

The Pocket Guide to

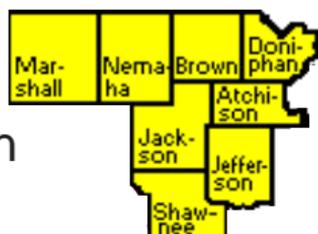
Emergency Preparedness

Knowing you are prepared for an emergency can help you and your family stay calm—and act effectively.



National Oceanic & Atmospheric Administration (NOAA)

Northeast
Corner
Regionalization
Initiative



This guide can help you in the event of a major emergency. It has information on how to plan for and respond to natural and man-made disasters. Helpful web sites and phone numbers are also included. Please read your guide carefully and keep it close at hand.

The Northeast Corner Regionalization Initiative recognizes the Santa Clara County California Public Health Department in creating this guide.

Your Own Important Numbers

Write down important numbers and keep them close. These include friends and family home and cellular numbers, your doctor or clinic, and your child's school.



When Your Child is at School

Every school has an emergency plan that includes evacuation destinations. Call your child's school now to find the location and write it down here:

Also, find out what you or a designated person will need to provide in order to pick up your child.

In the event of an evacuation, you will be notified by school officials where and when your child can be picked up, so make certain the school has a way of reaching you. Radio or television stations may also carry instructions.



Finally, make sure your child has identification and phone numbers to reach family or friends.

Your Best Protection is Preparation

There are many types of emergencies. This Guide offers information about those that are large-scale disasters, specifically tornadoes and acts of terrorism involving nuclear (radiological), biological, and chemical agents.

If such a disaster occurs, you may be asked by authorities to take one of two different actions:

SHELTER IN PLACE

(remain in your home or workplace), or **EVACUATE** (leave your home or workplace). In either case, it is important that you and your family have an

EMERGENCY PREPARATION PLAN.



The American Red Cross provides all the information you need to make your Emergency Preparation plan. You can call the Red Cross at 1-800-435-7669 or visit their Web site at www.redcross.org. In the meantime, it makes good sense to put together some emergency supplies for your home, workplace, and car.

Evacuation: Prepare a “Grab and Go”

EMERGENCY KIT

In some emergencies, you may be asked to evacuate. In that case, you'll want an easy-to-carry container, like a backpack or duffle bag, with adequate emergency supplies in a convenient location. It's a good idea to keep some cash in your emergency kit. Also, be sure that everyone in the family has a list of important phone numbers and that you've decided on two alternative places to meet in case you become separated.



In the event of a Tornado

What To Listen For ...

TORNADO WATCH: Tornadoes are possible in your area. Remain alert for approaching storms.

TORNADO WARNING: A tornado has been sighted or indicated by weather radar. If a tornado warning is issued for your area and the sky becomes threatening, move to your pre-designated place of safety.

SEVERE THUNDERSTORM WATCH: Severe thunderstorms are possible in your area.

SEVERE THUNDERSTORM WARNING: Severe thunderstorms are occurring.

Remember, tornadoes occasionally develop in areas in which a severe thunderstorm watch or warning is in effect. Remain alert to signs of an approaching tornado and seek shelter if threatening conditions exist.



NOAA

Occasionally, tornadoes develop so rapidly that advance warning is not possible. Remain alert for signs of an approaching tornado. Flying debris from tornadoes causes most deaths and injuries.

What YOU Can Do

Before the Storm:

- Develop a plan for you and your family for home, work, school and when outdoors.
- Have frequent drills.
- Know the county in which you live and keep a highway map nearby to follow storm movement from weather bulletins.
- Have a NOAA Weather Radio with a warning alarm tone and battery back-up to receive warnings.
- Listen to radio and TV for information.
- If planning a trip outdoors, listen to the latest forecasts and take necessary action if threatening weather is possible.

