

City of Lakewood Citizens' All-Hazard Emergency Preparedness Guide



Lakewood Police Department
Emergency Management

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INTRODUCTION 1

- What is the Citizens' All-Hazard Emergency Preparedness Guide?
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INTRODUCTION

What is the Citizens' All-Hazard Emergency Preparedness Guide?

Although the City of Lakewood is a safe and healthy community, **it is the responsibility of all citizens to prepare for natural and man-made disasters.** The main focus of this Guide is to address the following questions: "How should I prepare for a disaster?" and "What should I do if a disaster occurs?"

What is a Disaster?

According to Webster's Dictionary, a disaster is, "Any event that overwhelms existing resources to deal with the event." A disaster can be natural, or man-made. Individually, it may be a home burglary or a flooded basement. Within a neighborhood, it could be a snowstorm or hazardous material spill that limits access in or out of your home, work, or school. Disasters within our community may be anything from tornadoes to terrorists. For further information on emergency preparedness and/or Neighborhood Watch within your community, please contact 303-987-7150 or the Environmental Services Section at 303-987-7190.

Neighbors Helping Neighbors

Working with neighbors can save lives and property. Meet with your neighbors to plan how the neighborhood could work together after a disaster, until help arrives. If you are a member of a neighborhood organization, such as a homeowner association or Neighborhood Watch group, introduce disaster preparedness as a new activity. Know your neighbors' special skills (i.e., medical or technical) and consider how you could help neighbors who have special needs, such as disabled and elderly persons. Make plans for childcare in case parents can't get home.

For more information, visit the City of Lakewood's website at <http://www.Lakewood.org>, the Colorado Office of Emergency Management at <http://www.dola.state.co.us/oem/oemindex.htm>, and/or the American Red Cross at <http://www.redcross.org>

FAMILY DISASTER PLAN CHECKLIST 2



FAMILY DISASTER PLAN CHECKLIST

Where will your family be when disaster strikes? They could be anywhere – at work, school, or in the car. How will you find each other? Your family may not be together when disaster strikes, so you need to plan how you will contact one another and what you will do in different situations.

Families **can, and do**, cope with disaster by preparing in advance and working together as a team. Use this Guide to create your Family Disaster Plan. Knowing what to do is your best protection and your responsibility.

The following tasks are necessary to complete a comprehensive Family Disaster Plan.

- Discuss potential disasters (**refer to LAKEWOOD HAZARDS**)
- Prepare a 72-Hour Preparedness Kit (**refer to 72-HOUR PREPAREDNESS KIT**)
- Prepare a car survival kit for your car (**refer to WINTER STORMS**)
- Create a shelter-in-place plan (**refer to SHELTER-IN-PLACE**)
- Create an evacuation plan (**refer to EVACUATION**)
- Practice and maintain plans. Review every 6 months.
- Discuss Early Warning Systems (**refer to EARLY WARNING SYSTEMS**). *Add those devices that you do not currently have.*
- Teach family members when and how to use 9-1-1 (**refer to 9-1-1**)
- Post emergency phone numbers (**refer to 9-1-1**)
- Conduct a home hazard check (**refer to HOME SAFETY**)
- Complete the home security checklist (**refer to SECURITY**)
- Discuss personal safety (**refer to PERSONAL SAFETY**)
- Practice fire drills (**refer to LAKEWOOD HAZARDS**)
- Join Neighborhood Watch (*contact 303-987-7150*)
- Attend First Aid and CPR training
- Secure important documents, such as Insurance information, Social Security Cards, Property Titles, Birth Certificates
- Find out about the disaster plans at your workplace, your children's school or daycare center, and other places where your family spends time (**refer to SHELTER-IN-PLACE**)

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LAKESWOOD HAZARDS

The following is a list of possible Lakewood disasters:

- Winter Storms
- Thunder / Lightning Storms
- Tornadoes
- Floods
- Hazardous Material Spills
- Fire
- Terrorism
- Hail
- Dam Failures
- Extended Utility Outages Including Water, Telephone & Electrical
- Earthquakes
- High Winds

WINTER STORMS

Winter storms are common in Colorado. The snowstorm of March, 2003 set records and caused millions of dollars in damage to power lines and buildings, and stranded hundreds of people.

Before Severe Weather Arrives

- Have a 72-Hour Preparedness Kit assembled ([refer to 72-HOUR PREPAREDNESS KIT](#))
- Obtain a NOAA Weather Radio to monitor severe weather ([refer to EARLY WARNING SYSTEMS](#))
- Learn the early warning systems for your area ([refer to EARLY WARNING SYSTEMS](#))
- Learn the **warning terms** for **Winter Storms**, so that you clearly understand the risk to your family and your community.
 - **"Winter Storm Watch"** indicates that severe winter weather may affect your area. Be alert, a storm is likely.
 - **"Winter Storm Warning"** indicates that severe winter weather conditions are definitely on the way. Take action, the storm is in, or entering, the area.
 - **"Blizzard Warning"** means that large amounts of falling or blowing snow and sustained winds of at least 35 mph are expected for several hours. Snow and strong winds will produce blinding snow, near zero visibility, deep drifts, and life-threatening wind chill – seek refuge immediately!

- **"Winter Weather Advisory"** winter weather conditions are expected to cause significant inconveniences and may be hazardous, especially to motorists.
- **"Frost/Freeze Warning"** below freezing temperatures are expected, and may cause damage to plants, crops, and/or fruit trees
- **"Wind Chill"** a calculation of how cold it feels outside when the effects of temperature and wind speed are combined. A strong wind combined with a temperature of just below freezing can have the same effect as a still-air temperature approximately 35° colder.

- Service snow removal equipment and have rock salt on hand to melt ice on walkways, and kitty litter to generate temporary traction.
- Prepare your car, including a winter storm car survival kit for your car ([refer to page 6](#)).

During A Winter Storm

- Avoid travel if possible.
- Check on neighbors, especially elderly and those with disabilities.
- Make sure pets have plenty of food, water and shelter.

While Outdoors

- Wear several layers of loose-fitting, lightweight; warm clothing, rather than one layer of heavy clothing.
- Outer garments should be tightly woven and water-repellent.
- Wear mittens or gloves.
- Wear a hat.
- Cover your mouth with a scarf to protect your lungs from extremely cold air.
- Keep dry.
- Avoid overexertion. Cold weather puts an added strain on the heart. Unaccustomed exercise such as shoveling snow or pushing a car can bring on a heart attack or make other medical conditions worse.
- Be aware of symptoms of dehydration.
- Watch for signs of frostbite and hypothermia.

Preparing Your Car

The leading cause of death during winter storms is transportation accidents. Preparing your vehicle for the winter season, and knowing how to react if stranded or lost on the road are the keys to safe winter driving.

- Keep your vehicles fueled, in good condition, and have good winter tires.
- Have a mechanic check the following items on your car:
 - Battery
 - Antifreeze
 - Wipers and windshield washer fluid
 - Ignition system
 - Thermostat
 - Lights
 - Flashing hazard lights
 - Exhaust system
 - Heater
 - Brakes
 - Defroster
 - Oil level (if necessary, replace existing oil with a winter grade oil or the SAE 10w/30 weight variety)
- Place a **Car Survival Kit** in each car that includes:
 - Cellular phone
 - Shovel
 - Windshield ice scraper and snow brush
 - Flashlight and extra batteries
 - Battery-powered radio and extra batteries
 - Water and snack food
 - Extra hats, mittens, and blanket
 - First aid kit
 - Tool kit
 - Compass and maps
 - Tow chain or rope
 - Road salt, sand, or cat litter
 - A large, empty can
 - Battery booster cables
 - Emergency flares and a fluorescent distress flag

Winter Driving

- Plan your travel and check the latest weather reports to avoid the storm!
- If traveling by car during a winter weather advisory or winter storm watch:
 - Do so in daylight
 - Do not travel alone
 - Keep others informed of your schedule and route
 - Stay on main roads

If A Blizzard Traps You In Your Car

- Pull off the road, set hazard lights to flashing, and hang a distress flag from the radio antenna or window.
- Remain in your vehicle; rescuers are most likely to find you there.
- Conserve fuel, but run the engine and heater about ten minutes each hour to keep warm, cracking a downwind window slightly to prevent carbon monoxide poisoning.
- Do not set out on foot, unless you see a building close by where you know you can take shelter.

SUMMER STORMS

Although summer storms in Lakewood are less damaging than some of the other hazards, it is important to know the appropriate action to take. Thunderstorms, hail, lightning, low-scale tornadoes, and minor ditch and roadway flooding are common. Lightning is considered the greatest hazard for this area during summer weather.

