

Greene County

EMERGENCY PREPAREDNESS

GUIDE

Get a Kit. Make a Plan. Be Informed.



A Family Handbook



Public Health
Prevent. Promote. Protect.
Greene County

Courtesy of Greene County Public Health
www.gcph.info • 937-374-5600

Emergency Preparedness

Dear Residents of Greene County,

This guide was created to help the residents of Greene County better prepare for and respond to emergencies. Our area is susceptible to many types of incidents, ranging from tornadoes and winter storms, to acts of terrorism and chemical leaks.

Being prepared for any emergency is as simple as planning ahead. Make sure everyone in your home works together to make a plan, gather emergency supplies, and understands the hazards they may face. Learn how your household can take control in an emergency.



This information is not intended to alarm you, but it is important for you to learn what threatens your safety, know how to prepare for any type of emergency as best you can, and be ready to act when directed to do so by local authorities.

This guide is an important tool for your family; use it! The best way to survive in an emergency is to remain calm and to know what to do. This guide book is designed to help you do just that.

Kimberly Caudill, MPH, BSN, RN
Emergency Response Coordinator
Greene County Public Health
937-374-5627
kcaudill@gcph.info

Melissa Howell, MS, MBA, MPH, RN, RS
Health Commissioner
Greene County Public Health
937-374-5600
mhowell@gcph.info



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Being Prepared

Being prepared can help your family feel ready for any possible emergency situation.

Families who have an emergency plan are better able to cope.

The goal of emergency planning is to help your family stay safe in the event of an emergency.

Each family is different.

This means each family's emergency plan will be different, too. You may need to consider the special needs of:

- infants and young children
- seniors
- family members with access and functional needs
- pets

It's best to involve all family members in your planning. Start by having a family discussion about being prepared for an emergency.

Teach children about preparedness, too!

Be honest, but don't get too detailed or graphic with younger children. Let them know that you and others will help keep them safe. Discuss any plan details they need to know. They may enjoy thinking of items for your emergency supply kit. They can also help pack!

Having a plan can help you be ready for emergencies such as:

Interruption of services

Electricity, water and sewer services may be interrupted by weather disasters or terrorism. Depending on the situation, it may be a few days before services are restored. An emergency kit can help you manage this. See pages 7-8 for tips on making one.

Home evacuation

Floods, fires and hurricanes are some common causes of evacuations, but other events could also require evacuation. See page 12 for tips on making an evacuation plan.

Emergencies while traveling

Weather emergencies or terrorist acts could also occur during business or vacation travel. See page 27 for tips on handling travel-related emergencies.



Getting Started

*When making your emergency plan,
it's helpful to think about...*

People

- Be sure to consider age and special needs, such as diapers for a baby, or medications for those who need them.
- Be aware of any special skills people have that could be helpful, such as being CPR certified.

Pets

Pets are usually allowed in public shelters, but plan in advance where you could take your pet in case you have to evacuate.



- Look into boarding facilities that will take pets in an emergency.
- Ask friends or relatives who live in a different community if they will shelter your pets.
- Dogs and cats should wear collars, rabies tags, and identification at all times.
- Transport smaller animals in a secure carrier while traveling.
- Know your pets' hiding places so you can easily find them in an emergency.
- Assemble a pet Go Bag and add pet items to your emergency supply kit. Include a current color photo, copies of medical records with vaccination dates,

proof of ownership and identification, and a muzzle and leash.

Supplies

Stocking food and water is essential. You'll need enough to last at least three days. You'll also need other supplies. See pages 7-8.

Money

If you have to evacuate, you may need fast access to cash. Some emergencies could put cash machines out of order and cause banks to close. Keep some money with your emergency kit.

Family documents

It's important to decide which financial and medical records you would need handy in an emergency. See page 10.

Create a special emergency binder

Have an emergency preparedness folder or binder. Include your evacuation plans and maps, emergency contacts, household inventory, to-do lists and so forth. Share copies with loved ones who live apart, if they are part of your plans. Keep your plans up-to-date, too. See page 36.

Include a Communication Plan

If your family is apart during an emergency, a communication plan can help you contact each other.

Part 1: Pick 2 meeting places.

- Choose a place where everyone will meet if you all have to leave your home quickly. It should be near your home, but a safe distance away. For example, choose a streetlight a few doors down or a mailbox on the corner.
- Choose a place to go in case an emergency makes it impossible to get back to your home or neighborhood. This should be in your community, but outside your neighborhood. For example, it could be the home of a friend or relative in another part of town.

Part 2: Pick 1 contact person.

- Ask an out-of-town relative or friend to serve as your contact person for every family member to call or e-mail. Pick a person who doesn't live nearby, in case local phone service is down. In an emergency, everyone should know to contact this person right away.
- Make sure everyone knows (and carries) the contact person's phone number and email address.
- Be sure everyone carries coins, a cell phone, or a prepaid phone card.

Communication Plan...Our 2 meeting places

1. If we need to leave home in an emergency, we will meet outside at:

2. If we can't get back home when an emergency happens, we will meet at:

Out-of-town contact

Name: _____

Phone: _____ Cell: _____

Email: _____

Make Safety a Way of Life

Regularly review and practice your emergency plans.

This will help everyone respond more safely and calmly if an emergency occurs.

Stay informed...and alert.

Having access to reliable information is one of the best ways to be ready for an emergency. The sooner you know what's happening, the sooner you can respond appropriately. Stay alert to the local media stations, and listen for community warning signals or important messages that may be delivered by phone, radio, television or media websites.

Make a mental plan in unfamiliar situations.

For example:

- Look for emergency exits and fire extinguishers when entering a building. If the escape plan is unclear to you, ask someone.
- Make sure you know how to call for emergency help. For example, if you do not have a cell phone, be sure you know the location of the nearest phone, and how to call for help. Not all locations have the same systems for calling emergency help, such as 9-1-1.

Make your home as safe as possible.

Be sure to have:

Smoke Detectors

Always follow the manufacturer's instructions for proper installation, maintenance, and testing. In general:

- Have at least 1 smoke detector for each level of your home (including the basement) and outside each sleeping area.
- Test each detector monthly.
- Replace all batteries once a year (or sooner, if power is low).

