



The All-Hazards Preparedness Guide is a publication of the Office of Public Health Preparedness and Response of the Centers for Disease Control and Prevention.

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PHPR All-Hazards Preparedness Guide

Table of Contents

Introduction.....	3
About PHPR.....	4
Three Steps to All-Hazards Preparedness.....	5
Step 1 Get a Kit.....	6
All-Hazards Supply Kit Checklist.....	7-8
Step 2 Make a Plan.....	9
All-Hazards Communication Plan.....	10-11
Step 3 - Be Informed.....	12
Shelter-in-Place.....	13-15
Advice for Those With Special Needs.....	16
Bioterrorism.....	18
Chemical Emergencies.....	19-20
Earthquake.....	21-22
Extreme Heat.....	23-24
Flood.....	25-27
Hurricane.....	28-29
Landslides and Mudslides.....	30-31
3 D Q G H P L F , Q À X H Q] D	
Radiation.....	33-34
Tornado.....	35-36
Tsunami.....	37-38
Volcano.....	39
: L O G ÿ U H	
Winter Weather.....	42-43



Figure 1: All-hazards approach maximizes available resources.



Three Steps to All-Hazards Preparedness



Get a Kit

By gathering supplies for your all-hazards supply kit, you will be better prepared to provide for you and your loved ones in the event of a public health emergency. Take a moment to gather the items listed on the All-Hazards Supply Kit Checklist provided on page 7 and store them in a waterproof bin.



Make a Plan

You and your loved ones may not be together when an emergency strikes, so take the time now to plan how you will contact one another.



Be Informed

Being informed means staying up-to-date on the most current information available, such as how to shelter-in-place, information for those with special needs, and preparedness information for each type of hazard.

Get a Kit

By gathering supplies for your all-hazards supply kit, you will be better prepared to provide for you and your loved ones when a public health emergency occurs. Take a moment to gather the items listed on the All-Hazards Supply Kit Checklist provided on the next page and store them in a waterproof bin.

Additional Resources

- ‡ CDC Emergency Preparedness and You: Get a Kit
Please visit CDC's site (<http://emergency.cdc.gov/preparedness/kit/disasters/>) to learn more about how you can assemble an all-hazards supply kit.
- ‡ Contact Your Local American Red Cross Chapter
Please visit the American Red Cross' site (<http://www.redcross.org/where/where.html>)
- ‡ FEMA: Ready.gov
FEMA's website (<http://www.ready.gov/>) has additional information on how to prepare for an emergency.

All-Hazards Supply Kit Checklist

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supply for home)

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7 R R ~~O~~ ~~D~~ ~~S~~ ~~R~~ ~~W~~ ~~K~~ ~~H~~ ~~U~~ ~~H~~ ~~D~~ ~~Q~~ ~~S~~ ~~W~~ ~~K~~ ~~H~~ ~~M~~ ~~P~~ ~~R~~ ~~H~~ ~~H~~ ~~W~~ ~~X~~ ~~X~~ ~~Q~~ ~~L~~ ~~T~~ ~~I~~ ~~D~~ ~~I~~ ~~P~~ ~~L~~ ~~O~~ ~~H~~ ~~H~~ ~~G~~ ~~V~~

Consider the needs of all loved ones and add supplies to your kit as necessary. Suggested items to help meet additional needs are:

