

# **LAKE COUNTY**

## **COMMUNITY PREPAREDNESS HANDBOOK**



## My Contact Information

Fill out each field with your contact information to create a brief contact list.

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Telephone Number \_\_\_\_\_

E-mail Address \_\_\_\_\_

### My Emergency Contact

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Telephone Number \_\_\_\_\_

E-mail Address \_\_\_\_\_

### My Out-of-Town Contact

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Telephone Number \_\_\_\_\_

E-mail Address \_\_\_\_\_

### My Neighborhood Meeting Place

Street 1 \_\_\_\_\_

Street 2 \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Telephone Number \_\_\_\_\_

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# Emergency Management in Lake County

The Lake County Office of Emergency Management (OEM) is responsible for providing mitigation, preparedness, response, recovery and coordination for large-scale emergencies and disasters to the citizens of Lake County for the purpose of saving lives and preventing property damage. OEM proactively plans for hazards, works to reduce threats and prepares Lake County's citizens to respond to and recover from a disaster.

## Services Provided

The OEM serves Lake County and its citizens through the following activities:

- Mitigate and plan for largescale all-hazards emergencies and disasters.
- Develop and maintain the County's Emergency Operations Plan and Emergency Operations Center.
- Serve as liaison to local, county, state, and federal agencies and departments.
- Coordinate multi-jurisdictional exercises.
- Manage resources needed to assist first responders and partner agencies.
- Educate the public about preparedness and community hazards through Citizen Emergency Response Training, community events and presentations.
- Administer federal and state grant funding to provide assistance and increase preparedness and response capabilities throughout the community.

## Mitigation

Mitigation activities are designated to reduce or eliminate risks to persons or property or to lessen the actual or potential effects or consequences of an incident. Mitigation measures may be implemented prior to, during, or after an incident. The OEM is in charge of writing and updating the Pre-Disaster Mitigation Plan (PDM) for the County. The purpose of the PDM Plan is to establish a policy and blueprint to institutionalize new and existing or ongoing programs, processes and procedures to continuously reduce the impacts of events in the County.

## Preparedness

The OEM takes actions that involve a combination of planning, resources, training, exercising and organizing to build, sustain and improve the County's operational capabilities before, during and after an emergency event. Preparedness is the process of identifying the personnel, training and equipment needed for a wide range of potential incidents and developing specific plans for delivering capabilities when needed. The planning for, training on, and exercising of disaster scenarios provides the County's first responders and emergency coordinators a chance to address and resolve challenges before a real disaster occurs. The OEM helps citizens to prepare for disasters through Citizen Emergency Response Training (CERT). The OEM also conducts preparedness presentations for businesses, civic organizations, community meetings and events.



Photo by Jake McHargue



Lake County Office of Emergency Management  
700 East 10th Street Leadville CO • 80461  
(719) 486-3333  
LCEM@LakeCountyEM.org

## Response

Emergency response is the immediate actions taken by first responders and emergency coordinators to save lives, protect property and the environment, and meet basic human needs. During a large disaster, the Office of Emergency Management provides overall coordination for Countywide response efforts. This can involve activation of the Emergency Operations Center which becomes a single gathering point for representatives from County departments and partner agencies. These representatives facilitate resource coordination, mutual aid and policy decisions. Response also includes the execution of emergency plans and actions to support short-term recovery.

## Recovery

The Office of Emergency Management assists in the coordination of both short-term and long-term recovery functions. Short-term recovery efforts begin immediately following an emergency or disaster as the County works to restore basic services and functions to the affected community. Long-term recovery involves restoring economic activity and rebuilding communities and citizens' quality of life.

## How to Use This Guide

*The Lake County Emergency Preparedness Safety Guide* provides tips and tools for individuals and families to be prepared for emergency events and disasters at home, school, work and in public places. Please take time to read this guide, develop your plans and pack emergency supply kits so you may be better prepared to respond to and cope with the aftermath of a disaster or crisis. The guide is intended to be a tool to assist individuals and families in making emergency preparedness a part of daily life. Some of the fundamentals you will learn are:

- The different types of emergencies that may affect you and your community.
- Tips on reporting emergencies.
- How to prepare an emergency supply kit.
- How to prepare an emergency evacuation supply kit to take with you in the event of an evacuation.
- How to create a family emergency plan.
- Actions to take if you are advised to shelter-inplace or evacuate.
- How to get involved.
- Telephone numbers and internet links for additional information on emergency preparedness.

Emergencies can occur quickly and without warning. There are simple steps that you and your loved ones can take to be better prepared. The best way to keep yourself and your family safe is to be prepared **before** an emergency event or disaster happens. Citizens should be prepared to survive on their own for a minimum of three days in the event of an emergency. By using this guide, you will accomplish three vital steps toward individual and family emergency preparedness:

- **Get a Kit**
- **Make a Plan**
- **Be Informed**

We hope you will use this guide to make emergency preparedness a part of your daily life and, in the process, help make your neighborhood and community safer places to live.

## Why This Guide is Important

Individuals and households play an important role in the overall emergency management strategy of a community. Community members can contribute by:

- Learning about possible emergency events in your community.
- Enrolling in personal safety and emergency response training courses.
- Being aware of the outdoor environment and related activities.
- Preparing emergency supply kits and household emergency plans.
- Reducing hazards in and around their homes.
- Monitoring emergency communications carefully.
- Volunteering with an established organization.

### **Learning about possible emergency events in your community**

Understanding what natural disasters, accidental events or purposeful terrorists activities may occur in your area will help individuals and families focus on preparedness activities. Learning what actions to take before, during and after specific types of emergencies or disasters increases individual and family resilience and speeds the recovery process.

### **Enrolling in personal safety and emergency response training courses**

Emergency response training, whether the Citizen Emergency Response Training course through the Office of Emergency Management or basic first aid through the American Red Cross, will enable residents to take initial response actions required to take care of themselves and their households, thus allowing first responders to focus on higher priority tasks that affect the entire community.

### **Being aware of the environment and related outdoor activities**

Living in Lake County affords citizens and visitors an alpine experience and high altitude environment. Following sound practices to ensure your health and safety while enjoying the numerous trails and wilderness areas will result in enjoyable and memorable experiences.

### **Preparing emergency supply kits and household emergency plans**

By developing household emergency plans and assembling disaster supplies before an event, people can take care of themselves until assistance arrives. This includes supplies for household pets and service animals. These preparations will reduce demand and allow first responders to focus on those individuals in most need.

### **Reducing hazards in and around homes.**

By taking simple actions, such as securing objects during high winds and learning about proper use and storage of household chemicals, people can reduce the amount of potential damage caused by an emergency or disaster.

### **Monitoring emergency communications carefully**

Throughout an emergency, critical information and direction will be released to the public via various media, including light boards, television and the internet. By carefully following the directions provided, residents can reduce their risk of injury, keep emergency routes open to response personnel and reduce demands on landline and cellular communication.

### **Volunteering with an established organization**

Organizations and agencies with a role in response and recovery seek hardworking, dedicated volunteers. By volunteering with an established voluntary agency, individuals and households become part of the emergency management system and ensure that their efforts are directed where they are needed most.

## Emergency Communications

Before, during and after an emergency event, the timely and accurate distribution of information is essential in protecting and assisting the citizens of Lake County. People need to understand what is happening, what actions they should take, how urgent their actions are and what to expect. In Lake County, there are a variety of ways that emergency communications are provided to citizens, including the Emergency Alert System, Emergency Notification System, weather radios, the National Weather Service internet site, and local television, radio and print media.

### Emergency Alert System

Source: Colorado State Emergency Communications Committee

The Emergency Alert System (EAS) is a nationwide method of alerting the public to emergency events and disasters. In Colorado, the EAS system is comprised of 13 geographic areas with individual plans. Lake County falls within the High Country EAS area covering Eagle, Grand, Jackson, Lake, Pitkin, Routt, Summit. Current Federal Communications Commission regulations require all television broadcast stations and cable systems to participate in EAS tests and activations. During an emergency, the public will see an EAS message scroll across television screens.

### Lake County Enhanced 911

Source: Lake County Enhanced 911

A 911 system is considered enhanced when a citizen calls 911, is routed to a specific location and the caller's address and telephone number are displayed on a computer screen for the dispatcher to reference. For Lake County residents, these calls go to the Sheriff Office dispatch center. When cell phones are used to dial 911, the telephone number and the location of the cell site or base station transmitting the call will appear. In some cases, the latitude and longitude of the caller will be provided for the dispatcher depending on the technology of the phone and service provider.

**Do not actually call 911 to practice with your children. Help your children practice dialing and talking to 911 by playing the 911 game on the web at [www.firepals.com](http://www.firepals.com).**

### Emergency Preparedness Network

Source: Lake County Enhanced 911

The Emergency Preparedness Network (EPN) allows 911 dispatchers to send recorded emergency notifications to telephone numbers in specific geographic areas. Emergencies can include severe weather, evacuations, hazardous material releases, missing persons, terrorist threats and neighborhood emergencies. Please follow the instructions given during the message, and if prompted, call the phone number that is provided to you for further information.

#### How to prepare for notification

- When a notification is made, the system will send the message to businesses and residents who have a wired telephone within a specific area.

#### What to expect when you get a call

- When you answer an Emergency Preparedness Network Alert, the line will be silent because the system is voice activated. When you say "hello," a voice says "This is an important message from 911, press 1 to hear the message."
- After pressing 1 the emergency message plays.
- Upon completion of the message, the system will ask you to press 2 to end the call.
- The system will call you back again if you end the call before the entire message has played.
- Please do not hang up until you have heard the entire message.

#### What if you do not answer

- Since the Emergency Preparedness Network System is voice activated, the system can be triggered by an answering machine or a voice mail service.
- The system knows it is interacting with a machine if it detects the prompts are not being followed.
- The system has a built-in delay to allow the answering machine greeting to play if the prompts are not followed.
- Once the greeting is finished the emergency notification message will be left.
- Telephone customers who do not have an answering machine or voice mail will not receive the message.
- The display will read "911 Event" if a wired telephone customer has caller I.D.

### National Weather Service

The local National Weather Service (NWS) office serving Lake County and the surrounding area is located in Pueblo, Colorado. The Pueblo office provides forecasts, warnings and other meteorological information to the general public, media, emergency management and law enforcement officials, the aviation community and other customers. Serving as the nerve center for official government weather services across much of Southern Colorado, the staff at the NWS in Pueblo ensures the delivery of timely information on critical weather. By accessing the NWS Web site at [www.nws.noaa.gov](http://www.nws.noaa.gov), you can receive the local seven-day forecast, current weather conditions, radar and satellite images and the latest information on any current or expected hazardous weather conditions. To access this information, type "Leadville, CO" or "80461" into the box at the upper left corner of the NWS home page where it says "Local forecast by "City, St" and click on GO.

## Reporting Emergencies

### Call 911 when you

- See fire.
- Smell smoke or gas.
- See or hear an explosion.
- See a downed power line.
- See or have a need for medical assistance.
- See a suspicious person or vehicle in or leaving a secured area.
- See someone with a weapon acting suspiciously or aggressively.
- See a suspicious package in a public area.
- See someone being forcibly detained or taken against his or her will.
- See or become aware of an immediate threat to life and/or property.
- See something that is noticeably different which may present a threat.

### When calling 911

- A well-trained call-taker will answer the phone.
- Wait for the call-taker to ask you questions.
- Do not hang up the telephone until the call-taker tells you goodbye. The call-taker may have to put you on hold during the call, so please say on the line.
- If possible, have the victim or witness at the phone.

### Be prepared to answer these questions

- What is the address where the incident occurred?
- Is the location a house, apartment or business?
- What address are you calling from?
- What is your name?
- What is your phone number?
- When did the incident occur?
- Can you describe the suspect (if applicable)
- Race, sex, age, height, weight, hair, glasses, clothing, etc.
- What was the suspect's mode of travel? On foot, bike, vehicle, cab, etc.
- Did the suspect have a weapon, what type? Revolver, semi-automatic pistol, knife, pepper spray, etc.
- Where was the suspect when you last saw him/her and which direction were they traveling? (north, south, east, west, etc.)

### When calling 911 about a suspicious person or vehicle, and if it is safe to do so

#### Observe the suspect

- Observe without staring.
- Start at the top of the head.
- The more detail the better.
- Note unique features.
- Write down details.

