

# Berrien County Emergency Preparedness Guide

## *Preparedness Through Planning*

BERRIEN COUNTY SHERIFF'S  
DEPARTMENT EMERGENCY  
MANAGEMENT OFFICE

2100 E. Empire  
Benton Harbor, MI. 49022

Phone: 269-983-7111 Ext. 4916

Fax: 269-983-5726

Website: [www.berriencounty.org](http://www.berriencounty.org)



Disasters and emergencies can strike anywhere and at anytime. Do you know what to do if an event were to occur that would threaten your family or your home? Where would you go? How would your family and property be protected?

Please take a few moments and review the information in this guide. Knowing what to do before a disaster occurs is your best protection during an emergency event.

Your family's safety starts with you.

A message from your Sheriff. . .



Your Berrien County Local Emergency Planning Committee, in cooperation with the Berrien County Board of Commissioners, the Berrien County Chapter of the American Red Cross, and the Adventist Community Services Group, is pleased to present your Emergency Preparedness Guide. It will assist you in preparing yourself and your family to respond to and recover from all types of disasters. The lives you save could be your own, because what you don't know CAN hurt you. The better you prepare, the less time it will take to recover from a disaster. Your preparation will also help our emergency responders do their job during an emergency.

Be aware . . . be prepared . . . have a plan!

Please slow life's hectic pace for just a few hours, sit down with your family, read this booklet, and discuss how each of you should handle an emergency situation. It will be quality time with your loved ones and could save yours, and even your neighbor's lives. The information in this booklet comes from many local and national experts in emergency management, and offers proven strategies for survival and recovery.

We hope you keep this booklet as a reference tool and act on many of the suggestions found inside. Store it in your "grab and go" kit so you will always know its location and can take it with you if the need arises. If you need further information on emergency planning, call 1-888-GET-INFO, or contact the Berrien County Emergency Management Office at 983-7111, ext. 4916.

L. Paul Bailey,

Berrien County Sheriff



## **BERRIEN COUNTY EMERGENCY PREPAREDNESS GUIDE**

Where will you and your family be when disaster strikes? You could be anywhere - at work, school, or in the car. An emergency can occur at anytime and without warning, leaving little or no time for you or your family to plan and prepare. What would you do if basic services - water, gas, electricity or telephones - were cut off? Could you evacuate at a moment's notice? Local officials and relief workers will be on the scene shortly after a disaster occurs, but they cannot reach everyone right away. It is necessary for you to learn what you need to do to be prepared – before an emergency occurs. Knowing **WHAT** to do is your best protection during a disaster.

### **WHAT SHOULD YOU DO?**

- 1** Learn what hazards could affect you.
  - Your local emergency management office can provide you a list of the hazards identified for your particular area and how to respond.
  - Discuss the dangers with your family.
  - Learn your community's warning signals and evacuation plans. Know what they sound like and what to do when you hear them.
  - Find out how to help the elderly or disabled, if needed.
  - Determine what you will do for animal care, as shelters will not accept pets due to health regulations.
  - Get copies of disaster plans for your workplace, child's school, and other places where your family spends time.
  
- 2** Create your own disaster plan.
  - Discuss with your family what actions should be taken during a disaster.
  - Pick two places to meet: 1 – a spot right outside your home for an emergency such as a fire or tornado; and 2 – a place outside your neighborhood in case you can't return home.
  - Choose an out-of-town contact your family can use to “*check-in*” with in the event you become separated.
  - Make sure all members of your family know these addresses and telephone numbers.
  - Discuss what to do in an evacuation.
  
- 3** Practice and maintain your plan. ***Practice makes perfect!!!***
  - Test family members every six months on their responsibilities.
  - Conduct periodic fire and evacuation drills.
  - Post emergency telephone numbers by the phones and teach children how to call for help and when.
  - Stock emergency supplies and assemble a ***Disaster Supplies Kit***.
  - Install smoke detectors and fire extinguishers throughout your home and make sure each member of your family knows how to use them.
  - Take a Red Cross first aid and CPR class.
  - Teach your family members how and when to turn off the water, gas, and electricity at the main switches.

## WHAT CAN YOU DO NOW?

### Prepare a Disaster Supplies Kit

Assemble a **Disaster Supplies Kit** before disaster strikes. You should gather food, water, and supplies and be ready in the event you must evacuate or go without basic services for an extended period of time. The kit can be put into 5-gallon buckets, duffel bags, or backpacks for quick loading during an emergency.

