

Preparedness 101

An Introduction to Being Prepared



**A Community Self-Help Disaster Preparedness Program
Presented by the
Waldo County Emergency Management Agency**

PREPAREDNESS 101

INTRODUCTION TO BEING PREPARED

**Waldo County
Emergency Management Agency
& Waldo Civil Defense Association**



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DISASTER PREPAREDNESS



- ▶ Being prepared for disasters can reduce fear, anxiety, and losses that accompany disasters.
- ▶ Being prepared can also reduce the impact of disasters.
- ▶ It can also mean the difference between life and death.

It can't hurt to be prepared for emergencies and disasters. It doesn't have to cost much and it doesn't have to take a lot of time.

However, being prepared can mean the difference between life and death for you and your loved ones. It can lessen the impacts to your life and can make it easier to recover.

The biggest hurdle that emergency managers have is trying to convince the public that disaster do happen and they can happen to any of us. Whenever you talk to a disaster victim, one of their first statements is – "I can't believe that this happened to me."

Well it did. And it can happen to you too.

Be Prepared!

DEFINITIONS

- ▶ Hazard: A dangerous event that has the potential to lead to an emergency or disaster.
- ▶ Examples - disease outbreaks, wildfires, floods, tropical storms, tornadoes, earthquakes, winter storms, cyber-attacks, hazardous materials releases, energy outages, terrorism or war.



Hazard: A dangerous event that has the potential to lead to an emergency or disaster. These can be natural or human caused and can include: disease outbreaks, wildfires, floods, tropical storms, tornadoes, earthquakes, winter storms, cyber-attacks, hazardous materials releases, energy outages, terrorism or war.

Some hazards happen more likely than others. We have some springtime flooding every year and the occasional road may take some damage from erosion. In 2007, Waldo County alone experienced over \$750,000 of damages to local roads from two flooding events that happened on or around St Patrick's Day and Patriot's Day. In 1987, the State experienced the Flood of 87 which was considered to be a 500-year event.

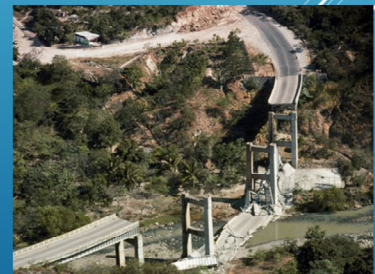
On September 11, 2001, the United States was attacked by terrorists who caused more deaths than were lost at the attack on Pearl Harbor in 1941. Did we expect the attack on September 10, 2001?

Why couldn't another major world power attack America's powergrid with a cyberattack tomorrow?

Did I mention already to be prepared?

DEFINITIONS

- ▶ Emergency: A dangerous event that normally can be managed at the local level.
- ▶ Disaster: A dangerous event that causes significant human and economic loss and requires a crisis response beyond local resources.



Disasters are distinguished from emergencies by the greater level of response required.

A two car accident on Route one is an example of an Emergency. The local Fire Department and ambulance service are dispatched, along with a law enforcement officer. They deal with the emergency and move on.

A larger emergency may require assistance from another fire department or ambulance service.

In 2007, the I-35W Mississippi River bridge in Minneapolis, Minnesota collapsed, killing 13 people and injuring 145. This required a response from many communities, the State and Federal governments. This was a disaster, not just an emergency.

DEFINITIONS



- ▶ Civil Defense is a Community Self-Help Disaster Preparedness Program administered by the local Emergency Management officials and staffed by Community Volunteers.

The activities and measures undertaken to minimize the effects of hazards upon the civilian population; to deal with the immediate emergency conditions; and to effectuate emergency repairs and restoration of basic human needs. Locally, the Civil Defense program is managed by the Waldo County EMA and local Civil Defense Volunteers. The CD Volunteers will provide personnel, under the direction of EMA, to support disaster logistics, mass care (sheltering and feeding), and security operations.

Our Fire Departments, Ambulance Services and Local Law Enforcement Agencies are not staffed for a disasters, but for day-to-day emergencies. During region-wide disasters, mutual aid will probably not be available. State response agencies are also not staffed for disasters and may be overwhelmed with critical issues in major population centers.

The Federal government may take days or weeks to arrive and the only real response element they have is the military.

Don't be a liability. Be a Disaster Resource. Be Prepared. Get Trained. Volunteer.

All disasters are local. Your local community is the only effective and timely disaster response and recovery resource. You are a member of the community. You must be a part of the solution. At a minimum, you must be prepared to take care of yourself and your family. At best, you are a volunteer to help your neighbors and community. This is the true definition of Civil Defense.

DEFINITIONS

- ▶ Whole Community: Everyone in the community is a part of the local civil defense program. The local emergency manager cannot prepare a community by themselves.
- ▶ Local government leaders, community organizations, businesses and every citizen must be a part of the solution.



The Whole Community is a means by which residents, emergency management practitioners, organizational and community leaders, and government officials can collectively understand and assess the needs of their respective communities and determine the best ways to organize and strengthen their assets, capacities, and interests. By doing so, a more effective path to societal security and resilience is built.

Emergency Managers who work on their own to produce emergency plans and put these plans on the shelf in their office have not included the Whole Community. There is no buy in from anyone and the plans are worthless.

Every member of the Community needs to do their part for disaster preparedness. If you and your family are prepared to “weather the storm”; assist your neighbor with getting prepared and volunteer to help out the community during a disaster. Give input into the community’s emergency plans and preparations. If you are a member of a community organization, like the Boy or Girl Scouts, Rotary, Masons, VFW or American Legion, Lion’s Club, Snowmobile/ATV Club, and many others, consider having your organization take on a disaster role.

DEFINITIONS

- ▶ Disaster Preparedness (DP): Measures taken by individuals to prepare for and reduce the effects of disasters.



We make our communities disaster-resilient when all our community members are prepared for the impacts of disasters.

Hazards like floods and power outages don't have to result in "disaster events". If we have built our drainage systems to resist storm water damage; if we have restricted construction in floodplains; if we have backup power systems in place; and no one is impacted by the hazard event – there's no disaster.

DEFINITIONS

- ▶ Emergency Management: The management function that coordinates disaster preparedness, response and recovery in order to help protect (defend) the civilian population



Locally, this function is managed by the Waldo County Emergency Management Agency (EMA), municipal emergency management directors and associated partners and emergency teams.

Each Town and City in Maine has a volunteer Emergency Management Director. It's a big job for a single volunteer. Consider helping out as the Deputy Director or as an Advisory or Assistance Committee.

Each County in Maine has an Emergency Management Agency with anywhere from one employee to eight. The County EMA office is located in the Shiretown and is your local resource for all local emergency management activities and support.

The Maine Emergency Management Agency has 29 employees and works to support the local emergency management programs with financial assistance from the Federal government.

DEFINITIONS



- ▶ Community Organizations Active in Disaster (COAD): a local network of community service business, faith-based, educational and non-profit organizations that work together to prepare, respond and recover from major emergencies and disasters.

These organizations will share knowledge and resources throughout an emergency to help disaster survivors and their communities. The COAD members will provide personnel, facilities, funds, supplies and networking during the recovery phase.

We do not have government workers on the payroll to staff warming centers, overnight emergency shelters, mass feeding sites, disaster supply staging areas, disaster supply delivery, sandbagging crews, volunteer reception centers, and other disaster jobs.

This is where community volunteers come into the picture. The best support to emergency management comes from existing community organizations who offer to participate in emergency management before a disaster occurs. Members of the organization can preplan the disaster work they wish to be involved in, receive training and supplies and equipment, and organize the method of activation.

Waldo County has formed a Community Organizations Active in Disaster (COAD) group. This group will include a representative from community organizations from around the County who will meet to work out how they will participate and contribute to the disaster response and recovery efforts. Organizations may find that if they partner with another organization, they will be able to meet all the needs of a specific function. For example, a local food pantry has a nice building for storing and distributing food, but do not have the staff to deal with a community disaster. Another organization may have a lot of people, but no facility. If the two work together, they can feed everyone in their town.

LOCAL EMERGENCIES

- ▶ Structure Fires
- ▶ Transportation Accidents
- ▶ Flu
- ▶ Wildfires
- ▶ Annual Flooding
- ▶ Thunderstorms
- ▶ Winter Storms
- ▶ Hazardous Material Releases



This is by no means a complete list of all possible emergency that can occur in Waldo County; however, they are the most likely emergencies that can happen on a day-to-day basis.

Flu season happens every year. There is a structure fire occurring on a weekly basis. Springtime is both flood season and wildfire season. Car accidents occur several times a week somewhere in the County. Fuel spills are common. In summer we have thunderstorms and every winter we have a blizzard or two.

