

Hazards and Vulnerabilities Fact Sheets

September 30, 2013

Allen County Public Health

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Severe Thunderstorms

Allen County Public Health Preparations

Because severe storms can bring about significant damage and casualties, the U.S. government is working to improve overall preparation for them. One aspect of preparation is to learn what to do before, during, and after a severe thunderstorm in order to mitigate harm and damage.

If a public health emergency happens in our community, Allen County Public Health will be the local agency responsible for preparing and guiding medical response and public information efforts. During such an emergency, a critical role of the Public Health Department will be to work with other local first responders, such as fire and police. The Public Health Department will also coordinate response activities with state and federal agencies.

Allen County Public Health is providing this information to help you understand what response you may be asked to take in the event of a severe storm.

When is a thunderstorm severe?

According to the National Weather Service, a thunderstorm is severe when it produces hail at least three-quarters of an inch in diameter, has winds of 58 miles per hour or higher, or produces a tornado.

How should I prepare for a severe storm?

- To begin preparing, you should build an emergency kit and make a family communications plan.
- Remove dead or rotting trees and branches that could fall and cause injury or damage during a severe thunderstorm.
- Postpone outdoor activities.

- Remember the 30/30 Lightning Safety Rule: Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder.
- Secure outdoor objects that could blow away or cause damage.
- Get inside a home, building, or hard top automobile (not a convertible). Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.
- Remember, rubber-soled shoes and rubber tires provide NO protection from lightning. However, the steel frame of a hard-topped vehicle provides increased protection if you are not touching metal.
- Shutter windows and secure outside doors. If shutters are not available, close window blinds, shades or curtains.
- Unplug any electronic equipment well before the storm arrives.

What should I do during a severe storm?

- Use your battery-operated NOAA Weather Radio for updates from local officials.
- Avoid contact with corded phones and devices including those plugged into electric for recharging. Cordless and wireless phones not connected to wall outlets are OK to use.
- Avoid contact with electrical equipment or cords. Unplug appliances and other electrical items such as computers and turn off air conditioners. Power surges from lightning can cause serious damage.
- Avoid contact with plumbing. Do not wash your hands, do not take a shower, do not wash dishes, and do not do laundry. Plumbing and bathroom fixtures can conduct electricity.
- Stay away from windows and doors, and stay off porches.
- Do not lie on concrete floors and do not lean against concrete walls.
- Avoid natural lightning rods such as a tall, isolated tree in an open area.

Severe Thunderstorms Cont.

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- Avoid hilltops, open fields, the beach or a boat on the water.
- Take shelter in a sturdy building. Avoid isolated sheds or other small structures in open areas.
- Avoid contact with anything metal—tractors, farm equipment, motorcycles, golf carts, golf clubs, and bicycles.
- If you are driving, try to safely exit the roadway and park. Stay in the vehicle and turn on the emergency flashers until the heavy rain ends. Avoid touching metal or other surfaces that conduct electricity in and outside the vehicle.

What should I do if lightning strikes?

Lightening is one of the top 3 storm-related killers in the U.S, so here are a few steps to get help and ensure your safety.

If lightning strikes you or someone you know, call 9-1-1 for medical assistance as soon as possible. The following are things you should check when you attempt to give aid to a victim of lightning:

Breathing - if breathing has stopped, begin mouth-to-mouth resuscitation.

Heartbeat - if the heart has stopped, administer CPR.

Pulse - if the victim has a pulse and is breathing, look for other possible injuries. Check for burns where the lightning entered and left the body. Also be alert for nervous system damage, broken bones and loss of hearing and eyesight.

What should I do after a storm passes?

- Never drive through a flooded roadway. Turn around, don't drown!
- Stay away from storm-damaged areas to keep from putting yourself at risk from the effects of severe thunderstorms.
- Continue to listen to a NOAA Weather Radio or to local radio and

television stations for updated information or instructions, as access to roads or some parts of the community may be blocked.

- Help people who may require special assistance, such as infants, children and the elderly or those with access or functional needs.
- Stay away from downed power lines and report them immediately.
- Watch your animals closely. Keep them under your direct control.
- Tune into your local radio stations for severe weather information.

If you have any questions about severe thunderstorms please contact Allen County Public Health at 419-228-4457. Health Department staff members are available to answer your questions Monday to Friday from 8:00a.m. to 4:30 p.m. You can also visit www.allencountyhealthdepartment.org. For information about putting together an Emergency Preparation Plan, visit the FEMA site at www.ready.gov. Also, see the Centers for Disease Control and Prevention's Web site at www.bt.cdc.gov for additional information.

Hazardous Materials

Allen County Public Health Preparations

If released improperly, hazardous materials can bring about significant damage and casualties. That is why the U.S. government is working to improve overall preparation for this unlikely event. One aspect of preparation is to learn what to do before, during, and after a hazardous materials incident in order to mitigate harm and damage.

If a public health emergency happens in our community, Allen County Public Health will be the local agency responsible for preparing and guiding medical response and public information efforts. During such an emergency, a critical role of the Public Health Department will be to work with other local first responders, such as fire and police. The Public Health Department will also coordinate response activities with state and federal agencies.

Allen County Public Health is providing this information to help you understand what response you may be asked to take in the event of a hazardous material incident

What are hazardous materials?

Hazardous materials come in a variety of forms; they range from everyday chemicals used to clean houses and purify water to chemicals used in crop production and crude oil processing. What makes these materials hazardous are when they are improperly handled and/ or released.

How should I prepare for a hazardous material incident?

Build an [Emergency Supply Kit](#), which includes items like non-perishable food, water, a battery-powered or hand-crank radio, extra flashlights and batteries. You should add plastic sheeting, duct tape and scissors to the kit in order be better prepared for a hazardous materials incident. You may want to prepare a portable

kit and keep it in your car in case you are told to evacuate.

Make a [Family Emergency Plan](#). Your family may not be together when disaster strikes, so it is important to know how you will contact one another, how you will get back together and what you will do in case of an emergency.

What should I do in the event of a hazardous materials incident?

Listen to local radio or television stations for detailed information and instructions. Follow the instructions carefully. You should stay away from the area to minimize the risk of contamination. Remember that some toxic chemicals are odorless.

IF YOU ARE:	THEN:
Asked to evacuate	<p>Do so immediately.</p> <p>Stay tuned to a radio or television for information on evacuation routes, temporary shelters, and procedures.</p> <p>Follow the routes recommended by the authorities--shortcuts may not be safe. Leave at once.</p> <p>If you have time, minimize contamination in the house by closing all windows, shutting all vents, and turning off attic fans.</p> <p>Take pre-assembled disaster supplies.</p> <p>Remember to help your neighbors who may require special assistance--infants, elderly people and people with access and functional needs.</p>

Hazardous Materials Cont.

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Caught Outside	<p>Stay upstream, uphill, and upwind! In general, try to go at least one-half mile (usually 8-10 city blocks) from the danger area. Move away from the accident scene and help keep others away.</p> <p>Do not walk into or touch any spilled liquids, airborne mists, or condensed solid chemical deposits. Try not to inhale gases, fumes and smoke. If possible, cover mouth with a cloth while leaving the area.</p> <p>Stay away from accident victims until the hazardous material has been identified.</p>
In a motor vehicle	<p>Stop and seek shelter in a permanent building. If you must remain in your car, keep car windows and vents closed and shut off the air conditioner and heater.</p>
Requested to stay indoors	<p>Bring pets inside.</p> <p>Close and lock all exterior doors and windows. Close vents, fireplace dampers, and as many interior doors as possible.</p> <p>Turn off air conditioners and ventilation systems. In large buildings, set ventilation systems to 100 percent recirculation so that no outside air is drawn into the building. If this is not possible, ventilation systems should be turned off.</p>

	<p>Go into the pre-selected shelter room. This room should be above ground and have the fewest openings to the outside.</p> <p>Seal gaps under doorways and windows with wet towels or plastic sheeting and duct tape.</p> <p>Seal gaps around window and air conditioning units, bathroom and kitchen exhaust fans, and stove and dryer vents with duct tape and plastic sheeting, wax paper or aluminum wrap.</p> <p>Use material to fill cracks and holes in the room, such as those around pipes.</p> <p>If gas or vapors could have entered the building, take shallow breaths through a cloth or a towel. Avoid eating or drinking any food or water that may be contaminated.</p>
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What should I do after a hazardous materials incident?