Fire extinguishers

Always follow the manufacturer's instructions for proper installation, maintenance, and testing. In general:

- Keep at least 1 multipurpose (ABC) fire extinguisher handy. Install it near an escape path.
- Make sure everyone knows how to use it properly. (Contact your fire department to see if it offers training.)

Carbon Monoxide (CO) Detectors

Always follow the manufacturer's instructions for proper installation, maintenance, and testing.

In general:

- Have at least 1 CO detector in your home. (Install CO detectors near sleeping areas.)

Make Safety a Way of Life *cont'd*

- Know the difference in alarm sounds between your CO detector(s) and your smoke detector(s).

CO detectors do not take the place of smoke detectors.

A family fire escape plan

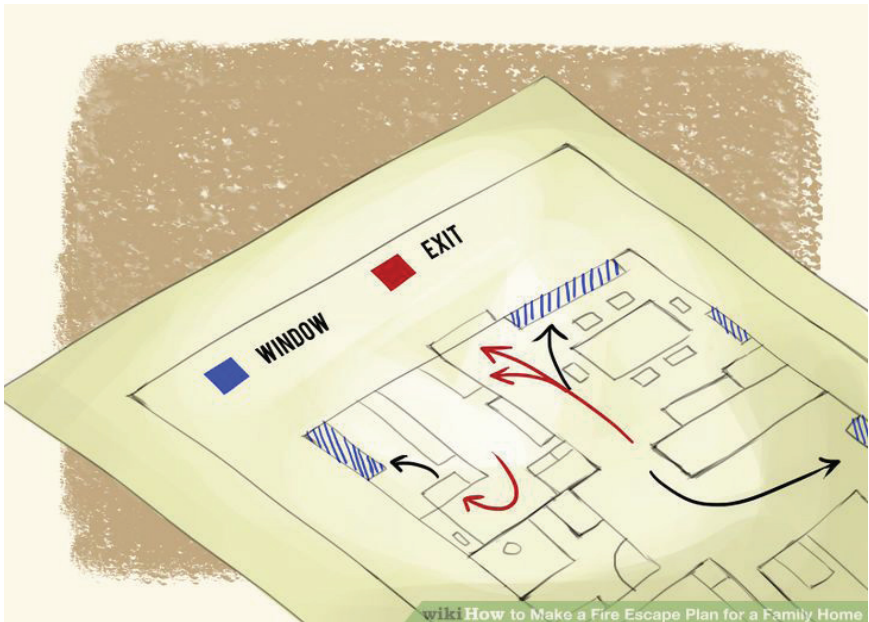
- Have 2 escape paths from each room. Mark one as the primary exit, the other as the alternate.
- Make sure everyone in the home can easily unlock and open doors used for escape.
- Hold fire drills regularly (at least twice a year) to practice your plan.

In case of fire...

- Have everyone leave the building. Then call (or have someone call) the 9-1-1.
- Fight the fire **ONLY** if it's small and not spreading - and you have a clear escape path.
- When in doubt...**GET OUT!**

Respond to ALL alarms

Train your family to treat all alarms seriously. Safety measures should be followed even when you know it's a drill.



wiki How to Make a Fire Escape Plan for a Family Home

What You Need

*Putting together an Emergency Kit
Supplies should last for at least 3 days. You should be
able to get to your kit quickly in case of evacuation.
The kit should include:*

Water

Having enough water is a top priority.

- Store at least 1 gallon of water per person per day (at least 3 gallons per person, total). If you live in a warm climate, you may need more.
- Change stored water every 6 months so it stays fresh.
- Store water in clean plastic, fiberglass, or enamel-lined metal containers. Don't use glass or other breakable containers.
- If you purchase bottled water, keep it in the original, sealed container. Observe the "use by" date.

Food

Stock familiar foods that need no refrigeration or cooking and little or no water to prepare, such as:

- ready-to-eat or canned meats, fruits, and vegetables
- canned milk and juices
- peanut butter, granola bars, crackers, and other high-energy foods
- formula or baby food if you have an infant.

Rotate stored food with your regular supply, so your emergency

supply stays fresh. And remember to stock pet food and additional water for any pets.

Storing emergency supplies

Keep items in airtight plastic bags. Try to store everything in 1 or 2 containers, such as small unused garbage cans, camping backpacks or duffel bags. Keep the kit in a cool, dry place, such as a closet or cabinet. If space is tight, consider storing it on top of kitchen cabinets, under a bed, or in a corner.

Where will you store your supplies?

What food items will you store?

What You Need

Tools & other supplies

- non-electric can opener
- cups, plates, utensils
- flashlight & extra batteries
- battery-powered radio & extra batteries
- matches in a waterproof container
- fire extinguisher
- plastic sheeting & duct tape
- dust masks or cotton cloths (to help filter air)
- pliers & shut-off wrench (for shutting off gas & water supplies)
- scissors & utility knife
- needles & thread
- whistle & signal flare
- compass & local map
- paper, pencils, pens
- blankets and/or sleeping bags
- changes of clothes (replace to match the season)
- sturdy shoes or boots
- rain gear and/or outerwear that matches the season (winter hats, mittens)
- emergency cash (or traveler's checks) & coins
- first-aid kit (see page 9)
- important family documents (see page 10)
- a pail with cover (to use as a toilet, if needed)

Hygiene supplies

- soap & hand sanitizer
- toilet paper & paper towels
- plastic garbage bags & ties
- toothpaste & toothbrushes
- shampoo & deodorant
- feminine supplies
- diapers, if you have an infant
- comb & brush
- disinfectant
- household chlorine bleach

Think about your family's unique needs.

Stock other items that would be either necessary or comforting, such as playing cards or board games.

List them here:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Keep an emergency notebook, too (see page 36).

What You Need

*Putting together a First Aid Kit
All items should be available from your local
pharmacy. The kit should include:*

A first-aid manual

This does not replace proper training, but it can be a helpful guide in many situations.

CPR/First aid class

Consider taking a certified CPR and first-aid class from our local American Red Cross, American Heart Association chapter, or other community organization.

