

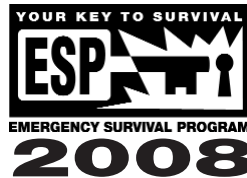
**ESP FOCUS****Floods****Don't get swept off your feet!**

Floods are one of the most common hazards in the United States. They can cause deaths, injuries, significant property damage, and also contaminate drinking water and disrupt electrical service. These effects can be local, impacting a neighborhood or community, or regional, affecting entire river basins and multiple states.

All floods are not alike. Some floods develop slowly, sometimes over a period of days. Flash floods can develop quickly, sometimes in just a few minutes and without any visible signs of rain. Flash floods often have a dangerous wall of roaring water that carries rocks, mud, and other debris and can sweep away most things in its path. Overland flooding occurs outside a defined river or stream, such as when a levee is breached, but still can be destructive. Flooding can also occur when a dam breaks, producing effects similar to flash floods.

Be aware of flood hazards no matter where you live, but especially if you live in a low-lying area, near water or downstream from a dam. Even very small streams, gullies, dry streambeds, or low-lying ground that appear harmless in dry weather can flood. Be very cautious when near or crossing streams, rivers, flood control channels and flooded intersections. Every state is at risk from this hazard.

Use this information and the recommendations on the reverse side of this Focus Sheet to help reduce your risk of death, injury, and property losses from flooding wherever you live, work, or play.

**JANUARY**

## Before the Flood Warning or Watch

Be prepared to respond to flooding by taking the following actions before the rains and flooding begin:

- Assemble emergency supply kits for your home, workplace, and vehicle.
- Store a seven-day supply of food and water (at least one gallon per person, per day) in closed, clean containers.
- Store the following materials for protecting your home in a location away from potential flooding:
  - Sandbags
  - Plastic sheeting
  - Plywood
  - Lumber
- Teach children not to play in or near rivers, streams, or other areas of potential flooding.
- Maintain fuel in your cars; electrical outages might make gasoline pumps inoperable.
- Identify safe routes from your home or work place to high, safe ground. Determine whether you can use these routes during flooding or storms. Be familiar with your geographic surroundings.
- Check with your local public works, building or planning department to see if you live in an area subject to flooding.
- Clear debris and overgrowth from gutters and storm drains.
- Notify your local department of public works about debris and overgrowth in public drainage facilities.
- Work with neighbors to solve potential drainage problems and to avoid diverting debris onto their properties. Consult a licensed civil engineer if you're in doubt.
- Identify an out-of-state contact so that friends and relatives can obtain information about your condition and whereabouts.

## When There's a Flood Warning or Watch

- Relocate valuables from lower to upper floors.
- Be prepared to move to a safe area, before flood waters cut off access, when local authorities advise.
- Disconnect all electrical appliances or turn off electric circuits at the fuse panel or circuit breaker panel before evacuating.

## During the Flood

- Avoid unnecessary trips.
- Do not drive or walk through moving water. You can be knocked off your feet in as little as 6 inches of water.
- Do not "sightsee" or enter restricted areas.
- Stay away from streams, rivers, flood control channels and other areas subject to sudden flooding.
- Move to higher ground if you're caught by rising waters.
- Listen to the radio or watch television for information and instructions.
- Use the phone only to report dangerous conditions or emergencies that are life threatening. Report damaged utilities to the appropriate agencies.

## After the Flood

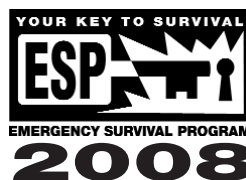
- Listen to the radio or watch television for information and instructions from local officials.
- Call your utility companies to restore service.
- Do not use fresh or canned foods that have come in contact with flood waters.
- Follow the instructions of local officials regarding the safety of drinking water. Boil or purify water if you're in doubt. Pump out wells and test the water before drinking.
- Avoid going into disaster areas.
- Stay away from live electrical equipment in wet areas. Check electrical equipment or appliances that come in contact with water before using them.
- Maintain a safe distance from downed power lines and broken gas lines; immediately report them to the appropriate utility.
- Use flashlights, rather than lanterns, candles or matches, to check on the condition of buildings. Flammables may be present.

## Flood Insurance

Damage and other flooding losses are not covered by most homeowner's insurance policies. However, the Federal Emergency Management Agency (FEMA) offers special flood insurance through its National Flood Insurance Program. Contact your insurance agent or call FEMA at (800) 638-6620 or visit [www.fema.gov](http://www.fema.gov) for more information.

*Extracted and adapted from "Be Winter Wise," published by the California Governor's Office of Emergency Services, "Be Flood Aware," published by the Los Angeles County Department of Public Works, and FEMA's Flood website ([www.fema.gov/hazard/flood](http://www.fema.gov/hazard/flood)).*

**HEALTH TIP:** Avoid floodwaters. Keep contact time with floodwaters to a minimum. Keep all children and pets out of the floodwaters when possible. The water may be contaminated by oil, gasoline or raw sewage. It is especially important to keep the water out of your mouth, eyes, and nose. Wash your hands frequently with soap and clean water if you are exposed to floodwaters.



This Focus Sheet is produced as part of the Emergency Survival Program (ESP). ESP is an awareness campaign designed to increase home, neighborhood, business and school emergency preparedness. ESP was developed by the County of Los Angeles. The California Governor's Office of Emergency Services (OES) and representatives from Contra Costa, Imperial, Inyo, Kern, Los Angeles, Marin, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Santa Cruz, and Ventura counties; Southern California Edison; the Southern California Earthquake Center and the American Red Cross assist in the development of campaign materials and coordination of the campaign.

# ESP FOCUS

## Landslides/ Mudslides



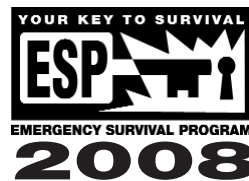
### The ground can move without a quake!

When most people think about ground movement, they probably envision images of the ground below them moving from side to side, or up and down, during an earthquake.

It is important that residents who live on steep hillsides and in canyons be prepared for landslides. Areas that don't have grass, trees, shrubs and plants, such as after a fire, are more likely to have landslides. This includes sliding, falling and flowing soil, rock, mud, brush and trees, especially during or after heavy rains.

Slow-moving landslides can cause significant property damage, but they usually don't cause injury or death. Mudslides, however, are much more dangerous. According to the California Geological Survey, mudslides can easily exceed speeds of 10 miles per hour and often flow at rates of more than 20 mph. Because mudslides travel much faster than landslides, they can cause deaths, injuries and significant property damage.

Wherever you live, work, or play, take the actions on the reverse side of this Focus Sheet to help reduce your risk of death, injury and property losses from landslides, mudslides and other types of ground failure.



# F E B R U A R Y

## Before the Landslide/Mudslide

You can reduce the potential impacts of land movement by doing the following:

- Assume that burn areas and canyon, hillside, mountain and other steep areas are more likely to have landslides and mudslides.
- Limit the height of plants near buildings to 18 inches.
- Use plants and bushes that are less likely to burn and keep them watered. This not only helps with landslides/mudslides but is also helpful for fire safety
- Water landscape to promote early growth.
- Eliminate litter and dead and dry vegetation.
- Inspect slopes for increases in cracks, holes and other changes.
- Build away from steep slopes.
- Build away from the bottoms or mouths of steep ravines and drainage facilities.
- Consult with a soil engineer or an engineering geologist to minimize the potential impacts of landslides.
- Develop a family plan that includes:
  - Out-of-state contact
  - Place to reunite if family members are separated
  - Routes to evacuate
  - Locations of utility shut-offs
- Store the following emergency supplies:
  - Food
  - Water
  - First aid kit
  - Flashlights and batteries
  - Battery-operated radios
  - Special medications/eye care products
- Store an evacuation kit that includes:
  - Cash (small bills and change)
  - Important documents
    - Birth certificates
    - Insurance policies
    - Marriage certificates
    - Mortgage documents
  - Irreplaceable objects
  - Games, toys for children
- Purchase supplies to protect your home:
  - Hammer
  - Nails
  - Plywood
  - Rain gauge
  - Sand
  - Sandbags
  - Shovel
- Contact your local public works department for information on protection measures.

