

**Tips On  
Surviving An  
Emergency!**

## Before an Emergency

**Create an Emergency Plan:** The next time disaster strikes, you may not have much time to act. Prepare now for a sudden emergency. Learn how to protect yourself and cope with disaster by planning ahead. The checklist below will help you get started. Discuss these ideas with your family, then prepare an emergency plan. Post the plan where everyone will see it—on the refrigerator or bulletin board—and practice it regularly. Meet with household members to discuss the dangers of fire, severe weather, earthquakes and other emergencies. Explain how to respond to each.

- ✓ Find the safe spots in your home for each type of disaster.
- ✓ Discuss what to do about injuries and power outages.
- ✓ Draw a floor plan of your home. Mark two escape routes from each room.
- ✓ Show family members how and when to turn off the water, gas and electricity at main switches.
- ✓ Post emergency telephone numbers near telephones.
- ✓ Teach children how and when to call 911.
- ✓ Instruct household members to turn on the radio and/or television for emergency information.
- ✓ Pick one out-of-state and one local friend or relative for family members to call if separated during a disaster (it is often easier to call out-of-state than within the affected area).
- ✓ Teach children your out-of-state contact's phone numbers.
- ✓ Pick two emergency meeting places:
  - 1) A place near your home in case of a fire.
  - 2) A place outside your neighborhood in case you cannot return home after a disaster.
- ✓ Take a basic first aid and CPR class.
- ✓ Keep family records in a water and fireproof container.
- ✓ Install working smoke detectors on each level of your home, and replace the batteries semi-annually.
- ✓ Assemble supplies you might need in an evacuation. Store them in an easy-to-carry container, such as a backpack or duffel bag. Maintain the supplies with regular checks and replacement of perishable items, including batteries.

**Learn how to  
protect yourself  
and cope with  
disaster by  
planning ahead!**

GOVERNOR'S  
DIVISION OF  
EMERGENCY  
MANAGEMENT

TEXAS DEPARTMENT  
OF PUBLIC SAFETY

PREPAREDNESS  
SECTION

(512)

424 - 5677

424 - 2589

424 - 2598

### A Family Disaster Supply Kit Should Include:

• A three-day supply of drinking water (one gallon per person per day) • A supply of non-perishable packaged or canned food and a non-electric can opener • A change of clothing, rain gear and sturdy shoes • Blankets or sleeping bags • A first aid kit and prescription medications • An extra pair of eyeglasses • A battery-powered radio and/or TV, flashlight and plenty of extra batteries • Credit cards and cash • An extra set of car keys • A list of family physicians • A list of important family information; the style and serial number of medical devices, such as pacemakers • Special items for infants, elderly or disabled family members • Identification information for each family member • Cell phone, extra battery and car charger adapter • Two-way radio equipment (a "walkie-talkie" and extra batteries)

If anyone in your home or neighborhood has a disability, anticipate and plan around any special needs in case of power outage or difficulties in evacuation. People with disabilities who are self-sufficient under normal circumstances may have to rely on the help of others in a disaster.

Make arrangements for your pets as part of your household disaster planning. If you must evacuate your home, it's always best to take your pets with you. For health and space reasons, pets will not be allowed in public emergency shelters. If as a last resort, you have to leave your pets behind, make sure you have a plan to ensure their care. Contact one of the area animal shelters, the humane society, a veterinarian or the emergency management office for information on caring for pets in an emergency. Find out if there will be any shelters, kennels, or veterinarians accepting pets during an emergency. Decide on safe locations in your house where you could leave your pet. A Pet Disaster Supply Kit should include proper identification including immunization records, ample supply of food and water, a carrier or cage, medications, muzzle, collar and leash.

# During an Emergency

• Remain calm and be patient • Follow the advice of local emergency officials • Listen to your radio or television for news and instructions • If the disaster occurs near you, check for injuries. Give first aid and get help for seriously injured people • If the disaster occurs near your home while you are there, check for damage using a flashlight • Do not light matches or candles or turn on electrical switches • Check for fires, fire hazards and other household hazards • Sniff for gas leaks, starting at the water heater • If you smell gas or suspect a leak, turn off the main gas valve, open windows and get everyone outside quickly • Shut off any other damaged utilities • Confine or secure your pets • Call your family contact--do not use the telephone again unless it is a life-threatening emergency • Help your neighbors, especially those who are elderly or disabled.

