



JBLM, WA

COMMUNITY PREPAREDNESS GUIDE



Are You and Your Family **READY** for a

DISASTER?



Joint Base Lewis-McChord,
WA 98433

JBLM Community Preparedness Guide

31 Aug 2012

Emergency Employment of Army and Other Resources
EMERGENCY PREPAREDNESS

1. PURPOSE. To provide preparedness information about disasters for family members, employees, and service members residing or working on JBLM. Understanding and applying this information will help them to survive the onset and aftermath of both natural and man-made disasters. The information contained within may be applied to your home or workplace.

2. GENERAL.

- a. Depending on the severity and type of disaster or emergency, it may be hours or even days before professional help (fire fighters or police) or other government agencies arrive. A good rule of thumb is to plan to survive on your own for at least 72 hours. Neighbors or co-workers may be the first to come to help you.
- b. Your ability to survive a disaster or other emergency may well depend on how prepared you are to cope with its effects. In this pamphlet, you will find information to help you build your own emergency preparedness plan. Everyone needs to be involved in its development -- so that all parties are informed and knowledgeable of the plan during times of emergency.
- c. People living off post should contact the local organization responsible for emergency management or Red Cross office for emergency preparedness information specific to the community in which they live.

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INTRODUCTION

Your ability to survive a disaster or emergency may well depend on how prepared you are to cope with its effects. In this pamphlet, you will find information to help you build your own emergency preparedness plan. Everyone that will utilize the plan needs to be involved in its development -- so that all parties are informed and knowledgeable of the plan during times of an emergency.

Remember the four steps for Emergency Preparedness

STEP 1: FIND OUT WHAT COULD HAPPEN TO YOU.

- Ask what types of hazards are most likely to happen in your area.
- Learn about any local warning signals; what they sound like and what you should do when you hear them. You can obtain this information from your local Emergency Management Office or your local chapter of the American Red Cross.
- Find out how to help elderly or disabled persons, if needed.
- Find out about the emergency preparedness plan at your workplace, your children's school or childcare center, and any other places your family regularly frequents.

STEP 2: CREATE A PLAN.

- Meet with your family and discuss why you need to prepare. Plan to share responsibilities and work together as a team.
- Discuss the types of emergencies that are most likely to happen. Explain what to do in each case.
- Discuss what to do in an evacuation. If you have pets, make a plan for their care.
- Ask an out-of-town friend or relative to be your "family contact".
- Have a preprogrammed number on cell phones labeled ICE available for Emergency Responders to contact a close friend or relative (note: ICE stands for In Case of Emergency). This number will be used by response personnel to gather personal information that you may be unable to provide due to unconsciousness or injury. Examples of personal information may be medication use or allergies.
- Pick two places to meet. One should be outside of, but close to, your home or office and one should be outside of the neighborhood or immediate area. All persons using the plan should know where these locations are and, if possible, contact information for the locations.

STEP 3: PUT YOUR PLAN INTO ACTION.

- Post emergency telephone numbers by your telephones.
- Teach children how and when to call 911 or emergency medical services number for help.
- Show each family member how and when to turn off the water, gas, and electricity at their mains.
- Check for adequate insurance coverage.
- Install an ABC type fire extinguisher in your home; teach each family member to use it; show them where it is kept.
- Install smoke detectors on each level of your home, especially near bedrooms.
- Conduct a home hazard hunt (see page 31 in this pamphlet).
- Stock emergency supplies and assemble a disaster supply kit (see page 9 in this pamphlet).
- Take First Aid and Cardio-Pulmonary Resuscitation (CPR) classes.
- Determine the best escape routes from your home. Try to find two ways out of each room.
- Find safe spots in your home for each type of event.

STEP 4: PRACTICE AND MAINTAIN YOUR PLAN.

- Review your plans every six months so everyone remembers what to do in an emergency.
- Conduct fire and emergency evacuation drills.
- Clean the dust from and test your smoke detector(s) monthly. Change the batteries every six months.
- Replace stored water every three months and stored food every six months.
- **Note:** If during an emergency you or a family member is contacted by the media it is best to refer them to the Installation Public Affairs Office (PAO).

Family Emergency Plan



**READY
JBLM**

BE ALERT + MAKE A PLAN + DRILLS/GAMES

Your family may not be together when disaster strikes, so plan what you will do in different situations and practice your plan.

Family Evacuation Procedure

Where the family will meet near home: _____ Phone (if any): _____

Alternate meeting place if access is blocked: _____ Phone (if any): _____

Family Communications Procedure

- Fill in the information below. Add other important information to suit your family's circumstances.
- Keep this plan with your emergency supplies kit, along with your command's standard and emergency reporting procedures.
- Make sure every family member has the most important contact information for each other.

Where the Family Spends Time

Work: _____ **Work:** _____ **School:** _____

Address: _____ **Address:** _____ **Address:** _____

Phone: _____ **Phone:** _____ **Phone:** _____

Evacuation Location: _____ **Evacuation Location:** _____ **Evacuation Location:** _____

School: _____ **Other:** _____ **Other:** _____

Address: _____ **Address:** _____ **Address:** _____

Phone: _____ **Phone:** _____ **Phone:** _____

Evacuation Location: _____ **Evacuation Location:** _____ **Evacuation Location:** _____

Contact Information

Out-of-Town Contact: _____ Phone: _____

E-Mail: _____ Alternate Phone Number: _____

Family Members

Name: _____ Birth Date: _____ Social Security #: _____ Drivers License #: _____

Passport #: _____ Prescriptions/Medical Information: _____

Name: _____ Birth Date: _____ Social Security #: _____ Drivers License #: _____

Passport #: _____ Prescriptions/Medical Information: _____

Name: _____ Birth Date: _____ Social Security #: _____ Drivers License #: _____

Passport #: _____ Prescriptions/Medical Information: _____

Family Members (continued)

Name: _____ Birth Date: _____ Social Security #: _____ Drivers License #: _____

Passport #: _____ Prescriptions/Medical Information: _____

Name: _____ Birth Date: _____ Social Security #: _____ Drivers License #: _____

Passport #: _____ Prescriptions/Medical Information: _____

Name: _____ Birth Date: _____ Social Security #: _____ Drivers License #: _____

Passport #: _____ Prescriptions/Medical Information: _____

Name: _____ Birth Date: _____ Social Security #: _____ Drivers License #: _____

Passport #: _____ Prescriptions/Medical Information: _____

Local Command Information

Insurance Policy Numbers and Contacts

Medical/Dental: _____ Homeowners/Renters: _____

Automobile: _____ Life: _____

Provisions for Utilities

In various emergency situations, whether you evacuate or shelter-in-place, you may be advised to cut off ventilation systems or utilities. Write the locations of, and instructions for, these controls and any tools necessary to change them. (Like fire and evacuation plans, this is a good thing to review and practice with the whole family.)

Electricity: _____ Gas: _____

Water: _____ Ventilation: _____

Important Records

Use these checklists to help collect important papers to keep with your emergency supplies kit for ready access in case of evacuation.

Personal

- Military ID cards
- Social Security cards
- Citizenship papers
- Vehicle registration/ownership records
- Birth certificates
- Passports
- Medical records
- Marriage licenses, divorce records
- Wills
- Power(s) of attorney (personal/property)

Financial

- Bank/credit union statements
- Bills (electricity, gas, water)
- Tax returns, property tax statements
- Credit/debit card statements
- Health insurance cards and records
- Investment/retirement account records
- Mortgage statement or lease
- Other insurance records (auto/property/life)
- Income records (including government benefits, child support and alimony)

Accountability Reporting Information

Army Disaster Personnel Accountability and Assessment System (ADPAAS) Website:

<https://adpaas.army.mil>

Army Info Hotline: 1-800-833-6622

Army OneSource

Within CONUS: 1-800-464-8107

Outside CONUS: Collect (484) 530-5980 / Toll Free (800) 3429-6477

Website: <http://aos.myarmylifetoo.com>

Military OneSource

Within CONUS (24/7): 1-800-342-9647

Website: <http://www.militaryonesource.com>

Spanish Speaking Callers:

1-888-732-9020 / 1-877-888-0727 / 1-877-255-7524

Hearing Impaired Callers & TTY/TTD:
1-800-364-9188

WARNING SYSTEMS AND SIGNALS

The Emergency Alert System (EAS) is a national public warning system that requires broadcasters, cable television systems, wireless cable systems, satellite digital audio radio service (SDARS) providers, and direct broadcast satellite (DBS) providers to provide the communications capability to the President to address the American public during a national emergency. The system also may be used by state and local authorities to deliver important emergency information, such as AMBER alerts and weather information targeted to specific areas.

- On JBLM, and the local communities the EAS broadcasts emergency related information that is time sensitive and possibly life-saving over the radio and television. When the EAS is activated, the television screen goes blank after a five (5) second audible tone. A voice message will then be broadcast. At the end of the message, the TV will return to its regular programming.
- National Oceanic & Atmospheric Administration (NOAA) Weather Radio (NWR) is a nationwide network of radio stations broadcasting continuous weather information directly from a nearby National Weather Service office to specially configured NOAA weather radio receivers. If NOAA Weather Radio is available where you live, consider purchasing a NOAA weather radio receiver.

EMERGENCY COMMUNICATION METHODS

What means does JBLM use to notify?

Dialogic Communicator

AtHoc's centric emergency notification system provides a recorded telephone and/or e-mail message. In order to receive these notifications your organization's database administrator must enter and maintain your contact information. Contact the JBLM Watch Office (967-0015) for additional information.

Top "Three"

Directors, Deputy Directors (or designated individuals) and security managers (you will get the message first).

E-mail

Network Enterprise Center has created a mass distribution list to contact all users on the JBLM domain.

Town Hall Meetings

The Joint Base Commander provides information and instructions to employees and residents. Town Hall meetings will take place at the JBLM theaters.

JBLM Post Staff Duty

For questions regarding post staff duty, contact the Installation Operation Center at (253) 967-0015. This line is for "Official Use Only." If further assistance is required, contact the Military Police desk at (253) 967-7112/7113 or Fire Department at (253) 966-2615/9846.

Channel 21

JBLM Command Channel provides installation information (only available if you are located on JBLM).

Door-to-Door

The Joint Base Commander may direct door-to-door resident notifications. Flyers with information may be provided.

Marquee

The marquee at the front gates provides Command information and notices.

Giant Voice

Giant Voice is a loudspeaker system used as an attack warning and mass notification system. Giant Voice can be supplemented by Military Police and Fire Department vehicle loudspeaker systems. Giant Voice can only be heard on McChord Field.

Local Television

Channels Q-13 FOX, KING 5, KIRO 7 and JBLM Command Channel 21 on JBLM cable TV provide post status information to local television and radio stations.

Installation Road Status

For post road status updates, please contact (253) 967-1733 or visit <https://sponsor.lewis.army.mil/roadcon/update/roadcon.pdf>.

JBLM Social Media

- Visit JBLM's Facebook®, Flickr®, Twitter, AF portal, and AKO pages for notifications.



FAMILY DISASTER PLAN

Gather and review the information you obtained about hazards, community plans, warning systems/signals and evacuation routes.

