

DEPARTMENT OF THE ARMY
FORT CAMPBELL INSTALLATION
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Emergency Employment of Army and Other Resources
HANDBOOK ON EMERGENCY PREPAREDNESS

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Chapter 1

General

1-1. Introduction

This handbook will help you learn basic steps to take in case of natural disasters, man-made disasters, and national security emergencies. It is based on guidance developed by the Federal Emergency Management Agency (FEMA), the agency responsible for the Nation's civil defense and for helping local governments prepare for emergencies.

a. Disasters and emergencies affecting large areas and many people can sometimes develop quickly. Earthquakes, for example, can strike with little or no advance warning. Other types of disasters and emergencies are preceded by a build-up period that provides more time for taking protective measures. For example, the path of a hurricane is tracked for days, and people in likely danger areas are notified before the storm strikes land.

b. The approach being taken by the government to respond to emergencies is through a National Incident Management System or NIMS which uses common preparedness elements as the foundation for a variety of emergency responses.

c. Individuals and families can prepare for any type of emergency by using the basic guidance offered in this handbook. The actions recommended for the various types of emergencies are general in nature and should supplement specific instructions for Fort Campbell residents.

1-2. References.

- a. Federal Emergency Management Agency.
- b. American Red Cross.
- c. Family Disaster Plan and Personal Survival Guide.
- d. Kentucky Disaster Emergency Services.
- e. Crisis Relocation Plan.
- f. Fort Campbell Continuity of Operations Plan (COOP).
- g. CAM Regulation 500-1, Defense Support to Civil Authorities.

1-3. General guidance

There are certain things you can learn and do which will help you get ready for, and cope with, almost any type of emergency.

a. Perhaps the most basic thing to remember is to keep calm. This may mean the difference between life and death. In many disasters people have been killed or injured needlessly because they acted thoughtlessly or did nothing.

b. In a time of emergency, taking proper action may save your life. Take time to think, and then take the considered action that the situation calls for. Usually, this will be the action you have planned in advance, or the action you are instructed to take by responsible authorities.

1-4. Warnings

Here is some guidance that applies to most types of emergencies:

- a. Fort Campbell's WARNING SIGNALS. At Fort Campbell, the outdoor warning system, is a wavering siren, followed by a voice message that will be activated only for impending situations
- b. If you hear the siren you should turn on your radio or television (channel 9) to hear important information.
- c. You can also check the internet and Intranet for updates on the situation.
- d. Whenever a major storm or other peacetime disaster threatens, keep your radio or television turned on to hear weather reports and forecasts issued by the National Weather Service of the National Oceanic and Atmospheric Administration or NOAA, as well as other information and advice that may be broadcast by your local government.
- e. When you are warned of an emergency, get your information from the radio or television. Use your telephone only to report important events such as fires, or tornado sightings to the local authorities. If you tie up the telephone lines simply to get information, you may prevent emergency calls from being completed.

1-5. Emergency supplies

A major disaster of almost any kind may interfere with your normal supplies of food, water, heat, and other day-to-day necessities. You should keep on hand, in or around your home, a stock of emergency supplies sufficient to meet your needs for a few days, or preferably for a week. If you stay at home during the disaster, these supplies could help you live through the period of emergency without hardship. If you must evacuate your home and move temporarily to another location, your emergency supplies could be taken with you and used en route or after you arrive at the new location where regular supplies might not be available. Even if you only move to an emergency shelter station set up by a local agency, these supplies might be helpful to you or make your stay easier.

a. The most important items to keep on hand are water (preferably in plastic jugs or other sealable containers); canned or sealed-package foods that do not require refrigeration or cooking; medicines needed by family members; a first aid kit; blankets or sleeping bags; flashlights or lanterns; a battery-powered radio with extra batteries; and perhaps a covered container to use as an emergency toilet. In addition, an automobile in good operating condition with an ample supply of gasoline may be necessary in case you have to leave your home.

b. Professional medical assistance may not be immediately available after some disasters and emergencies. Under such circumstances, knowledge of first aid and emergency medical care can save lives and reduce suffering. Both adults and teenagers can acquire these valuable skills by taking general first aid courses and specialty courses, such as cardiopulmonary resuscitation or CPR, which are offered in most communities. A fully stocked first aid kit and good first aid manual should be part of your emergency supplies.

c. Know where your gas and water valves are and how to turn them off.

1-6. Disaster supplies

- a. Flashlight and extra batteries
- b. Portable, battery-operated weather radio and extra batteries
- c. First aid kit and manual
- d. Emergency food and water
- e. Non electric can opener
- f. Essential medicines
- g. Cash and credit cards
- h. Sturdy shoes

1-7. Emergency communications plan

Develop an emergency communications plan:

- a. In case family members are separated from one another during a tornado (a real possibility during the day when adults are at work and children are at school), have a plan for getting back together.
- b. Ask an out-of-state relative or friend to serve as the "family contact." After a disaster, it's often easier to call long distance. Make sure everyone in the family knows the name, address, and phone number of the contact person.
- c. Make sure that all family members know how to respond after a severe winter storm. Teach children how and when to call 9-1-1, police, or fire department, and which radio station to tune to for emergency information.

1-8. After a disaster

Keep listening to your radio or TV for advice and information from your area leaders on ways to help you and your community to recover from the emergency. If your area is declared a disaster area, local radio and TV stations would carry information on where to go to receive disaster assistance.

