



Emergency Preparedness Guide

EMERGENCY PREPAREDNESS GUIDE INDEX:

FAMILY ACTION PLAN	Page 2
DISASTER SUPPLY KIT- EVACUATION	Page 3
EMERGENCY	Page 4
DISABLED CITIZENS INFO	Page 5
FOOD RESOURCES	Page 6
WATER RESOURCES	Page 7
PET SAFETY INFORMATION	Page 8
WEATHER TERMS	Page 9
NOAA WEATHER RADIOS	Page 10
FLOOD INFORMATION	Page 11
ELECTRICAL SAFETY	Page 12
TORNADO INFORMATION	Page 13
SNOW STORM SAFETY	Page 14
EXCESSIVE HEAT	Page 15
HANDWASHING	Page 16
GERM SPREAD	Page 17
SEASONAL FLU	Page 18
PANDEMIC FLU	Page 19
HOMELAND SECURITY	Page 22
POISONING	Page 23
IMPORTANT CONTACTS	Page 24

The City of Genoa is dedicated to the safety and well being of the citizens of our community. For this reason, we have compiled this Emergency Preparedness Guide to help you prepare for a natural and/or man-made disasters.

We are fortunate to live in the Midwest, a region with four weather seasons. However, with the four full seasons come numerous emergency response and preparedness challenges. The information contained within this Emergency Preparedness Guide is relative to the region we live in.

There are numerous benefits to being prepared and we encourage you to become our partner in emergency preparedness. Being ready for an emergency before it occurs is the first step to surviving a disaster.

Natural disasters do and will occur. What we do to prepare and protect our families from these disasters will greatly minimize the damages that may occur.

Should you have any questions feel free to contact us at (815) 784-2327.

Sincerely,

Mayor Todd A. Walker
City of Genoa

FAMILY EMERGENCY ACTION PLAN

The next time disaster strikes, you may not have a great deal of time to act, but you can protect yourself and your family by preparing for an emergency situation. Establish a **Family Emergency Action Plan** to cope with an emergency situation and discuss the Plan with your family. Post the plan where everyone will see it and practice it regularly. **This checklist will help you get started. Update the information when necessary. If you have made any changes, review the changes with your family and friends.**

FAMILY EMERGENCY ACTION PLAN

- ◆ Instruct family members to turn on the radio for emergency information. Meet with your household members to discuss the dangers of fire, severe weather, and other emergencies.
- ◆ Find the safe places in your home for each type of disaster. Discuss what to do about power outages and personal injuries.
- ◆ Draw a floor plan of your home and mark two escape routes out of each room in your house. Show family members how and when to turn off the water, gas, and electric breaker switches when necessary.
- ◆ Post emergency telephone numbers near telephones. Carry phone numbers of each family member with you. Pick one out-of-state and one local friend/relative for family members to contact if they are separated during a disaster. It is often easier to call out of state than within the affected area during a disaster situation.
- ◆ Keep important family documents in a water and fireproof container.
- ◆ **PICK TWO EMERGENCY MEETING PLACES.** The first meeting place should be located outdoors, near your home in case of a fire and the second should be located outside your neighborhood in case you are unable to return home after a disaster.

EMERGENCY INFORMATION REGARDING YOUR CHILDREN

- ◆ Teach children how and when to call 911. You should only call 911 if there is an emergency. You can explain what an emergency situation would be: a injured person, a car accident, a robbery taking place, or a house fire.
- ◆ They will need to tell the dispatcher their full name, address, and phone number. They need to know what the emergency situation is and where they are calling from.
- ◆ Tell your child, if they call 911 in error, **do not hang up the phone without explaining what happened.** For your protection, if you call 911 and hang up the police will come to your house to check on your well-being.
- ◆ Teach your child not to hang up the phone until they are told to do so. The dispatcher may need more information. They need to listen to the dispatcher and follow the directions that they are given.
- ◆ Know how to contact your children at their school or daycare and how to pick them up after a disaster. Most schools have an emergency disaster plan in place. You need to check with your child's school and determine if they have a policy in place. If they have a policy available they can give you the details.
- ◆ Let your children and the school know if someone else is authorized to pick them up. Tell them ahead of time that someone besides Mom or Dad will be picking them up from school or sports.
- ◆ Consider what would happen if you cannot reach your children to tell them that someone else will be picking them up. You may consider teaching your children a secret code-word in the event that someone else would need to pick them up. That person would have to tell them the code-word, before they leave with that person. If the person does not know the code word, they should go to the nearest teacher/coach and explain that someone tried to pick them up without knowing the correct code-word. Make the code-word a very unique word, that only you and your child would know. **Tell them not to share the code-word with anyone because it is for their protection.**
- ◆ Keep your child's emergency release card and medical information up to date.

FAMILY DISASTER SUPPLY KIT

ASSEMBLE SUPPLIES YOU WILL NEED IN AN EVACUATION. INCLUDE THE FOLLOWING ITEMS AND STORE ALL ITEMS IN AN EASY-TO CARRY CONTAINER:

- ◆ A three-day supply of water (one gallon per person per day). Store the water in sealed unbreakable containers and identify the storage date. The water will need to be replaced every six months.
- ◆ Have a supply of non-perishable packaged or canned food available and include a non-electric can opener.
- ◆ You will need a change of clothing, toiletries, rain gear, bedding, and sturdy shoes for each member of your family.
- ◆ You will need a first aid kit, prescription medications, and an extra pair of glasses/reading glasses. Consider adding a pair of old glasses to your kit in case you need them.
- ◆ You will need credit cards, cash, and an extra set of keys.
- ◆ Purchase a battery-powered radio, flashlight, and plenty of extra batteries.
- ◆ Install working smoke detectors on each level of your home, and replace the batteries semi-annually.
- ◆ Response plan for seniors, people with disabilities in the event of movement, relocation, and/or evacuation.
- ◆ List of important family information, style and serial number of medical devices such as (pacemakers). A list of family physicians and all daily medications and dosage amounts.

IF OFFICIALS ASK YOU TO LEAVE YOUR HOME, THEY HAVE A GOOD REASON TO MAKE THIS REQUEST AND YOU SHOULD HEED THE WARNING.

EVACUATION INFORMATION

Keep the following simple steps in mind when you are evacuating:

- ◆ Remain calm, patient, and follow the advice of officials and listen to your radio or television for news and instructions.
- ◆ Follow the instruction of local emergency officials.
- ◆ Use travel routes specified by officials. Do not use shortcuts because certain areas may be impassable or dangerous to use.
- ◆ If a disaster occurs and you are able to lend assistance to others, please do so. If possible, check those in need for injuries, provide first aid, and get help for seriously injured people. Check on your neighbors, especially those who are elderly or disabled.
- ◆ Check for fire hazards, other household hazards, and shut off any damaged utilities. Smell for gas leaks - start at the water heater and check the rest of your home. If you smell gas or suspect a leak, do not light matches, candles, or turn on any electrical switches. If a leak is found, get everyone outside quickly.
- ◆ Take your disaster supplies with you (as shown above), secure your windows, and lock your home.
- ◆ Stay away from down power lines and take a battery-powered radio with you.
- ◆ Confine or secure your pets. Make arrangements for your pets prior to an emergency situation.
- ◆ **REMEMBER that pets are not permitted in public shelters.** Follow your plan to go to a relative or friend's home. You can also find a "pet-friendly" hotel prior to an incident.
- ◆ Call your family contact and **do not use the telephone again** unless it is a life threatening emergency. This is recommended in order to reduce the overload of the phone lines to allow emergency calls to get through.

IN PLACE SHELTERING

During a release of toxic chemicals or other emergencies where air quality is threatened, in-place sheltering will help keep you and your family out of danger. In-place sheltering means to stay indoors in homes, schools, businesses, or public buildings. It includes additional precautions, such as turning off air conditioners, turning off ventilation systems, and closing all windows and doors. Shelter in-place can be used when there is little time to react to an incident and it would be more dangerous to be outside trying to evacuate than it would be to stay where you are.

SHELTERING IN THE HOME Quickly bring everyone inside, including your pets. Close and lock all of the windows and doors to the outside of your home. Turn off all heating or air conditioners and switch the inlets to the "closed" positions. Close the fireplace dampers, stove vents, and as many interior doors as possible. Move to the most interior spaces of your home if possible. Tune to the Emergency Alert System station on your radio or television for further information and guidance. It is important to have a radio or other means of communication with you in order to learn when it is safe to emerge from the shelter in-place location.

SHELTERING IN A VEHICLE Stay in your vehicle, close all windows, manual vents, air conditioning, and ventilation systems. If possible, drive away from any visible gas or smoke clouds. Follow the orders of law enforcement or public safety personnel directing traffic. Tune in to the Emergency Alert System station on your radio for further information and guidance. Stay in your vehicle and wait for the all clear signal before you leave your car or open the windows or vents.

SOURCES OF WEATHER & WEATHER SAFETY INFORMATION

FOR ADDITIONAL INFORMATION ON SEVERE WEATHER contact your local Emergency Management Agency (EMA/ESDA), www.fema.gov or www.ready.gov or your local chapter of the American Red Cross (ARC) or www.redcross.org.

THE OFFICE OF THE NATIONAL WEATHER SERVICE (NWS) FORECAST OFFICE WEBSITES

- ◆ Davenport, IA website at www.crh.noaa.gov/dvn
- ◆ Romeoville, IL website at www.crh.noaa.gov/lot
- ◆ Lincoln, IL website at www.crh.noaa.gov/ilx
- ◆ St. Louis, MO website at www.crh.noaa.gov/lsx
- ◆ Paducah, KY website at www.crh.noaa.gov/pah
- ◆ IL Emergency Management Agency website at www.state.il.us/iema

PUBLIC NOTIFICATION In the last ten years, the Emergency Broadcast System has been replaced by the more sophisticated Emergency Alert System (EAS). When the National Weather Service issues a weather watch or warning, the EAS is activated on both radio and television. On every television channel a message crawl is immediately transmitted across your screen explaining the situation. Listen to NOAA Weather Radio for the latest weather forecasts, watches, and warnings. The National Weather Service broadcasts weather information, including watches, warnings, and advisories 24 hours a day. Weather radio transmitters have a range of about 40 miles. You can find the weather radio transmitter that serves your location at the web site www.nws.noaa.gov/nwr/CntyCov/nwrIL.htm

ALL-CLEAR NOTICE The City of Genoa does NOT issue an "all-clear" notice for any reason. This is because the National Weather Service does NOT recommend that cities, towns, or municipalities issue an "all-clear" notice. This recommendation is due to the unpredictable nature of storms. Residents are reminded to listen to the duration of time the warning will last and to use their best judgment when reemerging from the location where shelter was sought.