Most of these emergencies are dealt with by our local law enforcement, fire protection and emergency medical services departments.

LOCAL EMERGENCIES

- ▶ These hazards have short term impacts.
- ▶ They can result in minor damages, neighborhood evacuations, and even some injuries and deaths.
- ▶ They do not overwhelm our local public safety agencies, nor the long term functioning of our communities.
- ▶ Be prepared for emergencies, but simple steps are usually all that are necessary.

All of these hazards can have localized and short term impacts. They can result in damages to roads, lost work time, neighborhood evacuations, and even some injuries and deaths. However, for the most part, they do not totally overwhelm our public safety and emergency management agencies, nor the long term functioning of our communities. You need to be prepared for emergencies, but simple steps are usually all that are necessary. Disasters on the other hand, which happened less often, can have severe long term societal impacts

Examples include:

Ensure that you have smoke detectors in your house; that flammables are properly stored; electrical wires are not overloaded; that your family has a fire evacuation plan and has practiced it.

Go indoors when thunder roars. Drive safely and defensively. Get your flu shot.

These are all preparedness activities for day-to-day emergencies.

MAJOR DISASTERS

- ▶ Hurricanes/Tropical Storms
- ▶ Severe Ice Storm
- ▶ Solar Storm
- ▶ Cyber Attack on Critical Infrastructure
- ▶ Anything causing a Large-Scale, Long Term Power Outage



Fortunately, major disasters do not happen on a day-to-day basis. However, they can occur when you least expect it. This is where you can be prepared beforehand.

Maine has been hit with hurricanes and can experience them again. Storm surge along the coast, heavy rains and strong winds can cause a great deal of damage to our electrical distribution system, roadways, homes and businesses.

The same event that can cause northern lights, if strong enough at the right location, can also cause major damage to our electrical transmission system. Large transformers can burn up – transformers that are not stockpiled, but have to be built when needed (and can take 6-12 months to build).

A single nuclear device detonated high in the atmosphere will not cause damage to structures or hurt people on the ground, but an electromagnetic pulse from that detonation can fry all electronics for hundreds or thousands of miles.

Without electricity, there is no fuel distribution and everything requires fuel to work.

WHAT'S THE CHANCE?

- ▶ 25% chance that your home will have a reportable home fire in 78 years.
- ▶ Almost 100% chance that Waldo County will experience a hurricane in 30 years.
- ▶ Which is higher?



Do you have home insurance? Why? How much do you pay each year for your home to have insurance coverage?

I purchased my first home in 1996. I figure I have spent about \$18,000 in home insurance premiums over 26 years. I have never had a fire in a home I have owned. Yet I still pay for insurance. Why? Because, if the unlikely were to happen and I did not have insurance, I would lose everything and my family would have no where to live. Though not likely to happen, the lose would be too great.

In April 1987, Maine experienced widespread flooding that caused a great deal of damage and closed roads. This was considered to be a 500 year event or a 0.2% chance of occurring each year.

SO? I'LL JUST CALL 911



▶ Public Safety is staffed to deal with day-to-day emergencies. They are not staffed to deal with disasters.

▶ 1 volunteer firefighter for every 120 residents

▶ 1 call EMT for every 500 residents

▶ 1 law enforcement officer for every 1,200 residents

(Doesn't count summerfolk and tourists; work shifts; or volunteers who can't leave their job)

During a disaster event, you might not be able to call 911, because the phone system could be inoperative. Even if the lines are up, there may be so many calls that you can't get through. Even if you do get through, your local fire department and ambulance service will be so overwhelmed, they may not be able to help you.

In Waldo County, we have about 1 volunteer firefighter for every 120 residents (and that's not counting summer folk and tourists). The key here is "volunteer". They may be working their full time job in Augusta, Bangor or Waterville and not available to respond.

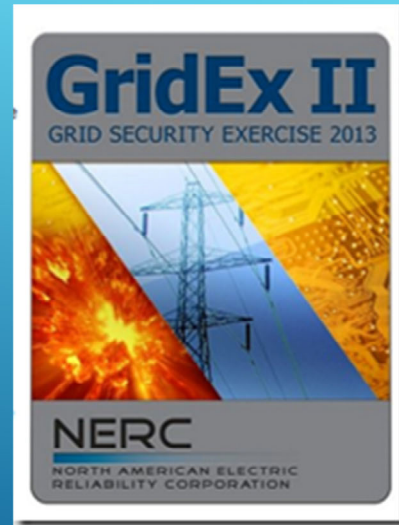
In Waldo County, we have about 1 volunteer EMT for every 500 residents. We have about 1 law enforcement officer for every 1,200 residents, and that's not taking into account work shifts. On an average day, there is one officer for every 6,000 residents.

Disasters typically impact a large geographic area. Therefore, there will be no mutual aid. And, emergency responders may also be impacted by the disaster, so staffing numbers may be even lower.

You are the 1st First Responder to any emergency that you experience.

DISASTER IMPACT

- ▶ The number one disaster impact is the long term loss of electrical power.
- ▶ Outages can cause a lack of fuel, food, water, heat and sanitation. Electronic financial transactions may cease. Businesses may not be able to function. Transportation and communications may stop.



Whether the hazard is a hurricane, windstorm, ice storm, solar storm, or cyber attack, the primary impact will be the loss of commercial power.

Without power, most gas stations will not be able to pump gas and even if they do, they might not be resupplied.

Grocery stores will lose their produce and may also not be resupplied.

Banks and ATMs will not be able to process funds. Credit cards and debit cards will not process. Do you have a lot of cash on hand?

TV and radio stations could be down. Without fuel resupply, phones will stop working in a few days.

This sounds like a Hollywood disaster movie. It isn't. It's Puerto Rico after Hurricane Maria.

DISASTER PREPAREDNESS AND YOU

- ▶ No matter what causes the disaster, be prepared to take care of yourself and your family –
 - ▶ Barely Ready – 3 days (recommendation by FEMA)
 - ▶ Basic Prepared – 7 days (minimum)
 - ▶ Better Prepared – 28 Days+
 - ▶ Best Prepared – 3 to 6 months



FEMA recommends being prepared for three days following a disaster. Disasters are not resolved in three days and government is not responsive enough to be helping in three days.

Waldo County EMA recommends, at a minimum, to have on hand what you need for at least one week. One month is even better. Six months would be great!

During a major disaster, it could take weeks to months to fully recover. You must be prepared to take care of you and your family when the lights go out. Local government will also be “in the dark” and unlikely to do much (unless of course, many members of the Community are prepared and they come out to help). The State government will also be struggling to recover.

And if the Federal government can accomplish anything in months, it’s considered an “overnight success.”

Don’t expect the Calvary to be coming over the hill, unless you’re leading the charge.

PERSONAL READINESS

- ▶ You can be prepared to take care of yourself for at least a week for around \$250. Why wouldn't you. This is really cheap insurance.

For an investment of \$215 dollars, you can have the tools and supplies on hand that you would need to take care of your family for a week during a disaster that causes a power outage.

The rest of this class will give you some ideas for your own preparedness planning. Each family situation is different. There is no single plan that will work for everyone. We'll give you the tools so that you can build your own plan.

Getting Prepared for 7 Days on \$250

Waldo County EMA recommends that you and your family are prepared to take care of yourself for at least 7 days. This means, little if any assistance from local, state, or federal government; no electrical power, no telephone; no stores and very little traveling.

We do encourage that you reach out and have discussions with your neighbor about how you can help one another during a disaster.

Disaster Preparedness doesn't have to cost a lot. The following is an example list for a family of four, with associated costs. The items chosen may not be your preference. That's OK, make your own list to fit your family preferences and likes.

• Stored Drinking Water (7 gals x 4 x \$1/gal)	\$28.00
• Oatmeal (30 servings container)	\$3.00
• Dry Instant Milk (makes 40 cups)	\$10.00
• Hot Cocoa Mix (40 servings)	\$5.00
• Dry Cereal – Great Value Cheerios, 18 servings	\$3.50
• Can of Soup (Tomato, Chicken Noodle, etc) x 14	\$10.50
• Peanut Butter, 80 ozs	\$10.00
• Can of Vegetables x 28 cans	\$14.00
• Instant Mashed Potato, 65 servings	\$7.00
• Canned Meat (ham, chicken, tuna, turkey, etc) x 32 serv	\$24.00
• Bottle top Propane Stove	\$30.00
• 10 oz propane cylinder x 2	\$6.00
• Kitchen Trash Bags (17)	\$2.00
• Baby wipes (160)	\$3.50
• Baking Soda, one 1-lb box	\$1.50
• Bleach, 64 oz	\$3.00
• First Aid Kit	\$10.00
• Fireproof document container	\$40.00
• AM/FM battery-operated radio	\$15.00
• AA Batteries	\$10.00
• Toilet Paper	\$11.00

Total \$250.00

You don't have to buy everything all at once. Buy a little each week to put away. If you spend 6 months building your emergency supply, it will cost you \$9.60 per week.

