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EMERGENCY BASICS

I. BEFORE an Emergency:

1. Know how to turn off gas, water and electricity to your home.
2. Know Basic First Aid.
3. Have a "72 Hour Emergency Kit" readily available.
4. Keep your car 1/2 full of gas.
5. Have a plan for reuniting your family - one place right outside your home and another outside the immediate neighborhood.
6. Have an "out of area" contact person - every family member needs to know the number or have it with them.
7. Have operational smoke alarms, carbon monoxide alarms and fire extinguishers installed.
8. Children at school - make sure your list of adults authorized to pick up your children is current and complete. Tell older children who self transport to follow the instructions of authorities.
9. Know your neighbors, their skills and their needs Plan how you could help each other - special needs, elderly, disabled, child care if children come from school and parents cannot get home. Working together as neighbors can save lives and property.
10. Have a "Home Hazard Hunt" -
 - Repair defective electrical wiring and leaky gas connections
 - Secure water heater with straps to stud walls
 - Fasten shelves securely
 - Place large heavy objects on lower shelves
 - Hang pictures and mirrors away from beds
 - Brace overhead light fixtures, china cabinets, bookcases, top heavy objects
 - Store weed killers pesticides and flammable products away from heat
 - Clean and repair chimneys, flue pipes, vent connections and gas vents
 - Place oily rags or waste in covered metal cans
 - Clear surrounding brush or weeds 30' from home
 - Take care of anything that could move, fall, break, or cause a fire

II. DURING an Emergency

1. STAY CALM, REASSURE OTHERS (especially young children), THINK through the consequences of any action.
2. DO NOT TIE UP TELEPHONE LINES needed for emergency operations.
3. LISTEN to portable radio for ALL weather service advisories. KSL 1160AM
4. REMAIN INDOORS, Stand in hallway, strong interior doorway or take cover under a desk or table away from glass.
5. FOLLOW ADVICE OF LOCAL AUTHORITIES. If you are told to evacuate, do so promptly. If told to go to a certain location, go straight there and check in.

III. AFTER an Emergency.

1. Check for injuries - provide First Aid
 2. Check for safety using a light stick or flashlight. Check for gas, water, or sewage breaks, check for downed electric lines and shorts. "Turn off appropriate utilities only if you suspect the lines are damaged or if you are instructed to do so.
- "If you turn the gas off, you will need a professional to turn it back on." FEMA**
3. Check for home hazards - fire dangers or dangerous spills. Be aware that spilled bleaches, gasoline and other liquids may produce deadly fumes when chemicals mix. Get advice from emergency personnel on how to clean up spilled liquids especially if there are noxious fumes.
 4. Listen to the radio for specific instructions from Public Safety agencies.
* Local Media will announce change in school openings and closings
 5. Wear shoes.
 6. Stay off the telephone except to report emergencies.
 7. Check on neighbors especially the elderly, disabled or those with small children
 8. After the emergency is over, let relatives know how and where you are.

IN CASE OF. . .

EARTHQUAKE:

BEFORE:

Follow Emergency Basics 1-9 plus.....

10. Know the earthquake plan for your children's school. Discuss it with them.
11. Have earthquake drills
 - Identify safe spots in each room
 - Act out getting to the safe spot in less than 2 seconds and covering your head
 - Identify danger zones to stay away from bookcases, windows, furnishings that could fall
 - Drill: Once a month have a child yell "EARTHQUAKE" - Everyone should respond then discuss choices made

DURING:

1. **STAY CALM, REASSURE OTHERS:** expect loud noises, sounds will come from the motion of the ground, the structure of the building, and from falling objects.
2. **IF INSIDE:** Stay inside and find protection in a doorway, hallway, under a desk or table, away from tall book shelves, or glass. Avoid (brick) masonry walls, chimneys fireplaces. Cover your head and face with anything handy (coat, blanket, cardboard) to shield from falling debris and splintering glass.
3. **IF OUTSIDE:** Stay there, move away from buildings, trees, power poles/lines. The greatest danger from falling debris is just outside doorways and close to outer walls.
4. **IF DRIVING:** Stop as soon as possible. Never stop on or under bridges, overpasses, under power lines or where buildings can fall on you, stay in the vehicle. A car is an excellent shock absorber, it will shake but is fairly safe. When you drive on watch for hazards created by the earthquake such as fallen

objects, downed power lines, broken or undermined roads.

