

Are
You
Prepared?

An Emergency Guide for
Stutsman County

Made possible by the
Stutsman County Local Emergency Planning Committee

Special thanks to the Minn-Kota Chapter of the American Red Cross, the City of Fargo and their partners for allowing adaptation of their "Are You Prepared?" booklet for use in our area.



The primary purpose of this guide is to provide Stutsman County citizens information regarding actions that can be taken to save lives, reduce injury and protect property in the event of an emergency or disaster.

Use this guide to:

- ✓ Understand the dangers faced in an emergency.
- ✓ Learn the emergency actions necessary to prepare for an emergency.
- ✓ Plan and prepare for disaster.



Please keep this guide for future reference.

Table of contents

Information resources	1
Build an emergency preparedness kit	2
Make a plan	3
Watches and warnings	4
Sirens	4
Evacuation and community shelters	5
Shelter-in-place	6
Pets and disaster	7

Types of Emergencies:

Chemical emergencies	8
Electrical blackouts	9
Fire safety	10
Flash flooding and floods	11
Heat waves	12
Lightning and thunderstorms	13
Natural gas emergencies	14
Pandemic influenza and bird (avian) flu	15
Public health emergencies	16
Tornadoes and downed powerlines	17
Winter storms and extreme cold	18
Wildfires	19
Personal contact information	20

Information resources*

If you need assistance in an emergency, call 9-1-1.

The resources below are provided to assist you in your emergency planning.

Buffalo Valley Chapter, American Red Cross

701-252-3550 - www.redcross.org

- ✓ Disaster Planning Resources
- ✓ CPR and First Aid Courses
- ✓ Educational Presentations

“Call before you dig”

800-795-0555 or call 8-1-1

Central Valley Health District

701-252-8130 -

www.centralvalleyhealth.org

- ✓ Disaster Planning Resources
- ✓ Educational Presentations

Federal Resources:

Homeland Security

www.dhs.gov

Federal Emergency

Management Agency:

www.fema.gov

National Weather

Service

www.weather.gov

Information and Referral (Statewide) Call 2-1-1

Jamestown Area Ambulance

701-252-1231

- ✓ CPR and First Aid Courses

Jamestown Fire Department

701-252-1441

- ✓ Fire Prevention Resources
- ✓ Fire Extinguisher Training

Jamestown Police Department

701-252-2414

ND Road Reports

Call 5-1-1 - www.dot.nd.gov

ND Department of Emergency Services

800-773-3259 - www.nd.gov/des

ND Department of Health

701-328-2270 - www.health.nd.gov

800-472-2180 - Disease Control

Poison Center

800-222-1222

Stutsman County Emergency Management/9-1-1

701-252-9093

- ✓ Disaster Planning Resources
- ✓ Planning Referrals
- ✓ Educational Presentations

Stutsman County Sheriff’s Department

701-252-9000

* If your community’s information is not listed, please call the Stutsman County Emergency Manager at 701-252-9093 for current contact information.

Build an emergency preparedness kit

Emergencies can occur quickly and without warning. Prepare for the unexpected now by assembling a kit designed to help you cope with a variety of emergencies.

Suggested items for your kit:

- ✓ Bottled water (1 gallon of water per person, per day for at least 3 days)
- ✓ First aid kit, essential medications
- ✓ Sanitation items
- ✓ Blankets
- ✓ Duct tape, plastic sheeting
- ✓ All-hazards weather radio
- ✓ Battery-powered radio, flashlight, extra batteries
- ✓ Canned food, manual can opener
- ✓ Extra warm clothing including boots, mittens and a hat
- ✓ Red or brightly-colored cloth
- ✓ Backup power source for any required medical equipment, such as an oxygen tank



Your emergency kit should include a first aid kit, warm clothing and a flashlight with extra batteries.

Prepare a kit for your car and recreational vehicles with the following **additional** items:

- ✓ fire extinguisher
- ✓ booster cables and tow rope
- ✓ compass and road maps
- ✓ shovel
- ✓ tire repair kit and pump
- ✓ extra clothing to keep dry
- ✓ road flare
- ✓ small tool kit
- ✓ non-perishable, high-energy snacks

For more information on building emergency kits, contact the Buffalo Valley Red Cross at 701-252-3550.

