

In Wisconsin, each county is designated as an Emergency Planning District and has a Local Emergency Planning Committee (LEPC). The committee is made up of county representatives from Business and Industry, Elected Officials, Health Services, Firefighting and HazMat, Environmental Organizations, Media, Law Enforcement, Transportation and Emergency Management. LEPCs administer the Emergency Planning & Community Right-to-Know Act (EPCRA) requirements at the county level.

Winnebago County LEPC assists Winnebago County Emergency Management Department in emergency response planning for all natural and man-made hazards, including biological and chemical hazardous materials response. They also provide assistance in training, exercising, and increasing public awareness of chemical hazards in our communities. It is the Committee's goal to provide you with emergency preparedness information to help you respond if a natural or man-made incident occurs involving chemicals, biological agents, severe weather or terrorism. The information contained in this brochure gives each of you information that will lessen the impact of most emergencies and will help you and your family cope with the emergency until help arrives.

This publication has been prepared by the Winnebago County Local Emergency Planning Committee (LEPC) with funding assistance from J. J. Keller & Associates, Winnebago County Public Health, and Winnebago County Emergency Management.

Wisconsin Emergency Management (WEM)
<http://emergencymanagement.wi.gov>

LOCAL EMERGENCY PLANNING COMMITTEE

911 Police / Fire / Ambulance 911

Winnebago County Emergency Management Director: 920-236-7463

Health Departments

Winnebago County Health Department 920-232-3000 / 920-727-2894
Email: HEALTH@CO.WINNEBAGO.WI.US 1-800-250-3110
Website <http://www.co.winnebago.wi.us/health/>

City of Menasha Health Department 920-967-5119
www.cityofmenasha-wi.gov

Crisis Intervention Help Line OSHKOSH 920-233-7707
NEENAH 920-722-7707

2-1-1 Information/Referrals
5-1-1 Road Conditions
8-1-1 Diggers Hotline

Hospitals

Mercy Medical Center	920-223-2000
Theda Clark Medical Center	920-729-3100
Aurora Medical Center	920-303-8700
St. Elizabeth Hospital	920-738-2000
Appleton Medical Center	920-731-4101
Children's Hospital of Wisconsin - Fox Valley	920-969-7900

24 Hr. State Emergency Spill Hotline	1-800-943-0003
WI DNR (Winnebago County)	920-414-3050
Poison Control Center	1-800-222-1222

911 Police / Fire / Ambulance 911

My Phone # _____

My Address _____



Mom's # _____



Dad's # _____



Family Emergency Contact _____



Family Doctor _____



Family Dentist _____



Veterinarian _____

Animal Referral Center (24 hrs.) 920-993-9193

EMERGENCY TELEPHONE NUMBERS

DISEASE OUTBREAKS

Outbreaks of disease are all too common. The best ways to protect yourself and your family are by following good health habits and knowing how to respond when illness strikes.

GOOD HEALTH HABITS

- Teach your children how to wash their hands (and remind the rest of the family too!). Use water and soap for 20 seconds or alcohol based gels until they are dry. For more info see www.cdc.gov/flu/protect/stopgerms.htm
- Avoid touching your eyes, nose and mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Avoid close contact with people who are sick.
- Make sure you and your children's vaccinations are up to date. Call your local health department if you need help. Kid's vaccines may be free. Get an annual flu vaccine.
- Get enough sleep and enough exercise depending on your age. See www.cdc.gov/HealthyLiving/
- Clean, cook and chill your food properly. See www.foodsafety.gov
- Quit smoking.
- Make a Family Disaster Plan.

IF YOU OR FAMILY MEMBER BECOMES ILL

- If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your cough and sneezes. Cough or sneeze into your upper sleeve or use a tissue and then wash your hands to help prevent others from becoming ill.
- Avoid close contact with others to prevent them from becoming ill.
- Don't hesitate to call your health care provider. Sudden onset of severe symptoms calls for quick attention by a doctor or nurse to help avoid a trip to the emergency room.

DURING A COMMUNITY-WIDE OUTBREAK

- Continue to follow good health habits - especially hand washing.
- See or listen to the TV, newspaper or radio. Contact your local health department if you need more information.
- Stay at home as much as possible. Be prepared to keep your family home for several days at a time in the event of serious illness like pandemic flu. Revisit your Family Disaster Plan.

