

**PREPARE NOW**

- If you see suspicious activity, let an authority know right away.
- Many places, such as churches, workplaces, and schools, have plans in place to help you respond safely. Ask about these plans and get familiar with them. If you participate in an active shooter drill, talk with your family about what you learned and how to apply it to other locations.
- When you visit a building such as a shopping mall or healthcare facility, take time to identify two nearby exits. Get in the habit of having this situational awareness.
- Map out places to hide. In rooms without windows, behind solid doors with locks, under desks, or behind heavy furniture such as large filing cabinets can make good hiding places.
- Sign up for training such as first aid and tourniquet applications so you can learn how to help others, because you may be the only help until professional first responders arrive.

**SURVIVE DURING**

- **RUN.** Getting away from the shooter or shooters is the top priority. Leave your things behind and run away. If safe to do so, warn others nearby. Call 911 when you are safe. Describe each shooter, their locations, and weapons.
- **HIDE.** If you cannot get away safely, find a place to hide. Get out of the shooter's view and stay very quiet. Silence your electronic devices and make sure they won't vibrate. Lock and block doors, close blinds, and turn off the lights. Do not hide in groups—spread out along walls or hide separately to make it more difficult for the shooter. Try to communicate with police silently — such as through text messages or by putting a sign in an exterior window. Stay in place until law enforcement gives you notice that all immediate danger is clear.
- **FIGHT.** Your last resort when you are in immediate danger is to defend yourself and others. Commit to your actions and act aggressively to stop the shooter. Ambushing the shooter together with makeshift weapons such as chairs, fire extinguishers, scissors, and books can distract and disarm the shooter.

**BE SAFE AFTER**

- Keep hands visible and empty.
- Know that law enforcement's first task is to end the incident. They may have to pass injured persons along the way.
- Follow law enforcement's instructions and evacuate in the direction they tell you to.
- Consider seeking professional help for you and your family to cope with the long-term effects of trauma.

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### PREPARE NOW

- Learn about your local avalanche risk.
- Sign up for alerts from a U.S. Forest Service Avalanche Center near you. Your community may also have a local warning system.
- Learn the signs of an avalanche and how to use safety and rescue equipment.
- Take first aid training to recognize and treat suffocation, hypothermia, traumatic injury, and shock.
- Travel with a guide who knows the locations to avoid. Always travel in pairs.
- Follow avalanche warnings on roads. Roads may be closed or vehicles may be advised not to stop on the roadside.
- Know the signs of increased danger, including recent avalanches and shooting cracks across slopes.
- Avoid areas of increased risk like slopes steeper than 30 degrees or areas downhill of steep slopes.

### SURVIVE DURING

- Wear a helmet to help reduce head injuries and an avalanche beacon to help others locate you.
- Use an avalanche airbag that may create air pockets to give you more space to breathe and help you from being completely buried.
- Carry a collapsible avalanche probe and a small shovel to help rescue others.
- If your partner or others are buried, call 9-1-1 and then begin to search.
- Treat others for suffocation, hypothermia, traumatic injury, or shock.

### BE SAFE AFTER

- Know the signs and ways to treat hypothermia.
- **Hypothermia** is an unusually low body temperature. A body temperature below 95 degrees is an emergency.
  - *Signs:* Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness.
  - *Actions:* Go to a warm room or shelter. Warm the center of the body first—chest, neck, head, and groin. Keep the person dry and wrapped up in warm blankets, including the head and neck.



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## CIVIL UNREST EMERGENCY CARD

- Please note for all emergencies: CORAC Communications runs a HAM radio net on Sunday evenings at 7:30 PM Eastern time. At 7:30 Eastern, they are up on 14.227 MHz (20 meter band), then, at 8:00 PM Eastern, they switch to 7.284.1 MHz. In an emergency situation, they will broadcast new times and frequencies on those nets.
- If communication goes out for any length of time, meet outside your local Church at 9 a.m. on Saturday mornings if it is safe to do so. Tell friends at Church now in case you can't then. CORAC teams will be out looking for people to gather in and work with.
- First, stay in prayer
- Focus on what you can do and can control, rather than what you can't
- Quickly and safely assess the scope of the unrest if you can
- Contact your CORAC Reg. Coord. \_\_\_\_\_
- Prepare to defend yourself/family/property.
- Make sure all firearms are cleaned and any magazines are loaded.
- Check if family members are safe; if they need help getting to a safe location, evaluate options.
- Once/if home, secure your area and stay inside and away from doors and windows.
- Be vigilant and aware of unfolding events.
- Do not engage in verbal confrontations, and do not physically engage protestors. If you are personally confronted, remain calm and try not to raise your voice or escalate the situation.
- Be sure home security cameras and detectors are in working order.
- If you have elected to do so, join your community defensive force in mission.
- If you are in your home (sheltering in place is best if possible):
  - Ensure all doors and windows are locked
  - Close curtains/drapes completely
  - Stay inside and away from doors and windows.
  - Gather all of your firearms to where you are hunkering down in the house
  - Gather to yourself anything in the house that can be used as a weapon:
    - Car keys, baseball bats, pepper spray, tasers, flashlights, knives, screwdrivers, metal knitting needles
    - Raid Wasp & Hornet Killer (sprays up to 22 feet, spray into attacker's eyes)
    - Fire extinguisher (spraying it into an attacker's eyes, then hitting them with it)



## CIVIL UNREST EMERGENCY CARD

- To every extent possible, stay aware of the extent, scope, and spread of unrest to continue to monitor the safety of your home (reliable news feeds, social media, other sources)
- If you are away from home or must leave it:
  - Monitor the location of the violence, and plan an exit route around or away from it; generate at least 3 options before departing
  - Know in advance your destination, if at all possible (and if possible, have several alternatives)
  - If possible, join with others in departing (safety in numbers); exit your home as a family or in a group, and depart calmly (running attracts attention)
  - If on foot, link elbows and walk to avoid getting separated. If you're having to move with a crowd, move with it until you can escape to a side street
  - Avoid public transportation routes and main thoroughfares as they may be blocked by rioters
  - Stay away from police lines, as you may get caught in a line of fire
  - If driving away, keep a firearm, pepper spray or other self-defense item readily at hand in your car
  - Lock your car doors; roll windows up; shut off your ventilation system (to avoid teargas getting in)
  - If you must pass through a crowd, keep your foot on the gas pedal and keep the car moving, even slowly
    - Do NOT wear your seatbelt when moving through a riot—you may need to make a fast escape
    - While you can't use your vehicle to hit people or run them over (at least not legally or wisely), you can use it to push or shove them aside. If someone is in your path, for instance, you can drive slowly forward and once they see you're not slowing down, they may step aside. Furthermore, you actually can hit people with your car if you do it defensively.
    - However, the moment people begin attacking your car and trying to pull you out, the game has changed. Now you can begin to accelerate and forcefully use your vehicle to push them aside. Still, don't hit them any harder than necessary.



