

EMERGENCY PREPAREDNESS GUIDE

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The City of Shenandoah Emergency Management Program is a comprehensive and progressive program which includes planning, training and conducting exercises. The program focuses on training City staff members on proper procedures during an emergency event as well as educating community members which can increase the City's ability to prepare for and recover from an emergency incident.



In All Cases Remain Calm.

Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities on the scene. Above all, stay calm and be patient and think before you act. With these simple preparations, you can be ready for the unexpected. If you have a working smoke detector, you understand that preparing makes sense. **Get Ready Now.**

This common sense framework is designed to launch a process of learning about citizen preparedness. For the most current information and recommendations, go online to: www.ready.gov

Table of Contents

Natural Disasters

Pet Safety

Potential Threats

Evacuation Route

Emergency Supplies

Emergency Planning

Terrorist Threats

Get Involved

Family Communication Plan

How to Stay Informed

The City of Shenandoah utilizes the **Connect-CTY™** system to keep the residents and businesses of Shenandoah informed about emergency conditions and community activities. **Connect-CTY™** can target calls geographically by using intranet mapping capabilities coupled with a telephone calling system that is able to deliver a pre-recorded message directly to homes and businesses at the rate of 60,000 calls per hour.

Connect-CTY™ uses a database of addresses and telephone numbers that combines information from commercial sources and the city's utility billing system. You have the ability to add phone numbers to ensure that you get a phone call when **Connect-CTY™** is used. You can enter a number that is unlisted, a cell phone number or a work number. The **Connect-CTY™** service has the ability to call two telephone numbers assigned to one address.



For more information about the **Connect-CTY™** system and to sign up, visit the city of Shenandoah Website www.shenandoahtx.com or contact the Police Department at 281-367-8952



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Natural Disasters

Some of the things you can do to prepare for the unexpected, such as making an emergency supply kit and developing a family communication plan, are the same for both natural or man-made emergencies. There are important differences among natural disasters which will impact the decisions you make and the actions you take. Some natural disasters are easily predicted, others happen without warning. Planning what to do in advance is an important part of being prepared.

The most common natural disasters that may occur within the City of Shenandoah and the surrounding areas are: severe thunderstorms, tornados, flash floods, tropical storms, and hurricanes.

- 🌲 Severe thunderstorms with high wind and hail can cause a variety of problems including power outages.
- 🌲 Tornadoes are nature's most violent storms and can occur with little or no warning.
- 🌲 Flash Floods with easy to predict, are usually not taken very seriously.

Though we historically have never had a major flooding problem in the city, it is important to heed flash flood warnings and remember that there are low lying areas in the South Montgomery County area which are prone to dangerous flooding. In any case, you and your family should have an established evacuation plan and a plan to shelter in place with self sustaining food, water, and medications for at least 7 days.

Planning for emergencies in advance is an important part of being prepared.



Tornado Safety Tips

More tornados strike Texas than any other state. They can occur at any time of the year, including winter, but are most frequent in mid-March through May. They are also common during hurricanes. To prepare for these violent storms, there are several precautions you can take:



Seek shelter in an interior room on the lowest floor of your home, such as a bathroom, closet or room without windows. Cover yourself with a mattress or cushions.



In an office building, go to an interior room or hallway on the lowest floor.



If you are in a mobile home, get out and take shelter in a nearby building. If there are none, lie flat in a ditch or ravine.



At school, follow plans and go to a designated shelter area, usually interior hallways on the lowest floor. Avoid auditoriums, gyms and areas with wide, free-span roofs.



In a shopping center, move toward the interior away from exterior glass walls.



If you are in open country, take cover in a low spot away from trees.



Learn the difference between a Tornado Watch and a Tornado Warning. A Tornado Watch means watch the sky. A Tornado Warning means a tornado is on the ground and you must seek shelter immediately.



Lightning Safety Tips

When severe storms threaten the safest place is to be indoors. If you are outdoors, seek shelter in a home, large building, or automobile, if possible. Do not take shelter in sheds or small buildings located in open areas.

Avoid high objects which may attract lightning. Stay away from tall isolated trees, telephone poles or communication antennas and avoid being taller than your surroundings.