<b>Water</b> – 5 day supply of water. Replace every 6 months. <input type="checkbox"/> 1 gallon per person per day. Store in sealed, unbreakable containers.	
<b>Food</b> – 3 to 5 day supply of nonperishable, packaged or canned food per person. Replace every 6 months.	
<input type="checkbox"/> Ready to eat canned meats, fruits, and vegetables <input type="checkbox"/> Soups or dried soups in a cup <input type="checkbox"/> Juices – powdered or canned <input type="checkbox"/> Milk – powdered or canned <input type="checkbox"/> Stress foods – sugar cookies, candy	<input type="checkbox"/> Smoked or dried meats such as beef jerky <input type="checkbox"/> Vitamins <input type="checkbox"/> High energy foods – peanut butter, nuts, trail mix <input type="checkbox"/> Sugar, salt, pepper, seasonings <input type="checkbox"/> Cereals, pasta, crackers, rice
<b>Clothing &amp; Bedding</b> – Include at least one complete change of clothing and footwear per person.	
<input type="checkbox"/> Sturdy shoes or work boots <input type="checkbox"/> Warm socks, underwear <input type="checkbox"/> Blankets, sleeping bags, pillows, mats	<input type="checkbox"/> Hats, gloves, extra warm clothing <input type="checkbox"/> Thermal underwear <input type="checkbox"/> Sunglasses, rain gear, jackets
<b>First Aid Kit</b>	
<input type="checkbox"/> Sterile adhesive bandages <input type="checkbox"/> 3 inch sterile gauze pads (8-12) <input type="checkbox"/> Triangular bandages (3) <input type="checkbox"/> 2 inch sterile gauze pads (8-12) <input type="checkbox"/> Hypoallergenic adhesive tape <input type="checkbox"/> 2 & 3 inch sterile roller bandages <input type="checkbox"/> Scissors <input type="checkbox"/> Tweezers <input type="checkbox"/> Needles <input type="checkbox"/> Sunscreen <input type="checkbox"/> Safety razor blade <input type="checkbox"/> Cotton swabs	<input type="checkbox"/> Syrup of Ipecac <input type="checkbox"/> Moistened towelettes <input type="checkbox"/> Antiseptic spray or creme <input type="checkbox"/> Non-breakable thermometer <input type="checkbox"/> Latex gloves <input type="checkbox"/> Petroleum jelly <input type="checkbox"/> Assorted sizes of safety pins <input type="checkbox"/> Cleansing agent – soap, alcohol, peroxide <input type="checkbox"/> Tongue blades and wooden applicator sticks <input type="checkbox"/> Diarrhea medications <input type="checkbox"/> Water purification tablets <input type="checkbox"/> First Aid Manual
<b>Tools &amp; Supplies</b>	
<input type="checkbox"/> Mess kits, paper cups, plastic utensils <input type="checkbox"/> Flashlights, extra bulbs, extra batteries <input type="checkbox"/> Battery operated radio, extra batteries <input type="checkbox"/> Wooden matches in waterproof container <input type="checkbox"/> Aluminum foil, plastic storage bags <input type="checkbox"/> Signal flares <input type="checkbox"/> Paper, pencils, notebooks <input type="checkbox"/> Needles, thread, cloth patches <input type="checkbox"/> Shovels, axe, crowbar, assorted tools	<input type="checkbox"/> Plastic sheeting, garbage bags, duct tape <input type="checkbox"/> Various local maps, compass <input type="checkbox"/> Fire extinguishers <input type="checkbox"/> Cash money <input type="checkbox"/> Can opener (hand operated) <input type="checkbox"/> Utility knife, paper towels, napkins <input type="checkbox"/> Tent, tarps <input type="checkbox"/> Various size coils of rope, wire <input type="checkbox"/> Dust mask, work gloves, safety glasses
<b>Sanitation</b>	
<input type="checkbox"/> Personal hygiene items – soap, deodorant, etc. <input type="checkbox"/> Plastic buckets with tight lid <input type="checkbox"/> Spray disinfectant	<input type="checkbox"/> Insect repellent <input type="checkbox"/> Toilet paper, sanitary wipes <input type="checkbox"/> Portable camp toilet
<b>Special Items</b>	
<input type="checkbox"/> Prescription medications (rotate stock) <input type="checkbox"/> Aspirin, allergy tablets, cold medicine <input type="checkbox"/> Hydrogen peroxide, household bleach <input type="checkbox"/> Denture needs, contact lenses/ solution <input type="checkbox"/> Extra Eyeglasses <input type="checkbox"/> Entertainment pack (games, books, photos, toys)	<input type="checkbox"/> Baby formula, juice (powdered) <input type="checkbox"/> Diapers, wipes <input type="checkbox"/> Bottles <input type="checkbox"/> Powdered milk <input type="checkbox"/> Cell phone, extra batteries <input type="checkbox"/> Prepaid phone card <input type="checkbox"/> Checkbook
<b>Important Family Documents</b> – Keep copies in a waterproof, sealed container or plastic bag.	
<input type="checkbox"/> Important phone numbers <input type="checkbox"/> Wills, insurance policies <input type="checkbox"/> Contracts, deeds, stocks, bonds <input type="checkbox"/> Passports, social security cards	<input type="checkbox"/> Immunization records <input type="checkbox"/> Family records (birth, marriage, death) <input type="checkbox"/> Inventory of valuable household goods <input type="checkbox"/> Special photographs, pictures

Immediately after an emergency or disaster, essential services may be cut off and you may have to survive on your own for several days before help arrives. Having supplies in place **before** disaster strikes is an important part of any disaster plan.

In addition to your home **Disaster Supplies Kit**, a smaller disaster kit should also be assembled for your place of employment, in case of evacuation, as well as for each vehicle you own. These kits should be small enough to carry and be packed with the essential supplies for up to 72 hours in the event you cannot get back to your home right away.

**Water:** Water is the most important resource to have available. Dehydration can occur in as quickly as 36 hours without it. Therefore, having plenty of water available for each member of your family is crucial.

- Do not ration water supplies unless instructed to do so. Have adequate amounts on hand to support your household for 3-5 days. As a rule of thumb, at least one gallon per person per day should be stored.
- Treat each pet as an individual family member for planning purposes.
- Store water in clean, sealed, unbreakable containers.
- Store containers on shelves or pallets to keep them off concrete surfaces. Concrete can cause container failure and possibly contaminate the contents within.
- Replace your stock of stored water every six months.
- Water treated commercially, such as city tap water, does not require any additional treatment prior to storage.
- Untreated water can be purified using 10 drops of regular household liquid bleach containing 5.25% sodium hypochlorite solution for each gallon of water. This process does not eliminate parasites or bacteria.
- Water from streams, lakes, rivers, ponds, rain, and snow can be purified and consumed by boiling for a minimum of 5 minutes to kill off germs and contaminants. Do **NOT** attempt to consume water from pools or hot tubs!
- Water purification tablets, readily available at most sporting goods stores, can also be used to create safe drinking water.