## When it Rains

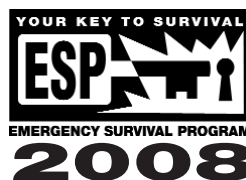
- Monitor the amount of rain during intense storms. More than three to four inches of rain per day, or 1/2-inch per hour, have been known to trigger mudslides.
- Look for geological changes near your home:
  - New springs
  - Cracked snow, ice, soil or rocks
  - Bulging slopes
  - New holes or bare spots on hillsides
  - Tilted trees
  - Muddy waters
- Listen to the radio or watch television for information and instructions from local officials.
- Implement protection measures when necessary:
  - Anticipate runoff and place sandbags in areas as needed
  - Board up windows and doors
- Prepare to evacuate if requested to do so.
- Respect the power of the potential mudslide. Remember, mudslides move quickly and can cause damage and kill.
- Prioritize protection measures:
  - Make your health and safety and that of family members the number one priority.
  - Make your home the number two priority.

## Key Considerations

- Use permanent measures, rather than sandbags, if possible.
- Deflect, rather than stop or dam, debris.
- Use solutions that do not create problems for your neighbors.

*Extracted and adapted from the Los Angeles County Department of Public Works publication "Homeowners Guide for Flood, Debris and Erosion Control" and the California Department of Conservation publications "Hazards from Mudslides – Debris Avalanches and Debris Flows in Hillside and Wildfire Areas" and "Landslide Facts."*

**HEALTH TIP:** During a landslide/mudslide water and sewage pipelines may break leading to a contaminated water supply. It is important to listen to your radio or television for the latest news on health and safety updates for the affected communities.



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# ESP FOCUS

## Tsunamis



### You can't surf these waves!

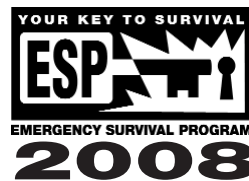
You may not live near the coast, but you may visit beaches and coastal cities. Wherever you live, work, or play, use the information on the reverse side of this Focus Sheet to learn more about the tsunami threat and what to do if a tsunami occurs or if a tsunami watch or warning is issued.

Contrary to popular belief, a tsunami isn't one giant wave. It is a series of waves most commonly generated by great earthquakes below the ocean floor. Underwater landslides also can cause tsunamis.

Tsunamis can travel at speeds up to 500 miles per hour in the open sea and reach heights of up to 100 feet in shallow coastal waters. Usually, however, tsunamis that reach California average 10 feet in height and peak in the 20-40 foot range.

The first tsunami wave may not be the highest or the last. Waves may continue to arrive for several hours, spaced minutes to hours apart. In fact, hundreds and perhaps thousands of people in the affected south Asian nations died in the catastrophic 2004 tsunami when they went to the ocean to see the impacts of the first waves and were swept to their deaths when subsequent waves struck.

The time it takes for tsunami waves to reach the coast depends on where the earthquake or underwater landslide occurs. A tsunami caused by an earthquake a few miles off the coast is called a "locally generated" tsunami. It will arrive within minutes of the quake. Residents of coastal communities probably will feel such an earthquake. The earthquake may be the only warning of an approaching tsunami so it is important to respond quickly.



# M A R C H

## The Threat in California

Tsunamis caused by large earthquakes centered near Alaska and other distant parts of the Pacific Ocean are called "distant source" tsunamis. The first waves from these events take several hours to reach the California coastline. The West Coast and Alaska Tsunami Warning Center in Alaska will issue a Tsunami Warning or Tsunami Watch if an Alaskan or Pacific tsunami threatens California.

More than a dozen tsunamis with waves three feet high or more have struck California since 1812. Six caused damage. The tsunami generated by the 1964 Alaska earthquake killed a dozen Crescent City residents and caused more than \$34 million in damage. Three tsunamis flooded Santa Barbara during the 1800's; a tsunami resulting from a Chilean earthquake damaged a pier in San Diego Harbor in 1960; and one-foot waves resulting from the 1992 Cape Mendocino earthquake were detected near Santa Barbara.

Historically, while tsunamis have caused greater casualties and damage in northern California, and while the threat of local and distant tsunamis is greater on the north coast, southern California also has significant risk because of its large coastal population.

## Before the Next Tsunami or Tsunami Watch

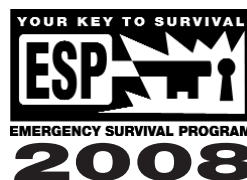
- Determine the elevation of your home and how far it is from the coast. Know whether you live in a tsunami danger zone.
- If you live within a couple of miles of the coast, identify a location to go if a tsunami watch or warning is issued or if you feel an earthquake lasting for 15-20 seconds. The location should be at least two miles inland or 100 feet above sea level.
- Learn the signs of an approaching tsunami. If the tide rises or recedes rapidly, move immediately inland to higher ground.
- Ask local emergency officials or your planning department what areas are susceptible to the flooding from a tsunami.
- Locate refuge areas and learn evacuation routes that are safe.
- Develop or update your family's emergency plan.
- Assemble an emergency supply kit, if you haven't done so. Include a portable radio. (Consider the purchase of a NOAA weather radio.)
- Identify a friend or relative living in another state as your family point of contact.
- Learn first aid.
- Teach family members how and when to turn off the utilities.
- Start or join a Community Emergency Response Team.

## During and After the Tsunami or Tsunami Warning

- If you feel an earthquake, **Drop, Cover, and Hold on** until the shaking stops. Estimate how long the shaking lasted. If severe shaking lasted 20 seconds or more, immediately evacuate to high ground as a tsunami might have been generated by the earthquake.
- Move inland two miles or to land that is at least 100 feet above sea level immediately. Don't wait for officials to issue a warning. Walk quickly, rather than drive, to avoid traffic, debris and other hazards.
- Stay away from coastal or low-lying areas until an "all clear" notice has been issued by local emergency officials. Waves might continue to arrive for several hours.
- Use common sense. Do not go to the coast to see a tsunami. Tsunamis are not like regular waves. They are much faster, higher, and are filled with debris.
- Obey evacuation notices. Listen to the radio or watch television for emergency information and instructions from local officials about re-entry.
- Contact your local office of emergency services for more information about preparing for tsunamis.

*Extracted and adapted from "Tsunami! How to Survive This Hazard on California's North Coast," Humboldt Earthquake Education Center, Humboldt State University, Arcata, CA; Other sources included the FEMA publication "Are You Ready? Your guide to disaster preparedness," and from information provided by the Governor's Office of Emergency Services, Earthquake and Tsunami Program.*

**HEALTH TIP:** After tsunamis, the primary public health concerns are clean drinking water, food, shelter, and medical care for injuries. Floodwaters can pose health risks such as contaminated water and food supplies. Listen to your radio or television for news and instructions.



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# ESP FOCUS

## Earthquakes



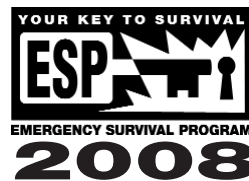
### California is earthquake country!

