

All-Hazard Individual And Family Planner

Prepared by Jackson County Emergency Management

Local, national or international terrorist activities can cause power failures, food shortages, and widespread illness. Electrical power can be lost when storms and floods occur. Following any type of disastrous event, radio, telephone and television communication may not be readily available.

The above problems resulting from natural or technological disasters can affect all of us. Each of us must, therefore, prepare for all types of hazards by taking steps to lessen their effects. We never know when a disaster will occur, and we must prepare now. Preparedness will result in less fear.

Those in the vicinity of Jackson County should tune to NOAA Warning radios with battery backup to receive initial notification of local disasters any time they happen. Then, tune portable radios to local broadcasters after hearing the initial NOAA warnings.

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This booklet is designed as a planning guide for individuals and families by Jackson County Department of Emergency Management. The plans and ideas are put forth by sources mentioned in the back of the booklet. The information provided may be available to the public in more detail from these named sources. The information used is with the permission of these sources. The advice contained in this booklet is a guide and only a guide and the advice given is the advice of the mentioned sources. It is the hope of Jackson County Emergency Management that the advice is used by individuals and families to help prepare them for disasters of nature or man.

SECTION ONE:

ALL SEASON INFORMATION

I. Rolling Blackouts

Safety Information for Short-Term Power Outages or “Rolling Blackouts”

A. What is a “Rolling Blackout?”

A rolling blackout occurs when a power company turns off electricity to selected areas to save power. The areas are selected using sophisticated computer programs and models. The blackouts are typically for one hour, then the power is restored and another area is turned off. Hospitals, airport control towers, police stations, and fire departments are often exempt from these rolling blackouts. These blackouts usually occur during peak energy usage times, usually between 4:00 p.m. and 7:00 p.m. on weekdays, but they can happen at any time of day. Blackouts may affect the same area more than once a day, and may exceed an hour's duration.

B. Top Safety Tips for a Blackout

- Use a flashlight for emergency lighting. Never use candles!
- Turn off electrical equipment you were using when the power went out.
- Avoid opening the refrigerator and freezer.
- Do not run a generator inside a home or garage.
- If you use a generator, connect the equipment you want to power directly to the outlets of the generator. Do not connect a generator directly to a home's electrical system.
- Listen to local radio and television for updated information.

C. How Can I Prepare Before a Blackout Happens?

Assemble essential supplies, including:

- Flashlight
- Batteries
- Portable radio
- At least one gallon of water
- A small supply of food
- Due to the extreme risk of fire, do not use candles during a power outage.

If you have space in your refrigerator or freezer, consider filling plastic containers with water, leaving about an inch of space inside each one. (Remember, water expands as it freezes, so it is important to leave room in the container for the expanded water). Place the containers in the refrigerator and freezer. This chilled or frozen water will help keep food cold if the power goes out by displacing air that can warm up quickly with water or ice that keeps cold for several hours without additional refrigeration.

If you use medication that requires refrigeration, most can be kept in a closed refrigerator for several hours without a problem. If unsure, check with your physician or pharmacist.

If you use a computer, keep files and operating systems backed up regularly. Consider buying extra batteries and a power converter if you use a laptop computer. A power converter allows most laptops (12 volts or less) to be operated from the cigarette lighter of a vehicle. Also, turn off all computers, monitors, printers, copiers, scanners and other devices when they're not being used. That way, if the power goes out, this equipment will have already been safely shut down. Get a high quality surge protector for all of your computer equipment. If you use the computer a lot, such as a home business, consider purchasing and installing an uninterruptible power supply (UPS). Consult with your local computer equipment dealer about available equipment and costs.

If you have an electric garage door opener, find out where the manual release lever is located and learn how to operate it. Sometimes garage doors can be heavy, so get help to lift it. If you

regularly use the garage as the primary means of entering your home upon return from work, be sure to keep a key to your house with you, in case the garage door will not open.

If you have a telephone instrument or system at home or at work that requires electricity to work (such as a cordless phone or answering machine, plan for alternate communication, including having a standard telephone handset, cellular telephone, radio, or pager. Remember, too, that some voice mail systems and remote dial-up servers for computer networks may not operate when the power is out where these systems are located. So even if you have power, your access to remote technology may be interrupted if the power that serves those areas is disrupted. Check with remote service providers to see if they have backup power systems, and how long those systems will operate.

Keep your car fuel tank at least half full because gas stations rely on electricity to power their pumps. Contact Emergency Management for a list of stations with emergency electrical generators.

Follow energy conservation measures to keep the use of electricity as low as possible, which can help power companies avoid imposing rolling blackouts.

D. Specific Information for People with Disabilities

If you use a battery-operated wheelchair, life-support system, or other power-dependent equipment, call your power company before rolling blackouts happen. Many utility companies keep a list and map of the locations of power-dependent customers in case of an emergency. Ask them what alternatives are available in your area. Contact the customer service department of your local utility company to learn if this service is available in your area.

If you use a motorized wheelchair or scooter, have an extra battery. A car battery also can be used with a wheelchair but will not last as long as a wheelchair's deep-cycle battery. If available, store a lightweight manual wheelchair for backup.

If you are Blind or have a visual disability, store a talking or Braille clock or large-print timepiece with extra batteries.

If you are Deaf or have a hearing loss, consider getting a small portable battery-operated television set. Emergency broadcasts may give information in American Sign Language (ASL) or open caption.

E. What Do I Do During A Blackout?

Turn off or disconnect any appliances, equipment (like air conditioners) or electronics you were using when the power went out. When power comes back on, it may come back with momentary “surges” or “spikes” that can damage equipment such as computers and motors in appliances like the air conditioner, refrigerator, washer, or furnace.

Leave one light turned on so you’ll know when your power returns.

Leave the doors of your refrigerator and freezer closed to keep your food as fresh as possible. If you must eat food that was refrigerated or frozen, check it carefully for signs of spoilage. See the Red Cross brochure called, “Help! The Power Is Out” for more information.

Use the phone for emergencies only. Listening to a NOAA Warning Radio and a portable radio can provide the latest information. Do not call 9-1-1 for information – only call to report a life-threatening emergency.

Eliminate unnecessary travel, especially by car. Traffic signals will stop working during an outage, creating traffic congestion.

Remember that equipment such as automated teller machines (ATM) and elevators may not work during a power outage.

If it is hot outside, take steps to remain cool. Move to the lowest level of your home, as cool air falls. Wear lightweight, light-colored clothing. Drink plenty of water, even if you do not feel thirsty. If the heat is intense and the power may be off for a long time, consider going to a movie theater, shopping mall, or “cooling shelter” that may be opened in your community. Listen to local radio or television for more information.

Remember to provide plenty of fresh, cool water for your pets.

If it is cold outside, put on layers of warm clothing. Never burn charcoal for heating or cooking indoors. Never use your oven as a source of heat. If the power may be out for a prolonged period, plan to go to another location (relative, friend, or public facility) that has heat to keep warm.

II. COPING WITH DISASTER

A. Emotional Health Issues in the Aftermath of Disaster

It is important for the victims of any traumatic incident to understand the emotional effects of loss and disruption. Disasters affect people in many ways. There are many normal negative feelings that occur following a disaster. These are usually temporary and frequently occur in stages.