### ***Other Sources of Drinking Water***

- Melted ice cubes.
- Water from water-packed canned goods.
- Water drained from hot water heaters. First, shut off the main water valves to the house. Then drain water out of the bottom drain valve of the tank. Sediment at the bottom of the tank may, at first, make the water look murky. Continue to drain until this water clears up.
- Water from your home's water pipes. First, shut off the main water valves to the house. Next, turn on the faucet at the highest point in your home to allow air into the system. Draw water, as needed, from the lowest point in your house, usually the hot water tank drain.
- Water from the flush tanks only of home toilets. Do not use from the bowls themselves as this water may contain unhealthy germs and bacteria.

**Food:** In the event of an emergency or disaster, it may not be possible right away to purchase food from retailers due to stores being closed or a temporary disruption in the food supply. For this reason, having food in storage in the event of a disaster is also a key element to a good disaster plan.

- Unlike water, food can be rationed if needed. The human body can survive on half of its normal daily intake.
  - Enough food should be stored to support each member of your household for up to 5 days.
  - Treat each pet as an individual family member for planning purposes.
  - Store foods in a cool, dry location. Protect boxed foods by placing in secure, airtight containers.
  - Store foods that require minimum preparation, such as canned foods, fruits, and vegetables.
  - Replace your stock of stored food every six months.
  - Wash hands and keep utensils clean when handling food.
  - Discard any food that appears to be spoiled or contaminated.
- REMEMBER: When in doubt, throw it out!!!**

**Pets:** If you have pets and are ordered to evacuate, **TAKE THEM WITH YOU!!!** You may not be allowed to return home for several days during a disaster.

- Create a pet survival kit to include:
  - Identification collar and rabies tag.
  - Carrier or cage.
  - Leash.
  - Medications.
  - Newspapers and plastic bags for waste handling.
  - A 2-week supply of food, water, and treats.
  - Copies of veterinary records.
- Find a safe shelter for your pets **BEFORE** a disaster occurs. Evacuation shelters do not accept pets, except for service animals, and you will not be allowed to bring them to these facilities if you are going to stay there during the emergency event.



**REMEMBER:** If you cannot take your pets with you during an evacuation, do **NOT** let them roam free. Shelter them indoors with a 2-week supply of food and water. Leaving them confined outdoors or left to fend for themselves will result in almost certain disaster for your non-human friends.

**Special Needs:** If there are family members in your household with special needs or disabilities, you may have to take additional steps to protect them. Plan **now** for ensuring their safety during a disaster or emergency.

- Contact your local emergency management office. Inform them of the special need that exists and of the special assistance that will be required in the event of an emergency.
- Mobility impaired individuals may need assistance in getting to a shelter.
- Create a network of contacts with immediate neighbors who may be able to assist with the special need.
- Make sure a system is in place to help warn the hearing impaired and non-English speaking population of an impending disaster.

### **WHEN DISASTER STRIKES.....**

During, and after an emergency occurs, it is important to stay calm. Even after an event, there may still be many hidden dangers. What seems safe may not be. **Stay tuned to your local emergency stations and follow the instructions of trained professionals!!!** Unless told to evacuate, stay off roadways to allow for emergency vehicle access. What you do next can save your life and the lives of others.

#### **WHERE SHOULD YOU GET INFORMATION?**

Should a disaster or emergency occur, you should tune to one of the local radio or television stations in your area for instructions on what actions you should take. You will be given instructions on what you need to do to protect yourself and your family. **Unless it is an emergency, do NOT call 9-1-1 for general information!!!**

#### **RADIO**

WIRX-FM (107.1)	WCSY-FM (103.7)	WSJM-AM (1400)
WHFB-FM (99.9)	WAOR-FM (95.3)	WHFB-AM (1060)
WCXT-FM (98.3)	WAUS-FM (90.7)	WNIL-AM (1290)
WSJM-FM (94.9)	WYTZ-FM (97.5)	WCSY-AM (940)
	WEFM-FM (95.9)	

#### **TELEVISION**

WNDU-TV 16	WSBT-TV 22	WSJV-TV 28	WBND-TV 57
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#### **NOAA WEATHER RADIO BROADCASTS**

If you have a National Weather Service Weather Radio, 24-hour weather information can be obtained by tuning to your local NOAA weather station.

162.400 MHz	162.425 MHz	162.450 MHz
162.475 MHz	162.500 MHz	162.525 MHz
	162.550 MHz	

## WHERE SHOULD YOU GO?

During a disaster or emergency, follow the instructions of the emergency responders and media broadcasts. They will direct you where to go to find shelter and safety.

**Unless instructed to evacuate, the BEST action is to stay where you are!!!**

If you are instructed to evacuate:

- Take your **Disaster Supplies Kit**.
- Lock the doors and windows of your home.
- Turn off all small appliances, electronics, lights, and service utilities.
- Cover your nose and mouth with a wet cloth, if instructed to do so.
- Travel only on the routes specified by local authorities, heading upwind of the disaster site.
- Follow all instructions of the local authorities and emergency responders.
- Take all pets. You may not be allowed to return for several days.
- Go directly to a designated reception/decontamination center for accountability.



**REMEMBER:** Do **NOT** attempt to pick up any family members who are in the danger zone from schools, daycare centers, hospitals, or congregate care facilities, etc. They will be evacuated to a safe area in accordance with the facility's emergency evacuation plan. You will be given instructions where to find and pick up family members by tuning to your local radio or television station. **Do NOT call 9-1-1 for evacuation information.** Check with your family members' specific facility for emergency evacuation plans and procedures that will be used during an emergency.