## POWER FAILURE EMERGENCY CARD

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- First, in all crises, stay in prayer
- Focus on what you can do and can control, rather than what you can't
- Quickly and safely assess the scope of the outage
  - If your neighbors still have electricity, then the problem is likely inside your home
  - Start by checking the main fuses or circuit breakers to see if they have blown.
- If the outage appears widespread, Signal/text/message your CORAC Regional Coordinator to alert them of the situation
- Quickly and safely identify the location of family members and those you have direct responsibility for
- Keep refrigerator and freezer doors closed as much as possible to keep food cold
  - Place heavy blankets over chest freezers to help keep them cold
- If it's cold enough outside, fill clean plastic milk jugs with water and put them outside to freeze solid. Put these jugs in coolers, which can serve as temporary refrigerators for food supplies.
- Move food from freezer to coolers and place them outside to stay frozen
- Fill up your bathtub with water (for washing and flushing)
  - Note: If you expect temperatures to drop below freezing inside your house, avoid filling up the tub, as you could end up with a frozen (and cracked) bathtub.
- If your water pipes are in danger of freezing, open faucets to a slow drip to give the expanding water somewhere to go
- If you use candles, do so with EXTREME caution, as they present a fire risk
- Turn off and unplug all unnecessary electrical equipment  
Dim the brightness of your cell phone and turn off Wi-Fi to save battery life
  - Switch your cell phone battery to low power mode under settings.
- Eliminate unnecessary travel (traffic lights will be out, roads may be congested)
- If you're using a generator:
  - KNOW how to operate your particular generator safely!
  - Don't run a gas-powered generator inside your home (operate it outside and run the power line in)



## POWER FAILURE EMERGENCY CARD

- Run it as little as possible, and be aware that running lights at night may make you a target (window coverings are advised)
- During the crisis, fuel safety is critical
  - Transport all fuel upright
  - Regularly check for fuel leaks throughout any system using fuel (including fuel lines, etc) - DON'T check for leaks with an open flame
  - Dispose of spilled fuel CAREFULLY and IMMEDIATELY (never with human/animal waste, never into the garbage, never near heat sources)
- If it's winter and you're unable to adequately heat with wood, heaters, etc:
  - Pitch a tent inside the house and have everyone stay in it (keeps body heat in a very small space; may help prevent freezing to death)
  - Zip two sleeping bags together into one huge sleeping bag, and have 2-3 people sleep together
- If it's winter and you need water, and there's snow outside or a frozen body of water:
  - Know how to safely cut ice from the lake/pond/river, and have the tools to do it
  - Have ways to melt the snow or ice in the house
  - If melting snow/ice without a heat source, keep the container away from the space that you're trying to keep warm (melting snow/ice will chill your living space)
- From the beginning, deal with human waste properly (see prep notes above)
  - Using #10 cans or other sealable containers:
    - Keep 1 with a lid for storing supplies: TP and resealable wipes
    - Have either dirt or cat litter in a mound with a shovel nearby to cover waste between uses. Tends to be more sanitary due to no handling of the waste.
- Throw away any food that has been exposed to temperatures 40°F(4°C) for 2 hours or more or that has an unusual odor, color, or texture. When in doubt, throw it out!
- It is best to shelter in place when you can, but IF YOU MUST EVACUATE quickly:
  - Account for family members and grab your go-bags
  - If you can, turn off the main breaker or switch of the circuit-breaker panel or power-supply box of your house.
  - If you can, turn off the water main where it enters the house
  - Do not drive over downed power lines
  - Try to keep in touch with your CORAC Regional Coordinator/deputy to identify a safe shelter if possible



### PREPARE NOW

- Keep your anti-virus software updated.
- Use strong passwords that are 12 characters or longer. Use upper and lowercase letters, numbers, and special characters. Change passwords monthly. Use a password manager.
- Use a stronger authentication such as a PIN or password that only you would know. Consider using a separate device that can receive a code or uses a biometric scan (e.g., fingerprint scanner).
- Watch for suspicious activity that asks you to do something right away, offers something that sounds too good to be true, or needs your personal information. Think before you click.
- Check your account statements and credit reports regularly.
- Use secure internet communications. Use sites that use “HTTPS” if you will access or provide any personal information. Don’t use sites with invalid certificates. Use a Virtual Private Network (VPN) that creates a secure connection.
- Use antivirus solutions, malware, and firewalls to block threats.
- Regularly back up your files in an encrypted file or encrypted file storage device.
- Limit the personal information you share online. Change privacy settings and do not use location features.
- Protect your home network by changing the administrative and Wi-Fi passwords regularly. When configuring your router, choose the Wi-Fi Protected Access 2 (WPA2) Advanced Encryption Standard (AES) setting, which is the strongest encryption option.

### LIMIT THE DAMAGE DURING

- Look for unexplained charges, strange accounts on your credit report, unexpected denial of your credit card, posts you did not make showing up on your social networks, and people receiving emails you never sent.
- Immediately change passwords for all of your online accounts.
- Scan and clean your device.
- Consider turning off the device. Take it to a professional to scan and fix.
- Let work, school, or other system owners know. Information Technology (IT) departments may need to warn others and upgrade systems.



- Contact banks, credit card companies, and other financial accounts. You may need to place holds on accounts that have been attacked. Close any unauthorized credit or charge accounts. Report that someone may be using your identity.

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## EARTHQUAKE SCENARIO

### PREPARE NOW

- Secure items such as televisions and objects that hang on walls. Store heavy and breakable objects on low shelves.
- Practice Drop, Cover, and Hold On with family and coworkers. Drop to your hands and knees. Cover your head and neck with your arms. Crawl only as far as needed to reach cover from falling materials. Hold on to any sturdy furniture until the shaking stops.
- Create a family emergency communication plan that has an out-of-state contact. Plan where to meet if you get separated.
- Make a supply kit that includes enough food and water for at least three days, a flashlight, a fire extinguisher, and a whistle. Consider each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries and charging devices for phones and other critical equipment.
- Consider a retrofit of your home/building if it has structural issues that make it vulnerable to collapse during an earthquake.

### SURVIVE DURING

- Drop, Cover, and Hold On like you practiced (see above).
- If in bed, stay there and cover your head and neck with a pillow.
- If inside, stay there until the shaking stops. DO NOT run outside.
- If in a vehicle, stop in a clear area that is away from buildings, trees, overpasses, underpasses, or utility wires.
- If you are in a high-rise building, expect fire alarms and sprinklers to go off. Do not use elevators.
- If near slopes, cliffs, or mountains, be alert for falling rocks and landslides.

### BE SAFE AFTER

- Expect aftershocks to follow the largest shock of an earthquake sequence.
- Check yourself for injury.
- Do not enter damaged buildings, but if in a damaged building, go outside and quickly move away from the building.
- If you are trapped, send a text or bang on a pipe or wall. Cover your mouth for protection and instead of shouting, use a whistle.