Escape Routes

- Mark escape routes from each room on a floor plan of your home.
- Establish a place to meet in the event of an emergency (e.g., the next door neighbor's house or the neighborhood grocery store parking lot).

Family Communications

- Your family may not be together when disaster strikes, so plan how you will contact one another.
- Complete a contact card for each family member. Have family members keep these cards handy in a wallet, purse, backpack, etc. Include contact names, phone numbers, meeting places, out-of-area contact information and any other important information you see fit.

Utility Shutoff and Safety

Contact your utility companies for shutoff requirements (natural gas, water, electricity, etc.) and be sure to record the information.

Safety Skills

Ensure that you and other family members know how to use a fire extinguisher and how to administer first aid and CPR.

Special Needs

If you or someone close to you has a disability or a special need, you may have to take additional steps to protect yourself and your family in an emergency (e.g., special arrangements to receive warnings, transportation to a shelter, etc.). Find out about special assistance that may be available in your community. See page 14 for more info.

Insurance and Vital Records

- Annually review existing property, health and life insurance policies and obtain additional coverage as needed. Accomplish this task before storm season – insurance companies may not issue/change policies during storm season.
- Consider purchasing flood insurance to reduce your risk of flood loss if you live in a flood-prone area.
- Document important information about your personal property for insurance purposes. This includes taking photos of valuable items.
- Store important documents and papers, such as insurance policies, deeds and property records in a safe place, such as a safety deposit box away from your home. Make copies of important documents for your disaster supplies kit.
- Consider saving money in an emergency savings account that could be used in any crisis. Keep a small amount of cash or traveler's checks at home in a safe place where you can quickly access them if you have to evacuate.



Helping Children Cope with Disaster

When kids see news about a storm or flood or other kind of disaster it can make them feel helpless, experts say. Or they may hear their friends or relatives talking about what happened to them during a storm or flood; the kids' eyes widen and their ears perk up. They wonder if they could be hurt in a disaster and/or emergency.

Help your children overcome their fears by being involved in planning a family emergency supply kit. Together you can make a list of the things you need to have in your kit. If you find there are items that should be included and you do not have them in the house, go shopping together for them. Make disaster preparedness a project you do together.

Here are some things you may want to talk about and plan for:

- What kinds of supplies will be on your list for your emergency supply kit;
- How you are preparing the family home for a disaster;
- How you will evacuate if necessary and where you will go (to friends or relatives or a shelter);
- Where you will meet if you're not at home when the disaster strikes;
- Who you will call to "check in" if you become separated during the disaster.

A good project for youngsters to do in advance is assemble a "kid's activity kit" that may include:

- Favorite books;
- Crayons, coloring books, pencils and paper;
- Favorite toys or stuffed animals;
- One or two board games;
- A deck of cards;
- A favorite blanket or pillow.

Kids who take an active role in disaster preparedness are less fearful and can also be a big help if an emergency happens.

The Federal Emergency Management Agency (FEMA) has a disaster information Web site just for kids. Parents and teachers are encouraged to log onto www.fema.gov/kids/ for more disaster facts and information for children.

FEMA's mission is to support our citizens and first responders to ensure that as a nation we work together to build, sustain, and improve our capability to prepare for, protect against, respond to, recover from, and mitigate all hazards.



Have Pets? Have a Plan



Caring for Animals

- Animals are also affected by disasters. Plan for pet disaster needs by identifying a shelter, gathering pet supplies, ensuring your pet has proper ID and up-to-date veterinarian records, and providing a pet carrier and leash.
- Remember, pets are not allowed in any JBLM shelters.
- Make proper arrangements for livestock (e.g., identification, evacuation, shelter, food and water, etc.).

Area Kennels and Boarding for Pets

- **The Pet Brigade**
4907 Pendleton Dr JBLM, WA 98433
(253) 912-4898
- **Bark Central**
205 118th Street South Tacoma, WA 98444
(253) 535-9400
- **Town and Country Kennel**
4215 104th Street East Tacoma, WA 98446
(253) 531-0600
- **Win-Star Bed and Biscuit**
3602 112th Street East Tacoma, WA 98446
(253) 531-0779
- **Hearthside Kennel**
11204 154th Street Ct Puyallup, WA 98374
(253) 770-7512
- **Northwind Pet Care Center**
9902 Yelm Hwy SE, Olympia, WA 98513
(360) 456-5631

Get a Kit

Assemble a Disaster Supply Kit

Assistance may not be available for a short period of time after an emergency. Therefore, you should assemble a three-day disaster supply kit to see you through until assistance arrives. At a minimum, the kit should include essentials like water, food, a first aid kit, tools, sanitation and hygiene items, clothing and bedding. Detailed disaster supply kit checklists can be found on the Federal Emergency Management Agency (FEMA) website at www.fema.gov, www.ready.gov or http://www.emd.wa.gov/preparedness/prep_index.shtml.

Make Sure Your Kit Is Easy to Carry

Keep it in a backpack, duffel bag or suitcase with wheels, in an easy-to-reach, accessible place, such as your front hall closet. Make sure everyone in the household knows where to find the emergency kit.



Basic Items You Need to Survive for 72 Hours

- At least 2 liters of water per person per day (include small bottles that can be carried easily in case of an evacuation order)
- Food that won't spoil, such as canned food, energy bars and dried foods (remember to replace the food and water once a year)
- A manual can opener
- Special items, such as medications (prescription and over-the-counter), infant formula, equipment/items for people with disabilities and a first aid kit
- Credit card, ATM/debit card, some cash in smaller bills, such as \$10 bills (traveler's checks are also useful) and change for payphones
- A change of clothing and footwear for each household member
- Sleeping bags
- Toiletries, towels and moist towelettes
- Candles and matches, lighter (remember to place candles in sturdy containers and to put them out before going to sleep)
- Flashlight with extra batteries
- Battery-operated radio with extra batteries
- Extra keys for your car and house
- Pet care items
- Small Comfort items for children

SHELTER / EVACUATION PROCEDURES

Be Prepared to Evacuate Your Quarters

Sheltering in Place vs. Evacuation

- Emergency response officials have two basic tools to protect personnel. One is to evacuate everyone out of the area affected by the toxic plume or explosive device. The other is to direct personnel to shelter in place.
- Evacuation has long been used to move the public away from danger during emergency situations. Evacuation can take a very long time to complete and can actually expose people to more danger.
- In either situation, you must follow emergency responder directions and act quickly to ensure your safety. If you are told to evacuate, shelter in place or seek medical treatment, do so immediately.
- Use common sense and available information to determine if there is an immediate danger. For example, if your building is damaged, you will typically want to evacuate. Sheltering in place should last **no more than three hours**.
- In any emergency, local authorities may or may not be able to provide information on what is happening and what you should do.
- If your children are at school, do not leave your house to go get them. You could expose yourself to hazardous chemicals by going outside. Schools have emergency plans of their own. Contact the School Liaison Coordinator (253) 583-7357 or e-mail hlogan@cloverpark.k12.wa.us to learn your child's school emergency plan **before** a crisis occurs.

Unless otherwise notified, you should remain in your quarters and take all necessary steps to safeguard life and protect property.

- When an evacuation is ordered, instructions will be provided at that time.
- If an evacuation of JBLM is ordered, then personnel must evacuate. Families or individuals unable to evacuate will contact Army Community Service (253) 967-7166 and their chain of command.
- You may be asked to evacuate to shelters on JBLM or possibly off of JBLM, at which time you will be instructed to secure your quarters or home and evacuate.
- Pets should not remain on JBLM when an evacuation is ordered. Pets are not allowed in the shelters at JBLM (or most public shelters). They can evacuate with you, or you can arrange for alternate shelter out of the local area.
- The Installation Emergency Operations Center, Public Affairs Office and the Military Police will notify family members before an actual evacuation begins.
- Direction and control of an evacuation will be conducted by the Military Police.
- The shelter staff (shelter commander/manager for on-base shelters) will be responsible for the operation of the shelter. Follow their directions/instructions at all times.

Note: Due to limited space, personal luggage is restricted to one suitcase per family member inside of JBLM shelter(s).

Shelter Resident Information Sheet

Welcome! We hope your stay here will be pleasant under the circumstances.

- **Registration** – All shelter residents must register before they can use the shelter. All information is kept confidential.
- **Smoking** – You are not allowed to smoke, use matches or lighters while inside any shelter.
- **Personal Belongings** – We cannot assume responsibility for your belongings.
- **Pets** – We do not allow pets inside the shelter. A secure pet area may be established. Please see shelter staff for information.
- **Children** – Parents are responsible for keeping track of and controlling their children. Do not leave them unattended.
- **Medical** – Notify our staff of any medical issues that might affect your stay in the shelter, or if you are not feeling well or are injured.
- **Alcohol / Drugs** – You are not allowed to possess drugs, alcohol or weapons in the shelter.
- **Volunteers** – We need volunteers. If you wish to help, please notify shelter staff.
- **Telephones** – Facility phones are reserved for shelter staff communications and emergencies.
- **Housekeeping** – Please keep your temporary home area clean.
- **Quiet Hours** – Quiet hours will be enforced in the sleeping areas from 11p.m.-7a.m. However, sleeping areas should be kept as quiet as possible during the day.
- **News Media** – News media representatives often visit shelters. They are allowed to enter the shelter and to request interviews or photographs. They will ask permission first. It is your right to refuse.
- **Special Needs** – If you have special needs, please contact shelter staff.
- **Complaints** – Please direct all comments about the shelter operations to the shelter manager or shift supervisor.

SHELTERING IN PLACE

The definition of sheltering in place is to go / stay indoors, close up the building and wait for the danger to pass.

Sheltering in place may be ordered in the event of a Hazardous Material (HAZMAT) emergency or if weapons of mass destruction or an improvised explosive device is discovered on the installation. These types of emergencies can result from accidents or terrorist actions.

How will I be notified?

The Installation has multiple mass warning and notification systems to reach personnel.

- A voice announcing system using exterior speakers, commonly termed “Giant Voice,” and interior speakers or sirens Emergency Alert System (EAS) broadcasts on the radio or TV
- Interactive, community notification systems providing voice and/or data messages to multiple receivers: telephones, cellular phones, pagers, e-mail, etc.
- An administrative broadcast across the Army computer network that overrides applications, thereby, reaching all Army users almost instantly
- Sirens with varying patterns (depending on the type of emergency broadcast) on McChord Field only
- Other: _____

What to Do when Directed to Shelter In Place

When alerted, all personnel should seek shelter in the nearest available facility and designated shelter-in-place area. When traveling from your office, close and latch all windows and doors when you leave. Immediately go to the designated shelter-in-place area and ensure any visitors accompany you.

This Facility’s Designated Shelter-in-Place Area is: _____

Remain in the designated shelter-in-place area until the “all clear” is announced. Follow instructions from emergency personnel.

Report to the designated “all clear” assembly area and make sure all visitors are escorted.

This Facility’s Designated “All Clear” Assembly Area is: _____

After the building is thoroughly cleared and upon instruction from emergency personnel, you can return to normal operations.