#### Observe the vehicle

- License plate number and state
- Make/Model/Color
- Approximate year
- Body style
- Anything unique
- Direction of travel

## What is Emergency Preparedness?

Preparedness is everyone's job because disasters can happen anywhere at any time. Being prepared and knowing what to do can greatly reduce the fear and anxiety that accompanies an emergency event. Some of the things you can do to prepare, such as making emergency kits and developing family plans, are the same for naturally occurring, accidental, or purposeful terrorist events. There are important differences among potential emergencies that will influence the decisions you make and the actions you take. Reading

this guide and following the tips is a good start toward individual and family preparedness. This guide will help you learn more about the actions you can take before, during and after emergency events or disasters. Another great way to enhance your knowledge of emergency preparedness is by taking a Citizen Emergency Response Training course coordinated through the Lake County Office of Emergency Management. The course will provide you with both classroom and hands-on training.



## Before an Emergency

### Get a Kit

When creating your emergency supply kits, think about the things you will need for basic survival: fresh water, food, clean air and warmth. Depending on the size and complexity of the event, local responders may not be able to reach you immediately. Remember that they still need to respond to day-to-day emergencies in addition to emergencies that are a result of the disaster. It may be necessary for you to be self-sufficient for three or more days. We highly recommend that you prepare the following before an emergency:

- Emergency supply kit for your home, sometimes referred to as a "72-Hour Kit."
- Emergency car kit for each vehicle.
- Emergency "Go Bag" in the event of an evacuation. Kits should contain enough supplies for a minimum of three days for each person in your household. By using items in your home and shopping at sales or thrift stores, the kits can be assembled inexpensively. Additionally, a wide variety of pre-made kits are available for sale. Please carefully review their contents to ensure that they will suit the needs of your household. Additional information is available at [www.readycolorado.org](http://www.readycolorado.org) and [www.Ready.gov](http://www.Ready.gov). Ready.gov also provides helpful instructional videos.

See the **Important Documents** checklist from [READYColorado.org](http://READYColorado.org) for a list of information you may need to file insurance claims, pay bills and take care of injured family members. Additional considerations beyond the checklist may include:

- School records for children currently enrolled.
- Back up of important computer data.
- Maintenance of a written and photographic inventory of your possessions. Include model and serial numbers so you can estimate the value of your property for insurance or tax purposes if it is damaged or destroyed.
- Copies of important documents may be scanned and stored on a flash USB drive and stored in your emergency supply evacuation kit or a safe deposit box.

**Financial Planning: A Guide for Disaster Preparedness** is a website for citizens developed by the American Institute of Certified Public Accountants (AICPA), the AICPA Foundation, the American Red Cross and the National Endowment for Financial Education (NEFE). You may also download a copy of **Disaster Recovery: A Guide to Financial Issues** which will provide additional information about how to prepare financially for disasters.



### Sign Up for Electronic Benefit Payments

A large-scale disaster can disrupt mail service and the delivery of benefit payments for days or even weeks. If you receive Federal benefit payments, the U.S. Department of the Treasury recommends two safer ways to ensure receiving these benefits during an emergency event. Direct deposit to a checking or savings account is the best option for people with bank accounts. Federal benefit recipients

can sign up by calling (800) 333-1795 or at [www.GoDirect.org](http://www.GoDirect.org). The Direct Express® prepaid debit card is designed as a safe and easy alternative to paper checks for people who do not have a bank account. Sign up by calling toll-free at (877) 212-9991 or sign up online at [www.USDirectExpress.com](http://www.USDirectExpress.com). Signing up for direct deposit or the Direct Express card is a simple but important step that can help protect your family's access to funds in case the unthinkable were to happen. If you or those close to you are still receiving Social Security or other federal benefits by check, consider switching to one of these options.

### Family Records and Financial Recovery

If you quickly evacuate your home, you may not have time to gather important documents before leaving and it may be days or weeks before you are able to return. The recovery process can be smoother if you take steps to protect and ensure timely access to important vital records and financial information. Many community, government and disaster-relief organizations offer assistance after an event. Having back-up records and documents will make a significant difference during this process.

## Make a Plan

Your family may not be together when a disaster occurs so it is important to make plans in advance. Loved ones worry about each other during disaster situations. This guide contains a tool to help you complete your Family Communication Plan. Be sure to identify an out-of-town contact to be the communication center and share the information with your loved ones. When everyone checks-in with the contact person, worry and anxiety will be reduced. You may also want to check into emergency plans at work, schools and daycares. If you live in an apartment or condominium, ask the management about emergency plans for the community. Another thing you could do is to talk with your neighbors about how you can work together in the event of an emergency. Individual and Family Plans Preparedness starts with gaining knowledge to become informed and then taking appropriate action prior to an emergency. An excellent way to get your family involved is to dedicate a few hours for everyone to gather supplies and assemble kits together. This provides a great opportunity to discuss what everyone will do during an emergency event, whether you are evacuating or sheltering-in-place. The time together will allow you to develop your emergency plans, discuss special needs and plan for your pets or animals. Some of the basics to help you get started:



- Hold a household meeting and develop an emergency plan.
- Draw a floor plan of your home and mark two escape routes from each room.
- Develop a Family Communication Plan.
- Complete a family contact information card and ensure each family member has one.
- If you have a household member with a disability or special need, complete the Special Needs Plan.
- Practice your plans.
- Safeguard your financial recovery.
- Learn how and when to turn off all of your utilities at main switches. There are checklists provided at the back of this guide to assist you and your family in accomplishing your plans.

## Planning for Infants, Toddlers and Children

Disasters are traumatic for children even if they know what to do. Talking with your children, practicing your plans and giving them guidance are important steps in reducing their fear. If your family needs to evacuate and daily routines are changed, children may become anxious, confused and/or frightened. In a disaster, children will look to you and other adults for leadership and to help them cope with the situation. How you react to an emergency gives them clues on how to act. If you are fearful, sad or angry, a child's emotions could be intensified.

### You can help prepare your children:

- Make sure every family member knows what to do in the event of an emergency.
- Identify at least two ways to exit from each area in your home.
- Agree on a meeting place in the event family members are not together.
- Practice your plans.
- Ensure your children know their phone number and home address, including nearby cross streets and landmarks.
- Teach them to stay in touch. Make sure they check in with a parent or guardian immediately when they get home from school or other activities.
- Make sure they know how to contact you at work.
- Talk to your child about how and when to call 911.
- Do not actually call 911 to practice with your children. Help your children practice dialing and talking to 911 by playing the 911 game on the web at [www.firepals.com](http://www.firepals.com).
- Identify places that are safe for children and teens to go in an emergency. Safe havens may be a friend's house, fire or police station, school, library or place of worship. Make sure your children know the phone numbers and addresses for their safe havens.



### Infants and toddlers require special attention:

- Your preparedness kit should include enough baby formula, baby food, diapers, bottles, clothing, blankets, toys and games to keep infants safe and comfortable after a disaster.
- Toddlers may need small packets of food and juice. Include clothing, toys, games and a favorite blanket or pillow in your kit.
- Be sure to rotate the formula, food and juice regularly. When your child grows into a larger size, exchange the diapers and clothing in the kit too.

- If children are at preschool, daycare or school, it is important that parents or guardians know the emergency procedures of the school. Review and update information on your child's emergency card as needed.
- Make sure you authorize someone nearby to pick up your children in case you are unable to travel to the school after a disaster.
- Include copies of your children's birth certificate and immunization records in your emergency supply kit.

## Planning for Military Families

Source: FEMA

As part of our Nation's military, whether on active duty, reserves, civilian employee or family member, you play an important role in ensuring the



welfare of our homeland. It is also important to prepare yourself and your family for all types of emergencies so you can increase your personal sense of security and peace of mind.

### Additional resources for military families:

- Military family preparedness at [www.ready.gov/america/getakit/military.html](http://www.ready.gov/america/getakit/military.html).
- Ready Army at [www.ready.gov/america/getakit/army.html](http://www.ready.gov/america/getakit/army.html).
- Operation Prepare for the Navy at [www.ready.gov/america/getakit/navy.html](http://www.ready.gov/america/getakit/navy.html).
- Ready Air Force at [www.ready.gov/america/getakit/airforce.html](http://www.ready.gov/america/getakit/airforce.html).
- Ready Coast Guard at [www.ready.gov/america/getakit/coastguard.html](http://www.ready.gov/america/getakit/coastguard.html).

## Planning for People with Disabilities and Special Needs

Millions of Americans have physical, medical, sensory or cognitive disabilities that cause emergencies to present a great challenge. Similar challenges may also apply to infants, elderly persons or other individuals such as being a single working parent, speaking with limited English proficiency or having limited access to a private automobile. This section of the guide provides additional information to consider as you build your emergency supply kits and develop your plans. By evaluating your own personal needs and making plans, you can be better prepared for any situation. If you or someone close to you has a disability or special need, you may have to take additional steps to protect yourself and your family in an emergency.

## Create a support network

One of the most important actions you can take to prepare for emergencies and disasters is to build a personal support network. Your network might include family, friends, co-workers or caregivers. Develop a written emergency plan and share it with everyone in your network. If you need assistance creating the plan, ask someone to help or see the following list of resources for additional information.

### Planning considerations

- Consider how a disaster might affect your individual needs.
- Check for hazards in your home. Items that can move, fall, break or cause fire are hazards. Look at your surroundings for anything that could block your escape path during a disaster.
- Plan to be self-sufficient for at least three days.
- Identify what kind of resources you use on a daily basis and what you might do if they are limited or not available, such as medical supplies, pharmaceuticals and other specific items you will need.
- Make sure everyone in your support network knows how you plan to evacuate your home or workplace and where you will go in case of a disaster.
- Make sure that someone in your local network has an extra key to your home and knows where you keep your emergency supplies.
- Teach the individuals who will help you how to use any lifesaving equipment and how to administer medicine in case of an emergency.
- Practice your plan with the people in your network.
- Ensure pets are included in your evacuation plan. However, if you are going to a public shelter, it is important to understand that animals may not be allowed inside.
- Consider sheltering alternatives that will work for both you and your pets.
- Know the location and availability of more than one facility if you are dependent on a dialysis machine or other life-sustaining equipment or treatment.



### Medications and medical supplies:

- If you take medicine or use a medical treatment on a daily basis, be sure you have what you need to make it on your own for one to two weeks.

- Make a list of prescription medicines including dosage, treatment and allergy information.
- Talk to your pharmacist or doctor about what else you need to prepare.
- Talk to your service provider about their emergency plans if you undergo routine treatments administered by a clinic or hospital or if you receive regular services such as home health care, treatment or transportation. Work with the providers to identify back-up services and incorporate them into your personal support network.
- Consider other personal needs such as eyeglasses, hearing aids and batteries, wheelchair batteries, and oxygen.

### Additional emergency documents:

- Have copies of your medical insurance and Medicare cards readily available.
- Keep a list of the style and serial number of medical devices or other life-sustaining devices and include copies of the owner's manual.
- Include the names and contact information of your support network, as well as your medical providers.
- Be sure your emergency information notes the best way to communicate with you if you have a communication disability.
- Make sure that a friend or family member has copies of the documents.
- Keep the documents in a waterproof container for quick and easy access.

### Plan to evacuate:

- Have a plan for getting out of your home, worksite or building.
  - Have an escape plan and ensure multiple family members, neighbors and coworkers are trained on its use and are able to assist you.
  - Ask property management to mark accessible exits clearly and to arrange to help you leave the building.
- Plan two evacuation routes because roads may be closed or otherwise impassible during an emergency event.
- Keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, prescriptions, food for service animals and any other items you might need.
- Be sure to make provisions for medications that require refrigeration.
- Keep a list of the type and model numbers of the medical devices you require.
- Wear medical alert tags or bracelets to identify your disability.

### Additional resources for people with disabilities and special needs:

- *Preparing for Disaster for People with Disabilities and Other Special Needs (FEMA 476)* Provides disaster preparedness information specific to people with disabilities and other special needs, including the elderly.
- [www.DisabilityInfo.gov](http://www.DisabilityInfo.gov). Find links to additional preparedness information, grants, assistance, government policies, initiatives and much more.

Disaster Preparedness for People with Disabilities. Available from the American Red Cross or FEMA.

### Preparing For Pets and Other Animals

As you make supply kits and emergency/evacuation plans for your household, be sure to make plans for your pets, service animals or livestock. Many emergency shelters will not allow pets other than service animals. If you are unable to evacuate your animals, post a visible advisory on the front door so emergency workers will know there is a pet inside. Inside your home, post your contact information and evacuation destination in a prominent place, such as the refrigerator. Be sure that each animal has at least a 3-day supply of food, water and other essentials.

Additional resources for animals:

- [www.readycolorado.com/animalplan.php](http://www.readycolorado.com/animalplan.php).
- Colorado State Animal Response Team at [www.cvmf.org](http://www.cvmf.org).



