INTRODUCTION

This guide is based on the most reliable hazard awareness and emergency education information that was available at the time of publication. It is designed to provide a brief overview of disaster information and to supplement guidance from the U.S. Department of Homeland Security (DHS) and local authorities. This guide also helps you get started with your emergency plans for protecting yourself and your loved ones before, during, and after a disaster. To help you explore your interest further, additional sources of information have been included throughout this guide, so keep it handy for quick consultation.

How to use this guide:
This guide is made up of two sections:
Section 1: Preparedness for the Whole Family
Section 2: Preparedness for Specific Disasters and Emergencies
Use the tabs in each section to quickly access the information you need to prepare for the emergencies that may strike in Douglas County, Colorado.

GET INFORMED

HAZARDS
→ Learn about the hazards that may strike your community, the risks you face from these hazards and your community's plans for warning and evacuation. You can obtain this information from the Douglas County Office of Emergency Management or visit: www.dcsafety.org/emergencymanagement
→ In addition to finding out about your community's plans, it is important that you have a plan for your family and that you know what plans are in place for your workplace and your children's school or daycare center.

QuickLinks
QuickLinks are a fast and easy way to browse the Web! When the original Web address is too long and inconvenient to type, use the shorter QuickLink to access the information you need.

CREATE A FAMILY DISASTER PLAN

Review the information you obtained about local hazards, community plans, warning systems/signals and evacuation routes.

ESCAPE ROUTES
→ Mark escape routes from each room on a floor plan of your home.
→ Establish a place to meet in the event of an emergency (e.g., a specific neighbor's house or the neighborhood grocery store parking lot).

FAMILY COMMUNICATIONS
→ Your family may not be together when disaster strikes. Plan how you will contact one another in different situations.
→ Identify an out-of-town relative or friend for family members to notify that they are safe. It may be easier to make long-distance calls than to call across town.
→ Complete a contact card for each family member and have them keep these cards handy (e.g., in a wallet, purse, backpack). Include contact names, phone numbers, meeting places and any other important information you see fit.
Samples can be found at: www.ready.gov/make-a-plan and QuickLink to www.aspai.org/RedCrossContactCard

UTILITY SHUTOFF AND SAFETY
Contact your utility companies for shut-off requirements (e.g., natural gas, water, electricity), and be sure to record the information.
INSURANCE AND VITAL RECORDS

- Annually review existing property, health and life insurance policies, and obtain additional coverage as needed. Do this before storm season – Insurance companies may not issue/ change policies during storm season.
- If you live in a flood-prone area, consider purchasing flood insurance to reduce your risk of loss due to flooding.
- Document important information about your personal property for insurance purposes. This includes taking photos of high-value items. Consider storing digital copies of photos on a memory drive at a safe off-property location or in cloud-based storage.
- Store important documents, such as insurance policies, deeds and property records, in a safe place, such as a safety deposit box at a bank, in cloud-based storage or on a memory drive provided to a trusted out-of-state contact. Make copies of important documents for your disaster supply kit.
- Consider saving money in an emergency savings account. Keep a small amount of cash or traveler’s checks at home, in a safe place where you can quickly access them in case of evacuation.

SAFETY SKILLS

Make sure that you and your family know how to use a fire extinguisher and how to administer first aid and CPR. For first aid and CPR training opportunities, visit: www.redcross.org/take-a-class

ASSEMBLE A DISASTER SUPPLY KIT

Assemble a three-day disaster supply kit to see you through until help arrives. At a minimum, the kit should include essentials such as water, food, a first aid kit, tools, sanitation items, hygiene items, clothing and bedding. For help and advice on building all your disaster supply kits, visit: www.ready.gov/build-a-kit and www.redcross.org/prepare/location/home-family/get-kit

WATER

- Store 3-14 days worth of water: one gallon of water per person per day (two quarts for drinking, two quarts for food preparation/sanitation), in clean plastic containers.
- Children, nursing mothers and sick people may need more water. Pets need water tool.
- Avoid using containers that will decompose or break, such as milk cartons or glass bottles.

MEDICAL, HEALTH AND EMERGENCY SUPPLIES

- First aid kit
- Medications and other medical equipment according to the needs of your family (e.g., contact lenses, glasses, syringes)
- Flashlight and extra batteries
- Battery-powered or hand-crank radio
- Whistle to signal for help
- Dust mask(s)
- Garbage bags
- Wrench, pliers or multi-purpose tool
- Plastic sheeting and duct tape (to shelter in place)
- Maps of the area
- Moist towelettes, hand sanitizer, tissues, toilet paper, sanitary napkins, diapers and other personal hygiene items
- Emergency blankets or sleeping bags (1 per person)
- Copies of personal documents (medication list, deed/lease, proof of address, passports and birth certificates, insurance policies)
- Extra cash
- Extra clothing

ITEMS TO STOCKPILE

FOOD

- Store 3-14 days worth of nonperishable food.
- Select foods that do not require refrigeration, preparation (including the use of water) or cooking.
- Avoid salty foods, as they will make you thirsty.
- Make sure that formula for infants and any child’s or older person’s special nutritional needs are a part of your planning.
- Store a manual can opener and eating utensils.

Examples of food/nonperishable items:

- Ready-to-eat canned meats
- Canned juices
- Fruits and vegetables
- Nonperishable pasteurized milk
- Protein or fruit bars
- Dry cereal or granola
- High-energy foods
- Peanut butter
- Vitamins
- Dried fruit
- Baby food
- Nuts
- Comfort/stress foods
- Crackers
- Pet food

SHELTER

- First, consider the hazard, and then choose a place in your home or other building that is safe from that hazard.
- Sheltering outside the hazard area might include staying with friends and relatives, seeking commercial lodging or staying in a mass care facility operated by the American Red Cross and local authorities.

MASS CARE SHELTERS

Mass care shelters may be opened if the situation dictates. You should bring your disaster kits with you to ensure you have what your family needs. These should include entertainment for your family (books, puzzles, etc.). Prepare your family for the realities of living in a communal setting with limited privacy. Keep in mind that alcohol, drugs and weapons are forbidden. Pets will not be allowed in a mass care shelter, but separate facilities will be provided for their care.

For shelter information, download the American Red Cross Shelter Finder app at: www.redcross.org/prepare/mobile-apps

Not knowing if family members are safe and well can be stressful. Register your current status or check the statuses of loved ones on the American Red Cross Safe and Well website: https://safeandwell.redcross.org/cms/index.php
**RECOVERING FROM DISASTER**

Recovering from a disaster is usually a gradual process. Your first concern after a disaster is your family’s health and safety.

**HELP THE INJURED**

- Check for injuries. If needed, administer first aid and CPR. Do not attempt to move seriously injured people until they are in immediate danger of death or further injury in their current location. If you must move an unconscious person, first stabilize his or her neck and back, then call for help immediately.

**HEALTH**

- Be aware of the potential for exhaustion.
- Do not do too much at once.
- Set priorities and pace yourself.
- Rest, drink clean water and eat well.
- Wear sturdy work boots and gloves.
- Wash your hands often and thoroughly with soap and clean water when working in and around debris.

**SAFETY ISSUES**

- Be aware of new safety issues created by the disaster. Watch for washed-out roads, contaminated buildings, contaminated water, gas leaks, broken glass, damaged electrical wiring and slippery floors.
- Inform local authorities about health and safety issues, including chemical spills, downed power lines, washed-out roads, smoldering insulation and dead animals.

