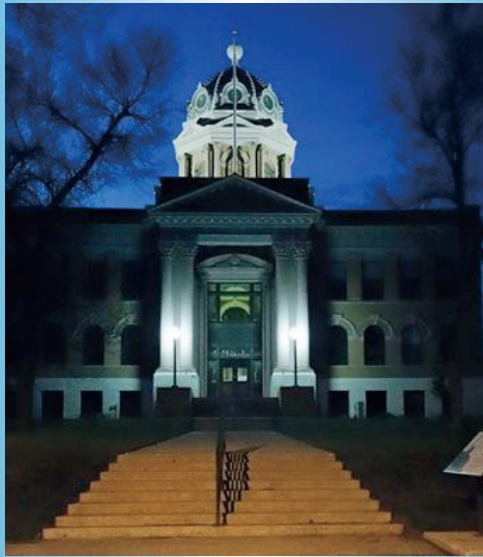


Are You Prepared?



An Emergency Guide for
LaMoure County

This booklet is made possible by the LaMoure County Local Emergency Planning Committee (LEPC) with a grant from the U.S. Department of Homeland Security through the North Dakota Department of Emergency Services.

The primary purpose of this guide is to provide LaMoure County residents 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 before an emergency occurs to:

- ✓ Understand potential dangers.
- ✓ Plan and prepare for an emergency or disaster.

Please keep this guide for future reference.

Electronic versions of this guide are available on-line at:

[www.centralvalleyhealth.org/files/epr/LaMoure Are You Prepared 2016.pdf](http://www.centralvalleyhealth.org/files/epr/LaMoure%20Are%20You%20Prepared%202016.pdf)
lamourecountynd.com/DisasterPreparedness

Ready in 3

“Ready in 3” focuses on three steps you can take to prepare for many kinds of emergencies.

Three steps to prepare for an emergency:

1. Create a **Plan**.
2. Prepare a **Kit**.
3. Be **Informed**.

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4 Information Resources

If you need assistance in an emergency, call 9-1-1
24 hour non-emergency, call 1-800-472-2121

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

Local Resources

City Police Departments

Kulm - 701-647-2451

LaMoure - 701-883-5723

- ✓ Crime Prevention

LaMoure County Ambulance Services

Located in: Edgeley, Kulm, LaMoure

- ✓ CPR, First Aid, and First Responder classes

LaMoure County Fire Departments

Located in: Edgeley, Jud, Kulm,

LaMoure, Marion, Verona

- ✓ Fire Prevention Resources

LaMoure County Emergency Management/9-1-1

701-883-6096

www.lamourecountynd.com/emergency-management

- ✓ Disaster Planning Resources
- ✓ Educational Presentations
- ✓ CodeRED Registration
- ✓ Fire Danger Rating

LaMoure County Public Health Department

701-883-5356 - Business Hours

701-952-8196 - 24 Hour Public Health

Emergencies

www.lamourecountynd.com/public-health

- ✓ Immunizations/Vaccinations
- ✓ Health/Wellness Assessments
- ✓ Educational Presentations

LaMoure County Sheriff's Department

701-883-5720

www.lamourecountynd.com/sheriff-dept

- ✓ Crime Prevention

LaMoure County Social Services

701-883-6060

www.lamourecountynd.com/social-services

- ✓ Public Assistance Programs
- ✓ Adult, Children and Family Services
- ✓ Economic Assistance

Regional and State Resources

American Red Cross

1-800-252-6746

www.redcross.org

- ✓ Disaster Relief
- ✓ Emergency Sheltering

Freedom Resource Center

701-252-4693

www.freedomrc.org

- ✓ Provide services that increase independence for people with disabilities

Hospitals

- ✓ Jamestown - Jamestown Regional Medical Center
701-252-1050
- ✓ Lisbon - CHI Lisbon Health
701-683-6400
- ✓ Oakes - CHI Oakes Hospital
701-742-3291
- ✓ Valley City - CHI Mercy Hospital
701-845-6400

Information and Referral Services

Call 2-1-1 or 701-235-7335

Suicide Lifeline: 1-800-273-8255

myfirstlink.org

- ✓ Referral for community services
- ✓ 24 Hour Availability

ND Department of Emergency Services

1-800-773-3259

www.nd.gov/des

- ✓ Fire Danger Rating
- ✓ Disaster Planning Resources

ND Department of Health - Division of Disease Control

1-800-472-2180 or 701-328-2372

www.ndhealth.gov

- ✓ Communicable Disease Questions

ND One Call

Call 8-1-1 or 1-800-795-0555

www.ndonecall.com

- ✓ "Call before you dig"
- ✓ Underground Utility Location

ND Road Reports

Call 5-1-1

www.dot.nd.gov

- ✓ Road Closures
- ✓ Road Construction
- ✓ Travel Conditions
- ✓ 24 Hour Availability