- a. Use extreme caution in entering or working in buildings that may have been damaged or weakened by the disaster. They may collapse without warning. Also, there may be gas leaks or electrical short circuits.
- b. Don't take lanterns, torches, or lighted cigarettes into buildings that have been flooded or otherwise damaged, since there may be leaking gas lines or flammable material present.
- c. Stay away from fallen or damaged electric wires which may still be dangerous.
- d. Check for leaking gas pipes in your home. Do this by smell only - don't use matches or candles. If you smell gas:
 - (1) Open all windows and doors.
 - (2) Turn off the main gas valve at the meter.
 - (3) leave the house immediately.
 - (4) Notify the gas company, 911, or the police or fire department.
 - (5) Do not re-enter the house until you are told it is safe to do so.
- e. If any of your electrical appliances are wet, first turn off the main power switch in your house, then unplug the wet appliance, dry it out, reconnect it, and finally, turn on the main power switch, (CAUTION: Don't do any of these things while you are wet or standing in water.) If fuses blow when the electric power is restored, turn off the main power switch again and then inspect for short circuits in your home wiring, appliances, and equipment.
- f. Check your food and water supplies before using them. Foods that require refrigeration may be spoiled if electric power has been off for some time. Do not eat food that has come in contact with flood waters. Be sure to follow the instructions of local authorities concerning the use of food and water supplies.
- g. If needed, get food, clothing, medical care, and shelter at Red Cross stations or from local shelters on post.
- h. Stay away from disaster areas. Sight-seeing could interfere with first aid or rescue work and may be dangerous as well.
- i. Do not drive unless necessary, and drive with caution. Watch for hazards to yourself and others, and report them to local authorities.
- j. E-mail or telephone your relatives after the emergency is over so they will know you are safe. Otherwise, local authorities may waste time locating you - or if you have evacuated to a safer location, they may not be able to find you. (However, don't tie up the phone lines if they are still needed for official emergency calls.) Do not pass on rumors or exaggerated reports of damage.
- k. Follow the advice and instructions of your local leaders on ways to help yourself and Fort Campbell recover from the emergency.

1-9. Inspecting utilities in a damaged home

- a. Check for gas leaks--If you smell gas or hear a blowing or hissing noise, open a window and quickly leave the building. Turn off the gas at the outside main valve if you can and call the gas company from a neighbor's home. If you turn off the gas for any reason, it must be turned back on by a professional.
- b. Look for electrical system damage--If you see sparks or broken or frayed wires, or if you smell hot insulation, turn off the electricity at the main fuse box or circuit breaker. If you have to step in water to get to the fuse box or circuit breaker, call an electrician first for advice.
- c. Check for sewage and water line damage--If you suspect sewage lines are damaged, avoid using toilets and call a plumber. If water pipes are damaged, contact the water company and avoid using water from the tap. You can obtain safe water by melting ice cubes. 1. This pamphlet has been developed by the Plans and Operations Division, Directorate of Plans, Training, Mobilization, and Security as a guide to aid in the preparedness for emergencies.

2. Recommendations for changes or improvement to this document should be forwarded to the Directorate of Plans, Training, Mobilization, and Security ATTN: Chief, Plans and Operations Division.

1-10. Proponent. This pamphlet has been developed by the Plans and Operations Division, Directorate of Plans, Training, Mobilization, and Security as a guide to aid in the preparedness for emergencies. Recommendations for changes or improvement to this document should be forwarded to the Directorate of Plans, Training, Mobilization, and Security ATTN: IMSE-CAM-PLO.

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Chapter 2

Tornado

2-1. Warnings

When a tornado is coming, you have only a short amount of time to make life-or-death decisions. Advance planning and quick response are the keys to surviving a tornado.

2-2. Before a Tornado

- a. Conduct tornado drills each tornado season.
- b. Designate an area in the home as a shelter, and practice having everyone in the family go there in response to a tornado threat.
- c. Discuss with family members the difference between a "tornado watch" and a "tornado warning."

2-3. Tornado watches and warnings

- a. A *tornado watch* is issued by the National Weather Service when tornadoes are possible in your area. Remain alert for approaching storms. This is time to remind family members where the safest places within your home are located, and listen to the radio or television for further developments.
- b. A *tornado warning* is issued when a tornado has been sighted or indicated by weather radar.

2-4. Tornado danger signs

- a. An approaching cloud of debris can mark the location of a tornado even if a funnel is not visible.
- b. Before a tornado hits, the wind may die down and the air may become very still.
- c. Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

2-5. During a tornado

- a. At home:
 - (1) Go at once to a windowless, interior room; storm cellar; basement; or lowest level of the building.
 - (2) If there is no basement, go to an inner hallway or a smaller inner room without windows, such as a bathroom or closet.
 - (3) Get away from the windows.
 - (4) Go to the center of the room. Stay away from corners because they tend to attract debris.
 - (5) Get under a piece of sturdy furniture such as a workbench or heavy table or desk and hold on to it.
 - (6) Use arms to protect head and neck.
- b. At work or school:
 - (1) Go to the basement or to an inside hallway at the lowest level.
 - (2) Avoid places with wide-span roofs such as auditoriums, cafeterias, large hallways, or shopping malls.
 - (3) Get under a piece of sturdy furniture such as a workbench or heavy table or desk and hold on to it.
 - (4) Use arms to protect head and neck.
- c. If outdoors:
 - (1) If possible, get inside a building.
 - (2) If shelter is not available or there is no time to get indoors, lie in a ditch or low-lying area or crouch against a strong building. Be aware of the potential for flooding.
 - (3) Use arms to protect head and neck.
- d. In a car:
 - (1) Never try to out-drive a tornado in a car or truck. Tornadoes can change direction quickly and can lift up a car or truck and toss it through the air.
 - (2) Get out of the car immediately and take shelter in a nearby building.
 - (3) If there is no time to get indoors, get out of the car and lie in a ditch or low-lying area away from the vehicle. Be aware of the potential for flooding.

2-6. After a tornado

- a. Help injured or trapped persons.
- b. Give first aid when appropriate.

- c. Don't try to move the seriously injured unless they are in immediate danger of further injury.
- d. Call for help.
- e. Turn on radio or television to get the latest emergency information.
- f. Stay out of damaged buildings. Return home only when authorities say it is safe.
- g. Use the telephone only for emergency calls.
- h. Clean up spilled medicines, bleaches, gasoline, or other flammable liquids immediately. Leave the building if you smell gas or chemical fumes.
 - i. Take pictures of the damage--both to the house and its contents--for insurance purposes.
 - j. Remember to help your neighbors who may require special assistance--infants, the elderly, and people with disabilities.
- k. Check for damaged utilities.

