



# BEFORE

Notes:

## PREPARE

**NO ONE** is immune to disaster. Preparation is your most important key to survival. But what does preparation involve?

**Prepare mentally.** Acknowledge the fact that disasters happen and that you and your loved ones are potentially at risk. It is too late to prepare after disaster strikes.

**Learn about disasters.** Familiarize yourself about disasters that can happen in your area. Know where shelters are. Consider whether the construction of your home and its location are as safe as possible. Remove fire hazards. Install smoke detectors, test them monthly, and change their batteries twice a year.

**Prepare emergency supplies.** Power, water, phone, and transportation services can fail. If you own a car, try to keep the fuel tank at least half full, and always have food, water, and an emergency kit in your home. –See the box “Do You Have What You Need?”

**Have access to the phone numbers** of friends, both near and far.

**Make and rehearse an escape plan.** Know the nearest exits in your building, as well as the emergency plan of your children’s school. Set up family meeting places—such as a school or library—one nearby and another outside your neighborhood. Authorities recommend that you practice walking with your family to those meeting points.

**Plan to help others, including the elderly and the infirm. Be aware of your insurance policies and what is covered (flood, wind damage, etc). Have an inventory, with serial numbers, of all items in your home.**

- Be sure any contractor you contact is licensed and insured and has a good reputation.

Carefully read all applications for disaster assistance.

**Sources of information for this publication:**

Awake magazine No. 5 2017 published by Watchtower Bible and Tract Society of New York, Inc. Additional information available at [www.jw.org](http://www.jw.org).

Emergency Preparedness Guide written by Erik Thybony Positive Promotions, Inc. Rev. 3/11

Disaster Recovery Guide. Positive Promotions, Inc. ITP-175

Homeland Security Website [www.dhs.gov](http://www.dhs.gov)

Artwork Acknowledgements, where known

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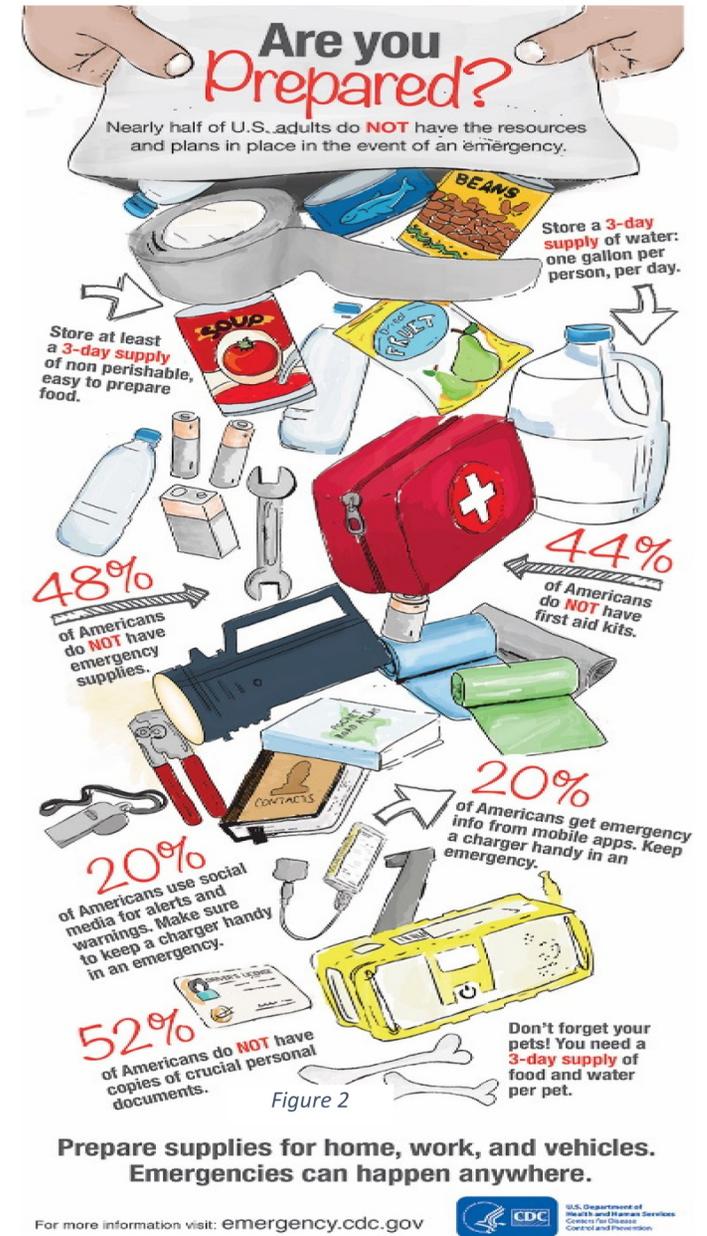
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# DO YOU HAVE WHAT YOU NEED?



