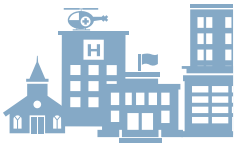
BE PREPARED FOR AN ACTIVE SHOOTER

FEMA

FEMA P-2143/November 2020

Recent national tragedies remind us that the risk is real. Taking a few steps now can help you react quickly when every second counts.

An active shooter is an individual engaged in attempting to kill people in a confined space or populated area. Active shooters typically use firearms and have no pattern to their selection of victims.



Can happen anywhere

Can happen anytime

IF YOU ARE INVOLVED IN AN ACTIVE SHOOTER INCIDENT

See something, say something.

Learn first aid skills so you can help others.

Before you run, know the exits.

Help law enforcement.

Find a place to hide.

Seek help to cope with trauma.

Run

Hide

Fight

HOW TO STAY SAFE

WHEN AN ACTIVE SHOOTER THREATENS

Prepare NOW

If you see suspicious activity, let an authority know right away.

Many places, such as houses of worship, workplaces, and schools, have plans in place to help you respond safely. Ask about these plans and get familiar with them. If you participate in an active shooter drill, talk with your family about what you learned and how to apply it to other locations.

When you visit a building such as a shopping mall or healthcare facility, take time to identify two nearby exits. Get in the habit of doing this.

Map out places to hide. In rooms without windows, behind solid doors with locks, under desks, or behind heavy furniture such as large filing cabinets can make good hiding places.

Sign up for active shooter, first aid, and tourniquet training. Learn how to help others by taking FEMA's You Are the Help Until Help Arrives course. Learn more at ready.gov/until-help-arrives.

Survive DURING

RUN. Getting away from the shooter or shooters is the top priority. Leave your things behind and run away. If safe to do so, warn others nearby. Call 911 when you are safe. Describe each shooter, their locations, and weapons.

HIDE. If you cannot get away safely, find a place to hide. Get out of the shooter's view and stay very quiet. Silence your electronic devices and make sure they won't vibrate. Lock and block doors, close blinds, and turn off the lights. Do not hide in groups—spread out along walls or hide separately to make it more difficult for the shooter. Try to communicate with police silently—such as through text messages or by putting a sign in an exterior window. Stay in place until law enforcement gives you notice that all immediate danger is clear.

FIGHT. Your last resort when you are in immediate danger is to defend yourself. Commit to your actions and act aggressively to stop the shooter. Ambushing the shooter together with makeshift weapons such as chairs, fire extinguishers, scissors, and books can distract and disarm the shooter.

Be Safe AFTER

Keep hands visible and empty.

Know that law enforcement's first task is to end the incident. They may have to pass injured persons along the way.

Follow law enforcement's instructions and evacuate in the direction they tell you to.

Consider seeking professional help for you and your family to cope with the long-term effects of trauma.

Take an Active Role in Your Safety

Go to **ready.gov** and search for **active shooter**. Download the **FEMA app** to get more information about preparing for an **active shooter**. Find Emergency Safety Tips

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BE PREPARED FOR AN AVALANCHE

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FEMA P-2143/November 2020

People caught in avalanches can die from suffocation, trauma, or hypothermia. An average of 28 people die in avalanches every winter in the U.S.

An avalanche is a large amount of snow moving quickly down a mountain. People caught beneath the heavy snow from an avalanche may not be able to dig out.

Can be caused by people, new snow, and wind

60-80 MPH

Can move at speeds of 60–80 mph

DEC

MAR

Peak season is December through March

PROTECT YOURSELF FROM AN AVALANCHE

Get training on how to recognize hazardous conditions and locations to avoid.

Use proper equipment. This should include helmets and materials to create pockets of air if trapped.

Learn how to properly use safety equipment.

Use devices to support rescue.

Sign up for alerts on current avalanche dangers.

SIGN UP

Use a guide familiar with the area. Always have a buddy.

HOW TO STAY SAFE
WHEN AN AVALANCHE THREATENS

Prepare NOW

Learn about your local avalanche risk.

Sign up for alerts from a U.S. Forest Service Avalanche Center near you. Your community may also have a local warning system.

Learn the signs of an avalanche and how to use safety and rescue equipment.

Take first aid training to recognize and treat suffocation, hypothermia, traumatic injury, and shock.

Travel with a guide who knows the locations to avoid. Always travel in pairs.

Follow avalanche warnings on roads. Roads may be closed or vehicles may be advised not to stop on the roadside.

Know the signs of increased danger, including recent avalanches and shooting cracks across slopes.

Avoid areas of increased risk like slopes steeper than 30 degrees or areas downhill of steep slopes.

Survive DURING

Wear a helmet to help reduce head injuries **and an avalanche beacon** to help others locate you.

Use an avalanche airbag that may create air pockets to give you more space to breathe and help you from being completely buried.

Carry a collapsible avalanche probe and a small shovel to help rescue others.

If your partner or others are buried, call 911 and then begin to search.

Treat others for suffocation, hypothermia, traumatic injury, or shock.

RECOGNIZE + Respond

Know the signs and ways to treat hypothermia.

Hypothermia is an unusually low body temperature. A body temperature below 95 degrees is an emergency.

- **Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, drowsiness.
- **Actions:** Go to a warm room or shelter. Warm the center of the body first—chest, neck, head, and groin. Keep the person dry and wrapped up in warm blankets, including the head and neck.

Take an Active Role in Your Safety

Go to **Ready.gov** and search for **avalanche**. Download the **FEMA app** to get more information about preparing for an **avalanche**. To learn of current **avalanche** conditions in your area visit www.fsavalanche.org.

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BE PREPARED FOR A CYBERATTACK

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Cyberattacks can lead to loss of money, theft of personal information, and damage to your reputation and safety.

Cyberattacks are malicious attempts to access or damage a computer system.

- Can use computers, mobile phones, gaming systems, and other devices
- Can include fraud or identity theft
- Can block your access or delete your personal documents and pictures
- May target children
- May cause problems with business services, transportation, and power

PROTECT YOURSELF AGAINST A CYBERATTACK

- Keep software and operating systems up-to-date.
- Use encrypted (secure) internet communications.
- Use strong passwords and two-factor authentication (two methods of verification).
- Create backup files.
- Watch for suspicious activity. When in doubt, don't click. Do not provide personal information.
- Protect your home Wi-Fi network.