Examples of Non-Perishable Foods

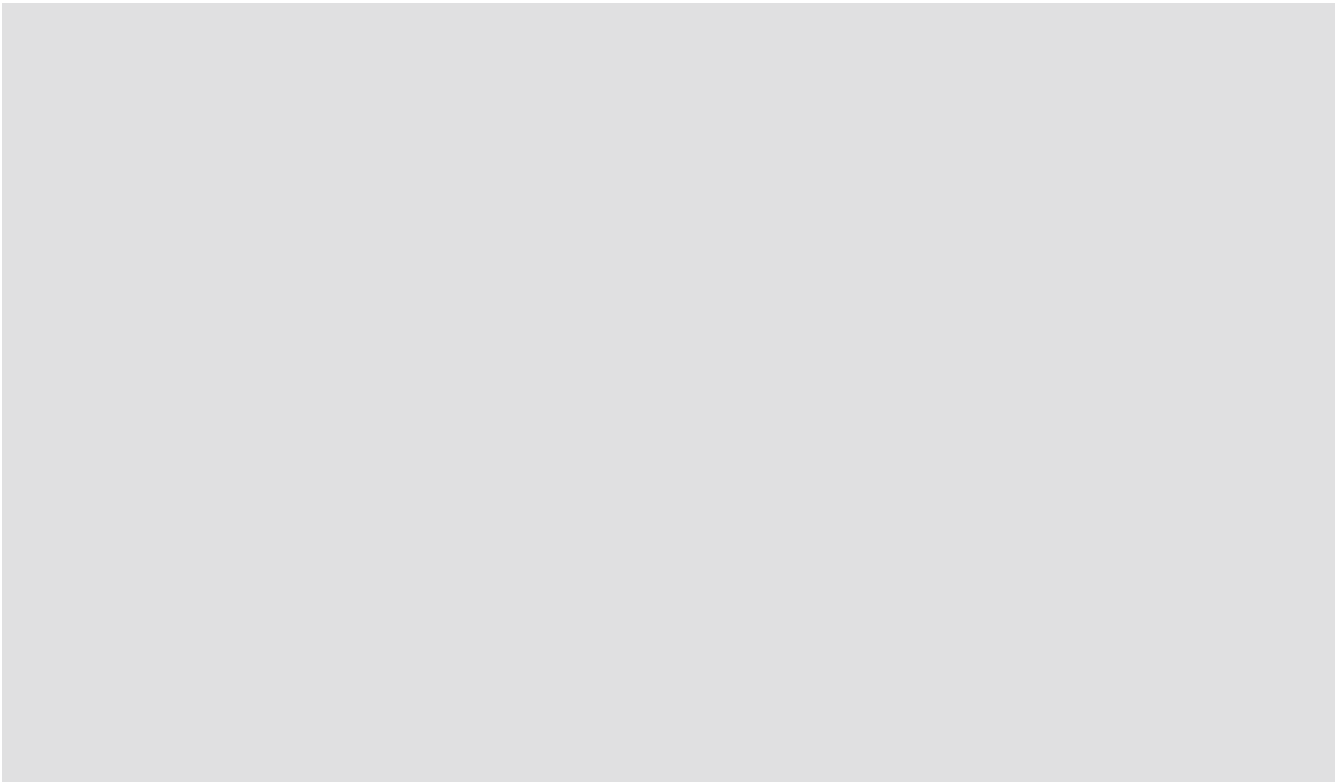
Within six months, use:

% R [H S R W D W R H V
' U L H G X L W
' U \ F U L F U S D F N H U V
3 R Z G H B H C N

Within one year, use:

& D Q Q F R S Q G H Q V I D Q G H J H W D R E X O S M
& D Q Q I H U X I I W X L X L B Q V G H J H W D E O H V
+ D U F G Q B Q E D Q Q Q X G W V
- H O O \
3 H D Q E X W W H U
5 H D G \ W R H U B I D O G Q F R R I N G H G V F B I Q W D O V
9 L W D P L Q V

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Z H I R G E R G A



Make a Plan

You and your loved ones may not be together when an emergency strikes, so take the time now to plan how you will contact one another.

Before you complete your all-hazards communication plan, discuss the following steps with your loved ones:

- ‡ Identify the types of emergencies most likely to happen in your area.
- ‡ Pick two meeting places
- ‡ Right outside your home in case of a fire or other emergency
- ‡ 2 X W V L R G H L J K E R I U O P Q R S you can't return home.
- ‡ Plan your evacuation route.
- ‡ Have a plan for your pets and service animals.
- ‡ Practice, practice, practice! Plan on reviewing your plan at least once a month.

Keep a copy of this plan in your all-hazards supply kit and disseminate a copy of the plan to everyone you have named.

Additional Resources

- ‡ CDC Emergency Preparedness and You: Develop a Disaster Plan
Please visit CDC's site (<http://emergency.cdc.gov/preparedness/plan/>) for more information on how to develop an all-hazards communication plan.
- ‡ Safe and Well Website
The American Red Cross developed the Safe and Well website (<https://dev>)

Now that you have had the above discussion, review your all-hazards communication plan on the following page to ensure you and your loved ones know what to do during a public health emergency.

All-Hazards Communication Plan

Fill out the below information for each of your loved ones (page can be copied for additional persons).

Name	
Social Security Number:	
Date of Birth:	
Telephone Number:	
Work/School Address:	
Evacuation Location:	
Important Medical Information:	
Name	
Social Security Number:	
Date of Birth:	
Telephone Number:	
Work/School Address:	
Evacuation Location:	
Important Medical Information:	
Name	
Social Security Number:	
Date of Birth:	
Telephone Number:	
Work/School Address:	
Evacuation Location:	
Important Medical Information:	

Be Informed

Being informed means staying up-to-date on the most current information available. Below are some basic steps you can take to help keep you and your loved ones safe.