Do not take a shower or bath during a lightning storm.

Do not use the telephone unless you have a true emergency.

If lightning begins while you are swimming or boating, get out of the water.

If outdoors, avoid contact with metal surfaces and do not carry anything made of metal. Stay away from metal fencing and pipes, as these objects are conductors of electricity. Also avoid contact with metal farm equipment or small metal vehicles (such as golf carts).

Stay away from railroad tracks.

When outdoors in an open area, seek shelter in a low spot such as a gully. If you are in a wooded area, seek shelter in a thick cluster of small trees.

Just before lightning strikes, your hair may begin to stand on end. Immediately drop to your knees and make your body into a ball, making as little contact with the ground as possible. Don't lie flat - the wet ground can conduct electricity.



Flash Flood Safety Tips



Nearly 50 percent of all flash flood fatalities nationwide involve vehicles. Saving your life can be as easy as turning your car around when you see water on the road. Never attempt to drive through flooded roadways.

Even in relatively shallow water, tires can act as flotation devices, lifting up big vehicles and sending them downstream. It takes only two feet of water to float a 3,000-pound car.

Water covering roadways may hide washed-out bridges or gouged-out roadbeds. If you attempt to drive across, you may not be driving on a road.

In rainy weather, be alert and stay tuned to local radio or TV.

If you are in a low-lying area when flooding is occurring, get to higher ground quickly, and be sure to avoid canyons and washes that can channel swifter water. Do not attempt to cross flooded roads or streams on foot. It can take as little as six inches of water to knock an adult off his or her feet. Furthermore, water may be flowing more rapidly than it appears.

Never allow children to play near ditches and storm drains.

During stormy weather, do not camp or park vehicles along streams or washes.

Be especially cautious at night when it is harder to see flood dangers.



Hot Weather Safety Tips

Every year more than 30 children die because they are left alone in a car. In just 10 minutes a car's temperature can increase by 19 degrees. A child's body heats up 3 to 5 times faster than an adult's. (Safe Kids USA)

- Never leave your child alone in a car.
- Keep car doors and trunks locked so children cannot play in them.
- Place your personal items (purse, briefcase, lunchbag) on the floor in the backseat. Be sure it is something you will always carry with you.
- Make it a habit to check the back seat when you exit the car.
- Call **911** if you see children unattended in a car.

HEAT KILLS. To keep your cool during periods of excessive heat:

- Slow down. Avoid strenuous activity. If you must work outside, try to do it during the coolest part of the day - usually in the early morning.
- Stay indoors as much as possible. If you don't have air conditioning stay on the lowest floor of a building out of the sun. Use electric fans if you have them. They don't cool the air but they do help sweat evaporate, which cools your body.
- Drink plenty of water regularly even if you don't feel thirsty. Your body needs fluids to keep cool. Avoid beverages with caffeine, such as coffee and alcohol.
- Eat smaller meals, but eat more often.
- Wear loose, lightweight, light colored clothing and a hat if outdoors. Light colors reflect heat and sunlight and help your body maintain normal temperatures.
- Don't get too much sun. Sunburn makes the body's job of keeping cool more difficult.
- Check on the elderly, children and those who are ill; all are vulnerable to excessive heat.
- Ensure your pets are provided with shade and adequate water.



Power Line Safety Tips

From straight-line winds to ice storms, severe weather is one of the main causes of downed power lines. Downed lines can carry an electronic current strong enough to cause serious injury or death, even if they are not moving, humming or sparking. The best advice is to stay away from downed lines. Follow these rules:



If you see a downed power line, move away from the line and from anything touching it. The proper method to move away from the line is to shuffle away: Taking small steps keeps your feet together and on the ground, minimizing the chance for a human path of electronic current.



If someone is in direct or indirect contact with a downed line, do not touch the person. Call 911 instead.