Go to a designated public shelter if you have been told to evacuate or you feel it is unsafe to remain in your home. Text SHELTER + your ZIP code to 43362 (4FEMA) to find the nearest shelter in your area (example: *shelter 12345*).

Act quickly if you have come in to contact with or have been exposed to hazardous chemicals.

Follow decontamination instructions from local authorities. You may be advised to take a

Hazardous Materials Cont..

thorough shower or you may be advised to stay away from water and follow another procedure.

Seek medical treatment for unusual symptoms as soon as possible.

Place exposed clothing and shoes in tightly sealed containers. Do not allow them to contact other materials. Call local authorities to find out about proper disposal.

Advise everyone who comes in to contact with you that you may have been exposed to a toxic substance.

Tune into your local radio or television stations for the latest emergency information.

Help a neighbor who may require special assistance - infants, elderly people and people with access and functional needs. People who care for them or who have large families may need additional assistance in emergency situations.

Return home only when authorities say it is safe. Open windows and vents and turn on fans to provide ventilation.

Find out from local authorities how to clean up your land and property.

Report any lingering vapors or other hazards to your local emergency services office.

If you have any questions about hazardous materials incidents please contact Allen County Public Health at 419-228-4457. Health Department staff members are available to answer your questions Monday to Friday from 8:00a.m. to 4:30 p.m. You can also visit www.allencountyhealthdepartment.org. For information about putting together an Emergency Preparation Plan, visit the FEMA site at www.ready.gov. Also, see the Centers for Disease Control and Prevention's Web site at www.bt.cdc.gov for additional information.

Mass Casualty/ Bombing

Allen County Public Health Preparations

Because of ongoing concerns about potential terrorist attacks, the U.S. government is working to improve overall preparation against terrorism. One aspect of this preparation is to learn more about protecting ourselves in the event of a bombing. According to the U. S. Federal Bureau of Investigation, bombings accounted for nearly 70 percent of all terrorist attacks in the U.S. and its territories between 1980 and 2001. This document focuses on common sense principles that will be useful in a bombing event.

If a public health emergency happens in our community, Allen County Public Health will be the local agency responsible for preparing and guiding medical response and public information efforts. During such an emergency, a critical role of the Public Health Department will be to work with other local first responders, such as fire and police. The Public Health Department will also coordinate response activities with state and federal agencies.

Allen County Public Health is providing this information to help you understand what response you may be asked to take in the event of a bombing.

How can I prepare for a bombing?


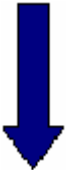
Know your work, school and community disaster plans. If you are not familiar with the plans, contact your supervisor, school administrators, or your local fire department for information.

Identify an alternative hospital. Hospitals closest to the event are always the busiest.

Visit [American Red Cross](#). The site provides guidance on creating a disaster plan and steps you can take now to protect yourself and your loved ones.

Visit [www.ready.gov](#) for additional guidance for creating a disaster plan.

What should I do if I think someone is going to set off a bomb?

At Home	At Work	At School	In Public
Leave the area immediately.	Follow existing evacuation guidelines.	Follow existing evacuation guidelines.	Leave the area immediately.
Call 9-1-1. Tell the operator what you saw or know (suspicious persons, packages, or vehicles).			Call 9-1-1. Tell the operator what you saw or know (suspicious persons, packages, or vehicles).
Follow directions from people in authority (police, fire, EMS, or military personnel, or from neighborhood leaders).	Follow directions from people in authority (police, fire, EMS, or military personnel, or from workplace supervisors).	Follow directions from people in authority (police, fire, EMS, or military personnel, or from school administrators).	Follow directions from people in authority (police, fire, EMS, or military personnel, or from community leaders).

What should I do during a bombing?

- **Leave the area immediately.**
- **Avoid crowds.** Crowds of people may be targeted for a second attack.
- **Avoid unattended cars and trucks.** Unattended cars and trucks may contain explosives.

Mass Casualty/ Bombing Cont.

- **Stay away from damaged buildings** to avoid falling glass and bricks. Move at least 10 blocks or 200 yards away from damaged buildings.
- **Follow directions from people in authority** (police, fire, EMS, or military personnel, or from school or workplace supervisors).
- **Call 9-1-1 once you are in a safe area**, but only if police, fire, or EMS has not arrived.
- **Help others who are hurt or need assistance to leave the area** if you are able. If you see someone who is seriously injured, seek help. Do not try to manage the situation alone.

What should I do after a bombing?

- **Follow your family, job, or school emergency disaster plan for leaving and staying away from the scene of the event.** Remember, returning to the scene will increase the risk of danger for rescue workers and you.
- **Avoid crowds.** Crowds of people may be targeted for a second attack.
- **Avoid unattended cars and trucks.** Unattended cars and trucks may contain explosives.
- **Stay away from damaged buildings** to avoid falling glass and bricks. Move at least 10 blocks or 200 yards away from damaged buildings.
- **Follow directions from people in authority** (police, fire, EMS, or military personnel, or from school or workplace supervisors).
- **Call 9-1-1 once you are in a safe area**, but only if police, fire, or EMS has not arrived to help injured people.
- **Help others who are hurt or need assistance to leave the area if you are able.** If you see someone who is seriously injured, seek help. Do not try to manage the situation alone.

- **Listen** to your radio or television for news and instructions.

What should I do if rescue workers cannot transport me?

9-1-1 services (police, fire, EMS and ambulance) might be delayed indefinitely following a terrorist event, therefore:

- **Always have a back-up plan** for transportation.
- **Follow advice from your local public safety offices** (local health department, local emergency management offices, fire and police departments and reliable news sources).

Does my injury require immediate assistance?

Seek medical attention if you have any of the following problems:

- Excessive bleeding
- Trouble breathing
- Persistent cough
- Trouble walking or using an arm or leg
- Stomach, back or chest pains
- Headache
- Blurred vision or burning eyes
- Dry mouth
- Vomiting or diarrhea
- Rash or burning skin
- Hearing problems
- Injuries that increase in pain, redness or swelling
- Injuries that do not improve after 24 to 48 hours

Help others who are hurt or need assistance to leave the area, if you are able. If you see someone who is seriously injured, seek help. Do not try to manage the situation alone.

Mass Casualty/ Bombing Cont.

Where do I go to cut down my wait time for medical attention?

Go to a hospital or clinic away from the event if you can. Most victims will go to the nearest hospital. Hospitals away from the event will be less busy.

What can I expect at the hospital?

- **Long waits.** To avoid long waits, choose a hospital farther away from the event. While this might increase your travel time, you might receive care sooner.
- **Triage.** Following a terrorist attack or other disasters, injuries are generally treated on a “worst first” basis, called “triage.” Triage is not “first come, first served”. If your injuries are not immediately life threatening, others might be treated before you. The goal of triage is to save as many lives as possible.
- **Limited information.** In a large-scale emergency such as a terrorist attack, police, fire, EMS, and even hospitals and clinics cannot track every individual by name. Keep in mind that it may be difficult for hospitals to provide information about loved ones following a terrorist attack. Be patient as you seek information.

If you have any questions bombing incidents please contact Allen County Public Health at 419-228-4457. Health Department staff members are available to answer your questions Monday to Friday from 8:00a.m. to 4:30 p.m. You can also visit www.allencountyhealthdepartment.org. For information about putting together an Emergency Preparation Plan, visit the FEMA site at www.ready.gov. Also, see the Centers for Disease Control and Prevention's Web site at www.bt.cdc.gov for additional information.

Mass Casualty/ Active Shooter

Allen County Public Health Preparations

Because of ongoing concerns about potential terrorist attacks, the U.S. government is working to improve overall preparation against terrorism. One aspect of this preparation is to learn more about protecting ourselves in the event of an active shooter incident. This document focuses on common sense principles that will be useful in identifying an active shooter and knowing how to properly respond.

