



Colorado Springs Emergency Preparedness and Safety Guide



My Contact Information

Fill out each field with your contact information to create a brief contact list.

First Name _____

Last Name _____

Telephone Number _____

E-mail Address _____

My Emergency Contact

First Name _____

Last Name _____

Telephone Number _____

E-mail Address _____

My Out-of-Town Contact

First Name _____

Last Name _____

Telephone Number _____

E-mail Address _____

My Neighborhood Meeting Place

Street 1 _____

Street 2 _____

City, State, Zip _____

Telephone Number _____

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For additional copies of this guide, please contact the Colorado Springs Office of Emergency Management

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Emergency Management in Colorado Springs

Success of the local emergency management system in Colorado Springs is built on an all-hazards approach and strong partnerships within the emergency management community. This community consists of federal, state and local partners; volunteer and other non-governmental and community-based organizations; surrounding military facilities; and the private sector, such as large retailers and medical services providers.

The City of Colorado Springs Office of Emergency Management (OEM) is responsible for providing mitigation, preparedness, response, recovery and coordination for large-scale emergencies and disasters to the citizens of Colorado Springs for the purpose of saving lives and preventing property damage. OEM proactively plans for hazards, works to reduce threats and prepares Colorado Springs' citizens to respond to and recover from a disaster.

Services Provided

OEM serves the City of Colorado Springs and its citizens through the following activities

- Mitigate and plan for large-scale all-hazards emergencies and disasters.
- Develop and maintain the City's Emergency Operations Plan and Emergency Operations Center.
- Serve as liaison to local, county, state, military and federal agencies and departments.
- Coordinate multi-jurisdictional exercises.
- Manage resources needed to assist first responders and partner agencies.
- Educate the public about preparedness and community hazards through Citizen Emergency Response Training, community events and presentations.
- Administer federal and state grant funding to provide assistance and increase preparedness and response capabilities throughout the community.

Mitigation

Mitigation activities are designated to reduce or eliminate risks to persons or property or to lessen the actual or potential effects or consequences of an incident. Mitigation measures may be implemented prior to, during or after an incident. OEM is in charge of writing and updating the Pre-Disaster Mitigation Plan (PDM) for the City. The purpose of the PDM Plan is to establish a policy and blueprint to institutionalize new and existing ongoing programs, processes and procedures to continuously reduce the impacts of events in the City.

Preparedness

OEM management and staff take actions that involve a combination of planning, resources, training, exercising and organizing to build, sustain and improve the City's operational capabilities before, during and after an emergency event. Preparedness is the process of identifying the personnel, training and equipment needed for a wide range of potential incidents and developing specific plans for delivering capabilities when needed. The planning for, training on and exercising of disaster scenarios provides the City's first responders and emergency coordinators a chance to address and resolve challenges before a real disaster occurs.

OEM helps citizens to prepare for disasters through Citizen Emergency Response Training (CERT). OEM staff also conducts preparedness presentations for businesses, civic organizations, community meetings and events.

Because it is impossible to predict when a specific disaster will occur, OEM participates in and helps plan numerous preparedness exercises throughout the year. The exercises are disaster simulations that may involve all levels of government and can range from an organized discussion about a potential threat to full-scale training that involves actual response units, real-time events and actors who play the role of victims.



Response

Emergency response is the immediate actions taken by first responders and emergency coordinators to save lives, protect property and the environment, and meet basic human needs. During a large disaster, the Office of Emergency Management provides overall coordination for citywide response efforts. This can involve activation of the Emergency Operations Center which becomes a single gathering point for representatives from City departments and partner agencies. These representatives facilitate resource coordination, mutual aid and policy decisions. Response also includes the execution of emergency plans and actions to support short-term recovery.



Recovery

The Office of Emergency Management assists in the coordination of both short-term and long-term recovery functions. Short-term recovery efforts begin immediately following an emergency or disaster as the City works to restore basic services and functions to the affected community. Long-term recovery involves restoring economic activity and rebuilding communities and citizens' quality of life.

How to Use This Guide

The Colorado Springs Emergency Preparedness and Safety Guide provides tips and tools for individuals and families to be prepared for emergency events and disasters at home, school, work and in public places. Please take time to read this guide, develop your plans and pack emergency supply kits so you may be better prepared to respond to and cope with the aftermath of a disaster or crisis. The guide is intended to be a tool to assist individuals and families in making emergency preparedness a part of daily life. Some of the fundamentals you will learn are:

- The different types of emergencies that may affect you and your community.
- Information about the automated emergency notification system and how to register your phone number.
- Tips on reporting emergencies.
- How to prepare an emergency supply kit.
- How to prepare an emergency evacuation supply kit to take with you in the event of an evacuation.
- How to create a family emergency plan.
- Actions to take if you are advised to shelter-in-place or evacuate.
- How to get involved.
- Telephone numbers and internet links for additional information on emergency preparedness.

Emergencies can occur quickly and without warning. There are simple steps that you and your loved ones can take to be better prepared. The best way to keep yourself and your family safe is to be prepared **before** an emergency event or disaster happens. Citizens should be prepared to survive on their own for a minimum of three days in the event of an emergency. By using this guide, you will accomplish three vital steps toward individual and family emergency preparedness:

- **Get a Kit.**
- **Make a Plan.**
- **Be Informed.**

We hope you will use this guide to make emergency preparedness a part of your daily life and, in the process, help make your neighborhood and community safer places to live. This guide is also available online at www.springsgov.com on the Office of Emergency Management home page.

Why This Guide is Important

Individuals and households play an important role in the overall emergency management strategy of a community. Community members can contribute by:

- Learning about possible emergency events in your community.
- Enrolling in personal safety and emergency response training courses.
- Being aware of the outdoor environment and related activities.
- Preparing emergency supply kits and household emergency plans.
- Reducing hazards in and around their homes.
- Monitoring emergency communications carefully.
- Volunteering with an established organization.

Learning about possible emergency events in your community

Understanding what natural disasters, accidental events or purposeful terrorists activities may occur in your area will help individuals and families focus on preparedness activities. Learning what actions to take before, during and after specific types of emergencies or disasters increases individual and family resilience and speeds the recovery process.

Enrolling in personal safety and emergency response training courses

Emergency response training, whether the Citizen Emergency Response Training course through the Office of Emergency Management or basic first aid through the American Red Cross, will enable residents to take initial response actions required to take care of themselves and their households, thus allowing first responders to focus on higher priority tasks that affect the entire community.

Being aware of the environment and related outdoor activities

Living in Colorado Springs affords citizens and visitors with closeness to the Rocky Mountains and its environment. Following sound practices to ensure your health and safety while enjoying the numerous parks and open spaces will result in enjoyable and memorable experiences.

Preparing emergency supply kits and household emergency plans

By developing household emergency plans and assembling disaster supplies in advance of an event, people can take care of themselves until assistance arrives. This includes supplies for household pets and service animals. These preparations will reduce demand and allow first responders to focus on those individuals in most need.

Reducing hazards in and around homes.

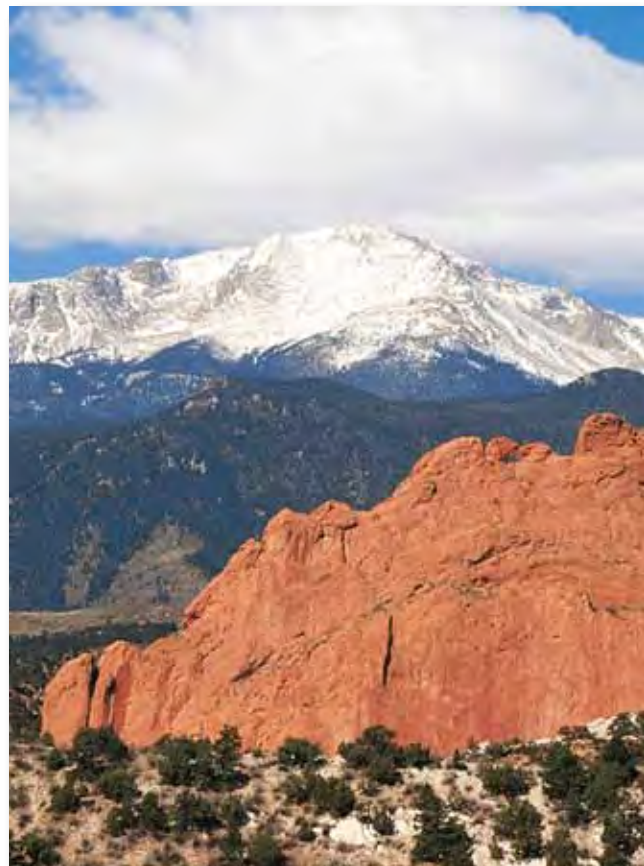
By taking simple actions, such as raising utilities above flood level, securing objects during high winds and learning about proper use and storage of household chemicals, people can reduce the amount of potential damage caused by an emergency or disaster.

Monitoring emergency communications carefully

Throughout an emergency, critical information and direction will be released to the public via various media, including radio, television and the internet. By carefully following the directions provided, residents can reduce their risk of injury, keep emergency routes open to response personnel and reduce demands on landline and cellular communication.

Volunteering with an established organization

Organizations and agencies with a role in response and recovery seek hardworking, dedicated volunteers. By volunteering with an established voluntary agency, individuals and households become part of the emergency management system and ensure that their efforts are directed where they are needed most. Please see page 13 for additional information on volunteer opportunities.