**Evacuation:** If local authorities ask you to leave your home, they have a good reason to make this request, and you should heed the advice immediately. Listen to your radio or television, follow instructions, and keep these simple tips in mind:

1. Wear long-sleeved shirts, long pants and sturdy shoes so you can be protected as much as possible.
2. Take your disaster supplies kit.
3. Lock your home.
4. Use travel routes specified by local authorities. Don't use shortcuts because certain areas may be impassable or dangerous.
5. Stay away from downed power lines.
6. Take a battery-powered radio with you.

If you're sure you have time:

7. Shut off water, gas and electricity before leaving, if instructed to do so.
8. Post a note telling others when you left and where you are going.
9. Make arrangements for your pets, taking them with you if possible. Pets are not permitted in public shelters, so follow your plan to go to a relative's or friend's home, or find a "pet-friendly" hotel.

## **HAZMAT Spills** (Hazardous Materials)

**Dial 911 immediately to notify authorities of any type of accident, particularly where hazardous materials are concerned.**

During an accidental release of toxic chemicals or other emergencies where air quality is threatened, there may not be time to evacuate the area. You may be asked to "shelter-in-place" instead. In-place sheltering means to stay indoors--in homes, schools, businesses or public buildings. This is used when there is little time to react to an incident and evacuation would be more dangerous than staying inside. It is the responsibility of local authorities to issue orders for in-place sheltering during chemical emergencies. These orders may be issued by local authorities or through a media outlet.

### Sheltering-In-Place:

Quickly bring everyone inside, including your pets. Close and lock all doors to the outside. Close and lock all windows. Turn off all heating systems. Turn off all air conditioners, and switch the inlets to the "closed" positions. Close fireplace dampers and stove vents. Close as many interior doors as possible.

Move to interior spaces if possible. Some gases are heavier than air, so avoid the basement. Seal any remaining cracks or openings with available materials, such as towels, blankets, plastic sheeting, etc. The preferred method is to use duct tape and plastic sheeting that is 4 mil or thicker to seal off all doors, windows, vents, and other points of air entry. Consider using a bathroom or large, walk-in closet, as these may be the easiest to seal. Seal around the door, window, and air conditioner heater grill. (See [www.ready.gov/faq.html](http://www.ready.gov/faq.html) for extensive information about sheltering-in-place questions.) Tune to the radio or television Emergency Alert System station for further information and guidance.

Wait for the all-clear signal from the emergency response authorities before you go outside again. However, if the duct tape method is used, there will be a danger of suffocation if more than a few hours pass. The Department of Homeland Security recommends that individuals allow ten square feet of floor space per person in order to provide sufficient air to prevent carbon dioxide buildup for up to five hours assuming a normal, resting breathing rate.

### Sheltering-in-Place in a Car or Truck:

Stay in your car or truck. Close all windows and manual vents. Turn off air conditioning and ventilation systems. If possible, drive away from any visible gas or smoke clouds. Follow the orders of law enforcement or public safety personnel directing traffic and tune to the Emergency Alert System station on your radio for further information and guidance. Stay in your vehicle and wait for the all-clear signal before you open windows, doors, or vents.

# Emergency Planning Guide

If you are lucky, perhaps the biggest disaster you will ever face is the cable going out during the Super Bowl, or a minor plumbing disaster. But chances are most of us will face a seriously life-threatening or property-damaging disaster sometime in our lives.

You may already have some level of preparation. If not, you should begin preparing right away. The need to prepare is real: disasters disrupt hundreds of thousands of lives every year. Being prepared can reduce fear, anxiety, and losses that accompany disasters. Most of all: **PREPARATION SAVES LIVES.**

Disasters can occur anywhere. For true peace of mind, know what you can do before, during, and after any emergency you might encounter.

### Before:

1. Know the risks and danger signs of potential disasters in your area.
2. Purchase insurance, including flood insurance which is not part of your homeowner's policy.
3. Develop plans for what to do.
4. Assemble a disaster supplies kit.
5. Volunteer to help others, such as becoming a Community Emergency Response Team (CERT) member.
6. Consider obtaining an Amateur ("HAM") Radio Operator License.
7. Obtain a weather alert radio. Locate it in a central area. Keep it turned on.
8. Become a SKYWARN Storm Spotter.

### During:

1. Put your plan into action.
2. Help others and stay calm.
3. Follow the advice and guidance of officials in charge of the event.