Poison Control Center

1-800-222-1222

www.ndpoison.org

- ✓ Poison First Aid
- ✓ Education about Poison
- ✓ Poisoning Prevention

Salvation Army

701-252-0290

www.salvationarmynorth.org/jamestown

- ✓ Disaster Relief

South Central Human Service Center

701-253-6300 or 1-800-260-1310

Crisis: 701-253-6304

www.nd.gov/dhs

- ✓ Mental Health Services

Federal Resources**National Weather Service - Bismarck Office**

www.weather.gov/bis

- ✓ Weather Forecast
- ✓ Watch/Warning Information
- ✓ Weather Safety

Ready.gov

www.ready.gov

- ✓ Preparedness Resources for home, business, and children

6 Build an Emergency Preparedness Kit

Emergencies can occur quickly and without warning. Prepare for the unexpected now by assembling a kit designed for a variety of emergencies. Store the items in a waterproof container that is easily accessible.

Suggested items for your home emergency kit:

- Bottled water (1 gallon of water per person, per day for at least 3 days).
- Food (three-day supply of non-perishable food).
- Essential medications.
- Sanitation items.
- Duct tape, plastic sheeting.
- Battery-powered radio, flashlight, and extra batteries.
- Battery-powered all-hazards weather radio.
- Small amount of cash.
- Canned and non-perishable food, manual can opener.
- Extra clothing including boots, mittens, and a hat.
- Whistle to signal for help.
- Backup for any required medical equipment, such as an oxygen tank.
- Blankets.
- Towelettes.
- Garbage bags.
- First aid kit.
- Pet supplies.

Check your kit every 6 months and rotate items before they expire.

If you use anything out of your emergency preparedness kit, replace those items so they are available for the next time.

Prepare a kit for your vehicle(s) by including the following additional items:

- Fire extinguisher.
- Booster cables and tow rope.
- Compass and road maps.
- Shovel and red cloth.
- Tire repair kit and pump.
- Road flares.
- Small tool kit.
- Non-perishable, high energy snacks.
- Extra clothing to keep warm and dry.



For more information on building emergency kits, visit www.ready.gov/build-a-kit, contact the Central Valley Health District Emergency Preparedness and Response Program at 701-252-8130, the LaMoure County Emergency Management Office at 701-883-6096, or visit the American Red Cross website at www.redcross.org.

Make a Plan

7

Individuals, families and businesses have a responsibility to prepare themselves for emergencies or disasters that may strike. A disaster plan can save lives, minimize damage to property, and help with recovery.

Hoping for the best is NOT a plan!

What you can do to start your plan:

The first step is to learn about what can happen. This booklet identifies many of the hazards common to LaMoure 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** – Select a meeting place away from your home or business. Include pets in these plans.
- Family 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, phone numbers and e-mail addresses.
- 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 coworkers that can provide aid in an emergency. Make sure all members of the network have phone numbers and email addresses of other network members. See page 8
- Emergency Preparedness Kit** - See page 6
- Plan for your pet or service animal** - See page 11



Practice Your Plan!

8 Disaster Preparedness for People with Disabilities

Develop Your Network

Assess what you can do on your best day and worst day to care for yourself. Determine what you can do in disaster situations such as a power outage, severe summer storm, or having to relocate to a disaster shelter. What will you need help with and who can provide that help? Consider family members, friends, coworkers, and at least one individual that lives outside of your community that would not be affected by the disaster. This team becomes your network.

Make sure your network:

- Communicates with all network members to understand the help you need.
- Has a key or access code to enter your home.
- Knows where your emergency kit is located.
- Knows how to evacuate you from your home.
- Knows how to use any life saving devices, adaptive equipment, and administer certain medications or treatments.
- Is updated as your abilities change.
- Has a copy of the phone numbers, email, and home addresses of all network members.

Practice your plan with your network!

Develop a separate plan for your workplace with a network of co-workers that can help. Let your employer know of your plan and practice your plan.

Disaster Supply Kit

In addition to the disaster supply kit items listed on page 6 of this booklet consider adding the following items to your kit for people with disabilities:

- ✓ Dressing devices
- ✓ Eating utensils
- ✓ Medications
- ✓ List of medications and health care providers
- ✓ Wheelchair repair kit
- ✓ Cane/Walker/Wheel Chair
- ✓ Writing devices
- ✓ Glasses
- ✓ List of Network Team contacts
- ✓ Portable Oxygen Equipment
- ✓ Hearing aid batteries
- ✓ Grooming utensils
- ✓ Note cards listing needs for assistance with basic care
- ✓ Urinary/Ostomy/Sanitary supplies
- ✓ Service animal food, care items and copy of medical records

Mobile / Portable Devices

To conserve power on your cell phone or tablet, consider implementing these power saving techniques during a disaster:

- Turn off location services such as GPS.
- Turn off data services (Bluetooth, Wi-Fi, and mobile data) until needed.
- Turn off background data sync.
- Turn off the screen on the phone right away after using it.
- Close applications that you are not using to conserve power.
- Set your brightness and back-light to minimum levels to conserve battery life.
- Place phone calls only when necessary.
- Keep all phone calls brief. If you need to use a phone, try to convey only vital information to emergency personnel and/or family.
- Send brief text messages rather than phone calls.
- Charge your cell phone in your vehicle during commercial power outages.
- Purchase a rechargeable external battery pack for your phone and/or tablet.
- Turn your phone or tablet completely off and remove the battery if possible. This will provide the longest battery savings.
- Keep your phone, batteries, chargers, and other equipment in a dry, accessible location.

