Diocese of Alaska

Diocesan Disaster Preparedness and Response Manual

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Diocese of Alaska...Diocesan Disaster Preparedness and Response Manual
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From The Rt. Rev. Mark L. MacDonald
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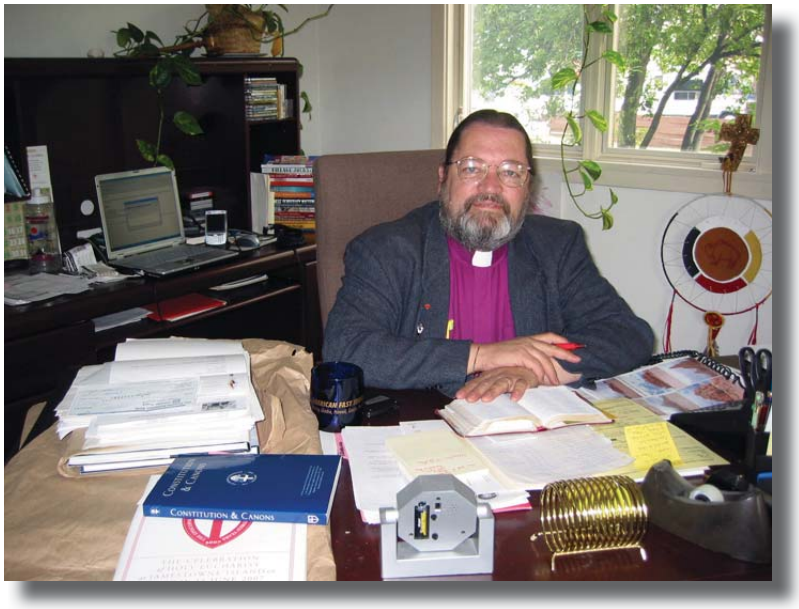


To the Episcopal Family of Alaska,

What you have before you is the product of a resolution at Diocesan Convention in 2005 and a lot of love and care. As one of the last acts of my time as the Bishop of Alaska, I am pleased to introduce a work that will help us to respond to disaster when it comes our way. This work is important, I know that it will help your congregation, whether a disaster comes or not! As your bishop, I ask each and every congregation to work through this resource and make whatever plans and preparations that will help you be ready.

I am very grateful to The Rev. David Blanchett, The Rev. John Holz, and Linda Mullen for putting this resource together. They were able to use their experience, expertise, and interest in putting this together. It is a fine effort and will serve for many years to come.

Not many know that Alaska is rated very high on the scale of those places likely to experience diaster. We need to be ready and this will help! We wish care for our own, our communities, and the stranger as a compassionate witness to the love and Gospel of Jesus.

Much love and many blessings,

+Mark

I. Introduction

A copy of this document will be posted on the diocesan website (www.episcopalak.org), and you will receive information about updates by e-mail. If you have comments or suggestions, please forward them to: alaskcopalians@gci.net

Disaster Response Plan... so that we may be prepared to face any possible crisis

We have come to realize the importance of developing a Disaster Response Plan. This is essential so that we may be prepared to face any possible crises in the future, whether they are natural or are wrought by human hands. Not only are we, as a Diocese, obliged to be prepared, but we have come to realize that our experience and our expertise should be made available as a resource to other dioceses of the Episcopal Church, and any who may find it useful.

This manual will offer the following:

- An overview of the stages of a disaster.
- A strategy for the development of a parish disaster plan.
- Guidelines for pastoral care in the event of a disaster.
- Encouragement to develop a family emergency plan.
- An overview of the role of Disaster Response Chaplains.
- A collection of resources.

There are many excellent resources already available for disaster preparedness; many of these ideas have been incorporated into this document. Whenever material has been borrowed, sources are duly cited.

Placing a disaster in perspective, the Red Cross has deemed the life cycle as "Years, Not Months."

SO....What is a disaster?

The American Red Cross defines a disaster as an emergency that causes the loss of life and property, and a disruption in which survivors cannot manage without spiritual, monetary, or physical assistance. Disasters include natural and human-caused events such as a storm, flood, tidal wave, earthquake, drought, blizzard, pestilence, famine, fire, explosion, volcanic eruption, building collapse, transportation accident, civil disorder, nuclear incident, terrorist attack, or the dangerous release of biological agents. A disaster creates hazardous conditions for vulnerable people and communities. The following diagram explains:

HAZARD + Vulnerable People and/or Communities = DISASTER

Disasters can bring loss of life and injuries; the destruction of property including housing, hospitals, critical facilities, transportation capabilities and businesses; and civic disorder.

The Life Cycle of a Disaster

The American Red Cross has provided a helpful understanding of the life cycle of a disaster. Placing a disaster in perspective, the Red Cross has deemed the life cycle as "Years, Not Months." The life cycle of a disaster has four phases: Rescue, Relief, Short-term Recovery, and Long-term Recovery.

In rescue phase the primary task is to save lives and property

Major task in the Relief phase is to create safe and sanitary conditions

Major task in the Short-term Recovery... restoration

Major task in the Long-term Recovery... rebuilding lives...

A. Rescue:

In the Rescue phase the primary task is to save lives and property. Essential personnel in this phase include emergency and law enforcement professionals, such as firefighters, police officers, emergency medical technicians, and those in the direct vicinity of the disaster who are able to provide immediate first aid and to call for help.

B. Relief:

The major task in the Relief phase is to create safe and sanitary conditions for survivors and emergency medical personnel so that they may alleviate the suffering in the direct aftermath of a disaster. Essential personnel in this phase include government and health care personnel, relief agencies, law enforcement divisions, and faith communities who provide clothing, shelter, health and the necessary medical attention to survivors. For spiritual and pastoral assistance, trained disaster chaplains may be deployed.

C. Short-term Recovery:

The major tasks in the Short-term Recovery phase include the restoration of utilities and services, damage assessment, temporary repairs, feeding, re-establishment of communications, reinforcement of law and beginning the process of the replacement of damaged property. Short-term Recovery is also the time in which pastoral responses of the faith communities begin to assist in grief recovery and nurture. Government and recovery agencies continue to operate providing access to both supplies and technical assistance programs. Disaster chaplains and communities of faith continue to offer pastoral support.

D. Long-term Recovery:

The tasks in the Long-term Recovery phase include rebuilding lives and communities, grief counseling and grief recovery, dealing with the physical, emotional and spiritual unmet needs, and re-imagining the future. This includes an evaluation of the disaster responses in order to develop possible strategies helpful for the mitigation of future disasters. Government agencies, disaster response agencies, community social service organizations, and faith communities working together cooperatively and collaboratively will foster healing and the rebuilding of community. Re-imagining the future in this phase is an act of hope and courage.

II. Mitigation and Preparedness

O God, our times are in your hand. In the midst of uncertainty lead us by your never-failing grace as we seek to be agents of healing and hope. Walk with us through difficult times; watch over us in danger; and give to us a spirit of love and compassion for those who suffer and mourn.
And finally remind us that you have promised never to leave us, so that even in the valley of the shadow of death your love may be felt, through Jesus Christ our Lord. AMEN.

The Rev. Lyndon Harris

A. To the Clergy and Lay Leadership

As pastoral and administrative leaders in your community, you will have a unique opportunity to be agents of healing in the event of a disaster. This manual is intended to be a resource to aid in pastoral care for your community.

Depending on your proximity to a given disaster and/or your role as a diocesan disaster response chaplain, you could be called upon to serve as pastoral caregivers and volunteers in all four phases of the life cycle of a disaster. It is vital that self care and care for one's family be exercised. Burn-out and exhaustion are neither good for you, nor for the people you love and serve. Don't forget to pray, to read Scripture and to practice spiritual disciplines, especially when you feel that you "don't have time." These practices not only help keep you healthy and safe, but they also prepare you to be a "non-anxious presence" for those in your care. You cannot care for others if you do not care for yourself.

The first step in disaster preparedness is to develop a plan; being prepared to respond can lessen the loss of life, as well as hasten the healing process. One of the most important responsibilities for those who lead a parish, both clergy and laity, is being prepared to care for one's congregation in the aftermath of a disaster. This is most effective through advanced planning.

The first step in disaster preparedness is to develop a plan; being prepared to respond can lessen the loss of life, as well as hasten the healing process.

So, does your parish have a plan? We encourage the wardens and vestries of each congregation to discuss and develop a disaster plan and to share that plan with the local fire safety official and law enforcement for an evaluation. Please also share developed plans with the Diocese. Leadership of the laity is essential for the success of the plan.

Congregations are encouraged to send members for CPR training and Emergency First Aid training. It's also helpful to collect the names of parishioners who are emergency professionals and medical practitioners for possible reference in the event of a disaster.

This manual will offer ideas for developing a disaster plan.

Send members for CPR training and Emergency First Aid training

Should disaster strike in your community, please notify the Diocesan Office immediately so that the diocese may begin to consider ways to be helpful.

If possible, churches should be opened as community centers with available clergy on hand to respond to the pastoral needs of the community in the aftermath of a disaster.
Please contact your local Emergency Manager to find out if your church is listed as a community center. It is advisable that the church receive a letter of insurance from the local governmental agency in the event that you become actively involved as a community center. The ministry of presence, especially in the event of a disaster, should not be underestimated.

In the event of a disaster, public worship opportunities should be offered as soon as possible. It is particularly important to hold public worship the Sunday following a disaster, even if it is necessary to secure an alternate location for worship because your church has been damaged or compromised. This is an act of Christian hope that affirms that God is at work even in the midst of the destruction. Please see page 13 for possible readings and prayers to use.

Appoint a disaster response coordinator and a disaster response committee for the congregation

B. Do You Have a Plan? Developing A Parish Disaster Plan

Being prepared for a disaster is an important pastoral obligation. By preparing for a disaster, the congregation is demonstrating God's love for both its own members and the surrounding community. Steps for developing a plan:

1. Appoint a disaster response coordinator and a disaster response committee for the congregation to coordinate and oversee preparedness efforts, communications, and any actual response to an emergency or disaster. Preparedness should not be limited to the clergy. The participation of the wardens, vestry members, and other individuals is not only appropriate but vital. The Building and Grounds Committee or the committee responsible for property is a natural choice for involvement.

Formulate plans in conjunction with the Borough Emergency Plan for participation in evacuation in case of an emergency or disaster.

