



# Active Shooter Scenario

## THE RISK IS REAL

An active shooter can attempt to kill people in a confined space or populated area -- anywhere, anytime. They typically use firearms and have no pattern to their selection of victims. Taking a few steps now can help you react quickly when every second counts.

## 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.



# Avalanche Scenario

## THE RISK IS REAL

An avalanche is a large amount of snow and/or debris moving quickly down a mountain at speeds up to 80 mph. People caught beneath the heavy snow from an avalanche may not be able to dig out, and can die from suffocation, trauma, or hypothermia. Peak avalanche season is December through March.

## 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.



# Core Resources Checklist

## General

- Regional Coordinators (RCs) need to identify leaders for each functional area (e.g., Sustainability, Communications, Health & Wellness, etc.) ASAP if they have not done so already and share these contacts with the national team leaders.
  - Please notify the national team leaders if you have “holes” in functional area leadership, and they can assist in identifying possible volunteers in your region.

## Communications

- Direct all members to enroll in “Signal” (an encrypted, secure messaging service, nonprofit company, no ads).
  - Place all members in a Regional “Group” within Signal (much like group texting)
  - Instructions to do this are at this link: <https://support.signal.org/hc/en-us/articles/360007319331-Group-chats>  
(At this link, don’t let the intro information distract you...just scroll down to the system you are using for Signal and walk through the instructions on each for a New Group (for your Android phone, your iPhone, or your Desktop)
  - Need assistance? Tom Kuipers is a pro!
- Encourage all CORAC members to have a shortwave radio (so they can at least receive emergency messages) and to learn how to use their particular radio.
  - Great info on communications from CORAC can be found here: <https://corac.co/wp-content/uploads/2021/06/Conference-Communications-Presentation.pdf>
  - Information specifically on shortwave radios can be found here: <https://corac.co/2021/08/01/tecsun-pl880/>
- Identify a primary regional HAM contact; ensure this information is given to national team/Regional Coordinators (RCs) – your primary HAM contact ideally is one with base station and high-quality antenna
  - Encourage membership to get trained as HAM technicians and operators as a mid- to long-term goal.
- Establish person(s) who will serve as communication link from HAM/radio operators to Signal text group (and vice versa).
- Designate an individual in your region (and locally) to be aware of local civil emergency response.
- Members with landline phones should establish a “phone tree” for use as a back-up when these systems are functional.

## Core Resources Checklist *(continued)*

### Shelters

- All members should be prepared to “Shelter in Place” (most likely scenario for >75% of people)
  - Good resource (one of many- <https://theprepared.com/prepping-basics/guides/emergency-preparedness-checklist-prepping-beginners>)
- Establish list of people willing to provide their homes/properties/parishes/businesses as shelters in crisis, in case people must/can get out of harm’s way. These may be:
  - Temporary or longer-term shelters
  - Simple personnel and/or resource collection points (may be parishes in temporary situation)

### Logistics

- Establish list of available drivers for human and supply transport
  - Include types of vehicles available with each driver
- Establish list of general resources
  - List of individuals who have water, fuel, food, generators, medical and other supplies that they are willing to share
- Establish list of vulnerable parties
  - ID CORAC members in need of transport in time of crisis
  - Each CORAC member should also identify their own neighbors who may need and desire immediate care or shelter and establish a response plan with them in case of emergency (great community building exercise!)
- Establish collection points for supply pickup in locales throughout region (if necessary)

### Service Providers

- Establish list of providers who will service the unvaccinated/like-minded:
  - Medical/dental providers
  - Food/grocers
  - Clothing/daily needs
  - Legal
  - Other?

### Spiritual Support

- Establish list of like-minded priests and religious; gather contact information they are willing to share

