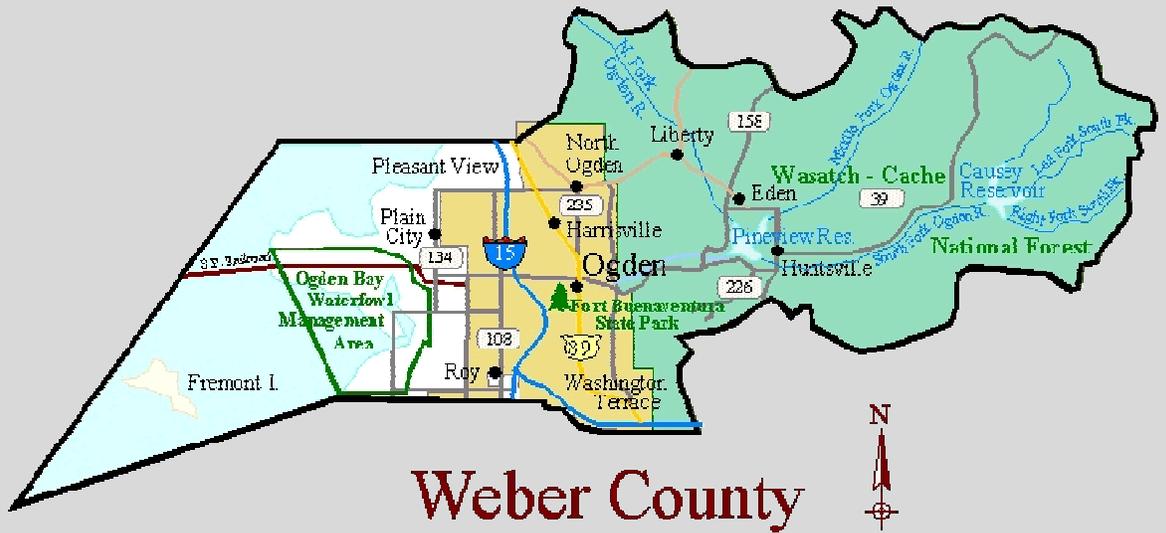


Family Emergency Preparedness

A Guidebook for Residents
and Visitors of Weber County



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FAMILY DISASTER PLAN

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services like water, gas, electricity, or telephones were cut off? Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away. Medical help may not arrive at all. The responders at 911 will be completely overwhelmed.

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

Where will your family be when disaster strikes? They could be anywhere—at work, at school, or in the car. How will you find each other? Will you know if your children are safe?

FOUR STEPS TO SAFETY

1. Find out what types of disasters could potentially happen to you.

DISASTERS THAT MAY AFFECT YOUR FAMILY		
Natural	Human	Technological
Winter Storm	Bomb Threat	Structural Failures
Wildland Fire	Fires	Transportation Failures
Earthquake	Utilities Failures	Terrorism
Cold/Heat Wave	Hazardous Materials	Pandemic Influenza

2. Create a disaster plan.

Meet with your family and discuss why you need to prepare for disaster. Explain to your children the dangers of fire, severe weather, and earthquakes. Plan to share responsibilities and work together as a team.

Discuss the types of disasters that are most likely to happen. Explain what to do in each case.

Pick two places to meet:

- 1) Right outside your home in case of a sudden emergency, like a fire.
- 2) Outside your neighborhood in case you can't return home. Everyone must know the address and phone number.

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

Discuss what to do in an evacuation. Plan how you will take care of you and your pets.

3. Complete this Checklist

- ✓ Post emergency telephone numbers by phones (fire, police, etc.).
- ✓ Teach children how and when to call 911.
- ✓ Show each family member how and when to turn off the water, gas, and electricity at the main switches.
- ✓ Check if you have adequate insurance coverage.
- ✓ Teach each family member how to use the fire extinguisher (ABC type), and show them where it is kept.
- ✓ Install smoke detectors on each level of your home.
- ✓ Conduct a home hazard hunt.
- ✓ Stock emergency supplies and assemble a disaster supplies kit.
- ✓ Take a Red Cross first aid and CPR class.
- ✓ Determine the best escape routes from your home. Find two ways out of each room.
- ✓ Find the safe spots in your home for each type of disaster.

4. Practice and Maintain Your Plan

- Quiz your children every six months so they remember what to do.
- Conduct fire and emergency evacuation drills.
- Replace stored water every three months and stored food every six months.
- Test and recharge your fire extinguisher(s) according to the manufacturer's instructions.
- Test your smoke detectors monthly and change the batteries at least once a year, or preferably every six months.

72-HOUR KIT

Disasters happen anytime and anywhere. When disaster strikes, you may not have much time to respond. A highway spill or hazardous materials incident could mean evacuation. A winter storm could confine your family at home. An earthquake, flood, tornado, or any other disaster could cut water, electricity, and telephones for days.

After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours, or it may take days. Would your family be prepared to cope with the emergency until help arrives?

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

Prepare Your Kit

Review the following checklists and gather supplies. Place the supplies you would most likely need for an evacuation in an easy-to-carry container.

There are six basics you should stock for your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies, and special items.

Possible Containers Include:

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

Have you thought about the supplies you need most? They are usually the hardest to come by during a disaster. Enlist the family's help to gather supplies for your emergency kit. Make sure you have enough supplies to last for at least three days. Think about where you live and your needs.

Water

- Store water in approved plastic containers. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people may need more.
- Store one gallon of water per person per day.
- Keep at least a three-day supply of water per person (two quarts for drinking, two quarts for each person in your household for food preparation/sanitation).
- Don't forget water for your pets.
- Treat all water if unsure of its purity before using it for drinking, food preparation or hygiene. Before treating, let any suspected particles settle to the bottom or strain through layers of paper towels or cloth. Water can be safely treated by:
 - Boiling for 10-12 minutes; or
 - Adding 6-10 drops of bleach (1/8 tsp) per gallon of water (don't use color-safe bleach). More bleach is not better, measure carefully.
- Rotate your water storage every 3 months.

