



PROTECT WHAT MATTERSSM

LOUISIANA NATIONAL GUARD EMERGENCY ACTION PAMPHLET

Be Prepared!
Make a Plan Today!

<http://geauxguard.la.gov/resources/emergency-management/>



A **thunderstorm** is always accompanied by lightning and can cause destructive winds, tornadoes, heavy rain, hail, and flash flooding. Lightning causes more damage in a typical year than floods, hurricanes, and tornadoes combined.

IN CASE OF THUNDERSTORMS:

ARE YOU INSIDE?

- ✓ Stay inside and postpone outdoor activities.
- ✓ Unplug electrical devices not necessary for obtaining weather information.
- ✓ Avoid using appliances and telephones except in an emergency.
- ✓ Do not take a bath or shower during a thunderstorm.

ARE YOU OUTSIDE?

- ✓ Seek shelter in a sturdy building or a vehicle with a hard top.
- ✓ Avoid touching metal objects such as bicycles, fences, golf clubs, and lawnmowers.





- ✓ In the open, head for low ground (such as a valley or ravine) and crouch down. If golfing, leave the course immediately.
- ✓ In a group, don't huddle—spread out!

DON'T WAIT! PREPARE FOR THUNDERSTORMS:

- ✓ Install a lightning protection system, which provides a safe path for grounding electric current. They are not noticeable and do not attract lightning.
- ✓ Install surge protectors to shield electrical equipment and appliances. These range from surge protectors for each item to those that protect the entire house.
- ✓ Have your home inspected to make sure it is properly grounded for lightning strikes.



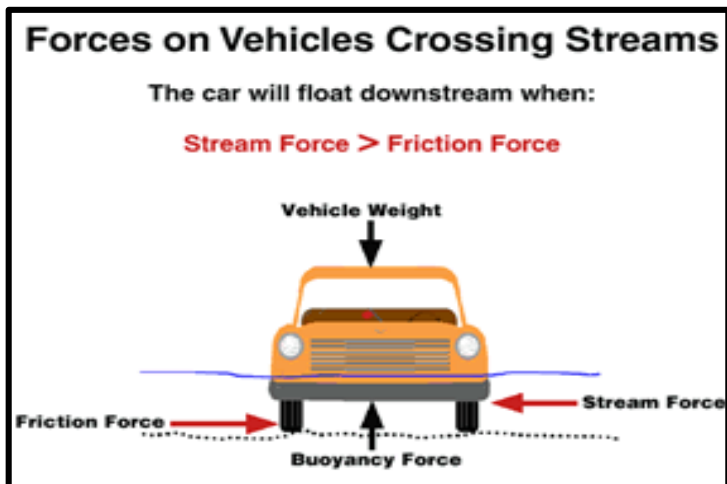
THUNDERSTORMS AND LIGHTNING



Flooding can occur anytime, anywhere, and cause injuries and damage to homes, businesses, and belongings. Flash floods can strike with little warning, turning small creeks and drains into raging bodies of water.

IN CASE OF FLOOD:

