

Sweetwater County Emergency Management

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Family **Emergency** Preparedness Guide



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Sweetwater County Volunteer Opportunities



**C.E.R.T. – Community
Emergency Response**



**Emergency Shelter
Managers**

**Sweetwater County
Dive/Rescue Recovery Team**



**Sweetwater County
Boat Patrol**



**R.A.C.E.S – Radio Amateur
Civil Emergency Service**



**S.C.A.R.T - Sweetwater County
Animal Response Team**

**Weather Spotter for
National Weather Service**



**Sweetwater County
Search and Rescue**



Contact Sweetwater County Emergency Management for Information on these or other Volunteer Programs.

Family Disaster Plan

Where will your family be when disaster strikes? They could be anywhere-at work, at school or in the car.

How will you find each other? Will you know if your children are safe?

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services - water, gas, electricity or telephones - were cut off? Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away.

Families can - and do - cope with disaster by preparing in advance and working together as a team. Follow the steps listed in this brochure to create your family's disaster plan. Knowing what to do is your best protection and your responsibility.

Four Steps to Safety

1. Find Out What Could Happen to You

Disasters that May Affect Your Family

Natural	Human	Technological	Winter Storm
Bomb Threat	Structural Failures	Wildland Fire	Fire
Transportation Failures	Earthquake	Hazardous Materials	Utilities Failures
Cold/Heat Wave	Terrorism		

- Sirens are tested weekly. If you hear a siren refer to your NOAA all hazards radio.
- Ask your local emergency management office about animal care after a disaster. Due to health regulations, animals may not be allowed inside emergency shelters.
- Find out how to help elderly or disabled persons.
- Find out about the disaster plans at your workplace, your children's school or daycare center and other places where your family spends time.
- Contact your local emergency management office for more information:

2. Create a Disaster Plan

Meet with your family and discuss why you need to prepare for disaster. Plan to share responsibilities and work together as a team.

- Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
- Pick two places to meet:
 1. Right outside your home in case of a sudden emergency, like a fire.
 2. Outside your neighborhood in case you can't return home. Everyone must know the address and phone number.

Fill out, copy and distribute to all family members

Family Disaster Plan

Meeting Place (outside your home)

Meeting Place (outside your neighborhood)

Address

Family Contact _____

Phone-day () _____ night () _____

- Ask an out-of-state friend to be your "family contact." After a disaster, it's often easier to call long distance. Other family members should call this person and tell them where they are. Everyone must know your contact's phone number.

- Discuss what to do in an evacuation. Plan how to take care of your pets.

Evacuate immediately if told to do so:

- Listen to your battery-powered radio and follow the instructions of local officials.
- Wear protective clothing and sturdy shoes.
- Take your Disaster Supplies Kit.
- Lock your home.
- Make arrangements for your pets.
- Use travel routes specified by local authorities – don't use shortcuts because certain areas may be impassable or dangerous.
- Post a note telling others when you left and where you are going.

3. Complete This Checklist

- Post emergency telephone numbers by phones (fire, police, ambulance, etc.).
- Teach children how and when to call 9-1-1 for emergency help.
- Show responsible family members how and when to turn off the water, gas and electricity at the main switches.
Locate the main electrical fuse box, water service main and natural gas main. Learn how and when to turn these utilities off. Teach all responsible family members. Keep necessary tools near gas and water shut-off valves.
Remember, turn off the utilities only if you suspect the lines are damaged or if you are instructed to do so. *If you turn the gas off, you will need a professional to turn it back on.*
- Check if you have adequate insurance coverage. (flood, earthquake, subsidence, etc.)
- Teach each family member how to use the fire extinguisher (ABC type), and show them where it's kept. (Keep fire extinguishers near the kitchen and garage)
- Install smoke and CO2 detectors on each level of your home, especially near bedrooms.
- Have escape ladders for all windows higher than eight feet off the ground.
- Conduct a home hazard hunt.

During a disaster, ordinary objects in your home can cause injury or damage. Inspect your home at least once a year and fix potential hazards.

Check for Electrical Hazards

- ◇ Repair or replace damaged cords and plugs.
- ◇ Remove cords under rugs or over nails, pipes or heaters.
- ◇ Use one plug per outlet; don't string surge protectors together.
- ◇ Put covers on outlets or electrical boxes.
- ◇ Repair/replace appliances that spark, smoke or overheat.

Check for Chemical Hazards

- ◇ Store flammable chemicals in approved containers and in a well-ventilated place outside your home.
- ◇ Store oily rags in covered metal containers.
- ◇ Limit quantities of household chemicals and store out of reach of children.
- ◇ Separate reactive chemicals like bleach and ammonia.

Check for Fire Hazards

- ◇ Eliminate combustibles (yard waste, papers, rags, old mattresses).
- ◇ Separate heat sources (appliances, candles, portable heaters, etc.) and combustibles.
- ◇ Keep chimneys, flue pipes, vents and vent connectors clean and in good repair.
- ◇ Use extreme caution when using portable heaters and follow all manufacturer guidelines.
- ◇ Do not store matches or cigarette lighters where children can get them.
- ◇ Do not leave cooking unattended.
- ◇ If you smoke, do not smoke in bed or in other positions where you may fall asleep. Also, have many large ashtrays in the home.

Secure Large Items in Your Home

- ◇ Anchor water heater, large appliances, tall or heavy furniture and pictures to studs in the wall.

- ◇ Install a flexible gas line on gas appliances.
- ◇ Store heavy objects on lower shelves; secure cabinet doors.
- ◇ Avoid placing beds under windows or heavy objects.
- ◇ Brace overhead light fixtures or fans.
- Stock emergency supplies and assemble a Disaster Supplies Kit.
- Take a first aid and CPR class.
- Determine the best escape routes from your home. Find two ways out of each room.
- Draw a floor plan of your home. Mark two escape routes from each room.

In a fire or other emergency, you may need to evacuate your house, apartment or mobile home on a moment's notice. You should be ready to get out fast.

Develop an escape plan by drawing a floor plan of your residence. Using a black or blue pen, show the location of doors, windows, stairways, and large furniture. Indicate the location of emergency supplies (Disaster Supply Kit), fire extinguishers, smoke detectors, collapsible ladders, first aid kits and utility shut off points. Next use a colored pen to draw a broken line charting at least two escape routes from each room. Finally, mark a place outside of the home where household members should meet in case of fire.

Be sure to include important points outside such as garages, patios, stairways, elevators, driveways and porches. If your home has more than two floors, use an additional sheet of paper. Practice emergency evacuation drills with all household members at least two times each year.

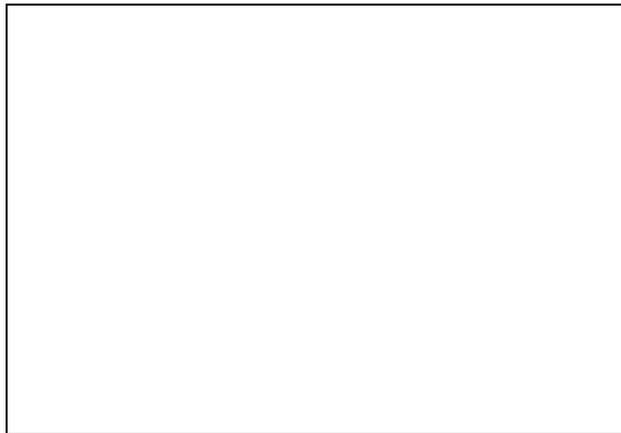
Floor Plan

Floor One



-  Normal Exit Route
-  Emergency Exit Routes
-  Doors
-  Utility Shut Off
-  Disaster Supplies Kit
-  Stairways
-  Fire Extinguisher
-  Collapsible Ladder
-  Windows
-  Smoke Detectors
-  Reunion Location (Outside)
-  First Aid Kit

Floor Two



- Find the safe spots in your home for each type of disaster.

4. Practice and Maintain Your Plan

- Quiz your kids every six months so they remember what to do.
- Conduct fire and emergency evacuation drills.
- Replace stored water every three months and stored food every six months.
- Test and recharge your fire extinguisher(s) according to manufacturer's instructions.
- Test your smoke and CO2 detectors monthly and change the batteries semi-annually.

Elderly/Special Needs and Disasters



People with disabilities should take extra precautions when preparing for a disaster. One of the most important things you can do is have a buddy, someone who can help you evacuate and take care of you. During an emergency, your usual care giver may not be able to help you. Make sure your buddy knows how to operate any medical equipment you use.

When planning for the care of the elderly and those with special needs, please consider the following recommendations:

- Establish a close network of relatives and friends who can assist your family in an emergency.
- Make sure helpers know where to find the disaster-supply kit which includes emergency supplies, medicines, and other essential equipment.
- Remind family members to always wear a medical alert tag or bracelet if they have threatening health conditions.
- Compose a list of special items, equipment and supplies family members will need during a disaster. Extra supplies people with disabilities and special needs may require are:
 - Prescription medications, a record of when and how much of the medicine you should receive.
 - Prosthetic devices
 - List of style and serial numbers of medical devices.
 - Extra eye glasses and a record of the prescription.
 - Emergency medical certification
 - Extra oxygen
 - Extra pillows, bedding
 - Medical insurance and Medicare cards
 - Back-up power supplies or generators for heat or air-conditioning.
 - Extra wheelchair batteries
 - Hearing aids, batteries

Family Disaster Supplies Kit

Your family will cope best by preparing for disaster before it strikes. One way to prepare is by assembling a Disaster Supplies Kit. Once disaster hits, you won't have time to shop or search for supplies. But if you've gathered supplies in advance, your family can endure an evacuation or home confinement.

Prepare Your Kit

- Review the checklist below.
- Gather the supplies that are listed. You may need them if your family is confined at home.
- Place the supplies you'd most likely need for an evacuation in an easy-to-carry container.
- There are six basics you should stock for your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies, and special items.

Possible Containers Include:

- A large, covered trash container
- A camping backpack
- A duffel bag

Water

- Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.
- Store one gallon of water per person per day. (two quarts for drinking, two quarts for each person in your household for food preparation/sanitation)

- Don't forget water for your pets.
- Treat all water if unsure of its purity before using it for drinking, food preparation or hygiene. Before treating, let any suspected particles settle to the bottom or strain through layers of paper towels or cloth. Water can be safely treated by:
 - Boiling for 10-12 minutes; or
 - Adding 6-10 drops of bleach per gallon of water (don't use color-safe bleach). More bleach is not better, too much can make you ill.