THUNDERSTORMS AND LIGHTNING

Before Severe Weather Arrives

- Have a 72-Hour Preparedness Kit assembled (**refer to 72-HOUR PREPAREDNESS KIT**)
- Obtain a NOAA Weather Radio to monitor severe weather. Learn the early warning systems for your area (**refer to EARLY WARNING SYSTEMS**)
- Learn the **warning terms** for **“Thunderstorms”** so that you clearly understand the risk to your family and your community.
 - **“Thunderstorm Watch”** conditions are favorable for thunderstorms to produce wind gusts to 58 mph or stronger or hail to 3/4 inch or larger in the watch area. These watches are issued for 4 to 6 hours at a time and for a number of counties. Stay informed, watch the sky, and take cover if a severe thunderstorm approaches you.
 - **“Thunderstorm Warning”** a severe thunderstorm has been detected by radar, or by a trained spotter. Take cover if you are near the severe thunderstorm.

Action to be Taken

- Postpone outdoor activities if thunderstorms are imminent.
- Avoid touching metal. Utility lines and metal conduct electricity.
- Unplug appliances not necessary for obtaining weather information. Avoid using the telephone or any electrical appliances.
- Do not take a bath or shower during a thunderstorm.
- Turn off air conditioners. Power surges can cause serious damage.
- If you feel your hair stand on end, drop to the ground in a crouched position, hands on knees. Do not lie flat on the ground.
- Avoid hilltops, trees or telephone poles
- Get off or away from open water and metal equipment (golf carts, tractors, bicycles, umbrellas). Drop golf clubs and remove golf shoes. Keep several yards away from other people. In open areas, go to a low place like a ravine or valley.
- Stay indoors and away from windows during a storm.
- Many people struck by lightning can be revived, if quick action is taken.
- Learn First Aid and CPR. If you are affected by a lightning strike, see a physician immediately.

Remember, if you can hear thunder – you are close enough to be struck by lightning!

TORNADOES

Before A Tornado

When a tornado is coming, you have only a short amount of time to make life-or-death decisions. Advance planning and quick response are the keys to surviving a tornado. Initial action should be to take cover “in, down, and under.”

- Have a 72-Hour Preparedness Kit assembled (**refer to 72-HOUR PREPAREDNESS KIT**)
- Obtain a NOAA Weather Radio to monitor severe weather (**refer to EARLY WARNING SYSTEMS**)
- Learn the early warning systems in Lakewood (**refer to EARLY WARNING SYSTEMS**).
- Designate an interior room in the basement or lower level in your home as a shelter.
- Learn the **warning terms** for **“Tornadoes”** so that you clearly understand the risk to your family and your community.
 - **“Tornado Watch”** issued by the National Weather Service when tornadoes are possible in your area. Remain alert for approaching storms. This is the time to remind family members where the safest places within your home are located, and listen to the radio or television for further developments. When a Tornado Watch is announced, it means conditions are present for a tornado.
 - **“Tornado Warning”** issued when a tornado has been sighted or indicated by weather radar. Keep a radio/TV tuned for further information, and gather emergency supplies. When a Tornado Warning is issued, it means a tornado has been sighted or is imminent. Take shelter immediately.

Tornado Danger 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.
- Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

At Home, Work Or School

- Go to an underground shelter, if available. If not, go to a windowless, interior room (bathroom, closet, or hallway); storm cellar; basement; or lowest level of your house and get under a sturdy piece of furniture. Put as many walls as possible between you and the outside.
- Stay out of structures with wide free-span roofs like auditoriums, gyms, cafeterias, and shopping centers.
- Stay away from windows.
- Keep a battery-powered radio tuned to a local station, and follow emergency instructions.
- Use the telephone only for emergency calls.

In Mobile Homes

Mobile homes are particularly vulnerable. **DO NOT REMAIN IN A TRAILER OR MOBILE HOME** if a tornado is approaching. When a tornado watch is issued, take shelter in a building with a strong foundation. If shelter is not available, lie in a ditch or low-lying area a safe distance away from the unit. Predetermine safe evacuation locations ([refer to EVACUATION](#)).

In A Car Or Outside

- If caught outside or in a vehicle, get inside a building if possible. If not, lie flat in a nearby ditch or depression and cover your head with your arms. Be aware of flying debris.
- Get out of automobiles. Do not try to out run a tornado in your car; instead, leave it immediately for safe shelter.

FLOODING

Lakewood has some areas that are 'at risk' of flooding. During severe rainstorms, parks and roadways can become covered in water that rapidly flows through the creek and storm drains. What may appear to be a great swimming hole may quickly overtake even the strongest swimmer. These areas, as well as other locations that fill with water during storms should be avoided. Basement flooding may also occur during severe rainstorms, or may be the result of a rapid snowmelt. .

Before Severe Weather Arrives

- Have a 72-Hour Preparedness Kit assembled (**refer to 72-HOUR PREPAREDNESS KIT**)
- Obtain a NOAA Weather Radio to monitor severe weather
- Know the early warning systems for your area (**refer to EARLY WARNING SYSTEMS**)
- Create an evacuation plan (**refer to EVACUATION**)
- If you live in a high-risk flood area, purchase a flood insurance policy.
- Call 303-987-7943 to find out if your property is located in a mapped floodplain.
- Learn the **warning terms** for possible **"Flooding"** so that you clearly understand the risk to your family and your community.
 - **"Flash Flood or Flood Watch"** be alert to signs of flash flooding and be ready to evacuate on a moments notice.
 - **"Urban and Small Stream Flood Advisory"** local flooding of small streams, streets, or low-lying areas, such as railroad underpasses, is occurring or is imminent.
 - **"Flash Flood Warning"** a flash flood is imminent - act quickly to save yourself, because you may have only seconds.
 - **"Flood Warning"** flooding has been reported or is imminent - take necessary precautions at once.

During A Flood

- Avoid areas subject to sudden flooding.
- Do not try to walk across running water more than 6 inches deep; even 6 inches of rapidly running water can sweep you off your feet.
- Do not drive into flooded areas. If your car stalls, abandon it immediately, and seek higher ground if possible.
- Do not allow children to play in and around ditches, culverts, or grates.

Returning To Your Home After A Flood

- Do not turn electricity back on if you smell gas or if the electric system has been flooded.
- Wear sturdy work boots and gloves.
- Do not handle electric equipment in wet areas.

- Use flashlights to check buildings containing natural gas, propane, or gasoline.
- Follow directions from local officials regarding the safety of drinking water. Clean and disinfect everything that was touched by floodwaters, and throw out any food that came in contact with floodwaters.

FIRE

PREVENTION

- Install smoke alarms (**refer to EARLY WARNING SYSTEMS / SMOKE ALARMS**).
- Fire extinguishers—place fire extinguishers in a visible and accessible location in places like your kitchen and garage. Replace them if they lose their charge or have been used.
- Learn how to use fire extinguishers *contact the West Metro Fire Rescue Public Education Officer at 303-989-4307*.
- Plan your escape—get prepared for a fire emergency by drawing a floor plan of your home and marking two ways out of each room. Go over the plan with your household and practice your escape routes. Decide on a meeting place outside your home where everyone will meet.
- Create an Evacuation Plan (**refer to EVACUATION**)
 - Crawl low under smoke—smoke and heat rise, so crawling low will provide you with cleaner and cooler air. Get down on your hands and knees with your head one to two feet above the floor.
 - Cook safe—never walk away from what you are cooking. Turn pot handles inward so they cannot be bumped or reached by young children.
 - Keep matches and lighters out of sight—lock these items up high and out of reach of children. Teach young children to tell you if they find these items.
 - Use electricity safely—if your appliances smoke or have odd smells, blow fuses, trip circuit breakers or have frayed/cracked cords—replace them! Do not run extension cords across doorways or overload your circuits.
 - Space heaters—keep portable heaters at least 3 feet away from anything that can burn. Turn them off when you go to bed or leave your home.
 - Smokers' safety—do not smoke in bed or when you are drowsy. Have large, deep ashtrays throughout your house. Soak your ashes and butts before dumping them.

IF A FIRE OCCURS

- **DO NOT PANIC** – remain calm and listen to instructions.
- **DO NOT RUN.**
- **DO NOT OPEN HOT DOORS** – before opening any door, touch it near the top to check if it is hot.
- **DO NOT USE ELEVATORS.**
- **DO NOT BREAK WINDOWS** – oxygen feeds fires.
- **DO NOT ASSIST FIRE-FIGHTING PERSONNEL** – unless asked to do so.

- **DO NOT BE A SPECTATOR** – head away from the problem area, to designated safe refuge. Remain in this area until instructed to return or relocate.

Evacuate when instructed to do so, using the quickest route of the building. Evacuation routes should minimize exposure to hazards.