HOW TO STAY SAFE
WHEN A CYBERATTACK THREATENS

NOW Prevent

Keep your anti-virus software updated.

Use strong passwords that are 12 characters or longer. Use upper and lowercase letters, numbers, and special characters. Change passwords monthly. Use a password manager.

Use a stronger authentication such as a PIN or password that only **you would know**. Consider using a separate device that can receive a code or uses a **biometric scan** (e.g., fingerprint scanner).

Watch for suspicious activity that asks you to do something right away, offers something that sounds too good to be true, or needs your personal information. **Think before you click**.

Check your account statements and credit reports regularly.

Use secure internet communications. Use sites that use "HTTPS" if you will access or provide any personal information. Don't use sites with invalid certificates. Use a Virtual Private Network (VPN) that creates a secure connection.

Use antivirus solutions, malware, and firewalls to block threats.

Regularly back up your files in an encrypted file or encrypted file storage device.

Limit the personal information you share online. Change privacy settings and do not use location features.

Protect your home network by changing the administrative and Wi-Fi passwords regularly. When configuring your router, choose the Wi-Fi Protected Access 2 (WPA2) Advanced Encryption Standard (AES) setting, which is the strongest encryption option.

DURING Limit Damage

Limit the damage. Look for unexplained charges, strange accounts on your credit report, unexpected denial of your credit card, posts you did not make showing up on your social networks, and people receiving emails you never sent.

Immediately change passwords for all of your online accounts.

Scan and clean your device.

Consider turning off the device. Take it to a professional to scan and fix.

Let work, school, or other system owners know. Information Technology (IT) departments may need to warn others and upgrade systems.

Contact banks, credit card companies, and other financial accounts. You may need to place holds on accounts that have been attacked. Close any unauthorized credit or charge accounts. Report that someone may be using your identity.

AFTER Report

File a report with the **Office of the Inspector General (OIG)** if you think someone is illegally using your Social Security number. **OIG reviews cases of waste, fraud, and abuse**. To file a report, visit www.idtheft.gov.

You can also call the Social Security Administration hotline at 1-800-269-0271. For additional resources and more information, visit http://oig.ssa.gov/report.

File a complaint with the FBI Internet Crime Complaint Center (IC3) at www.IC3.gov. They will review the complaint and refer it to the appropriate agency.

Learn tips, tools, and more at www.dhs.gov/stopthinkconnect.

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Take an Active Role in Your Safety

Go to **Ready.gov** and search for **cyberattack**. Download the **FEMA app** to get more information about preparing for a **cyberattack**.

BE PREPARED FOR AN EARTHQUAKE

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FEMA P-2143/November 2020

Earthquakes can collapse buildings and cause heavy items to fall, resulting in injuries and property damage.

Earthquakes are the sudden, rapid shaking of the earth, caused by the breaking and shifting of underground rock.

Can happen anywhere. Higher risk areas are California, Alaska, and the Mississippi Valley

Give no warning

Cause fires and damage roads

Cause tsunamis, landslides, and avalanches

IF AN EARTHQUAKE HAPPENS, PROTECT YOURSELF RIGHT AWAY

If in a vehicle, pull over and stop.

If in bed, stay there.

If outdoors, stay outdoors.

Do not get in a doorway.

Do not run outside.

HOW TO STAY SAFE
WHEN AN EARTHQUAKE THREATENS

Prepare NOW

Secure items such as televisions and objects that hang on walls. Store heavy and breakable objects on low shelves.

Practice Drop, Cover, and Hold On with family and coworkers. Drop to your hands and knees. Cover your head and neck with your arms. Crawl only as far as needed to reach cover from falling materials. Hold on to any sturdy furniture until the shaking stops.

Create a family emergency communication plan that has an out-of-state contact. Plan where to meet if you get separated.

Make a supply kit that includes enough food and water for at least three days, a flashlight, a fire extinguisher, and a whistle. Consider each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries and charging devices for phones and other critical equipment.

Consider earthquake insurance policies. Standard homeowner's insurance does not cover earthquake damage.

Consider a retrofit of your building if it has structural issues that make it vulnerable to collapse during an earthquake.

Survive DURING

Drop, Cover, and Hold On like you practiced. Drop to your hands and knees. Cover your head and neck with your arms. Hold on to any sturdy furniture until the shaking stops. Crawl only if you can reach better cover without going through an area with more debris.

If in bed, stay there and cover your head and neck with a pillow.

If inside, stay there until the shaking stops. DO NOT run outside.

If in a vehicle, stop in a clear area that is away from buildings, trees, overpasses, underpasses, or utility wires.

If you are in a high-rise building, expect fire alarms and sprinklers to go off. Do not use elevators.

If near slopes, cliffs, or mountains, be alert for falling rocks and landslides.

Be Safe AFTER

Expect aftershocks to follow the largest shock of an earthquake sequence.

Check yourself for injury.

If in a damaged building, go outside and quickly move away from the building.

Do not enter damaged buildings.

If you are trapped, send a text or bang on a pipe or wall. Cover your mouth for protection and instead of shouting, use a whistle.

If you are in an area that may experience tsunamis, go inland or to higher ground immediately after the shaking stops.

Save phone calls for emergencies.

Wear sturdy shoes and work gloves.

Take an Active Role in Your Safety

Go to **Ready.gov** and search for **earthquake**. Download the **FEMA app** to get more information about preparing for an **earthquake**.

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BE PREPARED FOR EXTREME HEAT

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FEMA P-2143/November 2020

Extreme heat often results in the highest annual number of deaths among all weather-related disasters.

In most of the U.S., extreme heat is a long period (2 to 3 days) of high heat and humidity with temperatures above 90 degrees.

Greater risk

Can happen anywhere

Humidity increases the feeling of heat as measured by a heat index

IF YOU ARE UNDER AN EXTREME HEAT WARNING

- Find air conditioning, if possible.
- Check on family members and neighbors.
- Avoid strenuous activities.
- Drink plenty of fluids.
- Watch for heat illness.
- Watch for heat cramps, heat exhaustion, and heat stroke.
- Wear light clothing.
- Never leave people or pets in a closed car.

HOW TO STAY SAFE

WHEN EXTREME HEAT THREATENS

Prepare NOW

Find places in your community where you can go to get cool.

Try to keep your home cool:

- Cover windows with drapes or shades.
- Weather-strip doors and windows.
- Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside.
- Add insulation to keep the heat out.
- Use attic fans to clear hot air.
- Install window air conditioners and insulate around them.