SYSTEM TESTING Outdoor warning sirens will activate at 10 a.m. on the first Tuesday of every month. The test consists of a steady siren sound for three consecutive minutes. In the event of an emergency, **please take cover immediately.**

CITIZENS RESPONSIBILITY As residents, we all have a personal responsibility for the safety of our families, ourselves and for the protection of our personal property. Part of that responsibility is to be especially mindful during the spring and summer months of changing weather conditions. The recommendation for citizens includes preparation for all types of severe weather conditions. Start by identifying a place of shelter in your home and monitor weather conditions on a daily basis. Place a portable radio and flashlight with spare batteries in a shelter area. Be prepared to move to your shelter area if conditions warrant.

PREPAREDNESS FOR CITIZENS WITH DISABILITIES

SELF HELP NETWORKS Self Help Networks consist of arrangements made between individuals with disabilities and people who agree to assist them during an emergency. Discuss with a relative, friend, neighbor, or co-worker your needs for assistance. Provide them with plans and contact methods as well as information regarding how they may obtain access to your home in the event of an emergency. Identify people who are willing to assist you in the event of an emergency. Identify how you will contact other people and what actions will need to be taken. Prepare a written emergency plan to share with relatives and neighbors. Include medication regimen information in the emergency plan and keep a copy with you when you are outside of your home. Keep a list handy of people in your self help network. Discuss your disaster plans with your home health care provider. You can find more information for citizens with disabilities at www.nod.org.

MOBILITY CONSIDERATIONS Store emergency supplies in a pack or backpack attached to a walker, wheelchair, scooter, etc. Keep a pair of heavy gloves in your supply kit to use while wheeling or making your way over glass or debris. If you use a motorized wheelchair or scooter, consider having an extra battery available. A car battery can be substituted for a wheelchair battery, but this type of battery will not last as long as a wheelchair's deep-cycle battery. Check with your vendor to see if you will be able to charge batteries by either connecting jumper cables to a vehicle battery or by connecting batteries to a specific type of converter that plugs into your vehicle's cigarette lighter in the event of loss of electricity. If your chair does not have puncture proof tires keep a patch kit or can of "seal-in-air" product to repair flat tires or keep an extra supply of inner tubes. Store a lightweight manual wheelchair, if possible. Determine ways to protect yourself and practice them. (For example, locking the wheels and covering your head with your arms for protection.) Find areas where you will be protected from falling debris. Arrange and secure furniture and other items to provide paths of travel and barrier free passages. If you spend time above the first floor of a building with an elevator, plan and practice using alternative methods of evacuation. If needed, enlist the help of your personal support network as described above. If you cannot use stairs, discuss lifting and carrying techniques that will work for you. Sometimes transporting someone down the stairs is not a practical solution unless there are at least two or more strong people to control the chair. To avoid an injury from being improperly lifted, include transfer and carrying instructions in your plan. There will be instances where wheelchair users will have to leave their chairs behind in order to safely evacuate a structure. Consider methods of attracting attention in the event you are trapped, such as a safety whistle.

HEARING CONSIDERATIONS During a disaster, telephone lines, and teletypewriters may not be functioning. Practice alternative ways to communicate and be prepared with items such as flashlights, pencil, and paper. Store extra hearing-aid batteries in your disaster kit. Maintain TTY batteries, store extra batteries for your TTY and light phone signaler. Consult your manual for information and proper battery maintenance. Install both audible alarms and visual smoke alarms that are battery operated.

VISION CONSIDERATIONS Practice alternative escape routes in case normal routes are blocked. Have an extra cane available at home, school, work, etc., to help you maneuver around obstacles and hazards. Know where to go to take cover, practice going to such places on your own or with different people who may assist you in an actual emergency. If you have some vision, place security lights in each room to light paths of travel. These lights plug into electric wall outlets and light up automatically if there is a loss of power. They will, depending on the type, continue to operate automatically for 1 to 6 hours and can be turned off manually and used as a flashlight for a short time. If helpful, mark emergency supplies with large print, fluorescent tape, or Braille.

SERVICE ANIMAL CONSIDERATIONS Include in your emergency plans information as to how others should respond to you and your service animal in specific incidents. Service animals may become confused, panicked, frightened, or disoriented after a disaster. Keep them confined or securely leashed or harnessed. A leash or harness is an important item for managing a nervous or upset animal. Include what should happen if you are separated from your animal. Be prepared to use alternative ways to negotiate your environment. Service animals are generally allowed in most shelters but check with your service animal provider and confirm that they will be allowed in your local shelter. You may be asked to show proof of your service animal's certification such as identification, up to date vaccines, etc. The paperwork will be necessary to prove that your animal is in fact a service animal and necessary for your assistance. At all times, carry duplicate copies of information about your animal.

CONSIDERATIONS FOR MEDICAL NEEDS Include in the plan any instructions to assist you in the event normal medications or equipment are unavailable. Store your medications in one location in their original containers. Have a list of all of your medications: name of medication, dose, frequency, and the name of the prescribing doctor. Have an extra three-day supply of any medical supplies you use, such as bandages or syringes. For all medical equipment requiring electrical power: beds, breathing equipment or infusion pumps, check with your medical supply company and get information regarding a back-up power source, such as a battery or generator.



KEEP YOUR FOOD SUPPLY SAFE

WHEN THE POWER IS OFF

- ◆ Use and store food carefully to prevent food-borne illness when power outages make refrigeration unavailable.
- ◆ Consume perishable food and foods from the refrigerator that can spoil the most rapidly first.
- ◆ Next, use the foods from the freezer. To minimize the number of times you open the freezer door, post a list of freezer contents on the outside of the door. In a well-filled, well-insulated freezer, foods will usually still have ice crystals in the centers (meaning foods are safe to eat) for at least three days.
- ◆ Keep a few bottles of water in your freezer; if the power goes out, move them to your refrigerator and keep the door shut.
- ◆ Keep doors to the refrigerators and freezers closed as much as possible.
- ◆ Finally, begin to use non-perishable foods and staples that you have stored at your home.
- ◆ If disaster strikes, you may not have access to food, water, and electricity for days, or even weeks. Even though it is unlikely that an emergency would cut off your food supply for two weeks, you should prepare a supply that will last for that amount of time.
- ◆ The easiest way to develop a two week stockpile is to increase the amount of basic foods you normally keep on your shelves in your home.
- ◆ By taking some time now to store emergency food and water supplies, you can provide for your entire family.
- ◆ If necessary, use an ice chest packed with ice or snow to keep food cold. Buy dry ice to save frozen food. Do not handle dry ice with your bare hands. Use blocks or bags of ice to save refrigerator foods from spoiling.
- ◆ During the winter months, use caution if storing foods outside to keep it cold. The outdoor temperature varies, especially in the sunshine. Frozen food may thaw and refrigerated food may become warm enough to grow bacteria. Food stored outside must be secured from contamination by animals.

IF YOU ARE IN DOUBT, THROW IT OUT! Throw out meat, seafood, dairy products, and cooked foods that do not feel cold to the touch. Never taste suspect food. Even if food looks and smells fine, illness-causing bacteria may be present in it.

SHELF LIFE OF FOODS Here are general guidelines for rotating common emergency foods for storage:

- ◆ **Use within six months** Powdered milk (boxed), dried fruit (in metal containers), dry, crisp crackers, and potatoes.
- ◆ **Use within one year** Canned condensed meat/vegetables, ready-to-eat cereals and uncooked instant cereals, peanut butter, jelly, hard candy, and canned nuts/vitamin C.
- ◆ May be stored indefinitely (in proper containers and conditions): Wheat, vegetable oils, dried corn, baking powder, soybeans, instant coffee, tea, cocoa, salt, non-carbonated soft drinks, white rice, bouillon products, dry pasta, and powdered milk (in nitrogen-packed cans).

HOW TO COOK WHEN THE POWER IS OFF For emergency cooking, you can use a fireplace, charcoal grill, or a camp stove. **Never use gas ovens, gas ranges, barbecues, portable heaters or propane heaters for indoor cooking.** They use oxygen and create carbon monoxide that can cause suffocation. They can all be used in an outdoor environment. You can also heat food with candle warmers, chafing dishes, and fondue pots. Canned food can be eaten right out of the can. If you heat it in the can, be sure to open the can and remove the label first.

WATER RESOURCES IN AN EMERGENCY

WHAT YOU NEED TO KNOW ABOUT WATER

Having an ample supply of clean water is a top priority in an emergency. Each member of your family should have one gallon of water per day. A three day supply of water is recommended. If supplies run low, you should ration the water supply. Drink the amount of water that you need today and try to find more clean water for consumption tomorrow. Store your water in thoroughly washed plastic, glass, fiberglass, or enamel lined metal containers. Plastic containers, such as soft drink bottles, are the best choice for water storage. Never use a container that could have held a toxic or unknown substance. Seal the water containers tightly and label the containers with the date. Store in a cool dark place and rotate the water supply every six months. Water can be purchased in proper containers at your local grocery store. You can also purchase food grade plastic buckets or drums. If you need to find water outside your home, you can use rainwater, streams, rivers, ponds, lakes, melted snow, natural springs, and other moving bodies of water. Be sure to purify the water before drinking it through boiling, disinfection, or distillation. Avoid water with floating material, odor, or a dark color. There are two primary ways of treating water: boiling and adding a bleach solution. If the supply has been made unsafe because of untreated surface water (from floods, streams, or lakes), boiling is the best method. Cloudy water should be filtered before boiling or adding bleach. Filter the water using coffee filters, paper towels, cheese cloth, or a cotton plug in a funnel. Use saltwater only if you distill it first. You should not drink floodwater **under any circumstances.**

HIDDEN WATER SOURCES IN YOUR HOME

If a disaster catches you without a stored supply of clean water, you can use the water in your hot water tank, pipes, and ice cubes. As a last resort, you can use water in the reservoir tank of your toilet (not the bowl). If there is a possibility of public water contamination, you will need to shut off the water coming into your home. You need to shut off the incoming water valve, which will keep the contaminated water from entering the pipes of your home. To use the clean water in your pipes, let air into the plumbing by turning on the faucet in your house at the highest level. A small amount of water will trickle out. Then obtain water from the lowest faucet in the house. To use the water in your hot water tank, be sure the electricity or gas is shut off and open the drain at the bottom of the tank. Start the water flowing by turning off the water valve and turning on a hot-water faucet. **DO NOT TURN ON THE GAS OR ELECTRICITY WHEN THE TANK IS EMPTY.**



BOIL ORDER

Any time the owner/operator of a public water supply has reason to believe that the drinking water is unsafe, due to bacteriological contamination, it is the legal responsibility of the public water supply to issue a "boil order." A boil order may be put in effect based on unsatisfactory bacteriological laboratory samples or due to the loss of operating pressure, below twenty pounds per square inch within the water system. The loss of water pressure may result from a large water main break or excess demand on the water supply. Once issued, a boil order may only be lifted upon confirmation that the water supply is safe for consumption through laboratory testing, a process that takes at least twenty-four hours. The public water supply is required to notify residents of a boil order and may employ several different strategies to get the word out, including notifying local radio, television, newspapers, and government cable outlet. Updates and information will often be posted on the public water supplies web page as well. In addition, signs are often posted at the entry points to impacted subdivisions notifying residents of the boil order, along with door-to-door notifications and door hangers. Local Public Health Agencies and the Environmental Protection Agency are also notified of the boil order. Special precautions are taken at schools and other institutions, with drinking fountains disabled or covered to avoid the possibility of people drinking from these facilities for the duration of the boil order.