## Be Informed

### How to Prepare In Your Community

Schools, daycare providers, workplaces and apartment buildings, like individuals and families, should all have site-specific emergency plans. Ask about plans at the places where your family spends time such as work and school. If none exist, consider volunteering to help develop one. You will be better prepared to reunite your family and loved ones safely during an emergency if you think ahead, and communicate with others in advance.

### Schools and Daycares

If you are a parent or a guardian of an elderly or disabled adult, make sure schools or daycare providers have emergency response plans. Ask how they will communicate with families during a crisis. Do they store adequate food, water and other emergency supplies? Find out if they are prepared to stay put if need be, and where they plan to go if they must get away.

### Neighbors Helping Neighbors

A community working together during an emergency can save lives and property. Meet with your neighbors to plan how you can work together. Find out if anyone has specialized equipment like a power generator or special skills (e.g., medical, technical) that might help during a crisis. Decide who will check on elderly or disabled neighbors. Make back-up plans for childcare in case parents cannot get home. Get to know each other; become a connected community before a disaster occurs. Join, start or reinvigorate a Neighborhood Watch program. This is a great way for you to share the information in this booklet and develop neighborhood plans. Participate in your Neighborhood or Homeowner's Association and introduce disaster preparedness as a new activity. Encourage your neighborhood to take training, such as the Citizen Emergency Response Training (CERT) to better assist your community with its preparedness efforts. The American Red Cross, St. Vincent Hospital and Colorado Mountain College offer different types of training that will help you be more knowledgeable and ready for a disaster.

### Individual Preparedness in the Workplace

An emergency can happen anytime. You and your coworkers should know what to do if one occurs at work. Even if you think you are not in a disaster-prone area, something like a chemical tanker truck overturning or a snowstorm can prevent you from getting to or from work. Workplace violence, pandemic influenza, bomb threats and severe weather are other emergency or disaster events that may interrupt business as usual in the workplace.



### What employees should do to prepare:

- Learn and practice emergency plans.
- Know at least two exits from each room.
- Be able to escape in the dark by knowing how many desks, cubicles or doorways are between your workstation and two of the nearest exits.
- Know the post-evacuation meeting location.
- Know the location of fire extinguishers and how to use them.
- Make a list of important personal numbers. Keep a printed list at your desk or near other phones. Do not rely on electronic lists, direct-dial phone numbers or computer organizers that may not work in an emergency.
- Gather personal emergency supplies in a desk drawer. Include a flashlight, walking shoes, dust mask, water and non-perishable food.
- Report damage or malfunctions to the fire alarms or other safety systems.
- Never lock or block fire exits or doorways.
- Keep fire doors closed to slow the spread of smoke and fire.
- Determine how you will help each other in the event that public transportation is unavailable or roadways are impassable.
- Consider offering to temporarily house, transport or feed your co-workers in case of emergency.

If you own or operate a business and want ideas on business disaster preparedness, resources are available at FEMA Ready Business at [www.ready.gov/business](http://www.ready.gov/business) or the Small Business Administration at [www.sba.gov](http://www.sba.gov).



**Get Involved**

Knowledge and preparedness go hand-in-hand in making stronger families and more resilient communities. There are numerous training opportunities, both in person and online, that will assist you in developing your plans and enhancing your level of preparedness.

**Citizen Emergency Response Training (CERT)**

Citizens have come to expect that when they report an emergency, help will arrive immediately. During a large disaster, police, fire and medical responders may be overwhelmed and unable to assist you right away. It is important that citizens know how to be self-sufficient for a minimum of 72 hours or until help does arrive. CERT is a free course that provides citizens with basic training in disaster preparedness and response. Through classroom learning and hands-on training, people learn how to help themselves, their families and their neighbors during and immediately following a disaster. The course does not offer certification in CPR or first aid.



Topics include:

- Disaster Preparedness
- Disaster Medical Assistance
- Fire Safety
- Light Search and Rescue
- Terrorism
- Disaster Psychology
- CERT Organization

Classes are open to all interested citizens over the age of 14. Please note that individuals between the ages of 14-17 must attend with a parent or legal guardian.

**American Red Cross**

The Mile High Chapter of the American Red Cross is a great resource for preparedness information and training. Training is available in various levels of first aid and CPR certifications. Courses that train individuals to respond as part of a team to local and national disasters are also available.



The Chapter carries a wide variety of preparedness brochures and other informational resources. Contact them at 1-303-722-0495.

**Colorado Division of Emergency Management**

The Colorado Division of Emergency Management offers numerous training opportunities throughout the year. Information on their training and exercise calendars is available at their website, [www.dola.state.co.us/dem](http://www.dola.state.co.us/dem).

**Federal Emergency Management Agency (FEMA)**

FEMA is part of the Department of Homeland Security, and offers a variety of free independent study classes on their website at [www.training.fema.gov/IS](http://www.training.fema.gov/IS). Participants will receive a certificate of completion.

**Neighborhood Watch**

A Neighborhood Watch is a group of neighbors who are willing to communicate with each other and pass along information. The group fosters education on crime prevention and watches for suspicious activity and reports the activity to the police. Neighborhood Watch does not require citizen patrols or citizen assists. A Neighborhood Watch group involves all the houses on one street facing one another, cul-de-sacs and greenbelts, which usually consist of 10-25 households. For more information or to start a Neighborhood Watch program in your area, schedule a meeting with the Leadville Police or Lake County Sheriff's Office.



**Volunteer**

The Leadville and the Lake County area is fortunate to have a wealth of volunteer opportunities at various organizations. Volunteer your time and talents or provide support to others. Check with local organizations or government entities, civic organizations or an online volunteer matching website.

**Preparedness Tips**

- Be alert. Get to know your neighbors. Be aware of unusual or abandoned packages or vehicles and of suspicious activities that should be reported to the police.
- Develop a list of emergency services (back page of this guide is a good start) and their phone numbers and addresses. Share with your neighbors.
- Find out about community emergency plans where you work, worship or volunteer.
- Make sure schools and workplaces have updated emergency contact information, including cell phone numbers, for your family.
- Be knowledgeable about school emergency plans at your children's school. You need to know if your children will be kept at school until a parent or designated adult can pick them up. Be aware that the school may designate another nearby location for pickup.
- Make a plan to meet with family members if an emergency happens while your family is separated. Establish an out-of-town contact that everyone can call. Make sure the contact agrees and that everyone has the number and knows how to dial it. Consider prepaid calling cards and emergency contact lists for your children. Identify places to meet both close to home and some distance away.
- Plan for what you may need if you are away from home during an emergency.
- Keep an emergency car survival kit in your car. Always keep your fuel tank at least half-full. Remember that if electricity is interrupted, gas pumps do not work.
- Research organizations in your community that work on preparedness efforts. Find out what you can do and volunteer to do it.
- Join, start or reinvigorate a Neighborhood Watch program. It would be a great way to share the information in this booklet and develop neighborhood plans. Find out if your area has a community association and join.

## During an Emergency

It is important to remain calm during and after an emergency. Being prepared and having your plans in place will make it easier for you to get through the crisis. Stay tuned to local radio or television stations for information updates. Emergency officials may notify the public to shelter-in-place or evacuate. Being prepared for either situation may save your life and the lives of others.

### Sheltering

Being outside during some emergencies will increase the danger. Local officials may advise you to shelter-in-place. This means staying inside a safe building such as your home, workplace or school. If you are outdoors, you may need to enter a nearby building to seek cover. When an emergency occurs, items needed to shelter-in-place will quickly be in short supply and there may not be time to get the items you need. Plan ahead by inventorying your supplies, obtaining missing items and writing down where they are stored. Consider storing additional food, water and other supplies to expand your kit to last up to two weeks.

Sheltering-in-place is most commonly used for chemical, biological, radiological or other hazardous material emergencies but can also be used during some storms and some police emergencies where evacuation and exposure to the outside can be life-threatening.

#### Steps for sheltering-in-place (if you have time and if it is safe)

- Bring pets inside.
- Close and lock all windows and exterior doors.
- Locate your emergency supply kit or take it to the designated shelter room.
- Go to an interior room with the fewest windows and doors:
  - Stay away from windows if there are any in the room.
  - Go to an above-ground level location in the case of a chemical threat because some chemicals are heavier than air and may seep into basements even when the windows are closed.
  - Go the basement or interior room with strong structural support if the emergency is related to severe weather where flooding is not a threat.
- Seal doors, windows and fireplaces with wet towels or plastic sheeting and duct tape if the emergency is airborne, such as a disease, chemical release or radiation.
- Turn off all fans and heating and air conditioning systems if the emergency is airborne.
- Take shallow breaths through a cloth or a towel if gas or vapors have entered the building.
- Listen to a local radio or television station for news and instruction and follow the advice of local emergency officials.

### Evacuation

In some emergencies, officials will tell you when to evacuate. In other situations, you may decide to evacuate on your own. Red Cross shelters may be opened if a disaster affects a large number of people and/or the emergency is expected to last several days. Please listen to the local news media for updates on sheltering locations.

#### Steps for evacuating

- Stay tuned to a radio or television for information on evacuation routes, temporary shelters and procedures.
- Take your emergency evacuation kit with you when you leave.
- Take additional evacuation kits for persons with special needs, children or pets/animals if necessary.
- Let your emergency contact person know that you are evacuating and where you are going.
- If you have time, close windows, shut all vents, turn off attic fans, turn off utilities and lock doors.
- Help your neighbors who may require special assistance.
- Leave immediately and follow the routes recommended by the authorities.
- Do not return until authorities announce that it is safe to do so.

#### Additional information on evacuation

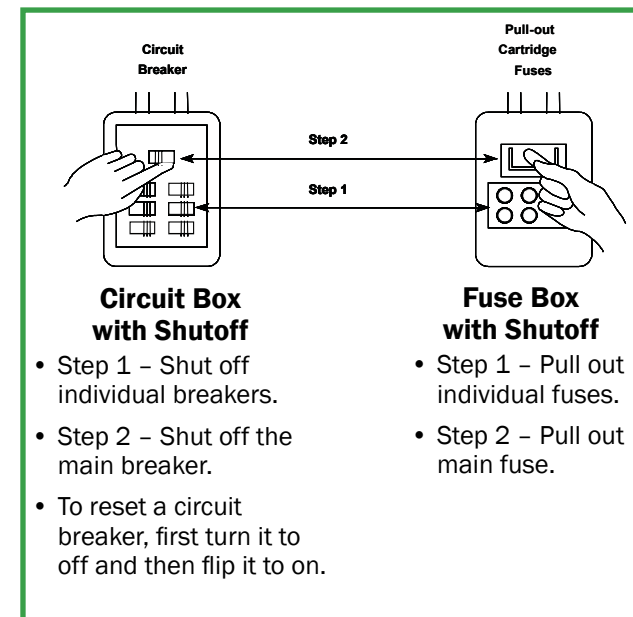
- Information on assisting people with disabilities during an evacuation is available at READYColorado, [www.readycolorado.com/personalplan.php](http://www.readycolorado.com/personalplan.php), or FEMA, [www.fema.gov/plan/prepare/specialplans.shtm](http://www.fema.gov/plan/prepare/specialplans.shtm).
- Information on planning for animals is available from the American Veterinary Medical Association at [www.avma.org](http://www.avma.org) and READYColorado at [www.readycolorado.com/animalplan](http://www.readycolorado.com/animalplan).

## Utility Considerations During an Emergency

When disaster strikes it often affects one or more of the utility systems connected to our homes. Therefore, it is important to know where the main controls are located and to know when and how to turn them off. It is best to learn these things before disaster strikes.

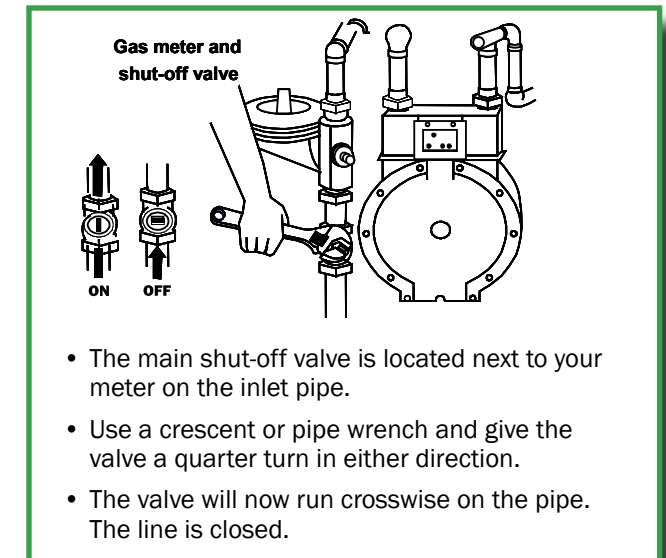
### Electricity

- Locate your main electrical switch or fuse panel and learn how to turn the electrical system power off.
- If a generator is used as a backup power supply remember to:
  - Follow the manufacturer's instructions.
  - Connect lights and appliances directly to the generator and not the electrical system.
- Note: Generators connected to a utility company's electrical system must be inspected by the utility and the state electrical inspector.



