

# **FAMILY GUIDE**

## **For**

# **EMERGENCY PREPARED**

# **NEIGHBORHOODS**

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# EMERGENCY PREPARED HANDBOOK

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**PURPOSE:**

To have an outreach program designed to increase citizen, family, neighborhood and community basic preparedness actions to raise their chances of survival and enhance their ability to cope with a disaster.

**OBJECTIVES:**

1. To encourage and facilitate organized emergency preparedness activities in neighborhoods and communities
2. To build awareness of threats and hazards
3. To provide information and useful materials
4. To foster interest in a coordinated approach to disaster preparedness on a neighborhood level through existing community based programs.

**TASKS:**

To help each participant:

1. Identify what hazards they face in their community,
2. Develop family emergency planning and response steps,
3. Identify responsibilities for each participant,
4. Establish a method for practicing and maintaining their plan.

# FOUR PHASES of EMERGENCY MANAGEMENT



## **ARE YOU READY?**

The primary hazard in Montgomery County, Kansas is Tornado/Severe Weather. An extensive warning & communications system is in place in the urban areas to alert citizens to imminent danger and in the rural areas citizens are advised to monitor radio and television broadcasts during threatening storms. However, when a disaster does occur, it will take the cooperative effort of all elements of our communities to restore a normal state for all concerned. The basic building block is the family unit. The greatest resource for any community is its people. They also have the most at stake – their families.

The Federal Emergency Management Agency (FEMA), the states, the counties, and the cities all have big, thick disaster plans. However, the public-at-large has no conception of how those plans affect their family. In an effort to educate families in disaster preparedness, this publication has been prepared. **This is a family disaster preparedness plan.** The purpose of the publication is to increase citizen, family, neighborhood, and community preparedness, thereby boosting their chance of survival and enhance their ability to cope with disaster.

### **Families are encouraged to:**

- develop a home fire evacuation plan
- develop tornado safety and chemical emergency shelter-in-place plans
- put together a three-day disaster kit
- get first aid and CPR training
- establish near and far contacts in case of disaster.

# Montgomery County Hazard Analysis

<b>HAZARD</b>	<b>PROBABILITY</b>	<b>VULNERABILITY</b>
Severe Storms	Medium to High	Low to High
Tornadoes	Medium to High	High
Winter Storms	High	Medium to High
Floods	Medium	Medium to Very High
Flash Floods	Medium	Medium
Drought	Medium to High	Medium
Earthquake	Low to Medium	Low to Medium
Civil Disturbance	Very Low to Medium	Low
Terrorism: Conventional	Very Low to Medium	Medium to High
Hazmat: Fixed Facilities	Low to High	Medium
Transportation	Medium to High	Medium
Nuclear Attack	Very Low	Medium
Nuc\Chem\Bio	Very Low to Medium	High

**Probability:** How likely is an event to occur?

**Vulnerability:** How severe is the potential impact if it does occur?

**VL - Very Low ; L – Low; M – Medium; H – High; VH - Very High**

## SEVERE STORMS

### THUNDERSTORMS AND LIGHTNING

The Montgomery County area is affected on an average by 40-60 thunderstorm days per year. The typical thunderstorm is 15 miles in diameter and lasts an average of thirty minutes. All thunderstorms are dangerous. The offspring of thunderstorms are strong winds, lightning, hail, heavy rain, flash floods and flooding, downbursts, and tornadoes. Only about 10% of storms that occur each year in the United States are classified as severe. National Weather Service considers a thunderstorm severe if it produces hail at least 3/4 inch in diameter, winds 58 mph or higher, or tornadoes. Thunderstorms frequently occur in the late afternoon and at night in the Plains States. Although most likely to happen in the spring and summer months, they can occur year around and at all hours.

### SEVERE THUNDERSTORM (or TORNADO) WATCH

Listing the area where the potential for these storms is likely to occur. Watches are issued by the Storm Prediction Center in Norman, Oklahoma when the threat appears. Watches are issued to heighten public awareness anywhere from 2-6 hrs before severe weather may develop in a specific geographic area that may include 30,000 square miles.

## **SEVERE THUNDERSTORM (or TORNADO) WARNING**

Warnings are issued by the Weather Service Office (WSO) or Warning & Forecast Office (WFO) in their area of responsibility when the threat poses an imminent danger to life and property to those in the path of the storm. A warning is issued based on information reported by spotters or indicated by radar.

## **LIGHTNING**

More deaths are attributed to lightning each year than tornadoes and hurricanes combined. Most lightning deaths and injuries occur when people are caught outdoors. Lightning occurs with all thunderstorms and is the result of a sudden discharge of the electrical potential between the positive and negative charges generated in a thunderstorm. Lightning produces an electric charge or current that generates an enormous amount of heat - up to 50,000 Fahrenheit. The rapid heating and cooling of the air near the lightning channel causes a shock wave that results in **thunder**. Lightning also causes several hundred million dollars in damage to property and forests yearly. A cloud to ground lightning strike begins as an invisible channel of electrically charged air moving from the cloud toward the ground. When one channel nears an object on the ground, a powerful surge of electricity from the ground moves upward to the cloud and produces the visible lightning strike!

### **MYTHS:**

- *If it is not raining, there is no danger from lightning.*
- *The rubber soles of shoes and tires on a car will protect you from a lightning strike.*
- *People struck by lightning carry an electrical charge and should not be touched.*
- *“Heat lightning” occurs after very hot summer days and poses no threat.*

### **FACTS:**

- Lightning often strikes outside of heavy rain and may occur as far as ten miles away from any rainfall.
- Rubber-soled shoes and rubber tire provide NO protection from lightning.
- However, the steel frame of a hard-topped vehicle provides increased protection if you are not touching metal.
- Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.
- Lightning-strike victims carry no electrical charge and should be assessed and treated immediately for injuries or need for resuscitation.
- What is referred to as “heat lightning” is actually lightning from a thunderstorm too far away for thunder to be heard. However, the storm may be moving in your direction.

## FLASH FLOODS / FLOODS

This offspring of the thunderstorm is the number one natural hazard killer each year. Most flash flood deaths occur at night trapping people in automobiles. The two key ingredients that contribute to flash flooding are rainfall intensity and duration - the rate of the rainfall and how long the rain lasts. Other factors include topography, soil conditions, and ground cover.

Flash floods occur within minutes or hours of excessive rainfall. Most flash flooding is caused by slow moving thunderstorms or thunderstorms repeatedly moving over the same area. Montgomery County is prone to flash flooding along several main waterways including the Verdigris River Basin and the Elk River Basin, to include all their tributaries.

Resident should know the potential in their area for flooding or flash flooding. Even 6 inches of fast-moving floodwater can knock you off your feet, and a depth of two feet will float your car! Never try to walk, swim, or drive through floodwaters. If you live within a flood plain, contact your insurance agent and verify that you carry flood insurance on your property.

## STRAIGHT-LINE WINDS AND DOWNBURSTS

Straight-lined winds are responsible for most thunderstorm wind damage. Winds can exceed 100 mph. One type of straight-lined wind is the downburst. A **downburst** is an area of rapidly descending air beneath a thunderstorm. The strong winds usually approach from one direction and may be known as "straight-line" winds. They can, in extreme cases, cause damage equivalent to a strong tornado causing significant damage to some buildings. A downburst greater in size than 2.5 miles is called a *macro burst*. A downburst smaller than 2.5 miles is called *microburst*. Microburst can be wet or dry.