Make a plan

Individuals, families and businesses have a responsibility to prepare themselves for emergencies or disasters that may strike. A disaster plan will minimize property loss and injury and help with recovery.

Hoping that something bad will never happen is not a plan!

What you can do to be prepared:

The first step is to find out what can happen. This booklet identifies many of the hazards common to Stutsman County. It's important that each individual household and business develop their own disaster plan.

The plan should include:

✓ **Escape Routes** – Draw a floor plan of your home or business and mark two escape routes from each room.

✓ **Meeting Place** – Have a predetermined meeting place away from your home or business. Include pets in these plans. (See page 7)

✓ **Emergency Communications Plan** – Your family or employees may not be together when disaster strikes, so plan how you will contact one another. Choose someone out-of-town who can relay information. Make sure every person has all of the contact names, numbers and email.

✓ **Insurance and Vital Records** – Obtain or update property, health and life insurance. Review existing policies for sufficient coverage to meet your needs.

✓ **Special Needs** – If you or someone close to you has a disability or a special need, create a network of neighbors, relatives, friends and co-workers that can provide aid in an emergency.



Check/Update These Items Annually:

- ✓ Furnace
- ✓ Water Heater
- ✓ Air Conditioner
- ✓ Sump Pump
- ✓ Smoke Alarms
- ✓ Contact List
- ✓ Emergency Preparedness Kit Supplies
- ✓ Batteries
- ✓ Insurance
- ✓ Escape route plan

Practice Your Plan!

Watches and warnings

A storm **watch** means a storm is possible in your area. When a watch is issued, listen to local radio, all-hazards weather radio or TV stations for additional information or go to www.weather.gov. Be alert to changing weather conditions and avoid unnecessary travel.

A storm **warning** means a storm is headed for or is already in your area. When a storm warning is issued:

Safety experts recommend that you stay indoors; it's the best place to protect yourself.

Having access to an **all-hazards weather radio** provides direct warnings to the public of severe weather and other emergencies. All-hazards weather radios can be purchased at discount stores, electronic retailers and on Web sites.



A storm warning means a storm is headed for or is in your area.

Sirens



Sirens are not just for severe weather.

Outdoor warning sirens alert us to **chemical spills, severe weather, and other community emergencies.**

Sirens sound for unsafe conditions, even though skies may be clear.

When sirens sound, go indoors and turn on your local radio, all-hazards weather radio or TV stations, to find out what the threat is and how to protect yourself.

Routine testing of outdoor warning sirens occurs in most Stutsman County communities on the first Wednesday of the month.

Evacuation and community shelters

Evacuation orders may be issued when an emergency or disaster threatens. Listen to local radio, all-hazards weather radio or TV stations when an emergency arises. If local officials direct you to leave your home or place of business, do so immediately! Be aware of alternate routes. Do not wait until the last moment to leave.

If you only have moments to evacuate, remain calm and grab the following:

- ✓ Emergency preparedness kit
(See page 2)
- ✓ Current medical supplies -
prescription medications,
diabetes test strips, etc.
- ✓ Extra blankets and pillows
- ✓ Eyeglasses
- ✓ Extra clothing for the weather
conditions
- ✓ Pets and a list of pet “friendly”
places (family, friends, boarding facilities, veterinarians and
pet-friendly hotels)
- ✓ Car keys, personal identification and a small
amount of cash



If you must evacuate your home, be sure to grab your glasses or contact lenses, as well as any prescription medicines.

Community Shelters

Community shelters may be opened in certain emergencies or disasters. Listen to local radio, all-hazards weather radio or TV stations for community shelter locations.

- ✓ Do not assume that a community shelter will have everything you need. In most cases the shelter will provide only emergency items such as meals, cots and blankets.
- ✓ Be aware that pets (other than service animals) usually are not permitted in community shelters for health reasons.

Shelter-in-place

One of the instructions you may be given when hazardous materials may have been released into the atmosphere is to “shelter-in-place”. This is a precaution aimed to keep you safe while remaining indoors. (This is not the same thing as going to a community shelter.) **Shelter-in-place means selecting a small interior room in your home or place of business with no or few windows and taking refuge there.** Shelter-in-place *does not* mean sealing off your entire home or office building.