**PEOPLE WITH ACCESS & FUNCTIONAL NEEDS**

For the millions of Americans who have disabilities and other access and functional needs (AFN), emergencies present a real challenge.

While each person’s abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies—from fires and floods to potential terrorist attacks.

Being ready is part of maintaining your independence. This section outlines measures that people with AFN and their families, friends and caregivers can take to prepare for emergencies.

Emergency personnel may also benefit from this information by becoming more aware of the additional concerns people with functional needs face during emergencies and in the aftermath of a disaster.

*Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities on scene. Above all, stay calm, be patient and think before you act. With these simple preparations, you can be ready for the unexpected.*

**WHEN DISASTER STRIKES**

Providing the basics of food, water and shelter to those in need is the first priority of disaster relief organizations and government agencies. Your personal needs, such as replacing medications and having electricity restored for assistive devices, may not be met right away.

Plan to be self-sufficient or without emergency services for several days. Work out a plan that fits your needs and is simple to put into action.

If you have questions about preparedness, contact the Douglas County Office of Emergency Management at **303-660-7589**. If you are having a life-threatening emergency, dial **911**.

**RETURNING HOME - GENERAL TIPS**

- Keep a battery-powered radio with you so you can listen for emergency updates and news reports.
- Use a battery-powered flashlight to inspect a damaged home.
- Watch out for displaced animals in and around buildings.
- Use the phone to report life-threatening emergencies only.
- Stay off the streets. If you must go out, avoid fallen objects and downed electrical wires. Also, beware of damaged walls, bridges, roads and sidewalks.
- Before entering your home, walk carefully around the outside to check for loose power lines, gas leaks and structural damage. If you have any doubts about safety, have your residence inspected by a qualified building inspector or structural engineer before entering.
- Do not enter your home if you smell gas, if floodwaters remain around the home or if your home was damaged by fire and the authorities have not declared it safe to enter.
- Enter your home carefully and check for damage. Beware of loose boards and slippery floors.
- Check for natural gas leaks; sparks; broken or frayed wires; roof damage; foundation and chimney cracks; basement flooding; household chemical spills; damage to your appliances, water and sewage system; and spoiled or contaminated food and supplies.
- Always be careful when opening closets and cabinets; objects may fall out of them.
- Leave immediately if it looks like your home may collapse or if you smell gas or hear a hissing sound.

**KNOW THE BASICS**

Some of the things you can do to prepare for the unexpected, such as putting together an emergency supply kit, are the same regardless of the type of emergency. However, it is important to be informed about what might happen and know what types of emergencies are likely to affect your area.

Start by learning what kinds of risks your community faces.

- Do you live near a stream or river?
- Do you live near the forest or where trees and grasses are not maintained?

If disasters that strike with little or no warning (such as flood or fire) are a risk where you live, you’ll want to know exactly what your first response should be. Test your readiness by asking yourself the following basic questions:

1. **If there were an evacuation order, what is the recommended route from where you live?**
   - If you don’t drive, what are your options?
   - Have you discussed your options with your caregiver or service provider?

2. **Where are the shut-off valves for your household utilities (gas, electricity, water)?**
   - Do you know how to use them?
   - If you need special tools, do you keep them handy?

3. **In an emergency, local phone service may be down for quite some time.**
   - Have you designated someone out of area as your emergency contact?

4. **Neighbors helping neighbors can be critical in an emergency.**
   - Do you know your neighbors?
   - Do they know what special needs you have?"
MAKE A PLAN
The reality of a disaster situation is that you will most likely not have access to everyday conveniences. Think through every detail of your daily routine and plan alternative procedures.

1. If there are people who assist you daily, list who they are and how you will contact them in an emergency. (Flip to “Create a Personal Support Network” in this tab.)

2. Think about the types of transportation you use and what alternatives could serve as backups.

3. If you need specific tools or aids, plan how you will cope without them. For example, if you use a mobility aid or rely on a service animal, what will you do if it is not available?

4. If you depend on life-sustaining equipment or treatment, such as a dialysis machine or respiratory machine, talk to your medical provider about emergency plans. Identify backups or alternate places for treatment in your area or areas you might evacuate to.

Escape routes:
In a fire or other emergency, you may need to evacuate on a moment’s notice. Be ready to get out fast. Draw a floor plan of your home and mark two escape routes from each room. Contact your fire district to make them aware you are living in their response area.

Fact-finding mission:
Information about emergency planning for your community should be easy to find. Contact your municipality’s Office of Emergency Management (flip to “Resources” tab), or call the Douglas County Office of Emergency Management at 303-660-7589.

CREATE A PERSONAL SUPPORT NETWORK
If you know that you will need help to cope in an emergency, you must set up a personal support network.

Make a list of family, friends and others who will check on you to make sure you are safe and help you, if needed. Include a relative or friend in another area who would not be affected by the same emergency and who could help.

Do not depend on one person only. Try to work out support relationships with at least three people everywhere you regularly spend a significant amount of time, such as at home and at work.

1. Share copies of your evacuation plans (e.g., home or work), relevant emergency documents and emergency health information card.

2. Make arrangements for your support network to check on you immediately following a disaster and to offer assistance.

3. Exchange important keys.

4. Show your support network where you keep your emergency supplies.

5. Teach your support network how to use any lifesaving equipment or administer medicine.

6. Show your support network how to use wheelchairs, oxygen or other medical equipment you require so they could move you or help you evacuate.

7. Practice your plan with your support network. Practice contacting one another without relying on telephones.

The relationship should be mutual. Learn about the needs of the people in your support network and how you might help them in an emergency. For example, you could be responsible for food, supplies and preparation.

CONDUCT A SELF-ASSESSMENT
All of us need people we can count on during a crisis. Plan ahead and consider how a disaster may affect your abilities.

→ During an emergency situation, there may be conditions, such as flooding or debris, that make it more difficult than usual to move around the neighborhood.

→ You may need to walk long distances and carry supplies.

→ You may become fatigued, hungry, overheated or cold, which can negatively affect your mobility.

These circumstances can create a need for more support than you require regularly. Evaluate your capabilities and limitations to determine what help you will need, for example:

→ Can you use a fire extinguisher? Have you practiced?

→ Will you be able to carry your own evacuation kit?
  • What would you need to do in order to carry it?
  • How much can you carry regularly?

→ How will you evacuate?

→ Be aware of possible hazards and barriers to a clear exit path. Have you secured objects that might block your path if they were to fall (e.g., bookcases)?

Keep copies of your plan in your emergency supply kits. Share your plan with your family, friends, caregivers and anyone in your personal support network.

PETS AND SERVICE ANIMALS
Plan in advance for your pet or service animal. Remember: What’s best for you is typically what’s best for your animals.

→ If you must evacuate, take your pet with you, if possible.

→ Public shelters are obligated by law (Americans with Disabilities Act of 1990) to permit service animals in public shelters, so take them with you.

The Douglas County Office of Emergency Management will establish a pet shelter co-located with the human shelter location during a disaster event. At that time, call 911 for more information and monitor local TV and radio stations for updates.

PERSONAL SUPPORT NETWORK (CONT’D)
Think carefully about who could help you:

→ Does he or she have the physical stamina to provide physical assistance (e.g., lifting, helping with transfers, pushing your wheelchair)?

→ Is it convenient for him or her to help (How many children does he or she have, and how old are they? Is there room in his or her car for one more? Etc.)?