## TORNADOES

Tornadoes occur most frequently in the United States east of the Rocky Mountains. A tornado is defined as a violently rotating column of air extending from a thunderstorm to the ground. The most violent tornadoes are capable of tremendous destruction with wind speeds of 250 mph or more. Damage paths can be in excess of one mile wide and 50 miles long. Although these violent tornadoes comprise about 2% of tornado occurrences, some Kansas tornadoes have the potential to be the most violent. Kansas has averaged 48 tornadoes annually since 1950 when the National Weather Service in Topeka started keeping statistics. The most tornadoes recorded was in 1991 when 116 tornadoes were documented throughout the state.

### MYTHS:

- *Areas near rivers, lakes, and mountains are safe from tornadoes.*
- *The low pressure with a tornado causes buildings to “explode” as the tornado passes overhead.*
- *Windows should be opened before a tornado approached to equalize pressure and minimize damage.*

### FACTS:

- No place is 100% guaranteed safe from a tornado. In the late 1980's, a tornado swept through Yellowstone National Park leaving a path of destruction up and down a 10,000-foot mountain.
- Violent winds and debris slamming into buildings cause most structural damage.
- Opening windows allows damaging winds to enter the structure. Leave the windows alone; instead, immediately go to a safe place.

### LARGE HAIL

The strong rising currents of air within a storm, called updrafts, carry water droplets to a height where freezing occurs. Ice particles grow in size, finally becoming too heavy to be supported by the updraft and fall to the ground. Large hailstones fall at speeds faster than 100 mph. Hail causes nearly \$1 billion in property damage annually. The costliest United States hailstorm was in Denver, Colorado, July 11, 1990. Total damage was \$625 million. (National Severe Storms Laboratory, NOAA)

## ACTION STEPS

### Before the Storm

- Know the name of our county. Teach family members, especially children that we live in Montgomery County, Kansas so they can recognize watch and warning areas that apply to our location. The National Weather Service Office in Wichita, Kansas is responsible for issuing warnings for our county.
- Check weather forecasts before leaving for extended time outdoors. Postpone outdoor activities if thunderstorms are imminent.
- Watch for signs of approaching storms. Have a radio with you to receive updated weather information.
- Check on those who have trouble taking shelter if severe weather threatens.

## **Thunderstorms Safety**

- Remember: if you can hear thunder, go to a sturdy building or car immediately. Do not take shelter in small sheds, under isolated trees, or in convertible automobiles.
- If lightning is occurring and a sturdy shelter is not available, get inside a hard top vehicle and keep the windows up.
- Telephone lines and metal pipes can conduct electricity. Unplug appliances not necessary for obtaining weather information. Avoid using the telephone or any electrical appliance. Use phones only in an emergency.
- Turn off air conditioners. Power surges from lightning can overload compressors, damage electrical appliances, and cause fires.
- Do not take a bath or a shower.
- Get to higher ground if flash flooding or flooding is possible.
- Once flooding begins, abandon cars and climb to higher ground. Do not attempt to drive through water. (Most flash flood deaths occur in automobiles).

## **If Caught Outdoors and No Shelter Is Nearby**

- Find a low spot away from trees, fences, and poles. Make sure the place you pick is not subject to flooding.
- If you are in the woods, take shelter under shorter trees.
- If you feel your skin tingle or your hair stand on end, squat low to the ground on the balls of your feet. Place your hands on your knees with your head between them. Make yourself the smallest target possible, and minimize your contact with the ground.
- If you are boating or swimming, get to land and find shelter immediately!

(NOAA)

## TORNADO SAFETY



Montgomery County Tornado 31 Mar 06

### **Indoor** - Have a pre-designated safety spot.

- Go to the lowest level possible in a structure.
- Put as many walls between you and the outside as you can.
- Avoid windows and glass.
- In a basement stay under the center support beam, a stairwell, or heavy piece of furniture for protection from falling debris. Stay out of corners; debris often collects in corners.
- If you have no area below ground level, utilize a hallway closing doors off to outside rooms. Any small interior room (a bathroom or closet) away from outside walls and windows would be preferable to large or rooms with outside walls.

### **Outside or homes of modular construction**

- Get to a safe shelter if possible. Mobile homes, even if tied down, offer little protection from tornadoes and should be abandoned.
- Do not try to outrun a tornado in your car.
- If caught in the open leave a vehicle and go to a low-lying area such as a ditch or ravine.
- Lie flat and cover your head.



## OUTDOOR WARNING SIRENS - Use and Limitations

### IN AN ACTUAL EVENT

The sirens are an audible outdoor warning system only and are ~~not~~ designed to warn people of impending weather indoors. A 3 to 5 minute wavering (high-low) pitch or a 3 to 5 minute constant pitch indicates a **tornado warning**.

### INSTRUCTIONS TO CITIZENS

- Stay calm; take cover in your pre-determined safety spot.
- Tune to a local radio station for updates.
- Don't tie up phone lines by calling the National Weather Service (NWS), local emergency services, public officials or the news media.
- There is **no "all clear" signal** on the **outdoor warning system**.
- A 3 to 5 minute wavering (hi-low pitch) tone also could indicate a National Emergency.
- If weather does not appear threatening, tune into a local radio or TV station for instructions from public officials.

### MONTHLY TEST

This warning system is tested by each Municipality in the County on a routine basis unless we have severe weather threatening the area.

### REPORT SIREN MALFUNCTION

If you detect a malfunction in the operation of a siren near your location, report the malfunction to your local community's Emergency Manager. It is the responsibility of each community to maintain the operation of their sirens.



**WEATHER EMERGENCIES**

**DISASTERS**

**SECURITY PERILS**

**KNOWING WHAT TO DO IS IMPORTANT**

# **KNOWING WHEN TO DO IT IS VITAL**

## **THAT'S COMMON SENSE**

### **THE LIFE YOU SAVE COULD BE YOUR OWN**

**GETTING EVEN A FEW MINUTES OF WARNING IN ADVANCE CAN  
MAKE A REAL DIFFERENCE.**

**ALL-HAZARD EMERGENCY RADIOS CAN BE A BIG PART OF MAKING  
THAT DIFFERENCE.**

**Montgomery County Emergency Office recommends that citizens of the  
County purchase an all-hazard commercial radio to tune into the  
various available channels during an emergency and that you  
familiarize yourself with the operation of the radio prior to referring to it  
in an emergency.**

Weather radios provide constant, useful, and up-to the-minute weather information. Importantly, they are equipped with a special alarm tone that will sound an alert and give immediate information about a life threatening situation. During weather, natural or man-made emergency, the National Weather Service will interrupt routine weather radio programming and broadcast a special tone that activates weather radios, by county, in the listening areas. The hearing and visually impaired also can get these warnings by connecting weather radios with alarm tones to other kinds of attention getting devices like strobe lights, pagers, bed-shakers, personal computers and text printers.



Montgomery County Flood - 2007

## FLOOD SAFETY

### BEFORE

When you receive a flood warning and if advised to evacuate, do so ***immediately!*** Move to a safe area before access is cut off by floodwater. Continue monitoring Weather radio, television, or Emergency Alert System (EAS) for information.

### DURING

Avoid area subject to sudden flooding. If you come upon a flowing stream where water is above your ankles, **STOP!** Turn around and go another way. Do not attempt to drive over a flooded road. The depth of the water is not always obvious. The roadbed may be washed out under the water, and you could be stranded or trapped.

Children should **NEVER** play around high water, storm drains, viaduct, or creeks, etc.

# Your National Weather Service Says,



**Be safe when it comes to flooding.**  
For important, life-saving safety rules, go to  
[www.srh.weather.gov](http://www.srh.weather.gov)



## AFTER

If fresh food has come in contact with floodwaters, throw it out. Boil drinking water at least 3-5 minutes then let cool before using. Wells should be pumped out and the water tested for purity before drinking. If in doubt, call your local health authority.