### Natural Gas

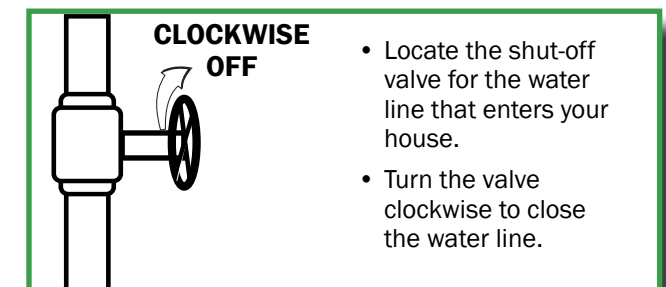
- Locate your gas meter valve and learn to turn off the gas. The gas meter is usually found outside your residence where most of the utilities are connected. The shut off valve is usually found just beneath the gas meter on the plumbing coming up from the ground into the meter.
- If you suspect the shutoff valve is not working properly, call the utility company for an operational check.
- Ensure a wrench is immediately available for turning the meter off in an emergency.
- If you smell natural gas, evacuate immediately. Do not use candles, matches, lighter, open flame appliances or operate electrical switches. Sparks could ignite gas causing an explosion.



- Shut off the gas only if you notice structural damage to your house or smell gas or hear a hissing noise. Let the gas company turn the gas back on.
- Seek the assistance of a plumber to repair gas pipe damage.

### Water

- Clearly label the water shut off valve and learn to turn off the water supply. Shut off valves may be found immediately adjacent to your home, near the hot water heater or at the main water meter, usually near the street.
- Ensure valve can be fully turned off. If a special tool is needed, make sure one is readily available.
- Shut off the main valve to prevent contamination of the water supply in your water heater and plumbing.



## Reconnecting Utilities

- **It is possible that power or gas lines may be damaged.**
- **Never attempt to restore gas service yourself.**
- **Contact your local utility company to restore service to your home or business.**

## After an Emergency

The first concern after a disaster is the health and safety of you and your loved ones. Your planning and preparedness efforts will strengthen everyone's ability to recover.

### Consider these general tips to take after an emergency event

- Take care of yourself, your family and those around you first.
- Pace yourself during recovery activities to avoid exhaustion, illness, or injury.
- Drink plenty of clean water, eat well and get enough rest.
- During clean up or debris removal, protect yourself by wearing work boots, gloves and eye protection.
- Wash your hands thoroughly with soap and clean water often when working in debris.

### Disasters may cause a wide variety of safety issues

- Use caution if you are driving due to the potential for damaged roadways or debris.
- If traffic signals are out, treat each signal as a stop sign.
- Watch for washed-out roads, contaminated buildings, contaminated water, gas leaks, broken glass and damaged electrical wiring.
- Be careful both inside a building and outside.
- Inform local authorities about health and safety issues, including chemical spills, downed power lines, washed out roads, smoldering insulation and dead animals.

### Emotional Recovery

Recovery from a disaster or emergency event may continue well after it is over. It is normal to have reactions as you deal with the emotional and psychological effects of the event. It is important to allow people to react in their own way.

### Reactions vary from person to person and may include

- Restless sleep or nightmares.
- Anger or wanting revenge.
- Numbness or lack of emotion.
- Needing to keep active, restlessness.
- Needing to talk about experiences.
- Loss of appetite.
- Weight loss or gain.
- Headaches.
- Mood swings.

It may be helpful to talk with family, friends or a religious or spiritual advisor about what happened and how you feel about it. It may be a good to spend time doing things other than watching or listening to news of the disaster. Activities such as volunteering at a local shelter, blood bank or food pantry to assist emergency victims may help your own recovery as well as helping others.



### Recovery for Children

After a disaster, most children are afraid that the event will happen again. Common fears include someone will be injured or killed; they will be separated from their family and/or they will be left alone.

### The following tips may help to reduce your child's fear and anxiety after an event

- Keep the family together.
- Calmly and firmly explain the situation in simple language.
- Keep them informed about what is happening.
- Encourage children to talk about their fears. Let them ask questions and describe how they're feeling. Listen to them.
- Children may tell stories about the emergency over and over again—this is a common way for them to grasp their experience. You may also want to share your feelings about the event with them.
- Reassure them with love. Tell them they are safe, everything will be all right and life will return to normal again.
- Emphasize that they are not responsible for what happened.
- Hold and hug them frequently.
- Include them in recovery activities.
- Encourage them to return to school and discuss problems with teachers and to resume playing games, riding bikes and other activities.
- Limit the amount of time children are exposed to media coverage of disasters and people's reactions to the events. This can be very upsetting to children, especially if the images are shown over and over.

## Types of Emergencies

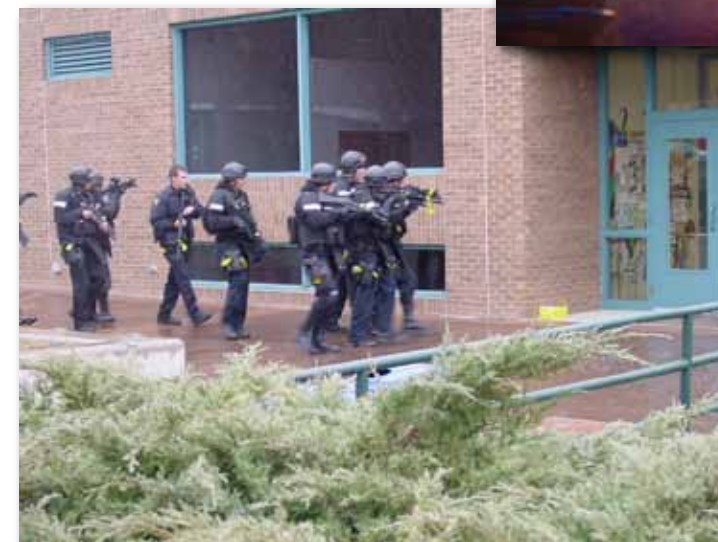
It is not always obvious at the outset whether a seemingly minor event might be the initial phase of a larger, rapidly growing threat. A disaster, or other event of significance, represents the occurrence or imminent threat of widespread or severe damage, injury or loss of life or property, or significant adverse impact on the environment, resulting from any natural, terrorism and other types of events.



### Actions common to all types of hazards

Regardless of what type of disaster or event that may affect you and your family, there are steps you can take to help you before, during and after the event to reduce its impacts.

- Listen to your radio, television or NOAA Weather Radio for weather reports and emergency information from public officials.
- Pay attention to announcements by emergency management, fire or police officials regarding actions the public should take.
- Talk to your insurance agent to ensure proper coverage for your home or other personal property if you are at risk from types of natural hazards.
- Know ahead of time what you should do to help elderly or disabled friends, neighbors or employees.
- Be alert to changing weather conditions and take appropriate precautions when necessary.



## Natural Hazards

The Lake County area has endured natural disasters. These include spot flooding, wildland fires and numerous severe weather events. There is no certainty that subsequent disasters will be equal, less, or greater than the magnitude of previous disasters. However, as the County continues to grow, the consequences from a major disaster are exponentially increasing. Located in the middle of the Rocky Mountains, Lake County frequently experiences extreme weather conditions.

### Flood

Flooding can occur along a waterway, in one drainage area, or in larger watersheds. Flash floods can develop quickly, sometimes in just a few minutes and without any visible signs of rain. Flash floods often have a dangerous wall of roaring water that carries rocks, mud, and other debris and can sweep away most things in its path.

#### During a flash flood

- Move to higher ground if there is any possibility of a flash flood.
- Be aware of streams, drainage channels, canyons and other areas known to suddenly flood.
- Turn off utilities at the main switches or valves if instructed to do so. Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.
- Secure your home by bringing in outdoor furniture and moving essential items to an upper floor, only if it is safe to do so.
- Avoid walking through moving water.

#### Flood Facts

- Six inches of moving water can make an adult fall.
- Six inches of water will reach the bottom of most passenger cars causing loss of control and possible stalling.
- A foot of water will float many vehicles.
- Two feet of rushing water can carry away most vehicles including sport utility vehicles (SUV's) and pick-ups.

#### After a flood

- Listen for news reports to learn whether the water supply is safe to drink.
- Avoid floodwater as it may be contaminated by oil, gasoline, raw sewage or may be electrically charged from underground or downed power lines.
- Return home only when authorities indicate it is safe.
- Use extreme caution when entering buildings due to potential hidden water damage.
- Clean and disinfect everything that was wet.

### Landslide or Debris Flow

Debris flows are rivers of rock, earth and other debris saturated with water. They develop when water rapidly accumulates in the ground during heavy rainfall or rapid snowmelt, changing the earth into a flowing river of mud or slurry. They can flow rapidly, striking with little or no warning at avalanche speeds. They also can travel several miles from their source, growing in size as they pick up trees, boulders, cars and other materials.

#### Before a landslide or debris flow

- Do not build near steep slopes, close to mountain edges, near drainage ways or areas of natural erosion.
- Obtain a geologic hazard assessment of your property.
- Ask local officials for information on landslides in your area.
  - Rocky Mountain USGS - (303) 236-5438.

#### During a landslide or debris flow

- Evacuate if it is safe to do so or if advised by local officials.
- Move to an above ground level if possible.
- Listen for unusual sounds that indicate moving debris, such as trees cracking or boulders knocking together.
- Be alert for any sudden increase or decrease in water flow and for a change from clear to muddy water because such changes may indicate landslide activity upstream.
- Be alert when driving along embankments near roadsides as they are particularly susceptible to landslides.
- Watch the road for collapsed pavement, mud, fallen rocks and other indications of possible debris flows.

#### After a landslide or debris flow

- Avoid the slide area if possible as there may be danger of additional slides.
- Check for injured and trapped persons without entering the direct slide area.
- Help neighbors who may need assistance.
- Look for and report broken utility lines, damaged roadways and railways.
- Check the building foundation, chimney and surrounding land for damage.

#### Protect your home

- Install flexible pipe fittings to avoid gas or water leaks. Only professionals should do the installation.
- Plant ground cover on slopes and build retaining walls.
- Replant damaged ground as soon as possible. Erosion caused by loss of ground cover can lead to flash flooding and additional landslides.

### Landslide Warning Signs

- Landscape changes such as water drainage, land movement, small slides or progressively leaning trees.
- Doors or windows stick or jam for the first time.
- New cracks appear in plaster, tile, brick or foundations.
- Outside walls, sidewalks or stairs begin pulling away from the building.
- Widening or newly appearing cracks on the ground.
- Underground utility lines break.
- Bulging ground appears at the base of a slope.
- Water breaks through the ground surface in new locations.
- Fences, retaining walls, utility poles or trees tilt or move.
- Unusual sounds such as a faint rumbling, trees cracking or boulders knocking together.
- Collapsed pavement, mud or fallen rocks

### Thunderstorms and Lightning

Colorado has over 500,000 lightning strikes per year and has the fourth highest lightning fatality rate in the United States over the last 50 years.

#### Before a thunderstorm

- Remove dead or rotting trees and branches that could fall and cause injury or damage.
- Postpone outdoor activities.
- Secure outdoor objects that could blow away or cause damage.
- Shutter windows or close blinds, shades or curtains and secure outside doors.
- Remain indoors 30 minutes before and after a thunderstorm passes.

#### During a thunderstorm avoid the following

- Showering or bathing because plumbing and bathroom fixtures can conduct electricity.
- Corded telephones; cordless and cellular telephones are safer.
- Power surges by unplugging appliances and electrical items such as computers, turn off air conditioners.
- Natural lightning rods such as a tall, isolated tree in an open area.
- Hilltops, open fields, the beach or a boat on the water.
- Isolated sheds or other small structures in open areas.
- Anything metal—tractors, farm equipment, motorcycles, golf carts, golf clubs and bicycles.



#### If you are outside

- Get inside a home, building or hard top automobile if possible.
- Seek shelter in a low area under a thick growth of small trees if in a forested area.
- Go to a low place such as a ditch or ravine if in the open.
- Be aware of flash flooding.
- If you feel your hair stand on end (which indicates that lightning is about to strike):
  - Squat low to the ground on the balls of your feet.
  - Place your hands over your ears and your head between your knees.
- Make yourself the smallest target possible and minimize your contact with the ground.
- DO NOT lie flat on the ground.