Chapter 3

Winter Storms

3-1. General

A major winter storm can be lethal. Preparing for cold weather conditions and responding to them effectively can reduce the dangers caused by winter storms.

3-2. Before a winter storm

- a. Be familiar with winter storm warning messages.
- b. Service snow removal equipment and have rock salt on hand to melt ice on walkways and kitty litter to generate temporary traction.
- c. Make sure you have sufficient heating fuel; regular fuel sources may be cut off.
- d. Winterize your home.
 - (1) Insulate walls and attic.
 - (2) Caulk and weather-strip doors and windows.
 - (3) Install storm windows or cover windows with plastic from the inside.
- e. Have safe emergency heating equipment available.
 - (1) Fireplace with ample supply of wood
 - (2) Small, well-vented, camp stove with fuel.
 - (3) Portable space heaters or kerosene heaters (See Kerosene Heaters).
 - (4) Install and check smoke detectors.
 - (5) Contact your local emergency management office or American Red Cross chapter for more information on winter storms.
- f. Keep pipes from freezing.
 - (1) Wrap pipes in insulation or layers of old newspapers.
 - (2) Cover the newspapers with plastic to keep out moisture.
 - (3) Let faucets drip a little to avoid freezing.
 - (4) Know how to shut off water valves.
- g. Kerosene Heaters.
 - (1) Check with your local fire department on the legality of using kerosene heaters in your community.
 - (2) Use only the correct fuel for your unit and follow the manufacturer's instructions. Refuel outdoors only, and only when cool. Keep your kerosene heater at least 3 feet away from furniture and other flammable objects.

3-3. During a winter storm

- a. INDOORS
 - (1) Stay indoors and dress warmly.
 - (2) Conserve fuel.
 - (3) Lower the thermostat to 65 degrees during the day and 55 degrees at night. Close off unused rooms.
 - (4) If the pipes freeze, remove any insulation or layers of newspapers and wrap pipes in rags.
 - (5) Completely open all faucets and pour hot water over the pipes, starting where they were most exposed to the cold (or where the cold was most likely to penetrate).
 - (6) Listen to the radio or television to get the latest information.

b. OUTDOORS

- (1) Dress warmly.
- (2) Wear loose-fitting, layered, light-weight clothing. Layers can be removed to prevent perspiration and chill. Outer garments should be tightly woven and water repellent. Mittens are warmer than gloves because fingers generate warmth when they touch each other.
- (3) Stretch before you go out. If you go out to shovel snow, do a few stretching exercises to warm up your body. Also take frequent breaks.
- (4) Cover your mouth. Protect your lungs from extremely cold air by covering your mouth when outdoors. Try not to speak unless absolutely necessary.
- (5) Avoid overexertion. Cold weather puts an added strain on the heart. Unaccustomed exercise such as shoveling snow or pushing a car can bring on a heart attack or make other medical conditions worse. Be aware of symptoms of dehydration.
- (6) Watch for signs of frostbite and hypothermia.
- (7) Keep dry. Change wet clothing frequently to prevent a loss of body heat. Wet clothing loses all of its insulating value and transmits heat rapidly.
- (8) Remember to help your neighbors who may require special assistance--infants, elderly people, and people with disabilities.

3-4. Definitions

a. "Wind chill" is a calculation of how cold it feels outside when the effects of temperature and wind speed are combined. On November 1, 2001, the National Weather Service (NWS) implemented a replacement Wind Chill Temperature or WCT index for the 2001/2002 winter season. For more on the new index, please visit the NWS web site.

b. Winter Storm Watches and Warnings

(1) A winter storm watch indicates that severe winter weather may affect your area. A winter storm warning indicates that severe winter weather conditions are definitely on the way.

(2) A blizzard warning means that large amounts of falling or blowing snow and sustained winds of at least 35 miles per hour are expected for several hours.

c. Frostbite and Hypothermia

(1) Frostbite is a severe reaction to cold exposure that can permanently damage its victims. A loss of feeling and a white or pale appearance in fingers, toes, or nose and ear lobes are symptoms of frostbite.

(2) Hypothermia is a condition brought on when the body temperature drops to less than 95 degrees Fahrenheit. Symptoms of hypothermia include uncontrollable shivering, slow speech, memory lapses, frequent stumbling, drowsiness, and exhaustion.

d. If frostbite or hypothermia is suspected, begin warming the person slowly and seek immediate medical assistance.

(1) Warm the person's trunk first. Use your own body heat to help. Arms and legs should be warmed last because stimulation of the limbs can drive cold blood toward the heart and lead to heart failure. Put person in dry clothing and wrap their entire body in a blanket.

(2) Never give a frostbite or hypothermia victim caffeine i.e. coffee/ tea or alcohol. Caffeine, a stimulant, can cause the heart to beat faster and hasten the effects the cold has on the body. Alcohol, a depressant, can slow the heart and also hasten the ill effects of cold body temperatures.

Chapter 4

Earthquakes

4-1. General

Earthquakes strike suddenly, violently and without warning. Identifying potential hazards ahead of time and advance planning can reduce the dangers of serious injury or loss of life from an earthquake.

4-2. Before an earthquake

a. Check for hazards in the home.

(1) Fasten shelves securely to walls.

(2) Place large or heavy objects on lower shelves.