If you are instructed to shelter in place:

- **Stay where you are!!!** You are much safer not venturing out.
- Close and lock all windows and doors.
- Seal gaps under doorways and windows with wet towels and duct tape, if instructed to do so.
- Bring all outdoor pets inside.
- Turn off ventilation systems, water, and gas utilities.
- Tune to your local radio or television station and follow the instructions provided by trained professionals.
- Do not go outside unless you are told it is safe or you are ordered to evacuate.
- Do not use the telephone or Internet unless it is an emergency in order to keep these lines open for emergency use.

## **WHAT SHOULD YOU DO IF.....**

### **...Your Electrical Power Goes Out?**

- Remain calm and assist family members or neighbors who may be vulnerable if exposed to extreme heat or cold.
- Locate and use a battery-powered flashlight until power returns. Do **NOT** use candles, matches, or oil lamps as these could cause a fire.
- Turn off all equipment and appliances that were in use to prevent a power surge when the electricity is restored.
- Keep your refrigerator and freezer doors closed to keep the cold in and heat out.
- Use extreme caution when driving. If traffic signals are out, treat the intersection as if it were a stop sign – come to a complete stop and proceed only when safe to do so.
- **Do NOT call 9-1-1 for power outage questions!!!** Listen to radio broadcasts for updates or contact your local electric company information hotline.

### **... You Lose Heating To Your Home?**

- Remain calm and assist family members or neighbors who may be vulnerable if exposed to extreme cold temperatures.
- Close off unneeded rooms.
- Seal gaps under windows and doorways with towels or rags.
- Cover windows at night.
- Dress in warm layers.
- Do **NOT** use the stove, oven or gas-powered heating units to heat your home as these could cause a fire.
- Use caution and supervision if using an electrical space heater.
- Avoid overexertion. Hard labor could cause you to perspire, which leads to chills.

### **... You Hear Emergency Warning Sirens?**

- Early warning sirens are used to alert you of a serious emergency condition.
- They will sound if there is a nuclear accident, chemical spill, weather emergency, or other possible dangerous condition in which you should take immediate action.
- ***If an emergency siren sounds, immediately tune to your local radio or television news station for instructions and information on the emergency or disaster.***
- The siren sound will be a steady “*wail*”, lasting three to five minutes, for **ALL** emergencies or disasters within Berrien County.
- Check with your local municipality and learn what other siren warnings exist for your specific community.
- If you notice that a siren is damaged or not working, **immediately** call the Berrien County Sheriff’s Department at (269) 983-7111 ext. 4916 and report it.

**Remember:** The warning sirens are tested on the first Saturday of each month at 1:00 P.M. The test consists of a short siren sound lasting for less than a minute.

### ... You Are Involved In A Flood Situation?

- Floods are the most common of all natural disasters and can occur nearly anywhere and without warning.
- Know the terms used by weather forecasters to describe flooding:
  - **Flood Watch** – Flooding is possible for a specific area.
  - **Flash Flood Watch** – Flash flooding is possible. Be alert of low areas.
  - **Flood Warning** – Flooding is occurring or about to occur.
  - **Flash Flood Warning** – A flash flood is occurring or about to occur.
- Identify flood-prone hazards in your area, especially in low-lying areas.
- Be aware of flash flooding and seek higher ground **immediately!!!**
- Be prepared to evacuate and take your **Disaster Supplies Kit** with you.
- Tune to your local radio or television station for flooding information and follow all instructions given out by media personnel and emergency responders.
- Turn off ventilation systems, water, electrical, and gas utilities in your home.
- **Do NOT walk through moving water!!!** Just six inches of swiftly moving water can knock people off their feet.
- If floodwaters rise around your car, get out and seek higher ground **immediately!!!** Cars can be swept away in as little as two feet of water.
- **Stay away from and report downed power lines or ruptured gas utilities!!!**
- Do not return to flood-ravaged areas until you are told it is safe to do so by local authorities and emergency responders.
- Avoid floodwaters as they may be contaminated with oil, gasoline, or raw sewage or littered with submerged, hidden debris and obstacles.

### ... Your Home Catches On Fire?

- **REMAIN CALM!!!** Panic is the number one reason most people are injured and killed in house fires every year.
- Install smoke detectors and fire extinguishers. Make sure each member of your family knows how to use them and when.
- Identify and learn two escape routes out of your home and drill often to ensure every member of your family knows what to do.
- Never try to extinguish a small fire yourself unless you are sure you can control it.
- Do **NOT** use water on an electrical fire. Use the appropriate type fire extinguisher for the type of fire.



**REMEMBER:** If the fire is large or out of control, **evacuate the residence immediately!!!**

- Exit the house by crawling or staying low to the floor to avoid breathing the smoke and poisonous gases of the fire.
- Close doors behind you as you leave to help slow the spread of the fire.
- “Touch” closed doors with the back of your hand before opening. If the door is warm to the touch, do not open and seek another route of escape.

### ... Your Home Catches On Fire?

- If you are trapped in an upper level room and cannot get out of the burning building, hang a light-colored sheet out of the window to alert emergency responders to your presence. **Do NOT try and jump to safety!!!**
- If your clothes catch on fire, **STOP, DROP, and ROLL** until the flames are extinguished.
- Once out of the home, go directly to your pre-established meeting point and account for all other family members. **Do NOT go back into a burning building!**
- **Call 9-1-1!!!** Only trained professionals should attempt to extinguish a fire.
- Report **ALL** fires to your local fire department, regardless of size.

