# Emergency Preparedness Guide







### About this Booklet

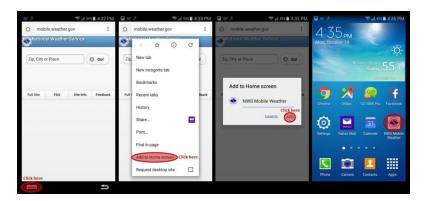
Eastern Montana is no stranger to floods, fires, extreme winter weather and more. Disaster and Emergency Services and other community members belonging to the Valley County Local Emergency Planning Committee are responsible for putting this booklet together to comprise emergency preparedness that will serve as guidance for a variety of emergency situations.

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Take the weather with you on your mobile phone. Below are two examples from mobile.weather.gov



### **Use a "Trusted Weather Source"**



Richard Seiler
Valley County DES Coordinator
501 Court Square
Glasgow, Mt.59230
406-263-1479
rseiler@valleycountymt.gov

#### In this booklet you will learn:

- About Emergency Alerts
- How to Make a Plan
- ➤ How to Evacuate
- How to be Informed
- How to be Financially Prepared for Disaster
- How to build a Basic Disaster Supplies
  Kit
- ➤ About Severe Weather, Lightning and Thunder Storms, Tornadoes, Floods
- About Power Outages, how to prepare NOW and DURING
- Winter Weather Planning
- About Wildfires
- How to recognize Pipeline Emergencies
- ➤ About Sports and Pets Emergencies
- Preparing Seniors, Children and the Disabled for Emergencies
- About Earthquakes
- What to do during an Active Shooting
- Know your risks of Poisonings
- Signs and Symptoms of Carbon Monoxide Poisoning
- How to prepare for Home Fires
- Learn about Siren Alert Tones

### Make an Action Plan

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which <u>types of</u> <u>disasters</u> could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.



What will you do in case of an emergency?

#### What to do before an evacuation:

- Learn the types of disasters that are likely in your community and the local emergency, evacuations, and shelter plans for each specific disaster.
- How you will leave and where you will go.
- Identify several places you could go such as friend's home or motel.
- Be familiar with alternate routes and other means of transportation.
- Always follow instructions of local officials.
- Develop a family/household communication and re-unification plan.
- Identify if needed, a place to stay that will accepts pets.

#### Natural disasters:

- Wild fires, thunder & lightning
- Dust storms, tornado
- Floods, snow and ice storms

#### **Human-related disasters:**

- Hazardous materials, bomb threats (call or msg) suspicious article
- o Hostage situations, potentially violent situation
- o Random acts of violence
- Disgruntled staff, parents/guardians
- Missing child

**STEP 1:** Put together a plan by discussing these 4 questions with your family, friends, or household to start your emergency plan.

- How will I receive emergency alerts and warnings?
- What is my shelter plan?
- What is my evacuation route?
- What is my family/household communication plan?

STEP 2: Consider specific needs in your household. As you prepare our plan tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of children, business, pets, or specific needs like the operation of durable medical equipment. Create your own personal network for specific areas where you need assistance. Keep in mind some these factors when developing your plan.

- Different ages of member within your household
- Responsibilities for assisting others
- Locations frequented
- Dietary needs
- Medical needs including prescription and equipment
- Languages spoken
- Cultural and religious considerations
- Pet or service animals
- Households with school-aged children

**STEP 3:** Download and fill out a family emergency plan or use them as a guide to create your own.

https://www.ready.gov

https://www.fema.gov/medialibrary/assets/documents/133447

**STEP 4:** Practice these plans with your family/household

### Be Informed

Know what disaster and hazards could affect your area, how to get emergency alerts, and where you would go if you and your family need to evacuate.