Home Computers / Laptops

- Backup important files to an external device such as a flash drive or an Internet-based storage system.
- Keep your computer anti-virus software up to date.
- Utilize strong passwords for accounts. A good password is:
 - ✓ Private: it is used and known by one person only.
 - ✓ Secret: it does not appear in clear text in any file or program or on a piece of paper taped to the monitor.
 - ✓ Easily remembered: so there is no need to write it down.
 - ✓ At least 8 characters long.
 - ✓ A mixture of at least 3 of the following: upper case letters, lower case letters, digits, and symbols.
 - ✓ Not listed in a dictionary of any major language.
- **Do not use the same password for other sites.** It is better to have one distinct password for every site you use.
- Purchase a battery backup for your computer to allow you to save your work immediately after a power outage. Turn the computer off after saving your work.

10 Community Notifications

Sirens

Outdoor warning sirens alert us to **chemical spills, severe weather, and other community emergencies**. Routine testing of outdoor warning sirens occurs in most LaMoure County communities on the first Wednesday of the month.

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

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

All-Hazards Weather Radio

All-Hazards weather radios provide direct warnings to the public of severe weather and other emergencies. All-hazards weather radios can be purchased at discount stores, electronic retailers, and from websites. When purchasing an all-hazards weather radio, look for a radio with battery backup and Specific Area Message Encoding (SAME) to narrow alerts down to one or more user chosen areas. **The SAME code for LaMoure County is 038045.**

CodeRED

CodeRED delivers emergency notifications automatically to landline telephones. All notifications are based on the address registered in the 9-1-1 system. **Cell phones must be registered** to receive emergency notifications via voice or text message. CodeRED also provides weather warnings for severe thunderstorm, tornado, and flash flood events. Whether you have a landline telephone or cell phone, **you must register for this weather warning service**. For more information or to register, visit the LaMoure County website or call the Emergency Management office at 701-883-6096. There is no charge to register for CodeRED services.

Phone/Tablet Applications

The American Red Cross has several phone applications available for Android, Apple, and Windows devices. These applications can provide warning and safety information for emergencies such as wildfires, floods, and tornadoes. Visit www.redcross.org/prepare/mobile-apps or visit your phone's application store and search for Red Cross.

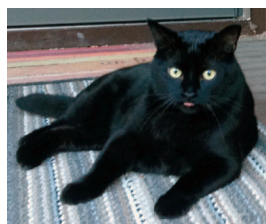
School System Notifications

Talk with your local school district to find out what kind of systems or phone applications are available for parental and student notifications of school closures, emergencies, and other important school related information.

If you must 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. Service animals that assist people with disabilities may be the only animals allowed in a community shelter. A “pets only” shelter may also become available.



- Keep a list of “pet friendly” places, including phone numbers. Ask if “no pet” policies could be waived in an emergency at hotels or a friend’s apartment complex.
- Ask relatives, friends, or others outside the affected area whether they could shelter your animals.
- Bring all pets indoors in the event of an emergency so that you won’t have to search for them.
- Make sure all dogs and cats are wearing collars that are securely fastened with up-to-date identification tags.
- Bring a leash and pet carrier.
- Bring proof of pet immunization, medical records, the animal’s prescription medications, and a current photo of the animal.

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 of the bird and leg bands for identification. 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 or lamp.

House lizards should be transported in a secure travel carrier. Have a photo of the lizard for identification. Include food, heating pad or lamp, and other care supplies.

Small mammals (hamsters, gerbils, ferrets, etc.) should be transported in secure carriers. Have bedding materials, food bowls, water bottles, and other needed care supplies.

12 Shelter-in-Place

One of the instructions that may be given is to shelter-in-place if chemical, biological, or radiological contaminants are released into the environment. This is a precaution aimed to keep everyone 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 the entire home or office building.

Know how to shelter-in-place:

- Get your emergency preparedness kit.
- 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.
- Go to an interior room without windows that is **above ground level** such as a bathroom.
- Take a battery operated radio and phone with you.
- Bring your pets with you.
- Place towels under the cracks of doors. Use duct tape and plastic sheeting/bags (heavier than food wrap) to seal all cracks around the doors, windows, and any vents into the room.

Ready in 3

Three steps to prepare for an emergency:

1. Create a **Plan**.
2. Prepare a **Kit**.
3. Be **Informed**.

Make sure your emergency kit is readily accessible

Keep listening to the local radio stations and follow instructions provided by local authorities.



Check your kit every 6 months and rotate items before they expire.

If you use anything out of your emergency preparedness kit, replace those items so they are available for the next time.