### ... You Are Caught In A Thunderstorm?

- Be aware of the hazards of a thunderstorm, to include lightning, high winds, hail, heavy rains, and flooding.
- Know the terms used by weather forecasters to describe severe weather:
  - **Severe Thunderstorm Watch** – Severe weather may develop in your area. Be alert to your surroundings and tune to your local radio or television stations for further information and instructions.
  - **Severe Thunderstorm Warning** – Severe weather has developed and could pose imminent danger. **Seek shelter immediately!!!**
- When thunderstorms threaten your area, get inside a building or hard top automobile until the severe weather passes.
- Keep away from doors, windows, and metallic objects and fixtures.
- Tune to your local radio or television stations for additional storm information and instructions and follow all directions given by emergency responders.
- Have your **Disaster Supplies Kit** available and be ready to evacuate if told to do so.
- Avoid using the shower or bathing. Plumbing can conduct electricity if your home is struck by lightning during a thunderstorm.
- Avoid using a corded telephone except for emergencies. Cordless and cellular telephones are safe to use during a thunderstorm event.
- Unplug appliances and electrical equipment to prevent a power surge from a lightning strike.
- If you are caught outdoors and cannot reach a safe location, do **NOT** seek shelter under a tall, isolated tree in an open area.
- Seek out the lowest point in an open area for safety, such as a ravine or valley. **Be Alert For Flash Floods!!!**
- Avoid standing on a hilltop, in an open field, or around isolated structures.
- Get away from beaches and open water. If you are swimming or boating, get to land **immediately** and find shelter.
- Stay away from all metal objects, to include fences, golf carts, farm equipment, bicycles, etc. which could conduct electricity.
- If you feel your hair stand on end (an indicator that lightning is about to strike), **do NOT lie flat on the ground!!!** Make yourself the smallest target possible and minimize your contact with the ground by squatting low on the balls of your feet, placing your hands over your ears and your head between your knees.



**REMEMBER the 30/30 lightning safety rule** – Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder **AND** stay indoors for 30 minutes after hearing the last clap of thunder.

### ... You Are Caught In A Tornado?

- Tornadoes are nature's most violent storms, occurring with little or no warning, and capable of massive amounts of destruction.
- Know the terms used by weather forecasters to describe tornado alerts:
  - **Tornado Watch** – Tornado activity may develop in your area. Be alert to your surroundings and tune to your local radio or television stations for further information and instructions.
  - **Tornado Warning** – A tornado has been sighted in your area and could pose imminent danger. **Seek shelter immediately!!!**
- Be alert for approaching storms. If you see any revolving funnel-shaped clouds, **immediately** seek shelter and report it to your local police agency.
- Tune to your local radio or television stations for additional storm information and instructions and follow all directions given by emergency responders.
- Be aware of tornado danger signs such as:
  - Dark, often greenish skies.
  - Large hail.
  - A large, dark, low-lying cloud with rotation.
  - A loud roar, similar to a freight train.
  - A sudden dying down of the wind and stillness in the air.
- Seek shelter in a basement, storm shelter, or room near the center of your home **immediately** if a tornado is sighted or a warning is issued for your area.
- If you are in a high-rise or other public building, move to an interior stairwell or hallway on the lowest floor possible.
- Stay away from windows, doors, and outside walls.
- Avoid places with wide-span roofs such as cafeterias and shopping malls.
- If you are in your car when a tornado hits, stop **immediately**, get out, and seek shelter. Vehicles offer no protection from tornadoes.



If caught outdoors with no shelter, lie flat in a nearby ditch or low area, face down with your head covered with your hands and wait for the tornado to pass. **Be alert for flash flooding!!!**

- Do **NOT** use an overpass or bridge as a shelter.
- Never try to outrun a tornado in your vehicle.
- Be alert for flying debris.

... **There Is A Severe Winter Storm?**

- Heavy snowfall and extreme cold can immobilize an entire region for days, with effects ranging from isolation to the havoc of cars sliding off icy roadways.
- Know the terms used by weather forecasters to describe severe winter weather:
  - **Freezing Rain** – Rain that freezes when it hits the ground, creating a coating of ice on roadways, trees, and power lines.
  - **Sleet** – Rain that turns into ice pellets before reaching the ground, creating slippery and dangerous conditions.
  - **Winter Storm Watch** – A winter storm is possible in your area producing large amounts of snow and dangerous winter conditions. Be alert to your surroundings and watch for changing weather situations.
  - **Winter Storm Warning** – A winter storm is occurring or about to occur in your area. **Seek shelter indoors immediately!!!**
  - **Blizzard Warning** – Large amounts of falling and blowing snow and strong winds are expected in your area with reduced visibilities and extremely cold temperatures. Unless it is an emergency, **STAY indoors and avoid traveling or going outside until the blizzard has passed!!!**
- Listen to your local radio or television stations for weather reports and additional information and instructions pertaining to the severe winter weather.
- Make sure your home is winterized and you have a sufficient supply of heating fuel and disaster supplies on hand to survive for several days on your own.
- Wear several layers of loose fitting, lightweight, warm clothing rather than one layer of heavy clothing. The outer-most garment should be water repellent.
- Use caution when shoveling snow and do not overexert yourself. Overexertion while shoveling can lead to a heart attack – the major cause of death in winter.
- Be alert for signs of frostbite or hypothermia when outdoors and seek medical attention immediately if symptoms are detected.

Frostbite	Hypothermia	
<ul style="list-style-type: none"> <li>• Loss of feeling or tingling sensation in extremities (toes, fingers, ear lobes)</li> <li>• White or pale skin color</li> </ul>	<ul style="list-style-type: none"> <li>• Uncontrollable shivering</li> <li>• Memory loss</li> <li>• Disorientation</li> <li>• Incoherence</li> </ul>	<ul style="list-style-type: none"> <li>• Slurred speech</li> <li>• Drowsiness</li> <li>• Apparent Exhaustion</li> </ul>

- If traveling by vehicle, make sure your car has been fully winterized and keep the gas tank filled to avoid fuel line freezing.
- Avoid traveling alone and **always** let someone know your route and schedule.
- Stay on the main roads and travel by day whenever possible. Avoid shortcuts.
- If you are caught in a blizzard or become stranded in your vehicle, pull off the roadway, turn on your hazard lights, and hang a distress flag from the window or radio aerial to alert others of your situation.
- **Remain in your vehicle!!!** You are more likely to be found by rescuers while in your car than if you set out on foot.
- Run your cars engine and heater about 15 minutes each hour to keep warm. Be sure to slightly open a window for ventilation and to avoid carbon monoxide poisoning.
- Use blankets, seat covers, floor mats, and other passengers to help stay warm.
- Take turns sleeping. One person should remain awake at all times.