This Facility’s Shelter-in-Place POC is: _____

Phone number: _____

It’s up to you to be well prepared. Get an emergency supply kit with enough supplies for at least three days, make an emergency plan with your family and be informed about what might happen.

Sheltering in your Work Place

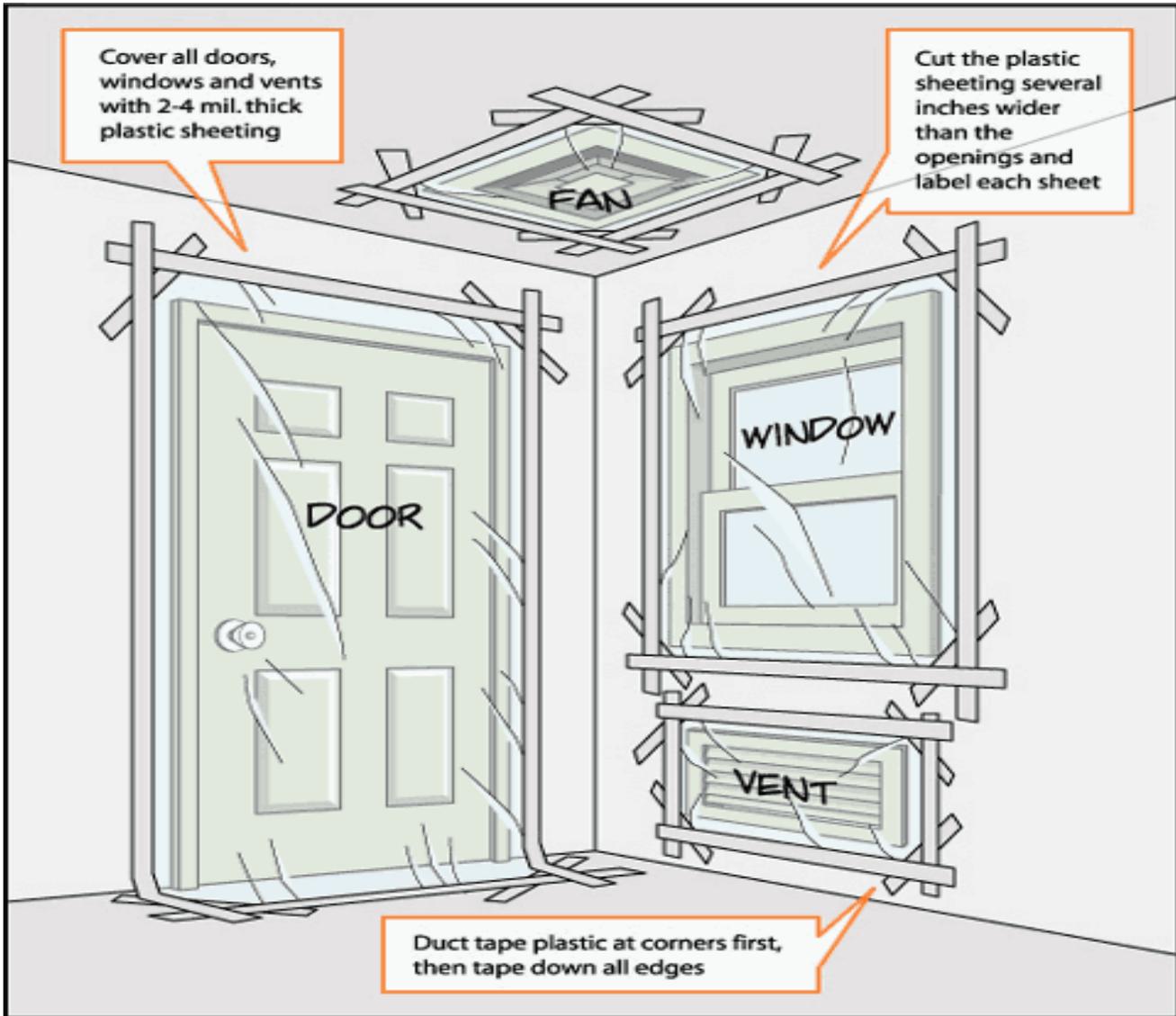
- One or more safe rooms have been designated for your building. A senior staff member will be responsible for passing accountability information and relaying instructions while you are sheltering-in-place.
- Your designated sheltering-in-place safe room will remain unlocked at all times for immediate access, and if possible some needed items will be pre-staged in the room.
- Your sheltering-in-place safe room may have a telephone and computer with LAN and e-mail access. They are not for personal use. These lines will need to remain clear for emergency responders to contact you.
- Sheltering-in-place should only occur for a short duration, so elaborate supplies of food and water are not required in the safe room.
- If you don’t know how a warning will be communicated within your building, ask your Emergency Management (EM) Coordinator and/or the building custodian – who is usually your shelter-in-place monitor.
- Your shelter-in-place plan has an accountability system. You should know who is in your building and where they are during the emergency.
- This plan will not work unless you are familiar with it and have participated in shelter-in-place drills / exercises.
- Drills may be conducted when people have open windows/doors for ventilation, ensure procedures are established for their closing. Also your facility may operate at night and/or on weekends, drills may be conducted at those times also.
- Coordinate any feedback with the shelter-in-place monitor (building custodian), so they can incorporate your feedback into your agencies shelter-in-place procedures.

Procedures and Responsibilities

- Receive announcements via TV, radio, Dialogic Communicator, telephone, pop-up message on the computer or from an emergency responder. The first person notified must contact the Building Coordinator, Security Manager and/or
- Primary and Alternate Shelter-In-Place Coordinator.
- Initiate facility warning procedures and advise all personnel to report to their designated safe room(s) (Building Coordinator, Security Manager, Primary and Alternate Shelter-In-Place Coordinators, all assigned).
- If required, coordinate w/DPW for instructions on turning off all building HVAC equipment (Building Coordinator and/or Facility Manager).
- Post “Shelter in Place in Progress” signs and “Building Safe Room” signs on the outer door (Primary and/or Alternate Shelter-In-Place Coordinator).
- Make sure all doors and windows to the safe room are closed (Primary and/or Alternate Shelter-In-Place Coordinator).
- Seal windows, doors and vents using plastic and duct tape (Primary and/or Alternate Shelter-In-Place Coordinator).

The following signs indicate the installation various SIP program signs.





ORDER OF IMPORTANCE

- Windows
- Vents
- Fans
- Doors

RECOVERING FROM DISASTER

Recovering from a disaster is usually a gradual process. Your first concern after a disaster is your family's health and safety.



Help the Injured

Check for injuries. If needed, administer first aid and CPR. Do not attempt to move seriously injured persons unless they are in immediate danger of death or further injury. If you must move an unconscious person, first stabilize the neck and back, then call for help immediately.



Health

- Be aware of exhaustion.
- Do not do too much at once.
- Set priorities and pace yourself.
- Rest, drink clean water and eat well.
- Wear sturdy work boots and gloves.
- Wash your hands often and thoroughly with soap and clean water when working in debris.

Safety Issues

- Be aware of new safety issues created by the disaster. Watch for washed-out roads, contaminated buildings, contaminated water, gas leaks, broken glass, damaged electrical wiring and slippery floors.
- Inform local authorities about health and safety issues, including chemical spills, downed power lines, washed-out roads, smoldering insulation and dead animals.

Returning Home – General Tips

- Keep a battery-powered radio with you so you can listen for emergency updates and news reports.
- Use a battery-powered flashlight to inspect a damaged home.
- Watch out for animals in and around buildings that may have been displaced during the disaster.
- Use the phone only to report life-threatening emergencies.
- Stay off the streets. If you must go out, avoid fallen objects and downed electrical wires. Also, be aware of any damaged walls, bridges, roads and sidewalks.
- Before entering your home, walk carefully around out-side and check for loose power lines, gas leaks and structural damage.
- If you have any doubts about safety, have your residence inspected by a qualified building inspector or structural engineer before entering.

- Do not enter your home if you smell gas, if floodwaters remain around your home or if your home was damaged by fire and the authorities have not declared it safe to enter.
- Enter the home carefully and check for damage. Be aware of loose boards and slippery floors.
- Check for natural gas leaks, sparks, broken or frayed wires, roof damage, foundation and chimney cracks, basement flooding, household chemical spills; damage to your appliances, water and sewage system; and spoiled or contaminated food and supplies.
- Always be careful when opening closets and cabinets because objects may fall out of them.
- Leave immediately if it looks like your home may collapse or if you smell gas or hear a hissing sound.



Special Needs Population

Is any individual(s) who has a high risk for harm from an emergency event due to any significant limitations in their personal care or self-protection abilities, mobility, vision, hearing, communication, or health status.

These limitations may be the result of physical, mental, or sensory impairments or medical conditions. Some of these individuals may be reliant on specialized supports such as mobility aides (wheelchairs, walkers, canes, or crutches), communication systems (hearing aids, TTY's, etc.), medical devices (ventilators, dialysis, pumps, or monitors), prescription medication, or personal attendants.

For some individuals, loss of these supports due to emergency-related power and communication outages or transportation and supply disruptions may be the primary or only risk factor.¹

Do you or a family member have a disability? Will you be responsible for the care of an elderly adult in case of an emergency or disaster?

Do you have small children that will need extra supplies and care in the event of a disaster? If the answer to any of these questions is "yes," then you should consider now what extra steps to take in your disaster plan.

Residents should be mindful that disaster preparedness is not a "one size fits all" concept. Those with special needs require special preparations.

General considerations for those with family members with disabilities:

- Make prior arrangements with your physician or check with your oxygen supplier about emergency plans for those on respirators or other electric-powered medical equipment. Be sure to have electrical back up for any medical equipment.
- Maintain a two week supply of such items as dressings, nasal cannulas and suction catheters.
- Maintain a two week supply of medications, both prescription and non-prescription.
- Keep copies of your medical records.
- Keep copies of prescriptions for medical equipment, supplies and medications.
- Keep extra contact lenses and supplies, extra eyeglasses and extra batteries for hearing aids.
- Make plans now to have accessible transportation in case of evacuation.
- Shelters may be limited in accommodations to meet some of the needs of those with disabilities. Prepare ahead of time to ensure that you will have what you need.

Considerations for those with small children:

- Assemble extra items in your disaster supply kit such as diapers, baby formula, medications, favorite books, crayons and paper, puzzles, favorite toys, a favorite blanket or pillow, pictures of family and pets and any other items that will comfort your children.
- Remember that children's fears often can stem from their imagination - fears they may be separated from family, someone will be injured or killed, or that they will be left alone. Communication is very important in maintaining your children's mental well-being in times of crisis.
- Also, keep a copy of your children's immunization records, including the date of their last tetanus-diphtheria shot.

Considerations for those who are responsible for the care of senior citizens:

- Remember to help seniors who live alone. They may need help evacuating from their home, preparing for a storm and dealing with the aftermath of a disaster.
- If an older adult lives in an assisted living facility or nursing home, you should contact the administrator to learn about the disaster plan for that facility.