→ If you need accessible transportation, would he or she be available to stay behind with you until assistance arrives?

PLANNING AHEAD
If you have advance warning of an emergency, such as with a winter storm:

→ Contact your identified support network and find out if their availability has changed.

→ Determine ahead of time who will assist you. If you can, rotate your support people throughout the year so you are not always calling on the same people.

→ Meet with your support network early, so there is no possibility that the storm may arrive and prevent them from getting to you.

BE PROACTIVE
Mark it on your calendar to touch base with your support network once every three months to see if their circumstances or ability to assist you has changed. Be sure to keep them updated with your contact information, including your home, cell and work phone numbers.

Make contact:
To register for the Douglas County Access & Functional Needs Registry, visit: www.dcssheriff.net; under “How Do I,” click on “Get Registered” and then click on “Access & Functional Needs Registry.” If you would like to discuss your needs directly, please contact the Douglas County Office of Emergency Management at 303-660-7589.
DECIDING TO STAY OR GO

Depending on your circumstances and the nature of the emergency, the first important decision you will make is whether to stay or go.

Understand and plan for both possibilities. Use common sense and available information to determine if there is immediate danger.

In any emergency, local authorities may or may not be able to provide immediate information on what is happening and what you should do. Monitor TV or radio news reports for information or official instructions as they become available.

- If you’re specifically told to evacuate or seek medical treatment, do so immediately.
- If you require additional travel time or need transportation assistance, make these arrangements in advance.

SHELTER IN PLACE

Whether you are at home or somewhere else, there may be situations when it’s simply best to stay where you are and avoid any uncertainty outside.

Consider what you can do to safely shelter in place alone or with friends, family, or neighbors. Also consider how a public shelter would meet your needs.

Sealing the room:
There could be times when you will need to stay put and create a barrier between yourself and potentially contaminated air outside. This process is known as "sealing the room." You will have to be able to turn off your home's ventilation system and seal doors and windows when instructed to do so by emergency officials.

People with AFN who are largely self-sufficient under normal circumstances may have to rely more on the help of others in a disaster.

Disaster sheltering:
If you have no alternative, disaster shelters may be set up in schools, municipal buildings, etc. If possible, bring clothes and bedding in addition to your disaster supply kit.

- If needed, plan to have someone in your support network accompany you to the shelter.
- Remember, shelters do not have special equipment (e.g., oxygen, mobility aids).
- Service animals are allowed in shelters – pets are not.

TIPS FOR PEOPLE WITH...

Mobility impairments:
If you typically rely on elevators, have a backup plan in case they are not working. Practice using alternate methods of evacuation.

There will be times when you will have to leave your wheelchair behind to evacuate safely. If you cannot use stairs, discuss with your doctor and support network the lifting and carrying techniques that will work for you.

Visual impairments:
If you have some vision, place security lights in each room to light paths of travel. These lights plug into wall outlets and light up automatically in a power outage. They will keep working for one to six hours, depending on the type.

After a major disaster, you may lose the auditory clues you usually rely on.

Cognitive/intellectual disabilities:
Practice what to do during and after a disaster. For example, evacuate the places where you spend time, such as home, work and school, until you feel confident that you will know what to do.
EMERGENCY PLANNING

HAVE A PLAN
- Create an evacuation plan for you, your family and your pet.
- Talk to your pet’s veterinarian about emergency planning. He or she will likely provide helpful information and trusted resources.

IDENTIFY SHELTER OPTIONS
Before an emergency, identify where you will take your family and pet if you must evacuate your home. Douglas County will provide an emergency pet shelter in conjunction with the general population shelter. This allows evacuees to interact with and care for their pets during designated times. Call the Douglas County Office of Emergency Management at 303-660-7589 for more information.
- Talk to relatives and friends who would be willing to let your family and pet stay with them for a while.
- Contact hotels and motels outside your immediate area to check policies on accepting pets.
- Prepare a list of animal shelters and humane societies, boarding kennels, grooming shops and veterinary offices that could shelter your pet during an emergency, and include 24-hour phone numbers. Animal shelters may be overburdened, so they should be your last resort.
- Plan transportation for your pet; make sure you have all the equipment you need for safe pet transportation during an evacuation. Flip to the “Pet Supply Kit” tab.
- Plan with neighbors, friends or relatives to make sure that someone can care for your pet if you are unable to. Tell your buddy where you keep your pet’s emergency kit.

Pet-friendly shelter guidance does not apply to service animals. Service animals should never be separated from their owners, under any circumstance.

EMERGENCY PLANNING

IDENTIFICATION
- Dogs and cats should wear a collar or harness, rabies tag and ID tag at all times.
- ID tags should include your name, address and phone number, and the phone number of an emergency contact.
- Make sure your animal can be easily identified (with a microchip, ID tag, tattoo, ear tag, etc.) so he or she can be reunited with you after the disaster.

Consider pet ID microchips:
A pet ID microchip implant is a tiny device that has an ID number programmed into it. A special scanner found in veterinary offices and animal shelters reads the chip. Once injected with the chip, your pet can be identified throughout his or her life by this one-of-a-kind number.

Enroll your pet in a recovery database:
If your pet is microchipped, keeping your emergency contact information up-to-date and listed with a reliable recovery database is essential to your being reunited with your pet.

PET EMERGENCY PLAN

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BE PREPARED: YOU MAY NOT BE ABLE TO GET HOME TO YOUR PET
- Identify a trusted relative, friend or neighbor to care for your pet in your absence. This person should have a set of your house keys, be familiar with your home and pet, know your emergency plan and have your contact information.
- Keep your pet’s collar/harness, leash and emergency kit in a place where they can be easily found. Provide muzzles, handling gloves, catch nets and animal restraints where rescue workers can find them.
- During an emergency, if you or an approved relative, friend or neighbor can’t get to your companion animal(s) or your large domestic animal(s) (noncommercial livestock) to evacuate, dial 303-660-7500.

LEAVING YOUR PET AT HOME

IF YOU HAVE NO ALTERNATIVE: LEAVING YOUR PET AT HOME
If you evacuate your home, do not leave your pet behind. Your pet most likely cannot survive on his or her own. If your pet does survive, you might not be able to find him or her when you return.
Leaving your pet at home alone can place your animal in great danger, but if you have no other options, here are some precautions you must take:
- Confine your pet to a safe area inside. Leave your pet free inside your home with food and plenty of water.
- NEVER leave your pet tied up outside or let your pet loose.
- Provide water in a heavy bowl that cannot be tipped over.
- Remove the toilet tank lid, raise the seat and brace the bathroom door open so he or she can drink.
LEAVING YOUR PET AT HOME

IN CASE OF FIRE OR EMERGENCY

ANIMALS INSIDE!

First aid kit:
Ask your veterinarian for recommendations about what to include in your pet's first aid kit (e.g., first aid guidebook, bandage rolls, scissors, gauze, antibiotic ointment, flea and tick treatment).

TRANSPORTATION
- Muzzle, collar and sturdy leash
- Carriers (or crates) to safely transport your pet and to ensure that he or she can't escape
- Pillowcase (to transport cats or other small animals, if needed)

Carrier tips:
- Carriers should be large enough for your pet to stand comfortably, turn around and lie down in. Your pet may have to stay in the carrier for hours at a time.
- On the crate, write your pet's name, your name and your contact information with a permanent marker; include a picture of your pet and any behavioral or medical issues on the carrier.
- Pack a cotton sheet to place over the carrier to help keep your pet calm.