- Initially, people may go into a state of shock. Fear, disbelief, disorientation, numbing and difficulty making decisions are common initial responses. Many people find it helpful to keep busy immediately following a disaster.
- Some folks become anxious and panicky. Some common signs of this might include nervousness, trembling, dizziness, inability to slow down or relax, pounding heart, inability to concentrate, trouble breathing or disturbed sleeping patterns. It is very helpful to acknowledge these feelings and talk to someone about them. Equally as important is reestablishing routines such as regular meals, regular rest breaks, brushing teeth, bathing, shaving, etc.
- Later responses may include anger, bitterness and suspicion. It helps to express this resentment properly. Once again keeping busy and focusing on day to day business helps to channel this negative energy.
- After a period of time people may become sad and blue. The most common signs of this might be a change in appetite and digestive problems, fatigue, restlessness, hopelessness, worthlessness or withdrawal. It is important that people not isolate from family, friends or social activities.
- Some individuals become fearful for their own safety and future. Many of these fears will go away with time once things become more normal and routine.
- Feelings of guilt over what has happened are not uncommon. Some people wonder if they are somehow responsible for what has occurred. They may feel awkward in receiving help or feel that they haven't helped their neighbors enough.

B. What You Can Do to Care for Yourself

- Recognize your own feelings
- Talk to others about your feelings; this will help relieve your stress and help you realize other victims share your feelings.
- Accept help from others in the spirit in which it is given. Wouldn't you help them?
- Whenever possible, take time off and do something you enjoy.
- Get enough rest.
- Get as much physical activity as possible, such as running or walking.
- Give someone a hug; touching is very important.

C. Children and Their Response to Disaster

Following a disaster some children may experience:

- Thumb sucking or bed wetting
- Clinging to parents
- Reluctance to go to bed
- Nightmares
- Fantasies that the disaster never happened.
- Crying or screaming
- Withdrawal
- Refusal to attend school
- Problems at school or inability to concentrate.

In a disaster, children look to parents and other adults for help. How grown-ups react to an emergency gives children clues on how to act. If adults react with alarm, a child may become more scared. They see this fear as proof that the danger is real. If adults seem overcome with a sense of loss, a child may feel their losses more strongly.

Children's fears also may stem from their imagination, and these

feelings should be taken seriously. A child who feels afraid is afraid. A parent's words and actions can provide reassurance. When talking with a child, be sure to present a realistic picture that is both honest and manageable.

Feelings of fear are healthy and natural for adults and children. It is important for the adult to keep control of the situation and concentrate on the child's emotional needs by asking the child what's uppermost in his or her mind. An adult's response during this time may have a lasting impact.

Be aware that after a disaster, children are most afraid that--

- * The event will happen again.
- * Someone will be injured or killed.
- * They will be separated from the family.
- * They will be left alone.

Keep the family together as much as possible and make children a part of what you are doing to get the family back on its feet. Include children in recovery activities. Give children chores that are their responsibility. This will help children feel they are part of the recovery. Having a task will help them understand that everything will be all right. Having children participate in the family's recovery activities will help them feel that their life will return to "normal." Calmly and firmly explain the situation. As best as you can, tell children what you know about the disaster. Explain what will happen next. Get down to the child's eye level and talk to him or her.

Encourage children to talk. Let children talk about the disaster and ask questions as much as they want. Encourage children to describe what they're feeling. Encourage them to draw pictures of the disaster. Listen to what they say. If possible, include the entire family in the discussion.

You can help children cope by understanding what causes their anxieties and fears. Reassure them with firmness and love. Your children will realize that life will eventually return to normal.

Local mental health providers are available in Jackson County to help disaster victims who have emotional health concerns.

III. Electric Generators

A Source of Emergency Power

Standby generators are either engine driven or tractor driven. Gasoline, LP gas (bottled gas) and diesel-fueled engines are available. Generators must provide the same type of power at the same voltage and frequency as that supplied by power lines. This is usually 120/140 volt, single phase, 60 cycle alternating current (AC).

Size of Generators

A full-load system will handle the entire farmstead load. Automatic engine-powered, full-load systems will begin to furnish power immediately, or up to 30 seconds after power is off. Smaller part-load systems may be enough to handle essential equipment during an emergency.

Power-take-off (PTO) generators are about half as costly as engine-operated units. Under a part-load system, only the most essential equipment is operated at one time. For most farms, this type of system is adequate, provided the generator is sized to start the largest motor. For example, the milk cooler or ventilation fan would need to be operating continuously, but the operation of the silo unloader and mechanical feeding system could be postponed until the milking chores are completed. PTO units can be mounted on a trailer.

The chart that follows shows the power requirements of typical household appliances and workshop power tools in watts, the standard measure of electrical power. A key heading here is “Start-Up Watts” – the momentary peak load demanded for short periods of time when any appliance with an electric motor first starts. “Running Watts” indicates normal operating levels, though a power tool under load will consume more. When you’re tallying your power requirements, use start-up watt figures where they exist. For equipment that’s not on the chart, and has no stated wattage requirements, look for amperage rating on the nameplate. You can calculate wattage by multiplying amperage draw by rated voltage. (Example: 15 amps x 120 volts = 1,800 watts.) As a rule of thumb, triple this number to determine start-up watts if the item has a motor.

Installation

Wiring and equipment must be installed in accordance with the National Electrical Code, local ordinances and the requirements of your power supplier. It is essential that you have the proper equipment for disconnecting the generator from public utility lines. Most companies require the installation of a double-pole double-throw transfer switch or its equivalent for this purpose.

- ◆ Check with an electrician to be sure local codes are followed and that the generator is safe. Excess heat and combustion fumes are safety concerns.
- ◆ Check the voltmeter frequently. If voltage falls below 200 volts for 240-volt service or below 100 volts for 120-volt service, reduce the load on the generator by turning off some electrical equipment. Follow maintenance instructions in manufacturer's manual.

Power Hungry Appliances

Below are typical start-up and running wattage requirements for common household appliances and workshop power tools. Check your equipment specifications to determine exact needs.

Appliance	Start-up Watts	Running Watts
VCR	-	50
Radio	-	100
Oil Burner	3,100	235
TV/Computer	-	350
Furnace Blower	1,400	700
Microwave	-	750
Sump Pump	1,400	750
Washing Machine	2,000	750
Well Pump	2,000	750
Refrigerator	2,500	800
Coffee Maker	-	850
2-Slice Toaster	-	1,100
Space Heater	-	1,300
Water Heater	-	3,000

Tool	Start-up Watts	Running Watts
3/8" Drill	1,000	350
Palm Sander	1,000	360
Paint Sprayer	750	600
Circular Saw	1,500	750
Jigsaw	2,000	800
1 hp Angle Grinder	2,400	800
1/2" Hammer Drill	3,000	1,000
Reciprocating Saw	3,500	1,200
2 hp Router	3,900	1,300
Belt Sander	3,900	1,300
Contractor's Saw	4,500	1,500
Miter Saw	4,500	1,500

Single tool or small appliance: 1.5 kW (1500 watts) generator

Average house minimum to run basic needs: 5 kW (5000 watts) generator

Farm to milk, cool milk and feed basic: 25 kW (25000 watts) generator

IV. Practical Suggestions

A. Water:

Store water in plastic containers such as (clean) soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Intense physical activity can double that amount. Children, nursing mothers and ill people will need more.

- ◆ Store one gallon of water per person per day (two quarts for drinking, two quarts for food preparation/sanitation).
- ◆ For disasters, the American Red Cross suggests keeping at least a three-day supply of water for each person in your household.

B. Decontamination of water:

When treated water is not available, you must disinfect water using one of the following methods.