Appendix B: Disaster Supplies Checklists

The following list is to help you determine what to include in your disaster supplies kit that will meet your family's needs.

First Aid Supplies

Supplies	Home (√)	Vehicle (√)	Work (√)
Adhesive bandages, various sizes			
5" x 9" sterile dressing			
Conforming roller gauze bandage			
Triangular bandages			
3" x 3" sterile gauze pads			
4" x 4" sterile gauze pads			
Roll 3" cohesive bandage			
Germicidal hand wipes or waterless, alcohol-based hand sanitizer			
Antiseptic wipes			
Pairs large, medical grade, non-latex gloves			
Tongue depressor blades			
Adhesive tape, 2" width			
Antibacterial ointment			
Cold pack			
Scissors (small, personal)			
Tweezers			
Assorted sizes of safety pins			
Cotton balls			
Thermometer			
Tube of petroleum jelly or other lubricant			
Sunscreen			
CPR breathing barrier, such as a face shield			
First aid manual			

Non-Prescription and Prescription Medicine Kit Supplies

Supplies	Home (√)	Vehicle (√)	Work (√)
Aspirin and non-aspirin pain reliever			
Anti-diarrhea medication			
Antacid (for stomach upset)			
Laxative			
Vitamins			
Prescriptions			
Extra eyeglasses/contact lenses			

Sanitation and Hygiene Supplies

Item	(√)	Item	(√)
Washcloth and towel		Heavy-duty plastic garbage bags and ties for personal sanitation uses and toilet paper	
Towelettes, soap, hand sanitizer		Medium-sized plastic bucket with tight lid	
Tooth paste, toothbrushes		Disinfectant and household chlorine bleach	
Shampoo, comb, and brush		A small shovel for digging a latrine	
Deodorants, sunscreen		Toilet paper	
Razor, shaving cream			
Lip balm, insect repellent			
Contact lens solutions			
Mirror			
Feminine supplies			

Equipment and Tools

Tools	(√)	Kitchen Items	(√)
Portable, battery-powered radio or television and extra batteries		Manual can opener	
NOAA Weather Radio, if appropriate for your area		Mess kits or paper cups, plates, and plastic utensils	
Flashlight and extra batteries		All-purpose knife	
Signal flare		Household liquid bleach to treat drinking water	
Matches in a waterproof container (or waterproof matches)		Sugar, salt, pepper	
Shut-off wrench, pliers, shovel, and other tools		Aluminum foil and plastic wrap	
Duct tape and scissors		Resealable plastic bags	
Plastic sheeting		Small cooking stove and a can of cooking fuel (if food must be cooked)	
Whistle			
Small canister, ABC-type fire extinguisher		Comfort Items	
Tube tent		Games	
Compass		Cards	
Work gloves		Books	
Paper, pens, and pencils		Toys for kids	
Needles and thread		Foods	
Battery-operated travel alarm clock			

Food and Water

Supplies	Home (√)	Vehicle (√)	Work (√)
Water			
Ready-to-eat meats, fruits, and vegetables			
Canned or boxed juices, milk, and soup			
High-energy foods such as peanut butter, jelly, low-sodium crackers, granola bars, and trail mix.			
Vitamins			
Special foods for infants or persons on special diets			
Cookies, hard candy			
Instant coffee			
Cereals			
Powdered milk			

Clothes and Bedding Supplies

Item	(√)	(√)	(√)	(√)
Complete change of clothes				
Sturdy shoes or boots				
Rain gear				
Hat and gloves				
Extra socks				
Extra underwear				
Thermal underwear				
Sunglasses				
Blankets/sleeping bags and pillows				

Documents and Keys

Make sure you keep these items in a watertight container

Item	Stored (✓)
Personal identification	
Cash and coins	
Credit cards	
Extra set of house keys and car keys	
Copies of the following:	
• Birth certificate	
• Marriage certificate	
• Driver's license	
• Social Security cards	
• Passports	
• Wills	
• Deeds	
• Inventory of household goods	
• Insurance papers	
• Immunization records	
• Bank and credit card account numbers	
• Stocks and bonds	
Emergency contact list and phone numbers	
Map of the area and phone numbers of places you could go	

SO WHAT SHOULD I DO?

- ▶ Clean Drinking Water
- ▶ Non-perishable food
- ▶ Staying Warm
- ▶ Basic Sanitation
- ▶ Medical Needs
- ▶ Important Records
- ▶ Finances
- ▶ Backup Power
- ▶ Plumbing Protection
- ▶ Emergency Communications
- ▶ Family Communications
- ▶ Evacuations and Shelters
- ▶ Protecting your Family
- ▶ Checking up on others
- ▶ Community Volunteering



These are the topics that will be discussed in the following pages.

The first activities are for personal preparedness. The last several activities are about helping your community to recover.

CLEAN DRINKING WATER

- ▶ Plan on 1 gallon of water per person per day for at least 7 days. More is better.
- ▶ Don't forget water for your pets!
- ▶ Purchase 1-2 gallons every week (\$1/gallon) to build up a stockpile
- ▶ Or you can store your water in thoroughly washed plastic, glass, containers.
- ▶ Never use a container that has held toxic substances.
- ▶ Store in a cool, dark place. Rotate water every 6 months.



For a family of four, it would cost less than \$25 (or taking the family out to a fast food joint once) to stockpile enough water for four for one week. And you don't have to do it all at once. Every time you go grocery shopping, pick up 1-2 gallons of water.

The great thing about a gallon of bottled water is you know it's sanitary and it's sealed. If you are really into prepping, you can purchase large capacity drums, do your own sanitizing, and tracking the expiration dates. But for the average family, pick up a few gallons each week.

Water stored for a long time goes stale. It can be freshened up and in a real bad emergency, you can drink stale water. What you really have to be careful of is water that gets bacteria in it.

You can also filter and boil water.

Is My Water Safe?

A disaster can both disrupt the electricity needed to pump water in to your home and contaminate the water supply. Plan ahead to be sure you have enough safe water for drinking, making food, brushing teeth, and keeping clean.

Storing Water

You can store water ahead for use in emergencies. Boiled water stored in sterilized containers will keep for six months to one year. While the water may taste flat, it is safe to drink or use in cooking.

Water From the Hot Water Heater

Your hot water heater or water pressure tank could supply many gallons of safe water during an emergency. Before using water from the water heater, switch off the gas or electricity that heats the water. Leaving the power on while the heater is empty could cause an explosion or burn out the elements. After turning off the power source, open the drain valve at the bottom of the tank. Do not turn the water heater on again until the water system is back in service.

If your well has been flooded or surface water has entered your well, the water needs to be treated with shot chlorination. (See UMCE bulletin

#7115, *Bacteria in Water Supplies, Part 2: How to Disinfect Your Well.*)

Boiled water stored in sterilized containers will keep for six months to one year.

Disinfecting Water

Unless you are absolutely certain your water supply is not contaminated, purify all water before using it for drinking, preparing food, brushing teeth, or washing dishes. If the water contains sediment or floating material, strain it through a cloth before purifying it. If you have access to heat or power, water can be made safe by boiling. If not, you will have to treat it with chemicals.

Boiling (preferred method): Boil water at a rolling boil for 10 minutes to kill any disease-causing bacteria.

Chemical treatment: If you can't boil water, chemical treatment will kill most disease-causing organisms. Any of the following three chemical treatments will purify water.

Chlorine bleach. Household bleach is a good disinfectant for water. Before using, check the label to be sure hypochlorite is the only active ingredient in the bleach. Do not use bleach that contains soap. Since the amount of chlorine in bleach is variable, use the following table to determine the appropriate amount needed

to purify water. Mix the bleach thoroughly in the water, and let it stand for 30 minutes. The water should have a slight chlorine odor. If it doesn't, repeat the dose and let the water stand for an additional 15 minutes.

Percent chlorine	Add per gallon water
1%	40 drops
2 to 6%	8 drops
7 to 10%	4 drops

Iodine. Household iodine from the medicine cabinet will purify water. The iodine should be 2 percent United States Pharmacopeia (U.S.P.) strength. Add 20 drops per gallon of clear water and 40 drops per gallon of cloudy water.

Water purification tablets. Water purification tablets will also purify water. These tablets are available at drug stores. Follow the manufacturer's instructions.