SANITARY ITEMS
- Pet litter and litterboxes
- Newspapers
- Small garbage bags
- Paper towels
- Spray disinfectant (You can use bleach as a disinfectant. Dilute nine parts water to one part bleach.)

FOR OTHER PETS
- Birds: catch net, heavy towel, cuttlebone, blanket or sheet to cover cage, newspaper
- Small animals: salt lick, water bottle, small hide box or cardboard tube (inside cage)
- Reptiles: pillowcase, warming device (hot water bottle, heating pad, etc.), soaking dish

LEAVING YOUR PET IN A DISASTER

Leaving your pets behind in a disaster may decrease their chances of survival.

Get "Animals Inside!" stickers:
Place stickers on your doors or windows that include information on the number and types of pets in your home to alert firefighters and rescue workers. Provide a telephone number where you or a contact can be reached and the name and number of your veterinarian.

YOUR PET'S EMERGENCY KIT

Prepare your pet's emergency supply kit. Store the following items somewhere they can be accessed quickly and conveniently.

FOOD AND WATER
- A three-day supply for evacuating and a two-week supply for sheltering in place at home
- Manual can opener
- Bowls for food and water
- Rotate all food into use and replace with fresh food every two months

Water tip:
Make sure you have plenty of water for your pet at all times. Dehydration is a serious health risk to animals.

IDENTIFICATION
- Extra collar with ID tag, harnesses and leashes for all pets, including cats (Your pet should wear a collar with his or her ID and rabies tags at all times)
- Current photos and a physical description of your pet, including his or her species, breed, age, sex, color, distinguishing traits and any other vital information
- Photocopies of medical records, vaccination records and other important documentation in a waterproof bag or on a memory drive or in cloud-based storage

OTHER NECESSITIES
- Two-week supply of your pet's medications and a copy of current prescriptions
- Comfort items (e.g., favorite toys, bedding and treats)

LARGE ANIMALS & NONCOMMERCIAL LIVESTOCK

If you have large animals such as horses, goats, llamas, alpacas, etc., on your property, it is imperative you prepare to evacuate them well before a disaster occurs.

- Make sure each animal has a form of identification such as a halter or collar with its name and your contact information or have your animals micro-chipped.
- Douglas County uses CodeRED for emergency notification – sign up at www.douglascountyzedred.com. If you have large animals and noncommercial livestock, evacuate your animals under Pre-evacuation Notification. Animals, especially livestock, can take a considerable amount of time to load up and transport out of the evacuation zone. Once a Mandatory Evacuation has been implemented, you will not be allowed to return to your property for any reason.
- Make sure the vehicles and trailers needed for transporting are well maintained, fueled, located onsite and convenient to your animal’s location.
- Ensure you have the right trailer for each type of animal that will be transported.
AMPHIBIANS/REPTILES
- Transport amphibians in a watertight, plastic bag or plastic container with ventilation holes.
- Transport your reptile in a pillowcase, cloth sack or small carrier, and transfer him or her into a secure cage as soon as you can.
- Use a spray bottle to keep your pet cool and a heating pad or battery-operated heating lamp to keep him or her warm.
- Try to minimize changes in temperature, lighting and diet.
- Do not mix species.

OTHER SMALL ANIMALS
- Small pets, such as hamsters, gerbils, mice, rats and guinea pigs, can be transported using a covered carrier, cage or secure box.
- To minimize stress, keep the carrier covered and attempt to minimize severe changes in temperature and noise.

Service animals in public shelters:
While the Americans with Disabilities Act (ADA) guarantees service animals may remain in their owners in any public accommodation (e.g., a shelter set up in response to a disaster), the ADA does not ensure other aspects of caring for service animals during disasters.
- If you have a service animal, prepare to provide food and water for him or her during an emergency, both at home and if staying in an emergency shelter.
- Access to veterinary care is also not guaranteed during an evacuation.

DANGER ZONES
- Douglas County has an average of 11,000 cloud-to-ground lightning strikes annually. The Rocky Mountain Region is second to the Gulf Coast in lightning strikes nationwide.
- Colorado ranks 4th for the number of lightning deaths between 1959 and 2017, at 148.

KNOW THE TERMS
Severe Thunderstorm Watch: Issued when conditions are favorable for the formation of severe thunderstorms.
Severe Thunderstorm Warning: Issued when a severe thunderstorm has been sighted or indicated by weather radar.

WARNING AND DANGER SIGNS
Look for darkening skies, flashes of light, the sound of thunder or increasing wind.

ACTIONS TO CONSIDER BEFORE A THUNDERSTORM
- Assemble a disaster supply kit and make a family communication plan.
- Secure outdoor objects, such as lawn furniture, and take light objects inside to avoid loss or damage.
- Remove dead or rotting trees and branches around your home that could fall and cause injury or damage.
- Secure windows and doors, and unplug electronic equipment before the storm arrives.

ACTIONS TO CONSIDER DURING A THUNDERSTORM
If indoors:
- Do not handle any electrical equipment such as corded telephones or TVs, because lightning could follow the wire.
- Avoid bathtubs, water faucets and sinks because metal pipes can transmit electricity.
- Turn off air conditioners.
- Stay away from windows and doors, and stay off porches.
- If outdoors:
  - If you are boating or swimming, get to land and find shelter in a building or car or get to an open space and squat on the ground.
  - If you are in the woods, find a low clump of trees – never stand beneath a single large tree in the open.
  - Avoid tall structures, such as towers, fences, telephone lines or power lines.
  - Avoid golf clubs, tractors, fishing rods, bicycles, etc.
  - If you feel your hair stand on end (which may indicate that lightning is about to strike you), squat on the ground with your hands over your ears and your head between your knees.
  - If in a vehicle:
    - Pull onto the shoulder of the road away from trees, turn on your emergency flashers and stay in your vehicle.

STRIKED BY LIGHTNING
If lightning strikes you or someone you know, call 911 for medical help as soon as possible. If the victim has stopped breathing or if his or her heart has stopped, administer CPR.

ACTIONS TO CONSIDER AFTER A THUNDERSTORM
- Call 911 to report life-threatening emergencies only.
- Help people who may need special assistance.
- Only drive as necessary.
- Stay away from downed power lines and report them to 911.
WINTER STORMS & EXTREME COLD

WHAT IS A WINTER STORM?
A severe winter storm typically drops four or more inches of snow during a 12-hour period or six or more inches during a 24-hour period. The amount of snow accumulation depends on the geographic location.

WINTER STORM FACTS
→ All winter storms are accompanied by low temperatures and blowing snow, which can severely reduce visibility.
→ A winter storm can range from moderate snow over a few hours to blizzard conditions with wind-driven snow that can last several days.
→ Most deaths related to winter storms occur in traffic accidents on icy roads.
→ Elderly people freeze to death in their homes after being exposed to dangerously cold indoor temperatures, or can be asphyxiated (i.e., suffocated) because of improper use of fuels, such as charcoal briquettes, that produce carbon monoxide (CO).
→ A bag of kitty litter (non-clumping) can be used on walkways to prevent slipping, and it provides traction to vehicles stuck in ice and snow.

DANGER ZONES
→ Douglas County can experience sudden and extreme weather including severe changes in temperature, heavy precipitation and high winds during any season.
→ Personal preparedness begins with getting the weather forecast for the day of your outdoor or travel plans.