### ***Prepare a Winter Storm Survival Kit***

- |   |  |
|---|--|
| <input type="checkbox"/> Shovel/Axe             | <input type="checkbox"/> Tool Kit                    |
| <input type="checkbox"/> Windshield Scraper     | <input type="checkbox"/> First Aid Kit               |
| <input type="checkbox"/> Battery-powered Radio  | <input type="checkbox"/> Tow Rope or Chain           |
| <input type="checkbox"/> Flashlight             | <input type="checkbox"/> Bag of Sand or Kitty Litter |
| <input type="checkbox"/> Extra Batteries        | <input type="checkbox"/> Fluorescent Distress Flag   |
| <input type="checkbox"/> Water                  | <input type="checkbox"/> Jumper/ Booster Cables      |
| <input type="checkbox"/> High-energy Snack Food | <input type="checkbox"/> Road Maps/Compass           |
| <input type="checkbox"/> Extra Clothing/Gloves  | <input type="checkbox"/> Emergency Road Flares       |
| <input type="checkbox"/> Blankets/Sleeping Bags | <input type="checkbox"/> Cellular Phone/Batteries    |

### **... You Become Involved in a Technological Emergency?**

In today's modern and highly technological society, the chance of you becoming involved in a technological emergency is greater than in any other time in history. Hazardous material spills, chemical poisoning, pipeline leaks, and transportation accidents, to name a few, are a part of everyday life. Knowing the risks **before** an emergency occurs will help you plan and be prepared for when one actually does.

- If you are involved in a technological emergency, **REMAIN CALM!!!**
- Tune to your local radio or television stations for additional information and instructions. **Do NOT call 9-1-1 for general information or questions!!!**
- Follow the directions of emergency responders on the scene of the emergency.

*Many communities have **Local Emergency Planning Committees (LEPCs)** that identify industrial facilities and sites with hazardous materials and help to keep the community informed of potential risks. The public is invited and encouraged to participate in the process. Contact your local emergency management office to find out how you can become a valued member of this organization.*



- If you witness a technological emergency, **immediately call 9-1-1**, your local emergency notification number, or the fire department and report it.
- If instructed to evacuate, take your **Disaster Supplies Kit** and follow the established evacuation routes to the nearest emergency reception center.
- If instructed to shelter in-place due to a chemical or hazardous material spill, follow the instructions of the emergency responders. They are highly trained and will provide you and your family with what you need to know to protect yourselves.
- Stay away from the incident site to minimize the risk of contamination. Some toxic chemicals are odorless and undetectable with human senses.

### ... You Become Involved in a Technological Emergency?

- If you are caught in the vicinity of a hazardous material or chemical spill, avoid contact with spilled liquids, airborne mists and vapor clouds, or solid chemical deposits.
- Wear gloves, long pants, socks, shoes, and long-sleeved shirts.



**REMEMBER:** If you are caught outdoors during an incident, leave the vicinity immediately staying **UPHILL, UPWIND, and UPSTREAM** from the spilled material. A good rule of thumb is to go at least one-half mile away from the incident scene.

- If in your vehicle, keep your car windows and vents closed and shut off the air conditioner and heater.
- Do **NOT** eat or drink anything that may have been contaminated.
- Do **NOT** attempt to pick up children from schools or daycare centers. They will be taken care of in accordance with the facility's emergency plans.
- If you become contaminated or come into contact with an unknown substance:
  - Remain calm.
  - Evacuate from the danger zone.
  - Avoid spreading the contaminate any further.
  - Advise emergency responders immediately for proper decontamination.
  - Seek medical attention.
- **NEVER attempt to cleanup or stop a hazardous material or chemical spill on your own!!!** This should be left to trained professionals with the proper clothing, training, and equipment for handling the material in question safely.

### ... There Is A Nuclear Power Plant Accident?

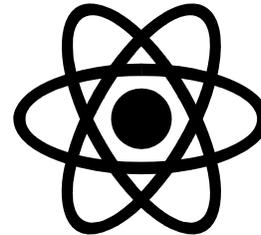
Two nuclear power plants, DC Cook in Bridgman and Palisades in Covert, are located within or close proximity to Berrien County and could have a significant impact upon the residents and visitors of this area were an accident to occur. An accident at either one of these facilities could result in the release of dangerous levels of radiation into the atmosphere that could affect the health and safety of those near the nuclear power plants. Knowing what to do, where to go, and what to expect **before** an emergency occurs is the best way you can be safe during a nuclear accident.

- Understand radiation, its effects, and how to protect yourself.
- Remember **TIME, DISTANCE, and SHIELDING** when it comes to radiation exposure. The less time near a source, the farther the distance, and the greater the shielding is your best protection from radiation.
- If you are within a 10-mile area around either of these nuclear power plants, you will be alerted to a problem through emergency warning sirens.
- **If an emergency siren sounds, immediately tune to your local radio or television news station for instructions and information on the emergency or disaster. Do NOT call 9-1-1!!!**

### ... There Is A Nuclear Power Plant Accident?

- Immediately go indoors when you hear an emergency warning siren.
- The siren sound will be a steady “**wail**”, lasting three to five minutes, for **ALL** emergencies or disasters within Berrien County.
- Learn the evacuation routes and procedures to expect **before** an emergency and include these procedures in your family emergency response plans.