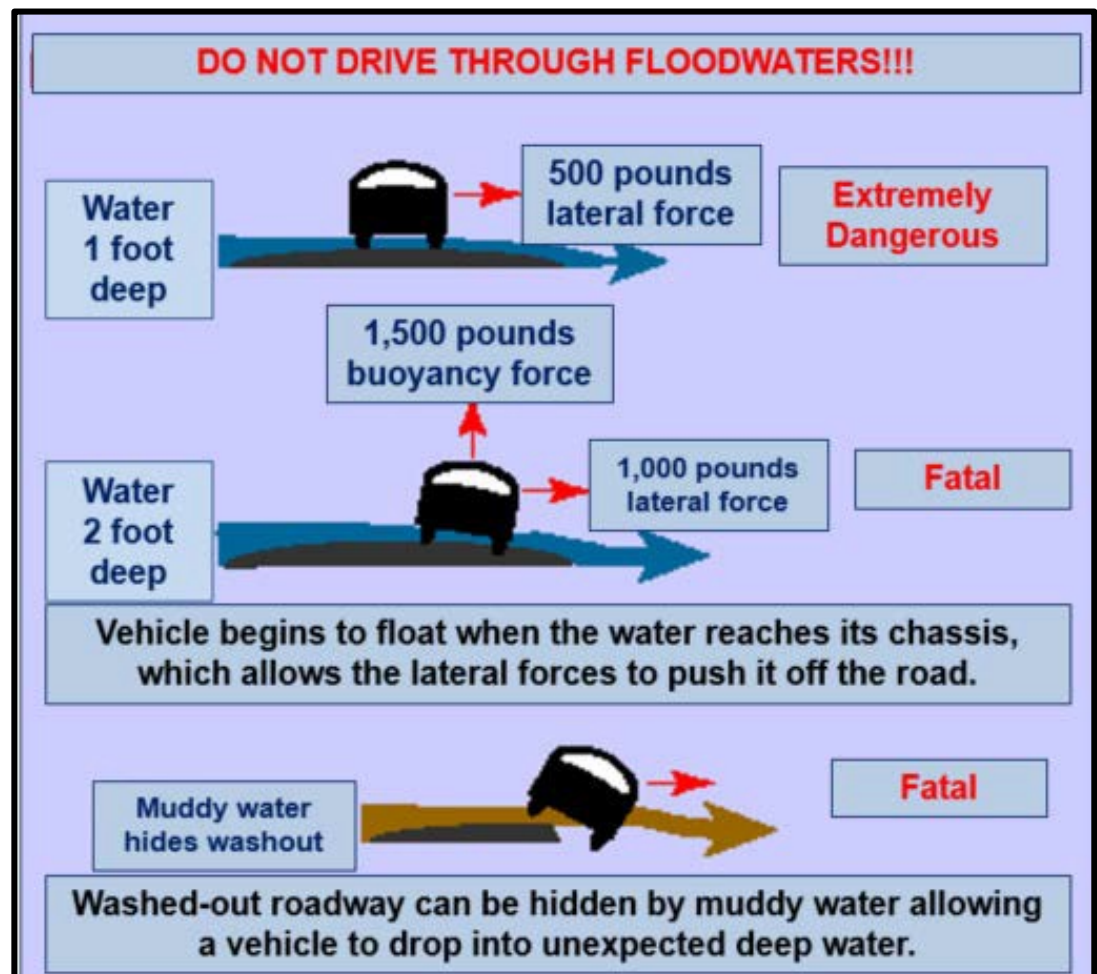
- ✓ Keep alert for signs of flooding, like thunderstorms and prolonged heavy rain.
- ✓ Be especially cautious at night, because it's harder to recognize flooding after dark.
- ✓ Stay away from open channels, ditches and culverts.
- ✓ Don't try to walk, drive, or swim through floodwaters. Even six inches of swift water can knock you off your feet.
- ✓ Be careful of bridges and dips in the road.
- ✓ If water rises over the road, abandon your vehicle and head for higher ground.





DON'T WAIT! PREPARE FOR FLOODS:

- ✓ Retrofit your home against flooding. This can include actually moving your home or elevating it above the floodplain, as well as “wet” and “dry” types of flood proofing.
- ✓ Buy flood insurance to cover the value of your home and contents.
- ✓ Move valuables and appliances out of the basement if your home is flood prone.
- ✓ Elevate utilities, including main breaker, fuse box, and meters, to protect them from damage. Contact your utility company to learn how.
- ✓ Install backflow valves to prevent sewage backup in urban areas. Financial assistance may also be available for some home flood-proofing projects.



FLOODS



Summers are a lot of fun, but high temperatures can cause injuries or even death. This is especially true for small children, the elderly, people on medication, or those with weight or alcohol problems. Remember, summer fun means staying safe!