2. Begin by making an inspection of the church and any additional buildings. Are exits clearly marked? Are fire extinguishers up to date? Do the smoke alarms have fresh batteries? Please see Appendix 4, Links and Resources, for a parish emergency checklist written by the Emergency Response Team from the Episcopal Diocese of Eastern Tennessee.

3. Have the church or vestry complete the following risk survey.

   a. List the local disasters and emergencies that have happened in the last ten years.

   b. Identify what disasters and emergencies are most likely to occur in your community. Identify potential areas of vulnerability. Consideration should be given to physical proximity to potential dangers. Examples include the proximity to a river or other significant body of water and the potential for flooding, or the proximity to a nuclear power plant and the radius of potential fallout.

   c. Discuss with wardens, vestry and key lay leadership the potential impact of these disasters.

4. Formulate plans in conjunction with the Borough Emergency Plan for participation in evacuation in case of an emergency or disaster. There should be a plan for evacuating the church during the week (emphasis is on church staff and personnel), and on a Sunday morning when member traffic is high. These plans should be rehearsed and

reviewed on a periodic basis. They should also be shared with groups that use the parish's facilities like Alcoholics Anonymous and a Boy and/or Girl Scout troop.

5. Write the disaster plan and distribute it to key lay leadership in the parish and put it on the Parish web site. Conduct a review session with wardens and vestry annually.

Write the disaster plan and distribute it

6. A communications network is essential. Each parish must establish a communications mechanism for reaching all members in the event of an emergency or disaster, providing for a means of communications both during and after an incident. A roster of the members, along with all available contact numbers should be kept up to date and copies of this list should be stored in several protected places. Parishioners with special needs should be checked on at the very earliest possible moment.

7. The parish disaster plan should be reviewed and updated at least once per year.

Establish a communications mechanism for reaching all members in the event of an emergency or disaster, providing for a means of communications both during and after an incident

8. Encourage parishioners to maintain Disaster Supply Kits and to prepare a family emergency plan. Guidelines for the creation of a Disaster Supply Kit and for the development of a family emergency plan are provided in the Links and Resources section.

C. Church Property Protection[1]

1. It is important to develop a complete inventory of church property and holdings. Both a written list and a video or photographic record are advisable. Update the inventory annually. Store a copy safely in a second location, preferably offsite. Use a blue print, diagram, or drawing of the facility with the following clearly marked: safe spots, first aid supplies, fire extinguishers, utility cut-offs, building exits, alarm controls, and fire-safe storage. Surge protectors are recommended for all major electrical appliances. Purchase of a generator should be considered.

2. Annually review the church insurance policy to determine adequate coverage and liability especially with regards to natural disasters, man-made disasters, and the use of the facilities in the event of a disaster. Be sure to keep copies of the church insurance policy in locations other than church.

Parish disaster plan should be reviewed and updated at least once per year.

3. Annually review the building and grounds for high-risk problems. This should include maintenance smoke/fire alarms, fire extinguishers, security system, and other alarm or protective devices.

4. Establish a priority listing of shutdown procedures. Who will be responsible for shutting down each system? Know the locations of utility controls and items needed for shutting down each system. What will be done with items to be removed from premises? Consider the following:

1 from the Episcopal Diocese of East Tennessee

a. Remove especially valuable property if the church facility is threatened. Determine beforehand what these items are and where they are to go for safe keeping.

b. Secure all doors and windows.

c. Make a habit of saving computer records on back up discs.

d. Locate and turn off all utilities, as deemed appropriate.

Encourage parishioners to maintain Disaster Supply Kits and to prepare a family emergency plan

e. Cover valuable large items that cannot be removed, such as an organ or piano, with protective materials like plastic or waterproof canvas.

F. Identify and post safe spots in the church facility for quick reference should an emergency situation develop during use of the facility by parishioners or others. These would be interior hallways or areas of reinforced structure, away from windows, etc. See Appendix #4 for a description of a 2GO Kit.

G. Utilize the parish directory as an assist in determining who was affected or lost in the disaster.

D. Recovery

1. Determine who will assess church damage when the disaster or emergency has safely passed. Normal procedures involve insurance agents for damage claims. Work with wardens and vestry to designate leaders who will decide priorities and means for necessary repairs and/or replacements of damaged property.

Encourage members to take training courses to become familiar with various aspects of relief and recovery in the community

2. Determine and prioritize specific emergency needs of parish members and decide which parishioners/clergy will give that assistance.

E. Community Outreach

1. Consider utilization of your church facility as a shelter, feeding center, or storage space. If your facilities warrant, consider becoming a certified disaster shelter. There is a certification process through the Red Cross for becoming an emergency shelter, providing that the church has been established within the local Emergency Plan.

2. Encourage members to take training courses to become familiar with various aspects of relief and recovery in the community.

3. Consider stocking emergency supplies (especially water) at the church facility. Such stockpiles need to be monitored and rotated.

4. Make a list of congregation members who are licensed and/or certified in life saving, health, law enforcement, fire and emergency services.

F. Other Considerations

1. Secure a basic first aid supply for the church. Recommendation: ARC "Unitized Industrial First Aid Kit" in metal or plastic wall mountable box for 25/50 persons.

2. Encourage the clergy and lay leaders to take CPR training and list of persons trained; this list may even be publicly posted together with emergency phone numbers.

Practice self -care...you cannot care for others if you do not care for yourself

G. The Life Cycle of a Disaster in the Local Parish

Here are some general guidelines to consider in the event of a disaster occurring near your parish.

Rescue

On the day and days immediately following a disaster:

Pay attention to the needs of your family and loved ones.

Practice self-care. Remember, you cannot care for others if you do not care for yourself. Be cognizant of your own emotional state. Pray.

Assess damage to home, church and community. Contact your insurance company.

Be in communication with local officials and clergy, and the diocese. Ask for whatever help you may need.

Make contact with parishioners, especially those with special needs and those who have suffered the loss of life

Make contact with parishioners, especially those with special needs and those who have suffered the loss of life.

Begin planning opportunities for public worship. This is an act of Christian hope and faith in God at work even in the midst of devastation. Public worship can be instrumental in healing.

After a disaster strikes a community, the members of the community are overwhelmed. One of the most pastoral responses is to listen. By listening, the pastor is able to assist those affected in the process of "meaning making" as well as to discern what needs they may have. "Meaning making" is the struggle to come to terms with the disaster and the repercussions for life afterwards.

Relief

Practice self-care. Pray.

Attend to one's flock pastorally offering theologically nuanced messages on tragedy and occasions for worship that facilitate "meaning making" and healing.

Use pastoral skills in grief to help process and alleviate the emotional pain of those suffering loss. Active and empathetic listening is key.

If possible, serve as a chaplain at the disaster site and invite your congregation to participate in the recovery efforts.

Short-term and Long-term Recovery

Assess short-term and long-term needs of those in your care. Assess what resources are available for recovery and make connections for your parishioners.

Continue to offer theologically nuanced sermons and worship opportunities for your congregation. These opportunities assist in "meaning making" and integration. Remember the Disaster Life Cycle: "Years, Not Months."

Reflect on your experiences and talk about them with your community and family. Are there insights to be considered that might assist in mitigating future disasters?

H. Liturgical resources in time of disaster

Proper for use in the Event of a Disaster

O God, our times are in your hand. In the midst of uncertainty lead us by your never failing grace as we seek to be agents of healing and hope. Walk with us through difficult times; watch over us in danger; and give to us a spirit of love and compassion for those suffer and mourn. And finally remind us that you have promised never to leave us so that even in the valley of the shadow of death your love may be felt, through Jesus Christ our Lord. AMEN.

The Rev. Lyndon Harris

Proper Preface

For you, O God, are the source of our hope. In the midst of trying times, You give us comfort, courage and peace, wiping away tears from every eye, and through the power of the Holy Spirit You make all things new.

Suggested readings

Old Testament reading:	Isaiah 41:17-20 Isaiah 61:1-3 (a garland instead of ashes)
	Psalm 46 or 121
Epistle:	Romans 8:31-39 (Neither death nor life can separate us from the love of God)
Gospel:	Luke 10:25-37 (Parable of the Good Samaritan) Or Matthew 5:1-10 (Beatitudes) Or John 10:1-10 (Jesus the Good Shepherd)

III Alaska Deanery

ARCTIC COAST

Barrow
Point Lay
Point Hope
Kivalina
Noatak
Kotzebue

INTERIOR

Allakaket
Hughes
Huslia
Tanana
Rampart
Stevens Village
Beaver
Venetie
Arctic Village
Fort Yukon
Chalkyitsik
Circle
Eagle
Manley
Nenana
Minto
Fairbanks
Tanacross

25 Grayling
26 Anvik
27 Shageluk
28 Bettles
29 North Pole
30 Birch Creek

South Central

31 Palmer
32 Anchorage
33 Seward
34 Kenai
35 Homer
36 Kodiak
37 Valdez
38 Cordova
39 Wasilla
40 Talkeetna
41 Eagle River

South East

42 Juneau
43 Sitka
44 Petersburg
45 Wrangell
46 Ketchikan
47 Haines
48 Skagway

IV. Disaster Chaplain

What is a Disaster Chaplain?

A Disaster chaplain is a clergy person who has been trained and is certified to respond to a disaster and its aftermath. The following information details the procedures for the necessary certification and training.

Who Can Be a Disaster Response Chaplain?

1. The opportunity to serve in response to a disaster is open to all Diocesan clergy. At present there is no provision to license lay disaster chaplains.
2. Training and Diocesan certification is required in order to exercise this ministry. This training will be developed at a later date.

The Ministry of Disaster Chaplain

1. The opportunity to serve as a Disaster Chaplain is open to all Diocesan clergy and religious leaders, both canonically resident and licensed to officiate. There is currently no provision to license lay Disaster Chaplains.

2. All clergy and religious who have an interest in becoming Disaster Chaplains are invited to call the Diocesan office.

3. For urgent and compelling reasons of safety, it is Diocesan policy, as well as that of the local emergency management authority, that no Diocesan clergy are to deploy themselves to the scene of a disaster without Diocesan approval or as anything but part of the coordinated disaster response.

Definition of Terms and Parameters of Response

1. Diocesan Disaster Chaplains are not first responders to any emergency or disaster. Normally, Diocesan Disaster Chaplains are tertiary (third-line) responders who respond after the areas described in section 2 below have been established.