Food

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

First Aid Kit

Assemble a first aid kit for your home, work, and one for each car. Some good ideas for a first aid kit include:

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

Many injuries are not life threatening and do not require immediate medical attention. Knowing how to treat minor injuries can make a difference in an emergency. Consider taking a first aid class, but simply having these things can help you stop bleeding, prevent infection, and assist in decontamination.

Non-Prescription Drugs

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

Tools and Supplies

- Mess kits OR paper cups, plates, and plastic utensils
- Emergency preparedness manual
- Battery-operated radio and extra batteries, or solar powered/hand-crank radio
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Fire extinguisher: small canister ABC type
- Tent
- Pliers
- Tape/Duct tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench (to turn off household gas and water)
- Whistle
- Plastic sheeting
- Extra set of car and house keys
- Map of the area (for locating shelters, evacuation routes, reception centers etc.)

Sanitation

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

Clothing and Bedding

- One complete change of clothing and footwear per person
- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat, gloves, and thermal underwear
- Sunglasses

Special Items

Remember family members with special requirements, such as infants, elderly, or disabled persons. Be sure to plan for their special needs.

Infant Needs

- Formula
- Diapers
- Bottles and powdered milk
- Medications

Other Considerations

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses
- Batteries for hearing aids

For Pets

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

Entertainment

- Games and books

Important Family Documents

- Keep these records in a waterproof, portable container:
 - Will, insurance policies, contracts, deeds, stocks and bonds
 - Passports, social security cards, immunization records
 - Bank account numbers
 - Credit card account numbers, companies, and phone numbers
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)
- Recent family photos for identification

Important Reminders

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

PREPARE YOUR VEHICLES

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

- First-aid kit with manual
- Flashlight and extra batteries
- Cell phone and phone card
- Roadside assistance card
- Portable radio and extra batteries
- Fire extinguisher (5 lb. A-B-C type)
- Extra fuses
- Flares or hazard reflectors
- Jumper cables
- Properly inflated spare tire
- Jack, lug wrench, tire gauge
- Basic tool kit
- Windshield scraper & brush
- Small folding shovel
- Sand for traction Good shoes
- Duct tape
- Extra clothes, gloves and hats
- Gloves, rags, paper towels
- List of important phone numbers, local and out-of-town
- Detailed Maps
- Waterproof matches and candles
- Whistle and small mirror
- Pen, pencil, paper
- Cash (bills and coins)
- Drinking water
- Bleach (disinfecting)
- Non-perishable energy foods
- Can Opener
- Medications
- Toiletries
- Pre-moistened wipes
- Good Shoes
- Extra clothes, gloves and hats
- Blankets or sleeping bag

Keep first aid kit and food and water close to the driver's seat if you are traveling alone. You may become trapped in your vehicle and are unable to access your vehicle's storage area. Most important, remain calm.

HOME HAZARD HUNT

Check for Electrical Hazards

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

Check for Chemical Hazards

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

Check for Fire Hazards

Eliminate combustibles (yard waste, papers, rags, old mattresses).
Separate heat sources (appliances, candles, portable heaters, etc.) and combustibles. Keep chimneys, flue pipes, vents and vent connectors clean and in good repair. Keep portable heaters in low traffic areas.

Safety Equipment

Install a smoke alarm in each bedroom, hallway, and level of your home.
Test monthly and replace batteries at least yearly.
Learn how to use your ABC fire extinguisher.

Secure Large Items in Your Home

Anchor water heater, large appliances, tall or heavy furniture, and pictures to studs in the wall.
Install a flexible gas line on gas appliances.
Store heavy objects on lower shelves; secure cabinet doors.
Avoid placing beds under windows or heavy objects.
Brace overhead light fixtures or fans.

Utilities

Show responsible members of the family the location of utility shut-off valves and how to operate them.

EMERGENCY SANITATION

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

Supplies

Always have basic sanitation supplies on hand

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

Sanitation

Build a makeshift toilet

If sewage lines are broken but the toilet bowl is usable, place a garbage bag inside the bowl.

If the toilet is completely backed up, make your own:

Line a medium sized bucket with a garbage bag.

Make a toilet seat out of two boards placed parallel to each other across the bucket.

An old toilet seat will also work.

Sanitize Waste

After each use, pour a disinfectant such as bleach into the container. This will help avoid infection and stop the spread of disease.

Cover the container tightly WHEN NOT IN USE.

Waste Disposal

Bury garbage and human waste to avoid the spread of disease by rats and insects.

Dig a pit 2-to-3 feet deep and at least 50 feet downhill or away from any well, spring or water supply.

If the garbage cannot be buried immediately, strain any liquids into the emergency toilet.

Wrap the residue in several layers of newspapers and store it in a large can with a tight-fitting lid.

Place the can outside until it can be buried.

EVACUATION

Several types of disasters may force you to evacuate your home. If you are told to evacuate, take the following steps:

- Listen carefully to instructions given by local officials. Evacuate immediately if told to do so.
- If you have time, grab your portable disaster (72-hour) kit. Make sure you include any last-minute items, such as prescription medication, that you may need.
- Wear appropriate clothing and sturdy shoes.
- Lock your home.
- Use travel routes outlined by local officials. Do not take short cuts; they may be unsafe.
- Keep fuel in your car if evacuation seems likely. Gas stations may be closed during emergencies.

If you go to a shelter, notify staff of any special needs you may have. They will try to accommodate you and make you comfortable.

