

# MAKE A PLAN

TAKE THE EXTRA STEP TO PROTECT YOURSELF.

- + Consider the individuals who live in your household (including pets) and their individual needs
- + Choose locations that would serve as meeting places for your family in the event of an emergency
- + Make a list of emergency contact information

**THINK. PREPARE.  
TAKE ACTION.**



# BUILD A KIT

A LITTLE PREPARATION CAN MAKE ALL THE DIFFERENCE.



**+ FOOD & WATER**



**+ RADIO & PHONE**



**+ FIRST AID KIT**



**+ CASH AND I.D.**

# SHELTER- IN-PLACE

IF THE DANGER IS IMMEDIATE,  
IMMEDIATELY TAKE COVER.

## USE COMMON SENSE

Regardless of where you are, home, work or elsewhere, there may be times when the circumstances create the need for an immediate shelter-in-place. Situations where it is simply best to stay where you are and not expose yourself or family to increased risks. Use common sense and available information to assess any situation regarding imminent danger.

## SEALING THE ROOM

In the cases of air contamination, temporary measures should be applied to create a barrier between you and the potential factors in the air outside. With any emergency situation, preplanning is important:

- + Lock doors, close windows and air vents and fireplace dampers
- + Turn off fans, air conditioning & forced air systems
- + Have a Disaster Supply Kit ready
- + Seal windows, doors and vents with 2-4 mil plastic sheeting and duct tape
- + Listen to emergency instructions on TV/radio

**+  
make a  
PLAN**

ALWAYS TEACH YOUR CHILDREN HOW AND WHEN TO CALL 911.



# DO YOU HAVE WHAT YOU NEED?

## EMERGENCY RESOURCES

NOAA All Hazards Weather Radio

Emergency Alert System

Tune in to WBAP 820AM  
for emergency instructions

**KnoWhat2Do.com**

Follow us at @KnoWhat2do



# DO YOU KNOW WHAT TO DO?

**YOU ARE  
YOUR OWN BEST  
PROTECTION**

BE PREPARED. MAKE A PLAN.

**KnoWhat2Do.com**

# EXTREME HEAT

FEELING HOT, HOT, HOT?  
EXTREME HEAT CAN KILL.

## KNOW THE SYMPTOMS

The first symptom of heat exhaustion can be faintness and nausea followed by muscle cramping or involuntary spasms. Be aware of fever, rapid, weak heartbeat, cool, moist skin and/or heavy sweating.

## TREATMENT FOR THE HEAT

Immediately rest and find a cool place; drink an electrolyte-containing drink; loosen or remove tight clothing; lay down, elevate and gently massage affected muscles; and apply damp sheets or spray cool water. Call a doctor or 911 if symptoms persist.

## STAY COOL AND HYDRATED

Stay out of the sun as much as possible. If going outside, use sunscreen (SPF 15 or higher) and stay hydrated with nonalcoholic and caffeine-free fluids. Also, install window air conditioners properly and weather-strip doors and sills to keep in cool air.



## DID YOU KNOW?

ABOUT 175 PEOPLE  
DIE EACH YEAR IN  
THE UNITED STATES  
FROM HEAT EXPOSURE  
WITH MEN BEING THE  
HIGHEST PERCENTAGE.

# WINTER WEATHER

FROSTY FUN CAN ALSO BE  
CHILLINGLY DANGEROUS.

## BE PREPARED FOR THE SEASON

Freezing rain, snow and ice can make for great outdoor fun – but can also result in car accidents, hypothermia, and carbon monoxide poisoning.

## HOW TO DRESS

Wear several layers of loose-fitting, lightweight, warm clothing instead of one heavy layer of clothing. Also, make sure that outer garments are water-repellent as cold, wet clothing can cause frostbite.

## HOME SWEET HOME

Ensure that your heating source is working properly, serviced and well ventilated to prevent carbon monoxide poisoning. Winterize your pipes and keep faucets dripping when the temperature is below freezing. Take extra precautions to protect your pets with plenty of water and food, and appropriate shelter.

## ROAD RULES

Be careful on overpasses and bridges, as they freeze quicker than roads. Winterize your car by flushing coolants and replacing windshield wipers. Create a Winter Weather Kit in case you are stranded. Always be aware of black ice. It's hard to see and extremely slick.

# EMERGENCY EVACUATION

DON'T WAIT UNTIL IT'S  
TOO LATE. BE PREPARED.



**PREPARE.  
BE AWARE.  
TAKE ACTION.**

In the event of an emergency, be sure to listen to the radio and follow the directions of the emergency officials regarding the need to evacuate. If the officials say leave, do not wait – immediately leave and follow evacuation instructions. Refusing to evacuate will create additional risks to your life as well as others.

## HAVE A PROACTIVE PLAN

- ✦ Register for emergency alerts where you live and work to receive important information about serious emergencies
- ✦ Create a Disaster Travel Kit with basic necessities
- ✦ If you have pets, be sure to have a clean carrier with packaged food ready to go

To minimize traffic congestion during an event, look for mobile message boards and signs along evacuation routes to inform you of traffic hazards, the location of welcome centers and information points, shelters, fueling exits, and hospitals.

# EARTHQUAKES

WHEN THE GROUND  
SHAKES, YOU DON'T HAVE  
TO BE SHAKEN.

Depending on your location, earthquakes can be a rare or common occurrence. For the most part, earthquakes are generally small and cause little disruption to a normal day. However, when the seismic activity goes higher, so does the potential for damaging effects.

## DROP, COVER, HOLD ON

The most important thing to remember during an earthquake is to drop to your hands and knees, and cover your head and neck with your arms.

- ✦ If in a vehicle, pull over, stop in a clear area without trees or buildings and stay there
- ✦ If in bed, stay and cover head and neck with pillows
- ✦ If in a high-rise building, do not use elevators
- ✦ If in an office building, get under a sturdy piece of furniture and hold on
- ✦ Do not run outside

## SAFETY AFTER A QUAKE

Immediately after an Earthquake, move quickly out/away from damaged buildings. If trapped, cover mouth – send text, bang on walls or pipes instead of shouting. Save phone call for emergencies. Once safe, check for injuries or provide assistance to others if possible. Monitor local news reports, and expect aftershocks following large earthquakes.