Preferred –

Iodine Tablets

- ◆ Fill a one-quart container with the cleanest water available.
- ◆ Put one tablet in clear water, or two in cold or cloudy water.
- ◆ Double the tablets for double amounts of water.
- ◆ Place cover on container and wait 5 minutes then shake the container. Loosen the cover and tip the container over to allow leakage around the cover area. Tighten the cover and wait an additional 25 minutes before drinking.

Alternate methods

Chlorine Ampoules:

- ◆ Fill one-quart container with cleanest water available.
- ◆ Mix one ampoule of chlorine with one-half cup of water; stir the mixture with a clean device until contents are dissolved. Take care not to cut hands when breaking open the glass ampoule.
- ◆ Pour one-half ounce of the above solution into your one-quart container.

- ◆ Place a cover on the container and shake. Slightly loosen the cap and tip the container over to allow leakage around cover. Tighten the cover and wait 30 minutes before drinking.

Tincture of Iodine:

- ◆ Fill one-quart container with cleanest water available.
- ◆ Add 5 drops of 2 percent Tincture of Iodine per quart. If water is cold or cloudy, add 10 drops.
- ◆ Mix thoroughly by shaking container. Slightly loosen the cover and tip container over to allow leakage around cap. Tighten cover and wait 30 minutes before drinking.
- ◆ Very cloudy or cold water may require prolonged contact time. Let stand several hours or overnight if possible.

Household/common bleach

- ◆ Fill one-quart container with cleanest water possible.
- ◆ Read label on bleach bottle to determine amount of available chlorine. Liquid chlorine laundry bleach usually has 4 to 6 percent available chlorine.

Drops to be added to one quart:

<u>Available Chlorine</u>	<u>Clear Water</u>	<u>Cold or Cloudy Water</u>
1%	10	20
4-6%	2	4
7-10%	1	2

Place cap on container and shake. Slightly loosen the cap and tip container over to allow leakage around cover and threads. Tighten cap and wait 30 minutes before drinking.

When chlorine or iodine is not available, boil water 5 to 10 minutes. In an emergency, even boiling water for 15 seconds will help. Boiled water must be protected from recontamination.

C. Food:

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. If you must heat food, have cans of sterno on hand - follow instructions on the can. Select food items that are compact and lightweight. Expensive trail food from various manufacturers is unnecessary and often poor tasting.

- ◆ Ready-to-eat canned meats, fruits and vegetables. Don't forget a manual can opener.
- ◆ Canned juices, milk, soup (if powdered, store extra water).
- ◆ Staples - sugar, salt, pepper.
- ◆ High-energy foods - peanut butter, jelly crackers, granola bars, and trail mix.
- ◆ Vitamins.
- ◆ Foods for infants, elderly persons or persons on special diets.
- ◆ Comfort/stress foods - cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags.

1. Refrigerator/Freezer:

Wisconsin Department of Agriculture, Trade and Consumer Protection suggests that if energy is shut off, "Prevent food spoilage by keeping the freezer or refrigerator closed. Foods can stay cold and safe for two days in a fully packed and closed freezer and safe for one day in a half-full freezer."

The U.W. Extension, Division of Food Safety says don't open the freezer until power is restored. If food items have ice crystals throughout and feel cold to the touch, they can be refrozen. "But if in doubt, throw it out."

The same guidelines go for the refrigerator. "When the power comes back on, put a thermometer inside the fridge. If it reads higher than 40 degrees F, discard all perishable foods, such as: raw or cooked meat or seafood; milk and dairy products; cooked pasta and pasta salads; fresh eggs and egg substitutes; meat-topped pizza and lunch meats; casseroles and soups; mayonnaise and tartar sauce; and cream-filled pastries. Other items such as butter, ketchup, jelly, hard cheeses, and bread and rolls are usually safe if power is restored within two days.

If power is predicted to be off for a longer period, consider outside storage. Check temperatures carefully. Keep food away from animals' outdoors.

For answers to specific questions you are asked to call 1-800-535-4555 or Jackson County Health Department.

2. Hot Food Preparation:

For boiling water and warming canned goods, consider the following:

- ◆ Sterno
- ◆ Fondue candles for heating
- ◆ Gas grill or charcoal grill (outdoors)
- ◆ Wood fire

D. First Aid Kit:

This American Red Cross suggestion is a smart idea all the time. Assemble a first aid kit for your home and one for each car. A first aid kit should include:

- ◆ Sterile adhesive bandages in assorted sizes.
- ◆ 2-inch sterile gauze pads (4-6).
- ◆ 4-inch sterile gauze pads (4-6).
- ◆ Hypoallergenic adhesive tape.
- ◆ Triangular bandages (3).
- ◆ 2-inch sterile roller bandages (3 rolls).
- ◆ 3-inch sterile roller bandages (3 rolls).
- ◆ Scissors.
- ◆ Tweezers.
- ◆ Needle.
- ◆ Moistened towelettes.

- ◆ Antiseptic.
- ◆ Thermometer.
- ◆ Tongue blade (2).
- ◆ Tube of petroleum jelly or other lubricant
- ◆ Assorted sizes of safety pins.
- ◆ Cleansing agent/soap.
- ◆ Latex gloves (2 pair).
- ◆ Sunscreen
- ◆ Aspirin or non-aspirin pain reliever.
- ◆ Anti-diarrhea medication.
- ◆ Antacid (for stomach upset).
- ◆ Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center).
- ◆ Laxative.

E. Tools and Supplies:

(Another good list of suggestions for any type disaster).

- ◆ Mess kits or paper cups, plates and plastic utensils.
- ◆ Pliers or Leatherman type multi-tool.
- ◆ Battery operated radio and extra batteries.
- ◆ Flashlight and extra batteries.
- ◆ Cash and change.
- ◆ Non-electric can opener, utility knife.
- ◆ Fire extinguisher: ABC type.
- ◆ Tape.
- ◆ Matches in waterproof container.
- ◆ Aluminum foil.
- ◆ Plastic storage containers and Ziploc type bags.
- ◆ Paper, Pencil.
- ◆ Needles, thread.

- ◆ Medicine dropper.
- ◆ Shut-off wrench, to turn off household gas and water.
- ◆ Plastic sheeting

F. Sanitation/Hygiene:

A simple, temporary toilet can be made with a five-gallon pail or similar size sturdy plastic bucket. Line the pail with a plastic bag. For comfort in sitting, an inexpensive seat can be purchased or cut from scrap plywood. Tie the bag and store outside, out of the sun if possible, and away from animals. In colder weather, the contents will probably freeze and not be a sanitation problem until warm weather arrives. In warmer weather, check with County sanitation and hygiene workers regarding proper disposal. Wash hands.

- ◆ Toilet paper, towelettes.
- ◆ Soap, liquid detergent.
- ◆ Feminine supplies.
- ◆ Personal hygiene items.
- ◆ Plastic garbage bags, ties (for personal sanitation uses).
- ◆ Plastic bucket with tight lid.
- ◆ Disinfectant.
- ◆ Household chlorine bleach.

G. Clothing:

We regularly survive and thrive at cold weather events such as Packer games. If you begin to get chilled, move around a bit to get warmed up again.

- ◆ Sturdy, warm shoes & warm boots adequate for conditions. We live here; we already have these.
- ◆ Warm hat and gloves or mittens.
- ◆ Thermal underwear. Don't go out and spend lots of money on high-tech underwear, layers of pajamas and other such items will work as well.
- ◆ Chemical or white gas fueled handwarmers.
- ◆ Electric socks will use too many batteries.