- Active Shooter
- Attacks in Public Places
- Bioterrorism
- Chemical Emergencies
- Cybersecurity
- Drought
- Earthquakes
- Emergency Alerts
- Explosions
- Extreme Heat
- Floods

- Hazardous Materials Incidents
- Home Fires
- Household Chemical Emergencies
- Pandemic
- Power Outages
- Severe Weather
- Snowstorms & Extreme Cold
- Space Weather
- Thunderstorms & Lightning
- Tornadoes
- Wildfires

Information from Ready.gov

### Financial Preparedness – Are you financially ready for disaster?

Americans at all income levels have experienced the challenges of rebuilding their lives after a disaster or other emergency. In these stressful circumstances, having access to personal financial, insurance, medical, or other records is crucial for starting the process of recovery quickly and efficiently. Taking the time now to collect and secure these critical records will give you peace of mind and, in the event of an emergency, will ensure that you have the documentation needed to start the recovery process without delay.

- Gather financial and critical personal, household, and medical information.
- Consider saving money in an emergency savings account that could be used in any crisis. Keep a small amount of cash at home in a safe place. It is important to have small bills on hand because ATM's and credit cards may not work during a disaster when you need to purchase necessary supplies, fuel or food.
- Obtain property (homeowners or renters), health, and life insurance if you do not have them. Review existing
  policies for the amount and extent of coverage to ensure that what you have in place is what is required for you
  and your family for all possible hazards. Homeowners insurance does not typically cover flooding, so you may
  need to purchase flood insurance from the National Flood Insurance Program.

Information from Ready.gov

### Resource:

The Emergency Financial First Aid Kit (EFFAK), at https://www.fema.gov/media-library/assets/documents/96123

### Build a Kit

Make sure your emergency kit is stocked with the items on the checklist below. Most of the items are inexpensive and easy to find, and any one of them could save your life. Once you take a look at the basic items, consider what unique needs your family might have, such as supplies for pets, or seniors. After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for 72 hours.

### **Basic Disaster Supplies Kit**

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy to carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following:

- Water One gallon per person per day for at least Three days, for drinking and sanitation
   Foot – At least three-day supply of non-perishable
- Battery-powered or hand crank radio and NOAA Weather Radio with tone alert
- Flashlight
- First Aid Kit
- Extra batteries
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct take to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps

https://www.ready.gov/build-a-kit

Cell phone with chargers and backup battery

#### Additional Considerations:

- Non-prescription medications
- Glasses or contact lens solutions
- > Infant formula
- Pet food
- Cash
- Important family documents
- Change of clothing
- Sleeping bag



- Household chlorine bleach to disinfect water
- Fire extinguisher
- Matches in a water proof container
- > Feminine supplies & personal hygiene items
- Mess kits, paper cups, plates, paper towel etc.
- Paper and pencil
- Books, games, puzzles, or other activities





Lightning is a leading cause of injury and death from weather-related hazards. Although most lightning victims survive, people struck by lightning often report a variety of long-term, debilitating symptoms. Thunderstorms are dangerous storms that include lightning and can include powerful winds over 50 MPH; create hail; and cause flash flooding and tornadoes.

- When thunder roars, go indoors. A sturdy building is safest place to be during a thunderstorm.
- Pay attention to weather reports and warnings of thunderstorms. Be ready to change plans, if necessary, to be near shelter.
- If indoors, avoid running water or using landline phones. Electricity can travel through plumbing and phone lines.
- Protect your property. Unplug appliances and other electric devices. Secure outside furniture.
- If boating or swimming, get to land and find a sturdy grounded shelter or vehicle immediately.
- If necessary, take shelter in a car with a metal top and sides. Do not touch anything metal.
- Avoid flooded roadways. Turn Around. Don't Drown! Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.

Information from Ready.gov

Understa	anding Se	vere Thu	nderstorr	n Risk Ca	tegories
THUNDERSTORMS (no label)	1 - MARGINAL (MRGL)	2 - SLIGHT (SLGT)	3 - ENHANCED (ENH)	4 - MODERATE (MDT)	5 - HIGH (HIGH)
No severe* thunderstorms expected	Isolated severe thunderstorms possible	Scattered severe storms possible	Numerous severe storms possible	Widespread severe storms likely	Widespread severe storms expected
Lightning/flooding threats exist with all thunderstorms	Limited in duration and/or coverage and/or intensity	Short-lived and/or not widespread, isolated intense storms possible	More persistent and/or widespread, a few intense	Long-lived, widespread and intense	Long-lived, very widespread and particularly intens
Winds to 40 mph     Small hail	• Winds 40-60 mph • Hail up to 1" • Low tornado risk	One or two tornadoes     Reports of strong winds/wind damage     Hail ~1", isolated 2"	A few tornadoes     Several reports of wind damage     Damaging hail, 1 - 2"	Strong tomadoes     Widespread wind damage     Destructive hail, 2" +	Tornado outbreak     Derecho