- (3) Store breakable items such as bottled foods, glass, and china in low, closed cabinets with latches.
 - (4) Hang heavy items such as pictures and mirrors away from beds, couches, and anywhere people sit.
 - (5) Brace overhead light fixtures.
 - (6) Repair defective electrical wiring and leaky gas connections. These are potential fire risks.
 - (7) Secure a water heater by strapping it to the wall studs and bolting it to the floor.
 - (8) Repair any deep cracks in ceilings or foundations. Get expert advice if there are signs of structural defects.
 - (9) Store weed killers, pesticides, and flammable products securely in closed cabinets with latches and on bottom shelves.
- b. Identify safe places in each room.
 - (1) Under sturdy furniture such as a heavy desk or table.
 - (2) Against an inside wall.
 - (3) Away from where glass could shatter around windows, mirrors, pictures, or where heavy bookcases or other heavy furniture could fall over.
 - c. Locate safe places outdoors. In the open, away from buildings, trees, and telephone and electrical lines, overpasses, or elevated expressways.
 - d. Make sure all family members know how to respond after an earthquake.
 - e. Teach all family members how and when to turn off gas, electricity, and water.
 - f. Teach children how and when to call 9-1-1, police, or fire department and which radio station to tune to for emergency information.

4-3. During an earthquake

- a. Indoors:
 - (1) Take cover under a piece of heavy furniture or against an inside wall and hold on.
 - (2) Stay inside.
 - (3) The most dangerous thing to do during the tremors is to try to leave the building because objects can fall on you.
- b. Outdoors:
 - (1) Move into the open, away from buildings, street lights, and utility wires.
 - (2) Once in the open, stay there until the shaking stops.
- c. If in a moving vehicle:
 - (1) Stop quickly and stay in the vehicle.
 - (2) Move to a clear area away from buildings, trees, overpasses, or utility wires.
 - (3) Once the shaking has stopped, proceed with caution. Avoid bridges or ramps that might have been damaged by the quake.

4-4. Pets after an earthquake

- a. The behavior of pets may change dramatically after an earthquake. Normally quiet and friendly cats and dogs may become aggressive or defensive. Watch animals closely. Leash dogs and place them in a fenced yard.
- b. Pets may not be allowed into shelters for health and space reasons. Prepare an emergency pen for pets in the home that includes a 3-day supply of dry food, newspaper and a large container of water.

4-5. After an earthquake

- a. Be prepared for aftershocks.
- b. Although smaller than the main shock, aftershocks cause additional damage and may bring weakened structures down. After shocks can occur after the quake (hours, days, weeks, or even months).
- c. Help injured or trapped persons.
- d. Give first aid where appropriate. Do not move seriously injured persons unless they are in immediate danger of further injury. Call for help.
- e. Listen to a battery-operated radio or television for the latest emergency information.
- f. Remember to help your neighbors who may require special assistance--infants, the elderly, and people with disabilities.
- g. Stay out of damaged buildings. Return home only when authorities declare it is safe.
- h. Use the telephone only for emergency calls.

- i. Clean up spilled medicines, bleaches, gasoline, or other flammable liquids immediately. Leave the area if you smell gas or fumes from other chemicals.
- j. Open closet and cupboard doors cautiously.
- k. Inspect the entire length of chimneys carefully for damage. Unnoticed damage could lead to a fire.

4-6. Inspecting utilities in a damaged home

a. Check for gas leaks--If you smell gas or hear a blowing or hissing noise, open a window and quickly leave the building. Turn off the gas at the outside main valve if you can and call the gas company from a neighbor's home. If you turn off the gas for any reason, it must be turned back on by a professional.

b. Look for electrical system damage--If you see sparks or broken or frayed wires, or if you smell hot insulation, turn off the electricity at the main fuse box or circuit breaker. If you have to step in water to get to the fuse box or circuit breaker, call an electrician first for advice.

c. Check for sewage and water lines damage--If you suspect sewage lines are damaged, avoid using the toilets and call a plumber. If water pipes are damaged, contact the water company and avoid using water from the tap. You can obtain safe water by melting ice cubes.

Chapter 5 Fire

5-1. General

A fire can engulf a structure in a matter of minutes. Understanding the basic characteristics of fire and learning the proper safety practices can be the key to surviving a house or building fire.

5-2. Before a fire

- a. Install smoke detectors and check them once a month and change the batteries at least once a year.
- b. Develop and practice an escape plan. Make sure all family members know what to do in a fire.
 - (1) Draw a floor plan with at least two ways of escaping every room. Choose a safe meeting place outside the house.
 - (2) Practice alerting other household members. It is a good idea to keep a bell and a flashlight in each bedroom for this purpose.
 - (3) Practice evacuating the building blindfolded. In a real fire situation, the amount of smoke generated by a fire will most likely make it impossible to see.
 - (4) Practice staying low to the ground when escaping.
- c. Post emergency numbers near telephones. However, be aware that if a fire threatens your home, you should not place the call to your emergency services from inside the home. It is better to get out first and place the call from somewhere else.
- d. Purchase collapsible ladders at hardware stores and practice using them.
- e. Install A-B-C type fire extinguishers in the home and teach family members how to use them.
- f. Do not store combustible materials in closed areas or near a heat source.
- g. Cooking. Keep the stove area clean and clear of combustibles such as bags, boxes, and other appliances. If a fire starts, put a lid over the burning pan or use a fire extinguisher. Be careful, moving the pan can cause the fire to spread. Never pour water on grease fires.
- h. Check electrical wiring.
 - (1) Replace wiring if frayed or cracked.
 - (2) Make sure wiring is not under rugs, over nails, or in high traffic areas. Do not overload outlets or extension cords.
 - (3) Outlets should have cover plates and no exposed wiring.
 - (4) Only purchase appliances and electrical devices that have a label indicating that they have been inspected by a testing laboratory such as Underwriter's Laboratories or Factory Mutual.
 - (5) Contact your local fire department or American Red Cross chapter for more information on fire safety.

5-3. During a fire

- a. Get out as quickly and as safely as possible.
- b. Use the stairs to escape.

- c. When evacuating, stay low to the ground.
- d. If possible, cover mouth with a cloth to avoid inhaling smoke and gases.
- e. Close doors in each room after escaping to delay the spread of the fire.
- f. If in a room with a closed door.
- g. Feel all doors before opening them. If the door is hot, get out another way.
- h. Learn to stop, drop to the ground, and roll if clothes catch fire.

