



#### HOW TO USE THIS SIGN

##### Why should you post this sign?

To assist emergency response teams in quickly finding people in homes, businesses, and schools who need medical help without time delays in searching every building.

##### When should you post this sign?

In the event of a disaster where telephones and power are out and someone in your building needs emergency medical help or other emergency services, place this sign with the RED 'HELP' side showing.

If you and others in your building do not need emergency medical help or other emergency services, place this sign with the GREEN 'OK' side showing.

##### Where should I post this sign?

Place this sign on the front door or in the first floor window nearest to the front door.

#### DISASTER PREPARATION

**Eliminate Hazards:** Anchor bookcases and remove heavy objects from tall shelves. Strap down your water heater so it cannot move. Have flexible connectors installed on your gas appliances. Dispose of unneeded chemicals.

**Shutting Off Utilities:** Know how to shut off water, gas and utilities coming into your home.

**Family Training and Drills:** Family members should know their responsibilities during an emergency or disaster. Designate an out-of-area person for everyone to call after an emergency or disaster. Practice taking cover with your family so everyone will know where to go and what to do during an emergency or disaster. Practice exiting to make sure your exits are kept clear.

##### Prepare for the needs of family members and pets:

For children, make sure everyone is aware of the plan to pick up the children from school or daycare. Make sure the school has an updated disaster plan and emergency supplies. Elderly, disabled, blind and other persons may require special plans to cope with an emergency or disaster. Special assistance may be required to move around or evacuate. Consider your pets' needs as well. Make sure they have identification. Make sure they have a cage or leash so they can be evacuated. Remember, not all disaster shelters will accept pets.

#### EARTHQUAKE

Earthquakes can sometimes happen without warning. Some earthquakes are actually foreshocks and a large earthquake can occur.

**INDOORS:** When you feel an earthquake, get under a desk or a table. Keep away from windows and heavy objects that can fall. Keep a watch for falling debris. Hold on to your cover. Stay undercover until shaking stops. If there is not any cover, cover your face and head with your arms and crouch in an inside corner of the building. Use a doorway only if you know it is a load bearing doorway. **DO NOT** go outside until the shaking stops and it is safe.

Expect the electricity to go out and sprinkler systems or fire alarms to go off. **DO NOT** use elevators. You may get trapped between floors.

If you are in a crowded store or public space, **DO NOT** rush the exits. Move away from any possible falling objects. Stay away from windows.

**OUTDOORS:** Stay outside. Move away from buildings, poles, trees, electrical wires and overpasses.

#### TORNADO WATCH

A Tornado Watch means that conditions are favorable for the development of a tornado in the area. Monitor local TV and radio weather broadcasts for current information and advisories. Review your family's disaster plan.

#### TORNADO WARNING

A Tornado Warning means that a funnel cloud has been spotted in the area. Go to a safe place in your home. A storm shelter or basement is the safest place. If there is no storm shelter, choose an interior hallway or room on the lowest floor. In a high-rise building, proceed to an interior hallway in the middle of the building. Continue to monitor local weather news broadcasts.

If outside or in a mobile home, take cover in the nearest sturdy building. If no shelter is available, go to a low-lying ditch. Be aware of the water level in the ditch to prevent drowning.



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#### SEVERE THUNDERSTORM WARNING

A Severe Thunderstorm Warning means there is a severe thunderstorm in the area. Stay indoors. Monitor local weather broadcasts for current information. Lightning, large hail, high winds, blowing debris and flooding are possible. **REMEMBER:** Tornadoes can form during thunderstorms.

#### HURRICANE WATCH

A Hurricane Watch is issued for a specific coastal area where a hurricane or hurricane condition is a possible threat within 36 hours.

Keep a full tank of gas for your vehicle. Make preparations to evacuate if authorized. Gather a disaster supplies kit. Wear sturdy shoes and clothes. Secure your home by locking doors and shuttering windows. Leave freezers and refrigerators plugged unless there is a danger of flood. Let others know where you are going.

If evacuation is authorized, follow recommended evacuation routes. **DO NOT** take shortcuts. They may be blocked. Be alert for washed out roads and bridges. Do not drive in flooded areas. Stay away from downed power lines.

#### HURRICANE WARNING

A Hurricane Warning is issued when sustained winds of 74 mph or higher caused by a hurricane are expected in a specified area within 24 hours.