US National Weather Service – face book

@NWSGlasgow

@NWSBillings





Tornadoes can destroy buildings, flip cars, and create deadly flying debris. Tornadoes are violently rotating columns of air that extend from a thunderstorm to the ground can:

- Happen anytime and anywhere;
- Bring intense winds, over 200 MPH; and
- Look like funnels.

I you are under a tornado warning, find safe shelter right away.

- Go to a safe room, basement, or storm cellar.
- If you are in a building with no basement, then get to a small interior room on the lowest level.
- Stay away from windows, doors, and outside walls.
- Do not get under an overpass or bridge. You're safer in a low, flat location.
- Watch out for flying debris that can cause injury or death.
- Survive during a tornado by immediately go to a safe location that you identified.
- Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instruction.
- Do not try to outrun a tornado in a vehicle.
- Be safe after a tornado by listening to EAS,
   NOAA Weather Radio, and local authorities for updated information.
- If you are trapped, cover your mouth with a cloth or mask to avoid breathing dust. Try to send a text, bang on a pipe or wall, or use a whistle instead of shouting.
- Stay clear of fallen power lines or broken utility lines.
- Do not enter damaged buildings until you are told that they are safe.
- Save your phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messaging or social media to communicate with family and friends.

Information from Ready.gov

Condition	Watches are favorable or expected but not occurring or imminent
Tornado	Atmospheric <i>conditions are favorable</i> for the development of severe thunderstorms capable of producing tornadoes.
Severe Thunderstorm	Atmospheric conditions are favorable for the development of severe thunderstorms (i.e. – producing hail at least 1" in diameter and/or
munuerstorm	50 knot (58 mph) or greater wind speeds).
munderstorm	50 knot (58 mph) or greater wind speeds).  Warnings  Conditions are occurring or imminent
Tornado	Warnings



# **Floods**

Failing to evacuate flooded areas, entering flood waters, or remaining after a flood has passed can result in injury or death. Flooding is a temporary overflow of water onto land that is normally dry.

If you are under a flood warning, find safe shelter right away.

- Do not walk, swim, or drive through flood waters. Turn Around, Don't Drown!
  - Just six inches of moving water can knock you down, and one foot of moving water can sweep your vehicle away
- Stay off of bridges over fast-moving water.
- Determine how best to protect yourself based on the type of flooding.
  - Evacuate if told to do so
  - Move to higher ground or a higher floor
  - Stay where you are

### **Power Outages**

Extended power outages may impact the whole community and the economy. A power outage is when the electrical power goes out unexpectedly. A power outage may:

- Disrupt communications, water, and transportation.
- Close retail businesses, grocery stores, gas stations, ATMs, banks, and other services.
- Cause food spoilage and water contamination.
- Prevent use of medical devices.

#### **Prepare NOW**

- Take an inventory of the items you need that rely on electricity.
- Talk to your medical provider about a power outage plan for medical devices powered by electricity and
  refrigerated medicines. Find out how long medication can be stored at higher temperatures and get specific
  guidance for any medications that are critical for life.
- Review the supplies that are available in case of a power outage. Have flashlights with extra batteries for every household member. Have enough nonperishable food and water.
- Use a thermometer in the refrigerator and freezer so that you can know the temperature when the power is restored. Throw out food if the temperature is 40 degrees or higher.
- Keep mobile phones and other electric equipment charged and gas tanks full.