Evacuation and Community Shelters

13

Evacuation

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 in case your primary evacuation route is closed. Do not wait until the last moment to leave. Be prepared to be away from home for an extended period of time.

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

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



Community Shelters

Community shelters may be opened in certain emergencies or disasters. Listen to local radio or TV stations or your all-hazards weather radio 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.

If you are going to a Community Shelter:

- Alcoholic beverages and weapons are not allowed.
- Practice patience and cooperation.
- Family pets may not be permitted in shelters.
- Service dogs are permitted in community shelters. Please remember to bring your supplies for your service dog (water/food bowls, food, medication, leashes/harnesses, kennels, etc.)

14 Calling 9-1-1

Is a person hurt or in danger? Do you need the police, fire, or ambulance?

- ✓ Have you ever wondered whether to call 9-1-1? Since 9-1-1 is for emergencies only, it helps to understand when to call and when not to call. An emergency is any serious situation where a law enforcement officer, fire fighter, or emergency medical help is needed right away. If you are unsure of whether your situation is an emergency, go ahead and call 9-1-1. The 9-1-1 dispatcher can determine if you need emergency assistance and can route emergency responders to your location.

If you do call 9-1-1, even by mistake, do not hang up the phone.

- ✓ If you happen to call by accident, stay on the line until you can tell the dispatcher that you called by accident and there is no emergency.

When calling 9-1-1, do your best to stay calm and answer all questions.

- ✓ The questions 9-1-1 dispatchers ask, no matter how unnecessary they seem, are important in helping get the first responders to you as fast as possible.

Help the 9-1-1 dispatcher help you.

- ✓ Listen and answer the questions asked.

Know the location of the emergency.

- ✓ Look for landmarks, cross street signs, and buildings.
- ✓ Know the name of the city or county you are in.

Teach your children how to call 9-1-1.

- ✓ Be sure they know what 9-1-1 is, how to call from your home and cell phone, and to trust the 9-1-1 dispatcher.
- ✓ When calling 9-1-1 your child needs to know their name, parent's name, telephone number, and most importantly their address.
- ✓ Tell them to answer all the dispatchers questions and to stay on the phone until instructed to hang up.

Prank calls to 9-1-1 waste time and are illegal in North Dakota.

- ✓ Be sure all members of your household are aware that prank or harassing calls to 9-1-1 will be dealt with by local law enforcement agencies.

Know the phones you own.

- ✓ Educate everyone about the phone system in your home as well as your cell phone. Children may need to use the devices in an emergency and will need to know how to operate them.

If You See Something, Say Something

15

“If You See Something, Say Something™” is a national campaign that raises public awareness of the indicators of terrorism and terrorism-related crime, as well as the importance of reporting suspicious activity to state and local law enforcement.

Suspicious activity is any observed behavior that could indicate terrorism or terrorism-related crime. This includes, but is not limited to:

- ✓ **Unusual items or situations:** A vehicle is parked in an odd location, a package/luggage is unattended, a window/door is open that is usually closed, or other out-of-the-ordinary situations occur.
- ✓ **Eliciting information:** A person questions individuals at a level beyond curiosity about a building’s purpose, operations, security procedures and/or personnel, shift changes, etc.
- ✓ **Observation/surveillance:** Someone pays unusual attention to facilities or buildings beyond a casual or professional interest. This includes extended loitering without explanation (particularly in concealed locations); unusual, repeated, and/or prolonged observation of a building (e.g., with binoculars or video camera); taking notes or measurements; counting paces; sketching floor plans, etc.

Some of these activities could be innocent. It is up to law enforcement to determine whether the behavior warrants investigation. The activities above are not all-inclusive, but have been compiled based on studies of pre-operational aspects of both successful and thwarted terrorist events over several years.

Protecting Citizens’ Privacy & Civil Liberties

Factors such as race, ethnicity, and/or religious affiliation are not suspicious. The public should only report suspicious behavior and situations (e.g., an unattended backpack or package, or someone breaking into a restricted area).

It takes a community to protect a community.

Reporting Suspicious Activity

To report suspicious activity, call 9-1-1. Describe specifically what you observed, including:

- ✓ Who or what you saw;
- ✓ When you saw it;
- ✓ Where it occurred; and
- ✓ Why it's suspicious.

16 Injuries

Injuries are common in everyday situations and in disasters. There are simple steps you can take to comfort those who are hurt and prevent further harm.

Initially, perform the following steps:

- **Check** to make sure the scene is safe
- **Check** for Responsiveness
- **Call** 9-1-1
- Provide **Care**

In a disaster, emergency assistance may be delayed. Until help arrives, utilize a first aid kit and the following basic care tips listed below.

Severe Bleeding and Wounds:

- Cover wound with a clean cloth, bandage, etc. Add more cloth if blood soaks through. Never remove bandage once applied.
- Apply direct pressure on wound. Apply pressure to blood vessel if necessary.
- Keep pressure on wound until help arrives.

Fainting, Unconsciousness, and Shock:

- Have victim lie down.
- Place victim on side if unconscious.
- Keep victim comfortable, not hot or cold.
- Treat other injuries as necessary.