**MOLD** is an issue that needs to be addressed in any flood situation. All flood affected areas need to be dried out thoroughly and all insulation that has come into contact with flood water needs to be removed and replaced.

## **DO NOT MOVE BACK INTO FLOOD-AFFECTED AREAS PRIOR TO TAKING THESE PRECAUTIONS.**

- Electrical equipment to include wiring needs to be checked and replaced before being returned to service.
- Use flashlights, not lanterns, torches, or matches to examine buildings. Flammables may be inside.
- Report broken utility lines to appropriate authorities.

## WINTER STORMS

Winter storms are considered deceptive killers because most deaths are indirectly related to the storm. Everyone is potentially at risk during winter storms. The actual threat to you depends on **your** specific situation.

Recent statistics related to winter storm deaths:

- About 70% occur in automobiles.
- About 25% are people caught out in the storm.
- Majority are males over 40 years old.

Related to exposure to cold:

- 50% are people over 60 years old. Over 70% are males.
- About 20% occur in the home

## SERIOUS SITUATIONS IN WINTER STORMS

### FROSTBITE

Frostbite is damage to body tissue caused by that tissue being frozen. Frostbite causes a loss of feeling and a white or pale appearance in extremities, such as fingers, toes, ear lobes, or the tip of the nose. If symptoms are detected, get medical attention **immediately!** If you must wait for help, slowly and gently warm affected areas. **DO NOT RUB** affected areas to warm them. However, if the person is also showing signs of hypothermia, warm the body core before the extremities.

**HYPOTHERMIA: Low Body Temperature**

**Warning signs** - uncontrollable shivering, memory loss, mental confusion (including inability to make decisions or making obviously wrong decisions), clumsiness/lack of coordination, incoherence, slurred speech, drowsiness, and apparent exhaustion.

**Detection** - Take the person's temperature. If below 95 °F, immediately seek medical attention!

**If medical care is not available**, begin warming the person slowly and gently. Warm the torso first. If needed, use your own body heat to help. Get the person into dry clothing, and wrap them in a warm blanket covering the head and neck. Do not give the person alcohol, drugs, coffee, or any hot beverages. Warm liquids are okay if the person is conscious and able to swallow. Warm extremities (arms and legs) last! This prevents driving the cold blood toward the heart which can lead to heart failure.

## **WIND CHILL**

The wind chill is based on the rate of heat loss from exposed skin caused by combined effects of wind and cold. As the wind increases, heat is carried away from the body at an accelerated rate, driving down the body temperature. Animals are also affected by wind chill.

### **Wind Chill Information**

The wind chill chart is provided for your information and to help make wise decisions concerning the safety of children. The shaded areas indicate areas of possible danger; however, individual circumstances may have an impact, e.g. play area is protected from wind versus exposed to wind; it is a sunny day versus a cloudy day; or it is snowing.

(NOAA)

# Wind Chill Chart

Wind (mph)

Temperature (°F)	Wind (mph)												
	Calm	5	10	15	20	25	30	35	40	45	50	55	60
40	36	34	32	30	29	28	28	27	26	26	25	25	25
35	31	27	25	24	23	22	21	20	19	19	18	17	17
30	25	21	19	17	16	15	14	13	12	12	11	10	10
25	19	15	13	11	9	8	7	6	5	4	4	3	3
20	13	9	6	4	3	1	0	-1	-2	-3	-3	-4	-4
15	7	3	0	-2	-4	-5	-7	-8	-9	-10	-11	-11	-11
10	1	-4	-7	-9	-11	-12	-14	-15	-16	-17	-18	-19	-19
5	-5	-10	-13	-15	-17	-19	-21	-22	-23	-24	-25	-26	-26
0	-11	-16	-19	-22	-24	-26	-27	-29	-30	-31	-32	-33	-33
-5	-16	-22	-26	-29	-31	-33	-34	-36	-37	-38	-39	-40	-40
-10	-22	-28	-32	-35	-37	-39	-41	-43	-44	-45	-46	-48	-48
-15	-28	-35	-39	-42	-44	-46	-48	-50	-51	-52	-54	-55	-55
-20	-34	-41	-45	-48	-51	-53	-55	-57	-58	-60	-61	-62	-62
-25	-40	-47	-51	-55	-58	-60	-62	-64	-65	-67	-68	-69	-69
-30	-46	-53	-58	-61	-64	-67	-69	-71	-72	-74	-75	-76	-76
-35	-52	-59	-64	-68	-71	-73	-76	-78	-79	-81	-82	-84	-84
-40	-57	-66	-71	-74	-78	-80	-82	-84	-86	-88	-89	-91	-91
-45	-63	-72	-77	-81	-84	-87	-89	-91	-93	-95	-97	-98	-98

Frostbite Times		
<span style="color: blue;">■</span> 30 Minutes	<span style="color: darkblue;">■</span> 10 Minutes	<span style="color: magenta;">■</span> 5 Minutes

$$\text{Wind Chill (°F)} = 35.74 + 0.6215T - 35.75(V^{0.16}) + 0.4275T(V^{0.16})$$

Where, T = Air Temperature (°F)  
 V = Wind Speed (mph)

## **Plan your travel**

### **Check the latest weather reports to avoid the storm**

**Fully check and winterize your vehicle** before the winter season begins.

- battery
- wipers and windshield washer fluid
- ignition system
- thermostat
- lights
- flashing hazard lights
- exhaust system
- heater
- brakes
- defroster
- oil level
- Make sure the tires have adequate tread. All-weather radials are usually adequate for most winter conditions. Check local ordinances for any further restrictions.

**Have available:**

#### **Winter Car Kit**

- windshield scraper and small broom for ice and snow removal.
- blankets/sleeping bag
- flashlight with extra batteries
- first aid kit
- knife
- high-calorie non-perishable food
- extra clothing to keep dry
- a large empty can and plastic cover and paper towels for sanitary purposes
- a smaller can and waterproof matches to melt snow for drinking water
- sack of sand or cat litter
- shovel
- tool kit
- tow rope or chain
- booster cables
- water container
- compass and road maps

**Keep your gas tank near full** to avoid water and ice in the tank and fuel lines.

**Try not to travel alone.**

**Let someone know** your itinerary and primary and alternate routes.

## **Dress to fit the season**

Wear loose fitting, lightweight, warm clothing in several layers. Trapped air insulates. Layers can be removed to avoid perspiration and subsequent chill. Outer garments should be tightly woven, water repellent, and hooded. Wear a hat. Half of your body heat loss can be from the head. Cover your mouth to protect your lungs from extreme cold. Mittens, snug at the wrist, are better than gloves. Try to stay dry.

## **WHEN CAUGHT IN A WINTER STORM ACTION STEPS**

### **OUTSIDE**

**Find shelter:** Try to stay dry. Cover all exposed parts of the body.

**No Shelter:** Prepare a lean-to, windbreak, or snow cave for protection from the wind. Build a fire for heat and to attract attention. Place rocks around the fire to absorb and reflect heat.

**Do not eat snow.** It will lower your body temperature. Melt it first.

### **In a Car or Truck:**

- **Stay in your car or truck.** Disorientation occurs quickly in wind driven snow and cold.
- **Run the motor** about ten minutes each hour for heat. Open the window a little for fresh air to avoid carbon monoxide poisoning. Make sure the exhaust pipe is not blocked.
- **Make yourself visible to rescuers.** Turn on the dome light at night when running the engine. Tie a colored cloth (preferably red) to your antenna or door. Raise the hood indicating trouble after snow stops falling.
- **Exercise** from time to time by vigorously moving arms, legs, fingers, and toes to keep blood circulating and to keep warm.