You might need to shelter-in-place if chemical, biological or radiological contaminants are released into the environment. If this happens, local authorities may alert the public using sirens. For information listen to local radio, all-hazards weather radio or TV stations to help protect yourself and your family.



Know how to shelter-in-place:

- ✓ Close and lock all windows and exterior doors.
- ✓ If you are told there is danger of explosion, close window shades, blinds and curtains.
- ✓ Turn off all fans, heating and air conditioning systems.
- ✓ Close the fireplace damper.
- ✓ Get your emergency preparedness kit and radio.
- ✓ Go to an interior room without windows that is **above ground level**. Bring your pets with you.
- ✓ Place wet towels under the cracks of doors. Use duct tape and plastic sheeting/bags (heavier than food wrap) to seal all cracks around the door and any vents into the room.
- ✓ Keep listening to your radio or television until you are told all is safe.

Close curtains and lock your windows and doors if authorities advise you to shelter-in-place.

Pets and disaster

If you evacuate, the best way to protect your pets is to evacuate them, too. Leaving pets behind, even if you try to create a safe place for them, is likely to result in them being injured, lost or worse.

Have a safe place to take your pets. . .

Community shelters may not accept pets because of state regulations and other considerations. Service animals that assist people with disabilities are the only animals allowed in Red Cross community shelters.

- ✓ Keep a list of “pet friendly” places, including phone numbers. Ask if “no pet” policies could be waived in an emergency at hotels or motels or a friend’s apartment complex.
- ✓ Ask relatives, friends or others outside the affected area whether they could shelter your animals in their homes.
- ✓ Bring all pets into the house when an emergency begins so that you won’t have to search for them if you have to leave in a hurry.
- ✓ Make sure all dogs and cats are wearing collars and securely fastened, up-to-date identification.



Birds should be transported in a secure travel carrier. Provide a few slices of fresh fruits and vegetables with high water content. Have a photo for identification and leg bands. Bring plenty of paper towels to collect waste in the bottom of the bird’s cage.

Snakes can be transported in a pillowcase but they must be transferred to more secure housing when they reach the evacuation site. Take a water bowl large enough for soaking as well as a heating pad.

When transporting **house lizards**, follow the same directions given above for birds.

Small mammals (hamsters, gerbils, etc.) should be transported in secure carriers. Take bedding materials, food bowls and water bottles.

Chemical emergencies

Under certain conditions, chemicals can be poisonous or have a harmful effect on your health. Some chemicals, which are safe and even helpful in small amounts, can be harmful in larger quantities or under certain conditions. Chemical accidents do happen – at home and in the community and may involve fire or explosion. You may be unable to see or smell anything, but still be in danger of exposure.

You may be exposed to a chemical in three ways:

- ✓ Breathing the chemical
- ✓ Swallowing contaminated food, water or medication
- ✓ Touching the chemical, or coming into contact with clothing or things that have touched the chemical

The most common home chemical emergencies involve small children ingesting medicines. Keep all medicines, cosmetics, cleaning products and other household chemicals out of sight and reach of children. If your child eats or drinks a non-food substance, find any containers immediately and take them to the phone. Call the poison center at 800-222-1222 or 9-1-1 and follow their instructions carefully.

Chemical accidents can be prevented:

- ✓ Always read the directions before using a new product.
- ✓ Do not mix household chemicals.
- ✓ Never smoke while using household chemicals.
- ✓ If you should spill a chemical, ventilate the area and clean up immediately; always protecting your nose, mouth, eyes and skin.
- ✓ Dispose of products properly to preserve our environment and protect wildlife.
- ✓ Never store hazardous chemicals in food containers.

During a large-scale hazardous material accident in your community, stay upwind or upstream of the release and find shelter immediately. Listen to local radio, all-hazards weather radio or TV stations for information. If advised, follow instructions to evacuate or shelter-in-place.

Care: Carefully remove contaminated clothing and jewelry, flush exposed area with lots of cool water for 20 minutes, and seek medical care.

Electrical blackouts

Before the electrical blackout. . .