- ‡ Learn what public health emergencies may occur in your area. These events can range from those that affect your community to those that affect the entire country. Examples include hurricanes, earthquakes, and public health emergencies such as disease outbreaks.
- ‡ Identify how local authorities will notify you during a disaster and how you will get information, whether through local radio, TV, or NOAA Weather Radio stations.
- ‡ Know the difference between different weather alerts such as watches and warnings and what actions to take in each.
- ‡ Know what actions to take to protect yourself during public health emergencies that may occur in areas where you travel or have moved recently. For example, if you travel to a place where earthquakes are common and you are not familiar with them, make sure you know what to do to protect yourself should one occur.
- ‡ When a major public health emergency occurs, your community can change in an instant. Loved ones may be hurt and emergency response is likely to be delayed. Make sure that at least one member of your household has received training in cardiopulmonary bypass (CPB) or other life-saving techniques. This training is useful in many emergency situations.
- ‡ Teach children how and when to call 911 or your local Emergency Medical Services number for emergency help.
- ‡ Share what you have learned with your loved ones, household, and neighbors and encourage them to be informed as well.

Once you have familiarized yourself with the steps above, read the in-depth information provided in the following sections:

- ‡ Shelter-in-place
- ‡ Advice for those with special needs
- ‡ Tips for pet owners
- ‡ Additional resources

Shelter-in-Place

At Work

- ‡ & O R W I R H ; F F H D N L D Q I F X V P W H U F O Q W R V Y L V L I W O R K E V C L G I D Q J U M K V D W E H G H
to stay until the emergency is over.
- ‡ Close and lock all windows, exterior doors, and any other openings to the outside.
- ‡ Turn off all heating, ventilating, and air conditioning systems.
- ‡ If you are not in imminent danger, call your emergency contacts to let them know where you and your customers are and that they are safe.
- ‡ If time permits and it is not possible for a person to monitor the telephone, turn on call-forwarding or alternative telephone answering systems or services.
- ‡ If you are told there is danger of explosion, close any window shades, blinds, or curtains near your workspace.
- ‡

At School, Continued

- ‡ If children have cell phones, allow them to use them to call a parent or guardian to let them know that they have been asked to remain in school until further notice and that they are safe.
- ‡ Schools should assign one or two people to collect information on who is in the building when an
- ‡ (Y H U \ R \ Q \ R \ X \ O \ V \ D \

Advice for Those with Special Needs

Public health emergencies can strike quickly and without warning which may force
everyone to evacuate. People with special needs may have difficulty evacuating on their own.
If you have special needs, you should plan ahead for a public health emergency. You should
develop a plan with family members, friends, neighbors, or community organizations. You should
also contact your local emergency management agency for more information.

7 L S R B H Z Q H U

Make plans to ensure your pet's safety before, during, and after an emergency. Some things you can do to prepare your pets for all-hazards include:

- ¾ Develop a pet buddy system with neighbors, friends, and relatives to ensure someone is available to care for or evacuate your pet(s) if you are unable to do so.
- ¾ Contact your local American Red Cross - Animal Safety Chapter and \$ Q L P K O W B C X Z K D W X F R P P X Q S V D P Q G H V R X U F H are for protecting pets in an emergency.
- ¾ Talk to your pet's veterinarian about emergency planning.

Whether you decide to stay put in an emergency or evacuate to a safer location, you will need to make plans in advance for your pets. Keep in mind that what's best for you is typically what's

Bioterrorism Attack

A bioterrorism attack is the deliberate release of viruses, bacteria, or other germs (agents) used to cause illness or death in people, animals, or plants. These agents are typically found in nature, but it is possible that they could be changed to increase their ability to cause disease, make them resistant to current medicines, or to increase their ability to be spread into the environment. Biological agents can be spread through the air, water, or food.