2. The primary areas in which Diocesan Disaster Chaplains are likely to serve are

a. Family Assistance Centers
b. Respite Centers for uniformed personnel
c. After additional screening for suitability, Temporary Morgues

3. In a large scale disaster, it is understood that a Diocesan Disaster Chaplain will only rarely be brought onto the actual site of a disaster. If that should occur, the Chaplain must be escorted onto and off the site by uniformed personnel at the uniformed personnel's request, subject to the local emergency management authority's rules.

The Nature of the Training Course(s)

1. The Training Course(s) may be offered by an agency that is qualified to train Chaplains for disaster response in accordance and conformity with the local emergency management authority's standards of care provided by Chaplains across faiths and denominational affiliation.

2. The Training Course(s) may provide details on how to work as part of the overall response team.

3. The Training Course(s) may provide basic training in how to be with victims, families, and members of the uniformed services during and after a disaster.

V. Links and Resources

Acronym Soup - What do all these Acronyms Mean?

ARC - American Red Cross
EDAK – Episcopal Diocese of Alaska
FEMA - Federal Emergency Management Agency
LEPC – Local Emergency Planning Committee
OEM - Office of Emergency Management

Resources from the web

The following web sites informational and can be critical in preparing your plan. Be sure to check these for info that you need for your disaster plan.

National Weather Service
Website – http://www.NWS.NOAA.gov
Phone - (301)-713-0689

Alaska Weather Services
Website – http://www.arh.noaa.gov
Phone - (800)-472-0391

American Red Cross
Website – http://www.redcross.org
Local Chapter:

Alaska Earthquake Information Center –
http://www.aeic.alaska.edu

Alaska State Office of Emergency Management
Website – http://www.ak-prepared.com
Phone - (907)-457-2222

Episcopal relief and Development
Website – http://www.er-d.org/

Fire Information
Website – http://fire.ak.blm.gov/docs/reports/reports.asp
MODIS Website – http://modis.gsfc.nasa.gov/

Current Fire Information:
http://www.dnr.state.ak.us/forestry/fire/current.htm
Fire Mapping – http://geomac.usgs.gov/ click on Wildfire Mapping and then go to Alaska

Center for Disease Control
Website – http://www.cdc.gov

FEMA Website – http://www.fema.org

Episcopal Diocese of Alaska
Website – http://www.episcopalak.org

National Voluntary Agencies Active in Disaster
Website – http://www.nvoad.org/

National Weather Service – Alaska forecast office http://nimbo.wrh.noaa.gov/wrh/forcast-office_tab.php

Homeland Security
Website – http://www.dhs.gov/dhspublic

Church World Service Emergency Response Program
Website – http://www.cwserp.org

Geophysical Institute University of Alaska Fairbanks
Website – http://www.giseis.alaska.edu/

Homeland Security Survival Kit
Website – http://www.ak-prepared.com

VI. Appendix

APPENDIX 1 – EVACUATION[2]

Evacuations are more common than many people realize. Hundreds of times each year, transportation and industrial accidents release harmful substances, forcing thousands of people to leave their homes. Fires and floods cause evacuations even more frequently. And almost every year, people along the Gulf and Atlantic coasts evacuate in the face of approaching hurricanes.

When community evacuations become necessary, local officials provide information to the public through the media. In some circumstances other warning methods, such as sirens or telephone calls, are also used. Government agencies, the American Red Cross, Salvation Army, and other disaster relief organizations provide emergency shelter and supplies. To be prepared for an emergency, you should have enough water, food, clothing and emergency supplies to last at least three days. In a catastrophic emergency, you might need to be self-sufficient for even longer.

The amount of time you have to evacuate will depend on the disaster. If the event can be monitored, you might have a day or two to get ready. However, many disasters allow no time for people to gather even the most basic necessities. This is why you should prepare now.

2 from FEMA website www.fema.gov

Planning for evacuation

1. Ask your local emergency management office about community evacuation plans. Learn evacuation routes. If you do not own a car, make transportation arrangements with friends or your local government.

2. Talk with your household about the possibility of evacuation. Plan where you would go if you had to leave the community. Determine how you would get there. In your planning, consider different scales of evacuations. In a wildfire, for example, large areas might evacuate, while much smaller area would be affected by a chemical release.

3. Plan a place to meet your household in case you are separated from one another in a disaster. Ask a friend outside your town to be the "checkpoint" so that everyone in the household can call that person to say they are safe.

4. Find out where children will be sent if schools are evacuated.

5. Assemble a disaster supplies kit. Include a battery-powered radio, flashlight, extra batteries, food, water and clothing. See the "Emergency Planning and Disaster Supplies" chapter for a complete list.

6. Keep fuel in your car if an evacuation seems likely. Gas stations may be closed during emergencies and unable to pump gas during power outages.

7. Know how to shut off your home's electricity, gas and water supplies at main switches and valves. Have the tools you would need to do this (usually adjustable pipe and crescent wrenches).

What to do when you are told to evacuate

Listen to a battery-powered radio and follow local instructions. If the danger is a chemical release and you are instructed to evacuate immediately, gather your household and go. Take one car per household when evacuating. This will keep your household together and reduce traffic congestion and delay. In other cases, you may have time to follow these steps:

1. Gather water, food, clothing, emergency supplies, and insurance and financial records. See the "Emergency Planning and Disaster Supplies" chapter for important information.

2. Wear sturdy shoes and clothing that provides some protection, such as long pants, long-sleeved shirts, and a cap.

3. Secure your home. Close and lock doors and windows. Unplug appliances. If a hard freeze is likely during your absence, take actions needed to prevent damage to water pipes by freezing weather, such as:

- Turn off water main.
- Drain faucets.
- Turn off inside valves for external faucets and open the outside faucets to drain.

4. Turn off the main water valve and electricity, if instructed to do so.

5. Let others know where you are going.

6. Leave early enough to avoid being trapped by severe weather.

7. Follow recommended evacuation routes. Do not take shortcuts. They may be blocked. Be alert for washed-out roads and bridges. Do not drive into flooded areas. Stay away from downed power lines.

Disaster situations can be intense, stressful, and confusing. Should an evacuation be necessary, local authorities will do their best to notify the public, but do not depend entirely on this. Often, a disaster can strike with little or no warning, providing local authorities scant time to issue an evacuation order. Also, it is possible that you may not hear of an evacuation order due to communications or power failure or not listening to your battery-powered radio. Local authorities and meteorologists could also make mistakes, including underestimating an emergency or disaster situation. In the absence of evacuation instructions from local authorities, you should evacuate if you feel you and your household are threatened or endangered. Use pre-designated evacuation routes and let others know what you are doing and your destination.

APPENDIX 2 – ASSISTING CHILDREN

Practical Suggestions for Assisting Children in the Aftermath of a Tragedy

Reprinted from A Practical Guide for Crisis Response in Our Schools © 2003 by The American Academy of Experts in Traumatic Stress—Reproduced with Permission [The New York Diocesan Plan]

The manner in which children react to tragic events is dependent upon a number of variables including the age of the child, personal history, personality variables, the severity and proximity of the event, level of social support available and the type and quality of intervention. It is important to realize that most children will recover from the effects of a crisis with appropriate support from family, friends, and school personnel.

It is essential that adults balance their efforts to address their child's emotional needs with their own emotional responses during times of crises. Caregivers should remain aware that in order to "be there" for children, they need to "be there" for themselves as well. Seeking professional assistance is recommended if you or your child's reactions begin to significantly interfere with life functioning or if negative emotional, cognitive, behavioral and physiological responses become predominant. The following are suggestions that you can utilize in your effort to assist children.

1. Be aware of your own reactions to the event. Very young children (e.g., preschool) take their cues regarding how to respond by monitoring the reactions of significant adults in their environment (e.g., parents, teachers, older siblings). Attempt to model calm behavior. Moreover, do not be critical of clingy behavior or other regressive reactions (e.g., nightmares, bed-wetting, somatic complaints) exhibited by the child. These are typically "normal" responses for children under significant forms of stress.

2. Keep yourself available for providing extra attention to your child. Such attention not only provides an opportunity for a child to express what they have experienced but also reaffirms their sense of closeness and security with you. Give them additional affection in the form of hugs or other physical contact if it seems appropriate. Don't avoid discussion about this incident if your child expresses a desire to talk. Assisting children during such a crisis when they are most vulnerable to the deleterious effects of traumatic exposure, may provide a tremendous opportunity for caregivers to stimulate healthy, adaptive functioning. Maintain a warm, genuine and facilitative or helping attitudinal climate.

3. Be mindful of the child's cognitive and emotional functioning level. Giving too much information to a younger child may foster a sense of confusion as well as fear and insecurity. Younger children require the use of simpler words and concepts. Do not be over intellectual in your effort to describe the incident (something that is easy to do as we attempt to reduce our own anxiety when discussing certain issues). Adolescents may try to minimize or downplay their concerns about the situation. Keep an open line of communication with them. Encourage, but do not insist on, discussion.

4. Use empathic communication by acknowledging, understanding and expressing an appreciation of your child's experience. Attempt to comprehend the feelings that lie beneath his words (and actions) and convey that understanding to him. For example, you may ask what he knows about the events and give him a chance to describe what he has been thinking about since the incident. Let him know that many people of all ages are also upset and that many are working together to prevent such a thing from happening again. When appropriate, express your own feelings (e.g., "I am sad about what happened as well . . . Let's talk about what you have been feeling . . . "). Not only does this help develop a child's vocabulary for expressing emotions (through modeling), but also begins the important process of validating and legitimizing their thoughts and feelings regarding the event. Reassure them that feelings of fear, sadness, anger, and guilt are "normal" reactions to an "abnormal" experience.

5. Do not speculate and give false information about what has taken place. This is especially true for older children (e.g., adolescents). Misrepresentation of facts may exacerbate false and distorted thinking (e.g., "Can I get drafted?"). Don't hesitate to admit that you do not have the answers for all that is asked. Don't dwell on the details and scope of the event, especially with young children. However, strive to separate fact from fiction.

6. Monitor exposure to media. Do not overexpose children to television and radio, especially preschool and elementary-aged children. This is certainly the case when graphic and perhaps, live programming is being broadcasted. Use alternate audio and video materials (e.g., videos, DVD, music) to distract them from live television viewing. You may also channel their feelings and curiosity into some form of helping behavior. For example, have them write a letter or draw pictures, donate clothes, or help raise money for those affected by the event.

