

Florida's

SEVERE WEATHER AWARENESS GUIDE

**GET A
PLAN!**
FLORIDA DIVISION OF
EMERGENCY MANAGEMENT



Social Media

In order to serve those who live, work, and visit Florida in the quickest way possible, the Florida Division of Emergency Management utilizes social media to inform, notify and apprise the public of hazards, emergencies and safety information in addition to traditional forms of notification. Join our conversations, like, and follow our feeds to stay up-to-date on your area. You can find all of our information and updates here:



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Message From Florida Governor Rick Scott

Florida is home to limitless opportunities. With our miles of coastline, our thriving communities and growing job opportunities – more and more people are making the Sunshine State their home.

As families continue to pursue their dreams in Florida, and as visitors travel here to enjoy our communities, we're working with local leaders to ensure our communities are made safe.

Severe weather can strike at any moment, and families should have a plan of their own so their loved ones know what to do should severe weather strike.

The Division of Emergency Management outlines in this guide what families need to know, and what supplies they need to stay safe, including evacuation routes, how much potable water families need, remembering important medications and creating a plan for pets.

These are few of the many tips that are laid out in this guide.

Florida is among the best places in the world where families can pursue their dreams – and to ensure your loved ones are safe and best protected from storms, use this guide and Get a Plan.





Message from the Florida Division of Emergency Management Director Bryan Koon



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Floridians know firsthand the impacts of severe weather in our state. The last hurricane to make landfall in Florida in 2017. The previous eight years have seen an influx of new residents, many of whom have not experienced a hurricane. Memories also tend to fade with the passage of time between events, so even lifelong residents can become complacent in their preparedness.

I cannot emphasize enough how important it is to prepare for all types of hazards. I am proud to present the Severe Weather Awareness Guide. You and your family can use this guide to learn about the types of severe weather that Floridians may face. It is essential that all Floridians are prepared to effectively protect themselves in the event of severe weather. Take a few minutes today to develop a family emergency plan and build a disaster supply kit.



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This publication is a project of the Florida Division of Emergency Management.

A downloadable guide is available at www.FloridaDisaster.org

Severe Weather Awareness Week

MONDAY  Lightning	TUESDAY  Marine Hazards and Rip Currents	WEDNESDAY  Tornadoes and Thunderstorms	THURSDAY  Hurricanes and Flooding	FRIDAY  Temperature Extremes and Wildfires
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Lightning

With an average of 1.4 million cloud-to-ground lightning strikes each year, no other state in the country has more lightning than Florida. Because thunderstorm activity peaks in the summer, Florida often has the greatest number of fatalities and injuries from lightning each year in the United States.

Thunder is a Product of Lightning

As lightning moves between the ground and thunderstorm, the air around the flash heats rapidly, to temperatures as high as 50,000° F – hotter than the surface of the sun. This sudden heating creates expansion of the air around the lightning bolt, breaking the sound barrier and resulting in the explosive sound we know as thunder. Because sound travels much slower than light, thunder is heard after a flash of lightning.

Lightning Safety

As a storm approaches, many people may assume lightning is too far away to pose any danger, but it can travel as far as 10



miles from a thunderstorm. If you are close enough to the storm to hear thunder, then you are close enough to be struck by lightning.

A darkening cloud is often the first sign that lightning may strike. As soon as you see lightning or hear thunder, move indoors quickly and stay away from windows, plumbing and electrical devices.

If you are caught outside when lightning occurs, the most dangerous place to be is an open area. When a substantial building is not available and lightning is imminent, get into a hard-topped vehicle, but remember to keep your hands and feet away from the side of the car, as well as the dashboard, steering wheel and windows.

Outdoor water activities such as swimming, boating and fishing are also very dangerous during lightning. Be sure to head back to land as soon as bad weather threatens.

Most people struck by lightning are not killed, but suffer significant injuries. It is important to remember that a lightning victim does not continue to carry an electrical charge and can begin receiving emergency medical care immediately.

Make Lightning

Materials You Will Need

- aluminum pie pan • small piece of wool fabric
- styrofoam plate • pencil with a new eraser • thumbtack

Process

- Push the thumbtack through the center of the aluminum pie pan from the bottom.
- Push the eraser end of the pencil into the thumbtack.
- Put the styrofoam plate upside-down on a table. Quickly, rub the underneath of the plate with the wool for a couple of minutes.
- Pick up the aluminum pie pan using the pencil as a handle and place it on top of the upside down styrofoam plate that you were just rubbing with the wool.
- Touch the aluminum pie pan with your finger. You should feel a shock. If you don't feel anything, try rubbing the styrofoam plate again.
- Once you feel the shock, try turning the lights out before you touch the pan again. You should see a spark. You made lightning!

Why Does This Happen?

Negative to positive!

Lightning happens when the negative charges, which are called electrons – in the bottom of the cloud or in this experiment your finger – are attracted to the positive charges, which are called protons, in the ground or in this experiment the aluminum pie pan. The resulting spark is like a mini lightning bolt.



The 30-30 Rule

When thunder roars, first go indoors!

Then use the 30-30 Rule to determine the threat of lightning in your area before going out again.

30 Seconds – Count the seconds between seeing lightning and hearing thunder. If the time is less than 30 seconds, lightning is still a potential threat. Seek shelter immediately.

30 Minutes – After hearing the last thunder, wait 30 minutes before leaving shelter. Many lightning deaths occur after the storm passes. Stay in a safe area until you are sure the threat has passed.

Marine Hazards/Rip Currents

Florida's weather and water can change rapidly, posing a threat to boater and swimmer safety. The day's weather can quickly bring hazards such as severe thunderstorms, strong winds, rough seas, lightning, waterspouts or rip currents.

Strong wind gusts can produce locally rough seas as high as 12 feet in a matter of moments. These conditions can possibly overturn small boats and torrential rains can reduce visibility to near zero. At the beach, rough waves can knock an unsuspecting swimmer down and make them susceptible to rip currents.

If you hear thunder, you could potentially be struck by lightning. Boaters should return to port anytime thunder is heard. If you are unable to reach safe shelter on a boat, go below deck or get as low as possible. Stay away from masts or metal objects. Those at the beach should seek shelter in a hard-topped vehicle.

A waterspout is a tornado over water that can easily overturn boats and create locally hazardous seas. Waterspouts can form during severe thunderstorms that occur over water, but they also can form during fair and relatively calm weather. These "fair weather waterspouts" may not be as strong, but can still easily damage or destroy a small boat. If caught near a waterspout, move at a 90 degree angle from its apparent movement, then seek safe harbor.

A safe and enjoyable Florida boating experience is up to you. Always plan ahead and remember these safe boating and beach practices:

- Check forecasts well ahead of time.
- Be sure everyone aboard is wearing a life jacket.



- If caught in a thunderstorm, go below deck if possible, and stay away from masts or ungrounded metal objects.

- Have a VHF marine band radio on board.
- Know the limitations of your boat. If small craft advisories or gale warnings are issued, you should postpone travel.

Rip Currents

A rip current is like a shallow river or channel of water flowing away from shore. Rip currents can last from a few minutes to a few hours, and can extend as far as 100 yards offshore. Weather or ocean conditions can cause rip currents to be more frequent or stronger in intensity. Tropical storms and hurricanes can easily create rip currents in Florida, even if they are several hundred miles away. Rip currents typically form along the beach at breaks in the offshore underwater sandbar, and structures such as piers and jetties can often result in permanent rip currents alongside these structures.

Rip currents are dangerous. Rip currents pull unprepared swimmers away from shore into deeper water. If caught in a rip current swim sideways, parallel to the beach until you are out of the rip current. Then swim to shore at an angle, away from the current.

At speeds of up to five miles per hour, the force of a rip current is too strong for anyone to swim against, and attempts to swim directly back to shore, especially for a panicked and tired swimmer, can be fatal.

Know Before You Go

Before leaving home, be sure to check the expected beach and water conditions. Visit www.ripcurrents.noaa.gov/forecasts.shtml for

your area's rip current outlook. The National Weather Service also issues Coastal Waters Forecasts, which include a five-day forecast of wind direction, wind speed, wave height and precipitation.

When at the beach, look for the nearest lifeguards and check with them about existing water conditions. Obey all instructions or orders from lifeguards or beach patrol. If you're going to a beach with no lifeguard on duty, look for warning flags or signs and know what the colors mean. Remember, swimming in the surf is not the same as swimming in a pool or lake. If winds are strong or the surf is rough, avoid going into the water above your knees and swim with a buddy.

Follow these safety tips to ensure a safe and enjoyable beach trip:

- If you find yourself caught in a rip current, doing two simple things will increase your chances of survival – don't panic and don't fight the current! Just remembering the simple phrase "Don't fight...Swim left or right" could save your life.
- If possible, swim at beaches with lifeguards or beach patrol.

DID YOU KNOW?
Rip currents claim more lives in Florida than hurricanes, floods, tornadoes and lightning combined.

Sometimes, you can look for signs of rip currents in the water:

- A narrow channel where there is a noticeable difference in water color (appears brown from sand)
- A line of foam or seaweed moving in the opposite direction of the incoming waves
- A visible area of choppy or churning water
- A break in the wave pattern



- If caught in a rip current, stay calm, yell for help, and swim sideways, parallel to the beach until you are out of the rip current. Then swim to shore at an angle, away from the current and towards shore.

• If you are unable to swim out of the rip current, float or calmly tread water. When out of the current, swim towards shore.

- Don't get caught in a rip current trying to save someone else. Throw the person a flotation device, yell instructions on how to escape and get help from beach patrol.

Tornadoes

Myth vs. Fact



Myth: Open the windows of a home to help equalize the pressure and minimize the damage to the home in the event of an oncoming tornado.

Fact: Although there are pressure changes within tornadoes, most of the damage to structures will be caused by the winds and the debris carried by the winds. All homes will equalize its pressure inside since no house is 100% sealed. Opening the windows will waste precious time one has to get to safety as well as create a hole for debris to enter.

Myth: Mobile homes are tornado magnets.

Fact: Tornadoes are no more inclined to hit mobile homes as they are any other building. Mobile home communities are often found in rural areas which make up the vast majority of the United States. Even though this means that the probability of a tornado hitting a mobile home community is higher than one hitting a large city, the chances that a tornado will hit any particular community with mobile homes are low. In addition, mobile homes are susceptible to damage. Therefore, it is extremely important to have a safe shelter you can go to in case of a tornado.

Myth: Skyscrapers and other tall buildings in big cities are protected from tornadoes.