Thousands of earthquakes occur in California each year, but most are too small to be felt. Some cause moderate damage and injuries in a small area. Others can cause regional destruction.

Because the San Andreas fault is the longest fault in the region, it produces the largest earthquakes. Scientists estimate that large earthquakes on the San Andreas occur about every 150 years. The largest earthquake on the southern portion of the San Andreas in recorded history occurred in 1857. The fault ruptured all the way from Parkfield in southern Monterey County to Cajon Pass in San Bernardino County. Scientists estimate its magnitude at 7.9. A repeat of this earthquake today would cause extensive damage, deaths, and injuries throughout Southern California. Many scientists are even more concerned about the potential for a large earthquake on the southernmost section of the San Andreas, from the Salton Sea through the Coachella Valley to the Cajon Pass, where an earthquake has not occurred since around 1680. Such an earthquake may also cause great damage throughout the region.

In Southern California alone there are over 300 other faults that may also cause damaging earthquakes. Most everyone in Southern California lives within 30 miles of one of these faults. When earthquakes on these faults are in populated areas, the losses can be substantial. The Northridge earthquake in 1994 caused more than 33 deaths, more than 9,000 injuries, and \$40-\$42 billion in losses.

No one knows when or where such a quake will occur, but everyone can reduce their risk of death, injury, and property loss in an earthquake by following the Seven Steps to Earthquake Safety outlined on the reverse side of this Focus Sheet, wherever they live, work, or play.



# A P R I L

[www.espfocus.org](http://www.espfocus.org)

## The Seven Steps to Earthquake Safety

The following steps are excerpted from "Putting Down Roots in Earthquake Country." The full text can be viewed and ordered at [www.earthquakecountry.info](http://www.earthquakecountry.info).

### Step 1: Fix potential hazards in your home

- Install latches on kitchen cabinets.
- Secure TVs, stereos, computers, etc. with velcro straps. Use putty or wax adhesive for smaller items.
- Hang mirrors and artwork from closed hooks.
- Secure top-heavy furniture and appliances to walls.
- Install flexible connectors on gas appliances.
- Strap water heaters correctly to the wall.
- Store flammable or hazardous materials on lower shelves or on the floor

### Step 2: Create a disaster plan

- Practice "drop, cover, and hold on."
- Keep shoes and a flashlight next to each bed.
- Take a Red Cross first aid and CPR course.
- Know how and when to shut off utilities.
- Learn how to properly use a fire extinguisher.
- Select a safe place outside of your home to meet your family or housemates after the earthquake.
- Designate an out-of-state contact person who can be called to relay information.
- Keep your children's school release card current.

### Step 3: Create disaster supplies kits

Keep a *personal disaster supplies kit* in your home, in your car, and at work, with at least the following:

- Medications and important medical information
- First aid kit and handbook
- Spare eyeglasses or contact lenses
- Bottled water and snack foods
- Whistle (to alert rescuers to your location)
- Emergency cash, in small bills.
- List of out-of-state contact phone numbers
- Working flashlight with extra batteries and bulbs
- Personal hygiene supplies
- Copies of personal identification
- In addition to your personal disaster supplies kits, store a household disaster supplies kit with a three-day to one-week supply of items needed to live without normal services (water, electricity, etc.) and to begin recovery.

### Step 4: Fix your building's potential weaknesses.

If your building needs the following retrofitting, you likely need to consult a professional:

- The framing of your house should be bolted at least every 6 feet to the perimeter of the concrete foundation (every 4 feet in a multistory building).
- Homes with a crawl space should have plywood connecting the studs of the short "cripple" walls.
- Larger openings in the lower floor, such as a garage door, should be properly reinforced.
- Masonry walls and chimneys should be reinforced.

*For those who rent:* You control which apartment or house you rent. Ask the landlord these questions:

- What retrofitting has been done on this building?
- Have water heaters been strapped to the wall studs?
- Can I secure furniture to the walls?

### Step 5: During earthquakes and aftershocks:

#### Drop, Cover, and Hold On.

- During earthquakes, drop to the floor, take cover under a sturdy desk or table, and hold on to it firmly.
- If you are in bed, hold on and stay there, protecting your head with a pillow.
- The area near outer walls is very dangerous. Do not try to go outside during shaking.
- If outside, move to a clear area if you can safely do so; avoid power lines, trees, and other hazards.
- If driving, pull over to the side of the road, stop, and stay in your car until shaking stops.

### Step 6: After the earthquake, check for injuries and damage.

*Check for injuries:*

- If a person is bleeding, put direct pressure on the wound. Use clean gauze or cloth, if available.
- Administer rescue breathing if necessary.
- Carefully check children or others needing special assistance.
- Do not move seriously injured persons unless they are in immediate danger of further injury.
- Get medical help for serious injuries.

*Check for damage:*

- If possible, put out small fires immediately.
- Shut off the main gas valve only if you suspect a leak. Wait for the gas company to turn it back on.
- Shut off power at the main breaker switch if there is any damage to your house wiring. Unplug broken lights or appliances as they could start fires.
- Hazardous materials such as bleach, chemicals, and gasoline should be covered with dirt or cat litter.
- Stay away from chimneys or brick walls with visible cracks. Don't use a fireplace with a damaged chimney.
- Stay away from downed power lines and objects in contact with them.

### Step 7: When safe, continue to follow your disaster plan.

*The first days after the earthquake...*

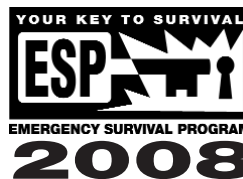
Until you are sure there are no gas leaks, do not use open flames or operate any electrical or mechanical device that can create a spark. Never use the following indoors: camp stoves, gas lanterns or heaters, gas or charcoal grills, or gas generators. These can release deadly carbon monoxide or be a fire hazard in aftershocks.

- Turn on your portable or car radio for information and safety advisories.
- Call your out-of-state contact, tell them your status, then stay off the phone.
- Check on the condition of your neighbors.
- If power is off, plan meals to use up refrigerated and frozen foods first.
- If your water is off or unsafe, you can drink from water heaters, melted ice cubes, or canned vegetables.
- Report damage to your local building department and to your local office of emergency services.

*If you cannot stay in your home...*

Because shelters will likely be overcrowded, do not leave home just because utilities are out of service or your home and its contents have suffered only moderate damage. If you do evacuate, tell a neighbor and your out-of-state-contact where you are going, and take your personal disaster supplies kits and other essentials.

**HEALTH TIP:** After an earthquake, expect services at local hospitals to be overwhelmed and seek medical treatment only as needed. Listen to your radio or television for news and instructions.



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# ESP FOCUS

## Public Health Emergencies

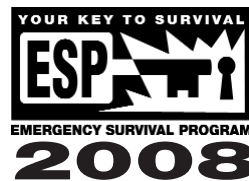


### What are Public Health Emergencies?

Public Health Emergencies may be related to outbreaks of infectious illnesses (such as pandemic flu and West Nile virus), food and waterborne illnesses (such as Salmonella, E. coli) as well as other threats to the public's health and safety. Man-made attacks can also create public health emergencies.