Prepare “**GO BAGS**” with such items as the following:

### **Basic Electronics**

Extra phone charger  
Portable battery pack  
Long-lasting LED flashlight  
Small hand-cranked or battery-operated AM/FM radio and extra batteries

### **Personal Needs**

While getting ready for a typical day, list every toiletry you use, then buy a travel-size version of each. Pack backup eye glasses, as well as a first-aid kit, baby wipes and a multipurpose tool with a knife and can opener.

### **Clothing**

Pack a few days’ worth, include layers you can add or remove, plus lightweight rain gear and waterproof boots.

### **Your Meds**

Pack at least three days’ worth of each of your prescriptions. If you need larger items, such as an oxygen tank, make sure you have a portable version.

### **Cash**

In addition to enough money for a few days, include small bills and a roll of quarters. (If you need to buy something out of a vending machine). If the power is out for any length of time, ATMs will not work

### **Food and Drink**

Bottled water is essential--one gallon per person per day. Granola or energy bars are great because they are small and filling, and they come in a variety of flavors.

Take photos or video of the damages to your property.

Call your insurance company as soon as possible to discuss filing your claim as insurance policies have time limits.

Make a list of damaged or lost items to give to the insurance company’s inspector. Include receipts or other documents proving ownership.

Make temporary repairs to keep your home safe and functional. Save all receipts for your expenses because these can be reimbursed.

If you are uninsured or do not have the proper insurance coverage, FEMA (Federal Emergency Management Agency) will have an inspector contact you within a few days to schedule an inspection. The inspector will come to your home and assess your property for disaster-related damage. You will receive a letter within approximately 10 days stating whether your application has been approved or denied.

**Recognize and address emotional injury.** This often surfaces after the initial shock has passed. Symptoms include anxiety, depression, and mood swings, as well as difficulty thinking, working, and sleeping. Talk to caring friends.

### **Avoiding Crime and Fraud**

Unscrupulous contractors and others often target area’s where disasters cause damage and destruction. To avoid being scammed check the ID of anyone claiming to be a government official, property inspector, or loss verifier.

## AFTER

### STAY SAFE

- To avoid disease and danger, consider the following recommendations:
- **Stay with friends**, if possible, rather than in a camp.

#### Keep your living space sanitary.

- **Use personal protective equipment** when cleaning up debris. If possible, wear gloves, sturdy shoes, a hard hat, and a dust mask. Beware of electrical wires and hidden embers.

**Keep your daily routine** as normal as possible. Your children need to see that you are calm and hopeful. Do school lessons, play, and worship as a family. Do not dwell on news coverage of the tragedy, and do not take out your anxiety or frustration on family members. Accept help, and help others.

**Acknowledge that disasters cause loss.** Government and other efforts focus on helping people to survive, not on replacing everything that was lost. To survive, we need clean water, food, clothing and shelter from the weather.

#### Dealing with Insurance

If you have homeowner's and/or flood insurance, you will need to file a claim promptly for damages to your home.

### Important Paperwork

Fill a zip-top waterproof bag with photocopies of your birth certificate; driver's license; Social Security and Medicare cards; power of attorney and will; any marriage, adoption or naturalization certificates; proof of address; insurance, medical and immunization records; and information about your credit and ATM cards.

### The Perfect Bag

Think small and portable. A backpack is ideal, but a lightweight suitcase with wheels will also do. Just remember, you may literally be running with it.