Fact: This may seem true because large cities make up a small portion of the geographical area of the United States. This means that the probability of a tornado hitting a large city small, but not impossible. The reality is that tornadoes can form anywhere, and tall buildings and large cities do little to stop a tornado. Many cities including Miami, Orlando, Pensacola, Tallahassee, and Jacksonville have seen a tornado impact their downtown areas.

Myth: Overpasses offer suitable shelter if you are caught outside in a tornado.

Fact: Seeking shelter in an overpass is more dangerous compared to standing in an open field during an approaching tornado. Winds will be funneled under the bridge which will increase the speed. Additionally, debris also tends to collect in overpasses from a passing tornado which could cause significant harm to those seeking shelter there.

It is best to seek shelter in an interior room on the lowest floor of a sturdy building. If no building is available, lie flat on the ground and cover your head. Tornadoes do not always follow terrain, so if a tornado is coming directly toward your location, chances are that it will pass overhead. Remember, debris tends to collect in ditches and overpasses, and flash flooding may be possible as well.

Thunderstorms and Tornadoes



Thunderstorms are a frequent part of life in Florida. Thunderstorms occur in all seasons of the year, but they are more numerous during the summer. Florida has the greatest number of thunderstorms in the United States, occurring 75 to 105 days each year. Florida experiences more thunderstorms than other states because: (1) Florida is located close to large bodies of water that provide moisture; (2) Florida receives plenty of sunlight, which warms the air near the ground; and, (3) Sea breeze boundaries can move onshore and provide a source of lift for the thunderstorms.

Thunderstorms can produce dangerous hazards such as lightning, tornadoes, hail, strong winds and heavy rain that can lead to flooding. A thunderstorm is considered “severe” when it produces winds in excess of 58 mph, hail that is one inch across or larger (the size of a U.S. quarter), or if it produces a tornado.

Tornadoes develop within very strong thunderstorms when rising air currents in a storm begin to rotate. If the rotation is strong enough and can last for a long enough period of time, a funnel cloud can drop from the clouds and touch ground. Some thunderstorms may produce several tornadoes. Tornadoes also can occur near the edge of tropical cyclones, in squalls called rain bands. These tornadoes often occur more than 100 miles from the center of the tropical cyclone.

Tornadoes usually last only a few minutes, but often cause severe damage. The damage area of a tornado is usually narrow, but in its direct path winds can be as strong as 200 mph.

Sometimes, strong thunderstorm wind gusts, often called downbursts, can produce as much damage as a tornado. Downbursts can snap trees, blow down signs and cause roof damage.

Waterspouts

A waterspout is a tornado over water. Florida waterspouts come in all shapes, sizes, and intensities. Waterspouts can form year round in Florida, during the peak summer months, as well as more intense waterspouts during the winter or spring months and within hurricane or tropical storm rain bands. Waterspouts are quite common over the waters along the Florida Keys, the lagoons and rivers along the Florida Treasure Coast, and Tampa Bay. Waterspout winds can reach and exceed 40-90 mph, which is strong enough to swamp or capsize a small watercraft. All waterspouts pose a threat to boater safety, and should be avoided.

Florida Tornadoes

Most Florida tornadoes occur in the afternoon and early evening hours during the summer months of June, July and August. These tornadoes tend to be weaker in strength but can still produce damage. Stronger and more devastating tornadoes can occur in Florida mainly in the late winter and spring when strong cold fronts move through the state and provide the necessary conditions for tornadoes to form. Tornadoes have occurred in every month in Florida, even on Christmas Day.

Tornadoes can also strike at any time of day. Most of Florida's tornado-related deaths occur during overnight hours. Since 1950, only three states – Texas, Kansas and Oklahoma – have reported more tornadoes than Florida. Florida also ranks fourth in damage caused by tornadoes.

National Weather Service (NWS) meteorologists track thunderstorm development, movement and severity by using Doppler radar. “Severe Thunderstorm Warnings”

are issued when a thunderstorm in the area is capable of causing damage and is a threat to life and property.

Doppler radar also identifies the rotation inside a thunderstorm, which could be the beginning of a tornado.



However, an actual tornado is typically too small for the Doppler radar to detect. Therefore, meteorologists depend on volunteer storm spotters who report funnel clouds, tornadoes and other severe weather to the National Weather Service.

The National Weather Service will issue a Tornado Warning when a tornado has been either seen by a weather spotter or when Doppler radar indicates strong rotation inside a thunderstorm.

Thunderstorm and Tornado Safety Actions

If a Severe Thunderstorm Warning or Tornado Warning is issued for your area, seek shelter immediately! Find shelter in a small, interior room on the lowest floor of your home and stay away from windows, doors and electrical equipment. Avoid rooms that are near tall structures like trees and power lines.

Leave mobile homes and find a stronger building or house. In the classroom, seek shelter in a hallway or closet, or get underneath a desk or table and cover your head with your arms. If caught outdoors or on the road try to get as low as possible, such as in a creek bed or ditch, and cover your head.

Make A Tornado in a Tube

Materials You Will Need

- Two empty 2-liter soda bottles, clear • water
 - food coloring (optional) • Tornado Tube Connector*
- *If you cannot find a Connector, use duct or electrical tape instead*

Process

1. Remove labels, caps and plastic ring seals from the soda bottles.
2. Fill one of the bottles $\frac{3}{4}$ full with water and add food coloring.
3. Connect the bottles by screwing the connector onto the bottle filled with water. Now, screw the empty bottle into the other side of the connector; make sure both bottles are screwed in tightly so the water does not leak. If you do not have a connector, secure the openings together with duct tape or electrical tape. *(Once connected, the bottles should make an hourglass shape)*
4. Flip the tubing upside down so the filled bottle is now on top.
5. Holding the top bottle, swirl the water for a few seconds.
6. The water should now swirl into a tornado!

Why Does This Happen?

Gravity and motion mix up a storm!

Gravity is causing the water in the top bottle to flow into the empty bottom bottle. When the water is swirling, it creates a vortex which allows the liquid to travel in a circle around the center inside the bottle. This allows the displaced air to flow up from the center of the vortex as the water swirls around the sides and flows into the bottom bottle. Can you get the tornado in the bottle to spin both clockwise and counter-clockwise?

Hurricanes, winter storm and other low pressure systems in the northern hemisphere all have a similar counter-clockwise spin due to the Coriolis Force. This is because these hurricanes and winter storms are very large – some spanning several states. Tornadoes are also considered low pressure

systems, but even the largest tornadoes are small when compared to a hurricane. The fact that tornadoes are small means that the Coriolis Force does not affect the rotation of a tornado. As a result, just like in the tornado tube, tornadoes can spin in both clockwise and counter-clockwise directions.



Hurricanes

During a typical year, several tropical storms and hurricanes will develop and move across the Atlantic Ocean, Gulf of Mexico, and Caribbean Sea. It takes only one of these storms to produce widespread impacts across a large area, and even storms that do not make landfall in Florida can bring hazards to the state.

The Atlantic hurricane season officially begins on June 1 and continues through November 30. Although the number of tropical storms and hurricanes typically peaks during August and September, it is important to remember that Florida can be impacted by tropical weather systems at any time during the six-month-long season, and sometimes outside of the official season.

Recent hurricane seasons remind us that impacts can occur well away from the tropical cyclone center in the form of dangerous surf and rip currents. Tropical cyclones that move close to Florida will bring more direct impacts in the form of storm surge and coastal flooding, tornadoes, and freshwater flooding from heavy rain.

The strongest hurricanes can have winds in excess of 155 miles per hour. Though a hurricane's winds typically weaken rapidly following landfall, Florida's flat terrain allows the stronger winds to survive longer inland than in other parts of the country.

Freshwater flooding from torrential rains can produce a lot of

damage, regardless of its intensity. Also, freshwater flooding may occur hundreds of miles away from the cyclone center, meaning that storms which do not make landfall in the state may still bring significant rainfall. All Florida residents and seasonal visitors should determine if they live within a low-lying area at risk to flooding, regardless of their location in the state.

Storm surge is the term used to describe the wall of water that is pushed toward the shoreline as a hurricane moves onshore. A major hurricane can produce a surge of 10 feet or more above the normal levels. This amount of water easily can flood coastal communities with pounding waves. Worldwide, approximately 90 percent of all deaths in hurricanes are drownings in either storm surge or rainfall flooding. Tornadoes associated with tropical systems can develop suddenly and strike a community even though the center of the hurricane may be more than 100 miles away.

Preparing for a hurricane

All Florida residents and visitors should prepare each year for the possibility of tropical storm or hurricane impacts, understand the potential hazards posed by them, and have a plan. First, determine whether you live in an evacuation zone. This information can be obtained from your local emergency management office. If you do live in an evacuation zone, know when and where



you will go to pass the storm. Have a list of emergency telephone numbers. Second, create a disaster supply kit, with non-perishable supplies, batteries for electronic devices such as your NOAA Alert Radio, and food and water to last you and your family at least three days.

When a storm threatens your community, stay informed by monitoring the latest forecasts and warnings from the National Weather Service, as well as information and advice from your local emergency management officials. The National Hurricane Center, together with your local National Weather Service forecast office, will issue Tropical Storm and Hurricane Watches and Warnings to help you prepare for a storm. Watches are issued up to 48 hours in advance of the time damaging winds are possible within the specified area. Warnings are issued up to 36 hours prior to the time when damaging winds are expected. The best way to prevent a disaster from a hurricane is to be prepared and to have a plan.



Disaster Supply Kit Checklist

- Water – at least 1 gallon daily per person for 3 to 7 days
- Food – enough for at least 3 to 7 days; non-perishable packaged or canned food and beverages, snack foods, juices, foods for infants or those with strict diets
- Non-electric can opener, paper plates, plastic utensils, plastics cups
- Grill, cooking tools, fuel, charcoal
- Blankets, pillows, sleeping bags, etc.
- Clothing – seasonal/rain gear/sturdy shoes or boots
- First Aid Kit, prescriptions, medications, sun screen, aloe and bug spray
- Special items for babies, elders, persons with disabilities
- Toiletries – hygiene items and sanitation wipes
- Flashlights and batteries – do not use candles
- Extra house and car keys, office keys and name badges
- Cash – banks/ATMs may not be available after a storm
- Radio – battery operated or hand cranked radio, NOAA weather radio
- Toys, books and games
- Important documents in a waterproof container – include insurance cards, medical records, bank account numbers, credit card numbers, Social Security cards, birth and marriage certificates, etc.
- Document all valuables
- Tools – keep a set with you during the storm
- Vehicle – keep your motor vehicle fuel tanks filled
- Pet care items – pet food and water, proper identification, medical records, a carrier or cage, muzzle and leash, medications
- List of important telephone numbers – including your county emergency management office, evacuation sites, doctors, bank, area schools, veterinarian, etc.