DISEASE OUTBREAKS

WHAT IS TERRORISM? The FBI defines terrorism as, “the use of force or violence against persons or property to intimidate or coerce a government, the civilian population, or any segment thereof, in furtherance of political or social objectives.”

WHAT SHOULD YOU DO? If you detect suspicious activity that may relate to terrorism, please contact your local police department as soon as possible.

HOW CAN I PREPARE? Many of the steps you take to prepare for natural disasters apply to a terrorist incident. Having a plan is the only way to make sure that you and your family know what to do, how to do it, and when to do it if disaster strikes. – See the BEFORE DISASTER STRIKES section in this guide.

WHAT SHOULD I DO IF I SUSPECT I WAS EXPOSED TO A BIOLOGICAL, CHEMICAL, OR RADIOLOGICAL WEAPON?

Call 9-1-1

Biological Threat: A biological attack is the deliberate release of germs or other biological substances that can make you sick. Many agents must be inhaled, enter through a cut in the skin or be eaten to make you sick. Some biological agents such as anthrax, do not cause contagious diseases. Others like the small-pox virus, can result in diseases you can catch from people. Since these agents are undetectable to the senses, be alert for suspicious release of an unknown substance. Often symptoms are delayed and mimic common ailments such as the flu. Be alert for illnesses within the workplace that appear without warning or are out-of-season; illness limited to a small geographical area; an unusual disease that does not occur naturally in a given geographic area or a large number of unexplained diseases or death. Consult a physician when in doubt to the nature of your illness. Public health officials will provide information on what you should do as quickly as they can. However, it may take time for public health officials to determine exactly what the illness is, how it should be treated and who is in danger.

Chemical Threat: A chemical attack is the deliberate release of a toxic gas, liquid or solid that can poison people and the environment. Watch for signs of a chemical attack such as many people suffering from watery eyes, twitching, choking, having trouble breathing or losing coordination. Many sick or dead birds, fish or small animals are also cause for suspicion. If you see signs of a chemical attack, quickly try to define the impacted area or where the chemical is coming from. Take immediate action to get away from the area. If you think you have been exposed to a chemical, strip and wash with soap, being careful not to scrub the chemical into your skin. Seek emergency medical attention as quickly as possible.

Nuclear Threat: A nuclear blast is an explosion with intense light and heat, a damaging pressure wave and widespread radioactive material that can contaminate the air, water and ground surfaces for miles around. While experts may predict at this time that a nuclear attack is less likely than others, terrorism by its nature is unpredictable. If there is a flash or fireball, 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. In order to limit the amount of radiation you are exposed to, think about shielding, distance and time. If you have a thick shield between yourself and the radioactive materials, it will absorb more of the radiation and you will be exposed to less. Similarly, the farther away you are from the blast and the fallout, the lower your exposure. Finally, minimizing time spent exposed will also reduce your risk.

Radioactive Threat: A radiation threat or "Dirty Bomb" is the use of common explosives to spread radioactive materials over a targeted area. It is not a nuclear blast. The force of the explosion and radioactive contamination will be more localized. While the blast will be immediately obvious, the presence of radiation may not be clearly defined until trained personnel with specialized equipment are on the scene. As with any radiation, you want to try to limit your exposure. Think about shielding, distance and time.

For more information about terrorism visit the following:

www.fema.gov

www.cdc.gov

TERRORISM

**If you see (or smell) what you think is an emergency involving chemicals, first get to a safe location, then call 911
You may be asked to shelter-in-place.**

TO "SHELTER-IN-PLACE"

- Stay calm.
- Go indoors and stay indoors. Close all windows & doors.
- Turn on your radio or TV station and listen for additional instructions.
- Notify hearing-impaired and/or other special needs groups/individuals that you know.
- If you are in a vehicle, close windows and turn off ventilation fan system.
- If you are outside and can't possibly get indoors, move crosswind. This offers the best advantage for getting out of the path of the release and into a safe area.
- Turn off all window fans, vents, exhaust fans, furnaces, air conditioners, etc.
- Bring pets inside.
- Seal cracks around doors and windows with tape or wet towels.
- Keep a battery-operated radio, flashlight and extra batteries in your home.