FROSTBITE AND HYPOTHERMIA
→ Frostbite is a loss of feeling and a white or pale appearance in extremities, such as fingers, toes, tip of the nose and earlobes.
→ Hypothermia is a condition brought on when the body temperature drops to less than 90°F. Symptoms of hypothermia include uncontrollable shivering, slow speech, memory lapses, frequent stumbling, drowsiness and exhaustion.
→ If frostbite or hypothermia is suspected, begin warming the person slowly and seek immediate medical help. Warm the person's trunk first. Use your own body heat to help. Arms and legs should be warmed last because stimulation of the limbs can drive cold blood toward the heart and lead to heart failure. Put the victim in dry clothing and wrap his or her entire body in a blanket.
→ Never give a frostbite or hypothermia victim caffeine (coffee or tea) or alcohol. Caffeine, a stimulant, can cause the heart to beat faster and speed up the effects cold has on the body. Alcohol, a depressant, can slow the heart and also speed up the ill effects of cold body temperatures.

KNOW THE TERMS
Winter Storm Watch: Indicates that severe winter weather may affect your area.
Winter Storm Warning: Indicates that a winter storm is occurring, or will occur, in your area.
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 moisture on roads to freeze and become slippery.
Wind Chill: Calculation of how cold it feels outside when the effects of temperature and wind speed are combined.
Blizzard Warning: Sustained winds or frequent gusts to 35 mph or greater and considerable amounts of falling or blowing snow are expected for a period of three hours or longer.
Frost/Freeze Warning: Below-freezing temperatures are expected.
Heavy Snowfall: Snow accumulation of four inches in a 12-hour period or six inches in a 24-hour period (depending on location).
Ice Storm: An ice storm is an occasion when damaging accumulations of ice are expected due to freezing rain situations. Significant ice accumulations are 1/4 inch or more.

ACTIONS TO CONSIDER BEFORE A WINTER STORM
→ Assemble a disaster supply kit and make a family communication plan.
→ Winterize your emergency kit. Include rock salt, sand, kitty litter, snow shovels, heating fuel (e.g., wood for your fireplace or wood-burning stove), extra clothes and blankets.
→ Insulate the walls and attic.
→ Caulk and weather-strip the doors and windows.
→ Install storm windows or cover windows with plastic from the inside.
→ Keep pipes from freezing: wrap pipes in insulation or layers of old newspapers; cover the newspapers with plastic to keep out moisture; let faucets drip a little to avoid freezing, and know how to shut off water valves.
→ If you plan to leave your residence for an extended period of time, do not turn off the heat. Open cabinets under sinks to keep water pipes from freezing. Consider turning off water, if appropriate.
→ Acquire safe emergency heating equipment.
→ Install and check smoke alarms and CO detectors, and keep fire extinguishers on hand and know how to use them.

WINTER DRIVING
→ Keep an emergency kit in your vehicle.
→ Keep a windshield scraper and small broom for ice and snow removal.
→ Install winter tires and snow chains as necessary.
→ Maintain a full tank of gas during the winter season.
→ Interstate and state highway travel, road conditions and roadwork information is available at: www.cotrip.org
→ Sign up for text or email alerts or download the CDOT Mobile app.
→ Local travel conditions are broadcast on local TV stations and News Radio 850 KOA.
**FLOODS**

**WHAT IS A FLOOD?**
A flood is an overflow or deluge of water that causes or threatens loss of life and property and damages the environment.

**FLOOD FACTS**
- Floods can be local, affecting a neighborhood or community, or very large, affecting entire river basins and multiple states.
- Overland flooding occurs when water volume exceeds a defined river or stream but can still be destructive.
- Flooding can also occur when a dam breaks, producing effects similar to flash floods.
- Flash floods often have a dangerous wall of roaring water, 10 to 20 feet high, that can carry rocks, mud, and other debris, sweep away everything in its path.
- Two feet of rushing water can carry away most vehicles, including sport utility vehicles (SUVs) and pickups.
- Winter snowpack and rapid spring warm-up temperatures, and rain-on-snow weather events are common causes of flooding.

**DANGER ZONES**
- Floods and flash floods can happen in Douglas County during the spring, summer, and fall. Flooding is generally associated with the seasonal monsoon weather phenomena that occurs in Colorado during summer months, but can occur any time there are high levels of precipitation, run-off, and rapid snow melt.
- Be aware of flood hazards no matter where you live, but especially if you live in a low-lying area, near water or downstream from a dam.
- Residents should not rely solely on flood maps published by FEMA when making decisions to evacuate. Other factors are more important during an active incident that can't be determined by a static flood map (e.g., reverse 911 instructions, your own judgment). If you feel unsafe, evacuate.
- For information on flood insurance, visit: [www.floodsmart.gov](http://www.floodsmart.gov)

**KNOW THE TERMS**
- **Flood Watch:** Flooding is possible.
- **Flash Flood Watch:** Flash flooding is possible. Be prepared to move to higher ground.
- **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 immediately.

**ACTIONS TO CONSIDER BEFORE A FLOOD**
- Assemble a disaster supply kit and make a family communication plan.
- Avoid building in a flood-prone area unless you elevate and reinforce your home. Elevate the furnace, water heater and electric panel 12 inches above projected flood levels.
- Install "check valves" in sewer traps to prevent floodwater from backing up into the drains of your home.
- Construct barriers (e.g., levees, berms, floodwalls) to stop floodwater from entering the building.
- Seal walls in basements with waterproofing compounds to avoid seepage.

**ACTIONS TO CONSIDER DURING A FLOOD**
- If there is any possibility of a flash flood, move immediately to higher ground. Do not wait for instructions to move.
- If in a vehicle:
  - Stay in your vehicle. Do not leave the vehicle to search for help unless you can see a nearby building where you know you can take shelter.
  - If you are in a remote area, stomp large block letters in an open area spelling out HELP or SOS and line it with rocks or tree limbs to attract the attention of rescue personnel who may be searching the area by air.
  - Occasionally run the engine (for about 10 minutes each hour) to keep warm. Beware of CO poisoning. Keep the exhaust pipe clear of snow, and slightly open a downwind window for ventilation.
  - Turn on the dome light at night so you can be seen.
  - Do minor exercises to keep up circulation. Clap your hands and move your arms and legs occasionally. Try not to stay in one position for too long.
  - Huddle together for warmth if you are traveling with others. Use newspapers, maps, and even the removable car mats for additional warmth.

**ACTIONS TO CONSIDER AFTER A FLOOD**
- Notify friends or family of your condition.
- Use the phone sparingly.
- Monitor local media for the latest information.
- Help people who may need special assistance (e.g., the elderly and people with access and functional needs).
- Use the American Red Cross Safe and Well website at: [https://safeandwell.communityyos.org/cms](https://safeandwell.communityyos.org/cms)
IF YOU ARE DIRECTED TO EVACUATE

→ Secure your home. If you have time, bring in outdoor furniture. Move essential items to an upper floor.
→ Turn off utilities if you are instructed to do so.
→ Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.
→ Do not walk through moving water. Six inches of moving water can make you fall. If you must, walk where it is not moving and use a stick to check the firmness of the ground in front of you.
→ Do not drive into flooded areas. If floodwaters rise around your car, abandon the car and move to higher ground if you can do so safely.

TORNADOES

WHAT IS A TORNADO?