If a public health emergency happens in our community, Allen County Public Health will be the local agency responsible for preparing and guiding medical response and public information efforts. During such an emergency, a critical role of the Public Health Department will be to work with other local first responders, such as fire and police. The Public Health Department will also coordinate response activities with state and federal agencies.

Allen County Public Health is providing this information to help you understand what response you may be asked to take in the event of an active shooter incident.

How to identify an active shooter

An Active Shooter is an individual actively engaged in killing or attempting to kill people in a confined and populated area; in most cases, active shooters use firearms(s) and there is no pattern or method to their selection of victims. Proper planning is key due to the fast nature of an active shooter situation. Most incidents last 10-15 min, ending before law enforcement can get to the scene.

Be alert everyday

- Be aware of your environment and any possible dangers
- Take note of the two nearest exits in any facility you visit

An active shooter does not always have to be a stranger; if co-workers or person you know begin to display these signs talk with Human Resources or the appropriate authorities:

- Increased use of alcohol and/or illegal drugs
- Unexplained increase in absenteeism, and/or vague physical complaints
- Depression/Withdrawal
- Increased severe mood swings, and noticeably unstable or emotional responses
- Increasingly talks of problems at home
- Increase in unsolicited comments about violence, firearms, and other dangerous weapons and violent crimes

How to respond when an active shooter incident arises

Evacuate If there is an accessible escape path, attempt to evacuate the premises. Be sure to:

- Have an escape route and plan in mind
- Evacuate regardless of whether others agree to follow
- Leave your belongings behind
- Help others escape, if possible
- Prevent individuals from entering an area where the active shooter may be
- Keep your hands visible

Mass Casualty/ Active Shooter Cont.

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- Follow the instructions of any police officers
- Do not attempt to move wounded people
- Call 911 when you are safe

Hide out If evacuation is not possible, find a place to hide where the active shooter is less likely to find you. Your hiding place should:

- Be out of the active shooter's view
- Provide protection if shots are fired in your direction (i.e., an office with a closed and locked door)
- Not trap you or restrict your options for movement

To prevent an active shooter from entering your hiding place:

- Lock the door
- Blockade the door with heavy furniture

If the active shooter is nearby:

- Lock the door
- Silence your cell phone and/or pager
- Turn off any source of noise (i.e., radios, televisions)
- Hide behind large items (i.e., cabinets, desks)
- Remain quiet

If evacuation and hiding out are not possible:

- Remain calm
- Dial 911, if possible, to alert police to the active shooter's location
- If you cannot speak, leave the line open and allow the dispatcher to listen

Take action against the active shooter As a last resort, and only when your life is in imminent danger, attempt to disrupt and/or incapacitate the active shooter by:

- Acting as aggressively as possible against him/her
- Throwing items and improvising weapons

- Yelling
- Committing to your actions

How to respond when law enforcement arrives

- Remain calm, and follow officers' instructions
- Put down any items in your hands (i.e., bags, jackets)
- Immediately raise hands and spread fingers
- Keep hands visible at all times
- Avoid making quick movements toward officers such as holding on to them for safety
- Avoid pointing, screaming and/or yelling
- Do not stop to ask officers for help or direction when evacuating, just proceed in the direction from which officers are entering the premises

For more information on active shooting incidents go to www.dhs.gov

If you have any questions about active shooter situations please contact Allen County Public Health at 419-228-4457. Health Department staff members are available to answer your questions Monday to Friday from 8:00a.m. to 4:30 p.m. You can also visit www.allencountyhealthdepartment.org. For information about putting together an Emergency Preparation Plan, visit the FEMA site at www.ready.gov. Also, see the Centers for Disease Control and Prevention's Web site at www.bt.cdc.gov for additional information.

Mass Casualty

FACT SHEET

Allen County Public Health Preparations

Because of ongoing concerns about potential terrorist attacks, natural disasters, technological and accidental hazards; the U.S. government is working to improve overall preparation for them. One aspect of this preparation is to learn more about what to do during a mass casualty event. This document focuses on common sense principles that will be useful in a mass casualty event.

If a public health emergency happens in our community, Allen County Public Health will be the local agency responsible for preparing and guiding medical response and public information efforts. During such an emergency, a critical role of the Public Health Department will be to work with other local first responders, such as fire and police. The Public Health Department will also coordinate response activities with state and federal agencies.

Allen County Public Health is providing this information to help you understand what response you may be asked to take in the event of a mass casualty event.

What is a mass casualty event?

A mass casualty event is any incident in which emergency medical service resources, such as personnel and equipment, are overwhelmed by the number and severity of casualties. These events can range from a vehicle accident and bombing to a bus overturning and shooting incident.

How should I prepare for a mass casualty event?

- Know your work, school, and community disaster plans

- Identify alternative hospitals. During an event the nearest hospitals will be overtaxed; therefore, providing you with slower service.
- Have a back-up hospital transportation plan in case EMS cannot transport you.

What should I do during a mass casualty event?

- If possible, leave the area immediately and stay away until authorities have stated it is safe.
- Call 9-1-1 if EMS, fire, or police have not arrived.
- Follow instructions from those in authority
- Help others who are hurt or need assistance to leave the area if you are able. If you see someone who is seriously injured, seek help. Do not try to manage the situation alone.

Does my injury require immediate assistance?

Seek medical attention if you have any of the following problems:

- Excessive bleeding
- Trouble breathing
- Persistent cough
- Trouble walking or using an arm or leg
- Stomach, back or chest pains
- Headache
- Blurred vision or burning eyes
- Dry mouth
- Vomiting or diarrhea
- Rash or burning skin

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- Hearing problems
- Injuries that increase in pain, redness or swelling
- Injuries that do not improve after 24 to 48 hours

Where do I go to cut down my wait time for medical attention?

Go to a hospital or clinic away from the event if you can. Most victims will go to the nearest hospital. Hospitals away from the event will be less busy.

What can I expect at the hospital?

- **Long waits.** To avoid long waits, choose a hospital farther away from the event. While this might increase your travel time, you might receive care sooner.
- **Triage.** Following a terrorist attack or other disasters, injuries are generally treated on a “worst first” basis, called “triage.” Triage is not “first come, first served”. If your injuries are not immediately life threatening, others might be treated before you. The goal of triage is to save as many lives as possible.
- **Limited information.** In a large-scale emergency such as a terrorist attack, police, fire, EMS, and even hospitals and clinics cannot track every individual by name. Keep in mind that it may be difficult for hospitals to provide information about loved ones following a terrorist attack. Be patient as you seek information.

What do I do after a mass casualty event?

- If you or others have life-threatening injuries, such as severe bleeding, difficulty breathing, chest pain, or burns, provide or

seek first aid and get help from officials or others at the scene.

- If you or someone else has minor injuries seek first aid as a first step until those more severely injured can be cared for first. If possible, go to a hospital that is not in the immediate area of the blast. Hospitals closest to the blast(s) will quickly become crowded.
- Listen to emergency officials at the scene. If no one is near you to give instructions and you are in the immediate area of the blast(s), leave as soon as you can.
- To keep safe, move away from the area. Avoid crowds, unattended cars and trucks, public transportation, and damaged buildings.
- Hospitals and roads will become crowded quickly, which can make it difficult for emergency workers to care for severely injured patients. If you have loved ones who are not with you, and who are not in the area of the blast(s), call and tell them to avoid driving to the area.
- Follow the instructions of local officials who are responding to this situation. Listen to the television news, radio, or Internet to stay informed.

How to cope with a mass casualty event

Even if the event does not cause physical injuries, it can cause fear, confusion, and uncertainty. It is normal to have strong feelings after such an event. You may feel sad, helpless, anxious, dazed, or even numb. These are all normal reactions to stress.

There is no simple fix to make things better right away. But there are actions that can help you, your family, and your community heal. Try to:

Mass Casualty

- Follow a normal routine as much as possible.
- Eat healthy meals. Be careful not to skip meals or to overeat.
- Exercise and stay active.
- Help other people in your community as a volunteer. Stay busy.
- Accept help from family, friends, co-workers, or clergy. Talk about your feelings with them.
- Limit your time around the sights and sounds of what happened. Don't dwell on TV, radio, or newspaper reports on the tragedy.