Be prepared to leave your home if:

- Your area is without electrical power or water for an extended period of time.
- There is a chemical emergency affecting your area.
- Flood water is rising.
- A wild land fire is burning near your home.
- Your home has been severely damaged.
- Local officials tell you to evacuate.

Evacuations are more common than many people realize. Hundreds of times each year, transportation and industrial accidents release harmful substances, forcing thousands of people to leave their homes. Fires and floods cause evacuations even more frequently.

SHELTER IN PLACE

Shelter in place simply means staying inside your home or business. During an accidental release of toxic chemicals, or emergencies involving hazardous materials where air quality may be threatened, shelter in place keeps you inside a protected area and out of danger.

If shelter in place is necessary you will be notified by local authorities. If you are asked to shelter in place, take the following steps:

- Take your children and pets inside immediately. While gathering your family, cover your mouth and nose with damp cloth to provide a minimal amount of protection.
- Close all windows and doors in your home as well as the fireplace damper.
- Turn off all fans, heating and air conditioning systems, and any other ventilation.
- Go to an above-ground room (not the basement) with the fewest windows and doors. Be sure to take a radio with you.
- Wet some towels and jam them in the crack under the door. Tape plastic sheeting or garbage bags over the door, window, exhaust fan, vents, and outlets.
- Close drapes, or shades over windows. Stay away from windows.
- Stay in the room and listen to your radio until you are told all is safe or you are told to evacuate.
- Once you are told to stop sheltering-in-place, vent your house by opening windows and turning on fans.

It is a good idea to take your 72-HOUR KIT with you as you shelter in place.

Be sure everyone in your household knows where to find shelter from all hazards that affect your area.

ACCIDENTAL POISONING

Before Poisoning

- Place poison control number near the phone (1-800-222-1222).
- Do not leave children alone or unattended.
- Be aware of all potential hazards in your home.
- Never call medicine “candy.”
- Keep all cleaning supplies or hazards in a secure place.
- Keep activated charcoal on hand.

After Poisoning

- Call the Poison Control Center at 1-800-222-1222.
- Follow the Poison Control Center's instructions.

Inhaled Poisoning

- Immediately get the victim to fresh air.
- Avoid breathing fumes.
- Open doors and windows wide.
- If victim is not breathing, have someone call 911 then start CPR.

Poison on the Skin

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

Poison in the Eye

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

Swallowed Poison

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

COPING WITH DISASTERS

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

Common Responses

The **physical effects** caused by a traumatic event include the following. Seek medical attention if any of these symptoms persist:

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

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

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

Local officials are the best source of information. Follow their instructions during and after emergencies regarding sheltering, food, water, and cleanup.

What You Can Do for Yourself

There are many things you can do to cope with traumatic events.

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

What You Can Do for Your Child

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

Working with neighbors can save lives and property. Meet with your neighbors to plan how the neighborhood could work together after a disaster until help arrives. If you're a member of a neighborhood organization, such as a home association or crime watch group, introduce disaster preparedness as a new activity. Know your neighbor's special skills (e.g. medical, technical) and consider how you could help neighbors who have special needs, such as disabled and elderly persons. Make plans for child care if parents can't get home.

ANIMALS AND DISASTERS

Your animals need to be included in your family disaster plan since they depend on you for their well-being. Your disaster plan should include a list of emergency phone numbers for local agencies that can assist you if disaster strikes including: your veterinarian, local animal shelter, local agricultural school(s), county extension service, and local Red Cross chapter. These contacts may be able to provide information concerning your pets during a disaster. These numbers should be kept with your disaster kit in a secure, but easily accessible place.

Pets

If you must evacuate, make sure you have a plan for your pets! There is a chance they will not survive or they may get lost before you return.

With the exception of service animals, pets are not permitted in emergency shelters. Find out which motels allow pets and where boarding facilities are located. Boarding facilities will require veterinarian records to prove vaccinations are current. Not all animal shelters will provide care for pets during emergencies. They should only be used as a last resort. Use friends and family or keep your pets with you if possible.

Be sure your pet has proper identification tags securely fastened to the collar. If possible, attach the address and/or phone number of your evacuation site. Make sure you have a current photo of your pet for identification purposes.

Make sure you have a secure pet carrier and leash for your pet. Pets may need to be restrained during tense emergency situations.

Create a disaster supply kit for your pet. Take it with you and be prepared to leave it with whoever assumes responsibility for your pet. Include:

- Pet food and water
- Medication and veterinary records
- Litter box
- Food and water dish
- First aid kit
- Information sheet with pet's name, feeding schedule, and any behavior problems

If you have no alternative but to leave your pet at home, there are some precautions you must take. Confine your pet to a safe area inside. NEVER leave your pet chained outside! Place a notice outside in a visible area, advising that pets are in the house and

where they are located. Provide a phone number where you or a contact can be reached as well as the name and number of your vet.

Have a back-up plan in case you are not at home when an evacuation is ordered. Find a trusted neighbor who will agree to take your pets in case you are not there and meet you at a prearranged location. Make sure this person is comfortable with your pets, knows where they are likely to be, and where to find your pet emergency kit.

Livestock

Prepare livestock in advance by having transportation and an evacuation destination prearranged. Alternate routes should be mapped out in case the planned route is not accessible.

The evacuation sites should have or be able to readily obtain food, water, veterinary care, handling equipment, and facilities. If evacuation is not possible, a decision must be made whether to move large animals to available shelters or to release them.

All animals should have some form of identification that will help facilitate their return.

Wildlife

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

When disaster strikes, the same rules that apply to people, also apply to pets in that preparation makes all the difference. If it's not safe for you, it's not safe for pets. Disaster plans aren't only essential for the safety of pets. If you're responsible for other kinds of animals during natural disasters, disaster plans for feral or outdoor cats, horses, and animals on farms can be lifesavers.