A tornado is a violent windstorm characterized by a twisting, funnel-shaped cloud. It is spawned by a thunderstorm (or sometimes as a result of a hurricane) and produces wind gusts over 100 mph as it moves along the ground. Most tornadoes are relatively small and short-lived. The average forward speed of a tornado is 30 mph, but they may vary from 15 mph to 150 mph.

TORNADO FACTS

→ In Douglas County, tornadoes tend to occur east of I-25 and are generally weak in nature.
→ Tornadoes may strike quickly, with little or no warning.
→ Tornadoes can occur at anytime, but are most likely to occur between 3 p.m. and 9 p.m.
→ Tornadoes may appear nearly transparent until dust and debris are picked up or a cloud forms in the funnel.
→ Injuries or deaths most often occur as buildings collapse, when people are hit by debris and as people try to escape the storm.
→ The average forward speed of a tornado is 30 mph, but may vary from stationary to 70 mph.
→ When a tornado is over water, it is called a waterspout.
→ Mobile homes are particularly vulnerable to damage during a tornado. A mobile home can overturn easily even if it is tied down. When a tornado watch is issued, take shelter in a building with a strong foundation.
→ Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

DANGERS ZONES

Although all U.S. states can experience tornadoes, Alabama, Arkansas, Florida, Georgia, Illinois, Indiana, Iowa, Kansas, Louisiana, Mississippi, Missouri, Nebraska, Oklahoma, South Dakota and Texas have the greatest risk.

TORNADOES

KNOW THE TERMS

Tornado Watch: Issued when conditions are favorable for the formation of tornadoes.
Tornado Warning: Issued when a tornado has been sighted or indicated by weather radar.

WARNING AND DANGERS SIGNS

→ An approaching cloud of debris can mark the location of a tornado, even if a funnel is not visible.
→ Before a tornado hits, the wind may die down and the air may become very still.
→ You may hear the sound of a loud roar, similar to a freight train, or see large hail.

TORNADOES

ACTIONS TO CONSIDER BEFORE A TORNADO

→ Assemble a disaster supply kit and make a family communication plan.
→ Monitor local media for the latest updates.
→ Pick a place where family members can gather (e.g., a basement, center hallway, bathroom or closet).
→ If you are in a high-rise building, you may not have enough time to go to the lowest floor. Find a place in a hallway near the center of the building.
→ Above all, avoid exterior walls and windows.

TORNADOES

ACTIONS TO CONSIDER DURING A TORNADO

If at home:
→ Go to a windowless room, storm cellar or basement, or the lowest level of the building.
→ Get under a piece of sturdy furniture and use your arms to protect your head and neck.
→ Get out and find shelter elsewhere if you are in a mobile home.
If at work:
→ Go to the basement or to an inside hallway at the lowest level.
→ Avoid places with wide-span roofs, such as auditoriums, cafeterias or large hallways.
→ Get under a piece of sturdy furniture and use your arms to protect your head and neck.
If outdoors:
→ Get inside a building or shelter, if possible.
→ If shelter is not available or if you do not have time to get indoors, move away from trees and cars, lie flat in a ditch or low-lying area and use your arms to protect your head and neck.
→ If in a vehicle:
→ Never try to outrun a tornado in urban or congested areas. Get out of the car and take shelter in a nearby building.
→ If there is no time to get indoors, pull over and park your car (never under a bridge or overpass). Keep your seat belt fastened, put your head below the windows and cover it with your arms and a blanket, coat or other cushion, if possible.

ACTIONS TO CONSIDER AFTER A TORNADO

→ Check for injuries and provide first aid and CPR, if you are trained.
→ Watch out for broken glass and fallen power lines, and do not enter damaged areas until you are told it is safe to do so.
→ Use battery-powered lanterns or flashlights instead of candles or an open flame; combustibles may be present.
→ Use caution when entering a damaged building.
**WILDFIRES**

**WILDFIRE FACTS**

- Wildfires start small and can grow rapidly given the right combination of weather and fuel.
- There are three different classes of wildfires. A surface fire is the most common type and burns along the floor of a forest, moving slowly and killing or damaging trees. A ground fire is usually started by lightning and burns on or below the forest floor. Crown fires spread rapidly by wind and move quickly by jumping along the tops of trees.
- More than four out of every five forest fires are started by people. Negligent human behavior, such as smoking in forested areas or improperly extinguishing campfires, is the cause of many fires. The other cause of forest fires is lightning.

**COMMUNITY WILDFIRE PROTECTION PLAN**

The Douglas County Community Wildfire Protection Plan (CWPP) is the result of a broadscale, countywide collaborative planning effort that identifies strategies for the protection of life, property and critical infrastructure in the Wildland Urban Interface.

Developed under the guidance of the core team, the Douglas County CWPP identifies mitigation, prevention and preparedness strategies to benefit Douglas County citizens. The document is organized to best assist the residents of Douglas County in their mitigation efforts and development of local-level CWPPs. The entire document and appendices can be viewed at: www.douglas.co.us/land/wildfire-mitigation/community-wildfire-protection-plan

**ACTIONS TO CONSIDER BEFORE A WILDFIRE**

- Protect your home:
  - Assemble a disaster supply kit and make a family communication plan.
  - Replace attic and soffit vents with smaller opening screens to keep burning embers from entering the home. Consider enclosing or screening areas below decks to keep burning embers from these areas.
  - Keep household items on hand that can be used as fire tools: rake, axe, hand or chain saw, bucket and shovel.
  - Wooden roofing is the number-one cause of home loss during an ember shower from a wildfire. Douglas County requires all new construction roofs be made of fire-resistant materials. Consider replacing wooden shingle roofs.
  - Create a defensible space zone that extends at least 120 feet around your home. Remove as many trees and shrubs as possible within 30 feet of the house. In the rest of the zone, thin trees so that there is a 10 foot gap from tree branch to tree branch. On steep slopes, increase the size of the defensible space zone.
  - Annually, mow grass within 30 feet of the house and prune all dead branches from trees in the defensible space zone.
  - Regularly clean your roof, gutters and chimney.
  - Ask the power company to clear branches from power lines.
  - Stack firewood at least 100 feet away and uphill from your home.
  - Contact the fire district serving your area and have them conduct a defensible space survey of your property. Find fire district contact information on the last page of this guide.

**ACTIONS TO CONSIDER DURING A WILDFIRE**

- If time allows, close windows, vents, doors and blinds or noncombustible window coverings. Shut off the gas at the meter or turn off the propane at the tank. Open the fireplace damper and close the fireplace screen. Bring any patio furniture inside.
- If you are concerned about a wildfire in your area, leave and go to a safe place out of the area. Do not wait to be told by local officials to evacuate. Tune into local radio and television sources for more information.
- Back your car into the garage or park it in an open space facing the direction of escape. Shut the doors and windows. Leave the key in the ignition. Close the garage windows and doors, but leave them unlocked.
- If power is lost, automatic garage door openers will not function. To manually open the garage door, pull on the red emergency cord and lift the door by hand.
- Confine pets to one room. Make plans to care for your pets in case you must evacuate.
- If you are trapped in a wildfire, stay calm. Do not drive a vehicle through the fire; the heat and smoke will disorient you and may cause you to crash. Stay indoors, away from flammable materials, moving side to side to find the coolest area. Keep your body, including your head, neck and hands, covered with natural materials such as cotton or wool, and drink plenty of water.