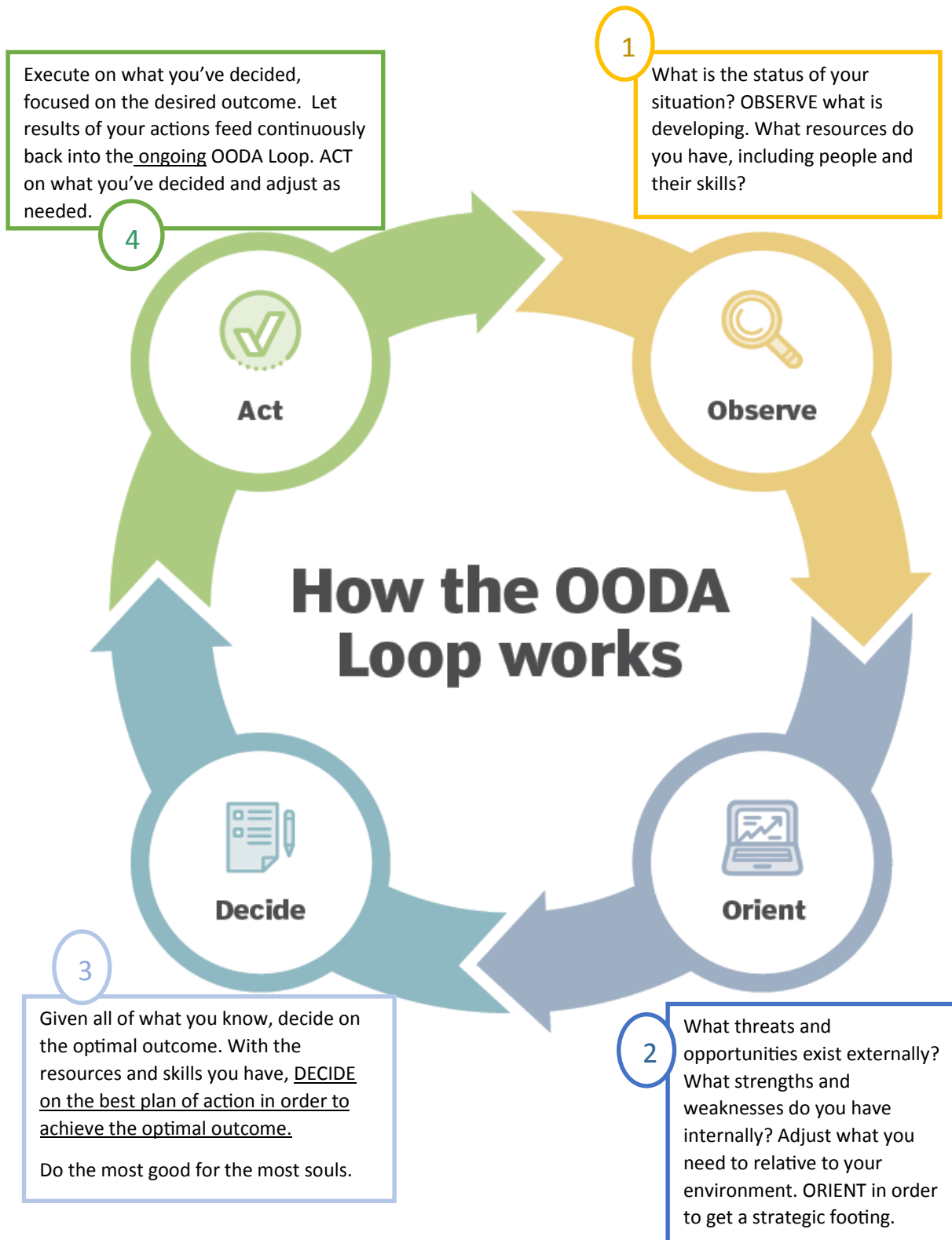
### Suggested formats for lists

- Printable Excel spreadsheets
  - PLEASE TIGHTLY CONTROL THE DISTRIBUTION OF ALL CONTACT AND LOCATION INFORMATION.
  - Distribution of lists and shelter locations as hard copy via post is recommended.
  - Do not distribute anyone’s contact information without their consent.





# The OODA Loop





# Cyber Attack Scenario

## ALL DEVICES ARE SUCCEPTIBLE

Cyberattacks are malicious attempts to access or damage a computer system and can lead to loss of money, theft of personal information, and damage to your reputation and safety. They can also block your access or delete your personal documents and pictures, and cause problems with services, transportation and power on a larger scale.

## 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

- Limit the damage. 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

## THEY CAN HAPPEN ANYWHERE

Earthquakes are the sudden, rapid shaking of the earth, caused by the breaking and shifting of underground rock. They can collapse buildings, cause serious injuries and property damage, and trigger tsunamis, landslides, avalanches, floods and fires.

## 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.
- 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.



# Extreme Heat Scenario

## HEAT CAN BE A SERIOUS THREAT

Extreme heat often results in the highest annual number of deaths among all weather-related disasters.