### Pandemic Flu

A pandemic occurs when a disease spreads causing illness around the world—a global disease outbreak. While many diseases can become a pandemic, influenza (flu) is of special concern because it easily spreads and is constantly changing. And because flu occurs in many animals besides humans, this also increases the chances of it changing and becoming a pandemic. Unlike seasonal flu that occurs in fall and winter every year, no one knows when the next pandemic will happen, but three occurred during the last century: in 1918, 1957, and 1968. Concerns that a pandemic may arise soon increased with a type of bird flu now occurring mostly in Asia—because of the ongoing chicken outbreaks and human infections with this type of bird flu, there is an increased worry this virus may become another pandemic. But even if it doesn't, the threat of a flu pandemic remains, and everyone should be prepared. Plus, the simple steps that are recommended to prepare and prevent illness from pandemic flu will also help to prepare you for other emergencies and may prevent other illnesses.



# M A Y

[www.espfocus.org](http://www.espfocus.org)

## Pandemic, seasonal and bird flu: Do you know the differences?

Pandemic flu, seasonal flu, and bird flu: while many people think they mean the same thing, they are not the same. Do you know the differences?

	Pandemic Flu	Seasonal Flu	Bird Flu
<b>What is it?</b>	The flu virus is constantly changing, but sometimes it changes so much that the human population has no existing immunity. This new virus can cause much more illness and death than we normally have with seasonal flu. No one knows when the next flu pandemic will happen, but experts agree that a new virus will show up eventually and urge everyone to prepare.	Seasonal flu has the potential to cause illness every year and usually is worse in the winter months, but can start as early as October and continue to cause illness into the Spring. Because flu viruses are always changing, the flu shot changes almost every year to best protect people from the new strains that are expected.	Many different animals get the flu, including birds. Bird flu is flu among birds. On rare occasions, humans can also become infected from this virus when they have close contact with infected birds. Like human flu viruses, there are many types of bird flu viruses. The type that is causing concern now is called influenza A H5N1.
<b>Who is likely to get it? Who is affected?</b>	Everyone. Because we are waiting for a new virus to emerge, everyone (young and old, sick and healthy) are potentially at risk. Unfortunately, we will not know if some groups are more affected than others until the virus shows up and we can see its impact. Similarly, we will not have a vaccine (which is the best protection against seasonal flu) until scientists can study the new virus.	While everyone can get the flu, certain people are more likely to suffer severe consequences including: the elderly, infants, pregnant women, those with weakened immune systems, and those who have chronic illnesses—especially those with respiratory issues like asthma. So we urge those people, and their families, to get the flu shot every fall. However, everyone can benefit from vaccination and can help to reduce the spread of disease in our communities.	The people who get bird flu have had close contact with infected poultry (i.e., plucking and killing chickens sick with bird flu). Most of the people who have become sick and died from bird flu have been in Indonesia and Viet Nam, but sick birds have been found in many countries across Asia and some parts of Europe. This virus is NOT found in animals in the US. You cannot get bird flu from eating chicken or from other bird products (like feather pillows) in the U.S.

### What to do if you get the flu?

The advice your grandmother gave is still the best. When sick; get plenty of rest, drink lots of fluids, and stay home to keep from getting others sick. Simple over-the-counter medicines are usually all people need to feel better (pain relievers, cough drops, etc.). Children should **never** be given aspirin when they have the flu since it may cause a rare but serious condition called Reye's Syndrome. Most people will not need to see a doctor when they have the flu, but if symptoms become very severe (problems breathing, and extreme weakness) and if fever lasts for more than 2-3 days, call your doctor.

### Pandemic influenza readiness for you and your family: What can you do?

Many of the simple steps to prepare for a flu pandemic also impact things you should do for a wide range of other emergencies, these include:

1. **Talk to your family members.** It is important to think about the health issues that could affect you and your family during a pandemic or other emergency. Consider what you will need to care for you and your loved ones in your home.
2. **Store food and water.** During a pandemic, you and your family may not be able to get to a store, so it is important to have water and food items that won't spoil (like canned foods) on hand.
3. **Create a medical supply kit and a family emergency health information sheet.** Include prescription medications, pain relievers, stomach remedies, cough and cold remedies, and first aid materials. List the important medical information that you might need for all of your family, such as: serious health conditions, allergies, and medications that you and your family need.
4. **Stay informed.** The following are sites where you can learn more about flu and how to stay healthy.

[www.pandemicflu.gov](http://www.pandemicflu.gov) (U.S. Department of Health and Human Services)

[www.cdc.gov/flu](http://www.cdc.gov/flu) (Centers for Disease Control and Prevention)

[www.ready.gov/america](http://www.ready.gov/america) (U.S. Department of Homeland Security)

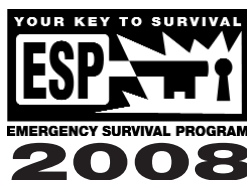
[www.prepare.org](http://www.prepare.org) (Red Cross)

<http://bepreparedcalifornia.ca.gov/EPO/> (California Department of Health Services)

[www.getimmunizedca.org](http://www.getimmunizedca.org) (California Department of Health Services, Immunization Branch)

#### HEALTH TIP: Get the shot! Prevent the flu!

While pandemic flu is of great concern, seasonal flu causes a great deal of illnesses and death every year. The flu shot is the best way to keep from getting the flu. This year the shot is expected to be available in greater amounts than ever before! While the flu shot is especially important for those who are most likely to get very sick from flu (like the elderly and infants), anyone wishing to get the shot should do so. Even if you are not concerned about getting the flu, people rarely keep their illnesses to themselves—avoid spreading the flu to others. Get the shot and help to keep our communities healthy.



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# ESP FOCUS

## Hazardous Materials



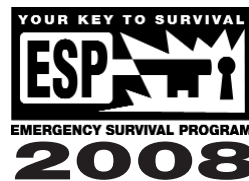
### Your home can become a hazmat site!

Perhaps you've been stuck in traffic on the freeway or watched on television as local responders have worked to remove oil, acid or other hazardous materials that have spilled. Such incidents can affect hundreds, if not thousands, of people.

The Seacliff train derailment in 1992 closed Highway 101, cutting off the main access from Ventura to Santa Barbara and forcing the evacuation of more than 300 residents of Seacliff, La Conchita, and Mussel Shores for six days. In February 1996, a five-car train carrying dangerous chemicals derailed in San Bernardino County's Cajon Pass and caught fire. About 100 patrons of two nearby gas stations, a motel and a restaurant were voluntarily evacuated.

Hazardous materials aren't restricted to the highway, local refinery or manufacturing firm. Motor oil, paint, pool chemicals and other common household products could make your home a potential site for a mini hazardous materials (hazmat) incident, particularly in an earthquake. Strong ground shaking could topple and break bottles and cans containing hazardous materials.

Use the information on the reverse side of this *Focus Sheet* to identify common household products that pose a danger and how to handle and dispose of them wherever you live, work, or play.



# J U N E

## Hazardous Household Products

Hazardous products and substances are classified into four categories based on the property or properties they exhibit. **Corrosive** substances or vapors deteriorate or irreversibly damage body tissues with which they come in contact and erode the surface of other materials. **Flammable** substances are capable of burning in the air at any temperature. **Toxic** substances may poison, injure or be lethal when they are eaten, absorbed through the mouth and stomach, absorbed through the skin or inhaled into the lungs. **Reactive** substances can produce toxic vapors or explode when they react with air, water or other substances.