**ACTIONS TO CONSIDER AFTER A WILDFIRE**

- Follow the directions from the Sheriff before reentering a burned area and be careful.
- Beware of falling trees. The fire may have burned out roots or weakened trunks and trees may fall at any time without warning.
- Check the roof immediately and extinguish any sparks or embers. Check the attic for hidden burning sparks.
- Continue checking areas in and around the home for smoke and sparks several hours after the fire is extinguished.

**TERRORISM**

**WHAT IS TERRORISM?**

Terrorism is the use of force or violence against people or property in violation of the criminal laws of the U.S. for purposes of intimidation, coercion or ransom.

**TERRORISM FACTS**

- Terrorists often use threats to create fear among the public, to convince citizens that their government is unable to protect them and to get immediate publicity for their causes.
- High-risk targets for acts of terrorism include military and civilian government facilities, international airports, large cities and high-profile landmarks. Terrorists might also target large public gatherings, water and food supplies, utilities and corporate centers.
- Acts of terrorism include: threats of terrorism; assassinations; kidnappings; hijackings; bomb scares and bombings; cyberattacks (computer-based); and the use of chemical, biological, radiological and nuclear weapons.

**CHEMICAL THREATS**

- Chemical agents are poisonous vapors, aerosols, liquids and solids that have toxic effects on people, animals or plants.
- They can be released by bombs or sprayed from aircraft, boats and vehicles. They can be used as a liquid to create a hazard to people and the environment.
- Some chemical agents may be odorless and tasteless.
- They can have an immediate effect (a few seconds to a few minutes) or a delayed effect (2-48 hours).
**BIOLOGICAL THREATS**
- Biological agents are organisms or toxins that can kill or incapacitate people, livestock and crops.
- The three basic groups of biological agents that would likely be used as weapons are bacteria, viruses and toxins.
- Biological agents can be dispersed by spraying them into the air, by infecting animals that carry the disease to humans and by contaminating food and water.

**RADIOLOGICAL DISPERSION DEVICE**
- Terrorist use of a radio logical dispersion device (RDD) (often called "dirty nuke" or "dirty bomb") is considered far more likely than the use of a nuclear explosive device. An RDD combines a conventional explosive device (such as a bomb) with radioactive material. It is designed to scatter dangerous and sublethal amounts of radioactive material over a general area.
- Depending on how fast the area of the RDD detonation was evacuated or how successful people were at sheltering in place, the number of deaths and injuries from an RDD might not be substantially greater than from a conventional bomb explosion.

**NUCLEAR BLASTS**
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. A nuclear device can range from a weapon carried by an intercontinental missile to a small, portable nuclear device transported by an individual.

**THE NATIONAL TERRORISM ADVISORY SYSTEM**
The National Terrorism Advisory System (NTAS) provides timely, detailed information on terrorist threats to the public, government agencies, first responders, transportation facilities and the private sector.

**NTAS Alerts**
When a potential or actual threat is received, the Department of Homeland Security (DHS) will issue an NTAS Alert that advises what action to take in response.

**Imminent Threat Alert**
Warms of a credible, specific and impending terrorist threat against the U.S.

**Elevated Threat Alert**
Warms of a credible terrorist threat against the U.S.

**Sunset Provision**
An individual threat alert is issued for a specific time period and then automatically expires. It may be extended if new information becomes available or if the threat evolves.

**Alert Announcements**
Alerts will be issued through:
- The DHS NTAS website – www.dhs.gov/alerts
- Emails – sign up at: www.dhs.gov/alerts
- Facebook – www.facebook.com/NTASAlerts
- Twitter – https://twitter.com/NTASAlerts

Local travel conditions are broadcast on local TV stations and News Radio 980 KOA. Information about road conditions and closures can be found at: www.cotrip.org

**ACTIVE SHOOTER SITUATION**
Active shooter situations can happen anywhere and without warning. They are unpredictable and evolve quickly. The random nature of active shootings means that threats cannot be predicted, only responded to. This leaves government, public and private institutions vulnerable to serious or violent crime.

To stop the shooting and lessen the amount of harm requires the immediate action and rapid deployment of law enforcement to contain the situation. However, active shooter situations are often over within 10 to 15 minutes, before law enforcement arrives on the scene.

It is vital that people be instructed on how to respond during violent criminal attacks so they can be prepared both mentally and physically to deal with an active shooter situation.

This section provides direction for people who may be caught in an active shooter situation.
ACTIVE SHOOTER PROFILE

An active shooter is a person actively engaged in killing or attempting to kill people in a confined and populated area. In most cases, active shooters use firearms. An evolving trend using improvised explosive devices (IEDs) targeting victims and first responders has recently been seen in active shooter incidents. There is no pattern or method to their selection of victims. Their main objective is mass killing and injury.

Active shooters generally begin shooting at a number of people without warning. The motives for their behavior range from rage or vengeance to mental dysfunction.

Each active shooter situation is unique, but the shooter's actions are usually similar. Active shooters:

→ Often go to locations where potential victims are close at hand, such as schools, shopping malls and workplaces. They are usually familiar with the location.
→ Assault people with whom they come into contact – quickly engaging multiple targets.
→ May have a planned attack and may be prepared for confrontation with law enforcement.
→ Typically continue their attack despite the arrival of emergency responders.
→ May be suicidal, deciding to die in the course of their actions. Escape is usually not a priority.

Your hiding place should:

→ Be out of the active shooter's view.
→ Provide protection if shots are fired in your direction (e.g., an office or room with a locked door).
→ Not trap you or restrict your movement.

To prevent an active shooter from entering your hiding place:

→ Lock the door.
→ Block the door with heavy furniture.

If the active shooter is nearby:

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

If evacuation and hiding are impossible:

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

3. TAKE ACTION AGAINST THE ACTIVE SHOOTER

As a last resort, and only when your life is in imminent danger, try to disrupt or incapacitate the active shooter by:

→ Acting as aggressively as possible against him or her.
→ Throwing items and improvising weapons (e.g., scissors, fire extinguisher).
→ Yelling.

It is crucial that you commit to your actions.

ACTIVE SHOOTER RESPONSE

How you respond to an active shooter will be dictated by the specific circumstances of the encounter. If you find yourself involved in an active shooter situation, try to remain calm and use these guidelines to help you plan a strategy for survival.

Quickly determine the most reasonable way to protect your life. Remember that customers, clients and students are likely to follow the lead of employees, managers and faculty/teaching personnel during an active shooter situation.

1. EVACUATE

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

→ Have an escape route and plan in mind.
→ Evacuate regardless of whether others agree to follow.
→ Leave your belongings behind.
→ Help others escape, if possible.
→ Prevent people from entering areas where the active shooter may be.
→ Follow the instructions of any police officer.
→ Keep your hands visible.
→ Do not move wounded people.
→ Call 911 once you are safe.

2. HIDE OUT

If evacuation is impossible, find a place to hide where the active shooter is less likely to find you. The safest place for you to be is inside a secure room.

PUBLIC HEALTH EMERGENCY

Use these tips to stop the spread of germs and sickness.

Avoid close contact.

→ Avoid close contact with people who are sick.
→ When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick.

→ If possible, stay home from work, school and running errands when you are sick. You will help prevent others from catching your illness.

Cover your mouth and nose.

→ Cover your mouth and nose with a tissue when you cough or sneeze. It may prevent those around you from getting sick.
→ If you don't have a tissue, cough or sneeze into your inner elbow, not your hands.
→ Put used tissues in the wastebasket.