Before a Bioterrorism Attack

- ‡ Create an all-hazards supply kit (pages 7-8) and communication plan (page 10-11).
- ‡ Check with your doctor to ensure all required or suggested immunizations are up to date.
- ‡ & R Q V LLGHVW D @ L U K Q J F L H 3 C F U W L \$ X Q D 3 \$ H O W R U X I X U Q D F M G X X F Q W

During a Bioterrorism Attack

- ‡ 2 E W D R X O D O K D M S G N W D Q G F R P X Q L F S O D D Q G W D X I O W R F D O L R U W H O H Y I W L F R O L R Q R U P D M G R V Q U X E W R R R D M D B W K F L D O V
- ‡ , Q G L Y L L G M K I O R R S U H V K O R V K D O B W K F L K D O V H L Q W I R G S R V R Z K R K D Y H symptoms that match those described should seek emergency medical attention.
- ‡ , Q G L Y I Z K R D U S R W H Q W S B O M G R X P O G L R Z X F W R L B R F K D O B J F K L D O G expect to receive medical evaluation and treatment.
- ‡ Individuals who become aware of a suspicious substance nearby should cover their mouths D Q G R V Z I V O I \ H R U I D E U M K F D V Q O W H O L E X V W D L O C E R U Z H D W T K L L Q F O I O D W I K H area, wash with soap and water, and contact local authorities once they are in a safe location.

After a Bioterrorism Attack

- ‡ / L V W W H R X 1 U 2 \$ \$ Z H D W U K D I G U L R F H I E Y D H W U H U \ S B Z R L U H I R L U Q I R U P D W L R
- ‡ People may be alerted to potential exposure. If this is the case, pay close attention to all R I ; F Z I D O Q L D Q I G Q V W U X F W L R Q V

Chemical Emergency

CDC has a key role in protecting the public's health in an emergency involving the release of a chemical that could harm people's health. Learn how you can be prepared to protect yourself and your loved ones before, during, and after a chemical emergency.

Before a Chemical Emergency

‡ Know the types of chemical hazards that can cause harm:

Biotoxins 2 S R L V W X Y Z A B C D E F G H I J K L M N O P Q R S T U V

During a Chemical Emergency

- ‡ 2 E W DR X D O O D K U G V S N D W Q E P P X Q L F S O M D Q V D X Q H G O R F U D G L R
R W H O H Y W D L P R U Q R U P D M G R V W U X E R P R E D M O B W K L D O V
- ‡ \$ F W X L F D N O K R O V R Z Q V W U X R F O V L R E O D B W K L D Y O H U / L W X E D W E R Q
different, so local emergency coordinators might have special instructions for you to follow.

If you come in contact with a hazardous chemical:

- ‡ Remove your clothing
- ‡ Quickly take off clothing that has a chemical on it. Any clothing that has to be pulled over your head should be cut off instead of being pulled over your head.
- ‡ If you are helping other people remove their clothing, try to avoid touching any contaminated areas, and remove the clothing as quickly as possible.
- ‡ Wash yourself:

As quickly as possible, wash any chemicals from your skin with large amounts of soap and water.
If your eyes are burning or your vision is blurred, rinse your eyes with plain water for 10 to 15 minutes.

- ‡ Dispose of your clothes:

After you have washed yourself, place your clothing inside a plastic bag. Avoid touching contaminated areas of the clothing. If you can't avoid touching contaminated areas, or you aren't sure where the contaminated areas are, wear rubber gloves. Anything that touches the contaminated clothing should also be placed in the bag.

Seal the bag, and then seal that bag inside another plastic bag.

When the local or state health department or emergency personnel arrive, tell them what you did with your clothes. The health department or emergency personnel will arrange for further disposal. Do not dispose of the plastic bags yourself.

After a Chemical Emergency

- ‡ After you have removed your clothing, washed yourself, and disposed of your clothing, you should dress in clothing that is not contaminated.
- ‡ Clothing that has been stored in drawers or closets are unlikely to be contaminated, so it would be a good choice for you to wear.
- ‡ You should avoid coming in contact with other people who may have been exposed but who have not yet changed their clothes or washed.
- ‡ Move away from the area where the chemical was released when emergency coordinators tell you to do so.

Earthquake

By planning and practicing what to do if an earthquake strikes, you and your loved ones can learn to react correctly and automatically when the shaking begins. During

D Q H D K U T W X D R R V G W H D V Q I G Q M X D U E H D X V E H E R O O D S V L Q J

If Outdoors

- ‡ Move away from buildings and utility wires. The greatest danger from falling debris is
- ‡ 2 Q F H O W K R S H Q W D V K H U Q W K O K D N V Q R S V

If in a Moving Vehicle

- ‡ Stop as quickly as possible and stay in the vehicle.
- ‡ Avoid areas under trees, overpasses, utility wires, or near buildings.
- ‡ Proceed with caution once the earthquake has stopped.
- ‡ ' 2 1 2 7 D W W H V B S U W R Y O H R D G U L G R H U M D P S W K P D W K D Y E H H G Q D P D J H G during the earthquake.