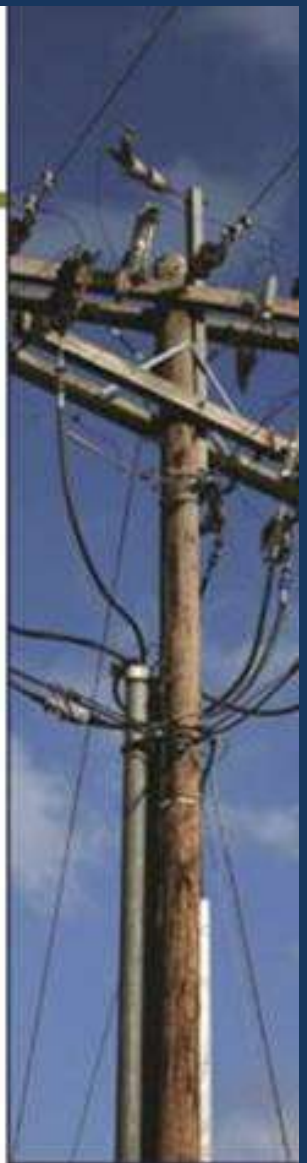
Do not try to move a downed power line or anything in contact with it by using another object such as a branch, stick or broom.



Do not drive over downed lines.



If you are in your car and it comes in contact with a downed line, stay in your car. Honk your horn and ask passersby for help - but tell others to stay away from the vehicle. Call 911 if you have a cell phone.



Pet Safety Tips

If you are like millions of animal owners nationwide, your pet is an important member of your household. The likelihood that you and your animals will survive an emergency such as a fire, flood, tornado or terrorist attack depends largely on emergency planning done today. Whether you decide to stay put in an emergency or evacuate to a safer location, you will need to make plans in advance for your pets.

If you must evacuate, take your pets with you if possible; however, if you are going to a public shelter, it's important to understand animals may not be allowed inside. Plan in advance for shelter alternatives that will work for both you and your pets.

Make a back-up emergency plan in case you can't care for your animals yourself. Develop a buddy system with neighbors, friends and relatives to make sure someone is available to care for or evacuate your pets if you are unable to do so.

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

- Keep at least 3 days of food and water.
- Keep an extra supply of medicines.
- Talk to your vet about putting together a first aid kit, appropriate for your pet.
- Bring a back-up collar with ID tags.
- Have a sturdy, safe pet carrier or crate.
- Think about your pet's sanitation needs.

PLAN Depending on your circumstances and the nature of your emergency, the first important decision is whether to stay put or get away. Use common sense to determine if there is immediate danger, and watch TV, listen to the radio or check the internet for instructions. If you're specifically told to evacuate, shelter-in-place or seek medical treatment, do so immediately.

- Create a plan to get away.
- Develop a system with friends or neighbors if you are unable to evacuate your pets.
- Talk to your veterinarian about emergency planning.
- Gather contact information for emergency animal treatment.

STAY INFORMED It's important to stay informed about what might happen and know what types of emergencies are likely to affect your region as well as emergency plans that have been established by your state and local government. For more information about how to prepare, visit **www.ready.gov** or call **1-800-BE-READY**. With these simple preparations, you can be ready for the unexpected. Those who take the time to prepare themselves and their pets will likely encounter less difficulty, stress and worry. Take the time now to get yourself and your pet ready.



Specific Terrorist Threats



It is important to remember, there are significant differences among potential terrorist threats that will influence the decisions you make and the actions you take. By beginning a process of learning about the specific threats, you are preparing yourself to react in an emergency.

Biological Threat A biological attack is the deliberate release of germs or other biological substances that can make you sick. Many agents must be inhaled, enter through a cut in the skin or be eaten to make you sick. Some biological agents, such as anthrax, do not cause contagious diseases. Others, like the smallpox virus, can result in diseases you can catch from people. Unlike an explosion, a biological attack may or may not be immediately obvious. While it is possible that you will see signs of a biological attack, as was sometimes the case with the anthrax mailings, it is perhaps more likely that local health workers will report a pattern of unusual illness or there will be a wave of sick people seeking emergency medical attention.



You will probably learn of the danger through an emergency radio or TV broadcast or some other signal used in your community. Perhaps you will get a phone call or emergency response workers may come door-to-door. If you become aware of an unusual or suspicious release of an unknown substance nearby, it doesn't hurt to protect yourself. Quickly get away. Cover your mouth and nose with layers of fabric that can filter the air but still allow breathing. Examples include two to three layers of cotton such as a t-shirt, handkerchief or towel. Otherwise, several layers of tissue or paper towels may help. Wash with soap and water and contact authorities.