*More GO BAG info at <http://bit.ly/GOBAGS>, from the October 2017 AARP Bulletin by Jeff Rossen of NBC News. He is the author of a new survival and fraud-fighting book *Rossen to the Rescue*.*

### PETS



Never leave your pets behind in a disaster, but do not risk your own safety attempting to find them if you must evacuate quickly.

Figure 3

Put together an emergency supply kit for your pet. Include things like a first aid kit, food dishes, a litter box, a leash or pet carrier, medication, food, veterinary records and water.

Attach ID tags to your pet with your name and address.

Remember that most emergency shelters do not allow pets except for service animals.

Make a list of pet shelters and of hotels that permit animals in the area you would evacuate to.

## DURING

### ACT QUICKLY

“When fire broke out, most people didn’t panic—they delayed,” relates a man named Joshua. “Some turned off a computer or filled a water bottle. One man said, ‘Maybe we should just wait.’” Despite the hesitancy of others, Joshua shouted: ‘We need to get out of here now!’ At that, his coworkers snapped out of denial and followed him down the stairs. “If anyone falls, pick him up and keep moving.” Joshua kept calling out, “We’re all going to make it.” In short, if there is a fire, get out.



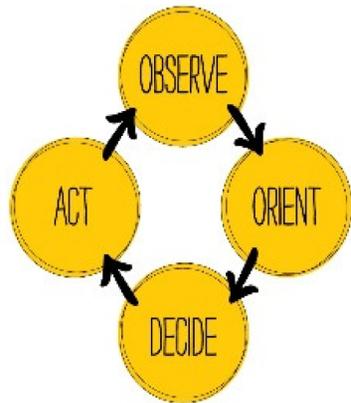
### FIRE PREVENTION/HOME SAFETY

- Install smoke detectors on every level of your home. Test these monthly and replace batteries at least twice a year.
- Have fire extinguishers on each floor of your home and check their pressure gauges monthly.
- Don’t overload electrical outlets or run cords underneath rugs. Inspect electrical cords regularly for damage.
- Keep space heaters at least 3 feet from furniture and drapes.
- Clean the lint screen on your clothes dryer before each use.
- Have your furnace inspected every year, changing filters several times each year.

- If not evacuating, take shelter in an interior room that can be easily sealed off with pre-cut plastic sheeting and duct tape that you have stored in this room.
- Turn off the air conditioning or heating system.
- Remain sheltered until advised it’s safe to leave.
- If caught outside, try to get upwind of the attack site and seek shelter as soon as possible.
- If in a vehicle, get inside a building if you can. If unable, roll up windows, shut vents and turn off the engine.

### If Exposed to Biological Attack

- Pay close attention to instructions from authorities.
- Remove and bag clothes that may have come in contact with infectious substance.
- Seek immediate medical treatment if you notice symptoms of the disease caused by the infectious substance used in the attack.



Report suspicious behavior.

Figure 10

### In Case of an Explosion

- Watch for falling debris.
- Crawl beneath the smoke and exit the area as quickly as possible.
- If you are trapped in debris, minimize your movements and cover your mouth with a cloth. Tap on a pipe or wall so rescuers can hear you. Do not use a match or lighter.

### In Case of a Biochemical Attack

- Evacuate if ordered by authorities
- Stay tuned to radio or TV for updates

- Clean fireplace, coal stove and wood stove chimneys every year.
- Store firewood at least 30 feet from your home.
- Store flammable materials and chemicals safely away from sources of heat.
- Create a family escape plan that has two ways out of every room. Choose a family meeting place outside.

In a fire. Stay close to the floor and move quickly to the nearest exit. Smoke makes it hard to see, and most fire deaths are caused by smoke inhalation. Leave behind personal items; things can be replaced. Seconds make the difference between life and death.



### PREPARING YOUR HOME PRIOR TO AN EARTH QUAKE

Earthquakes are rare in our region, but they do happen.

- Secure major appliances to both the floor and wall.
- Move large objects and breakable items to lower shelves.