Boiling is the safest method of purifying water. Bring water to a rolling boil for 3-5 minutes, keeping in mind that some water will evaporate during the boiling process. Let the water cool before drinking. Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers. This will also improve the taste of stored water. If boiling is not possible, water can be made safe for drinking by treating with liquid household chlorine bleach, such as: Clorox, Purex, etc. Household bleach is typically between 5-6% chlorine. Avoid using bleaches that contain perfumes, dyes and other additives. Be sure to read the label. Place the water (filtered, if necessary) in a clean container. Add the amount of bleach according to the table below. Mix thoroughly and allow to stand for at least 30 minutes (60 minutes if the water is cloudy or very cold). Purifying tablets or chemicals designed for use when camping or backpacking can also be used to treat water. Always follow the directions on the package. The treatment described work only in situations where the water is unsafe because of the presence of bacteria. **If you suspect the water is unsafe because of chemicals, oils, poisonous substances, sewage, etc., do not use the water for drinking.**

PET SAFETY AND EVACUATION PLAN

Make arrangements for your pets as part of your household disaster planning. For health and space reasons, **pets will not be allowed in public emergency shelters**. If as a last resort you have to leave your pets behind, make sure you have a plan to ensure their care. Emergencies that would occur in the Midwest do not allow much time when an evacuation is ordered unlike hurricane warnings in the South and East Coasts. Consider the following steps in the event you have time to care for your pet in an emergency:

1. Decide on safe locations in your house where you could leave your pet in an emergency.
2. Consider easy to clean areas such as utility areas, bathrooms, and rooms with access to a supply of fresh water.
3. Avoid choosing rooms with hazards such as windows, hanging plants, or pictures in large frames.
4. In case of flooding, the location should have access to high counters that pets can escape to.
5. Set up two separate locations if you have dogs and cats as your pets.
6. Buy a pet carrier that allows your pet to stand up and turn around inside of it.
7. Train your pet to become comfortable with the carrier.
8. Use a variety of training methods, such as feeding your pet in the carrier, or placing a favorite toy or blanket inside of the carrier.
9. If your pet is on medication or has a special diet, find out from your veterinarian what you should do in case you have to leave them alone for several days.
10. Try to have an extra supply of your pet's medications available in case of an emergency.
11. Make sure your pet has a properly fitted collar that includes a current license and rabies tags.
12. Include an identification tag that has your name, address, and phone number printed/engraved on the tag.
13. If your dog normally wears a chain link "choker" collar, have a leather or nylon collar available if you have to leave them alone for several days.
14. Keep your pet's shots current, the records up to date, and the records available.
15. Most kennels require proof of current vaccinations before accepting your pet for boarding.
16. Contact motels and hotels in communities outside of your area, and find out if they will accept your pets during an emergency. You can go online and search for pet friendly hotels. Be sure to call and ask if they still allow pets at their location because not all websites have the date posted when the information was last updated. Inquire about any weight limit on the pet, how many pets will be allowed, and if a deposit is required.

Please remember that pets will not be allowed in public emergency shelters.

PET DISASTER SUPPLY KIT

- ◆ Proper identification including your name, address, and contact number.
- ◆ Updated shots including immunization records.
- ◆ Ample supply of food and water.
- ◆ Muzzle, soft collar, and leash.
- ◆ A carrier or cage that corresponds with the size of the animal. They should have enough room to stand and turn while they are protected inside.
- ◆ Medications and special diet provisions.
- ◆ Favorite toys or bedding that would comfort your pet while away from their home environment.
- ◆ Treats to reinforce good behavior while away from home.



WEATHER TERMS TO REMEMBER

RECOMMENDED ACTIONS FOR SEVERE WEATHER Help protect yourself and your family by becoming familiar with and implementing the following recommended actions. You and your family will be better protected in the event of thunderstorms, tornadoes, and flooding. Severe weather hazards have the potential to cause extensive property damage, injury, and possibly death. There are a number of severe weather hazards that affect Illinois including: thunderstorms, lightning, tornadoes, floods, flash floods, damaging winds, and hail storms that can produce large hail.

WEATHER WATCH Severe weather is possible and you need to be prepared to take shelter. Watch the sky and listen to the radio or television for more information in your immediate area.

WEATHER WARNING Occurs within minutes (10-20) before a condition is expected to occur. The most common weather warnings are severe thunderstorm, tornado, and flood warnings.

THUNDERSTORMS Severe thunderstorms can produce tornadoes, damaging winds, lightning, hail, and heavy rain. In the Midwest, thunderstorms are most likely to happen in the spring and summer. In the State of Illinois, severe thunderstorms frequently occur in the late afternoon or evening. Most lightning deaths occur under or near trees, but can also occur in open fields. There have been 25 people killed by lightning in Illinois since 1990. In 2001, Illinois ranked second in the United States for lightning fatalities. In 2005, large hail resulted in nearly \$3 million in reported property and crop damage in Illinois, despite fewer thunderstorms due to a severe drought. The largest hailstorm to recently affect Illinois fell near the town of Hudson, where grapefruit sized hail (4.25" diameter) was reported on July 13, 2004.

SEVERE THUNDERSTORM WATCH Severe thunderstorms are possible. Watch the sky and listen to the radio or television for more information. Be prepared to take shelter at a moments notice.

SEVERE THUNDERSTORM WARNING If severe thunderstorms are occurring, you need to take shelter. Severe thunderstorms have the capability of transitioning into conditions that can spawn tornadoes. Turn on a battery operated radio or television to receive warnings and severe weather statements. Purchase a National Oceanic and Atmospheric Administration (NOAA) Weather Radio with a battery backup and tone-alert feature, which automatically alerts you when a Watch or Warning is issued. Know the county areas in which you live and work. Algonquin is located in Kane and McHenry Counties, IL.

The National Weather Service uses county names to announce when watches, warnings, and advisories are issued and broadcasted. Specific Area Message Encoder (SAME) Weather Radios can be programmed to alarm only for a specific county or group of adjacent counties. Check the weather forecast before leaving for extended outdoor periods and postpone plans if severe weather is imminent. Keep a list of emergency phone numbers and teach children how and when to call 911 for emergency assistance.

DURING THUNDERSTORMS Close all windows and doors. Draw the shades or blinds to reduce the risk from flying glass if window or door glass breaks due to high winds. Monitor the radio or television for the latest weather information but avoid using the telephone or other electrical appliances until the storm passes. Turn off air conditioners and important electronic equipment. If lightning strikes, a power surge could damage the compressor or send a surge of power through electrical equipment. Delay taking baths or showers until after the storm passes. If outdoors, seek shelter immediately. If you can hear thunder, you are probably close enough to the storm to be struck by lightning. If you are in a boat when a thunderstorm threatens, you should attempt to reach shore as quickly as possible. If you are driving, pull safely to the shoulder away from trees and power lines. Lightning can flash from trees or power poles into a vehicle through the radio antenna. Normally, in the open, a vehicle is a safe shelter from lightning. Avoid touching metal parts of the vehicle when lightning is nearby. If you find yourself in a position where there is no immediate shelter available, find a low spot away from trees and power poles where you can squat low to the ground. Make yourself the smallest target possible.



AFTER THUNDERSTORMS

- ◆ Monitor the radio or television for emergency information or instructions.
- ◆ Check for injured victims and render first aid if necessary. Most lightning strike victims can be revived with CPR. Do not attempt to move severely injured victims unless absolutely necessary and wait for emergency medical assistance to arrive.
- ◆ Take photos of, or videotape, damage to your home or property.
- ◆ Do not make unnecessary phone calls. If driving, be alert for hazards on the roadway.
- ◆ Check on anyone who may require special assistance.

NOAA WEATHER RADIO ALL HAZARDS: ON ALERT FOR ALL EMERGENCIES



Saving lives is the focus of NOAA Weather Radio All Hazards by providing immediate broadcasts of severe weather warnings and civil emergency messages and giving those in harm's way critical lead time to respond and remain safe. Broadcasts of tornado warnings, flood warnings, AMBER Alerts, chemical spill messages and many other notifications, in addition to routine weather observations and forecasts, make NOAA Weather Radio an essential item for every home, business and public area.

NOAA Weather Radio All Hazards, a component of the nation's Emergency Alert System, is comprised of a nationwide network of more than 950 radio stations directly linked with one of the 123 local offices of NOAA's National Weather Service, which issues weather warnings and relays civil emergency messages on behalf of law enforcement agencies. NOAA Weather Radio is provided as a public service by the National Oceanic and Atmospheric Administration, an agency of the U.S. Department of Commerce.