7. Realistically provide reassurance about their safety. Assure them that steps are being taken to make their schools and community safer places to live, for example. Moreover, express that the event is very extraordinary and uncommon. Older kids may benefit from becoming engaged in the process of developing "safety" methods. For example, they can develop a list of emergency contact numbers or determine ways to increase communication with their family when they are away from home, etc. These responses may also foster a sense of empowerment. Again, keeping the age and developmental level of the child in mind is of paramount importance. Telling a child that they are entirely safe may be difficult at a time when you, personally, are not feeling secure. In fact, such information

may be a distortion of reality. However, younger children (preschool age) will not comprehend the nature and intricacy of certain events (e.g., terrorist attacks) and thus, reassurance of safety may be the best and most healthy information that we can offer. Attempt to remain reasonably honest with adolescents about the impact of the disaster on your family as well as the world.

8. Consider the reactions of children with histories of past traumatic experiences, losses, or emotional disturbance (e.g., depression, anxiety). Traumatic incidents tend to dredge up maladaptive thoughts and feelings, especially with adolescents. Be observant for signs of suicide, substance abuse, severe sleeping and eating disturbance, and externalizing of angry or aggressive feelings. As mentioned earlier, do not hesitate to seek the assistance of a mental health professional within the school or community settings.

9. Make an effort to maintain a "normal" routine. This may be quite difficult, especially if you are directly affected by the incident (e.g., loss of a family member or friend). Keeping some consistency in household chores, dinner time, homework, bedtime can foster the healing and recovery process. Do not be overly rigid but attempt to approximate those routines that have become familiar and routine. This may help maintain a sense of "connectedness" to the past and help mitigate against anxiety and "fear of the unknown."

10. Monitor your own emotional status. Be aware that you may also be feeling grief, anxiety, guilt, and anger as you attempt to make sense out of the senseless. Keep in touch with close friends, family, clergy, school and mental health professionals as needed. Try to get adequate sleep and nutrition. Incorporate exercise and other enjoyable activities within your routine. Again, do not hesitate to obtain professional assistance if you or your child are in need.

APPENDIX 3 – PREPARING FOR THOSE WITH SPECIAL NEEDS

If you have a disability or special need, you may have to take additional steps to protect yourself and your household in an emergency. If you know of friends or neighbors with special needs, help them with these extra precautions. Examples include:

- Hearing impaired may need to make special arrangements to receive a warning.
- Mobility impaired may need assistance in getting to a shelter.
- Households with a single working parent may need help from others both in planning for disasters and during an emergency.
- Non-English speaking people may need assistance planning for and responding to emergencies. Community and cultural groups may be able to help keep these populations informed.
- People without vehicles may need to make arrangements for transportation.
- People with special dietary needs should have an adequate emergency food supply.

1. Find out about special assistance that may be available in your community. Register with the office of emergency services or fire department for assistance, so needed help can be provided quickly in an emergency.

2. Create a network of neighbors, relatives, friends and co-workers to aid you in an emergency. Discuss your needs and make sure they know how to operate necessary equipment.

3. Discuss your needs with your employer.

4. If you are mobility impaired and live or work in a high-rise building, have an escape chair.

5. If you live in an apartment building, ask the management to mark accessible exits clearly and to make arrangements to help you evacuate the building.

6. Keep extra wheelchair batteries, oxygen, catheters, medication, food for guide or hearing-ear dogs, or other items you might need. Also, keep a list of the type and serial numbers of medical devices you need.

7. Those who are not disabled should learn who in their neighborhood or building is disabled so that they may assist them during emergencies.

8. If you are a care-giver for a person with special needs, make sure you have a plan to communicate if an emergency occurs.

Listen to a battery-powered radio and follow local instructions. If the danger is a chemical release and you are instructed to evacuate immediately, gather your household and go. Take one car per household when evacuating. This will keep your household together and reduce traffic congestion and delay. In other cases, you may have time to follow these steps:

- Gather water, food, clothing, emergency supplies, and insurance and financial records. See the “Emergency Planning and Disaster Supplies” chapter for important information.

APPENDIX 4 – PARISH DISASTER PREPAREDNESS CHECKLIST

1. Committee/Task Force:

Coordinator: _____

Members: _____

_____

_____

2. Parish communications network: _____

3. Annual review date: _____

4. Regular meeting schedule: _____

_____

_____

5. Disaster history of last ten years: _____

_____

_____

_____

6. Disasters most likely to occur and potential impact: _____

_____

_____

7. Inventory of church property and holdings:

Date of inventory: _____

Inventory as _____Photographs _____ Video _____

Person(s) responsible for doing annual inventory: _____

Stored where? _____

Date of annual review of inventory placed on calendar and/or vestry notes:

_____

_____

8. Insurance review: _____

_____

_____

Date of review: _____

Person(s) responsible: _____

_____

9. Property survey: _____

_____

_____

_____

High risk problems: _____

_____

_____

Smoke/Fire Alarms: _____

_____

Fire Extinguishers: _____

_____

Security System: _____

_____

_____

List of items on surge protectors: _____

_____

_____

10. Shutdown: List what is to be done and by whom: _____

_____

_____

_____

Records Safekeeping: _____

_____

_____

_____

Utilities: _____

_____

_____

List and explain where shutoffs are located:
Electricity _____

_____

_____

_____

Gas _____

_____

_____

_____

Water _____
_____
_____
_____

Alarm (s) _____
_____
_____
_____

Musical instruments, furniture, etc. - waterproof covering, etc.:
_____
_____
_____
_____
_____
_____

Who is insurance provider?_____

Who does damage assessment? _____

What are priorities? _____

Who contacts insurance provider?_____

How? _____

When? _____

11. “Safe Spots” locations and markings: _____
_____
_____
_____

12. Copy of disaster plan to: Diocesan Office. When _____

13. American Red Cross networking:

Shelter provider_____

Storage provider_____

Mass care food center_____

Other_____

14. Training for members_____

15. Survival supplies:

What_____

Where_____

Who assesses needs of Parish? _____

Who distributes these supplies _____

When? _____

How? _____

16. First Aid Supplies: _____

Person responsible for maintaining kit? _____

What and where stored? _____

Who is trained in First AID _____

17. Who is trained in CPR?
Adult CPR - _____

Child CPR - _____

Infant CPR - _____

18. Free or inexpensive printed Disaster Preparedness Materials are available for distribution to parishioners from ARC. Who is responsible for obtaining these and making them accessible to the Parish?

19. Actions / recommendations_____

20. Other Notes_____

APPENDIX 5 - EMERGENCY KIT

Standard Backpack – or Small duffle

Safety

1 Flashlight – preferably LED with additional batteries
4 Energy Bars – 400 Calories
4 16.9 oz. Bottled spring water [non freezing weather only]
1 Signal Whistle
1 pr Industrial Gloves – cotton/leather with
1 Mylar Blanket
1 portable shovel
4 Hand Warmer Packets
1 Multi-Function Tool with pouch (pliers, knife, screwdrivers, saw, bottle opener
1 Compass on Lanyard
8 Additional radio batteries
1 Duct Tape
FRS Radio
Maps
Blue Tarp

First Aid

1 First Aid Guide
1 Tweezers
10 Bandage Strips
1 Knuckle Bandage
1 Fingertip Bandage
5 Gauze Pads
1 Roll Adhesive Tape
1 pair scissors
4 Antiseptic Wipes
4 Wash up Towelettes
4 Alcohol Wipes
2 Safety Pins
1 bottle Pain Reliever
1 pair sterile gloves
1 tourniquet
1 ace bandage
Individual Medications

Personal Hygiene Kit

1 Toothbrush
1 Toothpaste
1 Razor
1 Comb
4 Wash up Towelettes

4 Purell Hand Sanitizing Wipes
1 Shout Wipe
1 Sewing Kit
1 Kleenex Travel Pack
1 deodorant
1 tube creamy Vaseline lotion

Winter Gear

2 sleeping bags and/or wool blankets
Extra gloves/mittens
Extra warm hats
Extra wool socks
Dry boots
Candle/matches in closed container
Small stove/fuel
Cook pot for heating water/cups

Vital Information

1 ID Holder – zippered vinyl pouch with split ring (attach to backpack)
3 ID and Personal/Family Information Cards
1 Pen – Sharpie Waterproof
1 lead pencil
1 Note Pad and Pencil with vinyl cover
1 Disposable Camera
Medical insurance card

APPENDIX 6 - BIOLOGICAL THREAT

1. A biological attack is the release of germs or other biological substances. Many agents must be inhaled, enter through a cut in the skin or be eaten to make you sick. Some biological agents can cause contagious diseases, others do not.

2. A biological attack may or may not be immediately obvious. While it is possible that you will see signs of a biological attack it is perhaps more likely that local health care workers will report a pattern of unusual illness.

3. You will probably learn of the danger through an emergency radio or TV broadcast.

4. If you become aware of an unusual or suspicious release of an unknown substance nearby, it doesn't hurt to protect yourself.

5. Get away from the substance as quickly as possible.

6. Cover your mouth and nose with layers of fabric that can filter the air but still allow breathing.

7. Wash with soap and water and contact authorities.

8. In the event of a biological attack, public health officials may not immediately be able to provide information on what you should do. However, you should watch TV, listen to the radio, or check the Internet for official news as it becomes available.

9. At the time of a declared biological emergency be suspicious, but do not automatically assume that any illness is the result of the attack. Symptoms of many common illnesses may overlap. Use common sense, practice good hygiene and cleanliness to avoid spreading germs, and seek medical advice.

APPENDIX 7 - NUCLEAR BLAST

1. Take cover immediately, below ground if possible, though any shield or shelter will help protect you from the immediate effects of the blast and the pressure wave.

2. Consider if you can get out of the area;

3. Or if it would be better to go inside a building and follow your plan to "shelter in-place".

4. Shielding: If you have a thick shield between yourself and the radioactive materials more of the radiation will be absorbed, and you will be exposed to less.

5. Distance: The farther away from the blast and the fallout the lower your exposure.

6. Time: Minimize time spent exposed will also reduce your risk.

APPENDIX 8 - CHEMICAL THREAT

1. A chemical attack is the deliberate release of a toxic gas, liquid or solid that can poison people and the environment.

2. Watch for signs such as many people suffering from watery eyes, twitching, choking, having trouble breathing or losing coordination.

3. Many sick or dead birds, fish or small animals are also cause for suspicion.

4. If you see signs of a chemical attack, quickly try to define the impacted area or where the chemical is coming from, if possible.

