

What Emergencies Might You Expect?



Flood



Fire



Lightning



Terrorism



Heatwave



Snowstorm



Hurricane



Bombing

Tab 2

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What Emergencies Might You Expect?

- Earthquakes
- Storms
- Floods
- Extreme weather conditions
- Tsunamis
- Fires
- Power outages
- Terrorism
- Contagious disease outbreaks
- Volcanic eruptions
- Wildfires
- _____
- _____
- _____



Earthquake

If you are inside when shaking starts:



DO:

- ✓ **Do** get under a sturdy table or desk. If there is no table or desk available, lie on the floor against an inside wall.
- ✓ **Do** cover your head and neck with your arms.
- ✓ **Do** lock the wheels of your wheelchair, if you use one. Cover your head and neck for protection.
- ✓ **Do** stay away from windows, hanging objects, mirrors, tall furniture, large appliances and cabinets filled with heavy objects.
- ✓ If you are in bed, **do** stay where you are. Cover your head with a pillow.
- ✓ If you are downtown, **do** stay inside a building unless there is a fire or gas leak.

DO NOT:

- × **Do not** run out of your house during strong shaking.
- × **Do not** use elevators.

If you are outdoors when shaking starts:

DO:

- ✓ **Do** move to a clear area if you can get there safely.
- ✓ If you are driving, **do** pull to the side of the road and stop in a clear area.
- ✓ If you are on the beach, **do** move to higher ground.

DO NOT:

- × **Do not** go near power lines, buildings or trees.

When the shaking stops:

DO:

- ✓ **Do** ask the people around you if they are hurt. Give them first aid if you know how.
- ✓ **Do** check around you for dangerous conditions, such as fires, fallen power lines and damage to the building you are in.
- ✓ **Do** put out small fires if you have a fire extinguisher and know how to use it.
- ✓ If you don't have a fire extinguisher at home, **do** buy one and learn how to use it now before you might need it.
- ✓ Keep the fire extinguisher somewhere in your house you can reach easily in an emergency, like your kitchen.

- ✓ **Do** hang up phones that have fallen off the hook.
- ✓ **Do** look around your house for damage.

DO NOT:

- × **Do not** move people with serious injuries unless they are in danger.
- × **Do not** turn off the gas unless you smell a gas leak. If you do smell gas, turn it off. Call your gas company to have it turned on again. **Do not** try to turn your gas on again yourself.

If you are trapped in debris:

DO:

- ✓ **Do** cover your nose and mouth.
- ✓ **Do** tap on a pipe or wall so rescuers can hear where you are. Use a whistle or your radio if you have one with you.

DO NOT:

- × **Do not** move around very much. Try not to kick up dust.
- × **Do not** shout. Shout only as a last resort.

Tsunami (soo-nah-mee)



Earthquakes can make tsunami waves. Even if you do not live close to the ocean or bay, you may take a vacation or visit there. You should know what to do if you are near the ocean and an emergency happens.

When you vacation or visit near an ocean or bay, ask hotel staff, campground managers or local residents what their communities are supposed to do if there is a tsunami warning. You can:

- Ask if there is a radio station in the area for emergency information broadcasts.
- Learn the meaning of outdoor warning systems and siren alarms in that area. In some places, a certain siren sound may be the warning to evacuate, and a different sound may mean “all clear.”
- Look for road signs that show the evacuation route.
- Ask questions about emergency procedures if you do not understand what you are told.

Move to higher ground quickly if:

1. Authorities give a tsunami warning and tell you to leave the area.
2. You hear the Outdoor Warning System, and it is not a test.
3. The earth shakes so much that you cannot stand and lasts for longer than 20 seconds.
4. You notice water moving away from the shoreline.

Storm or Flood



If you are experiencing a storm or flood:

DO:

- ✓ **Do** listen to local radio or television channels for emergency messages and instructions.
- ✓ **Do** unplug electrical appliances. Shut off electric circuits if authorities tell you to leave your home. Shut off the gas service if authorities tell you to.
- ✓ If your car stalls during a flood, **do** get out of the car immediately. Leave it where it is and get to higher ground.