CHILDREN AND DISASTERS

Children may experience trauma and fear during a natural disaster. They will be better off if they know what to do during a disaster because they have practiced family disaster drills. When parents are calm, children calm down quicker.

Before a disaster:

- Familiarize yourself with the emergency response plans of schools and/or daycare your children attend.
- Find out if the school/daycare will keep your kids or send them home in an emergency.
- Decide if your child can get into your home if you are not there.
- Decide if your children take care of themselves or if a neighbor takes care of them.

- Develop and practice a family disaster plan.
- Teach children how to recognize danger signals.
- Explain how to call for help (911).
- Help children memorize important family information.
- Help children memorize their street address, not the P.O. Box.
- Include children's toys and special foods in 72-HOUR KIT.

After a disaster:

Children are most afraid the disaster will happen again and that someone will be hurt or killed, or they will be separated from family and left alone. Help minimize children's fears by:

- Keeping the family together; do not leave children with relatives or friends -take your children with you.
- Calmly and firmly explain the situation and your plans.
- Talk to your children at eye level.
- Encourage children to talk about the disaster and ask questions.
- Include children in recovery activities by giving them chores that will help them feel they are helping things get back to normal.
- Reassure children with firmness and love.
- Sympathize with and resolve their anxieties.
- Hold your children and spend more time with them.

Disasters are upsetting experiences for everyone involved. Children may become afraid and some elderly people may seem disoriented at first. People with access or functional needs may require additional assistance. Seek crisis counseling if you or someone in your family is experiencing issues with disaster-related stress.

INFLUENZA PANDEMIC

A pandemic is a worldwide disease outbreak. An influenza pandemic occurs when a new “Influenza A” virus emerges and there is little or no immunity in humans.

A pandemic influenza virus causes serious illness and then spreads easily from person-to-person. It could be mild, moderate, or very severe, even leading to death. The Federal Government, State of Utah and the Weber-Morgan Health Department are taking steps to prepare for and respond to an influenza pandemic.

If a pandemic occurs, it is likely to last several months or possibly longer. A widespread outbreak of influenza could require temporary changes in many areas of society, such as schools, work, transportation, and other public services. Social distancing measures could be implemented where public gatherings such as sporting events, church meetings, and public gatherings would be closed to prevent further spread of the disease.

An informed and prepared public can take appropriate actions to decrease their risk during a pandemic. To be prepared for such an emergency, the Weber-Morgan Health Department encourages individuals and families to:

- Talk with your local public health officials and health care providers, who can supply information about the signs and symptoms of a specific disease outbreak and recommend prevention and control actions.
- Check the Weber-Morgan Health Department website at www.webermorganhealth.org for the most current information.
- Adopt work and school procedures that encourage sick employees and students to stay home. Anticipate how to function with a significant portion of the workforce/school population absent due to illness or caring for ill family.
- Keep your immune system in check by practicing good health habits, eating a balanced diet, exercising daily, and getting sufficient rest.
- Take common-sense steps to stop the spread of germs including frequent hand washing, covering coughs and sneezes, and staying away from others as much as possible when you are sick.
- Stay informed about pandemic influenza and be prepared to respond. Consult www.pandemicflu.gov frequently for updates on national and international information on pandemic influenza.

Have a Plan

- Stock up on supplies for an emergency (see the list in this booklet).
- Make a list for every member of your family of the following items: current medical problems, prescriptions (include dosages), and allergies.

If the disease is severe and widespread, follow instructions from local officials or the WEBER-MORGAN HEALTH DEPARTMENT.

Their instructions may include:

- Stay at home from work/school if you are sick. Expect that schools, churches, and public gatherings such as sporting events may be canceled.
- Anticipate that stores may be closed and food and water may be hard to find.
- Health care will be different than it is now. Doctors and hospitals may be overwhelmed and you may be on your own to take care of family members.

Influenza Preparedness Tips: Avoid close contact with people who are sick. If possible, stay home from work, school, and errands. Cover your mouth and nose with a tissue when coughing or sneezing. Washing your hands often will help protect you from germs. Avoid touching your eyes, nose or mouth. Practice other good health habits.

FAMILY COMMUNICATION PLAN
Tear out and place in emergency kit

FAMILY COMMUNICATION PLAN

Police Non-Emergency

Fire Non-Emergency

Dispatch Center Non-Emergency

County Health Department

County Emergency Management

Other

FAMILY INFORMATION

Name

Phone

Date of Birth

Medical Information

WORK/SCHOOL INFORMATION

Name	Workplace	Phone
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Name	Workplace	Phone
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School/Day Care		Phone
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School/Day Care		Phone
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School/Day Care		Phone
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School/Day Care		Phone
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OUT OF TOWN CONTACTS

Name	Phone	E-mail	Facebook
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Name	Phone	E-mail	Facebook
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NEIGHBORHOOD MEETING PLACE

REGIONAL MEETING PLACE

MEDICAL / INSURANCE

Doctor	Phone
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Doctor	Phone
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Dentist	Phone
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Pharmacy	Phone
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Veterinarian	Phone
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Medical Insurance	Policy Number	Phone
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Homeowners/Rental Insurance	Agent/Policy Number	Phone
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ELDERLY / SPECIAL NEEDS PLANNING

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

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

- Establish a close network of relatives and friends who can assist your family in an emergency.
- Make sure caregivers know where to find the disaster supply kit.
- Remind family members to always wear a medical alert tag or bracelet if they have threatening health conditions.
- Compose a list of special items, equipment, and supplies family members will need during a disaster.