- ✓ If you have an electric garage door opener, locate the manual release lever and learn how to operate it.
- ✓ Keep your car's gas tank at least half full because gas stations rely on electricity to power their pumps.
- ✓ Have an alternative power source available (i.e. extra batteries) for electrical and battery-operated medical equipment.
- ✓ Most cordless phones won't work if the power goes out, so be sure to have a standard, corded telephone in your home. Cellular phones may not operate properly.



During the blackout. . .

- ✓ Use a flashlight for emergency lighting—candles will increase your risk of a house fire dramatically.
- ✓ Turn off electrical equipment you were using when the power went out. Leave one light on so you'll know when power returns.
- ✓ Avoid opening the refrigerator and freezer. Most medication that requires refrigeration can be kept in a closed refrigerator for several hours.
- ✓ Never use outdoor cooking devices (i.e. grills) indoors to prevent carbon monoxide poisoning.
- ✓ Don't run a generator inside a home or garage or connect it to a home's electrical system to prevent carbon monoxide poisoning. If you use a generator, connect the equipment you want to power directly to outlets on the generator.
- ✓ Listen to a battery powered radio for the latest information.

Make sure there is a standard, corded telephone in your home. It may be the only phone that works during a blackout.

Fire safety

Install a **smoke alarm** outside each sleeping area and on each level of your home. If people in your home sleep with doors closed, install smoke alarms inside sleeping areas. **Test** smoke alarms once a month and **replace** all batteries at least once a year.

Have one or more fire extinguishers in your home. Fire extinguishers are only useful in small, contained fires. Contact your local fire department for advice on which types work best and how to use them. (See page 1)

Plan your escape routes:

- ✓ Determine at least two ways to escape from every room of your home.
- ✓ Consider escape ladders for sleeping areas on the second or third floor and egress windows for lower level and basement rooms.
- ✓ Select a location where everyone would meet after escaping and educate everyone in the family.
- ✓ Practice your escape plan at least twice a year with members of your household.

Escape safely:

If you see smoke or fire in your first escape route, use your second way out. If you must exit through smoke, crawl low under the smoke to your exit.

If you are escaping through a closed door, feel the door with the back of your hand before opening it. If it is warm, use an alternate route. If smoke, heat or flames block your exit routes and you cannot escape through a window, stay in the room with the door closed. Signal for help using a brightly colored cloth at the window. If you have access to a phone, call 9-1-1.



Never attempt to put out a large fire with a fire extinguisher – leave the area immediately.

When in doubt, get out!

Once out, stay out! Property can be replaced, lives cannot!

Flash flooding and floods

When a **flash flood or flood watch** is issued, it means flooding is possible. Consider moving your valuables to higher floors in your home. Prepare for possible evacuation.

When a **flash flood warning or flood warning** is issued, it means flooding has been reported or is imminent. Listen to local radio, all-hazards weather radio or TV stations for information. Move to higher ground away from rivers, streams, creeks and storm drains.

When an **urban and small stream advisory** is issued, flooding of small streams, streets and low-lying areas such as underpasses and urban storm drains is occurring. Avoid low-lying areas and flooded streets.



Do not drive around barricades or on flooded roads. If your car stalls in rapidly rising waters, abandon it immediately and move to higher ground.

During a flash flood warning, do not drive around barricades or attempt to drive down streets that are covered by water. Underestimating the water's depth could be a deadly mistake.

After the flood:

- ✓ If fresh food has come into contact with flood waters, throw it out.
- ✓ If advised, boil drinking water before using.
- ✓ Do not visit disaster areas. Your presence will hamper rescue and other emergency operations.
- ✓ Electrical equipment should be checked and dry before returning to service.
- ✓ Use flashlights to examine buildings. Do not use lanterns, torches or matches because flammables may be inside.
- ✓ Report broken utility lines to the appropriate utility companies.



Heat waves

Dangers we face during periods of very high temperatures include. . .

Heat cramps: Muscular pains and spasms can be early signs that the body is having trouble with the heat.

Never leave children or pets unattended inside vehicles, for any length of time. The temperature inside a vehicle rises rapidly.