- (1) If smoke is pouring in around the bottom of the door or it feels hot, keep the door closed.
- (2) Open a window to escape or for fresh air while awaiting rescue.
- (3) If there is no smoke at the bottom or top and the door is not hot, then open the door slowly.
- (4) If there is too much smoke or fire in the hall, slam the door shut.
- g. Call the fire department from a location outside the house.

5-4. After a fire

- a. Give first aid where appropriate.
- b. Seriously injured or burned victims should be transported to professional medical help immediately.
- c. Stay out of damaged buildings.
- d. Return home only when local fire authorities say it is safe.
- e. Look for structural damage.
- f. Discard food that has been exposed to heat, smoke, or soot.
- g. Contact insurance agent.
- h. Don't discard damaged goods until after an inventory has been taken. Save receipts for money relating to fire loss.

5-5. Fire Safety

a. Heating Devices

(1) Heating devices such as portable heaters, wood stoves, and fireplaces demand safe operation. Use portable heaters in well-ventilated rooms only. Refuel kerosene heaters outdoors only. Have chimneys and wood stoves cleaned annually. Buy only approved heaters and follow the manufacturers' directions.

b. Smoke Detectors

(1) Smoke detectors more than double the chance of surviving a fire. Smoke detectors sense abnormal amounts of smoke or invisible combustion gases in the air. They can detect both smoldering and burning fires. At least one smoke detector should be installed on every level of a structure. Test the smoke detectors each month and replace the batteries at least once a year. Purchase smoke detectors labeled by the Underwriter's Laboratories (UL) or Factory Mutual (FM).

Chapter 6

Hazardous Materials

6-1. General

A hazardous material accident can occur anywhere. Communities located near chemical manufacturing plants are particularly at risk. However, hazardous materials are transported on our roadways, railways, and waterways daily, so any area is considered vulnerable to an accident.

6-2. Before a hazard

- a. Learn to detect the presence of a hazardous material. Many hazardous materials do not have a taste or an odor. Some materials can be detected because they cause physical reactions such as watering eyes or nausea. Some hazardous materials exist beneath the surface of the ground and can be recognized by an oil or foam-like appearance.
- b. Find out evacuation plans for your workplace and your children's schools.
- c. Be ready to evacuate. Plan several evacuation routes from your housing area.
- d. Ask about industry and community warning systems.
- e. Have disaster supplies on hand.
- f. Develop an emergency communication plan.

6-3. During a hazard

If you hear a siren or other warning signal, turn on a radio or television (channel 9) for further emergency information.

6-4. At the scene of an accident

- a. If you see an accident, call 911 to report the nature and location of the accident as soon as possible.
- b. Move away from the accident scene and help keep others away.
- c. Do not walk into or touch any of the spilled substance. Try not to inhale gases, fumes and smoke. If possible, cover mouth with a cloth while leaving the area.
- d. Stay away from accident victims until the hazardous material has been identified.
- e. Try to stay upstream, uphill and upwind of the accident.

6-5. Sheltering in place

- a. Seal house so contaminants cannot enter.
 - (1) Close and lock windows and doors.
 - (2) Turn off ventilation systems.
 - (3) Seal gaps under doorways and windows with wet towels and duct tape.
 - (4) Seal gaps around window and air conditioning units, bathroom and kitchen exhaust fans, and stove and dryer vents with duct tape and plastic sheeting, wax paper or aluminum wrap.
 - (5) Close fireplace dampers.
 - (6) Close off nonessential rooms such as storage areas, laundry rooms and extra bedrooms.
- b. Assisting Accident Victims
 - (1) Don't try to care for victims of a hazardous materials accident until the substance has been identified and authorities indicate it is safe to go near victims. Then you can move victims to fresh air and call for emergency medical care.
 - (2) Remove contaminated clothing and shoes and place them in a plastic bag. Cleanse victims that have come in contact with chemicals by immediately pouring cold water over the skin or eyes for at least 15 minutes, unless authorities instruct you not to use water on the particular chemical involved.
- c. Bring pets inside.
- d. Immediately after the "in-place sheltering" announcement is issued, fill up bathtubs or large containers for an additional water supply and turn off the intake valve to the house.
- e. If gas or vapors could have entered the building, take shallow breaths through a cloth or a towel.
- f. Avoid eating or drinking any food or water that may be contaminated.
- g. Monitor the Emergency Broadcast System station for further updates and remain in shelter until authorities indicate it is safe to come out.
- h. Evacuation. Authorities will decide if evacuation is necessary based primarily on the type and amount of chemical released and how long it is expected to affect an area. Other considerations are the length of time it should take to evacuate the area, weather conditions, and the time of day.

6-6. If asked to evacuate

- a. Stay tuned to a radio or television for information on evacuation routes, temporary shelters, and procedures.
- b. Follow the routes recommended by the authorities--shortcuts may not be safe. Leave at once.
- c. If you have time, minimize contamination in the house by closing all windows, shutting all vents, and turning off attic fans.
- d. Take pre-assembled disaster supplies.
- e. Remember to help your neighbors who may require special assistance--infants, elderly people and people with disabilities.

6-7. After a hazard

- a. Return home only when authorities say it is safe.
- b. Follow local instructions concerning the safety of food and water.
- c. Clean up and dispose of residue carefully. Follow instructions from emergency officials concerning clean-up methods.

Chapter 7 Radiation Threats

7-1. General

A radiation threat, commonly referred to as a "dirty bomb" or "radiological dispersion device or 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 any dust that may be released in the air from an explosion.

7-2. Radiation threat or "dirty bomb"

a. 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.

(1) Close windows and doors; turn off air conditioners, heaters or other ventilation systems.

(2) 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.

b. Once you are inside, close windows and doors; turn off air conditioners, heaters or other ventilation systems

(1) If you think you have been exposed to radioactive contaminants, take off your clothes and wash as soon as possible.