Food

- Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight. Include a selection of these following foods in your Disaster Supplies Kit:
 - Ready-to-eat canned meats, fruits, and vegetables
 - Canned juices, milk, soup (if powdered, store extra water)
 - Staples - sugar, salt, pepper
 - High energy foods - peanut butter, jelly, crackers, granola bars, trail mix
 - Vitamins
 - Food for infants/elder persons or persons on special diets
 - Comfort/stress foods - cookies, hard candy, sweetened cereals, instant coffee
 - Disposable utensils, utility knife, can opener

First Aid Kit

Assemble a first aid kit for your home and one for each car. A first aid kit should include:

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypo-allergenic adhesive tape
- 40-inch triangular bandages (3-rolls)
- 2-inch sterile roller bandages (3-rolls)
- 3-inch sterile roller bandages (3-rolls)
- Scissors and tweezers
- Epi pen (if allergic to bee stings)
- Sewing needles
- Moistened towelette/wet wipes
- Antiseptic soap
- Antiseptic solution - iodine compounds
- Neosporin
- Thermometer
- Tongue depressors (2)
- Tube of petroleum jelly (Vaseline or lubricant)
- Safety pins in assorted sizes
- Cleaning agent/soap
- Latex (or other protective) gloves (2 pairs)
- Sunscreen
- Insect repellent
- Caladryl or generic equivalent
- First aid manual
- Rubbing alcohol
- Cotton balls
- Heavy string
- Prescription medications

Non-Prescription Drugs

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)

Sanitation

- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant and household chlorine bleach

Tools and Supplies

- Mess kits, or paper cups, plates, and plastic utensils
- Emergency preparedness manual
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change

- Non-electric can opener, utility knife
- Fire extinguisher: small canister ABC type
- Tube tent
- Pliers
- Tape/Duct tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Extra set of car and house keys
- Map of the area (for locating shelters)

Clothing and Bedding

- Include at least one complete change of clothing and footwear per person.
- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves and thermal underwear
- Sunglasses

Special Items

Remember family members with special requirements, such as infants and elderly or disabled persons

For Baby

- Formula
- Diapers
- Bottles & Powdered milk
- Medications

For Adults

- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses

For Pets

- Medications for heartworm, flea prevention, etc.
- Medical and registration records
- Sturdy leashes, harnesses
- Carriers big enough to stand and turn in
- Pet beds, toys
- Litter and litter pan
- Current photos of pets. (with owner in photo if possible)
- Food and drinkable water for three days and feeding schedule information
- Bowls, can opener
- Medical conditions, behavior problems
- Veterinarian's information

Entertainment

- Games and books

Important Family Documents

Keep these records in a waterproof, portable container:

- Will
- Insurance policies
- Contracts
- Deeds
- Stocks and bonds
- Passports
- Social security cards
- Immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods
- Important telephone numbers
- Family records (birth, marriage, death certificates)
- Recent family photos for identification

Important Reminders

- Store your kit in a convenient place known to all family members. Keep a smaller version of the Disaster Supplies Kit in the trunk of your car.
- Keep items in airtight plastic bags.
- Change your stored water supply every three months so it stays fresh.
- Replace your stored food every six months.
- Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medications.

Family Disaster Planning/Supply Calendar

Using the calendar, your family can assemble an emergency kit in small steps over a six-month period. Check off each week as you gather the contents. Supplies may be stored all together in a large plastic garbage can or food may be kept on kitchen shelves.

<p style="text-align: center;">Week 1</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gal. water* <input type="checkbox"/> 1 sm. jar peanut butter <input type="checkbox"/> 1 lg. can juice* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> Hand-operated can opener <input type="checkbox"/> Instant coffee, tea, <input type="checkbox"/> powdered soft drinks <input type="checkbox"/> Permanent marking pen <input type="checkbox"/> 1 gal. of water per pet <p>Also: pet food, diapers and/or baby food if needed.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make a family plan <input type="checkbox"/> Date each perishable food item using marking pen. 	<p style="text-align: center;">Week 2</p> <p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Crescent wrench <input type="checkbox"/> Heavy rope <input type="checkbox"/> Duct tape <input type="checkbox"/> 2 flashlights with batteries <input type="checkbox"/> "bungee" cord <p>Also: a leash and pet carrier for your pet if needed.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check your house for hazards. Secure loose objects that may fly. <input type="checkbox"/> Locate your gas meter and water shutoffs and attach a wrench near them for emergency use.
<p style="text-align: center;">Week 3</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gal. water* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> Sanitary napkins <input type="checkbox"/> Video tape <input type="checkbox"/> 1 gal. of water per pet <p>Also: pet food, diapers, and/or baby food if needed.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use video camera to inventory contents of home for insurance purposes. <input type="checkbox"/> Store tape with friend/family member who lives out of town. 	<p style="text-align: center;">Week 4</p> <p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Plumber's tape <input type="checkbox"/> Crowbar <input type="checkbox"/> Smoke detector with battery <p>Also: extra medication or a Prescription marked "emergency use" if needed.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Install or test your smoke detector. <input type="checkbox"/> Secure water heater to wall studs.
<p style="text-align: center;">Week 5</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gal. water* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> 2 rolls toilet paper* <input type="checkbox"/> Extra toothbrush <input type="checkbox"/> Travel size toothpaste <p>Also: special food for Special diets, if needed.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Have a fire drill at home. 	<p style="text-align: center;">Week 6</p> <p>First Aid Supplies</p> <ul style="list-style-type: none"> <input type="checkbox"/> Aspirin and/or acetaminophen <input type="checkbox"/> Compresses <input type="checkbox"/> Rolls of gauze or bandages <input type="checkbox"/> First aid tape <input type="checkbox"/> Adhesive bandages– assorted sizes <p>Also: extra hearing aid Batteries, if needed.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check with your child's day care or school to find out about their disaster plans.
<p style="text-align: center;">Week 7</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gal. water* <input type="checkbox"/> 1 can ready to eat soup* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can vegetables* <p>Also: extra plastic baby bottles, formula and diapers, if needed.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Establish an out-of-state contact to call in case of emergency. 	<p style="text-align: center;">Week 8</p> <p>First Aid Supplies</p> <ul style="list-style-type: none"> <input type="checkbox"/> Scissors <input type="checkbox"/> Tweezers <input type="checkbox"/> Antiseptic <input type="checkbox"/> Thermometer <input type="checkbox"/> Liquid hand soap <input type="checkbox"/> Disposable hand wipes <input type="checkbox"/> Sewing kit <p>Also: extra eyeglasses, if needed.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Place a pair of shoes & a flashlight under your bed so that they are handy during an emergency.
<p style="text-align: center;">Week 9</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can ready to eat soup* <input type="checkbox"/> Liquid dish soap <input type="checkbox"/> Plain liquid bleach <input type="checkbox"/> Heavy duty garbage bags 	<p style="text-align: center;">Week 10</p> <p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Waterproof portable plastic container w/lid for important papers <input type="checkbox"/> Portable am/fm radio w/batteries <input type="checkbox"/> Portable NOAA all hazards radio

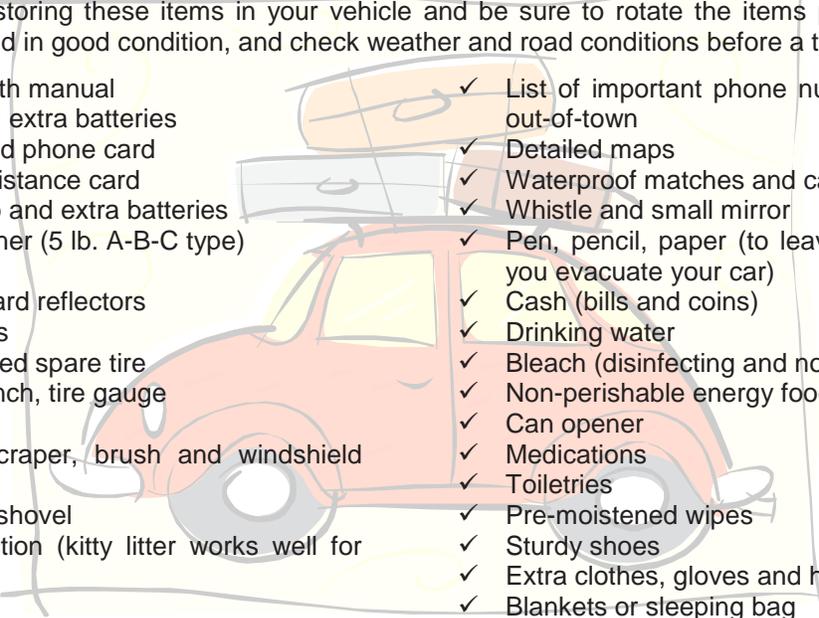
<p>Also: saline solution and a contact lens case, if needed.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Send some of your favorite family photos or copies to out of state family members for safekeeping. 	<p>Also: blankets or sleeping bags for each family member.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make photocopies of important papers and store safely. <input type="checkbox"/> Test NOAA all hazards radio
<p style="text-align: center;">Week 11</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 lg. can juice* <input type="checkbox"/> Large plastic bags <input type="checkbox"/> 1 box quick energy snacks <input type="checkbox"/> 3 rolls paper towels <p>Also: sunscreen, if needed.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Store a roll of quarters for emergency phone calls. <input type="checkbox"/> Go on a hunt with your family to find a pay phone near home. 	<p style="text-align: center;">Week 12</p> <p>First Aid Supplies</p> <ul style="list-style-type: none"> <input type="checkbox"/> Anti-diarrhea medicine <input type="checkbox"/> Rubbing alcohol <input type="checkbox"/> Latex gloves <input type="checkbox"/> Ipecac syrup and activated charcoal <input type="checkbox"/> Vitamins <p>Also: items for denture care, if needed.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take your family on a field trip to gas and water meter shut off valves. Show them what to do in an emergency.
<p style="text-align: center;">Week 13</p> <p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Whistle <input type="checkbox"/> ABC fire extinguisher <input type="checkbox"/> Pliers <input type="checkbox"/> Vise grips <ul style="list-style-type: none"> <input type="checkbox"/> Take a first aid and CPR class. 	<p style="text-align: center;">Week 14</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> Paper plates <input type="checkbox"/> Eating utensils <input type="checkbox"/> Paper cups <ul style="list-style-type: none"> <input type="checkbox"/> Make a plan to check on a neighbor who might need help in an emergency
<p style="text-align: center;">Week 15</p> <p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Extra batteries <input type="checkbox"/> Masking tape <input type="checkbox"/> Hammer <input type="checkbox"/> Assorted nails <input type="checkbox"/> Wood screws <input type="checkbox"/> "L" brackets to secure furniture to walls. <ul style="list-style-type: none"> <input type="checkbox"/> Brace shelves and cabinets. 	<p style="text-align: center;">Week 16</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> Heavy duty garbage bags <input type="checkbox"/> Kleenex <input type="checkbox"/> Quick energy snacks (raisins, granola bars) <ul style="list-style-type: none"> <input type="checkbox"/> Find out if you have a neighborhood safety organization and join it!
<p style="text-align: center;">Week 17</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Graham crackers <input type="checkbox"/> Assorted plastic containers with lids <input type="checkbox"/> Dry cereal <input type="checkbox"/> Safety pins <ul style="list-style-type: none"> <input type="checkbox"/> Arrange for a friend or neighbor to help your children if you are at work. 	<p style="text-align: center;">Week 18</p> <p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> "child-proof" latches for your cupboards <input type="checkbox"/> Double sided tape or Velcro-type fasteners to secure moveable objects. <ul style="list-style-type: none"> <input type="checkbox"/> Pack a "go-pack" in case you have to evacuate
<p style="text-align: center;">Week 19</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Heavy duty garbage bags <input type="checkbox"/> Quick energy snacks (raisins, granola bars) <ul style="list-style-type: none"> <input type="checkbox"/> Have an earthquake drill at home 	<p style="text-align: center;">Week 20</p> <p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Camping or utility knife <input type="checkbox"/> Extra radio batteries <input type="checkbox"/> Purchase an emergency escape ladder for second story bedrooms, if needed. <ul style="list-style-type: none"> <input type="checkbox"/> Find out about your workplace disaster plans
<p style="text-align: center;">Week 21</p> <p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Heavy work gloves <input type="checkbox"/> Disposable dust masks <input type="checkbox"/> Screwdriver <input type="checkbox"/> Plastic safety goggles 	<p style="text-align: center;">Week 22</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Extra hand operated can opener <input type="checkbox"/> 3 rolls paper towels <ul style="list-style-type: none"> <input type="checkbox"/> Have a practice fire drill.
<p style="text-align: center;">Week 23</p> <p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Battery powered camping lantern with extra battery or extra flashlights <ul style="list-style-type: none"> <input type="checkbox"/> Have a practice Shelter In Place drill. 	<p style="text-align: center;">Week 24</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> Large plastic food bags <input type="checkbox"/> Plastic wrap <input type="checkbox"/> Aluminum foil

Items marked with * should be purchased for each member of the household.