If you or someone you know is having trouble dealing with the tragedy, ask for help. Asking for help is smart. Talk to a counselor, your doctor, or community organization, such as the suicide prevention hotline (1-800-273-TALK) or the American Red Cross (1-866-GET-INFO)

If you have any questions about mass casualty incidents please contact Allen County Public Health at 419-228-4457. Health Department staff members are available to answer your questions Monday to Friday from 8:00a.m. to 4:30 p.m. You can also visit www.allencountyhealthdepartment.org. For information about putting together an Emergency Preparation Plan, visit the FEMA site at www.ready.gov. Also, see the Centers for Disease Control and Prevention's Web site at www.bt.cdc.gov for additional information.

Power Failure

Allen County Public Health Preparations

Because of ongoing concerns about potential terrorist attacks, the U.S. government is working to improve overall preparation against terrorism. One aspect of this preparation is to learn more about what to do during the event of a power outage. This document focuses on common sense principles that will be useful in a power outage event.

If a public health emergency happens in our community, Allen County Public Health will be the local agency responsible for preparing and guiding medical response and public information efforts. During such an emergency, a critical role of the Public Health Department will be to work with other local first responders, such as fire and police. The Public Health Department will also coordinate response activities with state and federal agencies.

Allen County Public Health is providing this information from The American Red Cross to help you understand what response you may be asked to take in the event of a power outage.

How to prepare for a power outage

Food Preservation

- One or more coolers—Inexpensive Styrofoam coolers work well.
- Ice—Surrounding your food with ice in a cooler or in the refrigerator will keep food colder for a longer period of time during a prolonged blackout.
- A digital quick-response thermometer—With these thermometers you can quickly check the internal temperatures of food to ensure they are cold enough to use safely.

- Keep refrigerator and freezer doors closed as much as possible. First use perishable food from the refrigerator. An unopened refrigerator will keep foods cold for about 4 hours.
- Then use food from the freezer. A full freezer will keep the temperature for about 48 hours (24 hours if it is half full) if the door remains closed.
- Use your non-perishable foods and staples after using food from the refrigerator and freezer.
- If it looks like the power outage will continue beyond a day, prepare a cooler with ice for your freezer items.
- Keep food in a dry, cool spot and keep it covered at all times.

Water Safety

- Do not use contaminated water to wash dishes, brush your teeth, wash and prepare food, wash your hands, make ice, or make baby formula. Breastfeeding is beneficial for your child, and it is optimal if water contamination is of concern. If you do not breastfeed, and if possible, use baby formula that does not need to have water added.
- If you use bottled water, be sure it came from a safe source. If you do not know that the water came from a safe source, you should boil or treat it before you use it. Use only bottled, boiled, or treated water until your supply is tested and found safe.
- Boiling water, when practical, is the preferred way to kill harmful bacteria and parasites. Bringing water to a rolling boil for 1 minute will kill most organisms.
- If you don't have clean, safe, bottled water and if boiling is not possible, you often can make water safer to

Power Failure Cont.

drink by using a disinfectant, such as unscented household chlorine bleach, iodine, or chlorine dioxide tablets. These can kill most harmful organisms, such as viruses and bacteria. However, only chlorine dioxide tablets are effective in controlling more resistant organisms, such as the parasite *Cryptosporidium*.

Boiling is extremely effective in disinfecting water. Vigorous boiling **for one minute** kills bacteria, including disease-causing organisms and giardia cysts (which cause severe gastrointestinal illness). Any heat source, such as an electric or gas range, camp stove or wood fire can be used to boil water. Even microwave ovens can heat water to boiling. Tincture of iodine from a home medicine chest may be used to disinfect water. Follow these guidelines:

	Number of Drops* of Tincture of Iodine	
Volume of Water	Clean Water	Cloudy Water
One quart	5	10
One gallon	20	40
Mix water thoroughly and let stand for 30 minutes.		
*5 drops = 1/3 of 1/8 teaspoon 10 drops = 2/3 of 1/8 teaspoon 20 drops = 2/3 of 1/4 teaspoon 40 drops = 1/4 teaspoon plus 1/3 of 1/4 teaspoon		

A few drops of chlorine bleach can be added to a gallon of water in an emergency or on a camping trip. Use these measurements:

Available Chlorine in Bleach	Number of Drops* of Chlorine Bleach to Disinfect One Gallon of Water	
	Clean Water	Cloudy Water
5.25%	8	16
Mix water thoroughly and let stand for 30 minutes.		
*8 drops = 1/2 of 1/8 teaspoon 16 drops = 1/8 teaspoon		

Last Revision September 30, 2013

Chlorine and iodine tablets are available in drug stores and camping or sporting goods stores. Follow the directions on the container. Store disinfected water in clean, covered containers. All water used for drinking, cooking, preparing beverages and brushing teeth should be disinfected. For more information on disinfection of water systems, call or visit your county Extension office and ask for Bulletin 765, Bacteria in Drinking Water.

<http://ohioline.osu.edu/aex-fact/0317.html>

Prepare a power outage emergency preparedness kit including:

- Water—one gallon per person, per day (3-day supply for evacuation, 2-week supply for home) 1 case of water~3 gal of water
- Food—non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- Flashlight (Do not use candles during a power outage due to the extreme risk of fire.)
- Battery-powered or hand-crank radio Extra batteries
- First aid kit
- Medications (7-day supply) and required medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, deed/lease to home, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Duct tape
- If someone in your home is dependent on electric-powered, life-sustaining equipment,

Power Failure Cont..

remember to include backup power in your evacuation plan

- Keep a non-cordless telephone in your home. It is likely to work even when the power is out.
- Keep your car's gas tank full.

What to know about carbon monoxide

- Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors.
- The primary hazards to avoid when using alternate sources for electricity, heating or cooking are [carbon monoxide poisoning](#), electric shock and fire.
- Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas to provide early warning of accumulating carbon monoxide.
- If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.
- Call for help from the fresh air location and remain there until emergency personnel arrive to assist you.

Do not touch any electrical power lines and keep your family and pets away from them. Report downed power lines to the appropriate officials in your area.

What should be thrown away

- Throw away any food that has been exposed to temperatures higher than 40° F (4° C) for 2 hours or more, or that has an unusual odor, color or texture. When in

doubt, throw it out! For more information on what can be kept and what should be thrown out visit:

http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/emergency-preparedness/keeping-food-safe-during-an-emergency/ct_index

- Never taste food or rely on appearance or odor to determine its safety. Some foods may look and smell fine, but if they have been at room temperature too long, bacteria causing food-borne illnesses can start growing quickly. Some types of bacteria produce toxins that cannot be destroyed by cooking.
- If food in the freezer is colder than 40° F and has ice crystals on it, you can refreeze it.
- If you are not sure food is cold enough, take its temperature with a food thermometer. Throw out any foods (meat, poultry, fish, eggs and leftovers) that have been exposed to temperatures higher than 40° F (4° C) for 2 hours or more, and any food that has an unusual odor, color or texture, or feels warm to touch.

For more information on how to prepare and respond to power outages visit

<http://www.redcross.org/prepare/disaster/power-outage>

For more information on disinfecting water supplies visit <http://ohioline.osu.edu/aex-fact/0317.html>

If you have any questions about power outages please contact Allen County Public Health at 419-228-4457. Health Department staff members are available to answer your questions Monday to Friday from 8:00a.m. to 4:30 p.m. You can also visit

www.allencountyhealthdepartment.org. For information about putting together an Emergency Preparation Plan, visit the FEMA site at www.ready.gov. Also, see the Centers for Disease Control and Prevention's Web site at www.bt.cdc.gov for additional information.

Communicable Diseases/Pandemics

Allen County Public Health Preparations

Because of international travel, diseases can be spread worldwide in a short amount of time. Ongoing concerns about the severity of a pandemic have led the U.S. government to work to improve overall preparation them. One aspect of this preparation is to learn more about protecting ourselves, families, and communities in the event of a pandemic. This document focuses on common sense principles that will be useful in formulating plans to prepare for a widespread communicable disease.