IN CASE OF EXTREME HEAT:

- ✓ Slow down and avoid strenuous activities when possible. Stay in the coolest available place.
- ✓ Drink plenty of water or non-alcoholic fluids even if you don't feel thirsty. Consult a physician if you have a medical condition that limits what or how much you can drink.
- ✓ Wear clothing that is light and loose fitting, including a hat. This helps maintain normal body temperature.
- ✓ Spend more time in air-conditioned places, since this reduces the danger from heat.
- ✓ Watch for signs of heat stroke, including muscle cramps, dizziness, confusion, and nausea. If any of these occur, go to a cool place and seek medical attention immediately.
- ✓ Avoid too much sun and use sunscreen. Sunburn slows the skin's ability to cool itself.

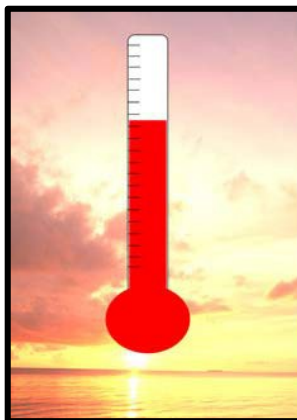




- ✓ Avoid foods and drinks that cause dehydration, like alcohol and caffeinated soft drinks. Don't take salt tablets unless specified by a physician.
- ✓ Reduce water use by not watering your lawn or washing your car. Re-use water when possible. Follow instructions for odd and even watering days.

DON'T WAIT! PREPARE FOR SUMMER:

- ✓ Install air conditioners snugly and insulate spaces around them. Check air ducts for proper insulation.
- ✓ Buy fans to spread cool air around your home.
- ✓ Close floor heat registers nearby.
- ✓ Install temporary reflectors, such as aluminum foil covered cardboard, to reflect any heat back outside.
- ✓ Keep the cool air inside by weather stripping doors and window sills.



Extreme Heat

causes more deaths each year than hurricanes, lightning, tornadoes, earthquakes and floods combined!



Summer Weather



A tornado is a violent storm with spiraling wind, often accompanied by hail, wind, and rain. Strong tornadoes can sweep houses off foundations, destroy brick buildings, and toss cars. The noise of a tornado has been described as a roaring sound—like a train far away!

IN CASE OF TORNADO:

- ✓ **Grab your emergency kit and weather radio if you have time.**
- ✓ **In homes or small buildings, take shelter in an interior part of the lowest level, including basements, closets, hallways, and bathrooms.**
- ✓ **In public areas, like schools or shopping centers, go to pre-designated shelter areas. Interior hallways on the lowest floor are best. Stay away from windows.**
- ✓ **In high-rise buildings, go to interior small rooms or hallways on lowest floor possible with no windows. If you can see outside, you are not safe.**
- ✓ **In vehicles or mobile homes, leave them and take shelter in a substantial structure. If there is no shelter, lie flat in the nearest ditch with your hands shielding your head and neck.**
- ✓ **Stay away from windows, doors, and outside walls. Try to protect your head.**
- ✓ **Get under something sturdy or lie in the bathtub. Cover yourself with a blanket.**





DON'T WAIT! PREPARE FOR TORNADOES:

- ✓ Have your home inspected to make sure it can withstand high winds.
- ✓ Attach wind straps and tie-downs to reinforce your home or business.
- ✓ Construct a “safe room” in your home. These are specially designed to protect you from tornadoes.
- ✓ Install safety film over windows. This transparent covering helps protect you from flying debris.
- ✓ Reinforce or replace garage doors and double entry doors to withstand high winds.
- ✓ Brace gable framing to reinforce your roof.
- ✓ Remove loose objects close to your home, such as trashcans, yard debris, or anything that can be picked up by a tornado. Inspect large trees and limbs that are close to your home.
- ✓ Construct your home with insulated concrete forms. They make your home much stronger and more energy efficient.



TORNADOES



Most **fires** are caused by carelessness, improper storage of flammable materials, or deliberate setting. Remember that when fires start, time is the biggest enemy and every second counts!