Heat exhaustion: Signals of heat exhaustion are cool, moist, pale, ashen or flushed skin; headache; nausea; dizziness; weakness; exhaustion and heavy sweating.

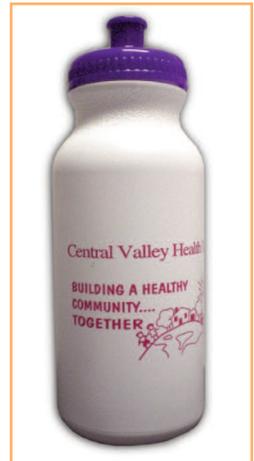
Heat stroke: Heat stroke is life-threatening. Signals of heat stroke are red, hot dry skin; changes of the level of consciousness; and vomiting.

If A Heat Wave Is Predicted Or Happening:

- ✓ Slow down. Avoid strenuous activity, especially during the warmest part of the day.
- ✓ Stay indoors as much as possible.
- ✓ Wear lightweight, light-colored clothing.
- ✓ Drink plenty of water regularly and often. Avoid caffeinated and alcoholic beverages.
- ✓ Eat small meals and eat more often.

Care for Heat Related Emergencies:

- ✓ Move the person to a cool place.
- ✓ Loosen tight clothing.
- ✓ Remove perspiration soaked clothing.
- ✓ Fan the person.
- ✓ Apply cool, wet towels to the skin.
- ✓ If the person is conscious, give small amounts of cool water to drink.
- ✓ If their condition does not improve, call 9-1-1.



Drink plenty of water during a heat wave and eat smaller, more frequent meals.

Lightning and thunderstorms

If you can hear thunder, you are close enough to the storm to be struck by lightning. Go to a safe shelter immediately and listen to local radio, all-hazards weather radio or TV stations for information and instructions.

When a storm approaches, avoid using the telephone or any electrical appliances, and do not take a bath or shower.

If you are outside, stay away from tall objects, wire fences, machinery, hilltops, telephone poles, power lines, open water or any other conductor which can transmit the electricity to you. If you are boating or swimming, get to land and find shelter immediately!



If you can hear thunder, you are close enough to the storm to be struck by lightning. Seek shelter immediately.

If you can't find shelter, go to a low-lying area, but be aware that flash flooding may occur. Seek an open place away from trees, poles, or metal objects. Squat low to the ground, place your hands over your ears and your head between your knees.

Do not lie flat on the ground!

Make yourself the smallest target possible to minimize your exposure to the ground. If you are with other people spread out.

After the storm passes, stay away from storm-damaged areas. Listen to local radio, all-hazards weather radio or TV stations for information and instructions.

If someone has been struck by lightning, they do not continue to carry an electrical charge and can be handled safely. Call 9-1-1 and give first aid. **Basic first aid skills are essential. Contact the Buffalo Valley Red Cross or Jamestown Area Ambulance for available classes.**

Natural gas emergencies

You can help prevent natural gas emergencies by calling 800-795-0555 or 8-1-1, before you dig on your property. This will help you avoid hitting gas lines.

If you smell gas outdoors, move away from the area until you no longer smell the gas and call 9-1-1. Do not return to the area until authorities tell you it is safe to do so.

If you smell gas indoors or hear a hissing or blowing sound, open a window and leave immediately, leaving doors open to help ventilate the building. Do not use light switches, electrical appliances, two-way radios or phones (cell or land line) in the affected home or building. Extinguish cigarettes and do not light matches. Turn off the main gas valve from the outside if you can.

Move away from the area until you no longer smell gas and call 9-1-1. Do not return to the area until appropriate authorities tell you it is safe to do so.



Make sure you call before you dig to plant trees, install fence posts, or do any other digging in your yard. That call could prevent a home emergency.

Turning your gas back on safely:

If gas is turned off for any reason, only a **qualified professional** is authorized to turn it back on. Do not smoke or use oil, gas lanterns, candles or torches for lighting inside a damaged home or business until a qualified professional has determined that there is no leaking gas or other flammable materials present.