#### Lightning Facts

- It is unpredictable.
- Lightning may occur as far as 10 miles away from rainfall.
- Most lightning deaths and injuries occur in the summer months during the afternoon and evening.
- Chances of being struck by lightning are estimated to be 1 in 600,000.
- Lightning strike victims carry no electrical charge and should be attended to immediately.
- Rubber-soled shoes and rubber tires provide no protection from lightning.

**Tornados**

Tornadoes are extremely rare in Lake County, but there was a funnel cloud sighted on Mount Massive in the summer of 2010. Tornadoes are nature’s most violent storms. Spawned from powerful thunderstorms, tornadoes can cause fatalities and devastate a neighborhood in seconds. They may strike quickly and with little or no warning. Tornado season is spring to summer with June having the most recorded tornados.

**Before a tornado**

- Look for the following danger signs:
  - Dark, often greenish sky.
  - Large hail.
  - A large, dark, low-lying cloud (particularly if rotating).
  - Loud roar, similar to a freight train.
- Be prepared to take shelter immediately.

**If you are in a structure**

- Go to a pre-designated shelter area such as a safe room, basement, storm cellar or the lowest building level.
- Go to the center of an interior room on the lowest level (closet, interior hallway) away from corners, windows, doors and outside walls if there is no basement.
- Put as many walls as possible between you and the outside.
- Get under a sturdy table and use your arms to protect your head and neck.
- Do not open windows.

**If you are in a vehicle, trailer or mobile home**

- Get out immediately and go to the lowest floor of a sturdy, nearby building or a storm shelter.
- Mobile homes, even if tied down, offer little protection from tornados.

**If you are outside without shelter**

- Lie flat in a nearby ditch or depression and cover your head with your hands.
- Do not get under an overpass or bridge because these structures can intensify the wind.
- Never try to outrun a tornado in urban or congested areas in a car or truck. Instead, leave the vehicle immediately for safe shelter.
- Watch out for flying debris. Flying debris from tornados causes most fatalities and injuries.

**Wildfire**

Much of Lake County is surrounded by steep mountainous forests. The threat of wildland fires for people living near wildland areas is real. Dry conditions at various times of the year greatly increase the potential for wildland fires. Protecting your home from wildfire is a shared responsibility.

**Before the fire approaches your house**

- Evacuate your pets and family member when an evacuation order is given.
- Anyone with medical or physical limitations and the young and the elderly should be evacuated immediately.
- Clear items that will burn from around the house, including wood piles, lawn furniture, barbecue grills, tarp coverings, etc.
- Close all external doors and windows, inside to outside vents, shutters, blinds or heavy noncombustible window coverings to reduce radiant heat.
- Close all doors inside the house to prevent draft.
- Open the damper on your fireplace, but close the fireplace screen.
- Shut off any natural gas, propane or fuel oil supplies at the source.
- Fill any pools, hot tubs, garbage cans, tubs or other large containers with water.
- Place a ladder against the house in clear view.
- Back your car into the driveway and roll up the windows.
- Disconnect any automatic garage door openers so that doors can still be opened by hand if the power goes out but keep the garage doors closed.
- Place valuable papers, mementos and anything “you can’t live without” inside the car in the garage, ready for quick departure.

**Preparing to leave**

- Turn on outside lights and leave a light on in every room to make the house more visible in heavy smoke.
- Leave doors and windows closed but unlocked. It may be necessary for firefighters to gain quick entry into your home to fight fire.

**EVACUATE → HOUSE → CAR → FOOT**

We tell homeowners that evacuation should **ALWAYS** be their first option. If that is not possible, they are safer in a house than a car. They are safer in a car, than on foot. As bad as it may get, it will be worse outside of the structure or car. Stay inside.



**What to do during a wildfire**

**If you are trapped at home:**

- Stay calm. As the fire front approaches, go inside the house. Fire conditions and smoke will be much worse outside.

**If you are in a vehicle:**

- Only stay in your car in an emergency and it is preferred to running from a fire on foot.
- Roll up windows and close air vents and drive slowly with headlights on.
- Do not drive through heavy smoke.
- Try to park in an open area, turn headlights on and leave ignition on if you have to stop.
- Get on the floor of the vehicle and cover up with a blanket or coat.
- Stay in the vehicle until the main fire passes.

**If caught in the open:**

- The best location is an open area free of trees and shrubs, away from heavy fuels.
- Try to move to the backside, where it is safer, if on a steep mountainside.
- Avoid canyons, natural chimneys and saddles as fire and heat condense and move up these quickly.
- Lie face down along the road cut or in the ditch on the uphill side if a road is nearby.
- Cover yourself with anything that will shield you from the heat.
  - Lie down and point feet toward flame.
  - Protect your airway.
  - Do not use a wet bandana..

**Winter Storm**

One of the primary concerns is the winter weather’s ability to knock out heat, power and communications services to your home or office, sometimes for days at a time. Heavy snowfall and extreme cold can immobilize an entire region. The National Weather Service refers to winter storms as the “Deceptive Killers” because most deaths are indirectly related to the storm. Instead, people die in traffic accidents on icy roads and of hypothermia from prolonged exposure to cold. It is important to be prepared for winter weather before it strikes.

**Before a winter storm**

- Add rock salt, sand and snow shovels to your emergency supply kit.
- Prepare your car for winter weather (e.g., test heater and defrosters, put in winter grade oil, ensure allweather or snow tires are on. Consider studded tires).
- Wear or take along several layers of loose fitting, lightweight, warm clothing and carry gloves or mittens and a winter hat and scarf.
- Stock sufficient heating fuel or wood for burning in case electricity or other fuel sources are interrupted..
- Insulate walls and attics, caulk and weather-strip doors and windows.
- Insulate pipes and allow faucets to drip a little during cold weather to avoid freezing.
- Learn how to shut off water valves in case pipes freeze and burst.

**During a winter storm**

- Conserve fuel by keeping your residence cooler than normal. Temporarily close off heat to some rooms.
- Ensure your ventilation pipes are not blocked. Blockages could create a back up of carbon monoxide in your home.
- Drive only if it is absolutely necessary.

**If you are outdoors:**

- Avoid overexertion when shoveling snow to prevent heart attack or other injuries.
- Stay dry or change wet clothing frequently to prevent a loss of body heat.
- Watch for signs of frostbite such as loss of feeling and white or pale appearance in fingers, toes, ear lobes and the tip of the nose.
- Watch for signs of hypothermia including uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion.
- Assist a hypothermia victim by:
  - moving the victim to a warm location.
  - removing wet clothing.

- putting the person in dry clothing and wrapping his/her entire body in a blanket.
- warming the center of the body first.
- giving warm, non-alcoholic or non-caffeinated beverages if the victim is conscious.
- getting medical help as soon as possible.



### If you are driving:

- Travel during daylight hours.
- Travel with more than one person.
- Keep others informed of your location and schedule.
- Stay on main roads; avoid back road shortcuts.

### If you become trapped or stranded in a vehicle:

- Try to move the vehicle to the side of the road if possible.
- Turn on hazard lights and hang a distress flag from the radio antenna or window.
- Remain in your vehicle where rescuers are most likely to find you.
- Run the engine and heater about 10 minutes each hour to keep warm.
- Protect yourself from possible carbon monoxide poisoning by opening a downwind window slightly while your vehicle is running. Periodically clear snow from the exhaust pipe.
- Exercise to maintain body heat, but avoid overexertion.
- Huddle with passengers and use your coat, blanket, road maps, seat covers and floor mats for warmth.
- Take turns sleeping. One person should be awake at all times to look for rescue crews.
- Drink fluids to avoid dehydration.
- Conserve car battery power by balancing the use of lights, heat and radio with supply.
- Turn on the inside light at night so work crews or rescuers can see you.



## Accidental Hazards

### Hazardous Materials

Chemicals purify drinking water, increase crop production and simplify household chores. Hazardous materials are those that can cause death, serious injury, long-lasting health effects and damage to buildings, homes and other property. There are numerous sources of hazardous materials in Lake County and the surrounding area. These sources include mines, service stations, hospitals and water treatment plants. Products containing hazardous chemicals are routinely used and stored in homes. Hazardous materials are also shipped daily on area highways.

#### Before a hazardous materials incident

- Contact Leadville / Lake County Fire and Rescue, at (719) 486-2990, to find out more about chemical hazards in your area and what can be done to minimize the risk to individuals and the community.

#### During a hazardous materials incident

- Follow instructions for sheltering-in-place or evacuation from local public safety authorities. Guidelines for sheltering-in-place are on page 14. Evacuation guidelines are on page 14.
- Stay away from the contaminated area.

#### If you are caught outside:

- Stay upstream, uphill and upwind.
- Try to go at least one-half mile (usually 8-10 city blocks) from the danger area.
- Move away from the contaminated area and warn others of the danger.
- Cover mouth with a cloth while leaving the area and try not to inhale gases, fumes and smoke.
- Stay away from accident victims until the hazardous material has been identified.

#### After a hazardous materials incident

- Act quickly if you have come in to contact with or have been exposed to hazardous chemicals. Do the following: Follow decontamination instructions from local authorities.
  - Seek medical treatment for unusual symptoms.
  - Place exposed clothing and shoes in tightly sealed containers and contact local authorities to find out about proper disposal.
  - Advise everyone who comes in contact with you that you may have been exposed to a toxic substance.
- Report any lingering vapors or other hazards to your local public safety authorities.
- Return home only when authorities say it is safe.

### Power Outage

Power outages in Lake County are most commonly associated with high wind events and severe winter snow or ice storms. Intermittent power outages may even be caused by traffic accidents, fires, building or construction activities.



#### Before a power outage

- Fill plastic containers with water, leaving about an inch of space inside each one for the frozen water to expand
- Place the containers in the refrigerator and freezer
- This chilled or frozen water will help keep food cold for several hours if the power goes out.
- Medication that requires refrigeration usually can be kept in a closed refrigerator for several hours without a problem
- Back up computer files and operating systems.
- Turn off and unplug major appliances and sensitive electric equipment until after power is restored.
- Purchase a high-quality surge protector for electronic equipment.
- Locate the manual release for your electric garage door opener and learn how to operate it.
- Keep a traditional, non-cordless telephone available or plan for alternate communication, including a cell phone, radio or pager
- Keep your car fuel tank at least half-full because gas stations rely on electricity to power the pumps.
- Make sure to have extra cash at home because equipment such as automated teller machines (ATMs) may not work during a power outage.

#### During a power outage

- Use a flashlight whenever possible rather than candles or kerosene lanterns, which are a fire hazard.
- Do not use your range or oven to heat your home as this can cause a fire or fatal gas leak.
- Keep your refrigerator and freezer doors closed as much as possible.
- Treat each signal as a stop sign if traffic signals are not working
- Do not call 911 to ask about the power outage.

#### After a power outage

- Look for damage to an outside metal pipe or tube called a "mast," that feeds electricity from overhead lines into the meter on your house.
  - This mast is the responsibility of the homeowner and is typically located at the roofline or the side of a home, coming out of the meter.
  - The mast should not be touched – customers can inspect the mast from a safe distance and call a licensed electrician for repairs if it is damaged.

## Household Chemical Emergency

Nearly every household uses products containing hazardous materials or chemicals. Although the risk of a chemical accident is slight, knowing how to handle these products and how to react during an emergency can reduce the risk of injury. Common hazardous household items include cleaning, automotive, lawn/ garden, woodworking and painting products.

### Preventing household chemical accidents

- Post the number of the emergency medical services and the poison control center by all telephones (see back cover for numbers).
- Buy only as much chemical as you think you will use.
- Keep products containing hazardous materials in their original containers.
- Never store hazardous products in food containers.
- Never mix household hazardous chemicals or waste with other products. Incompatibles, such as chlorine bleach and ammonia, may react, ignite or explode.
- Follow the manufacturer's instructions for the proper use of the household chemical.
- Never smoke while using household chemicals.
- Never use hair spray, cleaning solutions, paint products or pesticides near an open flame.
- Use rags, wear gloves and protect eyes while cleaning up any chemical spill.
- Dispose of household hazardous waste by taking it to the household hazardous waste facility.

### Symptoms of household chemical poisoning

- Difficulty breathing.
- Irritation of the eyes, skin, throat or respiratory tract.
- Changes in skin color.
- Headache or blurred vision.
- Dizziness.
- Clumsiness or lack of coordination.
- Cramps or diarrhea.

### What to do if exposed to household chemicals

- Locate the chemical container in order to provide requested label information.
- Call the National Poison Control Center (NPCC) at 1 (800) 222-1222.
- Follow the NPCC emergency operator's first aid instructions carefully. First aid advice found on containers may be out of date or inappropriate.
- Do not take or give anything by mouth unless advised to do so by a medical professional.
- Remove and bag your clothes and personal items. Follow official instructions for disposal of contaminated items.