IN CASE OF FIRE:

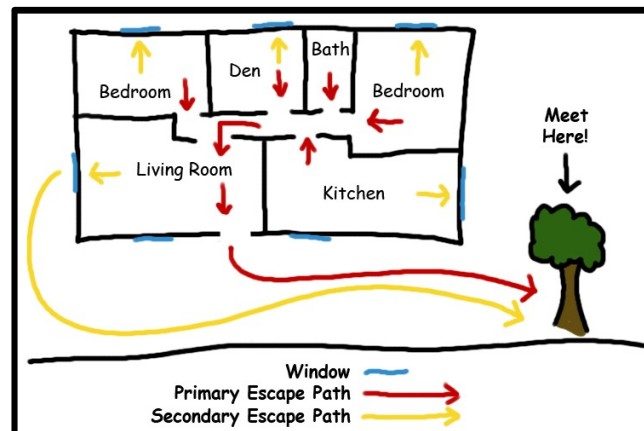
- ✓ For small fires, put them out with a fire extinguisher or call 911.
- ✓ For grease fires, smother with baking soda. Put a lid over flames burning in a cooking pan. Do not try to carry it outside. Turn off the stove. If necessary, call 911.
- ✓ Crawl low to the floor beneath smoke.
- ✓ For out-of-control fires, get out! Close doors and call 911 from a neighbor's house.
- ✓ Meet your family at a designated place outside, like a tree, mailbox, or neighbor's house.
- ✓ Once outside, stay outside.





DON'T WAIT! PREPARE FOR FIRES:

- ✓ Install smoke detectors on every level of you home. Test them monthly and replace the batteries twice a year.
- ✓ Plan your escape and pick a place to meet outside. Plan two ways out of every room.
- ✓ Remember EDITH. Exit Drills In The Home. Practice fire drills regularly with your family.
- ✓ Buy a fire extinguisher and how to use it.
- ✓ Store flammable liquids and gasoline outside in tight metal containers. Only use outdoors.
- ✓ Keep electrical appliances and wiring on good repair. Don't overload circuits.
- ✓ Use fireplaces and space heaters safely and appropriately.
- ✓ Install residential sprinklers, especially for those who cannot escape quickly.
- ✓ Purchase a fire-proof safe for your valuables and records.



CARBON MONOXIDE POISONING:

- ✓ Carbon Monoxide (CO) comes from faulty heating appliances, fireplaces, charcoal grills, and cars running in attached garages. Every year there are hundreds of fatalities from CO poisoning.
- ✓ CO is invisible. It cannot be seen, tasted, or smelled!
- ✓ Symptoms include headaches, fatigue, nausea, vomiting, dizziness, and irritability.
- ✓ Install a CO alarm near your bedroom.
- ✓ If the CO alarm sounds, get everyone outside and call 911.





Winters can be beautiful, but they can also cause blizzards, heavy snows, ice storms, freezing rain, and sleet, as well as cause injuries and damage to your home

IN CASE OF EXTREME WINTER WEATHER:

- ✓ **Stay informed. Your first line**

Are you inside?

- ✓ **Stay inside! Don't make any unnecessary trips outside.**
of defense is to stay informed of local weather conditions.
- ✓ **Use proper safeguards when using fireplaces, space heater etc., to prevent accidental fires and carbon monoxide poisoning.**
- ✓ **When you do not have heat, close off unneeded rooms, stuff towels under doors, and cover windows**



Are you outside?

- ✓ **Wear layers of loose-fitting clothing instead of a single thick layer.**
Wear mittens instead of gloves.
- ✓ **Avoid exposure from extreme cold by covering your head and mouth.**
Stay dry.
- ✓ **Avoid overexertion, such as shoveling snow, as this can cause heart attacks.**
- ✓ **Watch for signs of frostbite and hypothermia, including numbness, drowsiness, shivering, stumbling, slurred speech, and a pale appearance.**
- ✓ **Drive cautiously, If you don't have anti-lock brakes, pump brakes gently; don't slam on your brakes. Keep you car winterized.**
- ✓ **If stuck while driving, stay in your car. Start the car and use heater for ten minutes every hour. Open window slightly for ventilation.**
Leave dome light on when engine is running.