Bandages

- sterile bandages & gauze pads of various sizes
- adhesive tape
- elastic bandages (for sprained ankles, etc.)

Non-prescription medicines

- aspirin & non-aspirin pain relievers*
- cough syrup
- antihistimine tablets
- decongestant tablets
- antacid
- anti-diarrhea medication

**Do not give aspirin - or any medication that has aspirin or "salicylates" - to anyone under age 20 unless directed by a qualified healthcare provider.*

Other supplies

- a mercury-free thermometer
- scissors, tweezers & safety pins
- antiseptic wipes
- iodine or hydrogen peroxide
- sting & bite ointment
- antibiotic & burn ointments
- disposable medical gloves
- cotton balls
- instant cold packs
- sunscreen & insect repellent
- a list of family members' allergies, health conditions & medicines



Other Steps

Staying Put or Evacuating

What you should do depends on the situation. Either way, stay calm; being able to think clearly can make all the difference.

Plan for both responses.

You should be ready to take shelter where you are or to evacuate, if instructed (see pages 11-12). Whenever possible, government and disaster-relief agencies provide emergency shelter in an evacuation.

Learn your community's warning signals.

You can sign up for alerts from local agencies by visiting <http://local.nixle.com/greene-county-sheriffs-office/> or text your zip code to 888777 to receive mobile alerts. Ask the Greene County Emergency Management Office (EMA) if there are emergency signals, such as sirens. Make sure all family members know the signals and how to respond. Describe the signals and what they mean below:

Learn the location of nearby emergency shelters.

Contact the Greene County Emergency Management Office (EMA) or the American Red Cross to find out where you could go in an evacuation. List the addresses below:

Sheltering-in-place

This means taking shelter where you are if an incident makes it unsafe to go outside. How to shelter-in-place - for example, going to the safest room - can vary by the type of emergency, as well as how long you should shelter-in-place. In general, stay until authorities say it's safe to leave. Check TV, radio, and other news sources for instructions in an emergency. Make your notes below:

Other Steps

Making an Evacuation Plan

Evacuation orders

These are issued by local governments when an emergency occurs or may happen. If possible, the orders will be broadcast on radio or television. But other warning systems may also be used. That's why it is very important to be alert for instructions. Follow the travel routes outlined by local authorities.

Prepare a plan

Prepare a plan in case authorities can't give you instructions right away. Plan where you'll go, how you'll get there, and what you'll bring.

- Choose several destinations in different directions.
- Get maps and figure out alternate routes.

If you don't have a car, figure out other types of transportation (ask to ride with a neighbor). If you have a car, always keep at least half a tank of gas in it.



In case of evacuation

- If possible, tell your contact person where you are going (see page 12)
- If instructed to, turn off the water, electricity, and gas at the main switches in your home.
- Take your emergency kit.
- Lock your home.



Grab-N-Go Kit

Pack a duffel bag or backpack that you can take along in case of evacuation. Stock it with food and water. Also include cash, identification, and any prescription medications (ask your healthcare provider or pharmacist about storing these in your kit). Also, keep an emergency kit:

- in your vehicle (including water, flares, blankets, cereal bars, batteries, maps, a first-aid kit, a radio, a flashlight, and jumper cables).
- at work (in one container, with some water, non-perishable food, a flashlight, and walking shoes).

Types of Emergencies We Could Face

Tornadoes & High Wind Storms

Tornadoes

These rapidly spinning, fast-moving funnel-shaped clouds mostly occur during late spring and summer, in late afternoon. But they can strike anywhere, at any time. They can appear suddenly without warning and can be invisible until dust and debris are picked up or a funnel cloud appears.



Watch or warning?

- During a **tornado watch**, you and your family should be on heightened alert and ready to take shelter. It means there is the possibility of a tornado in the area.
- If a **tornado warning** is posted, take shelter immediately; do not go outside to see if a tornado is coming. Warnings generally last for 45 minutes; if you are outside, the sirens located throughout the county will notify you with their long, steady blast.



Taking shelter

At home:

- Go immediately to the basement. If there's no basement, go to the lowest floor. Stay in an inner room, like a bathroom, or hallway, away from windows and doors, particularly ones facing southwest.
- Get beneath a sturdy piece of furniture, such as a desk or table, or use a mattress for protection from debris.

Outdoors:

- If there are no buildings nearby to shelter in, lie flat in a ditch or other low-lying area. Do not go under an overpass or bridge.
- Cover your head with your arms and hands.

In a car:

- Don't try to out-run a tornado if it is close, moving toward you, or if there is traffic.
- Get out of the car immediately and look for shelter or lie flat in the ditch.
- Do not go under an overpass or bridge.

After a tornado or high wind storm

It important to stay in your home if undamaged, and off of the streets. Keeping roadways clear will allow emergency and utility equipment to respond quickly and safely.

Types of Emergencies We Could Face

Winter Storms & Extreme Cold

Winter in Greene County can often bring a variety of dangerous weather conditions. These include blizzards, ice storms, and bitter cold that can pose serious hazards. Heavy snow and ice can block roads and cause power lines to come down.

Winter weather terms

Freezing rain: rain that freezes when it hits the ground.

Sleet: rain that freezes into ice pellets before it reaches the ground.

Winter storm watch: weather conditions are favorable for a winter storm.

Winter storm warning: a winter storm is occurring or will occur soon.

Blizzard warning: considerable amounts of snow with sustained winds or frequent gusts up to 35 mph are expected to prevail for at least three hours. Visibility is reduced to less than a quarter mile.

Frost/freeze warning: below freezing temperatures are expected.

Snow Emergency Levels

These levels are issued by the Greene County Sheriff and are typically in effect countywide. Local radio and TV stations will advise you of the level in effect.

Level 1: Roadways are hazardous with blowing and drifting snow. Drive cautiously.

Level 2: Roadways are hazardous with blowing and drifting snow. Stay home if possible; essential travel only using extreme caution. Contact your employer to see if you should report to work.

Level 3: All roadways are closed to non-emergency personnel. No one should be out during these conditions unless it is absolutely necessary. Those who are may be subject to arrest.