## EARTHQUAKE SCENARIO

- If you are in an area that may experience tsunamis, go inland or to higher ground immediately after the shaking stops.
- Save phone calls for emergencies.
- Wear sturdy shoes and work gloves to help in the aftermath.

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**PREPARE NOW**

- Find places in your community where you can go to get cool.
- Try to keep your home cool:
  - Cover windows with drapes or shades.
  - Weather-strip doors and windows.
  - Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside.
  - Add insulation to keep the heat out.
  - Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing hot air.
  - Install window air conditioners and insulate around them.

**SURVIVE DURING**

- Never leave a child, adult, or animal alone inside a vehicle on a warm day.
- Find places with air conditioning. Libraries, shopping malls, and community centers can provide a cool place to take a break from the heat.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Wear loose, lightweight, light-colored clothing.
- Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor what would be best.
- Do not use electric fans when the temperature outside is more than 95 degrees. You could increase the risk of heat-related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature.
- Avoid high-energy activities.
- Check yourself, family members, and neighbors for signs of heat-related illness.

**RECOGNIZE & RESPOND**

- **Heat Cramps**
  - *Signs:* Muscle pains or spasms in the stomach, arms, or legs.
  - *Actions:* Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.



- **Heat Exhaustion**

- *Signs:* Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting.
- *Actions:* Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

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## FLOODING SCENARIO

### PREPARE NOW

- Know your area's type of flood risk.
- Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- If flash flooding is a risk in your location, monitor potential signs such as heavy rain.
- Learn and practice evacuation routes, shelter plans, and flash flood response.
- Gather supplies in case you have to leave immediately or if services are cut off. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets. Obtain extra batteries and charging devices for phones and other critical equipment.
- Keep important documents in a waterproof container. Create password-protected digital copies.
- Protect your property. Move valued items to higher levels. Declutter drains and gutters. Install check valves. Consider a sump pump with a battery.

### SURVIVE DURING

- Depending on where you are, and the impact and the warning time of flooding, go to the safe location that you have identified.
- If told to evacuate, do so immediately. Never drive around barricades. Local responders use them to safely direct traffic out of flooded areas.
- Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instructions.
- Do not walk, swim, or drive through flood waters. Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.
- Stay off of bridges over fast-moving water which can be washed away without warning.
- If your vehicle is trapped in rapidly moving water, stay inside. If water is rising inside the vehicle, seek refuge on the roof. If trapped in a building, go to its highest level. Do not climb into a closed attic. You may become trapped by rising floodwater. Go on the roof only if necessary. Signal for help.



## FLOODING SCENARIO

### BE SAFE AFTER

- Listen to authorities for information and instructions. Avoid driving, except in emergencies.
- Be aware that snakes and other animals may be in your house. Wear heavy gloves and boots during clean up.
- Avoid wading in floodwater, which can contain dangerous debris and be contaminated. Underground or downed power lines can also electrically charge the water.
- Use a generator or other gasoline-powered machinery ONLY outdoors and away from windows.
- Be aware of the risk of electrocution. Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off the electricity to prevent electric shock.

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### PREPARE NOW

- Know your area's risk from hurricanes.
- Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- If you are at risk for flash flooding, watch for signs such as heavy rain.
- Practice going to a safe shelter for high winds. The next best protection is a small, interior, windowless room in a sturdy building on the lowest level that is not subject to flooding.
- Based on your location and community plans, make your own plans for evacuation or sheltering in place.
- Become familiar with your evacuation zone, the evacuation route, and shelter locations.
- Gather needed supplies for at least three days. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets.
- Keep important documents in a safe place or create password-protected digital copies.
- Protect your property. Declutter drains and gutters. Install check valves in plumbing to prevent backups. Consider hurricane shutters.

### SURVIVE DURING

- If told to evacuate, do so immediately. Do not drive around barricades.
- If sheltering during high winds, go to a storm shelter, or a small, interior, windowless room or hallway on the lowest floor.
- If trapped in a building by flooding, go to the highest level of the building. Do not climb into a closed attic. You may become trapped by rising flood water.
- Listen for current emergency information and instructions.
- Use a generator or other gasoline-powered machinery ONLY outdoors and away from windows.
- Do not walk, swim, or drive through flood waters. Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.
- Stay off bridges over fast-moving water.



### BE SAFE AFTER

- Listen to authorities for information and special instructions.
- Be careful during clean-up. Wear protective clothing and work with someone else.
- Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off electricity at the main breaker or fuse box to prevent electric shock.
- Avoid wading in flood water, which can contain dangerous debris. Underground or downed power lines can also electrically charge the water.
- Save phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messages or social media to communicate with family and friends.

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### PREPARE NOW

- Know the landslide risk in your area. Contact officials for information on local landslide hazards.
  - Ask whether there is a landslide map of your area or how to get your property checked.
  - Learn about the types and signs of landslides common in your area.
  - Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
  - Know your community's landslide evacuation plans. Practice driving evacuation routes and identify shelter locations.
  - Gather supplies in case you have to leave immediately or if services are cut off. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets.
  - Avoid building in areas at risk for a landslide, such as steep slopes or property close to cliffs, or near drainage ways or streams.
  - Plant ground cover and build walls to direct the mudflow around buildings.
- Keep important documents in a safe place. Create password-protected digital copies.

### SURVIVE DURING

- Monitor the area for signs of potential slide activity. These can include cracks or bulges in the ground, street pavement, or sidewalks; soil moving away from foundations; tilting of patios or foundations; broken water lines; or leaning telephone poles, trees, walls, or fences.
- Evacuate an area immediately after authorities tell you to. Signs of a landslide may not be visible, but the danger still exists.
- Watch for flooding. Floods sometimes follow landslides because they may be started by the same event.
- Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instructions.



### BE SAFE AFTER

- Listen to authorities to find out if it is safe to return.
- Save phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messages or social media to communicate with family and friends.
- Stay away from downed power lines and report them immediately.

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### PREPARE NOW

- Know your area's risk of thunderstorms. They can occur year-round and at any hour.
- Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- Identify sturdy buildings close to where you live, work, study, and play.
- Cut down or trim trees that may be in danger of falling on your home.
- Consider buying surge protectors, lightning rods, or a lightning protection system to protect your home, appliances, and electronic devices.
- Secure outside furniture.