H. Bedding:

As with clothing, it is not necessary to purchase high-tech solutions. Our forefathers did well simply by adding another blanket or two. Be sure to allow the air you breath to escape (i.e. don't cover yourself with a plastic material) or moisture will collect in the bedding and your insulation material will become wet and useless.

- ◆ Blankets or sleeping bags.

I. Stress:

Fear and physical signs or symptoms of stress are normal reactions before and during dangerous/life-threatening situations. Learn not to let fear or stress keep you from functioning adequately. Talk about what is happening with friends and family.

- ◆ Learn ways to relax quickly.
- ◆ Give each other moral support if things are tough.
- ◆ Care for friends and neighbors and work together to provide everyone food, water, sleep and shelter. Protect against heat, cold and poor sanitation conditions.

Pessimists tend to think any efforts to change them or the situation will be futile, so they don't try, therefore, minimizing their chances for success.

Optimists use coping strategies that increase their likelihood of success. At least try to resolve or make situations more manageable. Persevere but be realistic. When reason tells you a situation is out of your hands, accept it and refuse to dwell on troubles.

J. Special Items:

Remember family members with special needs, such as infants and elderly or disabled persons.

Baby

Formula

Diapers

Bottles

Powdered milk

Medications

Adult

Heart and high blood pressure medication

Insulin

Prescription drugs

Denture needs

Contact lenses and supplies

Entertainment

If the power goes out, kids and adults will perhaps have long hours with no heat and little light. Plan ways to keep busy.

- ◆ Games, books and outdoor exercise

K. Suggestions and Reminders for Stored Items:

Store the above kits in a convenient place known to all family members. A small car kit is a good idea if travel is necessary.

- ◆ Store items in airtight plastic bags.
- ◆ Change stored water supply after six months (why discontinue a good disaster preparedness habit). Change stored food also after six months.
- ◆ Check or replace batteries.
- ◆ Check with physician or pharmacist about storing prescription medications.

L. Utilities:

- ◆ Be patient, crews and outside help will work hard to restore services as quickly as safety permits.
- ◆ Locate main electric fuse or breaker box. Check on public announcements regarding shutting off. Ask your local utility for information and safe practices.
- ◆ Locate water service main. Determine whether to drain (and how to safely drain beforehand). Again, there will be public announcements by any available means.
- ◆ Locate gas main, if any. Have the necessary wrench available to shut it off if directed or prudent to do so. Ask your local utility for information and safe practices. (If you turn the gas off, you will need a professional to turn it back on).

M. Car Travel Tips:

If you must travel and have sufficient fuel and have a safe, more secure destination, follow these tips adapted from Natural Disaster Planning Section, Wisconsin Division of Emergency Management, Department of Military Affairs:

- ◆ Make sure your vehicle is in good operating condition, winterized and properly serviced and equipped.
- ◆ Determine road conditions by stopping at the police or sheriff's department. Advise them and neighbors of your plans and destination. People who care about you will want to know where you are.
- ◆ Spare fuel should not be carried inside the vehicle or trunk.
- ◆ See Cold Weather section of this booklet.

N. Neighbors Helping Neighbors:

Meet with your neighbors to plan how you can work together after any type of disaster until help arrives. Know your neighbor's special skills (e.g., medical, technical) and consider how you could help neighbors who have special needs, such as disabled and elderly persons.

O. Going to a shelter or sheltering in place:

Listen to local news and public warning systems to determine if evacuation is necessary. Unfortunately, if electrical power is lost in the entire region, there will be little benefit to evacuating because there will not be enough shelter space available for everyone. For most of us, sheltering in place will be necessary.

Individuals unable to cope by themselves will need to be given first consideration regarding moving to available shelters, which have heat and electricity.

For those requiring evacuation:

- ◆ Contact authorities or neighbors if help is needed.
- ◆ Wear appropriate clothing and shoes.
- ◆ Take your Disaster Supplies Kit.
- ◆ Lock your home.
- ◆ Notify shelter authorities of any special need you may have. They will do their best to accommodate you and make you comfortable.

If there is enough time:

- ◆ Shut off water, gas and electricity if instructed to do so and if you know how. Gas must be turned back on by a professional.
- ◆ Let others know when you left and where you are going.

P. Pets:

Make arrangements for pets now. A relative or friend in another area (that isn't likely to be effected by a disaster here) may be willing to take care of your pets if you will do the same for them. Animals other than working animals may not be allowed in public shelters.

- ◆ One week supply of food and water; be prepared for pet hygiene needs.

Q. Battery Operated Radios

Sometimes emergency conditions such as flooding can be predicted with a reasonable degree of expectation. At other times AM and FM radio broadcasts and television media will be used to advise Jackson County residents of conditions and responses. You will find that in spite of the fact that your electrical power may be out, certain broadcasters with generators will continue to operate. Unless you have your own generator, a portable radio is a necessary part of your individual or family preparedness kit. Spare batteries may also be needed.

R. NOAA Weather Warning Radios with Specific Area Message Encoding (SAME)

NOAA provides the voice for National Weather Service (NWS) continuous weather broadcasts. Weather messages are repeated every 4 to 6 minutes and are updated frequently during the approach of severe weather.

Transmitters broadcasting weather messages generally only have a range of 40 miles. Hills and valleys in Jackson County can adversely effect reception. A NOAA Weather Warning receiver should be tested in the location where it will be used, prior to purchase if possible. An antenna may be needed.

The SAME feature allows the listener to program the radio to receive watches and warnings and sound the alarm for those messages meant for Jackson County only or for one or two other counties if desired.

NWS will also send messages of Hazardous Materials spills when requested by Jackson County authorities. Keep NOAA Weather Warning radios with SAME tuned to WNG-564 (162.500 MHz) Black River Falls or WXJ-86 (162.550 MHz) La Crosse for emergency messages 24 hours a day.

Scanners are poor substitutes for NOAA weather warning radios as they will lock on to the tuned to continuous NOAA weather broadcast and will stop scanning other channels you may wish to hear.

S. Monetary:

Have extra cash on hand, in case computer controlled electronic transactions involving ATM cards, credit cards, etc. cannot be processed. Keep cash in a safe place and withdraw money from your bank accounts in small amounts well in advance of a serious incident if it's arrival is predicted to occur. Avoid long lines at the bank due to last minute concerns.

T. Smoke/Carbon Monoxide Alarms:

If you have smoke alarms that are hard-wired into your home's electrical system, check to see if they have battery back up. Replace used batteries annually.

SECTION TWO:

COLD WEATHER INFORMATION

A. Cold-Weather Health Conditions

Serious health problems can result from prolonged exposure to the cold. The most common cold-related problems are hypothermia and frostbite.

Hypothermia

Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature.

Hypothermia is most likely at very cold temperatures, but can occur even at cool temperatures (above 40 degrees F.) if a person becomes chilled from rain, sweat, or submersion in cold water.

Recognizing Hypothermia *Warning signs of hypothermia*

Adults

Shivering
Confusion
Memory loss
Drowsiness
Exhaustion
Fumbling hands
Slurred speech

Infants

Bright red, cold skin
Very low energy

B. What to do

If you notice any of these signs, take the person's temperature. If it is below 95°F, the situation is an emergency – get medical attention immediately.

If medical care is not available, begin warming the person, as follows:

- ◆ Get the victim into a warm room or shelter.
- ◆ If the victim has on any wet clothing, remove it.
- ◆ Warm the center of the body first – chest, neck, head, and groin – using an electric blanket, if available. Or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.
- ◆ Warm beverages can help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person.
- ◆ After body temperature has increased, keep the person dry and wrapped in a warm blanket, including the head and neck.
- ◆ Get medical attention as soon as possible.