### After:

1. Repair damaged property.
2. Take steps to prevent or reduce future loss.

**Know what to do  
before, during  
and after any  
emergency!**

**LEPC**

## Emergency Contact Phone Numbers

### Family/Household Members:

1. \_\_\_\_\_  
day: \_\_\_\_\_  
night: \_\_\_\_\_

2. \_\_\_\_\_  
day: \_\_\_\_\_  
night: \_\_\_\_\_

3. \_\_\_\_\_  
day: \_\_\_\_\_  
night: \_\_\_\_\_

4. \_\_\_\_\_  
day: \_\_\_\_\_  
night: \_\_\_\_\_

5. \_\_\_\_\_  
day: \_\_\_\_\_  
night: \_\_\_\_\_

Police • Fire • Ambulance • Poison:  
**9-1-1**

Out-of-Town Contact/Phone/Email:

\_\_\_\_\_

Doctor: \_\_\_\_\_

Hospital: \_\_\_\_\_

Insurer Phone/Policy #:

\_\_\_\_\_

Family Reuniting Location:

\_\_\_\_\_

Local Radio & TV Channels:

\_\_\_\_\_

\_\_\_\_\_

LOCAL EMERGENCY PLANNING COMMITTEE

**LEPC**  
...safety in knowledge

EMERGENCY PLANNING TODAY FOR SURVIVAL TOMORROW

We wish to acknowledge and thank these organizations and their extensive website resources: The U.S. Department of Homeland Security, the Federal Emergency Management Agency, and the American Red Cross. Funding provided by the Texas Department of Public Safety - Governor's Division of Emergency Management - Hazardous Materials Emergency Preparedness Planning Grant. Produced by Knight-Star.

### Tornadoes:

"Go low and get low" means go to the lowest level of the structure you're in, crouch in a low position and cover your head to protect it.

In your home, take cover in the center part of the house on the lowest floor in a small room, such as a closet or bathroom.

If you live in a mobile home, evacuate even if it has a tie-down system. If there is no designated shelter in the mobile home park, take cover on low, protected ground.

If you're caught in your car, leave it and seek shelter in a nearby substantial building or lie flat in a close ditch or ravine. Never try to outrun a tornado in your car.

### Terrorism:

There is often little or no warning with terrorist attacks, but preparing for natural disasters as outlined above can also help in the case of terrorism. A chemical terrorist attack is similar to a HAZMAT spill--you may be directed to either shelter-in-place or evacuate the area. The aftermath of bomb explosions can be like the aftermath of tornadoes, hurricanes, and fires. Preparing for possible injuries and major damage to infrastructure and property is essential in both cases.

## After an Emergency

Numerous programs exist to help communities and individuals recover after disasters, from various national, state, and local government programs, to agencies such as American Red Cross. Do what you can to learn about these organizations and support them.

More information . . .

| Useful Links  |  |
|---|--|
| <b>Federal Government</b>   |  |
| Centers for Disease Control and Prevention                        | <a href="http://www.cdc.gov/">www.cdc.gov/</a>   |
| Federal Emergency Management Agency (FEMA)                        | <a href="http://www.fema.gov/">www.fema.gov/</a>   |
| US Department of Homeland Security                                | <a href="http://www.dhs.gov/dhspublic/">www.dhs.gov/dhspublic/</a>                         |
| US Fire Administration  | <a href="http://www.usfa.fema.gov/">www.usfa.fema.gov/</a>                                 |
|   |  |
| <b>State Government</b>   |  |
| Office of the Governor  | <a href="http://www.governor.state.tx.us/">www.governor.state.tx.us/</a>                   |
| Texas Homeland Security   | <a href="http://www.texashomelandsecurity.com/">www.texashomelandsecurity.com/</a>         |
| Texas Department of Public Safety                                 | <a href="http://www.txdps.state.tx.us/">www.txdps.state.tx.us/</a>                         |
| Department of State Health Services<br>Public Health Preparedness | <a href="http://www.dshs.state.tx.us/preparedness/">www.dshs.state.tx.us/preparedness/</a> |
|   |  |
| <b>Citizen Preparedness</b>                                       |  |
| Arc you Ready?<br>A Citizen's Guide to Preparedness               | <a href="http://www.fema.gov/areyouready/">www.fema.gov/areyouready/</a>                   |
| Texas Citizen Corps   | <a href="http://www.texascitizencorps.org">www.texascitizencorps.org</a>                   |
| Ready.Gov   | <a href="http://www.ready.gov/">www.ready.gov/</a>   |
|   |  |
| <b>Volunteer Groups Active In Disasters</b>                       |  |
| American Red Cross  | <a href="http://www.redcross.org/">www.redcross.org/</a>                                   |
| Voluntary Organizations Active in Disasters                       | <a href="http://www.nvoad.org/index.php">www.nvoad.org/index.php</a>                       |