Learn to recognize the signs of heat illness.

Take an Active Role in Your Safety

Go to **ready.gov** and search for **extreme heat**. Download the **FEMA app** to get more information about preparing for **extreme heat**. Find Emergency Safety Tips under Prepare.

Be Safe DURING

Never leave a child, adult, or animal alone inside a vehicle on a warm day.

Find places with air conditioning. Libraries, shopping malls, and community centers can provide a cool place to take a break from the heat.

If you're outside, find shade. Wear a hat wide enough to protect your face.

Wear loose, lightweight, light-colored clothing.

Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor what would be best.

Do not use electric fans when the temperature outside is more than 95 degrees. You could increase the risk of heat-related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature.

Avoid high-energy activities.

Check yourself, family members, and neighbors for signs of heat-related illness.

RECOGNIZE + Respond

Know the signs and ways to treat heat-related illness.

HEAT CRAMPS

- **Signs:** Muscle pains or spasms in the stomach, arms, or legs
- **Actions:** Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

HEAT EXHAUSTION

- **Signs:** Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, fainting
- **Actions:** Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

HEAT STROKE

- **Signs:** Extremely high body temperature (above 103 degrees) taken orally; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; unconsciousness
- **Actions:** Call 911 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.

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BE PREPARED FOR A FLOOD

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FEMA P-2143/November 2020

Failing to evacuate flooded areas, entering flood waters, or remaining after a flood has passed can result in injury or death.

Flooding is a temporary overflow of water onto land that is normally dry. It is the most common natural disaster in the U.S.

Results from rain, snow, coastal storms, storm surge, and overflows of dams and other water systems

Develops slowly or quickly. Flash floods can come with no warning

Causes outages, disrupt transportation, damage buildings, create landslides

IF YOU ARE UNDER A FLOOD WARNING, FIND SAFE SHELTER RIGHT AWAY

Do not walk, swim, or drive through flood waters.

Stay off bridges over fast-moving water.

Determine your best protection based on the type of flooding.

- Evacuate if told to do so.
- Move to higher ground or a higher floor.
- Stay where you are.

HOW TO STAY SAFE

WHEN A FLOOD THREATENS

Prepare NOW

Know your area's type of flood risk. Visit FEMA's Flood Map Service Center at https://msc.fema.gov/portal for information.

Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

If flash flooding is a risk in your location, monitor potential signs such as heavy rain.

Learn and practice evacuation routes, shelter plans, and flash flood response.

Gather supplies in case you have to leave immediately or if services are cut off. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets. Obtain extra batteries and charging devices for phones and other critical equipment.

Obtain flood insurance. Homeowner's policies do not cover flooding. Get flood coverage under the National Flood Insurance Program (NFIP).

Keep important documents in a waterproof container. Create password-protected digital copies.

Protect your property. Move valued items to higher levels. Declutter drains and gutters. Install check valves. Consider a sump pump with a battery.

Survive DURING

Depending on where you are, and the impact and the warning time of flooding, go to the safe location that you have identified.

If told to evacuate, do so immediately. Never drive around barricades. Local responders use them to safely direct traffic out of flooded areas.

Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instructions.

Do not walk, swim, or drive through flood waters. Turn Around. Don't Drown.® Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.

Stay off of bridges over fast-moving water. Fast-moving water can wash bridges away without warning.

If your vehicle is trapped in rapidly moving water, stay inside. If water is rising inside the vehicle, seek refuge on the roof.

If trapped in a building, go to its highest level. Do not climb into a closed attic. You may become trapped by rising floodwater. Go on the roof only if necessary. Signal for help.

Be Safe AFTER

Listen to authorities for information and instructions.

Avoid driving, except in emergencies.

Be aware that snakes and other animals may be in your house. Wear heavy gloves and boots during clean up.

Avoid wading in floodwater, which can contain dangerous debris and be contaminated. Underground or downed power lines can also electrically charge the water.

Use a generator or other gasoline-powered machinery ONLY outdoors and away from windows.

Be aware of the risk of electrocution. Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off the electricity to prevent electric shock.

Take an Active Role in Your Safety

Go to **ready.gov** and search for **flood**. Download the **FEMA app** to get more information about preparing for a **flood**. Find Emergency Safety Tips under Prepare.

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BE PREPARED FOR A HURRICANE

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FEMA P-2143/November 2020

Threats from hurricanes include powerful winds, heavy rainfall, storm surges, coastal and inland flooding, rip currents, tornadoes, and landslides.

Hurricanes are massive storm systems that form over warm ocean waters and move toward land. The Atlantic hurricane season runs June 1 to November 30. The Pacific hurricane season runs May 15 to November 30.

Can happen along any U.S. coast or territory in the Atlantic or Pacific

Can affect areas more than 100 miles inland

Most active in September

IF YOU ARE UNDER A HURRICANE WARNING, FIND SAFE SHELTER RIGHT AWAY

Determine your best protection for high winds and flooding.

- Evacuate if told to do so.
- Take shelter in a designated storm shelter or an interior room for high winds.

Listen for emergency information and alerts.

Only use generators outdoors and away from windows.

Do not walk, swim, or drive through flood waters.

HOW TO STAY SAFE
WHEN A HURRICANE THREATENS

Prepare NOW

Know your area's risk from hurricanes.

Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

If you are at risk for flash flooding, watch for signs such as heavy rain.

Practice going to a safe shelter for high winds, such as a FEMA safe room or ICC 500 storm shelter. The next best protection is a small, interior, windowless room in a sturdy building on the lowest level that is not subject to flooding.

Based on your location and community plans, make your own plans for evacuation or sheltering in place.

Become familiar with your evacuation zone, the evacuation route, and shelter locations.

Gather needed supplies for at least three days. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets.

Keep important documents in a safe place or create password-protected digital copies.

Protect your property. Declutter drains and gutters. Install check valves in plumbing to prevent backups. Consider hurricane shutters. Review insurance policies.

Survive DURING

If told to evacuate, do so immediately. Do not drive around barricades.

If sheltering during high winds, go to a FEMA safe room, ICC 500 storm shelter, or a small, interior, windowless room or hallway on the lowest floor.

If trapped in a building by flooding, go to the highest level of the building. Do not climb into a closed attic. You may become trapped by rising flood water.