#### **Survive DURING:**

- Keep freezers and refrigerators closed. The refrigerator will keep food cold for about four hours. A full freezer
  will keep the temperature for about 48 hours. Use coolers with ice if necessary. Monitor temperatures with a
  thermometer.
- Maintain food supplies that do not require refrigeration.
- Avoid carbon monoxide poisoning. Generators, camp stoves, or charcoal grills should always be used outdoors and at least 20 feet away from windows. Never use a gas stovetop or oven to heat your home.
- Check on your neighbors. Older adults and young children are especially vulnerable to extreme temperatures.
- Turn off or disconnect appliances, equipment, or electronics. Power may return with momentary "surges" or "spikes" that can cause damage.

Information from ready.gov



# Winter Weather Snowstorms & Extreme Cold

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.

In Glasgow, U.S. climate data shows the average temperature is 45.6°F and the average annual snowfall is 33 inches.

#### **Health - Recognize and Respond**

Frostbite causes loss of feeling and color around the face, fingers, and toes.

- o Signs: Numbness, white or grayish-yellow skin, firm or waxy skin.
- Actions: Go to a warm room, soak in warm water. Use body heat to warm. Do not massage or use a heating pad.

Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.

- Signs: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, or drowsiness
- Actions: Go to a warm room, warm the center of the body first chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

### **Prepare NOW**

- Know your area's risk for winter storms.
- Pay attention to reports and warnings.
- o Extreme winter weather can leave you without utilities or other services for long periods of time.
- Gather supplies for several days.
- o Create an Emergency Supply Kit for your car.

Information from Ready.gov





### Wildfires

Wildfires can ruin homes and cause injuries or death to people and animals. A wildfire is an unplanned fire that burns in a natural area such as a forest, grassland, or prairie. Wildfires can:

- Often be caused by humans or lightning.
- Cause flooding or disrupt transportation, gas, power, and communications.
- Happens anywhere, anytime. Risk increased with in periods of little rain and high winds.
- Cost the Federal Government billions of dollars each year.

Information from ready.gov

9-1-1

### **Pipeline Safety**

**Pipeline markers:** are located along the right-of-way, at road intersections, waterways, railroad crossings and all above ground facilities. Markers identify the area, but not the exact location or depth of the pipeline. Markers specify the product transported, the operator's name and emergency contact number.

### Leak Recognition & Response:

Pipeline incidents can be dangerous and require caution and immediate action.

#### Signs of a leak\*:

 Dead vegetation, liquid on the ground near the pipeline, dirt being blown into the air, fire, or dense white cloud or fog



- Hissing or roaring sound
- Pungent odor such as sulfur (e.g. rotten eggs) or petroleum-like smell; may also be odorless

#### If a leak occurs:

- Leave the area immediately in an upwind direction and warn others to stay away.
- Do not light a match, start an engine, use a telephone or cell or turn on/off any electrical appliances, and avoid potential ignition sources which may cause an explosion or fire.
- Once you are a safe distance away from the potential leak, call 9-1-1 to engage local emergency response officials.
- Do not drive into an area where you suspect a leak or vapor cloud, do not touch or operate pipeline valves.
- Avoid making contact with escaping liquids or vapors as potential ignition sources which may cause an explosion
  or fire.

Information from Kinder Morgan Public Awareness pamphlet

### Color Code Identifiers

White: Proposed Evacuation
Pink: Temporary Survey Markings

**Red:** Electrical Power Lines, Cables, Conduit, and Lighting Cables **Yellow:** Gas, Oil, Steam, Petroleum, or Gaseous Materials

Orange: Communication, Alarm, or Signal line, Cables, or Conduit

Blue: Potable Water

Purple: Reclaimed Water, Irrigation, and Slurry Lines

**Green:** Sewers and Drain Lines

Information from 2014 Excavation Safety Guide

### Call before you dig. IT'S FREE, AND IT'S THE LAW!

Building a fence? Planning landscape work? Installing a sprinkler system? Anytime you have projects that require excavation, the law requires you to have the location of buried utility lines marked. One easy phone call to 811 starts the process, and it's FREE. Once your underground lines have been marked for your project, you will know the approximate location of your pipelines and utility lines. Any underground utilities in the area of your excavations should be exposed by hand digging. More information regarding 811 can be found at <a href="http://www.call811.com">http://www.call811.com</a>

<sup>\*</sup>Not all signs need to be present to indicate a leak.