If a Warning is issued or if threatening weather approaches:

- In a home or building, move to a pre-designated shelter, such as a basement.
- If an underground shelter is not available, move to an interior room or hallway on the lowest floor and get under a sturdy piece of furniture.
- Stay away from windows.
- Get out of automobiles.
- Do not try to outrun a tornado in your car; instead, leave it immediately.
- If caught outside or in a vehicle, lie flat in a nearby ditch or depression.
- Mobile homes, even if tied down, offer little protection from tornadoes and should be abandoned.

It's Up To YOU!

Lightning Safety

When thunderstorms threaten, get to a safe place, stay there longer than you think you need to, stay away from windows and doors and avoid contact with anything that conducts electricity.

AVOID being in or near:

High places and open fields, isolated trees, unprotected gazebos, rain or picnic shelters, baseball dugouts, communication towers, flagpoles, light poles, bleachers (metal or wood), metal fences, convertibles, golf carts, water (ocean, lakes, swimming pools, rivers, etc.).

When inside a building AVOID:

Use of corded telephones or computer, taking a shower, washing your hands, doing dishes, or any contact with conductive surfaces with exposure to the outside such as metal door or window frames, electrical wiring, telephone wiring, cable TV wiring, plumbing, etc.

If driving:

Stay in your automobile. An enclosed automobile offers reasonably good protection from lightning, as long as you don't touch metal.



National Weather Service

Flash Floods

Several factors contribute to flash flooding. The two key elements are rainfall intensity and duration. Intensity is the rate of rainfall, and duration is how long the rain lasts. You will not always have a warning that these deadly, sudden floods are coming. Most flood deaths are due to FLASH FLOODS. Most flash flooding is caused by slow-moving thunderstorms, or thunderstorms repeatedly moving over the same area.

How can a foot or two of water cost you your life?

- Water weighs 62.4 lbs. per cubic foot and typically flows downstream at 6 to 12 miles an hour.
- When a vehicle stalls in water, the water's momentum is transferred to the car. For each foot the water rises, 500 lbs. of lateral force are applied to the car.
- But the biggest factor is buoyancy. For each foot the water rises, in effect, the car weighs 1,500 lbs. less.

Two feet of water will carry away most automobiles.

Flash Flood Safety



Keep alert for signs of heavy rain (thunder and lightning), and watch for rising water levels.



Know where high ground is and get there quickly if you see or hear rapidly rising water.



Be especially cautious at night.



Do not attempt to cross flowing water which may be more than knee deep.

Turn around, don't drown.



Don't try to drive through flooded areas.



If your vehicle stalls, abandon it and seek higher ground immediately.



During threatening weather listen to local radio or TV, or NOAA Weather Radio.

Winter Storms

Plan ahead for winter traveling

- Keep your gas tank near full to avoid ice in the tank and fuel lines.
- Let someone know your timetable and primary and alternate routes.



NWS

If caught in a vehicle:

- Stay in your car or truck; disorientation occurs quickly in wind-driven snow and cold.
- Run the motor about ten minutes each hour for heat. Open the window a little for fresh air to avoid carbon monoxide poisoning. Make sure the exhaust pipe is not blocked.
- Make yourself visible to rescuers. Turn on the dome light at night when running the engine. Tie a colored cloth (preferably red) to your antenna or door. Raise the hood to indicate trouble after snow stops falling.
- Exercise from time to time by vigorously moving arms, legs, fingers and toes to keep blood circulating and to keep warm.

Plan ahead for winter storms at home

Inside your home or other building:

- Stay inside. When using alternative heat from a fireplace, wood stove, space heater, etc., use fire safeguards and properly ventilate to avoid carbon monoxide poisoning. Carbon monoxide gas is colorless and odorless!
- If you have no heat: Close off unneeded rooms. Stuff towels or rags in the cracks under doors. Cover windows at night.
- Eat and drink. Food provides the body with energy for producing its own heat. Keep the body replenished with fluids to prevent dehydration.
- Wear layers of loose-fitting, lightweight, warm clothing. Remove layers to avoid overheating, perspiration and subsequent chill.