Flooding

Florida is vulnerable to flooding at any time of the year. Mostly surrounded by water, the abundant supply of moisture feeds the development of thunderstorms, which may produce heavy rains over a short period of time. When those heavy rains occur, the ground may not be able to absorb all of the rainwater and flooding may result. Due to the flat ground in portions of the state, floodwaters may sometimes remain in an area for days, weeks or even months.

Not all floods are alike. Some floods develop slowly, taking anywhere from a few hours to a few days to have an impact. On the other hand, flash floods happen quickly, sometimes in a matter of minutes.

Urban Flooding

As Florida's population increases, buildings and pavement replace the natural land. This creates more water runoff and can increase flood problems in urban areas, which can be especially dangerous and costly in these developed areas where we live and drive. Flooding can cause harm to animals and damage to any type of structure, including homes, bridges, buildings, roads, power and sewer systems.

Most flooding related deaths in the United States are due to people driving their cars into flooded areas. Moving water only as deep as a car's hubcaps can be enough to move the car



off the road; and it may only take 12 to 16 inches of water to cause a car to float. Driving on flooded roads is also dangerous because the road may be washed out, or there are unseen dangers in the water that could cause damage to your vehicle and threaten your life. When you encounter a flooded roadway, it is important to remember, "Turn around. Don't drown!"

Florida has more than 2,200 miles of tidal shoreline. Because of this, many areas of Florida are also prone to coastal flooding. This may come from storm surge associated with tropical cyclones or from other causes such as strong onshore winds or higher than normal tides due to lunar effects.

Meteorologists at the National Hurricane Center, the Southeast River Forecast Center, and local Florida National Weather Service offices all watch thunderstorms and tropical systems very closely to forecast how much rainfall it may produce and how much flooding may occur. The National Weather Service will issue coastal flood advisories, watches and warnings similar to inland flood statements.

Flooding Safety Actions

- Never play in flooded areas where hidden sharp objects, electrocution and pollution are serious hazards.
- In highly flood-prone areas, keep materials such as sandbags, plywood, plastic sheeting, plastic garbage bags, lumber and shovels on hand.

- Be aware of streams, canals and areas that are known to flood so you or your evacuation routes are not cut off.
- Never drive into moving water. If you cannot see the roadway beneath the water, do not drive through it! The water may be deeper than it appears and the road may already be washed away.
- Do not use food that has come in contact with floodwaters.
- Consider purchasing a federal flood insurance policy. You can learn more about strengthening your home at flash.org and about federal flood insurance at floodsmart.gov/



Flooding Facts

- Six inches of water will reach the bottom of most passenger cars, causing loss of control and possible stalling.
- Two feet of rushing water can carry away most vehicles, including sport utility vehicles (SUVs) and pick-ups.
- Urban and small-stream flash floods can occur under one hour.
- Flood damages are not covered under homeowners' insurance policies. All homeowners should consider purchasing federal flood insurance.

Flash Flood

Flash floods can occur within a few minutes or hours of heavy rainfall or from a dam or levee failure. These floods can destroy structures, down trees, roll boulders, and create new waterways. Rapidly rising water can reach heights of 30 feet or more! Furthermore, flash flood producing rains can also trigger catastrophic mudslides. You may not always have a warning of these sudden and potentially deadly floods.

Urban Flood

Floods can be magnified in urban areas. As land is converted from fields and woodlands to roads and parking lots, it loses its ability to absorb rainfall. Urbanization increases runoff two to six times over what would occur on natural terrain. During periods of urban flooding, streets can become swift moving rivers, while basements can become death traps as they fill with water.

River Flood

Low lying areas near rivers, streams, lakes and reservoirs are susceptible to river floods. Some river floods occur seasonally when winter or spring rains fill river basins with too much water too quickly. Other floods can occur from slow-moving low pressure systems. Torrential rains from decaying hurricanes or tropical systems can also produce river floods.

Area Flood

Area floods are long-lived, though not usually life-threatening. Standing water in low-lying areas, such as an open field, is an example of an area flood. Significant agricultural losses and displaced livestock can occur with these floods. In addition, stagnant water from this type of flooding can serve as a breeding ground for insects and diseases.

Studying Storm Surge

Materials You Will Need

- multi-speed fan • painter roller tray • water • small toy houses and buildings or other small items such as coins or Lego blocks, etc.



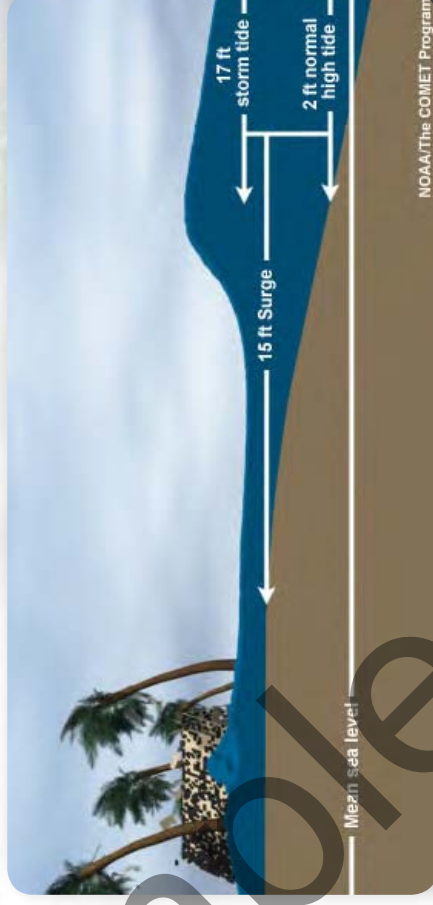
Process

1. Fill the painter roller tray with water until it rises to about three-quarters of the way up the incline.
2. Position the fan on the deep side of the painter roller tray so that it blows down across the water.
3. Position the houses and buildings at the top of the incline.
4. Turn the fan on. If your fan has different setting options, test using the highest setting.

Why Does This Happen?

Winds push the water

The wind from the fan is pushing the water, much like the winds from a hurricane push the ocean water. This wind causes the water to climb up the incline toward the houses. When the fan is on a higher speed, it simulates stronger winds so more water moves ashore. This is why storm surge is generally higher for stronger hurricanes. Can you get the water to cover the homes?



Storm surge is caused primarily by high winds pushing on the ocean's surface. The wind causes the water to pile up higher than the ordinary sea level. Low pressure at the center of a weather system also has a small secondary effect, as can the depths and shapes of the body of water. It is this combined effect of low pressure and persistent wind over a shallow water body which is the most common cause of storm surge flooding problems.

Temperature Extremes and Wildfires

Florida can experience a wide range of temperatures, from dangerously hot to dangerously cold, and it is important for everyone to stay safe during periods of temperature extremes.

When Florida's high humidity combines with warm temperatures, it may feel hotter outside than it really is. This is called the heat index.

High heat index values limit the body's ability to cool through sweating. When the heat index exceeds 105° F, conditions can become dangerous for people and animals. Sunstroke, heat cramps, heat exhaustion and heat stroke are all risks associated with high heat indices. The National Weather Service will issue heat advisories and warnings when the heat index is forecast to reach dangerous levels.

Hot Weather Safety

- Wear lightweight, light-colored clothing to help reflect heat and sunlight, and help your body maintain its normal temperature.
- Drink plenty of water, even if you don't feel thirsty. People can become dehydrated without realizing it. Stay away from highly sugared or carbonated drinks.



- Slow down and limit outdoor activities. Avoid outdoor events during the hottest part of the day (11 am–5 pm). Remain in air-conditioned places to reduce your exposure to the heat.

- Check on elders, persons with disabilities, children and animals during periods of prolonged heat.
- Protect your skin with sunscreen; also wear sunglasses and a hat, or carry an umbrella to provide shade.

Cold weather outbreaks occur in Florida at least once a year, caused by strong cold fronts that move through the state and producing below freezing temperatures and strong winds. When strong winds combine with cold temperatures, heat loss from a person's skin can be accelerated. Wind Chill can make the outside temperature feel much colder than it really is. In addition, freezing temperatures can kill crops, plants and even fish. The National Weather Service will issue wind chill advisories/warnings, along with freeze advisories/warnings, when cold weather threatens an area.

Cold Weather Safety

When cold weather is in the forecast, it is important to remember the “5 P’s of Cold Weather Safety.”

- **Protect People:** dress in layers and wear a hat and gloves. Stay out of the wind and to stay dry. Remember to check on young children and elders who are the most sensitive to cold weather.
- **Protect Pets:** Be sure to bring outdoor pets inside or give them a warm shelter.
- **Protect Plants:** Cover cold-sensitive plants to protect them from the dangerous temperatures.
- **Protect Pipes:** Cover pipes and allow outdoor faucets to slowly drip to prevent them from freezing and breaking.
- **Practice Fire Safety:** Use safe-heating sources indoors. Do not use fuel-burning devices such as grills; they release carbon monoxide, which is a deadly gas. Also, make sure to use space heaters according to their instructions and be attentive to open flames.



Wildfire Safety

While wildfires can start at any time of the year, the state sees a peak of activity during the early, colder part of the year – beginning in January and continuing until early to mid-June. A typical year in Florida will see over 4,600 fires burn nearly 110,000 acres of land. Since 2002, more than two million acres of forest land have been burned by wildfires.

Wildfire Safety

While there are natural ways a wildfire can be ignited, most wildfires are started by humans. The most common causes of

human-started fires are arson and yard waste burns that get out of control. Fires can also be caused by discarding a cigarette that has not been fully extinguished. Other causes of wildfires include campfires and bonfires not properly extinguished or windy conditions that may take hot embers from the fire to another location. The stronger the wind and the drier the ground, the faster fires will spread. Fire Weather Watches and Red Flag Warnings are issued by the National Weather Service to alert people to hazardous weather conditions that may add to the wildfire danger.

Wildfires can cause major environmental, social and economic damages. Prescribed fires are good fires that reduce the hazardous accumulations of brush to lower the risk of loss to homes, businesses, recreation areas and forests when wildfires occur. Prescribed fire also controls forest tree diseases and recycles nutrients in the soil.