(2) Stay where you are, watch TV, listen to the radio, or check the Internet for official news as it becomes available.

(3) Remember to limit the amount of radiation you are exposed to, think about shielding, distance, and time.

(a) 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.

(b) Distance; The farther away you are away from the blast and the fallout the lower your exposure.

(c) Time; Minimizing time spent exposed will also reduce your risk.

(4) 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 continue watching TV, listening to the radio, or checking the Internet often for official news and information as it becomes available.

Chapter 8 Nuclear Blast

8-1. General

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.

8-2. Nuclear blast

a. 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.

b. If there is no warning:

(1) Quickly assess the situation.

(2) 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.

(3) 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.

(4) Apply the same principles of time, distance, and shielding as discussed in the radiation threat.

Chapter 9 Explosions

9-1. If there is an explosion

- a. Take shelter against your desk or a sturdy table.
- b. Exit the building ASAP.
- c. Do not use elevators.
- d. Check for fire and other hazards.
- e. Take your emergency supply kit if time allows.

9-2. If there is a fire

- a. Exit the building ASAP.
- b. Crawl low if there is smoke
- c. Use a wet cloth, if possible, to cover your nose and mouth.
- d. Use the back of your hand to feel the upper, lower, and middle parts of closed doors.
- e. If the door is not hot, brace yourself against it and open slowly.
- f. If the door is hot, do not open it. Look for another way out.
- g. Do not use elevators
- h. If you catch fire, do not run. Stop-drop-and-roll to put out the fire.
- i. If you are at home, go to a previously designated meeting place.
- j. Account for your family members and carefully supervise small children.
- k. Never go back into a burning building.

9-3. If you are trapped in debris

- a. If possible, use a flashlight to signal your location to rescuers.
- b. Avoid unnecessary movement so that you don't kick up dust.
- c. 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.)
- d. Tap on a pipe or wall so that rescuers can hear where you are.
- e. If possible, use a whistle to signal rescuers.
- f. Shout only as a last resort. Shouting can cause a person to inhale dangerous amounts of dust.

Chapter 10 Chemical Threat

10-1. General

A chemical attack is the deliberate release of a toxic gas, liquid, or solid that can poison people and the environment.

10-2. Possible signs of chemical threat

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

10-3. If you see signs of a chemical attack, find clean air quickly

- a. Quickly try to define the impact area or where the chemical is coming from, if possible.
- b. Take immediate action to get away.
- c. If the chemical is inside a building where you are, get out of the building without passing through the contaminated area, if possible.
- d. 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."
- e. 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."

10-4. If you think you have been exposed to a chemical

- a. If your eyes are watering, your skin is stinging, and you are having trouble breathing, you may have been exposed to a chemical.
- b. If you think you may have been exposed to a chemical, strip immediately and wash.
- c. 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.
- d. Seek emergency medical attention.

Chapter 11 Biological Threat

11-1. General

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.

11-2. If there is a biological threat

a. 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.

b. 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:

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

11-3. During a declared biological emergency:

- a. If a family member becomes sick, it is important to be suspicious.
- b. 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.
- c. Use common sense, practice good hygiene and cleanliness to avoid spreading germs, and seek medical advice.
- d. Consider if you are in the group or area authorities believe to be in danger.
- e. If your symptoms match those described and you are in the group considered at risk, immediately seek emergency medical attention.
- f. If a family member develops any of the symptoms below, keep them separated from others if possible, practice good hygiene and cleanliness to avoid spreading germs, and seek medical advice.

- (1) A temperature of more than 100 degrees
- (2) Nausea and vomiting
- (3) Stomach ache
- (4) Diarrhea
- (5) Pale or flushed face
- (6) Headache
- (7) Cough
- (8) Earache
- (9) Thick discharge from nose
- (10) Sore throat

- (11) Rash or infection of the skin
- (12) Red or pink eyes
- (13) Loss of appetite
- (14) Loss of energy or decrease in activity

11-4. Hygiene

- a. If someone is sick, you should practice good hygiene and cleanliness to avoid spreading germs.
- b. Wash your hands with soap and water frequently.
- c. Do not share food or utensils.
- d. Cover your mouth and nose when coughing or sneezing.
- e. Consider having the sick person wear a face mask to avoid spreading germs.
- f. Plan to share health-related information with others, especially those who may need help understanding the situation and what specific actions to take.

11-5. If you are potentially exposed:

- a. Follow instructions of doctors and other public health officials.
- b. 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.
- c. For non-contagious diseases, expect to receive medical evaluation and treatment.

11-6. If you become aware of an unusual and suspicious substance nearby

- a. Quickly get away.
- b. 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.
- c. Wash with soap and water.
- d. Contact authorities.
- e. 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.
- f. If you become sick seek emergency medical attention.

Chapter 12 Shelters

12-1. Local emergencies

In the event of a local peacetime emergency, such as a utilities outage for a prolonged period, Fort Campbell may provide shelters on post for military families and civilians. Buildings to be opened will be designated at the time based on the situation.

12-2. Unit support

The Installation Commander or his designated representative will decide to open shelters and identify shelters to be used as required. Brigades and other major unit commanders in turn will be notified/ tasked to open and operate shelters as required. If Soldiers are deployed, then the Installation staff will open and operate the shelters. Designated host units will provide for primary shelter supervision and logistical support if not deployed. The Fort Campbell American Red Cross staff will assist by serving as shelter managers and may also provide funds to cover emergency needs of family members.

12-3. Hospital patients

Un-releasable patients and medical staff remain in building 650 (BACH) which is an approved protective shelter. This building will also become the primary shelter hospital.

12-4. Notification instruction

Listen to your local radio and television stations for an announcement that shelters are open on post. Military family members and civilians needing shelter should report to a shelter designated by the Commander or his representative. As a shelter reaches capacity, new arrivals will be referred to the next shelter being opened until it is filled and so on.