For more preparedness tips visit www.redcross.org

WHEN EVACUATION IS NECESSARY

- You will be notified if evacuation is necessary.
- You will be directed to a shelter in an area that is out of danger.
- If you are a person of special needs and can not evacuate without assistance, call 911.
- Take your disaster supplies kit with you.
- You will be told where your school children are; do not call the school.

WAIT FOR THE "ALL CLEAR"

The "all clear" will be given on TV and radio.

Transportation will be provided, if needed.

Air out your home to get rid of remaining fumes.

FREQUENCY BAND

99.5 FM

103.9 FM

96.9 FM

101.9 FM

1490 AM

1280 AM

CHEMICAL EMERGENCIES

ELECTRICAL POWER OUTAGES

Power outages may occur from a number of natural disasters (tornadoes, ice storms, power demands during high heat periods) as well as from man-made emergencies (accidents, equipment failures, fuel shortages).

The following recommendations are provided to avoid potential safety and health concerns that may occur as a result of an electrical power outage or interruption to your home.

1. An electrical power outage or interruption may cause operational problems with your furnace. If your furnace is not operating be careful of hazards which can occur from alternative heating sources. **Do not** use alternative heating sources such as fuel burning space heaters, grills, and other appliances that can give off dangerous gases. **Carbon Monoxide is formed when you burn any fuel or run an engine and it can kill you. Do not use a portable power generator indoors or in any enclosed space.**

2. Check on your neighbors.

3. If you use electrical heaters powered by portable generators be careful where you place the heater and never leave the heater unattended.

4. If you use your fireplace for heating be sure that flues are open as required. **Do not overload your fireplace.**

5. If you leave your house for an alternative shelter due to lack of heat consider how to protect your water pipes from freezing or remove the water from your pipes, drains and toilets.

6. If you leave your house remember to take your identification, cell phone, any medications or special diet supplements and pets with you.

7. If you know of people that are out of town, please contact the local authorities. These homes should be checked for pets, etc.

8. If you leave your house be sure and let relatives know where you are going and how you may be contacted.

9. Make sure that any stoves supplied by natural gas or propane are turned off before you leave.

10. When you return to your home be careful restarting appliances. If in doubt, call your local gas utility.

FLOOD CLEAN-UP

It must be assumed during cleanup operations that all surfaces have been contaminated with disease-causing organisms. This important assumption must be considered in decisions involving personal safety of clean-up personnel as well as what items may be salvaged and what must be discarded.

Bacteria, viruses, mold, fungi etc. must be killed in the clean up process. The most widely accepted, safe, and effective sanitizing agent is hypochlorite in the form of household bleach. For all following procedures the bleach solution referred to is one cup of bleach to one gallon of water. This will give a sufficient strength to kill organisms. Quaternary Ammonium based sanitizers - usually advertised as non-chlorine bleach sanitizers - are very effective in sanitizing and will not stain like bleach. Time is an important consideration in clean up. Organisms to be killed will not become airborne as long as they remain wet. As long as surfaces remain wet, the only way organisms can enter the body and cause disease is by splashing into the mouth, eyes, open cuts, etc. Once dried, organisms can be spread on dust particles by air movement. Therefore it is important to bring the bleach solution in contact with contaminated surfaces as soon as possible after rinsing off heavy soil. In order to prevent decomposition and rotting of wet items, immediate drying after disinfection is necessary.

FOOD SAFETY

When flooding has occurred, food safety begins. Never take a chance with food that may have been contaminated. Foodborne bacteria often cannot be detected by taste, smell, or appearance. If in doubt - throw it out!

Flood water often contains sewage from municipal systems, septic tanks, lagoons and pastures. It may not be easy to determine if the water in your home is tainted. Therefore, it is best to assume that the water contains sewage and take the proper precautions. Without power, with the appliance door closed tightly, a fully packed freezer can only keep food properly cooled for two days, and a half-full freezer for one day.

Discard all foods that may have been contaminated by flood waters or by raw meat juices.

Foods kept over 4 hours at temperatures above 41 degrees F should be discarded. These include: raw or cooked meat, poultry and seafood, milk and dairy products, cooked pasta and pasta salads and eggs.

In emergency conditions, the following foods should keep at room temperatures for a few days: butter and margarine, dried fruits, opened jars of salad dressing, peanut butter, jelly, relish, taco sauce, barbecue sauce, mustard, ketchup, olives, hard and processed cheese, bread rolls, cakes, and muffins. **However, when in doubt- throw it out!**

When power has been restored, check the freezer for uncontaminated foods which still contain ice crystals (indicating that they are still partially frozen). These foods can usually be refrozen.