Wildfires often begin unnoticed. They spread quickly, igniting grasses, trees and homes. Reduce your risk by preparing now - before wildfire strikes. Meet with your family to decide what to do and where to go if wildfires threaten your area. Find out how you can promote and practice wildfire safety by going to www.Firewise.com and www.floridaforestservice.com/wildfire/information.html.

Word Search

Hidden Words

- Check off the words as you find them!
- ATMOSPHERE
 - CIRRUS
 - CUMULUS
 - CURRENT
 - HURRICANE
 - LIGHTNING
 - METEOROLOGIST
 - RIP
 - SEVERE
 - STORM
 - TEMPERATURE
 - TORNADO
 - TROPIC
 - WATERSPOUT
 - WEATHER
 - WILDFIRE
 - WIND

Find the Weather Words hidden in the box below.

Be Aware – words may be listed across, down, diagonally, backwards and upside-down!

L I W Y T E M P E R A T U R E
E J D S E E N A C I R R U H N
T N E R R U C J X S U R R I C
S A I L E Y U L C J E K R U
C M C T L I G H T N I N G E P
S T O R M D N I W M X W D H G
S R C S C U M U L U S A Y T X
D E R E H P S O M T A T E M
L U T S I G O L O R A N R W U
S D T M B O Z N H K C G S R M R
E Q R G J X G H I W Y P O N J
V E R I F D L I W J M V O P Y D
E Z H C P P Q R J M V O P Y D
R J T O R N A D O N L U I O M
E Y I F T S Q S Z N Z T C V R

Family Communications Plan

Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations. (make copy of this information for every family member)

Out of Town Contact Name: _____

Email: _____

Tel. Number 1: _____

Tel. Number 2: _____

Fill out the following information for each family member and keep it up to date.

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Where to go in an emergency.

Write down where your family spends the most time:

Work: _____

School and other places you frequent: _____

Daycare providers _____

Workplaces and apartment buildings should all have site-specific emergency plans

Doctors: _____

Pharmacy: _____

Medical Insurance: _____

Homeowners/Rental Insurance: _____

Veterinarian: _____

Terrorist attacks like the ones we experienced on September 11, 2001 have left many concerned about the possibility of future incidents of terrorism in the United States and their potential impact. They have raised uncertainty about what might happen next, increasing stress levels. There are things we can do to prepare for terrorist attacks and reduce the stress that we may feel now and later should another emergency arise. Taking preparatory action can reassure our staff and their patients can exert a measure of control even in the face of such events. The Administrator of our Agency will activate our Emergency/Disaster Plan in case of any act of terrorism, and all chain of commands will complete their assigned duties as detailed in the plan.

What We Can Do to Prepare for Terrorism, orientation to our patients:

Finding out what can happen is the first step, like Explosions, Biological or Chemical threats, Nuclear blasts, Radiological dispersion device events, etc. Once it is determined the events possible and their potential in our community, it is important that we discuss them with our staff, our patients and their family or household.

Biological and Chemical Threats: Ensure your immunizations are up-to-date. Install HEPA filters for HVAC. Close windows and doors. Turn off HVAC. Listen to TV and radio for further instructions.

Nuclear and Radiological threats: No way of knowing how much warning there will be. Listen to local TV and radio for instructions. Turn off HVAC, close windows. Seal windows and external doors with duct tape. Ensure your emergency supply kit is up-to-date.

Radiological Dispersion Device:

Terrorist use of a Radiological Dispersion Device (RDD) — often called “dirty nuke” or “dirty bomb” — is considered far more likely than use of a nuclear explosive device. An RDD combines a conventional explosive device — such as a bomb — with radioactive material. It is designed to scatter dangerous and sub-lethal amounts of radioactive material over a general area. Such RDDs appeal to terrorists because they require limited technical knowledge to build and deploy compared to a nuclear device. Also, the radioactive materials in RDDs are widely used in medicine, agriculture, industry and research, and are easier to obtain than weapons grade uranium or plutonium.

There is no way of knowing how much warning time there will be before an attack by terrorists using a Radiological Dispersion Device (RDD), so being prepared in advance and knowing what to do and when is important. To prepare for an RDD event, you should do the following:

Find out from officials if any public buildings in your community have been designated as fallout shelters. If none have been designated, make your own list of potential shelters near your home, workplace, and school. These places would include basements or the windowless center area of middle floors in high-rise buildings, as well as subways and tunnels. If you live in an apartment building or high-rise, talk to the manager about the safest place in the building for sheltering and about providing for building occupants until it is safe to go out.

Taking shelter during an RDD event is absolutely necessary. There are two kinds of shelters - blast and fallout. The following describes the two kinds of shelters: Blast shelters are specifically constructed to offer some protection against blast pressure, initial radiation, heat, and fire. But even a blast shelter cannot withstand a direct hit from a nuclear explosion. Fallout shelters do not need to be specially constructed for protecting against fallout. They can be any protected space, provided that the walls and roof are thick and dense enough to absorb the radiation given off by fallout particles.

Outdoors: Seek shelter indoors immediately in the nearest undamaged building. If appropriate shelter is not available, cover your nose and mouth and move as rapidly as is safe upwind, away from the location of the explosive blast. Then, seek appropriate shelter as soon as possible. Listen for official instructions and follow directions.

Indoors: If you have time, turn off ventilation and heating systems, close windows, vents, fireplace dampers, exhaust fans, and clothes dryer vents. Retrieve your disaster supplies kit and a battery-powered radio and take them to your shelter room. Seek shelter immediately, preferably underground or in an interior room of a building, placing as much distance and dense shielding as possible between you and the outdoors where the radioactive material may be. Seal windows and external doors that do not fit snugly with duct tape to reduce infiltration of radioactive particles. Plastic sheeting will not provide shielding from radioactivity nor from blast effects of a nearby explosion. Listen for official instructions and follow directions.

What to Do If a Terrorism Event Occurs

- Remain calm and be patient.
- Follow the advice of local emergency officials.
- Listen to your radio or television for news and instructions.
- If the event occurs near you, check for injuries.
- Give first aid and get help for seriously injured people.

- If the event occurs near your home while you are there, check for damage using a flashlight.
- Do not light matches or candles or turn on electrical switches.
- Check for fires, fire hazards and other household hazards.
- Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows, and get everyone outside quickly. Shut off any other damaged utilities.
 - Confine or secure your pets.
 - Call your family contact—do not use the telephone again unless it is a life-threatening emergency.
 - Check on your neighbors, especially those who are elderly or disabled.

What Could Happen

As we've learned from previous events, the following things can happen after a terrorist attack:

There can be significant numbers of casualties and/or damage to buildings and the infrastructure. So as employer we need up-to-date information about any medical needs may have and on how to contact our staff/patients (see Emergency log).

Heavy law enforcement involvement at local, state and federal levels follows a terrorist attack due to the event's criminal nature.

Other Health and mental health resources in the affected communities can be strained to their limits, maybe even overwhelmed.

Extensive media coverage, strong public fear and international implications and consequences can continue for a prolonged period.

Workplaces and schools may be closed, and there may be restrictions on domestic and international travel.

You and your family or household may have to evacuate an area, avoiding roads blocked for your safety.

Clean-up may take many months.

Cyber Safety: The internet has given so many people the ability to access a wealth of information, connect with others and get answers to just about any question. But it can also be dangerous. As soon as you log on, you can become the target of a cyber criminal. The following guidelines are designed to keep you safe while surfing the net.

Keeping Your Kids Safe Online - Do's and Don'ts

Explain to your children, only establish and maintain connections with people you know and trust. Review the connections often. Assume that ANYONE can see any information about your activities, personal life, or professional life that you post and share. Ensure that your family takes similar precautions with their accounts; their privacy and sharing settings can expose your personal data. Avoid posting or tagging images of you or your family that clearly show your face. Select pictures taken at a distance, at an angle, or otherwise concealed. Never post Smartphone photos and don't use your face as a profile photo, instead, use cartoons or avatars. Use secure browser settings when possible and monitor your browsing history to ensure that you recognize all access points.

Social Network (Facebook, Google+, Tweeter, Instagram, etc) - Do's and Don'ts

Only establish and maintain connections with people you know and trust. Review your connections often. Assume that ANYONE can see any information about your activities, personal life, or professional life that you post and share. Ensure that your family takes similar precautions with their accounts; their privacy and sharing settings can expose your personal data. Avoid posting or tagging images of you or your family that clearly show your face. Select pictures taken at a distance, at an angle, or otherwise concealed. Never post Smartphone photos and don't use your face as a profile photo, instead, use cartoons or avatars. Use secure browser settings when possible and monitor your browsing history to ensure that you recognize all access points.

Identity Theft Prevention

Create unique passwords for each of your accounts to limit the chances of having multiple accounts compromised. Keep your computer up-to-date with the latest versions of operating system and anti-virus software protection. Never share sensitive information such as credit card or Social Security numbers through text, email, or chats. Never use public networks to conduct online financial transactions. Remember to log out of personal accounts opened on public devices. Ensure that all communications involving online financial transactions are sent through an SSL encrypted connection ("https://").

Smartphone

Malicious individuals may gain physical access to your smartphone. Protect your device with a password and run apps such as Android Lost and Find My iPhone to help you recover lost or stolen smartphones. Malicious emails and text messages can infect your smartphone with malware. Run anti-virus software periodically on your device. The camera and microphone can be remotely activated. Do not take a smartphone near classified information, and remove the battery before discussing any sensitive information. Wireless networks may be insecure and subject to monitoring. Use VPN when accessing wireless networks, and do not access sensitive information over wireless networks. Turn off Bluetooth when you are not using it to prevent hackers from exploiting your device. Apps that you download may gain access to the data stored on your smartphone. Check to see if the app will access your personal data and read user reviews of the app to see if other users experienced trouble after downloading. Apps can track your location. Turn off location services to avoid unwanted location tracking.

Securing Your Home Wireless Network

When creating passwords for your networks devices, ensure that they are sufficiently long and complex by using uppercase letters, lowercase letters, numbers, and symbols. Consider a multi-password phrase that does not consist of dictionary-based words. An example of a satisfactorily long and complex password would be lLuvF00tb@77 from the phrase "I love football." Use a cable to directly access the internet for any computers that remain stationary. Turn off your wireless network when you will not be using it for an extended period of time. If you have guest access set up for your network, ensure that it is password protected. If possible, turn on automatic updates for your network device's firmware. If automatic updates are not offered, periodically check for firmware updates on the network devices' websites and manually download and install them. If your router is compromised or if you cannot remember the password, you can restore it to the default factory settings by pressing the reset button located on the back of the router. Position the router away from windows and further into the interior of your house to decrease the reach of the signal.