Other considerations:

- Hearing Impaired - make special arrangements to receive warnings.
- Mobility Impaired - plan for special assistance to get to a shelter.
- Single Working Parent - may assistance to plan for disasters or emergencies.
- Non-English Speaking - may need assistance planning for and responding to emergencies.
- People Without Vehicles - make arrangements for accessible transportation.
- Special Dietary Needs - take steps to ensure you maintain an adequate emergency food supply.

Additionally, people with special needs should create a network of neighbors, relatives, friends and coworkers to aid them in an emergency. Discuss needs and make sure everyone knows how to operate necessary equipment.



What Is an Earthquake?

An earthquake is a sudden, rapid shaking of the earth caused by the breaking and shifting of rock beneath the Earth's surface.

Earthquake Facts

- Earthquakes strike suddenly, with little or no warning, and can occur at any time of the year, day or night.
- On a yearly basis, 70 to 75 damaging earthquakes occur throughout the world.
- Ground movement during an earthquake is rarely the direct cause of death or injury. Most earthquake-related deaths result from collapsing walls, flying glass and falling objects. Most injuries during earthquakes occur when people are hit by falling objects when entering or exiting buildings.

Danger Zones

- There are 41 states/territories at moderate risk of earth-quakes. Earthquakes occur most frequently west of the Rocky Mountains.
- California experiences the most frequent damaging earthquakes; however, Alaska experiences the greatest number of large earthquakes – most are located in uninhabited areas.

Actions to Consider BEFORE an Earthquake

- Fasten shelves securely to walls. Store breakable items (e.g., bottled foods, glass, china, etc.) in low, closed cabinets with latches.
- Hang heavy items (e.g., pictures, mirrors, etc.) away from beds and couches, and anywhere else people sit.
- Brace overhead lighting fixtures.
- Secure your water heater by strapping it to the wall studs and bolting it to the floor.
- Store flammable products securely in closed cabinets with latches on the bottom shelves.
- Choose a safe place in every room (e.g., under a sturdy table or against an inside wall) where nothing can fall on you (e.g., mirrors, pictures, heavy bookcases, etc.).

Actions to Consider DURING an Earthquake

If Indoors:

- **Drop, cover and hold on!** Move only a few steps to a nearby safe place.
- Stay indoors until the shaking stops and you are sure it is safe to exit.
- Do not use the elevators or expect the fire alarms and sprinklers to go off if you are in a high-rise building.
- Stay away from glass, windows, outside doors and walls, and anything that could fall, such as lighting fixtures or furniture.
- If you are in bed, stay there. Hold on and protect your head with a pillow. If there is a heavy lighting fixture that could fall on you, move to the nearest safe place.
- Use a doorway for shelter only if it is in close proximity to you and if you know it is a strongly supported, load-bearing doorway.

If Outdoors:

- Move into the open, away from buildings, streetlights and utility wires.
- Once in the open, stay there until the shaking stops.

If in a Vehicle:

- Stop as quickly and safely as possible, and remain in your vehicle.

- Avoid stopping near or under buildings, trees, overpasses and utility wires.
- Proceed cautiously once the earthquake has stopped, watching for road and bridge damage.



If Trapped Under Debris:

- Do not light a match or lighter.
- Do not move about or kick up dust.
- Cover your mouth with a handkerchief or clothing.
- Tap on a pipe or wall so rescuers can locate you or use a whistle if one is available.
- Shout only as a last resort – shouting can cause you to inhale dangerous amounts of dust.

Actions to Consider AFTER an Earthquake

- Provide first aid and CPR, if you are trained to do so.
- Be prepared for aftershocks, which can occur in the first hours, days, weeks or even months after the earthquake. Aftershocks can cause further damage to weakened buildings.
- Be aware that some earthquakes are actually foreshocks – a larger earthquake may occur.
- Open cabinets cautiously (objects can fall off shelves).
- Be aware of possible tsunamis if you live near the coast.
- Understand that pets’ behaviors may change dramatically after an earthquake. Normally quiet and friendly cats and dogs may become aggressive or defensive. Leash dogs and place them in a fenced yard.

VOLCANOS

Washington is home to five major composite volcanoes or strata-volcanoes: Mount Baker, Glacier Peak, Mount Rainier, Mount St. Helens, and Mount Adams. These volcanoes and nearby Mount Hood are part of the Cascade Range, a volcanic arc that stretches from southwestern British Columbia to Northern California. Although there are thousands of small basaltic or basaltic-andesite volcanoes in the Cascade Range, the 13 major composite volcanic centers in the U.S. part of the range have been the focus of most hazards concerns and studies. During the past 12,000 years, these volcanoes have produced more than 200 eruptions that have generated tephra (ejected material), lava flows, and lahars, and debris avalanches (Miller 1990). Earthquakes, intrusions of magma, or steam explosions may have caused some enormous debris avalanches and lahars whose deposits apparently do not correlate with major tephra layers. All Washington volcanoes except for Mount Adams have erupted since the birth of the United States in 1776, and all of them, as well as Mount Hood, have active seismicity and/or geothermal activity. Scott (1990) provides a compilation of eruptive histories and hazards from major Cascade peaks in Washington and Oregon.



MT Saint Helens May 18th 1980

Mount Rainier

Majestic Mount Rainier soars almost 3 miles (14,410 feet) above sea level and looms over the expanding suburbs of Seattle and Tacoma, Washington. However, the volcano’s beauty is deceptive – U.S. Geological Survey (USGS) research shows that Mount Rainier is one of the most dangerous volcanoes in the United States. It has been the source of numerous eruptions and volcanic mudflows (lahars) that have surged down valleys on its flanks and buried broad areas that are now densely populated. To help people live more safely with the volcano, USGS scientists are working closely with local communities, emergency managers and the National Park Service.



The picture shows the remains of a truck wrapped around a tree from the lahar of the 1980 Mt St Helens eruption.

How Hazardous is

Mount Rainier?

Mount Rainier has erupted less often and less explosively in the last millennia than its well-known neighbor, Mount St. Helens. However, the proximity of large population centers in valleys susceptible to lahars from Mount Rainier makes it a far greater threat to life and property than Mount St. Helens.

Population and Development at Risk

Approximately 80,000 people and their homes are at risk in Mount Rainier’s lahar-hazard zones. Major key infrastructures, such as major highways and utilities cross through these zones, which also contain economically important businesses, hydroelectric dams and major seaports.



Size and Frequency of Lahars

During the past several thousand years large lahars have reached the Puget Sound lowland on average of at least once every 500 to 1,000 years. Smaller flows, not extending as far as the lowland, occurred more frequently. If future large lahars happen at rates similar to those of the past, there is roughly a 1-in-10 chance of a lahar reaching the Puget Sound lowland during an average human lifespan.

Lahars Pose the Greatest Risk

At Mount Rainier, the risk from lahars is greater than lava flows, volcanic ash fall or other volcanic phenomena because some pathways for future lahars are densely populated and contain important infrastructure, such as highways, bridges, ports and pipelines. Lahars look and behave like flowing concrete, and they destroy or bury most man-made structures in their paths. Past lahars travel 45 to 50 miles per hour and are as much as 100 feet or more thick when confined in valleys near the volcano. They thin and spread out in the wide valleys downstream, slowing to 15 to 25 miles per hour. Deposits of past lahars are found in all of the valleys that start on Mount Rainier's flanks.

There May be Little or No Warning – Studies by USGS scientists show that at least one of Mount Rainier's recent large landslide-generated lahars may have occurred when the volcano was quiet and did not provide the warning signs typical of a restless and erupting volcano. In such a rare case, the only warning could be a report that a lahar is already underway.

Two Types of Lahars: Mount Rainier can generate two types of lahars that can threaten surrounding valleys:

1. **Melt Water-Generated Lahars:** Mount Rainier supports more than one cubic mile of glacial ice – as much as all other Cascade Range volcanoes combined. During past eruptive episodes, swift melting of snow and ice by pyroclastic flows (fluidized masses of rock fragments and gases) and other events caused numerous lahars. Such lahars would be preceded by events that warn of an impending eruption.
2. **Landslide-Generated Lahars:** Can be triggered when molten rock (magma) intrudes into a volcano and destabilizes it, as was the case at Mount St. Helens in 1980, or they may be triggered by large earthquakes. Landslide-generated lahars may also be the result of the eventual failure of rocks that were weakened by the action of acidic fluids. Magma releases gases and heat creating hot, acidic ground water that, over time, can convert hard volcanic rock into weak, clay-rich rock by a process called hydrothermal alteration. When masses of water-saturated, clay-rich rock slide away, they transform rapidly into a lahar. Although most large landslides at Mount Rainier occurred during eruptive periods and were probably triggered by magma intrusion or by explosive eruptions rocking the volcano, the origin of at least one, the 500-year-old Electron lahar, may not be related to eruptions. This lahar left deposits as much as 20 feet thick and buried an old-growth forest in the vicinity of modern-day Orting.

What to Do if Threatened by a Lahar or Debris Flow

Know the signs of debris flows and lahars. Experience from around the world shows that moving to high ground off the valley floor is the only way to ensure safety during a lahar. When hiking in valleys on the slopes of Mount Rainier during late summer or during intense rainfall, be alert for the signs of an approaching debris flow (ground shaking and roaring sound) and move up the valley wall to higher ground. The same is true for lahars; however, because they affect much larger areas, people need to move out of threatened areas before lahars get close. Lahars are almost always preceded by volcanic unrest, so in most instances there will be time to warn people when there is an increased risk. Obtain a National Oceanic and Atmospheric Administration weather radio to receive alerts about possible lahars and other natural hazards. For more information, please visit <http://www.nws.noaa.gov/nwr>.

SEVERE WEATHER

EXTREME HEAT

What is Extreme Heat?

Temperatures that hover 10 degrees or more above the average high temperature for the region and last for several weeks are defined as extreme heat.

Know the Terms

Heat Wave: A prolonged period of excessive heat often combined with excessive humidity.

Heat Index: A number in degrees Fahrenheit that tells how hot it feels when relative humidity is added to air temperature. Exposure to full sunshine can increase the heat index by 15 degrees.

Extreme Heat Facts

In a normal year, approximately 175 Americans die from extreme heat. Young children, the elderly and those who are sick or overweight are more likely to become victims.

- Excessively dry and hot conditions can produce dust storms.
- Droughts occur when a long period passes without substantial rainfall. A heat wave combined with a drought is a very dangerous situation.
- People living in urban areas may be at a greater risk from the effects of a prolonged heat wave than people living in rural regions. Stagnant atmospheric conditions trap pollutants in urban areas, thus adding contaminated air to excessively hot temperatures, which can lead to health problems.

Danger Zones

All areas in the U.S. are at risk of drought at any time of the year.

Actions to Consider BEFORE Extreme Heat

- Install window air conditioners snugly; insulate if necessary.
- Check air-conditioning ducts for proper insulation.
- Install temporary window reflectors (position between windows and drapes), such as aluminum foil-covered cardboard, to reflect heat back outside.
- Insulate doors and window sills to keep cool air in.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers. Outdoor awnings or louvers can reduce the heat that enters a home by up to 80%.
- Keep storm windows installed all year.