Select foods based on your family's needs and preferences. Pick low-salt, water-packed varieties when possible. Canned meats may include tuna, chicken, raviolis, chili, beef stew, Spam, corned beef, etc. Rotate supplies every six months.

Prepare Your Vehicles

If you are evacuating an area or you are stranded in your vehicle, you should make sure your vehicle is prepared to help you survive. Use this checklist to help you create an emergency kit for each vehicle. Prepare now by storing these items in your vehicle and be sure to rotate the items periodically. Keep vehicles fueled and in good condition, and check weather and road conditions before a trip.

- 
- ✓ First-aid kit with manual
 - ✓ Flashlight and extra batteries
 - ✓ Cell phone and phone card
 - ✓ Roadside assistance card
 - ✓ Portable radio and extra batteries
 - ✓ Fire extinguisher (5 lb. A-B-C type)
 - ✓ Extra fuses
 - ✓ Flares or hazard reflectors
 - ✓ Jumper cables
 - ✓ Properly inflated spare tire
 - ✓ Jack, lug wrench, tire gauge
 - ✓ Basic tool kit
 - ✓ Windshield scraper, brush and windshield washing fluid
 - ✓ Small folding shovel
 - ✓ Sand for traction (kitty litter works well for this)
 - ✓ Duct tape
 - ✓ Gloves, rags, paper towels
 - ✓ List of important phone numbers, local and out-of-town
 - ✓ Detailed maps
 - ✓ Waterproof matches and candles
 - ✓ Whistle and small mirror
 - ✓ Pen, pencil, paper (to leave a note in case you evacuate your car)
 - ✓ Cash (bills and coins)
 - ✓ Drinking water
 - ✓ Bleach (disinfecting and not color safe)
 - ✓ Non-perishable energy foods
 - ✓ Can opener
 - ✓ Medications
 - ✓ Toiletries
 - ✓ Pre-moistened wipes
 - ✓ Sturdy shoes
 - ✓ Extra clothes, gloves and hats
 - ✓ Blankets or sleeping bag



Shelter in Place - At Home

During a Hazardous Material Emergency

What is it?

If a toxic gas or airborne biological agent was released into your neighborhood, would you know what to do? Now, more than ever, citizens need to be prepared for the possibility of both accidental and intentional hazardous material emergencies.

Shelter In Place is a safety procedure designed to help protect you and your family during a serious airborne hazardous material emergency. It means taking shelter inside your home, work place, school or other building until the danger has passed.

The goal of Shelter In Place is to prevent contaminated outside air from entering your home or other shelter for the duration of the incident. Incidents usually last a few hours, not days or weeks.

What do I do?

If you are told to Shelter In Place by local authorities, please take the following safety actions:

- Close and lock all windows and exterior doors.
- Turn off all air conditioners, fans and heating systems, etc. that draw in outside air.
- Close the fireplace damper.
- Get your Disaster Supply Kit and make sure your radio is working.

- Go to a room with the fewest windows and doors on the highest story of your home or other shelter. Do NOT go to the basement. Many chemicals are heavier than air and can seep into a basement.
- Bring your pet(s) with you, along with food and water for them.
- Do not overload the phone system. Use your phone (or mobile phone) for emergency purposes only.
- Use duct tape and plastic sheeting to seal windows, doors, vents, outlets, etc. Wet towels can also be used under doors.
- Stay inside this room and listen to your radio or television until local authorities tell you the emergency is over OR you are told to evacuate.
- When local authorities announce the end of the emergency, ventilate your home by opening doors and windows. Go outside until your home is aired out.

What do I need?

You are encouraged to prepare a Disaster Supply Kit with emergency supplies that will last at least three days. The kit should be stored in a box or duffel bag in the room in which you plan to Shelter In Place.

How am I notified?

You will be notified of a serious hazardous material emergency by one or more of the following methods:

- Television, radio, NOAA all hazards radio
- Outdoor warning sirens
- Door-to-door notification
- Public address systems on vehicles.



Shelter in Place - At Your Work Place

During a Hazardous Material Emergency

What is it?

Shelter In Place is a safety procedure designed to help protect you and your family during a serious airborne hazardous material emergency. It means taking shelter inside the building you work in until the danger has passed.

The goal of Shelter In Place is to prevent contaminated outside air from entering your home or other shelter for the duration of the incident. Incidents usually last a few hours, not days or weeks. There is little danger anyone will run out of oxygen during this procedure.

Before an emergency happens, develop a business emergency plan to help plan for a hazardous material emergency or other disaster. Determine how you will handle phone calls to and from the business during an event because non-emergency phone use should be limited.

What do I do?

If you are told to Shelter In Place by local authorities, please take the following safety actions:

- Close the business. If there are visitors in the building, ask them to Shelter In Place with you.
- Close and lock all windows, exterior doors and other openings to the outside.
- Have designated maintenance personnel turn off all air conditioners, fans and heating systems, etc. that draw in outside air.
- Close the fireplace damper if your work place has one.
- Get your Disaster Supply Kit and make sure your radio is working.
- Direct all employees to an interior room or the space designated by your local department. You may need several rooms to accommodate all your employees. Large storage closets, utility rooms, pantries, copy and conference rooms can work if they don't have too many windows.
- Use duct tape and plastic sheeting to seal windows, doors, vents, outlets, etc. Wet towels can also be used if you do not have plastic.
- Stay inside this room and listen to your radio or television until local authorities tell you the emergency is over OR you are told to evacuate.
- When local authorities announce the end of the emergency, ventilate the building by opening doors and windows. Go outside until it is aired out.

What do I need?

You are encouraged to prepare a Disaster Supply Kit with emergency supplies that will last at least three days. The kit should be stored in a box or duffel bag in the room in which you plan to Shelter In Place.

How am I notified?

You will be notified of a serious hazardous material emergency by one or more of the following methods:

- Television, radio, NOAA all hazards radio
- Outdoor warning sirens
- Door-to-door notification
- Public address systems on vehicles.

Coping with Disaster

Physical and emotional reactions often occur as a result of a natural emergency or traumatic event such as a terrorist attack. These reactions may happen immediately or weeks or months after an event. Traumatic stress reactions can happen to people of any age and can change a person's behavior, thoughts and physical health.

Common Responses

The physical effects caused by a traumatic event include:

- Rapid heartbeat
- Increased respiratory rate
- Shortness of breath
- Nausea
- Muscle and joint aches
- Tremors
- Headaches

Seek medical attention if any of these symptoms persist.

Thoughts, behaviors and emotions may also change. These changes include:

- Flashbacks or re-experiencing the event
- Withdrawal from normal social relations
- Performance problems at work or school
- Loss or increase in appetite
- Difficulty sleeping or nightmares
- Feeling overwhelmed, hopeless, numb
- Being extremely anxious, fearful, agitated or irritable
- Feeling depressed
- Increased consumption of alcohol or prescribed, over-the-counter or illicit drugs

What You Can Do for Yourself

- Understand that your symptoms may be normal, especially right after the trauma.
- Keep to your usual routine.
- Take the time to resolve day-to-day conflicts so they do not add to your stress.
- Do not shy away from situations, people and places that remind you of the trauma.
- Find ways to relax and be kind to yourself.
- Turn to family, friends, and clergy person for support, and talk about your experiences and feelings with them.
- Participate in leisure and recreational activities.
- Recognize that you cannot control everything.
- Recognize the need for trained help, and call a local mental health center.

What You Can Do for Your Child

- Let your child know that it is okay to feel upset when something bad or scary happens.
- Encourage your child to express feelings and thoughts, without making judgments.
- Return to daily routines.

Helping Children Cope with Disaster

Children can feel very frightened during a disaster and afterwards some children will show temporary changes of behavior.

For most children these changes will be mild, not last long, and diminish with time. However, reminders of what happened could cause upsetting feelings to return and behavior changes to emerge again. Watching scenes of the disaster on television can be distressing for children, especially for younger children.

Younger children may return to bed-wetting, have difficulty sleeping, and not want to be separated from their caregivers. Older children may show more anger than usual, find concentrating at school harder, and want to spend more time alone than usual.

Some children are more vulnerable, and their reactions can be more severe and last for a longer period of time.

Factors that contribute to greater vulnerability include

- Direct exposure to the disaster - This includes being evacuated, seeing injured or dying people, being injured themselves, and feeling that their own lives are threatened.
- Personal loss - This includes the death or serious injury of a family member, close friend, or family pet.
- On-going stress from the secondary effects of disaster - This includes temporarily living elsewhere, losing contact with their friends and neighbors, losing things that are important to them, and parental job loss.
- Prior exposure to disaster or other traumatic event - How parents and caregivers react to and cope with a disaster or emergency situation can affect the way their children react. When parents and caregivers or other family members are able to deal with the situation calmly and confidently, they are often the best source of support for their children. One way to help children feel more confident and in control is to involve them in preparing a family disaster plan.

Children's Reaction to Disaster

The following are common reactions that children may exhibit following a disaster. While the following descriptions are typical, some children may exhibit none of these behaviors and others may behave in ways not mentioned here.

Birth through 6 years

Although infants may not have words to describe their experiences, they can retain memories. They may react by being more irritable, crying more than usual, or wanting to be held and cuddled more. Preschool and kindergarten children can feel helpless, powerless, and frightened about being separated from their caregivers.

7 through 10 years

Older children can understand the permanence of loss. They may become preoccupied with the details of the traumatic event and want to talk about it continually. This preoccupation can interfere with their concentration at school and affect their academic performance. Children may hear inaccurate information from their peers which parents can clarify. They may fear that the disaster will happen again and have sad or angry feelings.

11 through 18 years

As children mature, their responses become more similar to those of adults. Much of adolescence is focused on moving out into the world. Following a disaster, that world can seem more dangerous and unsafe. Teenagers may react by becoming involved in dangerous, risk-taking behaviors, such as reckless driving, and alcohol or drug use. Others may become fearful of leaving home and avoid social activity. Teenagers can feel overwhelmed by their intense emotions, yet unable to talk about them.

What Parents and Caregivers Can Do

It is important for parents and other caregivers to understand what is causing a child's anxieties and fears. Following a disaster, children are most afraid that:

- The event will happen again.

- Someone close to them will be killed or injured.
- They will be left alone or separated from their family.

Parents and caregivers can clarify misunderstandings of risk and danger by acknowledging children's concerns and perceptions. Discussions of preparedness plans can strengthen a child's sense of safety and security. Listen to what a child is saying. If a young child asks questions about the event, answer them simply without the elaboration needed for an older child or adult. Children vary in the amount of information they need and can use. If a child has difficulty expressing his or her thoughts and feelings, then allowing them to draw a picture or tell a story of what happened may help.