12-5. Other shelters

a. For military dependents residing off post in the nearby community there will be some shelters available on a first come basis while space remains.

b. Staffing of shelters for transients, civilians, and dependents from off-post will be organized at the time by retirees, dependents, and other shelter occupants as needed.

12-6. Transportation

Transportation will be available if needed on post.

Chapter 13

Crisis Relocation Planning.

13-1 Evacuation.

If the decision is made to activate the Installation COOP plan, Noncombatants residing on post will be required to evacuate Fort Campbell to one of four Safe haven sites immediately. Warnings will be given over the mass notification system. Evacuation will be in accordance with the Federal Emergency Management Agency (FEMA) crisis relocation Planning (CRP) to the Kentucky Counties of Christian, Todd, and Trigg. If the COOP is activated during school hours, children will be returned to quarters immediately by buses. As directed by the Commander, BACH, unreleasable patients will be evacuated to host hospitals off post. Any one of the four safe haven sites will be able to coordinate and take care of family immediate needs. Departure directions are provided in this chapter. Emergency Management Points of contacts are located in this chapter.

13-2 Civil Host Areas For Noncombatants

Christian county: Murray State University (Hopkinsville), South Christian Elementary school, Todd County: Todd County High school, Trigg County: Trigg County High school

13-3 Movement Plan/ Route from Fort Campbell

Gates 1-7 are used in the evacuation from Fort Campbell.

a. Christian County.

(1) Safe haven location, Murray State University (Hopkinsville).

(a) Directions. Proceed North on 41-A to out of gates 1-7. From the intersection of the road that leads to gate 7 go 9.1 miles on 41-A, turn left onto the road that leads to the safe-haven (100 yards).

(2) South Christian Elementary School (12340 Herndon Oak Grove road).

(a) Directions. Proceed north out of gates 1-7 on US 41-A. From the intersection of the road that leads to gate 7 and 41-A, go 1.4 miles to the intersection of 41-A, and RAT 117, (Herndon Oak Grove Road). Turn left onto RAT 117 (Herndon Oak Grove) and proceed west for 6.6 miles. The safe haven is located on the right side of the road.

(b) Directions (Angels Gate) Proceed west out of Angels gate 2.8 miles to Garrett burg road / RT 345. Turn right onto Garrettsburg road / RT 345 and go 4.2 miles to the intersection of Garrettsburg road /RT 345 and RT 117. Turn left onto RT 117 and proceed 2 miles. The safe haven is located on the right side of the road.

b. Todd County.

(1) Safe haven location, Todd County High School (800 S. Main St Elkton, KY).

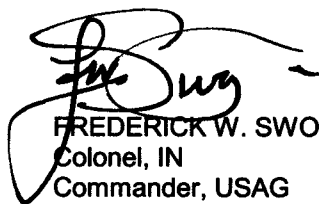
(a) Directions. Proceed North on US 41-A to RT 911 (by Charlie's steak house); Then Left (E) on 911 to route 115; turn left (N) to Pembroke, proceed through Pembroke to Fairview to US 68/KY 80. Turn Right (E) on US 68/KY 80 to Elkton. Turn Right On KY 181 (Main St) and proceed to and through the town square. The safe haven is approximately two miles on the right.

c. Trigg County.

(1) Safe-haven location, Trigg County High School (203 Main St. Cadiz KY).

(a) Directions. Proceed North on US 41-A (3 miles from gate 7) to intersection of I-24; take the ramp towards

Paducah for 20.5 miles; take the off ramp (exit 65) and turn left (W) onto US 68/KY 80 and follow to Industrial Route US 68/KY 80; Turn Right on industrial route US 68/KY 80 and follow road to safe haven on the Right.



FREDERICK W. SWOPE
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Commander, USAG

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**Appendix A
Disaster Plan**

**American Red Cross
FAMILY DISASTER PLAN
and
PERSONAL SURVIVAL GUIDE**

There are many different kinds of disasters. Earthquakes, fires, airplane crashes, chemical spills, pipeline leaks and explosions, and other, small and large, which seldom give warning and are always equally devastating to their victims. This planning guide will help you and your family to prepare and to be ready when and if a disaster strikes.

Preparation:

Family Meetings: At least once a year have a meeting with your family to discuss and update your plan and determine what training, equipment and supplies are needed. Occasional drills will assure quick reaction and avoid injury and panic in an emergency. Share your plans with neighbors, friends, relatives, and co-workers.

Training:

1. Learn how to protect yourselves from falling objects, smoke, fire, caustic fumes, etc.
2. Learn first aid (available through your American Red Cross Chapter)

Persons trained: _____ Date _____
_____ Date _____

Location of first aid kit: _____

3. Learn how and where to shut off utilities:

Location of gas valve _____
Location of wrench _____
Location of main water valve _____
Location of main circuit breaker _____
Location of other utilities _____

4. Draw a Plan of your Home

On a separate piece of paper draw a floor plan of your home showing the location of exit windows and doors, utility cutoffs, first aid kit and emergency supplies, food, clothing, tools, etc. Be sure everyone in your household is familiar with it. Show it to babysitters and house guests when you're going to be away. They could use it to direct someone to a utility cutoff in an emergency.

5. Alternate places to meet around home

Outside _____
Inside _____

6. Alternate reunion locations when family is not at home, e.g. home, Red Cross shelter, neighbor, relative, park, school.

7. Name and telephone number of person outside area for family members to call to report location and condition:

8. Learn and discuss school disaster policy. Church? Club? Are medical consent forms complete?

9. Where are emergency supplies and equipment located?

Fire extinguisher:

Flashlight/Batteries:
Portable radio:
Tools:
Safety equipment:
Water:
Sanitation supplies:
Food:
Cooking equipment:
Blankets:
Prescription glasses:
Medication:
First aid supplies:
Complete set of clothes, shoes, gloves:

Inspect your home:

1. Secure water heater, refrigerator, tall and heavy furniture to wall studs.
2. Move heavy items to lower shelves.
3. Install clips, latches, and other locking devices on cabinet doors.
4. Provide strong support and flexible connections on gas appliances.
5. Remove or isolate flammable materials.