In the event of a biological attack, public health officials will provide information on what you should do as quickly as they can. However, it can take time for them to determine exactly what the illness is, how it should be treated and who is in danger. What you can do is watch TV, listen to the radio or check the Internet for official news including the following: Are you in the group or area authorities consider in danger? What are the signs and symptoms of the disease? Are medications or vaccines being distributed? Where? Who should get them? Where should you seek emergency care if you become sick? At the time of a declared biological emergency, if a family member becomes sick, it is important to be suspicious. However, do not automatically assume you should go to a hospital emergency room or that any illness is the result of the biological attack. Symptoms of many common cleanliness to avoid spreading germs, and seek medical advice.

Chemical Threat A chemical attack is the deliberate release of a toxic gas, liquid or solid that can poison people and the environment. Watch for signs of a chemical attack such as many people suffering from watery eyes, twitching, choking, breathing trouble or loss of coordination. Many sick or dead birds, fish or small animals are also cause for suspicion. If you see signs of a chemical attack, quickly try to define the impacted area or where the chemical is coming from, if possible. Take immediate action to get away from the affected area.

If the chemical is inside a building where you are, try to get out of the building without passing through the contaminated area. Otherwise, it may be better to move as far away from where you suspect the chemical release is and seal the room. If you are outside when you see signs of a chemical attack, you must quickly decide what is the fastest way to get away from the chemical threat. Consider if you can get out of the area or if it would be better to go inside a building and follow your plan to shelter-in-place.

If your eyes are watering, your skin is stinging, you are having trouble breathing or you simply think you may have been exposed to a chemical, immediately strip and wash. Look for a hose, fountain or any source of water. Wash with soap, if possible, but do not scrub the chemical into your skin. Seek emergency medical attention.

Nuclear Blast A nuclear blast is an explosion with intense light and heat, a damaging pressure wave and widespread radio active material that can contaminate the air, water and ground surfaces for miles around. While experts may predict at this time that a nuclear attack is less likely than others, terrorism by its nature is unpredictable. If there is a flash or fireball, take cover immediately, below ground if possible, though any shield or shelter will help protect you from the immediate effects of the blast and the pressure wave. In order to limit the amount of radiation you are exposed to, think about shielding, distance and time. If you have a thick shield between yourself and the radioactive materials, it will absorb more of the radiation and you will be exposed to less. Similarly, the farther away you are from the blast and the fallout, the lower your exposure. Finally, minimizing time spent exposed will also reduce your risk.

Radiation Threat or "DirtyBomb" A radiation threat or "DirtyBomb" is the use of common explosives to spread radioactive material over a targeted area. It is not a nuclear blast. The force of the explosion and radioactive contamination will be more localized. While the blast will be immediately obvious, the presence of radiation may not be clearly defined until trained personnel with specialized equipment are on the scene. As with any radiation, you want to try to limit your exposure. Think about shielding, distance and time.



Get Involved... Join Citizen Corps Today

Citizen Corps actively involves citizens making our communities and our nation safer, stronger and better prepared. We all have a role to play in keeping our hometown secure from emergencies of all kinds. Citizen Corps works hard to help people prepare, train and volunteer in their communities.

What role will you play? Being ready starts with you, but it also takes everyone working together to make our community safer. Citizen Corps provides a variety of opportunities for you to get involved.

You can provide valuable assistance to local fire stations, law enforcement, emergency medical services and emergency management. Get connected to disaster volunteer groups through your local Citizen Corps Council, so that when something happens, you can help in an organized manner. Citizen Corps programs build on the successful efforts that are in place in many communities around the country to prevent crime and respond to emergencies.

You can join the Citizen Corps community by:

- Volunteering for local law enforcement agencies through the Volunteers In Police Service (VIPS) Program;
- Being part of a Community Emergency Response Team (CERT) to help people immediately after a disaster and to assist emergency responders;
- Joining a Neighborhood Watch group to help with terrorism awareness and neighborhood emergency preparedness;
- Volunteering with the Medical Reserve Corps to provide public health and medical support;
- Providing fire safety and prevention education in the community and helping out at your local fire station through Fire Corps;
- Helping others get prepared, especially those with special needs.