### SURVIVE DURING

- When you receive a thunderstorm warning or hear thunder, go inside immediately. A sturdy building is the safest place to be during a thunderstorm. No place outside is safe. If you are caught outside in a thunderstorm, keep moving towards safe shelter.
- Immediately get off elevated areas such as hills, mountain ridges, or peaks.
- Never lie flat on the ground.
- Never shelter under an isolated tree.
- Never use a cliff or rocky overhang for shelter.
- Immediately get out of and away from ponds, lakes, and other bodies of water.
- Pay attention to weather reports and warnings of thunderstorms. Be ready to change plans, if necessary, to be near shelter.
- If indoors, avoid running water or using landline phones. Electricity can travel through plumbing and phone lines.
- Protect your property. Unplug appliances and other electric devices.
- If boating or swimming, get to land and find a sturdy, grounded shelter or vehicle immediately.
- If necessary, take shelter in a car with a metal top and sides. Do not touch anything metal.
- Avoid flooded roadways. Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.



### BE SAFE AFTER

- Listen to authorities and weather forecasts for information on whether it is safe to go outside and instructions regarding potential flash flooding.
- Watch for fallen power lines and trees. Report them immediately.

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### PREPARE NOW

- Identify shelter locations. Identify the best shelter location near where you spend a lot of time, such as home, work, and school. The best locations are underground and in the middle of larger buildings.
- While commuting, identify appropriate shelters to seek in the event of a detonation.
- Outdoor areas, vehicles and mobile homes do NOT provide adequate shelter. Look for basements or the center of large multi-story buildings.
- Make sure you have an Emergency Supply Kit for places you frequent and might have to stay for 24 hours. It should include bottled water, packaged foods, emergency medicines, a hand-crank or battery-powered radio to get information in case power is out, a flashlight, and extra batteries for essential items. If possible, store supplies for three or more days.

### SURVIVE DURING

- If warned of an imminent attack, immediately get inside the nearest building and move away from windows. This will help provide protection from the blast, heat, and radiation of the detonation. If you are outdoors when a detonation occurs take cover from the blast behind anything that might offer protection. Lie face down to protect exposed skin from the heat and flying debris. If you are in a vehicle, stop safely, and duck down within the vehicle.
- After the shock wave passes, get inside the nearest, best shelter location for protection from potential fallout. You will have 10 minutes or more to find an adequate shelter.
- Be inside before the fallout arrives. The highest outdoor radiation levels from fallout occur immediately after the fallout arrives and then decrease with time.
- Stay tuned for updated instructions from emergency response officials. If advised to evacuate, listen for information about routes, shelters, and procedures.
- If you have evacuated, do not return until you are told it is safe to do so by local officials.



### BE SAFE AFTER

- Immediately after you are inside shelter, if you may have been outside after the fallout arrived. Remove your outer layer of contaminated clothing to remove fallout and radiation from your body.
- Take a shower or wash with soap and water to remove fallout from any skin or hair that was not covered. If you cannot wash or shower, use a wipe or clean wet cloth to wipe any skin or hair that was not covered.
- Clean any pets that were outside after the fallout arrived. Gently brush your pet's coat to remove any fallout particles and wash your pet with soap and water, if available.
- It is safe to eat or drink packaged food items or items that were inside a building. Do not consume food or liquids that were outdoors uncovered and may be contaminated by fallout.
- If you are sick or injured, listen for instructions on how and where to get medical attention when authorities tell you it is safe to exit.

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## POWER OUTAGE SCENARIO

### PREPARE NOW

- Take an inventory now of the items you need that rely on electricity.
- Talk to your medical provider about a power outage plan for medical devices powered by electricity and refrigerated medicines. Find out how long medication can be stored at higher temperatures and get specific guidance for any medications that are critical for life.
- Plan for batteries and other alternatives to meet your needs when the power goes out.
- Sign up for local alerts and warning systems. Monitor weather reports.
- Install carbon monoxide detectors with battery backup in central locations on every level of your home.
- Determine whether your home phone will work in a power outage and how long battery backup will last.
- Review the supplies that are available in case of no power. Have flashlights with extra batteries for every household member. Have enough non-perishable food and water.
- Use a thermometer in the refrigerator and freezer so that you can know the temperature when the power is restored.
- Keep mobile phones and other electric equipment charged and gas tanks full.

### SURVIVE DURING

- Keep freezers and refrigerators closed. The refrigerator will keep food cold for about four hours. A full freezer will keep the temperature for about 48 hours. Use coolers with ice if necessary. Monitor temperatures with a thermometer.
- Use food supplies that do not require refrigeration.
- Avoid carbon monoxide poisoning. Generators, camp stoves, or charcoal grills should always be used outdoors and at least 20 feet away from windows. Never use a gas stovetop or oven to heat your home.
- Check on your neighbors. Older adults and young children are especially vulnerable to extreme temperatures.
- Go to a community location with power if heat or cold is extreme.
- Turn off or disconnect appliances, equipment, or electronics. Power may return with momentary “surges” or “spikes” that can cause damage.



## POWER OUTAGE SCENARIO

### BE SAFE AFTER

- When in doubt, throw it out! Throw away any food that has been exposed to temperatures 40 degrees or higher for two hours or more, or that has an unusual odor, color, or texture.
- If the power is out for more than a day, discard any medication that should be refrigerated, unless the drug's label says otherwise. If a life depends on the refrigerated drugs, consult a doctor or pharmacist and use medicine only until a new supply is available

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## TORNADO SCENARIO

### FIND SAFE SHELTER RIGHT AWAY

Tornadoes can destroy buildings, flip cars, and create deadly flying debris.

### PREPARE NOW

- Know your area's tornado risk. In the U.S., the Midwest and the Southeast have a greater risk for tornadoes.
- Know the signs of a tornado, including a rotating funnel-shaped cloud, an approaching cloud of debris, or a loud roar — similar to a freight train.
- Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- If your community has sirens, become familiar with the warning tone.
- Pay attention to weather reports. Meteorologists can predict when conditions might be right for a tornado.
- Identify and practice going to a safe shelter for high winds, such as a safe room, such as a small, interior, windowless room in a sturdy building on the lowest level, or an official storm shelter.
- Consider constructing a safe room that meets FEMA or ICC 500 standards.

### SURVIVE DURING

- Immediately go to a safe location that you identified.
- Take additional cover by shielding your head and neck with your arms and putting materials such as furniture and blankets around you.
- Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instructions.
- Do not try to outrun a tornado in a vehicle.
- If you are in a car or outdoors and cannot get to a building, cover your head and neck with your arms and cover your body with a coat or blanket, if possible.



## TORNADO SCENARIO

### BE SAFE AFTER

- Keep listening to EAS, NOAA Weather Radio, and local authorities for updated information.
- If you are trapped, cover your mouth with a cloth or mask to avoid breathing dust. Try to send a text, bang on a pipe or wall, or use a whistle instead of shouting.
- Stay clear of fallen power lines or broken utility lines.
- Do not enter damaged buildings until you are told that they are safe.
- Save your phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messaging or social media to communicate with family and friends.
- Be careful during clean-up. Wear thick-soled shoes, long pants, and work gloves.