People with disabilities and special needs may require extra supplies such as:

- Prescription medications with a record of when and how much of the medicine they should receive
- Prosthetic devices
- List of style and serial numbers of medical devices o Extra eye glasses and a record of the prescription o Emergency medical certification
- Extra oxygen
- Extra pillows, bedding
- Medical insurance and Medicare cards
- Back-up power supplies or generators for heat or air-conditioning
- Extra wheelchair and hearing aid batteries
- Hygiene supplies

EARTHQUAKES

Before an Earthquake

- Secure water heater, storage shelves, heavy mirrors, pictures, etc.
- Place large or heavy objects on lower shelves.
- Know where, when, and how to shut off electricity, gas and water at main switches and valves.
- Have earthquake drills - identify safe spots in each room.
- Have an out-of-state contact person.
- Develop a plan for reuniting your family after an earthquake.
- Review your insurance policies.
- Keep a good pair of shoes and a flashlight near your bed.
- Prepare to survive on your own for at least three days. See "Your Family Disaster Supplies Kit" for instructions.

During an Earthquake

Stay calm. Stay where you are until the shaking has stopped and you are sure it is safe to move.

- **If you're indoors**, stay inside and find protection in a doorway, or crouch under a desk or table, away from windows, glass, brick walls and chimneys.
- **If you're outside**, stand away from buildings, trees, telephones and electrical lines.
- **If you're on the road**, drive away from under-passes/over-passes; stop in a safe area; stay in your vehicle.
- **If you're in an office building**, stay next to a pillar or column, or under a heavy table or desk.

Remain calm and stay inside during an earthquake. Most injuries during earthquakes occur when people are hit by falling debris when entering or exiting buildings. If you must go out after an earthquake, watch for fallen objects, downed electrical wires, weakened walls, bridges, roads, and sidewalks.

After an Earthquake

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

Utah is earthquake country. Earthquakes can strike at any time without warning, causing major damage to homes and critical infrastructure. They are almost always followed by aftershocks that can be even larger than the initial quake. Earthquakes in Utah are inevitable, but damage from them can be reduced. Steps you can take before, during, and after earthquakes will help make you and your family safer and reduce your injuries, damage, and losses.

LANDSLIDES

Landslides, also known as mudslides or debris flows, may occur in all parts of Utah and can be caused by a variety of factors including earthquakes, storms and fires.

Landslides can occur quickly, often with little notice. The best way to plan for a mudslide is to stay informed about changes in and around your home and area that could signal that a landslide is likely to occur. Look for changes in landscape and water drainage, or new cracks in foundations and sidewalks.

- Prepare for landslides by following proper land-use procedures. Avoid building near steep slopes or along natural erosion valleys.
- Consult a professional for advice on appropriate preventative measures for your home or business, such as flexible pipe fittings, which can better resist breakage.
- Stay Informed.
- Local authorities may not be able to provide immediate information on what is happening and what you should do. However, you should listen to NOAA Weather Radio, watch TV, listen to the radio or check the Internet often for official news and instructions as they become available.

GAS LEAKS

Emergency Control of Gas

- If you detect the smell of natural gas, leave your house immediately. Do not use any electrical device.
- Check house piping, appliances and vents for damage. Check for fires or fire hazards.
- Do not use matches, lighters or other open flames.
- Do not operate electrical switches, appliances, or battery-operated devices if you suspect natural gas leaks. This could create sparks that could ignite gas from broken lines.
- If gas line breakage is suspected, evacuate immediately and shut off the gas at the meter. Gas should only be turned back on by a qualified technician.
- Turn on a battery-operated radio if no gas leaks are found or a car radio to receive disaster instructions.
- Do not use your telephone except in extreme emergency situations. Call 911 from a neighbor's house.

EXPLOSIONS

If there is an Explosion:

- Take shelter against your desk or a sturdy table.
- Exit the building ASAP.
- Do not use elevators.
- Check for fire and other hazards.
- Take your emergency supply kit if time allows.
- Help others and provide first aid as necessary.

If there is a Fire:

- Exit the building immediately.
- Crawl low if there is smoke.
- Cover your nose and mouth to keep from breathing in smoke.
- Use the back of your hand to feel the upper, lower, and middle parts of closed doors.

- If the door is not hot, brace yourself against it and open slowly.
- If the door is hot, do not open it. Look for another way out.
- Do not use elevators
- If you catch fire, do not run. Stop, drop, and roll to put the fire out.
- If you are at home, go to a previously designated meeting place.
- Account for your family members and carefully supervise small children.
- Never go back into a burning building.

If You Are Trapped in Debris:

- If possible, use a flashlight to signal your location to rescuers.
- Avoid unnecessary movement so that you don't kick up dust.
- Cover your nose and mouth with anything you have on hand. (Dense-weave cotton material can act as a good filter. Try to breathe through the material.)
- Tap on a pipe or wall so that rescuers can hear where you are.
- If possible, use a whistle to signal rescuers.
- Shout only as a last resort. Shouting can cause a person to inhale dangerous amounts of dust.

HAZARDOUS MATERIALS INCIDENTS

Before an Incident

- Be prepared to evacuate. An evacuation could last for a few hours or several days.
- Be prepared to shelter-in-place.
- Keep your 72-HOUR KIT updated.

During an Incident

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

After an Incident

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

Billions of pounds of hazardous materials are transported across Utah's roadways each year, with more than 400,000 trucks carrying these materials. Some of the most common commodities include flammable liquids (gasoline and other fuels), followed by compressed gases (propane, etc.). Very small percentages carry radioactive materials. The Division of Emergency Management utilizes a regional approach which can provide rapid response to hazmat incidents in local communities.