If a public health emergency happens in our community, Allen County Public Health will be the local agency responsible for preparing and guiding medical response and public information efforts. During such an emergency, a critical role of the Public Health Department will be to work with other local first responders, such as fire and police. The Public Health Department will also coordinate response activities with state and federal agencies.

Allen County Public Health is providing this information to help you understand what response you may be asked to take in the event of a pandemic.

What is a pandemic?

A pandemic is a worldwide outbreak of a communicable disease. There have been multiple influenza pandemics resulting in the loss of numerous lives. It is important to know how to prepare for a pandemic before it arises in order to limit the number of those that contract the disease.

Limit contact with others

- Limiting contact among people

helps to slow the spread of the virus and helps to save lives. Being around other people makes you more likely to get sick or to make others sick.

- Until a vaccine can be made, limiting contact among people will be our main tool for helping to contain the disease and to prevent others from getting it.
- If you are sick, plan to stay at home for at least 10 days. Most care can be received from home. Hospitals may only be able to take the most critically ill or those with special needs.
- Make plans to have someone take care of you and your household if you get sick.

In more severe pandemics, even people who are not sick may be asked to stay home. This is because other household members may be infected but not sick yet. They could spread the pandemic flu virus to others.

Find out what your job and schools pandemic plans are

In severe pandemics, students may be dismissed from school. Schools, after-school functions, and child-care programs may be closed. Parents may be asked to protect their children by keeping them from being with other children outside of school. Find out what your school or child-care program is planning to do in a pandemic. Plan how you will take care of your children if they need to stay home, and how you would limit contact with others.

How to reduce the risk of contracting and spreading the disease

- Wash your hands often with soap and water, especially before eating, drinking, or touching your face. If soap and water are not available, use an alcohol-based hand gel.
- Cough and sneeze in your sleeve.
- Throw away used tissues then wash your hands

Vaccinations

If a vaccination is or becomes available, talk with your doctor to see if it may benefit you.

Listen to the radio and news for more disease specific pandemic information.

If you have any questions about pandemics please contact Allen County Public Health at 419-228-4457. Health Department staff members are available to answer your questions Monday to Friday from 8:00a.m. to 4:30 p.m. You can also visit www.allencountyhealthdepartment.org. For information about putting together an Emergency Preparation Plan, visit the FEMA site at www.ready.gov. Also, see the Centers for Disease Control and Prevention's Web site at www.bt.cdc.gov for additional information.

Winter Storms/ Extreme Cold

Allen County Public Health Preparations

The National Weather Service refers to winter storms as the “Deceptive Killers” because most deaths are indirectly related to the storm. Instead, people die in traffic accidents on icy roads and of hypothermia from prolonged exposure to cold. It is important to be prepared for winter weather and extreme cold before they strike.

Ongoing concerns about winter storms and extreme cold have led the U.S. government to work to improve overall preparation for them. One aspect of preparation is to learn what to do before, during, and after a winter storm and extreme cold in order to mitigate harm and damage.

This document focuses on common sense principles that will be useful in formulating plans to prepare for winter storms and extreme cold.

If a public health emergency happens in our community, Allen County Public Health will be the local agency responsible for preparing and guiding medical response and public information efforts. During such an emergency, a critical role of the Public Health Department will be to work with other local first responders, such as fire and police. The Public Health Department will also coordinate response activities with state and federal agencies.

Allen County Public Health is providing this information to help you understand what response you may be asked to take in the event of a winter storm.

What you should do before a winter storm hits

Before winter approaches, add the following supplies to your [emergency kit](#):

- Rock salt or more environmentally safe products to melt ice on walkways. Visit the [Environmental Protection Agency](#) for a complete list of recommended products.
- Sand to improve traction.
- Snow shovels and other snow removal equipment.
- Sufficient heating fuel. You may become isolated in your home and regular fuel sources may be cut off. Store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.
- Adequate clothing and blankets to keep you warm.
- Make a [Family Communications Plan](#). Your family may not be together when disaster strikes, so it is important to know how you will contact one another, how you will get back together and what you will do in case of an emergency.
- Listen to a NOAA Weather Radio or other local news channels for critical information from the National Weather Service (NWS). Be alert to changing weather conditions.
- Minimize travel. If travel is necessary, keep a disaster supplies kit in your vehicle.
- Bring pets/companion animals inside during winter weather. Move other animals or livestock to sheltered areas with non-frozen drinking water.

What you should do during a winter storm and extreme cold

- Stay indoors during the storm.
- Walk carefully on snowy, icy, walkways.
- Avoid overexertion when shoveling snow. Overexertion can bring on a heart attack—a major cause of death in the winter. If you must shovel snow, stretch before going outside.
- Keep dry. Change wet clothing frequently to prevent a loss of body heat. Wet clothing

Winter Storms/ Extreme Cold Cont.

loses all of its insulating value and transmits heat rapidly.

- Watch for signs of frostbite. These include loss of feeling and white or pale appearance in extremities such as fingers, toes, ear lobes, and the tip of the nose. If symptoms are detected, get medical help immediately.
- Watch for signs of hypothermia. These include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. If symptoms of hypothermia are detected, get the victim to a warm location, remove wet clothing, warm the center of the body first and give warm, non-alcoholic beverages if the victim is conscious. Get medical help as soon as possible.
- Drive only if it is absolutely necessary. If you must drive: travel in the day; don't travel alone; keep others informed of your schedule; stay on main roads and avoid back road shortcuts.
- Let someone know your destination, your route, and when you expect to arrive. If your car gets stuck along the way, help can be sent along your predetermined route.
- If the pipes freeze, remove any insulation or layers of newspapers and wrap pipes in rags. Completely open all faucets and pour hot water over the pipes, starting where they were most exposed to the cold (or where the cold was most likely to penetrate).
- Maintain ventilation when using kerosene heaters to avoid build-up of toxic fumes. Refuel kerosene heaters outside and keep them at least three feet from flammable objects.
- Conserve fuel, if necessary, by keeping your residence cooler than normal. Temporarily close off heat to some rooms.
- If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55°F.

Snow Conditions levels

Pay attention to the snow condition levels for safe driving on the roadways.

LEVEL 1 – ROADWAY ADVISORY: Allen County roadways are snow or ice covered with possible drifting. Driving conditions are hazardous. Extreme caution is advised.

LEVEL 2 – ROADWAY WARNING: All roadways in Allen County are extremely dangerous due to heavy, drifted or blowing snow. Some roads may become impassable causing danger to stranded drivers and occupants. Only motorists with extreme necessity and specialized equipment should attempt to drive in these unsafe conditions. In the interest of public safety, motorists are strongly advised to stay off roadways until conditions improve.

LEVEL 3 – STATE OF EMERGENCY: Extremely dangerous conditions exist. Travel should be limited to those persons with emergencies or extreme necessity. This level will be accompanied by a formal "State of Emergency" declaration by the Board of Allen County Commissioners.

What you should do after a winter storm and extreme cold

- Go to a designated public shelter if your home loses power or heat during periods of extreme cold. Text **SHELTER** + your ZIP code to **43362** (4FEMA) to find the nearest shelter in your area (example: **shelter 12345**).
- Continue to protect yourself from frostbite and hypothermia by wearing warm, loose-fitting, lightweight clothing in several layers. Stay indoors, if possible.

If you have any questions about winter storms or extreme cold please contact Allen County Public Health at 419-228-4457. Health Department staff members are available to answer your questions Monday to Friday from 8:00a.m. to 4:30 p.m. You can also visit www.allencountyhealthdepartment.org. For information about putting together an Emergency Preparation Plan, visit the FEMA site at www.ready.gov. Also, see the Centers for Disease Control and Prevention's Web site at www.bt.cdc.gov for additional information.

Tornadoes

Allen County Public Health Preparations

Because tornadoes can bring about significant damage and casualties, the U.S. government is working to improve overall preparation for them. One aspect of preparation is to learn what to do before, during, and after a tornado in order to mitigate harm and damage.

If a public health emergency happens in our community, Allen County Public Health will be the local agency responsible for preparing and guiding medical response and public information efforts. During such an emergency, a critical role of the Public Health Department will be to work with other local first responders, such as fire and police. The Public Health Department will also coordinate response activities with state and federal agencies.