5. **IF IN AN OFFICE BUILDING:** Stay next to a pillar or support column, under a heavy table or desk, away from windows. File cabinets should not open toward you.
6. **IF AT A PUBLIC EVENT:** theater/ athletic stadium: drop to the floor between the seats, cover your head, hold on and ride it out. **DO NOT RUSH FOR THE EXITS** as hundreds of others will do. Leave calmly, avoid elevators, watch for panic in crowds.

AFTER: Be prepared for additional aftershocks.

1. Check for injuries - provide emergency First Aid. Do not try to move seriously injured persons.
2. Be prepared to respond to psychological needs created by the trauma of the experience. Stay with small children - they fear separation during times of stress.
3. Check for safety. Turn off appropriate utilities. Check for gas, water, sewage breaks.
 - Check for downed electric lines and shorts.
 - Check for fire hazards, chemical spills, toxic fumes. If there is leaking gas, leave the house and report to authorities.
 - Check building for cracks around chimney and foundation.
 - Open cabinets and closets carefully and be ready for falling objects
4. Flashlights or lightsticks are safe: Do not turn on electrical switches, light matches, or create sparks until you are sure there are no gas leaks.
5. Wear shoes - clean up dangerous spills and broken glass and debris.
6. Listen to the radio for specific instructions from Public Safety agencies.
7. Stay off the telephone except to report emergencies - put phones back on the hooks.
8. Stay out of severely damaged buildings, aftershocks may finish them off.
9. Confine or leash frightened pets.

10. NEVER ASSUME DOWNED POWER LINES ARE DEAD - or you may be!
People, metal and damp objects are good electrical conductors. To avoid shock and serious burns stay back. If you are in your car, and live wires have fallen across the car, remain in your car until help arrives. If trying to rescue someone in contact with live wires, use a wooden pole or other non conductive material to move the wire.
11. Do not go sightseeing.
12. Notify family to let them know how and where you are. If you must leave, leave a message of your intended route and destination and who is with you.
13. Practice strict sanitation. Keep fingers out of mouths.

POWER OUTAGE:

BEFORE:

1. Know the location of electrical fuse box and circuit breaker.
2. Have antifreeze.
3. Have emergency supplies (water, food, first aid, flashlight, etc.)

DURING:

1. Unplug all major appliances. When the power comes on, the power surge could ruin appliances.
2. Report any downed power lines.
3. DO NOT OPEN the refrigerator and freezer doors.
4. In case of long term power failure in the winter, you may need to winterize your home to protect your pipes from freezing.
 - Shut off the water at the street.
 - Drain all the water from your pipes at the lowest faucet. Flush all toilets so there is no water left in them.
 - Turn off the gas to the water heater and drain it.
 - Pour antifreeze in all drains, toilet bowls and toilet tanks.

3. Leave for a location with power or stay in your home. If you stay, it is easier to heat one room than the whole house. Remember that heating/cooking equipment requiring gasoline, propane, white gas, coalman fuel or charcoal briquets should not be used inside.

AFTER:

1. When the power comes on, plug in appliances one by one to prevent overloading the system.
2. Turn the water back on. Be sure all taps are turned off first.
3. Check the food in the refrigerator/freezer. If the door is not opened, food in the refrigerator should stay cold up to 6 hours. Foods "*warmer than refrigeration*" temperatures more than 2 hours should be discarded. If food from the freezer is still as cold as refrigeration temperatures, it can be eaten but do not re-freeze. Meat that still has ice crystals can safely be re-frozen. If meat is thawed and "*refrigeration cold*", it can be cooked and eaten or re-frozen. In a well filled freezer, food will have ice crystals for about 3 days.(USU Extension)

HIGH WINDS

BEFORE:

1. Secure objects such as outdoor furniture, tools, trash cans, etc.
2. Have emergency supplies: water, food, first aid, etc.
3. Listen to the radio for weather updates.
4. Be prepared to board or tape up windows.
5. Open a window at the opposite end of the house about 1" to relieve pressure.