A person with severe hypothermia may be unconscious and may not seem to have a pulse or to be breathing. In this case, handle the victim gently, and get emergency assistance immediately. Even if the victim appears dead, CPR should be provided. CPR should continue while the victim is being warmed, until the victim responds or medical aid becomes available. In some cases, hypothermia victims who appear to be dead can be successfully resuscitated.

C. Frostbite

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes.

Recognizing Frostbite

At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin – frostbite may be beginning. Any of the following signs may indicate frostbite:

- ◆ A white or grayish-yellow skin area

- ◆ Skin that feels unusually firm or waxy
- ◆ Numbness

A victim is often unaware of frostbite until someone else points it out, because the frozen tissues are numb.

What to Do

If you detect symptoms of frostbite, seek medical care.

If (1) there is frostbite but no sign of hypothermia and (2) immediate medical care is not available, proceed as follows:

- ◆ Get into a warm room as soon as possible.
- ◆ Unless absolutely necessary, do not walk on frostbitten feet or toes – this increases the damage.
- ◆ Immerse the affected area in warm – not hot – water (the temperature should be comfortable to the touch for unaffected parts of the body)
- ◆ Or, warm the affected area using body heat. For example, the heat of an armpit can be used to warm frostbitten fingers.
- ◆ Do not rub the frostbitten area with snow or massage it at all. This can cause more damage.
- ◆ Don't use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.

These procedures are not substitutes for proper medical care. Hypothermia is a medical emergency and frostbite should be evaluated by a health care provider.

D. Staying Warm in an Unheated House

Coping with a Power Outage in Winter

During severe winter storms, your home heating system could be inoperative for as long as several days. To minimize discomfort and possible health problems during this time, conserve body heat by dressing warmly; find or improvise an alternative heat source, such as a fireplace or electric space heater; confine heating to single room; and keep safety a foremost consideration. Chances of

freezing to death in your home are small; there's a greater danger of death by fire, lack of oxygen or carbon monoxide poisoning.

Think Safety First

Safety is of extreme importance in a heating emergency. Follow these precautions:

- ◆ Do not burn anything larger than candles inside your home without providing adequate ventilation to the outside.
- ◆ Any type of heater should be vented. Connect the stovepipe to a chimney flue, or hook up your stove to the flue entrance of the non-functioning furnace pipe. If you use a catalytic or unvented heater, cross-ventilate by opening a window an inch on each side of the room. It is better to let in some cold air than to run the risk of carbon monoxide poisoning.
- ◆ Do not use a gas or electric oven or surface unit for heating. A gas oven may go out or burn inefficiently, leading to carbon monoxide poisoning; electric ovens are not designed for space heating. Do not burn outdoor barbecue materials such as charcoal briquettes inside – even in a fireplace.
- ◆ Keep firefighting materials on hand. These may include: dry powder fire extinguishers, a tarp or heavy blanket, sand, salt, baking soda and water.

Conserve Body Heat

Put on extra clothing. If cold is severe, your bed may be the warmest place. Use extra blankets and coverings to trap body heat; this is an especially good way to keep children warm. Farm families might consider taking refuge in the relative warmth of the livestock barn.

Find or Improvise an Alternative Heat Source

You may have alternative heating resources around your home. Possibilities include items like a fireplace, space heater, catalytic camp stove, or wood/gas/oil heater.

Select a Room to be Heated

To increase efficiency of available heat, close off all rooms except the one to be heated. Try to select a room on the “warm” side of the house, away from prevailing winds. Avoid rooms with large windows or uninsulated walls. Interior bathrooms probably have the lowest air leakage and heat loss. Your basement may be a warm place in cold weather because the earth acts as insulation and minimizes heat loss. Isolate the room from the rest of the house by keeping doors closed, hanging bedding or heavy drapes over entryways. Confine emergency heat to a small area; if using a vented stove or space heater, be sure that the selected room has a stove or chimney flue for ventilation.

E. Winter Car Kit

Winter Car Kit

It is always a good idea to have a winter travel kit in each car. If this is not practical, borrow some of these items from your home kit. Suggested items:

- ◆ Blankets or Sleeping Bag for each traveler.
- ◆ Warm, extra clothing. Head cover, mittens or gloves and warm boots.
- ◆ High calorie, nonperishable food. Candy, canned nuts, raisins, etc.
- ◆ Drinking water (keep from freezing).
- ◆ Matches, candles, solid fuel (sterno), chemical hand warmers. Proper ventilation is essential. One person must stay awake if candles, catalytic heaters, etc. are burning.
- ◆ Pocket knife or Leatherman type tool and first aid kit.
- ◆ Facial or toilet tissue.
- ◆ Transistor radio with extra batteries.
- ◆ Flashlight and extra batteries.
- ◆ Battery booster/jumper cables.
- ◆ Signal flares.
- ◆ Shovel.
- ◆ Two tow chains.
- ◆ Sand or kitty litter for traction if stuck.
- ◆ Basic repair tools.
- ◆ Axe. Suggested for cutting tree branches for traction if stuck.
- ◆ Fire extinguisher.
- ◆ Extra motor oil. Can be used to set a fire in a hubcap outside the vehicle as a signal if stranded.
- ◆ Gas line deicer.
- ◆ Windshield scraper.

- ◆ Distress flag.
- ◆ Games.

If stalled

- ◆ Keep calm.
- ◆ Stay in vehicle. Do not attempt to walk out of a blizzard. You are much more likely to be found by staying in your vehicle.
- ◆ Avoid overexertion and exposure.
- ◆ Open vehicle windows or doors occasionally so they don't freeze shut.
- ◆ Fresh air. Avoid carbon monoxide and oxygen starvation if using a candle, etc.
- ◆ Run motor and heater sparingly. Down-wind window should be opened slightly for ventilation. Rule of thumb is 15 minutes per hour.
- ◆ Turn on dome light at night to be visible to work crews.
- ◆ Keep watch; exercise to keep awake or to improve circulation.

F. Protecting Plumbing During a Winter Storm

Care of Utilities and Appliances When the Power is Out

If the heat will be off in your home for several days during a winter storm, you should protect exposed plumbing, sewage systems and appliances from freezing and subsequent damage. Frozen pipes could become a problem once the temperature inside the home falls below 40 degrees F.

If some pipes have frozen, despite the fact that power has returned or exists, there are some simple measures to take. But whenever possible, get an expert for plumbing work or repairs.

Reduce the Chance of Frozen Pipes

Follow these steps to reduce the chance of pipes freezing during a power failure:

- ◆ Shut off the water at the main valve, or turn off the well pump if it is in the house.
- ◆ Turn the water heater off. An explosion could result if the heater is left on without water in the system. You will find either an electrical switch or gas valve for shutting off the appliance.
- ◆ Open all the faucets on the lower level, then the upper level. You may want to collect the water for household use.
- ◆ Insulate undrainable pipes around their main valves. Use newspaper, blankets or housing insulation.

Modern housing is not usually designed for easy winterization, for this reason, you should contact a plumber or other expert if the house will be without heat for an extended period of time. Critical measures include: draining of toilets, water softening units, drain traps, sump pumps, heaters, humidifiers, dishwashers and other appliances that use water.