Make a Winter Emergency Car Kit

- * Blankets/sleeping bags
- * Flashlight with extra batteries
- * First-aid kit
- * Utility knife
- * High-calorie, non-perishable food
- * Extra clothing to keep dry
- * Sack of sand (or cat litter)
- * Shovel
- * Windshield scraper and brush
- * Tool kit
- * Tow rope
- * Jumper cables
- * Water container
- * Compass and road maps

In the event of a Radiological Emergency

Exposure to radiation can occur from a nuclear explosion, an accident in a nuclear power plant, or a terrorist attack with a “dirty bomb” (conventional explosives packaged with radioactive materials).



In all cases:

1. Decrease the amount of time you spend near the source of radiation.
2. Increase your distance from the source.
3. Increase the shielding between you and the radiation. Depending on the level of radioactive materials used, a plate glass

window to several feet of concrete can create a protective barrier (shield) between you and the radiation source. It will be very important to listen to emergency information about the level and location of the source of radiation.

SELF-DECONTAMINATION:

If you have been exposed to radiation, remove your clothes as quickly as possible avoiding contact with the eyes, nose, and mouth. Put them in a sealed plastic bag. Take a shower or gently wash with lukewarm water being careful not to scrub or scrape and rinse thoroughly. Listen to the radio for disposal and other instructions.



In the event of a Biological Emergency

Biological agents are bacteria and toxins that can cause disease in people.

Protection during a biological event depends on the agent being used.

For example, anthrax can only affect people who come into direct contact with it and cannot be

passed on from person to person. But smallpox is highly contagious and would require isolating people who have been exposed. For some biological events immunizations may be recommended. In response to a biological event, local authorities may give order for **SHELTER IN PLACE** or **EVACUATION**.



In the event of a Chemical Emergency

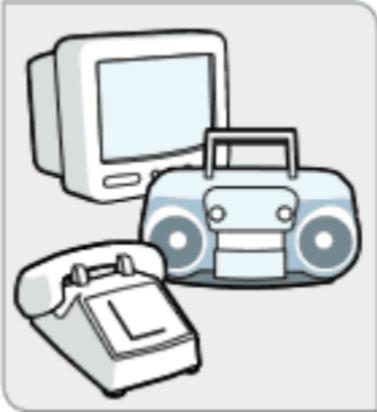
Chemical agents are poisonous gases, liquids or solids that can cause injury, illness and death. Chemical emergencies can be caused by industrial accidents, or through the intentional release of harmful chemicals.

Protection from chemical agents varies. Either **SHELTER IN PLACE** or **EVACUATION** orders may be given to provide protection. Local authorities will give these orders only when necessary. Gas masks and protective clothing may help in some instances, but cannot protect you from contaminated food or water. However, not all such gear sold today is suitable for protection. Learn before you buy.

How to Get Information in an Emergency

Local radio and television stations will provide information in the event of a major emergency. In some instances, the Emergency Alert System may be activated.

Specific emergency instructions will be broadcast by:



Atchison

- KAIR - AM 1470
- KAIR - FM 93.7

Brown

- KNZA - FM 103.9

Nemaha

- KMZA - FM 92.1

Shawnee

- KBUZ - FM 90.3
- KDVV-FM 100.3
- KJTY - FM 88.1
- KLWN - AM 1320
- KLZR - FM 105.9
- KMAJ - FM 107.7
- KMAJ - AM 1440
- KQTP - FM 102.9
- KTPK - FM 106.9
- KWIC - FM 99.3
- WIBW - AM 580
- WIBW - FM 94.5
- KSNT - Channel 27
- KTKA - Channel 49
- KTMJ - Channel 43
- KTWU - Channel 11
- WIBW - Channel 13

Emergency instructions will tell you whether it is safer to **Evacuate** your home/workplace or whether you will be better protected by **Shelter In Place**. If you are ordered to evacuate, the radio/TV announcements will also advise you on the safest place to go.