Listen for current emergency information and instructions.

Use a generator or other gasoline-powered machinery ONLY outdoors and away from windows.

Do not walk, swim, or drive through flood waters. Turn Around. Don't Drown.® Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.

Stay off bridges over fast-moving water.

Be Safe AFTER

Listen to authorities for information and special instructions.

Be careful during clean-up. Wear protective clothing and work with someone else.

Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off electricity at the main breaker or fuse box to prevent electric shock.

Avoid wading in flood water, which can contain dangerous debris. Underground or downed power lines can also electrically charge the water.

Save phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messages or social media to communicate with family and friends.

Document any property damage with photographs. Contact your insurance company for assistance.

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Take an Active Role in Your Safety

Go to **ready.gov** and search for **hurricane**. Download the **FEMA app** to get more information about preparing for a **hurricane**.

BE PREPARED FOR A LANDSLIDE

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FEMA P-2143/November 2020

Landslides cause 25–50 deaths and more than a billion dollars in damage each year.

A landslide is rocks, earth, or other materials moving down a slope. A mudflow is a landslide that is combined with up to 60 percent water.

Can strike with little or no warning

55-100 MPH

Travel 55–100 miles per hour

Caused by rain, earthquakes, volcanoes, or changes to the land

Can result from flooding

IF YOU ARE UNDER A LANDSLIDE WARNING, FIND SAFE SHELTER RIGHT AWAY

Evacuate early to avoid landslide risk.

EXIT

Listen for emergency information and alerts.

Watch for signs of landslide.

Watch for flooding.

HOW TO STAY SAFE
WHEN A LANDSLIDE THREATENS

Prepare NOW

Know the landslide risk in your area. Contact officials for information on local landslide hazards. Ask whether there is a landslide map of your area or how to get your property checked.

Learn about the types and signs of landslides common in your area.

Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

Know your community's landslide evacuation plans. Practice driving evacuation routes and identify shelter locations.

Gather supplies in case you have to leave immediately or if services are cut off. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets.

Avoid building in areas at risk for a landslide, such as steep slopes or property close to cliffs, or near drainage ways or streams.

Plant ground cover and build walls to direct the mudflow around buildings.

Keep important documents in a safe place. Create password-protected digital copies.

Review insurance coverage. Landslide damage may not be covered.

Survive DURING

Monitor the area for signs of potential slide activity. These can include cracks or bulges in the ground, street pavement, or sidewalks; soil moving away from foundations; tilting of patios or foundations; broken water lines; or leaning telephone poles, trees, walls, or fences.

Evacuate an area immediately after authorities tell you to. Signs of a landslide may not be visible, but the danger still exists.

Watch for flooding. Floods sometimes follow landslides because they may be started by the same event.

Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instructions.

Be Safe AFTER

Listen to authorities to find out if it is safe to return.

Save phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messages or social media to communicate with family and friends.

Stay away from downed power lines and report them immediately.

Take an Active Role in Your Safety

Go to **Ready.gov** and search for **landslide**. Download the **FEMA app** to get more information about preparing for a **landslide**.

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BE PREPARED FOR A NOVEL PANDEMIC

FEMA

FEMA P-2143/November 2020

A novel (new) virus, like Coronavirus Disease 2019 (COVID-19), can emerge from anywhere and quickly spread around the world. It is hard to predict when or where the next novel pandemic will emerge.

A pandemic is a disease outbreak that spans several countries and affects a large number of people. Pandemics are most often caused by viruses, like COVID-19, which can easily spread from person to person.

May be spread directly from person to person.

May be spread indirectly. Germs can pass from a non-living object to a person.

May be spread by people who are infected but don't have any symptoms.

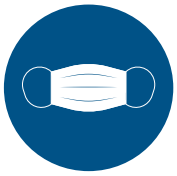
A vaccine, testing, or treatment for the disease may not exist right away. It may take months or years for the majority of the world to become immune to the disease.

IF A NOVEL PANDEMIC IS DECLARED

Wash your hands often with soap and water for at least 20 seconds and try not to touch your eyes, nose, and mouth.

Keep a distance of at least six feet between yourself and people who are not part of your household.

Cover your mouth and nose with a mask when in public.



Clean and disinfect high-touch objects and surfaces.

Stay at home as much as possible to prevent the spread of disease.

Follow the guidance of the Centers for Disease Control and Prevention (CDC) and local authorities.

HOW TO STAY SAFE
WHEN A PANDEMIC THREATENS

Prepare NOW

Learn how diseases spread to help protect yourself and others.

Take actions to prevent the spread of disease. Cover coughs and sneezes. Stay home when sick (except to get medical care). Wash hands with soap and water for at least 20 seconds.

Plan for schools, workplaces, and community centers to be closed. Investigate and prepare for virtual coordination for school, work (telework), and social activities.

Create an emergency plan so that you and your family know what to do and what you will need in case an outbreak happens. Consider how a pandemic may affect your plans for other emergencies.

Gather supplies in case you need to stay home for several days or weeks. Supplies may include cleaning supplies, non-perishable foods, prescriptions, and bottled water. Buy supplies slowly to ensure that everyone has the opportunity to buy what they need. Remember that not everyone can afford to stock up immediately. Consider avoiding WIC-labeled products so that those who rely on these products can access them.

Review your health insurance policies to understand what they cover, including telemedicine options.

Create password-protected digital copies of important documents and store in a safe place. Watch out for scams and fraud.

Stay Healthy DURING

Follow the latest guidelines from the CDC and state and local authorities to prevent the spread of disease. Refer to your local and state public health departments for vaccine and testing updates.

Maintain good personal health habits and public health practices. Proper handwashing and disinfecting surfaces help to slow the spread of disease. If soap and water are not available, use a hand sanitizer that contains at least 60 percent alcohol.

Limit close, face-to-face contact with others. Stay at home as much as possible to prevent the spread of disease.

If you believe you've been exposed to the disease, contact your doctor, follow the quarantine instructions from medical providers, and monitor your symptoms. If you're experiencing a medical emergency, call 9-1-1 and shelter in place with a mask, if possible, until help arrives.

Practice social distancing while in public. Keep a distance of at least six feet between yourself and people who are not part of your household. Avoid crowds and large groups of people.

Share accurate information about the disease with friends, family, and people on social media. Sharing bad information about the disease or treatments for the disease may have serious health outcomes. Remember that stigma hurts everyone and can cause discrimination against people, places, or nations.