Actions to Consider DURING Extreme Heat

- Stay indoors as much as possible and limit your exposure to the sun. Stay on the lowest floor (out of the sunshine) if air conditioning is not available.
- Consider spending the warmest part of the day in public buildings, such as libraries, movie theaters, shopping malls and other community facilities.
- Eat well-balanced, light meals. Avoid using salt tablets unless directed to do so by a physician.
- Drink plenty of water. Consult a doctor before increasing your intake of water if you have epilepsy; heart, liver or kidney disease; are on a fluid-restricted diet; or have a problem with fluid retention. Limit your intake of alcoholic beverages.
- Dress in loose-fitting, lightweight, light-colored clothes that cover as much skin as possible. Protect your face and head by wearing a wide-brimmed hat.
- Check on family, friends and neighbors who do not have air conditioning and who spend much of their time alone.
- Never leave children or pets alone in closed vehicles.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat and take frequent breaks.

During a heat wave some cooling Centers may be opened in order to reduce the effects of the extreme heat. If cooling centers are opened, personnel will be notified through their command AM radio 1500, Channel 21, gate marquees, rapid reach.

Actions to Consider AFTER Extreme Heat

- Notify friends or family of your condition. Monitor local radio and television stations for the latest information. Help your neighbors who may require special assistance (large families, children, elderly and individuals with disabilities).

Know the Terms

Excessive Heat Outlook:

This is issued in May and June when a heat index of 100°F or higher is possible in the extended portion of the forecast (days 3 through 5). It is issued in July through September when a heat index of 105°F or higher is possible in the extended portion of the forecast (days 3 through 5). It is a number in degrees Fahrenheit that tells how hot it feels when relative humidity is added to air temperature. Exposure to full sunshine can increase the heat index by 15°F.

Excessive Heat Watch:

The excessive heat watch shall be issued in a 24- to 48-hour time frame when:

- A maximum heat index of 106°F or higher for 3 hours or more for two consecutive days with a minimum heat index of 80°F or higher at night.
- There is a heat index of 115°F regardless of duration or nighttime minimum temperature.

Heat Advisory:

The heat advisory is issued when the following conditions are expected to develop within 24 hours:

- From May 1st through June 30th: Heat indices of 98°F to 105°F for one day or longer.
- From July 1st to September 30th: Heat indices of 100°F to 105°F for one day or longer.

Excessive Heat Warning:

The heat advisory is issued when the following conditions are expected to develop within 24 hours:

- A maximum heat index of 106°F or higher for 3 hours or more for two consecutive days and a minimum heat index of 80°F or higher at night.
- A maximum heat index of 115°F or higher regardless of duration or nighttime minimum.

Thunderstorms and Lightening

What is a Thunderstorm?

A thunderstorm is formed from a combination of moisture, rapidly rising warm air and a force capable of lifting air, such as a warm or cold front or a sea breeze.

Thunderstorm Facts

- Thunderstorms may occur singly, in clusters or in lines.
- A thunderstorm is classified as severe if it produces hail at least 3/4 of an inch in diameter, has winds of 58 miles per hour or higher, or produces a tornado.
- All thunderstorms contain lightning. The rapid heating and cooling of air near the lightning causes thunder.

What is Lightning?

- Lightning is an electrical discharge that results from the buildup of positive and negative charges within a thunderstorm. When the buildup becomes strong enough, lightning appears as a bolt.
- If you can hear thunder, you are close enough to the storm to be struck by lightning.



Lightning Facts

- A bolt of lightning reaches a temperature approaching 50,000 degrees Fahrenheit in a split second.
- It is a myth that lightning never strikes twice in the same place. In fact, lightning will strike several times in the same place in the course of one discharge.
- 75-100 Americans are hit and killed each year by lightning.
- Remember the 30/30 lightning safety rule. Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder. Stay indoors for at least 30 minutes after hearing the last clap of thunder.
- Rubber-soled shoes and rubber tires do not provide protection from lightning. However, the steel frame of a hard-topped vehicle provides increased protection if you are not touching metal.

Danger Zones

- While thunderstorms and lightning can be found throughout the U.S., they are most likely to occur in the central and southern states.
- The state with the highest number of thunderstorms is Florida.

Know the Terms

Severe Thunderstorm Watch: Issued when conditions are favorable for the formation of severe thunderstorms.

Severe Thunderstorm Warning: Issued when a severe thunderstorm has been sighted or indicated by weather radar.

Warning and Danger Signs: Look for darkening skies, flashes of light, the sound of thunder or increasing wind.

Actions to Consider BEFORE a Thunderstorm: Secure outdoor objects, such as lawn furniture, and take light objects inside.

- Survey around your home and remove dead or rotting trees and branches that could fall and cause injury or damage.

Actions to Consider DURING a Thunderstorm If Indoors:

- Do not handle any electrical equipment or corded telephones because lightning could follow the wire. Television sets are particularly dangerous at this time.
- Avoid bathtubs, water faucets and sinks because metal pipes can transmit electricity.
- Turn off your air conditioner.
- Draw blinds and shades over windows.

If Outdoors:

- Get to land if you are boating or swimming and find shelter immediately! Attempt to get into a building or car. If no structure is available, get to an open space and squat low to the ground as quickly as possible.
- Find an area protected by a low clump of trees, if you are in the woods – never stand underneath a single large tree in the open.
- Avoid tall structures, such as towers, fences, telephone lines or power lines.
- Stay away from natural lightning rods, such as golf clubs, tractors, fishing rods, bicycles, etc.
- If you feel your hair stand on end (which may indicate that lightning is about to strike you), bend forward, and put your hands on your knees. A position with feet together and crouching while removing all metal objects is recommended.
- Do not lie flat on the ground.

If in a Vehicle:

- Pull safely onto the shoulder of the road away from any trees that could possibly fall on your vehicle, turn on your emergency flashers and stay in your vehicle.

Struck by Lightning:

- People struck by lightning do not carry electrical charge and can be handled safely. Have someone dial 911 or your local emergency medical services number. If the victim is burned, provide first aid and call emergency medical assistance immediately. Look for burns where lightning entered and exited the body. If the strike caused the victim's heart and breathing to stop, provide CPR until medical professionals arrive and take over.

Actions to Consider AFTER a Thunderstorm:

- Call 911 to report life-threatening emergencies ONLY, not damage or power outages.
- Help your neighbors who may require special assistance (infants, elderly and people with disabilities).
- Drive only if necessary. Debris and washed-out roads may make driving dangerous.
- Report property damage to your insurance agent immediately.

What to Avoid:

- Natural lightning rods, such as a tall, isolated tree in an open area.
- Hilltops, open fields, the beach or a boat on the water.
- Isolated sheds or other small structures in open areas.
- Anything made of metal, such as tractors, farm equipment, motorcycles, golf carts, golf clubs and bicycles.

How to Give Aid to a Lightning Victim:

- **Call 911** for medical assistance as soon as possible.
- Check breathing: If the victim's breathing has stopped, begin mouth-to-mouth resuscitation.
- Check heartbeat: If the victim's heart has stopped, administer CPR.
- Check 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.

Wind Advisory:

A wind advisory is issued when the following conditions are expected for 3 hours or longer:

- Sustained winds of 31 to 39 mph.
- Wind gusts of 46 to 57 mph.

Dense Fog Advisory:

A dense fog advisory is issued when widespread fog is expected to reduce visibilities to 1/4 mile or less over a large area for an extended period of time (more than 3 hours).

High Wind Watch:

A high wind watch is issued when the following conditions are expected for 3 hours or longer:

- Sustained winds of 40 mph or higher for one hour or more.
- Wind gusts of 58 mph or higher for one hour or more.

High Wind Warning:

A high wind warning is issued when the following conditions are occurring or imminent:

- Sustained winds of 40 mph or higher for one hour or more.
- Wind gusts of 58 mph or higher for one hour or more.

Flash Flood Warning:

A flash flood warning is issued when flash flooding (a rapid flooding of a geomorphic low-lying area) is imminent or occurring.

Flash Flood Watch:

A flash flood watch is issued when conditions are favorable for flash flooding. It does not mean that flash flooding will occur, but it is possible.

Flood Warning:

A flood warning is issued when flooding is imminent or occurring.

Flood Watch:

A flood watch is issued when conditions are favorable for flooding. It does not mean flooding will occur, but it is possible.

River Flood Warning:

A river flood warning is issued when river flooding is occurring or imminent at one or more forecast points along a river.

River Flood Watch:

A river flood watch is issued when river flooding is possible at one or more forecast points along a river.

WINTER STORMS AND EXTREME COLD



What is a Winter Storm?

A severe winter storm is a storm that drops 4 or more inches of snow during a 12-hour period or 6 or more inches during a 24-hour span.

Winter Storm Facts:

- All winter storms are accompanied by low temperatures and blowing snow, which can severely reduce visibility.
- A winter storm can range from moderate snow over a few hours to blizzard conditions with blinding wind-driven snow that lasts several days.
- 70% of winter deaths related to snow and ice occur in automobiles.
- Elderly people account for the largest percentage of hypothermia victims. Many older Americans literally “freeze to death” in their own homes after being exposed to dangerously cold indoor temperatures or are asphyxiated because of improper use of fuels, such as charcoal briquettes, which produce carbon monoxide.
- A bag of kitty litter is an extremely useful item in a winter storm disaster supply kit. It can be used on walkways to prevent slipping and it provides traction under wheels of vehicles stuck in ice and snow.

Danger Zones:

- While the worst snowstorms typically occur in the northern U.S., they can happen almost anywhere.
- Extreme cold temperatures are a concern nationwide, even in tropical climates such as Florida.

Frostbite and Hypothermia:

- Frostbite is a loss of feeling and a white or pale appearance in extremities, such as fingers, toes, tip of nose and ear lobes.
- Hypothermia is a condition brought on when a person’s body temperature drops to less than 90°F. Symptoms of hypothermia include uncontrollable shivering, slow speech, memory lapses, frequent stumbling, drowsiness and exhaustion.
- If frostbite or hypothermia is suspected, begin warming the person slowly and seek immediate medical assistance. Warm the person’s trunk first. Use your own body heat to help. Arms and legs should be warmed last because stimulation of the limbs can drive cold blood toward the heart, which can lead to heart failure. Put the person in dry clothing and wrap their entire body in a blanket.
- Never give a frostbite or hypothermia victim caffeine (like coffee or tea) or alcohol. Caffeine, a stimulant, can cause the heart to beat faster and hasten the effects the cold has on the body. Alcohol, a depressant, can slow the heart and also hasten the ill effects of cold body temperatures.

Actions to Consider BEFORE a Winter Storm:

- Insulate your walls and attic.
- Caulk and weather strip your doors and windows.
- Install storm windows or cover windows with plastic from the inside.
- Keep pipes from freezing: Wrap pipes in insulation or layers of old newspapers; cover the newspapers with plastic to keep out moisture; let faucets drip a little to avoid freezing; know how to shut off water valves.
- Acquire safe emergency heating equipment.
- Install and check smoke detectors and carbon monoxide detectors.