It starts with you. There are no limits to how you can prepare and train for emergencies. All over America, communities have organized Citizen Corps Councils to inspire citizens to take action and get involved in hometown preparedness. Contact your local council by going to www.citizencorps.gov and click on the homepage link to find the Council near you.

Prepare. Train. Volunteer...



Everyone should have a plan.

The likelihood of you and your family surviving a house fire depends as much on having a working smoke detector and an exit strategy, as on a well-trained fire department. The same is true for surviving a terrorist attack or other emergency. We must have the tools and plans in place to make it on our own, at least for a period of time, no matter where we are when disaster strikes. Just like having a working smoke detector, preparing for the unexpected makes sense. Get ready now.

Potential Threats

Terrorists are working to obtain biological, chemical, nuclear and radiological weapons, and the threat of an attack is very real. Here at the Department of Homeland Security, throughout the federal government, and at organizations across America, we are working hard to strengthen our Nation's security and to reduce our vulnerability to emergencies of all kinds.

Whenever possible, we want to stop terrorist attacks before they happen. All Americans should begin a process of learning about potential threats so we are better prepared to react during an attack, natural disaster or other emergency. While there is no way to predict what will happen, or what your personal circumstances will be, there are simple things you can do now to prepare yourself and your loved ones. Some of the things you can do to prepare for a terrorist attack, such as assembling a supply kit and developing a family communication plan, are the same for both a natural or man-made emergency. With a little planning and common sense, you can be better prepared for the unexpected.

Provided by The Department of Homeland Security.





Evacuation Contraflow Route



Important Tips Your needs and those of your family should be the primary factors considered when determining the timing of your evacuation. If you must evacuate, do not delay your departure in anticipation of the opening of the contraflow lanes. Should the contraflow be activated, citizens will be advised through local radio and television stations. All citizens should prepare a plan well in advance of the evacuation.

The following steps are recommended:

- Assemble your disaster supplies kit with items such as flashlights, cell phones, extra batteries, battery chargers, portable radio, first aid kit, emergency water and food, medical supplies and equipment, non-electric can opener, highway map, important documents, such as insurance and medical information, etc.
- Secure your home against disaster to help reduce damages. Cover windows with shielding materials. Secure or put up any loose objects from around your home.
- If you cannot take your pets with you, make provisions for them.
- Know your area's evacuation plan/routes before you leave home (www.texasonline.com).
- Fill your vehicle with gas as early as possible. Take only the vehicle necessary to transport you and your family to safety. Extra vehicles create congestion.
- Bring extra cash in case banks are closed and ATMs are not working.
- Notify family and friends (especially those out of the area) of your plan and your destination.
- Develop an emergency plan in case family members are separated. Instruct all evacuating family members of the name and contact information of your designated out-of-area friend or family.
- Ensure children know how and when to call 9-1-1.
- Evacuate, traveling safely to your destination.
- Expect travel times to destinations to be significantly longer than normal.

After the storm, listen to local officials for the all-clear signal before returning home. Check for information at www.texasonline.com. Do not try to drive through standing water. Just a few inches can float a vehicle.

Fender Bender Fender Bender? State law requires motorists to move fender bender accidents out of the travel lanes to the shoulder of the road. To keep all travel lanes and shoulders clear; however, disabled vehicles on the shoulder will be relocated to the next exit ramp where further assistance may be available. More information on hurricane preparedness and evacuation safety is available from the following:

Evacuation routes, shelter, and special needs: Call 2-1-1

Emergency Alert Station:
Houston: KTRH 740 AM
Dallas: WBAP 820 AM

State of Texas: www.texasonline.com

Texas Department of Transportation:
www.dot.state.tx.us

Highway Road Conditions:
1-800-452-9292

Texas Department of Public Safety:
www.txdps.state.tx.us

Governor's Division of Emergency Management:
www.txdps.state.tx.us/dem

American Red Cross: www.redcross.org
1-866-GET-INFO (438-4636)
(This number will function only after landfall.)