Emergency Communications

Before, during and after an emergency event, the timely and accurate distribution of information is essential in protecting and assisting the citizens of Colorado Springs. People need to understand what is happening, what actions they should take, how urgent their actions are and what to expect. In Colorado Springs, there are a variety of ways that emergency communications are provided to citizens, including the Emergency Alert System, Emergency Notification System, weather radios, the National Weather Service internet site, and local television, radio and print media.

Emergency Alert System

Source: Colorado State Emergency Communications Committee

The Emergency Alert System (EAS) is a nationwide method of alerting the public to emergency events and disasters. In Colorado, the EAS system is comprised of 15 geographic areas with individual plans. Colorado Springs falls within the Pikes Peak EAS area covering El Paso and Teller Counties. Current Federal Communications Commission regulations require all television broadcast stations and cable systems to participate in EAS tests and activations. During an emergency, the public will see an EAS message scroll across television screens.

El Paso-Teller County Enhanced 911

Source: El Paso-Teller County Enhanced 911

A 911 system is considered enhanced when a citizen calls 911, is routed to a specific location and the caller's address and telephone number are displayed on a computer screen for the dispatcher to reference. For Colorado Springs residents, these calls go to the Police Department. When cell phones are used to dial 911, the telephone number and the location of the cell site or base station transmitting the call will appear. In some cases, the latitude and longitude of the caller will be provided for the dispatcher depending on the technology of the phone and service provider.

For additional information on Enhanced 911 in the Colorado Springs area or to register your cell phone number at your physical address, please go to www.elpasoteller911.org.



Cell Phone Emergency Notification System

To receive early warning notification calls related to emergency events happening in your area via cell phone, register your number with El Paso-Teller E-911 to be added to the cell phone database.

www.elpasoteller911.org

Emergency Notification System

Source: El Paso-Teller County Enhanced 911

The Emergency Notification System (ENS) allows 911 dispatchers to send recorded emergency notifications to telephone numbers in specific geographic areas. Emergencies can include severe weather, evacuations, hazardous material releases, missing persons, terrorist threats and neighborhood emergencies.

Please follow the instructions given during the message, and if prompted, call the phone number that is provided to you for further information.

How to prepare for notification

- When a notification is made, the system will send the message to businesses and residents who have a wired telephone within a specific area.
- Cell phone users must register their numbers at www.elpasoteller911.org to receive Emergency Notification System alerts. You can register two cell phones numbers per address regardless of area code.
- You must reside in El Paso or Teller Counties to participate in local ENS and it can take up to 90 days to get the number into the Emergency Notification System database.
- Voice Over Internet Provider (VOIP) subscribers should check with their service provider to see if they submit their data to the National 911 database to make it possible for the subscriber to receive Emergency Notification System alerts.

What to expect when you get a call

- When you answer an Emergency Notification Alert, the line will be silent because the system is voice activated. When you say "hello," a voice says "This is an important message from 911, press 1 to hear the message."
- After pressing 1 the emergency message plays.
- Upon completion of the message, the system will ask you to press 2 to end the call.
- The system will call you back again if you end the call before the entire message has played.
- Please do not hang up until you have heard the entire message.

What if you do not answer

- Since the Emergency Notification System is voice activated, the system can be triggered by an answering machine or a voice mail service.
- The system knows it is interacting with a machine if it detects the prompts are not being followed.
- The system has a built-in delay to allow the answering machine greeting to play if the prompts are not followed.
- Once the greeting is finished the emergency notification message will be left.
- Telephone customers who do not have an answering machine or voice mail will not receive the message.
- The display will read "911 Event" if a wired telephone customer has caller I.D.

National Weather Service

The local National Weather Service (NWS) office serving Colorado Springs and the surrounding area is located in Pueblo, Colorado. The Pueblo office provides forecasts, warnings and other meteorological information to the general public, media, emergency management and law enforcement officials, the aviation community and other customers. Serving as the nerve center for official government weather services across much of Southern Colorado, the staff at the NWS in Pueblo ensures the delivery of timely information on critical weather.

By accessing the NWS Web site at www.nws.noaa.gov, you can receive the local seven-day forecast, current weather conditions, radar and satellite images and the latest information on any current or expected hazardous weather conditions. To access this information, type "Colorado Springs, CO" into the box at the upper left corner of the NWS home page where it says "Local forecast by "City, St" and click on GO.

Weather Radios

National Weather Radio is an "All Hazards" radio network, making it your single source for comprehensive weather and emergency information. In conjunction with Federal, state and local emergency managers and other public officials, warning and post-event information is broadcast for all types of hazards – including natural, environmental and public safety. Weather radios receive weather and public service announcements from the National Weather Service and the Emergency Alert System. National Weather Radio broadcasts official NWS warnings, watches, forecasts and other hazard information 24 hours a day, 7 days a week.

A special radio receiver or scanner capable of picking up the National Weather Radio network signal is required. Conventional wall-powered

and battery-operated weather radios typically can be purchased for less than \$50 through a variety of retail and online outlets. Radios with the Specific Area Message Encoding (SAME) technology allow you to program for your specific area.

**Colorado Springs
National Weather
Radio Station**
Call Sign WXM-56
Site Name
Colorado Springs
Site Location
Cheyenne Mountain
Frequency 162.475 MHz
SAME Code 008041

Reporting Emergencies

Call 911 when you

- See fire.
- Smell smoke or gas.
- See or hear an explosion.
- See a downed power line.
- See or have a need for medical assistance.
- See a suspicious person or vehicle in or leaving a secured area.
- See a person with a weapon.
- See a suspicious package in a public area.
- See someone being forcibly detained or taken against his or her will.
- See or become aware of an immediate threat to life and/or property.
- See something that is noticeably different which may present a threat.

When calling 911

- A well-trained call-taker will answer the phone.
- Wait for the call-taker to ask you questions.
- If possible, have the victim or witness at the phone.

Be prepared to answer these questions

- What is the address where the incident occurred?
- Is the location a house, apartment or business?
- What address are you calling from?
- What is your name?
- What is your phone number?
- When did the incident occur?
- Can you describe the suspect (if applicable)?
- Race, sex, age, height, weight, hair, glasses, clothing, etc.
- What was the suspect's mode of travel? On foot, bike, vehicle, cab, etc.
- Did the suspect have a weapon, what type? Revolver, semi-automatic pistol, knife, pepper spray, etc.
- Where was the suspect when you last saw him/her and which direction were they traveling? (north, south, east, west, etc.)

When calling 911 about a suspicious person or vehicle, and if it is safe to do so

Observe the suspect

- Observe without staring.
- Start at the top of the head.
- The more detail the better.
- Note unique features.
- Write down details.

Observe the vehicle

- Make/Model/Color
- Approximate year
- Body style
- Anything unique
- License plate number and state
- Direction of travel

Do not actually call 911 to practice with your children. Help your children practice dialing and talking to 911 by playing the 911 game on the web at www.firepals.com.

What is Emergency Preparedness?

Preparedness is everyone's job because disasters can happen anywhere at any time. Being prepared and knowing what to do can greatly reduce the fear and anxiety that accompanies an emergency event. Some of the things you can do to prepare, such as making emergency kits and developing family plans, are the same for naturally occurring, accidental, or purposeful terrorist events. There are important differences among potential emergencies that will influence the decisions you make and the actions you take.

Reading this guide and following the tips is a good start toward individual and family preparedness. This guide will help you learn more about the actions you can take before, during and after emergency events or disasters.

Another great way to enhance your knowledge of emergency preparedness is by taking a Citizen Emergency Response Training course through the Colorado Springs Office of Emergency Management. The course will provide you with both classroom and hands-on training. Please visit the Colorado Springs Office of Emergency Management's internet site at www.springsgov.com and follow the Public Safety link for additional information on this training.



Before an Emergency

Get a Kit

When creating your emergency supply kits, think about the things you will need for basic survival: fresh water, food, clean air and warmth. Depending on the size and complexity of the event, local responders may not be able to reach you immediately. Remember that they still need to respond to day-to-day emergencies in addition to emergencies that are a result of the disaster. It may be necessary for you to be self-sufficient for three or more days.

We highly recommend that you prepare the following before an emergency:

- Emergency supply kit for your home, sometimes referred to as a “72-Hour Kit.”
- Emergency car kit for each vehicle.
- Emergency “Go Bag” in the event of an evacuation.

Kits should contain enough supplies for a minimum of three days for each person in your household. By using items in your home and shopping at sales or thrift stores, the kits can be assembled inexpensively. Supply list suggestions are included on page 53 and 58. Additionally, a wide variety of pre-made kits are available for sale. Please carefully review their contents to ensure that they will suit the needs of your household.

Additional information is available at www.springsgov.com, www.readycolorado.org and www.ready.gov. Ready.gov also provides helpful instructional videos.



Family Records and Financial Recovery

If you quickly evacuate your home, you may not have time to gather important documents before leaving and it may be days or weeks before you are able to return. The recovery process can be smoother if you take steps to protect and ensure timely access to important vital records and financial information. Many community, government and disaster-relief organizations offer assistance after an event. Having back-up records and documents will make a significant difference during this process.

See the *Important Documents* checklist from READYColorado (page 63) for a list of information you may need to file insurance claims, pay bills and take care of injured family members.