- Close windows, turn off lights, and close (BUT DO NOT LOCK) door.
- Keep to the right, grasp available handrails, walk, keep silent, and if the assigned exit is not usable, take the next nearest stairs.
- **ACCOUNT FOR EVERYONE**

HAZARDOUS MATERIALS

Today's world is full of chemicals. This could be anything from gasoline, or explosives, to toxic waste, etc. The following tips will help you prevent a hazardous material incident; and teach you what to do.

BEFORE A HAZARDOUS MATERIAL SPILL OCCURS

- Have a 72-Hour Preparedness Kit assembled (**refer to 72-HOUR PREPAREDNESS KIT**)
- Create a shelter-in-place plan (**refer to SHELTER-IN-PLACE**)
- Create an evacuation plan (**refer to EVACUATION**)
- Obtain a NOAA Weather Radio to monitor air conditions (**refer to EARLY WARNING SYSTEMS**)
- Learn the early warning systems for your area (**refer to EARLY WARNING SYSTEMS**)
- Learn about proper storage and disposal of household hazardous materials (**refer to HOME SAFETY / HOUSEHOLD HAZARDOUS MATERIALS**)

What To Do In A Hazardous Material Incident

- Avoid contact with any spilled liquid materials, airborne mist, or solid chemical deposit. If you come upon a hazardous material spill, stay up-wind and up-stream from it.
- Keep your body fully covered and wear gloves for minimal protection.
- Do not eat or drink any food or water that may have been contaminated.
- Rely on and follow the instructions of your local Police and/or Fire officials.
- Listen to your radio or television for instructions (**refer to EARLY WARNING SYSTEMS**)
- You may be instructed to "Shelter-In-Place". This means to make a shelter where you are, until you are told it is safe to go out (**refer to SHELTER-IN-PLACE**)
- If you are instructed to evacuate, stay calm and follow the instructions of Police and/or Fire officials (**refer to EVACUATION**)

If You Come In Contact With, or Have Been Exposed To Hazardous Materials:

- Follow decontamination instructions from local authorities.
- Seek medical treatment for unusual symptoms that may be related to the hazardous materials release.
- If medical help is not immediately available, remove your clothing and shower thoroughly. Place the exposed clothing and shoes in a tightly sealed container, avoiding contact with other materials.
- If you are advised by local officials that the chemical is water reactive **do not shower**. Remove clothing and shoes and place them in a tightly sealed container, avoiding contact with other materials.
- Advise everyone who comes in contact with you that you may have been exposed to a toxic substance.
- Have local officials advise on how to clean up the site of the spill. Report any lingering vapors or other hazards to your local officials.

TERRORISM

Devastating acts, such as the terrorist attacks on the World Trade Center and the Pentagon, have left many concerned about the possibility of future incidents in the United States, and their potential impact. Nevertheless, there are things you can do to prepare for the unexpected and reduce the stress that you may feel now and later, should another emergency arise.

BEFORE A TERRORIST ATTACK OCCURS

- Have a 72-Hour Preparedness Kit assembled (**refer to 72-HOUR PREPAREDNESS KIT**)
- Create a shelter-in-place plan (**refer to SHELTER-IN-PLACE**)
- Create an evacuation plan (**refer to EVACUATION**)
- Learn the early warning systems for your area (**refer to EARLY WARNING SYSTEMS**)

If Disaster Strikes

- Remain calm and be patient.
- Deactivate EPN (**refer to EARLY WARNING SYSTEMS**)
- Listen to your local radio or television for news and instructions.
- If the disaster occurs near you, check for injuries. Give first aid and get help for seriously injured people.
- If the disaster occurs near your home while you are there, check for damage using a flashlight, do not use matches or turn on electrical switches.

- Check for fires, fire hazards and other household hazards.
- If you smell gas or suspect a leak, turn off the main gas valve, open windows, and get everyone outside.
- Check on your neighbors, especially those living alone, elderly or disabled.

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72-HOUR PREPAREDNESS KIT

What is a 72-Hour Preparedness Kit?

A 72-Hour Preparedness Kit is used to meet a family or individual's basic survival needs for a minimum of three days, in the event of an emergency. It is usually tailored to the liking of the individual. Some common rules followed are:

- **Storing emergency supplies in one location** that is relatively safe, yet easily accessible, if evacuation is required.
- **Storing items in a large container** such as a 32-gallon trash can with a lid, a suitcase, a duffel bag, footlocker, or individual pack.
- **Keeping the supplies essential** so that there are not unnecessary items in the kit.

What Do I Need in my 72-Hour Preparedness Kit?

Each individual should customize the kit to meet their personal needs, but keep in mind that this reserve should be an all-hazard kit.

(Refer to FAMILY DISASTER PLAN & SHELTER-IN-PLACE.)

The severity of a disaster is relative to the community or individuals' ability to provide resources or aid to alleviate the incident.

List of Items

Consider using some of these items when preparing your kit:

Emergency Needs

- A supply of non-perishable packaged or canned food (i.e., crackers, powdered milk, canned fruit, etc.)
- Battery-powered radio
- First-aid kit and manual
- Sleeping bags and blankets (wool & thermal)
- Manual can opener
- Waterproof/windproof matches

- Flashlight
- Utility knife
- Emergency candles
- Extra eyeglasses/contact lenses
- Essential medications
- Extra clothing

Emergency Needs

- First-aid manual
- Aspirin or pain relievers
- Laxatives
- Rubbing alcohol
- Diarrhea medicine
- Soap
- Gauze
- Band-aids
- Triangular bandage (36"x36"x52")
- Elastic bandage
- Cotton balls
- Scissors
- Thermometer
- Sanitary napkins (pressure dressing)
- Micropore Adhesive paper tape
- Tweezers
- Small splints, Popsicle sticks
- Heavy string
- Syrup of Ipecac

Portable Pet Emergency Kit

- Pet beds and toys, if easily transportable
- Sturdy leashes, harnesses, and a carrier to transport pets safely
- Medications, medical records, and a first aid kit
- Current photos of your pets in case they get lost
- Food, potable water, bowls, cat litter/pan and can opener
- Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian, in case you have to foster or board your pets.

Other Considerations

- Make copies of important papers
- Prepare a small car survival kit
- Establish an out-of-state 24-hour telephone contact (**refer to EVACUATION**).
- Sanitation kit (i.e., paper towels, disinfectant, etc.)
- Emergency money, tools, phone numbers, pen and paper

Some kits are available for purchase in stores.

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EMERGENCY WATER STORAGE & PURIFICATION

Any emergency survival plan must include water storage and purification. The information below will help you plan for your needs for clean, safe drinking water should you ever experience an emergency.

Water Storage

- Store at least a three-day supply of drinking water for each family member (at least one gallon per person, per day).
- Store at least two gallons of water in your vehicle.
- Store additional water for hygiene & cooking.
- Store a three-day supply of water for your pets.
- Replace your stored water every six months.
- Store your water in a cool, dark, and dry place, separated from other emergency supplies.
- Store your water on lower shelves, rather than on higher shelves from which containers could fall and burst.
- Do not store water in plastic milk bottles. Heavy, opaque bottles with screw on lids are preferable for storing water.

Alternate Water Sources

- Water heater
- Toilet tanks (not the bowl) if the water hasn't been treated with chemicals to enhance color, smell, etc.
- Canned vegetables and fruits stored in water or juice.
- Beverages
- Ice
- Swimming pools (for hygiene purposes only). It is not recommended that swimming pool water be used for drinking because acids build up in the water which could be harmful to health.
- Do not use water stored in vinyl plastic containers, such as water beds, for drinking.

Water Purification

In addition to having a bad odor or taste, contaminated water can contain microorganisms that cause diseases such as dysentery, cholera, typhoid and hepatitis. You should therefore

purify all water of **uncertain purity** before using it for drinking, food preparation or hygiene. There are many ways to purify water. None are perfect. Often the best solution is a combination of methods. Before purifying, let any suspended particles settle to the bottom, or strain them through layers of paper towels or clean cloth. Two easy purification methods are described below.

Boiling Water Method

Boiling is the safest method of purifying water. Bring water to a rolling boil for 10 minutes, keeping in mind that some water will evaporate. Let the water cool before drinking.

Boiled water will taste better if you put oxygen back into it by pouring it back and forth between two containers. This will also improve the taste of stored water.

Chlorination Method

Chlorination uses unscented liquid chlorine bleach to kill microorganisms. Follow these recommendations:

- For one quart of water, use 2 drops of unscented liquid chlorine bleach. If water is cloudy, use 4 drops.
- For one gallon of water, use 8 drops of unscented liquid chlorine bleach. If water is cloudy, use 16 drops.
- For 5 gallons of water, use ½ teaspoon of unscented liquid chlorine bleach. If water is cloudy, use 1 teaspoon.
- For 15 gallons of water, use 1-1/4 teaspoons of unscented liquid chlorine bleach. If water is cloudy, use 2-1/2 teaspoons.
- For 55 gallons of water, use 4-1/2 teaspoons of unscented liquid chlorine bleach. If water is cloudy, use 3 tablespoons.