### **At Home or In a building**

- **Stay inside.** When using alternate heat from a fireplace, wood stove, space heater, etc. use fire safeguards and properly ventilate.
- **No heat.** Close off unneeded rooms. Stuff towels or rags in cracks under doors. Cover windows at night.
- **Eat and drink.** Food provides the body with energy for producing its own heat. Keep the body replenished with fluids to prevent dehydration.
- **Wear layers of loose-fitting, lightweight, warm clothing.** Remove layers to avoid overheating, perspiration, and subsequent chill.



Young Miss Buck and Yellow Horse



Wiggles

## STEPS TO PREPARE YOU AND YOUR PET FOR A DISASTER

Remember that no two disasters will ever be the same and you can never be too prepared. But, planning ahead could save your pet's life.

- Keep your pet's vaccination and medical records up to date in case boarding is necessary. Records should also be easy to find when you need them.
- Make sure your pet is wearing an ID tag with your name, address and phone number. A good idea is to have an alternate ID tag listing a contact in a different location. Consider a permanent ID such as a tattoo or microchip implant.
- Keep a photo of your pet with you to prove ownership.
- If you must evacuate your home, it's best to take your pet. If you must be separated from your pet and you do not have time to go to a boarding facility, remember to leave food and water in non-spill containers.
- Be careful when your pet goes outside after a disaster. Familiar landmarks may have changed and your pet may become confused or lost. Other dangers could include downed power line or wild animals.
- If your pet is lost during a disaster, contact veterinary hospitals, boarding kennels, animal control facilities and humane societies in your area. The same applies if you find a lost pet. It may seem unnecessary to do or think about this now, but when disaster strikes, phone lines go down, public facilities become overwhelmed and essential services are unavailable. You'll be glad you were prepared to care for your entire family.

**Source:** The Kansas Veterinary Medical Association Auxiliary and your Pet's Veterinarian

## CHEMICAL EMERGENCIES: SHELTER-IN-PLACE

### WHAT IS IT?

During an accidental release of toxic chemicals or other emergencies where air quality is threatened, ***Sheltering In-Place*** keeps you inside a building and out of danger.

**Sheltering In-Place:** Simply means staying inside the building you are in, whether it's your home, business or other facility, or seeking shelter in the nearest available building. In some instances, ***Sheltering In-Place*** is your best defense against accidental release of toxic chemicals. The following will explain the simple steps you should take in the event you are directed to *Shelter In-Place* during an emergency.

### WHEN IS IT USED?

It is the responsibility of local authorities to issue orders for ***Sheltering In-Place*** during chemical emergencies. You may receive these orders directly from police or fire officials, or through a media source, such as the radio or television. Once the order for ***Sheltering In-Place*** has been issued, do not leave your home until you receive official notification that the danger has passed. Again, this information will be released to the media, or you may also receive this information directly from the police or fire departments.

### WHERE and HOW... *In Your Home*

- **Go or remain indoors.** If possible, bring outdoor pets inside.
- **Close and lock all the doors and windows to the outside.** (Windows often seal better when locked.)
- **Turn off all ventilation systems.** Turn off all heating systems or air conditioners and switch inlets to the "closed" position. Seal any gaps around window-type air conditioners with tape and plastic sheeting, wax paper, aluminum wrap or any other suitable material. Turn off all exhaust fans in kitchens, bathrooms and any other spaces. Use tape and plastic food wrapping, wax paper or aluminum wrap to cover and seal bathroom exhaust and grilles, range vents, dryer vents, and other openings to the outdoors as much as possible. Make sure you seal any obvious gaps around external windows and doors. Close all fireplace dampers and seal all openings with tape and plastic sheeting, wax paper, aluminum wrap or other suitable material.
- **Go into and seal a room.** Close as many internal doors as possible in your home or building. Go to a predetermined small room and use a pre-planned emergency kit to immediately seal windows, vents, or doors. Close the drapes, curtains or shades over windows to protect yourself against any possible explosion from the outside. Stay away from external windows to prevent possible injury from flying glass. If the vapors begin to bother you, hold a wet cloth or handkerchief over your nose and mouth. For a higher degree of protection, go into the bathroom, close the door and turn on the shower in a strong spray. Seal any opening to the outside of the bathroom as best you can. Do not worry about running out of air to breathe, as this is very unlikely in normal homes and buildings.
- **Turn on radio and tune into Emergency Alert System (EAS) station.** As soon

as you are aware that an emergency exists in your area, immediately turn on your television, radio or NOAA Weather Radio for further information. Local officials will relay emergency action steps to the media on a continual basis until the crisis is over.

## **EMERGENCY KIT**

Pre-cut plastic sheeting for window(s) & vents, duct tape, towels, battery operated radio, bottled water, packaged snack foods to sustain family members until the emergency situation ends.

## **NOAA WEATHER RADIO**

A good source of emergency information about watches and warnings or other emergencies is the NOAA Weather Radio (or commercial TV and radio).

### **Location Frequency**

Erie, KS - 162.400

Beaumont, KS - 162.500

Bartlesville, OK - 162.425

Tulsa, OK – 162.550

A service of the National Oceanic and Atmospheric Administration, the Weather Radio acts as the “voice of the National Weather Service”. It provides continuous broadcasts of the latest weather information from the weather service offices. During severe weather daily routine broadcasts are interrupted by forecasters and substitute warning messages. Tone activated receivers sound an alarm indicating that an emergency exists, alerting the listener to turn the receiver up to an audible volume; or when operated in a muted mode, are automatically turned on so that the warning message is heard.

During disaster or other civil emergencies, NOAA Weather radios can be activated as part of the Emergency Alert System to provide special instructions to the public. For instance, in a hazardous material situation, information might be given to evacuate an area, or to shelter-in-place. AMBER Alerts are also broadcast on these frequencies.

## **HOT WEATHER HAZARDS**

Summer heat waves bring unusually high temperatures that may last for days or weeks. In the summer of 1980 a heat wave hit the United States, and nearly 1,700 people lost their lives from heat related illnesses.

People suffer heat-related illnesses when the body’s temperature control system is overloaded. The body usually cools itself by sweating. However, under some conditions, sweating just isn’t enough. The body temperature may rise rapidly which may lead to damage of the brain or other vital organs. Factors affecting the body’s ability to cool itself during extreme heat include high humidity, old age, obesity, fever, and dehydration. Heart disease, poor circulation, sunburn, and drug and alcohol use.

Whether at work or play, summer activities must be balanced with measures that help the body's cooling mechanisms and prevent heat-related illnesses. Those at greatest risk of heat-related illnesses include: Infants and children up to age 4, people 65 years of age or older, overweight people, those who overexert during work or exercise, and people who are ill or are on certain medications.

## PREVENTION

- **Drink plenty of fluids.** If on diuretics or a fluid-restricted diet, check with your doctor. Avoid very cold liquids (can cause stomach cramps) and alcohol (may cause you to lose more fluid).
- **Replace salt and minerals through your diet.** DO NOT take salt tablets unless directed by a physician.
- **Wear appropriate clothing and sunscreen.** Wear lightweight, light-colored, loose fitting clothing. In the hot sun, a wide-brimmed hat will provide shade and keep the head cool.
- **Pace yourself** when working or exercising. Schedule outdoor activities carefully.
- **Stay cool indoors.**
- **Use a buddy system** when working in the heat. Check on the elderly twice a day.
- **Adjust to the environment** by limiting exposure to heat for short periods of time.
- **Use common sense.** Avoid hot foods or heavy meals. Don't leave infants, children, or pets in a parked car. Dress all family members appropriately for the heat and insure all maintain proper fluid intake. Limit sun exposure. Provide fresh water in shady areas for pets.

## GRASS FIRE DANGER

Extended dry spells, low humidity, and high winds all combine to create an atmosphere that fosters fire and fire quickly gets out of control in these conditions. Everyone should monitor the Burn Ban status in the County and strictly adhere to the restrictions.