## Public Health Hazards

### Pandemic Influenza and H1N1

Source: El Paso County Health and Environment and Pandemicflu.gov

A pandemic is a global disease outbreak. A flu pandemic occurs when a new influenza virus emerges for which people have little or no immunity and for which there is no vaccine. The disease spreads easily person-to-person and results in serious illness.

Either swine (pig) or avian (bird) flu viruses may cause an influenza pandemic. The most recent example of a pandemic flu virus affecting Lake County is H1N1, initially referred to as swine flu. This H1N1 virus has genes from flu viruses that normally circulate in pigs as well as birds and humans. This is thought to happen in the same way as seasonal flu occurs in people, which is mainly through coughing or sneezing of people infected with the influenza virus. People may become infected by touching something with flu viruses on it and then touching their mouth or nose.

Health professionals are concerned about viruses showing the following characteristics:

- It is a never before seen combination of human, swine or avian influenza viruses.
- It spreads from human to human.
- Healthy, young adults are the most affected (unlike seasonal flu).
- The virus continues to evolve.

Service disruptions by hospitals, health care facilities, banks, stores, restaurants, government offices and post offices are possible during a pandemic.

### Fight the Flu: It Starts With You - To limit the spread of germs and prevent infection

<b>Get vaccinated</b>	Influenza or "flu" can cause serious illness. Vaccination is the best way to protect yourself and your family.
<b>Cover your cough or sneeze</b>	Cover your mouth and your nose with a tissue or your sleeve, not your hand, when you cough or sneeze. Place used tissues in a wastebasket, preferably one with a lid. Model these behaviors.
<b>Wash your hands</b>	Wash your hands frequently with soap and water for 15 to 20 seconds. Use an alcohol-based disposable hand wipe or gel sanitizers if soap and water are unavailable. Clean your hands each time you sneeze or cough.
<b>Avoid touching your eyes, nose, and mouth</b>	If you touch surfaces with the flu virus, you can get the flu by touching your eyes, nose and mouth. Try not touch surfaces that may be contaminated with the flu virus.
<b>Stay home if you're sick</b>	Flu viruses go wherever you go when you are infected. Stay at home and check with your healthcare provider when needed. Avoiding close contact with sick people and teach your children to stay away from others as much as possible if they are sick.

Source: Colorado State Department of Health and Environment

### Healthcare considerations

- Ask your health care provider and health insurance company if you can get an extended prescription for your regular drugs and medical supplies.
- Stock a supply of nonprescription drugs, such as pain relievers, cough and cold medicines, stomach remedies and anti-diarrheal medication, as well as vitamins and fluids with electrolytes (such as sports drinks).
- Store health and cleaning supplies, such as bleach, tissues, a thermometer, disposable gloves, soap and alcohol-based hand sanitizers.
- Consider how to care for people with special needs in case the services they rely on are not available.

### Employment considerations

- Ask your employer about how business will continue during a pandemic, such as plans to have staff stay home when they or family members are sick.
- Check with your employer or union about leave policies.
- Find out your employer's plans to keep the business functioning if key staff are not available to work.
- Find out if you can work from home.
- Plan for the possible reduction or loss of income if you are unable to work or your place of employment is closed.

### School and daycare considerations

- Ask your child's school or day care if they plan to encourage sick children to stay home during a flu pandemic.
- Plan home learning and recreational activities in case your child's school or daycare is closed.
- Consider alternative childcare needs.

## Terrorism

Terrorism is the use of force or violence against persons or property for purposes of intimidation, coercion or ransom. Acts of terrorism include threats of terrorism, assassinations, kidnappings, hijackings, cyber attacks, bomb threats and explosions. To carry out these activities, terrorists use chemical, biological, radiological and nuclear weapons as well as explosive devices. These weapons and devices are often referred to as CBRNE.

Although it is unlikely a terrorist attack will directly affect Lake County, information related to terrorism is included in this guide to provide a comprehensive understanding of potential hazards in our community.

### Chemical Weapon

Chemical agents are poisonous vapors, aerosols, liquids and solids that have toxic effects on people, animals or plants. They can be released by bombs or sprayed from aircraft, boats and vehicles. Signs of a chemical release include difficulty breathing, eye irritation, losing coordination, becoming nauseated, or having a burning sensation in the nose, throat and lungs. Many dead insects or birds may indicate a chemical agent release.

#### Before a chemical attack

- Check your emergency supply kit to make sure it includes:
  - A roll of duct tape and scissors.
  - Plastic for doors, windows and vents for the room in which you will shelter-in-place.
- Pre-measure and cut the plastic for each opening.
- Choose an internal room to shelter, preferably one without windows and on the highest level.

#### During a chemical attack

- Close doors and windows.
- Turn off all ventilation, including furnaces, air conditioners, vents and fans.
- Seek shelter in an internal room and take your emergency supply kit.
- Seal the room with duct tape and plastic.

#### If you are caught outside:

- Move away immediately in a direction upwind of the source.
- Find shelter as quickly as possible.

#### After a chemical attack

- Do not leave the safety of a shelter to go outdoors to help others until authorities announce it is safe.
- Decontamination is needed within minutes of exposure to minimize health consequences.
  - Seek immediate medical attention from a professional if contaminated.
  - Decontaminate yourself and assist in decontaminating others if medical help is not immediately available.

### Biological Weapon

Biological agents are organisms or toxins that can kill or incapacitate people, livestock and crops. Examples of biological agents used as weapons are bacteria, viruses and toxins. Biological agents can be dispersed by spraying them into the air, infecting animals that carry the disease to humans or contaminating food and water. Children and older adults are particularly vulnerable to biological agents.

#### Before a biological attack

- Check with your doctor to make sure all immunizations are up-to-date.
- Install High Efficiency Particulate Air (HEPA) filters in your furnace.

#### During a biological attack

- Be patient as public health officials need time to assess the situation and provide recommended actions.
- Be suspicious of any symptoms you notice but do not assume that any illness is a result of the attack.

#### After a biological attack

- Delivery of medical services for a biological event may be handled differently to respond to increased demand.

### Radiological or Nuclear Device

Terrorist use of a radiological dispersion device (RDD), otherwise known as a “dirty nuke” or “dirty bomb,” is considered more likely than use of a traditional nuclear bomb. An RDD combines a conventional explosive device—such as a bomb—with radioactive material. It is designed to scatter dangerous and sub-lethal amounts of radioactive material over a general area.

A nuclear device can range from a weapon carried by an intercontinental missile launched by a hostile nation or terrorist organization to a small portable nuclear device transported by an individual. All nuclear devices cause deadly effects when exploded, including blinding light, intense heat (thermal radiation), initial nuclear radiation, blast, fires started by the heat pulse, and secondary fires caused by the destruction.

### Explosive Device

Terrorists commonly use explosive devices as weapons. Bombs have been used to damage and destroy financial, political, social and religious institutions. Attacks have occurred in public places and on city streets with thousands of people around the world injured and killed.

#### During and after an explosion

- Get under a sturdy table or desk if things are falling around you.
- Leave the building as quickly as possible.
  - Do not use elevators.
  - Watch for weakened floors and stairways.
  - Do not stand in front of windows, glass doors or other potentially hazardous areas.
- Move away from sidewalks or streets to be used by emergency officials or others still exiting the building.

#### If you are trapped in debris

- Avoid unnecessary movement to minimize airborne dust.
- Cover your nose and mouth with anything you have on hand to protect your lungs from dust.
- Tap on a pipe or wall so rescuers can hear where you are.
- Shout only as a last resort to avoid inhaling dangerous amounts of dust.

## Personal Safety and Awareness

Personal safety is based on the concept of prevention. Personal safety and awareness is what we do before we find ourselves in a potentially dangerous or violent situation. Making sure you know how to protect yourself and your family is the best way to make sure that you do not become a victim or statistic.

### Abduction prevention ideas

- NEVER go with a suspect for any reason. You have a greater chance of survival wherever you are rather than being moved to a remote area or road.
- Do anything that would make this suspect not want you.
  - Act weird.
  - Throw up on yourself.
  - Wet your pants.
  - Faint.
  - Fake an illness.
- Fight, yell or run. Do everything you can to not go with an abductor.

### Safety in and around your home

- Have good lighting at all entrances of your home.
- All outside doors should have deadbolt locks.
- Sliding doors should have auxiliary locks to prevent lifting or sliding.
- Never open your door to a stranger.
- Make sure you know who is on the other side before opening.
- Contact the police department or Sheriff Office if in doubt of who is at your door.
- Do not enter if you come home and find a door or window open or broken.
- Call the police or Sheriff Office from a phone other than the phone in your home.
- Stop all mail, newspapers or any other kind of deliveries if you go on vacation or will be away from your home for a period of time. Let your police department or Sheriff Office know of your absence and request a property check.
- No spare keys should be hidden around your home.
- A stranger can find a hiding place if you can.
- All important property in your home should have a serial number assigned to it in case of theft.
- Document these articles and put them somewhere safe.
- Keep all doors and windows locked when you leave your home or apartment.
- Do not leave cash lying around your home.
- Secure all firearms and other dangerous objects and materials to prevent access by children and irresponsible adults.





**Driving safety if you are being followed**

- Use your rear view mirror and side mirrors to identify the vehicle.
- Be alert. Notice the same cars that often travel your direction.
- Change streets or direction to see if the vehicle stays with you.
- Obtain a license plate number and a description. Report it via a cell phone if you have one.
- Drive to a fire, police station, or sheriff office for help.

**Vehicle and parking safety**

- Keep your vehicle in good mechanical condition to avoid breakdowns.
- Use common sense, lock your doors and roll windows up when driving through unsafe areas.
- Never give rides to strangers. Report motorist assists; never stop.
- Keep valuable items covered or locked in the trunk.
- Do not get in the habit of traveling the same way to work every day.
- If you are involved in a rear end accident, look before getting out of the vehicle. Is it an accident or a carjacking attempt?

**Personal theft prevention**

- Know the area in which you are walking.
- Face the traffic flow when walking so you can see what is coming.
- Walk in populated and well-lighted areas.
- You cannot defend yourself if you are carrying too many items.
- Walk with others.

**Protect yourself when walking**

- Avoid walking alone at night unless absolutely necessary.
- Call 911 to report suspicious persons or activity in or around your neighborhood.
- Avoid shortcuts and dark, isolated areas.
- Walk purposefully, know where you are going and project a no-nonsense image.
- Avoid potentially dangerous situations.
- Have your door keys ready; carry them in your hand, not buried in a purse or pocket.
- If you rely on a weapon such as pepper spray, knife, or gun for defensive purposes, it is vital that you know how to carry, store, and use it safely, legally, and effectively.

**General awareness**

- Stay alert – Be careful about relaxing in certain areas.
- Keep your mind on your surroundings.
  - Who is around you?
  - What is around you?
  - Know where you are. Do not become lost.
  - Know the area layout, local stores, how to get in and out.
  - Know area Fire, Police Department, and Sheriff Office locations.
- Be suspicious of everyone and everything.
- Act confident, walk with a purpose and use good posture. Make eye contact and speak to or greet people to let them know you have noticed them.
- Trust your first instincts and do not justify your feelings.
- Safety first. If you are suspicious, get out/away and report it.



**Transmittable Animal Diseases**

Source: El Paso County Department of Health & Environment, the United States Center for Disease Control and eHow.com

**Hantavirus and Plague**

**Hantavirus** is an infectious respiratory disease carried by certain wild rodents, especially deer mice, and passed to humans through contact with rodents' infected urine, droppings or saliva. Inhaling the particles from droppings or nesting materials can lead to infection.

The incubation period (time from exposure to first symptoms) ranges from one to six weeks but averages two to three weeks. Hantavirus is a serious illness that can result in respiratory failure and death. Currently, there are no effective drug treatments for hantavirus.

**Plague** is caused by bacteria transmitted to people through bites from infected fleas and through direct contact with animals infected with plague. Other plague-carrying animals include rock squirrels, prairie dogs and other species of ground squirrels and chipmunks.

Bites from cats and dogs also have caused plague in humans. Cats sometimes exhibit swellings and sores around their mouth, head and neck when infected. Seek professional veterinary care for such animals and do not handle suspiciously sick pets without gloves and face protection.

In humans, the incubation period of plague is usually two to six days. Treatment with antibiotics is effective during the early stages of disease. Life-threatening complications may occur if diagnosis and appropriate treatment are delayed.

**Preventing exposure and rodent proofing your residence**

The best way to prevent being infected is to avoid contact with rodents. Keep them away from commonly accessed areas such as your house, garage and tool shed. Although it may be difficult to eliminate rodents completely, make every effort to monitor and reduce their presence. Special precautions should be taken when cleaning or working in a heavily rodent-infested environment.