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### PREPARE NOW

- If you live near or visit a coastal area, learn about the tsunami risk. Some at-risk communities have maps with evacuation zones and routes. If you are a visitor, ask about community emergency plans.
- Learn the signs of a potential tsunami, such as an earthquake, a loud roar from the ocean, or unusual ocean behavior, such as a sudden rise or wall of water or sudden draining showing the ocean floor.
- Know and practice community evacuation plans and map out your routes from home, work, and play.
- Pick shelters 100 feet or more above sea level or at least one mile inland.
- Create a family emergency communication plan that has an out-of-state contact. Plan where to meet if you get separated.
- Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

### SURVIVE DURING

- If you are in a tsunami area and there is an earthquake, first protect yourself from the earthquake.
- Drop, Cover, and Hold On. Drop to your hands and knees. Cover your head and neck with your arms. Hold on to any sturdy furniture until the shaking stops. Crawl only if you can reach better cover, but do not go through an area with more debris.
- When the shaking stops, if there is a warning, either natural signs or an official warning, move immediately to a safe place as high and as far inland as possible. Listen to the authorities, but do not wait for tsunami warnings and evacuation orders.
- If you are outside of the tsunami hazard zone and receive a warning, stay where you are unless officials tell you otherwise.
- Leave immediately if you are told to do so. Evacuation routes are often marked by a wave with an arrow in the direction of higher ground.
- If you are in the water, grab onto something that floats, such as a raft, tree trunk, or door.
- If you are in a boat, face the direction of the waves and head out to sea. If you are in a harbor, go inland.



### BE SAFE AFTER

- Listen to local alerts and authorities for information on areas to avoid and shelter locations.
- Avoid wading in floodwater, which can contain dangerous debris. Water may be deeper than it appears.
- Be aware of the risk of electrocution. Underground or downed power lines can electrically charge water. Do not touch electrical equipment if it is wet or if you are standing in water.
- Stay away from damaged buildings, roads, and bridges.
- Save phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messages or social media to communicate with family and friends.

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**PREPARE NOW**

- Know your area's risk from volcanic eruption.
- Ask local emergency management for evacuation and shelter plans and for potential protections from ash.
- Learn about community warning systems. The Volcano Notification Service (VNS) is a free service that sends notifications about volcanic activity. Sign up for alerts at <https://volcanoes.usgs.gov/vns2/>.
- Get needed supplies in case you have to evacuate immediately or if services are cut off. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets.
- Consult your doctor if you have existing respiratory difficulties.
- Practice a communication and evacuation plan with everyone in your family.
- Have a shelter-in-place plan if your biggest risk is from ash.
- Keep important documents in a safe place. Create password-protected digital copies.

**SURVIVE DURING**

- Listen to alerts. The VNS provides up-to-date information about eruptions.
- Follow evacuation orders from local authorities. Evacuate early.
- Avoid areas downwind and river valleys downstream of the volcano. Rubble and ash will be carried by wind and gravity.
- Take temporary shelter from volcanic ash where you are if you have enough supplies.
- Cover ventilation openings and seal doors and windows.
- If outside, protect yourself from falling ash that can irritate skin and injure breathing passages, eyes, and open wounds.
- Avoid driving in heavy ash fall. If you must drive, use headlights and drive slowly.

**BE SAFE AFTER**

- Listen to authorities to find out whether it is safe to return. Send text messages or use social media to reach out to family and friends. Phone systems are often busy after a disaster. Only make emergency calls.
- Avoid driving in heavy ash. Driving will stir up volcanic ash that can clog engines and stall vehicles.
- If you have any breathing problems, avoid contact with ash. Stay indoors until authorities say it is safe to go outside.
- Do not get on your roof to remove ash unless you have guidance or training. If you have to remove ash, be very careful as ash makes surfaces slippery. Be careful not to add additional weight onto an overloaded roof.

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### PREPARE NOW

- Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- Know your community's evacuation routes and find several ways to leave the area. Drive the evacuation routes and find shelter locations. Have a plan for pets and livestock.
- Gather emergency supplies, including N95 respirator masks that filter out particles in the air you breathe. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets.
- Keep important documents in a fireproof safe. Create password-protected digital copies.
- Use fire-resistant materials to build, renovate, or make repairs.
- Find an outdoor water source with a hose that can reach any area of your property.
- Create a fire-resistant zone that is free of leaves, debris, or flammable materials for at least 30 feet from your home.

### SURVIVE DURING

- Evacuate. Leave immediately if authorities tell you to do so.
- If trapped, call 911 and give your location, but be aware that emergency response could be delayed or impossible. Turn on lights to help people find you.
- Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instructions.
- Use an N95 mask to keep particles out of the air you breathe.



### BE SAFE AFTER

- Listen to authorities to find out if it is safe to return and whether water is safe to drink.
- Avoid hot ash, charred trees, smoldering debris, and live embers. The ground may contain heat pockets that can burn you or spark another fire. Consider the danger to pets and livestock walking the ground.
- Send text messages or use social media to reach out to family and friends. Phone systems are often busy following a disaster. Make calls only in emergencies.

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### PREPARE NOW

- Know your area's risk for winter storms. Extreme winter weather can leave communities without utilities or other services for long periods of time.
- Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.
- Pay attention to weather reports and warnings of freezing weather and winter storms. Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.
- Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.
- Learn the signs of and basic treatments for frostbite and hypothermia.

### SURVIVE DURING

- Stay off roads if at all possible. If trapped in your car, stay inside.
- Limit your time outside. If you need to go outside, wear layers of warm clothing. Watch for signs of frostbite and hypothermia.
- Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.
- Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.
- Watch for signs of frostbite and hypothermia and begin treatment right away.
- Check on your neighbors. Older adults and young children are more at risk in extreme cold.



### RECOGNIZE & RESPOND

**Frostbite** causes loss of feeling and color around the face, fingers, and toes.

- *Signs:* Numbness, white or grayish-yellow skin, and firm or waxy skin.
- *Actions:* Go to a warm room. Soak in warm water. Use bodyheat to warm. Do not massage or use a heating pad.

**Hypothermia** is an unusually low body temperature. A temperature below 95 degrees is an emergency.

- *Signs:* Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness.
- *Actions:* Go to a warm room. Warm the center of the body first — chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

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## EARTHQUAKE SCENARIO

### PREPARE NOW

- Secure items such as televisions and objects that hang on walls. Store heavy and breakable objects on low shelves.
- Practice Drop, Cover, and Hold On with family and coworkers. Drop to your hands and knees. Cover your head and neck with your arms. Crawl only as far as needed to reach cover from falling materials. Hold on to any sturdy furniture until the shaking stops.
- Create a family emergency communication plan that has an out-of-state contact. Plan where to meet if you get separated.
- Make a supply kit that includes enough food and water for at least three days, a flashlight, a fire extinguisher, and a whistle. Consider each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries and charging devices for phones and other critical equipment.
- Consider a retrofit of your home/building if it has structural issues that make it vulnerable to collapse during an earthquake.