### 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.

## Extreme Heat *(continued)*

- **Heat Stroke**

- *Signs:* Extremely high body temperature (above 103 degrees) indicated by an oral thermometer; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; and unconsciousness.
- *Actions:* Call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.





# Flooding Scenario

## **FLOODS ARE THE MOST COMMON NATURAL DISASTER IN THE U.S.**

Flooding can develop slowly or quickly. Flash floods can come with no warning. Failing to evacuate flooded areas, entering flood waters, or remaining after a flood has passed can result in injury or death.

### **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.

### **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.



# Hurricane Scenario

## CAN AFFECT AREAS MORE THAN 100 MILES INLAND

Threats from hurricanes include powerful winds, heavy rainfall, storm surges, coastal and inland flooding, rip currents, tornadoes and landslides. The Atlantic hurricane season runs June 1 to November 30. The Pacific hurricane season runs May 15 to November 30.

## 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. Review insurance policies.

## 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.



# Landslide Scenario

## EVACUATE EARLY

A landslide is rocks, earth, or other materials moving down a slope. A mudflow is a landslide that is combined with up to 60 percent water. Landslides cause 25–50 deaths and more than a billion dollars in damage each year.

## 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.



# Lightning/Thunderstorm Scenario

## WHEN THUNDER ROARS, GO INDOORS

Lightning is a leading cause of injury and death from weather-related hazards.

## 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.





# Nuclear Explosion Scenario

## GET INSIDE, STAY INSIDE, STAY TUNED

Nuclear explosions can cause significant damage and casualties from blast, heat, and radiation but you can keep your family safe by knowing what to do and being prepared if it occurs.

Fallout is most dangerous in the first few hours after the detonation when it is giving off the highest levels of radiation. It takes time for fallout to arrive back to ground level, often more than 15 minutes for areas outside of the immediate blast damage zones. This is enough time for you to be able to prevent significant radiation exposure by following these simple steps.

## 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.

## Nuclear Explosion *(continued)*

### **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.





# Power Outage

## AN ELECTRICAL GRID OUTAGE CAN HAPPEN AT ANY TIME

A power outage may disrupt communications, water and transportation. It can close retail businesses, grocery stores, gas stations, ATM's, banks and other services. It can also cause food spoilage and water contamination, and prevent use of medical devices.

### 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 nonperishable 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.

### 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



# Tornado

## 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.



# Tsunami

## GET TO HIGH GROUND

A tsunami is a series of enormous ocean waves caused by earthquakes, underwater landslides, volcanic eruptions, or asteroids, and can kill or injure people and damage or destroy buildings and infrastructure as waves come in and go out.

## 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.

## Tsunami *(continued)*

### **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.





# Volcano

## LISTEN FOR EMERGENCY INFORMATION AND ALERTS

A volcanic eruption may release acid, gases, rocks, and ash into the air. Lava and debris can flow at up to 100 mph, destroying everything in their path.

## 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.



# Wildfire

## A RISK THAT INCREASES WITH DRAUGHT

A wildfire is an unplanned fire that burns in a natural area such as a forest, grassland, or prairie. Wildfires can ruin homes and cause injuries or death to people and animals.

## 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.





# Winter Storm

## A FEW HOURS TO A FEW DAYS DURATION

Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds. Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.

## 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.

## Winter Storm *(continued)*

- **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.





# Earthquake Scenario

## THEY CAN HAPPEN ANYWHERE

Earthquakes are the sudden, rapid shaking of the earth, caused by the breaking and shifting of underground rock. They can collapse buildings, cause serious injuries and property damage, and trigger tsunamis, landslides, avalanches, floods and fires.

## 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.
- 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.



# Extreme Heat Scenario

## HEAT CAN BE A SERIOUS THREAT

Extreme heat often results in the highest annual number of deaths among all weather-related disasters.

### 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.

## Extreme Heat *(continued)*

- **Heat Stroke**

- *Signs:* Extremely high body temperature (above 103 degrees) indicated by an oral thermometer; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; and unconsciousness.
- *Actions:* Call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.





# Flooding Scenario

## **FLOODS ARE THE MOST COMMON NATURAL DISASTER IN THE U.S.**

Flooding can develop slowly or quickly. Flash floods can come with no warning. Failing to evacuate flooded areas, entering flood waters, or remaining after a flood has passed can result in injury or death.