## HEAT INDEX PROGRAM

The National Weather Service developed the "Heat Index" (apparent temperature) to more effectively alert the general public and appropriate authorities to the hazards of prolonged excessive heat/humidity episodes. The heat index, given in degrees F, is an accurate measure of how hot it really feels when relative humidity is added to the actual air temperature. Heat index values were devised for shady, light wind conditions.

Exposure to full sunshine can increase heat index values by up to 150. Also strong winds, particularly with very hot, dry air, can be extremely hazardous.

## HEAT INDEX/HEAT DISORDERS

Heat Index Possible disorders for higher risk groups

**130° or higher** Heatstroke/sunstroke highly likely with continued exposure.

**105° - 130°** Sunstroke, heat cramps or heat exhaustion likely, and heatstroke possible with prolonged exposure and/or physical activity.

**90° - 105°** Sunstroke, heat cramps and heat exhaustion possible with prolonged exposure and/or physical activity.

**80° - 90°** Fatigue is possible with prolonged exposure and/or physical activity.

## KNOW THESE HEAT DISORDER SYMPTOMS

### Heat Disorder Symptoms

Sunburn Redness, pain.

In severe cases swelling of skin, blisters, fever, headaches.

### First Aid

- Avoid repeated sun exposure.
- Apply cold compresses or immerse the sunburned area in cool water.
- Apply moisturizing lotion to affected areas.
- Do not use salve, butter, or ointment.
- Do not break blisters.
- Consult a doctor if fever, fluid filled blisters or severe pain is present.
- Heat cramps and painful spasms (usually in leg muscles and abdomen)
- Heavy sweating
- Stop all activity. Sit in a Cool Place. Drink clear juice or sport beverage. Do not return to strenuous activity for a few hours after cramps subside as further exhaustion may lead to heat exhaustion or heat stroke. Seek medical attention for heat cramps if they do not subside in 1 hour

### Heat Exhaustion

- Heavy sweating
- Tiredness
- Headache
- Paleness
- Weakness
- Nausea
- Vomiting
- Muscle cramps
- Dizziness, fainting
- The skin may be cool & moist.
- Pulse rate fast & weak.
- Breathing fast & shallow.

**Seek immediate medical attention if symptoms are severe or victim has heart problems or high blood pressure.** Otherwise, cool victim: use non-alcoholic beverages; rest, cool shower, bath, or sponge bath; stay in an air-conditioned environment; wear light weight clothing

### **Heat stroke (sunstroke)**

- Very high body temperature (103° orally);
- red, hot, dry skin (no sweating)
- rapid, strong pulse
- throbbing headache
- dizziness
- nausea
- confusion
- unconsciousness

**This may be a life-threatening emergency. Call for immediate assistance.**

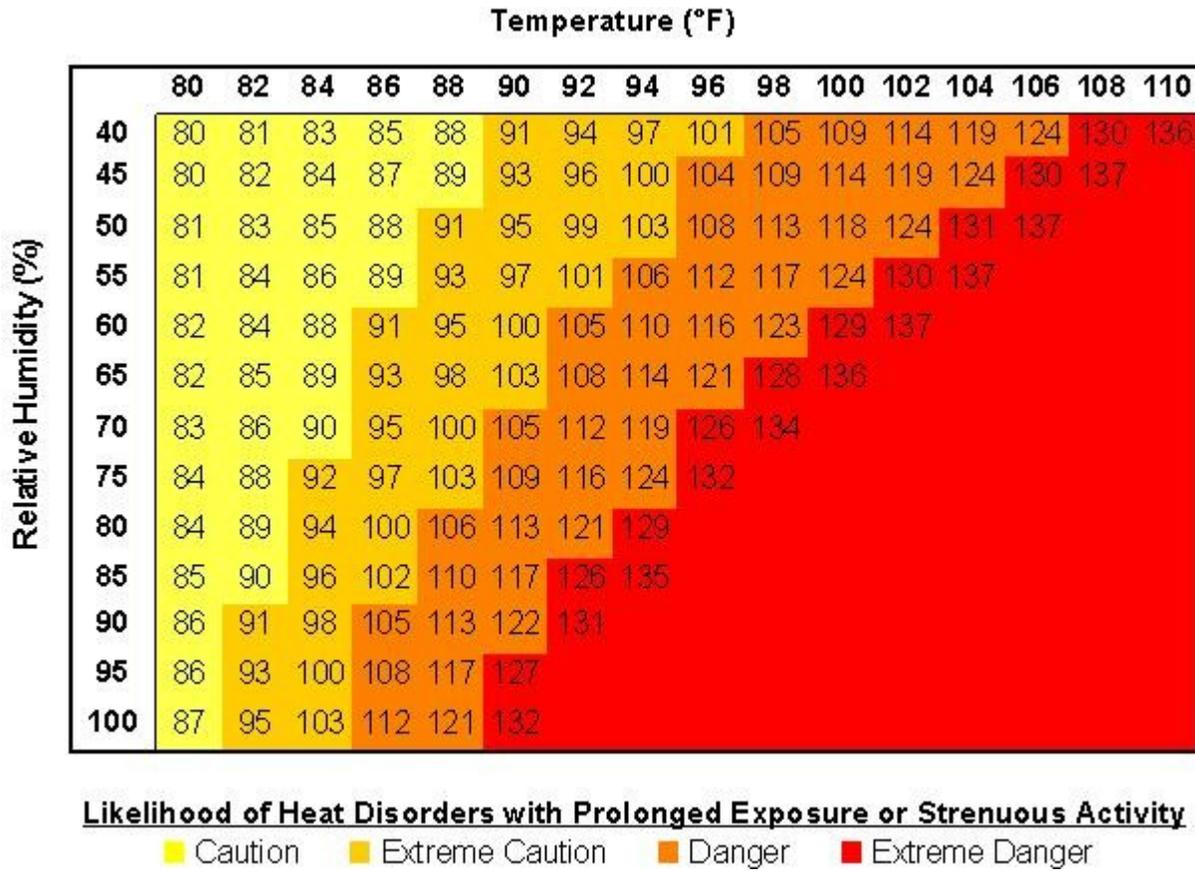
Get victim to shady area. Cool the victim rapidly. (Immerse victim in tub of cool water, or cool in shower, or with garden hose or sponge bath. Wrap in cool wet sheets and fan. Monitor body temperature, and continue cooling efforts until body temperature drops to 101-102°F.

Do not give the victim alcohol to drink if conscious.

Sometimes a victim's muscles will begin to twitch uncontrollably. In this situation, keep victim from injuring himself, but do not place any object in the mouth and do not give fluids. If there is vomiting, make sure the airway remains open by turning the victim on his or her side.