Winter Driving:

- Keep a windshield scraper and small broom for ice and snow removal in your trunk.
- Ensure your winter vehicle kit is fully stocked.
- Maintain a full tank of gas during the winter season.
- Plan long trips carefully.
- Install winter tires with plenty of tread and install snow chains if necessary.
- Listen to the radio or call the state highway patrol for the latest road conditions. Always travel during daylight and, if possible, take at least one other person and keep others informed of your schedule.
- Use public transportation, when feasible, if you must go out during a winter storm.
- For JBLM road conditions go to <https://sponsor.lewis-mcchord.army.mil/roadcon/update/roadcon.pdf> or tune into AM 1500 Radio on JBLM.

Actions to Consider DURING a Winter Storm:

If Indoors:

- Stay indoors and dress warmly.
- Conserve fuel. Lower the thermostat to 65°F during the day and 55°F at night. Close off unused rooms.
- If the pipes freeze, remove any insulation or layers of newspapers and wrap pipes in rags. Completely open all faucets and pour hot water over the pipes, starting where they are most exposed to the cold (or where the cold was most likely to penetrate).
- Listen to local radio or television for the latest updates.

If Outdoors:

- Dress warmly, wearing loose-fitting, layered, light-weight clothing and try to stay dry. Wet clothing loses its insulation rapidly.
- Do a few stretching exercises to warm up your body before you shovel snow.
- Avoid overexertion because cold weather puts an added strain on the heart. Unaccustomed exercise, such as shoveling snow or pushing a car, can cause a heart attack or make other medical conditions worse. Remember to take frequent breaks when performing strenuous activities.
- Cover your mouth to protect your lungs from extremely cold air.
- Be on the lookout for symptoms of frostbite and hypothermia.

If in a Vehicle:

- Stay in your vehicle. Do not leave the vehicle to search for assistance unless you can see a building close by where you know you can take shelter.
- Display a trouble sign. Hang a brightly colored cloth on the radio antenna.
- Occasionally run your engine (for about 10 minutes each hour) to keep warm. Beware of carbon monoxide poisoning. Keep the exhaust pipe clear of snow and open a downwind window slightly for ventilation.
- Turn the dome light on at night.
- Do minor exercises to keep up circulation. Clap your hands and move your arms and legs occasionally. Try not to stay in one position for too long.
- Huddle together for warmth. Use newspapers, maps and the removable car mats for added protection.

Actions to Consider AFTER a Winter Storm:

- Notify friends or family of your condition.
- Use phone services sparingly.
- Monitor local radio and television stations for the latest information.
- Help a neighbor who may require special assistance (large families, children, elderly and individuals with disabilities).

Know the Terms

Freezing Rain:

Rain that freezes when it hits the ground, creating a coating of ice on roads, walkways, trees and power lines.

Sleet:

Turns to ice pellets before reaching the ground. Sleet also causes moisture on roads to freeze and become slippery.

Wind Chill:

Calculation of how cold it feels outside when the effects of temperature and wind speed are combined.

Heavy Snowfalls:

Snow accumulations of 4 inches in a 12-hour period or 6 inches in a 24-hour period.

Ice Storms:

Occur when freezing rain falls from clouds and freezes immediately when it touches the ground.

Blizzard Warning:

A blizzard warning means that the following conditions are occurring or expected to occur within the next 12 to 18 hours:

- Snow and/or blowing snow reducing visibility to 1/4 mile or less for 3 hours or longer
- Sustained winds of 35 mph or greater or frequent gusts of 35 mph or greater

There is no temperature requirement that must be met to be considered blizzard conditions.

Freeze Warning:

A freeze warning is issued when significant, widespread freezing temperatures are expected.

Frost Warning:

A frost warning is issued when significant, widespread frost is expected.

Wind Chill Advisory:

A wind chill advisory is issued when wind chills of -15°F to -29°F are expected.

Wind Chill Warning:

A wind chill warning is issued when wind chills of -30°F or colder are expected.

Winter Storm Watch:

A winter storm watch is issued when there is the potential for significant and hazardous winter weather within 48 hours. It does not mean that significant and hazardous winter weather will occur, but that it is possible. Significant and hazardous winter weather is defined as:

- Over 4 inches of snow and/or sleet
- Glaze accumulation (freezing rain) of 1/4 inch or more
- Enough ice accumulation to cause damage to trees or power lines
- A life threatening or damaging combination of snow and/or ice accumulation with wind

Winter Storm Warning:

A winter storm warning is issued when significant and hazardous winter weather is occurring or imminent. Significant and hazardous winter weather is defined as:

- Over 4 inches of snow and/or sleet
- Glaze accumulation (freezing rain) of 1/4 inch or more
- Enough ice accumulation to cause damage to trees or power lines
- A life threatening or damaging combination of snow and/or ice accumulation with wind

Winter Weather Advisory:

A winter weather advisory is issued when snow, sleet, freezing rain or a combination of precipitation types is expected to cause a significant inconvenience but is not serious enough to warrant a warning.

FIRES



Fire Facts:

- Fire is the most likely disaster that you and your family may encounter. It is the fourth leading accidental killer in the U.S., behind motor vehicle accidents, falls and drowning. Each year, more than 4,000 Americans die and more than 25,000 are injured in fires.
- The heat from a fire can melt clothes and scorch the lungs in a single breath. At floor level, temperatures average about 90°F, but at eye level temperatures can rise to 600°F.
- Most fires occur between midnight and the early morning hours, when most people are sleeping.
- 84% of fires are accidental, such as those caused by poor electrical wiring or careless behavior.

Fire Extinguishers, Smoke Alarms and CO Detectors:

- Install ABC type fire extinguishers in your home and teach family members how to use them.
- Smoke alarms and carbon monoxide (CO) detectors should be installed on every level of your residence, outside bedrooms on the ceiling or high on the wall, at the top of open stairways (or at the bottom of enclosed stairs) and near (but not in) the kitchen.
- Smoke alarms and CO detectors should be tested and cleaned once a month and the batteries should be replaced once a year.
- Smoke alarms and CO detectors should be replaced every 10 years.

Flammable Items:

- Never use gasoline, kerosene or similar flammable liquids indoors. Store them in approved containers in well-ventilated storage areas.
- Discard all rags or materials that have been soaked in flammable liquids. Discard them outdoors in a metal container.

Matches and Smoking:

- Store matches and lighters up high, away from children, and if possible, in a locked cabinet.
- Never smoke in bed or when drowsy or medicated.
- Douse cigarette and cigar butts with water before disposal.

Heating Sources:

- Check with your local fire department on the legality of using kerosene heaters in your community. Fill kerosene heaters outside and ensure they are cool before filling.
- Place heaters at least three feet away from flammable materials. Make sure the floor and nearby walls are properly insulated.
- Only use designated fuels for your unit and follow the manufacturer's instructions.

Electrical Wiring:

- Inspect extension cords for frayed or exposed wires and loose plugs.
- Make sure outlets have cover plates and that no wires are exposed.
- Do not overload extension cords or outlets. If you need to plug in two or more appliances, get a UL-approved unit with a built-in circuit breaker.

Other Fire Safety Info:

- Sleep with doors closed to reduce potential exposure to smoke and flames.
- Ask your local fire department to inspect your residence.
- If you live in a multiple-level home or residence, you should purchase collapsible ladders and practice using them.

Go to the Nearest Exit or Stairway:

- If the nearest exit is blocked by fire, heat or smoke, go to another exit.
- Always use an exit stairway, not an elevator. Elevator shafts may fill with smoke or the power may fail leaving you trapped.
- Stairway fire doors will keep out fire and smoke – if they are closed – and will protect you until you get outside.
- Close as many doors as possible as you leave. This helps to confine the fire.
- Total and immediate evacuation is safest. Do not try to fight the fire.

Protect Yourself:

- Familiarize yourself with the emergency exits.
- Know two ways out.
- Leave immediately when the alarm sounds.
- Let the fire department or police know if you think someone has not evacuated the building.

If You Have a Disability:

- Plan ahead for fire emergencies.
- Be aware of your own capabilities and limitations.
- Plan for assistance in the event of an emergency.
- Look for “areas of refuge” like stair enclosures.
- Do not use elevators or try to descend stairs in a wheelchair.

To Prevent Fires:

- Do not overload electrical outlets.
- Have damaged electrical cords replaced.
- Do not obstruct any exit ways.
- Do not prop open stairwell doors.

Actions to Consider BEFORE a Fire:

- Develop and practice an escape plan. Ensure all family members know what to do in case of a fire.
- Draw a floor plan with at least two ways of escaping every room.
- Practice alerting other household members. It is a good idea to keep a bell and a flashlight in each bedroom for this purpose.
- Practice evacuating blindfolded. In a real fire situation, the smoke generated by a fire will most likely make it impossible to see.
- Practice staying low to the ground when escaping.
- Choose a safe meeting place outside the house.

Actions to Consider DURING a Fire:

- If your clothes catch on fire, stop, drop and roll until the fire is extinguished. Never run, this only makes the fire burn faster.
- If you must escape through a closed door, check for heat before opening it. Use the back of your hand to feel the top of the door, the doorknob and the crack between the door and door frame before you open it. If it is hot, do not open it and escape through a window. If you cannot escape, hang a white or light-colored sheet outside the window to alert fire fighters of your presence.
- Crawl low under any smoke to your exit – heavy smoke and poisonous gases collect first along the ceiling.
- Once you are safely out, call 911 or your local emergency medical services number and do not go back inside.

Actions to Consider AFTER a Fire:

- Check for injuries and provide first aid and CPR, if you are trained to do so.
- Do not enter a fire-damaged structure unless authorities say it is safe.

- Beware of structural damage since roofs and floors may have been weakened.
- If you have a safe or strong box, do not try to open it. It can hold intense heat for several hours. If the door is opened before the box has cooled, the contents could burst into flames.
- Call your insurance agent to report any property damage.
- If you need housing or food, contact your local disaster relief service, such as the American Red Cross or Salvation Army.

HAZARDOUS MATERIALS



What Are Hazardous Materials?

Hazardous materials (HAZMATs) are any material that is flammable, corrosive, an oxidizing agent, explosive, toxic, poisonous, etiological, radioactive, nuclear, unduly magnetic, a chemical agent, biological research material, compressed gas or any other material that, because of its quantity, properties or packaging, may endanger life or property.

HAZMAT Facts:

- Hazardous chemicals are used in agriculture, medicine, research and consumer goods.
- They are most often released as a result of transportation accidents or because of chemical accidents in plants.
- Varying quantities of HAZMATs are manufactured, used or stored at an estimated 4.5 million facilities in the U.S.
- As many as 500,000 products pose physical or health hazards and can be defined as hazardous chemicals.
- Most victims of chemical accidents are injured at home.
- Never mix household hazardous chemicals or waste with other products. Incompatible chemicals, such as chlorine bleach and ammonia, may adversely react, ignite or explode.
- Never use hair spray, cleaning solutions, paint products or pesticides near an open flame (e.g., pilot light, lit 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.