### **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.

### **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.



# Hurricane Scenario

## CAN AFFECT AREAS MORE THAN 100 MILES INLAND

Threats from hurricanes include powerful winds, heavy rainfall, storm surges, coastal and inland flooding, rip currents, tornadoes and landslides. The Atlantic hurricane season runs June 1 to November 30. The Pacific hurricane season runs May 15 to November 30.

## 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. Review insurance policies.

## 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.



# Landslide Scenario

## EVACUATE EARLY

A landslide is rocks, earth, or other materials moving down a slope. A mudflow is a landslide that is combined with up to 60 percent water. Landslides cause 25–50 deaths and more than a billion dollars in damage each year.

## 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.





# Lightning/Thunderstorm Scenario

## WHEN THUNDER ROARS, GO INDOORS

Lightning is a leading cause of injury and death from weather-related hazards.

## 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.



# Nuclear Explosion Scenario

## **GET INSIDE, STAY INSIDE, STAY TUNED**

Nuclear explosions can cause significant damage and casualties from blast, heat, and radiation but you can keep your family safe by knowing what to do and being prepared if it occurs.

Fallout is most dangerous in the first few hours after the detonation when it is giving off the highest levels of radiation. It takes time for fallout to arrive back to ground level, often more than 15 minutes for areas outside of the immediate blast damage zones. This is enough time for you to be able to prevent significant radiation exposure by following these simple steps.

## **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.

## Nuclear Explosion *(continued)*

### **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.





# Power Grid Failure 2022 Scenario

## A Response Checklist for INDIVIDUALS & FAMILIES

### WHAT TO DO BEFORE A BLACKOUT

- Keep the family in prayer to ask the Lord for help, guidance, peace of mind and heart, and strength
- Know your neighbors
- Draft a family emergency and communication plan, and practice it regularly
- Have CORAC and emergency contact numbers printed and accessible at all times
- Know in advance any regional/local CORAC shelters and have printed directions and contact information for them, in case you have to evacuate
- Gather and store a supply of emergency food and water for your family
  - Begin with 72-hours' worth
    - ▷ Water: 1 gallon/person/day
  - Gradually build up a supply to 1 week, 1 month, 1 year, etc
  - Consider dehydrating herbs/fruits/and veggies and prepare in bite-sized nutritional servings; easy to store and require little prep
  - Stock up on food and water for pets and livestock
- Keep a flashlight in every room in the house
- Build a Berkey-style water filter from 5-gallon buckets (see video link in the Resources document)
- Have a plan for dealing with human waste
  - Consider building a camp toilet (see video link in the Resources document)
  - Get small garbage bags to line the camp toilet
  - Get cat litter, sawdust, or agricultural lime to cover feces (eliminates odor and flies). Wood ash and dirt will also work.
  - Save # 10 tin cans.
    - ▷ Keep one with a lid for storing supplies: TP and resealable wipes and bury another flush with the ground below the makeshift toilet in the ground.
    - ▷ 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.
- Have a first-aid kit prepared and have it accessible
- For family members who may need them, have on hand:
  - Over-the-Counter (OTC) medications
  - Insulin
  - Prescription medications
  - Inhalers
  - Thyroid meds
  - Adrenaline (EpiPen etc.)

## Power Grid Failure 2022 Scenario *(continued)*

- Build out a bug-out bag/emergency kit (in case you must depart quickly)
  - At home
  - At work
  - In your car
- Fill plastic containers with water and place in fridge and freezer (this helps keep food cold during a blackout)
- Have several small styrofoam coolers available to make use of outdoor temps in winter to keep food frozen and/or chilled
- Keep your vehicles' gas tanks full
- Keep propane tanks full (don't store in the house)
- Ensure proper storage of fuel in a shelter outside of the house
  - Gasoline is stored in airtight **red** containers
    - ▷ Adding Sta-Bil can keep gas fresh for up to 24 months.
  - Kerosene is stored in airtight **blue** containers
  - Diesel is stored in airtight **yellow** containers
- Know how to use your fireplace, wood stoves, and other heaters/appliance in advance
- Consider buying small stoves or burners to use for cooking
  - Options -a biomass camp stove like a Solo (various models; see link in the Resources document) or a Silverfire (various models)
  - Outdoor grill (gas, charcoal, and/or wood), propane camp stove, one- or two- burner outdoor propane burners
  - Other options to consider include your fireplace, wood stove, Mr. Buddy heaters
- Consider buying a generator (fuel- and/or solar-powered; beware that running fuel-powered generators can attract unwanted attention)
  - KNOW how to operate your particular generator safely, and test it regularly
  - Don't store it with fuel in it
- Know how to manually release any electronic doors or gates (e.g. garage doors, so you can get your car out)
- Store a variety of batteries
  - Keep new batteries in the original packaging until used
  - Store batteries in the refrigerator for extended shelf life
  - NEVER store batteries in bags or boxes in a jumble, or in junk drawers (they can heat and ignite)
  - NEVER dispose of in a fire
  - Suggestions for batteries to keep on hand:
    - ▷ Rayovac AAA Batteries – 60 Pack
    - ▷ Rayovac AA Batteries – 60 Pack
    - ▷ Rayovac C Batteries – 12 Pack
    - ▷ Rayovac D Batteries – 12 Pack
    - ▷ Rayovac 9V Batteries – 8 Pack
    - ▷ Consider rechargeable batteries (Panasonic's Eneloop recommended)