HOUSEHOLD CHEMICAL EMERGENCIES

Before a Household Chemical Emergency:

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

Take the Following Precautions to Prevent and Respond to Accidents:

- Follow the manufacturer's instructions for the proper use of the household chemical.
- Never smoke while using household chemicals.
- Never use hair spray, cleaning solutions, paint products, or pesticides near an open flame.
- Clean up any chemical spill immediately, wear gloves and eye protection. Appropriate absorbent will vary depending on the chemical class. When the spilled material has been absorbed, place in an appropriate bag, which is housed in a secondary container.
- Dispose of hazardous materials correctly. Take household hazardous waste to a local collection program.

During a Household Chemical Emergency, be Prepared to Seek Medical Assistance:

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

If there is a Danger of Fire or Explosion:

- Get out of the residence immediately. Do not waste time collecting items or calling the fire department when you are in danger. Call the fire department from outside (a cellular phone or a neighbor's phone) once you are safely away from danger.
- Stay upwind and away from the residence to avoid breathing toxic fumes.
- If someone has been exposed to a Household Chemical:
- Find any containers of the substance that are readily available in order to provide requested information. Call emergency medical services.
- Follow the emergency operator or dispatcher's first aid instructions carefully. Do not give anything by mouth unless advised to do so by a medical professional or poison control.

WINTER STORMS

Before a Storm:

- Arrange for emergency heat supply in case of power failure.
- Prepare auto, battery-powered equipment, food, heating fuel, and other supplies.
- Prepare a car winter survival kit. Include the following items: blankets or sleeping bags, flares, high energy foods (candy, nuts, and raisins), a first aid kit, flashlights, extra clothing, knives, a compass, candles and matches, water, maps, jumper cables, tow chain, shovel, windshield scraper, a sack of sand, and paper and pen to leave a note in case you evacuate your car.
- Keep car fuel tank above half full.

During and After the Storm:

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

If Trapped in Your Car:

- Stay in your car for warmth; do not try to walk out, you can be found easier.
- Use a candle for warmth with the rear window open slightly for ventilation. Run the motor for only 10 minutes each hour for heat. Make sure the exhaust pipe is not blocked.
- Change positions frequently.
- Stay alert. Do not let all occupants of the car sleep at once.

About 70% of winter deaths related to snow and ice occur in automobiles. Travel by car in daylight, don't travel alone, keep others notified of your schedule, and stay on main roads.

HIGH WINDS

Before High Winds

- Survey your property. Take note of materials stored, placed, or used, which could become missiles and destroy other structures or be destroyed. Devise methods of securing these items where they will still be accessible for day-to-day needs.
- Keep tall trees properly pruned, away from power lines.
- Keep radio and/or TV on and monitor for wind advisories.
- If possible, board up, tape or shutter all windows, but leave some ventilation.
- Store water in case water service is interrupted.
- Have a supply of flashlights, spare batteries, candles, first aid equipment, medicines, etc., available for use.
- Have plastic sheeting available in case roof is damaged and it begins to rain.
- Secure outdoor furniture, trash cans, tools, etc.
- Take pictures of the house/yard and inside possessions for possible insurance purposes.

During High Winds

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

After Winds Subside

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

Because of its varied terrain and climate, Utah can experience a variety of severe weather conditions. In a typical year, Utah can experience everything from blizzards to tornadoes. Winter snowstorms can knock out power and make for slick and icy driving conditions. Avalanches and lightning strikes have claimed the lives of many outdoor adventurers. Flash-flooding has caused damage to several areas of the state. Utah has even seen a number of tornadoes, the most notable cutting a swath through the middle of downtown Salt Lake City. Dense fog has also enveloped parts of the state, leading to dangerous conditions both on the ground and in the air. Windstorms have also caused extensive damage in parts of the state.

THUNDERSTORMS AND LIGHTNING

Protect yourself:

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

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

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

Lightning often strikes outside of heavy rain and may occur as far as 10 miles away from any rainfall.

POWER OUTAGE

Home Electrical Circuits

- Electrical sparks have the potential of igniting natural gas if it is leaking. It is wise to teach all responsible household members where and how to shut off the electricity.
- Locate your electrical circuit box. For your safety, always shut off all the individual circuits before shutting off the main circuit.
- Know when it is appropriate and how to shut off your electricity.

Before a Power Outage

- Learn the location of the fuse box or circuit breaker.
- Store candles, flashlights, and extra batteries in convenient places.
- Have food and water supplies on hand.
- Know the locations of all camping equipment: stove, lantern, sleeping bags.
- Make sure equipment is operational and that you know how to use it. Use camping equipment requiring gasoline, propane, white fuel, or charcoal briquettes outside only.
- Purchase and install approved surge protectors for appliances and electronics.

During the Power Outage

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

After the Power Outage

- When power is restored, plug in appliances one by one, waiting a few minutes between each one. This will prevent overloading the system.
- Be patient. Energy may first be restored to police and fire departments and hospitals.
- Examine your frozen food. If it still contains ice crystals, it may be refrozen. If meat is off-color or has an odd odor, throw it away.

FLOOD

Before a Flood

- Know the elevation of your property in relation to flood plains, streams and other waterways. Determine if your property may be flooded.
- Plan what to do and where to go in case of a flood.
- Prepare a disaster supply kit - 72-HOUR KIT.
- Fill your car with gas in case you have to evacuate.
- Move furniture and essential items to higher elevation, if time permits.
- Have a portable radio and flashlights with extra batteries.
- Secure your home.
- Consider flood and earthquake insurance.

Evacuation

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

After a Flood

- Remain away from evacuated area until public health officials and the building inspector have given approval.
- Check for structural damage before entering.
- Make sure electricity is off; watch for electrical wires.
- Do not use open flame as a light source because of the possibility of escaping gas. Use flashlights. Beware of dangerous sparks.
- Do not use food contaminated by flood water.
- Test drinking water for suitability with test kits.
- Avoid walking in flood water. Do not let children play in flood water.