Additional considerations beyond the checklist may include:

- School records for children currently enrolled.
- Back up of important computer data.
- Maintenance of a written and photographic inventory of your possessions. Include model and serial numbers so you can estimate the value of your property for insurance or tax purposes if it is damaged or destroyed.
- Copies of important documents may be scanned and stored on a flash USB drive and stored in your emergency supply evacuation kit or a safe deposit box.

Financial Planning: A Guide for Disaster Preparedness

is a website for citizens developed by the American Institute of Certified Public Accountants (AICPA), the AICPA Foundation, the American Red Cross and the National Endowment for Financial Education (NEFE). You may also download a copy of **Disaster Recovery: A Guide to Financial Issues** which will provide additional information about how to prepare financially for disasters.

Sign Up for Electronic Benefit Payments

A large-scale disaster can disrupt mail service and the delivery of benefit payments for days or even weeks.

If you receive Federal benefit payments, the U.S.

Department of the Treasury recommends two safer ways to ensure receiving these benefits during an emergency event

Direct deposit to a checking or savings account is the best option for people with bank accounts. Federal benefit recipients can sign up by calling (800) 333-1795 or at www.GoDirect.org.

The Direct Express® prepaid debit card is designed as a safe and easy alternative to paper checks for people who do not have a bank account. Sign up by calling toll-free at (877) 212-9991 or sign up online at www.USDirectExpress.com.

Signing up for direct deposit or the Direct Express card is a simple but important step that can help protect your family's access to funds in case the unthinkable were to happen. If you or those close to you are still receiving Social Security or other federal benefits by check, consider switching to one of these options.

Make a Plan

Your family may not be together when a disaster occurs so it is important to make plans in advance. Loved ones worry about each other during disaster situations. This guide contains a tool to help you complete your Family Communication Plan (page 64-65). Be sure to identify an out-of-town contact to be the communication center and share the information with your loved ones. When everyone checks-in with the contact person, worry and anxiety will be reduced.

You may also want to check into emergency plans at work, schools and daycares. If you live in an apartment or condominium, ask the management about emergency plans for the community. Another thing you could do is to talk with your neighbors about how you can work together in the event of an emergency.

Individual and Family Plans

Preparedness starts with gaining knowledge to become informed and then taking appropriate action prior to an emergency. An excellent way to get your family involved is to dedicate a few hours for everyone to gather supplies and assemble kits together. This provides a great opportunity to discuss what everyone will do during an emergency event, whether you are evacuating or sheltering-in-place. The time together will allow you to develop your emergency plans, discuss special needs and plan for your pets or animals.



Some of the basics to help you get started:

- Hold a household meeting and develop an emergency plan.
- Draw a floor plan of your home and mark two escape routes from each room.
- Develop a Family Communication Plan (page 64-65).
- Complete a family contact information card and ensure each family member has one.
- If you have a household member with a disability or special need, complete the Special Needs Plan (page 68-69).
- Practice your plans.
- Safeguard your financial recovery.
- Learn how and when to turn off all of your utilities at main switches.

There are checklists provided at the back of this guide to assist you and your family in accomplishing your plans.

Planning for Infants, Toddlers and Children

Disasters are traumatic for children even if they know what to do. Talking with your children, practicing your plans and giving them guidance are important steps in reducing their fear. If your family needs to evacuate and daily routines are changed, children may become anxious, confused and/or frightened. In a disaster, children will look to you and other adults for leadership and to help them cope with the situation. How you react to an emergency gives them clues on how to act. If you are fearful, sad or angry, a child's emotions could be intensified.



You can help prepare your children:

- Make sure every family member knows what to do in the event of an emergency.
- Identify at least two ways to exit from each area in your home.
- Agree on a meeting place in the event family members are not together.
- Practice your plans.
- Ensure your children know their phone number and home address, including nearby cross streets and landmarks.
- Teach them to stay in touch. Make sure they check in with a parent or guardian immediately when they get home from school or other activities.
- Make sure they know how to contact you at work.
- Talk to your child about how and when to call 911.
- Do not actually call 911 to practice with your children. Help your children practice dialing and talking to 911 by playing the 911 game on the web at www.firepals.com.
- Identify places that are safe for children and teens to go in an emergency. Safe havens may be a friend's house, fire or police station, school, library or place of worship. Make sure your children know the phone numbers and addresses for their safe havens.

Infants and toddlers require special attention:

- Your preparedness kit should include enough baby formula, baby food, diapers, bottles, clothing, blankets, toys and games to keep infants safe and comfortable after a disaster.
- Toddlers may need small packets of food and juice. Include clothing, toys, games and a favorite blanket or pillow in your kit.
- Be sure to rotate the formula, food and juice regularly. When your child grows into a larger size, exchange the diapers and clothing in the kit too.

- If children are at preschool, daycare or school, it is important that parents or guardians know the emergency procedures of the school. Review and update information on your child's emergency card as needed.
- Make sure you authorize someone nearby to pick up your children in case you are unable to travel to the school after a disaster.
- Include copies of your children's birth certificate and immunization records in your emergency supply kit.

Planning for Military Families

Source: FEMA

As part of our Nation's military, whether on active duty, reserves, civilian employee or family member, you play an important role in ensuring the welfare of our homeland. It is also important to prepare yourself and your family for all types of emergencies so you can increase your personal sense of security and peace of mind.

Considerations for all military personnel and families:



- After relocating, learn the types of emergencies likely to affect the area and update your emergency supply kit and plan with new materials if necessary.
- Public warning systems may differ by community. Messages could be transmitted by outside speakers or sirens, telephone alert, or some other system or procedures.
- Establish an emergency plan with an out-of-town contact you and your family members can reach.
- If you live off base, threat levels or other circumstances may keep you from getting back on base for day-to-day activities following an emergency. Know alternative places to shop or obtain things you normally get on base.
- Collecting and recording important personal and financial documents is already a part of preparing for deployment. Be sure to include these documents in your family's emergency supply kit.
- During or after an emergency, you need to report to your command. Learn and follow the established procedures.

Additional resources for military families:

- Military family preparedness at www.ready.gov/america/getakit/military.html.
- Ready Army at www.ready.gov/america/getakit/army.html.
- Operation Prepare for the Navy at www.ready.gov/america/getakit/navy.html.
- Ready Air Force at www.ready.gov/america/getakit/airforce.html.
- Ready Coast Guard at www.ready.gov/america/getakit/coastguard.html.

Planning for People with Disabilities and Special Needs

Millions of Americans have physical, medical, sensory or cognitive disabilities that cause emergencies to present a great challenge. Similar challenges may also apply to infants, elderly persons or other individuals such as being a single working parent, speaking with limited English proficiency or having limited access to a private automobile.

This section of the guide provides additional information to consider as you build your emergency supply kits and develop your plans. By evaluating your own personal needs and making plans, you can be better prepared for any situation. If you or someone close to you has a disability or special need, you may have to take additional steps to protect yourself and your family in an emergency.

Create a support network

One of the most important actions you can take to prepare for emergencies and disasters is to build a personal support network. Your network might include family, friends, co-workers or caregivers. Develop a written emergency plan and share it with everyone in your network. If you need assistance creating the plan, ask someone to help or see the following list of resources for additional information.



Planning considerations:

- Consider how a disaster might affect your individual needs.
- Check for hazards in your home. Items that can move, fall, break or cause fire are hazards. Look at your surroundings for anything that could block your escape path during a disaster.
- Plan to be self-sufficient for at least three days.
- Identify what kind of resources you use on a daily basis and what you might do if they are limited or not available, such as medical supplies, pharmaceuticals and other specific items you will need.
- Make sure everyone in your support network knows how you plan to evacuate your home or workplace and where you will go in case of a disaster.
- Make sure that someone in your local network has an extra key to your home and knows where you keep your emergency supplies.

- Teach the individuals who will help you how to use any lifesaving equipment and how to administer medicine in case of an emergency.
- Practice your plan with the people in your network.
- Ensure pets are included in your evacuation plan. However, if you are going to a public shelter, it is important to understand that animals may not be allowed inside.
- Consider sheltering alternatives that will work for both you and your pets.
- Know the location and availability of more than one facility if you are dependent on a dialysis machine or other life-sustaining equipment or treatment.
- Make arrangements to prepare for scheduled or unpredictable power outages if you are on electric-powered life support systems by calling Colorado Springs Utilities at (719) 448-4800 and asking about the Life Support Notification Program.

Medications and medical supplies:

- If you take medicine or use a medical treatment on a daily basis, be sure you have what you need to make it on your own for one to two weeks.
- Make a list of prescription medicines including dosage, treatment and allergy information.
- Talk to your pharmacist or doctor about what else you need to prepare.
- Talk to your service provider about their emergency plans if you undergo routine treatments administered by a clinic or hospital or if you receive regular services such as home health care, treatment or transportation. Work with the providers to identify back-up services and incorporate them into your personal support network.
- Consider other personal needs such as eyeglasses, hearing aids and batteries, wheelchair batteries, and oxygen.

Additional emergency documents:

- Have copies of your medical insurance and Medicare cards readily available.
- Keep a list of the style and serial number of medical devices or other life-sustaining devices and include copies of the owner's manual.
- Include the names and contact information of your support network, as well as your medical providers.
- Be sure your emergency information notes the best way to communicate with you if you have a communication disability.
- Make sure that a friend or family member has copies of the documents.
- Keep the documents in a waterproof container for quick and easy access.