## Power Grid Failure 2022 Scenario *(continued)*

- Know where your firearms are and know how to use them
- Keep a supply of cash around (ATMs and credit cards may not work without power)
- Keep a supply of fresh batteries for any key devices, such as flashlights
- Purchase flashlights that can be plugged into outlets/generators. AC keeps flashlight charged and it comes on when the power goes out
- If someone in your home is dependent on electric-powered, life-sustaining equipment, remember to include backup power for it in your plan.
- In winter, be sure to have blankets and warm clothing in a readily-accessible location
- Build a "haybox" to use as a fuelless slow-cooker (see link in the Resources document)
- Build a simple solar oven (see link in the Resources document)
- Prepare for communications needs:
  - Ham Radio
  - Cell phones, and the means to charge them (solar charger with a USB port, or a small hand-cranked radio with a USB port)
  - Landlines (until generators and batteries give out): Keep a non-cordless telephone in your home. It is likely to work even when the power is out.
  - Walkie-talkies for comms with family and local contacts
  - Signal
  - Zoleo
  - Battery-powered radios to get news on the power grid failure
  - Internet (until generators and batteries give out)
  - Rechargeable batteries (for AM/FM radios and HT ham radios such as the Yaesu FT-60R) and a small solar battery charger
- Prepare for entertainment during the blackout (especially for the children):
  - DVDs, books, board games, card games
  - Jacks, dice for games of Yahtzee or high/low, balls to throw and bounce or roll into pins or cans, yard darts, jump rope, pick up sticks
  - Yarns for braiding, finger crocheting, arm knitting, needlepoint
  - Coloring books, crayons, sketchbooks and pencils, sidewalk chalk, finger paints
  - Jigsaw and word puzzles, comic books, books of riddles, brainteasers
  - Create homemade kits of recipes and ingredients for no-bake snacks and desserts.
  - Flash drives that hold kids' favorite videos or songs, and a phone or laptop to play the flash drive on
  - A "Walkman"-type CD player that runs on AA or AAA batteries, and a tiny portable speaker to plug into it
  - Tune the piano; buy extra guitar strings, clarinet reeds, etc. Have sheet music or songbooks.



## Power Grid Failure 2022 Scenario *(continued)*

### WHAT TO DO DURING A BLACKOUT

- 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 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 into coolers, which can serve as temporary refrigerators for food supplies.
- 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
- Do not use candles, as they present a fire risk
- Turn off and unplug all unnecessary electrical equipment
- Dim the brightness of your cell phone and turn off wifi 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)
  - 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:



## Power Grid Failure 2022 Scenario *(continued)*

- 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 one 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

### WHAT **NOT** TO DO DURING A BLACKOUT

- Don't panic
- Don't become obsessed with news or gossip
- Don't decline assistance
- Don't bugout - unless absolutely necessary
- Don't appear weak
- Don't become jumpy or "trigger-happy"
- Don't play the blame game
- Don't ignore security
- Don't become lawless
- Don't ignore health and hygiene
- Don't go lone wolf
- Don't despair
- Don't talk about preps
- Don't plan for only one scenario
- Don't eat snow for hydration purposes if you're in a critically cold situation (it will lower your core body temperature) - melt first







# Power Grid Failure 2022 Scenario

## USEFUL LINKS

First, remember your resources on our own CORAC website:

- <https://corac.co/sustainable-living-teams/>
- <https://corac.co/crisis-scenarios-team/>
- <https://corac.co/health-and-wellness-teams/>
- <https://corac.co/communications-teams/>
- <https://corac.co/education-team/>
- <https://corac.co/defense-league/>