FEATURES OF NOAA WEATHER RADIO

- **Tone Alarm:** Special tones precede the initial broadcast of all emergency announcements regarding immediate weather threats and civil emergency messages to gain a listener's attention. These tones will turn your Public Alert or SAME-equipped radio on to alert you to potentially dangerous conditions in your local area. This is especially critical when severe storms or other events occur during the night when most people are sound asleep.
- **Size: Units** are small (about the size of a clock radio) and require little space on a nightstand or table.
- **Battery Backup:** Ensures continued service during a loss of electricity.
- **Customization:** Models featuring SAME (Specific Area Message Encoding) technology can be programmed to sound only select alerts for desired areas.
- **Portability:** Units can travel (vacations, relocations) and will receive the signal from the nearest transmitter.

Receivers carrying the Public Alert logo meet certain performance criteria including, SAME, alert customization and a battery backup. Select units also allow connections for an external antenna and devices for the hearing or visually impaired, such as strobe lights, pagers or bed shakers.

PURCHASING NOAA WEATHER RADIOS

Units that receive the NOAA Weather Radio All Hazards signal are available at many electronic retail stores, marine supply stores, mail order catalogs and the Internet. Prices vary by model and available options, but typically range between \$20 and \$80.

NOAA WEATHER RADIO SUCCESS STORIES

- A tornado warning heard over NOAA Weather Radio activated the severe weather plan of the Parsons Manufacturing plant near Roanoke, Ill., on July 13, 2004. Timely warning of an approaching severe thunderstorm and the tornado it produced and the foresight of the plant owner in developing and implementing a severe weather plan gave workers extra minutes to take shelter before an F-4 tornado demolished the 250,000 square-foot plant. Not a single injury was suffered by any of the more than 140 employees.
- When an AMBER Alert, relayed by the Illinois State Police in August 2006, was broadcast over NOAA Weather Radio, it triggered the Emergency Alert System and the alert was transmitted to commercial radio stations. Listening to the radio at the time, the suspect described in the Alert heard the message, contacted the authorities, and turned himself in.

Severe weather raking parts of Mississippi on April 6, 2005, prompted NOAA's National Weather Service to issue a tornado warning for Smith County. In the tornado's path was the Mize Attendance Center (a K-12th grade complex). Alan Gerard, warning coordination meteorologist with NOAA's National Weather Service in Jackson, Miss., said "the school principals received the tornado warning via NOAA Weather Radio. Once the warning was issued, they activated their emergency plan, which included getting all of the students on the upper level down into the lower level interior hallways." While the tornado tore off the building's roof and damaged the upper floor and

EMERGENCY FLOODING INFORMATION

FLOOD WATCH Flooding or flash flooding is possible. Be prepared to move to higher ground. Listen to NOAA Weather Radio, commercial radio or commercial television for additional information.

FLOOD WARNING Flooding is occurring or will occur soon. If advised to evacuate, do so immediately.

FLASH FLOOD WARNING A flash flood is occurring or is imminent. Move to higher ground immediately. Flash floods develop MUCH quicker than river floods. Flooding is the number one severe weather killer nationwide. Nationally, 75% of the presidential disaster declarations are the result of floods. The most dangerous type of flooding is a flash flood. Flash floods can sweep away everyone and everything in their path. Most flash floods are caused by slow moving thunderstorms and occur most frequently at night, in mid to late summer. Fourteen people in Illinois have died from flash floods since 1995. Most of the deaths occurred in vehicles. Minor flooding of creeks, streams, streets, and low lying areas is occurring or is imminent. This may also include a danger to your home, including your basement. Learn flood warning signs and if used in your area, any community alert signals. Know how to shut off electricity, gas, and water at main switches and valves. Know where gas pilots are located and how the heating system works. Have check valves installed in building sewer traps to prevent flood waters from backing up in sewer drains. As a last resort, use large corks or stoppers to plug showers, tubs, or basins. Consider measures for flood proofing your home. Call your local building department or local emergency management agency (EMA) for information. Consider purchasing flood insurance. Flood losses are not covered under homeowner's insurance policies. Flood insurance is available in most communities through the National Flood Insurance Program. There is usually a period before it takes effect, so don't delay. Flood insurance is available whether the building is in or out of the identified flood prone area. Contact your insurance company and make sure that your property and possessions are covered under an insurance plan. Call your insurance company for more information regarding the cost and the amount of coverage on your items. Stay away from storm drains, culvert pipes, and manholes. **Make an inventory of your possessions using a paper list, photographs and videotapes of your belongings. Update your inventory list and review your coverage with your insurance company periodically. Keep all of your important records and documents in a safe deposit box or another safe place away from the premises.**

DURING A FLOOD Monitor the radio or television for the latest weather information. Move valuable household possessions to the upper floor, move to another location if flooding is imminent and time permits. Listen to a battery operated radio for evacuation instructions. If advised to evacuate, do so quickly. Evacuation is much simpler and safer before floodwaters become too deep for ordinary vehicles to drive through. Follow recommended evacuation routes and stay away from disaster areas unless authorities ask for volunteers. People lose their lives by attempting to drive over a flooded roadway. The speed and depth of the water is not always obvious and water levels rise quickly. There may be a hidden portion of the roadway washed out under the water. Six inches of water can sweep you off of your feet and TWO FEET OF WATER WILL CARRY AWAY MOST AUTOMOBILES. Do not try to walk or drive through flooded areas. If your car stalls in floodwater, get out quickly and move to higher ground.

AFTER A FLOOD Even when the water begins to recede the dangers are still present. Listen to a radio or television and don't return home until authorities indicate it is safe to do so. When you are allowed to return, remember to help anyone who may require special assistance. When entering buildings, use extreme caution and look for fire hazards. If your home was damaged, check the utilities. Wear gloves and boots when cleaning up. Open all doors and windows. Use fans if possible to air out the building. Wash all clothes and linens in hot water. Discard mattresses and stuffed furniture because they cannot be cleaned adequately. Wash dirt and mud from walls, counters, and hard surfaced floors with soap and water. Then disinfect by wiping surfaces with a solution of one cup of bleach per gallon of water. Inspect foundations for cracks or other damage. Stay out of buildings that remain in the floodwaters. Do not pump the basement out until floodwater recedes. Avoid weakened floors, walls, and rooftops in a flooded home. Avoid coming into contact with floodwaters. The water may be contaminated with oil, gasoline, or raw sewage. Do not wade through a flooded stream to protect or retrieve belongings. Consider your family's health and safety. Wash your hands frequently with soap and clean water if you come in contact with floodwaters. Listen for news reports to learn whether the community's water supply is safe to drink. If there is any doubt about the water safety, use the boiling instructions found in this guide. Throw away food, including canned goods that have come in contact with floodwaters. Pump out flooded basements gradually (about 1/3 of the water per day) to avoid structural damage. Service damaged septic tanks, cesspools, pits, and leaching systems as soon as possible. Do not use your septic system when water is standing on the ground around it. The ground below will not absorb water from sinks or toilets. When the soil has dried, it is probably safe to again use your septic system. Damaged sewer systems pose a health hazard. Stay alert for areas where floodwaters have receded. Roads may have weakened and could collapse under the weight of a vehicle. Do not let children play in floodwaters or near flooded creeks or flood retention ponds. Stay away from downed power lines. Report them to the utility company immediately. If unaffected by the flood, stay out of the area until allowed to enter by officials. Your presence may hamper emergency operations. Monitor the media for special information about where to go to get assistance for housing, clothing, and food. Take photos or videotape the damage to your home and your belongings.



LIFE SAVING ELECTRICAL SAFETY TIPS

IF YOU SEE A FALLEN POWER LINE, STAY AWAY FROM IT **Always assume power lines are live.** This applies to power lines on utility poles as well as those entering your home or buildings. Even momentary contact can injure or kill. Always keep yourself, your equipment, and anything you carry at least 10 feet from power lines. Even though you may notice a covering on a line, never assume it is safe to touch. Remember to "Stay Away, Stay Alive." Never touch anything electrical if you are wet or standing in water. Keep yourself and others away from any fallen power lines. You never know when they might be live. Call 911 immediately and report the location of the downed wires. Stay away from downed power lines and sagging trees with broken limbs.

ELECTRICAL SAFETY TIPS THAT CAN SAVE YOUR LIFE

If a line falls on your car, stay in your car. If you must get out of the car, jump clear. Do not touch any part of your car and the ground at the same time and stay clear of the fallen line.

If your basement floods, don't enter unless you're sure the water isn't in contact with a source of electricity, such as an appliance, electrical outlet, or extension cord. If you're not sure, call a qualified electrician to disconnect the power before entering.

If an electrical appliance catches fire, NEVER use water to try to put it out. The appliance can conduct the electricity back to you. Unplug it, or turn off the fuse or circuit to the outlet. It's a good idea to keep a fire extinguisher handy for situations like this.

If a plugged-in appliance falls into water, don't reach in to get it. Unplug it first by pulling on the cord not the plug.

If someone receives an electrical shock, attempt to turn the power source off. Never touch the victim yourself, call 911 for medical assistance immediately.

Protect your sensitive equipment. Variations in the flow of electricity can damage your highly sensitive electronic equipment. To protect appliances and electronic equipment, you may want to consider purchasing a special device known as a surge protector. These devices can be purchased at area home centers. When disturbances occur that are beyond our control, ComEd is not responsible for equipment that may be damaged.

Never touch or go near electrical equipment. If you see anything marked "Danger," "High Voltage," or "Keep Out," stay away from the area. Do not go near the area for **ANY** reason.

Never stand ladders near power lines. When working on or near ladders, keep all tools, the ladder, and anything you carry well away (at least 10 feet) from power lines. Never fly kites, model airplanes, or balloons near power lines.

Keep away from power lines. Contact with a power line can cause serious burns, electrocution, or death. Remember to work a safe distance from all power lines. When performing construction activities, keep equipment at least 10 feet from power lines and 25 feet from transmission tower lines.

Don't climb or trim trees near power lines. Keep children from climbing trees near power lines. Hire a qualified contractor to trim trees near power lines. If you have any questions about removing limbs or trees near power lines, be sure to contact ComEd prior to working. Whether you are planting a tree, building a fence, or laying foundation, contacting a line with a shovel or pick can damage power lines and injure or kill you. **Remember Illinois state law requires you to call JULIE before you dig.** See page 19 for details on how to contact JULIE. Call JULIE 48 hours prior to the start of excavation.