HEALTH & SAFETY ISSUES DURING DISASTERS

Children and the elderly are at the greatest risk to be injured or killed in a fire. Emphasize the following points with your children. Demonstrate and practice where applicable.

- Crawl to the nearest exit to stay below toxic smoke. If the door is hot, find another way out. If you can't get out, hang a sheet outside the window.
- Practice "stop, drop and roll" and explain that running will make the fire burn faster.
- Devise and practice a "Home Escape Plan." Identify two escape routes from each room. Choose a meeting place that is a safe distance from all hazards. Once everyone is outside, no one is allowed to re-enter the house for any reason.
- Install and maintain smoke detectors and carbon monoxide detectors in accordance with manufacturer recommendations. Change batteries in spring and fall when daylight savings time changes. Make sure that children recognize the smoke detector sound.
- Check wiring in your home. Replace worn or damaged cords and plugs.
- Maintain all electrical appliances, including furnace, stove, etc.
- Check chimney annually and clean as necessary.
- Do not use elevators to exit in case of a fire.

BE PREPARED IF YOU LOSE ELECTRICAL POWER IN THE HOME

- Cordless phones do not work during power outages. Cell phones or corded phones may.
- Post emergency numbers near the phone and keep a copy in your emergency kit.
- Automatic garage door openers won't work during an outage. Be sure you know how to operate the door manually.
- If anyone in the household depends on electrical medical equipment, call your electric supplier's 24-hour service center and have it noted on your account.
- If an outage occurs, call your electric supplier promptly. Every call helps determine the location and extent of an outage. Let them know of any downed lines, damaged poles, etc.
- During weather-related outages, turn off or unplug as many appliances as possible. This will help prevent damage from a power surge when power is restored. When power is restored, turn them on one at a time.
- Avoid using candles after severe weather damage or power outages – the risk of fire and explosion is too great.

Wisconsin Public Service

<i>Electric</i>	800-450-7240
<i>Gas</i>	800-450-7280
We Energies	800-662-4797
Alliant Energies	800-255-4268
Diggers Hotline	8-1-1

FIRE AND ELECTRICAL EMERGENCIES

SIGNS OF PETROLEUM PIPELINE RELEASE

- A strange or unusual smell in the area of a pipeline.
- Discoloration of vegetation surrounding the pipeline in an otherwise green area.
- Bubbling in wet areas, marshlands, rivers or creeks, or an oily or multi-colored sheen appearing on water surfaces.
- Flames originating from the ground or valves along the pipeline route.

PETROLEUM HAZARDS

- Petroleum products are flammable, may be poisonous if inhaled and may contain chemicals that cause cancer.
- Petroleum products may have a gaseous odor; their vapors are heavier than air and will tend to collect in low-lying areas.

SIGNS OF A PROPANE PIPELINE RELEASE

- A slight mist of ice or a frozen area on exposed pipes, valves or the ground.
- A dense white cloud of fog.
- Propane is odorless and transported in pipelines as a high-pressure liquid that will vaporize if released into the air.

PROPANE HAZARDS

- Propane is extremely flammable and explosive.
- Propane is heavier than air; will tend to collect in low-lying places and may form a liquid pool.
- Contact with propane liquid may result in frostbite.

SIGNS OF A NATURAL GAS PIPELINE RELEASE

- A loud roar or squeal from the area of a pipeline.
- A natural gas odor.
- Fire or explosion.
- Continuous flying debris or water from an excavation or pipeline.
- Bubbling in wet areas, marshlands, rivers or creeks.

NATURAL GAS HAZARDS

- Natural gas is flammable and explosive.
- Natural gas will displace air and cause dizziness or loss of consciousness if inhaled.
- Natural gas is lighter than air and will rise from a leak source.