OTHER HAZARD AND THREATS MITIGATION ACTIVITIES

Care-related emergencies:

Heat-Related Illnesses - Home Emergency Treatment

Heat syncope (fainting) usually does not last long and improves when you lie down to a flat position. It is helpful to lie in a cooler environment.

Heat edema (swelling) is treated with rest and by elevating your legs. If you are standing for a long time in a hot environment, flex your leg muscles often so that blood does not pool in your lower legs, which can lead to heat edema and fainting.

Heat cramps are treated by getting out of the heat and replacing fluids and salt. If you are not on a salt- (sodium-) restricted diet, eat a little more salt, such as a few nuts or pretzels. Do not use salt tablets, because they are absorbed slowly and can cause irritation of the stomach. Try massaging and stretching your cramped muscles.

Heat rash usually gets better and goes away without treatment. Antihistamines may help if you are having problems with itching. Keep areas clean and dry to help prevent a skin infection. Do not use baby powder while a rash is present. The powder can build up in the skin creases and hold moisture, allowing the growth of bacteria that may cause infection. Dress in as few clothes as possible during hot weather. Keep your home, especially sleeping areas, cool.

To mitigate severe Heat, recommend: install window air conditioners snugly; insulate. Service existent A/C units. Install window tinting. Weather-strip doors and sills to keep cool air in.

During severe heat season recommend: Stay indoors as much as possible. Limit exposure to the sun. Eat well-balanced, light, & regular meals. Avoid using salt. Drink plenty of water. Limit alcohol use. Dress in lightweight clothing. Never leave children in closed vehicles. Avoid strenuous work.

Symptoms to watch for during home treatment: Call Patient's doctor if any of the following occur during home treatment: A seizure occurs. Decreased mental alertness develops. Shortness of breath develops symptoms become more severe or frequent.

Emergency first aid **for** heatstroke is needed immediately because this condition is life-threatening. After calling patient's physician and/or other emergency medical services, follow these first aid steps: Move the person into a cool place, out of direct sunlight. Remove the person's unnecessary clothing and place the person on his or her side to expose as much skin surface to the air as possible. Cool the person's entire body by sponging or spraying cold water, and fan the person to help lower the person's body temperature. Watch for signs of rapidly progressing heatstroke, such as seizure, unconsciousness for longer than a few seconds, and moderate to severe difficulty breathing. Apply ice packs over as much of the body as you can. Check the person's rectal temperature, and try to cool it to 102°F (39°C) or lower as soon as possible. The longer the body is at a high temperature, the more serious the illness and the more likely it is that complications will develop. Temperatures taken by mouth or in the ear are not accurate in this emergency situation. If a person has stopped breathing, begin CPR. Do not give any medicine to reduce a high body temperature that can occur with heatstroke. Medicines may cause problems because of the body's response to heatstroke. If the person is awake and alert enough to swallow, give the person fluids [32 fl oz (1 L) to 64 fl oz (2 L) over 1 to 2 hours] for hydration. Most people with heatstroke have an altered level of consciousness and cannot safely be given fluids to drink. You may have to help. Make sure the person is sitting up enough so that he or she does not choke.

Home treatment for mild heat-related illness

When recognized in the early stages, most heat-related illnesses, such as mild heat exhaustion, can be treated at home. Recommend to your patients: stop your activity, and rest. Get out of direct sunlight and lie down in a cooler environment, such as shade or an air-conditioned area. Elevate your feet. Remove all unnecessary clothing. Cool down by applying cool compresses or having a fan blow on you. Place under your arms and in your groin area, where large blood vessels lie close to the skin surface, to cool down quickly. Drink rehydration drinks, juices, or water to replace fluids. Drink 2 qt (2 L) of cool fluids over 2 to 4 hours. You are drinking enough fluids if your urine is normal in color and amount and you are urinating every 2 to 4 hours. Total rehydration with oral fluids usually takes about 36 hours, but most people will begin to feel better within a few hours. Rest for 24 hours, and continue fluid replacement with a rehydration drink. Rest from any strenuous physical activity for 1 to 3 days.

Equipment and power failures:

A medical device is any product or equipment used to diagnose a disease or other conditions, to cure, to treat or to prevent disease. We care about our customers and recognize that some face special challenges, for example customers who rely on electricity to power life-support equipment in their homes, such as respirators or kidney dialysis machines. A home use medical device is intended for users in any environment, apart from the professional healthcare facility or the emergency medical services, requires adequate instructions for use, and may also require training for the user by a qualified healthcare professional to assure safe and effective use.

As safety precautions, before possible power failure:

Charge cell phones and any battery powered devices. Know where the manual release lever of your electric garage door opener is located and how to operate it. Purchase ice or freeze water-filled plastic containers to help keep food cold during a temporary power outage. Keep your car's gas tank full-gas stations rely on electricity to power their pumps. If you use your car to re-charge devices, do NOT keep the car running in a garage, partially enclosed space, or close to a home, this can lead to carbon monoxide poisoning. Learn about the emergency plans that have been established in your area by visiting your state's or local website so you can locate the closest cooling and warming shelters. If you rely on anything that is battery-operated or power dependent like a medical device determine a back-up plan.

Clients instructions:

When the power goes out, they should NOT:

- Perform an action to the device that they aren't sure of
- Assume the device is working correctly
- Leave home without the device
- Forget the power outage booklet

Emergency Patient's file that amend to have family contact emergency information, supplies used, medication taken, instructions in case of hurricane and other disasters, insurance cards, current home care doctor's orders, plan of treatment, what a family member, friend, shelter or hospital should do to help me in an emergency, copy of the power of attorney (personal and medical) allowing someone to act on my behalf if I am not able to, contact information for their health care provider(s) and pharmacy, where to go for medical supplies., instructions for using the medical device and all device manuals, also have handling the Device Information, recommend to have handling:

My Device is: _____ Model: _____
Device Supplier: _____ Phone #: _____

Answers the following questions:

Can a power surge cause my device to stop working? Yes No

If yes, what type of surge protector do I need?: _____

Does my device have a back-up system? Yes No

If yes, how long will it operate and where is it located? _____

Can my device operate on another power source? Yes No If yes, what type?: _____

Could I be harmed if my device stops for a short period of time? Yes No If yes, what is that time period? _____

Will my device still work if it does not have power for an extended period of time? Yes No

If yes, how long can it work without power? _____

What happens if I lose power in the middle of a treatment? _____

Should I restart a treatment if it is stopped in the middle or resume where it stopped? _____

Do I need extra medical supplies that would last for a minimum of 3 days? Yes No

If yes, where are they located? _____

Does my device or do my supplies have to be kept at a certain temperature? Yes No If yes, what temperature? _____

Do I need a portable cooler and ice packs to store refrigerated supplies and medicines? Yes No

If yes, where are they located? _____

Do I need the proper products to clean my device? Yes No

If yes, what are they and where are they located? _____

Is there specific information about power outages for my specific device that I should write here? _____

Can my device use batteries in the event of a power outage? _____

Can I change the batteries in my device? If not, who should I contact? _____

Do I have a functioning flashlight with an extra supply of batteries? Yes No If so, where are they located? _____

What type of batteries does my device use? _____

How many batteries does it take to operate my device? _____

How long will the device last on battery power? _____

How do I switch operation of my device from battery to electric power? _____

Establish What to Do After Power is Lost and Restored _____

Notify Contacts

Notify the following when power is lost and restored: _____

- Local power company Phone # _____
- Local fire department Phone # _____
- Family and friends Phone # _____
- Health care provider(s) Phone # _____
- Home care provider(s) Phone # _____
- Primary Physician Phone # _____
- My supplies are purchased at: _____ Phone # _____
- Type of transportation use: _____ Phone # _____
- My pharmacy is: _____ Phone # _____

Check Supplies

Look for the following when checking supplies and do NOT use if:

- Packaging is torn or damaged.
- They are wet or dry and shouldn't be.
- They are very hot or very cold and shouldn't be.
- There are loose or missing pieces and shouldn't be.

Check Device

Look for the following when checking your device and do NOT use if you find:

- Signs of damage, including power cords.
- Incorrect device settings.

If the patient's home has a Generator, instruct: NEVER use portable generators indoors, even if you have ventilation. If you feel sick, dizzy, or weak while using a generator, get fresh air immediately. Turn the generator off & let it cool before re-fueling. Plug appliances directly into generator or use heavy-duty outdoor rated extension cord. Never try to power the house wiring by plugging the generator into a wall outlet.

Interruptions in the normal supply of essentials, such as water and food:

Have 5-7 days supplies of non-perishable food. Have sufficient potable water, either from bottled sources or household delivery services (5-7 days supplies of water – 1 gal/person, per day, keep in designated area and ready to go). Verify if there are any authority notices against consuming tap water, ice, or beverages made with water. Rinse raw foods as needed in disinfected water. Monitor the local media for boil water alerts. Throw away all food, cosmetics, or medications that have come into contact with flood waters.

Fire Prevention, Emergency:

Install smoke alarms/sprinklers, if possible. Test and clean smoke alarms once a month. Replace batteries at least once a year. Replace smoke alarms every 10 years. Establish an escape route and practice. Ensure windows are not nailed or painted shut. Teach family members to stay low to the floor when escaping. Never smoke near flammable liquids or in bed. Be careful when using alternative heating sources. Keep open flames away from walls, furniture, drapery. Place a screen in front of fireplace. Have heating units inspected and cleaned. Make sure extension cords or wiring does not run under rugs, over nails or across high traffic areas. If your clothes catch on fire – STOP, DROP and ROLL until fire is extinguished. Check doors for heat before you open them. Hot door or cool door. Close doors behind you. Go outside and meet in a pre-determined spot. Do not re-enter. Call 9-1-1. Make sure everyone in your home knows where to go if the fire alarm sounds & practice your escape plan together. If you live in an apartment building: Know at least two escape routes from every room in your apartment or condominium & learn every exit from your building. Count the doors between your living unit & the two nearest exits. You may have to escape a fire in the dark. Exit quickly, closing all doors behind you to slow the spread of fire and smoke. If you encounter smoke or flames, use another escape route. If you have to escape through smoke, crawl low since heat and smoke rise. Cleaner air will be found one to two feet above the floor. Test doors before you open them. Kneel or crouch, reach up high and touch the door, the knob and the space between the door and its frame with the back of your hand. If the door feels cool, open it carefully and be ready to slam it shut if smoke or heat rushes in. Never use an elevator during a fire. It may stop between floors or at a floor where the fire is. Go directly to a stairwell that's free of smoke, heat or flame. Once you are out, tell the fire-rescue department if you know of anyone trapped in the building. Do not go back inside for any reason until firefighters tell you it's safe. If possible, go to a room with an outside window and a telephone closing all doors between you and the fire. Use duct tape or stuff the cracks around the door with wet towels, rags or bedding and cover vents to keep the smoke out of the room.