# HEAT INDEX CHART

NOAA's National Weather Service  
Heat Index



**Protect yourself, family, pets and property against excessive heat and drought:**

## TEMPERATURE CONVERSIONS

To convert between degrees Fahrenheit (°F) and degrees Celsius (°C):

$$T_c = 5/9 \times T_f - 32 \quad T_f = 9/5 \times T_c + 32$$

where  $T_c$  is temperature in Celsius

$T_f$  is temperature in Fahrenheit

### **Celsius to Fahrenheit Conversion Chart**

°C	°F	°C	°F	°C	°F	°C	°F
50	122.0	27	80.6	4	39.2	-19	-2.2
49	120.2	26	78.8	3	37.4	-20	-4.0
48	118.4	25	77.0	2	35.6	-21	-5.8
47	116.6	24	75.2	1	33.8	-22	-7.6
46	114.8	23	73.4	0	32.0	-23	-9.4
45	113.0	22	71.6	-1	30.2	-24	-11.2
44	111.2	21	69.8	-2	28.4	-25	-13.0
43	109.4	20	68.0	-3	26.6	-26	-14.8
42	107.6	19	66.2	-4	24.8	-27	-16.6
41	105.8	18	64.4	-5	23.0	-28	-18.4
40	104.0	17	62.6	-6	21.2	-29	-20.2
39	102.2	16	60.8	-7	19.4	-30	-22.0
38	100.4	15	59.0	-8	17.6	-31	-23.8
37	98.6	14	57.2	-9	15.8	-32	-25.6
36	96.8	13	55.4	-10	14.0	-33	-27.4
35	95.0	12	53.6	-11	12.2	-34	-29.2
34	93.2	11	51.8	-12	10.4	-35	-31.0
33	91.4	10	50.0	-13	8.6	-36	-32.8
32	89.6	9	48.2	-14	6.8	-37	-34.6
31	87.8	8	46.4	-15	5.0	-38	-36.4
30	86.0	7	44.6	-16	3.2	-39	-38.2
29	84.2	6	42.8	-17	1.4	-40	-40.0
28	82.4	5	41.0	-18	-0.4	-	-

# HOME EMERGENCY PLAN

Take Time to fill in this information ahead of time.

## Out-of-State Contact

Name \_\_\_\_\_  
City \_\_\_\_\_  
Telephone (Day) \_\_\_\_\_ (Evening) \_\_\_\_\_

## Local Contact

Name \_\_\_\_\_  
City \_\_\_\_\_  
Telephone (Day) \_\_\_\_\_ (Evening) \_\_\_\_\_

## Nearest Relative

Name \_\_\_\_\_  
City \_\_\_\_\_  
Telephone (Day) \_\_\_\_\_ (Evening) \_\_\_\_\_

## Family Work Numbers

Father \_\_\_\_\_ Mother \_\_\_\_\_  
Other \_\_\_\_\_

## Emergency Telephone Numbers

In a life-threatening emergency - dial 911

Police Department \_\_\_\_\_  
Fire Department \_\_\_\_\_  
Hospital \_\_\_\_\_

## Family Physicians

Name \_\_\_\_\_ Telephone \_\_\_\_\_  
Name \_\_\_\_\_ Telephone \_\_\_\_\_  
Name \_\_\_\_\_ Telephone \_\_\_\_\_

## Reunion Locations

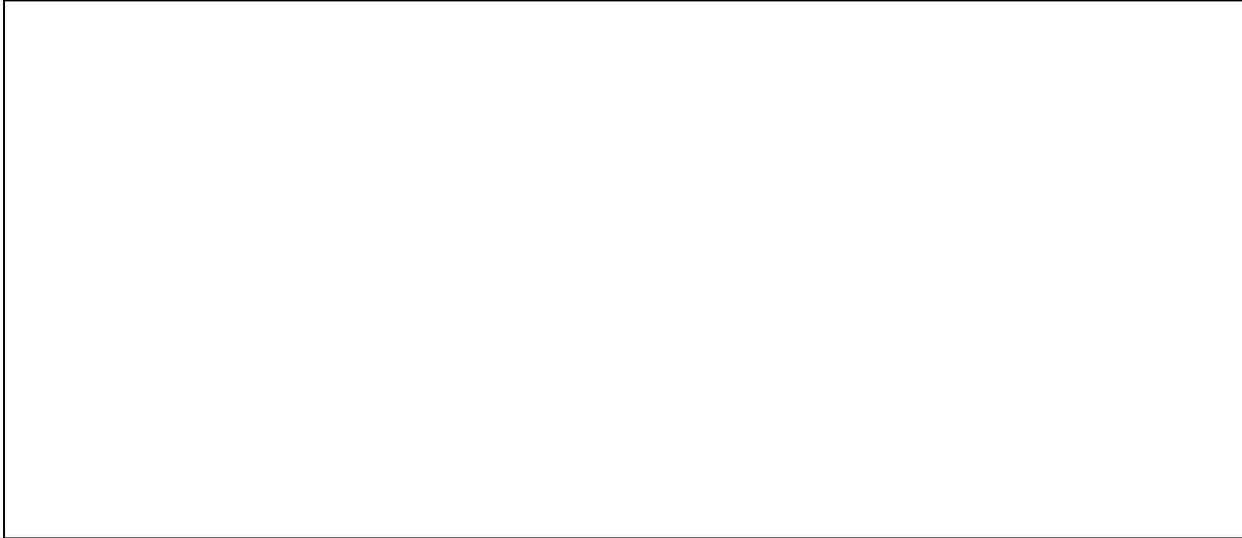
1. Right outside your home \_\_\_\_\_

2. *Away from the neighborhood, in case you cannot return home*

\_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_  
Telephone \_\_\_\_\_  
\_\_\_\_\_  
Route to try first \_\_\_\_\_  
\_\_\_\_\_

**Floor Plan**

**Floor One**



**FLOOR TWO**



- Normal Exit Route Disaster Supplies Stairways
- Emergency Exit Route Doors
- U** Utility Shut Off
- F** Fire Extinguisher Collapsible Ladder Windows
- Smoke Detectors Reunion Location (Outside) First Aid Kit
- TS** Tornado Shelter

## Home Hazard Hunt

- In a disaster, ordinary items in the home can cause injury and damage.
- Anything that can move, fall, break or cause a fire is a potential hazard.
- Repair defective electrical wiring and leaky gas connections.
- Fasten shelves securely and brace overhead light fixtures.
- Place large, heavy objects on lower shelves.
- Hang pictures and mirrors away from beds.
- Strap water heater to wall studs.
- Repair cracks in ceilings or foundation
- Store weed killers, pesticides and flammable products away from heat sources.
- Place oily polishing rags or waste in covered metal cans. Clean and repair chimneys, flue pipes, vent connectors and gas vents.

## Fire Safety

- Plan two escape routes out of each room.
- Practice fire drills at least twice a year.
- Teach family members to stay low to the ground when escaping from a fire.
- Teach family members never to open doors that are hot. In a fire, feel the bottom of the door with the palm of your hand. If it is hot, do not open the door. Find another way out.
- Install smoke and carbon monoxide detectors on every level of your home. Clean and test them at least once a month. Change batteries at least once a year.
- Keep a whistle in each bedroom to awaken household in case of fire.
- Check electrical outlets. Do not overload outlets.
- Purchase and learn how to use a fire extinguisher (5 lb., A-B-C type).
- Have a collapsible ladder on each upper floor of your house.
- Consider installing home sprinklers.

## Evacuate

- Listen to a battery powered radio for the location of emergency shelters. Follow instructions of local officials.
- Wear protective clothing and sturdy shoes.
- Take your Disaster Supplies Kit.
- Lock your house.
- Use travel routes specified by local officials. *If you are sure you have time.....*
- Shut off water, gas and electricity if instructed to do so.
- Let others know when you left and where you are going.
- Make arrangements for pets. Animals may not be allowed in public shelters.

## Emergency Car Kit

- Battery powered radio and extra batteries
- Flashlight and extra batteries
- Blankets
- Booster cables
- Fire extinguisher (5 lb. A-B-C type)
- First aid kit and manual

- Bottled water and non-perishable high-energy foods such as granola bars, raisins and peanut butter.
- Maps
- Shovel
- Tire repair kit and pump
- Flares

## ***GAS SERVICE SHUTOFFS***

### ***How to Locate Your Main Gas Service Shutoff Valve***

Knowing the location of your main gas service shutoff valve will help you turn off the gas supply to your entire home quickly, in case of an emergency. The main gas service shutoff valve is located outside and can normally be found near the gas meter on a section of gas service pipe coming out of the ground.