Take precautions at home

Make sure you have enough heating fuel. Also:

- Winterize your home. For example, insulate walls, install storm windows and weather-strip doors.
- Wrap pipes in insulation or newspaper to keep them from freezing.
- Always keep an eye on heating equipment. Never leave children alone in the room with a running space heater.
- The use of other sources of fuel or electricity (generators, kerosene, etc.) can cause carbon monoxide (CO) to build up in the home. The most common signs of CO poisoning:

Types of Emergencies We Could Face

Winter Storms & Extreme Cold...cont'd

headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion.

- Keep combustible materials, including furniture, drapes, and carpeting at least 3 feet away from heat sources. NEVER drape clothes over a space heater to dry.
- Lower the thermostat to conserve fuel.
- Be sure not to overload electrical circuits.
- Be sure all portable heating equipment is approved for indoor use. Do not use your stove or oven to heat rooms.

If your heat goes off

If this happens, call for help right away and get to a heated shelter. Until help arrives or if you can't safely travel:

- Close off all unused rooms.
- Use blankets to seal off any drafts, such as from under doors.
- Dress in layers of loose, lightweight, warm clothing.
- Keep hands and feet warm (most vulnerable to frostbite) and wear a hat to help reduce heat loss.
- To help prevent hypothermia while you sleep, ensure you can wake often to warm up.
- Do light exercise to warm up, but avoid sweating to prevent getting chilled.

- If you have to go outside, dress warmly in layers and be sure to wear a warm coat, hat, scarf, and gloves or mittens. Cover your mouth to protect your lungs from extremely cold air.



Safety rules to remember

- Eat regularly so your body has energy for producing heat.
- If stuck in your car, stay there and wait for help. Attach a distress flag, bright piece of cloth, or other bright object to the antenna so rescuers can find you. Run the engine and heater for only 10 minutes an hour to avoid CO buildup.
- Keep an emergency kit in your car (see page 12)

Types of Emergencies We Could Face

Thunderstorms

In the United States, lightning kills 300 people and injures 80 on average, each year. All thunderstorms produce lightning and all have the potential for danger. Those dangers can include tornados, strong winds, hail, and flash flooding, which is responsible for more fatalities than any other thunderstorm-related hazard.



Lightning's risk to individuals and property is increased because of its unpredictability. It often strikes outside of heavy rain and may occur as far as 10 miles away from any rainfall. Most lightning deaths and injuries occur when people are caught outdoors in the summer months during the afternoon and evening.

The 30/30 Lightning Safety Rule

Remember this rule! Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder.

Take precautions at home

- Remove dead or rotting trees and branches that could fall and cause injury or damage during a storm.
- Secure outdoor objects that could blow away (patio furniture, trampolines, etc.)
- Shutter windows or close blinds, shades or curtains, and secure outside doors.
- Consider installing a sump pump if your home is prone to flooding.

Prepare yourself

- Avoid handling metal, electrical equipment, and telephones. Do not use water faucets or any water connected to a plumbing system as lightning can follow wires and pipes.
- In severe storms, take cover in a building immediately. If you are caught outside, squat low to the ground and make the smallest target possible. Do not take cover under trees.
- Stay clear of downed power lines.
- Seek high ground if you see or hear rapidly rising water.
- Never attempt to drive your vehicle through standing water. Do not cross flowing water that could be higher than knee deep.

Types of Emergencies We Could Face

Power Outages, or Blackouts

Power outages, or blackouts, are not uncommon in our area and often happen in conjunction with severe storms. It is important to know what to do when this occurs. If your power is out less than 2 hours, then the food in your refrigerator and freezer will be safe to consume. While the power is out, keep the doors to the refrigerator and freezer closed as much as possible to keep your food at the proper temperatures for as long as possible. If the power is out longer than 2 hours, follow these guidelines:

- Boiling water, when practical, is the preferred way to kill harmful bacteria and parasites.
- Keep the doors to the refrigerator and freezer closed as much as possible to maintain the proper cold temperatures for as long as possible. The refrigerator will keep food cold for about 4 hours if it is unopened.
- A full freezer will hold the temperature for approximately 48 hours if the door remains closed.
- Discard any perishable foods (such as meat, poultry, fish, eggs, dairy, etc.) that have been above 40°F for 2 hours.

Prepare yourself in case of a blackout

- Use a flashlight (or candles, with caution)
- Turn off electrical equipment you were using when the power went out.
- Do not run a generator inside a home or garage; run it outside in a well-ventilated area as they can create dangerous levels of carbon monoxide (CO).
- You may lose cordless and internet phone service during a blackout. Keep a phone on hand that does not require electricity.
- Always treat downed and dangling power lines as dangerous; stay away.

Call your power provider immediately to report an outage.

DP&L:

877-468-8243
(877-4OUTAGE)

DP&L TTY:

800-750-0750

Ohio Edison/First Energy:

888-544-4877

For questions related to food storage and safety, call
Greene County Public Health:
937-374-5600

Types of Emergencies We Could Face

Extreme Heat



A heat wave is an extended period of extreme heat, and is often accompanied by high humidity. During these times, people are vulnerable to heat-related illnesses, such as heat cramps, heat exhaustion, and heat stroke. Be sure to check on neighbors who may need assistance during heat waves, including children, seniors, and people with chronic health issues or special needs. On occasion, the Greene County emergency management agency (EMA) will issue a heat advisory or excessive heat warning. Please pay attention to local TV and radio stations during the warmer months so you can take the appropriate action.

Prepare your home

- Install window air conditioners snugly; insulate if necessary.
- Check air conditioning ducts for proper installation.

- Install temporary window reflectors (for use between windows and curtains), such as aluminum foil-covered cardboard, to reflect heat back outside.
- Weather-strip doors and sills to keep cool air in.
- Cover windows that receive morning or afternoon sun with curtains, shades, or awnings.

Prepare yourself

- Stay out of the sun and use shade or awnings. When in the sun, wear sunscreen that is at least SPF 15.
- Wear lightweight, light colored, loose fitting clothing that cover as much skin as possible to prevent sunburn.
- Avoid strenuous activity.
- Drink plenty of water. Avoid alcoholic, caffeinated, and sugary beverages.
- Take cool showers or baths to lower your body temperature.
- Never leave children, pets, or those who require special care in a parked car in excessive heat.
- Consider going to public pools, libraries, and air conditioned stores, like a shopping mall. In extreme heat waves, Greene County EMA may open cooling stations throughout the county.