Burns: Thermal or Chemical:

- Immerse burned area in cold water.
- Flood chemical burn with cool water for 20 minutes.
- Cover burn with dry bandage. Do not use ice or ointments.
- Do not break blisters or remove clothes stuck to skin.

Fractures and Sprains:

- Keep victim still.
- Treat breathing, bleeding, and shock first.
- Keep injured area immobile.
- Only move victim if necessary.

Always call 9-1-1 if someone is seriously injured.

Heart Attack and Stroke

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Heart Attack Warning Signs

Symptoms are not always severe or limited to the typical chest pains you might expect. Symptoms could include:

- Discomfort of the chest, arm, back, neck, jaw, or stomach
- Nausea
- Dizziness
- Cold sweat
- Shortness of breath
- Lightheadedness
- Heartburn
- Racing heartbeat
- Slow heartbeat
- Severe weakness

Call 9-1-1 immediately at the first sign of a heart attack.

Until help arrives:

- Give the person an aspirin as long as they are not allergic.
- Make sure the person is in a comfortable position.
- Give constant reassurance.

Stroke Warning Signs

- F** Face Drooping Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- A** Arm Weakness Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- S** Speech Difficulty Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?
- T** Time to call 9-1-1 If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1. Check the time so you will know when the first symptoms appeared.

Do not give them anything to eat or drink.

Call 9-1-1. Do not drive yourself to the hospital.

18 Colds and Flu

What to do before and during an outbreak:

- ✓ Social Distancing - when you or your family members are sick - **STAY HOME!**
- ✓ **WASH YOUR HANDS!** - wash your hands often with soap and water for at least 20 seconds or use an alcohol based hand sanitizer.
- ✓ Respiratory hygiene - **ALWAYS COVER COUGHS AND SNEEZES** with your elbow or a tissue.
- ✓ Other hygiene - Avoid touching your eyes, nose, and mouth as much as possible.
- ✓ Have an emergency preparedness kit (see page 6). 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 day care centers are closed.
- ✓ Ask your employer if there is a flu plan for your workplace.
- ✓ If you are coughing, expect to wear a mask to prevent spreading your sickness to others.
- ✓ Visitation restrictions may be in place at hospitals and long term care facilities to limit the spread of cold and flu. Call the facility before visiting friends or relatives to verify whether or not any visitor restrictions are in place.
- ✓ Know how to care for individuals at home. Medical facilities could be overwhelmed during an outbreak.



Hand washing is the best defense against spreading respiratory illnesses such as colds and flu. It also helps prevent the spread of other germs that can cause diarrhea and other sicknesses.



Everyone 6 months of age and older should get vaccinated every flu season.

**For more information or guidance,
visit www.flu.gov and/or www.ndflu.com.**

Public Health Emergencies

19

Preparing for public health emergencies is critical to protect everyone's health and well-being. Public health emergencies include natural disasters, disease outbreaks, or homeland security incidents such as a biological or chemical terrorist attack.



Public Health
Prevent. Promote. Protect.

LaMoure County Public Health Department

LaMoure County Public Health Department (LCPHD) works closely with local, regional, state, and federal partners to prepare for public health emergencies. LCPHD 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 vaccinations are given to the general public is called a **Point of Dispensing (POD)**. The POD locations, hours of operation, and what you should bring with you (e.g., identification) will be announced publicly through local radio and TV stations, newspapers, and websites at the time of the emergency. Information will be available at both lamourecountynd.com/public-health and www.centralvalleyhealth.org.

Public Health Volunteers

LCPHD participates in a statewide program called the Public Health Emergency Volunteer Reserve / Medical Reserve Corps (PHEVR/MRC). Volunteers must be at least 18 years old and live or work in North Dakota. There is an ongoing need for PHEVR/MRC registered volunteers. **By becoming a registered volunteer, you can help decrease response time and save lives.** As a registered volunteer, you may be called during 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 visit www.ndhan.gov/PHEVR/phevr.asp.

If it is a medical emergency, call 9-1-1.

20 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. Chemical accidents do happen, at home and in the community, and may involve fire or explosion. You may not be able 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, medication, or other household chemicals.
- 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, gather any containers and immediately call the poison control center at **1-800-222-1222** 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 household chemicals in food containers.
- ✓ Keep all household chemicals out of the reach of children.

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 or TV stations or your all-hazards weather radio for information. If advised, follow instructions to evacuate or shelter-in-place.

Before the power outage:

- ✓ If you have an electric garage door opener, locate the manual release lever and learn how to operate it.
- ✓ Have an alternative power charging source available for cell phones and other portable devices.
- ✓ Keep your vehicle's gas tank at least half full because gas stations rely on electricity to power their pumps.
- ✓ Have an alternative power source available (e.g., extra batteries) for electrical and battery-operated medical equipment.
- ✓ Take into consideration that the cellular phone system may be overwhelmed and not accessible during emergencies.