Know that it's normal to feel anxious or stressed. Engage virtually with your community through video and phone calls. Take care of your body and talk to someone if you are feeling upset.

Be Safe AFTER

Continue taking protective actions, like:

- Staying home when you are sick (except to get medical care).
- Following the guidance of your health care provider.
- Covering coughs and sneezes with a tissue.
- Washing your hands with soap and water for at least 20 seconds.

Follow guidance on the re-opening of businesses, schools, community-based organizations, houses of worship, and workplaces.

Be sure to evaluate your family emergency plan and make timely updates.

Work with your community to talk about the lessons you learned from the pandemic. Decide how you can use these experiences to be more prepared for future pandemics.

Take an Active Role in Your Safety

Go to **Ready.gov** and search for **novel pandemic** and **12 Ways to Prepare** to learn more about how to help you and your family prepare for a disaster. Download the **FEMA app** to get more information about preparing for a novel pandemic. Sign up for the Centers for Disease Control and Prevention subscription services.

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FEMA P-2143

BE PREPARED FOR A NUCLEAR EXPLOSION

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FEMA P-2143/November 2020

Nuclear explosions can cause significant damage and casualties from blast, heat, and radiation but you can keep your family safe by knowing what to do and being prepared if it occurs.

A nuclear weapon is a device that uses a nuclear reaction to create an explosion.

Nuclear devices range from a small portable device carried by an individual to a weapon carried by a missile.

A nuclear explosion may occur with a few minutes warning or without warning.

Bright FLASH can cause temporary blindness for less than a minute.

BLAST WAVE can cause death, injury, and damage to structures several miles out from the blast.

RADIATION can damage cells of the body. Large exposures can cause radiation sickness.

FIRE AND HEAT can cause death, burn injuries, and damage to structures several miles out.

ELECTROMAGNETIC PULSE (EMP) can damage electronics several miles out from the detonation and cause temporary disruptions further out.

FALLOUT is radioactive, visible dirt and debris raining down that can cause sickness to those who are outside.

Fallout is most dangerous in the first few hours after the detonation when it is giving off the highest levels of radiation. It takes time for fallout to arrive back to ground level, often more than 15 minutes for areas outside of the immediate blast damage zones. This is enough time for you to be able to prevent significant radiation exposure by following these simple steps:

GET INSIDE

- **Get inside the nearest building** to avoid radiation. Brick or concrete are best.
- **Remove contaminated clothing and wipe off or wash unprotected skin** if you were outside after the fallout arrived.
- **Go to the basement or middle of the building.** Stay away from the outer walls and roof.

STAY INSIDE

- **Stay inside for 24 hours unless local authorities provide other instructions.**
- **Family should stay where they are inside.** Reunite later to avoid exposure to dangerous radiation.
- **Keep your pets inside.**

STAY TUNED

- **Tune into any media available for official information such as when it is safe to exit and where you should go.**
- **Battery operated and hand crank radios will function after a nuclear detonation.**
- **Cell phone, text messaging, television, and internet services may be disrupted or unavailable.**

HOW TO STAY SAFE

IN THE EVENT OF A NUCLEAR EXPLOSION

WHAT TO DO: NOW Prepare

Identify shelter locations. Identify the best shelter location near where you spend a lot of time, such as home, work, and school. The best locations are underground and in the middle of larger buildings.

While commuting, identify appropriate shelters to seek in the event of a detonation.

Outdoor areas, vehicles and mobile homes do NOT provide adequate shelter. Look for basements or the center of large multi-story buildings.

Make sure you have an **Emergency Supply Kit** for places you frequent and might have to stay for 24 hours. It should include bottled water, packaged foods, emergency medicines, **a hand-crank or battery-powered radio** to get information in case power is out, a flashlight, and extra batteries for essential items. If possible, store supplies for three or more days.

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WHAT TO DO: DURING Survive

If warned of an imminent attack, immediately get inside the nearest building and move away from windows. This will help provide protection from the blast, heat, and radiation of the detonation.

If you are outdoors when a detonation occurs take cover from the blast behind anything that might offer protection. Lie face down to protect exposed skin from the heat and flying debris. If you are in a vehicle, stop safely, and duck down within the vehicle.

After the shock wave passes, **get inside the nearest, best shelter location** for protection from potential fallout. You will have 10 minutes or more to find an adequate shelter.

Be inside before the fallout arrives. The highest outdoor radiation levels from fallout occur immediately after the fallout arrives and then decrease with time.

Stay tuned for updated instructions from emergency response officials. If advised to evacuate, listen for information about routes, shelters, and procedures.

If you have evacuated, do not return until you are told it is safe to do so by local officials.

WHAT TO DO: AFTER Be Safe

Immediately after you are inside shelter, if you may have been outside after the fallout arrived:

Remove your outer layer of contaminated clothing to remove fallout and radiation from your body.

Take a shower or wash with soap and water to remove fallout from any skin or hair that was not covered. If you cannot wash or shower, use a wipe or clean wet cloth to wipe any skin or hair that was not covered.

Clean any pets that were outside after the fallout arrived. Gently brush your pet's coat to remove any fallout particles and wash your pet with soap and water, if available.

It is safe to eat or drink packaged food items or items that were inside a building. Do not consume food or liquids that were outdoors uncovered and may be contaminated by fallout.

If you are sick or injured, listen for instructions on how and where to get medical attention when authorities tell you it is safe to exit.

Take an Active Role in Your Safety

Download the **FEMA app** to get more information about preparing for a nuclear explosion.

Go to **Ready.gov**: https://www.ready.gov/nuclear-blast

Go to the **Centers for Disease Control**: https://emergency.cdc.gov/radiation

Go to **Health & Human Services**: https://www.remm.nlm.gov/nuclearexplosion.htm

BE PREPARED FOR A POWER OUTAGE

Extended power outages may impact the whole community and the economy.

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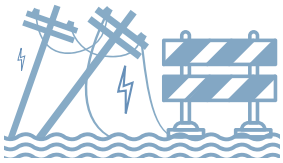
A power outage is when the electrical power goes out unexpectedly.



May disrupt communications, water, transportation

May close retail businesses, grocery stores, gas stations, ATMs, banks, and other services

Can cause food spoilage, water contamination

Can prevent use of medical devices

PROTECT YOURSELF DURING A POWER OUTAGE

Keep freezers and refrigerators closed.