How to Submit Criminal/Terroristic Tips

The most effective way to report a tip regarding possible terrorist activity is to call the Kansas Bureau of Investigation at 1-800-KS-CRIME (1-800-572-7463) or contact your local police department. **In an emergency, however, call 911.**



What Not to Do in any Emergency

Do NOT go to the hospital except in the case of a medical emergency.

Do NOT light matches or turn electrical switches on or off if you smell gas or think there may be a leak. It is safe to use a flashlight. Also Do NOT use a regular phone. Cell phones are safe to use.

Do NOT turn off any utilities unless you have been told to by emergency authorities—or unless you know there has been some damage to gas pipes, water pipes, or electrical lines.

Do NOT drive your vehicle unless you have been advised to evacuate or you have a medical emergency. Be sure to check on road conditions or travel restrictions.

Do NOT call 9-1-1 except in the case of a life-threatening situation. It is very important to keep these lines open for true emergencies.

SHELTER IN PLACE:

Protecting Yourself at Home or Work

In the event of a radiological, chemical, or biological emergency, authorities may direct you to SHELTER IN PLACE or EVACUATE. The term “Shelter In Place” means remaining inside your home or place of work and protecting yourself there.

If emergency officials advise you to Shelter In Place:

- 1 Stay calm.
- 2 Bring children and pets indoors immediately.
- 3 Close and lock all windows and outside doors.
- 4 Turn off all fans, heating and air conditioning systems, and close exterior doors and windows.
- 5 If you have a fireplace, close the damper.
- 6 Gather your disaster supplies and battery powered radio.
- 7 Go to an interior room, ideally without windows. In case of a chemical threat, a room above ground is preferable because some chemicals are heavier than air and may seep into the basement.
- 8 Use duct tape (wet towels if you are out of duct tape) to seal doors, exhaust fans, vents, and windows.
- 9 Listen to the radio or TV for emergency instructions and Shelter In Place until you are told all is safe.



YOUR EMERGENCY SUPPLIES SHOULD INCLUDE:

- A battery powered or wind-up radio.
- Flashlights with fresh batteries.
- A first aid kit, including emergency medications.
- A cell phone (*make sure it's charged*).
- Stored water in sealed unbreakable containers – 1 gallon for each person for each day up to one week. Water should be replaced every six months.
- A water purification kit in the event you can't boil water if a “*Boil Water Order*” is issued by health and safety officials.
- A one week supply of food that does not need refrigeration, a manual can opener, and eating utensils.
- Trash bags, duct tape, sheets of plastic, and disposable gloves.
- Fire extinguisher.
- Add a shovel, jumper cables, fix-a-flat, and flares for your car.



Where to Find Emergency Medical Care

HOSPITALS

Atchison Hospital

1301 North Second Street
Atchison, KS 66002
(913) 367-6600

Community Memorial Healthcare, Inc.

708 N. 18th St.
Marysville, KS 66508-1338
(785) 562-2311
www.cmhcare.org

Cushing Memorial Hospital

711 Marshall
Leavenworth, KS 66048-3235
(913) 684-1102

Heartland Health

5325 Faraon St.
St. Joseph, MO 64506
(816) 271-6000
www.heartland-health.com

Hiawatha Community Hospital

300 Utah A/P #420
Hiawatha, KS 66434-2399
(785) 742-2131

Holton Community Hospital

1110 Columbine Drive
Holton, KS 66436
(785) 364-2116

Jefferson County Memorial Hospital, Inc.

408 Delaware St.
Winchester, KS 66097-4003
(913) 774-4340

Nemaha Valley Community Hospital

1600 Community Drive
Seneca, KS 66538-9739
(785) 336-6181

Northeast Kansas Center for Health

240 W. 18th
Horton, KS 66439-1245
(785) 486-2642

Sabetha Community Hospital, Inc.