Source: *Be Prepared with a 3-Day Emergency Food Supply*, by E. Schafer, C. Hans, E. Jones Beavers and D. Nelson, Iowa State University Cooperative Extension, November, 1997. Reviewed by John Jemison, Extension water quality specialist.

For more information on emergency preparedness, contact your county Extension office.

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Published and distributed in furtherance of Acts of Congress of May 8 and June 30, 1914, by the University of Maine Cooperative Extension, the Land Grant University of the state of Maine and the U.S. Department of Agriculture cooperating. Cooperative Extension and other agencies of the U.S.D.A. provide equal opportunities in programs and employment. 02/05

EMERGENCY OUTDOOR WATER SOURCES

- ▶ If you need to find water outside your home, you can use these sources. Be sure to purify the water before drinking it.
 - ▶ Rainwater
 - ▶ Streams, rivers and other moving bodies of water
 - ▶ Ponds and lakes
 - ▶ Natural springs
- ▶ Avoid water with floating material, an odor or dark color.
- ▶ Use saltwater only if you distill it first.



Not all the water we need has to be fit for human consumption. Stale water can be used to boil vegetables. Non-potable water can be used for the toilet or watering the garden.

PURIFYING WATER



▶ BOILING.

- ▶ Boiling is the safest method of purifying water.
- ▶ Will not remove solids or chemicals.

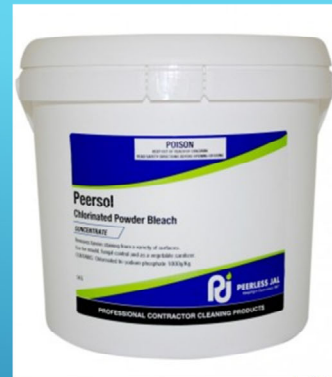
BOILING. Boiling is the safest method of purifying water. Bring water to a rolling boil for 3-5 minutes, keeping in mind that some water will evaporate. Let the water cool before drinking. Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers. This will also improve the taste of stored water.

Of course, you need a source of cooking that doesn't require electricity. This could be an outdoor fireplace, a bar-b-que on the porch, or a woodstove.

PURIFYING WATER

▶ DISINFECTION.

- ▶ You can use household liquid bleach to kill microorganisms.
- ▶ Will not remove solids and chemicals.



DISINFECTION.

You can use household liquid bleach to kill microorganisms.

Use only regular household liquid bleach that contains 5.25 percent sodium hypochlorite. Do not use scented bleaches, color safe bleaches or bleaches with added cleaners.

Add 16 drops of bleach per gallon of water, stir and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand another 15 minutes.

The only agent used to purify water should be household liquid bleach. Other chemicals, such as iodine or water treatment products sold in camping or surplus stores that do not contain 5.25 percent sodium hypochlorite as the only active ingredient, are not recommended and should not be used.

Remember that Clorox breaks down over time. If the Clorox is old, you may need more.

Do not use Clorox that has perfumes in it. Use only plain bleach.

PURIFYING WATER

- ▶ **DISTILLATION.** Distillation involves boiling water and then collecting the vapor that condenses back to water.
 - ▶ Distilled water will not include salt, microbes, heavy metals, and most other chemicals.



Distillation involves boiling water and then collecting the vapor that condenses back to water. The condensed vapor will not include salt and other impurities. Distillation will remove microbes that resist these methods, and heavy metals, salts and most other chemicals.

This can be a tricky procedure. You need to be careful that you don't melt something or catch something on fire.

We recommend that you perform more research to develop the technique that works best for you and your household situation.

FOOD

- ▶ Buy food that your family will like.
- ▶ Store canned foods, dry mixes and other staples.
- ▶ Purchase a few extra items each week and place the extras in a secondary pantry.



Buy food that your family will like. In fact, familiar foods are important. They can lift morale and give a feeling of security in time of stress.

Store canned foods, dry mixes and other staples. Canned foods won't require cooking, water or special preparation.

Purchase a few extra items each week and place the extras in a secondary pantry.

Every so often, purchase a box of powdered milk and put in in your pantry. Remember to use the oldest food first. When you purchase new items, put them on the shelf in the back of the older items.

Have a couple of manual can openers on hand!

Determine how much your family eats of given food items and start purchasing a couple extra items each week. You want to slowly build up your food stockpile. This spreads the cost out and ensures that everything doesn't expire at the same time.

FOOD

- ▶ Include foods that are high in calories and nutrition.
- ▶ Include foods that require no refrigeration and easy preparation.



As you stock food, include foods that are also high in calories and nutrition. Foods that require no refrigeration, preparation or cooking are best.

Individuals with special diets and allergies will need particular attention, as will babies, toddlers and elderly people. Nursing mothers may need liquid formula, in case they are unable to nurse. Canned dietetic foods, juices and soups may be helpful for ill or elderly people.

Don't forget the family pets!

FOOD

- ▶ Learn the various ways to store food long term.
 - ▶ Home Canning
 - ▶ Freeze Drying
 - ▶ Dehydrated Food
 - ▶ Vacuum Sealing & Oxygen Absorbers
- ▶ Consider buying in bulk and repackaging into smaller containers.



Purchase dry or canned foods that your family will eat. Even better, can your own homegrown food!

Dry goods can be vacuumed sealed in canning jars, mylar bags, or plastic bags that are made for specific vacuum sealers. Install an oxygen absorber for real long term storage.

Buying in bulk at Sam's Club or BJ's can save a lot of money on some products. Oatmeal can be bought in very large containers which work out to \$0.05/serving. However, to make sure the oatmeal lasts longer in the pantry, consider sealing smaller quantities in mylar bags or canning jars.

COOKING SAFELY WITHOUT ELECTRICITY

- ▶ Propane and wood cook stoves
- ▶ Camping Stoves and Bar-B-Que Grills – outside only!
- ▶ Woodstove tops
- ▶ Sternos
- ▶ Outdoor fireplaces



Never operate camping stoves and bar-b-ques indoors. Carbon monoxide can be emitted from these appliances. In an enclosed space, this can be deadly.

Of course, if you are planning on cooking outdoors on a fireplace, you'll need a good stock of seasoned firewood.

HEATING YOUR HOME

- ▶ Wood Stoves
- ▶ Non-Electric pellet stoves
- ▶ Non-Electric wall-mounted vented propane heaters
- ▶ Portable Propane Heaters
- ▶ Portable kerosene convention heaters
- ▶ Take care to allow fresh air to enter room and to have a battery operated CO monitor



Heating your home without electricity, unless you already do, can be a long term investment. Well before a disaster event, plan out how you plan on heating your home during a power outage. Research it extensively to ensure that you do not damage your home or kill your family with CO fumes.

You will also need to plan out and stockpile your fuel source, whether it is seasoned firewood, propane bottles or wood pellets.

STAYING WARM

- ▶ During Disasters, too many people have either burned their homes down or poisoned themselves with carbon monoxide. You need to plan how to stay warm in your home safety.



Know what you are doing. During a disaster, too many people try to jury-rig up something they are not very familiar with. This usually ends very badly.

CARBON MONOXIDE (CO) POISONING

- ▶ CO is colorless and odorless and can kill quickly.
- ▶ Found in fumes produced any time you burn fuel in cars, small engines, stoves, lanterns, grills, fireplaces, gas ranges, or furnaces.
- ▶ CO can build up indoors and poison people and animals who breathe it.



The most common symptoms of CO poisoning are headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion. CO symptoms are often described as “flu-like.”

If you breathe in a lot of CO it can make you pass out or kill you. People who are sleeping or drunk can die from CO poisoning before they have symptoms.

The number one killer during the Maine Ice Storm of 1998 and the Christmas Storm of 2013 was carbon monoxide poisoning.

We recommend that you have a battery-operated carbon monoxide detector in your home.



STAYING WARM



- ▶ Close off rooms you do not need to heat
- ▶ Wear layered clothing
- ▶ Use sleeping bags and warm blankets
- ▶ Stay hydrated

There is no sense in trying to keep the entire house warm (unless you have a wood stove that can heat the whole house) with your disaster expedient heat source.

Close off all rooms that you do not need, and only heat the room(s) that you need, such as a bedroom and a bathroom. This will greatly reduce your heat load.

And remember to be drinking all that water you stored. (You may want to move the water to the area of the house that is being heated, so that it doesn't freeze).

SANITATION



- ▶ The number one killer in history is poor sanitation. Don't let it claim you during a disaster.
- ▶ Good basic personal hygiene and handwashing are critical to help prevent the spread of illness and disease.

Hygiene is especially important in a disaster.

Clean, safe running water is essential for proper hygiene and handwashing.

It may be difficult to stay clean during a disaster, but it is very important. Use clean dishes. Wash your hands. Be sanitary.