WHAT TO DO IF A LEAK IS SUSPECTED

- **Do** leave the area or building immediately, by foot, in a direction away from the vapors or fumes.
- **Do** avoid anything that could cause vapors to ignite.
- **Do** warn others to stay away from the area.
- **Do** call 911 and/or the fuel supplier from a remote location.
- **Do not** light a match, start an engine, operate any electrical device (telephone, light switch, doorbell, garage door opener, etc.). Avoid carpeted areas that could cause a static electric spark.
- **Do not** take time to open windows, turn off pilot lights or other equipment.
- **Do not** drive into or near the area around the leak.
- **Do not** try to extinguish a fire on a pipeline or operate any pipeline equipment.

If your carbon monoxide detector goes off, **call 911**.
Do not ventilate (see above). Exit the building.

GAS AND PETROLEUM EMERGENCIES

Natural or other disasters can strike suddenly at any time, and anywhere. A disaster can damage or destroy your property, force you to temporarily live somewhere else, cut the flow of wages and other income, or ruin valuable and irreplaceable records.

The important thing is to begin planning now, before the unexpected becomes a harsh reality.

1. CREATE AN EMERGENCY COMMUNICATIONS PLAN

- Choose an out-of-town contact your family or household will call or e-mail to check on each other should disaster occur.
- Help your child memorize this important family information. Children not old enough to memorize the information should carry a small index card that lists emergency information to give to an adult or babysitter.
- Teach your children how and when to call for help.
- Post emergency phone numbers by all telephones.

2. ESTABLISH A MEETING PLACE

- Having a predetermined meeting place away from your home will save time and minimize confusion should your home be affected or the area evacuated.
- Be sure to include pets in these plans, since pets are not permitted in shelters and some hotels will not accept them.

3. ASSEMBLE A DISASTER SUPPLIES KIT

- If you need to evacuate your home or are asked to "shelter-in-place", having some essential supplies on-hand will make you and your family more comfortable.
- Prepare a disaster supplies kit in an easy-to-carry container.
- The kit should include: special needs items for any household member (infant formula or items for people with disabilities or older people), first aid supplies (including prescription medications), a change of clothing for each person, a sleeping bag or bedroll for each, a battery-powered radio and flashlight and extra batteries, food, bottled water and tools.
- Include some cash and copies of important family documents in your kit. If you have already planned ahead and completed a household inventory, a copy should be placed in your disaster supplies kit.

4. CHECK ON YOUR WORKPLACE EMERGENCY PLAN AND THE SCHOOL EMERGENCY PLAN FOR ANY CHILDREN

You need to know if schools will keep children at school until a parent or designated adult can pick them up or send them home on their own. Be sure the school has updated information about how to reach parents and responsible caregivers to arrange for pickup. Ask what type of authorization the school may require to release a child to someone you designate. During times of emergency, the school telephones may be overwhelmed with calls.

PROTECT YOUR PROPERTY

- Install smoke/carbon monoxide detectors.
- Keep an AM/FM radio, NOAA weather radio, flashlight and extra batteries on-hand.

CONDUCT A HOUSEHOLD INVENTORY

- Inventory your household possessions by making a visual or written record of everything you own, inside and out.

TO CONDUCT A THOROUGH HOME INVENTORY

- Record the location of the originals of all important financial and family documents. Keep the originals in a safe place and store copies elsewhere.
- Get professional appraisals of jewelry, collectibles, artwork or other items that are difficult to value. Update appraisals every two to three years.
- Update your inventory list annually.

Once you have completed your list, put a copy in your disaster supplies kit, leave a copy with relatives or friends, or in a safe deposit box. Don't leave your only copy at home where it might be destroyed.

For more information visit www.redcross.org or call your local American Red Cross at 920-231-3590.

BEFORE DISASTER STRIKES

**REMAIN CALM AND BE PATIENT...
FOLLOW THE ADVICE OF LOCAL EMERGENCY
OFFICIALS & LISTEN TO YOUR RADIO OR TELEVISION
FOR NEWS AND INSTRUCTIONS**

AFTER A DISASTER STRIKES:

If the disaster occurs near your home while you are there:

- Be watchful for structural damage. Roofs and floors may be damaged and subject to collapse.
- **Do not** light matches or candles or turn on electrical switches.
- Check for fires, fire hazards and other household hazards.
- If you smell gas or suspect a leak, leave the effected area and call 911.
- Confine or secure your pets.
- Call your family contact – do not use the telephone again unless it is a life-threatening emergency.
- Check on your neighbors, especially those living alone, elderly or disabled. Do not enter any damaged site.
- Your local American Red Cross may be reached at 920-231-3590

Cautions

Food, beverages and medicine exposed to heat, smoke, soot and water should NOT be consumed.