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- ✓ Insulate pipes that are exposed to the cold and remove garden hoses from outside faucets.
- ✓ Let faucets drip during subzero conditions (if pipes freeze easily) or if instructed by the water company. Be able to shut off water lines.
- ✓ Install insulation and weather stripping.
- ✓ Check battery-powered equipment, heating fuel, fire extinguishers, carbon monoxide, and smoke detectors.
- ✓ Winterize your car, maintain a full tank of gas, and keep moisture out of the tank. Keep an emergency kit in your car to help you stay warm, visible, and alive trapped.



WINTER WEATHER



Hazardous materials are substances that, due to their chemical, biological, or physical properties, pose a potential risk to health, property, or the environment.

IN CASE OF HAZARDOUS MATERIAL EMERGENCY:

- ✓ If you witness a hazardous materials release, report it immediately by calling 911.
- ✓ Do not enter the area contaminated by the hazardous material or cloud.
- ✓ If you hear a warning signal or siren, turn on your radio or television for emergency information. Follow all instruction carefully.
- ✓ If asked to evacuate or “shelter-in-place,” do so immediately as outlined in this pamphlet or as instructed by officials.

EVACUATION or HAZMAT/Shelter-In-Place Emergencies

Evacuation is one of the basic instructions you may receive from officials when you area is seriously threatened in an emergency. When that happens, you need to leave the area quickly and safely.



HOW TO EVACUATE:

- ✓ Turn off all appliances. Lock doors and windows.
- ✓ Bring along your emergency kit and some form of ID.
- ✓ Use travel routes specified by local officials—not short cuts.
- ✓ Call you family contact and tell them where you are.



- ✓ Only return home when officials give the all clear message.
- ✓ Use caution when reentering your home. Open windows and doors to move air around.
- ✓ Do not strike matches or turn on lights until you are sure there are no gas leaks.

SHELTER-IN-PLACE

Shelter-in-Place is one of the instructions you may receive from officials if there is a chemical emergency in your area. It provides a barrier between you and the dangerous chemicals in the outside air.


HOW TO SHELTER-IN-PLACE:

- ✓ If you are outside, go inside and bring your pets.
- ✓ Close and lock doors and windows. Turn off all heating, cooling and ventilation systems.
- ✓ Go to your shelter room with your family and pets. Bring your emergency kit and radio.
- ✓ Seal cracks around doors, windows, vents, and outlets in the room using duct tape, plastic wrapping, towels (preferably damp), and scissors.
- ✓ Ventilate your home by opening all doors and windows and going outside.

Shelter in Place in Four Easy Steps


If there is an outdoor release of hazardous chemicals that may contaminate the outside air or a tornado siren has been sounded, please do the following:

1




Seek refuge inside a building and remain there.

2




Ventilation systems will be turned off.

3



Keep tuned to media, if possible.

4



Wait for "all clear" from officials.



DON'T WAIT!

LEARN HOW TO SHELTER-IN-PLACE:

- ✓ Have your family practice evacuation and shelter-in-place procedures.
- ✓ Learn about evacuation routes and public shelters in your area.
- ✓ Pick a “family contact” in another state who will be your contact in an emergency.
- ✓ Keep supplies in your emergency kit for sheltering in place.
- ✓ Choose a shelter room that has a telephone, television, and a radio, but few or no windows.

FUNCTIONAL NEEDS:



For those with functional needs, additional planning and practice is vital to being prepared in case of an evacuation. Remember, navigating stairs in a building with elevators that may not be operational will be difficult. Develop a “buddy system” for person with functional needs.

Functional Needs Populations In Emergency Situations

Some disabilities, such as those involving physical impairments may be obvious.

Other functional needs, such as non-English speaking or deafness, are more difficult to detect.

In many cases, you can't tell just by looking at someone whether or not they have a functional need.





Workplace violence includes threats, hitting, harassment, obscene calls, bomb threats, rape, shoving, shooting, and sabotage—anything that causes physical or emotional harm where you work. When these occur, remember to stay calm.

IN CASE OF WORKPLACE VIOLENCE:

IF YOU'RE A SUPERVISOR...