During a disaster, you do not want to get sick.

TOILET

- ▶ Some ideas for disaster toilets include:
 - ▶ Manually fill the tank on that back of toilet with non-potable water.
 - ▶ Line the toilet bowl with a trash bag.
 - ▶ Use a 5 gallon bucket with camp toilet seat.



Use non-potable water from outside to fill the tank on back of toilet. Set a brick or two in the tank to replace some of the water volume.

Use the regular toilet and line it with a trash bag. Duct tape the edges of the bag to the toilet to prevent the bag from coming off. Add kitty litter to absorb liquid and smells. Replace when needed.

The first method is by far the most sanitary and less smelly! However, if you have no available water, try the second method.

Use a 5 gallon bucket, toilet seat and double line it with trash bags. After leaving a deposit in the bucket add kitty litter or saw dust or wood chips to cover the smell. A small amount of bleach could also be added if desired. Replace the trash bags often.

This toilet idea will cost about \$20 and the materials can be found at Walmart. Look for the toilet top in the camping section. The 5 gallon bucket can be found in the paint section.

TOILET

- ▶ A composting toilet uses no power or water.

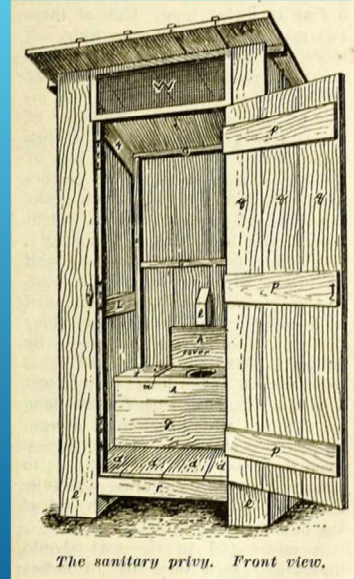


A composting toilet uses no power or water to start with and could be a great asset during a power outage, as it would be one less thing to worry about. The idea is to separate liquid from the solid, compost the solid and use as fertilizer.

If you are planning on a composting toilet, this is a permanent solution. This is not something you roll out for a disaster. This can be expensive to set up if you already have a conventional septic system, but is cheaper if you are building a new home.

A MAINE TOILET – THE PRIVY

- ▶ Build a outhouse (Privy). This of course would need to be in place before the ground freezes.



This is what we had before indoor plumbing and it still exists today at remote camps. Just be aware that the hole needs to be of a certain size and the soil stable (so that it doesn't collapse under the outhouse). You should have some lime on hand to help keep it fresh and sanitary.

WASHING

- ▶ Alcohol based hand sanitizer.
- ▶ Sponge bath with a basin of “clean” outside water, like rainwater
- ▶ Baby wipes.



Use a basin of “clean” outside water and take a sponge bath.

Baby wipes provide the cleaning agents, a refreshing feel and also remove dirt as well. A quick wipe down of all the important parts can keep you happier and healthier.

Alcohol based hand sanitizer is good for killing germs on hands. Don't take a bath using hand sanitizer though!

KEEPING TEETH CLEAN

- ▶ Have a good stock of toothpaste, tooth-brushes, and mouthwash
- ▶ While water is short, you can brush your teeth like normal but rinse with mouthwash.
- ▶ In a pinch, baking soda can be used in place of toothpaste.



Have a good stock of toothpaste, tooth-brushes, and mouthwash.

While water is short, you can brush your teeth like normal but rinse with mouthwash. This will keep your mouth clean and reduce water required.

In a pinch, baking soda can be used in place of toothpaste.

KITCHEN SANITATION

- ▶ Bleach is the greatest cleaner and killer of all things nasty.
- ▶ Liquid bleach does lose its effect over time
- ▶ Concentrated bleach granules.
- ▶ Bleach wipes.

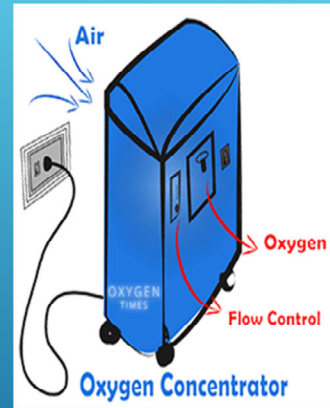


It is very important that kitchen surfaces be kept very clean and sanitary. During a disaster, medical services may not be available and pharmacies may not be open. Getting sick during a disaster can make matters far worse.

While liquid bleach does expire and lose its effect over time, there are also concentrated bleach granules that store more compactly. Then you can "make" bleach by diluting in water.

SPECIAL MEDICAL NEEDS

- ▶ Electrical-dependent medical devices
 - ▶ Speak with your family, medical provider and the supplier of your electrical dependent medical equipment before an emergency event occurs. Waiting until a disaster occurs and the lights go out is too late.
 - ▶ Extra batteries or oxygen bottle is a short term solution, only.



There are too many people who rely on electricity for medical reasons who have no plans for what they are going to do when the lights go out.

If you are someone who relies on a electrical-dependent medical device (EDMD), you must have your own plan on what you are going to do!

You should speak with your family, medical provider and the supplier of your electrical dependent medical equipment before an emergency event occurs. Waiting until a disaster occurs and the lights go out is too late.

If you do not have backup power, have a plan on where you are going to go and how you are going to get there. Do not rely on the government to provide emergency shelters, it may not happen.

If you have a family member with a EDMD who lives elsewhere, ensure that your family member has a plan. If you know a neighbor with an EDMD, reach out to them and help them to develop a plan.

Now, before the lights go out.

IMPORTANT RECORDS TO SAFEGUARD

- ▶ Inventory and take pictures all of your personal property.
 - ▶ This will be very important when filing insurance claims.
- ▶ Keep all of your important documents safe.
 - ▶ Acquire a fireproof and waterproof container to store these important documents.



A fireproof container will cost you \$20. However, saving your important documents will be priceless and will save you countless hours of aggravation. It could also cost you tens of thousands of dollars on insurance claims.

IMPORTANT RECORDS TO SAFEGUARD

- ▶ Household inventory
- ▶ Property records, deeds, titles & leases
- ▶ Personal Wills & Powers of Attorney
- ▶ Automobile titles & copy of registration
- ▶ Marriage, Birth and Death Certificates
- ▶ Social Security Cards
- ▶ Important receipts and bills of sale
- ▶ Insurance policies
- ▶ Military Service Records
- ▶ Adoption Papers



Record all of your major “stuff”. Include make, model and serial numbers.

Take pictures of every room, from every angle. This will display a lot of what you have.

Once you have built your list, every time you purchase something you would want replaced, add it to your household inventory list.

IMPORTANT RECORDS TO SAFEGUARD

- ▶ Passports & Citizenship papers
- ▶ Income Tax Returns
- ▶ Educational Records
- ▶ Extra cash and credit card numbers
- ▶ Extra house and car keys
- ▶ Immunization Records
- ▶ Bank records and accounts numbers
- ▶ Address List of important numbers
- ▶ Copy of your Driver's licenses



We recommend that you have at least 2%-10% of your take-home salary in cash at home in preparation for a disaster. Keep small bills that can be used to buy the thing that you need when the power is out.

Some may worry about the loss of interest in keeping money at home instead of in a saving account. An average savings account today bears an annual yield of 0.08%. If you are keeping \$1,000 home instead of the bank, you have lost \$0.80 in annual interest. 80 cents won't pay for the gas to get you to and back from an ATM (if it was working).

Important Personal Documents You Need to Protect

Personal and community disasters happen. One item that you must prepare beforehand to protect is all the personal documents that we accumulate. The loss of these documents can cause countless hours of aggravation to rebuild and can cost you tens of thousands of dollars on insurance claim losses.

A good portable fire-resistant, water-resistant proof container will cost you \$50-\$100. It will save thousands of dollars if needed. This will protect against fires, floods, and water leaks and can be taken with you if you have to evacuate. It can be hidden from thieves. Some version are set up for hanging folders which allows you to organize these important records.