DO NOT:

- × **Do not** walk in water that has come into your basement or garage.
- × **Do not** try to drive over a flooded road.
- × **Do not** walk in moving water. If you must walk through water, make sure it is not moving and check how deep it is with a stick.
- × **Do not** go near water that is touching power lines that have fallen down.
- × **Do not** allow children to play around high water, storm drains or any flooded areas.

Extreme Weather Conditions

In extreme weather conditions, authorities will tell you where shelters are that can keep you cool or warm. You may want to stay with family or friends if the bad weather is expected to last more than a few days.

If the weather is extremely hot:

DO:

- ✓ **Do** have a fan when the temperature is under 98°F and drink plenty of water if you do not have air conditioning.
- ✓ **Do** put wet towels or cloths on your head and body to keep you cool.
- ✓ **Do** go to a cooling center, or a building like a shopping mall, theater, or church that has air conditioning for the hottest part of the day.



If the weather is extremely cold:

DO:

- ✓ **Do** make sure you have a lot of dry wood, kindling, and matches for your fireplace, if you have one.
- ✓ **Do** go to a heated building for as much of the day as possible.
- ✓ **Do** keep hand warmer packets, warm clothing, gloves, hats, scarves and a sleeping bag somewhere in your house that you can reach easily.
- ✓ **Do** keep enough food and water to last at least 3 to 5 days.



Fire



If your smoke alarm goes off or you see a fire:

DO:

- ✓ **Do** stay calm. Get out of your house or the building you are in.
- ✓ **Do** find another way out if you see smoke coming in under the door.
- ✓ **Do** touch the door with the back of your hand before you open it. If it is hot, find another way out.
- ✓ **Do** get down on the floor to avoid smoke fumes if you can. Crawl or roll to a safe place.
- ✓ If your clothes catch on fire, **do** STOP where you are, DROP to the ground, and ROLL over and over until the flames are out.
- ✓ **Do** call 9-1-1 from a safe place. Stay on the phone until the operator hangs up or tells you that you can get off the phone.
- ✓ If you can't get out of your house or the building you are in, **do** stay near a window and close to the floor. Signal for help.

DO NOT:

- × **Do not** open doors that feel hot when you touch them with the back of your hand.
- × **Do not** open doors if you see smoke coming in under the door.
- × **Do not** go back into your house or the building you were in until authorities tell you it is safe.

Power Outage

If there is a power outage in your neighborhood:



DO:

- ✓ **Do** turn off and unplug all your electrical appliances and computers.
- ✓ **Do** leave one light on so you will know when the power outage is over.
- ✓ If a traffic signal is not working, **do** stop at the intersection as if there were a stop sign.
- ✓ **Do** make sure food is stored at the right temperature. If you can't store food the right way, you will not be able to eat the food without getting sick.

DO NOT:

- × **Do not** use candles. They can cause fires.
- × **Do not** use a gas stove to heat your house or cook with one inside.
- × **Do not** use gas powered generators inside your house or garage.

Volcanic Eruption

A volcano is a mountain with an opening inside that leads to lava under the ground.



When a volcano erupts, lava comes out the top. A volcanic eruption can cause poisonous gases, destroyed land and flying rocks.

If there is a volcanic eruption near you:

DO:

- ✓ **Do** listen to the news on the radio or television for emergency information.
- ✓ **Do** leave your house when authorities tell you to.
- ✓ **Do** watch out for mud flows. They move faster than you can run and can cause you to fall. Mud flows are very dangerous if you are outside, so avoid them as much as possible.
- ✓ **Do** wear shirts with long sleeves and long pants.
- ✓ **Do** stay away from ash, especially if you have breathing problems.
- ✓ **Do** use goggles and wear eye glasses instead of contact lenses.
- ✓ **Do** use an N95 respirator mask to help you breathe safer. Keep N95 respirator masks in your house, car and workplace so you can replace them as needed and/or share them with other people. (Talk to your doctor to see if you can wear a mask like this.)
- ✓ **Do** stay away from windy areas so you don't get ash in your eyes.

- ✓ **Do** stay inside your house unless you think your roof is falling down.
- ✓ **Do** close doors, windows and all other vents in your house, such as chimney vents, furnaces, air conditioners and fans.
- ✓ **Do** clear heavy ash from flat or low roofs and rain gutters.