Hurricane Evacuation Route's Potential Contraflow Plan

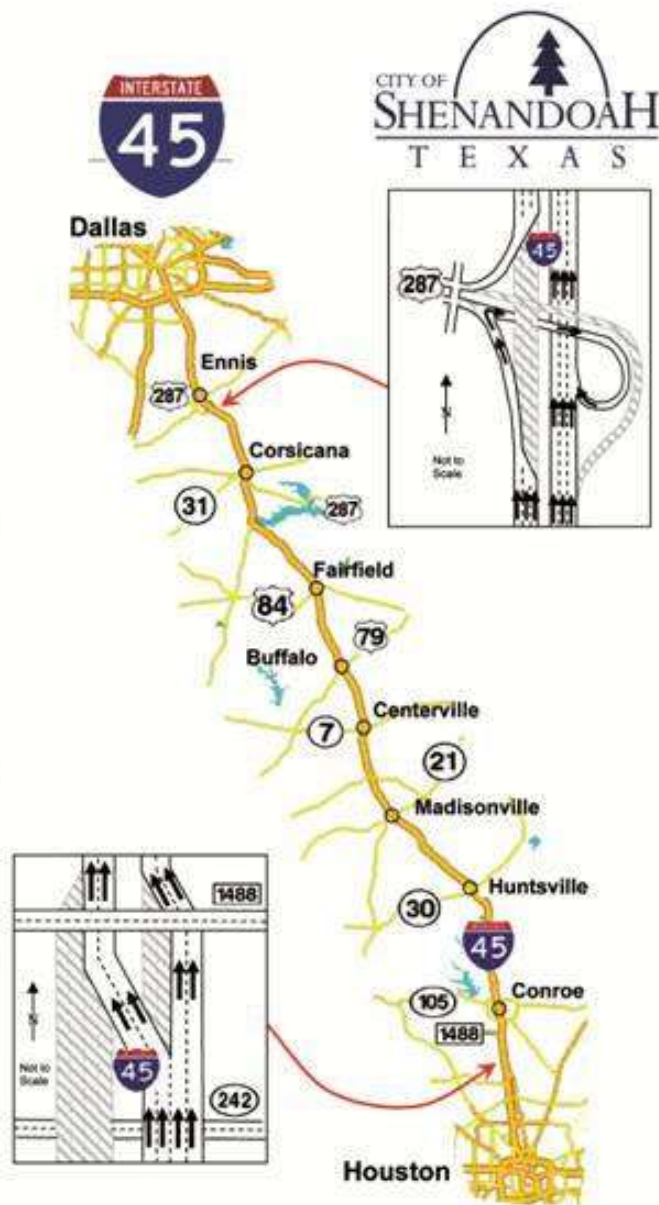
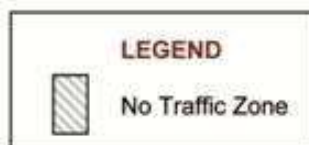
WHO.....This plan will affect motorists evacuating from the Houston area.

WHY.....To help move citizens safely and efficiently out of harm's way during large scale evacuations.

WHAT... If this plan is activated, I-45 southbound lanes will be reversed to carry two lanes of northbound traffic. Traffic in the contraflow lanes will be able to exit I-45 at selected locations.

WHEN... The reversal will be considered only when the Houston area is threatened by a major hurricane and mandatory evacuations are issued. A decision to reverse I-45 will be made by the Texas Department of Public Safety based on the strength of the storm and projected landfall.

WHERE... The contraflow operations will begin north of SH 242. Some northbound traffic will cross over to the contraflow side to travel northbound. Contraflow and other I-45 motorists will have access to fuel stations at multiple locations along I-45. The contraflow lanes will end at US 287 near Ennis, TX, 40 miles south of Dallas, TX.



Emergency Planning

You should **plan in advance** what you will do in an emergency. Be prepared to assess the situation, use common sense and whatever you have on hand to take care of yourself and your loved ones. Think about the places where your family spends time: school, work and other places you frequent. Ask about their emergency plans. Find out how they will communicate with families during an emergency. If they do not have an emergency plan, consider helping develop one. **Use the tools in the back of this brochure to get started today.**

Develop a 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. Consider a plan where each family member calls, or e-mails, the same friend or relative in the event of an emergency. It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact may be in a better position to communicate among separated family members. Be sure each person knows the phone number and has coins or a prepaid phone card to call the emergency contact. You may have trouble getting through, or the phone system may be down altogether, but be patient.