The major documents for your family to keep, especially if you are fleeing a disaster, include these:

- Driver's licenses
- Birth certificates
- Lists of medications
- Health conditions of family members
- Vaccination records
- Social Security cards
- Passports
- Adoption papers
- Citizenship papers
- Birth, marriage, and divorce certificates
- Divorce papers
- Adoption papers
- Prenuptial agreements
- Military discharge paperwork
- Citizenship papers
- A list of each type of insurance coverage, the policy number, and contact details
- Inventory of household possessions
- Pet vaccination/medical records, ID chip numbers, and updated pictures.
- Health insurance policies (policy number and contact details)
- Living wills, wills, powers of attorney, burial instructions
- Estate and Trust Planning
- Funeral/burial instructions
- Rental or lease agreements
- Deeds and Titles
- Vehicle, boat, or RV registrations and titles
- Insurance policies – Life, Automobile, Home
- List of household inventory (include videos and photos)
- Financial accounts (savings, checking, CD, etc.), account numbers and institutions.
- Retirement/pension plan records
- Investment statements
- Fingerprints and dental records
- Usernames and passwords for online accounts
- Valuable or sentimental photos and letters



DISASTER PREPARE YOUR FINANCES

- ▶ During an extended power outage, banks will be closed and ATM machines will be inoperative.
 - ▶ Have cash on hand in small bills.
 - ▶ Minimum – safely store a few hundred dollars.
- ▶ Pay off debt.
 - ▶ High interest debt first – credit cards
 - ▶ Mortgage second – if you lose your job(s), don't be in a situation where you lose your home for non-payment



If ATMs are not working and the credit card readers aren't functioning at retail establishments, you will not be able to make purchases. They will be able to take cash.

At a minimum, have a few hundred dollars on hand at home in your fireproof container. If you can gradually build it up, we recommend having at least 1-2 months of salary on hand.

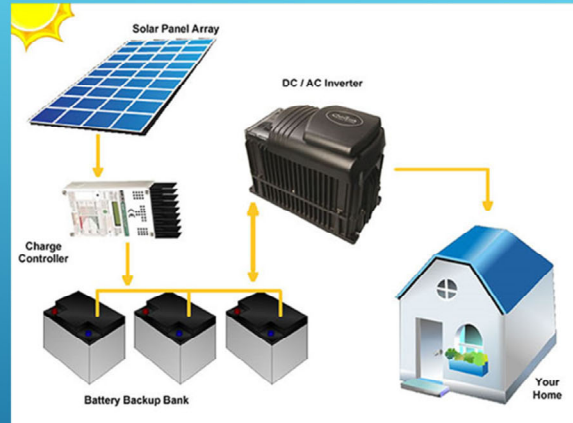
The interest you will "lose" by not having in in the bank is pennies. The annual interest on \$1,000 is \$0.80.

Paying off your home and having it insured are the two best things you can do to prepare for a disaster.

If you lose your job or the country suffers a major financial crisis, you won't lose your home to the bank.

BACKUP POWER OPTIONS

- ▶ Gasoline/Propane Electrical Generators
- ▶ Solar Powered Generator
- ▶ Wind/Solar Power and battery storage system
- ▶ Deep Cycle Batteries and Transformers



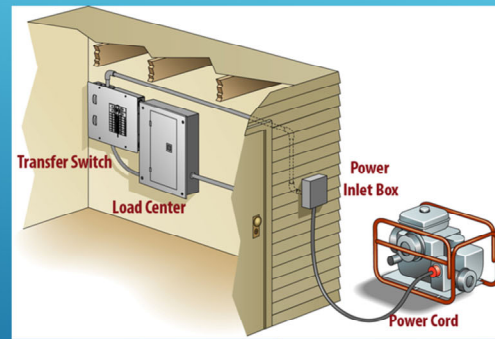
Generators are great for providing backup power for the short term – a few hours up to a few weeks. However, it can cost 5 to 7 times as much to generate your own electricity with a generator than it costs for power from the electric company. It may also be difficult to keep the supply of fuel coming.

You may consider, only running your generator for part of the time. If you run the generator for 6 hours/day instead of 24 hours, the fuel will last 4 times as long. If you had enough fuel for one week, it will now last one month.

If you can afford it, solar and wind systems charging batteries are great. However, these systems can be very expensive and the batteries need to be replaced every few years.

HOOKING UP A GENERATOR

- ▶ Running appliances directly off the generator can cause problems with too many things to plug in and with power surges.
- ▶ Best to run the generator through your electrical panel. Have a licensed electrician hook up a transfer system.
- ▶ Jury rigging it can burn down your house or electrocute someone outside your home when it “back feeds”.

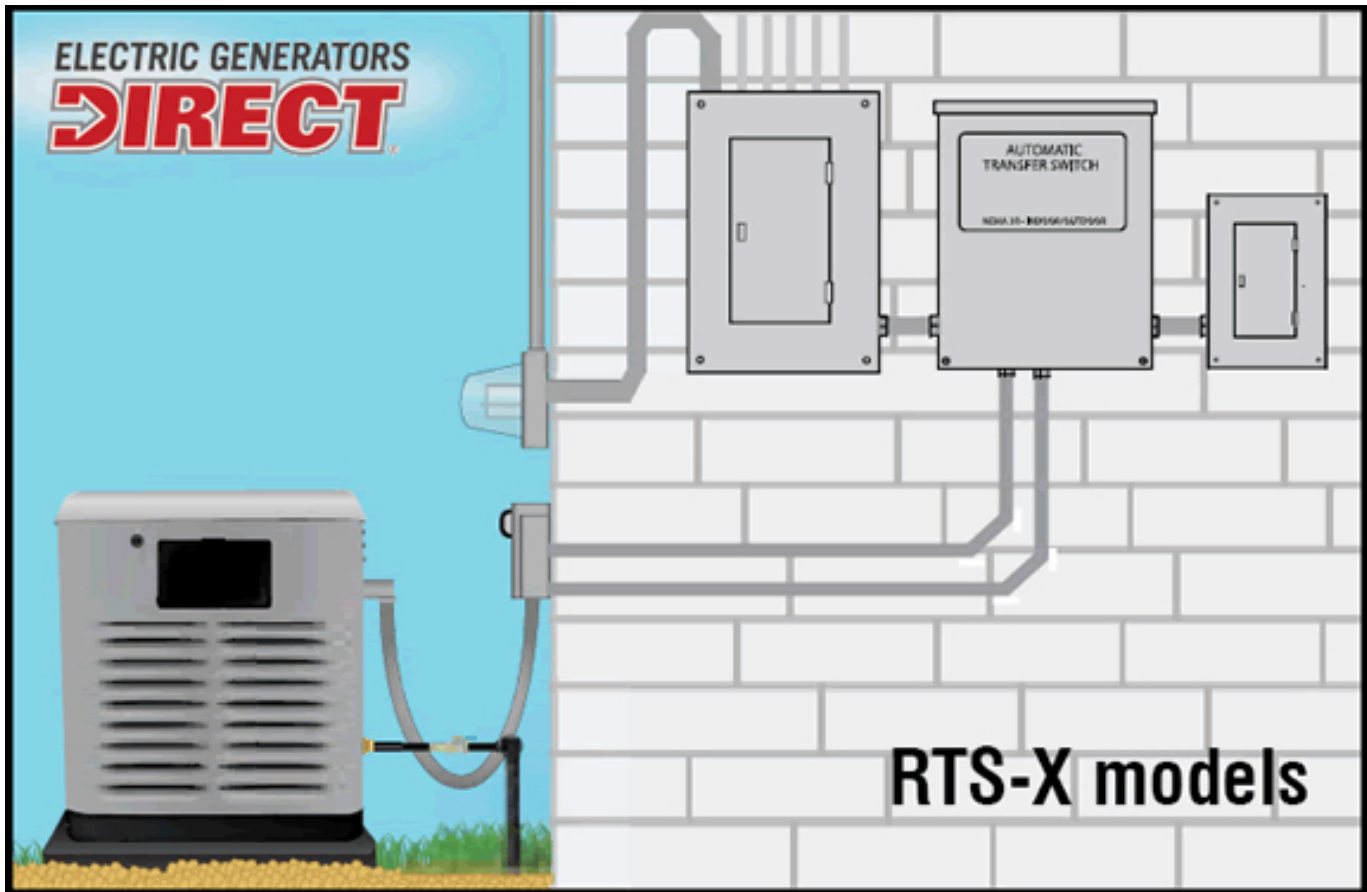


Back feeding the line can be easily done and very dangerous. Some people have plugged their generator into the laundry dryer outlet and back fed it into the electrical panel. Others wire it directly into their panel. If they do not switch the electrical panel off from commercial, this will feed back into the line outside. Wires that were thought to be de-energized can be re-energized. Line crew and other people have been electrocuted because of this action.

Hooking a generator up to your home panel or through the dryer can also cause surges which can damage appliances and start fires.

Consider it like home insurance; pay a little extra and protect your home and others. Hire a licensed electrician to wire the generator up properly.