### Corrosive Products

Abrasive cleaners, scouring powders\*  
 Ammonia, bleach-based cleaners\*  
 Car batteries  
 Chlorine bleach  
 Disinfectant and oven cleaners\*  
 Drain openers and cleaners\*  
 Glass and window cleaners\*  
 Photographic and pool chemicals\*  
 Rug and upholstery cleaners\*\*  
 Toilet bowl cleaners\*\*

### Flammable Products

Air fresheners  
 Coin, floor, furniture or shoe polish\*  
 Enamel or oil-based paints\*  
 Engine cleaners and degreasers\*  
 Furniture and paint strippers\*  
 Gasoline and diesel fuel\*

Hair spray, deodorants  
 Kerosene\*  
 Motor oil\* and transmission fluid\*  
 Paints and primers\*  
 Rug and upholstery cleaners\*\*  
 Rust paints\*  
 Solvent-based glues\*  
 Solvents for cleaning firearms\*  
 Spot removers\*  
 Stains and varnishes\*\*  
 Wood preservatives

### Toxic Products

Antifreeze  
 Artist and model paints  
 Batteries  
 Car wax containing solvents  
 Chemical fertilizers  
 Drugs, medicines, pharmaceuticals

Fungicides, herbicides, weed killers  
 Insecticides  
 Latex, oil or water-based paints  
 Mothballs  
 Nail polish and nail polish remover  
 Pet products, flea collars, flea sprays  
 Rat, mouse, snail and slug poisons  
 Roach and ant killers

\* *chemical also contains toxic properties.*  
 \*\* *chemical also contains flammable and toxic properties.*

**Avoid mixing chemical products or cleaners. Mixing chemical products or cleaners can cause toxic or poisonous reactions.**

## Alternative cleaning Products

Several non-hazardous materials are available for use in cleaning carpets, dishes, upholstery, windows and other items, deodorizing sinks, as well as removing rust and stains. They include ammonia, baking soda, cornstarch, lemon juice, soap and water, steel wool and vinegar.

## Buying Household Products

Consider the following tips when you buy household products:

- Read directions and health warnings.
- Look for the least-hazardous product.
- Purchase child-resistant substances.
- Use multipurpose cleaners.
- Buy only what you need.

## Storing Household Products

Consider the following tips when you store household products:

- Use original containers for storage.
- Regularly check containers for wear and tear.
- Use larger, clearly marked containers to store leaking packages.
- Store materials in a cool, dry place.
- Separate incompatible products.

## Using household products

Keep in mind the acronym **LIES**:

- L**imit amount of materials stored.
- I**solate the products in enclosed cabinets and keep containers tightly covered.
- E**liminate unused or unneeded supplies.
- S**eparate incompatible materials.

Also do the following when you use household products:

- Note and post the number of the local poison control center.
- Read and follow directions carefully.
- Use only the amount indicated.
- Avoid mixing chemical products or cleaners.

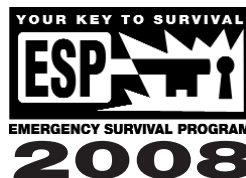
- Avoid splashing.
- Wear protective clothing, a dust mask and safety glasses.
- Work in well-ventilated areas.
- Take frequent breaks for fresh air.
- Keep away from children, expectant mothers.

## Disposing Household Products

There are several ways you can dispose of hazardous household products. Options include using the entire supply, recycling unused portions, taking unused supplies to a household collection event and donating unused supplies to photo shops, local swimming pools, etc.

*Extracted and adapted from "Hazardous Household Products: A Guide to the Disposal of Hazardous Household Products and the Use of Non-Hazardous Alternatives," California Department of Health Services, Toxic Substances Control Program.*

**HEALTH TIP:** If you have been exposed to hazardous materials, you may be instructed to remove and dispose of your clothing right away and then wash yourself. Removing your clothing and washing your body will reduce or remove the hazardous materials.



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# ESP FOCUS

## Bomb Threats



### You may receive a strange call or package!

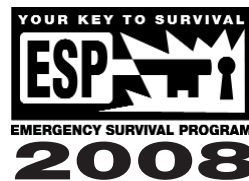
Terrorists use violence or the threat of violence to advance their political, social, or religious goals. In recent years, bombing has been a popular weapon for terrorists around the world.

Explosive devices can be simple and home made, or technically complex. Bombs can be large or small, and can easily be disguised. They can be thrown into an area, left behind and triggered remotely or when they are disturbed. They also can be carried or driven into a target area by a suicide bomber.

Most of the bombings in this country are attributed to vandalism or mailbox bombings. Professional terrorists, on the other hand, look for targets that symbolize their causes and that will gain them maximum attention: government buildings, corporations, banks, airports, embassies, cultural landmarks, animal laboratories, abortion clinics, and tourist attractions.

The Department of Homeland Security and law enforcement agencies have taken extensive measures to prevent explosive attacks by terrorists. Public places, airports, critical infrastructure, and governmental facilities have implemented far greater security measures than before September 11, 2001.

Use the information on the reverse side of this *Focus Sheet* to help you respond effectively to a Bomb Threat.



# J U L Y

## What You Can Do Now

### Prepare at Work

- Review your company's procedure for dealing with bomb threats. If one does not exist, work with the appropriate personnel to establish a policy or procedure.
- Canvass work areas to become familiar with objects that belong there.
- Establish a signal that receptionists and others who answer phones can use to indicate that they are receiving a threat.
- Develop a bomb threat checklist.
- Identify and practice using evacuation routes.
- Be familiar with fire escapes.

### If You Receive a Bomb Threat

- Keep your voice calm and professional. Do not interrupt the caller, and keep the caller on the line as long as possible.
- Signal a co-worker that you have received a bomb threat, and have him or her notify your security officer and local law enforcement immediately.
- Advise the caller that there are people in the building and innocent persons could be killed or injured.
- Ask the caller to repeat the message, with as much detail as possible.
- Immediately after the call, write down every detail that you remember, and give a copy of your notes to your security officer or supervisor.
- Examine work areas as well as common areas such as lunchrooms, mail rooms, and restrooms to identify suspicious packages. What is here that doesn't belong?

### If You Locate a Suspicious Package

Whether at work or in a public place, you should regard unattended or unusual packages or luggage with suspicion.

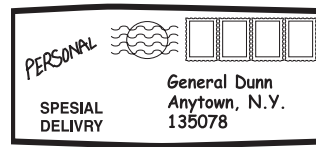
- Look for possible owners.
- Get a detailed description of the article (size, color, markings, odors, sounds).
- Note the exact location and approximately when the item was first noticed.
- Using a conventional, wired telephone, contact a supervisor, security officer, or the police.
- Do not use a cordless phone, cellular telephone, walkie-talkie or radio.
- Do not touch or move the object. Do not turn lights or thermostats on or off. Treat the object as potential evidence.
- Prepare for possible evacuation.

If you are suspicious of a mailing and you can't verify the contents with the sender or the addressee:

- Don't open it.
- Treat it as suspicious.
- Isolate it.
- Using a conventional, wired phone, call **9-1-1**.

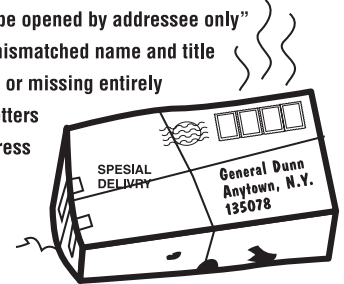
## How to Identify a Possible Mail Bomb

Here's what to look for:



- Too much postage
- Bulges or soft spots
- Unbalanced weight
- Misspelled words
- Sounds

- Restrictive markings: "Personal," "To be opened by addressee only"
- Addressed to someone's title only, or mismatched name and title
- Return address is fictitious, unfamiliar, or missing entirely
- Badly typed or written; cut-and-paste letters
- Postmark city different from return address
- Wrapped with string or retaped
- Protruding wire or aluminum foil
- Oily stains on wrapping
- Strange odor



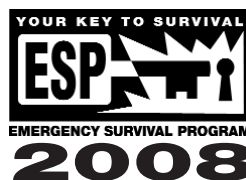
### If There Is an Explosion

- Take shelter under a desk or a sturdy table.
- Exit the building as quickly as possible.
- Do not use elevators.
- Check for fire and other hazards.
- Take your emergency kit if time allows.