- Keep your home or outbuilding clean.
- Properly store or dispose of unused food, including pet food.
- Keep garbage cans tightly sealed.
- Fill all structural holes with wire screening, steel wool or cement.
- Set and maintain spring-loaded traps throughout the building—inside and outside.

- Eliminate or maintain places that rodents can hide and breed, such as woodpiles, yard equipment, broken cement and trash.
- Do not feed or entice any rodent or rabbit species into your yard, back porch or patio.
- Do not catch, play with or attempt to hand feed wild rodents.
- Do not linger in rodent-infested areas when camping or hiking.
- Avoid contact with all sick and dead rodents and rabbits.

**Cleaning a rodent infested dwelling**

- Open all doors and windows at least 30 minutes prior to cleaning. Use an N95-rated disposable respirator if the building is heavily infested or ventilation isn't possible.
- Spray all rodent droppings, nest materials and remains with a bleach solution and let them soak 5-10 minutes before cleaning with a mop, sponge or wet vacuum. Do not use a broom or conventional vacuum.
- Use a mixture of bleach and water (1½ cups bleach to a gallon of water, or one part bleach to nine parts water). Always wear water-resistant gloves.
- Dispose of contaminated materials by placing them in a sealed plastic bag and taking to an outdoor trash can.
- Wash your hands thoroughly after cleaning.

**West Nile Virus**

Infected mosquitoes spread West Nile virus when they bite an animal or human. This virus can cause serious or fatal disease. However, most people who are infected with mosquito-borne viruses do not become ill and have no symptoms. Person-to-person transmission does not occur. The virus is prevalent from May to September when mosquitoes are most abundant, but the risk to humans occurs primarily from August through early September.

In Lake County, mosquitoes that carry West Nile virus feed in the few hours around dawn and dusk. During the day they rest in shady, secluded areas, such as under porches, roof overhangs, tall grass, shrubs and storm sewers. They breed in almost any source of standing water that lasts for more than a few days.

**Symptoms of West Nile Virus**

Most people, approximately 80 percent, who are infected with mosquito-borne viruses do not become ill and have no symptoms. For persons who do become ill, the time between the mosquito bite and the onset of symptoms ranges from 5-15 days.

Symptoms of Hantavirus	Symptoms of Plague
Difficulty breathing due to fluid buildup in the lungs	Swollen lymph nodes
Persistent cough usually within a few days after becoming ill	Sudden fever and chills
Flu-like fever, headache, nausea, vomiting and muscle pain	Severe headache, nausea and muscle aches
Severe abdominal, joint and lower back pain	Vomiting and a vague feeling of illness

**If you think you have been exposed to either of these diseases, see a health-care provider or hospital emergency room immediately.**

Two different types of this disease occur in humans: (1) viral fever syndrome, and (2) encephalitis, an inflammation of the brain. Symptoms of the viral fever syndrome include fever, headache and malaise. These symptoms persist for about 2-7 days.

In rare cases, the virus can cause a more serious brain infection such as aseptic meningitis or encephalitis. The infections begin with a sudden onset of high fever and a headache, and then may progress to stiff neck, disorientation, tremors. Symptoms may include convulsions, muscle weakness, vision loss, numbness, paralysis and coma. Severe infections can result in permanent brain damage or death. There is no specific treatment for infection with these viruses except supportive care.

### Mosquito virus prevention and control

- Limit outside activity around dawn and dusk when mosquitoes feed.
- Wear protective clothing such as lightweight long pants and long sleeve shirts.
- Apply insect repellent to exposed skin when outside. Repellents with DEET are effective but should be applied sparingly. Products with 10% or less of DEET are recommended for children.
- Make sure that doors and windows have tight-fitting screens without tears or holes.
- Drain all standing water on private property, no matter how small an amount.
- Stock permanent ponds or fountains with fish that eat mosquito larvae.
- Change water in birdbaths or wading pools and empty flowerpot saucers of standing water at least once a week.
- Check around faucets and air conditioner units; repair leaks or puddles that remain for several days.
- Make sure gutters drain properly.
- Remove standing water under or around structures or on flat roofs.
- Remove items that could collect water such as old tires, buckets and empty cans.

- Report dead birds to local authorities because they may be a sign that West Nile virus is circulating between birds and mosquitoes.

### Rabies

Rabies is a virus that affects the central nervous system of mammals, causing a fatal inflammation of the brain and spinal cord. Potential carriers of rabies include: raccoons, skunks, bats, foxes and coyotes.

Because the rabies virus is found in the saliva of infected animals and is commonly spread through a bite, dogs, cats or ferrets that bite a human should be put in confinement for a ten-day observation period to determine whether the animal is suffering from symptoms of rabies. If a dog, cat or ferret remains alive and healthy during the ten days after biting someone, then the animal does not have rabies. This observation period only applies to these three species.

### Rabies in Humans

Rabies is a fatal disease with progressive symptoms. It is very important to inform your health care provider right away if you have been bitten by an animal that might have rabies. After being exposed to rabies, symptoms may start as early as 30-90 days later or could occur several years later. The first step to decrease the chances for infection is to immediately wash the wound with soap and water. Preventive medication is available to treat persons who have been exposed to rabies. A health care provider must give it as soon as possible after exposure.

### Symptoms of rabies

- Pain or tingling at the site of the bite.
- Hallucinations.
- Hydrophobia—a fear of water caused by spasms of the throat.
- Paralysis of body parts.

### How to protect yourself from rabies

- Do not feed, touch or adopt sick or wild animals and be cautious of stray dogs and cats.
- Teach children to leave wildlife alone and tell an adult if an animal bites or scratches them.
- Close garbage cans or store them in a garage/barn.
- Call your health care provider if an animal bites or scratches you.

### How to protect pets from rabies

- Keep rabies vaccinations up-to-date for all cats, ferrets and dogs.
- Maintain control of your pets by keeping cats and ferrets indoors and keeping dogs under direct supervision when outdoors.
- Spay or neuter pets. Pets that are spayed are less likely to leave home, become strays and make more stray animals.

## First Aid

Source: Mayo Clinic unless otherwise noted

First aid may be necessary when someone becomes sick, injured or is experiencing a health related illness. Learning and applying first aid techniques allows for the provision of basic emergency medical treatment for minor injuries and for more serious injuries, before the arrival of advanced medical treatment.

You will be much more effective in an emergency if you have taken CPR and first aid classes. Call the Mile High Chapter of the American Red Cross (970) 262-0530 for information on training and classes.

### CPR

Cardiopulmonary resuscitation (CPR) is a lifesaving technique useful in many emergencies, including heart attack or near drowning, in which someone's breathing or heartbeat has stopped. Typically, CPR involves two elements – chest compressions combined with mouth-to-mouth rescue breathing.

As a bystander to an emergency event where CPR is necessary, what you should do depends on your knowledge and level of comfort. The difference between action, or doing something, and doing nothing could be someone's life. Call the Mile High Chapter of the American Red Cross (970) 262-0530 for information on training and classes.

### Hypothermia

When more heat is lost than your body can generate, hypothermia, defined as an internal body temperature less than 95 F (35 C), can result. This is especially true when exposed to a high wind chill factor and high humidity, or to a cool, damp environment for prolonged periods. Wet or inadequate clothing, falling into cold water and even not covering your head during cold weather can increase your chances of hypothermia.

Signs and symptoms usually develop slowly. People with hypothermia typically experience gradual loss of mental acuity and physical ability, so they may be unaware that they need emergency medical treatment.

### Signs and symptoms

- Shivering.
- Slurred speech.
- Abnormally slow breathing.
- Cold, pale skin.
- Loss of coordination.
- Fatigue, lethargy or apathy.
- Confusion or memory loss.
- Bright red, cold skin (infants).

### What to do

- Call **911**. Monitor breathing while waiting for help to arrive. Begin CPR if breathing stops or seems dangerously slow or shallow.
- Move the person out of the cold. Protect the person from the wind, cover his or her head, and insulate his or her body from the cold ground if going indoors is not possible.
- Remove wet clothing. Replace wet things with a warm, dry covering.
- Offer warm nonalcoholic drinks, unless the person is vomiting.

### What NOT to do

- Do not apply direct heat. Do not use hot water, a heating pad or a heating lamp to warm the victim. Instead, apply warm compresses to the center of the body – head, neck, chest wall and groin.
- Do not attempt to warm the arms and legs. Heat applied to the arms and legs can be fatal because it forces cold blood back toward the heart, lungs and brain, causing the core body temperature to drop.
- Do not massage or rub the person. Handle people with hypothermia gently; their skin may be frostbitten, and rubbing frostbitten tissue can cause severe damage.



## Poisoning

Many conditions mimic the signs and symptoms of poisoning, including seizures, alcohol intoxication, stroke and insulin reaction. If you suspect poisoning, call the poison control center serving Lake County at (719) 776-5333, or the National Poison Control Center at 800-222-1222, before giving anything to the affected person.

### Signs and symptoms

- Burns or redness around the mouth and lips, from drinking certain poisons.
- Breath that smells like chemicals, such as gasoline or paint thinner.
- Burns, stains and odors on the person, on his or her clothing, or on the furniture, floor, rugs or other objects in the surrounding area.
- Empty medication bottles or scattered pills.
- Vomiting, difficulty breathing, sleepiness, confusion or other unexpected signs.

### Call 911 if the person is

- Drowsy or unconscious.
- Having difficulty breathing or has stopped breathing.
- Uncontrollably restless or agitated.
- Having seizures.

### What to do while waiting for help

- If the person has been exposed to poisonous fumes, such as carbon monoxide, get him or her into fresh air immediately.
- If the person swallowed the poison, remove anything remaining in the mouth.
- If the suspected poison is a household cleaner or other chemical, read the label and follow instructions for accidental poisoning. If the product is toxic, the label will likely advise you to call the poison control center at 800-222-1222. Also call this 800 number if you cannot identify the poison, if it is medication or if there are no instructions.
- Follow treatment directions that are given by the poison control center.
- If the poison spilled on the person's clothing, skin or eyes, remove the clothing. Flush the skin or eyes with cool or lukewarm water, such as by using a shower for 20 minutes or until help arrives.
- Make sure the person is breathing. If not, start rescue breathing and CPR.
- Take the poison container (or any pill bottles) with you to the hospital.

### What NOT to do

- Do not give ipecac syrup or do anything to induce vomiting. The American Academy of Pediatrics advises discarding ipecac in the home, citing no evidence of effectiveness and that it can do more harm than good.

**Call 911 if you think the medical emergency is life threatening.**



## Emergency Planning

Disasters and emergencies of all types can happen anytime and anywhere. When an emergency strikes, there may not be much time to respond. Proactive planning and preparation can be the key to surviving an emergency.

### BE PREPARED

Six basic items should be stocked in every home: **water, food, clothing/bedding, first aid kit, tools/supplies and special items.** Keep items most likely needed during an evacuation in an easy-to-carry container. Possible containers include a large covered storage bin, backpack or duffel bag.

Put items in airtight plastic bags and store the emergency kit in a convenient place known to all family members. Consider keeping a kit in your vehicle as well. Evaluate contents of the kit and family needs at least once a year. Replace items as needed.

### MEET AND DISCUSS AS A FAMILY:

- Evacuation procedures
- Individual roles

### PLAN HOW THE FAMILY WILL STAY IN CONTACT IF SEPARATED BY DISASTER:

- Decide on two meeting places – one outside of the home and one outside of the neighborhood
- Choose an out-of-state friend or relative that will act as a point of contact for everyone

### MEET WITH NEIGHBORS:

- Plan how everyone will work together
- Consider how to help neighbors with special needs
- Make plans for children at home if parents can't return to the area

### COMPLETE THESE STEPS:

- Post emergency phone numbers by every phone and program into cell phones
- Know how and when to shut off water, electricity and gas at main controls
- Install smoke and carbon monoxide alarms on each level of your home near bedrooms
- Make arrangements for animals, public shelters do not accept them

### PERSONAL SAFETY SHOULD BE THE HIGHEST PRIORITY:

- During an evacuation, immediately follow instructions from fire, police, and emergency officials
- Learn alternate ways out of the neighborhood – plan and rehearse an escape plan
- Make a list of items to take with you – remember, you may only have a few minutes
- If told to evacuate immediately, take only essential items:
  - Medications/Prescriptions
  - Identification
  - Eyeglasses, dentures, hearing aids
  - Financial Resources – cash, credit cards, checks, bank cards

## ASSEMBLE AN EMERGENCY KIT FOR YOUR HOME AND ONE FOR EACH CAR.

### THE EMERGENCY KIT SHOULD INCLUDE:

#### WATER

- Store in a location that will prevent water from freezing.
- Avoid using containers that will decompose or break, such as wax milk cartons or glass bottles.
- Change your stored water supply every six months so it stays fresh.
- Store one gallon of water per person per day (two quarts for drinking, two quarts for food preparation/ sanitation).
- Keep at least a three day supply of water for each person in the household

#### FOOD

- Store at least a three day supply of non-perishable food.
- Select foods that are compact, lightweight, require no refrigeration, preparation or cooking and little or no water.
- Rotate stored food every six months.
- Ready-to-eat canned meats, fruits and vegetables, juices, milk, soup (if powdered, store extra water).
- Staples -sugar, salt, pepper.
- High-energy foods -peanut butter, jelly, crackers, granola bars and trail mix-
- Comfort/stress foods -cookies, hard candy, sweetened cereals, lollipops, instant coffee, and tea bags.