WILDLAND FIRES

Before a Wildfire:

- Mark the entrance to your property with address signs that are clearly visible from the road.
- Keep lawns trimmed, leaves raked, and the roof and rain gutters free from debris such as dead limbs and leaves.
- Stack firewood at least 30 feet away from your residence.
- Store flammable materials, liquids, and solvents in metal containers outside your residence at least 30 feet away from structures and wooden fences.
- Create defensible space by thinning trees and brush and removing dead wood, debris, and low tree branches around your home.
- Landscape your property with fire-resistant plants and vegetation to prevent fire from spreading quickly. For example, hardwood trees are more fire-resistant than pine, evergreen, or fir trees.
- Make sure water sources, such as hydrants, ponds, swimming pools, and wells are accessible to the fire department.
- Use fire-resistant, protective roofing and materials like stone, brick, and metal to protect your residence. Avoid using wood materials. They offer the least fire protection.
- Cover all exterior vents, attics, and eaves with metal mesh screens no larger than 6 millimeters or 1/4 inch to prevent debris from collecting and to help keep sparks out.
- Install multi-pane windows, tempered safety glass, or fireproof shutters to protect large windows from radiant heat.
- Use fire-resistant draperies for added window protection.
- Have chimneys, wood stoves, and all home heating systems inspected and cleaned annually by a certified specialist.
- Insulate chimneys and place spark arresters on top. The chimney should be at least 3 feet above the roof.
- Remove branches hanging above and around the chimney.

Follow Local Burning Laws:

Before burning debris in a wooded area, make sure you notify local authorities, obtain a burning permit, and follow these guidelines:

- Use an approved incinerator with a safety lid or covering.
- Create a clearing around the incinerator before burning debris.
- Have a fire extinguisher or garden hose on hand when burning debris.

During a Wildfire:

- If a wildfire threatens your home and time permits, take the following precautions:
- Shut off gas at the meter. Only a qualified professional can safely turn the gas back on.
- Seal attic and ground vents with pre-cut plywood or commercial seals.
- Turn off propane tanks.
- Place combustible patio furniture inside.
- Connect garden hose to outside taps. Place lawn sprinklers on the roof and near above-ground fuel tanks. Wet the roof.
- Gather fire tools such as a rake, axe, handsaw or chainsaw, bucket, and shovel.
- Back your car into the garage or park it in an open space facing the direction of escape. Shut doors and roll up windows. Leave the key in the ignition and the car doors unlocked. Close garage windows and doors, but leave them unlocked. Disconnect automatic garage door openers.
- Open fireplace damper. Close fireplace screens.
- Close windows, vents, doors, blinds or noncombustible window coverings, and heavy drapes. Remove flammable drapes and curtains.
- Move flammable furniture into the center of the residence away from windows and sliding-glass doors.
- Close all interior doors and windows to prevent drafts.
- Place valuables that will not be damaged by water in a pool or pond.

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

HOUSEHOLD FIRE

Before a Fire:

- Do not store flammable liquids inside the home.
- Do not run wires under carpets or rugs.
- Do not store matches or cigarette lighters where children can get them.
- Do not leave cooking unattended.
- If you smoke, do not smoke in bed or in other positions where you may fall asleep. Also, have many large ashtrays in the home.
- Know avenues of escape. Always have two ways out of every room.
- Have a place to meet so no one tries to go back into a burning building to look for someone needlessly.
- Have fire extinguishers near the kitchen and the garage.
- Have escape ladders for all windows higher than eight feet off the ground.
- Install a smoke detector in every bedroom, in every hallway outside of a bedroom, and at least one on every level of the house. Test the smoke detectors monthly. Change the batteries in the smoke detectors in the fall when you change your clocks from daylight savings time.
- Plan and practice a family fire drill on the first of each month. A good plan will have a meeting place, two ways out of every room, and escape ladders.

Wildfires are a part of the natural ecosystem. The area in which homes and other human development intermingle with wild lands is referred to as the urban/wild land interface. The meeting of wild land and residential areas presents a serious threat to life and property. In July of 2014 a wildfire forced voluntary evacuations near the mouth of Ogden Canyon. The fire spread rapidly and firefighters closed Bonneville Shoreline Trail and Indian Trail for access to the fire. Wildfires greatly increase the threat of flooding and mudslides by stripping the native vegetation that holds the soil in place. This decreases the soil's ability to absorb water, resulting in faster runoff from storms and snowmelts.

During a Fire:

- If you are outside, stay outside. Do not return for anything. Do not re-enter the building until appropriate authorities have given permission.
- If you are inside, get out. Go to the nearest house or building and call 911. Report the address and type of fire. Listen to and follow instructions. Go to the family meeting place.
- If you are inside and have time, make sure everyone is out.
- If you are in a closed room or office, do not open the door without first feeling it or the door knob. If it is warm or hot, do not open it, but unlock it to help fire personnel.

- If there is smoke, get under the smoke, no matter how low it is, and get out of the building.
- If you cannot use the door or other means of escape to exit, and there is smoke, use clothes, sheets, etc. to stop the smoke from coming in. Go to the window and yell or blow a whistle.
- If you see someone on fire, use a coat or blanket, but not your bare hands, to smother the flames.
- Watch to see that nobody goes back inside to rescue anything or anyone.
- If possible, turn off the gas and electricity from outside the house.
- In a public building, know two ways out. If you hear a fire alarm, immediately exit the building regardless of what you are doing. Follow the established evacuation instructions.

Each year more than 3,000 Americans die and more than 15,000 are injured in fires, many of which could be prevented. Direct property loss due to fire is estimated at \$11.5 billion annually. Working smoke alarms decrease your chances of dying in a fire by half.

TERRORISM

Preparing for Terrorism:

Wherever you are, be aware of your surroundings. The very nature of terrorism suggests there may be little or no warning.