If you must evacuate your quarters:

1. Prominently post a message indicating where you can be found.
2. Take with you:
 - a. Medicines and first aid kit.
 - b. Flashlight, radio, and batteries.
 - c. Important papers and cash.
 - d. Food, sleeping bags/blankets, and extra clothes.
 - e. Make arrangements for pets.

After a disaster

1. Put on heavy shoes immediately to avoid injury from stepping on glass and other debris.
2. Check for injuries and give first aid.
3. Check for fumes and fire hazards.
 - a. Clear top of stove.
 - b. Sniff for gas leaks standing at the hot water heater. If you smell gas or suspect a leak, turn off main gas valve, open windows, and carefully leave the house. Do not turn lights on or off or light matches or do anything that makes a spark.

Note: Do not shut off gas unless an emergency exists. If time permits call the gas company or qualified plumber. Do not turn back on until the gas company or plumber has checked it out.

c. If damage to electrical system is suspected (frayed wires, sparks, or the smell of hot insulation) turn off system at main circuit breaker or fuse box.

4. If water leaks are suspected, shut off water at main valve.
5. Check neighbors for injury.
6. Turn on radio and listen for advisories. Locate light source, if necessary.
7. Do not touch downed power lines or objects touched by downed wires.
8. Clean up potentially harmful material.
9. Check house, roof, and chimney for damage. Stay in undamaged areas.
10. Open closets and cupboards carefully.
11. Check emergency supplies.
12. Do not use phone except for genuine emergencies.

13. Do not go sightseeing.
14. Cooperate with public safety officials. Be prepared to evacuate when necessary.

American Red Cross Disaster Relief Services

Red Cross disaster assistance may be in the form of feeding stations, clothing, shelter, cleaning supplies, comfort kits, first aid, or the provision of other basic needs. The Red Cross supplies blood and handles welfare inquiries, and as soon as possible helps with the most urgent needs to enable families to resume living as a unit. Given on the basis of verified need, help may include funds for food, clothing, housing, fuel, cooking and eating utensils, bed and bedding, cleaning supplies, linens, rent, necessary furniture, medical and health care, prescription drugs, prosthetic devices, eyeglasses, personal occupational supplies and equipment, transportation, and minor home repairs.

All Red Cross help to disaster victims is an outright gift. No repayment is required or requested. All funds used by the Red Cross for this purpose are voluntarily donated by the American people.

HOME EMERGENCY SUPPLIES

The list consists of items usually available in a home and used regularly. It is designed to help your family identify and organize them for any emergency. Quantities of emergency supplies should be adequate for at least 48 hours. A two week supply is recommended as a minimum reserve of water, food, medicine, and other consumable items.

SURVIVAL

Water - two quarts to one gallon per person per day.

First Aid Kit - ample and freshly stocked.

First Aid Book - know how to use it.

Essential medicine and glasses - as required.

Smoke detector.

Fire extinguisher - dry chemical, type ABC.

Flashlight - fresh and spare batteries and bulb.

Escape ladder for second story bedrooms.

Whistle - on your key chain.

Radio - portable, battery operated.

Spare batteries.

Food - canned or pre-cooked and requiring minimum heat and water. Consider special diets, such as for infants or elderly.

Can opener.

Food for pets.

Blankets - or sleeping bag for each member of the family.

Money.

Watch or clock - battery or spring wound.

SANITATION SUPPLIES

Large plastic trash bags - for trash, waste, water protection, and a ground cloth.

Large trash cans.

Hand soap.

Liquid detergent.

Toothpaste and toothbrush.

Deodorant.

Dentures.

Feminine supplies.

Infant supplies.

Toilet paper.

Household bleach.

Newspapers - to wrap garbage and waste. Can also be used for warmth.

SAFETY

Heavy shoes - for every family member.

Heavy gloves - for every person clearing debris.

Matches - dipped in wax and kept in waterproof container.

Clothes - complete change kept dry.

Sharp knife or razor blades.

Garden hose - for siphoning and fire fighting.

Hat or cap - protection from sun, rain, and cold.

COOKING

Barbecue - hibachi, camp stove, or sterno stove.

Fuel for cooking equipment - charcoal, lighter fluid, sterno.

Pots and heavy duty aluminum foil.

Paper plates.

Plastic knives, forks, spoons.

Paper towels.

TOOLS

Crescent wrench - for turning off gas main.

Axe, shovel, broom.

Coil of 1/2" rope.

Coil of baling wire.

Plastic tape.

Pen and paper.

CAR MINI-SURVIVAL KIT

Sturdy shoes.

Extra clothes - jeans, sweater.

Local maps.

Bottled water.

First aid kit and book.

Essential medications.

Fire extinguisher.

Flares.

Flashlight - with spare batteries and bulbs.

Tools - screw driver, pliers, wire, knife.

Short rubber hose - for siphoning.

Non-perishable food - stored in empty coffee cans.

Blanket or sleeping bag.

Sealable plastic bags.

Small package of tissue.

Pre-moistened towelettes.

WATER TIPS

To purify drinking water, use any of the following methods:

1. Boil for 5-10 minutes.
2. Add 10 drops of household bleach solution per gallon of water, mix and let stand for 30 minutes. A slight smell or taste is good to drink.
3. Add household tincture of iodine in the same manner as bleach above.
4. Use commercial purification tablets, such as Halazone or Globaline. Follow package instructions.

Learn how to remove the water in the hot water heater and other water supplies.

Important Telephone Numbers

1. 911 _____
2. Physician. _____
3. Gas Co. _____
4. Electric Co. _____
5. Water Co. _____
6. _____
7. _____
8. _____
9. _____
10. _____

**YOUR FAMILY PLAN
WORKSHEET**

Use this space to jot notes/reminders to yourself.

Complete these forms ahead of time for quick reference during an emergency