In an earthquake: Get under sturdy furniture or next to an outside wall. Expect aftershocks and get outside and away from buildings as soon as you can. Trained rescuers may not arrive for hours, so try to rescue others if you can.



## DURING A HURRICANE OR TORNADO THREAT

Figure 4



Figure 5

### ***During a tornado watch:***

- Stay tuned to radio or TV for updates. Monitor your phone for Code RED Alerts.
- Shutter or board the windows in your home.
- Secure outdoor objects or bring them inside.
- Turn off utilities at the main valves or switches if instructed by authorities.

In a tornado or a hurricane: Go to a storm shelter if one is available without delay. If you stay at home, take refuge on the ground floor in a small central room or hallway. Keep away from windows and glass doors. Close all inside doors; brace all outside doors only if it is safe to do so. Do not stay in a mobile home, find a sturdy building nearby where you can take shelter.

## **BEFORE A FLOOD**

Do you know?



- \* Two feet of moving water can carry a car away. Most deaths in a flood result when people try to drive or wade through moving water.
- \* Know how to get to higher ground from your home.

- Do not leave until law enforcement authorities have instructed you to do so.

### **Raise Your Awareness**

- Be aware of your surroundings. Note emergency exits and staircases.
- Leave the area if you feel something is wrong.

- Avoid pointing, screaming and/or yelling
- Do not stop to ask officers for help or direction when evacuating, just proceed in the direction from which officers are entering the premises. **FOLLOW ALL POLICE INSTRUCTIONS!**

### **Information to provide to law enforcement or 911 operator:**

- Location of the active shooter
- Number of shooters, if more than one
- Physical description of shooters
- Number and type of weapons held by the shooter/s
- Number of potential victims at the location

The first officers to arrive to the scene **WILL NOT** stop to help injured persons if the assailant has not been stopped.

- Expect rescue teams comprised of additional officers and emergency medical personnel to follow the initial officers.
- These rescue teams will treat and remove any injured persons. They may also call upon able-bodied individuals to assist in removing the wounded from the premises.
- Once you have reached a safe location or an assembly point, you will likely be held in that area by law enforcement until the situation is under control, and all witnesses have been identified and questioned.

### **In a flood.**

- Stay out of flood zone.
- Avoid wading through floodwater. It contains sewage and concealed dangers, such as debris, open manholes, and downed power lines.
- Do not try to drive through floodwater, no matter how shallow it appears to be.
- **DON'T DROWN, TURN AROUND!**

**In a tsunami.** Although not something we expect to occur in our area, this could occur in ocean-side vacation locations. If the water suddenly rushes away from the shore, move quickly to higher ground. Expect more and larger waves.

**If the authorities order evacuation,** leave immediately! Let friends know where you are, or they may risk their lives looking for you.

### **THUNDERSTORMS**

#### ***Before Thunderstorms Strike***

- Cut down dead trees and clear branches from around your house.
- Secure loose outdoor objects such as patio furniture, shutter the windows and secure the doors.



*Figure 6*

## **During a Thunderstorm**

### **IF THUNDER ROARS, GO INDOORS!**

- On average, the US gets 100,000 thunderstorms every year.
- Lightning can strike the ground from up to 100 miles away under certain circumstances. Go inside or stay inside if, after seeing lightning, you cannot count to 30 before hearing thunder.
- Stay away from water pipes and faucets. Do not shower or bathe.
- Do not use a corded telephone, except in an emergency. Cell phones and cordless phones are OK to use during a storm. Monitor your phones for Code RED messages/alerts.
- Unplug electronics and turn off air conditioners.
- If outside in an open area, move to a low spot such as a valley—but beware of flash flooding.
- Never stand under a tall isolated tree, on a hilltop, in an open field, on the beach or near open water or in a pavilion or other open structure.
- Stay away from metal equipment and apparatus such as fences, tractors, pipes, and bicycles.
- If swimming or boating, get out of the water immediately and take shelter.

### **If You're about to Be Struck**

- Feeling your hair stand on end means lightning is about to strike nearby. Make yourself into a small target.