5. Take immediate action to get away from any sign of a chemical attack.

6. If the chemical is inside a building where you are, try to get out of the building without passing through the contaminated area, if possible.

7. Otherwise, it may be better to move as far away from where you suspect the chemical release is and "shelter-in-place."

8. If you are outside when you see signs of a chemical attack, you must quickly decide the fastest way to get away from the chemical threat.

9. Consider if you can get out of the area or if it would be better to go inside a building and follow your plan to "shelter-in-place."

10. If your eyes are watering, your skin is stinging, you are having trouble breathing or you simply think you may have been exposed to a chemical, immediately strip and wash. Look for a hose, fountain, or any source of water.

11. Wash with soap and water, if possible, but do not scrub the chemical into your skin.

12. Seek emergency medical attention.

APPENDIX 9 – EXPLOSIONS

- Take shelter against your desk or a sturdy table.
- Exit the building as quickly as possible.
- Do not use elevators.
- Check for fire and other hazards.
- Take your emergency kit if time allows.

1. Use available information to evaluate the situation. Note where the closest emergency exit is located.

2. Be sure you know another way out of the building in case your first choice is blocked.

3. Take cover against a desk or table if things are falling.

4. Move away from file cabinets, bookshelves or other things that might fall.

5. Face away from windows and glass. Move away from exterior walls.

6. Determine if you should stay put, "shelter-in-place" or get away. Listen for and follow instructions from authorities.

7. Take your emergency supply kit, unless there is reason to believe it has been contaminated.

8. Do not use elevators. Stay to the right while going down stairwells to allow emergency workers to come up the stairs into the building.

APPENDIX 10 - WINTER STORMS

Winter Storms and Extreme Cold Heavy snowfall and extreme cold can immobilize an entire region. Even areas that normally experience mild winters can be hit with a major snowstorm or extreme cold. The impacts include flooding, storm surge, closed highways, blocked roads, downed power lines and hypothermia. You can protect yourself and your household from the many hazards of winter by planning ahead.

What to do before a winter storm threatens

1. Know the terms used by weather forecasters:

   • Freezing rain—Rain that freezes when it hits the ground, creating a coating of ice on roads, walkways, trees and power lines.

   • Sleet—Rain that turns to ice pellets before reaching the ground. Sleet also causes roads to freeze and become slippery.

   • Winter Storm Watch—A winter storm is possible in your area.

   • Winter Storm Warning— A winter storm is occurring, or will soon occur in your area.

   • Blizzard Warning—Sustained winds or frequent gusts to 35 miles per-hour or greater and considerable falling or blowing snow (reducing visibility to less than a quarter mile) are expected to prevail for a period of three hours or longer.

   • Frost/Freeze Warning—Below freezing temperatures are expected.

2. Prepare to survive on your own for at least three days. Assemble a disaster supply kit. Be sure to include winter specific items such as rock salt to melt ice on walkways, sand to improve traction, snow shovels and other snow removal equipment. Keep a stock of food and extra drinking water. See the “Emergency Planning and Disaster Supplies” and “Evacuation” chapters for more information.

3. Prepare for possible isolation in your home:

   • Have sufficient heating fuel; regular fuel sources may be cut off.

   • Have emergency heating equipment and fuel (a gas fireplace or a wood burning stove or fireplace) so you can keep at least one room of your residence livable. (Be sure the room is well ventilated.) If a thermostat controls your furnace and your electricity is cut off by a storm, you will need emergency heat.

   • Kerosene heaters are another emergency heating option.

   • Store a good supply of dry, seasoned wood for your fireplace or wood burning stove.

   • Keep fire extinguishers on hand, and make sure your household knows how to use them.

   • Never burn charcoal indoors.

4. Winterize your home to extend the life of your fuel supply.

• Insulate walls and attics.

• Caulk and weather-strip doors and windows.

• Install storm windows or cover windows with plastic.

5. Maintain several days' supply of medicines, water, and food that needs no cooking or refrigeration.

6. Watch for signs of hypothermia: 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 any 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.

7. When at home:

• Conserve fuel if necessary by keeping your residence cooler than normal. Temporarily "close off " heat to some rooms.

• When using kerosene heaters, maintain ventilation to avoid buildup of toxic fumes. Refuel kerosene heaters outside and keep them at least three feet from flammable objects.

Winter driving

About 70 percent of winter deaths related to snow and ice occur in automobiles. Consider public transportation if you must travel. If you travel by car, travel in the day, don't travel alone, and keep others informed of your schedule. Stay on main roads; avoid back-road shortcuts.

1. Winterize your car. This includes a battery check, antifreeze, wipers and windshield washer fluid, ignition system, thermostat, lights, flashing hazard lights, exhaust system, heater, brakes, defroster, oil level, and tires. Consider snow tires, snow tires with studs, or chains. Keep your car's gas tank full.

2. Carry a "winter car kit" in the trunk of your car. The kit should include:

• Shovel • Windshield scraper
• Battery-powered radio • Flashlight
• Extra batteries • Water
• Snack food • Mittens
• Hat • Blanket
• Tow chain or rope • Tire chains
• Bag of road salt and sand • Fluorescent distress flag
• Booster cables • Road maps
• Emergency flares • Cellular telephone or two-way radio, if available.

3. If a blizzard traps you in your car:

• Pull off the highway. Turn on hazard lights and hang a distress flag from the radio aerial or window.

• Remain in your vehicle where rescuers are most likely to find you. Do not set out on foot unless you can see a building close by where you know you can take shelter. Be careful: distances are distorted by blowing snow. A building may seem close but be too far to walk to in deep snow.

• Run the engine and heater about ten minutes each hour to keep warm. When the engine is running, open a window slightly for ventilation. This will protect you from possible carbon monoxide poisoning. Periodically clear snow from the exhaust pipe.

• Exercise to maintain body heat, but avoid overexertion. In extreme cold, use road maps, seat covers and floor mats for insulation. Huddle with passengers and use your coat for a blanket.

• Take turns sleeping. One person should be awake at all times to look for rescue crews.

• Drink fluids to avoid dehydration.

• Be careful not to waste battery power. Balance electrical energy needs—the use of lights, heat and radio—with supply.

• At night, turn on the inside light so work crews or rescuers can see you.

• If stranded in a remote area, spread a large cloth over the snow to attract attention of rescue personnel who may be surveying the area by airplane.

• Once the blizzard passes, you may need to leave the car and proceed on.

APPENDIX 11 - EARTHQUAKE

Why you need to prepare for the next earthquake

The second-largest earthquake ever recorded shook the heart of southern Alaska on March 27, 1964. Scientists have long recognized that Alaska is one of the most seismically active areas of the world. In fact, three of the six largest earthquakes of this century were located in Alaska, and "great" earthquakes (larger than magnitude 8) have rocked the state on an average of every 13 years since 1900.

Most of these large earthquakes have been located far from heavily populated areas. However, it is only a matter of time before another earthquake affects many Alaskans.

It does not necessarily take a major earthquake to inflict hardship. For example, the January 1994 earthquake in southern California was almost a thousand times weaker than the 1964 Alaskan earthquake, but caused billions of dollars in damage and claimed many lives because of its proximity to a populated area.

Alaska has changed significantly in the last thirty years, and the population has more than doubled. Many new buildings have been designed to withstand intense shaking, some older buildings have been reinforced, and development has commonly been discouraged in particularly hazardous areas. Despite these precautions, future earthquakes may still cause damage to buildings, displace items within buildings, and disrupt basic utilities that we take for granted.

Fortunately, we can prepare for earthquakes. By identifying the greatest hazards, we can set priorities for using our resources most effectively to reduce damage. By becoming aware of the hazards posed by earthquakes and by taking actions, such as those described on this Web site, we can drastically reduce the loss of life and property, and make Alaska a safer place to live. . . . The choice is ours.

What to do during an earthquake

1. If you are indoors, duck or drop down to the floor. Take cover under a sturdy desk, table or other furniture. Hold on to it and be prepared to move with it. Hold the position until the ground stops shaking and it is safe to move. Stay clear of windows, fireplaces, woodstoves, and heavy furniture or appliances that may fall over. Stay inside to avoid being injured by falling glass or building parts. If you are in a crowded area, take cover where you are. Stay calm and encourage others to do likewise.

2. If you are outside, get into the open, away from buildings and power lines.

3. If you are driving, stop if it is safe, but stay inside your car. Stay away from bridges, overpasses and tunnels. Move your car as far out of the normal traffic pattern as possible. If possible, avoid stopping under trees, light posts, power lines, or signs.

4. If you are in a mountainous area, or near unstable slopes or cliffs, be alert for falling rock and other debris that could be loosened by the earthquake.

5. If you are at the beach, move quickly to higher ground or several hundred yards inland.

What to do after an earthquake

1. Check for injuries. Do not move a seriously injured person unless they are in immediate danger of further injuries.

2. Safety check. Check for the following hazards:

* Fire or fire hazards.

* Gas leaks: Shut off the main gas valve only if a leak is suspected or identified by the odor of natural gas. Wait for the gas company to turn it back on once the damage is repaired.

* Damaged electrical wiring: Shut off power at the control box.

* Downed or damaged utility lines: Stay away from downed lines even if power appears to be off.

* Fallen objects in closets and cupboards: Displaced objects may fall when you open the door.

* Downed or damaged chimneys: Approach chimneys with caution. They may be weakened and could topple during an aftershock

* Check your telephone: Make sure each phone is on its receiver. Telephones that are

off the hook tie up the telephone network unnecessarily.

3. Clean up. Clean up potentially harmful materials and/or medicines which may have spilled.

4. Tsunami hazard. If you live along the coast, be alert for news of tsunami warnings issued by the Alaska Tsunami Warning Center. If you experience a strong earthquake, there may not be time to issue a warning. Move to higher ground as soon as you are able, and stay there until the authorities issue an "all clear."

5. Expect aftershocks. Most of these are smaller than the main earthquake. Some may be large enough to do additional damage to weakened structures.

* Use flashlights or battery-powered lanterns. Do not use lighters, matches, candles, or lanterns until you are sure there are no gas leaks.

* Use your telephone only in the event of life-threatening emergencies.

* Turn on a battery-powered radio for information, damage reports, and for information on volunteering your assistance.

* Keep streets clear for emergency vehicles. Cooperate with public safety officials.