### SURVIVE DURING

- Drop, Cover, and Hold On like you practiced (see above).
- If in bed, stay there and cover your head and neck with a pillow.
- If inside, stay there until the shaking stops. DO NOT run outside.
- If in a vehicle, stop in a clear area that is away from buildings, trees, overpasses, underpasses, or utility wires.
- If you are in a high-rise building, expect fire alarms and sprinklers to go off. Do not use elevators.
- If near slopes, cliffs, or mountains, be alert for falling rocks and landslides.

### BE SAFE AFTER

- Expect aftershocks to follow the largest shock of an earthquake sequence.
- Check yourself for injury.
- Do not enter damaged buildings, but if in a damaged building, go outside and quickly move away from the building.
- If you are trapped, send a text or bang on a pipe or wall. Cover your mouth for protection and instead of shouting, use a whistle.



## EARTHQUAKE SCENARIO

- If you are in an area that may experience tsunamis, go inland or to higher ground immediately after the shaking stops.
- Save phone calls for emergencies.
- Wear sturdy shoes and work gloves to help in the aftermath.

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**PREPARE NOW**

- Find places in your community where you can go to get cool.
- Try to keep your home cool:
  - Cover windows with drapes or shades.
  - Weather-strip doors and windows.
  - Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside.
  - Add insulation to keep the heat out.
  - Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing hot air.
  - Install window air conditioners and insulate around them.

**BE SAFE DURING**

- Never leave a child, adult, or animal alone inside a vehicle on a warm day.
- Find places with air conditioning. Libraries, shopping malls, and community centers can provide a cool place to take a break from the heat.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Wear loose, lightweight, light-colored clothing.
- Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor what would be best.
- Do not use electric fans when the temperature outside is more than 95 degrees. You could increase the risk of heat-related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature.
- Avoid high-energy activities.
- Check yourself, family members, and neighbors for signs of heat-related illness.

**RECOGNIZE & RESPOND**

- **Heat Cramps**
  - *Signs:* Muscle pains or spasms in the stomach, arms, or legs.
  - *Actions:* Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.



- **Heat Exhaustion**

- *Signs:* Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting.
- *Actions:* Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

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## FLOODING SCENARIO

### PREPARE NOW

- Know your area's type of flood risk.
- Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- If flash flooding is a risk in your location, monitor potential signs such as heavy rain.
- Learn and practice evacuation routes, shelter plans, and flash flood response.
- Gather supplies in case you have to leave immediately or if services are cut off. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets. Obtain extra batteries and charging devices for phones and other critical equipment.
- Keep important documents in a waterproof container. Create password-protected digital copies.
- Protect your property. Move valued items to higher levels. Declutter drains and gutters. Install check valves. Consider a sump pump with a battery.

### SURVIVE DURING

- Depending on where you are, and the impact and the warning time of flooding, go to the safe location that you have identified.
- If told to evacuate, do so immediately. Never drive around barricades. Local responders use them to safely direct traffic out of flooded areas.
- Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instructions.
- Do not walk, swim, or drive through flood waters. Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.
- Stay off of bridges over fast-moving water which can be washed away without warning.
- If your vehicle is trapped in rapidly moving water, stay inside. If water is rising inside the vehicle, seek refuge on the roof. If trapped in a building, go to its highest level. Do not climb into a closed attic. You may become trapped by rising floodwater. Go on the roof only if necessary. Signal for help.



## FLOODING SCENARIO

### BE SAFE AFTER

- Listen to authorities for information and instructions. Avoid driving, except in emergencies.
- Be aware that snakes and other animals may be in your house. Wear heavy gloves and boots during clean up.
- Avoid wading in floodwater, which can contain dangerous debris and be contaminated. Underground or downed power lines can also electrically charge the water.
- Use a generator or other gasoline-powered machinery ONLY outdoors and away from windows.
- Be aware of the risk of electrocution. Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off the electricity to prevent electric shock.

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### PREPARE NOW

- Know your area's risk from hurricanes.
- Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- If you are at risk for flash flooding, watch for signs such as heavy rain.
- Practice going to a safe shelter for high winds. The next best protection is a small, interior, windowless room in a sturdy building on the lowest level that is not subject to flooding.
- Based on your location and community plans, make your own plans for evacuation or sheltering in place.
- Become familiar with your evacuation zone, the evacuation route, and shelter locations.
- Gather needed supplies for at least three days. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets.
- Keep important documents in a safe place or create password-protected digital copies.
- Protect your property. Declutter drains and gutters. Install check valves in plumbing to prevent backups. Consider hurricane shutters.

### SURVIVE DURING

- If told to evacuate, do so immediately. Do not drive around barricades.
- If sheltering during high winds, go to a storm shelter, or a small, interior, windowless room or hallway on the lowest floor.
- If trapped in a building by flooding, go to the highest level of the building. Do not climb into a closed attic. You may become trapped by rising flood water.
- Listen for current emergency information and instructions.
- Use a generator or other gasoline-powered machinery ONLY outdoors and away from windows.
- Do not walk, swim, or drive through flood waters. Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.
- Stay off bridges over fast-moving water.



### BE SAFE AFTER

- Listen to authorities for information and special instructions.
- Be careful during clean-up. Wear protective clothing and work with someone else.
- Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off electricity at the main breaker or fuse box to prevent electric shock.
- Avoid wading in flood water, which can contain dangerous debris. Underground or downed power lines can also electrically charge the water.
- Save phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messages or social media to communicate with family and friends.

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### PREPARE NOW

- Know the landslide risk in your area. Contact officials for information on local landslide hazards.
  - Ask whether there is a landslide map of your area or how to get your property checked.
  - Learn about the types and signs of landslides common in your area.
  - Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
  - Know your community's landslide evacuation plans. Practice driving evacuation routes and identify shelter locations.
  - Gather supplies in case you have to leave immediately or if services are cut off. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets.
  - Avoid building in areas at risk for a landslide, such as steep slopes or property close to cliffs, or near drainage ways or streams.
  - Plant ground cover and build walls to direct the mudflow around buildings.
- Keep important documents in a safe place. Create password-protected digital copies.

### SURVIVE DURING

- Monitor the area for signs of potential slide activity. These can include cracks or bulges in the ground, street pavement, or sidewalks; soil moving away from foundations; tilting of patios or foundations; broken water lines; or leaning telephone poles, trees, walls, or fences.
- Evacuate an area immediately after authorities tell you to. Signs of a landslide may not be visible, but the danger still exists.
- Watch for flooding. Floods sometimes follow landslides because they may be started by the same event.
- Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instructions.



### BE SAFE AFTER

- Listen to authorities to find out if it is safe to return.
- Save phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messages or social media to communicate with family and friends.
- Stay away from downed power lines and report them immediately.