After an Earthquake

- ‡ / L V W H R X 1 2 \$ \$ Z H D W K D I G U L R F H I E D H W W H U \ S B Z R U H G L U Q I R U P D W L R Q
- ‡ You may need to evacuate a damaged area after an earthquake occurs. If advised to evacuate, do so immediately.
- ‡

Extreme Heat

People suffer heat-related illness when their bodies are unable to compensate and properly cool themselves. The body normally cools itself by sweating, but under some

During Exposure to Extreme Heat

- ‡ 2 E W D R X D O O K D M X S S O V Q E R P P X Q L F S O V D I O R G W D X Q W H E R F U D D O R L U R
W H O H Y I W D L V R O L Q Q R U P D O M G R V W U X E W R R F S M O Q W E K L D O V
- ‡ Stay indoors as much as possible.
- ‡ NEVER leave children or pets alone in vehicles. Even with the windows cracked open,
L Q W H M U L R S U H U E D V Q L U D H V P R V G H J U H D H K U H Q Z K L M L W K Q U V V P L Q X W H V
- ‡ Eat light and regular meals throughout the day.
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- ‡ ' R 1 2 7 G U L Q L N T X L K G D R M Q W D D L F O R K O R D U J H
D P R X Q W X J D U W K H D V F H W X F D D O X O M R X V R
O R P R U E R G A X L G
- ‡ ' U H V L O R R V H Q W J K L V Q Z I O I R J M K M L Q J
- ‡ 6 F K H G 2 X O V G S R W L L W & D H U M I X D R O P X V W
be outdoors, try to limit your outdoor activity to morning and evening hours. Try to rest often in shady areas so that your body's thermostat will have a chance to recover.
- ‡ Use a Buddy System. When working in the heat, monitor the condition of your co-workers and have someone do the same for you.
- ‡ Monitor Those at High Risk. Although anyone at any time can suffer from heat-related illness
2 L Q I D Q R K V Q F J K L O G U Q H G Q

Flood

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G H Y H V O R S Z K R Z H Y A H D W A R R G D R F F X G U H V W U X V F Z H L H Y S I D D \

most things in its path with a rush of water.

Know Your Local Warning System

$\frac{3}{4}$) O R R G W F A K R R G L V R V V L E O H

$\frac{3}{4}$) O D Y O R R G W E K O D Y K R G L C S J R W L E S H H S D W R F I R Y W K J K

ground.

$\frac{3}{4}$) O R R G L Q R R G L R F J X U U R L U L J R G X V R R G H S H S D U R H G

During a Flood Watch or Warning

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W H O H Y W D L P R Q R U P D O M G R Q W U X E R P R R D D O B W K L D O V
- ‡ Turn off all utilities at the main power switch and close the main gas valve if evacuation appears necessary.
- ‡) L E D W K W X E M Q S O D V W G E R W Z L O M H Y H Z D Q W G H D Q L W K H H Q D Q W X E U V W
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Preparing to Evacuate

- ‡ Fill your vehicle’s gas tank and make sure the emergency kit for your car is ready.
- ‡ If no vehicle is available, make arrangements with friends or loved ones for transportation.
- ‡ Locate your emergency kit and important documents.
- ‡ / L V W W H R X 1 2 \$ \$ Z H D W K D I G U L R F H I E Y D H U W H U \ S B Z R E 9 I C U Q I R U P D W L R Q
- ‡ Listen for disaster sirens and warning signals.