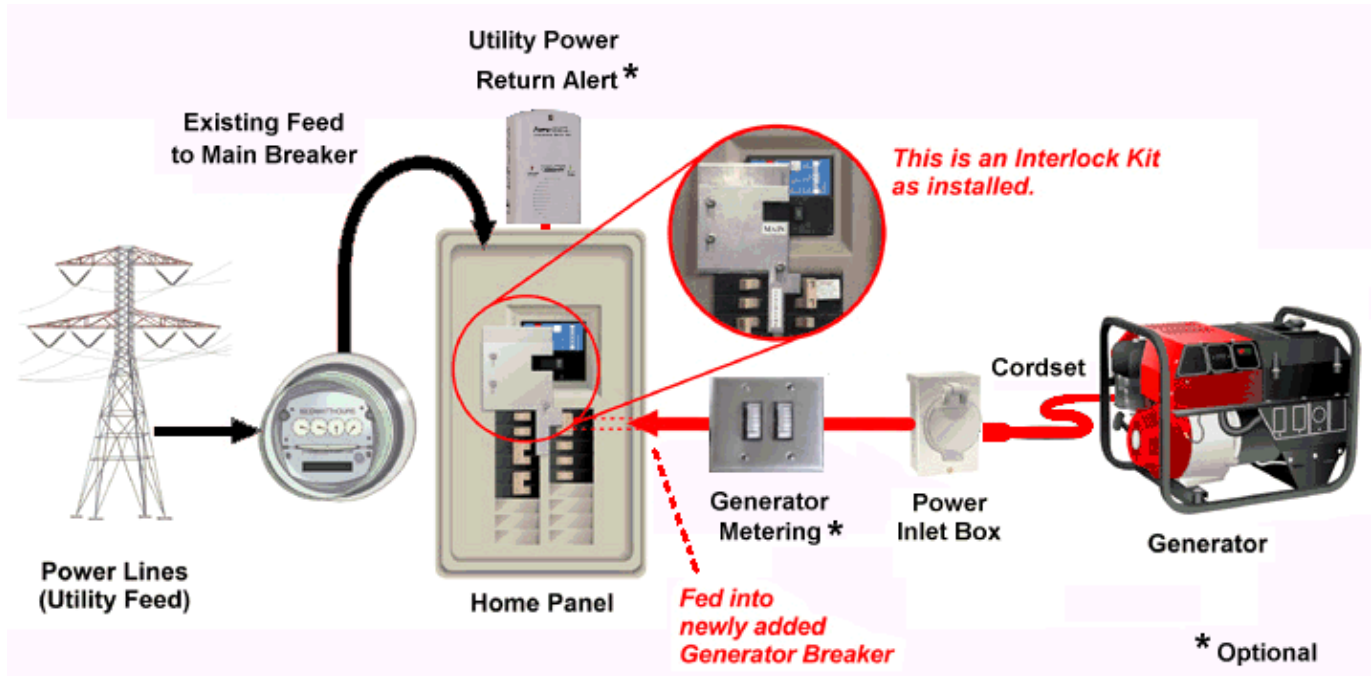
Automatic and Manual Transfer Switches



An automatic transfer switch can be hooked up to a permanently-positioned, stand-by generator. When commercial power is lost, the automatic transfer switch will sense the power drop and alert the generator. The switch will transfer off commercial and transfer to the generator.

A manual transfer switch must be switched by a person. A generator is connected to an inlet which feeds into a manual switch. The homeowner flips a switch to separate from commercial power and connects to the generator line.

INTERLOCK KIT



An interlock kit is installed inside your existing electrical panel. A generator line from a generator inlet is connected through the circuit the interlock kit is connected to. The homeowner has to turn off the commercial power in order to move a plate out of the way. The plate uncovers the interlock kit switch allowing the generator line to feed the panel.

The homeowner needs to have available space in their electrical panel to make this device work. However, it is very inexpensive to hook up and a much cheaper option to connect your portable generator.

METER CONNECTION

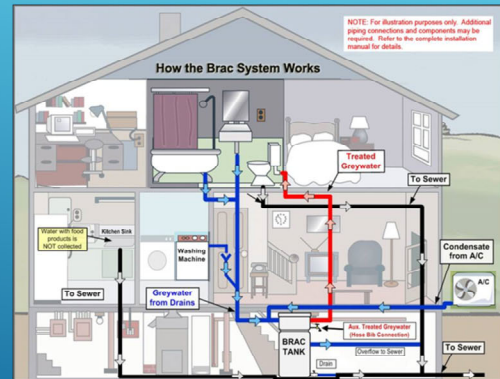
Another inexpensive method to connect your generator to power the house is to install a generator meter connection. Different manufacturers have different operating procedures, so it will not be described here.



METER-BASED AUTOMATIC TRANSFER SWITCH WITH BUILT-IN SURGE PROTECTION

PROTECTING PLUMBING DURING A WINTER TIME POWER OUTAGE

- ▶ The number one cause of damage to a house in a wintertime power outage is frozen pipes that thaw out and cause water damage.
- ▶ And its all preventable!



On December 24, 2013, Maine experienced an ice storm that resulted in a region-wide power outage that lasted for 3-4 days. There were several homes in the areas that lost heat, and froze and burst the pipes. Then when the power came back on, water filled the house and caused a great deal of damage. One low-income homeowner, who did not have homeowner's insurance, experienced nearly \$40,000 in damage to her home.

The real tragedy was that it is completely unavoidable with a little bit of knowledge.

If you can stop the flow of water into your home, whether by public water supply or through your well pump, and drain the pipes, there will be nothing to freeze and the pipes will not burst.

- Shut off the water at the main valve, or turn off the well pump.
- Drain the pressure tank.
- Open all faucets until they drain completely.
- Insulate undrainable pipes around their main valves. Use newspaper, blankets or housing insulation.
- Drain toilet flush tanks and spray hoses.

COMMUNICATING W/ EMERGENCY SERVICES

- ▶ One of the most vital needs during an emergency is the need for information.
 - ▶ What's happening?
 - ▶ What should I do?
 - ▶ When is power returning?
 - ▶ Where can I get help?
 - ▶ How and who do I contact?



We have found that people are as hungry for information as they are for food during a disaster.

“When will the power come back on?”

“Where is the nearest shelter?”

“Where can I get assistance?”

“What roads are blocked?”

“Is it safe to drive across the flooded road?”

“Where can we get gasoline?”

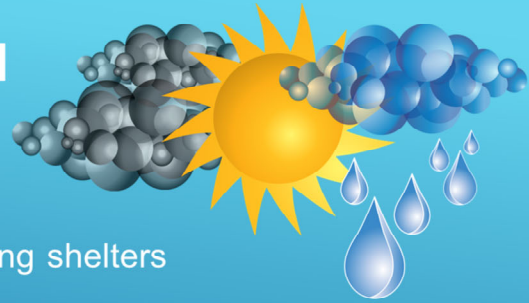
“Who is helping?”

“How do I call for help if I have a medical emergency?”

“Can I help?”

PUBLIC INFORMATION

- ▶ Weather forecasts
- ▶ Power utility status information
- ▶ Location and open hours of local warming shelters
- ▶ Location of regional overnight shelters
- ▶ Locations of mass feeding sites or community points of distribution
- ▶ Location of major road closures
- ▶ Evacuations routes.
- ▶ Instructions to Shelter-In-Place or announce when it is safe to come out



Emergency Management will make every effort to provide emergency public information before, during and after a disaster.

HOW TO FIND OUT WHAT'S GOING ON

- ▶ If you still have power & internet access:
 - ▶ Local Television & Radio Stations
 - ▶ Online News sites
 - ▶ Websites and Social Media
 - ▶ Emergency Text Alerts



Note: Please do not call 911 for information

The State and County EMA will put out disaster information over commercial radio and television. They will also utilize social media, websites and text alerts. Don't make them try to find you when it comes to providing information; tune in or sign up to notification services.

Unless you have a real emergency and need assistance, don't call 911. During an emergency, the 911 system has been overwhelmed because of people calling to ask questions. 911 needs to be left open for people with emergencies, not for people wondering if the road is blocked or asking when they will get their power back. The 911 center doesn't know when you will get your power back.

Some useful internet links include:

Waldo County EMA: <http://www.waldocountyme.gov/ema/index.html>

National Weather Service Gray: <https://www.weather.gov/gyx/>

Central Maine Power website: <http://www.cmpco.com/outages/outageinformation.html>

HOW TO FIND OUT WHAT'S GOING ON

- ▶ If you still have telephone access:
 - ▶ Your Town Office, Fire Station or EOC
 - ▶ Waldo County EMA, 338-3870
 - ▶ 511 (road conditions)
 - ▶ 211 (shelter information and disaster assistance)



Reminder: Please do not call 911 for information

Some towns will staff the telephones at the Fire Station or Emergency Operations Center (EOC) during a disaster. They will have much better information than the 911 center about what is happening in your town. (Even better, volunteer to staff the phones at the Town fire station for a few hours).