(Note: There are approximately 100 drops in a teaspoon.)

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SHELTER-IN-PLACE

What Does Shelter-In-Place Mean?

One of the instructions you may be given, is to shelter-in-place.

This is a precaution focused on keeping safe, while remaining indoors. *(This is not the same thing as going to a shelter in case of a storm.)*

Shelter-in-place means selecting a small, interior room with no or few windows, and taking refuge there. It does not mean covering your entire home with plastic. Creating an airtight safe room can protect you from harmful chemicals and some biological agents for approximately five hours.

What About Children At School?

Children will be taken inside the school building during a hazardous material emergency and remain inside until the danger has passed. The best action to take is to follow the instructions of your local police or fire officials, and if directed, stay where you are and shelter-in-place. Although it is natural to wish to pick up your children from school in a hazardous material emergency, attempting to do so could make matters worse. You and your children could be exposed to the hazardous materials while traveling to and from school.

Shelter- In-Place Checklist

Before

- Choose an interior room of the house, with as few windows as possible, that is above ground.
- Purchase duct tape, and plastic to seal windows.
- Pre-cut plastic, sizing to fit interior windows and doors.
- Assemble a 72-Hour Preparedness Kit (**refer to 72-HOUR PREPAREDNESS KIT**).
- Purchase at least one corded desk or wall phone (one that works without electricity.) Cellular telephone equipment may be overwhelmed or damaged during an emergency.

Follow These Steps When Instructed To Shelter-In-Place

- Locate your 72-Hour Preparedness Kit (**refer to 72-HOUR PREPAREDNESS KIT**), and take it with you. Make sure your **radio** is in working order.
- Move people and pets indoors immediately to a pre-selected interior room of the house, with as few windows as possible, that is above ground level.
- Stay off the phone, unless you have an emergency.

- Close and lock all windows and doors to provide a tighter seal. If you are told there is a danger of explosion, close all window shades, blinds, or curtains.
- Turn off all heating, cooling, and ventilation devices, including window and attic fans, fireplace dampers, and anything that moves air in and out of the house.
- Use duct tape and precut heavy plastic to tightly cover and seal all doors, windows, air vents and cracks from the interior. Place a wet towel at the bottom of the door to absorb gases that may leak into the house.
- Turn on the radio or television to a local news channel and keep listening for further instructions. Stay inside until you have been told that the danger has passed. After the emergency is over, open all doors and windows and go outside until the house is well ventilated.

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EVACUATION

Have An Evacuation Plan In Place

- Determine places where your family will meet; both within and outside your immediate neighborhood, designate primary and secondary locations.
- Determine a meeting spot directly outside your home in case of fire.
- Ask an out-of-state friend to be your “family contact”. After a disaster, it is often easier to call long distance as opposed to locally. Other family members should call this person and tell them where they are. Every one must know your contact’s phone number and have coins or a prepaid phone card to use.
- Always keep at least ½ tank of gas in your vehicle.
- Become familiar with alternate routes and other means of transportation out of your area.
- Contact your children’s schools to determine their evacuation policies and procedures.
- Pre-determine arrangements for your pets. Most shelters do not accept pets.

Evacuate immediately if told to do so:

- Listen to your battery-powered radio and follow the instructions of local emergency officials.
- Wear clothing and sturdy shoes that will protect you from the elements.
- Take essential items:
 - Change of clothes
 - Medications
 - Important documents such as; insurance, social security card, etc.
- Lock your home.
- Use travel routes specified by local authorities – don’t use shortcuts, because those areas may be impassable or dangerous.
- Post in the front window or other obvious and protected place, the “**We Have Evacuated**” sign from the following page of this section, telling others who left, when you left, and where you are going.

If you are sure you have time:

- Shut off water, gas and electricity before leaving, if instructed to do so.
- Call or e-mail the “out-of-state” contact.
- Check with neighbors who may need a ride.

WE HAVE EVACUATED

Address Vacated

Persons Who Left

Location We Are Going To

Contact Name & Phone

EARLY WARNING SYSTEMS IN LAKEWOOD

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EARLY WARNING SYSTEMS IN LAKEWOOD

Early Warning Systems are tools that alert you to impending danger in order for you to take appropriate protective action.

Emergency Alert System (EAS)

The EAS transmits national, state and local warning messages used to notify you of emergency situations. It automatically breaks into regular television and radio programming to provide guidance for your specific area. The National Weather Service also broadcasts signals over NOAA Weather Radio.

The messages are very concise and informational. The voice may prompt you to take shelter, lock doors, or just be aware of a situation.

Uses for EAS:

- Severe weather or flash flood watch/warning
- Radiological emergency or hazardous material spill
- Evacuation notice or civil emergency message
- AMBER Alert

Emergency Preparedness Network (EPN) – Reverse 9-1-1

The EPN is a public safety tool that provides emergency notification to residents of impending dangers. The Lakewood Police Department can activate the EPN in a specified area, by use of the telephone system. Lakewood officials map out the affected area, record the emergency message, and send it out. Calls simultaneously reach the specified community to deliver warnings and critical safety instructions.

- The EPN uses the 9-1-1 database as its source for telephone numbers. It is able to process up to 2,000 telephone numbers per minute.
- The system has a call back feature that ensures the message is delivered.
- Both published and non-published numbers are dialed, and the EPN will leave a message if an answering machine picks up.
- If the EPN reaches a busy signal, the system will try back three times to reach the intended party.

Tips on receiving a message from the EPN system

- The EPN message will not go through if you have a “block” on your phone. Deactivate this feature on your phone by dialing *78. To reactivate the service, dial *78.
- Do not call 9-1-1 after you are alerted by the EPN system, unless the message directs you to do so.
- Do not hang up in the middle of the EPN message. The entire

message must be left, for the system to notify the Police Department that it was received.

Weather Radios

Weather Service personnel use information from weather radar, spotters and other sources to issue severe thunderstorm and tornado watches and warnings for areas where severe weather is potential or imminent (**refer to LAKEWOOD HAZARDS**). These warnings are passed to local radio and television stations, and are broadcast over local NOAA Weather Radio stations serving the warned areas. These warnings are also relayed to local emergency management and public safety officials who can activate local warning systems to alert communities.

Weather Radios can be purchased for a nominal fee at local electronics stores.

Outdoor Warning Siren System

It's a rare occasion in Lakewood when the outdoor emergency warning sirens are sounded. But when they are, residents should follow a few easy guidelines:

- Turn on your radio or television to a news station for information on what is happening.
- Do NOT telephone the police or fire departments. This only ties up the lines for emergency calls.
- If you suspect the reason the sirens have been activated is for a tornado, take shelter immediately. At home, take cover in your basement, take cover in the center part of the house away from windows. Do not remain in a trailer or mobile home.
- If you are at work or school, go to the interior hallways on the lowest floor or to the designated shelter area, away from windows.
- Continue to listen to the radio or television for developments on the emergency and for information on when it is safe to leave your shelter.

The sirens are primarily used to warn residents who are outdoors of weather dangers. However, the system could also be activated to warn of other hazards such as chemical spills or flash flood warnings.

Smoke Alarms

Install smoke alarms on every floor of your home, including the basement and outside of each sleeping area. Test your alarms once a month and replace your alarms after 10 years. Smoke alarms can be purchased at local hardware and discount department stores. For further information on smoke alarms contact West Metro Fire Rescue's Public Education Officer at 303-989-4307.

Carbon Monoxide Detectors

Carbon monoxide is a colorless, odorless, and tasteless toxic gas produced as a by-product of combustion. Any fuel-burning appliance, vehicle, tool or other device has the potential to produce dangerous levels of carbon monoxide gas. Examples of carbon monoxide-producing devices commonly in use around the home include:

- Fuel fired furnaces (non-electric)
- Gas water heaters
- Fireplaces and woodstoves
- Gas stoves
- Gas dryers
- Charcoal grills
- Lawnmowers, snow blowers and other yard equipment
- Automobiles

It is recommended that a detector be placed on each floor of a residence. Carbon monoxide detectors can be purchased at local hardware and electronics stores. Additional information can be obtained through the Consumer Products Safety Commission at www.cpsc.gov, or 1-800-638-2772.