If You Are Ordered to Evacuate

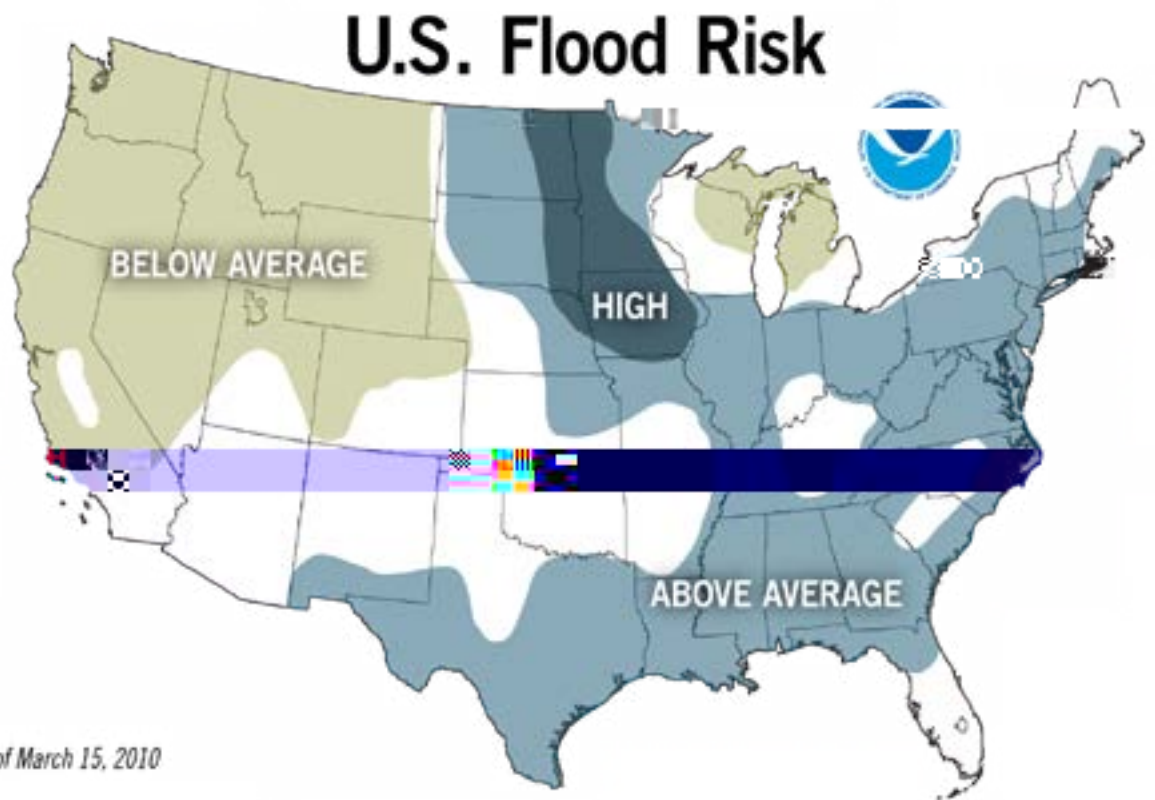
- ‡ You should never ignore an evacuation order. Authorities will direct you to leave if you are in
D O R Z O D U G R Z L W W I K U H D S R I W W S D W R E W O U L V Z Q W H, U D A R R Z G U Q L Q J
issued for your area or you are directed by authorities to evacuate the area:
- ‡ Take only essential items, your all-hazards supply kit, and communication plan with you.
- ‡ If you have time, turn off the gas, electricity, and water.
- ‡ Disconnect appliances to prevent electrical shock when power is restored.
- ‡) R O O W K Z H V L J Q H D W D H F & D W R X P D G E [S H K H M D W \ U D I ; F
- ‡ ' R Q R D W W W M P S W R Y Z H D O N F U F V V H H R N A M R R G U H R G D G V

If You Are Ordered NOT to Evacuate: Shelter-In-Place

- ‡ 0 R Q L V R R U S 2 2

After a Flood

- ‡ Use a radio, newspaper, or TV for information.
- ‡ Use the telephone only for emergency calls.
- ‡ Stay away from damaged structures and buildings. Flood water can be very deep and strong.
- ‡ If you see a downed power line, do not touch it.



Hurricane

A hurricane is a type of tropical cyclone or severe tropical storm that originates in areas of low pressure equatorial regions of the

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 F R D V M U D H O W H X E M H I R X U U L F D



The Atlantic hurricane season lasts from
 - X Q W R R Y H P E Z H L W W K S H D M H D V F
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W K G H R X W K & E L W M G D V Q W K 3 H D F L & R D D W H X E M H V F R H H D G V D L D Q Q G
 À R R B D F K D G X W R X U U L R D I R Q H V [L F R

Before a Hurricane

- ‡ Create an all-hazards supply kit (pages 7-8) and communication plan (pages 10-11).
- ‡ Learn about your community’s emergency plans, warning signals, evacuation routes, and locations of emergency shelters.
- ‡ Identify potential home hazards and know how to secure or protect them before the hurricane strikes.
- ‡ Be prepared to turn off electrical power, gas and water before you evacuate.
- ‡ % X D ; U H H [W L Q J X D L Q V B D H N H X U R I X O R Y R H G H N V Q R Z K H U R H Q G D W Q I G R Z R X V H W
- ‡ Inform local authorities about any special needs (e.g. elderly, bedridden, or disabled persons).
- ‡ 3 U H S D Q H P H U J H N Q I P W R X F U D S D J H Z L K M W P W X F D K V R R A D U E R R M B A D E O H V
 P D S W R R D Q V D W G L J U H H [W L Q J X D L Q V B D H N H X U R I X O R Y R H G H N V Q R Z K H U R H Q G D W Q I G R Z R X V H W
- ‡ Fill your automobile’s gas tank. If no vehicle is available, make arrangements with friends or loved ones for transportation.
- ‡ Make plans to ensure your pets’ safety (<http://www.bt.cdc.gov/disasters/petprotect.asp>).