G. When Pipes Freeze

Under normal circumstances, most of us never have to worry about a frozen water pipe. Most pipes are on interior walls and are insulated well enough that water does not freeze. But frozen pipes may become a concern if the heat is off or if water pipes run through unheated crawl spaces, floors over garages or in outside walls. If pipes do freeze:

- ◆ Shut off the water supply and open faucets to the frozen pipes;
- ◆ Warm them with a heat lamp, blow dryer or portable heater; do not use boiling water or open flame/propane torches;
- ◆ Open sink cabinets to let in warm air, applying only moderate heat over several hours.

If pipes have burst, you could take preventative action; immediately turn off their water supply. Try to locate the areas that need repair and call a plumber.

H. ***Winter Power Failure on the Farm***

Keeping Animals and Equipment Safe

A winter power failure or fuel shortage can cause problems on farms, but being prepared can keep problems to a minimum. Ideally you should have a standby electric generator for emergency power. Assuming you have no power, take the following precautions to keep animals and equipment safe.

Poultry and Livestock

To protect poultry and livestock during a power failure:

- ◆ Ventilate buildings. Do not close buildings tight to conserve heat, since animals could suffocate from lack of oxygen. Clear ice and snow from all vents because oxygen will eventually be used up in mechanically ventilated production facilities. Then open vents to facilitate natural airflow.
- ◆ Provide water. All animals, especially cattle, need plenty of water during cold weather. It may be possible to drive your water pump with a small gasoline engine and a belt. Otherwise, you will need to haul water.
- ◆ Provide heat. Use camp stoves and heaters as emergency heat sources for brooders. Plan ahead to have this equipment ready when needed.
- ◆ Provide feed. Animals need extra energy for body heat during severe or prolonged cold weather, especially if they are outside without shelter. Mechanical feeders will be inoperable during a power failure. Provide for emergency feeding procedures.

Equipment

- ◆ Unplug or turn off all electric equipment to prevent damage when power is restored.

If you use portable space heaters for supplemental heat, close off the fuel valve as soon as possible after power is interrupted. On models not equipped with safety shut-off, and especially on some models with gravity feed fuel systems, fuel continues to flow even when the burner is inoperative. An explosion or fire could result when power is restored.

Storing Milk

Request that the dairy pick up milk as soon as possible. Consider adding a standby power generator to handle vital electric equipment.

Even if you are short of extra milk storage facilities, do not store milk in stock tanks or other containers. Dairy plants may not accept milk that has been stored in anything other than regular milk storage containers. Check with your local dairy about policy regarding emergency storage.

If you are unable to cool your milk or have it picked up, check your tank for souring each time you add milk to it. This check could mean the difference between losing all or only part of your milk supply.

I. Animal Safety in Winter

Providing Adequate Shelter, Feed and Water

Severe cold alone usually will not affect the performance of large animals on full feed. Wind, however, can be a serious stress factor. A strong wind has about the same effect on animals as exposure to a sudden drop in temperature. A 20-mph wind is about equivalent to a 30 degree F. drop in temperature.

Move stock into sheltered areas during severe periods of cold. Adequate shelter is important because animals' extremities are subject to freezing during sub-zero weather. Extremities that become wet or are normally wet are particularly subject to frostbite and freezing.

- ◆ Shallow open-front sheds provide excellent shelters for livestock. These shelters should have slots along the eaves on the backside to provide ventilation and to prevent snow from swirling into the front of the shed.
- ◆ Solid-sided feed wagons work well as temporary wind protection. Attach plywood or locate bales of straw or feed at the bottom of the wagon to block wind from moving under the wagon.
- ◆ Windbreaks or timber-covered lowlands make good protection for range cattle. Unlike shed-type shelters, windbreaks eliminate concerns about overcrowding or proper ventilation.
- ◆ Never close shelters tightly, since stock could suffocate from lack of oxygen. Additional bedding is helpful to keep animals insulated and dry.

Provide Extra Feed

During severe or prolonged cold weather, animals need extra feed to provide body heat and to maintain production weight gains. Provide them with additional, higher fiber feeds such as hay or hay mixed with oat straw. A good formula during cold weather is to increase feed 1 percent for every degree drop in temperature below 32 degrees F. Usually, animals instinctively eat more feed if a storm is approaching.

Remember that mechanical feeders may be inoperable during power failures. Unless you have a source of emergency power, you may need extra labor to feed, water and care for animals by hand.

Provide Water

Dehydration is often a greater hazard during winter storms than cold or suffocation. Cattle cannot lick enough snow to satisfy their water requirements. They also need more water if they are eating a higher-fiber diet. Use heaters in water tanks to provide livestock with enough water, or only pump out as much water as needed twice a day, to avoid problems of freezing water. If pipes freeze or power is out, you may need to haul water to animals.

Watch Your Livestock

Watch your livestock carefully during winter storms and periods of severe cold. Keep them moving. If you see them shivering, not moving or acting abnormally, call your veterinarian.

SECTION THREE: HOT WEATHER

A. Heat Index/Heat Disorders

Heat Index	Possible heat disorders for people in higher risk groups
130 or Higher	Heatstroke/sunstroke highly likely with continued exposure
105-130	Sunstroke, heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity.
90-105	Sunstroke, heat cramps and heat exhaustion possible with prolonged exposure and/or physical activity.
80-90	Fatigue possible with prolonged exposure and/or physical activity.

Heat Disorder	Symptoms	First Aid
Sunburn	Redness and pain. In severe cases swelling of skin, blisters fever, and headaches.	Ointments for mild cases if blisters appear and do not break. If breaking occurs, apply sterile dressings. Serious, extensive cases should be seen by a physician.
Heat Cramps	Painful spasms usually in muscles of the legs and abdomen possible. Heavy sweating.	Firm pressure on the cramping muscles, or gentle massaging to relieve the spasm. Give sips of water. If nausea occurs, discontinue use.
Heat Exhaustion	Heavy sweating, weakness, skin cold, pale and clammy. Pulse thready. Normal temperature possible. Fainting and vomiting.	Get victim out of sun. Lay down and loosen clothing. Apply cool, wet cloths. Fan or move victim to air conditioned room. Sips of water. If nausea occurs, discontinue use. If vomiting continues, seek immediate medical attention.
Heat Stroke (sunstroke)	High body temperature (106 F or Higher). Hot dry skin. Rapid and strong pulse. Possible unconsciousness.	<u>Heat stroke is a severe medical emergency. Summon emergency medical assistance or get the victim to a hospital immediately. Delay can be fatal.</u> Move the victim to a cooler environment. Reduce body temperature with cold bath or sponging. Use extreme caution. Remove clothing, use fans, and air conditioners. If temperature rises again, repeat process. Do not give fluids.

B. Safety Tips

- Slow down. Strenuous activities should be reduced, eliminated, or rescheduled to the coolest time of the day. Individuals at risk should stay in the coolest available place, not necessarily indoors.
- Dress for summer. Lightweight, light-colored clothing reflects heat and sunlight, and helps your body maintain normal temperatures.
- Foods (like proteins) that increase metabolic heat production also increase water loss.
- Drink plenty of water or non-alcoholic fluids. Your body needs water to keep cool. Drink plenty of fluids even if you don't feel thirsty.
- Do **not** drink alcoholic beverages.
- Spend more time in air-conditioned places. Air conditioning in homes and other buildings markedly reduces danger from the heat. If you cannot afford an air conditioner, spending some time each day (during hot weather) in an air conditioned environment affords some protection.
- Don't get too much sun. Sunburn makes the job of heat dissipation that much more difficult.