Disconnect appliances and electronics to avoid damage from electrical surges.

Only use generators outdoors and away from windows.

Use alternate plans for refrigerating medicines or power-dependent medical devices.

Do not use a gas stove to heat your home.

If safe, go to an alternate location for heat or cooling.

Check on neighbors.

HOW TO STAY SAFE
WHEN A POWER OUTAGE THREATENS

Prepare NOW

Take an inventory now of the items you need that rely on electricity.

Talk to your medical provider about a power outage plan for medical devices powered by electricity and refrigerated medicines. Find out how long medication can be stored at higher temperatures and get specific guidance for any medications that are critical for life.

Plan for batteries and other alternatives to meet your needs when the power goes out.

Sign up for local alerts and warning systems. Monitor weather reports.

Install carbon monoxide detectors with battery backup in central locations on every level of your home.

Determine whether your home phone will work in a power outage and how long battery backup will last.

Review the supplies that are available in case of no power. Have flashlights with extra batteries for every household member. Have enough nonperishable food and water.

Use a thermometer in the refrigerator and freezer so that you can know the temperature when the power is restored.

Keep mobile phones and other electric equipment charged and gas tanks full.

Survive DURING

Keep freezers and refrigerators closed. The refrigerator will keep food cold for **about four hours.** A full freezer will keep the temperature for **about 48 hours.** Use coolers with ice if necessary. Monitor temperatures with a thermometer.

Use food supplies that do not require refrigeration.

Avoid carbon monoxide poisoning. Generators, camp stoves, or charcoal grills should always be used outdoors and at least 20 feet away from windows. Never use a gas stovetop or oven to heat your home.

Check on your neighbors. Older adults and young children are especially vulnerable to extreme temperatures.

Go to a community location with power if heat or cold is extreme.

Turn off or disconnect appliances, equipment, or electronics. Power may return with momentary "surges" or "spikes" that can cause damage.

Be Safe AFTER

When in doubt, throw it out! Throw away any food that has been exposed to temperatures 40 degrees or higher for two hours or more, or that has an unusual odor, color, or texture.

If the power is out for more than a day, discard any medication that should be refrigerated, unless the drug's label says otherwise. If a life depends on the refrigerated drugs, consult a doctor or pharmacist and use medicine only until a new supply is available.

Take an Active Role in Your Safety

Go to **Ready.gov** and search for **power outage**. Download the **FEMA app** to get more information about preparing for a **power outage**.

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BE PREPARED FOR A THUNDERSTORM, LIGHTNING, OR HAIL

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FEMA P-2143/November 2020

Lightning is a leading cause of injury and death from weather-related hazards.

Thunderstorms are dangerous storms that include lightning.

50+ MPH

Include powerful winds

Create lightning and hail

Cause flash flooding and tornadoes

IF YOU ARE UNDER A THUNDERSTORM WARNING, FIND SAFE SHELTER RIGHT AWAY

When thunder roars, go indoors.

Pay attention to alerts and warnings.

Move from outdoors into a building or car.

Unplug appliances.

Do not use landline phones.

HOW TO STAY SAFE

WHEN A THUNDERSTORM THREATENS

Prepare NOW

Know your area's risk of thunderstorms. They can occur year-round and at any hour.

Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

Identify sturdy buildings close to where you live, work, study, and play.

Cut down or trim trees that may be in danger of falling on your home.

Consider buying surge protectors, lightning rods, or a lightning protection system to protect your home, appliances, and electronic devices.

Secure outside furniture.

Survive DURING

When thunder roars, go indoors. A sturdy building is the safest place to be during a thunderstorm.

Pay attention to weather reports and warnings of thunderstorms. Be ready to change plans, if necessary, to be near shelter.

When you receive a thunderstorm warning or hear thunder, go inside immediately.

If indoors, avoid running water or using landline phones. Electricity can travel through plumbing and phone lines.

Protect your property. Unplug appliances and other electric devices.

If boating or swimming, get to land and find a sturdy, grounded shelter or vehicle immediately.

If necessary, take shelter in a car with a metal top and sides. Do not touch anything metal.

Avoid flooded roadways. Turn Around Don't Drown®. Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.

Be Safe AFTER

Listen to authorities and weather forecasts for information on whether it is safe to go outside and instructions regarding potential flash flooding.

Watch for fallen power lines and trees. Report them immediately.

Take an Active Role in Your Safety

Go to **Ready.gov** and search for **thunderstorm, lightning,** or **hail**. Download the **FEMA app** to get more information about preparing for **thunderstorm, lightning,** or **hail**.

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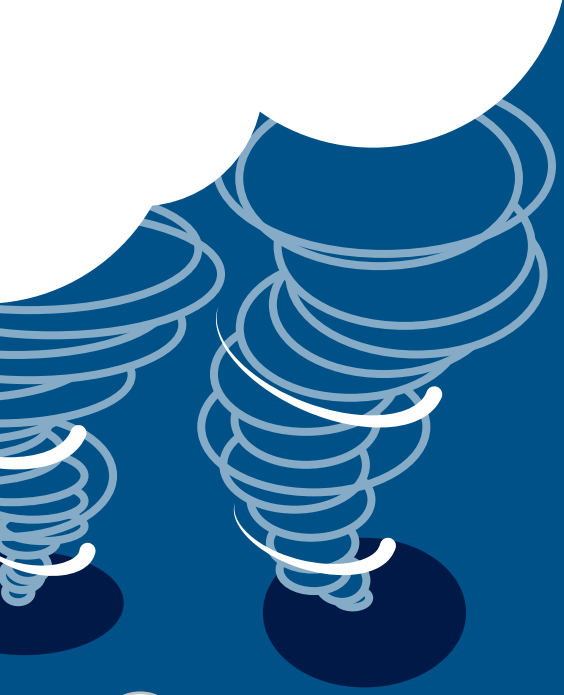

BE PREPARED FOR A TORNADO

FEMA

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Tornadoes can destroy buildings, flip cars, and create deadly flying debris.

Tornadoes are violently rotating columns of air that extend from a thunderstorm to the ground.