Recovering from a fire can be a physically and mentally draining process. When fire strikes, lives are suddenly turned around. Often, the hardest part is knowing where to begin and who to contact.

The following checklist serves as a quick reference and guide for you to follow after a fire strikes.

Contact your local disaster relief service, such as The Red Cross, if you need temporary housing, food and medicines. If you are insured, contact your insurance company for detailed instructions on protecting the property, conducting inventory

and contacting fire damage restoration companies. If you are not insured, try contacting private organizations for aid and assistance. Check with the fire department to make sure your residence is safe to enter. Be watchful of any structural damage caused by the fire. The fire department should see that utilities are either safe to use or are disconnected before they leave the site. DO NOT attempt to reconnect utilities yourself. Conduct an inventory of damaged property and items. Do not throw away any damaged goods until after an inventory is made. Try to locate valuable documents and records. Refer to information on contacts and the replacement process inside this brochure. If you leave your home, contact the local police department to let them know the site will be unoccupied. Begin saving receipts for any money you spend related to fire loss. The receipts may be needed later by the insurance company and for verifying losses claimed on income tax. Notify your mortgage company of the fire. Check with an accountant or the Internal Revenue Service about special benefits for people recovering from fire loss.

Aircraft disaster:

A major aircraft disaster presents a scene where wreckage, bodies and survivors can be strewn over a wide area. It can be further complicated by hazardous cargo. If the accident occurs near a school, housing area, or traffic area, the results can be catastrophic. Recommend to the clients: do not approach to affected area, allow rescue personnel complete their duties, if fire is an issue follow all fire safety guidelines, follow authorities orders at all times. Listen to local radio or television stations for detailed information and instructions. Follow the instructions carefully.

Floods:

Familiarize yourself with local emergency plans. Know where to go and how to get there should you need to get to higher ground, the highest level of a building, or to evacuate. Turn Around, Don't Drown! Avoid walking or ask your family not driving through flood waters. Just 6 inches of moving water can knock you down, and 1 foot of water can sweep your vehicle away. If there is a chance of flash flooding, move immediately to higher ground. Flash floods are the #1 cause of weather-related deaths in the US. If floodwaters rise around your car but the water is not moving, abandon the car and move to higher ground. Do not leave the car and enter moving water. Avoid parking along streams, rivers, and creeks during heavy rainfall. These areas can flood quickly and with little warning. Return home only when authorities say it is safe. Be aware of areas where floodwaters have receded and watch out for debris. Floodwaters often erode roads and walkways. Ask your family do not attempt to drive through areas that are still flooded. Avoid standing water as it may be electrically charged from underground or downed power lines. Photograph damage to your property for insurance purposes.

Hazardous Materials Incidents:

Chemicals are found everywhere. They purify drinking water, increase crop production and simplify household chores. But chemicals also can be hazardous to humans or the environment if used or released improperly. Hazards can occur during production, storage, transportation, use or disposal. You and your community are at risk if a chemical is used unsafely or released in harmful amounts into the environment where you live, work or play. Hazardous materials in various forms can cause death, serious injury, long-lasting health effects and damage to buildings, homes and other property. Many products containing hazardous chemicals are used and stored in homes routinely. These products are also shipped daily on the nation's highways, railroads, waterways and pipelines. Chemical manufacturers are one source of hazardous materials, but there are many others, including service stations, hospitals and hazardous materials waste sites. Hazardous materials come in the form of explosives, flammable and combustible substances, poisons and radioactive materials. These substances are most often released as a result of transportation accidents or because of chemical accidents in plants.

Listen to local radio or television stations for detailed information and instructions. Follow the instructions carefully. You should stay away from the area to minimize the risk of contamination. Remember that some toxic chemicals are odorless.

Requested to stay indoors, or unable to evacuate: Bring yourself, any family member and pets inside. Close and lock all exterior doors and windows. Close vents, fireplace dampers, and as many interior doors as possible. Turn off air conditioners and ventilation systems. In large buildings, set ventilation systems to 100 percent recirculation so that no outside air is drawn into the building. If this is not possible, ventilation systems should be turned off. Go into the pre-selected shelter room. This room should be above ground and have the fewest openings to the outside. Seal gaps under doorways and windows with wet towels or plastic sheeting and duct tape. 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. Use material to fill cracks and holes in the room, such as those around pipes. If gas or vapors could have entered the building, take shallow breaths through a cloth or a towel. Avoid eating or drinking any food or water that may be contaminated.

Asked to evacuate: Do so immediately. Stay tuned to a radio or television for information on evacuation routes, temporary shelters, and procedures. Follow the routes recommended by the authorities--shortcuts may not be safe. Leave at once. If you have time, minimize contamination in the house by closing all windows, shutting all vents, and turning off attic fans.

Take pre-assembled disaster supplies. Ask family members to help your neighbors who may require special assistance--infants, elderly people and people with access and functional needs.

Caught Outside: Stay upstream, uphill, and upwind! In general, try to go at least one-half mile (usually 8-10 city blocks) from the danger area. Move away from the accident scene and help keep others away. Do not walk into or touch any spilled liquids, airborne mists, or condensed solid chemical deposits. Try not to inhale gases, fumes and smoke. If possible, cover mouth with a cloth while leaving the area. Stay away from accident victims until the hazardous material has been identified.

The following are guidelines for the period following a hazardous materials incident:

Go to a designated public shelter if you have been told to evacuate or you feel it is unsafe to remain in your home. Text SHELTER + your ZIP code to **43362** (4FEMA) to find the nearest shelter in your area (example: **shelter 12345**). Act quickly if you have come in to contact with or have been exposed to hazardous chemicals. Follow decontamination instructions from local authorities. You may be advised to take a thorough shower or you may be advised to stay away from water and follow another procedure. Seek medical treatment for unusual symptoms as soon as possible. Place exposed clothing and shoes in tightly sealed containers. Do not allow them to contact other materials. Call local authorities to find out about proper disposal. Advise everyone who comes in to contact with you that you may have been exposed to a toxic substance. Listen to local radio or television stations for the latest emergency information. Help a neighbor who may require special assistance - infants, elderly people and people with access and functional needs. People who care for them or who have large families may need additional assistance in emergency situations. Return home only when authorities say it is safe. Open windows and vents and turn on fans to provide ventilation. Find out from local authorities how to clean up your land and property. Report any lingering vapors or other hazards to your local emergency services office.

Household Chemical Emergencies:

Nearly every household uses products containing hazardous materials or chemicals. Although the risk of a chemical accident is slight, knowing how to handle these products and how to react during an emergency can reduce the risk of injury.

The following are guidelines for buying and storing hazardous household chemicals safely: Buy only as much of a chemical as you think you will use. Leftover material can be shared with neighbors or donated to a business, charity or government agency. Keep products containing hazardous materials in their original containers and never remove the labels unless the container is corroding. Corroding containers should be repackaged and clearly labeled. Never store hazardous products in food containers. Never mix household hazardous chemicals or waste with other products. Incompatibles, such as chlorine bleach and ammonia, may react, ignite or explode. Follow the manufacturer's instructions for the proper use of the household chemical. Never smoke while using household chemicals. Never use hair spray, cleaning solutions, paint products, or pesticides near an open flame (e.g., pilot light, lighted candle, fireplace, wood burning stove, etc.) Although you may not be able to see or smell them, vapor particles in the air could catch fire or explode. Clean up any chemical spill immediately. Use rags to clean up the spill. Wear gloves and eye protection. Allow the fumes in the rags to evaporate outdoors, then dispose of the rags by wrapping them in a newspaper and placing them in a sealed plastic bag in your trash can. Dispose of hazardous materials correctly. Take household hazardous waste to a local collection program. Check with your county or state environmental or solid waste agency to learn if there is a household hazardous waste collection program in your area. Post the number of the emergency medical services and the poison control center by all telephones. In an emergency situation, you may not have time to look up critical phone numbers. The national poison control number is (800) 222-1222.

During a Household Chemical Emergency: Get out of the residence immediately if there is a danger of fire or explosion. Do not waste time collecting items or calling the fire department when you are in danger. Call the fire department from outside (a cellular phone or a neighbor's phone) once you are safely away from danger. Stay upwind and away from the residence to avoid breathing toxic fumes. Recognize and respond to symptoms of toxic poisoning including: Difficulty breathing Irritation of the eyes, skin, throat, or respiratory tract Changes in skin color Headache or blurred vision Dizziness Clumsiness or lack of coordination Cramps or diarrhea If someone is experiencing toxic poisoning symptoms or has been exposed to a household chemical, call the national poison control center at 1 (800) 222-1222 and find any containers of the substance that are readily available in order to provide requested information. Follow the emergency operator or dispatcher's first aid instructions carefully. The first aid advice found on containers may be out of date or inappropriate. Do not give anything by mouth unless advised to do so by a medical professional.

Discard clothing that may have been contaminated. Some chemicals may not wash out completely. **Checking Your Home:** There are probably many hazardous materials throughout your home. Take a tour of your home to see where these materials are located. Use the list of common hazardous household items to guide you in your hunt. Once you have located a product, check the label and take the necessary steps to ensure that you are using, storing and disposing of the material according to the manufacturer's directions. It is critical to store household chemicals in places where children

cannot access them. Remember that products such as aerosol cans of hair spray and deodorant, nail polish and nail polish remover, toilet bowl cleaners and furniture polishes all fall into the category of hazardous materials.