- ✓ Know your emergency plan.
- ✓ Approach the subjects calmly.
- ✓ Make sure that the subjects know that you understand what has upset them.
- ✓ Call for help as soon as possible.



IF YOU'RE A CO-WORKER OR BYSTANDER...

- ✓ Call 911 and tell security or your supervisor immediately.
- ✓ Carefully describe the subjects and the situation.
- ✓ Do not attempt to resolve the situation yourself.
- ✓ Leave the area and get to a safe place.

IF YOU'RE A VICTIM...

- ✓ Do not change anything at the scene where the incident occurred.
- ✓ Retreat to a safe place as soon as possible and get help.
- ✓ In the event of a rape, do not change your clothing or wash yourself until you're treated.
- ✓ Do not resist anyone with a gun. If they want your money or possessions, give it to them.





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IF THERE IS AN ACTIVE SHOOTER...

- ✓ If there is an event at your venue where there is an Active Shooter, you will need to determine what course of action you should take.
- ✓ Evacuate – If there is an assessable escape path, attempt to evacuate the premises.
- ✓ Hide out – If evacuation is not possible, find a place to hide where the active shooter is less likely to find you.
- ✓ Take Action – As a last resort, and if your life is in imminent danger attempt to disrupt and/or incapacitate the active shooter.

DON'T WAIT! PREPARE FOR WORKPLACE VIOLENCE:

- ✓ Include workplace violence in your emergency plan.
- ✓ Educate employees about workplace safety.
- ✓ Know who to contact in an emergency situation.
- ✓ Ask someone to screen calls or escort you if you feel unsafe.
- ✓ Always tell security or supervisors about trespassers.
- ✓ Address problems before they get worse.
- ✓ Know the warning signs, including unusual changes in coworkers, depression, aggression, drug or alcohol use.

**What Is Your
Workplace
Violence
Prevention
Plan?**





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Terrorism and other acts of shocking violence can cause a great deal of damage and injuries, as well as elicit widespread fear, panic, and confusion. However, it is possible to prepare yourself and make your family feel more secure.

IN CASE OF TERRORISM:

- ✓ If you receive a suspicious letter or package, don't open it. Slowly put it down and call 911. Wash your hands and don't allow anyone to go near it until the police arrive.
- ✓ Stay calm and listen to your radio or television for instructions.
- ✓ Avoid letting your children watch live or continuous footage of terrorist acts on TV, since this can be very upsetting for them.
- ✓ Shelter-in-place if instructed by local officials, especially if the incident involves chemicals or other harmful substances.
- ✓ Evacuate your home only if possible and when instructed by local officials. Make sure you know where you're going and follow all official instruction. You probably won't be the only one on the road.
- ✓ If you come in contact with harmful substances, you may need immediate medical attention and decontamination. When this happens, listen for official instructions or call 911.



DON'T WAIT! PREPARE FOR TERRORISM:

- ✓ Create a family disaster plan. Make sure to include meeting places and out-of-town contacts.
- ✓ Assemble an emergency kit with any basic supplies you may need.
- ✓ Check your children's school emergency plan and how the school is prepared to deal with disasters.

REPORTING:

- ✓ Suspicious Activity
- ✓ Incident
 - Call 911
 - Call JOC: 888-278-8748
 - Clear facility

WORKPLACE VIOLENCE/ TERRORISM/REPORT



Families can cope with disaster by preparing in advance and working together as a team. You can do this by making a Family disaster plan, getting basic emergency training, and assembling an emergency kit full of essential supplies, which help you endure an evacuation or home confinement.

MAKE A FAMILY DISASTER PLAN:

- ✓ Learn about emergency procedures at work, schools, and anywhere your Family spends time.
- ✓ Identify escape routes from your home. Find two ways out of each room.
- ✓ Find safe rooms at home, especially for tornadoes/shelter-in-place.
- ✓ Pick two places to meet: Near to your home in case of a sudden emergency (like a fire) and outside your neighborhood if you can't return home.
- ✓ Pick a family contact in another state who everyone can contact if separated in an emergency.
- ✓ Conduct emergency drills once a year.