DURING A POWER OUTAGE:

- ◆ Conserve water, especially if you use well water. Have a corded telephone because in the event of a power failure, cordless phones will not work.
- ◆ Know how to open your garage door in the event of a power outage.
- ◆ Turn off lights and electrical appliances except for the refrigerator/freezer. Even if it is dark, turn light switches and buttons on lamps or appliances to the "off" position. Unplug computers and other sensitive equipment to protect them from possible surges when the power is restored.
- ◆ Leave one lamp on so you will know when the power is restored. Wait at least 15 minutes after power is restored before turning on other appliances.
- ◆ Remember that candles can cause a fire. It is far better to use battery-operated flashlights or glow sticks for lighting.
- ◆ Do not use a kerosene heater, gas lantern, or stove inside the house because they can be dangerous. Maintain proper ventilation at all times to avoid a build up of toxic fumes.

EMERGENCY TORNADO INFORMATION

A tornado is a violent, rotating column of air extending from a thunderstorm to the ground. Most tornado damage paths are less than 100 yards wide and a couple of miles long, but can be up to one mile wide and 50 miles long. Most tornadoes occur in the spring, but records show that they have occurred in every month of the year. In 2003, a record setting 120 tornadoes occurred in Illinois, resulting in two deaths, 81 injuries, and more than \$40 million in damage.

TORNADO WATCH Tornadoes are possible, watch the sky, and listen to the radio or television for more information. **If you live in a mobile home this is the time to move to a more substantial structure.** Be prepared to take shelter at a moments notice. If you see any rotating funnel shaped clouds, report them immediately by telephone to your local law enforcement agency. Determine the best location in your home or office to seek shelter when you are threatened by a tornado. A basement or cellar will usually afford the best protection. If an underground shelter is not available, identify an interior room or hallway on the lowest level. Conduct periodic tornado safety drills with your family. Learn how to shut off the utilities to your home. Decide how and where your family will reunite.

If you live in a mobile home, identify a safe shelter outside of your mobile home such as a community park shelter, a neighbor or friend's house, or a nearby public building. In a mobile home, consider installation of an underground shelter that is large enough to accommodate you, your family, or several other nearby mobile home residents. Consider retrofitting your house with special fasteners, connectors, and reinforcing bands to strengthen the structural integrity. Also, consider installing a reinforced concrete and steel "safe room" as a small room within your house, or excavated and installed beneath your garage floor.

TORNADO WARNING Occurs within minutes (4-10) before a condition is expected to occur. A tornado warning means that a tornado has been spotted. Pay attention to where it was seen, the direction of travel, and the time that the warning expires. If the siren sounds for three consecutive minutes with a steady tone, take cover immediately. Do not call the Fire, Police, or 911 to find out what the sirens mean. Take cover at once, seek shelter inside (in a storm cellar, basement, or reinforced building), and stay away from windows and outside walls even in the basement. **DO NOT stop to open any windows in your home; this will not lessen the damage to your home.** Curl up so that your head and eyes are protected. Take a flashlight, battery operated radio, or TV with you and listen for updates on the storm's activities.



DURING A TORNADO Take the following actions when a tornado warning has been issued by the National Weather Service, when the sirens have been activated or when a tornado has been sighted near your area.

AT HOME Go at once to your predetermined shelter, storm cellar, basement, or the lowest level of the building. In a basement, go under the stairs, under a heavy piece of furniture or a workbench. Stay there until you are sure that the danger has passed. If you do not have a basement, go to an inner hallway or a small inner room without windows, such as a bathroom or closet. Stay away from windows, doors, and outside walls. Go to the center of the room away from outside windows and walls that may be penetrated by high speed, wind-borne objects. Get under a piece of sturdy furniture, such as a workbench or heavy table, and hold onto it. Use pillows, mattresses, or cushions to protect your head and neck. If you are in a mobile home, get out and seek shelter elsewhere. A mobile home can overturn very easily even if precautions have been taken to tie down the unit. If there isn't a substantial shelter nearby, seek shelter in a low lying area. Shield your head and neck with your arms.

IN A SCHOOL, NURSING HOME, HOSPITAL, SHOPPING CENTER, ETC. Go to the designated storm shelter, basement, or to an inside hallway on the lowest level. Avoid places with wide span roofs, such as auditoriums, cafeterias, gymnasiums, and large hallways. Stay away from windows and open spaces. Get under a piece of sturdy furniture such as a workbench, heavy table, or desk and hold onto it. If sturdy furniture is not available, then make yourself the smallest target possible. Squat low to the ground, put your head down, and cover your head and neck with your arms. If in a high rise building, go to small, interior rooms or hallways on the lowest level possible and seek protection as detailed above. Stay away from windows and outside walls.

OUTDOORS If possible, get inside a substantial building. If shelter is not available or there is no time to get indoors, lie in a ditch, culvert, or low-lying area. Use your arms to protect your head and neck. Stay aware of the potential for flash flooding.

IN A VEHICLE Never try to outrun a tornado in a vehicle. Heavy rain, hail, and traffic may impede your movement. Tornadoes can change directions quickly and can easily lift up a vehicle and toss it through the air. Get out of the vehicle immediately and try to take shelter in a nearby building. **Do NOT park under a bridge or underpass.** If you do not have time to get indoors, then quickly get out of the vehicle and lie in a ditch, culvert, or low-lying area away from the vehicle.

AFTER A TORNADO Monitor the radio or television for emergency information or instructions. Check for injured victims and render first aid if necessary. Check on neighbors or relatives who may require special assistance. Do not attempt to move severely injured victims unless absolutely necessary. Wait for emergency medical assistance to arrive. Use the telephone only for emergency calls. Exit damaged buildings and only re-enter, if absolutely necessary, using great caution. If driving, be alert for hazards on the roadway. If unaffected by the tornado, stay out of the damaged area until local officials allow entry. Your presence may hamper emergency operations. Videotape or photograph the damage to your home or property.

WINTER STORM INFORMATION

BEFORE A WINTER STORM Winter storms can range from moderate snow over a few hours to blizzard conditions with blinding, wind-driven snow, or freezing rain that lasts several days. The time to prepare is before the snow falls and ice forms. Be familiar with winter storm warning messages and pay close attention to when they will expire. Winter storms can be dangerous. Preparing for cold weather conditions and responding to them effectively can reduce the dangers caused by winter storms. Listen to your radio or television for the latest winter storm forecasts and other information.



- ◆ Have disaster supplies on hand, in case the power goes out. The supplies should include a flashlight, portable battery operated radio, and extra batteries along with a medical first aid kit. A three day supply of food including items that do not require refrigeration or cooking in case the power is out. Be sure to eat regularly. Food provides calories that maintain body heat. One non-electric can opener and a supply of water available for each member in the household. A one week supply of essential prescription medications (if possible). Extra blankets and sleeping bags and at least one fire extinguisher (A-B-C Type). **Stay indoors and dress warmly in appropriate cold weather clothing.**
- ◆ Have safe emergency heating equipment available. Make sure that your fireplace is functioning properly. Have your fireplace ready with an ample supply of wood and clean it prior to the winter season. Purchase a small wood, coal, or camp stove with fuel and place it in a well vented area for your safety. If you have a kerosene heater, refuel your heater outside and remember to keep it at least three feet from flammable objects. Use alternative heat methods safely. Never use a gas charcoal grill, hibachi, or portable heater to cook indoors or to heat your house. Heat areas of your home that you are using. Close off unused rooms, close doors, curtains, and cover windows and doors with blankets. Conserve fuel and lower the thermostat to 65° during the day and 55° at night.
- ◆ Service your snow removal equipment, have rock salt on hand to melt ice on walkways and kitty litter to generate temporary traction. If you are unable to remove the snow on your property call a snow removal service for assistance. This will allow you to enter and leave your home in case of heavy snowfall.
- ◆ Be careful when shoveling snow and do not overexert yourself. If you go outdoors to shovel snow, do a few stretching exercises to warm up your body and take frequent breaks. Cover your mouth with a scarf to protect your lungs from extremely cold air. Try not to speak unless absolutely necessary and avoid over exertion. Cold weather puts an added strain on the heart. Unaccustomed exercise such as shoveling snow can bring on a heart attack or make medical conditions worse. Watch for signs of hypothermia: slurred speech, disorientation, uncontrollable shivering, stumbling, drowsiness, and body temperature of 95 degrees Fahrenheit or less. Be aware of symptoms of dehydration and watch for signs of frostbite.
- ◆ Winterize your home by insulating the outside walls, crawl spaces and attic. Caulk and weather-strip doors and windows. Install storm doors, storm windows or cover windows with do-it-yourself insulation kits that you can purchase at your local hardware store. Repair leaks in the roof, around the doors and in the windows. Keep pipes from freezing by wrapping pipes in insulation, especially those near cold outer walls, in attics or crawl spaces. **Let a small amount of water drip from the faucets to keep them from freezing.** Check your pipes often during a cold spell. Monitor the temperature in the basement, garage and rooms that are not often used. Know how to shut off water valves in your home.
- ◆ Dress warmly and wear loose fitting, layered, light weight clothing. Layers can be removed to prevent perspiration and chill. Outer garments should be tightly woven and water repellant. Mittens are warmer than gloves because fingers generate warmth when they touch each other. Wear a woolen cap to help maintain your body temperature. Keep dry by changing wet clothing frequently to prevent a loss of body heat. Wet clothing loses all of its insulating value and transmits heat away from your body rapidly.
- ◆ Remember to help your neighbors who may require special assistance. Check on your neighbors, people with small children, elderly and citizens with disabilities.
- ◆ Fill your gas tank before the snow starts falling. Do not drive unless it is necessary. Make sure someone knows where you are going. Stay on the main roadways. If you must stop, remain inside the vehicle. Use a bright distress flag or your hazard lights to draw attention to your vehicle.
- ◆ If trapped in a blizzard, clear your tail pipe and run your engine and heater for 10 minutes every hour. Open your window slightly. During night hours, keep the dome light on in the car so rescue crews can see your vehicle. If you become trapped outside, get out of the wind and stay dry. Build a lean-to or snow cave if nothing else is available. Do not eat snow; it will reduce your body temperature. Keep an emergency kit in your vehicle including; a blanket, flashlight, shovel, booster cables, flare, etc.



EXCESSIVE HEAT PREPAREDNESS

Excessive heat events are and will continue to be a fact of life in the United States. These events are a public health threat because they often increase the number of deaths in our communities. Heat emergencies can also cause adverse health outcomes in affected populations, generally those who are older, very young, poor, have physical challenges or mental impairments are at elevated risk for having a heat related health problem. However, because heat emergencies can be accurately forecasted there is a great deal that we can do to prevent any negative outcome on our community. A number of low cost but effective responses may reduce the impact on the general health of the community.