DURING:

1. Take shelter in center hallways, closets or basement areas away from windows.
2. Avoid areas where flying objects may hit you.

AFTER:

1. Clean up.
2. Windows: use duct tape and plastic to mend if cracked; plywood to board up if broken.

SEVERE THUNDER & LIGHTNING:

INDOORS:

1. Stay away from open doors, windows, fireplaces.
2. Close the curtains to protect you from shattered glass.
3. Don't use electrical equipment (hair dryers, electric blankets, etc) during the storm.
3. Don't use the telephone except for emergency. Lightning may strike telephone lines.

OUTDOORS:

1. Don't use metal objects (lawn mowers, fishing rods, golf clubs. Remove metal cleated golf shoes).
2. Get out of the water and off of small boats.
3. Avoid being the highest object in any area. **If you feel an electrical charge** (your hair stands on end or skin tingles) drop to the ground in a crouched position with hands on knees and your head between them. **DO NOT** lie flat on the ground.

FIRST AID:

1. Persons struck by lightning receive a severe electrical shock and may be burned where the lightning entered and left the body, but they can be handled safely, they carry no electrical charge.
2. A person struck by lightning can often be revived by prompt mouth to mouth resuscitation, cardiac massage and prolonged artificial respiration.

BLIZZARDS:

Listen to weather advisories and avoid traveling in blizzard conditions if possible.

If you are trapped in a car by a blizzard:

1. Stay in the vehicle, do not attempt to walk out; disorientation occurs quickly in blowing, drifting snow.
2. Avoid overexertion from trying to push the car out or shoveling heavy drifts.
3. Run the motor only about 10 minutes each hour for heat and only with a rear window slightly open for ventilation. Be cautious of carbon monoxide poisoning make sure the exhaust pipe does not become blocked with snow.
4. Make yourself visible: raise the hood, tie red cloth to the antenna.
5. Exercise by clapping hands, moving fingers, arms, legs to keep blood circulating. Change positions frequently.
6. Do not eat snow - it will lower your body temperature.
7. Keep watch - do not allow all occupants of the car to sleep at once.

FLOODS:

BEFORE:

1. Find out if your residence is in a probable flood plain. Make plans what to do, where to go.
2. Store emergency supplies: water, food, first aid, medications, documents, radio, flashlights etc.
3. Listen to the radio or TV for changing weather conditions.
1. Place sandbags, lumber, plastic sheeting etc. in strategic places. (Sandbags should be stacked away from the building far enough to avoid damaging the walls.)
2. Make sure vehicles are at least ½ full in case of evacuation.
3. Prepare for evacuation.
1. Move valuables to an upper floor or as high as possible.

DURING:

1. Stay calm.
2. If there is time, disconnect all gas and electric appliances. Shut off the main water valve to keep contaminated water from entering the house. Also shut off the power at the main breaker. Remember, if you shut off the gas, a professional will have to come turn it back on.
2. If asked to evacuate, use travel routes recommended by local authorities to reach the Evacuation Center. Drive slowly in water, use low gear. If your car stalls, abandon it as soon as possible.
3. Listen for further instructions on the emergency frequency of your radio. (KSL 1160 AM)

AFTER:

1. Do not return home until local authorities say that it is safe.
2. Check your home carefully for structural damage, gas leaks and downed electrical wires.
3. Don't use electrical appliances that have been flooded until repaired.
4. Don't use food that has been contaminated by flood waters.
5. Don't drink tap water until authorities say it is safe to do so.
6. Clean everything. Flood water carries contaminants and disease. Throw out all wet food, medicines and cosmetics.