PET INFORMATION:

Plan in advance where you can go with a pet. Keep a list of hotels and shelters that permit pets. Check with your local veterinary clinic to assist you with your list. Prepare a pet emergency kit – food, water, snacks, toys, medications, collars, and leashes. Include pet owner information on all tags or have your pet “chipped” to make identifying lost pets much easier.

GET BASIC EMERGENCY TRAINING:

- ✓ Take classes on first aid and CPR.
- ✓ Teach your family how and when to call 911 and how to use fire extinguishers.
- ✓ Learn how and when to turn utilities off. Teach all Family members. Keep necessary tools near gas and water shut-off valves.



ASSEMBLE EMERGENCY KIT:

- Gather enough supplies to last all Family members for three days.
- Place supplies; in easy-to-carry containers such as plastic totes or duffle bags.
- Refresh supplies every six months or as needed.
- Store kits where they can be reached easily in case of emergency.

EVERY KIT SHOULD CONTAIN THESE ESSENTIAL ITEMS:

- Battery-powered radio
- NOAA weather radio
- Flashlight
- Fresh batteries
- First aid kit
- Bottled Water
- Prescription medication
- Baby food and care products
- Non-perishable food and snacks

YOU SHOULD ALSO CONSIDER ADDING THESE ITEMS:

- Blanket or sleeping bag
- Change of clothes
- Extra money
- Extra set of keys
- Hygiene products
- Non-electric can opener
- Pet snacks
- Water for pet
- Collars
- Pet owner information
- Plastic whistle
- Duct tape (for shelter in place)
- Plastic wrapping (for SIP)
- Scissors (for SIP)
- Towels (for SIP)
- Pet food
- Pet toys
- Pet medications
- Leashes
- Pet bedding/crates

IMPORTANT DOCUMENTS FOR YOUR UNIT:

- This flip chart
- Family disaster plan
- Extra form of identification
- Emergency and first aid instructions
- List of important Family information

FAMILY PREPAREDNESS



Earthquakes are violent shaking caused by sudden shifts in the earth. These can happen without warning and can cause damage and injury if you are not prepared.

IN CASE OF AN EARTHQUAKE:

- ✓ Wherever you are, stay there! Most injuries occur when people try to enter or exit buildings.
- ✓ If indoors, take cover under heavy furniture or against a wall. Stay away from glass, bookshelves, or wall hangings.
- ✓ If outside, move into the open. Stay away from buildings and utility wires.
- ✓ If you're driving, stop quickly (but safely) and stay in the vehicle.

AFTER AN EARTHQUAKE:

- ✓ Examine utility lines, chimneys, and appliances for damage.
- ✓ If you see electrical damage, switch off electrical power at the main panel.
- ✓ If you see damaged water pipes, cut off the water supply at the main valve.
- ✓ If you smell natural gas, shut off the main valve and open windows. Leave the building and call local officials. Don't use open flames or turn on electrical devices until instructed.
- ✓ Listen to the radio for official updates or instructions.
- ✓ Use the phone only to report a life-threatening emergency.



DON'T WAIT! PREPARE FOR EARTHQUAKE:

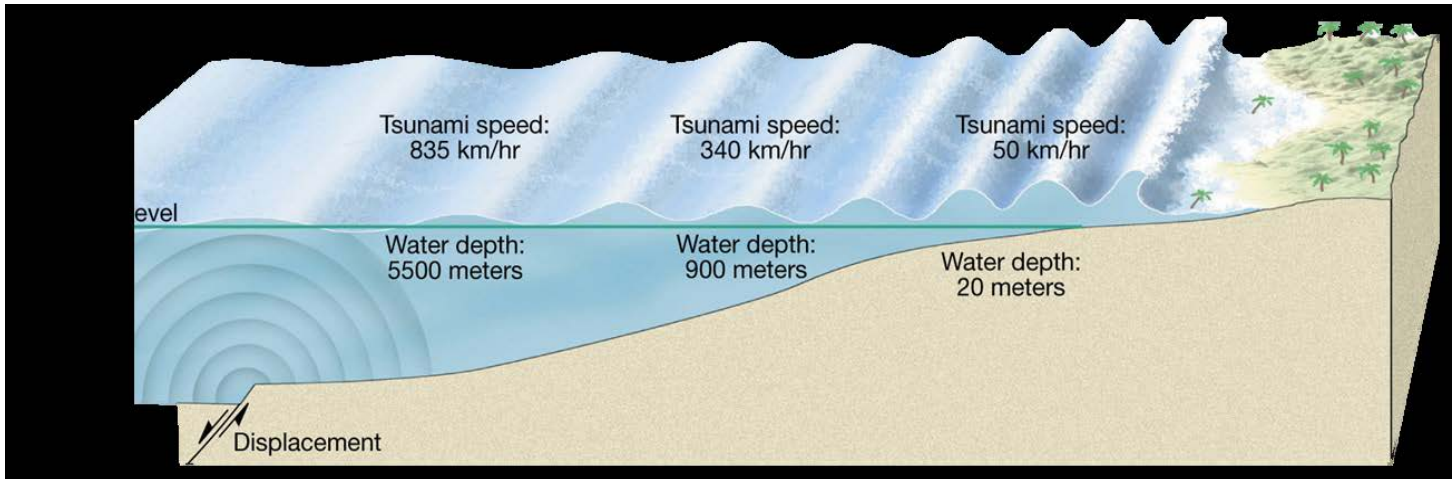
- ✓ **Inspect ceilings and foundations for cracks or signs of weakness. Have them repaired.**
- ✓ **Store chemicals and breakable items in low, closed cabinets with latches. Place heavy objects on lower shelves.**
- ✓ **Bolt or strap cupboards, shelves, and bookcases securely to walls. Brace overhead light fixtures.**
- ✓ **Hang heavy items (such as pictures) securely and away from where people sit.**
- ✓ **Secure water heaters by strapping them to wall studs and bolting them to the floor.**
- ✓ **Install bolts to connect your home to its foundation**
- ✓ **Strap down televisions, computers, and other heavy objects that can shift during a quake.**





EARTHQUAKES



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A tsunami is a series of waves most commonly caused by an earthquake beneath the sea floor. They can occur at any time of the day or night. In deep water tsunamis travel as fast as a commercial jet plane and are hardly noticed by ships. As a tsunami wave approaches the shore from the open ocean, the wave slows down and can grow as high as 60 feet in some locations.



Tsunami Alerts		
Alert Name	Actions	Potential Hazards
 WARNING	Get to high ground or inland IMMEDIATELY Follow tsunami evacuation signage	DANGER! TSUNAMI IMMINENT! Flooding/powerful currents Wave heights > 3 ft. or unknown
 ADVISORY	Stay out of the water and away from the shore	STRONG CURRENTS AND DANGEROUS WAVES in or very near coastal water Wave heights of 1 - 3 ft.
 WATCH	Be prepared to take action Stay tuned to local radio/TV/ NOAA "alert" weather radios	TSUNAMI IS POSSIBLE Alert level may change once more information is known
 INFORMATION STATEMENT	No action needed	NO TSUNAMI IMPACT EXPECTED Alert level may change once more information is known
THREAT Message: Intended to alert international partners only. Not applicable to U.S. coasts		
THE NATIONAL TSUNAMI WARNING CENTER ISSUES OFFICIAL TSUNAMI ALERTS. CHECK TSUNAMI.GOV OR WEATHER.GOV WEBSITES FOR TSUNAMI ALERT DETAILS.		

3 Key elements to prepare for a tsunami

1. Develop a family disaster plan. Everyone needs to know what to do on their own to protect themselves in case of disaster. Practice!
2. Be familiar with local earthquake/tsunami emergency plans. Know where to go to survive a tsunami. Identify the closest evacuation routes to high ground near your home/work/school etc.
3. Prepare 2 weeks ready emergency kits for your home and go-bags in your vehicle, and at work.

TSUNAMI