IF YOU ARE INDOORS Use a portable electric fan in or next to an open window so heat can exhaust to the outside of your home (box fans are best). You can also use a portable electric fan to bring in cooler air from the outside of your home to cool the interior. Plug your portable electric fan directly into a wall outlet. It is best if you do not use an extension cord but if you must, check that it is UL (Underwriter Laboratories) approved in the United States. Use air conditioners or spend time in air conditioned locations such as malls, libraries or public cooling centers. If air conditioning is not available, stay on the lowest floor of your home and out of the sunshine. Cover the windows that receive morning or afternoon sun. Awnings or louvers can reduce the heat entering the house by as much as 80%. Take a cool bath or shower to reduce your body temperature. Make sure that pets have plenty of water.

IF YOU ARE OUTDOORS Use a public pool to cool down your body temperature and prevent heat related illnesses. Minimize direct exposure to the sun while in an outdoor environment and find any available shade. Stay hydrated by regularly drinking water and plenty of nonalcoholic fluids. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage. Eat more frequently but make sure the meals are balanced and easy-to-digest foods such as fruit or salads. Try to stay away from heavy difficult to digest foods such as fatty foods or red meat. Wear loose fitting and light-colored clothes to reduce your body temperature. Twice a day check on older, sick, disabled or physically challenged people who may need assistance responding to the excessive heat. Know the symptoms of excessive heat exposure and the appropriate responses.

LIMIT YOUR OUTDOOR ACTIVITY Try to limit your outdoor activity to morning and evening hours. Plan strenuous outdoor activities for early or late in the day when temperatures are cooler; then gradually build up tolerance for warmer conditions. Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. Try to rest often in shady areas. Protect yourself from the sun by wearing a wide-brimmed hat and sunglasses. Avoid sunburn because it slows the skin's ability to cool itself. Wear sunscreen of SPF 15 (sun protecting factor) or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels). At first signs of heat illness (dizziness, nausea, headaches, muscle cramps), move to a cooler location, rest for a few minutes and slowly drink a cool beverage. Seek medical attention immediately if you do not feel better. Avoid extreme temperature changes. A cool shower immediately after coming in from hot temperatures can result in hypothermia, particularly for elderly or very young people. If you are taking prescription diuretics, antihistamines, mood-altering or antispasmodic drugs, check with your doctor about the effects of sun and heat exposure.

DURING AN EXCESSIVE HEAT EVENT

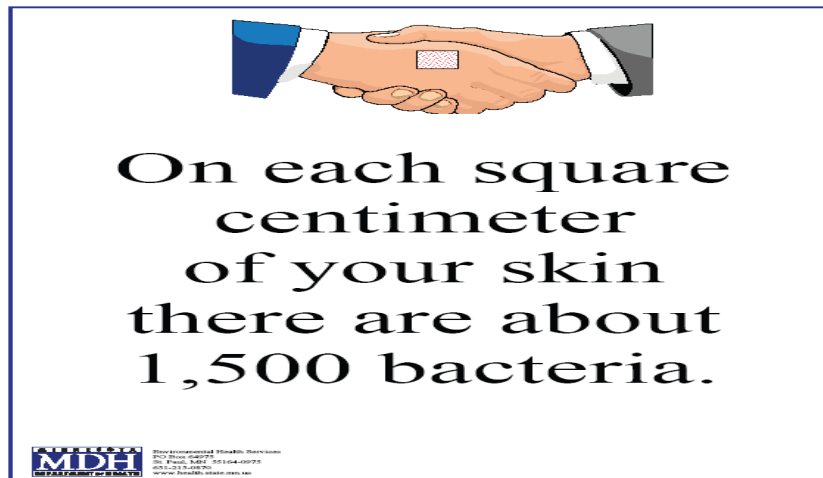
- ◆ Do not use a portable electric fan in a closed room without windows or doors open to the outside. If you are afraid to open your window to use a portable electric fan, choose other ways to keep cool (e.g., cool showers, spend time in an air-conditioned location).
- ◆ Do not believe that portable electric fans cool air because they do not. They just move the air around and keep you cool by helping to evaporate your sweat.
- ◆ Do not use a portable electric fan to blow extremely hot air on yourself. Do not direct the flow of portable electric fans toward yourself when room temperature is hotter than 90°F because this can accelerate the risk of heat exhaustion.
- ◆ Do not leave children and pets alone in cars for any amount of time in the summer months.

HANDWASHING WILL PREVENT THE SPREAD OF GERMS

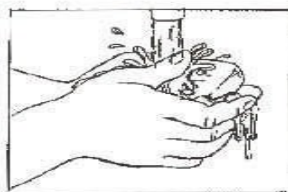
Do you know that people do not wash their hands as often as they think they do? An observation of 6,333 adults in public restrooms, demonstrated that only 68% washed their hands. About 74% of women washed their hands and only 61% of men washed their hands.

WASH YOUR HANDS

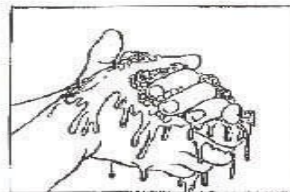
- ◆ Before preparing food and prior to eating. During food preparation, when switching from raw food to ready-to-eat food. Wash your hands during food preparation to avoid cross contamination of food.
- ◆ After using the toilet, coughing, sneezing, eating, drinking or using tobacco. Cover your mouth and nose when you cough or sneeze, then drop the tissue in the trash can. If you don't have a tissue, cover your mouth and nose the best you can. Clean your hands every time you cough or sneeze.
- ◆ Wash your hands often or use an alcohol based hand sanitizer because it stops germs from spreading. Wash your hands before you touch your eyes, mouth or nose.
- ◆ **Wash hands with liquid soap under warm running water for at least 20 seconds.** Wash hands thoroughly, paying special attention to germs that may be trapped under nails and in crevices. Rinse well to remove all traces of soap. Dry hands with paper towels. Use a paper towel to turn off the faucet after washing hands. Allow hands to dry thoroughly after cleansing (before contact with anything). Wash long enough to sing the "Happy Birthday" song twice.



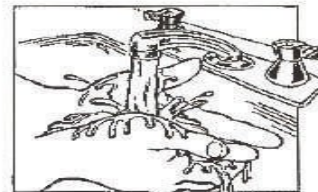
WASH BEFORE YOU WORK!



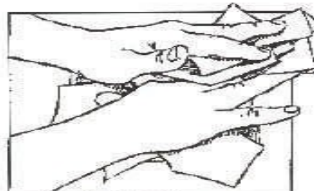
1. Wet hands with soap and warm water.



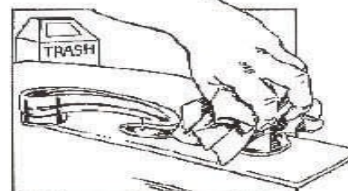
2. Rub hands for 20 seconds. Get under fingernails.



3. Rinse under warm running water.



4. Dry hands on your own clean towel.



5. Turn off water with paper towel. Throw towel away.

MCDH

Mississippi Department of Health
2013, Revised, 4/14/13
Robert F. Smith
4/14/13

Mississippi Department of Health

YOU CAN PREVENT THE SPREAD OF GERMS

YOU CAN PREVENT THE SPREAD OF GERMS BY FOLLOWING SIMPLE RULES

- ◆ Stay home from work when you are feeling ill. You have control over the spread of germs to your co-workers and maintaining a healthy work environment.
- ◆ Use antibiotics appropriately, remember they should be taken **exactly** as prescribed by your doctor. Antibiotics do not work against viruses such as colds or flu. Unnecessary antibiotics can be harmful to your body.
- ◆ Avoid contact with wild animals that may carry disease and pass them on to you or your pets. Keep garbage cans sealed and do not leave food outdoors. Pets should be routinely cared for by a vet. Always wash your hands after touching animals or animal waste.
- ◆ Getting immunizations is easy, low cost and saves lives. Make sure you and your kids get the shots suggested by your doctor. Please visit www.cdc.gov/ounceofprevention for information.

5 Common Ways Germs are Spread

Nose, mouth, or eyes to hands to others:
Germs can spread to the hands by sneezing, coughing, or rubbing the eyes and then can be transferred to other family members or friends. Simply washing your hands can help prevent such illnesses as the common cold or eye infections.



Hands to food:
Usually germs are transmitted from unclean hands to food by an infected food preparer who didn't wash his or her hands after using the toilet. The germs are then passed to those who eat the food. This is easily prevented by always washing your hands after using the toilet and before preparing food items.

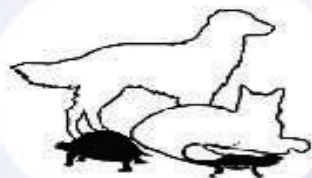


Food to hands to food:

Germs are transmitted from raw foods, such as chicken, to hands while preparing a meal. The germs on the hands are then transferred to other uncooked foods, such as salad. Cooking the raw food kills the initial germs, but the salad remains contaminated.



Animals to people:
Wash your hands after petting animals or touching any surfaces they come into contact with.



Infected child to hands to other children:

Germs are passed from an child with diarrhea to the hands of the parent during diaper changing. If the parent doesn't immediately wash his or her hands, the germs that cause diarrhea are then passed to others.



SEASONAL FLU

INFLUENZA The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness and at times can lead to death. The best way to prevent this illness is by getting a flu vaccination each fall. Annually in the United States, 5% to 20% of the population gets the flu and more than 200,000 people are hospitalized from flu complications. About 36,000 people die from influenza annually.

SYMPTOMS There can be many different problems associated with influenza. Symptoms include problems such as nausea, vomiting, diarrhea and can also occur in adults but are more common in children. Symptoms may be mild and include: fever (usually high), muscle aches, headache, extreme tiredness, dry cough, sore throat and runny/stuffy nose.

COMPLICATIONS OF THE FLU Complications of flu can include bacterial pneumonia, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes. Children may have sinus problems and ear infections.

HOW FLU SPREADS Flu viruses spread in respiratory droplets caused by coughing and sneezing. They usually spread from person to person, though sometimes people become infected by touching something with flu viruses on it and then touching their mouth, nose or eyes. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 days after becoming sick. That means that you can pass on the flu to someone else before you know you are sick, as well as while you are sick.