- Acting as aggressively as possible against him/her
- Throwing items and improvising weapons
- Yelling
- Committing to your actions

### ***Arrival of Law Enforcement***

Law enforcement's purpose is to stop the active shooter as soon as possible. Officers will proceed directly to the area in which the last shots were heard.

#### **Officers may:**

- wear regular patrol uniforms or street clothes with or without external bulletproof vests, Kevlar helmets, and other tactical equipment;
- be armed with rifles, shotguns, handguns;
- use pepper spray or tear gas to control the situation;
- shout commands;
- push individuals to the ground for their safety.

### ***How to REACT when law enforcement arrives:***

#### **Remain calm and follow the officer's instructions.**

- Put down any items in your hands (i.e., bags, jackets, cell phones).
- Immediately raise hands and spread fingers
- Keep hands visible always!
- Avoid making any quick movements toward officers such as holding on to them for safety

### **If you cannot evacuate, HIDE!**

- If evacuation is not possible, find a place to hide where the active shooter is less likely to find you.

### **Your hiding place should:**

- Be out of the active shooter's view
- Provide protection if shots are fired in your direction (i.e. an office with a closed and locked door)
- To prevent an active shooter from entering your hiding place:
  - Lock the door;
  - Blockade the door with heavy furniture
  - If the active shooter is nearby:
    - Lock the door!
    - Silence your cell phone and/or pager
    - Turn off any source of noise (i.e. radios, televisions)
    - Hide behind large items (i.e. cabinets, desks)
    - Remain quiet

### **If evacuation and hiding are not possible:**

- Remain calm;
- Dial 911, if possible, to alert police to the active shooter's location;
- If you cannot speak, leave the line open and allow the dispatcher to listen.
- Take action against the active shooter
- As a last resort, and only when your life is in imminent danger, attempt to disrupt and/or incapacitate the active shooter by:

- Squat down on the balls of your feet—do not lie flat on the ground.
- Place your hands over your ears and tuck your head between your knees.

## **WINTER SNOW STORMS**



### **Preparing for a Winter Storm**

- Stock up on food, water, medicines, and heating fuel.
- Secure back-up heat sources, such as kerosene heaters. Never use charcoal, gas, or propane heaters indoors.
- Buy bags of rock salt and sand for use on icy walkways.
- Weather-strip windows and doors to help seal out the cold.

### **During and after a Winter Storm**

- Monitor your phones for Code RED messages/alerts.
- Conserve heating fuel by shutting off unused rooms.
- Wear several layers of clothing and a hat outdoors. Cover your mouth with a scarf to protect your lungs.
- Don't overexert yourself while shoveling snow.
- Watch for signs of frostbite: loss of feeling along with paleness in tip of nose, fingers, toes, and ear lobes.

- Beware of hypothermia. Signs include uncontrollable shivering, slurred speech, drowsiness, memory loss, and disorientation.
- Avoid driving at night or alone. Notify others of your schedule and route.

### **If your Vehicle is Stranded in a Blizzard**

- Pull off the road and turn on your hazard lights.
- Do not start walking unless you can see a building where you can take shelter.
- If no buildings are in sight, stay in your vehicle, where rescuers are more likely to find you.
- Wrap yourself in blankets, or use seat covers, floor mats and maps.
- Run the engine for 10 minutes each hour to keep warm. Open a window slightly for ventilation.
- Balance use of the heater and lights to conserve the battery.
- If stuck in a remote location, spell out ‘HELP’ or ‘SOS’ with rocks or branches.
- Prepare and maintain an emergency kit in your car. See recommended items under “Go Bags.”

- As a last resort, attempt to take the active shooter down. When the shooter is at close range and you cannot flee, your chance of survival is much greater if you try to incapacitate him/her.

### **How to respond when an active shooter is in your vicinity.**

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### **CALL 911 WHEN IT IS SAFE TO DO SO!**

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Quickly determine the most reasonable way to protect your own life. Remember that customers and clients are likely to follow the lead of employees and managers during an active shooter situation.