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### PREPARE NOW

- Know your area's risk of thunderstorms. They can occur year-round and at any hour.
- Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- Identify sturdy buildings close to where you live, work, study, and play.
- Cut down or trim trees that may be in danger of falling on your home.
- Consider buying surge protectors, lightning rods, or a lightning protection system to protect your home, appliances, and electronic devices.
- Secure outside furniture.

### SURVIVE DURING

- When you receive a thunderstorm warning or hear thunder, go inside immediately. A sturdy building is the safest place to be during a thunderstorm. No place outside is safe. If you are caught outside in a thunderstorm, keep moving towards safe shelter.
- Immediately get off elevated areas such as hills, mountain ridges, or peaks.
- Never lie flat on the ground.
- Never shelter under an isolated tree.
- Never use a cliff or rocky overhang for shelter.
- Immediately get out of and away from ponds, lakes, and other bodies of water.
- Pay attention to weather reports and warnings of thunderstorms. Be ready to change plans, if necessary, to be near shelter.
- If indoors, avoid running water or using landline phones. Electricity can travel through plumbing and phone lines.
- Protect your property. Unplug appliances and other electric devices.
- If boating or swimming, get to land and find a sturdy, grounded shelter or vehicle immediately.
- If necessary, take shelter in a car with a metal top and sides. Do not touch anything metal.
- Avoid flooded roadways. Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.



### BE SAFE AFTER

- Listen to authorities and weather forecasts for information on whether it is safe to go outside and instructions regarding potential flash flooding.
- Watch for fallen power lines and trees. Report them immediately.

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### PREPARE NOW

- Identify shelter locations. Identify the best shelter location near where you spend a lot of time, such as home, work, and school. The best locations are underground and in the middle of larger buildings.
- While commuting, identify appropriate shelters to seek in the event of a detonation.
- Outdoor areas, vehicles and mobile homes do NOT provide adequate shelter. Look for basements or the center of large multi-story buildings.
- Make sure you have an Emergency Supply Kit for places you frequent and might have to stay for 24 hours. It should include bottled water, packaged foods, emergency medicines, a hand-crank or battery-powered radio to get information in case power is out, a flashlight, and extra batteries for essential items. If possible, store supplies for three or more days.

### SURVIVE DURING

- If warned of an imminent attack, immediately get inside the nearest building and move away from windows. This will help provide protection from the blast, heat, and radiation of the detonation. If you are outdoors when a detonation occurs take cover from the blast behind anything that might offer protection. Lie face down to protect exposed skin from the heat and flying debris. If you are in a vehicle, stop safely, and duck down within the vehicle.
- After the shock wave passes, get inside the nearest, best shelter location for protection from potential fallout. You will have 10 minutes or more to find an adequate shelter.
- Be inside before the fallout arrives. The highest outdoor radiation levels from fallout occur immediately after the fallout arrives and then decrease with time.
- Stay tuned for updated instructions from emergency response officials. If advised to evacuate, listen for information about routes, shelters, and procedures.
- If you have evacuated, do not return until you are told it is safe to do so by local officials.



### BE SAFE AFTER

- Immediately after you are inside shelter, if you may have been outside after the fallout arrived. Remove your outer layer of contaminated clothing to remove fallout and radiation from your body.
- Take a shower or wash with soap and water to remove fallout from any skin or hair that was not covered. If you cannot wash or shower, use a wipe or clean wet cloth to wipe any skin or hair that was not covered.
- Clean any pets that were outside after the fallout arrived. Gently brush your pet's coat to remove any fallout particles and wash your pet with soap and water, if available.
- It is safe to eat or drink packaged food items or items that were inside a building. Do not consume food or liquids that were outdoors uncovered and may be contaminated by fallout.
- If you are sick or injured, listen for instructions on how and where to get medical attention when authorities tell you it is safe to exit.

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## POWER OUTAGE SCENARIO

### PREPARE NOW

- Take an inventory now of the items you need that rely on electricity.
- Talk to your medical provider about a power outage plan for medical devices powered by electricity and refrigerated medicines. Find out how long medication can be stored at higher temperatures and get specific guidance for any medications that are critical for life.
- Plan for batteries and other alternatives to meet your needs when the power goes out.
- Sign up for local alerts and warning systems. Monitor weather reports.
- Install carbon monoxide detectors with battery backup in central locations on every level of your home.
- Determine whether your home phone will work in a power outage and how long battery backup will last.
- Review the supplies that are available in case of no power. Have flashlights with extra batteries for every household member. Have enough non-perishable food and water.
- Use a thermometer in the refrigerator and freezer so that you can know the temperature when the power is restored.
- Keep mobile phones and other electric equipment charged and gas tanks full.

### SURVIVE DURING

- Keep freezers and refrigerators closed. The refrigerator will keep food cold for about four hours. A full freezer will keep the temperature for about 48 hours. Use coolers with ice if necessary. Monitor temperatures with a thermometer.
- Use food supplies that do not require refrigeration.
- Avoid carbon monoxide poisoning. Generators, camp stoves, or charcoal grills should always be used outdoors and at least 20 feet away from windows. Never use a gas stovetop or oven to heat your home.
- Check on your neighbors. Older adults and young children are especially vulnerable to extreme temperatures.
- Go to a community location with power if heat or cold is extreme.
- Turn off or disconnect appliances, equipment, or electronics. Power may return with momentary “surges” or “spikes” that can cause damage.



## POWER OUTAGE SCENARIO

### BE SAFE AFTER

- When in doubt, throw it out! Throw away any food that has been exposed to temperatures 40 degrees or higher for two hours or more, or that has an unusual odor, color, or texture.
- If the power is out for more than a day, discard any medication that should be refrigerated, unless the drug's label says otherwise. If a life depends on the refrigerated drugs, consult a doctor or pharmacist and use medicine only until a new supply is available

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### FIND SAFE SHELTER RIGHT AWAY

Tornadoes can destroy buildings, flip cars, and create deadly flying debris.

### PREPARE NOW

- Know your area's tornado risk. In the U.S., the Midwest and the Southeast have a greater risk for tornadoes.
- Know the signs of a tornado, including a rotating funnel-shaped cloud, an approaching cloud of debris, or a loud roar — similar to a freight train.
- Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- If your community has sirens, become familiar with the warning tone.
- Pay attention to weather reports. Meteorologists can predict when conditions might be right for a tornado.
- Identify and practice going to a safe shelter for high winds, such as a safe room, such as a small, interior, windowless room in a sturdy building on the lowest level, or an official storm shelter.
- Consider constructing a safe room that meets FEMA or ICC 500 standards.

### SURVIVE DURING

- Immediately go to a safe location that you identified.
- Take additional cover by shielding your head and neck with your arms and putting materials such as furniture and blankets around you.
- Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instructions.
- Do not try to outrun a tornado in a vehicle.
- If you are in a car or outdoors and cannot get to a building, cover your head and neck with your arms and cover your body with a coat or blanket, if possible.