Plan to evacuate:

- Have a plan for getting out of your home, worksite or building.
 - Have an escape chair and ensure multiple family members, neighbors and coworkers are trained on its use and are able to assist you.
 - Ask property management to mark accessible exits clearly and to arrange to help you leave the building.
- Plan two evacuation routes because roads may be closed or otherwise impassible during an emergency event.
- Keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, prescriptions, food for service animals and any other items you might need.
- Be sure to make provisions for medications that require refrigeration.
- Keep a list of the type and model numbers of the medical devices you require.
- Wear medical alert tags or bracelets to identify your disability.

Additional resources for people with disabilities and special needs:

- Preparing for Disaster for People with Disabilities and Other Special Needs (FEMA 476). Provides disaster preparedness information specific to people with disabilities and other special needs, including the elderly.
- www.DisabilityInfo.gov. Find links to additional preparedness information, grants, assistance, government policies, initiatives and much more.
- Disaster Preparedness for People with Disabilities. Available from the American Red Cross or FEMA.

The City of Colorado Springs and El Paso County Special Needs Registry

A special needs registry is available for El Paso County's mobility-impaired residents to provide information to emergency response agencies so those agencies can better plan to serve them in a disaster or other emergencies. The information citizens provide to the registry will not be available to the public and will only be shared with emergency response agencies to improve their ability to serve and protect. Participation in this special needs registry is voluntary.

Information on eligibility requirements and the benefits of participating in this registry may be obtained by dialing 211 or visiting the Pikes Peak United Way at www.ppunitedway.org.

Preparing For Pets and Other Animals

As you make supply kits and emergency/evacuation plans for your household, be sure to make plans for your pets, service animals or livestock. Many emergency shelters will not allow pets other than service animals. If you are unable to evacuate your animals, post a visible advisory on the front door so emergency workers will know there is a pet inside. Inside your home, post your contact information and evacuation destination in a prominent place, such as the refrigerator. Be sure that each animal has at least a 3-day supply of food, water and other essentials.

Additional resources for animals:

- See page 56-57 for pet evacuation preparedness and page 58 for pets and large animal evacuation.
- Humane Society of the Pikes Peak Region, 610 Abbott Lane, Colorado Springs CO 80905, 719-473-1741 or at www.petfinder.com/shelters/CO125.html
- READYColorado at www.readycolorado.com/animalplan.php.
- Colorado State Animal Response Team at www.cvmf.org.



Be Informed

How to Prepare In Your Community

Schools, daycare providers, workplaces and apartment buildings, like individuals and families, should all have site-specific emergency plans. Ask about plans at the places where your family spends time such as work and school. If none exist, consider volunteering to help develop one. You will be better prepared to reunite your family and loved ones safely during an emergency if you think ahead, and communicate with others in advance.

Schools and Daycares

If you are a parent or a guardian of an elderly or disabled adult, make sure schools or daycare providers have emergency response plans. Ask how they will communicate with families during a crisis. Do they store adequate food, water and other emergency supplies? Find out if they are prepared to stay put if need be, and where they plan to go if they must get away.

Neighbors Helping Neighbors

A community working together during an emergency can save lives and property. Meet with your neighbors to plan how you can work together. Find out if anyone has specialized equipment like a power generator or special skills (e.g., medical, technical) that might help during a crisis. Decide who will check on elderly or disabled neighbors. Make back-up plans for childcare in case parents cannot get home. Get to know each other; become a connected community before a disaster occurs.

Join, start or reinvigorate a Neighborhood Watch program. This is a great way for you to share the information in this booklet and develop neighborhood plans. Participate in your Neighborhood or Homeowner's Association and introduce disaster preparedness as a new activity.

Encourage your neighborhood to take training, such as the Citizen Emergency Response Training (CERT) to better assist your community with its preparedness efforts. The American Red Cross, area hospitals and community colleges offer different types of training that will help you be more knowledgeable and ready for a disaster.

Individual Preparedness in the Workplace

An emergency can happen anytime. You and your co-workers should know what to do if one occurs at work. Even if you think you are not in a disaster-prone area, something like a chemical tanker truck overturning or a snowstorm can prevent you from getting to or from work. Workplace violence, pandemic influenza, bomb threats and severe weather are other emergency or disaster events that may interrupt business as usual in the workplace.



What employees should do to prepare:

- Learn and practice emergency plans.
- Know at least two exits from each room.
- Be able to escape in the dark by knowing how many desks, cubicles or doorways are between your workstation and two of the nearest exits.
- Know the post-evacuation meeting location.
- Know the location of fire extinguishers and how to use them.
- Make a list of important personal numbers. Keep a printed list at your desk or near other phones. Do not rely on electronic lists, direct-dial phone numbers or computer organizers that may not work in an emergency.
- Gather personal emergency supplies in a desk drawer. Include a flashlight, walking shoes, dust mask, water and non-perishable food.
- Report damage or malfunctions to the fire alarms or other safety systems.
- Never lock or block fire exits or doorways.
- Keep fire doors closed to slow the spread of smoke and fire.
- Determine how you will help each other in the event that public transportation is unavailable or roadways are impassable.
- Consider offering to temporarily house, transport or feed your co-workers in case of emergency.

If you own or operate a business and want ideas on business disaster preparedness, resources are available at FEMA Ready Business at www.ready.gov/business or the Small Business Administration at www.sba.gov.

Preparedness Tips

- Be alert. Get to know your neighbors. Be aware of unusual or abandoned packages or vehicles and of suspicious activities that should be reported to the police.
- Develop a list of emergency services and their phone numbers and addresses. Share with your neighbors.
- Find out about community emergency plans where you work, worship or volunteer.
- Make sure schools and workplaces have updated emergency contact information, including cell phone numbers, for your family.
- Be knowledgeable about school emergency plans at your children's school. You need to know if your children will be kept at school until a parent or designated adult can pick them up. Be aware that the school may designate another nearby location for pickup.
- Make a plan to meet with family members if an emergency happens while your family is separated. Establish an out-of-town contact that everyone can call. Make sure the contact agrees and that everyone has the number and knows how to dial it. Consider prepaid calling cards and emergency contact lists for your children. Identify places to meet both close to home and some distance away.
- Plan for what you may need if you are away from home during an emergency.
- Keep an emergency car survival kit in your car (page 59). Always keep your fuel tank at least half-full. Remember that if electricity is interrupted, gas pumps do not work.
- Research organizations in your community that work on preparedness efforts. Find out what you can do and volunteer to do it.
- Join, start or reinvigorate a Neighborhood Watch program. It would be a great way to share the information in this booklet and develop neighborhood plans. Find out if your area has a community association and join.

Get Involved

Knowledge and preparedness go hand-in-hand in making stronger families and more resilient communities. There are numerous training opportunities, both in person and online, that will assist you in developing your plans and enhancing your level of preparedness.

Citizen Emergency Response Training (CERT)

Citizens have come to expect that when they report an emergency, help will arrive immediately. During a large disaster, police, fire and medical responders may be overwhelmed and unable to assist you right away. It is important that citizens know how to be self-sufficient for a minimum of 72 hours or until help does arrive.

CERT is a **free** course that provides citizens with basic training in disaster preparedness and response. Through classroom learning and hands-on training, people learn how to help themselves, their families and their neighbors during and immediately following a disaster. The course does not offer certification in CPR or first aid. Topics include:

- Disaster Preparedness
- Disaster Medical Assistance
- Fire Safety
- Light Search and Rescue
- Terrorism
- Disaster Psychology
- CERT Organization



Classes are open to all interested citizens over the age of 14. Please note that individuals between the ages of 14-17 must attend with a parent or legal guardian. Online registration is available on the Colorado Springs website at www.springsgov.com. Then click on Public Safety, Office of Emergency Management to view the class dates and registration form. For more information, contact the Colorado Springs Office of Emergency Management at 719-385-5957 or cert@springsgov.com.

American Red Cross

The Pikes Peak Chapter of the American Red Cross is a great resource for preparedness information and training. Training is available in various levels of first aid and CPR certifications. Courses that train individuals to respond as part of a team to local and national disasters are also available. The Chapter carries a wide variety of preparedness brochures and other informational resources. Contact them at 719-632-3563 or www.pparc.org.



Colorado Division of Emergency Management

The Colorado Division of Emergency Management offers numerous training opportunities throughout the year. Information on their training and exercise calendars is available at their website, www.dola.state.co.us.

Federal Emergency Management Agency (FEMA)

FEMA is part of the Department of Homeland Security, and offers a variety of free independent study classes on their website at www.training.fema.gov/IS. Participants will receive a certificate of completion.

Neighborhood Watch

Source: Colorado Springs Police Department

A Neighborhood Watch is a group of neighbors who are willing to communicate with each other and pass along information. The group fosters education on crime prevention and watches for suspicious activity and reports the activity to the police. Neighborhood Watch does not require citizen patrols or citizen assists.



A Neighborhood Watch group involves all the houses on one street facing one another, cul-de-sacs and greenbelts, which usually consist of 10-25 households. Each Neighborhood Watch program has a block captain who is a direct liaison with the Police Department through the Division Crime Prevention Officer. Your Division Crime Prevention Officer can provide crime prevention information, current crime statistics for your neighborhood and a list of all registered sex offenders living in your area. The block captain also distributes information from the Police Department to the neighbors.