Earthquake drills, plans, and supplies

Most people in Alaska will survive the next big earthquake with little loss. Some people will be severely affected. Actions you take now can reduce how much you and your family will lose.

1. Practice "duck, cover, and hold" drills at home with your family and at work.

* Injuries and deaths during earthquakes are caused by falling objects and collapsing structures. Knowing how to protect yourself when the shaking starts may save your life. Show children safe areas to duck and cover.

* Practice counting to sixty seconds. Most quakes do not last that long, and it will help you to keep calm when a real earthquake strikes.

2. Develop an earthquake plan at home, in your neighborhood, at school, and at work.

* Determine the safest places in your home and at work. These should be away from heavy furniture or appliances, woodstoves, fireplaces, open shelves, and bookcases, and large panes of glass, pictures, or mirrors.

* If the earthquake hits during the day, family members may be separated for several hours to several days. Plan ahead and select a safe place where you can reunite after the earthquake. Consider your family's possible needs, and also select alternative meeting places near work or schools.

Designate an out-of-the-area telephone contact.

Select a relative or friend to act as a clearinghouse for information about your family.

Family members should call this contact to report their condition and location. Make sure family members carry this number with them at all times, and that the number is known by other friends and relatives.

* Learn to fight fires, to rescue people trapped under debris, to provide first aid, to find help for dire emergencies, and to assist others, especially the elderly, immobile, or handicapped. Ask your local American Red Cross Office for more information.

* The most common cause of earthquake-related fires is broken gas lines. Everyone should know how to turn off the gas supply at the meter in case they smell gas after a large earthquake. Buy a special wrench that fits your gas turnoff valve and fasten it next to the valve
.
* Find out the policy of your local school concerning release of children after an earthquake. Arrange with neighbors to watch out for your family and property in case you are not at home.

* Make plans with your family, your neighbors, and your coworkers. Every business should have an emergency response plan.

3. Store emergency supplies.

* After a major earthquake, medical aid, transportation, water, electricity, and communication may be unavailable or severely restricted for several days to weeks. Be prepared to take care of yourself, your family, and your neighbors for at least three days, longer if you live in a remote area.

* At home, at work, and in your car, store flashlights, batteries, an ABC rated fire extinguisher, a battery-operated radio, a first aid kit and handbook, at least one gallon of water per person per day, food, warm clothes, sturdy shoes, gloves, and a fresh supply of any medications you and your family members may need.

* Consider what you will need if an earthquake takes place in the winter. Have warm clothes and sleeping bags and pads for all members of your family.

* Make sure emergency supplies are located in a safe and readily a
vailable place.

* Make sure everyone in your family knows where these supplies are and how to use them.

* Include pets in your planning. Plan for their food and water supplies for at least three days. Make arrangements with a neighbor to care for your pet(s) in the event you are unable to get home.

Children and earthquakes

Earthquakes are traumatic events for all of us, but they are especially frightening for children who may have to leave their homes and all that is familiar to them. A child does not usually understand such events and feels anxious, confused, and frightened. Fear is a normal reaction to any danger which threatens life or well-being. After an earthquake,

a child's fears are those of recurrence, injury, death, or of being alone, separated from the rest of the family. Aftershocks can increase this fear.

Parents sometimes ignore the emotional needs of a child once assured of their physical safety. A child's persistent fears may generate disruptive behavior, surprising and frustrating a parent who is trying to continue with the daily family routine. How a parent can help:

* Keep the family together. This provides immediate reassurance to a child; fears of being abandoned and unprotected are alleviated.

* Reassure children by words as well as actions. Emphasize the positive: "We are all together and nothing has happened to us," or "You don't have to worry, we will look after you."

* Encourage the child to talk. It can also be helpful to include other family members, neighbors, and their children in a talk about reactions to the earthquake.

* Include the child in family activities. There will be important concerns and things to do after an earthquake: checking on the damage, cleaning up broken glass and fallen furniture. Whenever possible, a child can and should be included in these activities.

* At bedtime, a child may have difficulty falling asleep. The child may wake up during the night, and have nightmares for weeks or months after the earthquake. These situations may be dealt with by allowing the child to move into a room with another child or to sleep on a mattress in the parents' room, or simply by a parent spending a little extra time in the child's room giving reassurance.

Emergency supplies list

Keep enough supplies in your home to meet your needs for at least three days. Store these items in sturdy, easy-to-carry containers such as backpacks, duffel bags, or covered trash containers.

Emergency broadcasts after an earthquake

News dissemination after a disaster takes time and can prove frustrating when we want, and have come to expect, immediate and complete information. Search the radio and television dial to find stations that are able to give information. Remember that initial reports may be inaccurate. Don't believe everything you hear. Pay particular attention to information from a governmental source.

The first information about a large local earthquake may come from the Alaska Tsunami Warning Center or from the Alaska Earthquake Information Center. The initial estimates of location and magnitude are likely to be revised as more information is analyzed.

Initial reports of damage, based primarily on eyewitness accounts, may be misleading and cause speculation. Local news-gathering capabilities may be severely hindered by the disaster, because the news media's power may be off or their news staff may be unable to communicate with the station.

Make your own disaster plan
Pick two places to meet: (1) Right outside your home. (2) Outside your neighborhood in case you are not able to return home. Everyone must know the address and phone number. Ask an out-of-state friend to be your "family contact." After a disaster, it's often easier to call long distance. Other family members should call this person and tell them where they are. Everyone must know your contact's phone number.

Family Disaster Plan

Emergency Meeting Place (outside your home):
Meeting Place (outside your neighborhood):
Phone:
Address:

Out-of-state Family Contact:
Phone (day & evening):

Print, fill out, and distribute to family members.

How To Reduce Earthquake Damage

- Secure furniture to wall
- Secure water heater
- Wood stoves
- Propane tanks
- Estimate risk
- What causes damage?
- Uniform Building Code
- Earthquake insurance
- Determine safety of home & school
- Determine safety of other buildings
- Building inspection
- Determine hazardous areas
- Can the ground settle, slide, or shake violently?
- Ground failure in Anchorage
- Faults
- Soil liquefaction
- Subsiding ground

Protect your belongings

Falling objects and toppling furniture present the greatest danger and the biggest potential financial loss for most people. Imagine all of the contents of your kitchen cabinets falling to the floor or on your head! At home, at work, and in schools, building contents should be secured.

Be sure that no heavy items, such as pictures or mirrors, can fall on your bed, where you typically spend a third of each day.

Secure tall furniture and bookcases to the wall. Add lips to shelves to prevent costly items from sliding off. Be sure adjustable shelves cannot slide off their supports.

Put strong latches on cabinet doors, especially at home in your kitchen and at work in laboratories. Fasten heavy or precious items to shelves or tables. Secure file cabinets, computers, televisions, and machinery that may overturn during an earthquake.

Store potentially hazardous materials such as cleaners, fertilizers, chemicals, and petroleum products in appropriate containers and in sturdy cabinets fastened to the wall or floor.

In your office, be sure heavy objects are fastened to the building structure and not just to a movable wall. Ask a carpenter or an electrician to check light fixtures and modular ceiling systems.

Wood-burning stoves

Free-standing wood-burning stoves pose an additional risk to many in Alaska, especially in bush communities. Heavy objects such as stoves are actually more likely to move during strong ground shaking than lighter objects. Fire codes dictate that stoves be unsupported on all four sides, and therefore they are more vulnerable to sliding or overturning during an earthquake. If the stove were to tip and/or separate from the stove pipe, cinders or sparks might easily cause a fire in the home. To reduce the potential fire hazard following an earthquake, the stove should be anchored to the floor and stove-pipe sections secured. It is important that the seismic anchors or braces do not conduct heat from the stove. Although there are many types of stoves in use, the following recommendations can be used for most installations:

* Stoves resting on a brick hearth can be anchored using bricks and mortar.

* Woodstoves resting on a concrete slab on grade can be anchored directly to the concrete.

* Stovepipes should be anchored to the flue exit, and each of the stove-pipe segments should be securely together.

* Mobile home approved units come with predrilled holes in the pedestals or legs and can be safely anchored to the underlying floor framing.

Be sure your water heater is fastened to the wall studs and that all gas heaters and appliances are connected to the gas pipe through flexible tubing. If you use propane gas, be sure the storage tank is secured against overturning and sliding.

Secure your woodstove to wall or floor studs. Make sure you have a fire extinguisher close at hand.

Check with your school officials to be sure they have taken similar precautions.

Propane/Oil tanks

Many residents in rural areas of Alaska use above-ground propane tanks. These tanks may move, slide, or topple during strong ground shaking. Gas leaks are frequently the cause of earthquake-related fires. The following recommendations can be used to reduce the post-earthquake fire hazard associated with propane tanks.

* Mount the tank on a continuous concrete pad and bolt the four legs to the pad.

* Install a flexible hose connection between the tank, supply line, and the entrance to your home or business.

* Clear area of tall or heavy objects which can fall and rupture tank or supply line.

* Keep a wrench tied on a cord near the shut-off valve and make sure family members or employees know how to use it.

* For large tanks, seismic shut-off valves are available.

Mount tank on 6-inch-thick concrete pad (A) using four 1/2-inch-diameter bolts (B) with 3-inch minimum embedded into the concrete. Provide a flexible hose connection (C) between the tank and the rigid supply

Estimate your risk
Earthquakes are a risk that we accept as part of living in Alaska. We face many other risks in our lives, and we routinely take precautions to reduce our losses from them. For example, we wear seat belts to reduce the risk of injury during automobile accidents. This is an action that most people have come to accept as a reasonable precaution.

Earthquake hazards can also be reduced significantly by individuals, businesses, and governments taking appropriate action. The basic actions described in these pages are reasonable precautions that should be taken by all residents of Alaska. Other actions--such as strengthening or replacing a dangerous building or even choosing to live in a safer building or in a safer part of your city--may involve significant expense and some disruption. Yet, damage to buildings and other structures is the primary cause of death, injury, and financial loss during a large earthquake.

To decide how much action is required to reduce earthquake hazards, you must estimate your risk. Earthquake risk varies from location to location, from structure to structure, from person to person

* Is there a risk of serious injury or even death for occupants of a specific building?

* What would be the cost of repairing or replacing a building after a large earthquake?

* What would be the cost of not being able to use a building after a large earthquake?

* What are the odds that time and money spent on action today will prove cost-effective within your lifetime and within the lifetimes of existing structures?

* If a structure will be replaced by normal development within 10 years, is strengthening it to resist earthquake damage cost-effective?