Homeland Security Advisory System

The Homeland Security Advisory System was developed to provide a means to disseminate information regarding the risk of terrorist acts to Federal, State, and local authorities and to the American people. Such a system provides warnings in the form of a set of graduated "Threat Conditions" that would increase as the risk of the threat increases. At each "Threat Condition," Federal departments and agencies implement a corresponding set of "Protective Measures" to further reduce vulnerability or increase response capability during a period of heightened alert. There are five "Threat Conditions," each identified by a description and corresponding color. From lowest to highest, the levels and colors are:

- Low = Green
- Guarded = Blue
- Elevated = Yellow
- High = Orange
- Severe = Red

For additional information, please refer to www.dhs.gov for the most current, up to date information.

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9-1-1 EMERGENCY

What Is An Emergency?

An emergency is any serious medical problem (chest pain, seizure, bleeding etc.), any type of fire, or any life-threatening situation (fights, person with weapons, etc.) Use 9-1-1 to report crimes in progress, whether or not a life is threatened.

Before An Emergency Occurs

- Learn how to dial 9-1-1. Find out if you have to dial an extra number to get an outside line.
- Educate everyone in your family on how to use 9-1-1.
- Teach children their full name and address.
- Post emergency phone numbers near the phone.
- Post your address and phone number near the phone, especially if you have visitors often.

When You Call 9-1-1

- Be prepared to provide the following information:
 - Location of the emergency?
 - What is the emergency?
 - Your name, address and phone number.
- Let the call-taker ask you questions - they have been trained to ask questions that will help prioritize the incident.
- Keep your answers brief.
- Remain calm and speak clearly.
- Although an "Enhanced 9-1-1" system will display your telephone number and location, the dispatcher **must** confirm the displayed address.

What information is important?

The suspect: weapons, sex, race, height, weight, hair, glasses, clothing description.

The suspect vehicle: color, newer/older, make, model, license plate number and state of issue.

- If they have left the scene, what direction are they headed?
- If you are not in a position to safely answer the call-taker (the suspect is nearby,) stay on the phone and the dispatcher will ask you questions that can be answered "yes" or "no."
- Listen to and follow the dispatcher's instructions for assistance. This includes medical instructions if necessary.
- If you dialed 9-1-1 in error, do **NOT** hang up the telephone. Stay on the line and explain to the dispatcher that you dialed by mistake and that you do not have an emergency.

Special Considerations

Cell Phones: The phone number is displayed, but there is no location provided. The dispatcher does not know where you are unless you tell them.

Multi-telephone systems: Such as bank branches, office complexes, or hotel / motels, often display only the address and main phone number of the central location. Know your location within the building you are calling from and the direct phone number.

HOME CARE FOR PANDEMIC FLU

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HOME CARE FOR PANDEMIC FLU

Recognizing Signs & Symptoms of the Flu

- The most common signs and symptoms of the flu include –
 - Fever
 - Cough
 - Runny nose
 - Muscle pain

Differences Between Seasonal & Pandemic Flu

- A pandemic is a disease that spreads all over the world and affects large numbers of people.
- An influenza pandemic – pandemic flu – occurs when a new influenza virus emerges for which there is little or no immunity in the human population, begins to cause serious illness and then spreads easily person-to-person worldwide.
- Public health agencies, make it publicly known if a new influenza virus has spread to the level of a pandemic.
- There are several differences between seasonal flu and pandemic flu.

Some Differences Between Seasonal Flu and Pandemic Flu

Seasonal Flu	Pandemic Flu
Caused by influenza viruses that are similar to those already affecting people.	Caused by a new influenza virus that people have not been exposed to before. Likely to be more deaths than seasonal flu because people will not have immunity to the new virus.
Symptoms include fever, cough, runny nose, and muscle pain. Deaths can be caused by complications such as pneumonia.	Symptoms similar to the common flu may be more severe and complications more serious.
Healthy adults usually not at risk for serious complications (the very young, the elderly, and those with certain underlying health conditions at increased risk for serious complications.)	Healthy adults may also be at increased risk for serious complications.
Generally causes modest impact on society (e.g., some school	A severe pandemic could change the patterns of daily life

closings, encouragement of people who are sick to stay home.)	for some time. People may choose to stay home to keep away from others who are sick. Also, people may need to stay home to care for ill family and loved ones. Travel and public gatherings could be limited. Basic services and access to supplies could be disrupted.
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▪ During a pandemic flu, it is extremely important to take precautions in your own home to prevent its spread. These precautions include –

- Practicing good hand hygiene.
- Ensuring that household members stay home if they show signs and symptoms of the flu and avoiding contact with others.
- Disinfecting surfaces that might harbor germs when a household member has the flu.
- Following the advice of your local health department.

▪ Follow these steps for proper hand hygiene:

- Wet hands with warm, running water and apply liquid soap.
- Rub hands vigorously for at least 15 seconds, covering all surfaces and fingers.
- Scrub nails by rubbing them against the palms of your hands.
- Rinse your hands with water.
- Dry your hands thoroughly with a paper towel, use it to turn off the faucet.
- Apply alcohol-based hand cleaner and rub it in well.

▪ Steps for washing away germs at home when a household member has pandemic flu include the following:

- Disinfect door knobs, switches, handles, toys and any surfaces that are commonly touched around the home or workplace. Use a fresh mixture of one-quarter cup bleach with one gallon water, or if you need a smaller quantity, use one tablespoon of bleach in one quart of water.

- Clean dishes in the dishwasher. If you wash dishes by hand in your home, use very hot water and put bleach in the rinse water to disinfect them – one-quarter cup for every gallon of water.
- Wash your hands after handling dirty laundry. It is okay to wash everyone's clothes together.
- Wear disposable gloves when in contact with or cleaning body fluids. Clean up with paper towels and dispose of them in the waste basket.
- In some cases, your health-care professional may prescribe certain antiviral drugs to treat the flu. Since the flu is caused by a virus, antibiotics, such as penicillin, will not cure it.

Prevent Dehydration

- With the flu, dehydration occurs when the body loses too much water and it is not replaced quickly enough. It can be serious.
- To avoid dehydration, give soothing drinks at the first signs of the flu. Also give ice and light, easily-digested foods, such as soup and broth.
- If your patient has a fever, diarrhea or vomiting, give fluids that contain electrolytes. Soup, broth and fruit juices are good sources.
- Electrolyte drinks are also available at your pharmacy or grocery store. You may make your own re-hydration electrolyte drink for people over the age of 12 by mixing one quart water, one-half teaspoon baking soda, one-half teaspoon table salt, three to four tablespoons sugar and one-quarter teaspoon salt substitute ("lite" salt). Mix it up well and flavor it with lemon juice or sugarless Kool-Aid® powder.
- If drinking liquids makes nausea worse, give your patient a sip of fluids at a time until he or she can drink again.

Reduce A Fever

- Always follow the advice of the health-care professional. If there is a delay in being able to speak to a health-care professional, follow these care steps to help lower a fever:
 - Give plenty of fluids to help prevent dehydration. Not getting enough water when you have the flu can cause serious health complications.
 - Give fever-reducing medication, such as acetaminophen,

aspirin or ibuprofen, as directed on the container's label. Do not give aspirin to anyone younger than 20.

- Keep a record of your loved one's temperature in your care log.
- To make your patient more comfortable when a fever is high, give a sponge bath with lukewarm water.

- If there is a delay in getting help, talk with a health professional on the phone and let him or her know what care you are giving. If the fever is very high, ask if you would start an additional dose of an alternate fever-reducing medication.

Prepare for a Flu Pandemic

- Just like making a family disaster plan, you should make a plan for a flu pandemic.
- The plan should include –
 - What to do if members of your household have to stay home or separated from others for a period of time.
 - How to keep others from being infected if someone in your household gets the flu.
 - Where other healthy family members will go if you do not want them to enter the home because someone has the flu.
 - An alternate health-care professional you may call if your health-care professional is unavailable during a pandemic.
 - Keep extra supplies of food, water, medicines, your disaster kit and the flu pandemic caregiving supplies.
 - Make a plan for how your family members will cope if schools are closed or if they cannot go to work, or to any public gatherings, such as the market, home supply, or gas station.
 - Wear disposable gloves when in contact with or cleaning body fluids. Clean up with paper towels and dispose of them in the waste basket.
 - The most important step that everyone should take to protect household members who are not ill in the home is for every member to clean their hands often.

Washing away germs when a household member is sick

- The most important step that everyone should take to protect household members who are not ill in the home is for every member to clean their hands often.

- Caregivers should always clean their hands before and
- immediately after contact with a person with the flu. They should also clean them:

- o After coughing or sneezing;
- o Before, during, and after preparing food;
- o Before eating, and after using the bathroom;
- o After handling trash, garbage or animal waste;
- o When coming into the home from public places;
- o When the hands are dirty.