#### **If you can evacuate:**

- If there is a safe way to get out, try to evacuate the premises. Be sure to:
  - Evacuate regardless of whether others agree to follow.
  - Leave your belongings behind.
  - Help others escape, if possible.
  - Prevent individuals from entering an area where the active shooter may be.
  - Keep your hands visible.
  - Follow the instructions of any police officers.
  - Do not attempt to move wounded people.
  - Call 911 when you are safe.

## ACTIVE SHOOTER

- The following material on active shooters is taken from the US Department of Homeland Security's website
- An active shooter is an individual killing or attempting to kill as many people as possible in a confined and populated area. In most cases, active shooters use firearms and there is no pattern or method to their selection of victims.
- Active shooter situations are unpredictable and evolve quickly. Typically, the immediate deployment of law enforcement is required to stop the shooting and mitigate harm to victims.
- Because active shooter situations are often over within 10 to 15 minutes before law enforcement arrives on the scene, individuals must be prepared both mentally and physically to deal with an active shooter situation.

### ***Good practices for coping with an active shooter situation***

- Be aware of your environment and any possible dangers. Have an escape route and plan in mind.
- Take note of the two nearest exits in any facility you visit.
- If you are in an office, stay there and secure the door.
- If you are in a hallway, get into a room and secure the door.

## HAZARDOUS MATERIALS

- Chemical manufacturing plants are just one source of potential danger from hazardous materials. These toxic products are stored, used, and transported daily throughout our communities. Occasional accidents happen, and the effects of spills and leaks can be spread for miles through the air, sewer system or waterways.

### **Before a Chemical Disaster**

- Contact your local emergency management office for information about nearby factories, warehouses or highways that may handle hazardous materials.
- Learn the emergency alert system (Code RED) for your area. Be prepared to evacuate with little or no notice.

### **During a Chemical Disaster**

- Call 911 if you witness a spill or accident.
- Evacuate immediately if told to do so by authorities. If you are told to shelter in place, get inside as quickly as possible. Bring pets in too.

### **If you are advised to stay inside (Shelter in place)**



Figure 7

- Close windows and both inside and outside doors.
- Seal off vents and fire places. Turn off air conditioners.

- Gather everyone in the above-ground room with the fewest doors and windows.
- Tape plastic sheeting around windows and vents, and tape the sides, top and bottom of doors.

### **After a Chemical Disaster**

- Do not return home until authorities say it is safe to do so.
- After you return home or when authorities say it is OK to leave your shelter, open all windows and turn on vents and fans to flush chemicals and gases from your home.
- Report any residual gases, chemicals, or other hazards.
- Seek medical treatment for any exposure as soon as possible.
- Seal up exposed clothing and contact authorities about proper disposal.
- Find out from authorities how to clean up your land or property.

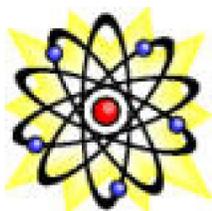


Figure 8

### **NUCLEAR POWER EMERGENCY**

- Pay attention to the warning system—not all incidents result in the release of radiation.
- Stay tuned to radio and TV and monitor your phone for Code RED updates and instructions.
- Put food in covered containers in your refrigerator.
- If ordered to evacuate, do so at once. Close and lock the windows and doors in your home. Keep car windows and vents closed and listen to the radio for evacuation route.

- Remain indoors if evacuation is not advised. Close windows and doors, turn off air conditioning, and take shelter underground or in a central area on the lowest floor of the building.

### **If You Have Been Exposed To Radiation**

- Change your clothes and shoes.
- Seal exposed clothing in a plastic bag.
- Contact authorities for proper disposal.
- Shower thoroughly.

### **After a Nuclear Power Emergency**

- Stay away from home until you are advised it is safe to return.
- If indoors, do not go outside until authorities say it is safe.
- Seek medical treatment of unusual symptoms, such as nausea, that may be due to radiation exposure.



Figure 9

### **Terrorist Attack**

- National security emergencies can include terrorist acts from bombings to biological or chemical attacks. Although terrorists intend their acts to spread fear, the actual damage they cause can often be minimized through preparedness and quick action.
- If the US Department of Homeland Security becomes aware of a credible terrorist threat in a community, the public will be alerted by local and federal officials.

Heed their warnings and advice.