Parents and Caregivers Can Take the Following Actions

- Encourage your children to talk and listen to their concerns.
- Calmly provide factual information about the disaster and plans for insuring their ongoing safety.
- Involve your children in updating your family disaster plan and disaster supplies kit
- Practice your plan.
- Involve your children by giving them specific tasks to let them know they can help restore family and community life.
- Spend extra time with your children.
- Re-establish daily routines for work, school, play, meals, and rest.

Monitor and Limit Your Family's Exposure to the Media

News coverage of the disaster can cause fear, confusion and anxiety in children. This is particularly true for a large-scale disaster or terrorist event, in which significant property damage and loss of life has occurred. Especially for younger children, repeatedly watching images of an event can cause them to believe the event is occurring again and again. Parents and caregivers should be available to encourage communication and provide explanations when children are permitted to watch television or use the Internet if images or news about the disaster are being shown. Parents can also limit their own exposure to anxiety provoking information.

Use Support Networks

Parents and caregivers can best help children when they understand their own feelings and have developed ways of coping themselves. One way of doing this is to build and use social support systems of family, friends, community organizations, faith-based institutions or other resources. In the event a disaster strikes, they can call on these support systems to help them manage their reactions. In turn, parents and caregivers are more available and better able to support their children. If a child continues to be very upset by what happened or if reactions interfere with their school work or their relationships at home or with their friends, it may be appropriate to talk with the child's primary care physician or a mental health provider who specializes in children's needs.

Pets and Disaster: Be Prepared

Our pets enrich our lives in more ways than we can count. In turn, they depend on us for their safety and well-being. Here's how you can be prepared to protect your pets when disaster strikes.

Be Prepared with a Disaster Plan

The best way to protect your family from the effects of a disaster is to have a disaster plan. If you are a pet owner, that plan must include your pets. Being prepared can save their lives.

Different disasters require different responses. But whether the disaster is a hurricane or a hazardous spill, you may have to evacuate your home.

In the event of a disaster, if you must evacuate, ***the most important thing you can do to protect your pets is to evacuate them***, too. Leaving pets behind, even if you try to create a safe place for them, is likely to result in their being injured, lost, or worse. So prepare now for the day when you and your pets may have to leave your home.

1. Have a Safe Place To Take Your Pets

It may be difficult, if not impossible, to find shelter for your animals in the midst of a disaster, so plan ahead. Do not wait until disaster strikes to do your research.

- Contact hotels and motels outside your immediate area to check policies on accepting pets and restrictions on number, size, and species. Ask if "no pet" policies could be waived in an emergency. Keep a list of "pet friendly" places, including phone numbers, with other disaster information and supplies. If you have notice of an impending disaster, call ahead for reservations.
- Ask friends, relatives, or others outside the affected area whether they could shelter your animals. If you have more than one pet, they may be more comfortable if kept together, but be prepared to house them separately.
- Prepare a list of boarding facilities and veterinarians who could shelter animals in an emergency; include 24-hour phone numbers.
- Ask local animal shelters if they provide emergency shelter or foster care for pets in a disaster. Animal shelters may be overburdened caring for the animals they already have as well as those displaced by a disaster, so this should be your last resort.

2. Assemble a Portable Pet Disaster Supplies Kit

Whether you are away from home for a day or a week, you'll need essential supplies. Keep items in an accessible place and store them in sturdy containers that can be carried easily (duffle bags, covered trash containers, etc.). Your pet disaster supplies kit should include:

- Medications and medical records (stored in a waterproof container) and a first aid kit.
- Sturdy leashes, harnesses, and/or carriers to transport pets safely and ensure that your animals can't escape.
- Current photos of your pets in case they get lost.
- Food, potable water, bowls, cat litter/pan, and can opener.
- Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to foster or board your pets.
- Pet beds and toys, if easily transportable.

3. Know What To Do As a Disaster Approaches

- Often, warnings are issued hours, even days, in advance. At the first hint of disaster, act to protect your pet.
- Call ahead to confirm emergency shelter arrangements for you and your pets.
- Check to be sure your pet disaster supplies are ready to take at a moment's notice.
- Bring all pets into the house so that you won't have to search for them if you have to leave in a hurry.
- Make sure all dogs and cats are wearing collars and securely fastened, up-to-date identification. Attach the phone number and address of your temporary shelter, if you know it, or of a friend or relative outside the disaster area. You can buy temporary tags or put adhesive tape on the back of your pet's ID tag, adding information with an indelible pen.

You may not be home when the evacuation order comes. Find out if a trusted neighbor would be willing to take your pets and meet you at a prearranged location. This person should be comfortable with your pets, know where your animals are likely to be, know where your pet disaster supplies kit is kept, and have a key to your home. If you use a pet sitting service, they may be available to help, but discuss the possibility well in advance.

Planning and preparation will enable you to evacuate with your pets quickly and safely, but bear in mind that animals react differently under stress.

- Outside your home and in the car, keep dogs securely leashed.
- Transport cats in carriers.
- Don't leave animals unattended anywhere they can run off. The most trustworthy pets may panic, hide, try to escape, or even bite or scratch.
- When you return home, give your pets time to settle back into their routines.
- Consult your veterinarian if any behavior problems persist.
- If you have no alternative but to leave your pet at home, there are some precautions you must take. Confine your pet to a safe area inside. NEVER leave your pet chained outside! Place a notice outside in a visible area, advising that pets are in the house and where they are located. Provide a phone number where you or a contact can be reached as well as the name and number of your vet.

About Other Pets

Birds

Birds should be transported in a secure travel cage or carrier. In cold weather, wrap a blanket over the carrier and warm up the car before placing birds inside. During warm weather, carry a plant mister to mist the birds' feathers periodically. Do not put water inside the carrier during transport. Provide a few slices of fresh fruits and vegetables with high water content. Have a photo for identification and leg bands. If the carrier does not have a perch, line it with paper towels and change them frequently. Try to keep the carrier in a quiet area. Do not let the birds out of the cage or carrier.

Reptiles

Snakes can be transported in a pillowcase but they must be transferred to more secure housing when they reach the evacuation site. If your snakes require frequent feedings, carry food with you. Take a water bowl large enough for soaking as well as a heating pad. When transporting house lizards, follow the same directions as for birds.

Pocket Pets

Small mammals (hamsters, gerbils, etc.) should be transported in secure carriers suitable for maintaining the animals while sheltered. Take bedding materials, food bowls, and water bottles.

Livestock

EVACUATE LIVESTOCK WHENEVER POSSIBLE. - Prepare in advance by having transportation and an evacuation destination prearranged. Alternate routes should be mapped out in case the planned route is inaccessible.

- The evacuation sites should have or be able to readily obtain food, water, veterinary care, handling equipment and facilities.
- If evacuation is not possible, a decision must be made whether to move large animals to available shelter or turn them outside.
- All animals should have some form of identification that will help facilitate their return.

Wildlife

Wild or stray domestic animals can pose a danger during many types of disasters. Do not corner an animal. They may feel threatened and may endanger themselves or you. If an animal must be removed, contact your local animal control authorities.

Wyoming Winter Driving

INTRODUCTION

Stay in your car

Not a very smooth introduction into winter driving, but because this is the most important thing to remember if you are ever stranded in a blizzard, it cannot be over-emphasized: STAY PUT.

Do not attempt to walk for help. Disorientation and/or hypothermia occur quickly in blowing and drifting snow. Your car will provide you with the best possible shelter and you are more likely to be found by staying in it.

PREPAREDNESS BEFORE

Season unpredictable

Wyoming winter weather can be very unpredictable. In addition, it can occur anytime between the months of October and April each year and may include snow, ice, sleet, high winds and sub-freezing temperatures.

Although few people are directly killed by severe winter storms, deaths may occur as a result of dealing with the hazards of this season. Included with this may be heart attacks from shoveling heavy snow, traffic accidents on icy roads and carbon monoxide poisoning.

Plan ahead

Before you start out on any winter trip, attempt to find out the road conditions for the area in which you will be traveling. It often happens that the sun may be shining where you are but 50 miles down the road there are blizzard conditions. Obey all road closures; failing to do so is illegal.

Let someone know when you are leaving, the route you are taking and when you expect to arrive at your destination. If at all possible, travel in a convoy with someone else. As you drive, listen to travel information on local area radio stations. Fast-moving storms may cause changes in road conditions and you may have to change your route. Remember winter driving may slow you down, so allow yourself extra time to reach your destination.

Vehicle preparations

- ✓ Anti-freeze should protect to -40° F. Also check your radiator hoses and engine belts.
- ✓ Battery and ignition system should be in top condition for tough winter starts, and the battery terminals should be clean.
- ✓ Brakes should be adjusted and properly maintained.
- ✓ Lights—front and back—should be in working order and checked for cleanliness.
- ✓ Gas line should be winterized and gas line de-icer added when necessary.
- ✓ Wipers, heater and defroster should be in working order and properly maintained.
- ✓ Cell phone or C. B. radio could be very helpful if you become stuck in the snow.
- ✓ Oil should be changed on a routine basis. Use all-season oil (5W-30, 10W-30, etc.) or winter grade oil (20W or less).
- ✓ The entire exhaust system should be checked for leaks.
- ✓ Tires should be studded or at least have winter tread. Have a set of tire chains and know how to put them on.

Extra tire tips

For the best traction in severe snow or icy conditions, use reinforced tire chains. Even if you drive with snow tires, keep a set of chains in the trunk; sometimes chains are the only thing which can provide sufficient traction.

After chains, the next best equipment is studded snow tires. These tires are permissible in Wyoming but other states may ban them or allow them only certain months. (Some drivers use studded snow tires or regular snow tires on all four wheels even if they don't have a 4-wheel drive vehicle. The logic is that it is beneficial in turning or in stopping.)

If you go with snow tires without studs, be sure the tread is deep enough to bite through the snow. A third acceptable option is a good set of all-weather tires.

Also, keep tire pressure at the recommended level. If your car becomes stuck in the snow, some slight deflating of your tires may help. While it does increase wear, deflation puts more tread on the surface of the road. If you deflate for traction, re-inflate your tires to their recommended pressure as soon as possible.

Adding extra weight in the trunk of rear-wheel drive vehicles, if done properly, can help traction but may make you more prone to spin-outs. If you add weight for traction, don't overdo it! Make sure the weight is stationary and doesn't shift around (Filled sandbags are best.)

Place the weight as close as possible to the drive wheels; weight in the trunk of a front-wheel drive car is useless.

No matter what tires you use, you'll have better luck if you take it easy. Don't spin your tires! This causes friction, which turns snow into ice or digs you deeper into a hole. Apply power gently, go slow, and give yourself plenty of room to stop. Slow down before you attempt any turn. In other words, don't do anything quickly.