Pandemic influenza and bird (avian) flu

Pandemic Influenza (pan flu) occurs when a new type of flu spreads easily from person to person causing a global outbreak and serious illness. **Bird (Avian) flu** is caused by influenza viruses that occur naturally among wild birds. The H5N1 bird flu virus can be transmitted from birds to humans and is deadly to domestic fowl and humans. There is virtually no human immunity and human vaccine availability is very limited. If the H5N1 bird flu virus changes in a way that allows it to spread easily from person to person, a pandemic may result.

Seasonal flu is a respiratory illness (NOT the stomach flu) that can be transmitted person to person. Most people have some immunity, and a vaccine is available.

In a severe pandemic; isolation, quarantine, cancellation of events, and other social distancing measures may be implemented by health authorities to **slow the spread of illness**. **Isolation** means separating ill people from well people. **Quarantine** means keeping people who have or may have been exposed, but are not yet ill, separated from others.

What to do before and during a pandemic:

- ✓ When you or family members are sick — **STAY HOME!**
- ✓ Always cover coughs and sneezes with your elbow or a tissue.
- ✓ Wash hands often with soap and water for at least 20 seconds or use a hand sanitizer – **make it a habit now, so you'll do it in a pandemic.**
- ✓ Have an emergency preparedness kit (see page 2). Plan for not being able to leave your home for a period of days or even weeks.
- ✓ Know what your family will do if schools and daycares are closed.
- ✓ Ask your employer if there is a plan for your workplace.
- ✓ Know how to care for individuals at home. **Medical facilities will be overwhelmed in a pandemic**, go to **www.centralvalleyhealth.org**.

Spanish Flu Pandemic 1918-1919

- ✓ Most severe pandemic on record
- ✓ Up to 40 million deaths worldwide
- ✓ About 500,000 U.S. deaths
- ✓ Most deaths in young adults 20-40 years of age
- ✓ 1st ND case reported in New Rockford

For more information or guidance, call Central Valley Health District at 701-252-8130.

Public health emergencies

Public health emergency situations range from man-made threats such as bioterrorism to natural disasters like floods and tornadoes. Infectious disease outbreaks are another type of public health emergency that can occur naturally or due to an intentional act.

Central Valley Health District (CVHD) has plans in place to distribute life-saving medications and give vaccinations to the general public **during a public health emergency**. The location where medications or vaccine is given to the general public is called a **Point of Dispensing (POD)**. The POD location, hours of operation and what you should bring with you (i.e. identification) will be announced publicly through local radio, newspaper and TV stations at the time of the emergency. Information will also be available at www.centralvalleyhealth.org.

CVHD participates in a statewide program called the Public Health Emergency Volunteer Reserve (PHEVR/MRC). Volunteers must be at least 18 years old and live or work in North Dakota.



You may already know of someone that is a PHEVR/MRC volunteer, however, CVHD has an ongoing need for more registered volunteers. **By becoming a registered volunteer, you can help decrease response time and save lives.** As a registered

volunteer, CVHD may call on you in an emergency - it is always your decision if you are able to help or not. Volunteers (non-medical and medical) assist in public health emergencies by directing individuals, distributing information, helping people complete forms, distributing medications or vaccine, etc. To learn more or to become a volunteer contact Central Valley Health District at 701-252-8130.

If you are advised to come to a **POD** in response to an emergency, here is what you can expect:

1. Fill out a form or forms for everyone in your household.
2. Show forms to an attendant.
3. Receive vaccination or medication and directions for taking the medication.
4. Exit POD – watch for further updates on radio, newspaper and TV.

Tornadoes

Select a place where family members could gather if a tornado is headed your way.

If you are in a sturdy building, basements are best; if you don't have one, choose a center hallway, bathroom or closet on the lowest floor.

If you are outside, go to a nearby sturdy building or lie flat in a ditch or low-lying area and cover your head for protection.

If you are in a car or mobile home, get out immediately and head for a sturdy building.

After the tornado, watch for fallen power lines and stay out of damaged areas. Listen to local radio, all-hazards weather radio or TV stations for instructions.



If you don't have a basement, a bathroom or interior room on the lowest floor of your home or office is a good place to seek shelter. Be sure to take your battery powered radio and flashlight into your temporary shelter.

Downed power lines

If you come across a downed power line, leave the area immediately and seek help by calling 9-1-1.