Hazardous Household Items:

Cleaning Products: Oven cleaners, Drain cleaners, Wood and metal cleaners and polishes, Toilet cleaners, Tub, tile, shower cleaners, Bleach (laundry), Pool chemicals

Indoor Pesticides: Ant sprays and baits, Cockroach sprays and baits, Flea repellents and shampoo, Bug sprays, Houseplant insecticides, Moth repellents, Mouse and rat poisons and baits

Automotive Products: Motor oil, Fuel additives, Carburetor and fuel injection cleaners, Air conditioning refrigerants, Starter fluids, Automotive batteries, Transmission and brake fluid, Antifreeze

Workshop/Painting Supplies: Adhesives and glues, Furniture strippers, Oil- or enamel-based paint, Stains and finishes, Paint thinners and turpentine, Paint strippers and removers, Photographic chemicals, Fixatives and other solvents

Lawn and Garden Products: Herbicides, Insecticides, Fungicides/wood preservatives

Miscellaneous: Batteries, Mercury thermostats or thermometers, Fluorescent light bulbs, Driveway sealer

Other Flammable Products: Propane tanks and other compressed gas cylinders, Kerosene, Home heating oil, Diesel fuel, Gas/oil mix, Lighter fluid

Nuclear Power Plants:

Although the construction and operation of these facilities are closely monitored and regulated by the Nuclear Regulatory Commission (NRC), accidents are possible. An accident could result in dangerous levels of radiation that could affect the health and safety of the public living near the nuclear power plant.

Be aware of: Site Area Emergency - Area sirens may be sounded. Listen to your radio or television for safety information. General Emergency - Radiation could leak outside the plant and off the plant site. The sirens will sound. Tune to your local radio or television station for reports. Be prepared to follow instructions promptly.

If an accident at a nuclear power plant were to release radiation in your area, local authorities would activate warning sirens or another approved alert method. They also would instruct you through the Emergency Alert System (EAS) on local television and radio stations on how to protect yourself.

Follow the EAS instructions carefully. Minimize your exposure by increasing the distance between you and the source of the radiation. This could be evacuation or remaining indoors to minimize exposure. If you are told to evacuate, keep car windows and vents closed; use re-circulating air. If you are advised to remain indoors, turn off the air conditioner, ventilation fans, furnace and other air intakes. Shield yourself by placing heavy, dense material between you and the radiation source. Go to a basement or other underground area, if possible. Do not use the telephone unless absolutely necessary. Stay out of the incident zone. Most radiation loses its strength fairly quickly.

The following are guidelines for the period following a nuclear power plant emergency:

Go to a designated public shelter if you have been told to evacuate or you feel it is unsafe to remain in your home. Text SHELTER + your ZIP code to 43362 (4FEMA) to find the nearest shelter in your area (example: shelter 12345). Act quickly if you have come in to contact with or have been exposed to hazardous radiation. Follow decontamination instructions from local authorities. You may be advised to take a thorough shower. Change your clothes and shoes; put exposed clothing in a plastic bag; seal it and place it out of the way. Seek medical treatment for unusual symptoms, such as nausea, as soon as possible. Listen to local radio or television stations for the latest emergency information. Ask a family member to help a neighbor who may require special assistance - infants, elderly people and people with access and functional needs may require additional assistance. People who care for them or who have large families may need additional assistance in emergency situations. Return home only when authorities say it is safe. Keep food in covered containers or in the refrigerator. Food not previously covered should be washed before being put in to containers.

Pandemic:

You can prepare for an influenza pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a flu pandemic. Be vaccinated every year. Store a two weeks supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters. Periodically check your regular prescription drugs to ensure a continuous supply in your home. Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins. Get copies and maintain

electronic versions of health records from doctors, hospitals, pharmacies and other sources and store them, for personal reference. HHS provides an online tool intended to help people locate and access their electronic health records from a variety of sources. Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home. Volunteer with local groups to prepare and assist with emergency response. Get involved in your community as it works to prepare for an influenza pandemic.

During a pandemic: Limit the Spread of Germs and Prevent Infection

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too. If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Washing your hands often will help protect you from germs. Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Thunderstorms & Lightning

All thunderstorms are dangerous. Every thunderstorm produces lightning. Other associated dangers of thunderstorms include tornadoes, strong winds, hail and flash flooding. Falling raindrops evaporate, but lightning can still reach the ground and can start wildfires.

To prepare for a thunderstorm, you should do the following: Remove dead or rotting trees and branches that could fall and cause injury or damage during a severe thunderstorm. Postpone outdoor activities. Secure outdoor objects that could blow away or cause damage. Get inside a home, building, or hard top automobile (not a convertible). Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside. Remember, rubber-soled shoes and rubber tires provide NO protection from lightning. However, the steel frame of a hard-topped vehicle provides increased protection if you are not touching metal. Shutter windows and secure outside doors. If shutters are not available, close window blinds, shades or curtains. Unplug any electronic equipment well before the storm arrives.

Facts about Thunderstorms: They may occur singly, in clusters or in lines. Some of the most severe occur when a single thunderstorm affects one location for an extended time. Thunderstorms typically produce heavy rain for a brief period, anywhere from 30 minutes to an hour. Warm, humid conditions are highly favorable for thunderstorm development. About 10 percent of thunderstorms are classified as severe – one that produces hail at least an inch or larger in diameter, has winds of 58 miles per hour or higher or produces a tornado.

Facts about Lightning: Lightning's unpredictability increases the risk to individuals and property. Lightning often strikes outside of heavy rain and may occur as far as 10 miles away from any rainfall. "Heat lightning" is actually lightning from a thunderstorm too far away from thunder to be heard. However, the storm may be moving in your direction. Most lightning deaths and injuries occur when people are caught outdoors in the summer months during the afternoon and evening. Your chances of being struck by lightning are estimated to be 1 in 600,000 but could be reduced even further by following safety precautions. Lightning strike victims carry no electrical charge and should be attended to immediately.

Instructs patients if thunderstorm and lightning are occurring in their area, they should: Use your battery-operated NOAA Weather Radio for updates from local officials. Avoid contact with corded phones and devices including those plugged into electric for recharging. Cordless and wireless phones not connected to wall outlets are OK to use. Avoid contact with electrical equipment or cords. Unplug appliances and other electrical items such as computers and turn off air conditioners. Power surges from lightning can cause serious damage. Avoid contact with plumbing. Do not wash your hands, do not take a shower, do not wash dishes, and do not do laundry. Plumbing and bathroom fixtures can conduct electricity. Stay away from windows and doors, and stay off porches. Do not lie on concrete floors and do not lean against concrete walls. Avoid natural lightning rods such as a tall, isolated tree in an open area. Avoid hilltops, open fields, the beach or a boat on the water. Take shelter in a sturdy building. Avoid isolated sheds or other small structures in open areas. Avoid contact with anything metal—tractors, farm equipment, motorcycles, golf carts, golf clubs, and bicycles.

If lightning strikes you or someone you know, call 9-1-1 for medical assistance as soon as possible. The following are things you should check when you attempt to give aid to a victim of lightning: **Breathing** - if breathing has stopped, begin mouth-to-mouth resuscitation. **Heartbeat** - if the heart has stopped, administer CPR. **Pulse** - if the victim has a pulse and is breathing, look for other possible injuries. Check for burns where the lightning entered and left the body. Also be alert for nervous system damage, broken bones and loss of hearing and eyesight.

After the storm passes remember to: Stay away from storm-damaged areas to keep from putting yourself at risk from the effects of severe thunderstorms. Continue to listen to a NOAA Weather Radio or to local radio and television stations for updated information or instructions, as access to roads or some parts of the community may be blocked. Help people who

may require special assistance, such as infants, children and the elderly or those with access or functional needs. Stay away from downed power lines and report them immediately. Watch your animals closely. Keep them under your direct control.

Tornadoes:

Tornadoes are nature's most violent storms. Spawned from powerful thunderstorms, tornadoes can cause fatalities and devastate a neighborhood in seconds. A tornado appears as a rotating, funnel-shaped cloud that extends from a thunderstorm to the ground with whirling winds that can reach 300 miles per hour. Damage paths can be in excess of one mile wide and 50 miles long. Every state is at some risk from this hazard. Some tornadoes are clearly visible, while rain or nearby low-hanging clouds obscure others. Occasionally, tornadoes develop so rapidly that little, if any, advance warning is possible. Before a tornado hits, the wind may die down and the air may become very still. A cloud of debris can mark the location of a tornado even if a funnel is not visible. Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

To begin preparing, you should: build an emergency kit and make a family communications plan. Listen to NOAA Weather Radio or to commercial radio or television newscasts for the latest information. In any emergency, always listen to the instructions given by local emergency management officials. Be alert to changing weather conditions. Look for approaching storms. Look for the following danger signs: Dark, often greenish sky
Large hail, A large, dark, low-lying cloud (particularly if rotating), Loud roar, similar to a freight train. If you see approaching storms or any of the danger signs, be prepared to take shelter immediately.

Quick facts you should know about tornadoes: They may strike quickly, with little or no warning. They may appear nearly transparent until dust and debris are picked up or a cloud forms in the funnel. The average tornado moves Southwest to Northeast, but tornadoes have been known to move in any direction. The average forward speed of a tornado is 30 mph, but may vary from stationary to 70 mph. Tornadoes can accompany tropical storms and hurricanes as they move onto land. Waterspouts are tornadoes that form over water. Tornadoes are most frequently reported east of the Rocky Mountains during spring and summer months. Peak tornado season in the southern states is March through May; in the northern states, it is late spring through early summer. Tornadoes are most likely to occur between 3 pm and 9 pm, but can occur at any time.

Tornado Watch - Tornadoes are possible. Remain alert for approaching storms. Watch the sky and stay tuned to NOAA Weather Radio, commercial radio or television for information.

Tornado Warning - A tornado has been sighted or indicated by weather radar. Take shelter immediately.

If you are under a tornado warning, seek shelter immediately! Most injuries associated with high winds are from flying debris, so remember to protect your head.

If you are in: A structure (e.g. residence, small building, nursing home, hospital, ALF, high-rise building)
Go to a pre-designated area such as a safe room, basement, storm cellar, or the lowest building level. If there is no basement, go to the center of a small interior room on the lowest level (closet, interior hallway) away from corners, windows, doors, and outside walls. Put as many walls as possible between you and the outside. Get under a sturdy table and use your arms to protect your head and neck. In a high-rise building, go to a small interior room or hallway on the lowest floor possible. Put on sturdy shoes. Do not open windows.

If you are in: The outside with no shelter. If you are not in a sturdy building, there is no single research-based recommendation for what last-resort action to take because many factors can affect your decision. Possible actions include: Immediately get into a vehicle, buckle your seat belt and try that family member drive you to the closest sturdy shelter. If your vehicle is hit by flying debris while you are driving, pull over and park. Take cover in a stationary vehicle. Put the seat belt on and cover your head with your arms and a blanket, coat or other cushion if possible. Lie in an area noticeably lower than the level of the roadway and cover your head with your arms and a blanket, coat or other cushion if possible.