For more information or to start a Neighborhood Watch program in your area, schedule a meeting with your Division Crime Prevention Officer.

Volunteer

The Pikes Peak area is fortunate to have a wealth of volunteer opportunities at various organizations. Volunteer your time and talents or provide support to others. Check with local organizations or government entities, civic organizations or an online volunteer matching website.

Additional Resources on Volunteering

- Volunteer Pikes Peak at www.volunteerpikespeak.org
- Pikes Peak United Way at www.ppunitedway.org

During an Emergency

It is important to remain calm during and after an emergency. Being prepared and having your plans in place will make it easier for you to get through the crisis. Stay tuned to local radio or television stations for information updates. Emergency officials may notify the public to shelter-in-place or evacuate. Being prepared for either situation may save your life and the lives of others.

Sheltering

Being outside during some emergencies will increase the danger. Local officials may advise you to shelter-in-place. This means staying inside a safe building such as your home, workplace or school. If you are outdoors, you may need to enter a nearby building to seek cover. When an emergency occurs, items needed to shelter-in-place will quickly be in short supply and there may not be time to get the items you need. Plan ahead by inventorying your supplies, obtaining missing items and writing down where they are stored. Consider storing additional food, water and other supplies to expand your kit to last up to two weeks.

Sheltering-in-place is most commonly used for chemical, biological, radiological or other hazardous material emergencies but can also be used during some storms and some police emergencies where evacuation and exposure to the outside can be life-threatening.

Steps for sheltering-in-place (if you have time and if it is safe)

- Bring pets inside.
- Close and lock all windows and exterior doors.
- Locate your emergency supply kit or take it to the designated shelter room.
- Go to an interior room with the fewest windows and doors:
 - Stay away from windows if there are any in the room.
 - Go to an above-ground level location in the case of a chemical threat because some chemicals are heavier than air and may seep into basements even when the windows are closed.
 - Go the basement or interior room with strong structural support if the emergency is related to severe weather where flooding is not a threat.
- Seal doors, windows and fireplaces with wet towels or plastic sheeting and duct tape if the emergency is airborne, such as a disease, chemical release or radiation.
- Turn off all fans and heating and air conditioning systems if the emergency is airborne.
- Take shallow breaths through a cloth or a towel if gas or vapors have entered the building.
- Listen to a local radio or television station for news and instruction and follow the advice of local emergency officials.

Evacuation

In some emergencies, officials will tell you when to evacuate. In other situations, you may decide to evacuate on your own. Red Cross shelters may be opened if a disaster affects a large number of people and/or the emergency is expected to last several days. Please listen to the local news media for updates on sheltering locations.

Steps for evacuating

- Stay tuned to a radio or television for information on evacuation routes, temporary shelters and procedures.
- Take your emergency evacuation kit with you when you leave.
- Take additional evacuation kits for persons with special needs, children or pets/animals if necessary.
- Let your emergency contact person know that you are evacuating and where you are going.
- If you have time, close windows, shut all vents, turn off attic fans, turn off utilities (see page 15) and lock doors.
- Help your neighbors who may require special assistance.
- Leave immediately and follow the routes recommended by the authorities.
- Do not return until authorities announce that it is safe to do so.

Additional information on evacuation

- Colorado Springs Evacuation Tips on page 54-55.
- Colorado Springs Utilities at 719-448-4800 or www.csu.org.
- Information on assisting people with disabilities during an evacuation is available at READYColorado, www.readycolorado.com/personalplan.php, or FEMA, www.fema.gov/plan/prepare/specialplans.shtm.
- Information on planning for animals is available from the American Veterinary Medical Association at www.avma.org and READYColorado at www.readycolorado.com/animalplan.

Utility Considerations During an Emergency

When disaster strikes it often affects one or more of the utility systems connected to our homes. Therefore, it is important to know where the main controls are located and to know when and how to turn them off. It is best to learn these things before disaster strikes.

Electricity

- Locate your main electrical switch or fuse panel and learn how to turn the electrical system power off.
- If a generator is used as a backup power supply remember to:
 - Follow the manufacturer's instructions.
 - Connect lights and appliances directly to the generator and not the electrical system.
- Note: Generators connected to a utility company's electrical system must be inspected by the utility and the state electrical inspector.

Circuit Breaker

Circuit Box with Shutoff

Pull-out Cartridge Fuses

Fuse Box with Shutoff

- Step 1 – Shut off individual breakers.
- Step 2 – Shut off the main breaker.
- To reset a circuit breaker, first turn it to off and then flip it to on.
- Step 1 – Pull out individual fuses.
- Step 2 – Pull out main fuse.

Natural Gas

- Locate your gas meter valve and learn to turn off the gas. The gas meter is usually found outside your residence where most of the utilities are connected. The shut off valve is usually found just beneath the gas meter on the plumbing coming up from the ground into the meter.
- If you suspect the shutoff valve is not working properly, call the utility company for an operational check.
- Ensure a wrench is immediately available for turning the meter off in an emergency.
- If you smell natural gas, evacuate immediately. Do not use candles, matches, lighter, open flame appliances or operate electrical switches. Sparks could ignite gas causing an explosion.

- The main shut-off valve is located next to your meter on the inlet pipe.
- Use a crescent or pipe wrench and give the valve a quarter turn in either direction.
- The valve will now run crosswise on the pipe. The line is closed.

- Shut off the gas only if you notice structural damage to your house or smell gas or hear a hissing noise. Let the gas company turn the gas back on.
- Seek the assistance of a plumber to repair gas pipe damage.

Water

- Clearly label the water shut off valve and learn to turn off the water supply. Shut off valves may be found immediately adjacent to your home, near the hot water heater or at the main water meter, usually near the street.
- Ensure valve can be fully turned off. If a special tool is needed, make sure one is readily available.
- Shut off the main valve to prevent contamination of the water supply in your water heater and plumbing.

- Locate the shut-off valve for the water line that enters your house.
- Turn the valve clockwise to close the water line.

Reconnecting Utilities

- **It is possible that power or gas lines may be damaged.**
- **Never attempt to restore gas service yourself.**
- **Contact your local utility company to restore service to your home or business.**

After an Emergency

The first concern after a disaster is the health and safety of you and your loved ones. Your planning and preparedness efforts will strengthen everyone's ability to recover.

Consider these general tips to take after an emergency event

- Take care of yourself, your family and those around you first.
- Pace yourself during recovery activities to avoid exhaustion, illness, or injury.
- Drink plenty of clean water, eat well and get enough rest.
- During clean up or debris removal, protect yourself by wearing work boots, gloves and eye protection.
- Wash your hands thoroughly with soap and clean water often when working in debris.

Disasters may cause a wide variety of safety issues

- Use caution if you are driving due to the potential for damaged roadways or debris.
- If traffic signals are out, treat each signal as a stop sign.
- Watch for washed-out roads, contaminated buildings, contaminated water, gas leaks, broken glass and damaged electrical wiring.
- Be careful both inside a building and outside.
- Inform local authorities about health and safety issues, including chemical spills, downed power lines, washed out roads, smoldering insulation and dead animals.

Emotional Recovery

Recovery from a disaster or emergency event may continue well after it is over. It is normal to have reactions as you deal with the emotional and psychological effects of the event. It is important to allow people to react in their own way.

Reactions vary from person to person and may include

- Restless sleep or nightmares.
- Anger or wanting revenge.
- Numbness or lack of emotion.
- Needing to keep active, restlessness.
- Needing to talk about experiences.
- Loss of appetite.
- Weight loss or gain.
- Headaches.
- Mood swings.

It may be helpful to talk with family, friends or a religious or spiritual advisor about what happened and how you feel about it. It may be a good to spend time doing things other than watching or listening to news of the disaster. Activities such as volunteering at a local shelter, blood bank or food pantry to assist emergency victims may help your own recovery as well as helping others.

Recovery for Children

After a disaster, children are most afraid that the event will happen again. Common fears include someone will be injured or killed; they will be separated from their family and/or they will be left alone.

The following tips may help to reduce your child's fear and anxiety after an event

- Keep the family together.
- Calmly and firmly explain the situation in simple language.
- Keep them informed about what is happening.
- Encourage children to talk about their fears. Let them ask questions and describe how they're feeling. Listen to them.
- Children may tell stories about the emergency over and over again—this is a common way for them to grasp their experience. You may also want to share your feelings about the event with them.
- Reassure them with love. Tell them they are safe, everything will be all right and life will return to normal again.
- Emphasize that they are not responsible for what happened.
- Hold and hug them frequently.
- Include them in recovery activities.
- Encourage them to return to school and discuss problems with teachers and to resume playing games, riding bikes and other activities.
- Limit the amount of time children are exposed to media coverage of disasters and people's reactions to the events. This can be very upsetting to children, especially if the images are shown over and over.



Actions common to all types of hazards

Regardless of what type of disaster or event that may affect you and your family, there are steps you can take to help you before, during and after the event to reduce its impacts.

- **Listen to your radio, television or NOAA Weather Radio for weather reports and emergency information from public officials.**
- **Pay attention to announcements by emergency management, fire or police officials regarding actions the public should take.**
- **Talk to your insurance agent to ensure proper coverage for your home or other personal property if you are at risk from types of natural hazards.**
- **Know ahead of time what you should do to help elderly or disabled friends, neighbors or employees.**
- **Be alert to changing weather conditions and take appropriate precautions when necessary.**

Types of Emergencies

It is not always obvious at the outset whether a seemingly minor event might be the initial phase of a larger, rapidly growing threat. A disaster, or other event of significance, represents the occurrence or imminent threat of widespread or severe damage, injury or loss of life or property, or significant adverse impact on the environment, resulting from any natural, terrorism and other types of events.