FIRES:

TAKE AWAY FUEL

TAKE AWAY AIR

TAKE AWAY HEAT

PREVENTION

1. Practice fire resistant housekeeping, discard rubbish, trash, oily rags in metal cans outside home. Use proper size fuses, replace frayed cords, don't

overload electrical outlets.

2. Store flammable liquids outside the home in tightly closed metal containers.
3. Maintain smoke detectors and fire extinguishers in working order.
4. Keep garden hose near the faucet, especially in the winter when fire danger is the greatest
5. Keep oak brush, weeds, etc cut back at least 30' from the house

BASIC FIREFIGHTING

1. Keep an escape route between you and the fire.
5. Point the fire retardant at the base of the fire, where the flames meet the fuel in asweeping motion.
3. If your clothes catch on fire:

STOP! DROP! And ROLL!!

4. Escape: Have two ways out of every room. GET OUT FAST! Don't stop to dress, gather pets, valuables or toys. Smoke and toxic gasses rise and can kill you in minutes. Crawl on your hands and knees. Take short small breaths. Cover mouth with a cloth if possible. If a door is hot, do not open it. Keep doors and windows closed. ONCE OUT - STAY OUT!
5. Have a pre-arranged meeting place outside. When 2 people arrive one should leave to call the fire department. The 2nd stays to tell the family the 1st has gone so no one tries to go back in to find him.

TYPES OF FIRES

Electrical fires - be sure to shut off the electricity first. Then put out the flames with an extinguisher, water or other fire retardant. IF YOU CAN'T SHUT OFF THE ELECTRICITY, DO NOT USE WATER ON AN ELECTRICAL FIRE.

Oil Grease or Gasoline Fire - Smother the flames. Use your fire extinguisher, a lid, bread board, salt, baking soda, or earth. DO NOT USE WATER.

Gas Fire- Shut off the gas supply. Use a fire extinguisher, water, sand or earth.

CHEMICAL:

Hazardous Materials are chemical substances, which if released or misused, can pose a threat to our health and/or environment. This is most likely in the case of a tanker spill on the highway.

ON THE SCENE:

1. If you witness a Chemical emergency, stay clear of the chemical and vapors or smoke. CALL 911.
2. If you are in a vehicle, close the windows, turn off the air systems, and leave the area.

NOTIFICATION:

Orders to Evacuate or Shelter-In-Place may be given if there is a threat to the community.

You may be notified by:

1. City Watch - a reverse 911 system with a pre-recorded message.
2. A knock on the door by uniformed fire or police personnel or by CERT volunteers.
3. An announcement by loud speaker from an official police or fire department vehicle.
4. The Emergency Alert System on TV or Radio.
5. Sirens at a local refinery or business.
6. Neighborhood block captain.

IF YOUR NEIGHBORS TELL YOU THEY RECEIVED NOTIFICATION, IT PROBABLY APPLIES TO YOU TOO!

EVACUATE:

If you are requested to evacuate directions may be provided for safe routes to

follow. Go to a designated shelter - "reception center" to check in then you may go to another safe location (home of a relative or friend, motel etc)

1. Take 72 hour kits - include all necessary medications for extended period of time.
2. Shut off all appliances.
3. Leash or cage pets and/or take them with you, if possible. However, most shelters will not accept pets.
4. Lock all doors and windows. Leave a message as to where you have gone.
5. Follow given evacuation routes.

SHELTER-IN-PLACE

This is a method of protecting yourself, family and small pets from the effects of a released chemical.

1. If possible, bring pets inside.
2. Go inside, close and lock all doors and windows to the outside.
3. Turn off all heating/air conditioning systems and switch vents to the "closed" position.
4. Close all fire place dampers.
5. Go to one room and
 - Use a basement room only as a last resort. Some chemicals are heavier than air and may seep into basements.
 - Choose a room with a bathroom attached if possible.
 - Seal all windows, doors, and vents with plastic sheeting, wax paper, or other material and tape. Include spaces around pipes.
 - Place damp towels under doorways
 - Close the drapes/shades over windows and stay away from the windows.
6. Remain in place until you are told by police or fire personnel or through radio/TV broadcasts that it is safe to leave.
7. When the chemical emergency is over, open all doors and windows for ventilation.