### ***Gas Service Shutoff Valve***

The location of the valve can vary depending on the type of building and when it was installed. The gas meter and gas service shutoff valve is usually located on the side or in front of the building. If the building has a breezeway, it could be located there. In some older installations, it could be in the backyard, or in rural locations, located near the property line near the street. In some cases, the gas meter can be located in a cabinet enclosure built into the building, or located inside the building. In these cases, the gas service shutoff valve can be located outside on a section of gas service pipe next to the building, near the gas meter, or in an underground box located in the sidewalk. Opening the cover on the underground box will provide access to the valve.



*Cabinet Meter with Inside Shutoff Valve*



*Cabinet Meter with Outside Shutoff Valve*

If there are multiple meters serving gas to multiple units within a building, there are individual gas service shutoff valves for each unit near each of the gas meters, and a master valve for the entire building where the gas pipe comes out of the ground. If you are renting, your landlord might be able to help you locate your units valve location.



*Multiple Meters*

If you still are not able to locate the gas service shutoff valve, contact your service provider for assistance to locate the valve.

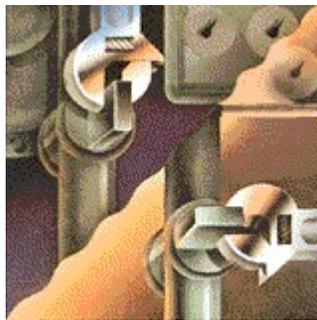
## ***When to Turn Off Your Gas***

Do not shut off the gas unless you smell gas, hear gas escaping, see a broken gas line, or if you suspect a gas leak. If you shut off the gas, there may be a considerable delay before your service provider can turn your service on. Once the gas is shut off at the meter, do not try to turn it back on yourself. If the gas service shutoff valve is closed, your service provider or another qualified professional should perform a safety inspection before the gas service is restored, and the appliance pilots are lit.

## ***How to Turn Off Your Gas***

### **Gas Service Shutoff Valve**

**ON**



**OFF**

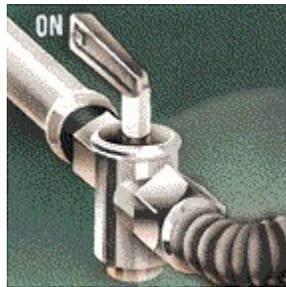
In an emergency, your gas can be turned off at the main gas service shutoff valve normally located near your gas meter. Using a 12 to 15 inch adjustable pipe or crescent-type wrench or other suitable tool, give the valve a quarter turn in either direction; the valve is closed when the tang (the part you put the wrench on) is crosswise to the pipe.

- Know where your [main gas service shutoff valve](#) is located.
- Keep an adjustable pipe or crescent-type wrench available to turn off the gas in case of an emergency.
- Know how to shut off the gas at the gas service shutoff valve.
- Leave it off until service can be restored safely by your service provider or another qualified professional.

## Appliance Gas Shutoff Valve

Most gas appliances have a gas shutoff valve located near the appliance that lets you turn off the gas to that appliance only. In some cases, turning off the gas at the appliance's shutoff valve will suffice if there is a gas leak, or the appliance needs to be replaced or serviced. You should have an appliance gas shutoff valve installed at each gas appliance that lets you turn off the gas to that appliance only, instead of shutting off all gas at the main gas service shutoff valve. To turn off the gas at the gas appliance, rotate the valve a quarter turn.

- Know which of your appliances use natural gas.
- Know where the appliance gas shutoff valves are located, and how to turn them off.



Safety shutoff

# **ELECTRICAL SAFETY**

## **INDOOR ELECTRIC SAFETY**

Almost all indoor electric accidents can be prevented if safety is kept in mind.

- Unless you are qualified, get expert help with wiring improvements in your home or office.
- Know where the fuse box or circuit breaker is and how to operate it.
- Make sure your hands and feet are dry when using electric appliances.
- Don't set appliances where they can fall into water.
- Keep a Class "C" fire extinguisher within easy reach for electrical fires. Periodically check it to make sure it is operating properly.
- Use plastic caps in outlets when not in use.
- Teach your children about electric safety.

## **MAINLY IT'S MAINTENANCE**

- Make sure plugs and prongs are not loose or worn.
- Check cords for fraying or nicks.
- Make sure cords are placed where they will not be tripped over or receive excessive wear (like under rugs).
- Turn off and repair any appliance that sputters, stalls, sparks or gives the slightest shock.

## **UNPLUGGED, SAFETY**

- Never yank the appliance cord from the electric outlet.
- Don't overload wall outlets with adapters.
- Always unplug an appliance before cleaning it.
- It's always safer to unplug an appliance if you are not using it. (Saves electricity!)

## **HOME GENERATORS REQUIRE CAUTION**

If you own a home generator, always follow the manufacturer's instructions for safe operation. During a power outage, do not plug a generator into the circuit box as it could cause physical harm to line crews working to restore your power.

## **OUTDOOR ELECTRIC SAFETY**

The first thing to understand about overhead power lines is that they are not insulated. Keep all tools, ladders, poles and pipes, farm equipment, kites, model planes, television and CB antennas and tree branches, just to name a few items, away from power lines. If you must work near overhead power lines, allow for at least a 10-foot clearance in all directions for both you and materials.

No person, not even tree trimmers or contractors, should come within 10 feet of a power line.

If a branch or any object comes in contact with a power line, do not attempt to remove it! Contact your service provider. They will take care of the problem quickly and safely.

## **ELECTRICITY AND WATER DON'T MIX**

- Never use electric tools if your hands or feet are wet or if you are standing on damp ground.
- Position swimming pools (in and above ground), diving platforms and slides away from overhead lines. Avoid overhead lines when using a pool skimmer.

## **DON'T STICK AROUND DOWNED POWER LINES**

- If a power line is down, call us as soon as possible.
- Don't touch the line, always assume it is live.
- If you see someone touching a downed line, don't try to rescue them. You could become a victim yourself.
- If a power line falls on your car while you're in it, stay in your car and wait for help. You are safe as long as you remain inside. If you must exit the car, jump, be careful not to touch the car and ground at the same time.

## **KNOW LOCATIONS OF UNDERGROUND POWER LINES- ALWAYS CALL BEFORE YOU DIG.**

In many areas, your provider will have power lines buried underground. Before doing any digging, planting trees, setting fence posts or excavation, simply call toll free 1-800-DIG SAFE (1-800-344-7233). Your service provider will locate underground power line locations, they will be marked at no charge, please give two-days notice.

## **TRANSFORMERS AND ELECTRICAL CABINETS**

In some areas, transformers and electrical cabinets are mounted at or near ground level. These should be handled only by professional utility service personnel. If you notice evidence of tampering or unsecured transformers or electrical cabinets, notify us immediately.

## **UTILITY POLES AND SUBSTATIONS**

For your safety, consider utility poles and electric substations "off-limits." Notify your service provider if you see evidence of tampering or unsecured substations.

## **PLAN BEFORE YOU PLANT**

- Ask your nursery about trees with mature heights of more than 25 feet.
- Plant trees as far away from overhead power lines as possible.
- Be sure to plant 10 to 15 feet away from underground lines or ground level, pad-mounted transformers.
- Never prune or remove trees near overhead lines yourself, call an expert.



## HOW TO SHUT OFF YOUR ELECTRICITY

It is important to know where all your home's electrical panels are located and how to turn the electricity off in case of emergency. (There may be more than one panel.) Your home may be equipped with fuses or circuit breakers.