Natural Hazards

The Colorado Springs area has endured numerous natural disasters. These include flooding, wildfire, landslides and severe weather events. There is no certainty that subsequent disasters will be equal, less, or greater than the magnitude of previous disasters. However, as the City continues to grow, the consequences from a major disaster are exponentially increasing. Located in the middle of two major topographic influences – the Rocky Mountains and the Palmer Divide – Colorado Springs frequently experiences extreme weather conditions.

Extreme Heat

Heat kills by pushing the human body beyond its limits. Most heat-related illnesses or deaths occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children, and those who are sick or overweight are more likely to succumb to extreme heat.



Before extreme heat

- Weather-strip doors and sills to keep cool air in.
- Install window reflectors such as aluminum foil-covered cardboard to reflect heat.
- Cover windows that receive morning or afternoon sun with drapes, shades or awnings.
- Install window air conditioners and insulate gaps.

During a heat emergency

- Stay indoors as much as possible and limit exposure to the sun.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls and other community facilities.
- Drink plenty of water and limit intake of alcoholic beverages to prevent dehydration.
- Dress in loose-fitting, lightweight and light-colored clothes that cover as much skin as possible.
- Protect face and head by wearing a wide-brimmed hat.
- Avoid strenuous work during the warmest part of the day.
- Check on family, friends and neighbors who do not have air conditioning and are frequently alone.
- Never leave children or pets alone in closed vehicles.

Flood

Historically flash flooding is the deadliest and most damaging hazard to affect Colorado Springs. This natural disaster continues to pose a high-priority threat to Colorado Springs. Flooding can occur along a waterway in one drainage area or in larger watersheds. Flash floods can develop quickly, sometimes in just a few minutes and without any visible signs of rain. Flash floods often have a dangerous wall of roaring water that carries rocks, mud, and other debris and can sweep away most things in its path.

Flood Facts

- Six inches of moving water can make an adult fall.
- Six inches of water will reach the bottom of most passenger cars causing loss of control and possible stalling.
- A foot of water will float many vehicles.
- Two feet of rushing water can carry away most vehicles including sport utility vehicles (SUV's) and pick-ups.

Before a flood

- Elevate and reinforce your home if you live or plan to build in a flood prone area.
- Elevate the furnace, water heater and electric panel if your home or business is susceptible to flooding.
- Install back-flow valves in piping to prevent floodwater from backing up into the drains of your home.
- Seal the walls in your basement with waterproofing compounds to avoid seepage.

During a flood

- Move to higher ground if there is any possibility of a flash flood.
- Be aware of streams, drainage channels, canyons and other areas known to suddenly flood.
- Turn off utilities at the main switches or valves if instructed to do so. Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.
- Secure your home by bringing in outdoor furniture and moving essential items to an upper floor, only if it is safe to do so.
- Avoid walking through moving water.



After a flood

- Listen for news reports to learn whether the water supply is safe to drink.
- Avoid floodwater as it may be contaminated by oil, gasoline, raw sewage or may be electrically charged from underground or downed power lines.
- Return home only when authorities indicate it is safe.
- Use extreme caution when entering buildings due to potential hidden water damage.
- Clean and disinfect everything that was wet.

Landslide or Debris Flow

Recorded landslides in the Colorado Springs area date back to at least 1959. The majority of the landslides in Colorado Springs occur in the foothills and west of the Interstate (I-25).



Debris flows are rivers of rock, earth and other debris saturated with water. They develop when water rapidly accumulates in the ground during heavy rainfall or rapid snowmelt, changing the earth into a flowing river

of mud or slurry. They can flow rapidly, striking with little or no warning at avalanche speeds. They also can travel several miles from their source, growing in size as they pick up trees, boulders, cars and other materials.

Before a landslide or debris flow

- Do not build near steep slopes, close to mountain edges, near drainage ways or areas of natural erosion.
- Obtain a geologic hazard assessment of your property.
- Ask local officials for information on landslides in your area.
 - Rocky Mountain USGS – (303) 236-5438.
 - Colorado Springs Land Development Review – (719) 385-5905.

During a landslide or debris flow

- Evacuate if it is safe to do so or if advised by local officials.
- Move to an above ground level if possible.
- Listen for unusual sounds that indicate moving debris, such as trees cracking or boulders knocking together.

Landslide Warning Signs

- Landscape changes such as water drainage, land movement, small slides or progressively leaning trees.
- Doors or windows stick or jam for the first time.
- New cracks appear in plaster, tile, brick or foundations.
- Outside walls, sidewalks or stairs begin pulling away from the building.
- Widening or newly appearing cracks on the ground.
- Underground utility lines break.
- Bulging ground appears at the base of a slope.
- Water breaks through the ground surface in new locations.
- Fences, retaining walls, utility poles or trees tilt or move.
- Unusual sounds such as a faint rumbling, trees cracking or boulders knocking together.
- Collapsed pavement, mud or fallen rocks.

- Be alert for any sudden increase or decrease in water flow and for a change from clear to muddy water because such changes may indicate landslide activity upstream.
- Be alert when driving along embankments near roadsides as they are particularly susceptible to landslides.
- Watch the road for collapsed pavement, mud, fallen rocks and other indications of possible debris flows.

After a landslide or debris flow

- Avoid the slide area if possible as there may be danger of additional slides.
- Check for injured and trapped persons without entering the direct slide area.
- Help neighbors who may need assistance.
- Look for and report broken utility lines, damaged roadways and railways.
- Check the building foundation, chimney and surrounding land for damage.

Protect your home

- Install flexible pipe fittings to avoid gas or water leaks. Only professionals should do the installation.
- Plant ground cover on slopes and build retaining walls.
- Replant damaged ground as soon as possible. Erosion caused by loss of ground cover can lead to flash flooding and additional landslides.

Thunderstorms and Lightning

The Colorado Springs area is subject to intense thunderstorms with high rates of precipitation, hail, flash floods, high winds and lightning strikes. Some of the most costly disasters along Colorado's Front Range are a result of high winds and hail damage. In addition, Colorado has over 500,000 lightning strikes per year and has the fourth highest lightning fatality rate in the United States over the last 50 years.



Before a thunderstorm

- Remove dead or rotting trees and branches that could fall and cause injury or damage.
- Postpone outdoor activities.
- Secure outdoor objects that could blow away or cause damage.
- Shutter windows or close blinds, shades or curtains and secure outside doors.
- Remain indoors 30 minutes before and after a thunderstorm passes.

During a thunderstorm avoid the following

- Showering or bathing because plumbing and bathroom fixtures can conduct electricity.
- Corded telephones, cordless and cellular telephones are safer.
- Power surges by unplugging appliances and electrical items such as computers, turn off air conditioners.
- Natural lightning rods such as a tall, isolated tree in an open area.
- Hilltops, open fields, the beach or a boat on the water.
- Isolated sheds or other small structures in open areas.
- Anything metal—tractors, farm equipment, motorcycles, golf carts, golf clubs and bicycles.

Lightning Facts

- It is unpredictable.
- Lightning may occur as far as 10 miles away from rainfall.
- Most lightning deaths and injuries occur in the summer months during the afternoon and evening.
- Chances of being struck by lightning are estimated to be 1 in 600,000.
- Lightning strike victims carry no electrical charge and should be attended to immediately.
- Rubber-soled shoes and rubber tires provide no protection from lightning.

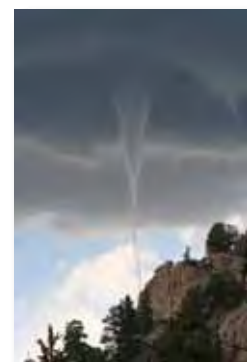
If you are outside

- Get inside a home, building or hard top automobile if possible.
- Seek shelter in a low area under a thick growth of small trees if in a forested area.
- Go to a low place such as a ditch or ravine if in the open.
- Be aware of flash flooding.
- If you feel your hair stand on end (which indicates that lightning is about to strike):
 - Squat low to the ground on the balls of your feet.
 - Place your hands over your ears and your head between your knees.
 - Make yourself the smallest target possible and minimize your contact with the ground.
 - DO NOT lie flat on the ground.



Tornados

Tornadoes are nature's most violent storms. Spawned from powerful thunderstorms, tornadoes can cause fatalities and devastate a neighborhood in seconds. They may strike quickly and with little or no warning. Tornado season is spring to summer with June having the most recorded tornados. Although tornados are rare in Colorado Springs, they more often occur in the eastern portions of El Paso County.



Before a tornado

- Look for the following danger signs:
 - Dark, often greenish sky.
 - Large hail.
 - A large, dark, low-lying cloud (particularly if rotating).
 - Loud roar, similar to a freight train.
- Be prepared to take shelter immediately.

If you are in a structure

- Go to a pre-designated shelter area such as a safe room, basement, storm cellar or the lowest building level.
- Go to the center of an interior room on the lowest level (closet, interior hallway) away from corners, windows, doors and outside walls if there is no basement.
- Put as many walls as possible between you and the outside.
- Get under a sturdy table and use your arms to protect your head and neck.
- Do not open windows.