Call 511 if you want to know the condition of state-maintained roads.

Call 211 to find out about assistance that doesn't involve fire, EMS or law enforcement. If you want to know if there are any shelters open or if financial assistance is available, you can call 211.

HOW TO FIND OUT WHAT'S GOING ON

- ▶ When you have no power, telephone or internet access, have battery backup solutions:
 - ▶ Local Radio Stations
 - ▶ NOAA Weather Alert Radio
 - ▶ Battery-operated Public Safety Band (VHF) Scanner
 - ▶ EMA Transmits on 156.1425 mHz



When you have no electrical power, telephone service or internet service, you can still rely on radio to provide you with updated information.

A NOAA weather alert radio or an AM/FM radio with National Weather Service broadcast channels can be used to find out about the weather situation and emergency information.

Some commercial radio stations, like WVOM during Ice Storm 98, will provide air time for emergency information. We strongly recommend you have a battery-operated AM/FM radio at home that you can use to tune in to emergency information. You can also use the radio in your car (but don't run the car engine inside an enclosed garage – you'll generate carbon monoxide which is deadly).

CALLING FOR HELP

- ▶ Call 911, if it is functioning
- ▶ If 911 is out, can you still call your Fire Station by phone? Is your local exchange still up?
- ▶ Establish a local radio net with CB or FRS radios.



Your telephone exchange can be cut off from the rest of the world. You may still be able to call your neighbor, but cannot call 911 or others outside your exchange.

In a worst case scenario, all telecomm systems could be out. How will you call for help? Some communities have installed CB radios or FRS radios in their fire stations. Residents with CB or FRS radios can call the Fire Station using their radio. If you think this is a great idea, work with your town's elected officials to build a system.

WHAT TO REPORT

- ▶ Request general assistance from the Town Office.
- ▶ Request housing, fuel and food assistance from Waldo CAP & DHHS.
- ▶ Report your property damages to the Town Office, 211 or the County EMA.

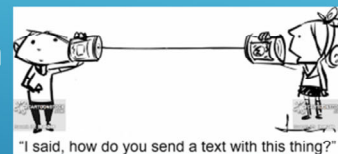


Requests for general assistance need to go to the Town Office. The Town will do what it can and if it does not have enough resources, the Town Emergency Operations Center (EOC) will relay the resource requests to the County EOC, who will forward to the State EOC. Most State agencies are represented at the State EOC and can reach out to their state agencies and departments for resources. The State EOC can also reach out and make requests to the Federal government.

Please report any property damages, loss of employment, injuries or deaths to the Town Office. They will provide this information to the County and State who will be working on a disaster declaration from the Federal government. There are no guarantees, but should a Individual Assistance declaration be approved, there could be grants and loans available to the public.

COMMUNICATING WITH FAMILY & FRIENDS

- ▶ One of the most basic needs during an emergency is to establish contact with your family and friends.
- ▶ List out all possible ways for you to communicate with your family members. Include contact information.
- ▶ Identify an Out of Area phone contact
- ▶ Family Service Radios and CB Radios
- ▶ Amateur (HAM) Radio (need to get an FCC license)



Plan out all the various ways you can keep in touch with family and friends during a disaster. Think about what you would do when your normal means of communication is lost.

Sometimes local telephone service can be overwhelmed by local calls during a disaster. In these cases, long distance service may still work. Have a long distance contact that you and other family members can relay information through.

Consider studying and testing for your amateur radio license. This is an excellent way to keep in touch and it is totally in your control.

REASONS TO EVACUATE

- ▶ Winter time power outage/loss of heat to home
- ▶ Hazardous materials release
- ▶ Approaching forest fire
- ▶ Damage to your home from a fire, wind or water.



Sometimes it just is not safe to stay home and you must evacuate.

- Winter time power outage - Local overnight shelters may be available for up to 1-2 weeks
- Hazardous materials release - short term; a few hours at most
- Approaching forest fire - Local overnight shelters may be available for up to a week
- Damage to your home from a fire, wind or water
 - Permanent relocation if your house is unliveable
 - Red Cross helps for a few nights with Hotels

Build and place an emergency kit in your car. Build a “Go-Kit” that you can grab and take with you. Don’t forget to grab your fireproof case with your important documents.

A Go Bag might include:

Snacks, Water
Flashlight with batteries
Cash
First aid kit
Sleeping bag, pillows
Toiletry items

Change of clothing, outwear for weather
Medicine, extra glasses
Garbage bag and plastic ties for
Moist towelettes, toilet paper
Matches in a waterproof container
Maps

IF YOU GO TO AN OVERNIGHT SHELTER

- ▶ Pillows, sheets, hygiene supplies and other comfort items
- ▶ Supplies needed for children and infants, such as diapers, formula and toys
- ▶ Special items for family members who are elderly or disabled
- ▶ Chargers for any electronic devices you bring with you
- ▶ Books, games and other ways to entertain your family
- ▶ Foods that meet unusual dietary requirements
- ▶ Prescriptions and emergency medications
- ▶ Important personal documents
- ▶ Extra clothing



If you cannot stay with other family or friends and a hotel is not an option, you may go to an overnight emergency shelter. These are typically operated by the American Red Cross. Though they will provide a cot, blanket and meal, there are other items you will want to bring.

PROTECTING YOUR FAMILY



- ▶ There are bad actors who will show up during disaster events to prey on others.
- ▶ Determine how you will protect yourself

There are bad actors who will show up during disaster events to prey on others. Some will be scammers, some will steal your property and others will threaten your life. You will need to be prepared for this eventuality.

During bad times, some people will decide that they want the disaster supplies, or the generator, or the money that you have. The telephone may not be operative. You will want to have a self-defense plan.

When seconds count, the police are minutes or more away. During a disaster, they may simply not be able to come to your assistance.

Number one rule to identify scammers – if it sounds too good to be true – it probably is too good to be true.

Only hire contractors you know or can get good references on.

For those willing to do you harm, have a self-defense plan.

CHECKING IN ON FAMILY & NEIGHBORS

- ▶ Check up on the safety and wellbeing of family members who are separated from you.
- ▶ Check up on your neighbors, especially if they are elderly or have young children.
- ▶ There simply is not enough public safety personnel to check up on all residents.



There is no government agency that checks up on the status of individual citizens. You need to check up on family members who are not living with you. Also, check up on your neighbors to see how they are doing.

VOLUNTEERING DURING A DISASTER

- ▶ Individuals, families and civic organizations can help by volunteering.
- ▶ Public Safety is not staffed for disasters. The public must help if the community is going to recover.



It is very important that we, as a community are prepared to respond and recover. Our emergency management and civil defense programs rely almost entirely on volunteers.

TOWN VOLUNTEER OPPORTUNITIES

- ▶ Some potential municipal emergency management support roles include:
 - ▶ Emergency Operations Center staffing
 - ▶ Disaster Logistics
 - ▶ Damage Reporting
 - ▶ Phone/Radio Communications
 - ▶ Warming Centers and Mass Feeding
 - ▶ Public Information and Outreach
 - ▶ Checking up on Individuals with Electrical Dependent Medical Devices
 - ▶ Transportation of Residents without cars to Shelters/Warming Centers
 - ▶ Traffic Control



These are just a few thoughts on how you can help your community during a major emergency or a disaster.

COUNTY VOLUNTEER OPPORTUNITIES

- ▶ Some potential County civil defense support roles include:
 - ▶ Amateur Radio Emergency Services
 - ▶ Shelter Management Teams
 - ▶ Pet Shelter Teams
 - ▶ Disaster Logistics Teams
 - ▶ Volunteer Management Teams
 - ▶ Security Teams



We are looking for civil defense volunteers from the general public and from local community organizations, such as faith-based, fraternity, charitable, commerce and community service organizations. We need help with Radio Operations, Damage Assessment, Mass Feeding, Warming Center Management, Shelter Management, Pet Shelter Management, Disaster Logistics, Volunteer Management, Security and Public Education. Anyone willing and able to help is wanted.

We are also looking for emergency management responder volunteers for incident management, communications, search and rescue and hazardous materials response. Residents with emergency management, firefighting, law enforcement, emergency medical services, medical, public health, military, communications, public relations and affairs, safety, and geospatial information systems are highly desired.

DISASTER PREPAREDNESS

- ▶ Local government and public safety agencies are not staffed for Disasters.
- ▶ You need to be prepared. You will be your own first line of defense for your Family.
- ▶ Be prepared to take care of your family for at least 7 days. More preferred.
- ▶ Assume you will not have electricity and plan for it.



DISASTER PREPAREDNESS

- ▶ Don't be a victim or a liability.
- ▶ Get Disaster Prepared.



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