### BE SAFE AFTER

- Keep listening to EAS, NOAA Weather Radio, and local authorities for updated information.
- If you are trapped, cover your mouth with a cloth or mask to avoid breathing dust. Try to send a text, bang on a pipe or wall, or use a whistle instead of shouting.
- Stay clear of fallen power lines or broken utility lines.
- Do not enter damaged buildings until you are told that they are safe.
- Save your phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messaging or social media to communicate with family and friends.
- Be careful during clean-up. Wear thick-soled shoes, long pants, and work gloves.

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### PREPARE NOW

- If you live near or visit a coastal area, learn about the tsunami risk. Some at-risk communities have maps with evacuation zones and routes. If you are a visitor, ask about community emergency plans.
- Learn the signs of a potential tsunami, such as an earthquake, a loud roar from the ocean, or unusual ocean behavior, such as a sudden rise or wall of water or sudden draining showing the ocean floor.
- Know and practice community evacuation plans and map out your routes from home, work, and play.
- Pick shelters 100 feet or more above sea level or at least one mile inland.
- Create a family emergency communication plan that has an out-of-state contact. Plan where to meet if you get separated.
- Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

### SURVIVE DURING

- If you are in a tsunami area and there is an earthquake, first protect yourself from the earthquake.
- Drop, Cover, and Hold On. Drop to your hands and knees. Cover your head and neck with your arms. Hold on to any sturdy furniture until the shaking stops. Crawl only if you can reach better cover, but do not go through an area with more debris.
- When the shaking stops, if there is a warning, either natural signs or an official warning, move immediately to a safe place as high and as far inland as possible. Listen to the authorities, but do not wait for tsunami warnings and evacuation orders.
- If you are outside of the tsunami hazard zone and receive a warning, stay where you are unless officials tell you otherwise.
- Leave immediately if you are told to do so. Evacuation routes are often marked by a wave with an arrow in the direction of higher ground.
- If you are in the water, grab onto something that floats, such as a raft, tree trunk, or door.
- If you are in a boat, face the direction of the waves and head out to sea. If you are in a harbor, go inland.



### BE SAFE AFTER

- Listen to local alerts and authorities for information on areas to avoid and shelter locations.
- Avoid wading in floodwater, which can contain dangerous debris. Water may be deeper than it appears.
- Be aware of the risk of electrocution. Underground or downed power lines can electrically charge water. Do not touch electrical equipment if it is wet or if you are standing in water.
- Stay away from damaged buildings, roads, and bridges.
- Save phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messages or social media to communicate with family and friends.

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**PREPARE NOW**

- Know your area's risk from volcanic eruption.
- Ask local emergency management for evacuation and shelter plans and for potential protections from ash.
- Learn about community warning systems. The Volcano Notification Service (VNS) is a free service that sends notifications about volcanic activity. Sign up for alerts at <https://volcanoes.usgs.gov/vns2/>.
- Get needed supplies in case you have to evacuate immediately or if services are cut off. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets.
- Consult your doctor if you have existing respiratory difficulties.
- Practice a communication and evacuation plan with everyone in your family.
- Have a shelter-in-place plan if your biggest risk is from ash.
- Keep important documents in a safe place. Create password-protected digital copies.

**SURVIVE DURING**

- Listen to alerts. The VNS provides up-to-date information about eruptions.
- Follow evacuation orders from local authorities. Evacuate early.
- Avoid areas downwind and river valleys downstream of the volcano. Rubble and ash will be carried by wind and gravity.
- Take temporary shelter from volcanic ash where you are if you have enough supplies.
- Cover ventilation openings and seal doors and windows.
- If outside, protect yourself from falling ash that can irritate skin and injure breathing passages, eyes, and open wounds.
- Avoid driving in heavy ash fall. If you must drive, use headlights and drive slowly.

**BE SAFE AFTER**

- Listen to authorities to find out whether it is safe to return. Send text messages or use social media to reach out to family and friends. Phone systems are often busy after a disaster. Only make emergency calls.
- Avoid driving in heavy ash. Driving will stir up volcanic ash that can clog engines and stall vehicles.
- If you have any breathing problems, avoid contact with ash. Stay indoors until authorities say it is safe to go outside.
- Do not get on your roof to remove ash unless you have guidance or training. If you have to remove ash, be very careful as ash makes surfaces slippery. Be careful not to add additional weight onto an overloaded roof.

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### PREPARE NOW

- Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- Know your community's evacuation routes and find several ways to leave the area. Drive the evacuation routes and find shelter locations. Have a plan for pets and livestock.
- Gather emergency supplies, including N95 respirator masks that filter out particles in the air you breathe. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets.
- Keep important documents in a fireproof safe. Create password-protected digital copies.
- Use fire-resistant materials to build, renovate, or make repairs.
- Find an outdoor water source with a hose that can reach any area of your property.
- Create a fire-resistant zone that is free of leaves, debris, or flammable materials for at least 30 feet from your home.

### SURVIVE DURING

- Evacuate. Leave immediately if authorities tell you to do so.
- If trapped, call 911 and give your location, but be aware that emergency response could be delayed or impossible. Turn on lights to help people find you.
- Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instructions.
- Use an N95 mask to keep particles out of the air you breathe.



### BE SAFE AFTER

- Listen to authorities to find out if it is safe to return and whether water is safe to drink.
- Avoid hot ash, charred trees, smoldering debris, and live embers. The ground may contain heat pockets that can burn you or spark another fire. Consider the danger to pets and livestock walking the ground.
- Send text messages or use social media to reach out to family and friends. Phone systems are often busy following a disaster. Make calls only in emergencies.

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### PREPARE NOW

- Know your area's risk for winter storms. Extreme winter weather can leave communities without utilities or other services for long periods of time.
- Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.
- Pay attention to weather reports and warnings of freezing weather and winter storms. Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.
- Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.
- Learn the signs of and basic treatments for frostbite and hypothermia.

### SURVIVE DURING

- Stay off roads if at all possible. If trapped in your car, stay inside.
- Limit your time outside. If you need to go outside, wear layers of warm clothing. Watch for signs of frostbite and hypothermia.
- Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.
- Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.
- Watch for signs of frostbite and hypothermia and begin treatment right away.
- Check on your neighbors. Older adults and young children are more at risk in extreme cold.



### RECOGNIZE & RESPOND

**Frostbite** causes loss of feeling and color around the face, fingers, and toes.

- *Signs:* Numbness, white or grayish-yellow skin, and firm or waxy skin.
- *Actions:* Go to a warm room. Soak in warm water. Use bodyheat to warm. Do not massage or use a heating pad.

**Hypothermia** is an unusually low body temperature. A temperature below 95 degrees is an emergency.

- *Signs:* Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness.
- *Actions:* Go to a warm room. Warm the center of the body first — chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

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