Types of Emergencies We Could Face

Extreme Heat... cont'd

Additionally, Greene County Public Health encourages all residents to learn the signs and first aid response for heat-related illness. See below for warning signs and symptoms for both heat exhaustion and heat stroke.

Heat Exhaustion:

Symptoms include....

- Heavy sweating & weakness
- Skin cold, pale, & clammy
- Weak pulse
- Fainting & vomiting

What you should do....

- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.

Heat Stroke:

Symptoms include....

- High body temperature (above 103°F)
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

What you should do....

- ***Call 911 immediately — this is a medical emergency.***
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do NOT give fluids.

IT'S HOT OUTSIDE! **STAY COOL. STAY HYDRATED. STAY INFORMED.**

Types of Emergencies We Could Face

Toxic Threats/ Terrorism

Toxic threats are attacks or incidents that spread harm. The release of these hazardous materials, accidental or intentional, can pose a serious risk to health and safety. In the event of a toxic or hazardous materials threat, local emergency officials will advise you on the best course of action. Being alert and knowing how to react in a crisis is the best way to stay safe.



What is terrorism?

It's the unlawful use of violence - or the threat of it - to scare or intimidate people or governments. It could be silent and invisible or it could involve an attack with explosions, and it usually happens without warning.

In general, there are 4 types of terrorism

- 1. conventional** - such as bombings, active shooter, hijackings
- 2. chemical** - use of a poison, such as nerve gas
- 3. biological** - use of bacteria (such as anthrax), viruses or other harmful organisms (see Disease Outbreaks, pages 25-26)

- 4. radiological** - use of nuclear weapons or other radioactive materials, including “dirty bombs” or failure at a nuclear power plant.

Eight signs of terrorism

- 1. surveillance** - someone recording or monitoring activities.
- 2. elicitation** - people attempting to gain information about your business, capabilities, or people.
- 3. tests of security** - any attempts to measure reaction times to security breaches, attempts to penetrate physical barriers or monitor procedures in order to assess strengths and weaknesses.
- 4. funding** - suspicious transactions involving large cash payments, deposits or withdrawals.
- 5. supplies** - purchasing or stealing important information, ID badges, licenses, uniforms, etc. from you or your business.
- 6. impersonation** - people who don't belong in your place of business
- 7. rehearsal** - running through the plan without committing the terrorist act.
- 8. deployment** - people and supplies in position to commit the act.

Types of Emergencies We Could Face

Toxic Threats/Terrorism... cont'd

Terrorists tend to strike certain types of targets

- highly populated places, such as large cities, international airports, major international events, or popular tourist sites
- business and government centers, such as financial districts, embassies, or military bases.
- transportation systems
- power plants
- hospitals or schools

Explosive devices

These are the most common terrorist weapons because their materials and technology are more readily available than those of biological, chemical, nuclear or radiological weapons. Of course, explosions may also be involved with or use to disperse these and other threat agents. Terrorists can use either manufactured or improved explosive devices in public places and against a variety of vessels, buildings or institutions. Such devices can be hidden, delivered by humans, transported in vehicles or even mailed or shipped. They may be detonated directly or remotely by timing, tampering, or impact.

Be alert for and report anything out of the ordinary in your daily

routine, including bags or boxes in unusual places, unusual smells and suspicious behaviors such as someone dressed in a heavy coat in summer. At work, watch out for unexpected, suspicious letters and packages that could contain explosives, as well as other agents. They could be large or oddly shaped and have excessive packing material, protruding wires or aluminum foil, strange odors, or stains. More likely, postage and marking will be suspicious:

- the return address is missing, unfamiliar, unverifiable, or different from the postmark.
- postage is excessive or foreign.
- the address is vague, incorrect, to no specific person or to someone never or no longer there.
- markings are misspelled, crude, threatening or otherwise inappropriate.

If you detect such a package, leave immediately, keep others away or alert security and authorities.

Bomb threat

Try to keep the caller on the line and note all that is said.

- Get as much information as possible about the bomb and the caller: When will the bomb explode? Where is it right now? What does it look like? What

Types of Emergencies We Could Face

Toxic Threats/Terrorism... cont'd

will cause it to explode? What kind is it? Did you place it? Why? What is your name? What is your address?

- Notify the police and your building's management team.

Important safety tips

Anytime:

- If you are in public, be aware of your surroundings. Know where emergency exits are located.
- Never leave shopping bags, briefcases, luggage, or other personal property unattended.
- Stay away from and report unattended property.
- When traveling, stay alert. Report any suspicious behavior. Follow the "if you see something, say something" rule.
- At home, be prepared to do without services such as gas, electricity and phone for at least 3 days.

During:

- Stay calm. Tell children what they need to know to be safe.
- Confirm news reports using reliable information sources. Don't spread rumors.
- Exit a public place as soon as you can do so safely.
- Understand that attacks may come in waves.
- In a chemical or radiological

event, shield yourself from contamination and/or attack as best you can. If exposed to the chemicals or radiation, dispose of clothes and wash as soon as possible.

- If at home, stay inside and listen for alert signals or instructions being given on the radio or TV. Follow all instructions.

Be prepared to evacuate or shelter-in-place (see page 11-12).

After:

- If trapped in debris, tap against a wall to tell rescuers where you are (a whistle or flashlight will also work if you have one). Don't yell to avoid breathing in more dust or smoke.
- Please leave rescue efforts to trained personnel.
- Health and mental health resources can be strained to their limits, maybe even overwhelmed.
- There will be heavy law enforcement involvement at local, state and federal levels.
- Extensive media coverage, strong public fear and international implications and consequences can continue for a prolonged period.
- Clean up may take months.

Types of Emergencies We Could Face

Toxic Threats/Terrorism... cont'd

- Continue to listen to the radio or TV for instructions for how to get assistance, if needed.

If the air becomes contaminated

If this happens in a chemical or radiological incident, get inside. If you're in a vehicle, close windows and vents, and turn off the air conditioner.