### Coaches and Sports Guide to Lightning Safety

#### Lightning Kills....Play it Safe!

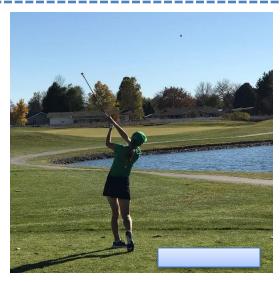
Each year in the United States, more than 400 people are struck by lightning. On average, about 70 people are killed and many others suffer permanent neurological disabilities. Most of these tragedies can be avoided if proper precautions are taken. When thunderstorms threaten, coaches and sports officials must not let the desire to start or complete an athletic activity hinder their judgment when the safety of participants and spectators is in jeopardy.

# If you feel your hair stand on end, lightning is about to strike.

There may be little or nothing you can do to keep from being struck by lightning. As a last desperate resort:

- Crouch down on the balls of your feet, put your hands over your ears, and bend your head down. Make yourself as small a target as possible and minimize your contact with the ground.
- > Do not lie flat on the ground.







Prepare. Plan. Stay Informed.

### **Preparing Your Pets for Emergencies**

1. **Prepare** – Get a Pet Emergency Supply Kit.

Just as you do with your family's emergency supply kit, think first about the basics for survival, particularly food and water. Consider two kits. In one, put everything you and your pets will need to stay where you are. The other should be a lightweight, smaller version you can take with you if you and your pets have to get away. Plus, be sure to review your kits regularly to ensure that their contents, especially foods and medicines, are fresh.



2. Plan – What you will do in an Emergency.

Be prepared to assess the situation. Use whatever you have on hand to take care of yourself and ensure your pet's safety during an emergency. Depending on your circumstances and the nature of the emergency the first important decision is whether you stay put or get away. In any emergency, local authorities may or may not immediately be able to provide information on what is happening and what you should do.

**3. Stay Informed** – Know about Types of Emergencies.

Some of the things you can do to prepare for the unexpected, such as assembling an emergency supply kit for yourself, your family and your pets., is the same regardless of the type of emergency.

### **Preparing for Emergencies**

#### **Seniors**

Make a plan, then determine any special assistance you may need, and include your emergency plan.

 Create a support network of family, friends and others who can assist you during an emergency, and share your disaster plans with them. Practice your plan with them. Caring for the most vulnerable Seniors, pets, children and those with disabilities are vulnerable during emergencies and many cannot care for themselves and need additional assistance. These tips will help you care for those who may have special considerations during an emergency situation.

- Make sure they have an extra key to your home, know where you keep your emergency supplies and how to use lifesaving equipment or administer medicine.
- If you undergo routine treatments administered by a clinic or hospital, find out their emergency plans and work with them to identify backup services providers.
- If you have a communication-related disability, note the best way to communicate with you.

#### Children

Instruct children to:

- Pick the same person for each family member to call or email.
- Text, don't talk, unless it's an emergency. It may be easier to send a text, if you have a phone.
- Choose a meeting spot near your home, then practice getting there.
- Choose a spot outside of your neighborhood in case you can't get home. Practice getting there from school, your friend's houses, and after school activities.

#### **Disabled**

Planning steps should include:

- Create a support network. Keep a contact list in a watertight container in your emergency kit.
- Be ready to explain to first responders that you need to evacuate and choose to go to a shelter with your family, service animal, caregiver, personal assistant, and your assistive technology devices and supplies.

### Earthquakes

An earthquake is the sudden, rapid shaking of the earth, caused by the breaking and shifting of underground rock. Earthquakes can cause buildings to collapse and cause heavy items to fall, resulting in injuries and property damage. Earthquakes can:

- Happen anywhere through higher risk areas included California, Alaska, and the Mississippi Valley;
- Happen without warning;
- Cause fires and damage roads; and
- Cause tsunamis, landslides, and avalanches.

If an earthquake happens, protect yourself right away. Drop, Cover, Then Hold On!

- If in a vehicle, pull over and stop.
- If in bed, stay there.
- If outdoors, stay outdoors.
- Do not get in a doorway.
- Do not run outside.