ACTIONS DURING

Common sense approaches

Whether it is winter or any other time of the year, remember to have everyone in the car fasten their seat belts. It's not only smart—it's the law. There's plenty of proof that seat belts do save lives. If you have to travel in winter weather, here are other tips to help you make it easier for yourself:

- ✓ If at all possible, back your car into your garage or parking area so you can drive out front-first. If you don't have a garage, make sure all windows are free from snow before you start out. Trouble may come from any direction! Clear off the hood and top, too, so snow doesn't blow on your windows and vents or obscure the visibility of other drivers as it blows off.
- ✓ Clear ice and snow from your windshield wiper blades before you turn them on. If they're frozen in place, you may tear off the rubber or ruin your wiper motor.
- ✓ Running the window defroster for a few minutes may help to loosen frozen wipers from the window.
- ✓ Make sure both headlights and tail lights are free of snow and ice. Too many people clean only their windshield and forget to clean the lights. You want to be able to see where you are going, and you certainly want the people behind you to see your car, especially when you hit your brakes. As you're driving, remember that low beam lights are more effective than high beam lights when encountering fog or falling snow.
- ✓ In winter, ruts may form in roadways and cause problems, such as low cars high centering. Ruts are also hard to get out of once you get into them.
- ✓ Roads may become narrower due to snow pushed to the sides, making driving especially dangerous on two-lane roads. Slush may be splattered on your window and cause temporary vision impairment.
- ✓ Icy spots are as much as 10 times more slippery than dry pavement and require slower speeds, more distance between vehicles and overall greater caution.
- ✓ Icy spots are slickest at 32 degrees or warmer when a thin coating of water on top further reduces traction.
- ✓ When weather is bad, visibility is poor and road conditions worsen, pedestrians are more susceptible to being hit. As "winter walkers" are bundled up, they can't see as well or move as fast; drivers must be more cautious and courteous to avoid striking an unwary pedestrian.

If you're going up a slippery hill, use the highest gear possible to negotiate it; wheels spin less that way. Most hills can be negotiated if you just take it slow and easy, so don't gun the motor. The main thing is to keep moving and prevent spinning your wheels when coming down a slippery hill. Use a lower gear so your engine compression helps to slow you down.

If you lose control and it looks as though you are going to hit something downhill, try pumping your brakes with short, repeated strokes instead of just holding them there. (This does not apply to anti-locking brake system (ABS) brakes. With ABS brakes, apply the pedal gradually. Use the "squeeze" technique—push on the brake pedal with a steadily increasing pressure.) If that doesn't look like it's going to work, find a way to safely exit the roadway. This is better than ramming a car or sailing through an intersection where there is oncoming traffic.

Stuck in the snow?

There are a few things you can do to get out, but, above all, remember: **Don't over-exert yourself.**

1. Clear a path with a shovel in front and behind your wheels.
2. Put down some sand or gravel on the path you've cleared. If you don't have this, use the floor mats from your car or even a tarp from your trunk.
3. If you have a standard transmission, you may be able to rock back and forth until you free yourself. With the automatic transmission in neutral, hold your foot on the brake pedal, shift to "drive," release the brake pedal and accelerate slowly so your wheels don't spin. If your tires have been spinning, they are hot. Wait a few minutes for them to cool off; it improves your traction.

When rocking is necessary, let the car roll as far as it can without spinning the tires. When it stops, apply brake pressure, then shift to reverse while holding the brake. Release the brake pedal and repeat the process while avoiding spinning the wheels. When you get out, go slower to avoid a "second encounter" with a car or snow bank.

Winter driving has a detrimental effect on drivers, too. It may make them more nervous, frustrated, tense and, perhaps, even aggressive. Some drivers, no matter what, will try to drive in winter just as they do in the summer. This is why it is even more important to drive defensively in winter and be extra alert for everything that is happening around you. Remember to give yourself extra distance between your vehicle and the vehicles in front of you. This gives you more time to react in an emergency.

Special winter laws

Many people are unaware that there are special rules for winter driving in Wyoming. When the state chain law is in effect, travel is restricted to four-wheel-drive vehicles and others utilizing chains or adequate snow tires on power wheels. Violating the chain law is a misdemeanor offense. State law also allows for heavy fines and jail sentences for those who ignore road closure barriers and signs.

Avoid carbon monoxide poisoning

The only significant danger of staying in your car if you become stuck is the threat of carbon monoxide poisoning. If your exhaust system is in good condition, you should be safe. Just run the engine and heater sparingly and occasionally open a “down wind” window for ventilation.

Because of drifting snow, be sure to frequently ensure your exhaust pipe is not being blocked. If you can't keep your exhaust pipe clear of drifting snow, don't run your engine, as deadly carbon monoxide will be forced into your car. Running the heater five minutes each half hour or 10 minutes each hour should be enough to keep you reasonably warm and will stretch your gas supply. Run the engine to coincide with radio news broadcasts.

Auto accessories can be helpful

If your survival kit hasn't been completed and you become stuck, remember that some automobile accessories may assist you:

- ❖ A wheel cover or sun visor can double as a shovel.
- ❖ Seat covers can be used as blankets.
- ❖ Floor mats might help your traction on ice or can be used to wrap around your clothing.
- ❖ A rearview mirror taken from the car can be an excellent signaling device whenever the sun does appear.
- ❖ Don't forget the power of your horn! The sound of a car horn honking can be heard at least one mile downwind.

A full tank of gas is also essential. Remember to always drive on the upper half of the tank to avoid running out, and fill up before going on any long trips to eliminate the possibility of becoming stranded. A little preparation beforehand can save you a few cold hours in your car later on.

Surviving in a “stuck” vehicle

1. Don't panic.
2. Stay in your car.
3. Be alert to carbon monoxide poisoning and oxygen starvation.
4. Use emergency supplies conservatively.
5. If you're stuck during the day, put an orange or red flag on your antenna. At night, leave your inside dome light on, not your headlights.
6. Get out and check your tailpipe occasionally to keep it clear of snow. Don't run your car if the tailpipe is covered.
7. While inside your car, occasionally open your windows and doors so they don't freeze shut.
8. If there is more than one person in the car, take turns sleeping. The person awake should periodically check those who are asleep. If you're alone, do not sleep when car is running.
9. Do some minor exercising in car to keep up circulation, but don't overdo it.
10. Once the snow has stopped, it may be possible to stamp out a big “HELP” signal in the snow beside your car. Don't overexert yourself and stay as dry as possible. Just do a little at a time.
11. This may be the time you wished you had a good cell phone. Some have a range of 10-15 miles. Be careful in your use, though, and don't run down the battery. It's a good idea when traveling to watch the mile post markers alongside the highway, so if you become stranded, you can call with your exact location.
12. If you're traveling down the road in a blizzard with someone behind you and accidentally run off the road, either flash your lights or turn on your emergency flashers. Let those behind you know something is wrong and help them avoid going off the road.
13. Watch out for snowplows or other vehicles. In powdery snow, they may be hard to see.

Critical winter health tips

Frostbite means there are ice crystals in the victim's skin tissue. Skin is white and has a “wooden” feel all the way through. Wrap the victim in blankets or any available clothing and give them warm, non-alcoholic

drinks. If possible, immerse frostbitten skin in warm water and monitor the temperature. Additional warm water will need to be added. Do not rub the affected area of skin with snow.

Hypothermia is the lowering of a person's internal body temperature and can be fatal. You may be surprised to learn that most hypothermia cases develop in air temperatures between +30 and +50 degrees. This illustrates that many people under-estimate the danger of being wet at such temperatures. This is why you should always try to stay dry while attempting to dig yourself out.

Never over-exert while trying to dig or push yourself out. Hypothermia can occur within minutes after your rate of body heat production drops. An example of this may happen if you sweat while working hard, and then the wind blows across your damp clothes.

Symptoms of hypothermia: uncontrollable fits of shivering; vague, slow and slurred speech; memory lapses, incoherence; immobile, fumbling hands; frequent stumbling/lurching gait; drowsiness (sleeping at this point is fatal); and apparent exhaustion with inability to get up after a rest.

Hypothermia victims may deny they're in trouble. Believe the symptoms, not the patient. Even mild symptoms demand immediate, drastic treatment.

If you suspect someone is suffering from hypothermia, get the victim into shelter out of the wind, rain or snow. Remove all wet clothes and replace with dry clothes. If the victim is mildly impaired, give him/her warm drinks, and get him/ her into warm clothes and a warm sleeping bag. Use woolen blankets to insulate all the way around the person, especially between the person and the ground.

Place a hat on the victim's head to prevent heat loss. If the victims is semiconscious or worse, try to keep the victim awake—give him/her warm drinks and concentrate heat on the trunk of the body first. Keep their head low and feet up to get warm blood circulating to the head. Keep the person quiet, do not jostle, massage or rub. Never give the person alcohol, sedatives, tranquilizers or pain relievers. They only slow down body processes further.

Heart Attack can occur because a person over-exerts in digging, shoveling or pushing. Symptoms include persistent pain in the chest, neck, or jaw; gasping; paleness; unexplained nausea; and vomiting. If someone is suffering from a heart attack, get the victim into a comfortable position. Check to see if the victim has medication and, if so, administer it. If the victim has stopped breathing, give mouth to mouth resuscitation. This is why at least one member of every family should have completed a course in Cardiopulmonary Resuscitation (CPR). Your first aid kit manual should also describe how to perform this life-saving technique. Keep the victim at normal body temperature and get help as soon as possible.

Road condition information line

Information about road closures, advisories, construction and weather conditions in Wyoming are available by calling 1-888-WYO-ROAD (996-7623) or visiting <http://www.wyoroad.info/index.html> . Calls from outside the state should be made to (307) 772-0824. To report emergencies, accidents or drunken drivers, dial 1-800-442-9090.

Winter problems

Once in awhile, you may find your car locks are frozen. Warming your key with a match or lighter may thaw your lock. Covering your locks with a piece of tape may help prevent future occurrences.

If the weather is extremely cold, engine block heaters, heated dip sticks or units that heat and circulate your water are terrific aids in starting your car. They don't use much electricity and they save wear and tear on the car and your disposition. Even leaving a trouble light under the hood near your battery to keep the frost off will help a lot in getting you going in the morning.

If your car won't start but is turning over or cranking, your gas line may be frozen. Add gas line de-icer according to your owner's manual and instructions on the label before you add fuel.

If your car's battery is dead or just not cranking enough to start your engine, you may need a jump. However, if your battery was completely dead and the fluid frozen, it could be ruined. If you do attempt a jump, make sure the two vehicles are not touching, then attach the jumper cables in the proper order as explained in the owner's manual.

Don't invite trouble

Some publications recommend motorists raise their hood and tie a colored cloth to it to signal that the occupants are having car trouble. This may be OK in the summer but is not recommended in the winter due to the possibility of snow drifting into the engine compartment.

Snow can even drift in on the engine compartment through the grill when the hood is closed if the wind currents are just right. Melting snow in the engine compartment may short out the spark plugs and cause other problems once you get your engine started and warmed up. Lifting the hood compounds the problem.

Earthquakes

During an Earthquake

- Stay calm.
- Inside: stay inside and find protection in a doorway, or crouch under a desk or table, away from windows, glass, brick walls and chimneys.
- Outside: stand away from buildings, trees, telephone and electric lines.
- On the road: drive away from under-passes/over-passes; stop in a safe area; stay in your vehicle.
- In an office building: stay next to a pillar or column, or under a heavy table or desk.
- Stay where you are until the shaking has stopped and you are sure it is safe to move.

After an Earthquake

- Check for injuries. Provide first aid.
- Check for fires; gas, water, sewage breaks; downed electric lines; building damage and potential problems during after shocks, such as cracks around fireplace and foundation. Turn off interrupted utilities as necessary.
- Clean up dangerous spills.
- Wear shoes and leather gloves.
- Tune radio to an emergency station and listen for instructions from public safety agencies.
- Use the telephone only for emergencies.
- As soon as possible, notify family that you are safe.
- Do not use matches or open flames until you are sure there are no gas leaks.
- Don't turn light switches off and on. Sparks created by the switch contacts can ignite gas fumes
- In public buildings, follow evacuation procedures immediately and return only after the building has been declared safe by the appropriate authorities.