- Keep everyone's personal items separate. When a household member has the signs and symptoms of the flu, all members of the household should avoid sharing computers, pens, papers, clothes, towels, sheets, blankets, food or eating utensils.
- Designate one person to be the caregiver in your home. Limiting contact between persons who are sick and those who are well helps protect those who are not sick from getting sick. The caregiver may benefit by wearing a mask when providing care.

Monitor a Patient Who Has the Pandemic Flu

- You might be called upon to care for a patient who shows signs and symptoms of the flu.
- Call your patient health-care professional at the first signs and symptoms of the flu. The health-care professional can advise you on the appropriate care steps you should take.
- Keep a care log. At least every four hours or when signs and symptoms change, write down the date, time, temperature, symptoms, and type and dosage of medications given.
- Have your care log handy when you talk with your doctor. A care log will enable you to give more accurate information on your patient's condition to your health-care professional.
- Be sure to call the health-care professional again if your patient has the following signs and symptoms:

- o High fever:

- Greater than 105° F (40.5° C) for an adult or child
- 103° F (39.4° C) or higher for a baby three to 24 months old
- Rectal temperature of 100.4° F (38° C) or higher for a baby up to three month

- o Shaking chills;

- o Coughing that produces thick, yellowish-greenish colored mucus;
 - o Dehydration (feeling of dry mouth or excessive thirst);
 - o Worsening of an existing serious medical condition (such as heart or lung disease, diabetes, HIV or cancer).
- Call your health care professional or the emergency medical system (EMS) right away if your patient has signs and symptoms of the flu plus any of these additional worrisome signals:
 - o Irritability;
 - o Confusion;
 - o Difficulty breathing or chest pain with each breath;
 - o Bluish skin;
 - o Stiff neck;
 - o Inability to move an arm or leg;
 - o First-time seizure.
 - Everyone should be aware of the evolving situation. Heed the advice of health officials and government agencies. You can stay informed by visiting official Web sites . www.pandemicflu.gov.

Caregivers should always clean their hands before and immediately after contact with a person with the flu.

Frequently Asked Questions

- Q. How will I know if I have seasonal flu or pandemic flu?
- A. It is safe to assume you have pandemic flu if the CDC has announced a flu pandemic and you have the signs and symptoms.
- Q. What types of birds can carry bird flu viruses?
- A. Wild birds can carry bird flu viruses but usually do not get sick from them. Domesticated birds (e.g., farm-raised chickens, ducks, and turkeys) can become sick with bird flu if they come into contact with an infected wild bird. Domesticated birds usually die from the disease.
- Q. Where do I get a surgical mask?
- A. You can purchase a surgical mask from your local pharmacy.
- Q. Should I wear a surgical mask if I am caring for someone who has the flu?
- A. Once a flu virus is airborne, it is not easily filtered out of the air by a surgical mask. However, caregivers may wear a mask, if they choose. The person who has the flu should wear a surgical mask because it can effectively stop germs before they become airborne. Check for up-to-date mask usage information at www.pandemicflu.org or www.redcross.org.
- Q. Should I wear a mask when I am out in public, especially if I am using public transportation, such as buses, trains or airplanes?
- A. Wearing a mask in public will help protect others if you have the flu. However, it is not known whether it will protect you from getting the flu. If you are unable to avoid public transportation during a pandemic, pay attention to CDC recommendations for mask usage. A mask might provide some protection.

- Q. When I'm providing care, do I need a gown or other personal protective equipment like health professionals use?
- A. It is not known at this time if that will be necessary. Check at www.pandemicflu.com for the most up to date infection control recommendations for the home.
- Q. If everyone in my household is vaccinated against the seasonal flu, will we be protected against a pandemic flu?
- A. No, it won't protect you against pandemic influenza. But flu shots can help you to stay healthy. Get a flu shot to help protect yourself from seasonal flu. Get a pneumonia shot to prevent secondary infection if you are over the age of 65 and have a chronic illness such as diabetes or asthma. For specific guidelines, talk to your health care provider or call the CDC Hotline at 1 (800) 232-4636. Make sure that your family's immunizations are up-to-date.
- Q. Is it possible to get bird flu from eating poultry?
- A. Yes, but it is safe to eat properly cooked poultry. Cooking destroys germs, including the bird flu virus. The United States bans imports of poultry and poultry products from countries where bird flu has been found. Guidelines for the safe preparation of poultry include the following:
- Wash hands before and after handling food.
 - Keep raw poultry and its juices away from other foods.
 - Keep hands, utensils, and surfaces, such as cutting boards, clean.
 - Use a food thermometer to ensure poultry has been fully cooked. For example, cook a whole chicken to 180°F in an oven set to a minimum of 325°F. More information on how to properly cook poultry can be found at www.usda.gov/birdflu.

The flu virus is spread through contaminated droplets that exit the mouth and nose of a person who has the flu. When someone with the flu coughs or sneezes, the virus can get in the air directly around them (within three feet), on objects near them and their hands. People may get the flu when they

breathe in droplets from the air or when they touch people or objects that are contaminated and then touch their own mouth, eyes, or nose.

The good news is that germs are easily washed away.

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HOME SAFETY

Home Hazard Check

During a disaster, ordinary objects in your home can cause injury or damage. Anything that can move, fall, break, or cause a fire is a home hazard. For example, a hot water heater or a bookshelf can fall. Inspect your home at least once a year and fix potential hazards. Contact your local fire department to learn about home fire hazards.

Household Hazardous Materials Safety

Chemicals are a part of our everyday life. These products include, but are not limited to: paint, motor oil, cleaning solvents, pesticides, weed killers, antifreeze, batteries, gasoline, aerosol cans, waxes and wood preservative.

When purchasing potential household hazardous materials:

- Think small! Use the correct amount of product recommended. Twice as much is not twice as effective, and may be twice as toxic!
- Purchase only the amount that you will use. Use up what you already have. Consider splitting products with a neighbor.
- Purchase the least toxic product available. Avoid aerosols if possible.
- If you do not use it all, dispose of it or store it properly, keeping it out of landfills. Never dump on the ground, in the gutters, or in the sewer system. This can result in pollution of surface and ground water, wildlife habitat, as well as killing the active bacteria in wastewater processes.
- Use household hazardous material drop-off sites (**refer to HOUSEHOLD HAZARDOUS MATERIALS, Rooney Road Recycling Program, on page 44.**)
- Follow all directions on the product, including use of all recommended Personal Protective Equipment (PPE).

If you must store materials:

- Follow all directions closely.
- Never mix chemicals.
- Store in original containers, away from small children and pets.
- Always use in a well-ventilated area.

If a spill should occur:

- Follow clean up recommendations on the label – read these prior to using the product.
- If you are unsure if it is safe, evacuate the area and call 9-1-1.

Poison Safety

- Know which household products are poisonous.
- Keep poisonous products out of kids' reach.
- Keep the National Poison Control Center hotline number by each phone: **1-800-222-1222**.
- Keep Ipecac syrup and activated charcoal on hand.
- Keep products in their original containers.
- Never refer to medicine or vitamins as candy.
- Choose medicines and products that have child-resistant caps.
- Throw away old medicines and cleaning products.

Household Hazardous Material Rooney Road Recycling Program

Hidden Hazards

Many household chemicals pose serious health risks if not properly handled, stored and disposed of. It has never been easier to safely remove these hazards from your home.

By appointment only
Door to Door Pickup / Call for an appointment
303-316-6262 or 1(800)HHW-PKUP

What types of waste are accepted?

The Center accepts a variety of household chemicals which are then recycled, disposed of or offered for reuse. Some examples include:

Antifreeze	Photo Chemicals
Vehicle Batteries	Solvents
Auto Cleaners/Waxes	Paints
Degreasers	Radiator Fluid
Oven Cleaners	Rodent Poison
Drain Cleaners	Rug Cleaners
Expired Medicines	Rust Removers
Flea Powder	Silver Cleaners
Floor Cleaner/Waxes	Spot Removers
Furniture Polish	Bathroom Cleaners
Gasoline	Used Oil/Filters
Insecticides	Weed Killers
Lacquers	Window Cleaners
Laundry Products	Wood Preservatives
Moth Balls	

Waste generated by small businesses and electronic items are accepted. Drop off or collection fees vary according to type and volume of waste. Call 303-316-6262 for more information.

Wastes Not Accepted

Radioactive Materials
Biological/Medical Wastes
Explosives/Fireworks/Ammunition

Why should I use the Center?

Many chemicals used in households have similar characteristics as those used by businesses. Business waste disposal is strictly regulated to prevent impacting human health and the environment. While households are not held to the same standards as businesses, these chemicals have the same harmful potential if not properly managed. In addition, chemicals thrown into trash containers are a hazard to sanitation workers or anyone else handling the trash. Once deposited in the landfills, this waste still has potential to jeopardize groundwater quality. The Center provides a low cost method to ensure your chemicals are disposed of safely.