**REMEMBER:** For more information on radiation, nuclear power, and emergency actions, refer to the yearly informational brochures put out in your area by the local nuclear power plants. You can also contact your local emergency management office for questions and information on nuclear accident responses at **(269) 983-7111 Ext. 4916**.



- Know the terms used by plant personnel and responders for each situation:
  - **Unusual Event** – The least serious of the four warning levels. Used to signify a minor problem at the plant(s) that varies from normal, routine operations. There is no danger to the public and no action required.
  - **Alert** – An abnormal event at the plant(s) that could affect plant safety. Although there is no danger to the public, state and local officials will be contacted and advised of the situation.
  - **Site Area Emergency** – An abnormal event at the plant(s) that could affect the plant **and** public safety. State and local officials will be advised to standby at local emergency operation centers.
  - **General Emergency** – The most serious of the four warning levels. Used to signify a major emergency at the plant(s) in which a release of radiation into the environment could occur. **Warning sirens will be activated!!!**
- Follow the instructions given out by emergency responders.
- Stay indoors unless you are instructed to evacuate.
- If instructed to evacuate, proceed **immediately** to the local designated reception center. Take with you your **Disaster Supplies Kit** and any pets.
- If you have children in a school within 10-miles of one of these power plants and an evacuation is ordered, do **NOT** attempt to pick them up. They will be transported to a pre-determined evacuation spot. Contact your child’s school for specific details to its emergency response plans.
- Above all, **REMAIN CALM!!!** Emergency personnel will provide you with the information you will need to handle a nuclear emergency.

### ... You Are Involved In A Terrorism Event?

Terrorism, the use of widespread violence against persons or property to inflict fear and intimidation, is a fast growing concern in our society. What seemed like fiction just five years ago has become an all too-real reality today. Many of the same practices used for preparing for natural and technological emergencies can also be used to prepare for an act of terrorism. Knowledge, planning, and preparedness are your best weapons of defense.

## ... You Are Involved In A Terrorism Event?

- Plan ahead. Have emergency action plans in place and practice them regularly.
- Be aware of your surroundings. Be alert for suspicious situations.
- Take extra precautions when traveling. Do not leave your luggage unattended.
- **Immediately** report strange or suspicious persons or activity to local law enforcement personnel.
- Do not be afraid to move or leave if you feel uncomfortable or if something does not “*feel*” right.
- Be alert for strange and out of place parcels, packages, and letters. Do not open or handle anything you don’t recognize.
- Avoid areas that are covered in unknown powders, vapors, or clouds.
- Know the different methods used by terrorists – **CBRNE**.
  - **C** – Use of poisonous solid, liquid, or gas **CHEMICALS** to harm people, animals, or the environment.
  - **B** – Use of living **BIOLOGICAL** organisms and toxins to incapacitate the public and disrupt the social infrastructure.
  - **R** – Use of **RADIOLOGICAL** material to affect a large portion of the population (Dirty Bombs).
  - **N** – Use of a **NUCLEAR** device to devastate a specific area.
  - **E** – Use of an **EXPLOSIVE** device to inflict damage and death.
- Follow the instructions and directives of emergency responders and your local government leaders. A single act of terrorism might include several unseen hazards that add to the totality of the attack.
- If you receive a bomb threat or other threat of terrorism, get as much information as you can, try to keep the caller on the line, and record everything that was said.
- **Suspicious Powders, Liquids, Letters, or Parcels –**
  - Avoid contact, if possible.
  - Close off the room or area to prevent others from coming in contact with the substance or item.
  - Shut off the ventilation and heating systems.
  - Wash your hands with soap and water to avoid spreading contamination.
  - Report it immediately to local emergency personnel.
  - Detain those who came into contact with the item for possible medical observation or decontamination.
- **Explosion/Building Collapse –**
  - Take shelter under a desk or table to avoid falling debris.
  - Stay low to the floor and evacuate the building as quickly as possible.
  - Use stairwell fire exits. Do not use elevators during an emergency.
  - Cover your nose and mouth with a wet cloth.
  - Avoid heavy smoke and vapor clouds as they may contain poisonous gases and substances.
  - If you become trapped in debris, remain calm.
    - ❖ Use a flashlight or whistle to signal for help. Shout only as a last resort to avoid breathing in dust.
    - ❖ Avoid unnecessary movement so that you don’t kick up dust.
    - ❖ Rhythmically tap on a pipe or wall to let rescuers know where you are and that you need help.
  - Follow the instructions of emergency responders on the scene.

## ... You Are Involved In A Terrorism Event?

- **Chemical or Biological Terrorism –**
  - A biological attack is the release of germs or other toxins into the environment in the form of:
    - ❖ Bacteria – small, free-living organisms such as Anthrax.
    - ❖ Viruses – organisms that are dependent upon living cells such as Small Pox.
    - ❖ Toxins – poisonous substances extracted from living organisms such as Ricin.
  - Some biological attacks may not become apparent over a period of several days to weeks after the initial exposure.
  - Biological agents must enter the body through inhalation, ingestion, or an open sore to make you sick.
  - A chemical attack is the deliberate release of a toxic gas, liquid, or solid that can poison the environment.
  - Chemical agents can enter the body through inhalation, ingestion, or absorption through the skin.
  - Watch for warning signs such as many people with watery eyes, twitching, choking, difficulty breathing or unconsciousness.
  - Be aware of large die offs of birds, fish, or small animals, which could indicate some sort of poison is in the area.
  - In the event of an attack or incident involving chemical or biological agents, **REMAIN CALM!!!** Evacuate the area immediately.
  - Follow the directions of emergency responders. They will give you the best course of action to take.
  - Wash your hands with soap and water if you think you have come into contact with a chemical or biological agent.
  - Advise emergency personnel of your exposure for possible decontamination.
  - Seek medical treatment.
  - Tune to your local radio or television news station for instructions and additional information on the situation.
- **Nuclear or Radiological Terrorism –**
  - Nuclear explosions can cause deadly effects such as blinding light, intense heat, nuclear radiation, fires, and large-scale devastation.
  - Surface level explosions produce radioactive fallout that can affect an even larger area than the blast itself.
  - A radiological dispersion device or “*Dirty Bomb*” is the use of common explosives to spread radioactive materials.
  - A “*Dirty Bomb*” is NOT a nuclear blast and its effects are far more localized to a general area.
  - To limit your exposure to radiation, remember **TIME, DISTANCE, and SHIELDING**.
  - If there is a nuclear or radiological blast, **take cover immediately!!!**
  - Do not look directly at the flash or fireball – it can blind you.
  - After the blast, evacuate the area unless instructed to do otherwise by emergency response workers.
  - Protect yourself from radioactive fallout.