DO NOT:

- × **Do not** run car or truck engines. Ash can clog engines and break moving parts, which can cause your car to stall.
- × **Do not** drive when ash is falling unless you truly have to. If you have to drive, go 35 miles an hour or slower. Have an extra oil filter and air filter in your car in case you have to drive when there is a lot of ash in the air. Write down how to change the filters and keep the info in your car. You can also find a video online and save it to your phone or mobile device.

Source: Krumpe A., White E., Virginia Leadership Education in Neurodevelopmental Disabilities. *Emergency Preparedness Tool Kit for People with Disabilities*, 2007. Retrieved November 2008 from partnership.vcu.edu/media/partnership2022/resource-downloads/Emergency_Prep_Toolkit_FINAL_April_2007.pdf

Terrorist Attacks



Terrorists try to cause fear in people by using many types of weapons. They may use chemicals, nuclear weapons or other explosives to hurt other people. The best way to stay safe from terrorism is to be aware of your surroundings.

To stay safe from terrorist attacks:

DO:

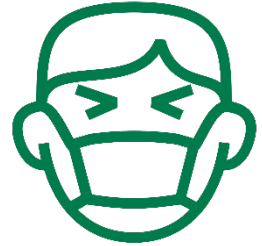
- ✓ **Do** pay attention to what is around you. Look for things you may need in an emergency, like emergency exits, fire alarms and fire extinguishers.
- ✓ **Do** tell someone in charge – like a store manager, supervisor, firefighter or police officer – if you see or hear something that makes you suspicious or feel worried.
- ✓ **Do** stay calm. If there is an emergency, do what authorities ask you to do in order to stay safe.

DO NOT:

- × **Do not** spread rumors. If you are told something about a terrorist attack, check the information with someone you trust.

Contagious Disease Emergencies

A contagious disease emergency (pandemic flu, avian flu, swine flu or coronavirus) can make a lot of people sick. They may not feel well and may have to go to the hospital. If the disease is very serious, it sometimes can cause death.



If there is a contagious disease emergency, the state or county Department of Public Health will give you information. They will tell you how to stay healthy in reports in newspapers, on television and on the radio. If you use social media, follow your state or county Department of Public Health for posts on how to stay healthy.

If there is a contagious disease emergency:

DO:

- ✓ **Do** listen to your television or radio for information and instructions from authorities, like the Department of Public Health.
- ✓ **Do** stay home unless you truly need to go out.
- ✓ **Do** wear gloves on your hands and a mask over your nose and mouth if you have to leave the house.
- ✓ **Do** wash your hands often.
- ✓ **Do** cover your mouth and nose with a tissue when sneezing or coughing.
- ✓ **Do** avoid touching your eyes, nose or mouth.
- ✓ **Do** avoid contact with those who are not feeling well.

- ✓ **Do** practice other good health habits – get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious foods.

- ✓ **Do** see a doctor if you feel flu like symptoms (high temperature, vomiting, sneezing, coughing, body chills).

Wildfire

If there is a wildfire near you:



DO:

- ✓ **Do** sign up for your county's emergency alert system at [oralert.gov](https://www.oralert.gov).
- ✓ **Do** make a plan for evacuating.
- ✓ **Do** monitor the news for the evacuation levels in your area.
- ✓ **Do** leave if fire or police officials tell you to evacuate.
- ✓ **Do** evacuate at level 1 or 2 if you need help or more time to leave.
- ✓ **Do** keep yourself safe from wildfire smoke by:
 - Staying inside in a tightly closed air-conditioned room as much as possible.
 - Avoiding vigorous outdoor activity.
 - Wearing an N95 mask if you need to be outside.
 - Setting home or car air conditioning to "re-circulate."
 - Not burning candles, cigarettes or other things that cause smoke inside your house.
 - Avoiding vacuuming while it is smoky.
 - Checking air quality conditions at oregonsmoke.blogspot.com

DO NOT:

- ✗ **Do not** return to your home after evacuating until fire officials tell you it is safe

Wildfire [2023 addition] Sources:

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