During a Hurricane Watch

‡ 2 E W D R O O K D J S S I O V G R P P X Q L F S O V D L O R G W D X Q M H G R F U D O E R L U R
W H O H Y W D L V R L Q Q R U P D O M G R V Q W U X E W O R R E D M O B W K F L D O V

‡

Before Intense Storms and Heavy Rainfall

- ‡ Create an all-hazards supply kit (pages 7-8) and communication plan (pages 10-11).
- ‡ ~~\$ V V X P M D W W H M C S R S D H V G H D E X U C E H Z L C U G H M Y X O Q H U P D E D O O G V D H Q G H E V~~
~~A R Z V~~
- ‡ ~~/ H D U Z G H W C B I Q G V R O G S E N B Z K V D Y R F F X U S U H G Y L R Q R X D U H E D F R Q W D F W L~~
local authorities, a county geologist or the county planning department, state geological surveys or departments of natural resources, or university departments of geology.
- ‡ Contact local authorities about emergency and evacuation plans.
- ‡ If you live in an area vulnerable to landslides, consider leaving it.

During Intense Storms and Heavy Rainfall

- ‡ ~~2 E W D R Q D O O K D M E S S O W Q E R P R Q L F D S W L D R O Q G M W Q H M G O P D O D G R L U R~~
~~W H O H Y V W L V R L P Q R U P D O M G R W U X E P O R R E D M O Q W K L D O V~~
- ‡ Be aware of any sudden increase or decrease in water level on a stream or creek that might
~~L Q G L S D I E H R X S V W U S W B L R A Q Z L P X J C D S U H F B G D U A R Z~~
- ‡ Look for tilted trees, telephone poles, fences, or walls, and for new holes or bare spots on hillsides.
- ‡



Radiation

CDC has a key role in protecting the public's health in an emergency involving the release of radiation that could harm people's health. Below are some steps you can take to better prepare.

What Is Radiation?

- ¾ Radiation is a form of energy that is naturally present all around us.
- ¾ Different types of radiation exist, some of which have more energy than others.
- ¾ Radioactive material is a substance that gives off radiation

How Can Exposure Occur?

- ¾

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- ‡ Create an all-hazards supply kit (pages 7-8) and communication plan (pages 10-11).
- ‡ Your community should have a plan in place in case of a radiation emergency. Check with community leaders to learn more about the plan and possible evacuation routes.
- ‡ Check with your child’s school, the nursing home of a loved one, and your employer to see what their plans are for dealing with a radiation emergency.

During a Radiation Emergency

- ‡ During and after a release of radioactive materials, local, state and federal authorities will monitor the levels of radiation and determine what protective actions to take.
- ‡ The most appropriate action will depend on the situation.
- ‡ 2 E W D R K D O O K D M E S S I O N I F R P P X Q L F S D V L O R G

Tornado

Knowing what to do when you see a tornado, or when you hear a tornado warning, can help protect you and your loved ones. During a tornado, people face hazards that can be life-threatening. While there is nothing that can be done to prevent tornadoes, there are actions you can take to protect your health and safety.

Know Your Local Warning System

³/₄A tornado watch

During a Tornado

If you are under a tornado warning, seek shelter immediately. Although there is no completely safe place during a tornado, some locations are much safer than others. Here is how you can remain safe in the following locations.

In a Vehicle, Trailer, or Mobile Home

‡ '2 12767\$<, 1\$9(+, &/ (75\$, / (52502%, / ‡ 20 ('85, 1*\$7251\$'2 7KHVH items can turn over during strong winds. Even trailers and mobile homes with a tie-down system cannot withstand the force of tornado winds.

‡ 3/\$1\$+ (\$' , \ R X O H Y O P R E L I O N F I J R W K H O R Z V A R R R I D Q H B U E X L O G L Q . S U H I H U R D E I Q W E D V H P H I Q W H L U C H R / K H Q W H D W C E L A H D L W O V K Q H H D U G H L W W F K U D Y L R Q F X O Y D H U S M R W R I X F U H D Z G L W K R E M R I U W W R K X D U P V

‡ '2 12775<7228758 \$7251\$'2, 1<285&\$5 , \ R X / H B W R U Q D W G R F S X U vehicle and get out. Do not get under your vehicle. Follow the directions for seeking shelter outdoors (see next section).