- Can happen anytime
- Bring intense winds (200+ MPH)
- Can happen anywhere
- Look like funnels

IF YOU ARE UNDER A TORNADO WARNING, FIND SAFE SHELTER RIGHT AWAY

- Go to a safe room, basement, or storm cellar.
- If you can safely get to a sturdy building, do so immediately.
- If there is no basement, get to a small, interior room on the lowest level.
- Do not get under an overpass or bridge. You're safer in a low, flat location.
- Stay away from windows, doors, and outside walls.
- Watch out for flying debris that can cause injury or death.
- Use your arms to protect your head and neck.

HOW TO STAY SAFE

WHEN A TORNADO THREATENS

Prepare NOW

Know your area's tornado risk. In the U.S., the Midwest and the Southeast have a greater risk for tornadoes.

Know the signs of a tornado, including a rotating funnel-shaped cloud, an approaching cloud of debris, or a loud roar—similar to a freight train.

Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts. If your community has sirens, become familiar with the warning tone.

Pay attention to weather reports. Meteorologists can predict when conditions might be right for a tornado.

Identify and practice going to a safe shelter for high winds, such as a safe room built using FEMA criteria or a storm shelter built to ICC 500 standards. The next best protection is a small, interior, windowless room in a sturdy building on the lowest level.

Consider constructing a safe room that meets FEMA or ICC 500 standards.

Survive DURING

Immediately go to a safe location that you identified.

Take additional cover by shielding your head and neck with your arms and putting materials such as furniture and blankets around you.

Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instructions.

Do not try to outrun a tornado in a vehicle.

If you are in a car or outdoors and cannot get to a building, cover your head and neck with your arms and cover your body with a coat or blanket, if possible.

Be Safe AFTER

Keep listening to EAS, NOAA Weather Radio, and local authorities for updated information.

If you are trapped, cover your mouth with a cloth or mask to avoid breathing dust. Try to send a text, bang on a pipe or wall, or use a whistle instead of shouting.

Stay clear of fallen power lines or broken utility lines.

Do not enter damaged buildings until you are told that they are safe.

Save your phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messaging or social media to communicate with family and friends.

Be careful during clean-up. Wear thick-soled shoes, long pants, and work gloves.

Take an Active Role in Your Safety

Go to **ready.gov** and search for **tornado**. Download the **FEMA app** to get more information about preparing for a **tornado**. Find Emergency Safety Tips under Prepare.

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BE PREPARED FOR A TSUNAMI

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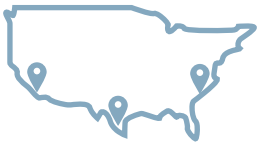
A tsunami can kill or injure people and damage or destroy buildings and infrastructure as waves come in and go out.

A tsunami is a series of enormous ocean waves caused by earthquakes, underwater landslides, volcanic eruptions, or asteroids.

Travels 20–30 miles per hour with waves 10–100 feet high

Causes flooding and creates problems with transportation, power, communications, and drinking water



Can happen anywhere along U.S. coasts; coasts that border the Pacific Ocean or Caribbean have the greatest risk

IF YOU ARE UNDER A TSUNAMI WARNING

If caused by an earthquake, Drop, Cover, and Hold On to protect yourself from the earthquake first.

Get to high ground as far inland as possible.

Listen to emergency information and alerts.

Be alert to signs of a tsunami, such as a sudden rise or draining of ocean waters.

Evacuate: DO NOT wait! Leave when you see any natural signs of a tsunami OR hear an official tsunami warning.

If you are in a boat, go out to sea.

HOW TO STAY SAFE
WHEN A TSUNAMI THREATENS

Prepare NOW

If you live near or visit a coastal area, learn about the tsunami risk. Some at-risk communities have maps with evacuation zones and routes. If you are a visitor, ask about community emergency plans.

Learn the signs of a potential tsunami, such as an earthquake, a loud roar from the ocean, or unusual ocean behavior, such as a sudden rise or wall of water or sudden draining showing the ocean floor.

Know and practice community evacuation plans and map out your routes from home, work, and play. Pick shelters 100 feet or more above sea level or at least one mile inland.

Create a family emergency communication plan that has an out-of-state contact. Plan where to meet if you get separated.

Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

Consider earthquake insurance and a flood insurance policy through the National Flood Insurance Program (NFIP). Standard homeowner's insurance does not cover flood or earthquake damage.

Survive DURING

If you are in a tsunami area and there is an earthquake, first protect yourself from the earthquake. Drop, Cover, and Hold On. Drop to your hands and knees. Cover your head and neck with your arms. Hold on to any sturdy furniture until the shaking stops. Crawl only if you can reach better cover, but do not go through an area with more debris.

When the shaking stops, if there is a warning, either natural signs or an official warning, move immediately to a safe place as high and as far inland as possible. Listen to the authorities, but do not wait for tsunami warnings and evacuation orders.

If you are outside of the tsunami hazard zone and receive a warning, stay where you are unless officials tell you otherwise.

Leave immediately if you are told to do so. Evacuation routes are often marked by a wave with an arrow in the direction of higher ground.

If you are in the water, grab onto something that floats, such as a raft, tree trunk, or door.

If you are in a boat, face the direction of the waves and head out to sea. If you are in a harbor, go inland.

Be Safe AFTER

Listen to local alerts and authorities for information on areas to avoid and shelter locations.

Avoid wading in floodwater, which can contain dangerous debris. Water may be deeper than it appears.

Be aware of the risk of electrocution. Underground or downed power lines can electrically charge water. Do not touch electrical equipment if it is wet or if you are standing in water.

Stay away from damaged buildings, roads, and bridges.

Document property damage with photographs. Conduct an inventory and contact your insurance company for assistance.

Save phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messages or social media to communicate with family and friends.

Take an Active Role in Your Safety

Go to **Ready.gov** and search for **tsunami**. Download the **FEMA app** to get more information about preparing for a **tsunami**.

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BE PREPARED FOR A VOLCANO

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FEMA P-2143/November 2020

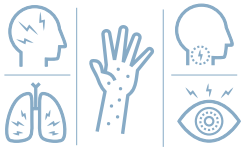
A volcanic eruption may release acid, gases, rocks, and ash into the air. Lava and debris can flow at up to 100 mph, destroying everything in their path.

A volcano is an opening in the Earth's crust that allows molten rock, gases, and debris to escape to the surface.

Alaska, Hawaii, California, and Oregon have the most active volcanoes, but other states and territories have active volcanoes, too

Volcanic ash can travel 100s of miles and cause severe health problems

Can contaminate water supplies, damage machinery, and reduce visibility



Can create smog and harmful gases that threaten low-lying areas, make it hard to breathe, and irritate the skin, eyes, nose, and throat

IF YOU ARE UNDER A VOLCANO WARNING

Listen for emergency information and alerts.