- Go to a basement or underground room for a radiological incident - the highest room for chemical incidents. If possible, find a windowless room.
- Close all windows and doors. Turn off heating and air conditioning systems and fans.
- Get instructions for safely and effectively sealing off rooms. You may be advised to use plastic sheeting and duct tape or to use damp towels under doors.

Active Shooter

Call 911 (or other local emergency number) when it is safe to do so. You should provide the following information to the Police or the 911 Operator:

- Location of the shooter
- Number of shooters
- Physical description of shooter(s)
- Number and type of weapons the

- shooter has
- Number of possible victims

Coping with an active shooter

- Be aware of your surroundings and possible dangers.
- Take note of the nearest exits in any facility you visit.
- If you are in an office at the time of an attack, stay there and secure the door.
- Only as a last resort should you attempt to take action against the shooter.

When shooting begins

Run or Evacuate

- Have an exit route and plan in mind
- Leave your belongings behind
- Keep your hands visible

Hide

- Hide in an area out of the active shooter's view
- Lock doors and block entry to your hiding place

Fight

- As a last resort
- Only when your life is in imminent danger
- Attempt to incapacitate the active shooter

Types of Emergencies We Could Face

Toxic Threats/Terrorism... cont'd

When Police arrive

- Try to remain calm.
- Obey all Police instructions.
- Put down any items in your hands (such as backpacks, phones, jackets)
- Raise your hands, spread your fingers, and keep hands visible to Police at all times.
- Avoid quick or sudden movements.
- Avoid pointing, screaming or yelling.
- Do not stop to ask officers for help or direction while evacuating.



Types of Emergencies We Could Face

Disease Outbreaks

Disease outbreaks include pandemics and biological attacks. Depending on where the outbreak starts, you may have some warning.

Pandemic

This is a global outbreak of disease, such as the flu. Pandemic flu would be caused by a new virus that people have little or no immunity to.

Biological attacks

This is when terrorists release germs that could cause illness or death, if inhaled, touched, or consumed. These attacks may or may not be immediately obvious. More than likely, the staff at Greene County Public Health will report a pattern of unusual illness or there will be a wave of sick people seeking emergency medical attention.

In the event of a biological attack, your local public health officials may not immediately be able to provide information on what you should do. It will take time to determine what the illness is, how to treat it, and who is in danger. Watch or listen for official news from public health officials.

Get ready for a possible disease outbreak

Be aware that widespread illness may shut down businesses and services. Hospitals may be overloaded. Consider stocking (see pages 7-8):

- supplies of food and water, preferably to last 2 weeks
- face masks
- hygiene supplies and medications

Get ready for a possible disease outbreak

- Stay tuned for updates from officials. You may need to stay home. If it's biological, you may need to either stay home or evacuate quickly.
- If you get sick, stay calm. Avoid contact with others as much as possible. Contact your physician. Keep in mind it may just be a common illness, not the problem disease.
- Practice good hygiene to help prevent illness. This includes washing hands often and well (scrub with warm water and soap for 20 seconds). Cover coughs and sneezes with a tissue or your sleeved forearm near your elbow.