If you are in a vehicle when a power line falls onto it, wait inside the vehicle until help arrives. If you must leave the vehicle because of fire or life-threatening injury:

- ✓ Leap from the vehicle landing on both feet.
- ✓ Do not hold onto the door while leaping.
- ✓ Once on the ground, hop away—do not run.

Winter storms and extreme cold

During a storm, avoid going outside. If you must, wear several layers of lightweight clothing—this will keep you warmer than a single heavy coat. Cover your mouth to protect your lungs from cold air.

You should avoid traveling by car in a storm, but if you are traveling and are caught in a storm be prepared:

- ✓ Carry an emergency preparedness kit in your car.
(see page 2 for recommendations)
- ✓ Keep your car's gas tank full.
- ✓ Let someone know your destination, route and estimated time of arrival.

If you become stranded in a vehicle:

- ✓ Stay with your car. Do not try to walk to safety.
- ✓ Tie a brightly colored cloth (preferably red) to the antenna for rescuers to see.
- ✓ Clear snow from your vehicle's exhaust pipe; start the car and run the heater for about 10 minutes every hour.
- ✓ Keep one window (away from the wind) slightly open to let air in.
- ✓ Leave the overhead light on when the engine is running so that you can be seen.
- ✓ As you sit, move your arms and legs to keep blood circulating, to stay warm and prevent hypothermia and frostbite.

Hypothermia occurs when a person's body temperature lowers dramatically.

Signals:

Shivering, numbness, disorientation, glassy stare, slurred speech, drowsiness, and loss of consciousness.

Care:

Move to a warm place, remove wet clothing, and warm slowly by wrapping in blankets. Give warm liquids - avoid alcohol and caffeinated beverages.

If you shovel snow after the storm, be careful not to overexert yourself. Strenuous activity in cold weather can put a strain on your heart.

Wildfires

Wildfires often begin unnoticed. They spread quickly igniting brush, trees and homes. People are the cause of most wildfires.

Reduce the risk of a wildfire occurring in your area:

- ✓ **Adhere to any burning bans that may be in effect** – Call 9-1-1 to report grass fires or other types of outdoor burning.
- ✓ **Teach children about fire safety** – Keep matches and lighters out of reach.
- ✓ **Design and landscape your home with wildfire safety in mind** – Select materials and plants that can help contain fire rather than fuel it. Use fire resistant or non-combustible materials on the roof and exterior structure of the building. Plant fire resistant shrubs or trees.
- ✓ **Create a 30 to 50 foot safety area around your home** – Rake leaves and twigs. Clear all flammable vegetation. Remove branches that extend over the roof. Ask the power company to clear branches from powerlines. Remove vines from the walls of homes and mow grass regularly. Clear a 10 foot area around propane tanks and the barbecue. Stack firewood at least 100 feet away and uphill from your home or business.
- ✓ **Plan your water needs** – Maintain an adequate outside water source. Have a garden hose long enough to reach any area on your property. Install exterior water outlets on at least two sides of the home.



When a wildfire threatens:

- ✓ Back your car into the garage or park it in an open space facing the direction of escape.
- ✓ Make plans to care for your pets in case you must evacuate.
- ✓ Arrange temporary housing at a friend or relative's home outside the threatened area.

**If advised,
evacuate
immediately!**

Personal Contact Information

For Emergencies Call 9-1-1

Your Information

Address: (Home or Business)

Physical Street Address _____ City _____ State _____ Zip Code _____

Phone number: (Home or Business) _____

Cell phone: _____

Doctor: (name and phone #) _____

Pharmacy: _____

Prescription Medications: _____

Allergies: _____

Emergency Contacts

(names and phone numbers)

Relative: _____

Friend: _____

Neighbor: _____

Veterinarian: _____

Poison Control: (800) 222-1222 _____

Hospital/Clinic: _____

Central Valley Health District: (701) 252-8130 _____

Electrical Company: _____

Gas/Fuel Oil: _____

Phone Company: _____

Water/Sewer: _____

Garbage: _____

Ambulance: _____

Fire Department: _____

Law Enforcement: _____

Stutsman County
Local Emergency Planning Committee
205 6th Street SE
Jamestown, ND 58401

Are You Prepared?