### If There Is a Fire

- Crawl below the smoke level and exit the building immediately.
- Use a wet cloth to cover your mouth and nose, if possible.
- Feel the top of a closed door with the back of one hand. If the door is hot, look for another exit.
- If you catch on fire, do not run. **STOP, DROP, and ROLL** to smother the flames.
- Never re-enter a burning building. Gather at a pre-designated meeting point.
- Call the fire department.

**HEALTH TIP:** Remain calm and assist people as necessary. Make sure you use your dust mask. Help others who are hurt or need assistance. If you see someone who is seriously injured, seek help. Do not try to manage the situation alone. Listen to your radio or television for news and instructions.



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# ESP FOCUS

## Heat Wave



### It can get too hot!

During an average summer, some 200 people across the country die due to heat injuries from exposure to high summer temperatures.

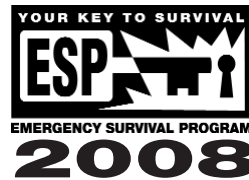
Clearly, heat can be a force, particularly in Southern California, where temperatures exceeding 100 degrees in the suburban valleys and 110 degrees in the low desert areas are not uncommon during the summer and fall.

Heat-wave emergencies can strike very quickly. In 1995, for example, the city of Chicago's medical examiner received reports regarding the first heat-related fatalities at 9 p.m. on a Friday night. By 8 a.m. the following morning, an additional 87 people had died. These deaths were caused directly by the heat.

Exposure to sunlight is a mixed blessing. Although sun is necessary for life, exposure to ultraviolet (UV) radiation is potentially dangerous and can damage the skin. Varied burns result from prolonged exposure to UV rays, but some people also may burn from very little exposure. UV rays can significantly keep the skin from compensating for the excess heat.

Overexposure to heat or excessive exercise in the heat also can cause other injuries. The severity of such injuries increases with age; heat cramps in a younger person may be heat exhaustion in a middle-aged person, but may be heatstroke in an elderly person. This occurs because the person has not adapted to the heat and is unable to adjust to changes in the body.

The reverse side of this *Focus Sheet* offers recommendations designed to help you avoid heat-related death and injury wherever you live, work, or play.



# A U G U S T

## Heat Conditions, Symptoms and First Aid

### What you might see in a heat injury

**1. Sunburn** is usually a first-degree burn that involves just the outer surface of the skin. Symptoms include redness and pain. Severe cases may cause swelling, blisters, fever of 102 degrees or above and headaches.

**First Aid:** Use ointments, as well as cool baths or compresses, for less severe cases. Don't break the blisters; if blisters do break, use a dry germ-free dressing. In severe cases consult a physician. Drink plenty of water.

**2. Heat cramps** often are related to dehydration. Symptoms include increased sweating with painful muscle spasms of the arms, legs and occasionally the abdomen.

**First Aid:** Remove the victim from the hot environment. Apply pressure on or gently massage the spastic muscles to relieve spasms.

**3. Heat exhaustion** is the inability to sweat enough to cool yourself. Symptoms include fatigue, weakness, dizziness, nausea or vomiting as well as cold, clammy, pale, red or flushed skin. A marked body temperature rise will not occur.

**First Aid:** Remove the victim from the heat. Lay the victim down and loosen the clothing. Apply cold compresses and cool the body by fanning the victim or placing the victim in a cool environment. Consult a physician if vomiting continues.

**4. Heatstroke** occurs when the body stops sweating but the body temperature continues to rise. Symptoms include visual disturbances, headache, nausea, vomiting, confusion and, as the condition progresses, delirium or unconsciousness. The skin will be hot, dry, red or flushed even under the armpits. This condition is a severe medical emergency that could be fatal.

**First Aid:** Consult a physician immediately or call 9-1-1. Remove clothing and place victim in a cool environment, sponge the body with cool water or place the victim in a cool bath. Continue the process until temperature decreases. DO NOT PROVIDE FLUIDS to an unconscious victim.



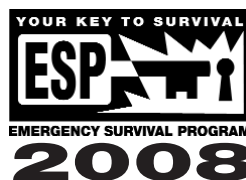
## Preventing Heat Injuries

### What you can do to prevent heat injuries

- Avoid the sun from 10:00 a.m. to 3:00 p.m. when the burning rays are strongest.
- Reduce physical activity.
- Wear a wide-brimmed hat and light colored, lightweight, loose-fitting clothes when you're outdoors. This type of clothing reflects heat and sunlight, which helps you maintain a normal body temperature.
- Avoid sudden changes of temperatures, (i.e., air out a hot car before getting into it).
- Avoid hot, heavy meals that include proteins. They increase your metabolism and water loss, and raise your body's natural way of cooling.
- Set your air conditioning thermostat between 75 and 80 degrees. If you don't have an air conditioner, take a cool bath or shower twice a day and visit air-conditioned public spaces during the hottest hours of the day.
- Drink plenty of fluids even if you aren't thirsty. Eight to 10 glasses of water a day are recommended. Drink even more if you are exercising or working in hot weather.
- Do not drink alcohol or caffeine since they are diuretics (i.e., promote water loss).
- Use a sunscreen with a sun protection factor (SPF) of at least 15 if you need to go out in the sun.

*Extracted and adapted from "Heat Illness Prevention," American College of Sports Medicine, Indianapolis, IN.*

**HEALTH TIP:** During a heat wave keep yourself cool at air-conditioned facilities like public libraries, malls, or community centers and check with your local Public Health Department for "cooling centers" in your community.



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# ESP FOCUS

## Terrorism



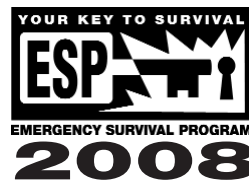
### Terrorists are not in charge!

Earthquakes, floods and wildfires are frightening experiences for most of us. Fear is a natural human reaction to natural disasters and other events that hit suddenly and seem to threaten our safety, our loved ones, and our daily lives. Terrorists use this natural reaction to multiply the effect of their actions in order to advance their political or social goals. Like bullies in the schoolyard, terrorists want to intimidate and frighten others to get their own way.

Until recently, many Americans believed that terrorism only affected other countries. Now we know that it can happen here, but we don't know where or when. Much of the fear caused by terrorism—or the threat of it—is based on this uncertainty: not knowing whether it will hurt us or our loved ones directly, or whether it will target our own community or workplace.

Governmental officials are working hard to find terrorists and to limit their ability to harm Americans. At the same time, there is a lot that each of us can do to limit the terrorists' ability to frighten us. The terrorists are not in charge. We have control over our peace of mind and can help ensure our safety by taking some of the same actions that we would take to prepare for earthquakes, floods, or fires. We can also contribute to the safety of others by becoming more aware of our surroundings and reporting suspicious activities or items to local officials.

The simple steps on the reverse side of this Focus Sheet will help you maintain your sense of control, and they could make a big difference in your personal safety in any emergency.



# SEPTEMBER

## What You Can Do Now

Preparing for terrorist attacks is the same as preparing for earthquakes, fires, and other emergencies. It all starts with a family emergency plan.