* Is such strengthening required by a governmental agency, is it legally reasonable, or is it morally necessary?

These are difficult questions. The sections on the following pages are designed to help you assess your risk from earthquakes and determine how much action is appropriate for

you. We can live more safely with earthquakes by understanding the risks and by taking reasonable precautions.

What causes damage during an earthquake?

1. Duration of shaking. Duration depends on how the fault breaks during the earthquake. The strongest shaking during the 1964 earthquake lasted 3 to 4 minutes. During a magnitude 7 earthquake, the shaking may last 30 to 40 seconds. The longer buildings shake, the greater the damage.

2. Strength of shaking. Many damaging earthquakes occur within 15 miles of the Earth's surface. In this case, shaking decreases rapidly with increasing distance from the fault that produced the earthquake. In Alaska, these are most common in central and southeastern Alaska. Deeper earthquakes are common beneath southern Alaska and the Aleutian Islands. Because of their greater depth, the shaking directly above such shocks is reduced, and the shaking decreases gradually with increasing distance from the epicenter of the earthquake.

3. Type of soil. Shaking is increased in soft, thick, wet soils. In certain soils the ground surface may settle or slide. Damage is reduced in buildings located on bedrock.

4. Type of building. Some existing buildings are not resistant enough to the side-to-side and up-and-down shaking common during earthquakes.

Determine the safety of your home.

Most people in Alaska are safe at home if they live in a one- or two-story wood-frame building. These buildings are not likely to collapse during earthquakes. The most common damage is light cracking of interior walls, cracking of masonry chimneys, and cracking and possible collapse of brick or masonry veneer on exterior walls. A cracked chimney should be inspected by a qualified professional before the woodstove or fireplace is used.

Unfortunately, some one- or two-story wood-frame buildings can be hazardous. Buildings that are not adequately bolted to the foundation may fail at or near ground level. Information on adding foundation bolts and bracing the cripple walls found in some older homes is provided at right. Correcting these problems will vastly reduce the earthquake risk for many residents. Bracing of chimneys in older homes may be required to prevent toppling during earthquakes.

Mobile homes and modular buildings can slide or bounce off their foundations during earthquakes. Their supports need to be braced to resist vertical and horizontal forces.

Bolting the wood frame of an older house to the concrete foundation can significantly reduce earthquake damage. Every 3 to 4 feet along the foundation, drill a hole using a right-angle drill with a 1/2 inch bit (A), blow the concrete powder out of the hole with a small piece of flexible tubing (B), and hammer in an expansion bolt, 1/2 inch in diameter and about 7 1/2 inches in length (C). Tighten the nut on the expansion bolt.

APPENDIX 12 - TSUNAMI

Causes of tsunamis

Tsunamis are ocean waves produced by earthquakes. The word comes from Japanese and means "harbor wave," because of the devastating effects these waves have had on low-lying Japanese coastal communities. Tsunamis are often incorrectly referred to as "tidal waves." Not all earthquakes produce tsunamis, but when they do, the waves may sweep ashore causing damage locally and at places thousands of miles from the earthquake epicenter. More than 90 percent of the deaths from the 1964 earthquake were a result of tsunamis. One hundred six Alaskans died from these waves and an additional 16 people died from tsunamis in California and Oregon.

There are several ways tsunamis are produced. One way is by regional uplift or subsidence (as discussed in the previous section) of the seafloor during an earthquake. Tsunamis started this way can travel long distances and cause destruction thousands of miles from where the wave was generated. Underwater landslides are another cause of tsunamis. Destruction in Seward, Whittier, and Valdez, and other places in 1964 was from these underwater landslides. These tsunamis are localized. Above water landslides can also cause local tsunamis if they enter a body of water. On July 9, 1958, in Lituya Bay, Alaska, a large earthquake started a giant landslide that ran into the head of the bay and generated a tsunami. The wave ran up a mountainside on the opposite side of the bay to a height of more than 1,720 feet. Two fishing vessels anchored in the bay were sunk and two people died.

Volcanos can also cause tsunamis. During an eruption of Augustine Volcano in 1883, a tsunami almost 30 feet tall entered English Bay near Seldovia. Tsunamis started by this process are uncommon, but present a real threat to residents of the lower Cook Inlet region, the Alaska Peninsula, and the Aleutian Islands.

Tsunami safety rules
When you feel a strong earthquake, or hear a tsunami warning, you should assume a dangerous wave is on its way. History shows that when the great waves strike, they claim the lives of those who have ignored the warning.

* A strong earthquake felt in a low-lying coastal area is a natural warning of possible immediate danger. Keep calm and quickly move to higher ground, away from the coast.

* Not all large earthquakes cause tsunamis, but many do. If the quake is located near or directly under the ocean, the probability of a tsunami increases. When you hear that an earthquake has occurred in the ocean or coastline region, prepare for a tsunami emergency.

* A tsunami is not a single wave, but a series of waves. The first wave is not necessarily the largest. Stay out of danger until an "all clear" is issued by a competent authority

* Approaching tsunamis are sometimes heralded by a noticeable rise or fall of coastal water. This is nature's tsunami warning and should be heeded.

* A small tsunami at one beach can be a giant a few miles away. Don't let the modest size of one make you lose respect for all.

* Sooner or later, tsunamis visit every coastline in the Pacific. All tsunamis, like

hurricanes, are potentially dangerous even though they may not damage every coastline they strike.

* Never go down to the beach to watch for a tsunami. When you can see the wave you are too close to escape.

* During a tsunami emergency, your local emergency management office, police, and other emergency organizations will try to save your life. Give them your fullest cooperation.

* Stay tuned to your radio, marine radio, NOAA Weather Radio, or television stations during a tsunami emergency. Bulletins issued through your local emergency management office and the National Weather Service offices can save your life Tsunami warnings and watches

When a large earthquake occurs near the coastline of the northern Pacific Ocean, an automated system at the Alaska Tsunami Warning Center rapidly determines its location (epicenter) and magnitude. If the earthquake is considered large enough to generate a tsunami, a tsunami warning is issued for a limited area near the epicenter of the earthquake. This warning is issued in Alaska through the military, Coast Guard, National Weather Service, Alaska Division of Emergency Services, Federal Aviation Administration, and other federal agencies. A tsunami watch is issued to adjacent areas of Alaska, Canada, and West Coast states, as appropriate, alerting them to a possible tsunami threat.

If a significant tsunami is detected by instruments that measure tides near the epicenter of the earthquake, the warning will be expanded to the entire coastline of the region. If no wave was generated, the warning will be canceled.

Although this will occasionally cause a warning to be issued when no wave is present, the alternative is undesirable—to issue a warning after a wave strikes a community. The Alaska Tsunami Warning Center works closely with the other tsunami warning centers, because tsunamis generated in distant parts of the Pacific Ocean, such as Japan or Chile, have also reached Alaska. A tsunami from northern Japan would take 4 hours to reach Adak Island and 8 hours to reach Kodiak, which allows Alaskans time to prepare if a watch has been issued. A tsunami travels from Peru or Chile to Kodiak in 16 to 18 hours. Following the 1964 earthquake, tsunamis at Kodiak washed away most buildings within two blocks of the water, as shown in the center of this photograph, and deposited fishing boats hundreds of feet inland. 158 houses in Kodiak were destroyed from the Reducing tsunami damage and danger

Fortunately, tsunami damage can be minimized through land use planning, preparation, and evacuation. Tsunamis tend to impact the same localities over and over again. Therefore, if tsunamis have damaged an area before, they are likely to do so again. One choice is to avoid living in or using areas with significant tsunami hazard. Alternatively, communities can review land use in these areas so that no critical facilities, such as hospitals and police stations, or high occupancy buildings, such as auditoriums or schools, or petroleum-storage tanks are located where there is tsunami hazard.

Following the shaking of the 1964 earthquake, Alaskans in coastal areas who did not feel the earthquake had little or no warning that a tsunami was on its way. As a result, the

Alaska Tsunami Warning Center was established. The ATWC rapidly determines whether an earthquake in coastal Alaska may generate a tsunami, and gives a warning if necessary. If there is a warning, people should immediately evacuate inland or to high ground. The ATWC will begin issuing its warning about 15 minutes after an earthquake occurs, but that is not a fast enough warning if there is a local tsunami. People near shore who feel an earthquake 30 seconds or longer should heed nature's warning and quickly move to higher ground. People who are already on boats when an earthquake occurs should understand that the safest place to be is in deep, wide water where wave energy is diffuse.

APPENDIX 13 - WILD FIRE

An excellent resource for preparation for Wildfire can be downloaded from http://fire.ak.blm.gov. Click on Firewise and download the information.

APPENDIX 14 - FLOODS

Floods are one of the most common hazards in the U.S. However, all floods are not alike. River floods develop slowly, sometimes over a period of days. Flash floods can develop quickly, sometimes in just a few minutes, without any visible signs of rain. Flash floods often have a dangerous wall of roaring water that carries a deadly cargo of rocks, mud and other debris and can sweep away most things in its path. Overland flooding occurs outside a de- fined river or stream, such as when a levee is breached, but still can be destructive.

Flooding can also occur from a dam break producing effects similar to flash floods.

Flood effects can be very local, impacting a neighborhood or community, or very large, effecting entire river basins and multiple

Be aware of flood hazards no matter where you live, but especially if you live in a low-area, area, near water 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. Every state is at risk from this hazard.

What to do before a flood

1. Know the terms used to describe flooding:

• Flood Watch—Flooding is possible. Stay tuned to NOAA Weather Radio or commercial radio or television for information. Watches are issued 12 to 36 hours in advance of a possible flooding event.

• Flash Flood Watch—Flash flooding is possible. Be prepared to move to higher ground. A flash flood could occur without any warning. Listen to NOAA Weather Radio or commercial radio or television for additional information.

• Flood Warning—Flooding is occurring or will occur soon. If advised to evacuate, do so immediately.

• Flash Flood Warning—A flash flood is occurring. Seek higher ground on foot immediately.

2. Ask local officials whether your property is in a floodprone or high-risk area. (Remember that floods often occur outside high-risk areas.) Ask about official flood warning signals and what to do when you hear them. Also ask how you can protect your home from flooding.

3. Identify dams in your area and determine whether they pose a hazard to you.

4. Purchase a NOAA Weather Radio with battery backup and a tone-alert feature that automatically alerts you when a Watch or Warning is issued (tone alert not available in some areas). Purchase a battery-powered commercial radio and extra batteries.