Allen County Public Health is providing this information to help you understand what response you may be asked to take in the event of a tornado.

What should I do to prepare for a tornado?

- To begin preparing, you should [build an emergency kit](#) and make a [family communications plan](#). Go to www.ready.gov for guidance on making an emergency kit.
- Listen to NOAA Weather Radio or to commercial radio or television newscasts for the latest information. In any emergency, always listen to the instructions given by local emergency management officials.
- Be alert to changing weather conditions. Look for approaching storms.
- Look for the following danger signs:
 - Dark, often greenish sky
 - Large hail

- A large, dark, low-lying cloud (particularly if rotating)
- Loud roar, similar to a freight train.
- If you see approaching storms or any of the danger signs, be prepared to take shelter immediately.

What should I do during a tornado?

If you are under a tornado warning, seek shelter immediately! Most injuries associated with high winds are from flying debris, so remember to protect your head.

IF YOU ARE IN:	THEN:
A structure (e.g. residence, small building, school, nursing home, hospital, factory, shopping center, high-rise building)	<ul style="list-style-type: none"> • Go to a pre-designated shelter area such as a safe room, basement, storm cellar, or the lowest building level. If there is no basement, go to the center of an interior room on the lowest level (closet, interior hallway) away from corners, windows, doors, and outside walls. Put as many walls as possible between you and the outside. Get under a sturdy table and use your arms to protect your head and neck. • In a high-rise building, go to a small interior room or hallway on the lowest floor possible. • Put on sturdy shoes. • Do not open windows.
A trailer or mobile home	<ul style="list-style-type: none"> • Get out immediately and go to the lowest floor of a sturdy, nearby building or a storm shelter. Mobile homes, even if tied down, offer little protection from tornadoes.
The outside with no shelter	<ul style="list-style-type: none"> • Immediately get into a vehicle, buckle your seat belt and try to drive to the closest sturdy shelter. • If your vehicle is hit by flying debris while you are driving, pull over and park. <p>Stay in the car with the seat belt on. Put your head down below the windows; cover your head with your hands and a blanket, coat or other cushion if possible.</p> <ul style="list-style-type: none"> • If you can safely get noticeably lower than the level of the roadway, leave your car and lie in that area, covering your head with your hands

Tornadoes Cont.

- Do not get under an overpass or bridge. You are safer in a low, flat location.
- Never try to outrun a tornado in urban or congested areas in a car or truck. Instead, leave the vehicle immediately for safe shelter.
- Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.

What should I do after a tornado?

Injury may result from the direct impact of a tornado or it may occur afterward when people walk among debris and enter damaged buildings. A study of injuries after a tornado in Marion, Illinois, showed that 50 percent of the tornado-related injuries were suffered during rescue attempts, cleanup and other post-tornado activities. Nearly a third of the injuries resulted from stepping on nails. Because tornadoes often damage power lines, gas lines or electrical systems, there is a risk of fire, electrocution or an explosion. Protecting yourself and your family requires promptly treating any injuries suffered during the storm and using extreme care to avoid further hazards.

Injuries

Check for injuries. Do not attempt to move seriously injured people unless they are in immediate danger of further injury. Get medical assistance immediately. If someone has stopped breathing, begin CPR if you are trained to do so. Stop a bleeding injury by applying direct pressure to the wound. Have any puncture wound evaluated by a physician. If you are trapped, try to attract attention to your location.

General Safety Precautions

Here are some safety precautions that could help you avoid injury after a tornado:

- Continue to monitor your battery-powered radio or television for emergency information.
- Be careful when entering any structure that has been damaged.

- Wear sturdy shoes or boots, long sleeves and gloves when handling or walking on or near debris.
- Be aware of hazards from exposed nails and broken glass.
- Do not touch downed power lines or objects in contact with downed lines. Report electrical hazards to the police and the utility company.
- Use battery-powered lanterns, if possible, rather than candles to light homes without electrical power. If you use candles, make sure they are in safe holders away from curtains, paper, wood or other flammable items. Never leave a candle burning when you are out of the room.
- Never use generators, pressure washers, grills, camp stoves or other gasoline, propane, natural gas or charcoal-burning devices inside your home, basement, garage or camper - or even outside near an open window, door or vent. Carbon monoxide (CO) - an odorless, colorless gas that can cause sudden illness and death if you breathe it - from these sources can build up in your home, garage or camper and poison the people and animals inside. Seek prompt medical attention if you suspect CO poisoning and are feeling dizzy, light-headed or nauseated.
- Hang up displaced telephone receivers that may have been knocked off by the tornado, but stay off the telephone, except to report an emergency.
- Cooperate fully with public safety officials.
- Respond to requests for volunteer assistance by police, fire fighters, emergency management and relief organizations, but do not go into damaged areas unless assistance has been requested. Your presence could hamper relief efforts and you could endanger yourself.

Inspecting the Damage

- After a tornado, be aware of possible structural, electrical or gas-leak hazards in your home. Contact your local city or county building inspectors for information on structural safety codes and standards.

Tornadoes Cont..

They may also offer suggestions on finding a qualified contractor to do work for you.

- In general, if you suspect any damage to your home, shut off electrical power, natural gas and propane tanks to avoid fire, electrocution or explosions.
- If it is dark when you are inspecting your home, use a flashlight rather than a candle or torch to avoid the risk of fire or explosion in a damaged home.
- If you see frayed wiring or sparks, or if there is an odor of something burning, you should immediately shut off the electrical system at the main circuit breaker if you have not done so already.
- If you smell gas or suspect a leak, turn off the main gas valve, open all windows and leave the house immediately. Notify the gas company, the police or fire departments, or State Fire Marshal's office and do not turn on the lights, light matches, smoke or do anything that could cause a spark. Do not return to your house until you are told it is safe to do so.

Safety During Clean Up

- Wear sturdy shoes or boots, long sleeves and gloves.
- Learn proper safety procedures and operating instructions before operating any gas-powered or electric-powered saws or tools.
- Clean up spilled medicines, drugs, flammable liquids and other potentially hazardous materials.

If you have any questions about tornadoes please contact Allen County Public Health at 419-228-4457. Health Department staff members are available to answer your questions Monday to Friday from 8:00a.m. to 4:30 p.m.

You can also visit

www.allencountyhealthdepartment.org. For information about putting together an Emergency Preparation Plan, visit the FEMA site at www.ready.gov. Also, see the Centers for Disease Control and Prevention's Web site at www.bt.cdc.gov for additional information.

Bioterrorism

Allen County Public Health Preparations

Because of ongoing concerns about potential terrorist attacks, the U.S. government is working to improve overall preparation against terrorism. One aspect of this preparation is to learn more about protecting ourselves in the event of an attack using biological agents. This document focuses on common sense principles that will be useful in a bioterrorist attack.

If a public health emergency happens in our community, Allen County Public Health will be the local agency responsible for preparing and guiding medical response and public information efforts. During such an emergency, a critical role of the Public Health Department will be to work with other local first responders, such as fire and police. The Public Health Department will also coordinate response activities with state and federal agencies.

Allen County Public Health is providing this information to help you understand what response you may be asked to take in the event of a bioterrorist attack.

What is bioterrorism?

Biological agents are organisms or toxins that can kill or incapacitate people, livestock and crops. A biological attack is the deliberate release of germs or other biological substances that can make you sick.

The three basic groups of biological agents that would likely be used as weapons are bacteria, viruses and toxins. Most biological agents are difficult to grow and maintain. Many break down quickly when exposed to sunlight and other environmental factors, while others, such as anthrax spores, are very long lived. Biological agents can be dispersed by spraying them into the air, by infecting animals that carry the disease to humans and by

contaminating food and water. Delivery methods include:

- **Aerosols** - biological agents are dispersed into the air, forming a fine mist that may drift for miles. Inhaling the agent may cause disease in people or animals.
- **Animals** - some diseases are spread by insects and animals, such as fleas, mice, flies, mosquitoes and livestock.
- **Food and water contamination** - some pathogenic organisms and toxins may persist in food and water supplies. Most microbes can be killed, and toxins deactivated, by cooking food and boiling water. Most microbes are killed by boiling water for one minute, but some require longer. Follow official instructions.
- **Person-to-person** - spread of a few infectious agents is also possible. Humans have been the source of infection for smallpox, plague, and the Lassa viruses.