If you are in a vehicle, trailer or mobile home

- Get out immediately and go to the lowest floor of a sturdy, nearby building or a storm shelter.
- Mobile homes, even if tied down, offer little protection from tornadoes.

If you are outside without shelter

- Lie flat in a nearby ditch or depression and cover your head with your hands.
- Do not get under an overpass or bridge because these structures can intensify the wind.
- Never try to outrun a tornado in urban or congested areas in a car or truck. Instead, leave the vehicle immediately for safe shelter.
- Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.

Wildfire

Much of Colorado Springs is within the Wildland Urban Interface and because the City is located in the foothills of the Rocky Mountains, much of the Interface is adjacent to steep mountainous forests.



Interface areas also exist around Palmer Park, University Park and the University of Colorado, Colorado Springs. The threat of wildland fires for people living near wildland areas is real. Dry conditions at various times of the year greatly increase the potential for wildland fires. Protecting your home from wildfire is a shared responsibility.

Before the fire approaches your house

- Evacuate your pets and family member when an evacuation order is given.
- Anyone with medical or physical limitations and the young and the elderly should be evacuated immediately.
- Clear items that will burn from around the house, including wood piles, lawn furniture, barbecue grills, tarp coverings, etc.
- Close all external doors and windows, inside to outside vents, shutters, blinds or heavy non-combustible window coverings to reduce radiant heat.
- Close all doors inside the house to prevent draft.
- Open the damper on your fireplace, but close the fireplace screen.
- Shut off any natural gas, propane or fuel oil supplies at the source.
- Fill any pools, hot tubs, garbage cans, tubs or other large containers with water.
- Place a ladder against the house in clear view.
- Back your car into the driveway and roll up the windows.

- Disconnect any automatic garage door openers so that doors can still be opened by hand if the power goes out but keep the garage doors closed.
- Place valuable papers, mementos and anything “you can’t live without” inside the car in the garage, ready for quick departure.

Preparing to leave

- Turn on outside lights and leave a light on in every room to make the house more visible in heavy smoke.
- Leave doors and windows closed but unlocked. It may be necessary for firefighters to gain quick entry into your home to fight fire.

What to do during a wildfire

If you are trapped at home:

- Stay calm. As the fire front approaches, go inside the house. Fire conditions and smoke will be much worse outside.

If you are in a vehicle:

- Only stay in your car in an emergency and it is preferred to running from a fire on foot.
- Roll up windows and close air vents and drive slowly with headlights on.
- Do not drive through heavy smoke.
- Try to park in an open area, turn headlights on and leave ignition on if you have to stop.
- Get on the floor of the vehicle and cover up with a blanket or coat.
- Stay in the vehicle until the main fire passes.

If caught in the open:

- The best location is an open area free of trees and shrubs, away from heavy fuels.
- Try to move to the backside, where it is safer, if on a steep mountainside.
- Avoid canyons, natural chimneys and saddles as fire and heat condense and move up these quickly.
- Lie face down along the road cut or in the ditch on the uphill side if a road is nearby.
- Cover yourself with anything that will shield you from the heat.
 - Lie down and point feet toward flame.
 - Protect your airway.
 - Do not use a wet bandana.

EVACUATE → HOUSE → CAR → FOOT

We tell homeowners that evacuation should **ALWAYS** be their first option. If that is not possible, they are safer in a house than a car. They are safer in a car, than on foot. As bad as it may get, it will be worse outside of the structure or car. Stay inside.

Winter Storm

Although Colorado Springs generally experiences mild winters, typically the City is hit with one or two major snowstorms or extreme cold temperature events each year. One of the primary concerns is the winter weather's ability to knock out heat, power and communications services to your home or office, sometimes for days at a time. Heavy snowfall and extreme cold can immobilize an entire region. The National Weather Service refers to winter storms as the "Deceptive Killers" because most deaths are indirectly related to the storm. Instead, people die in traffic accidents on icy roads and of hypothermia from prolonged exposure to cold. It is important to be prepared for winter weather before it strikes.

Before a winter storm

- Add rock salt, sand and snow shovels to your emergency supply kit.
- Prepare your car for winter weather (e.g., test heater and defrosters, put in winter grade oil, ensure all-weather or snow tires are on).
- Wear or take along several layers of loose fitting, lightweight, warm clothing and carry gloves or mittens and a winter hat and scarf.
- Stock sufficient heating fuel or wood for burning in case electricity or other fuel sources are interrupted.
- Insulate walls and attics, caulk and weather-strip doors and windows.
- Insulate pipes and allow faucets to drip a little during cold weather to avoid freezing.
- Learn how to shut off water valves in case pipes freeze and burst.

During a winter storm

- Conserve fuel by keeping your residence cooler than normal. Temporarily close off heat to some rooms.
- Ensure your ventilation pipes are not blocked. Blockages could create a back up of carbon monoxide in your home.
- Drive only if it is absolutely necessary.



If you are outdoors:

- Avoid overexertion when shoveling snow to prevent a heart attack or other injuries.
- Protect your lungs from extremely cold air by covering your mouth.
- Stay dry or change wet clothing frequently to prevent a loss of body heat.
- Watch for signs of frostbite such as loss of feeling and white or pale appearance in fingers, toes, ear lobes and the tip of the nose.
- Watch for signs of hypothermia including



uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion.

- Assist a hypothermia victim by:
 - moving the victim to a warm location.
 - removing wet clothing.
 - putting the person in dry clothing and wrapping his/her entire body in a blanket.
 - warming the center of the body first.
 - giving warm, non-alcoholic or non-caffeinated beverages if the victim is conscious.
 - getting medical help as soon as possible.

If you are driving:

- Travel during daylight hours.
- Travel with more than one person.
- Keep others informed of your location and schedule.
- Stay on main roads; avoid back road shortcuts.

If you become trapped or stranded in a vehicle:

- Try to move the vehicle to the side of the road if possible.
- Turn on hazard lights and hang a distress flag from the radio antenna or window.
- Remain in your vehicle where rescuers are most likely to find you.
- Run the engine and heater about 10 minutes each hour to keep warm.
- Protect yourself from possible carbon monoxide poisoning by opening a downwind window slightly while your vehicle is running. Periodically clear snow from the exhaust pipe.
- Exercise to maintain body heat, but avoid overexertion.
- Huddle with passengers and use your coat, blanket, road maps, seat covers and floor mats for warmth.
- Take turns sleeping. One person should be awake at all times to look for rescue crews.
- Drink fluids to avoid dehydration.
- Conserve car battery power by balancing the use of lights, heat and radio with supply.
- Turn on the inside light at night so work crews or rescuers can see you.

Accidental Hazards

Hazardous Materials

Chemicals purify drinking water, increase crop production and simplify household chores. Hazardous materials are those that can cause death, serious injury, long-lasting health effects and damage to buildings, homes and other property.

There are many sources of hazardous materials in Colorado Springs and the surrounding area. These sources include chemical manufacturers, service stations, hospitals and hazardous materials disposal sites. Products containing hazardous chemicals are routinely used and stored in homes. Hazardous materials are also shipped daily on area highways and railroads.

Before a hazardous materials incident

- Contact the Colorado Springs Fire Department, Office of the Fire Marshal, at (719) 385-5978, to find out more about chemical hazards in your area and what can be done to minimize the risk to individuals and the community.

During a hazardous materials incident

- Follow instructions for sheltering-in-place or evacuation from local public safety authorities. Guidelines for sheltering-in-place are on page 14. Evacuation guidelines are on pages 54-55.
- Stay away from the contaminated area.

If you are caught outside:

- Stay upstream, uphill and upwind.
- Try to go at least one-half mile (usually 8-10 city blocks) from the danger area.
- Move away from the contaminated area and warn others of the danger.
- Cover mouth with a cloth while leaving the area and try not to inhale gases, fumes and smoke.
- Stay away from accident victims until the hazardous material has been identified.

After a hazardous materials incident

- Act quickly if you have come in to contact with or have been exposed to hazardous chemicals. Do the following: Follow decontamination instructions from local authorities.
 - Seek medical treatment for unusual symptoms.
 - Place exposed clothing and shoes in tightly sealed containers and contact local authorities to find out about proper disposal.
 - Advise everyone who comes in contact with you that you may have been exposed to a toxic substance.
- Report any lingering vapors or other hazards to your local public safety authorities.
- Return home only when authorities say it is safe.



Household Chemical Emergency

Nearly every household uses products containing hazardous materials or chemicals. Although the risk of a chemical accident is slight, knowing how to handle these products and how to react during an emergency can reduce the risk of injury. Common hazardous household items include cleaning, automotive, lawn/garden, woodworking and painting products.

Colorado Springs residents should dispose of hazardous household chemicals properly by taking them to the El Paso County Household Hazardous Waste Facility. This is a free service to El Paso and Teller County residents although a donation of nonperishable food items is encouraged.

Preventing Household Chemical Accidents

- Post the number of the emergency medical services and the poison control center by all telephones.
- Buy only as much chemical as you think you will use.
- Keep products containing hazardous materials in their original containers.
- Never store hazardous products in food containers.
- Never mix household hazardous chemicals or waste with other products. Incompatibles, such as chlorine bleach and ammonia, may react, ignite or explode.
- Follow the manufacturer's instructions for the proper use of the household chemical.
- Never smoke while using household chemicals.
- Never use hair spray, cleaning solutions, paint products or pesticides near an open flame.
- Use rags, wear gloves and protect eyes while cleaning up any chemical spill.
- Dispose of household hazardous waste by taking it to the household hazardous waste facility.