If you are unable to evacuate, go to a safe room. If you do not have a safe room, stay indoors during the hurricane. Stay away from windows and glass doors. Keep curtains and blinds closed. Secure and brace all external doors. Take refuge in a small interior room, closet or hallway on the lowest level. Lie on the floor under a table or other sturdy object. Don't be fooled if there is a lull; it could be the eye of the hurricane. Winds will pick up again.

#### FLOOD WATCH

A Flood Watch means that conditions are favorable for flooding in the area. Be ready to evacuate. Monitor local weather broadcasts for current information. Know the area's flood risk. If unsure, contact the local area Red Cross chapter.



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#### DISASTER KIT

**First Aid Kit:** This kit would include enough items for your family for 72 hours or more.

**Food:** Keep a seven day supply for each family member.

**Water:** Have at least one gallon of drinking water per person for a seven day supply.

**Sanitation Items:** A five gallon bucket with lid, trash bags, toilet paper, washcloths, feminine supplies, bleach, and a small shovel. Keep waste away from people and food.

**Other Items:** Gloves, heavy boots, hand tools, duct tape, tarp, matches, blankets, cash, portable radio, batteries, whistle, dust masks, bug repellent and multiple flashlights.

#### FLOOD WARNING

A Flood Warning means that there is flooding in the area. The rule for being safe is simple; head to higher ground and stay away from the water. A shallow depth of fast moving water can produce more force than most people think.

Do not try walking, swimming, or driving through swift running water. Do not play in the water. It may contain hazardous chemicals.

#### HAZARDOUS MATERIALS SPILL OR RELEASE

A hazardous materials spill or release may happen at any time. You may be told by local authorities to evacuate to a shelter or shelter-in-place. If you are told to shelter-in-place in your home, pick an interior room that contains no windows and few vents and doors. DO NOT go to the basement. Turn off all air conditioners or heaters and fans. Close off all rooms in the house. Close all windows, window shades, blinds and curtains. Monitor local news broadcasts for current information.

#### CHEMICAL AND BIOLOGICAL ATTACK

Chemical attacks are meant to cause panic and fear. Most chemical attacks will take the form of a toxic chemical gas.

If you are in a building and the attack occurs inside, head to the nearest exit. If you are in a building and the attack occurs outside, do not attempt to exit.

If you are outside and there is no safe building nearby, determine the direction of the wind and move cross-wind. If you move downwind, you risk being exposed longer. If you move upwind, you risk entering a more dense cloud of gas. Avoid low-lying areas as the gas may become trapped there.

If you are inside, move to a room that is as far away from the gas emission as possible. Upstairs is better than downstairs because these gases are heavier than air so they tend to stay close to the ground. Shut and lock all doors and windows. Turn off air conditioners, heaters, ventilation systems and electrical appliances. Close all water taps and gas taps.



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Seal ventilators with tape and then do the same around doors and windows. If possible, place damp towels at the bottom of doors. Monitor local broadcasts for current information. Cooperate with official instructions.

#### NUCLEAR ATTACK

If you see a bright light like the sun, drop to the ground. Do NOT look at the explosion. The heat will be over in a second. There will be two blast waves, one going out and another coming back in. The initial blast will be over in about two minutes.

Heat, radiation, and debris will kill most people within a half mile or so, depending on the size of the blast. If you survive the blast, seek shelter. Monitor local broadcasts for current information if possible.

#### FIRE

In case of fire, you should evacuate the building immediately. If you must leave through smoke, remember to crawl low to the ground, underneath the smoke. Feel any doors with the back of your hand. If the door is hot, find another way out. Call 9-1-1. Notify neighbors of the situation.

Fire extinguishers may be used to put out a fire. Remember that fires are unpredictable and may spread rapidly, trapping you inside the building. Always keep your back to an escape route when fighting a fire.

#### WILD FIRE

If you see a wildfire, such as untended burning brush, call 9-1-1. Monitor local broadcasts for official instructions. Prepare for evacuation. Evacuate pets and all family members who are not essential for preparing the home. Anyone with medical or physician limitations and the young and elderly should be evacuated immediately.

Wear protective clothing. Remove combustibles and items from around the house that will burn. Close all doors and windows. Close all doors inside the house to prevent drafts. Open the damper on your fireplace, but close the screen. Shut off all gas and propane supplies at the source. Connect garden hoses. Fill any pools, hot tubs, or any large containers with water. Close all garage doors. Turn on all lights in the house; it will make the house easier to see in heavy smoke.