Avoid areas downstream of the eruption.

Follow evacuation or shelter orders. If advised, evacuate early.

Protect yourself from falling ash.

Do not drive in heavy ash fall.

HOW TO STAY SAFE
WHEN A VOLCANO THREATENS

Prepare NOW

Know your area's risk from volcanic eruption.

Ask local emergency management for evacuation and shelter plans and for potential protections from ash.

Learn about community warning systems. The Volcano Notification Service (VNS) is a free service that sends notifications about volcanic activity. Sign up for alerts at https://volcanoes.usgs.gov/vns2/.

Get needed supplies in case you have to evacuate immediately or if services are cut off. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets.

Consult your doctor if you have existing respiratory difficulties.

Practice a communication and evacuation plan with everyone in your family.

Have a shelter-in-place plan if your biggest risk is from ash.

Keep important documents in a safe place. Create password-protected digital copies.

Find out what your homeowner's insurance policy will cover when a volcano erupts.

Survive DURING

Listen to alerts. The VNS provides up-to-date information about eruptions.

Follow evacuation orders from local authorities. Evacuate early.

Avoid areas downwind and river valleys downstream of the volcano. Rubble and ash will be carried by wind and gravity.

Take temporary shelter from volcanic ash where you are if you have enough supplies. Cover ventilation openings and seal doors and windows.

If outside, protect yourself from falling ash that can irritate skin and injure breathing passages, eyes, and open wounds.

Avoid driving in heavy ash fall. If you must drive, use headlights and drive slowly.

Be Safe AFTER

Listen to authorities to find out whether it is safe to return.

Send text messages or use social media to reach out to family and friends. Phone systems are often busy after a disaster. Only make emergency calls.

Avoid driving in heavy ash. Driving will stir up volcanic ash that can clog engines and stall vehicles.

If you have any breathing problems, avoid contact with ash. Stay indoors until authorities say it is safe to go outside.

Do not get on your roof to remove ash unless you have guidance or training. If you have to remove ash, be very careful as ash makes surfaces slippery. Be careful not to add additional weight onto an overloaded roof.

Take an Active Role in Your Safety

Go to **ready.gov** and search for **volcano**. Download the **FEMA app** to get more information about preparing for a **volcano**. Find Emergency Safety Tips under Prepare. For additional resources, go to the USGS Volcano Hazards Program page at https://volcanoes.usgs.gov.

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BE PREPARED FOR A WILDFIRE

Wildfires can ruin homes and cause injuries or death to people and animals.

A wildfire is an unplanned fire that burns in a natural area such as a forest, grassland, or prairie.

Often caused by humans or lightning.

Can cause flooding or create problems with transportation, gas, power, and communications.

Can damage your property. Set up defense zones to protect your home.

Can happen anywhere, anytime. Risk increases with little rain and high winds.

IF YOU ARE UNDER A WILDFIRE WARNING, GET TO SAFETY RIGHT AWAY

Leave if told to do so.

Listen for emergency information and alerts.

If trapped, call 911.

Use an N95 mask to keep particles out of the air you breathe.

HOW TO STAY SAFE

WHEN A WILDFIRE THREATENS

Prepare NOW

Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

Know your community's evacuation routes and find several ways to leave the area. Drive the evacuation routes and find shelter locations. Have a plan for pets and livestock.

Gather emergency supplies, including N95 respirator masks that filter out particles in the air you breathe. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets.

Keep important documents in a fireproof safe. Create password-protected digital copies.

Use fire-resistant materials to build, renovate, or make repairs.

Find an outdoor water source with a hose that can reach any area of your property.

Create a fire-resistant zone that is free of leaves, debris, or flammable materials for at least 30 feet from your home.

Review insurance coverage to make sure it is enough to replace your property.

Survive DURING

Evacuate. Leave immediately if authorities tell you to do so.

If trapped, call 911 and give your location, but be aware that emergency response could be delayed or impossible. Turn on lights to help people find you.

Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instructions.

Use an N95 mask to keep particles out of the air you breathe.

Be Safe AFTER

Listen to authorities to find out if it is safe to return and whether water is safe to drink.

Avoid hot ash, charred trees, smoldering debris, and live embers. The ground may contain heat pockets that can burn you or spark another fire. Consider the danger to pets and livestock walking the ground.

Send text messages or use social media to reach out to family and friends. Phone systems are often busy following a disaster. Make calls only in emergencies.

Document property damage with photographs. Conduct an inventory and contact your insurance company for assistance.

Take an Active Role in Your Safety

Go to **Ready.gov** and search for **wildfire**. Download the **FEMA app** to get more information about preparing for a **wildfire**.

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BE PREPARED FOR A WINTER STORM

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.

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Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds.

Greater risk

Can last a few hours or several days

Can knock out heat, power, and communication services

IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY

- Stay off roads.
- Use generators outside only.
- Stay indoors and dress warmly.
- Listen for emergency information and alerts.
- Prepare for power outages.
- Look for signs of hypothermia and frostbite.
- Check on neighbors.

HOW TO STAY SAFE
WHEN A WINTER STORM THREATENS

Prepare NOW

Know your area's risk for winter storms. Extreme winter weather can leave communities without utilities or other services for long periods of time.

Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.

Pay attention to weather reports and warnings of freezing weather and winter storms. Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.

Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.

Learn the signs of and basic treatments for frostbite and hypothermia.

Survive DURING

Stay off roads if at all possible. If trapped in your car, stay inside.

Limit your time outside. If you need to go outside, wear layers of warm clothing. Watch for signs of frostbite and hypothermia.

Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.

Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.

Watch for signs of frostbite and hypothermia and begin treatment right away.

Check on neighbors. Older adults and young children are more at risk in extreme cold.

RECOGNIZE + Respond

Frostbite causes loss of feeling and color around the face, fingers, and toes.

- **Signs:** Numbness, white or grayish-yellow skin, firm or waxy skin
- **Actions:** Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.

Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.

- **Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, drowsiness
- **Actions:** Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

Take an Active Role in Your Safety

Go to **ready.gov** and search for **winter storm**. Download the **FEMA app** to get more information about preparing for a **winter storm**. Find Emergency Safety Tips under Prepare.

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