#### CLOTHING/BEDDING

- Include at least one complete change of clothing and footwear per person.
- Sturdy shoes or work boots
- Hat and gloves
- Sunglasses
- Thermal underwear and rain gear
- Blankets or sleeping bags

#### FIRST AID

- |                                       |                                |  |
|---------------------------------------|--------------------------------|--|
| • Sterile adhesive bandages           | • Needle                       | • Latex gloves (2 pair)                |
| • Triangular bandages                 | • Moistened towelettes         | • Sunscreen                            |
| • Sterile gauze pads (assorted sizes) | • Antiseptic                   | • Aspirin or non-aspirin pain reliever |
| • Hypoallergenic adhesive tape        | • Thermometer                  | • Anti-diarrhea medication             |
| • Scissors                            | • Medicine dropper             | • Antacid (for stomach upset)          |
| • Tweezers                            | • Safety pins (assorted sizes) | • Prescription drugs                   |
|                                       | • Cleansing agent/ soap        |  |

#### TOOLS AND SUPPLIES

- |  |                                     |                              |
|--|-------------------------------------|------------------------------|
| • Plastic cups, plates and utensils    | • Tent                              | • Plastic storage containers |
| • Battery operated radio & flashlights | • Pliers                            | • Signal flare               |
| • Extra batteries                      | • Tape                              | • Paper & pencil             |
| • Non-electric can opener              | • Compass                           | • Needles & thread           |
| • Utility knife                        | • Wrench to turn off gas and water  | • Whistle                    |
| • Fire extinguisher – ABC type         | • Matches in a waterproof container | • Plastic sheeting           |
|  | • Aluminum foil                     |                              |

#### SPECIAL NEEDS

**Important Documents** (keep in waterproof portable container)

- Cash, change, or travelers checks
- Important telephone numbers
- Will, insurance policies, contracts
- Social Security Cards/Bank numbers
- Inventory of valuable household goods
- Family records (birth/marriage/ etc.)

#### For Adults

- Denture needs
- Extra eye glasses
- Contact lenses and supplies
- Medications
- Oxygen

#### For Babies

- Formula/Bottles/Powdered Milk
- Medications
- Diapers

#### For Pets

- Extra food
- Medications

#### Sanitation

- Plastic bucket with tight lid
- Toilet paper & towelettes
- Plastic garbage bags & ties
- Soap
- Personal hygiene items
- Disinfectant
- Household chlorine bleach

## Evacuation Planning

Planning for an evacuation should occur well before an emergency happens. Because emergencies are dynamic events, there will potentially not be much time for homeowners to respond an evacuation order. It will be important for people to think clearly and act decisively when they are told to evacuate.

### Have A Plan

The first step in preparing for an emergency is to have a plan. Determine how you will respond to an evacuation order and make sure everyone in the home is familiar with the plan.

- Establish Escape Routes based on fire behavior
- Have a back-up plan – **Know two ways out**
- Identify Safety Zones
- Pre-determined family meeting place
- Plan and practice

### When To Evacuate

There are a number of ways that citizens will be informed about an emergency in your area. If you receive notice to evacuate, it is important to respond immediately. Waiting, or choosing not to evacuate, when told to leave can put you and your family in danger. Some of the ways that information will be communicated to the public include:

- TV
- Emergency Preparedness Network (Reverse 911)
- Emergency Personnel

### Preparing For Immediate Evacuation

As soon as you are alerted to an emergency in your area, follow these steps and be prepared to leave immediately:

- Back the car into the garage, roll the windows up, and leave the keys in the ignition
- Close garage door and set it for manual operation
- Load important documents, pets, valuables, evacuation kit, prescriptions into the car
- Take only **one** vehicle – **stay together**
- No boats or RV's
- Wear long pants, long sleeves, and sturdy shoes

### During Evacuation

Conditions during an evacuation can be very disconcerting. It is important to stay calm, think clearly, and to avoid panic. Evacuating early and away from the emergency is recommended, however if you can not **safely** evacuate, follow these guidelines:

- If you become trapped by fire, seek refuge in structure
- If you are trapped in your vehicle, park in clear area, close windows and vents, cover up with a blanket on the floor
- If on foot, find clear area, lay down on the ground, protect airway

**EVACUATION** → **STRUCTURE** → **VEHICLE** → **FOOT**

## If You Have Time

If you become aware of a developing emergency, but your area is not yet directly affected, you may have time to take some action to increase your home's survivability.

- Attach garden hoses to reach around the entire house
- Fill sinks, tubs, etc.
- Place a ladder against house away from the fire

## Emergency Kit – Plan For At Least 72 Hours

Following a disaster, emergency workers may not be able to respond to your needs right away. Officials recommend that families stock enough supplies to last at least three days.

The 72-Hour Emergency Kit should be individually tailored to meet the basic survival needs of your family for three days to a week. Take into consideration any special needs such as infants and elderly, persons with disabilities and pets. It is recommended that you store your emergency supplies in one location that is relatively safe, yet easily accessible and portable if evacuation is required. Rethink your kit and family needs at least once a year and replace items as needed.

## Children's Activity Survival Kit

You may have to leave your home during a disaster. It's smart to put together your own Children's Activity Survival Kit so they will have things to do and share with other children. We suggest you pack:

- A few favorite books.
- Crayons and pencils.
- Plenty of paper.
- Scissors and glue.
- A few favorite toys.
- Board games.
- Favorite stuffed animal.
- Pictures of family pets.
- Favorite blanket/pillow

## Emergency Supply Evacuation Bags Essential Items Often Overlooked

- wallet card with emergency and family phone numbers
- electronic copies of important papers, which can be stored on a small USB flash drive
- identification for each person
- a change of clothes for each person
- first aid kit
- medications with prescription directions
- glasses, hearing aid batteries, necessary items for other medical devices
- batteries for cell phones and other items
- face masks
- toiletries including toothbrush and toothpaste
- hand sanitizer
- plastic bags
- blankets
- a non-electric can opener
- canned dog or cat food if you have pets
- good quality painting drop cloths (shelter-in-place)
- duct tape

## Pet Evacuation Planning

### EVACUATION KIT

- 2-week supply of food (dry and canned)
- 2-week supply of water in plastic gallon jugs
- Flashlight, Radio and Batteries
- Cage/Carrier (labeled with your contact information)
- Manual can opener and spoons
- Copies of veterinary records and proof of ownership
- Emergency contact list
- Familiar items (toys, treats, blankets)
- Instructions
- Diet (including allergies)
- Medications (including dose and frequency)
- Veterinarian and pharmacy contact information
- Leash and collar
- Litter, pan and scoop
- Food and water dishes
- Muzzles
- Current photos of your pets for identification
- Newspaper for bedding
- Paper towels
- Trash bags

### FIRST AID KIT

**Consult your veterinarian when assembling a first aid kit. These items are only recommendations; your pet's individual needs may vary.**

- Activated charcoal liquid
- Antibiotic ointment for wounds
- Anti-diarrhea liquid
- Antibiotic eye ointment
- Bandage scissors
- Bandages / Tape
- Povidone-iodine
- Cotton tipped swabs
- Elastic bandage rolls
- Sterile eye rinse
- Gauze pads and rolls
- Popsicle sticks (for use as splints)
- Isopropyl alcohol / alcohol prep pads
- Latex gloves
- Liquid dish detergent (mild wound and body cleanser)
- Measuring spoons
- 2-week supply of medications and preventatives
- Non-adherent bandage pads
- Saline solution (for rinsing wounds)
- Sterile lubricant (water based)
- Styptic powder (clotting agent)
- Syringe or eyedropper
- Thermometer (digital)
- Towel and washcloth
- Tweezers

### ADDITIONAL INFORMATION

- FEMA – <http://www.fema.gov/plan/prepare/animals.shtm>
- Humane Society – [http://www.hsus.org/web-files/PDF/DIST\\_DisasterPetBrochure.pdf](http://www.hsus.org/web-files/PDF/DIST_DisasterPetBrochure.pdf)
- American Veterinary Medical Association – [http://www.avma.org/disaster/saving\\_family.asp#sm\\_evacuation](http://www.avma.org/disaster/saving_family.asp#sm_evacuation)

## Be Prepared

- Make sure your pets have current identification (tags or microchip.)
- Evacuation shelters won't allow pets. Make sure you make arrangements ahead of time.
- Contact your local shelter, boarding facilities and hotels to find out if they will accept your pets.
- Check with friends or relatives to see if they can house your pets.
- Have a list of veterinarians and boarding facilities in your evacuation kit.
- Have a pet evacuation kit! (See checklist.)

## Evacuation

- Take your pet with you when you evacuate; Don't leave them behind. They can easily be lost, injured or killed in a wildfire event.
- Don't turn them loose. If you cannot safely evacuate them, leave them contained in the house or fenced area. Do not chain them up outside. Animals can become confused and run into the fire. They can also pose a risk to responders as the animals are under extreme stress.
- Leave early—don't wait for an evacuation order. You may not be allowed to return for your pets.
- Keep dogs on leashes or in crates and cats in carriers.
- If your pets become lost, physically check animal control and shelters daily.

## Away from Home

- If you are away from home or at work, make arrangements with a neighbor to evacuate with your pets.
- Make sure they have a key to your house and are familiar with your pets.
- Note the location of the pet evacuation kit for your neighbor; make sure they know where to access it and are familiar with the contents (medicine, food, instructions, etc.)

## Behavior

- Conditions during a disaster will be very different than the routine they are used to. Make certain that you keep them restrained and under control. They can easily get lost under the new conditions.
- If animals are severely distressed, seek veterinarian care.

## Resources

### Emergency Kits

Checklists for emergency kits can be found at ReadyColorado.com:  
<http://www.readycolorado.com/packakit.php>

### Important Documents

Having access to important documents can make recovery time after a disaster easier to manage. Visit ReadyColorado.com for documents lists to consider during a disaster:  
<http://www.readycolorado.com/financialplan.php>

### Family Communications Plan

Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations. Visit ReadyColorado.com for family communication plan templates: <http://www.readycolorado.com/personalplan.php> as well as other resources to address special needs populations, businesses and schools.

### Notes

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Make a Plan. Make a Difference.  
[www.readycolorado.com](http://www.readycolorado.com)

# **IMPORTANT PHONE NUMBERS**

<b>For an Emergency .....</b>	<b>911</b>
<b>Poison Control Center .....</b>	<b>1-800-222-1222</b>
<b>Leadville Police, Non-Emergency .....</b>	<b>719-486-1365</b>
<b>St. Vincent Hospital/ SVGHD Ambulance Service .....</b>	<b>719-636-2333</b>
<b>Colorado Division of Wildlife .....</b>	<b>719-227-5200</b>
<b>Leadville/Lake County Fire and Rescue .....</b>	<b>719-486-2990</b>
<b>Lake County Sheriff's Office .....</b>	<b>719-486-1249</b>
<b>Lake County Public Health Agency .....</b>	<b>719-486-2413</b>
<b>Lake County Department of Human Services .....</b>	<b>719-486-4160</b>
<b>Lake County Office of Emergency Management.....</b>	<b>719-486-3333</b>
<b>Lake County Public Works .....</b>	<b>719-486-0259</b>
<b>Colorado Road Conditions .....</b>	<b>511</b>
<b>Colorado State Patrol .....</b>	<b>303-239-4501</b>
<b>Colorado Department of Transportation.....</b>	<b>303-639-1111</b>
<b>American Red Cross, Mile High Chapter</b>	
<b>State Wide .....</b>	<b>1-800-417-0495</b>
<b>Metro Denver/Boulder.....</b>	<b>303-722-7474</b>
<b>Leadville Animal Shelter .....</b>	<b>719-486-8951</b>
<b>West Central Mental Health Center.....</b>	<b>719-486-0985</b>
<b>Community Resources and Assistance.....</b>	<b>211</b>