Leaving Your Home

- In some cases, it may be necessary to board up openings to discourage trespassers.
- Beginning immediately, save receipts for any money you spend. These receipts are important in showing the insurance company what money you have spent related to your loss and also for verifying losses claimed on your income tax.
- **If it is safe to do so**, try to locate the following items:
 - Identification, such as drivers license and social security cards
 - Insurance information
 - Medication information
 - Eyeglasses, hearing aids or other prosthetic devices
 - Valuables, such as credit cards, bank books, cash and jewelry

There are many people/entities that should be notified of your relocation, including:

- Your insurance agent/company
- Your mortgage company (also inform them of the loss)
- Your family and friends
- Your employer
- Your child's school
- Your post office
- Any delivery service

Do not throw away any damaged goods until after an inventory is made. All damages are taken into consideration in developing your insurance claim.

If you are considering contracting for inventory or repair services, discuss your plans with your insurance agent/company first.

PET DISASTER SUPPLY KIT

Disaster shelters cannot accept pets because of states' health and safety regulations and other considerations. In the event of a disaster, if you must evacuate, the most important thing you can do to protect your pets is to evacuate them too. Shelters for pets will be established. Location information will be given through local media outlets.

Your Pet Disaster Kit should include:

- Medications and medical records (stored in a waterproof container) and a first-aid kit.
- Sturdy leashes, harnesses, and/or carriers to transport pets safely and ensure that your animals can't escape.
- Current photos of your pets, in case they get lost.
- Food, portable water, bowls, cat litter/pan, and can opener.
- Information on feeding schedules, medical conditions, behavior problems and the name and number of your veterinarian, in case you have to foster or board your pets.
- Pet beds and toys, if easily transportable.

IF DISASTER STRIKES

LIGHTNING

Lightning occurs with all thunderstorms. People who are outdoors, especially near tall trees, in/on water or on/near hilltops are most at risk.

It is a myth that if it is not raining, there is no danger from lightning. Lightning often strikes outside heavy rain and may occur as far as 10 miles away from any rainfall. If you can hear thunder, you are close enough to be struck by lightning.

WHEN A STORM APPROACHES

- Move to a sturdy building or car.
- Do not take shelter in small sheds, under isolated trees or in convertible automobiles.
- Get out of boats and away from water.

IF CAUGHT OUTDOORS AND NO SHELTER IS AVAILABLE

Find a low spot away from trees, fences and poles.

If in the woods, take shelter under the shorter trees.

FLASH FLOODS

Heavy rain can quickly turn small streams into raging rivers. Most flash flooding is caused by slow-moving thunderstorms or storms repeatedly moving over the same area. Topography, soil conditions and ground cover also play a role.

It is important that you identify an area safe from flooding. Avoid camping or parking along streams, particularly during threatening conditions.

If flooding is occurring or predicted, do not use any electrical devices and turn off the main circuit breaker or remove the primary fuse cartridge, but only if you can reach it without touching water.

HOW TO RECEIVE WEATHER INFORMATION

NOAA Weather Radio is the best way to receive forecasts and warnings from the National Weather Services. Most of Wisconsin is covered by one of seven frequencies. Weather radios are available at many electronics stores. Winnebago County's NOAA weather radio frequencies are:

AREA OF COUNTY	FREQUENCY BAND
North	162.550
Northwest	162.525
South	162.500

County SAME code # 055139

PREPARE

Lightning, flooding rains, large hail, and severe wind gusts can turn a fun afternoon at the park or campground into a dangerous adventure. If unprepared, a fast-approaching storm can become deadly. It's important that you and your family understand what to do if a storm approaches.

KNOW THE ANSWERS TO THESE QUESTIONS WHEN YOU ARE TRAVELING

- What county and city are you visiting?
- Where will you go if threatening weather is approaching?
- How will you find out if a storm is moving toward your area?
- How will you receive warnings and forecasts before the storm strikes?

TORNADO WATCH

Conditions are favorable for tornado development.

TORNADO WARNING

A tornado has either been sighted by spotters, indicated on radar, or is imminent within the warning area.