UTAH HOMELAND SECURITY

Shortly after September 11, 2001, Governor Mike Leavitt directed the creation of the Utah Homeland Security Task Force (HLS). Its mission is to secure and protect the safety, health, well being and rights of all people in Utah from man-made threats. The Homeland Security Advisory System Provides a means to distribute information regarding the risk of terrorist acts to Federal, State and local authorities and the American people. The threat level warnings are issued as following:

RED - Severe Risk - terrorist attack has occurred or one is imminent. Comes from a specific location or critical facility.

- Expect delays, bag search & traffic.
- Restrictions to public buildings.
- Avoid crowded gatherings.
- Do not travel in areas affected.
- Keep emergency supplies accessible.
- Report suspicious people.
- Monitor Emergency Alert news.

ORANGE - High Risk - indications that there is a high risk of local terrorist attack but no specific target.

- Continue normal activities but expect delays.
- Continue to monitor world & local events.
- Avoid leaving unattended packages etc. in public area.
- Inventory emergency supply kits.
- Discuss family emergency plan.
- Be alert to your surroundings & monitor your children.
- Maintain close contact with family & neighbors.

YELLOW - Elevated Risk: Elevated - risk of terrorist attack but no specific region or target identified.

- Continue normal activities but report suspicious activities.
- Take a first aid or CERT class, become active in Crime Watch.
- Network with family, neighbors & community for support during attack.
- Learn about critical facilities in your community & report, suspicious activities near them.

GREEN - Guarded Risk - General risk, no credible threats or target

- Continue normal activities, but be watchful for suspicious activities.
- Increase family emergency preparedness, supplies, food, water & emergency family plan.
- Monitor local & national news.
- Update immunizations.

Low Risk - Low risk of terrorism. Routine security is implemented.

- Continue to enjoy individual freedom.
- Be prepared for disaster & family emergencies.
- Support the efforts of your local emergency responders.
- Know what natural hazards are prevalent in your area & what you can do to protect your family.

OVERVIEW of POSSIBLE THREATS

Be Informed Disaster preparedness is no longer the sole concern of earthquake prone Californians and those who live in the part of the country known as "Tornado Alley." For Americans, preparedness must now account for man-made disasters as well as natural ones. Knowing what to do during an emergency is an important part of being prepared and may make all the difference when seconds count.

Biological Threat

A biological attack is the deliberate release of germs or other biological substances that can make you sick. Many agents must be inhaled, enter through a cut in the skin or be eaten to make you sick. Some biological agents, such as anthrax, do not cause contagious diseases. Others, like the smallpox virus, can result in diseases you can catch from other people.

Unlike an explosion, a biological attack may or may not be immediately obvious. While it is possible that you will see signs of a biological attack, as was sometimes the case with the anthrax mailings, it is perhaps more likely that local health care workers will report a pattern of unusual illness or there will be a wave of sick people seeking emergency medical attention. You will probably learn of the danger through an emergency radio or TV broadcast, or some other signal used in your community. You might get a telephone call or emergency response workers may come to your door.

In the event of a biological attack, public health officials may not immediately be able to provide information on what you should do. It will take time to determine exactly what the illness is, how it should be treated,

and who is in danger. However, you should watch TV, listen to the radio, or check the Internet for official news including the following:

- Are you in the group or area authorities consider in danger?
- What are the signs and symptoms of the disease?
- Are medications or vaccines being distributed?
- Where? Who should get them?
- Where should you seek emergency medical care if you become sick?

During a declared biological emergency:

If a family member becomes sick, it is important to be suspicious.