- Evacuation: Whether you are at home, at work, or in a public place, think of how you could leave quickly and safely. Locate stairways and emergency exits. Pay attention to posted evacuation signs in buildings, subways and crowded public areas.
- Out-of-state contact: Think how you will get in contact with your family if you become separated. Choose an out-of-state contact that your family members or friends can call to check on each other.
- Meeting place: Decide where you and family members will meet if the emergency affects your home, or if officials have to evacuate your neighborhood.
- School plans: Learn the emergency plans at your children's schools, and make sure the school has your updated emergency contact information. Give written permission to a trusted friend or neighbor to pick up your children from school or day care in case you cannot get there on time.
- Preparation for children: Teach your children what to do in an emergency, and make sure they know their own names and addresses, as well as the full names and contact information for parents and a second adult emergency contact.

Finally, review your emergency plan and assemble and maintain an **emergency supply kit** at home, at work, and in your car.

## What You Can Do During an Attack

Terrorists are counting on surprise, fear, and confusion to add to the impact of their actions. If you realize an attack is underway, gather all your strength to pause and think. Look around you to see what is happening, and what immediate steps you can take to protect yourself and others.

- If there is flying debris, **drop** down; **take cover** under something sturdy, and **hold on** to it with one hand while protecting your head and neck with the other.
- If there is smoke, get near the floor, cover your mouth and nose with a cloth, and move carefully toward the nearest marked exit.
- If it is necessary to evacuate, try to do so calmly. Use only marked exits and stairways. Never use elevators. Help others who are moving more slowly or who may be disoriented. Condition **red** indicates an actual eruption. The USGS estimates such an alert will be issued once every few centuries.

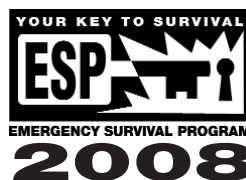
If you are not directly affected by the attack, try to stay calm, think before you act, encourage others, and comfort children. Turn on news radio or television, and listen for official instructions. Follow the directions of authorities.

## What You Can Do After an Attack

Try to stay calm. Think before you act. Don't let terrorists get what they want most: to hurt a few people in order to intimidate many.

- Stay informed. Listen to official reports and instructions on the radio or television.
- If officials order an evacuation, cooperate quickly and follow their instructions regarding evacuation routes and shelter locations.
- If officials tell you to "Shelter in Place," they mean for you to stay inside your home, vehicle or workplace until it is safe to come out. They will provide you with detailed instructions.
- Do not leave your sheltered location or return to the evacuated area until local officials confirm that it is safe to do so.
- Implement your family emergency plan, and notify your out-of-state contact of your location and status.
- Be aware of the psychological impact that terrorism can inflict, even when it happens to people you do not know personally.

**HEALTH TIP:** Acts of terrorism may result in little physical damage, but they can bring fear, confusion and uncertainty into everyday life. It is important to understand that strong emotional reactions to such events are normal. Re-establish daily routines for work, school, play, meals, and rest. Work with the support networks within your community.



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# ESP FOCUS

## Wildland Fires

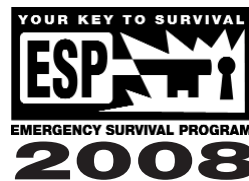


### That dry brush is waiting to burn!

In October of 2003, Southern California experienced the most devastating wildland fire disaster in California's history; The facts speak for themselves— 739,597 acres burned, 3,731 homes lost and 24 people killed, including one firefighter. At the peak of the fire siege over 15,000 firefighters battled to save lives and property from more than a dozen major fires. People who were in the path of the fire were responsible for their own safe evacuation.

Southern California is prime for another major fire disaster due to a persistent drought, urban sprawl of communities encroaching into areas of wildland, and millions of acres of vegetation that have not burned in many years. Preparedness is the key to surviving wildland fires.

Following the simple steps on the reverse side of this Focus Sheet may save your life, those of your family, and protect your home from the devastating effects of wildland fires.



# O C T O B E R

## Your Home

- Follow all local building, fire and hazard abatement codes.
- Install non-flammable screens with mesh 1/2 inch or less on chimneys.
- Keep roofs and rain gutters free of needles, leaves or other debris.
- Enclose the underside of balconies and decks with fire resistant material, such as aluminum decking.
- Enclose all roof eaves with fire resistant material such as aluminum or steel and place metal mesh over all attic or roof vents.
- Inspect and maintain chimneys and screens twice annually.
- Install a smoke detector on each level of your home, especially near bedrooms, and test them monthly.

## Your Yard

- Clear the brush away from your home (a minimum of 100 feet).\*
- Trim all trees and tree branches away from electrical lines and chimneys. (Use a professional to trim near utilities and power lines)
- Remove weak, dead, and leaning trees and bark beetle infested trees.
- Stack firewood at least 30 feet away from your home or other structures.\*
- Store all combustible or flammable liquids in approved storage containers.
- Locate all propane tanks at least 30 feet from any structure.\*

\* Please check with your local fire department as numbers may vary according to your location.

## Emergency Access

- Ensure that your street is clearly marked and posted.
- Ensure your house numbers are clearly visible both day and night from the street.
- Know at least two exit routes from your neighborhood in case of emergency.
- Make sure large emergency vehicles can access your property.

## Plan for Evacuation

- Develop and practice a home evacuation plan. Your plan should include:
  - A floor plan with all escape routes
  - Easily accessible exits for young children, seniors and persons with disabilities. (Locate their rooms as close to exits as possible)
  - A list of valuables to take in an emergency. (Store them together in one location, if possible.)
    - Identify the most important papers to take if you

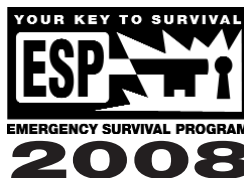
have to leave, such as insurance policies, medical records, and driver's license

- Take medications and eyeglasses
- A place to reunite after evacuation
- The location of animal shelters or other sites that house pets
- Practice drills
- Work with neighbors to assist:
  - People with special needs
  - People who need transportation to other sites
- Work with local emergency officials to identify:
  - Several routes out of your neighborhood
  - Likely evacuation sites or safe refuge areas

## When Wildfire Approaches

- Listen to the radio or watch television for instructions.
- Evacuate as soon as directed by public safety officials or when danger is perceived.
- Park your vehicles facing the direction of escape with windows rolled up.
- Place your disaster kit and evacuation kit along with valuables and other essentials in your vehicle.
- Secure pets and livestock and prepare them for evacuation.
- Leave your electricity on and leave inside lights on.
- If time permits, cover up by wearing long pants, a long sleeved shirt, goggles, cap, and bandanna. 100% cotton is preferable.
- Close doors behind you when evacuating to slow down the flames, smoke, and heat.
- Help young children, seniors, and persons with

**HEALTH TIP:** Smoke can hurt your eyes, irritate your respiratory system, and worsen chronic heart and lung diseases. Smoke may worsen symptoms for people who have pre-existing respiratory conditions, such as respiratory allergies, asthma, and chronic obstructive pulmonary disease (COPD). Listen and watch for news or health warnings about smoke. Pay attention to local air quality reports.



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# ESP FOCUS

## Windstorms/ Tornadoes



### You don't want to be blown away!

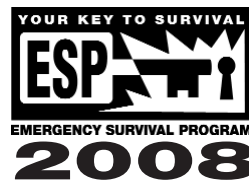
High winds, particularly the hot, dry Santa Ana winds that visit Southern California every fall, are another force of nature with which residents must reckon.

High winds can cause structural and nonstructural damage, down power lines and increase the risk of wildfire. In some isolated canyon areas, Santa Ana gusts can reach speeds of more than 100 miles per hour, increasing the threat.

Although tornadoes are more common in midwestern and southern states such as Iowa, Kansas and Texas, Southern California is not immune.