Winter Storms

Before a Storm

- Arrange for emergency heat supply in case of power failure.

During and After the Storm

- At home - stay in your house. Use your Emergency Supplies Kit. Avoid travel.
- Dress warmly. Wear multiple layers of protective, loose-fitting clothing, scarves, mittens and hoods. Cover your mouth and nose to protect lungs from extremely cold air.
- Avoid overexertion. Heart attacks are a major cause of death during and after winter storms. Shoveling snow or freeing stuck vehicles can be extremely hard work. Don't overdo it!
- Beware of the chill factor if winds are present.
- Be prepared for isolation at home. Make sure you can survive for a week or two in case a storm isolates you and makes it impossible for you to leave.

High Winds

Before High Winds

- Survey your property. Take note of materials stored, placed or used, which could become missiles and destroy other structures or be destroyed. Devise methods of securing these items where they will still be accessible for day-to-day needs.
- Keep tall trees properly pruned away from power lines.
- Keep radio and/or TV on and monitor for wind advisories.
- If possible, board up, tape or shutter all windows, but leave some ventilation.
- Have plastic sheeting available in case roof is damaged and it begins to rain.
- Secure outdoor furniture, trash cans, tools, etc.



During High Winds

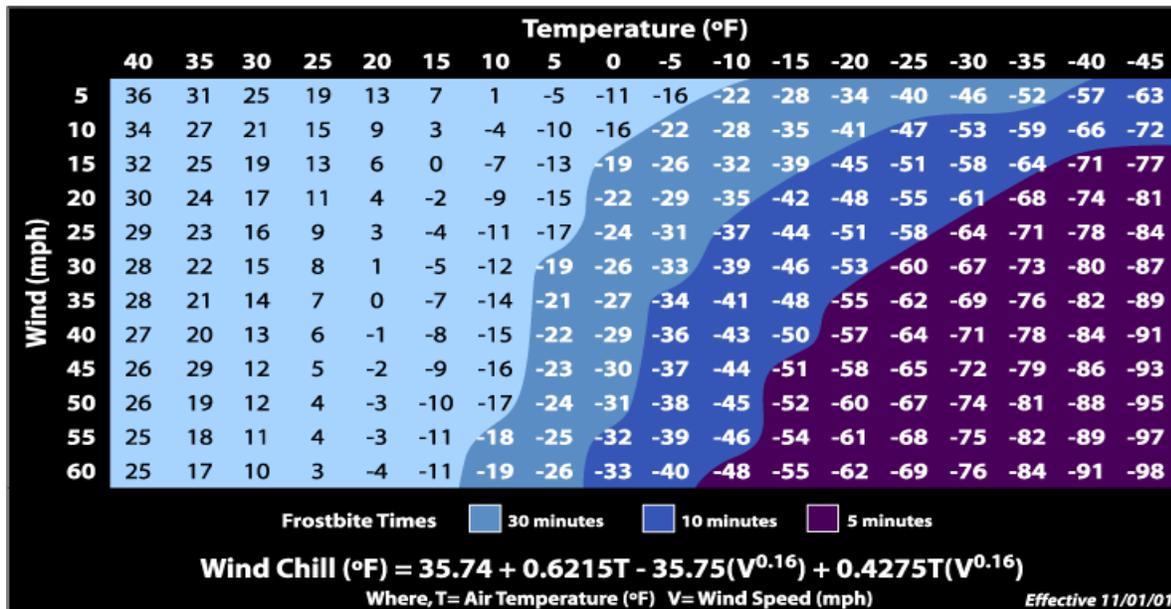
- Take shelter in hallways and closets; avoid windows.
- If outside, take shelter from flying debris.

After Winds Subside

- Inspect your home for structural and roof damage.
- Check all utilities and power lines for damage and proper operation.
- Monitor radio, NOAA all hazards radio and TV for instructions from local leaders.



Wind Chill Chart

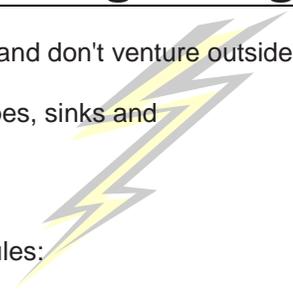


Thunderstorms and Lightning

Protect Yourself

- Get inside a home or large building when a storm approaches. Stay indoors and don't venture outside unless absolutely necessary.
- Stay away from open doors, windows, fireplaces, radiators, stoves, metal pipes, sinks and appliances.
- Do not use electrical appliances.
- Use telephone for emergencies only.

If you are outside, with no time to reach a safe building or vehicle, follow these rules:



- Do not stand under a natural lightning rod such as a tall, isolated tree in an open area.
- In a forest, seek shelter in a low area under a thick growth of small trees.
- In open areas, go to a low place such as a ravine or valley. Be alert for flash floods.
- Do not stand on a hilltop, in an open field, on the beach or in a boat on the water.
- Avoid isolated sheds or other small structures in open areas.
- Get out of the water and off small boats.
- Get away from anything metal - tractors, farm equipment, motorcycles, golf carts, golf clubs and bicycles.
- Stay away from wire fences, clothes lines, metal pipes, rails, exposed sheds or anything that is high and could conduct electricity. Some of these items could carry electricity to you from some distance away.
- When you feel an electrical charge - if your hair stands on end or your skin tingles - squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. **DO NOT LIE FLAT ON THE GROUND.**

Gas Leaks

Emergency Control of Gas

- Check house piping, appliances and vents for damage.
- Check for fires or fire hazards.
- Do not use matches, lighters or other open flames.
- Do not operate electrical switches, appliances or battery-operated devices if you suspect natural gas leaks. This could create sparks that could ignite gas from broken lines.
- If gas line breakage is suspected, shut off the gas at the meter.
- Wear heavy shoes in all areas near broken glass or debris. Keep your head and face protected from falling debris.
- Turn on a battery-operated radio if no gas leaks are found or a car radio to receive disaster instructions.
- Do not use your telephone except in extreme emergency situations.

Flooding

Before a flood

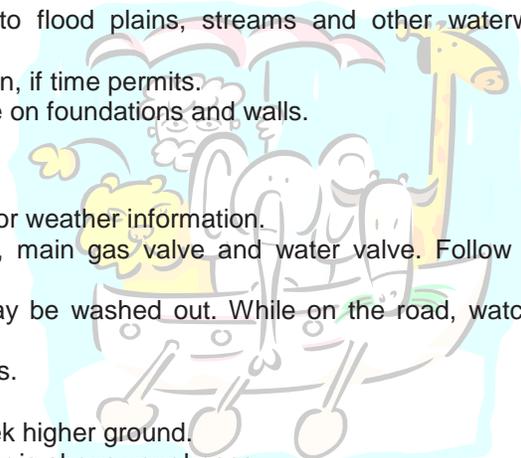
- Know the elevation of your property in relation to flood plains, streams and other waterways. Determine if your property may be flooded.
- Move furniture and essential items to higher elevation, if time permits.
- Open basement windows to equalize water pressure on foundations and walls.
- Secure your home.

Evacuation

- Listen to local radio, NOAA all hazards radio or TV for weather information.
- If asked to evacuate, shut off main power switch, main gas valve and water valve. Follow local evacuation plan and routes.
- Do not attempt to drive over a flooded road; it may be washed out. While on the road, watch for possible flooding of bridges, dips and low areas.
- Watch out for damaged roads, slides and fallen wires.
- Drive slowly in water; use low gear.
- Abandon your vehicle immediately if it stalls and seek higher ground.
- Do not attempt to cross a stream on foot where water is above your knees.
- Register at your designated evacuation center and remain there until informed you may leave.

After a Flood

- Remain away from evacuated area until public health officials and building inspector have given approval.
- Check for structural damage before entering.



- Make sure electricity is off; watch for electrical wires.
- Do not use open flame as a light source because of the possibility of escaping gas. Use flashlights. Beware of dangerous sparks
- Do not use food contaminated by flood water.
- Test drinking water for suitability with test kits.
- Avoid walking in flood water. Do not let children play in flood water.

Wildland Fires

Before a Wildfire

- Mark the entrance to your property with address signs that are clearly visible from the road.
- Keep lawns trimmed, leaves raked, and the roof and rain gutters free from debris such as dead limbs and leaves.
- Stack firewood at least 30 feet away from your residence.
- Store flammable materials, liquids, and solvents in metal containers outside your residence at least 30 feet away from structures and wooden fences.
- Create defensible space by thinning trees and brush within 30 feet around your residence. Beyond 30 feet, remove dead wood, debris, and low tree branches.
- Landscape your property with fire resistant plants and vegetation to prevent fire from spreading quickly. For example, hardwood trees are more fire-resistant than pine, evergreen, eucalyptus, or fir trees.
- Make sure water sources, such as hydrants, ponds, swimming pools, and wells, are accessible to the fire department.
- Use fire resistant, protective roofing and materials like stone, brick, and metal to protect your residence. Avoid using wood materials. They offer the least fire protection.
- Cover all exterior vents, attics, and eaves with metal mesh screens no larger than 6 millimeters or 1/4 inch to prevent debris from collecting and to help keep sparks out.
- Install multi-pane windows, tempered safety glass, or fireproof shutters to protect large windows from radiant heat.
- Use fire-resistant draperies for added window protection.

Follow Local Burning Laws

- Before burning debris in a wooded area, make sure you notify local authorities, obtain a burning permit, and follow these guidelines:
- Use an approved incinerator with a safety lid or covering with holes no larger than 3/4 inch.
- Create at least a 10-foot clearing around the incinerator before burning debris.
- Have a fire extinguisher or garden hose on hand when burning debris.

During a Wildfire

If a wildfire threatens your home and time permits, take the following precautions:

- Shut off gas at the meter. Only a qualified professional can safely turn the gas back on.
- Seal attic and ground vents with pre-cut plywood or commercial seals.
- Turn off propane tanks.
- Place combustible patio furniture inside.
- Connect garden hose to outside taps. Place lawn sprinklers on the roof and near above-ground fuel tanks. Wet the roof.
- Wet or remove shrubs within 15 feet of your residence.
- Gather fire tools such as a rake, axe, handsaw or chainsaw, bucket, and shovel.
- Back your car into the garage or park it in an open space facing the direction of escape. Shut doors and roll up windows. Leave the key in the ignition and the car doors unlocked. Close garage windows and doors, but leave them unlocked. Disconnect automatic garage door openers.
- Open fireplace damper. Close fireplace screens.
- Close windows, vents, doors, blinds or noncombustible window coverings, and heavy drapes. Remove flammable drapes and curtains.
- Move flammable furniture into the center of the residence away from windows and sliding-glass doors.

- Close all interior doors and windows to prevent drafts.
- Place valuables that will not be damaged by water in a pool or pond.

If advised to evacuate, do so immediately. Choose a route away from the fire hazard. Watch for changes in the speed and direction of the fire and smoke.

Fire

During a Fire

- If you are outside, stay outside. Do not return for anything. Do not re-enter the building until appropriate authorities have given permission.
- If you are inside, get out. Go to the nearest house or building and call 911. Report the address and type of fire. Listen to and follow instructions. Go to the family meeting place.
- If you are in a closed room or office, do not open the door without first feeling it or the door knob. If it is warm or hot, do not open it, but unlock it to help rescue or fire personnel.
- If there is smoke, get under the smoke, no matter how low it is, and get out of the building.
- If you cannot use the door or other means of escape to exit and there is smoke, use clothes, sheets, etc. to stop the smoke from coming in. Go to the window and yell or blow a whistle.
- If you see someone on fire, use a coat or blanket, but not your bare hands, to smother the flames. Or have them roll on the ground.
- Watch to see that nobody goes back inside to rescue anything or anyone.
- If possible, turn off the gas and electricity from outside the house.
- In a public building, know two ways out. If you hear a fire alarm, immediately exit the building regardless of what you are doing. Follow the established evacuation instructions.