- Do not assume, however, that you should go to a hospital emergency room or that any illness is the result of the biological attack. Symptoms of many common illnesses may overlap.
- Use common sense, practice good hygiene and cleanliness to avoid spreading germs, and seek medical advice.
- Consider if you are in the group or area authorities believe to be in danger.
- If your symptoms match those described and you are in the group considered at risk, immediately seek emergency medical attention.

If you are potentially exposed:

- Follow instructions of doctors and other public health officials.
- If the disease is contagious expect to receive medical evaluation and treatment. You may be advised to stay away from others or even deliberately quarantined.
- For non-contagious diseases, expect to receive medical evaluation and treatment.

If you become aware of an unusual and suspicious substance nearby:

- Quickly get away. Do not wait to be told!
- Protect yourself. Cover your mouth and nose with layers of fabric that can filter the air but still allow breathing. Examples include two to three layers of cotton such as a t-shirt, handkerchief or towel. Otherwise, several layers of tissue or paper towels may help.
- Wash with soap and water.
- Contact authorities.
- Watch TV, listen to the radio, or check the Internet for official news and information including what the signs and symptoms of the disease are, if medications or vaccinations are being distributed and where you should seek medical attention if you become sick.
- If you become sick, seek emergency medical attention.

Chemical Threat

A chemical attack is the deliberate release of a toxic gas, liquid or solid that can poison people and the environment. It is most likely to happen in a crowded place.

Possible Signs of Chemical Threat

- Many people suffering from watery eyes, twitching, choking, having trouble breathing or losing coordination.
- Many sick or dead birds, fish or small animals are also cause for suspicion.

If You See Signs of Chemical Attack:

- Find Clean Air Quickly
- Quickly try to define the impacted area or where the chemical is coming from, if possible.
- Take immediate action to get away.
- If the chemical is inside a building where you are, get out of the building

without passing through the contaminated area, if possible.

- If you can't get out of the building or find clean air without passing through the area where you see signs of a chemical attack, it may be better to move as far away as possible and "shelter-in-place."
- If you are outside, quickly decide what is the fastest way to find clean air. Consider if you can get out of the area or if you should go inside the closest building and "shelter-in-place."

If You Think You Have Been Exposed to a Chemical

If your eyes are watering, your skin is stinging, and you are having trouble breathing, you may have been exposed to a chemical.

- If you think you may have been exposed to a chemical, strip immediately and wash.
- Look for a hose, fountain, or any source of water, and wash with soap if possible, being sure not to scrub the chemical into your skin.
- Seek emergency medical attention.

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.

If There is a Fire

- Exit the building ASAP.
- Crawl low if there is smoke

- Use a wet cloth, if possible, to cover your nose and mouth.
- 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 out the fire.
- 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.

Nuclear Blast

A nuclear blast is an explosion with intense light and heat, a damaging pressure wave and widespread radioactive material that can contaminate the air, water and ground surfaces for miles around. During a nuclear incident, it is important to avoid radioactive material, if possible. While experts may predict at this time that a

nuclear attack is less likely than other types, terrorism by its nature is unpredictable.

If there is advanced warning of an attack:

Take cover immediately, as far below ground as possible, though any shield or shelter will help protect you from the immediate effects of the blast and the pressure wave.

If there is no warning:

- Quickly assess the situation.
- Consider if you can get out of the area or if it would be better to go inside a building to limit the amount of radioactive material you are exposed to.
- If you take shelter go as far below ground as possible, close windows and doors, turn off air conditioners, heaters or other ventilation systems. Stay where you are, watch TV, listen to the radio, or check the Internet for official news as it becomes available.
- To limit the amount of radiation you are exposed to, think about shielding, distance and time.
 - **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.
 - **Distance:** The farther away you are away from the blast and the fallout the lower your exposure.
 - **Time:** Minimizing time spent exposed will also reduce your risk.

Use available information to assess the situation. If there is a significant radiation threat, health care authorities may or may not advise you to take potassium iodide.

Potassium iodide is the same stuff added to your table salt to make it iodized. It may or may not protect your thyroid gland, which is particularly vulnerable from radioactive iodine exposure. Consider

keeping potassium iodide in your emergency kit, learn what the appropriate doses are for each of your family members. Plan to speak with your health care provider in advance about what makes sense for your family.