Specific information on biological agents is available through the [Centers for Disease Control and Prevention](#).

How can I prepare for a bioterrorist attack?

The following are things you can do to protect yourself, your family and your property from the effects of a biological threat:

- Build an [Emergency Supply Kit](#), which includes items like non-perishable food, water, a battery-powered or hand-crank radio, extra flashlights and batteries.
- Make a [Family Emergency Plan](#). Your family may not be together when disaster strikes, so it is important to know how you will contact one another, how you will get back together and what you will do in case of an emergency.
 - Plan places where your family will meet, both within and outside of your immediate neighborhood.
 - It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact may be in a better position

Bioterrorism Cont.

FACT SHEET

- to communicate among separated family members.
- You may also want to inquire about emergency plans at places where your family spends time: work, daycare and school. If no plans exist, consider volunteering to help create one.
- Knowing your community's warning systems and disaster plans.
- Notify caregivers and babysitters about your plan.
- Make plans for your pets
- Check with your doctor to ensure all required or suggested immunizations are up to date. Children and older adults are particularly vulnerable to biological agents.
- Consider installing a High-Efficiency Particulate Air (HEPA) filter in your furnace return duct. These filters remove particles in the 0.3 to 10 micron range and will filter out most biological agents that may enter your house. If you do not have a central heating or cooling system, a stand-alone portable HEPA filter can be used.

How do I respond during a bioterrorist attack?

The first evidence of an attack may be when you notice symptoms of the disease caused by exposure to an agent. Follow these guidelines during a biological threat:

- In the event of a biological attack, public health officials may not immediately be able to provide information on what you should do. It will take time to determine exactly what the illness is, how it should be treated, and who is in danger. However, you should watch TV, listen to the radio, or check the Internet for official news and information including signs and symptoms of the disease, areas in danger, if medications or vaccinations are being distributed and where you should seek medical attention if you become ill.
- If you become aware of an unusual and suspicious substance, quickly get away.
- Protect yourself. Cover your mouth and nose with layers of fabric that can filter the air but still allow breathing. Examples include two to three layers of cotton such as a t-shirt, handkerchief or towel. Otherwise, several layers of tissue or paper towels may help.
- There may be times when you would want to consider wearing a face mask to reduce spreading germs if you yourself are sick, or to avoid coming in contact with contagious germs if others around you are sick.
- If you have been exposed to a biological agent, remove and bag your clothes and personal items. Follow official instructions for disposal of contaminated items.
- Wash yourself with soap and water and put on clean clothes.
- Contact authorities and seek medical assistance. You may be advised to stay away from others or even quarantined.
- If a family member becomes sick, it is important to be suspicious.
- Do not assume, however, that you should go to a hospital emergency room or that any illness is the result of the biological attack. Symptoms of many common illnesses may overlap.
- Use common sense, practice good hygiene and cleanliness to avoid spreading germs, and seek medical advice.
- Consider if you are in the group or area authorities believe to be in danger.
- If your symptoms match those described and you are in the group considered at risk, immediately seek emergency medical attention.
- Follow instructions of doctors and other public health officials.
- If the disease is contagious expect to receive medical evaluation and treatment. You may be advised to stay away from others or even deliberately quarantined.
- For non-contagious diseases, expect to receive medical evaluation and treatment.

Bioterrorism Cont..

- In a declared biological emergency or developing epidemic, there may be reason to stay away from crowds where others may be infected.

Protecting your air supply

While you may not be able to completely filter your air supply, taking these precautions may help limit your exposure to a biological agent.

Be prepared to improvise with what you have on hand to protect your nose, mouth, eyes and cuts in your skin. Anything that fits snugly over your nose and mouth, including any dense-weave cotton material, can help filter contaminants in an emergency. It is very important that most of the air you breathe comes through the mask or cloth, not around it. Do whatever you can to make the best fit possible for children. There are also a variety of face masks readily available in hardware stores that are rated based on how small a particle they can filter in an industrial setting. Simple cloth face masks can filter some of the airborne "junk" or germs you might breathe into your body, but will probably not protect you from chemical gases.

What should I do after an act of bioterrorism?

In some situations, such as the case of the anthrax letters sent in 2001, people may be alerted to potential exposure. If this is the case, pay close attention to all official warnings and instructions on how to proceed. The delivery of medical services for a biological event may be handled differently to respond to increased demand. The basic public health procedures and medical protocols for handling exposure to biological agents are the same as for any infectious disease. It is important for you to pay attention to official instructions via radio, television, and emergency alert systems.

If you have any questions about bioterrorism please contact Allen County Public Health at 419-228-4457. Health Department staff members are available to answer your questions Monday to Friday from 8:00a.m. to 4:30 p.m.

You can also visit

www.allencountyhealthdepartment.org. For information about putting together an Emergency Preparation Plan, visit the FEMA site at www.ready.gov. Also, see the Centers for Disease Control and Prevention's Web site at www.bt.cdc.gov for additional information.

Flooding

Allen County Public Health Preparations

Because floods can bring about significant damage and casualties, the U.S. government is working to improve overall preparation for them. One aspect of preparation is to learn what to do before, during, and after a flood in order to mitigate harm and damage.

If a public health emergency happens in our community, Allen County Public Health will be the local agency responsible for preparing and guiding medical response and public information efforts. During such an emergency, a critical role of the Public Health Department will be to work with other local first responders, such as fire and police. The Public Health Department will also coordinate response activities with state and federal agencies.

Allen County Public Health is providing this information to help you understand what response you may be asked to take in the event of a flood.

Why should I prepare for a flood?

Floods are one of the most common hazards in the United States, however not all floods are alike. Some floods develop slowly, while others such as flash floods, can develop in just a few minutes and without visible signs of rain. Additionally, floods can be local, impacting a neighborhood or community, or very large, affecting entire river basins and multiple states.

Flash floods can occur within a few minutes or hours of excessive rainfall, a dam or levee failure, or a sudden release of water held by an ice jam. Flash floods often have a dangerous wall of roaring water carrying rocks, mud and other debris. Overland flooding, the most common type of flooding event typically occurs when waterways such as rivers or streams

overflow their banks as a result of rainwater or a possible levee breach and cause flooding in surrounding areas. It can also occur when rainfall or snowmelt exceeds the capacity of underground pipes, or the capacity of streets and drains designed to carry flood water away from urban areas.

Be aware of flood hazards no matter where you live or work, but especially if you are in low-lying areas, near water, behind a levee or downstream from a dam. Even very small streams, gullies, creeks, culverts, dry streambeds or low-lying ground that appear harmless in dry weather can flood.

How should I prepare for a flood?

Even if you feel you live in a community with a low risk of flooding, remember that anywhere it rains, it can flood. Just because you haven't experienced a flood in the past, doesn't mean you won't in the future. Flood risk isn't just based on history; it's also based on a number of factors including rainfall, topography, flood-control measures, river-flow and tidal-surge data, and changes due to new construction and development.

[Flood-hazard maps](#) have been created to show the flood risk for your community, which helps determine the type of [flood insurance coverage you will need](#) since standard homeowners insurance doesn't cover flooding. The lower the degree of risk, the lower the flood insurance premium.

In addition to having flood insurance, knowing following flood hazard terms will help you recognize and prepare for a flood.

To prepare for a flood, you should:

- [Build an emergency kit](#) and make a [family communications plan](#).
- Avoid building in a floodplain unless you elevate and reinforce your home.
- Elevate the furnace, water heater and electric panel in your home if you live in an area that has a high flood risk.
- Consider installing "check valves" to prevent flood water from backing up into the drains of your home.

Flooding Cont.

- If feasible, construct barriers to stop floodwater from entering the building and seal walls in basements with waterproofing compounds.