In all situations: Do not get under an overpass or bridge. You are safer in a low, flat location. Never try to outrun a tornado in urban or congested areas in a car or truck. Instead, leave the vehicle immediately for safe shelter. Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.

After a Tornado: Listen to local officials for updates and instructions. Check-in with family and friends by texting or using social media. Watch out for debris and downed power lines. If you are trapped, do not move about or kick up dust. Tap on a pipe or wall or use a whistle, if you have one, so that rescuers can locate you. Stay out of damaged buildings and homes until local authorities indicate it is safe. Photograph the damage to your property in order to assist in filing an insurance claim. Do what you can to prevent further damage to your property, (e.g., putting a tarp on a damaged roof), as insurance may not cover additional damage that occurs after the storm. If your home is without power, use flashlights or battery-powered lanterns rather than candles to prevent accidental fires.

Tsunamis

Tsunamis can strike any U.S. Coast, but risk is greatest for states and territories with Pacific and Caribbean coastlines. Tsunamis, also known as seismic sea waves (mistakenly called “tidal waves”), are a series of enormous waves created by an underwater disturbance such as an earthquake, landslide, volcanic eruption, or meteorite. Earthquake-induced movement of the ocean floor most often generates tsunamis. If a major earthquake or landslide occurs close to shore, the first wave in a series could reach the beach in a few minutes, even before a warning is issued. Areas are at greater risk if they are less than 25 feet above sea level and within a mile of the shoreline. Drowning is the most common cause of death associated with a tsunami. Tsunami waves and the receding water are very destructive to structures in the run-up zone. Other hazards include flooding, contamination of drinking water, and fires from gas lines or ruptured tanks.

The following are things you can do to protect yourself, your family and your property from the effects of a tsunami: To begin preparing, you should build an emergency kit and make a family communications plan. Talk to everyone in your household about what to do if a tsunami occurs. Create and practice an evacuation plan for your family. Familiarity may save your life. Be able to follow your escape route at night and during inclement weather. Practicing your plan makes the appropriate response more of a reaction, requiring less thinking during an actual emergency. If the school evacuation plan requires you to pick your children up from school or from another location. Be aware telephone lines during a tsunami alert may be overloaded and routes to and from schools may be jammed. Knowing your community's warning systems and disaster plans, including evacuation routes. If you are concerned that you will not be able to reach a safe place in time, ask your local emergency management office about vertical evacuation. Some strong (e.g., reinforced concrete) and tall buildings may be able to provide protection if no other options are available. If an earthquake occurs and you are in a coastal area, turn on your radio to learn if there is a tsunami warning.

A tsunami warning is issued when a tsunami with the potential to generate widespread inundation is imminent or expected. Warnings alert the public that dangerous coastal flooding accompanied by powerful currents is possible and may continue for several hours after initial arrival. Warnings alert emergency management officials to take action for the entire tsunami hazard zone. Appropriate actions to be taken by local officials may include the evacuation of low-lying coastal areas, and the repositioning of ships to deep waters when there is time to safely do so. Warnings may be updated, adjusted geographically, downgraded, or canceled. To provide the earliest possible alert, initial warnings are normally based only on seismic information.

A tsunami advisory is issued when a tsunami with the potential to generate strong currents or waves dangerous to those in or very near the water is imminent or expected. The threat may continue for several hours after initial arrival, but significant inundation is not expected for areas under an advisory. Appropriate actions to be taken by local officials may include closing beaches, evacuating harbors and marinas, and the repositioning of ships to deep waters when there is time to safely do so. Advisories are normally updated to continue the advisory, expand/contract affected areas, upgrade to a warning, or cancel the advisory.

A tsunami watch is issued to alert emergency management officials and the public of an event which may later impact the watch area. The watch area may be upgraded to a warning or advisory - or canceled - based on updated information and analysis. Therefore, emergency management officials and the public should prepare to take action. Watches are normally issued based on seismic information without confirmation that a destructive tsunami is underway.

A tsunami information statement is issued to inform emergency management officials and the public that an earthquake has occurred, or that a tsunami warning, advisory or watch has been issued for another section of the ocean. In most cases, information statements are issued to indicate there is no threat of a destructive tsunami and to prevent unnecessary evacuations as the earthquake may have been felt in coastal areas. An information statement may, in appropriate situations, caution about the possibility of destructive local tsunamis. Information statements may be re-issued with additional information, though normally these messages are not updated. However, a watch, advisory or warning may be issued for the area, if necessary, after analysis and/or updated information becomes available.

During a Tsunami: Follow the evacuation order issued by authorities and evacuate immediately. Take your animals with you. Move to high ground or inland and away from water immediately. Stay away from the beach. Never go down to the beach to watch a tsunami come in. If you can see the wave you are too close to escape it. CAUTION - If there is noticeable recession in water away from the shoreline this is nature's tsunami warning and it should be heeded. You should move away immediately. Save yourself - not your possessions. Remember to help your neighbors who may require special assistance - infants, elderly people, and individuals with access or functional needs.

After a Tsunami: Return home only after local officials tell you it is safe. A tsunami is a series of waves that may continue for hours. Do not assume that after one wave the danger is over. The next wave may be larger than the first one. Go to a designated public shelter if you have been told to evacuate or you feel it is unsafe to remain in your home. Text SHELTER

+ your ZIP code to 43362 (4FEMA) to find the nearest shelter in your area (example: shelter 12345). Avoid disaster areas. Your presence might interfere with emergency response operations and put you at further risk from the residual effects of floods. Stay away from debris in the water; it may pose a safety hazard to people or pets. Check yourself for injuries and get first aid as needed before helping injured or trapped persons. If someone needs to be rescued, call professionals with the right equipment to help. Many people have been killed or injured trying to rescue others. Help people who require special assistance—infants, elderly people, those without transportation, people with access and functional needs and large families who may need additional help in an emergency situation. Continue using a NOAA Weather Radio or tuning to a Coast Guard station or a local radio or television station for the latest updates. Stay out of any building that has water around it. Tsunami water can cause floors to crack or walls to collapse. Use caution when re-entering buildings or homes. Tsunami-driven floodwater may have damaged buildings where you least expect it. Carefully watch every step you take. To avoid injury, wear protective clothing and be cautious when cleaning up.

Wildfires

Basic Safety tips: If you see a wildfire and haven't received evacuation orders yet, call 9-1-1. Don't assume that someone else has already called. If ordered to evacuate during a wildfire, do it immediately- make sure and tell someone where you are going and when you have arrived. Many communities have text or email alerting systems for emergency notifications. To find out what alerts are available in your area, search the Internet with your town, city, or county name and the word "alerts." If you or someone you are with has been burned, call 9-1-1 or seek help immediately; cool and cover burns to reduce chance of further injury or infection.

Fire weather watch = dangerous fire weather conditions are possible over the next 12 to 72 hours

Steps to Take: Turn on your TV/radio. You'll get the latest weather updates and emergency instructions. Know where to go. If you are ordered to evacuate, know the route to take and have plan of where you will go. Check-in with your friends and family. Keep your car fueled, in good condition, and stocked with emergency supplies and a change of clothes.

Prepare Home: Regularly clean the roof and gutters. Maintain an area approximately 30' away from you home that is free of anything that will burn, such as wood piles, dried leaves, newspapers and other brush. Connect garden hoses long enough to reach any area of the home and fill garbage cans, tubs, or other large containers with water. Review your homeowner's insurance policy and also prepare/update a list of your home's contents.

Returning Home: Return home only when authorities say it is safe. For several hours after the fire, maintain a "fire watch." Check and re-check for smoke, sparks or hidden embers throughout the house, including the roof and the attic. Use caution when entering burned areas as hazards may still exist, including hot spots, which can flare up without warning. Evacuate immediately if you smell smoke.

Cleaning Your Home: Wear a NIOSH certified-respirator (dust mask) and wet debris down to minimize breathing dust particles. Discard any food that has been exposed to heat, smoke or soot. Do NOT use water that you think may be contaminated to wash dishes, brush teeth, prepare food, wash hands, or to make ice or baby formula. Photograph damage to your property for insurance purposes.

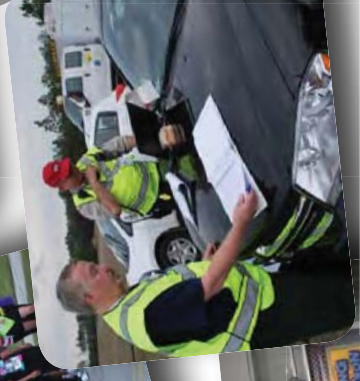
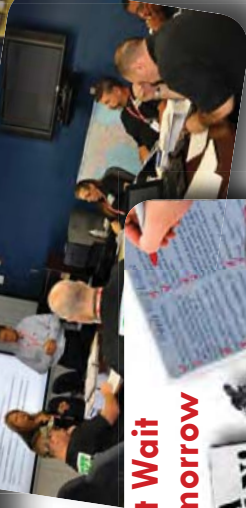
Before Wildfire season- Make a Wildfire plan: Know your wildfire risk. Make a wildfire emergency plan. Build or restock your emergency preparedness kit, including a flashlight, batteries, cash, and first aid supplies. Familiarize yourself with local emergency plans. Know where to go and how to get there should you need to evacuate. Stay tuned to your phone alerts, TV, or radio, for weather updates, emergency instructions or evacuation orders.

Civil Disorder Unrest

The First Amendment to the U.S. Constitution guarantees people the right to peaceably assemble and to petition their government to address grievances. On rare occasions, that line is crossed, and that is when public safety becomes a concern. Civil disturbance as "an unlawful assembly that constitutes a breach of the peace or any assembly of persons where there is danger of collective violence, destruction of property or other unlawful acts."

Civil unrest incidents can escalate for a variety of reasons and are not limited to urban areas. They can occur in several situations: peaceful demonstrations or war protests that turn confrontational, violence related to major sporting events, concerts and "block parties" that turn violent, political conventions that are disrupted because of activists, confrontations at "hot spots" such as abortion clinics and research laboratories, and riots related to racial tensions.

If a disturbance seems to threaten the occupants of your house, place of residence, Nursing Home, building, report it immediately to the Police (call 911) and take the following actions: Alert all persons in the household, of the situation, Lock all doors and windows, Close blinds to prevent flying glass, If evacuation is necessary, follow directions from first responders (e.g. police and fire department personnel).





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