PREVENTING THE FLU The single best way to prevent the flu is to get a flu vaccination each fall. About two weeks after vaccination, antibodies develop that protect against influenza virus infection. Flu vaccines will not protect against influenza-like illnesses caused by other viruses. There are two types of vaccines available. The "flu shot" is an inactivated vaccine (containing killed virus) that is given with a needle. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions. The second is a nasal-spray flu vaccine. It is made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for "Live Attenuated Influenza Vaccine"). LAIV is approved for use in healthy people 5 years to 49 years of age who are not pregnant.

WHEN TO GET VACCINATED October or November is the best time to get vaccinated, but getting vaccinated in December or even later can still be beneficial. Flu season can begin as early as October and last as late as May. In general, anyone who wants to reduce their chances of getting the flu should get vaccinated. However, certain people should get vaccinated each year. They are either people who are at high risk of having serious flu complications or people who live with or care for those at high risk for serious complications.

PEOPLE AT HIGH RISK SHOULD BE VACCINATED ANNUALLY

- ◆ People 65 years and older. People who live in nursing homes and other long term care facilities that house those with long term illnesses. Women who will be pregnant during the influenza season.
- ◆ Adults and children 6 months and older with chronic heart or lung conditions, including asthma. Those who need regular medical care or were in a hospital during the previous year because of a metabolic disease (like diabetes), chronic kidney disease, or weakened immune system (including immune system problems caused by medicines or by infection with human immunodeficiency virus [HIV/AIDS]).
- ◆ All children 6 to 23 months of age. Children 6 months to 18 years of age who are on long-term aspirin therapy. (Children given aspirin while they have influenza are at risk of Reye syndrome.)
- ◆ People with any condition that can compromise respiratory function or the handling of respiratory secretions (a condition that makes it hard to breathe or swallow, such as brain injury or disease, spinal cord injuries, seizure disorders, or other nerve or muscle disorders.)
- ◆ Nearly one-third of people 50 to 64 years of age in the United States have one or more medical conditions that place them at increased risk for serious flu complications, vaccination is recommended for all persons aged 50 to 64.
- ◆ Any person in close contact with someone in a high-risk group should get vaccinated. This includes all health-care workers, household contacts, out-of-home caregivers of children 6 to 23 months of age, close contacts of people 65 years and older.



PANDEMIC FLU INFORMATION

THE TOP 10 THINGS YOU SHOULD KNOW ABOUT PANDEMIC FLU

1. Pandemic flu is much more serious than seasonal flu. It is likely to be more severe, widespread, and deadlier than seasonal influenza.
2. A pandemic flu will be global. Travel routes will make it easy for the virus to spread quickly across borders. Communities across the U.S. and around the world will be affected at the same time.
3. The single best thing you can do to avoid getting any flu virus is to wash your hands. Wash frequently with soap and water for 20 seconds, or use alcohol-based hand sanitizer.
4. A vaccination will not be available at the outset of a pandemic. Once a pandemic flu virus is identified, it could take several months to develop and produce large quantities of vaccine.
5. Pandemic flu and bird flu are *not* the same thing. A pandemic may cause widespread social and economic disruption. Services provided by government agencies, public utilities, stores, the post office, and other businesses may be limited. Transportation services may be disrupted and schools may be closed.
6. It may be difficult or impossible to work during a flu pandemic. Find out if you can work from home and ask your employer if they have a plan in place. Plan for a possible reduction in income if you are unable to work or if your workplace closes.
7. A pandemic could overwhelm the health care system. High numbers of ill people during a severe pandemic will put enormous pressure on our health care system. Prepare to follow instructions from your health care provider and public health officials about how to obtain medical advice and receive care.
8. We will need to pull together as communities during a pandemic. We will need to check on our neighbors and help those around us, especially if we experience major social and economic disruptions. This may be as simple as calling your neighbor from a "phone tree" list, or dropping off supplies on the doorstep of a homebound friend.
9. There are simple steps you can take to prepare for a flu pandemic.
10. Learn how to protect your health, stock your home with supplies, and make household plans.

IF YOU ARE CARING FOR A SICK PERSON AT HOME

- ◆ Keep a care log. Record information about the ill person (such as temperature, unusual skin color or rash, quantity of fluids consumed) at least once a day, plus date and time. Keep the ill person as comfortable as possible. Remember that rest is very important.
- ◆ Keep tissues and a trash bag for their disposal within reach of the patient. Keep in mind that fever is a sign that the body is fighting the infection. It will go away as the patient gets better. Watch for complications.
- ◆ Call your healthcare provider or the pandemic flu hotline if the ill person has difficulty breathing, fast breathing, or bluish color to the skin or lips. Shows signs of dehydration and cannot take enough fluids. Does not respond appropriately or appears confused. Complains of pain or pressure in the chest. If the patient has convulsions.
- ◆ Gets worse again after appearing to improve. Call the doctor immediately if an infant younger than 2 months old has a fever, poor feeding, urinating less than 3 times per day or other has other signs of illness.
- ◆ Use ibuprofen or acetaminophen or other measures, as recommended by your healthcare provider, for fever, sore throat and general discomfort. Do not use aspirin in children or teenagers with influenza because it can cause Reye's syndrome, a life-threatening illness. Babies who are breast-fed and vomiting can continue to nurse, but offer smaller amounts.
- ◆ Watch for signs of dehydration in the ill person and make sure the patient avoids drinking alcohol or using tobacco. Someone who is dehydrated may have weakness or be unresponsive to their name. They may have decreased saliva, dry mouth and a dry tongue. Decreased output of urine, which becomes dark in color. If a person is ill and they are getting enough fluids, they should urinate at least once every 8–12 hours.
- ◆ If the ill person is dehydrated, give a generous amount of fluid through frequent sips or spoonfuls over a 4-hour period. Watch for an increase in urination, a lighter color of the urine, and improvement in the patient's overall condition. If the patient is not vomiting, offer small amounts of fluid frequently to prevent dehydration, even if he or she does not feel thirsty.
- ◆ If the ill person is not eating solid foods, include fluids that contain sugars and salts, such as broth, sports drinks (diluted half and half with water), Pedialyte, sodas, but not diet drinks.
- ◆ If the patient is vomiting, do not give any fluid or food for at least 1 hour. Next, offer a clear fluid in very small amounts. If the patient vomits, let the stomach rest again for an hour. Again, try to give small frequent amounts of clear fluid. When there is no vomiting, gradually increase the amount of fluid offered and use fluids that contain sugars and salts.
- ◆ After 6–8 hours of a liquid diet without vomiting, add solid food that is easy to digest, such as saltine crackers, soup, or rice.

PANDEMIC FLU INFORMATION

PANDEMIC FLU (INFLUENZA) A pandemic is a global disease outbreak. Pandemic influenza is a global outbreak of flu that involves a new flu virus and causes serious human illness. The flu strain that causes the pandemic will spread quickly and easily from person to person because people are unlikely to have immunity against it. Pandemics have occurred three times in the last century.

AVIAN (BIRD) FLU Avian flu is a virus that occurs naturally among birds and rarely causes illness in humans. Only recently has the H5N1 bird flu strain changed so that it is able to cause illness and death in humans. Scientists believe bird flu may be the cause of the next pandemic flu.

SEASONAL VERSUS PANDEMIC FLU Seasonal flu occurs every year, mostly during the winter months. It affects about 10% of the world's population. Pandemic flu can occur at any time of the year. Experts believe another pandemic is likely to occur. Pandemic flu may cause illness in 30-50% of the world's population. Pandemic flu will likely have more severe symptoms than seasonal flu. For most people seasonal flu is unpleasant but not life threatening. Pandemic flu may result in millions of deaths worldwide. Seasonal flu results in an average of 36,000 deaths each year. People of every age may be at risk for infection of pandemic flu, a vaccine may not be available when the pandemic starts. Young children, elderly and those with chronic illness are at higher risk for seasonal flu but an annual vaccination is available. Most people will have no immunity to a pandemic virus. Illness and death rates are expected to be higher than a normal seasonal outbreak of influenza. Scientists estimate that a large number or percentage of the world's population will require some form of medical care. Countries may take measures such as border closures and travel restrictions during a pandemic. These actions would possibly delay the arrival of the virus but cannot stop it. The three pandemics of the 1900's encircled the globe in six to nine months. Modern transportation may help the virus spread faster globally.

PANDEMIC FLU VACCINE AND DRUG TREATMENT Flu vaccines have to be created specifically for the type of flu virus circulating that year. Until the specific pandemic flu virus is identified, it is not possible to make the vaccine. A flu vaccine takes four to six months to produce, so a vaccine probably won't be available at the start of the pandemic. If a pandemic flu develops, a new vaccine will be produced as quickly as possible. Research for an effective vaccine against bird flu in humans is currently underway. Vaccine availability will be based on global vaccine manufacturing capacity and an increased demand. Antiviral drugs may be available to lessen the severity and duration of symptoms due to pandemic flu. The United States is currently stockpiling antiviral medications for use during a pandemic. In the event of a pandemic flu outbreak they will be prescribed in the most effective way based on how the disease develops.

PREVENTION To reduce human exposure, poultry with avian flu are destroyed immediately. Many governments have a stockpile of antiviral medicines. Surveillance systems to detect avian flu are being enhanced. The state of Illinois is able to rapidly test possible avian flu cases. McHenry County Department of Health has plans in place to detect, monitor and treat people who may become ill during a pandemic flu event. There are also regional efforts in place to detect and monitor pandemic flu cases that may occur in Northern Illinois. Practice drills and frequent training exercises are being conducted to ensure local agencies are prepared for a mass distribution of medication to patients in need.

PROTECTION FOR MY FAMILY All flu viruses spread through the air when people cough or sneeze. Basic actions that may reduce the risk of getting or spreading flu are:

- ◆ Wash your hands frequently with soap and warm water for at least 20 seconds.
- ◆ Use a 60% alcohol-based hand sanitizer if soap and water are not available.
- ◆ Cover your mouth and nose when you cough or sneeze.
- ◆ Avoid large crowds whenever possible.
- ◆ **DO NOT** go to work when you are ill.
- ◆ **DO NOT** send an ill child to school or day care.
- ◆ Avoid close contact with those who are sick.
- ◆ Avoid touching your eyes, nose and mouth at all times.