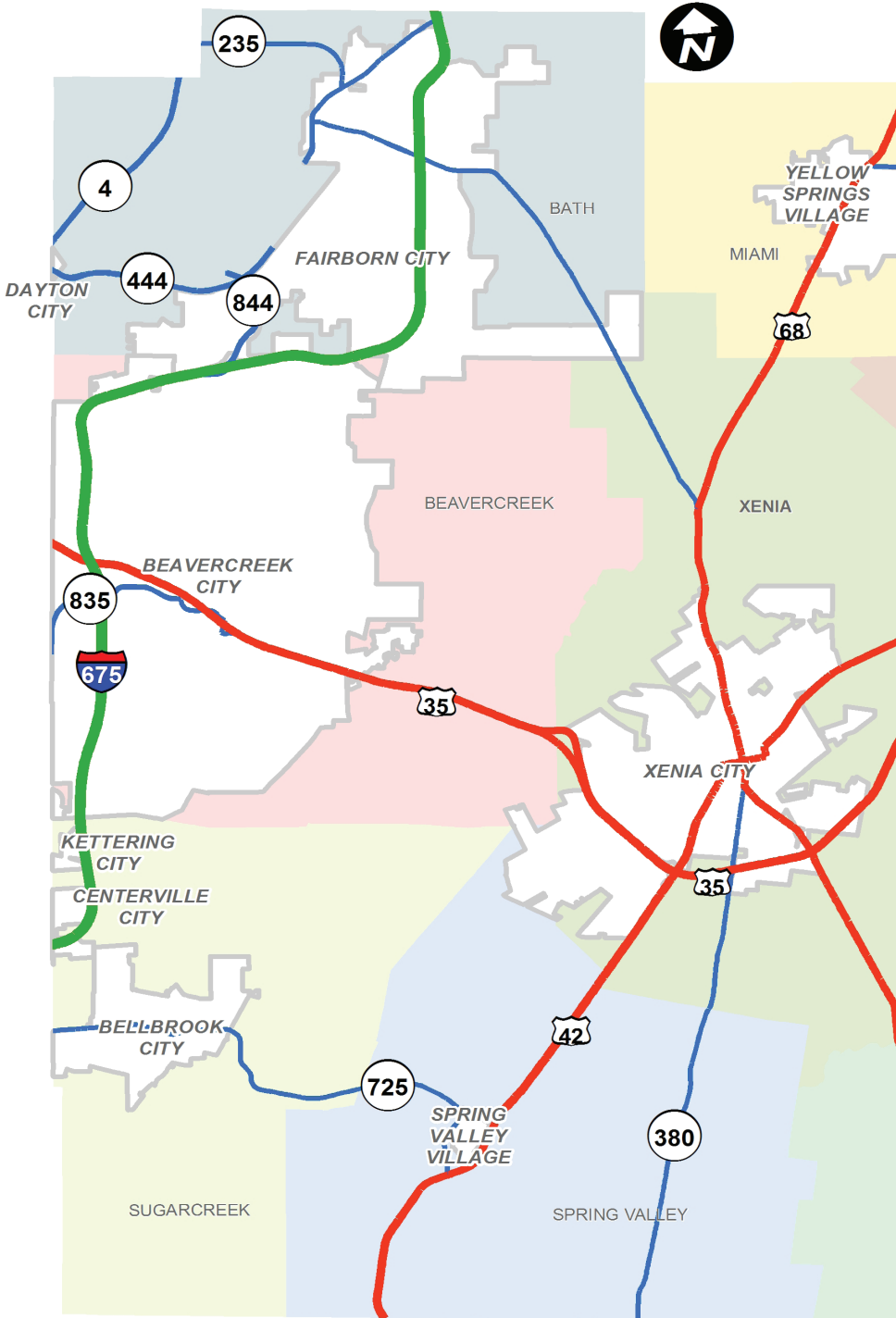
Types of Emergencies We Could Face

Disease Outbreaks...cont'd

Authorities may take steps to protect public health

- They may recommend or require isolation and quarantine. **Isolation** is when people known to be infected are cared for separately.
Quarantine is when people are exposed to the disease stay home or in a facility to avoid spreading it further.
- Other safety measures may include requests to get shots, and to avoid travel and gatherings.





Mental Health & Coping

Helping children cope

Thinking about terrorism and other emergency situations is scary.

Adults can recognize that taking precautions can help keep them safe. But children may not have the information or experience to know that.

Reassure your child.

School-age children should be warned about possible dangers. But they don't need too much information about what can go wrong. Talking about that too often or in too much detail can increase your child's anxiety and fear.

Here are some tips.

- Talk about the adults who are there to help, such as relatives, teachers, law enforcement officials and firefighters.
- Let your child express concerns and ask questions. Answer honestly. Be sure to stress that your family has plans to handle emergencies.
- Remember that your child notices when you are anxious or afraid. Try not to react with alarm to an emergency.
- Monitor TV and other media. Make sure your child does not see or hear too many disaster stories.

- Regularly point out good news about how people throughout the world treat others.
- Encourage them to talk about their fears, listen without passing judgment, and emphasize that they are not responsible for what happened.



Teach your child how to react in an emergency.

It's one of the best ways to help him or her feel safe. Teach your child when and how to:

- call for help
- call the family contact person
- take shelter in your home or evacuate.
- you can also involve them in the planning process, as well as reviewing and practicing those plans and escape routes if evacuation is necessary.

Mental Health & Coping

Overall Mental Health

Reactions to stress can vary from person to person.

Most people exposed to a disaster will experience one or more normal stress reactions, which can vary from person to person. Common reactions include: anger, fatigue, sleeplessness, nightmares, depression, inability to concentrate, or increased alcohol/drug use.

Children are particularly vulnerable to emotional stress after a disaster and may exhibit fear of the dark or being alone. Their stress reactions vary depending on age.

To relieve emotional stress, mental health experts suggest you:

- Talk about your feelings with family, friends and neighbors.
- Get back in to daily routines as quickly as possible, try to maintain a healthy diet, and get plenty of sleep.
- Exercise daily.
- If you feel your reactions are lasting too long or getting worse, consider seeing a mental health professional.

For mental health referrals or in an emergency, contact TCN Behavioral Health at 937-376-8701



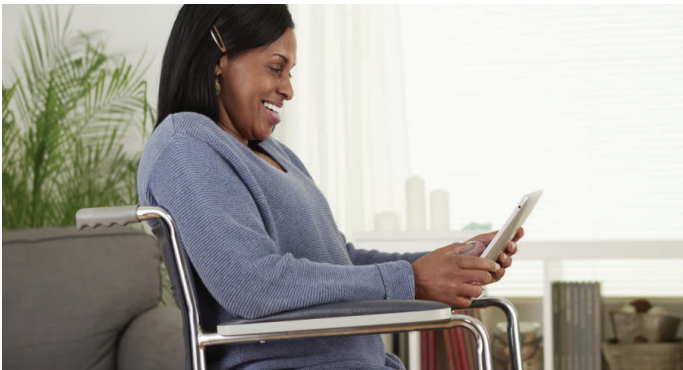
Seniors & People with Access & Functional Needs

Emergencies can present additional challenges for seniors & people with access & functional needs

If you or someone in your household has access and functional needs...

Develop a disaster plan for every place you spend time - at home, work, school, and in the community.

- Establish a personal support network with family, friends, neighbors, and co-workers and determine how you will help each other during an emergency.
- Document important health and life-saving information including medications and dosages, allergies, special equipment, medical insurance, medical providers, and emergency contacts. Give copies of this document to everyone in your support group.
- Evaluate your capabilities, limitations, needs, and surroundings to determine how these might change during an emergency.
- If you receive home-based care, include your caregivers in your planning process.
- If you rely on medical equipment that requires electric power, contact your medical supply company and power provider for information regarding a back-up power source and the life-sustaining equipment customer listing.
- If you rely on delivered meals or have special dietary needs, stock non-perishable food in case meal deliveries are suspended.
- If you have a pet or service animal, plan for its needs.



Social Networking

Do's, Don'ts & Safety Tips



- Only establish and maintain connections with people you trust. Review these connections often.
- Assume that ANYONE can see information about your activities, personal life, or professional life that you post and share.
- Ensure that your family takes similar precautions with their accounts; their privacy and sharing settings can expose your personal data.
- Avoid posting or tagging images of you or your family that clearly show your face. Select pictures taken at a distance, at an angle, or otherwise concealed. Never post smartphone photos and don't use your face as a profile photo; instead, use cartoons or avatars.
- Use secure browser settings when possible and monitor your browsing history to ensure that you recognize all access points.

Overview

Social networking sites allow people to interact with other and find people with similar interests or backgrounds. Social networking sites, such as Facebook, Twitter and Instagram to name a few, enjoy worldwide popularity, underscoring the need to understand potential risks associated with the use of these sites. A person's online activities may inadvertently expose excessive information about their identity, location, relationships, and affiliations, creating an increased risk of identity theft, stalking, or targeted violence.



A safer social networking experience is available by accepting some basic assumptions and following a few recommendations.