For more information, see Potassium Iodide from Centers for Disease Control.

For more general information, see "Are you Ready?" from Federal Emergency Management Agency.

Radiation Threat

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. Look for a building or other shelter that has not been damaged and quickly get inside. Once you are inside, 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 and wash as soon as possible.
- 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 shielding, distance and time.
 - **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.
 - **Distance:** The farther away you are away from the blast and the fallout the lower your exposure.
 - **Time:** Minimizing time spent exposed will also reduce your risk.

As with any emergency, local authorities may not be able to immediately provide information on what is happening and what you should do. However, you should watch TV, listen to the radio, or check the Internet often for official news and information as it becomes available.

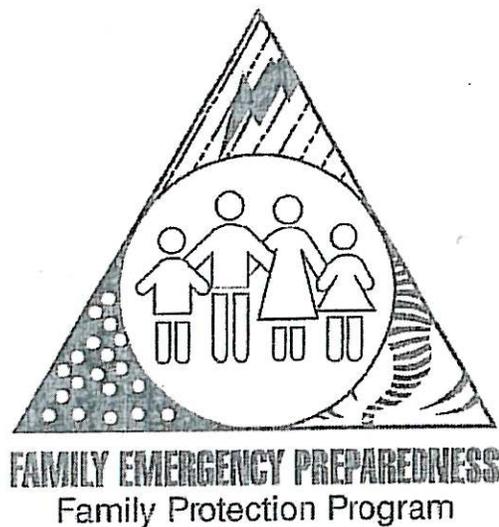
For more general information, see "Are you Ready?" from Federal Emergency Management Agency. www.fema.gov

Other Sources of Information

Emergency Preparedness Information:

www.beprepared.com - (Emergency Essentials)
www.bt.cdc.gov (CDC - Emergency Preparedness & Response)
www.citizencorps.gov/programs/cert.shtm (Community Em. Response)
www.des.ut.gov (Utah State Division of Emergency Services & Homeland Security)
www.disaster-resource.com (Disaster Resource Guide)
www.fruitheightscity.com (Fruit Heights City)
www.fema.gov (Federal Emergency Management Agency)
www.geology.utah.gov (Utah Geological Survey)
www.hlunix.hl.state.ut.us/ (Utah Department of Health)
www.nws.noaa.gov (National Weather Service)
www.neic.usgs.gov (National Earthquake Information Center)
www.nod.org/emergency/index (National Organization on Disability >Emergency Preparedness)
www.providentliving.org (LDS church) - guides to food storage, preparation
www.ready.gov (US Department of Homeland Security) much good information
www.redcross.org/services/disaster/ (American Red Cross)
www.training.fema.gov/emiweb/CERT/ (CERT Training)

Check Google or other web search engines for emergency preparedness products and information
This is a partial list and is intended for information only.
Fruit Heights City does not endorse any of the above listed sources.



Notification For Emergency Personnel

The following colored paper should be put (taped) on the front door or the front of your house where it may be easily spotted by Emergency Services personnel.

GREEN: ALL IS WELL

YELLOW: WE NEED HELP BUT IT IS NOT CRITICAL

RED: WE NEED IMMEDIATE HELP

BLACK: THERE IS A DECEASED PERSON HERE

WHITE: THIS HOME IS VACANT - NOBODY IS HOME --
ALREADY EVACUATED

The black card is used in conjunction with any of the other four colors of paper, depending on the situation.

These colored sheets can be replaced by blank sheets of similar colors.

GREEN

**ALL
IS
WELL**

**WE NEED
HELP
BUT IT IS
NOT
CRITICAL**

RED

**WE
NEED
IMMEDIATE
HELP**

White

**THIS HOME IS
VACANT
OR
NOBODY IS
HOME
OR
ALREADY
EVACUATED**

We have gone to _____ Phone _____

WE includes _____