Household Chemical Emergency:

- Get out of the residence immediately, if there is any danger of fire or explosion. Do not waste time collecting items or calling the fire department when you are in danger. Once you are safe, call the fire department from outside the home (use a cellular phone or a neighbor's phone). Stay upwind and away from the residence to avoid breathing toxic fumes.
- Call the poison control center, 911, hospital emergency room, county health department, fire department or local pharmacy to receive emergency advice if someone has been exposed to a household chemical. Have any containers of the substance readily available in order to provide requested information.
- Take immediate action if the chemical gets into your eyes. Delaying first aid can greatly increase the likelihood of injury. Flush eyes with clear water for a minimum of 15 minutes, unless authorities instruct otherwise.
- Discard clothing that may have been contaminated. Some chemicals may not wash out completely.

Learn to Recognize the Symptoms of Toxic Poisoning:

Be prepared to seek medical assistance if you have any of the following symptoms: 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.



Nuclear Power Plants

The closest Nuclear Power plant to JBLM is the Columbia Generating Station located 10 miles N of Richland WA.

The plant is on 1,089 ACRES

The potential danger from an accident at a nuclear power plant is exposure to radiation. This exposure could come from the release of radioactive material from the plant into the environment, usually characterized by a plume (cloud-like formation) of radioactive gases and particles.

Know the Terms

Notification of Unusual Event:

A small problem has occurred at the plant. No radiation leak is expected. No action on your part will be necessary.

Alert:

A small problem has occurred and small amounts of radiation could leak inside the plant. This will not affect you and no action on your part is required.

Site Area Emergency:

A more serious problem has occurred. Small amounts of radiation could leak from the plant. Area sirens may be sounded. Listen to your radio or television for safety information.

General Emergency:

The most serious problem has occurred. Radiation could leak outside the plant and off the plant site. The sirens will sound. Listen to your local radio or television station for reports and be prepared to follow instructions.

If You Are Directed to Evacuate:

- Close and lock doors and windows in your home. Turn off the air conditioner, ventilation fans, furnace and other air intakes.
- Keep car windows and vents closed; use recirculating air.

If You Are Advised to Shelter-in-Place:

- Turn off the air conditioner, ventilation fans, furnace and other air intakes.
- Go to a basement or other underground area, if possible.
- Do not use the telephone unless it is absolutely necessary.
- Listen to local radio or TV stations for further information and instructions.

If You Think You Have Been Exposed to Radiation:

- Remove your clothes and shoes.
- Put exposed clothing in a plastic bag.
- Seal the bag and place it out of the way.
- Take a thorough shower using soap.
- Seek medical treatment for any unusual symptoms.

Minimizing Exposure to Radiation:

Time:

The less time you spend exposed to the source of the radiation, the better.

Distance:

The more distance between you and the source of the radiation, the better.

Shielding:

The more dense material between you and the source of the radiation, the better.

Danger Zones

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

Actions to Consider BEFORE a HAZMAT Incident:

- Determine evacuation routes and be ready to evacuate should an incident occur.
- Determine if your community has a warning system.
- Assemble a disaster supply kit.
- Determine the best place in your home to shelter if you are directed to shelter in place.
- Develop an emergency communications plan and ensure all family members know how to use it in case you are separated.
- Keep fire extinguishers in your home and car.
- Keep emergency contact numbers (e.g., poison control, hospital emergency room, local pharmacy, etc.) by the telephone.

Actions to Consider DURING a HAZMAT Incident:

- Listen to local radio or television stations for detailed information and instructions.
- Stay away from the area to minimize the risk of contamination.
- Stay upstream, uphill and upwind of the area. In general, try to go at least one-half mile from the danger area.
- Stop and seek shelter in a permanent building if you are in a vehicle. If you must remain in your vehicle, keep the windows and vents closed and shut off the air conditioner or heater.
- Bring pets inside if you are directed to shelter in place. Fill up sanitized bathtubs and/or large sanitized containers for an additional water supply and turn off the intake valve to the house. 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. Find a room that is above ground and has the fewest openings to the outside. Seal the room by covering each window, door and vent with plastic sheeting. 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.

Actions to Consider AFTER a HAZMAT Incident:

- Act quickly if you have come into 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 come into contact with other materials. Call local authorities to determine proper disposal.
- Advise everyone who comes in contact with you that you may have been exposed to a toxic substance.
- Report any lingering vapors or other hazards to your local emergency services office.
- Do not return to the area, if you were directed to evacuate, until local authorities give you permission to do so.
- Listen to local radio and television for the latest updates.

Accident Victims:

- You should not try to care for victims of a HAZMAT accident until the substance has been identified and authorities indicate it is safe to go near victims.
- Once it is safe to do so, move the victim(s) to fresh air and call for emergency medical care. Remove contaminated clothing and shoes and place them in a plastic bag.
- Clean victims that have come into contact with chemicals by immediately pouring cold water over their skin or eyes for at least 15 minutes, unless authorities instruct you not to use water on the particular chemical involved.

DISEASE OUTBREAK



Infectious diseases are caused by exposure to harmful microorganisms. These microorganisms multiply and can make you sick by attacking organs or cells in your body. They include viruses, bacteria and certain other microscopic organisms known as pathogens.

Contagious Diseases:

A contagious disease is a disease that can be “caught” by someone who comes into contact with someone who is infected. Not all infectious diseases are contagious. Exposure to a contagious disease usually happens through contact with an infected person’s bodily fluids or secretions (such as a sneeze).

Toxins:

Toxins are the poisonous substances produced by micro-organisms (bacteria, mold, virus) in certain infectious diseases. Microorganisms use these toxins as the specific weapons for attacking organs or cells in the body. Although toxins are usually classified as being biologically produced, the poisons created by non-living, chemical agents are commonly referred to as chemical toxins.

Vaccination:

Infectious diseases are caused by exposure to harmful microorganisms. One method that public health officials may use to control an outbreak is vaccination. Vaccines allow the body to produce antibodies, which protect the body against later infection by a particular agent. However, vaccines are not available for many diseases and not all vaccines work the same way. For example, the smallpox vaccine provides almost immediate immunity and can be beneficial even if someone is vaccinated a few days after exposure. Other vaccines (such as the anthrax vaccine) may require a number of doses over time before the recipient builds up an immunity. **Vaccines may or may not be helpful in a sudden outbreak, depending on the disease and the incident.**

It is possible in a widespread outbreak that public health officials may use a mass vaccination approach for some agents to protect people in affected areas. Public health officials will provide information on what you should do if a vaccine program is needed in a given community.

Can I Catch It? Is It Contagious?

Anthrax: Not Contagious

The anthrax illness does not spread from person to person.

Botulism: Not Contagious

Botulism does not spread from person to person.

***E. coli* O157:H7: Contagious**

E. coli bacteria in loose stool can be passed from one person to another if hygiene or hand-washing habits are inadequate.

Pandemic Flu: Contagious

The virus strain that causes a pandemic flu can spread very easily from person to person through droplets produced when an infected person coughs or sneezes.

Pneumonic Plague: Contagious

Pneumonic plague can spread from person to person by close contact (within six feet) with an infected person.

Salmonellosis: Contagious

Salmonella in loose stool can be passed from one person to another if hygiene or hand-washing habits are inadequate.

Staph: Both

Depending on the type of staph. Food poisoning is not contagious, but skin infections are highly contagious.

Smallpox: Contagious

Smallpox can spread from person to person by close contact (within six feet) with and infected person.

West Nile Virus: Not Contagious

West Nile virus is not spread through casual contact, such as touching or kissing a person with the virus.

Illness by Chemical Agents: Not Contagious

Illness caused by a chemical agent cannot spread from person to person; however, people can spread the chemical if it is on their skin, clothing, hair or in their body fluids.

Illness by Radiation: Not Contagious

Illness caused by radiation cannot spread from person to person; however, people can spread the chemical if it is on their skin, clothing, and hair or in their body fluids.

Pandemic Influenza

This section is designed to help you understand the threat of a pandemic flu outbreak in our country and your community. It describes commonsense actions you can take now to prepare for a pandemic. We cannot predict how severe the next pandemic will be or when it will occur, but being prepared may help lower the impact of a flu pandemic on you and your family.

What YOU Need to Know:

- An influenza (flu) pandemic is a worldwide outbreak of flu disease that occurs when a new type of flu virus appears that people have not been exposed to before (or have not been exposed to in a long time).
- The pandemic virus can cause serious illness because people are not immune to the new virus.
- Pandemics are different from seasonal outbreaks of flu that we see every year. Seasonal flu is caused by flu virus types to which people have already been exposed to. Its impact on society is less severe than a pandemic, and vaccines (flu shots and nasal spray) are available to help prevent widespread illness from seasonal flu.
- Flu pandemics are different from many of the other major public health and health care threats facing our country and the world. A pandemic will last much longer than most flu outbreaks and may include “waves” of flu activity that last six to eight weeks separated by months. The number of health care workers and first responders able to work may be reduced. Public health officials will not know how severe a pandemic will be until it begins.

Emergency Warning Signs:

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting

- Extreme irritability
- Flu-like symptoms improve but then return with fever and a worse cough

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and a worse cough



Preventative Measures

There is a vaccine available right now to protect you against the flu. There are also everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Cough or sneeze into your elbow if a tissue is not available.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.

If you get sick with influenza, the Centers for Disease Control and Prevention (CDC) recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Active Shooter



An active shooter is someone actively engaged in killing or attempting to kill people in a confined and populated area; in most cases, active shooters use firearms(s) and there is no pattern or method to their selection of victims.

Active Shooter situations are unpredictable and evolve quickly; typically the immediate deployment of law enforcement is required to stop the shooting and mitigate harm to victims

Because active shooter situations are often over within 10 to 15 min, before law enforcement arrives on scene, individuals must be prepared both mentally and physically to deal with an active shooter.

HOW TO SURVIVE AN ACTIVE SHOOTER

How you respond to an active shooter will be dictated by the specific circumstances of the encounter, bearing in mind there could be more than one shooter involved in the same situation. If you find yourself involved in an active shooter situation, try to remain calm and use these guidelines to help you plan a strategy for survival. **Have an active shooter section in your emergency action plan!!!**

If an Active Shooter Enters Your Area:

- Try to remain calm; dial 911, if possible, and alert police to the shooter's location; account for others in the room.
- If you can't speak, leave the line open so the dispatcher can listen to what is taking place.
- If the shooter leaves, proceed immediately to a safer place and do not touch anything that was in the vicinity of the shooter.
- As a last resort, and only when your life is in imminent danger, attempt to disrupt and/ or incapacitate the shooter by acting as aggressive as possible against him/her, throwing items and improvising weapons, yelling, Commit to your actions

No Matter What the Circumstances:

- If you decide to flee, make sure you have an escape route and plan in mind.
- Do not attempt to carry anything while fleeing.
- When exiting the building, keep your hands visible at all times and follow police instructions.
- Do not attempt to remove wounded/injured people.
- Notify authorities of the wounded/injured people's location.
- Do not try to drive away.