- Take precautions when traveling. Be aware of conspicuous or unusual behavior. Do not accept packages from strangers. Do not leave luggage unattended. Unusual behavior, suspicious packages and strange devices should be promptly reported to the police or security personnel.
- Do not be afraid to move or leave if you feel uncomfortable or if something does not seem right.
- Learn where emergency exits are located in buildings you frequent. Take note of where exits and staircases are located when you enter unfamiliar buildings.
- Assemble a disaster supply kit at home and learn first aid.

Chemical Attack:

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

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

Biological Attack:

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

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

The CDC has listed the following agents as Category A agents, meaning they pose the greatest potential public health threat: anthrax, botulism, plague, smallpox, tularemia and viral hemorrhagic fevers.

RADIOLOGICAL EVENT

A radiation threat, commonly referred to as a "dirty bomb" or "radiological dispersion device (RDD)", is the use of common explosives to spread radioactive materials over a targeted area. It is not a nuclear blast. The force of the explosion and radioactive contamination will be more localized. While the blast will be immediately obvious, the presence of radiation will not be clearly defined until trained personnel with specialized equipment are on the scene. As with any radiation, you want to try to limit exposure. It is important to avoid breathing radiological dust that may be released in the air.

If there is a Radiation Threat or "Dirty Bomb":

If you are outside and there is an explosion or authorities warn of a radiation release nearby, cover your nose and mouth and quickly go inside a building that has not been damaged.

If you are already inside, check to see if your building has been damaged. If your building is stable, stay where you are. Close windows and doors; turn off air conditioners, heaters or other ventilation systems.

If you are inside and there is an explosion near where you are OR you are warned of a radiation release inside, cover nose and mouth and go outside immediately. Find a building or other shelter that has not been damaged and quickly get inside. Once you are inside a safe building, close windows and doors; turn off air conditioners, heaters or other ventilation systems.

If you think you have been exposed to radiation, take off your clothes (place them outdoors in a container) and shower as soon as possible. Wash thoroughly around your mouth and nose. Stay where you are, watch TV, listen to the radio, or check the Internet for official news as it becomes available.

Remember, to limit the amount of radiation you are exposed to, think about time, distance, and shielding:

- **Time:** minimizing time spent exposed will also reduce your risk.
- **Distance:** the farther away you are away from the blast and the fallout (dust and debris), the lower your exposure.
- **Shielding:** if you have a thick shield between yourself and the radioactive materials more of the radiation will be absorbed and you will be exposed to less.

ADDITIONAL RESOURCES

Are You Ready? A Guide to Citizen Preparedness, <http://www.ready.gov/are-you-ready-guide>

Federal Emergency Management Agency, www.fema.gov

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

American Red Cross, <http://www.redcross.org/utah>

National Organization on Disability, www.nod.org

U.S. Department of Education, www.ed.gov

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

Center for Disease Control, www.cdc.gov

National Disaster Education Coalition, www.disastereducation.org

Weber-Morgan Health Department, www.webermorganhealth.org

State of Utah Division of Homeland Security, www.des.utah.gov

Utah Department of Health, www.health.utah.gov

Be Ready Utah, www.utah.gov/beready/index.html

IMPORTANT PHONE NUMBERS

General Emergency

Police, Fire, or Ambulance.....	9-1-1
Weber Area Dispatch (Non-Emergency)	(801) 395-8221

Incorporated Municipalities

Farr West	(801) 731-4187
Harrisville.....	(801) 782-9648
Hooper.....	(801) 732-1064
Huntsville.....	(801) 745-3420
Marriott-Slaterville	(801) 627-1919
Morgan	(801) 829-3461
North Ogden.....	(801) 782-7211
Ogden	(801) 629-8101
Plain City	(801) 731-4187
Pleasant View	(801) 782-8529
Riverdale.....	(801) 394-5541
Roy.....	(801) 774-1020
South Ogden.....	(801) 622-8585
Uintah	(801) 479-4130
Washington Terrace	(801) 393-6349
West Haven	(801) 731-4519

IMPORTANT PHONE NUMBERS

Weber County Response Departments

Animal Services.....	(801) 399-8244
Operations.....	(801) 625-3850
Roads.....	(801) 399-8440
Sheriff’s Office.....	(801) 778-6602
Weber Fire District.....	(801) 782-3680
Weber Human Services.....	(801) 625-3700

Weber-Morgan Health Department

Main Line.....	(801) 399-7100
Emergency Services / Preparedness.....	(801) 399-7169
Environmental Health.....	(801) 399-7160
After hours Hotline (Hazmat).....	(801) 399-7169
Emergency Epidemiology.....	(801) 399-7234
Clinical Services.....	(801) 399-7250
Health Promotion.....	(801) 399-7180
Women / Infant / Children (WIC).....	(801) 399-7200
Auto Emissions.....	(801) 399-7140

Weber State University

Police.....	(801) 626-6460
Emergency Management.....	(801) 626-8126
Fire Marshal.....	(801) 626-7062
General Information.....	(801) 626-6000

IMPORTANT PHONE NUMBERS

Local Hospitals

- McKay-Dee Hospital (801) 387-2800
- Ogden Regional Medical Center (801) 479-2111

School Districts

- Morgan School District (801) 829-3411
- Ogden School District (801) 737-7300
- Weber School District..... (801) 476-7850

Utilities

- Century Link Communications (800) 573-1311
- Rocky Mountain Power (Outages & Emergencies) (877) 548-3768
- Questar Gas (Line breaks, Leaks, and Odors) (800) 541-2824

Other Important Numbers

- Association for Utah Community Health..... (801) 974-5522
- Poison Control (800) 222-1222
- State-Wide Road Conditions (800) 492-2400
- Utah Red Cross (801) 323-7000