- Seek shelter in a sturdy building, preferably in a basement or secure inner room with no windows.
- The Red Cross and Weather Service believe that if you are caught outdoors, you should seek shelter in a basement or the lowest interior room of a sturdy building. If you cannot quickly walk to a shelter:
 - Immediately get into a vehicle, buckle your seat belt and try to drive to the closest sturdy shelter.
 - If flying debris occurs while you are driving, pull over and park.

Now you have the following options as a last resort:

- > Stay in the car with the seat belt on. Put your head down below the windows, covering your head with your hands.
- > If you can get noticeably below the level of the roadway, exit your car and lie in that area, covering your head with your hands.

- Your choice should be driven by your circumstances.

- If you live in a mobile home, immediately move to a sturdy building. A mobile home is extremely unsafe during a tornado event!
- **Preparedness begins by identifying a safe location well in advance of any severe weather and having a way to get weather alerts wherever you are; for example a NOAA weather radio.**

AFTER THE TORNADO PASSES

- Watch out for fallen power lines and stay out of the damaged area.
- Listen to local media for information and instructions.

SEVERE WEATHER

A Heat wave usually consists of high temperatures and high relative humidity. This combination makes it difficult for the human body to eliminate heat through the skin and sweat glands. Sweating will not cool the human body unless the water is removed by evaporation. High relative humidity, consequently, inhibits evaporation. Certain medications can also make it difficult for a person to sweat.

PEOPLE AT GREATEST RISK DURING EXTREME HEAT EVENTS

Older adults, people on certain medications including psychotropic drugs, isolated individuals who live alone and seldom leave their home, infants and young children, persons with chronic heart or lung problems, overweight people, persons with disabilities and people who work outside are at a greater risk during extreme heat events.

SYMPTOMS OF HEAT-RELATED ILLNESS AND WHAT TO DO

Heat Cramps- Cramps or muscle spasms in the abdomen, arms or legs.

Solution: Stop activity, cool down and drink clear juice or sports drink.

Heat Exhaustion- Heavy sweating, paleness, muscle cramps, weakness, dizziness, headache, nausea, fainting.

Solution: Cool down, seek medical attention if person has heart problems or high blood pressure.

Heat Stroke- Extremely high body temperature, red, hot, dry skin, rapid pulse, throbbing headache, dizziness, nausea, confusion, unconsciousness

Solution: Call 911 and cool the victim with shower or hose until help arrives.

WHAT YOU AND YOUR FAMILY CAN DO

- Slow down (reduce outdoor activities).
- Dress for summer (wear lightweight light-colored clothing).
- Drink plenty of water or other non-alcohol fluids (check with your doctor if you are on medications or have a problem with fluid retention).
- Spend more time in air conditioned places (if your home doesn't have air conditioning, spend some time in an air conditioned facility during the worst of the heat, or sit in a bathtub containing cool water).
- Don't get too much sun (sunburn makes it more difficult to cool off).
- Listen to NOAA Weather Radio, commercial TV or radio, or cable TV for the latest forecasts and heat index values.

BEFORE A FLOOD

To prepare for a flood, you should:

- Elevate the furnace, water heater, and electric panel if susceptible to flooding.
- Install "check valves" in sewer traps to prevent floodwater from backing up into the drains of your home.
- Seal the walls in your basement with waterproofing compounds to avoid seepage.

KEEP EMERGENCY SUPPLY KIT IN UPPER LEVEL OF HOME.

DURING A FLOOD

If flooding is occurring or threat of flooding is imminent, you should:

- Listen to the radio or television for information.
- If there is a possibility of flash floods, move immediately to higher ground.
- Be aware of streams, drainage channels, and other areas known to flood suddenly.

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

- Secure your home. If you have time, bring in outdoor furniture. Move essential items to an upper floor.
- Turn off utilities at the main switches or valves if instructed to do so by local authorities. Disconnect electrical appliances.
- Do not touch electrical equipment if you or the appliance is wet or in standing in water.

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

- Do not walk through moving water. Six inches of moving water can make you fall.
- Do not drive into flooded areas. If floodwaters rise around your vehicle, abandon the vehicle and move to higher ground.