Assumptions

- Once something is posted, it can quickly spread. No amount of effort will erase it; the Internet does not forget.
- You are not anonymous on the Internet.
- There are people on the Internet

Social Networking

Do's, Don'ts & Safety Tips

who are not who they say they are and will take advantage of you if given the opportunity.

- Participating in more social networking sites increases your attack surface and overall risk.
- Everyone on the Internet can see what you post, from where you post it, who your friends and associates are, the comments your friends make, and your “witty” replies. An embarrassing comment or image will come back to haunt you...one day... when you least expect it...at the least opportune time.
- There is a complete record of your online activity... somewhere...forever.

Recommendations

- Do not post anything you would be embarrassed to see on the news.
- Do not accept friend/follower requests from anyone you do not know.
- Avoid using third-party apps; if needed, do not allow them to access your social networking accounts, friends list, or address books.
- Do not post personally identifiable information.
- Do not allow others to tag you in images they post. Doing so makes you easier to locate

and accurately construct your network of friends, relatives and associates.

- Be cautious about the images you post.
- Securely build your social networking accounts to minimize who can see your information.
- Do not use “check-ins”. If check-ins are enabled, disable them. Do not post your specific location.
- Be cautious when accessing online accounts from public Wi-Fi connections.
- Do not use the *save password*, *remember me*, or *keep me logged in* features from public or shared computers.
- Limit social networking to personal use.
- Do not use the same password for all of your accounts.
- Do not use your social networking site to login to other sites. Create another use account on the new site instead.
- Use strong, unique passwords. Consider passphrases for an additional level of safety. Keep anti-virus software current.
- Do not arrange meetings with people you meet online.



A Record of Your Belongings

*This helps prove ownership and establish value
for possible insurance claims.*

How to use this page:

Go through each room. List dates of purchase, costs, serial numbers, and any other identifying information on furniture, appliances, jewelry, tools, and other valuables. Take pictures or videos of items and rooms.

Living Room

Dining Room

Bedrooms

Other

Make an Emergency Binder

Keep your binder with your emergency kit!

Emergency Contact Info

Place this list at the front of your binder (3-ring notebook/binder).

- contact information for family and friends, as well as home repair experts, such as your plumber and electrician.
- a photocopy of the important phone numbers listed on pages 37-38.

Medical Information

Record this information for each family member:

- name
- health-care provider's name and number
- health insurance provider and plan number
- blood type
- allergies
- current and past medical conditions
- current medications and doses.

“Home Emergency” instructions

For example, include step-by-step instructions on how to properly shut off your home's gas, water, and electricity (ask your utility company for instructions). Include diagrams or drawings that will be helpful.

Never try to turn the gas back on yourself. A professional should do it.

Other items

You can also use your emergency binder to record things like:

- your family communication plan (see page 4)
- your family fire escape plan (see page 6)
- plans for sheltering-in-place, such as the rooms or locations in your home that would be safest in each type of emergency (see page 11).
- include extra blank notebook paper for questions, notes, or additional things you might think of later.



Important Numbers to Remember

EMERGENCY, Dial 9-1-1

Federal Numbers

Consumer Product Safety
1-800-638-2772

Poison Control Center
1-800-222-1222

US Department of Homeland
Security
800-237-3239 www.ready.gov

State Numbers

Ohio Department of Health (ODH)
614-466-3543

Ohio Department of Public Safety,
Homeland Security Division
877-647-4683 tip line

Local Numbers

Dayton Power & Light (Outage
Reports)
877-4OUTAGE

Ohio Edison/First Energy
888-544-4877

Vectren
1-800-227-1376

Greene County Numbers

Adult Protective Services
937-562-6000

American Red Cross
937-222-6711

Dayton Power & Light
800-433-8500

Domestic Violence Crisis Line
937-372-4552

Greene CATS Public Transit
937-227-CATS

Greene County Animal Control
937-562-7400

Greene County Children Services
937-562-6600

Greene County Emergency
Management Office (EMA)
937-562-5994

Greene County Sheriff
937-562-4800

Greene County Public Health
937-374-5600

Greene County Engineer
937-562-7500

Greene Memorial Hospital
937-352-2000

Soin Medical Center
937-702-4000

Ohio State Highway Patrol
937-372-7671

Beavercreek

Police..... 937-426-1225
Fire 937-426-1213

Bellbrook

Police..... 937-848-8484
Fire 937-848-5196

Bowersville

Fire 937-453-2571

Cedarville

Police..... 937-766-5205
Fire 937-766-5851

Important Numbers to Remember

Central State University

Police

Police..... 937-376-6368

Fairborn

Police..... 937-754-3067

Fire 937-754-3080

Jamestown

Police..... 937-675-4111

Fire 937-675-4841

New Jasper Township

Fire 937-374-7440

Spring Valley

Fire 937-862-5011

Sugarcreek Township

Police..... 937-848-6161

Fire 937-848-7344

Wright State University

Police..... 937-775-2056

Xenia

Police..... 937-376-7200

Fire 937-376-7280

Xenia Township

Fire 937-372-7857

Yellow Springs/Miami Township

Police..... 937-767-7206

Fire 937-767-7842

Ohio NOAA FIPS Code for Greene County

39057

Other Important Numbers

Important Information

Home Insurance

Company

Policy No.

Phone No.

Insurance Agent

Car Insurance

Company

Policy No.

Phone No.

Insurance Agent

Life Insurance

Company

Policy No.

Phone No.

Insurance Agent

Jewelry Insurance

Company

Policy No.

Phone No.

Insurance Agent

Bank Account

Company

Checking/Savings Acct. No.

Phone No.

Banker's Name

Family Physician

Company

Address

Phone No.

Doctor's Name

Dentist

Company

Address

Phone No.

Dentist's Name

Veterinarian

Company

Policy No.

Phone No.

Insurance Agent

Important Contact Information

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Acknowledgments & Thanks

Amanda Vanness, Creative Services Director, AIM Media Midwest

Colin S. Altman, Fire Chief, Miami Township/Yellow Springs

FEMA

Fort Knox Emergency Management, Ft. Knox, KY

Greene County GIS



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Greene County

***Your Trusted Local Public Health Authority
Since 1920***



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