Power Outage

Home Electrical Circuits

- Turn off breakers for areas of concern.
- If in doubt, shut off main breaker. Check your house electrical meter. If it is on your home, there may be a main disconnect breaker next to it. If the meter is on an underground service, it may be in front of your home; but there should be a main breaker where the line enters the home.
- In case of basement flooding:
 - Think before stepping in any water.
 - A shock hazard may exist even in an inch of water.
 - If the electrical panel is upstairs, shut off all circuits.
 - If the electrical panel is in the basement, determine whether it can be reached on DRY ground. If not, shut off the main breaker.

During the Power Outage

- Unplug all your appliances and electronic equipment. A power surge could ruin appliances when power is restored.
- Turn off all but one light switch.
- Open refrigerator door only to take food out, close as quickly as possible.
- Use camping equipment outside, six feet away from everything. Use only a fireplace, properly installed wood stove or a new-style kerosene heater in a safe area with fresh outside air coming into area.
- Report any downed lines.
- Do not allow children to carry lanterns, candles or fuel.

After the Power Outage

- When power is restored, plug in appliances one by one, waiting a few minutes between each one. This will prevent overloading the system.
- Be patient. Energy may first be restored to police and fire departments and hospitals.

- ❑ Examine your frozen food. If it still contains ice crystal, it may be refrozen. If meat is off-color or has an odd odor, throw it away.

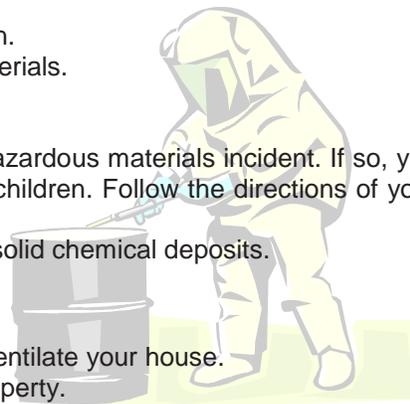
Hazardous Materials Incidents

During an Incident

- Stay away from the incident to minimize the risk of contamination.
- Remain uphill and upwind from the source of the hazardous materials.
- If asked to evacuate your home, do so immediately.
- Shelter-in-place if requested to stay indoors.
- Schools may institute shelter-in-place procedures if there is a hazardous materials incident. If so, you will probably not be able to drive to the school to pick up your children. Follow the directions of your local emergency officials.
- Avoid contact with spilled liquids, air-borne mists or condensed solid chemical deposits.

After an Incident

- Do not return home until you are told it is safe.
- When you get home, open windows, vents and turn on fans to ventilate your house.
- Find out from local authorities how to clean up your land and property.
- Report any lingering vapors or hazards.



Household Chemical Emergencies

Before a Household Chemical Emergency

- Buy only as much of a chemical as you think you will use.
- Keep products containing hazardous materials in their original containers and never remove the labels unless the container is corroding.
- Never store hazardous products in food containers.
- Never mix household hazardous chemicals or waste with other products.

Take the following precautions to prevent and respond to accidents:

- Follow the manufacturer's instructions for the proper use of the household chemical.
- Never smoke while using household chemicals.
- Never use hair spray, cleaning solutions, paint products, or pesticides near an open flame.
- Clean up any chemical spill immediately. Use rags to clean up the spill. Wear gloves and eye protection. Allow the fumes in the rags to evaporate outdoors, then dispose of the rags by wrapping them in a newspaper and placing them in a sealed plastic bag in your trash can.
- Dispose of hazardous materials correctly. Take household hazardous waste to a local collection program.

During a household chemical emergency, be prepared to seek medical assistance:

- Call Poison Control at 1-800-222-1222 and follow directions.

If there is a danger of fire or explosion:

- Get out of the residence immediately. Do not waste time collecting items or calling the fire department when you are in danger. Call the fire department from outside (a cellular phone or a neighbor's phone) once you are safely away from danger.
- Stay upwind and away from the residence to avoid breathing toxic fumes.

If someone has been exposed to a household chemical:

- Find any containers of the substance that are readily available in order to provide requested information. Call emergency medical services.
- Follow the emergency operator or dispatcher's first aid instructions carefully. The first aid advice found on containers may be out of date or inappropriate. Do not give anything by mouth unless advised to do so by a medical professional.
- Discard clothing that may have been contaminated. Some chemicals may not wash out completely.

Nuclear Emergency

During a Nuclear Emergency

- If you have advanced warning, take your Family Disaster Supply kit and go to an approved shelter or your basement. Huddle close to the floor and as near to a wall as possible. Get under a table for protection from falling objects.
- DO NOT attempt to evacuate your shelter until advised.
- If you see a nuclear flash and feel sudden heat, take cover INSTANTLY, within one to two seconds. Drop to the ground and curl up tightly, covering as many parts of your body as possible. Go to a shelter once the heat and blast effects have cleared.
- Never look at the light of a nuclear explosion.

After a Nuclear Emergency

- Remove contaminated clothing.
- Wash yourself thoroughly with soap and water. Wash your head and nose hairs especially well.
- If source of radiation is known and travel advisable, travel in the opposite direction and go up wind from radiation.
- Take cover in an underground shelter, basement, etc.
- Remain in protective shelter for at least three days (until advised it is safe). Limit your exposure to contaminated areas.
- If someone needs radiation sickness treatment, keep the victim calm, give emotional support and plenty of fluids.
- Wipe food and water containers with a clean cloth to remove particles of fallout, which resemble sand or salt.

Terrorism

Preparing for Terrorism

- Wherever you are, be aware of your surroundings. The very nature of terrorism suggests there may be little or no warning.
- Take precautions when traveling. Be aware of suspicious or unusual behavior. Do not accept packages from strangers. Do not leave luggage unattended. Unusual behavior, suspicious packages and strange devices should be promptly reported to the police or security personnel.
- Do not be afraid to move or leave if you feel uncomfortable or if something does not seem right.
- Learn where emergency exits are located in buildings you frequent. Notice where exits are when you enter unfamiliar buildings. Note where staircases are located.
- Assemble a disaster supply kit at home and learn first aid.

Chemical Attack

Signs of a chemical attack would include many people suffering from watery eyes, choking and having trouble breathing and many sick or dead birds, fish or small animals. If you suspect a chemical attack has occurred:

- Avoid the contaminated area. Either get away from the area or shelter in place, using the option that minimizes your exposure to the chemical.
- Wash with soap and water immediately if you were exposed to a chemical.
- Seek medical attention.
- Notify local law enforcement or health authorities.

Biological Attack

A biological attack may not be immediately obvious. Patterns of unusual illnesses or a surge of sick people seeking medical treatment may be the first sign of an attack. If you believe there has been a suspicious release of biological substances:

- Quickly get away from the area.
- Cover your mouth and nose with layers of fabric, such as a t-shirt or towel.
- Wash with soap and water.
- Contact local law enforcement or health authorities.

C.E.R.T. (Community Emergency Response Team)

What is C.E.R.T.?

Community Emergency Response Teams, or CERT, is organized under the direction and leadership of the Sweetwater County Sheriff's Office/Emergency Management Division.



CERT training promotes a partnering effort between emergency services and the people that they serve. The goal is for emergency professionals to train members of neighborhoods, community organizations, or workplaces in basic response skills, and then integrate them into the emergency response capability for their area. Should a disaster overwhelm or delay the community's professional response, CERT may provide vital services until emergency responders arrive.

CERT training enhances the ability to recognize, prepare for, respond to, and recover from a major emergency or disaster situation. Members are trained to take care of themselves, their families and their neighbors before, during and after a major emergency.

Course Overview

This is a 20 hour course designed to help local residents prepare for all types of emergency events occurring in their homes and communities. The course addresses basic "how to" manage disaster occurrences in the home and the neighborhood.

CERT Training Will Teach Participants to:

- Describe the types of hazards most likely to affect their homes and communities.
- Describe the function of CERT and their roles in immediate response.
- Take steps to prepare themselves for disaster.
- Identify and reduce potential fire hazards in their homes and workplaces.
- Work as a team to apply basic fire suppression strategies, resources; and safety measures to extinguish a burning liquid.
- Apply techniques for opening airways, controlling bleeding, and treating shock.
- Conduct triage under simulated conditions.
- Perform head-to-toe assessments.
- Elect and set up a treatment area..
- Employ basic treatments for various injuries.
- Identify planning and size-up requirements for potential search and rescue situations.
- Describe the most common techniques for searching a structure.
- Use safe techniques for debris removal and victim extrication.
- Describe ways to protect rescuers during search and rescue operations.

NOAA (National Oceanic & Atmospheric Administration) All Hazards Radio

NOAA Weather Radio broadcasts National Weather Service warnings, watches, forecasts and other hazard information 24 hours a day. Known as the "voice of the National Weather Service," NOAA Weather Radio is provided as a public service by the Department of Commerce's National Oceanic and Atmospheric Administration.

The NOAA Weather Radio network has more than 425 stations in the 50 states and near adjacent coastal waters, Puerto Rico, the U.S. Virgin Islands and U.S. Pacific Territories.

What's the weather?

Thanks to NOAA Weather Radio, you'll always have the answer to that question and access to potentially lifesaving emergency information whenever you need it.

NOAA Weather Radio now broadcasts warning and post-event information for all types of hazards—both natural (such as earthquakes and floods) and technological (such as chemical releases or oil spills). Working with other Federal agencies and the Federal Communications Commission's new Emergency

Alert System, NOAA Weather Radio is an "all hazards" radio network, making it the single source for the most comprehensive weather and emergency information available to the public.

Weather radios equipped with a special alarm tone feature can sound an alert and give you immediate information about a life-threatening situation. During an emergency, National Weather Service forecasters will interrupt routine weather radio programming and send out the special tone that activates weather radios in the listening area. The hearing and visually impaired also can get these warnings by connecting weather radios with alarm tones to other kinds of attention getting devices like strobe lights, pagers, bed shakers, personal computers and text printers.

Where Can I Purchase a NOAA Weather Radio?

Check with stores that sell electronics, or call the National Weather Service office closest to you. More information is available through the Internet at the National Weather Service's NOAA Weather Radio Web Site— <http://www.nws.noaa.gov/nwr>

Weather Reports and Much More

NOAA Weather Radio is not just for emergencies. It is a round-the-clock source of weather reports and information to help you prepare for the day ahead. Each National Weather Service office tailors its broadcast to suit local needs. Routine programming is repeated every few minutes and consists of the local forecast, regional conditions and marine forecasts. Additional information, including river stages and climatic data, is also provided. During emergencies, routine broadcasts are interrupted for warnings, watches and other critical information. NOAA Weather Radio is the perfect complement to local radio and TV weather news as well as Emergency Managers Weather Information Network, the Internet and other sources of weather information.

STAY INFORMED by listening to NOAA Weather Radio for the latest watches and warnings. When conditions are favorable for severe weather, a **WATCH** is issued. When severe weather is imminent or occurring, a **WARNING** is issued.