AFTER A FLOOD

The following are guidelines for the period following a flood:

- Listen to local media news reports for community updates and resources.
- Avoid floodwaters; water may be contaminated by oil, gasoline, other hazardous chemicals or raw sewage.
- Be aware of areas where floodwaters have receded.
- Roads and bridges may have weakened and could collapse under the weight of a car.
- Stay away from downed power lines, and report them to the power company.
- Return home only when authorities indicate it is safe.
- Stay out of any building if it is surrounded by floodwaters.
- Clean and disinfect everything that was in contact with floodwater. Residue left by floodwater can contain sewage and chemicals.

HEAT SAFETY

Many people die or are injured each year as a result of winter storms. There are many heart attacks brought on by snow shoveling and prolonged exposure to winter weather. Conditions can bring about frostbite and other severe injuries, and even death. Certainly, everyone is aware that thousands of traffic accidents occur each year directly related to icy driving conditions, which kill and/or injure drivers, passengers and pedestrians.

Before you travel call for updates on road conditions (5-1-1).

WHEN YOU ARE STRANDED OUTDOORS IN A WINTER STORM, YOU SHOULD

- Use your cell phone (if you have one) to call 911 for help. Be prepared to describe your surroundings to rescuers.
- Find shelter; it's your highest priority and could save your life. Build a lean-to, some kind of windbreak or dig a snow cave.
- Cover all exposed areas of your skin and stay out of the wind as much as possible.
- Try to keep your clothing dry.
- Build a fire, if possible, both for heat and to attract attention from others.
- Never eat snow; it will lower your body temperature. Melt snow first to get a drink.

WHEN YOU ARE STRANDED IN A VEHICLE, YOU SHOULD

- Use your cell phone (if you have one) to try to call 911 for help. Be prepared to describe your surroundings to rescuers.
- Stay in your car. It's very easy to get disoriented and quickly get lost.
- Run the engine for 10 minutes each hour for heat.
- Open a window slightly for fresh air.
- Try to make yourself visible to rescuers. Turn on the dome light at night and/or raise the hood.
- Try to move around periodically to raise your body temperature and keep your blood circulating.

WHEN YOU ARE STRANDED AT HOME OR IN A BUILDING, YOU SHOULD

- Use a phone or cell phone (if available) to call 911 for help.
- Stay inside and make sure you properly ventilate when using a wood stove or fireplace as a heat source.
- If you have no heat source, close off unused rooms, stuff towels in the cracks under the doors and cover the windows at night.
- Eat and drink; food is important for body energy and heat production and your body needs to be replenished with fluids to prevent dehydration.

Remember, anytime you are stranded by winter weather, don't panic; try to stay out of the weather if at all possible, stay dry and stay in one location until help arrives. By following these common sense rules, you give yourself the best chance of survival and rescue.

EMERGENCY CAR KIT

- Battery-powered radio and extra batteries
- Flashlight and extra batteries
- Blanket
- Fire extinguisher (5lb. A-B-C type)
- First-aid kit and manual
- Bottled water and non-perishable, high-energy foods such as granola bars, raisins and peanut butter
- Maps
- Shovel
- Tire repair kit and pump
- Flares

WINTER STORMS

Winnebago County's Outdoor Warning Siren Activation Guidelines

IN EMERGENCIES

Winnebago County will activate the County's outdoor warning sirens under the following conditions:

1. The National Weather Service places Winnebago County under a Tornado Warning.
2. A Winnebago County weather spotter observes an actual funnel cloud and the sighting is confirmed.
3. When there are straight-line winds or downbursts in excess of 90 mph.
4. The Emergency Management Director shall have authority to deviate from the above guidelines based upon each incident's situation.
For example: Activating the siren system **prior** to a National Weather Service "Tornado Warning" if it is confirmed by spotters that a tornado is developing and/or has developed.

NON-EMERGENCIES

For testing purposes, the outdoor warning sirens will be activated every Saturday from April through September at 12 noon. Under stable weather conditions, for service and repair purposes, sirens may be activated periodically throughout the year.

Remember: These warning sirens are for outdoor warning purposes only. They are not intended to be heard inside buildings. The purpose is to warn people who are outside of impending danger so they can seek shelter. For an indoor warning system, purchase a **NOAA Weather Radio**.

Remember: When you hear a siren, move to cover. Listen to a radio or television for further information.

Remember: Hearing a second siren sound does not mean all is OK, it means another storm cell is on its way.

Remember: Please do not call 9-1-1 to ask why the sirens are activated.

SIREN ACTIVATION GUIDELINES