The region averages about 20 tornadoes or water spouts per year. According to the National Weather Service, tornadoes usually occur along the coast during the cold of winter, but they can occur during the summer.

Wherever you live, work, or play, use the recommendations on the reverse side of this *Focus Sheet* to help reduce your risk of death, injury and property losses from high winds and tornadoes.



# N O V E M B E R

## Before a Windstorm or Tornado

Take the following actions to reduce your risk of death, injury and property damage:

- Develop an emergency plan for your family. It should include:
  - Name, address and phone number of an out-of-state contact
  - Location of safe spots:
    - Basements  Storm cellars
    - Lower-level closets  Lower-level hallways
    - Sturdy desks or tables on lower floors
  - Location of danger spots:
    - Windows  Doors
  - Location of emergency shelter or place where family members can reunite
  - Plans for placing pets if family members evacuate
- Check and update emergency supply kits.
- Locate utility shut-offs:
  - Electricity  Gas  Water
- Teach responsible family members when and how to turn off utilities.
- Learn first aid and CPR.
- Inventory documents and valuable possessions. Store them in a safe deposit box or another safe location.
- Work with representatives from local government and the American Red Cross to identify possible shelter sites.
- Check your home and roof for compliance with local building codes.
- Secure antennas, satellite dishes and other roof fixtures.
- Install storm shutters or board windows with 5/8" exterior plywood.
- Trim tree branches in contact with or near the roof and other parts of your home.
- Conduct practice and evacuation drills.
- Make sure your gas tank is full. Power outages might make fuel pumps unusable.

## Before or During a Watch or Warning

- Listen to an Emergency Alert System (EAS) radio or television station and/or purchase a weather alert radio. (NOAA Weather Radio).

## During the Windstorm or Tornado

Take the following actions to reduce the risk of injury:

- Evaluate the impact of the winds on the fire hazard in your area.
- Go indoors. Avoid areas near windows and doors. Take cover under sturdy desks or tables located in an interior room on the lowest floor of your home. Protect your head and neck with your arms. Interior rooms include:
  - Bathrooms with no windows
  - Closets
  - Hallways
- Avoid using elevators. High winds may cause a power outage.

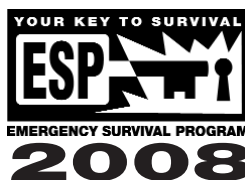
- If outdoors, get away from trees, walls, signs, power lines and other objects that could fall and injure you.
- Listen to the radio or watch television for Information and instructions from local officials.
- Use the phone only to report life-threatening emergencies or damage to local officials.
- Review emergency and evacuation procedures with family members, including:
  - Shelter site or meeting place
  - Out-of-state contact
- Prepare to evacuate if asked to do so by local emergency officials.
- Drive only in a life-threatening emergency.
- Avoid disaster areas.
- Cooperate fully with local emergency officials.

## After the Windstorm or Tornado

- Check yourself and family members for injuries. Treat those with minor injuries. Transport those with major injuries to the emergency room.
- Keep family members together.
- Discuss what happened with children.
- Check for and document damage and hazards:
  - Broken windows
  - Ceilings, roofs, walls
  - Damaged utilities
    - Electricity  Gas  Water
  - Downed or damaged trees
  - Downed signs or power lines
- Stay out of obviously damaged buildings.
- Cooperate with local emergency officials.

*Sources for this document included the FEMA publications "Tornado Safety Tips" and "Hurricane-floods: Safety Tips for Coastal and Inland Flooding."*

**HEALTH TIP:** Windstorms can irritate your eyes and respiratory system. During a windstorm it is important to stay indoors and use protective eye wear and a dust mask as needed. Also, keep yourself hydrated by drinking water.



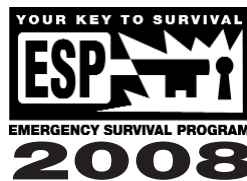
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**ESP FOCUS****Cold Weather****Don't get caught in the cold!**

What constitutes extreme cold and its effects can vary across different areas of the country. Even in regions unaccustomed to winter weather, near freezing temperatures are considered "extreme" cold. Whenever temperatures drop decidedly below normal and as wind speed increases, heat can leave your body more rapidly. These weather related conditions can lead to serious health problems. Extreme cold is a dangerous situation that can bring on health emergencies in susceptible people, such as those without shelter or who are stranded or who live in a home that is poorly insulated or without heat.

When winter temperatures drop significantly below normal, staying warm and safe can become a challenge. Extremely cold temperatures often accompany a winter storm, so you may have to cope with power failures and icy roads. Cold related issues can occur inside your home as well. Remember that it doesn't have to be extreme cold to be dangerous. Many homes will be too cold-either due to a power failure or because the heating system is not adequate for the weather. When people must use space heaters and fireplaces to stay warm, the risk of household fires increases, as well as the risk of carbon monoxide poisoning.

Use the information on the reverse side of this Focus Sheet to help you prepare for cold weather.

**D E C E M B E R**

## Plan Ahead

Prepare for cold weather. There are steps that you can take in advance for greater safety in your home and in your car.

### Emergency Supply List:

In addition to your regular emergency supply kit items, include the following:

- Alternate way to heat your home during a power failure; Dry firewood for a fireplace or wood stove, or kerosene for a kerosene heater, furnace fuel (coal, propane, or oil). Do not use Bar-b-que/ charcoal grills inside your home.
- Electric space heater with automatic shut-off switch and non-glowing elements
- Blankets
- Matches
- Multipurpose, dry-chemical fire extinguisher
- First-aid kit and instruction manual
- Flashlight or battery-powered lantern
- Battery-powered radio
- Battery-powered clock or watch
- Extra batteries
- Non-electric can opener
- Snow shovel
- Kitty litter or rock salt (to pour on ice or snow to help with traction and melt the ice)
- Special needs items (diapers, hearing aid batteries, medications, etc.)

## Winter Survival Kit for your home

### Emergency Supply List:

- Food that needs no cooking or refrigeration, such as bread, crackers, cereal, canned food, and dried fruits. Remember baby food and formula if you have young children. Remember pet food if you have pets.
- Water stored in clean containers, or purchased bottled water (1 gallon per person per day) in case water pipes freeze and break.
- Medicines that family members or pets may need.

If you have pets, bring them indoors. If you cannot bring them inside, provide adequate shelter to keep them warm and make sure that they have access to unfrozen water.

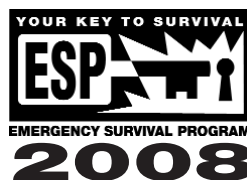
## Prepare your car

You can avoid many dangerous winter travel problems by planning ahead. Have maintenance service on your vehicle as often as the manufacturer recommends.

### Winter Survival Kit for your Car:

- Food and Water
- Blankets
- First aid kit
- A can and waterproof matches (to melt snow for water)
- Windshield scraper
- Booster cables
- Road maps
- Mobile phone
- Compass
- Toolkit
- Paper towels
- Bag of sand or kitty litter (to pour on ice or snow for added traction)
- Tow rope
- Tire chains (increase with heavy snow)
- Collapsible shovel
- Water and high-calorie canned or dried foods and a manual can opener
- Flashlight and extra batteries
- Canned compressed air with sealant (for emergency tire repair)
- Brightly colored cloth to use as an emergency warning

**HEALTH TIP:** Eating well balanced meals will help you stay warmer. Do not drink alcoholic or caffeinated beverages—they cause your body to lose heat more rapidly. Instead, drink warm, sweet beverages or broth to help maintain your body temperature. If you have any dietary restrictions, ask your doctor.



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