**Here are some suggestions or guidelines to assist in helping you and your family to cope.**

**Responses to Disasters**

- Fear/disbelief
- Reluctance to abandon property
- Disorientation
- Seeking help
- Difficulty making decisions
- Helpfulness to other disaster victims
- Change in appetite/difficulty sleeping
- Anger/suspicion
- Apathy
- Depression/crying for no apparent reason
- Anxiety/frustration
- Feeling of powerlessness
- Concerns for the future
- Moodiness and irritability
- Disappointment with outside help
- Guilt/domestic violence

**What Can You Do?**

- Recognize your own feelings.
- Talk to others about your feelings as this will help relieve stress and help you realize that other victims share your feelings.
- Accept help from others in the spirit in which it is given.
- Whenever possible, take time off and do something you enjoy.
- Get enough rest.
- Exercise.
- Give someone a hug; touching is very important.
- Sit down with your family and develop a disaster plan.
- Talk to our clergy or other religious figureheads.

**Children's Response to Disasters**

- Return to earlier behavior such as thumb sucking or bed wetting.
- Clinging to parents; reluctance to go to bed.
- Nightmares.
- Fantasies that the disaster never happened.
- Crying/screaming.
- Withdrawal and immobility.
- Refusal to attend school and/or other functions.
- Problems at school/lack of concentration
- Fear that a disaster will happen again
- Afraid they will be separated from the family or left alone.

**Help for Children**

- When you're sure the danger is over, concentrate on your child's emotional needs.
- Ask the child to explain what's troubling him or her.
- Encourage your child to draw pictures of the disaster. This will help you understand how he or she views what happened.
- Talk to your child at his or her eye level.
- Provide factual information that she or he can understand.
- Do not allow them to watch the news or view the news in front of them.
- Reassure your child that you and he or she is safe. Repeat as necessary.
- Review safety procedures that are now in place, including the role your child can take.
- Spend extra time with your child, especially at bedtime.
- Work closely with teachers, daycare personnel, babysitters, and others who may not understand how the disaster has affected your child.
- Relax rules, but maintain family structure and responsibility.
- Keep your family together and always include your children in recovery activities.

**Helping Your Community**

- Listen, when you can, to those who are having problems.
- Share your own feelings about the disaster.
- Be tolerant of the irritability and short tempers others show. Everyone is stressed at this time.
- Share information on assistance being offered and possible resources.
- Listen to the advice your local emergency service professionals provide.

If any of your disaster responses are severe, or they continue to persist for an extended period of time, we encourage you to seek help for yourself, your child, your family member or friend. Eventually, everyone will realize that life will return to a somewhat normal state. Sometimes we all need someone to lean on for a short while, because we are all human.

# EMERGENCY PREPAREDNESS GUIDE

Lake Havasu City

## Local Emergency/Non-Emergency Telephone Numbers

<b>All Life Threatening Emergencies</b>	<b>9-1-1</b>
City Hall (Mayor and City Manager)	928.855.2116
Fire Department Administration	928.855.1141
Fire Prevention Bureau (Fire Marshal)	928.855.1141
Police Department Administration	928.855.1171
Police Reports Records	928.855.1171
MCSO Sheriff (Lake Havasu Sub Station)	928.764.7373
Ambulance Administration (River Medical)	928.855.4104
Animal Control – Humane Society	928.855.7479
LHC Public Works (Water, Sewer, Streets)	928.855.2618
American Water (Desert Hills)	928.453.4748
Havasu Heights Water District	928.764.4545
Parks and Recreation	928.453.8686
Planning and Zoning (Building Department)	928.855.2116
Unified School District Office	928.855.7861

## Hospitals & Urgent Care Facilities

<b>Lake Havasu City</b>	
Havasu Regional Medical Center	928.855.8185
Midwest Express	928.505.1030
Troyer Urgent Care	928.453.4600
<b>Hospitals Near Lake Havasu City</b>	
Kingman Community Hospital	928.757.2101
Needles Community Hospital	800.700.4531
Parker Indian Health Center	928.669.2137

## Local Utility Agencies Emergency/Non-Emergency Telephone Numbers

Unisource Electric Division	928.855.2138
Unisource Gas Division	928.453.0595
Frontier Phone	928.921.8101
NPG Cable (Downed Wires / Outages)	928.855.7815

## Mohave County Emergency/Non-Emergency Telephone Numbers

<b>All Life Threatening Emergencies</b>	<b>9-1-1</b>
County Manager	928.753.0729
County Emergency Management	928.757.0930
MCSO (Sheriff Admin. in Kingman)	928.753.0753
Animal Control (Kingman Office)	928.753.2727
Public Works	928.757.0910
Planning and Zoning	928.453.0727
Health Department	928.753.0743
Environmental Health	928.453.0712
Mohave County School Superintendent	928.753.0747
Senior Programs	928.453.0715

## State & Federal Emergency/Non-Emergency Telephone Numbers

AZ Division of Emergency Management	800.411.2336
AZ Department of Health Services	602.542.1025
AZ Fish and Game	928.692.7700
Bureau of Land Management (BLM)	928.692.4400
AZ Dept. of Public Safety (DPS)	928.753.5551
Poison Control	800.222.1222

## State & Federal Emergency/Non-Emergency Websites

Center for Disease Control	<a href="http://www.cdc.gov">www.cdc.gov</a>
FEMA	<a href="http://www.fema.gov">www.fema.gov</a>
Department of Homeland Security (DHS)	<a href="http://www.dhs.gov">www.dhs.gov</a>
Federal Bureau of Investigation (FBI)	<a href="http://www.fbi.gov">www.fbi.gov</a>
National Safety Council	<a href="http://www.nsc.org">www.nsc.org</a>
National Weather Service	<a href="http://www.noaa.gov">www.noaa.gov</a>

## Assistance & Support Agencies

American Red Cross in LHC		American Red Cross	928.453.9529
Red Cross Disaster Service			928.230.1725
Hospice of Havasu			928.453.2111
Interagency Council			928.453.5800
Lifeline			928.453.0812
Morning Welfare Call List			928.453.0715
Salvation Army			928.680.3678

## **IMPORTANT PHONE NUMBERS**

*Relatives or friends to call in an emergency:*

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*Babysitters:* \_\_\_\_\_

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*Physician and dentist:* \_\_\_\_\_

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*Health insurance ID:* \_\_\_\_\_

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*Parents' work or cell numbers:* \_\_\_\_\_

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*School (s):* \_\_\_\_\_

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