C. Protecting Livestock From Heat

STRATEGIES FOR FARMERS WHEN TEMPERATURES CLIMB

When temperatures and humidity begin to rise in Wisconsin, keep a close eye on livestock.

Temperatures in the high 80's and the 90's can cause problems, as well as a 75 degree F. day coupled with high humidity. Heat stress can cause general discomfort, decline in animal performance and animal death.

PROVIDE SHADE AND NIGHT-TIME COOLING

- ◆ If animals are kept outside, provide shade during hot weather. Heat from the sun is a major culprit in overstressed animals.
- ◆ Swine may sunburn during hot, sunny weather. Try to keep them out of the sun. Sun shades can cut the radiant heat load by as much as 40 percent; ask Jackson County U.W. Extension agent for information on their construction. Pasture wallows are also effective for sunburn protection and wet skin cooling.
- ◆ Turn cows outside at night to cool them and cool the barn. Since animals cool themselves primarily through breathing, barns tend to get warm and humid quickly.

PROVIDE ADEQUATE WATER

- ◆ Ample drinking water is vital to animals during hot and humid conditions. Animals cool themselves by panting (water loss from the lungs) and through water evaporation from the skin. Increased respiration during hot weather is especially important for pigs and other animals that do not sweat. Animals must replace the water loss to cool themselves.
- ◆ Maintain access to water. Provide automatic drinking cups so animals can meet their requirements during hot weather.
- ◆ Keep water containers clean.
- ◆ Adjust the drinking space for the size and number of animals in the pen or group. Excessive volumes of water grow warm and stale throughout the day. (See the fact sheet "Livestock Water and Nutrition.")
- ◆ Check the water delivery systems periodically for plugs or other problems.

- ◆ If necessary, spray water on animals to cool them.

PROVIDE GOOD VENTILATION

Proper ventilation helps maintain livestock health during hot and humid weather. Without adequate air exchanges and airflow distribution within livestock buildings, heat and moisture accumulate and animal production is affected. Contact a ventilation specialist to inspect and update your system, if necessary. Jackson County Extension office may be able to help you.

BE WATCHFUL

- ◆ Use the temperature humidity index as a guide to heat stress. Listen to local or regional weather reports for the temperature humidity index (THI) for your area. Some levels of concern include:
 - a) Above 75 THI – Heat stress on high-producing cows begins to decrease feed intake and lower milk production.
 - b) Above 80 THI – Severe heat stress may occur for cows on pasture. Shade and adequate ventilation are essential to minimize milk loss.
 - c) Above 83-85 THI – Danger of fatal heat stress occurs.
- ◆ Keep an eye on animals. If heat stress is a concern, check animal temperature. Dairy cow temperatures approaching 104 to 106 F. are dangerous. At 107 F., spontaneous heart failure is possible. Call a veterinarian and use methods listed above to keep animals cool.

Additional Resources:

Jackson County agricultural agent, ventilation specialists, your veterinarian.

SECTION FOUR: PERSONAL SECURITY

I. Make a plan-

A. Decide to stay or go:

Depending on your circumstances and the nature of the attack, the first important decision is whether you stay put or get away. You should understand and plan for both possibilities. Use common sense and available information, including what you are learning here, to determine if there is immediate danger.

In any emergency, local authorities may or may not immediately be able to provide information on what is happening and what you should do. In, or near Jackson County, tune to NOAA Warning radio (WNG-564 Black River Falls – 162.500 or WXJ-86 La Crosse – 162.550) for emergency alerts. You should monitor TV or radio news reports for information or official instructions as they become available. If you're specifically told to evacuate or seek medical treatment, do so immediately.

Staying Put

Whether you are at home, work or elsewhere, there may be situations when it's simply best to stay where you are and avoid any uncertainty outside.

There are other circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as "shelter-in-place," is a matter of survival. Use available information to assess the situation. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to take this kind of action.

To "Shelter-in-Place:"

Bring your family and pets inside.

Lock doors, close windows, air vents and fireplace dampers.

Turn off fans, air conditioning and forced air heating systems.

Take your emergency supply kit unless you have reason to believe it has been contaminated.

Go into an interior room with few windows, if possible.

Seal all windows, doors and air vents with plastic sheeting and duct tape. Consider measuring and cutting the sheeting in advance to save time. Be prepared to improvise and use what you have on hand to seal gaps so that you create a barrier between yourself and any contamination. As noted above, local authorities may not immediately be able to provide information on what is happening and what you should do. However, you should monitor your NOAA Weather Warning radio for Emergency Alert System (EAS) messages, watch TV, listen to the radio or check the Internet often for official news and instructions as they become available.

Getting Away

There may be conditions under which you will decide to get away, or there may be situations when you are ordered to leave. Plan how you will assemble your family and anticipate where you will go. Choose several destinations in different directions so you have options in an emergency.

Create an evacuation plan:

Plan places where your family will meet, both within and outside of your immediate neighborhood.

If you have a car, keep a half tank of gas in it at all times in case you need to evacuate.

Become familiar with alternate routes and other means of transportation out of your area.

If you do not have a car, plan how you will leave if you have to.

Take your emergency supply kit unless you have reason to believe it has been contaminated.

Lock the door behind you.

Take your pets with you, but understand that only service animals may be permitted in public shelters. Plan how you will care for your pets in an emergency.

If time allows:

Call or email the "out-of-state" contact in your family communications plan. Tell them where you are going.

If there is damage to your home and you are instructed to do so, shut off water, gas and electricity before leaving.

Leave a note telling others when you left and where you are going.

Check with neighbors who may need a ride.

Learn how and when to turn off utilities:

If there is damage to your home or you are instructed to turn off your utilities:

- Locate the electric, gas and water shut-off valves.

- Keep necessary tools near gas and water shut-off valves.

- Teach family members how to turn off utilities.

- If you turn the gas off, a professional must turn it back on. Do not attempt to do this yourself.

Plan for your pets:

Pets should not be left behind, but understand that only service animals may be permitted in public shelters. Plan how you will care for your pets in an emergency.

Store extra food, water and supplies for your pet.

B. IN A MOVING VEHICLE

If there is an explosion or other factor that makes it difficult to control the vehicle, pull over, stop the car and set the parking brake. If the emergency could impact the physical stability of the roadway, avoid overpasses, bridges, power lines, signs and other hazards.

If a power line falls on your car you are at risk of electrical shock, stay inside until a trained person removes the wire.

Listen to the radio for information and instructions as they become available.

C. AT WORK AND SCHOOL

Like individuals and families, schools, daycare providers, workplaces, neighborhoods and apartment buildings should all have site-specific emergency plans.

Ask about plans at the places where your family spends the most time: work, school and other places you frequent. If none exist, consider volunteering to help develop one. You will be better prepared to safely reunite your family and

loved ones during an emergency if you think ahead, and communicate with others in advance.

Neighborhoods and Apartment Buildings

A community working together during an emergency makes sense.

Talk to your neighbors about how you can work together during an emergency.

Find out if anyone has specialized equipment like a power generator, or expertise such as medical knowledge, that might help in a crisis.

Decide who will check on elderly or disabled neighbors.

Make back-up plans for children in case you can't get home in an emergency.

Sharing plans and communicating in advance is a good strategy.

Schools and Daycare

If you are a parent, or guardian of an elderly or disabled adult, make sure schools and daycare providers have emergency response plans (ask them to contact Jackson County Emergency Management at 715-284-0263 if they want planning information).

Ask how they will communicate with families during a crisis.