Links to Doug Barry Battle Ready program:

- <https://www.battlereadystrong.com/>

Prepping 2.0 website and YouTube channel

- <https://prepping2-0.com/>
- <https://www.youtube.com/channel/UC9mDk8nTZHR2AX2h0sZ2C3A>

Southern Prepper 1 YouTube channel

- <https://www.youtube.com/user/southernprepper1>

M.D Creekmore YouTube channel

- <https://www.youtube.com/c/MDCreekmore>

Steven Harris website, has links to all his other websites

- <http://steven1234.com/>

Making the Best of Basics: Family Preparedness Handbook

- [https://www.amazon.com/Making-Best-Basics-Preparedness-Handbook/dp/1934275182/ref=sr\\_1\\_2?crid=208LETN8TZIWC&keywords=family+preparedness+handbook&qid=1644873382&srefix=family+prepa%2Caps%2C130&sr=8-2](https://www.amazon.com/Making-Best-Basics-Preparedness-Handbook/dp/1934275182/ref=sr_1_2?crid=208LETN8TZIWC&keywords=family+preparedness+handbook&qid=1644873382&srefix=family+prepa%2Caps%2C130&sr=8-2)

Townsend's YouTube channel (focuses on 18th century lifestyle)

- <https://www.youtube.com/user/jastownsendandson/featured>

Solo Camp Stoves (that burn twigs, pine cones, etc.)

- <https://www.solostove.com/camp-stoves/>

## Power Grid Failure 2022 Scenario - Useful Links *(continued)*

SensiblePrepper

- [https://www.youtube.com/watch?v=zl-WdEPv3ZI&feature=emb\\_logo](https://www.youtube.com/watch?v=zl-WdEPv3ZI&feature=emb_logo) **13 Things Not To Do During SHTF**

Ted Koppel's book "Lights Out: A Cyberattack, A Nation Unprepared, Surviving the Aftermath"

- **"The Unthinkable: Who Survives When Disaster Strikes - and Why" by Amanda Ripley**

Urban Survival

- <https://urbansurvivalsite.com/>

Build a Berkey-Style Water Filter for about Half the Cost of Buying One

- <https://www.youtube.com/watch?v=N62RYVeW6y4>

DIY Camping Toilet

- <https://www.youtube.com/watch?v=7v3DheVcGIA>

Build a "Haybox" Fuelless Slow-Cooker

- <https://www.ourtinyhomestead.com/haybox-cooking.html>

Build a Solar Oven

- [https://solarcooking.fandom.com/wiki/Category:Solar\\_box\\_cooker\\_plans](https://solarcooking.fandom.com/wiki/Category:Solar_box_cooker_plans)

The Family Power Outage Handbook by Lisa Bedford "The Survival Mom"

A free ebook that can be downloaded:

- <https://thesurvivalmom.com/the-family-power-outage-survival-handbook/>





# Power Outage

## AN ELECTRICAL GRID OUTAGE CAN HAPPEN AT ANY TIME

A power outage may disrupt communications, water and transportation. It can close retail businesses, grocery stores, gas stations, ATM's, banks and other services. It can also cause food spoilage and water contamination, and prevent use of medical devices.

### 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 nonperishable 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.

### 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



# Tornado

## **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.



# Tsunami

## GET TO HIGH GROUND

A tsunami is a series of enormous ocean waves caused by earthquakes, underwater landslides, volcanic eruptions, or asteroids, and can kill or injure people and damage or destroy buildings and infrastructure as waves come in and go out.

## 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.

## Tsunami *(continued)*

### **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.





# Volcano

## LISTEN FOR EMERGENCY INFORMATION AND ALERTS

A volcanic eruption may release acid, gases, rocks, and ash into the air. Lava and debris can flow at up to 100 mph, destroying everything in their path.

## 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.



**FOR ALL EMERGENCIES:** CORAC runs a HAM radio net and Signal groups. 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.

# Wildfire

## **A RISK THAT INCREASES WITH DRAUGHT**

A wildfire is an unplanned fire that burns in a natural area such as a forest, grassland, or prairie. Wildfires can ruin homes and cause injuries or death to people and animals.

## **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.





# Winter Storm

## A FEW HOURS TO A FEW DAYS DURATION

Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds. Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.

## 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.

## Winter Storm *(continued)*

- **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.