Outdoors

Tsunami

Tsunamis are a series of enormous ocean waves generated by large undersea earthquakes. They can occur on any ocean shoreline and can strike suddenly, violently, and without warning. Below are some steps you can take to better prepare.

Before a Tsunami

- ‡ Create an all-hazards supply kit (pages 7-8) and communication plan (pages 10-11).
- ‡ Create an evacuation plan and practice this plan with everyone in your household.
- ‡ Know your community's warning systems and disaster plans, including evacuation routes.
- ‡ If an earthquake occurs and you are in a coastal area, turn on your battery-powered radio to learn if there is a tsunami warning.
- ‡ If schools in your area require you to pick up your children, be aware routes may be barred.

During a Tsunami

- ‡ 2 E W DR KD O ODK U D Y X S N O D V E GR P X Q L F D S W I D R O C G D W X Q H G
to local radio or television station for information and instructions from
O R K D H O B W K F L D O V
- ‡ Move inland to higher ground immediately. Pick areas
100 feet above sea level or go as far as 2 miles inland,
away from the coastline.
- ‡ Stay away from beach areas. NEVER go down to
the beach to witness a tsunami coming to shore.
- ‡ 6 D Y H R X U V E Q B W X S J R V V H V V L R Q V
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Volcano

You can do many things to protect yourself and your loved ones from the dangers that occur with little or no notice after an eruption occurs, there are some actions you can take beforehand to protect yourself and your loved ones.

Before a Volcanic Eruption

- ‡ Create an all-hazards supply kit (pages 5-6) and communication plan (page 8).
- ‡ Purchase a N-95 respirator (or a multi-use dust mask as a last resort).
- ‡ Leave the area as quickly and orderly as possible.

During a Volcanic Eruption

- ‡ If you are outdoors, move to a safe area away from the volcano.

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 and other plant materials. Smoke can hurt your eyes, irritate your respiratory
 system, and worsen chronic heart and lung diseases. To keep yourself and your
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 Z K D W W R G R L I Z L O G ; U H W K U H D W H Q V \ R X U D U H D

% H I R U H : Z O G H D W H Q V

- ‡ Create an all-hazards supply kit (pages 7-8) and communication plan (pages 10-11).
- ‡ / L V W W H Q 2 \$ \$ Z H D W U K D I G E D W W H U \ S B Z R U W H H G H Y R W K R D W H P V W
 agency and evacuation information.
- ‡) R O O R Z W K H L Q V W U X F W L R Q V R I O R F D O K H D O W K R I ; F L D
- ‡ Back your car into the garage or park it in an open space facing the direction of escape.
 Shut doors and roll up windows. Leave the key in the ignition.
- ‡ Close garage windows and doors, but leave them unlocked. Disconnect automatic garage
 door openers.
- ‡ & R Q ; S H W W R Q U R R P D N S I O D W R D U R L R X S H W G D V R X P X V H W D F X D W H
- ‡ Arrange temporary housing at a friend or relative’s home outside the threatened area.
- ‡ If you are sure you have time, take steps to protect your home:

Indoors

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‡ If advised to evacuate, do so immediately.

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Winter Weather

safe can become a challenge. Exposure to cold temperatures, whether indoors or outside, can cause serious or life-threatening health problems. Infants and the elderly are particularly at risk, but anyone can be affected. To keep yourself and your loved ones safe, you should know how to prevent cold-related health problems and what to do if a cold-weather health emergency arises.

Before Winter Weather

- ‡ Create an all-hazards supply kit (pages 7-8) and communication plan (pages 10-11).
- ‡

During Winter Weather

- ‡ / L V W W H C I 2 \$ \$ Z H D W U K D I G E B W W H U \ S B Z R E M H G O H Y R W I K Q D W H P V W U
gency information.
- ‡ Stay indoors. If you must go outside, walk carefully on snow covered walkways as ice may form underneath.
- ‡ \$ Y R B G U H [H Z W H V K R Y H V Q L Q Z Y H U H [H F U D W L R Q Q
R O K H D D U W W P D E H N D M E R D U X R H G H D L W K L Q W H U

For more information about CDC's emergency preparedness and response activities, go to www.cdc.gov/phpr.