Ask if they store adequate food, water and other basic supplies.

Find out if they are prepared to "shelter-in-place" if need be, and where they plan to go if they must get away.

Employers

If you are an employer, make sure your workplace has a building evacuation plan that is regularly practiced (ask them to contact Jackson County Emergency Management at 715-284-0263 if they want planning information).

Take a critical look at your heating, ventilation and air conditioning system to determine if it is secure or if it could feasibly be upgraded to better filter potential contaminants, and be sure you know how to turn it off if you need to.

Think about what to do if your employees can't go home.

Make sure you have appropriate supplies on hand.

II. Be informed-

A. EXPLOSIVES

If there is an Explosion---

Take shelter against your desk or a sturdy table.

Exit the building ASAP.

Do not use elevators.

Check for fire and other hazards.

Take your emergency supply kit if time allows.

If There is a Fire---

Exit the building ASAP.

Crawl low if there is smoke

Use a wet cloth, if possible, to cover your nose and mouth.

Use the back of your hand to feel the upper, lower, and middle parts of closed doors.

If the door is not hot, brace yourself against it and open slowly.

If the door is hot, do not open it. Look for another way out.

Do not use elevators

If you catch fire, do not run. Stop-drop-and-roll to put out the fire.

If you are at home, go to a previously designated meeting place.

Account for your family members and carefully supervise small children.

Never go back into a burning building.

If You Are Trapped in Debris---

If possible, use a flashlight to signal your location to rescuers.

Avoid unnecessary movement so that you don't kick up dust.

Cover your nose and mouth with anything you have on hand. (Dense-weave cotton material can act as a good filter. Try to breathe through the material.)

Tap on a pipe or wall so rescuers can hear where you are.

If possible, use a whistle to signal rescuers.

Shout only as a last resort. Shouting can cause a person to inhale dangerous amounts of dust.

B. NUCLEAR

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. While experts may predict at this time that a nuclear attack is less likely than other types, terrorism by its nature is unpredictable.

If there is a Nuclear Blast

Take cover immediately, below ground if possible, though any shield or shelter will help protect you from the immediate effects of the blast and the pressure wave.

Quickly assess the situation.

Consider if you can get out of the area or if it would be better to go inside a building and follow your plan to "shelter-in-place."

In order to limit the amount of radiation you are exposed to, think about shielding, distance and time.

Shielding: If you have a thick shield between yourself and the radioactive materials more of the radiation will be absorbed, and you will be exposed to less.

Distance: The farther away you are from the blast and the fallout the lower your exposure.

Time: Minimizing time spent exposed will also reduce your risk.

Use available information to assess the situation. If there is a significant radiation threat, health care authorities may or may not advise you to take potassium iodide. Potassium iodide is the same stuff added to your table salt to make it iodized. It may or may not protect your thyroid gland, which is particularly vulnerable, from radioactive iodine exposure. Consider keeping potassium iodide in your emergency kit, learn what the appropriate doses are for each of your family members. Plan to speak with your health care provider in advance about what makes sense for your family.

C. RADIATION

A radiation threat or "Dirty Bomb" is the use of common explosives to spread radioactive materials over a targeted area. It is not a nuclear blast. The force of the explosion and radioactive contamination will be more localized. While the blast will be immediately obvious, the presence of radiation will not be clearly defined until trained personnel with specialized equipment are on the scene. As with any radiation, you want to try to limit exposure.

If There is a Radiation Threat or "Dirty Bomb"

To limit the amount of radiation you are exposed to, think about shielding, distance and time.

Shielding: If you have a thick shield between yourself and the radioactive materials more of the radiation will be absorbed, and you will be exposed to less.

Distance: The farther away you are away from the blast and the fallout the lower your exposure.

Time: Minimizing time spent exposed will also reduce your risk.

As with any emergency, local authorities may not be able to immediately provide information on what is happening and what you should do. However, you should monitor NOAA Weather Warning radio, watch TV, listen to the radio, or check the Internet often for official news and information as it becomes available.

D. CHEMICAL

A chemical attack is the deliberate release of a toxic gas, liquid or solid that can poison people and the environment.

Possible Signs of Chemical Threat

Many people suffering from watery eyes, twitching, choking, having trouble breathing or losing coordination.

Many sick or dead birds, fish or small animals are also cause for suspicion.

If You See Signs of Chemical Attack

Quickly try to define the impacted area or where the chemical is coming from, if possible.

Take immediate action to get away.

If the chemical is inside a building where you are, get out of the building without passing through the contaminated area, if possible. Otherwise, it may be better to move as far away from where you suspect the chemical release is and "shelter-in-place."

If you are outside, quickly decide what is the fastest escape from the chemical threat. Consider if you can get out of the area, or if you should follow plans to "shelter-in-place."

If You Think You Have Been Exposed to a Chemical

If your eyes are watering, your skin is stinging, and you are having trouble breathing, you may have been exposed to a chemical.

If you think you may have been exposed to a chemical, strip immediately and wash.

Look for a hose, fountain, or any source of water, and wash with soap if possible, being sure not to scrub the chemical into your skin.

Seek emergency medical attention.

E. BIOLOGICAL

A biological attack is the deliberate release of germs or other biological substances that can make you sick. Many agents must be inhaled, enter through a cut in the skin or be eaten to make you sick. Some biological agents, such as anthrax, do not cause contagious diseases. Others, like the smallpox virus, can result in diseases you can catch from other people.

If there is a Biological Threat

Unlike an explosion, a biological attack may or may not be immediately obvious. While it is possible that you will see signs of a biological attack, as was sometimes the case with the anthrax mailings, it is perhaps more likely that local

health care workers will report a pattern of unusual illness or there will be a wave of sick people seeking emergency medical attention. You will probably learn of the danger through an emergency radio or TV broadcast, or some other signal used in your community. You might get a telephone call or emergency response workers may come to your door.

In the event of a biological attack, public health officials may not immediately be able to provide information on what you should do. It will take time to determine exactly what the illness is, how it should be treated, and who is in danger. However, you should monitor NOAA Weather Warning radio, watch TV, listen to the radio, or check the Internet for official news including the following:

- Are you in the group or area authorities consider in danger?

- What are the signs and symptoms of the disease?

- Are medications or vaccines being distributed?

- Where?

- Who should get them?

- Where should you seek emergency medical care if you become sick?

Protect Yourself

If you become aware of an unusual and suspicious release of an unknown substance nearby, it doesn't hurt to protect yourself.

Quickly get away. Cover your mouth and nose with layers of fabric that can filter the air but still allow breathing. Examples include two to three layers of cotton such as a t-shirt, handkerchief or towel. Otherwise, several layers of tissue or paper towels may help.

Wash with soap and water and contact authorities.

Symptoms and Hygiene

At the time of a declared biological emergency, if a family member becomes sick, it is important to be suspicious. Do not automatically assume, however, that you should go to a hospital emergency room or that any illness is the result of the biological attack. Symptoms of many common illnesses may overlap. Use common sense, practice good hygiene and cleanliness to avoid spreading germs, and seek medical advice.

Information Sources Used for this booklet:

1. University of Wisconsin-Extension, Pennsylvania State University-Extension
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3. University of Wisconsin-Extension, Pennsylvania State University-Extension
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6. American Red Cross, Wisconsin Emergency Management, Wisconsin Department of Agriculture, Trade and Consumer Protection.
7. Wisconsin Division of Emergency Management, Department of Military Affairs.
8. National Weather Service
9. Homeland Security, www.ready.gov