MORE INFORMATION

The official U.S. government website on pandemic flu/avian influenza www.pandemicflu.gov

The Centers for Disease Control and Prevention www.cdc.gov/flu/pandemic

The World Health Organization www.who.int

U.S. Department of Health and Human Services www.hhs.gov/pandemicflu

The Illinois Department of Public Health www.idph.state.il.us

McHenry County Department of Health www.mcdh.info

HOMELAND SECURITY THREAT LEVELS

Americans should always be aware of their surroundings and take notice of any suspicious activities. Suspicious people, items, and activities should be reported to local authorities immediately. For example, if a stranger asks you to deliver a package to someone that you do not know, you should call the authorities immediately. Remember that the risk of terrorist activity is a day to day threat. Be vigilant and be ready for anything out of the ordinary. There is always a risk of a terrorist threat in the United States. Each threat condition is assigned a level of alert, appropriate to the increasing risk of terrorist attacks.

JULIE, Inc. (Joint Utility Locating Information for Excavators)

JULIE is a not-for-profit corporation that provides contractors, excavators, homeowners, and others who may be disturbing the earth, with a free service through a single toll-free phone number. **(800) 892-0123** JULIE serves as a message handling, notification service for underground utility facility owners, taking information about planned excavation and distributing this information to its membership. You need to call for the locating and marking of underground utility facilities. JULIE services the entire state of Illinois, except the city limits of Chicago. If digging inside the Chicago city limits, please contact DIGGER at (312) 744-7000. It is then the responsibility of each facility owner to mark the location of their underground utility facilities at the excavation site. JULIE, Inc. is a communications link and does not perform any type of locating services.

Illinois law requires anyone digging, regardless of the depth of the project, to call JULIE at **(800) 892-0123**. This notice must be at least 48 hours/two working days prior to the start of

CALL J.U.L.I.E. BEFORE YOU DIG (800) 892-0123

excavation and the project must begin within 14 calendar days from the call. The alternative could mean disaster in the form of personal injury, damage to underground lines, property or the environment. Digging responsibly is the only way to dig.

THERE ARE FOUR STEPS TO SAFE DIGGING:

- 1. CALL BEFORE YOU DIG.**
- 2. WAIT THE REQUIRED AMOUNT OF TIME (Two working days).**
- 3. RESPECT THE MARKINGS THAT WERE MADE.**
- 4. DIG WITH CARE.**

HOUSEHOLD FIRE INFORMATION

Fires in homes are most often caused by cooking accidents, smoking and unsafe use of woodstoves or space heaters. Here are some things you can do to avoid a home fire or protect yourself during a fire. Install smoke detectors in or near all sleeping areas and on every level of your home, including the basement. Check smoke detectors on a regular basis and replace the batteries twice yearly. Have A-B-C type fire extinguishers. Teach family members how to use them. Know the location of all exits including windows. If you live in an apartment, count the number of doorways between your apartment and the two nearest exits. Know two ways out of every room in case smoke or flames block your primary exit. Choose a meeting place outside the home, and be sure all family members are accounted for. If someone is missing, let the fire department know. Have an escape plan and practice it with your family. This will help ensure you can get out quickly when there is no time for mistakes. Keep folding or chain style ladders stored in each upstairs bedroom. Use alternative heat sources, such as woodstoves or space heaters, safely: Never use gas ovens, gas ranges, barbecues, or most portable or propane heaters for indoor heating. Have fire-fighting materials available: dry powder fire extinguisher, heavy tarp or blanket, and water. Before using an alternative heat source, read the manufacturers instructions. Do not smoke in the bedroom, on the couch or anywhere you might fall asleep while smoking. Sleep with your bedroom door closed. Make sure your house number is clearly visible from the street and that fire trucks can access your home. If there is a fire evacuate immediately. Do not go back inside. Call 911 from a neighbor's house. Never use water on an electrical fire. Smother oil and grease fires in the kitchen with baking soda or salt, or put a lid over the flame if it is burning in a pan. If you are caught in smoke drop to your hands and knees and crawl; breathe shallow through your nose and use your blouse, shirt, or jacket as a filter. If you must move through flames - hold your breath, move quickly, cover your head and hair, keep your head down, and close your eyes as much as possible. If your clothes catch fire, "stop, drop and roll" until the fire is out. If you are in a room and cannot escape, leave the door closed, stay low to the floor and hang a white or light-colored sheet outside the window.

ACCIDENTAL POISONING

POISONS They can be found in everyday items located in all areas of your home: kitchen, closets, bathrooms, attic, garage, dining room, laundry room, storage areas, and basements. To help prevent accidental poisoning, use child-resistant containers but remember that child-resistant containers are not completely childproof. Store prescription and over-the-counter medications (including aspirin and vitamins) in a safe place out of the reach of children. Keep potentially poisonous products in their original containers. Place potentially poisonous products out of reach immediately after you use them. Make sure potentially harmful products are stored safely including disinfectants, deodorants, soaps, detergents, shampoo, cosmetics, and air fresheners. Safely store all kinds of sprays, polishes, cleansing powder, fertilizers, weed killers, insect repellent, insect, and rodent poison. If you have any of the following, be sure that they are stored safely and out of the reach of children: paint remover, kerosene, lighter fluids and turpentine, toilet bowl cleaners, drain cleaners, lye, bleach, mothballs, and pesticides. Special care should also be taken with house plants as many may be poisonous if consumed by humans or pets.

MR. YUK STICKERS Place **Mr. Yuk** stickers, or some type of warning sticker, on all poisonous products in and around your home. Teach children that the stickers are a warning because the product could be very dangerous to them. Keep emergency numbers next to your phone. The Washington Poison Center is a 24-hour telephone service providing information and emergency response for poisonings. The center is staffed by nurses, pharmacists, poison information specialists and supported by a board-certified clinical toxicologist. The center handles over 70,000 calls a year. To learn more, visit the centers' website at: www.wapc.org

IF AN ACCIDENTAL POISONING OCCURS

- ◆ If someone is poisoned and it is a life threatening emergency, call **911** as soon as possible.
- ◆ If you suspect a possible poisoning, for more information on potential poisons, call the Poison Center at **(800) 222-1222**.
- ◆ They will need to know what was taken? (Exact name of the product.) Bring product container to the phone if possible.
- ◆ They will need to know when was it taken? What time was the product consumed? They will also need the address and telephone number from where you are calling.
- ◆ They will ask you how much of the product was consumed?
- ◆ Who took it? Body size makes a big difference in determining a poisonous dose. The name, condition, age, and weight of the patient.

IMPORTANT CONTACT INFORMATION

Fire Department/Ambulance

EMERGENCY NUMBER - 911

Fire Department

Non-Emergency (815) 784-3412

Police Department

EMERGENCY NUMBER - 911

Police Department

Non-Emergency (815) 784-6633

Hospitals

Kishwaukee Community 815-756-1521

St. Anthony 815-226-2000

Rockford Memorial 815-971-7600

Swedish American 815-968-4400

Family Doctor

Red Cross

815-756-7339

Emergency Management

DeKalb County 815-895-7206

Telephone Company

Frontier 877-462-6150

Electric Company

ComED 800-334-7661

Natural Gas Company

NiCor 888-642-6748

Water Company

City of Genoa 815-784-2271

Weather Information

800-681-2972

Relatives Emergency Contact

Out-of-Town Emergency Contact

Other Important Numbers

IMPORTANT CONTACT INFORMATION

During a real emergency, **DO NOT** Call 911 or the City's non-emergency numbers unless you need emergency assistance. These lines need to be kept available to handle calls that involve threats to life, health, and property. For life threatening emergencies, all media, including radio and television stations will be notified to request that warning or instruction messages either be printed or broadcast for the public. It is necessary to call 911 when someone is hurt or in an accident. You can also call if someone is acting suspiciously, stealing or breaking into a house or building. Call 911 if you smell smoke or see fire or see people hurting each other. If you believe emergency assistance may be needed but are not sure, call 911 and describe the situation. If you call 911 by accident, do not hang up the phone. Explain what happened and tell the dispatcher that you called by accident. Parents should talk to children about how and when to call 911. Knowing the right thing to do can save lives. When you call 911, tell the dispatcher what is wrong. Tell them your name, address, phone number, and where you are calling from. Do not hang up the phone until they tell you that you should. They may need to ask you more questions about your emergency situation.

GENOA POLICE DEPARTMENT

333 E. First Street
Genoa, IL 60135
Phone (815) 784-6633
Website: www.genoa-il.com

GENOA—KINGSTON FIRE DISTRICT

317 E. Railroad Street
Genoa, IL 60135
(815) 784-3412
Website: www.gkfire.com

DEKALB COUNTY EMERGENCY MANAGEMENT

Phone (815) 895-7206
Website: www.dekalbcounty.org/esda

DEKALB COUNTY DEPARTMENT OF HEALTH

Phone (815) 758-6673
Website: www.dekalbcountyhealthdepartment.org

ILLINOIS DEPARTMENT OF PUBLIC HEALTH

Phone (217) 782-4977
Website: www.idph.state.il.us

ILLINOIS EMERGENCY MANAGEMENT AGENCY

Website: www.state.il.us/iema/

RED CROSS

Phone (312) 729-6100
Website: www.chicagoredcross.org

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Phone (877) 696-6775
Website: www.hhs.gov

ILLINOIS HOMELAND SECURITY

Phone (217) 557-4756
Website: www.ready.illinois.gov

FEDERAL EMERGENCY MANAGEMENT AGENCY

Phone (202) 646-2500
Website: www.fema.gov

NATIONAL POISON CONTROL CENTER

(800) 222-1222
Website: www.poison.org

CENTERS FOR DISEASE CONTROL

Phone (800) 232-4636
Website: www.cdc.gov

NATIONAL OCEANIC AND ATMOSPHERIC ADMINISTRATION

Phone (815) 834-1435
Website: www.crh.noaa.gov/lot

Some of the information in this brochure was obtained from The Federal Emergency Management Agency's Community and Family Preparedness Program, the American Red Cross Community Disaster Education Program, and other government agencies from around the country. Other preparedness materials are available by calling FEMA at (800) 480-2520 or writing: FEMA, P.O. Box 2012, Jessup, MD 20794-2012. Publications are also available on the World Wide Web at www.fema.gov and www.redcross.org ask for: *Are You Ready?*, *Your Family Disaster Supplies Kit*, and *Food & Water in an Emergency*.