- **Nuclear or Radiological Terrorism –**
  - Follow all instructions of the emergency responders.
  - Stay indoors until you are advised it is safe to leave.
  - Tune to your local radio or television news station for instructions and additional information on the situation.
  - Stay out of areas marked “**radiation hazard**” or “**HAZMAT**”.
  - Depending on the quantity and type of radioactive material, you may be required to shelter in-place for several days before being allowed to leave.
  - Radioactive fallout could remain a concern for as long as 48 hours.

### **WHAT SHOULD YOU DO AFTER AN EMERGENCY?**

Recovery from an emergency or disaster continues even after you return home, as you and your family face the emotional and psychological effects of the event. Reactions vary from person to person, but may include:

- |   |                                   |
|---|-----------------------------------|
| • Restless sleep or nightmares                        | • Needing to talk about the event |
| • Anger or wanting revenge                            | • Loss of appetite                |
| • Numbness or lack of emotion                         | • Weight loss or gain             |
| • Needing to keep active or a feeling of restlessness | • Headaches                       |
|   | • Mood swings                     |

All of the above are normal reactions to stressful events, and it is important to let people react in their own way. Children may need extra reassurance and attention. It is best to encourage them to share their feelings, even if you must listen to their stories repeatedly. Seek help from professional counselors who deal with post-disaster stress. Maintaining a normal household and daily routine with lots of time spent with family and friends is one way to help with crisis management. Remember, the emotional toll that disaster brings can be even more devastating than the financial losses, affecting everyone it touches from the victims to the rescuers to those unaffected hundreds of miles away. Being prepared now, and knowing what to do **when** disaster strikes will make all the difference. Disaster can strike at any time. Are you prepared?

For more information about specific hazards, emergency response plans, or to become a volunteer in your community, contact your local emergency management office, local emergency planning committee, or local chapter of the American Red Cross.

# EMERGENCY TELEPHONE NUMBERS

## Local Contact

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Telephone (day) ( ) - \_\_\_\_\_ (evening) ( ) - \_\_\_\_\_  
Cellular Phone ( ) - \_\_\_\_\_

## Out of Area Contact

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Telephone (day) ( ) - \_\_\_\_\_ (evening) ( ) - \_\_\_\_\_  
Cellular Phone ( ) - \_\_\_\_\_

## Nearest Relative

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Telephone (day) ( ) - \_\_\_\_\_ (evening) ( ) - \_\_\_\_\_  
Cellular Phone ( ) - \_\_\_\_\_

## Family Work Numbers

Father ( ) - \_\_\_\_\_  
Mother ( ) - \_\_\_\_\_  
Neighbor/Friend ( ) - \_\_\_\_\_

## Emergency Telephone Numbers

Police Department \_\_\_\_\_  
Fire Department \_\_\_\_\_  
Ambulance \_\_\_\_\_

## Family Physicians/Dentists

Name \_\_\_\_\_ telephone ( ) - \_\_\_\_\_  
Name \_\_\_\_\_ telephone ( ) - \_\_\_\_\_  
Name \_\_\_\_\_ telephone ( ) - \_\_\_\_\_

## Reunion Locations

1. Right outside your home \_\_\_\_\_  
\_\_\_\_\_  
2. Away from the neighborhood, in case you cannot return home \_\_\_\_\_  
\_\_\_\_\_  
Address \_\_\_\_\_  
Telephone ( ) - \_\_\_\_\_  
Route to try first: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Utilities:

Electric Company \_\_\_\_\_ Telephone Company \_\_\_\_\_  
Gas Company \_\_\_\_\_ Water Company \_\_\_\_\_  
Cable TV Company \_\_\_\_\_ Sewage/Trash Pickup \_\_\_\_\_

## CONTACTS

Emergency help number.....  
9-1-1 or local emergency dispatch  
( ) - \_\_\_\_\_

Michigan Poison Control Center  
1-800-222-1222 also (TDD)

Downed power lines/power outage  
1-800-311-6424

Nuclear Emergency Information –  
Cook Plant 1-800-548-2555  
Palisades 1-269-764-2333

Natural gas leak/emergencies  
1-800-303-0357

Coast Guard Emergency Service  
1-800-321-4400

Center for Disease Control (CDC)  
1-404-639-3311

Department of Environmental  
Quality 1-800-662-9278

EPA Hazardous Waste Hotline  
1-800-621-8431

National Pesticide Network  
1-800-858-7378 (24 hours)

Agricultural spills in Michigan  
1-517-373-0440

FBI – Explosives Unit/Bomb Data  
1-703-632-8440

American Red Cross – Berrien  
County Chapter 1-269-927-2288

Berrien County Emergency  
Management 1-269-983-7111  
ext. 4916