Driving Precautions

- Six inches of water will reach the bottom of most passenger cars causing loss of control and possible stalling.
- A foot of water will float many vehicles
- Two feet of rushing water can carry away most vehicles including sport utility vehicles (SUV's) and pick-ups.
- Do not attempt to drive through a flooded road. The depth of water is not always obvious. The road bed may be washed out under the water, and you could be stranded or trapped.
- Do not drive around a barricade. Barricades are there for your protection. Turn around and go the other way.
- Do not try to take short cuts. They may be blocked. Stick to designated evacuation routes.
- Be especially cautious driving at night when it is harder to recognize flood dangers.

What do I do during a flood?

If a flood is likely in your area, you should:

- Listen to the radio or television for information.
- Be aware that flash flooding can occur. If there is any possibility of a flash flood, move immediately to higher ground. Do not wait for instructions to move.
- Be aware of stream, drainage channels, canyons and other areas known to flood suddenly. Flash floods can occur in these areas with or without typical warnings such as rain clouds or heavy rain.

If you must prepare to evacuate, you should do the following:

- Secure your home. If you have time, bring in outdoor furniture. Move essential items to an upper floor.

- [Turn off utilities](#) at the main switches or valves if instructed to do so. Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.

If you have to leave your home, remember these evacuation tips:

- Do not walk through moving water. Six inches of moving water can make you fall. If you have to walk in water, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you.
- Do not drive into flooded areas. If floodwaters rise around your car, abandon the car and move to higher ground if you can do so safely. You and the vehicle can be swept away quickly.
- Do not camp or park your vehicle along streams, rivers or creeks, particularly during threatening conditions.

Precautions after a flood

- Use local alerts and warning systems to get information and expert informed advice as soon as available.
- Avoid moving water.
- Stay away from damaged areas unless your assistance has been specifically requested by police, fire, or relief organization.
- Emergency workers will be assisting people in flooded areas. You can help them by staying off the roads and out of the way.
- Play it safe. Additional flooding or flash floods can occur. Listen for local warnings and information. If your car stalls in rapidly rising waters, get out immediately and climb to higher ground.
- Return home only when authorities indicate it is safe.
- Roads may still be closed because they have been damaged or are covered by water. Barricades have been placed for your protection. If you come upon a barricade or a flooded road, go another way.
- If you must walk or drive in areas that have been flooded.

Flooding Cont..

- Stay on firm ground. Moving water only 6 inches deep can sweep you off your feet. Standing water may be electrically charged from underground or downed power lines.
- Flooding may have caused familiar places to change. Floodwaters often erode roads and walkways. Flood debris may hide animals and broken bottles, and it's also slippery. Avoid walking or driving through it.
- Be aware of areas where floodwaters have receded. Roads may have weakened and could collapse under the weight of a car.
- Stay out of any building if it is surrounded by floodwaters.
- Use extreme caution when entering buildings; there may be hidden damage, particularly in foundations.

How to stay healthy

A flood can cause physical hazards and emotional stress. You need to look after yourself and your family as you focus on cleanup and repair.

- Avoid floodwaters; water may be contaminated by oil, gasoline or raw sewage.
- Service damaged septic tanks, cesspools, pits and leaching systems as soon as possible. Damaged sewer systems are serious health hazards.
- Listen for news reports to learn whether the community's water supply is safe to drink
- Clean and disinfect everything that got wet. Mud left from floodwaters can contain sewage and chemicals.
- Rest often and eat well.
- Keep a manageable schedule. Make a list and do jobs one at a time.
- Discuss your concerns with others and seek help. Contact Red Cross for information on emotional support available in your area.

Clean up and repair

- Turn off the electricity at the main breaker or fuse box, even if the power is off in your community. That way, you can decide when your home is dry enough to turn it back on.
- Get a copy of the book [Repairing Your Flooded Home](#) (737KB PDF) which is available free from the American Red Cross or your state or local emergency manager. It will tell you:
 - How to enter your home safely.
 - How to protect your home and belongings from further damage.
 - How to record damage to support insurance claims and requests for assistance.
 - How to check for gas or water leaks and how to have service restored.
 - How to clean up appliances, furniture, floors and other belongs.
- The Red Cross can provide you with a cleanup kit: mop, broom, bucket, and cleaning supplies.
- Contact your insurance agent to discuss claims.
- Listen to your radio for information on assistance that may be provided by the state or federal government or other organizations.
- If you hire cleanup or repair contractors, check references and be sure they are qualified to do the job. Be wary of people who drive through neighborhoods offering help in cleaning up or repairing your home.

If you have any questions about flooding please contact Allen County Public Health at 419-228-4457. Health Department staff members are available to answer your questions Monday to Friday from 8:00a.m. to 4:30 p.m. You can also visit www.allencountyhelathdepartment.org. For information about putting together an Emergency Preparation Plan, visit the FEMA site at www.ready.gov. Also, see the Centers for Disease Control and Prevention's Web site at www.bt.cdc.gov for additional information.

Extreme Heat

Allen County Public Health Preparations

Because extreme heat can bring about health issues and casualties, the U.S. government is working to improve overall preparation in regards to it. One aspect of preparation is to learn what to do before, during, and after a rise in temperatures in order to mitigate harm.

If a public health emergency happens in our community, Allen County Public Health will be the local agency responsible for preparing and guiding medical response and public information efforts. During such an emergency, a critical role of the Public Health Department will be to work with other local first responders, such as fire and police. The Public Health Department will also coordinate response activities with state and federal agencies.

Allen County Public Health is providing this information to help you understand how to prepare and protect you and your family for extreme heat.

Why is extreme heat dangerous?

Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children and those who are sick or overweight are more likely to succumb to extreme heat.

Conditions that can induce heat-related illnesses include stagnant atmospheric conditions and poor air quality. Consequently, people living in urban areas may be at greater risk from the effects of a prolonged heat wave

than those living in rural areas. Also, asphalt and concrete store heat longer and gradually release heat at night, which can produce higher nighttime temperatures known as the "urban heat island effect."

A heat wave is an extended period of extreme heat, and is often accompanied by high humidity. These conditions can be dangerous and even life-threatening for humans who don't take the proper precautions

How to prepare for extreme heat

- To begin preparing, you should [build an emergency kit](#) and make a [family communications plan](#).
- Install window air conditioners snugly; insulate if necessary.
- Check air-conditioning ducts for proper insulation.

Install temporary window reflectors (for use between windows and drapes), such as aluminum foil-covered cardboard, to reflect heat back outside.

- Weather-strip doors and sills to keep cool air in.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers. (Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.)
- Keep storm windows up all year.
- Listen to local weather forecasts and stay aware of upcoming temperature changes.
- Know those in your neighborhood who are elderly, young, sick or overweight. They are more likely to become victims of excessive heat and may need help.
- Be aware that people living in urban areas may be at greater risk from the effects of a prolonged heat wave than are people living in rural areas.
- Get trained in first aid to learn how to treat heat-related emergencies

Extreme Heat Cont.

How to beat the heat

- Listen to [NOAA Weather Radio](#) for critical updates from the National Weather Service (NWS).
- Never leave children or pets alone in closed vehicles.
- Stay indoors as much as possible and limit exposure to the sun.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Postpone outdoor games and activities.
- Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities. Circulating air can cool the body by increasing the perspiration rate of evaporation.
- Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- Drink plenty of water; even if you do not feel thirsty. Avoid drinks with caffeine. Persons who have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- Limit intake of alcoholic beverages.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible. Avoid dark colors because they absorb the sun's rays.
- Protect face and head by wearing a wide-brimmed hat.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Avoid extreme temperature changes.
- Check on your animals frequently to ensure that they are not suffering from the heat.

Go to a designated public shelter if your home loses power during periods of extreme heat. Text **SHELTER** + your ZIP code to **43362** (4FEMA) to find the nearest shelter in your area (example: *shelter 12345*).

If you have any questions about extreme heat please contact Allen County Public Health at 419-228-4457. Health Department staff members are available to answer your questions Monday to Friday from 8:00a.m. to 4:30 p.m. You can also visit www.allencountyhealthdepartment.org. For information about putting together an Emergency Preparation Plan, visit the FEMA site at www.ready.gov. Also, see the Centers for Disease Control and Prevention's Web site at www.bt.cdc.gov for additional information.