During the power outage:

- ✓ Use a flashlight for emergency lighting. Candles will increase your risk of a home fire.
- ✓ Turn off electrical equipment you were using when the power went out. Leave one light on so you will know when power returns.
- ✓ Avoid opening the refrigerator and freezer. If you know a power outage may occur, freeze water bottles to help keep food cool longer.
- ✓ Most medication that requires refrigeration can be kept in a closed refrigerator for several hours.
- ✓ Never use outdoor cooking devices indoors.
- ✓ Listen to a battery powered radio for the latest information.

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.

Using a Generator

When using a generator, you must operate it outdoors to prevent carbon monoxide poisoning. Do not connect it directly to your home's wiring. Instead, connect the equipment and appliances you want to power directly to the outlets on the generator. Make sure to properly ground the generator to prevent electric shocks.

22 Fire

Install a **smoke alarm** outside sleeping areas and install a **carbon monoxide alarm** 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, **replace** all batteries once a year, and the entire smoke alarm every 10 years.

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.
- Regularly inspect fire extinguishers.



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

When in doubt, get out!

Plan your escape routes:

- ✓ Determine at least two ways to escape from every room of your home.
- ✓ Consider escape ladders for sleeping areas on upper floors.
- ✓ Install egress windows for lower level and basement rooms. Have a step ladder available to climb out of the window well.
- ✓ Select a location to meet after escaping and educate everyone in the household how to get to that location.
- ✓ 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.

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

Wildfires often begin unnoticed, spreading quickly igniting brush, trees, and homes. Many wildfires are caused by lightning, fireworks, discarded cigarette butts, and unattended fires. People are the cause of most wildfires.

Reduce the risk of a wildfire occurring in your area:

- ✓ **Do not leave a fire unattended.**
- ✓ **Before lighting any fire, check the Fire Danger Rating** – The Fire Danger Rating can be found at the LaMoure County (www.lamourecountynd.org) and the North Dakota Department of Emergency Services (www.nd.gov/des) websites.
- ✓ **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 and keep gutters clean of leaves and twigs. Ask the power company to clear branches from power lines. Remove vines from the walls of homes and mow grass regularly. Clear a 10 foot area around propane tanks, fire pits, and grilling equipment. 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 around the home and have exterior water faucets on at least two sides of the home.



When a wildfire threatens:

- ✓ Back your vehicle 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!

Let your family know you are safe!

24 Flash Flooding and Floods

When a **flash flood watch** 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 or TV stations or your all-hazards weather radio 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 on flooded roads or around barricades. Underestimating the water's depth could be a deadly mistake. If your vehicle stalls in rapidly rising waters, abandon it immediately and move to higher ground.

Turn Around Don't Drown™

- Six inches of water will reach the bottom of most passenger cars causing loss of control and possible stalling.
- A foot of water will float many vehicles.
- Two feet of rushing water can carry away most vehicles including sport utility vehicles and pick-up trucks.

After the flood:

- ✓ **Stay away from disaster areas.** Your presence will hamper rescue and other emergency operations.
- ✓ If food has come into contact with flood waters, throw it out.
- ✓ If advised, boil drinking water before using. Electrical equipment should be inspected before returning to service.
- ✓ Use flashlights to examine buildings. Do not use flame producing light sources such as lanterns, torches, lighters or matches that could cause a fire or explosion.
- ✓ Report broken utility lines to the appropriate utility companies.
- ✓ Do not use your on-site sewage treatment system if it has been under water. Have it professionally inspected and serviced if necessary. Contact Central Valley Health District at 701-252-8130 or the North Dakota Department of Health Environmental Health Section at 701-328-5150 for guidance.

Heat Waves

A heat wave is a period of extreme heat, usually accompanied by high humidity.

If a heat wave is predicted or happening:

- ✓ Never leave children or pets alone in the vehicle.
- ✓ Slow down. Avoid strenuous activity, especially during the warmest part of the day.
- ✓ Stay indoors in air conditioning as much as possible. If your home is not air conditioned, consider visiting the local library, mall, or other public space.
- ✓ Wear lightweight, light-colored clothing along with sunscreen if you do go outside.
- ✓ Drink plenty of water regularly even if you are not thirsty. Avoid caffeinated and alcoholic beverages.
- ✓ Eat small meals and eat more often.

		Heat Index Temperature (°F)															
		80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
Relative Humidity (%)	40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
	45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
	50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
	55	81	84	86	89	93	97	101	106	112	117	124	130	137			
	60	82	84	88	91	95	100	105	110	116	123	129	137				
	65	82	85	89	93	98	103	108	114	121	128	136					
	70	83	86	90	95	100	105	112	119	126	134						
	75	84	88	92	97	103	109	116	124	132							
	80	84	89	94	100	106	113	121	129								
	85	85	90	96	102	110	117	126	135								
	90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127											
100	87	95	103	112	112	132											

With prolonged exposure or physical activity			
Caution	Extreme Caution	Danger	Extreme Danger
Fatigue Possible	Sunstroke, muscle cramps, and/or heat exhaustion possible	Sunstroke, muscle cramps, and/or heat exhaustion possible	Heat stroke or sunstroke highly likely

Know the Difference

Heat Index: what the temperature feels like to the human body when relative humidity is combined with the air temperature.