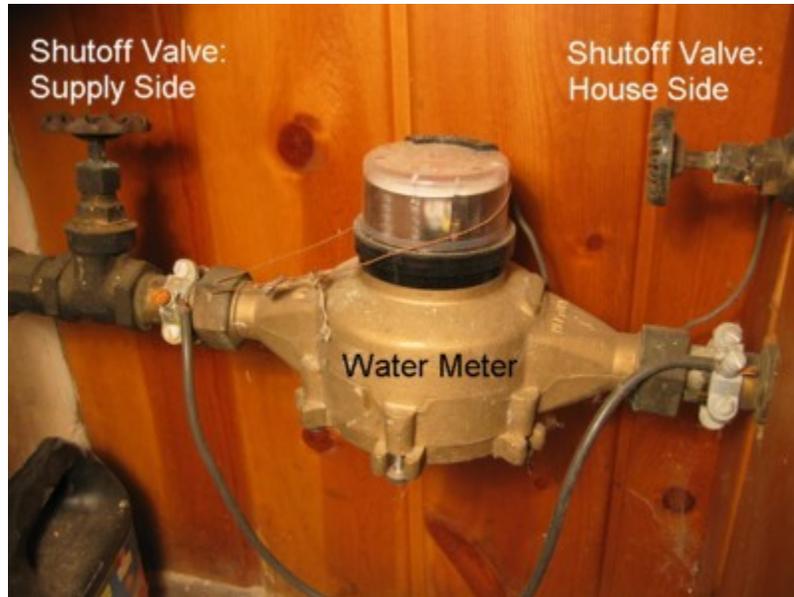
If your house has fuses, you will find a knife switch handle or pullout fuse that should be marked "MAIN."

If your home has circuit breakers, you may need to open the metal door of the breaker box to reveal the circuit breakers (never remove the metal cover). The main circuit breaker should be clearly marked showing "ON" and "OFF" positions. Remove all the small fuses or turn off all the small breakers first, then shut off the "**MAIN**."

If you have any sub-electrical panels next to the main fuse box or breaker panel or in other parts of the home, in an emergency shut them off, too. Shorts can sometimes develop that cause a circuit to bypass the breaker or fuse.

## HOW TO SHUTOFF A WATER SUPPLY

### HOW TO SHUTOFF A WATER SUPPLY-SHUTOFF AT THE WATER MAIN



- When you need to shut the water supply off to the entire house or when a local plumbing fixture has no local shutoff valve, the place to go is your home's water meter. At the water meter you'll find a water supply line coming into the house from the outside.
- Between it and the water meter is a shutoff valve. On the other side of the water meter is another shutoff valve.
- To shut off the water to the house, **turn off the valve located BEFORE the water meter, on the supply side.**

## SHUTOFF FOR THE SINK OR TOILET



Many plumbing fixtures have a local shutoff for the cold and ,if required, the hot waterline. To turn off the water supply to a plumbing fixture, locate its shutoff valve. The valve(s) is usually located directly under the fixture as in the case of a sink or a toilet. **Once located, turn off the appropriate valve.**

## FOR THE TUB OR SHOWER



Locating water shutoff valves for tubs and showers are not as easy as sinks or toilets and are usually concealed, if they exist. Look around the tub or shower for an access panel. It may be on the other side of the wall of the tub or shower. If it is not found in an access panel, then it may be located under the floor in the basement or in a ceiling access panel in the floor below. If located, turn off the appropriate valve.

## **What should our family have?**

### **Your Family Disaster Supplies Kit**

In case of evacuation, your “Go-Pack” should be in backpacks or other containers that are easily carried. It should contain your most important items such as a change of clothes, quarters and dimes for pay phones, out-of-state contact information, medications, important papers, etc. The kit should contain at least a three-day supply of non-perishable food that requires no refrigeration, preparation or cooking, and little or no water. If you must heat food, pack a can of Sterno. Select food items that are compact and lightweight:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- High energy foods - peanut butter, jelly, crackers, granola bars, trail mix
- Foods for infants, elderly persons or persons on special diets
- Comfort/stress foods - cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags
- Vitamins
- Staples - sugar, salt, pepper

### **FIRST AID KIT**

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

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads
- 4-inch sterile gauze pads
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 2-inch sterile roller bandages (3)
- 3-inch sterile roller bandages (3)
- Scissors & tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Laxative
- Latex gloves (2 pair)
- Sunscreen
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Activated charcoal (use if advised by the Poison Control Center)

## **WATER KIT**

- Store one gallon of water per person per day, two quarts for drinking, two quarts for food preparation/sanitation. Children, nursing mothers and ill people will need more.
- Keep at least a three-day supply of water for each person in your household.
- Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles.

## **WATER PURIFICATION**

Boiling (Safest method):

- Boil 3-5 minutes
- Cool
- Pour between two clean containers to improve taste

Disinfecting:

- Fill containers with water
- Add household bleach
  - 2 drops per quart
  - 8 drops per gallon
  - $\frac{1}{2}$  teaspoon per five gallons
- Do NOT use scented, color safe, or bleaches with added cleaners
- If water is cloudy, double the recommended doses

Distillation:

- Fill pot halfway with water.
- Tie a cup to the handle on the pot's lid so that the cup will hang right side up when the lid is upside-down (make sure cup is not dangling in the water)
- Boil the water
- The water that drips from the lid into cup is distilled

The first two methods remove most microbes in water. Distillation will remove microbes that resist these methods and heavy metals, salts, and other chemicals.

## **TOOLS AND SUPPLIES**

- Mess kit, or paper cups, plates and plastic utensils
- Emergency Preparedness Manual
- Battery operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Fire extinguisher: small canister ABC type
- Tube tent
- Pliers
- Duct Tape

- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flares
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)

### **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
- Household chlorine bleach

### **CLOTHING AND BEDDING**

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

### **SPECIAL ITEMS**

#### **For Baby**

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

## **For Adults**

- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses
- 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 cards
  - Credit card account numbers and companies
  - Inventory of valuable household goods, important telephone numbers
  - Family records (birth, marriage, death certificates)

## **Emergency Medical and Volunteer Organizations**

The following locations offer classes in CPR and/or First Aid training, for more information please contact:

### **American Red Cross**

### **Salvation Army**

**Non-emergency Numbers**

**Law Enforcement**

Independence ..... 620-330-1700  
Coffeyville ..... 620-252-6160  
Sheriff ..... 620-330-1000

**Ambulance**

Independence ..... 620-332-2528  
Coffeyville ..... 620-252-1501

**Fire**

Independence ..... 620-332-2504  
Coffeyville ..... 620-252-6148  
Rural Fire ..... 620-330-1234

**ALL EMERGENCIES ----- 911**

**DISCLAIMER – It is not the intent of this publication to provide information to prevent all emergencies that may occur and cause injury and/or harm to individuals. The sole purpose of this information is to provide citizens of Montgomery County with valuable information that may allow them to respond to emergencies as they occur and provide basic information for individuals to use in the event of an emergency. LEARN TO RESPOND TO EMERGENCIES TO PROTECT YOURSELF AND YOUR FAMILIES AND DON'T WAIT FOR SOMEONE TO TAKE CARE OF YOU.**



**MONTGOMERY COUNTY  
EMERGENCY MANAGEMENT COORDINATOR**

**JIM MILLER, KCEM**

**Judicial Center  
300 E Main (Basement)  
Independence, KS 67301**

**Office: (620) 330-1260  
FAX: (620) 330-1269  
Cell: (620) 330-0146**

**E-mail**     [jmiller@mgcountyks.org](mailto:jmiller@mgcountyks.org)

**MONTGOMERY COUNTY  
RADIO AMATEUR CIVIL EMERGENCY SERVICE (RACES)**

**James Tuggle - RACES OFFICER  
300 E Main  
Independence, KS 67301**

**Office: (620) 330-1260  
Cell: (620) 330-0146**

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