Deciding to Stay or Go Depending on your circumstances and the nature of the attack, the first important decision is whether you stay put or get away. You should understand and plan for both possibilities. Use common sense and available information, including what you are learning here, to determine if there is immediate danger. In any emergency, local authorities may or may not immediately be able to provide information on what is happening and what you should do. However, you should watch TV, listen to the radio or check the Internet often for information or official instructions as it becomes available. If you're specifically told to evacuate or seek medical treatment, do so immediately.

Staying Put and Shelter-in-Place Whether you are at home, work or elsewhere, there may be situations when it's simply best to stay where you are and avoid any uncertainty outside. In fact, there are some circumstances where staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as sheltering-in-place and sealing the room, is a matter of survival. Plan in advance where you will take shelter in this kind of an emergency. Choose an interior room or one with as few windows and doors as possible. Consider precutting plastic sheeting to seal windows, doors and air vents. Each piece should be several inches larger than the space you want to cover so that it lies flat against the wall. Label each piece with the location of where it fits.



www.ready.gov



Use available information to assess the situation. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to shelter-in-place and seal the room. Quickly bring your family and pets inside, lock doors, and close windows, air vents and fireplace dampers. Turn off air conditioning, forces air heating systems, exhaust fans and clothes dryers. Take your emergency supplies and go into the room you have designated. Seal all windows, doors and vents with plastic sheeting and duct tape or anything else you have on hand. Listen to the TV, the radio, or check the Internet for instructions.

Leaving There may be conditions under which you will decide to leave or ordered to do so. Plan in advance how you will assemble your family and anticipate where you will go. Choose several destinations in different directions so you have options in an emergency. If you have a car, keep at least a half tank of gas in it at all times. Become familiar with alternative routes as well as other means of transportation out of your area. If you do not have a car, plan how you will leave if you have to. Take your emergency supply kit, unless you have reason to believe it has been contaminated, and lock the door behind you. Take pets with you if you are told to evacuate; however, if you are going to a public shelter, keep in mind that they may not be allowed inside. If you believe the air may be contaminated, drive with your windows and vents closed and keep the air conditioning and heater turned off.

Neighborhoods and Apartment Buildings A community working together during a emergency also makes sense. Talk to your neighbors about how you can work together. Find out if anyone has specialized equipment, like a power generator, or expertise such as medical knowledge, that might help in a crisis. Decide who will check on elderly or disabled neighbors. Make back-up plans for children in case you can't get home in an emergency. Sharing plans and communicating in advance is a good strategy.

Schools and Daycare If you are a parent, or guardian of an elderly or disabled adult, make sure schools 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 were prepared to shelter in place if need be, and where they plan to go if they must get away.

Employers If you are an employer, make sure your workplace has a building evacuation plan that is regularly practiced. Take a critical look at your heating ventilation and air conditioning system to determine if it is secure or if it could be feasibly upgraded to better filter potential contaminants. Be sure you, and others, know how to turn off the system if necessary. Think about what to do if your employees can't go home, and make sure you have the appropriate supplies on hand.

Emergency Supplies

Just like having a working smoke detector in your home, having emergency supply kits will put the tools you need at your fingertips. Be prepared to improvise and use what you have on hand to make it on your own for at least 3 days, maybe longer. While there are many things that might make you more comfortable, think first about fresh water, food and clean air. Remember to include, and periodically rotate, medications you take every day such as insulin and heart medicine.

Plan to store items in an easy-to-carry bag, such as a shopping bag, backpack or duffle bag. Consider two kits. In one, put everything you will need to stay where you are and make it on your own. The other should be a lightweight, smaller version you can take with you if you have to get away.

Water Store one gallon of water per person per day for drinking and sanitation in clean plastic containers. More water may be necessary during the summer months.

Food Store food that won't go bad and does not have to be heated or cooked. Choose foods your family will eat, including protein or fruit bars, dry cereal or granola, canned foods and juices, peanut butter, dried fruit, nuts, crackers and baby foods. Remember to pack a manual can opener, cups and eating utensils.