Excessive Heat Outlook: is issued when the potential exists for an excessive heat event in the next 3 to 7 days.

Excessive Heat Watch: is issued when conditions are favorable for an excessive heat event in the next 24 to 72 hours. A Watch is used when the risk of a heat wave has increased but its occurrence and timing is still uncertain.

Excessive Heat Warning/Advisory: is issued when an excessive heat event is expected in the next 36 hours. These products are issued when an excessive heat event is occurring, is imminent, or has a very high probability of occurring. **The warning is used for conditions posing a threat to life.** An advisory is for less serious conditions that cause significant discomfort or inconvenience and, if caution is not taken, could lead to a threat to life.

26 Lightning and Thunderstorms

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

When a storm approaches, avoid using landline telephones or any devices that are plugged into electrical outlets such as appliances and computers. Avoid taking a bath, shower, or washing dishes.

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 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. Make yourself the smallest target possible by squatting low to the ground, place your hands over your ears and your head between your knees. If you are with other people, move away from them. After the storm passes, stay away from storm-damaged areas.

Do not lie flat on the ground!

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.

Know the Difference

Severe Thunderstorm Watch: Be Prepared! Severe thunderstorms are possible in and near the watch area. Stay informed and be ready to act if a severe thunderstorm warning is issued. Watches are issued by the Storm Prediction Center in Norman, Oklahoma for counties where severe thunderstorms may occur. The watch area is typically large, covering numerous counties or even states.

Severe Thunderstorm Warning: Take Action! Severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property. Take shelter in a sturdy building. Get out of mobile homes that can blow over in high winds. Warnings for LaMoure County are issued by the Bismarck Office of the National Weather Service. Warnings typically encompass a much smaller area (around the size of a city or county) that may be impacted by a severe thunderstorm.

Tornadoes

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

Look for the following danger signs:

- ✓ Dark, often greenish sky.
- ✓ Large hail.
- ✓ A large, dark, low-lying cloud (particularly if rotating).
- ✓ Loud roar, similar to a freight train.

If you are in a sturdy building, basements are best; if you do not have one, choose a center hallway, bathroom or closet on the lowest floor of your home or office. Be sure to take your battery powered radio and flashlight into your temporary shelter.

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 vehicle or mobile home, get out immediately and head for a sturdy building. If you are caught by extreme winds or flying debris, park the vehicle as quickly and safely as possible **out of the traffic lanes**. Stay in the vehicle with the seat belt on. Put your head down below the windows; cover your head with your hands and a blanket, coat, or other cushion if possible. If you can safely get noticeably lower than the level of the roadway, leave your vehicle and lie in that area, covering your head with your hands. **Avoid seeking shelter under bridges**, which can create deadly traffic hazards while offering little protection against flying debris.

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

Know the Difference

Tornado Watch: Be Prepared! Tornadoes are possible in and near the watch area. Review and discuss your emergency plans and check supplies and your safe place. Be ready to act quickly if a warning is issued or you suspect a tornado is approaching. Watches are issued by the Storm Prediction Center in Norman, Oklahoma for counties where tornadoes may occur. The watch area is typically large, covering numerous counties or states.

Tornado Warning: Take Action! A tornado has been sighted or indicated by weather radar. There is imminent danger to life and property. Move to an interior room on the lowest floor of a sturdy building. Avoid windows. If in a mobile home, a vehicle, or outdoors, move to the closest substantial shelter and protect yourself from flying debris. Warnings for LaMoure County are issued by the Bismarck Office of the National Weather Service. Warnings typically encompass a much smaller area (around the size of a city or small county) that may be impacted by a tornado. A tornado may be identified by a forecaster on radar, a trained spotter, or law enforcement officer who is watching the storm.

28 Winter Storms and Extreme Cold

During a winter storm, avoid going outside.

If you must go outside, 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 vehicle** in a winter storm. If you must travel:

- ✓ Keep your vehicle's gas tank full.
- ✓ Let someone know your destination, route, and estimated time of arrival.
- ✓ Carry an emergency preparedness kit in your vehicle.
- ✓ Carry a cell phone.
- ✓ Have an alternative power charging source available for cell phones and other portable devices.

If you become stranded in a vehicle:

- ✓ Do not try to walk to safety. Staying with your vehicle greatly increases your chances of survival.
- ✓ Attach a brightly colored cloth to a window, roof rack, or antenna for rescuers to see.
- ✓ Clear snow from your vehicle's exhaust pipe. Start the vehicle intermittently and run the heater for a brief time every hour.
- ✓ Leave the overhead light on when the engine is running so that you can be seen.
- ✓ Keep one window (away from the wind) slightly open to let air in.

Road Closings

Local law enforcement and North Dakota Highway Patrol have authority to open and close roadways. Roads are closed when conditions create a life-threatening danger to motorists or the roadway is impassable. Roads are opened when it is deemed safe for the traveling public. The North Dakota Department of Transportation coordinates the opening and closing of state and interstate highways with the Highway Patrol when conditions warrant. Always check the ND Road Reports website at www.dot.nd.gov before traveling.