Clean your hands.

→ Washing your hands often will help protect you from germs.
→ Clean your hands after you cough or sneeze. Wash with soap and warm water (for at least 20 seconds) or clean with an alcohol-based hand wash.
→ Thoroughly scrub hands, wrists, fingernails and in between fingers. Rinse and dry hands.

Avoid touching your eyes, nose or mouth.

→ Germs are often spread when a person touches something contaminated and then his or her eyes, nose or mouth.

Practice other good health habits.

→ Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious foods.
Supplies of antibiotics for secondary bacterial infections are usually available.

Effective antibiotics for secondary bacterial infections may be in limited supply.

Average U.S. deaths can range from 3,000 to 49,000 per year.

Number of deaths could be quite high. The highest number of known deaths from pandemic flu occurred in 1918-19 with the Spanish flu; More than 500,000 people died in the U.S.

Symptoms: fever, cough, runny nose, muscle pain. Death is often caused by complications, such as pneumonia.

Symptoms may be more severe, and complications are more frequent.

May have a minor impact on society (e.g., some school closings, encouraging sick people to stay home).

May have a major impact on society (e.g., widespread restrictions on travel, school and business closings, cancellation of large public gatherings).

There is little impact on the world’s economy.

There is the potential for a major impact on the world’s economy.

The severity of a pandemic is also influenced by the tendency of pandemics to circle the globe in two or three waves. The severity of each wave can differ dramatically.

For more information, please contact Tri-County Health Department at: www.tchd.org or 303-220-9200

HAZARDOUS MATERIALS

WHAT ARE HAZARDOUS MATERIALS?

Hazardous materials (hazmats) are materials that are flammable, corrosive, oxidizing, explosive, toxic, poisonous, etiological, radioactive, nuclear or unduly magnetic, or any other material that, because of its quantity, properties or packaging, may endanger life or property. Hazmats also include chemical agents, biological research material and compressed gas.

HAZMAT FACTS

- Hazardous chemicals are used in industry, agriculture, medicine, research and consumer goods.
- They are most often released as a result of transportation accidents or chemical accidents in plants.
- Varying quantities of hazmats are manufactured, used or stored at an estimated 4.5 million facilities in the U.S.
- As many as 500,000 products pose physical or health hazards and can be defined as hazardous chemicals.
- Most victims of chemical accidents are injured at home.
- Never mix household hazardous chemicals or waste with other products. Incompatible chemicals, such as chlorine bleach and ammonia, may adversely react, ignite or explode.
- Never use hair spray, cleaning solutions, paint products or pesticides near an open flame (e.g., pilot light, lit candle, fireplace, wood-burning stove). Although you may not be able to see or smell them, vapor particles in the air could catch fire or explode.

HOUSEHOLD CHEMICAL EMERGENCY

- Get out of the home immediately if there is any danger of fire or explosion. Do not waste time collecting items or calling the fire department when you are in danger. Once you are safe, call the fire department on your cell phone or a neighbor’s phone. Stay upwind and away from the home to avoid breathing toxic fumes.
- Call the Poison Help Line (1-800-222-1222). 911, hospital emergency room, county health department, fire department or local pharmacy for emergency advice if someone has been exposed to a household chemical. Have any containers of the substance readily available to provide requested information.
- Take immediate action if the chemical gets into the eyes. Delaying first aid can greatly increase the likelihood of injury. Flush the eyes with clear water for at least 15 minutes, unless authorities instruct otherwise.
- Discard clothing that may have been contaminated. Some chemicals may not wash out completely.

RECOGNIZE THE SYMPTOMS OF TOXIC POISONING

Be prepared to seek medical help if you have any of the following symptoms: difficulty breathing; irritation of the eyes, skin, throat or respiratory tract; changes in skin color; headache or blurred vision; dizziness, clumsiness or lack of coordination; cramps or diarrhea.

DANGER ZONES

A hazmat accident can occur anywhere. Communities located near chemical-manufacturing plants are particularly at risk. However, hazmats are transported on roadways, railways and waterways daily, so any area is vulnerable.

AZOTIONS TO CONSIDER BEFORE A HAZMAT INCIDENT

- Assemble your disaster supply kit and make a family communication plan.
- Determine evacuation routes and be ready to evacuate.
- Determine the best place in your home to shelter.
- Keep fire extinguishers in your home and car.
- Post emergency contact numbers (e.g., poison control, hospital emergency room, local pharmacy) by the telephone.

AZOTIONS TO CONSIDER DURING A HAZMAT INCIDENT

- Monitor local media for information and instructions.
- Stay upstream, uphill and upwind. In general, try to stay at least one-half mile from the danger area.
- Stop and seek shelter in a permanent building if you are in a vehicle. If you must remain in your vehicle, keep windows and vents closed and shut off the air conditioner or heater.
- If you are advised to shelter in place:
  - Bring pets inside.
  - Fill up sanitized tubs for an additional water supply and turn off the intake valve to the house.
  - Close and lock all exterior doors and windows.
  - Close vents, fireplace dampers and as many interior doors as possible.
  - Turn off air conditioners and ventilation systems.
  - Go to your preselected shelter room.
  - Seal the room by covering each window, door and vent with plastic sheeting wet towels, duck tape, wax paper or aluminum foil. Use material to fill cracks and holes in the room, such as those around pipes.
  - If gas or vapors could have entered the building, take shallow breaths through a cloth or a towel.
  - Avoid eating or drinking any food or water that may be contaminated.
**HAZMAT**

**ACCIDENT VICTIMS**

- Do not try to care for victims of a hazmat accident until the substance has been identified and authorities indicate that it is safe to go near victims.
- Once it is safe to do so, move the victims to fresh air and call for emergency medical care. Remove contaminated clothing and shoes and place them in a plastic bag.
- Clean victims that have come into contact with chemicals by immediately pouring cold water over their skin or eyes for at least 15 minutes, unless authorities instruct you not to use water on the particular chemical involved.

**HOSPITALS SERVING DOUGLAS COUNTY**

- Castle Rock Adventist 720-455-5000
- Children's Hospital Highlands Ranch 720-478-1234
- Littleton Adventist 303-730-8900
- Littleton Adventist 303-269-4000
- Sky Ridge Hospital 720-225-1000
- Other Helpful Numbers
  - Rocky Mountain Poison Control 1-800-222-1222
  - Division of Parks & Wildlife Northeast Region Office 303-291-7227
  - U.S. Fish & Wildlife Service 1-800-344-WILD (9453)
  - Douglas County Government 303-660-7400
  - Douglas County Public Works Operations 303-660-7480
  - Douglas County School District
    - School Closures 303-387-7669
    - Water and Follow another procedure.
  - Tri-County Health Department 303-220-9200

**DISASTER PREPAREDNESS**

Get started with your emergency plans for protecting yourself and your loved ones before, during, and after a disaster.

- Hazard facts
- Danger zones
- Warning systems and signals
- Before, during and after actions
- Recovering from disaster

**DISCLAIMER**

The information in this guide is derived from original Federal Emergency Management Agency (FEMA) and National Oceanic & Atmospheric Administration (NOAA) materials. This is an edited and abridged version of multiple emergency preparedness publications. This guide has been published to provide a brief overview of emergency preparedness. It is not meant to replace original FEMA or NOAA documents. Users of this guide are strongly encouraged to refer to FEMA and NOAA materials for in-depth information on emergency preparedness.