Who may use the Center?

If you live within the following municipalities you are eligible to use the Center: Arvada, Edgewater, Golden, Lakeside, Lakewood, Morrison, Mountain View, Wheat Ridge and Jefferson County.

Your chemical waste can be dropped off at the Center for \$13 or picked up at your home for \$20. You must schedule an appointment for drop off or pick up. Used tires are accepted for \$3 each to cover the Center's cost of disposal. Your payment helps to defray this expense and provide new and continued services. The Center also accepts electronic waste to keep heavy metals out of the landfill.

How much can I take to the Center?

Participants may bring up to 75 pounds of chemical waste to the center per appointment. Prior arrangements can be made to accept over the 75 pound limit, however, you will be required to pay the disposal costs for the additional waste. If the drop-off option is chosen, the following chemical amounts will not require an additional charge:

20 Gallons of antifreeze

20 Gallons of used oil

5 Gallons of latex paint

Unlimited number of automobile batteries

10 oil filters

Up to 20 gallons of motor oil and antifreeze will be accepted in 5 gallon size or smaller containers. Batteries, tires, oil, and up to 5 gallons of latex paint do not count toward the 75 pound limit.

If the door-to-door option is chosen, the following chemical amounts will not require additional charge:

The contents of a sealed bag and up to 5 fluorescent light tubes

Unlimited number of automobile batteries

“Hazmart” Product Reuse Program”

Over fifty percent of the materials received at the Center are recycled or reused. Products that are in new or near new condition with good packaging and clear labels are offered at no cost to the public at Hazmart. The Hazmart room is open on Saturdays from 8 a.m. to 1 p.m. and Wednesday from Noon to 3 p.m. The following are some of the products you may find there.

>Automotive Products (motor oil, antifreeze, car polish, transmission, brake and power steering fluids)

>Home Care Products (cleaning products, furniture polishes, soaps, bleaches, glues)

>Paints and Stains (assorted colors of latex paint, oil based paint, oil and water based stains, varnishes and sealers)

>Lawn and Garden Care (fertilizers, herbicides, pesticides)

Where is the Center located?

The Center is located just south of Highway 40 (Colfax Avenue) at 151 South Rooney Road. From Highway 40, turn south on Rooney Road and follow the signs.



Questions?

If you have any questions or would like to schedule an appointment, please call 303-316-6262.

Household Hazardous Waste Storage Authority
P.O. Box 16248
Golden, Colorado 80402-6005

WASTE PRODUCTS ACCEPTED
AT THE ROONEY ROAD RECYCLE CENTER WASTE FACILITY
151 South Rooney Road, (303) 316-6262

HOUSEHOLD

Abrasive cleaners
Aerosols
Ammonia-based cleaners
Batteries-all types, rechargeable,
non-rechargeable
Bleach cleaners
Degreasers
Deodorizers
Disinfectants
Floor cleaners & wax

GARDEN PRODUCTS

Fertilizers
Fungicides
Herbicides
Insecticides
Pesticides
Roach and ant killers
Rodent poisons
Soil fumigants
Weed killers

WASTE PRODUCTS ACCEPTED - continued
AT THE ROONEY ROAD RECYCLE CENTER WASTE FACILITY
151 South Rooney Road, (303) 316-6262

Fluorescent lamp ballasts
(unless states no PCBs)

Furniture polishers
Laundry products
Moth balls
Mercury switches
Mercury thermometers
Oven Cleaners
Pool chemicals
Rug & upholstery cleaners
Rust & spot removers
Silver Cleaners
Toilet & drain cleaners

AUTO PRODUCTS

Antifreeze
Auto body filler
Batteries (auto and motorcycle)
Brake fluid
Car cleaners
Car waxes and chrome polish
Carburetor cleaner
Diesel fuel
Engine degreaser
Gasoline, kerosene or lamp oil
Radiator flushes
Transmission fluid
Used or unused motor oil

PAINT, HOBBY AND PET PRODUCTS

Caulks, glues and cements
Chemistry sets
Flea powder & collars
Flea sprays & shampoos
Lacquers & stains
Mercury
Mineral spirits
Model airplane paints
Oil-based (alkyd) paints
Paint remover & stripper
Paint thinners & turpentine
Photographic chemicals & solutions
Resins, fiberglass and epoxy
Roofing tars and cements containing asbestos
Rubber cement thinner
Rust proofing products
Small camping-size propane/butane bottles
Small quantities of asbestos tiles and sheets (if double-bagged and sealed with duct tape)
Varnishes
Water-based (latex) paints
White Gas (camping stove fuel)
Wood preservatives

NOT ACCEPTED

ADVICE

**EMPTY containers
(including those
containing dried out latex
or water-based products)**

Dispose of with regular trash. Recycle empty steel paint cans with other metals at the Lakewood Recycling Drop-off Center at 151 S. Rooney Road, 303-316-6262.

Non-hazardous wastes

Dispose of with regular trash.

**Business, industrial and
agricultural wastes**

The facility is only able to accept household wastes. All business or industrial operations are responsible for correctly disposing or recycling of any hazardous wastes in accordance with State and Federal regulations.

**Smoke Detectors (many
contain small amounts of
radioactive material)**

Individual households can dispose of smoke detectors with their regular trash. Multiple housing units and businesses must use radioactive disposal contractors.

**Other radioactive
products and materials**

Call the Colorado Department of Public Health and the Environment, Radiation Control Division at (303) 692-3030.

**Asbestos insulation and
large quantities of
asbestos tile and linoleum**

Asbestos fibers are dangerous if inhaled. Never attempt to remove products that may contain asbestos such as insulation materials, floor tiles and linoleum.

Explosive or shock sensitive wastes

Unwanted ammunition, road flares and fireworks should be turned in to the Lakewood Police Department and ask for Evidence. Call the Police Department. FIRST, before moving explosive or shock sensitive materials.

Infectious or medical wastes

All medical wastes require special handling and disposal. Call the Colorado Department of Public health and Environment, solid Waste Section, for more information 303-692-3437 or 303-692-34445.

Fire extinguishers and pressurized gas grill propane tanks

Contact fire extinguisher dealers or propane supply companies.

CHILD SAFETY

Home

Childproof your home. The best way to find dangers your child might encounter is to explore your home at their level – by getting down on your hands and knees. Go through every room, asking yourself what looks tempting and what is within reach.

Childproofing can never be 100%. That is why it is so important to supervise your children at all times.

- Use safety gates at the top and bottom of stairs.
- Cover all unused electrical outlets.
- Secure bookcases, shelving, and heavy furniture to walls with brackets and anchors.
- Use broad-based carts for TV's, microwaves, fish tanks and appliances. Secure carts and appliances to walls.
- Set the thermostat of your hot water heater no higher than 120°.

Kitchen

- Keep hot foods and liquids away from young children.
- Use the back burners on the stove, and turn pot handles toward the back of the stove.
- Keep glassware, knives, appliance cords, placemats and tablecloths out of reach and away from the edge of counters and tables.
- Request child-resistant packaging.
- Remove sharp utensils and appliances.
- Install cabinet safety latches.

Bathroom

- Lock medicine cabinets.
- Install toilet locks.

Bedroom

- Keep cribs and low-standing furniture away from windows, preferably against another wall.
 - Be aware of old cribs. Baby furniture built even a decade ago might not meet some of today's safety standards.
- Secure pull cords out of reach of small children. Infants and toddlers have been known to tangle themselves up in window covering pull cords.

GUN SAFETY

Having a gun in your home can be a significant risk factor for injury and death. It is estimated that there are guns in one-half of all homes in the United States.

Gun Safety Begins With Proper Storage

- Lock the gun in a gun safe, lock box, or a locked cabinet or drawer.
- Store the gun unloaded, with the bullets locked in a separate place.
- Use a gun or trigger lock.
- Make sure that your children do not have access to the keys used to lock guns and ammunition.

Even if you don't have a gun in your own home, it is important to **EDUCATE YOUR CHILDREN** about firearm safety in case they discover a gun outside the home or in the homes of their friends.

- Teach your children not to handle guns without adult supervision.

Four Basic Steps To Teach Your Children Are:

- Stop!
- Do not touch!
- Leave the area!
- Tell an adult!

SECURITY

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HOME SECURITY

If you are locked out of your home, can you still get in ... through an unlocked window in the back, or using an extra key hidden under a flowerpot or up on a ledge?

If you can break in, SO CAN A BURGLAR!

A small investment of time and money can make your home more secure, and can reduce your chances of being burglarized.