If an Active Shooter is Outside Your Building:

- Proceed to a room that can be locked, close and lock all windows and doors, and turn off all lights.
- Get everyone down on the floor and ensure no one is visible from outside the room.
- One person in the room must call 911 to report the incident and your location. Remain in place until police or a familiar person arrives to inform you that the area is clear.
- An unfamiliar voice may be the shooter attempting to lure victims from their safe space.
- Do not respond to any voice commands until you can verify whose voice it is with certainty.

If an Active Shooter is Inside Your Building:

- Proceed to a room that can be locked, close and lock all windows and doors, and turn off all lights.
- Get everyone down on the floor and ensure that no one is visible from outside the room.
- One person in the room must call 911 to report the incident and your location. Remain in place until police or a familiar person arrives and gives the all clear.
- An unfamiliar voice may be the shooter attempting to lure victims from their safe space.
- Do not respond to any voice commands until you can verify whose voice it is with certainty.
- If your room can't be locked, determine if there is a nearby location that can be reached safely and securely.

What to Expect When Law Enforcement Arrives:

- Remain calm, and follow the officers' instructions.
- Put down any items in your hands (i.e., bags jackets).
- Immediately raise hands and spread fingers (*Again keep your hands visible at all times*).
- Police will proceed immediately to the area in which shots were last heard or reported. Their purpose is to stop the shooting as quickly as possible.
- First Responders will be armed and in duty uniform. Police from local departments may respond to assist.
- Others that arrive will have Kevlar® helmets and other tactical equipment, such as pepper spray or tear gas to control the situation.
- First officers to arrive will not stop to aid the injured; rescue teams and emergency medical personnel will follow into secured areas to provide aid.
- Proceed to a designated rally or assembly point.
- Program 911 into your speed dial on your work and cell phones.
- Remember; when everything is over, the area is considered a crime scene and you will be detained until all witnesses have been identified and questioned.
- Do not discuss events with the media. It may jeopardize others who may not have escaped.

Information to Provide to Law Enforcement or the 911 Operator:

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



If You Receive a Bomb Threat over the Phone

- Do not panic. Remain calm.
- If possible, attempt to keep the caller on the line while alerting another employee to what is happening and direct them to call the JBLM Police Department at (253) 967-7112/7113.
- Use the bomb threat checklist on the following page to note what the caller said, documenting the tone of voice and other characteristics.
- Do not hesitate to ask questions that are listed on the checklist – often the caller is willing to talk and may disclose critical information.
- If you have caller ID, note the number of the caller.
- When the caller hangs up, note the time and telephone number of the incoming call.
- Use another telephone to call the JBLM Law Enforcement at (253) 967-7112/7113 and then notify your supervisor of the situation. Using a different phone line may aid responding law enforcement personnel in tracing the incoming call.
- If you receive a bomb threat, remain calm, listen carefully and do not interrupt the caller.
- Report the call immediately.

Note the Following Information:

1. Time call received: _____
2. Time call ended: _____
3. Number the call was received at: _____
4. The number on the caller ID display: _____
5. Exact wording of the threat: _____
6. Sex of caller: _____

7. Race of caller: _____
8. Age of caller: _____

Questions to Ask:

1. When is the bomb going to explode?
2. Where is it right now?
3. What does it look like?
4. What kind of bomb is it?
5. What will cause it to explode?
6. Did you place the bomb? Yes or No
7. Why?
8. What is your name?
9. What is your address?
10. Are you calling from a pay phone?
11. What is your location and/or number? (Check caller ID)



TERRORISM

What is Terrorism?

Terrorism is the use of force or violence against persons or property in violation of the criminal laws of the U.S. for purposes of intimidation, coercion or ransom.



Terrorism Facts:

- Terrorists often use threats to create fear among the public. This is done to convince citizens that their government is unable to protect them and to get immediate publicity for their causes.
- Acts of terrorism include: threats of terrorism; assassinations; kidnappings; hijackings; bomb scares and bombings; cyber attacks (computer-based); and the use of chemical, biological, radiological and nuclear weapons.
- High-risk targets for acts of terrorism include military and civilian government facilities, international airports, large cities and high-profile landmarks. Terrorists might also target large public gatherings, water and food supplies, utilities and corporate centers.



Chemical Threats

- Chemical agents are poisonous vapors, aerosols, liquids and solids that have toxic effects on people, animals or plants.
- They can be released by bombs or sprayed from aircraft, boats and vehicles. They can be used as a liquid to create a hazard to people and the environment.
- Some chemical agents may be odorless and tasteless.
- They can have an immediate effect (a few seconds to a few minutes) or a delayed effect (2 to 48 hours).

Bioterrorism



A bioterrorism attack is the deliberate release of viruses, bacteria, or other germs (agents) used to cause illness or death in people, animals, or plants. These agents are typically found in nature, but it is possible that they could be changed to increase their ability to cause disease, make them resistant to current medicines, or to increase their ability to be spread into the environment. Biological agents can be spread through the air, through water, or in food. Terrorists may use biological agents because they can be extremely difficult to detect and do not cause illness for several hours to several days. Some bioterrorism agents, like the smallpox virus, can be spread from person to person and some, like anthrax, cannot.

Bioterrorism Agent Categories:

Bioterrorism agents can be separated into three categories, depending on how easily they can be spread and the severity of illness or death they cause. Category “A” agents are considered the highest risk and Category “C” agents are those that are considered emerging threats for disease.

Category A: These high-priority agents include organisms or toxins that pose the highest risk to the public and national security because:

- They can be easily spread or transmitted from person to person
- They result in high death rates and have the potential for major public health impact
- They might cause public panic and social disruption
- They require special action for public health preparedness.

Category B: These agents are the second highest priority because:

- They are moderately easy to spread
- They result in moderate illness rates and low death rates
- They require specific enhancements of CDC's laboratory capacity and enhanced disease monitoring.

Category C: These are the third highest priority agents include emerging pathogens that could be engineered for mass spread in the future because:

- They are easily available.
- They are easily produced and spread.
- They have potential for high morbidity and mortality rates and major health impact.

What You Can Do to Prepare for Bioterrorism:

- Get a Kit
- Make a Plan
- Be informed
- Learn how to shelter in Place
- Understand Quarantine and Isolation
- Maintain a healthy state of Mind



Radiological Dispersion Device

- Terrorist use of Radiological Dispersion Devices (RDD) (often called dirty nuke or dirty bomb) is considered far more likely than the 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.
- Depending on the speed at which the area of the RDD detonation was evacuated or how successful people were at sheltering in place, the number of deaths and injuries from an RDD might not be substantially greater than from a conventional bomb explosion.



A nuclear blast is an explosion with intense light and heat, a damaging pressure wave and widespread radioactive material that can contaminate the air, water and ground surfaces for miles around. A nuclear device can range from a weapon carried by an intercontinental missile to a small portable nuclear device transported by an individual.



The National Terrorism Advisory System, or NTAS, replaces the color-coded Homeland Security Advisory System (HSAS). This new system will more effectively communicate information about terrorist threats by providing timely, detailed information to the public, government agencies, first responders, airports and other transportation hubs, and the private sector.

It recognizes that Americans all share responsibility for the nation's security, and should always be aware of the heightened risk of terrorist attack in the United States and what they should do

NTAS Alerts

When a potential or actual threat is received, Homeland Security will issue an NTAS alert that advises what action to take in response.

Imminent Threat Alert

Warns of a credible, specific and impending terrorist threat against the U.S.

Elevated Threat Alert

Warns of a credible terrorist threat against the U.S.

NTAS Alerts contain an expiry date. If threat information changes for an alert, the NTAS alert may be updated.

Sunset Provision

An individual threat alert is issued for a specific time period and then automatically expires. It may be extended if new information becomes available or the threat evolves.

Alert Announcements

Alerts will be issued through:

The DHS NTAS webpage – www.dhs.gov/alerts

E-mails – signup at www.dhs.gov/alerts

Facebook – www.facebook.com/NTASAlerts

Twitter – <http://twitter.com/NTASAlerts>

Actions to Consider BEFORE a Terrorist Event



- Learn about the nature of terrorism.
- Be aware of your surroundings.
- Take precautions when traveling.
- Leave an area if you feel uncomfortable or if something does not seem right.
- Assemble a disaster supply kit.
- Create an evacuation plan for your family and have a backup route in mind.
- Determine an out-of-town relative that all family members can use as a contact if separated.

Actions to Consider DURING a Terrorist Event

- Take cover immediately.
- Stay low to the floor or ground.
- Listen to local radio and television for updates.
- Evacuate immediately if directed to do so.

Actions to Consider AFTER a Terrorist Event

- Stay away from the event area; there may be danger of secondary devices.
- Check for injured and trapped persons near the event area and provide first aid and CPR, if trained to do so.
- Listen to local radio or television stations for the latest emergency information.
- Check the foundation, chimney and surrounding land for damage. Be especially careful of downed power lines and gas lines that ruptured.
- Notify friends or family of your condition.
- Use phone service sparingly.

Remember to follow the FBI Suspicious Package / Letter Advisory (BELOW)

FBI *Advisory*

If you receive a suspicious letter or package

What should you do?

- 1** Handle with care
Don't shake or bump
- 2** Isolate and look for indicators
- 3** Don't Open, Smell or Taste
- 4** Treat it as Suspect!
Call 911



If parcel is open and/or a threat is identified...

For a Bomb

Evacuate Immediately
Call 911 (Police)
Contact local FBI

For Radiological

Limit Exposure - Don't Handle
Distance (Evacuate area)
Shield yourself from object
Call 911 (Police)
Contact local FBI

For Biological or Chemical

Isolate - Don't Handle
Call 911 (Police)
Wash your hands with soap and warm water
Contact local FBI



Police Department _____

Fire Department _____

Local FBI Office _____

(Ask for the Duty Agent, Special Agent Bomb Technician, or Weapons of Mass Destruction Coordinator)

GENERAL INFORMATION BULLETIN 2008-3
Produced by: Bomb Data Center
Weapons of Mass Destruction Operations Unit

Questions

Contact the DPTMS Office of Emergency Management @ 982- 6099 / 0730 / 0435



RESOURCES

- Department of Homeland Security
www.dhs.gov/index.shtm
- United States Coast Guard
www.uscg.mil
- Federal Emergency Management Agency
www.fema.gov/index.shtm
- National Oceanic & Atmospheric Administration
www.noaa.gov
- Centers for Disease Control and Prevention
www.cdc.gov
- U.S. Geological Survey
www.usgs.gov
- Washington State Department of Health
www.doh.wa.gov
- Local Red Cross Chapter
www.rainier-redcross.org
- Ready Army
www.acsim.army.mil/readyarmy
- Air Force Be Ready
www.beready.af.mil
- JBLM Intranet Portal (CAC Required)
<https://ft.lewis.army.mil>
- JBLM Are You Ready
www.lewis-mcchord.army.mil/dptms/poemm/ready.htm
- Pierce County Emergency Management
www.co.pierce.wa.us/pc/Abtus/ourorg/dem/abtusdem.htm
- Thurston County Emergency Management
www.co.thurston.wa.us/em
- Washington State Emergency Management Division
www.emd.wa.gov/index.shtml