According to the Richland County Multi-Hazard Mitigation Plan there have been two significant earthquakes in eastern Montana, one with a Richter magnitude of 4.0 and the other with a Richter magnitude of 5.5. There is no history of a major earthquake in Richland County. Historically the majority of earthquakes in Montana have occurred in the western half of the state, primarily along the Intermountain Seismic Belt and the Centennial Tectonic Belt.

### **Active Shooter**

Recent national tragedies remind us that the risk is real. Taking a few steps now can help you react quickly when every second counts.

IF YOU ARE INVOLVED IN AN ACTIVE SHOOTER INCIDENT

- ✓ See something, say something
- ✓ Before you run, know the exits
- ✓ Find a place to hide
- ✓ Learn first aid skills so you can help others
- ✓ Help law enforcement
- ✓ Seek help to cope with trauma.

RUN HIDE FIGHT

Information from FEMA V-1000/March 2018

### **Poisoning Emergency**

Chemicals are found everywhere. They purify drinking water, increase crop production and simplify household chores.

#### Know your Risk and What to Do

- Make an inventory of hazardous materials in your home. For a list of common household hazardous waste products, visit <a href="http://www.epa.gov/msw/hhw-list.htm">http://www.epa.gov/msw/hhw-list.htm</a>
- Post the number of national poison control. (800) 222-1222.

#### **Children and Poisoning**

- Most common hazardous materials emergencies in the home involve small children eating medicines.
- Keep all medicines, cosmetics, cleaning products, and other chemicals out of sight and out of reach of children.
- If your child should eat or drink a non-food substance, find the container (s) and take it to the phone.
- Call the Poison Control Center or Emergency Medical Services (EMS), or 9-1-1.
- The first aid advice found on containers may not be appropriate; do not give anything by mouth

### **Carbon Monoxide Safety**

Carbon monoxide, also known as CO, is called the "invisible Killer" because it's a colorless, odorless, poisonous gas. More than 150 people in the US die every year from accidental nonfire-related CO poisoning associated with consumer products, including generators. Other products include faulty, improperly-used or incorrectly-vented fuel-burning appliances such as furnaces, stoves, water heaters and fireplaces.

Know the symptoms of CO Poisoning

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

High level CO poisoning results in progressively more severe symptoms, including:

- Mental confusion
- Vomiting
- Loss of muscular coordination
- Loss of consciousness
- Ultimately death

Information from Consumer Product Safety Commissio



This Photo by Unknown Author is licensed under CC BY-ND

## Home Fires

Every second counts when there's a home fire. Developing an escape plan and practicing the plan will help keep your family safe.

According to Ready.gov, you should practice your home fire escape plan two times per year.

#### Some additional tips:

- Find two ways to get out of each room in the event the primary way is blocked by fire or smoke.
- Make sure that windows are not stuck, screens can be taken out quickly, and that security bars can be properly opened.
- Practice feeling your way out of the house in the dark or with your eyes closed.
- Teach children not to hide from firefighters.

#### **Smoke Alarms**

- A working smoke alarm significantly increases your chances of surviving a deadly home fire.
- Install both ionization and photoelectric smoke alarms, or dual sensor smoke alarms, which contain both ionization and photoelectric sensors.
- Test batteries monthly.
- Replace batteries in battery-powered and hard-wired smoke alarms at least once a year (except non-replaceable 10-year lithium batteries.)
- Install smoke alarms on every level of your home, including the basement, both inside and outside of sleeping areas.
- Replace the entire some alarm unit every 8-10 years or according to manufacturer's instructions.

- Audible alarms for visually impaired people should pause with a small window of silence between each successive cycle so that they can listen to instructions or voices of others.
- Smoke alarms with a vibrating pad or flashing light are available for the hearing impaired.
   Contact your local fire department for information about obtaining a flashing or vibrating smoke alarm.
- If you use a walker or wheelchair, check all exits to be sure you can get through the doorways.
- Make any necessary accommodations, such as providing exit ramps and widening doorways, to facilitate an emergency escape.

Information from Ready.gov



Valley County Disaster & Emergency Services 501 Court Square, Glasgow, MT 59230 406-263-1479 rseiler@valleycountymt.gov

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