Clean Air Many potential terrorist attacks could send tiny microscopic "junk" into the air. For example, an explosion may release germs that can make you sick if inhaled or absorbed through open cuts. Many of these agents can only hurt you if they get into your body. Focus on creating a barrier between yourself and any contamination.

Be prepared to improvise with what you have on hand to protect your nose, mouth, eyes and cuts in your skin. Anything that fits snugly over your nose and mouth, including any dense-weave cotton material, can help filter contaminants in an emergency. It is very important that most of the air you breathe comes through the mask or cloth, not around it. Do whatever you can to make the best fit possible for children. There are also a variety of face masks readily available in hardware stores.

Given the different types of attacks that could occur, there is not one solution for masking. For instance, simple cloth face masks can filter some of the airborne "junk" or germs you might breathe into your body, but will probably not protect you from chemical gases. Still, something over your nose and mouth in an emergency is better than nothing.

Have heavyweight garbage bags or plastic sheeting, duct tape and scissors in your kit. You can use these things to tape up windows, doors and air vents if you need to seal off a room from outside contamination. Consider precutting and labeling these materials. Anything you can do in advance will save time when it counts.



Basic Supplies - Store a flashlight, battery powered radio, extra batteries, a first aid kit, utility knife, local map, toilet paper, feminine hygiene products, soap, garbage bags and other sanitation supplies, plastic sheeting, duct tape, as well as extra cash and identification. Periodically rotate your extra batteries to be sure they work when you need them.

Warmth - During the winter months you must think about warmth. It is possible that the power will be out and you will not have heat. Have warm clothing for each family member in your supply kit, including a jacket or coat, long pants, long sleeve shirt, sturdy shoes, a hat and gloves. Have a sleeping bag or warm blanket for each person.

Special Items - Think about your families unique needs. Pack diapers, formula, bottles, prescription medications, pet food, comfort items, books, paper, pens, a deck of cards or other forms of entertainment.

Recommended Supplies to Include in a Basic Kit:

- Water** one gallon of water per person per day, for drinking and sanitation
- Food** at least a three-day supply of non-perishable food
- Battery-powered radio** and extra batteries
- Flashlight** and extra batteries
- First Aid Kit**
- Whistle** to signal for help
- Dust mask** or cotton t-shirt, to help filter the air
- Moist towelettes** for sanitation
- Wrench** or pliers to turn off utilities
- Can opener** for food (if kit contains canned food)
- Plastic sheeting and duct tape** to shelter-in-place
- Infant formula** and diapers if you have an infant
- Garbage bags** and plastic ties for personal sanitation

Unique Family Needs:

- _____
- _____
- _____
- _____



Family Communications Plan

SIGN UP NOW

NOTIFICATION SERVICES BY
Connect-CTY™

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.

Out of Town Contact Name: _____

Email: _____

Tel. Number 1: _____ Tel. Number 2: _____

Fill out the following information for each family member and keep it up to date.

Name: _____

Social Security Number: _____ Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____ Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____ Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____ Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____ Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____ Date of Birth: _____

Important Medical Information: _____

Where to go in an emergency. Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans. (over)



Home

Address: _____
Phone Number: _____
Neighborhood Meeting Place: _____
Regional Meeting Place: _____

Work

Address: _____
Phone Number: _____
Evacuation Location: _____

Work

Address: _____
Phone Number: _____
Evacuation Location: _____

School

Address: _____
Phone Number: _____
Evacuation Location: _____

School

Address: _____
Phone Number: _____
Evacuation Location: _____

School

Address: _____
Phone Number: _____
Evacuation Location: _____

Other place you frequent:

Address: _____
Phone Number: _____
Evacuation Location: _____

Other place you frequent:

Address: _____
Phone Number: _____
Evacuation Location: _____

Important Information	Name	Telephone #	Policy #
Doctor(s):			
Other:			
Pharmacist:			
Medical Insurance:			
Homeowners/Rental Insurance:			
Veterinarian/Kennel (for pets):			

Other useful phone numbers: 9-1-1 for emergencies

Police Non-Emergency Phone #: _____



CITY OF
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T E X A S