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

Symptoms:

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

Care:

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

Stay Warm Without Fuel

Keep your blood circulating freely by loosening tight clothing, changing positions frequently, and moving your arms and legs. Huddle close to one another. Rub your hands together or put them in your armpits or between your legs. Remove your shoes occasionally and rub your feet.

**If stranded, don't expect to be comfortable.
The challenge is to survive until you are found.**

		Wind Chill																	
		Temperature (°F)																	
		0	40	35	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
Wind Speed (mph)	5	36	31	25	19	13	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63	
	10	34	27	21	15	9	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72	
	15	32	25	19	13	6	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77	
	20	30	24	17	11	4	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81	
	25	29	23	16	9	3	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84	
	30	28	22	15	8	1	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87	
	35	28	21	14	7	0	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89	
	40	27	20	13	6	-1	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91	
	45	26	19	12	5	-2	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93	
	50	26	19	12	4	-3	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95	
	55	25	18	11	4	-3	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97	
	60	25	17	10	3	-4	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98	

Frostbite times for exposed skin

Caution	Extreme Caution	Danger	Extreme Danger
Be aware of changing conditions	Frostbite can occur in 30 minutes or less	Frostbite can occur in 10 minutes or less	Frostbite can occur in 5 minutes or less

Know the Difference

During the winter, a **Watch** is issued when the risk of a hazardous winter weather event has increased, but its occurrence, location, and/or timing is still uncertain. A **Warning** is used when there is a threat to life or property. An **Advisory** is issued for less serious conditions that cause inconvenience, and, if caution is not used, could lead to situations that may threaten life or property.

The snow criteria for a Warning is 6 inches or more in 12 hours or less, OR, 8 inches or more in 24 hours or less. An Advisory is used when snowfall is expected to be 3 to 5 inches in the next 12 hours or less.

A **Blizzard** is a storm with winds of 35 mph or higher, AND visibility frequently below 1/4 mile in snow and/or blowing snow, AND these conditions last three (3) hours or longer.

Wind Chill Advisory: is issued for wind chills of 25°F to 39°F below zero.

Wind Chill Warning: is issued for wind chills of 40°F below zero or colder.

Ice Storm Warning: when the ice from freezing rain is significant enough (1/4 inch thick of ice or more) to cause major damage.

Blizzard Watch: Conditions are favorable for a blizzard in the next 24 to 72 hours.

Blizzard Warning: A blizzard event is imminent or expected in the next 36 hours.

30 Water and Electricity Emergencies

Water

Water is a vital resource. Make sure your emergency kit has 1 gallon of water per person, per day for at least 3 days.

Water Supply in Your Home

Before an emergency happens:

- ✓ Locate the shut-off valve for the water line that enters your home.
- ✓ Label the water valve with a tag for easy identification.
- ✓ Make sure all household members know where the water valve is located.
- ✓ Check to make sure the water valve can be completely shut off. If the valve cannot be closed, have the valve replaced.

Community / Rural Water

If the water supply is affected, follow directions from the local authorities.

Water Wells

If you suspect that your well may be contaminated, contact the Environmental Health Division at Central Valley Health District at 701-252-8130 or the North Dakota Department of Health Environmental Health Section at 701-328-5150 for guidance.

Electricity

Teach all responsible household members where and how to shut off the electricity. **Never shut off or turn on your electricity while standing in water.**

General Guidance

Locate your main electrical circuit box. If your home has circuit breakers, open the metal door of the breaker box to reveal the circuit breakers. The main circuit breaker should be clearly marked showing 'ON' and 'OFF' positions. Turn off all the small circuit breakers first, then shut off the 'MAIN.'

If your home has fuses, you will find a knife switch handle or pullout fuse that should be marked 'MAIN.' Remove all of the small fuses first, then remove the 'MAIN' fuse.

If you have any sub-electrical panels, you will want to shut them off also.

If you are unsure about the electrical system in your home, contact a licensed electrician or the property manager of your rental unit.

Personal Contact Information For Emergencies Call 9-1-1

Your Information

Physical Street Address: _____

City: _____ State: _____ Zip Code: _____

Phone number: _____

Cell phone: _____

Doctor: (Name and Phone #) _____

Pharmacy: _____

Prescription Medications: _____

Allergies: _____

Emergency Contacts

(names and phone numbers)

Relative: _____

Friend: _____

Neighbor: _____

Veterinarian: _____

Poison Control: 1-800-222-1222

Hospital/Clinic: _____

LaMoure County Public Health Department: 701-883-4245

Electric Company: _____

Cable/Satellite Company: _____

Internet Service Provider: _____

Gas/Fuel Oil Company: _____

Phone Company: _____

Water/Sewer: _____

Garbage: _____

Ambulance: 9-1-1

Fire Department: 9-1-1

Law Enforcement: 9-1-1

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