Locks

- Make sure every external door has a deadbolt lock.
- Secure sliding glass doors with commercially available devices. Insert a pin in a hole drilled in the sliding door frame that goes through to the fixed frame to prevent anyone from lifting the door off its track.
- Secure double-hung windows by sliding a bolt or nail through a hole drilled at a downward angle in each top corner of the inside sash and part way through the outside sash.
- Do not hide keys in mailboxes, planters, or under doormats.

Doors

- Make sure all exterior doors are solid wood or metal.
- Doors should fit tightly in their frames, with hinge pins on the inside.
- Install a peephole or wide-angle viewer in all entry doors.

Outside

- Prune back shrubbery that hide doors or windows.
- Cut back tree limbs that could help a thief climb into windows.
- Light porches, entrances, and yards—front and back. Consider timers that turn on outside lights or install motion detectors.
- Keep your yard well-maintained. Store ladders and tools inside your locked garage, basement, or storage shed when not in use.
- Display your house number so police and other emergency vehicles can find your home.
- Put lights and a radio on timers to create the illusion that someone is at home when you go away.

What Else Can I Do?

- Close your garage door.
- Lock your car doors.
- Know your neighbors.
- Know the vehicles that belong in your neighborhood.
- Inventory your property.
- Join Neighborhood Watch

PERSONAL SAFETY

Walking

- Be aware of your surroundings. Walk with confidence and purpose. Be alert, look, and listen.
- Have your keys ready in your hand when approaching your car or residence. Use them as a weapon if necessary.
- Do not wear headphones. They impair your ability to hear.
- Be aware of any vehicles/people in close proximity to you.
- If someone walks toward you and you feel uncomfortable, enter the nearest business or cross the street. If you feel you are being followed, walk toward an area where there are other people, and call the police or ask someone to make the call for you.
- Carry your cellular telephone.
- Keep your purse or wallet close to your body. Be prepared to let it go if grabbed.
- Do not hitchhike. Refuse rides from strangers.

At Home

- Never allow a stranger to enter your home, especially for a service that you have not requested. Require identification from individuals at your door. Confirm their credentials with the agency they represent before opening the door.
- When answering the telephone, you have no obligation to identify yourself. They called you. Do not reveal unnecessary information.
- Never say that a family member is not home. Never tell anyone you are alone in your residence.
- Do not display your name on the exterior of your residence, such as your welcome mat or mailbox.
- Use an unlisted/unpublished phone number.
- When you go on a trip, do not advertise your absence. Stop all deliveries. Have your lights, television, and radio set on timing devices.

Driving

- Always make sure your car is unoccupied before entering.
- Do not leave your car unattended with the engine running.

- Use a remote to unlock your doors. If your vehicle is equipped with programmable locking, program only the driver's door to unlock. Program the doors to lock automatically when you place the key into the ignition. Keep the doors on your vehicle locked at all times.
- Avoid traveling through remote or unfamiliar areas at night. Become thoroughly familiar with your routes of travel, the surrounding areas, and names of side streets.
- Keep your vehicle well maintained and your gas tank full. Use a locking gas cap.
- When fueling your vehicle, turn your car off, lock the doors, and take the key with you when you pay.
- Lock your vehicle at all times, even when it is parked in your driveway or in front of your residence.
- Do not leave valuables in your vehicle, even if your vehicle is parked inside your garage.
- Do not leave your garage door opener inside your vehicle.
- Always maintain an adequate maneuvering distance ahead and behind your vehicle.
- Look in your rear view mirror often.

If you are stopped by a plain-clothes police officer driving an unmarked car, and you do not feel safe, follow these tips:

- Do not roll down your window or open your car door.
- Tell the officer that you are afraid and that you would like to see their identification.
- Use your cell phone and dial 9-1-1 to verify the person is an officer.

PROTECT YOUR IDENTITY

What is Identity Theft?

Identity theft occurs when someone uses your identity without your permission - your wallet is stolen and the thief uses your credit cards or checks; or these items are still in your possession, yet someone else uses your credit card number, checking account information, or driver's license information. The information may have been taken from business records, an Internet source, your mailbox, or your trash.

Preventive Actions

- Promptly remove mail from your mailbox after delivery.
- Deposit outgoing mail in post office collection mailboxes, or at your local post office. Do not leave in unsecured mail receptacles.
- Never give personal information over the telephone, such as your social security number, date-of-birth, mother's maiden name, credit card number, or bank PIN code, unless you initiated the phone call. Protect this information, and release it only when absolutely necessary.
- Shred pre-approved credit applications, credit card receipts, bills, and other financial information you don't want before discarding them in the trash or recycling bin.
- Empty your wallet of extra credit cards and IDs, and, cancel the ones you do not use, maintain a list of the ones you do.
- Order your credit report from the three credit bureaus **(listed at the end of this section)** once a year to check for fraudulent activity or other discrepancies.
- Never leave receipts at bank machines, bank counters, trash receptacles, or unattended gasoline pumps. Keep track of all your paperwork. When you no longer need it, destroy it.
- Memorize your social security number and all of your passwords. Do not record them on any cards or on anything in your wallet or purse.
- Sign all new credit cards upon receipt.
- Save all credit card receipts and match them against your monthly bills.
- Be conscious of the normal receipt of routine financial statements. Contact the sender if they are not received in the mail.
- Notify your credit card companies and financial institutions in advance of any change of address or phone number.
- Never write your credit card companies' and financial account number on a postcard or on the outside of an envelope.
- If you applied for a new credit card and it hasn't arrived in a timely manner, call the bank or credit card company involved.
- Report all lost or stolen credit cards immediately.

- Closely monitor expiration dates on your credit cards. Contact the credit card issuer if replacement cards are not received prior to the expiration dates.
- Beware of mail or telephone solicitations disguised as a promotion offering instant prizes or awards, designed solely to obtain your personal information or credit card numbers.

INTERNET AND ON-LINE SERVICES

- Use caution when disclosing checking account numbers, credit card numbers, or other personal financial data at any web site or on-line service location.
- When you subscribe to an online service, you may be asked to give credit card information. When you enter any interactive service site, beware of con artists who may ask you to “confirm” your enrollment service by disclosing passwords or the credit card account number used to subscribe. Do not give them out!

WHAT SHOULD I DO IF I AM A VICTIM OF IDENTITY THEFT?

- File a report with the local police department in the community where the theft took place. Obtain a copy of the report.
- Notify your bank and credit card companies as soon as possible.
- Report your missing driver's license to the Department of Motor Vehicles.
- Call the Federal Trade Commission Identity Theft Hotline toll-free at 1-877-438-4338.
- Contact the fraud department of each of the following three major credit bureaus:
 - Equifax 1-800-525-6285
 - Trans Union 1-800-680-7289
 - Experian 1-888-397-3742Request that a “Fraud Alert” be placed on your credit.

REFERENCE

REFERENCE

American Red Cross

www.redcross.org

303-722-7474

City of Lakewood

www.Lakewood.org

303-987-7000

Centers for Disease Control

www.cdc.gov

1-800-311-3435

Colorado Department of Public Health and Environment

www.cdphe.state.co.us

303-692-2035

Colorado Department of Public Safety

<http://cdpsweb.state.co.us/>

303-239-4400

Colorado Department of Transportation (Environmental Services)

<http://www.dot.state.co.us/>

303-757-9259

Colorado Office of Emergency Management

www.dola.state.co.us/oem/oemindex.htm

303-273-1622

Colorado Office of Preparedness, Security, and Fire Safety

<http://ops.state.co.us/>

303-273-1770

Federal Emergency Management Agency

www.fema.gov

303-235-4800

National Weather Service – Denver/Boulder

www.crh.noaa.gov/den

No public number available. Contact via e-mail

West Metro Fire Rescue District

www.westmetrofire.org

303-989-4307

Ready.gov
www.ready.gov
1-800-BE-READY

United States Department of Homeland Security
www.dhs.gov

University of Colorado – Natural Hazards Center
<http://www.colorado.edu/hazards/>
1-800-BE-READY

Salvation Army
www.salvationarmy.org
303-861-4833

Citizen Corps
www.citizencorps.gov
303-492-6818

United Way
www.unitedway.org
Dial 2-1-1

EMERGENCY NUMBERS

Emergency (Police, Fire, Ambulance).....911
Non-emergency (Police, Fire, Ambulance).....303-987-7111
Rocky Mountain Poison Control.....800-222-1222

Other Emergency Numbers:

IMPORTANT NUMBERS

City of Lakewood Main.....303-987-7000
Rooney Road Recycling Center303-316-6262
Colorado State Patrol Road Reports.....303-639-1111
-or-
877-315-7623

Other Important Numbers:

Contact the Environmental Services Section Manager.....303-987-7192