Weather Service personnel use information from Doppler radar, storm spotters, state and local officials, satellites and other sources to issue warnings. These Watches and Warnings are broadcast over local NOAA Weather Radio stations and also are retransmitted by many local radio and television stations. With this information, local emergency management and public safety officials can activate local warning systems to alert communities of an impending weather threat

What to Listen For:

Watch

Warning

	Watch	Warning
SEVERE THUNDERSTORM	Severe thunderstorms are possible in your area.	A severe thunderstorm is imminent or has been indicated by Doppler radar or reported by storm spotters.
TORNADO	Tornadoes are possible in your area. Remain alert for approaching storms.	A tornado is imminent or has been indicated by Doppler radar or reported by storm spotters. Move to your predesignated place of safety immediately!
FLASH FLOOD OR FLOOD	Flash flooding or flooding is possible in your area.	Flash flooding or flooding is occurring or is imminent. Take necessary precautions immediately!
WINTER STORM	Hazardous winter weather conditions, such as heavy snow and/or ice, are possible in your area.	Hazardous winter weather conditions are forecast to occur within 12 hours or are about to begin in your area. Stay indoors!
HURRICANE/TYPHOON	Hurricane/Typhoon conditions are possible in the specified area of the Watch.	Hurricane/Typhoon conditions are expected in the specified area of the Warning, usually within 24 hours. Complete storm preparations and evacuate if directed by officials.

Test your Weather Radio monthly using the local test tone broadcast by the National Weather Service every Wednesday between the hours of 11 a.m. and 1 p.m.

Accidental Poisoning

Before Poisoning

- Place poison control number near the phone (1-800-222-1222).
- Do not leave children alone or unattended.
- Be aware of all potential hazards in your home.
- Never call medicine “candy.”
- Teach children to ask before putting anything in mouth.
- Keep activated charcoal on hand.

After Poisoning

- Stay calm.
- Call the poison control center at 1-800-222-1222.
- Follow Poison Control Center's Instructions.

Inhaled Poisoning

- Immediately get the victim to fresh air.
- Avoid breathing fumes.
- Open doors and windows wide.
- If victim is not breathing, have someone call 9-1-1 then start CPR.

Poison on the Skin

- Remove contaminated clothing.
- Flood skin with water for ten minutes.
- Call poison control center at 1-800-222-1222.
- Follow Poison Control Center's Instructions.

Poison in the Eye

- Flood eye with lukewarm (not hot) water poured from a large glass two or three inches from the eye.
- Repeat process for 15 minutes.
- Call poison control center at 1-800-222-1222.
- Follow Poison Control Center's Instructions.

Swallowed Poison

- Do not give the victim anything to eat or drink.
- Call poison control center at 1-800-222-1222.
- Follow Poison Control Center's Instructions.

Poison Control Center: 1-800-222-1222



Emergency Sanitation

After a major disaster, if water and sewage lines have been disrupted you may need to improvise emergency sanitation facilities.

Supplies

Always have basic sanitation supplies on hand

- ✓ Medium-sized plastic bucket with tight lid
- ✓ Household chlorine bleach
- ✓ Toilet paper
- ✓ Plastic garbage bags and ties (heavy duty)
- ✓ Soap, liquid detergent
- ✓ Towelettes

Sanitation

Build a makeshift toilet

- ✓ If sewage lines are broken but the toilet bowl is usable, place a garbage bag inside the bowl.
- ✓ If the toilet is completely backed up, make your own.

- ✓ Line a medium sized bucket with a garbage bag.
- ✓ Make a toilet seat out of two boards place parallel to each other across the bucket. An old toilet seat will also work.

Sanitize Waste

- ✓ After each use, pour a disinfectant such as bleach into the container. This will help avoid infection and stop the spread of disease.
- ✓ Cover the container tightly WHEN NOT IN USE.

Waste Disposal

- ✓ Bury garbage and human waste to avoid the spread of disease by rats and insects.
- ✓ Dig a pit 2 to 3 feet deep and at least 50 feet downhill or away from any well, spring or water supply.
- ✓ If the garbage cannot be buried immediately, strain any liquids into the emergency toilet.
- ✓ Wrap the residue in several layers of newspapers and store it in a large can with a tight-fitting lid.
- ✓ Place the can outside until it can be buried.

Additional Resources

Sweetwater County Emergency Management - www.sweet.wy.us/ema

Wyoming Office of Homeland Security - <http://wyohomelandsecurity.state.wy.us>

Are You Ready? A Guide to Citizen Preparedness - www.fema.gov/areyouready/

Federal Emergency Management Agency – www.fema.gov

U.S. Department of Homeland Security - www.ready.gov

American Red Cross - www.redcross.org

National Organization on Disability - www.nod.org

U.S. Fire Administration – www.usfa.fema.gov

Centers for Disease Control and Prevention (CDC) - www.cdc.gov

National Disaster Education Coalition - www.disastereducation.org

Emergency Phone Numbers

Life or Death Situations 9-1-1
Law, Fire or Ambulance 9-1-1

Law Enforcement

Sweetwater County Sheriff's Department (307) 352-6720
..... (307) 872-6350
Green River Police Department (307) 872-0555
Rock Springs Police Department (307) 352-1575
Wamsutter Police Department (307) 324-5793
Bairoil Police Department (307) 324-7070
WY Highway Patrol (800) 442-9090
Wyoming Game and Fish – 24 Hour (800) 442-2767

Fire

Green River Fire Department (307) 872-0543
Rock Springs Fire Department (307) 352-1475
Sweetwater County Fire Department (307) 352-6770
Fire District #1 (307) 362-9390
BLM (307) 352-0217

Ambulance

Castle Rock Ambulance (307) 872-4545
Sweetwater Medics (307) 362-6108
Vase Ambulance (307) 362-5607
Wamsutter (307) 328-0468

Public Health

Community Nursing (307) 352-6835
All-Hazards Coordinator (307) 352-6830
Environmental Health (307) 352-6709
..... (307) 872-8617

Emergency Management

Sweetwater County (307) 922-5370
City of Green River (307) 872-0543
City of Rock Springs (307) 352-1475

Information During an Emergency

Radio: KRKK - 1360 AM KUGR - 1490 AM KQSW - 96.5 FM
 KYCS - 95.1 FM KSIT - 104.5 FM KFRZ - 92.1 FM
 KZWB - 97.9 FM

Sweetwater Cable: Channels 6 and 13

NOAA All Hazards Radio: 162.550 MHz

Family Emergency Information

Local Emergency Numbers

Police Emergency 911 Police Non-Emergency _____

Fire Department _____ Ambulance _____

County Health Dept. _____ County Emergency Management _____

Family Members

Name _____ Date of Birth _____ Blood Type _____

Name _____ Date of Birth _____ Blood Type _____

Name _____ Date of Birth _____ Blood Type _____

Name _____ Date of Birth _____ Blood Type _____

Name _____ Date of Birth _____ Blood Type _____

Name _____ Date of Birth _____ Blood Type _____

Name _____ Date of Birth _____ Blood Type _____

Name _____ Date of Birth _____ Blood Type _____

Family Telephone Numbers

Name _____ Work _____ Home _____ Cell _____

Child/Adult Care _____ Phone _____

Child's School _____ Phone _____

Child's School _____ Phone _____

Child's School _____ Phone _____

Friend's & Neighbor's Numbers

Name _____ Phone _____

Name _____ Phone _____

Name _____ Phone _____

Name _____ Phone _____

Out-of-Town Contacts

Name _____ Phone _____

Name _____ Phone _____

Name _____ Phone _____

Meeting Points

In Hometown _____ Phone _____ Address _____

In Hometown _____ Phone _____ Address _____

Out-of-Town _____ Phone _____ Address _____

Out-of-Town _____ Phone _____ Address _____

Insurance Records

Company Name _____ Coverage _____ Policy Number _____ Date Issued _____

Expiration Date _____ Agent Name _____ Phone _____

Company Name _____ Coverage _____ Policy Number _____ Date Issued _____

Expiration Date _____ Agent Name _____ Phone _____

Company Name _____ Coverage _____ Policy Number _____ Date Issued _____

Expiration Date _____ Agent Name _____ Phone _____

Company Name _____ Coverage _____ Policy Number _____ Date Issued _____

Expiration Date _____ Agent Name _____ Phone _____

Company Name _____ Coverage _____ Policy Number _____ Date Issued _____

Expiration Date _____ Agent Name _____ Phone _____

Medical Information

Doctor _____ Number _____

Doctor _____ Number _____

Doctor _____ Number _____

Doctor _____ Number _____

Dentist _____ Number _____

Dentist _____ Number _____

Pharmacy _____ Number _____

Pharmacy _____ Number _____

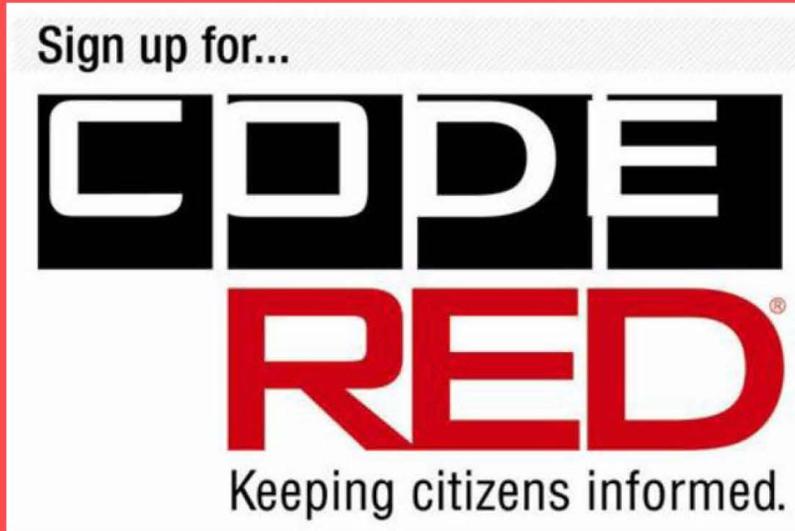
Veterinarian _____ Number _____

Veterinarian _____ Number _____

Medication

Name _____ Medication _____

Remove the "Family Emergency Information" sheets from the booklet and keep with your emergency kit for quick reference and information.



SIGN-UP SHEET

Please take a moment to fill in the appropriate information below, to be notified by your local emergency response team in the event of emergency situations or critical community alerts. Examples include: evacuation notices, bio-terrorism alerts, boil water notices, and missing child reports. This information will remain the property of ECN and will not be disclosed unless compelled to do so by a court of sufficient jurisdiction.

CONTACT INFORMATION

FIRST NAME

LAST NAME

STREET ADDRESS

CITY

STATE

ZIP CODE

PHONE NUMBER

EMAIL ADDRESS

Cell Phone Provider

PRIMARY PHONE NUMBER

SECONDARY PHONE NUMBER

Residential Address

Business Address

TDD/TTY device-tone delivery, for hearing impaired

Send text messages- standard text messaging rates apply

Optional Severe Weather Warnings Please: specify which severe weather warnings you would like to receive by phone. CoderED Weather Warning will automatically alert you if your address falls in the path of severe weather, as determined by the National Weather Service. This service is provided to you at no cost by your organization.

Alert Types

Emergency Notifications

General Notifications

Phone Notifications

Tornado

Severe Thunderstorm

Flash Flood

<https://public.coderedweb.com/CNE/BFB7CC4C6C0A>



or sign up at: www.sweetwater911.org