14th and Oregon, P.O. Box 229
Sabetha, KS 66534-0229
(785) 284-2121

Saint John Hospital

3500 S. Fourth
Leavenworth, KS 66048-5043
(913) 680-6000
www.providence-health.org

St. Francis Health Center

1700 S.W. 7th
Topeka, KS 66606
(785) 295-8000
www.stfrancistopeka.org

Stormont-Vail HealthCare

1500 S.W. 10th St.
Topeka, KS 66604
(785) 354-6000
www.stormontvail.org

Important Contact Information

IN AN EMERGENCY, CALL 911

County

Atchison County

Emergency Management – (913) 833-4025

Health Department – (913) 367-5152

Sheriff – (913) 367-8201

Red Cross – (913) 367-5355

Brown County

Emergency Management – (785) 547-3415

Health Department – (785) 742-2505

Sheriff – (785) 742-7125

Red Cross – (913) 367-5355

Doniphan County

Emergency Management – (785) 985-2229

Health Department – (785) 985-3591

Sheriff – (785) 985-3711

Red Cross – (913) 367-5355

Jackson County

Emergency Management – (785) 364-2811

Health Department – (785) 364-2670

Sheriff – (785) 364-2251

Red Cross – (866) 990-9910

Jefferson County

Emergency Management – (785) 863-2278

Health Department – (785) 863-2447

Sheriff – (785) 863-2765

Red Cross – (866) 990-9910

Marshall County

Emergency Management – (785) 562-3141

Health Department – (785) 562-3485

Sheriff – (785) 562-3141

Red Cross – (785) 537-2180

Nemaha County

Emergency Management – (785) 336-2135

Health Department – (785) 284-2152

Sheriff – (785) 336-2311

Red Cross – (785) 367-5355

Shawnee County

Emergency Management – (785) 233-8200

Health Department – (785) 368-2000

Sheriff – (785) 368-2200

Topeka Police Department – (785) 368-9551

Red Cross – (866) 990-9910

State

Kansas Division of Emergency Management

www.accesskansas.org/kdem

Kansas Bioterrorism Program

www.ksbiot.org

Kansas Department of Health and Environment

1-877-427-7317

www.kdhe.state.ks.us

KS Road Conditions Hotline

1-800-585-ROAD (1-800-585-7623)

Kansas Bureau of Investigation

1-800-KS CRIME (1-800-572-7463)

Other

American Red Cross – 1-800-435-7669

www.redcross.org

Centers for Disease Control and Prevention

1-888-246-2675

www.bt.cdc.gov

Poison Control Center – 1-800-332-6633

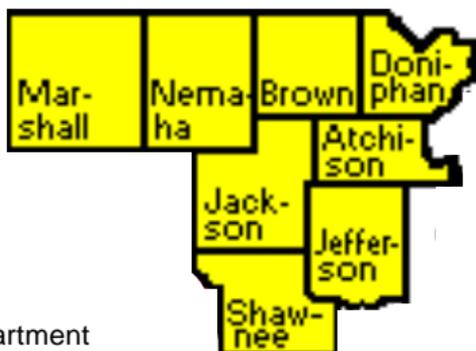
U.S. Dept. of Homeland Security

1-800-BE-READY

(1-800-237-3239)

www.ready.gov

Northeast Corner Regionalization Initiative



Atchison County Office

NEK Multi-County Health Department
616 Commercial Street
Atchison, Kansas 66002
(913) 367-5152

Brown County Office

NEK Multi-County Health Department
907 South 2nd Street
Hiawatha, Kansas 66434
(785) 742-2505

Doniphan County Health Department

201 S. Main, P.O. Box 609
Troy, Kansas 66087
(785) 985-3591

Jackson County Office

NEK Multi-County Health Department
312 Pennsylvania, P.O. Box 444
Holton, Kansas 66436
(785) 364-2670

Jefferson County Health Department

1212 Walnut, Highway 59
Oskaloosa, Kansas 66066-4200
(785) 863-2447

Marshall County Health Department

1201 Broadway
Marysville, Kansas 66508
(785) 562-3485

Nemaha County Community Health Services

1205 Main, P.O. Box 146
Sabetha, Kansas 66534
(785) 284-2152

Shawnee County Health Department

1615 SW 8th Avenue
Topeka, Kansas 66606
(785) 368-2000