5. Be prepared to evacuate. Learn your community's flood evacuation routes and where to find high ground. See the "Evacuation" chapter for important information.

6. Talk to your household about flooding. Plan a place to meet your household in case you are separated from one another in a disaster and cannot return home. Choose an out-of-town contact for everyone to call to say they are okay. In some emergencies, calling out of-state is possible even when local phone lines are down.

7. Determine how you would care for household members who may live elsewhere but might need your help in a flood. Determine any special needs your neighbors might have.

8. Prepare to survive on your own for at least three days. Assemble a disaster supply kit. Keep a stock of food and extra drinking water. See the "Emergency Planning and Disaster Supplies" chapter for more information.

9. Know how to shut off electricity, gas and water at main switches and valves. Know where gas pilot lights are located and how the heating system works.

10. Consider purchasing flood insurance.

• Flood losses are not covered under homeowners' insurance policies.

• FEMA manages the National Flood Insurance Program, which makes federally backed flood insurance available in communities that agree to adopt and enforce floodplain management ordinances to reduce future flood damage.

• Flood insurance is available in most communities through insurance agents.

• There is a 30-day waiting period before flood insurance goes into effect, so don't delay.

• Flood insurance is available whether the building is in or out of the identified flood prone area.

11. Consider options for protecting your property.

• Make a record of your personal property. Take photographs or videotapes of your belongings. Store these documents in a safe place.

• Keep insurance policies, deeds, property records and other important papers in a safe place away from your home.

• Avoid building in a floodplain unless you elevate and reinforce your home.

• Elevate furnace, water heater, and electric panel to higher floors or the attic if they are susceptible to flooding.

• Install "check valves" in sewer traps to prevent flood water from backing up into the drains of your home.

• Construct barriers such as levees, berms, and floodwalls to stop floodwater from entering the building.

• Seal walls in basements with waterproofing compounds to avoid seepage.

• Call your local building department or emergency management office for more information.

What to do during a flood

1. Be aware of flash flood. If there is any possibility of a flash flood, move immediately to higher ground. Do not wait for instructions to move.

2. Listen to radio or television stations for local information.

3. Be aware of streams, drainage channels, canyons and other areas known to flood suddenly. Flash floods can occur in these areas with or without such typical warning signs as rain clouds or heavy rain.

4. If local authorities issue a flood watch, prepare to evacuate:

• Secure your home. If you have time, tie down or bring outdoor equipment and lawn furniture inside. Move essential items to the upper floors.

• If instructed, turn off utilities at the main switches or valves. Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.

• Fill the bathtub with water in case water becomes contaminated or services cut off. Before filling the tub, sterilize it with a diluted bleach solution.

5. Do not walk through moving water. Six inches of moving water can knock you off your feet. If you must walk in a flooded area, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you.

6. Do not drive into flooded areas. 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 water will wash away almost all vehicles. If floodwaters rise around your car, abandon the car and move to higher ground, if you can do so safely. You and your vehicle can be quickly swept away as floodwaters rise.

7. See the "Evacuation" chapter for important information.

What to do after a flood

1. Avoid floodwaters. The water may be contaminated by oil, gasoline or raw sewage. The water may also be electrically charged from underground or downed power lines.

2. Avoid moving water. Moving water only six inches deep can sweep you off your feet.

3. Be aware of areas where floodwaters have receded. Roads may have weakened and could collapse under the weight of a car.

4. Stay away from downed power lines and report them to the power company.

5. Stay away from designated disaster areas unless authorities ask for volunteers.

6. Return home only when authorities indicate it is safe. Stay out of buildings if surrounded by floodwaters. Use extreme caution when entering buildings. There may be hidden damage, particularly in foundations.

7. Consider your family's health and safety needs:

- Wash hands frequently with soap and clean water if you come in contact with floodwaters.

- Throw away food that has come in contact with floodwaters.

- Listen for news reports to learn whether the community's water supply is safe to drink.

- Listen to news reports for information about where to get assistance for housing, clothing and food.

- Seek necessary medical care at the nearest medical facility.

8. Service damaged septic tanks, cesspools, pits, and leaching systems as soon as possible. Damaged sewage systems are serious health hazards.

9. Contact your insurance agent. If your policy covers your situation, an adjuster will be assigned to visit your home. To prepare:

- Take photos of your belongings and your home or videotape them.

- Separate damaged and undamaged belongings.

- Locate your financial records.

- Keep detailed records of cleanup costs.

10. If your residence has been flooded obtain a copy of "Repairing Your Flooded Home" from the local American Red Cross chapter.

11. See the "Recovering From Disaster" chapter for more information.

(from FEMA www.ready.gov.)

APPENDIX 15 - PETS IN DISASTER

The following section provides general guidelines for handling animals in emergency and disaster situations.

Pets need to be included in your household disaster plan since they depend on you for their safety and well being. It is important to consider and prepare for your pets before disaster strikes. Consider the following preparedness measures:

1. If you must evacuate, do not leave pets behind—there is a chance they may not survive, or get lost before you return.

2. With the exception of service animals, pets are not typically permitted in emergency shelters for health reasons

3. Find out before a disaster which local hotels and motels allow pets and where pet boarding facilities are located. Be sure to include some outside your local area in case local facilities have closed.

4. Know that most boarding facilities require veterinarian records to prove vaccinations are current.

5. Only some animal shelters will provide care for pets during emergency and disaster situations. They should be used as a last resort. Use friends and family or keep them with you.

6. Be sure your pet has proper identification tags securely fastened to the collar. A current photo of your pet will assist identification should it become necessary.

7. Make sure you have a secure pet carrier or leash for your pet—they may need to be restrained during tense emergency situations.

8. Assemble a disaster kit for your pet. Include pet food, water, medications, veterinary records, litter box, can opener, food dishes, first aid kit, other supplies that may not be available at a later time, and an information sheet with pet's name and such things as behavior problems. Provide the kit to whoever assumes responsibility for your pet during a disaster.

9. Call your local emergency management office or animal shelter for further information.

Large animals in disaster

If you have large animals, such as horses or cattle on your property, be sure to prepare before a disaster.

1. Evacuate animals whenever possible. Map out primary and secondary routes in advance.

2. Evacuation destinations should be prepared with, or ready to obtain, food, water, veterinary care, and handling equipment.

3. Vehicles and trailers needed for transporting and supporting each type of animal should be available along with experienced handlers and drivers. It is best to allow animals a chance to become accustomed to vehicular travel so they are less frightened and easier to move.

4. In case evacuation is not possible, animal owners must decide whether to move large animals to shelter or turn them outside. This decision should be based on the disaster type, quality and location of shelter, and the risks of turning them outside.

5. All animals should have some form of identification.
Wildlife in disaster and life threatening situations will exacerbate the unpredictable nature of wild animals. To protect yourself and your household, learn how to deal with wildlife.

a. Be cautious approaching wild animals during emergency situations. Do not corner them. Wild animals will likely feel threatened and may endanger themselves by dashing off into floodwaters, fire, etc.

b. If wild animals are trapped or no natural leave food appropriate to individual animals (I.e., animals could become trapped on an "island" after seeking high ground as floodwaters rise).

c. Wild animals such as snakes, opossums, from floodwaters on upper levels of homes and have been known to remain

d. If you see an injured or stranded animal, do not approach or attempt to help. Call your local animal control office or animal shelter.

e. Animal carcasses can present serious health risks. Contact your local emergency management office or health department for specific help and instructions.

Wild or stray domestic animals

Wild or stray domestic animals can pose a danger during or after many types of disaster. Remember, most animals are disoriented and displaced, too. Do not corner an animal. If an animal must be removed, contact your local animal control authorities.

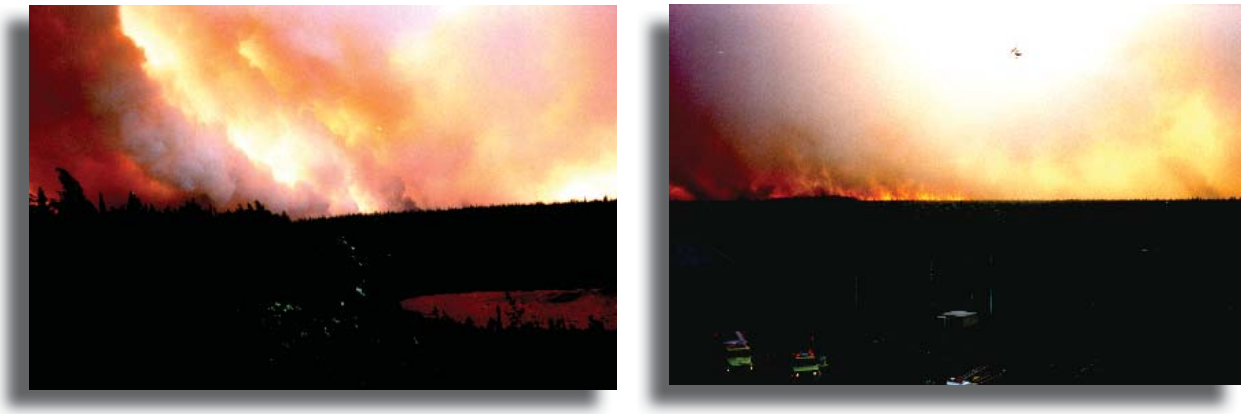
If any animal bites you, seek immediate medical attention.

Animals Certain animals may carry rabies. Although the virus is rare, care should be taken to avoid contact with stray animals and rodents. Health departments can provide information on the types of animals that carry rabies in your area.

Rats may also be a problem during and after many types of disaster. Be sure to secure all food supplies and contact your local animal control authorities to remove any animal carcasses in the vicinity.

Contact your local emergency manager for more information on animals in disaster. The Humane Society of the United States can be reached at: 2100 L Street, NW, Washington, DC, 20037, Attn: Disaster Services Program or by phone at 202-452-1100 or online at www.hsus.org/disaster.

NOTES:



Miller Reach Big Lake Fire

Be Prepared

Local Emergency Numbers

State Troopers:	
Police:	
Village Public Safety Officer:	
Fire Department:	
Hospital:	
Clinic:	
Health Aid:	
City Office:	
Village Office:	
Traditional Council:	
IRA Council:	
Clergy in Charge:	
Key Lay Leader:	
Church Member:	
Utilities:	
Other:	