Symptoms of Household Chemical Poisoning

- Difficulty breathing.
- Irritation of the eyes, skin, throat or respiratory tract.
- Changes in skin color.
- Headache or blurred vision.
- Dizziness.
- Clumsiness or lack of coordination.
- Cramps or diarrhea.

What to do if exposed to household chemicals

- Locate the chemical container in order to provide requested label information.
- Call the National Poison Control Center (NPCC) at 1 (800) 222-1222.
- Follow the NPCC emergency operator's first aid instructions carefully. First aid advice found on containers may be out of date or inappropriate.
- Do not take or give anything by mouth unless advised to do so by a medical professional.
- Remove and bag your clothes and personal items. Follow official instructions for disposal of contaminated items.



Power Outage

Power outages in Colorado Springs are most commonly associated with summertime electrical storms, high wind events, and severe winter snow or ice storms. Intermittent power outages may even be caused by traffic accidents, fires, building or construction activities or regularly scheduled services by Colorado Springs Utilities (CSU).



Before a power outage

- Fill plastic containers with water, leaving about an inch of space inside each one for the frozen water to expand
- Place the containers in the refrigerator and freezer
- This chilled or frozen water will help keep food cold for several hours if the power goes out.
- Medication that requires refrigeration usually can be kept in a closed refrigerator for several hours without a problem
- Back up computer files and operating systems.
- Turn off and unplug major appliances and sensitive electric equipment until after power is restored.
- Purchase a high-quality surge protector for electronic equipment.
- Locate the manual release for your electric garage door opener and learn how to operate it.
- Keep a traditional, non-cordless telephone available or plan for alternate communication, including a cell phone, radio or pager
- Keep your car fuel tank at least half-full because gas stations rely on electricity to power the pumps.
- Make sure to have extra cash at home because equipment such as automated teller machines (ATMs) may not work during a power outage.
- Call CSU Line Clearance at 448-4800 if you need tree branches trimmed in or around electric lines.
- Make arrangements to prepare for unpredictable power outages if you are on electric-powered life support systems by calling Colorado Springs Utilities at (719) 448-4800 and asking about the Life Support Notification Program.

During a power outage

- Use a flashlight whenever possible rather than candles or kerosene lanterns, which are a fire hazard.
- Do not use your range or oven to heat your home as this can cause a fire or fatal gas leak.
- Keep your refrigerator and freezer doors closed as much as possible.
- Treat each signal as a stop sign if traffic signals are not working
- Do not call 911 to ask about the power outage.

After a power outage

- In the event of a major storm, the status of your utilities may be monitored through the Colorado Springs Utilities (CSU) web page at www.csu.org.
- Look for damage to an outside metal pipe or tube called a “mast,” that feeds electricity from overhead lines into the meter on your house.
 - This mast is the responsibility of the homeowner and is typically located at the roofline or the side of a home, coming out of the meter.
 - The mast should not be touched – customers can inspect the mast from a safe distance and call a licensed electrician for repairs if it is damaged.
 - Once the mast is repaired by an electrician, CSU can restore power to the home.

For additional information on power outages and other utility disruptions, see the Colorado Springs Utilities web site at www.csu.org.



Public Health Hazards

Pandemic Influenza and H1N1

Source: El Paso County Health and Environment and Pandemicflu.gov

A pandemic is a global disease outbreak. A flu pandemic occurs when a new influenza virus emerges for which people have little or no immunity and for which there is no vaccine. The disease spreads easily person-to-person and results in serious illness.

Either swine (pig) or avian (bird) flu viruses may cause an influenza pandemic. The most recent example of a pandemic flu virus affecting Colorado Springs is H1N1, initially referred to as swine flu. This H1N1 virus has genes from flu viruses that normally circulate in pigs as well as birds and humans. This is thought to happen in the same way as seasonal flu occurs in people, which is mainly through coughing or sneezing of people infected with the influenza virus. People may become infected by touching something with flu viruses on it and then touching their mouth or nose.

Health professionals are concerned about viruses showing the following characteristics:

- It is a never before seen combination of human, swine or avian influenza viruses.
- It spreads from human to human.
- Healthy, young adults are the most affected (unlike seasonal flu).
- The virus continues to evolve.

Service disruptions by hospitals, health care facilities, banks, stores, restaurants, government offices and post offices are possible during a pandemic.

Healthcare considerations

- Ask your health care provider and health insurance company if you can get an extended prescription for your regular drugs and medical supplies.
- Stock a supply of nonprescription drugs, such as pain relievers, cough and cold medicines, stomach remedies and anti-diarrheal medication, as well as vitamins and fluids with electrolytes (such as sports drinks).
- Store health and cleaning supplies, such as bleach, tissues, a thermometer, disposable gloves, soap and alcohol-based hand sanitizers.
- Consider how to care for people with special needs in case the services they rely on are not available.

Employment considerations

- Ask your employer about how business will continue during a pandemic, such as plans to have staff stay home when they or family members are sick.
- Check with your employer or union about leave policies.
- Find out your employer's plans to keep the business functioning if key staff are not available to work.
- Find out if you can work from home.
- Plan for the possible reduction or loss of income if you are unable to work or your place of employment is closed.

School and daycare considerations

- Ask your child's school or day care if they plan to encourage sick children to stay home during a flu pandemic.
- Plan home learning and recreational activities in case your child's school or daycare is closed.
- Consider alternative childcare needs.

Fight the Flu It Starts With You - To limit the spread of germs and prevent infection

Get vaccinated	Influenza or "flu" can cause serious illness. Vaccination is the best way to protect yourself and your family.
Cover your cough or sneeze	Cover your mouth and your nose with a tissue or your sleeve, not your hand, when you cough or sneeze. Place used tissues in a wastebasket, preferably one with a lid. Model these behaviors.
Wash your hands	Wash your hands frequently with soap and water for 15 to 20 seconds. Use an alcohol-based disposable hand wipe or gel sanitizers if soap and water are unavailable. Clean your hands each time you sneeze or cough.
Avoid touching your eyes, nose, and mouth	If you touch surfaces with the flu virus, you can get the flu by touching your eyes, nose and mouth. Try not touch surfaces that may be contaminated with the flu virus.
Stay home if you're sick	Flu viruses go wherever you go when you are infected. Stay at home and check with your healthcare provider when needed. Avoiding close contact with sick people and teach your children to stay away from others as much as possible if they are sick.

Source: Colorado State Department of Health and Environment

Terrorism

Terrorism is the use of force or violence against persons or property for purposes of intimidation, coercion or ransom. Acts of terrorism include threats of terrorism, assassinations, kidnappings, hijackings, cyber attacks, bomb threats and explosions. To carry out these activities, terrorists use chemical, biological, radiological and nuclear weapons as well as explosive devices. These weapons and devices are often referred to as CBRNE.

Although it is unlikely a terrorist attack will directly affect Colorado Springs, information related to terrorism is included in this guide to provide a comprehensive understanding of potential hazards in our community.

Chemical Weapon

Chemical agents are poisonous vapors, aerosols, liquids and solids that have toxic effects on people, animals or plants. They can be released by bombs or sprayed from aircraft, boats and vehicles. Signs of a chemical release include difficulty breathing, eye irritation, losing coordination, becoming nauseated, or having a burning sensation in the nose, throat and lungs. Many dead insects or birds may indicate a chemical agent release.

Before a chemical attack

- Check your emergency supply kit to make sure it includes:
 - A roll of duct tape and scissors.
 - Plastic for doors, windows and vents for the room in which you will shelter-in-place.
- Pre-measure and cut the plastic for each opening.
- Choose an internal room to shelter, preferably one without windows and on the highest level.

During a chemical attack

- Close doors and windows.
- Turn off all ventilation, including furnaces, air conditioners, vents and fans.
- Seek shelter in an internal room and take your emergency supply kit.
- Seal the room with duct tape and plastic.

If you are caught outside:

- Move away immediately in a direction upwind of the source.
- Find shelter as quickly as possible.

After a chemical attack

- Do not leave the safety of a shelter to go outdoors to help others until authorities announce it is safe.
- Decontamination is needed within minutes of exposure to minimize health consequences.
 - Seek immediate medical attention from a professional if contaminated.
 - Decontaminate yourself and assist in decontaminating others if medical help is not immediately available.

Biological Weapon

Biological agents are organisms or toxins that can kill or incapacitate people, livestock and crops. Examples of biological agents used as weapons are bacteria, viruses and toxins. Biological agents can be dispersed by spraying them into the air, infecting animals that carry the disease to humans or contaminating food and water. Children and older adults are particularly vulnerable to biological agents.

Before a biological attack

- Check with your doctor to make sure all immunizations are up-to-date.
- Install High Efficiency Particulate Air (HEPA) filters in your furnace.

During a biological attack

- Be patient as public health officials need time to assess the situation and provide recommended actions.
- Be suspicious of any symptoms you notice but do not assume that any illness is a result of the attack.

After a biological attack

- Delivery of medical services for a biological event may be handled differently to respond to increased demand.

Radiological or Nuclear Device

Terrorist use of a radiological dispersion device (RDD), otherwise known as a “dirty nuke” or “dirty bomb,” is considered more likely than use of a traditional nuclear bomb. An RDD combines a conventional explosive device—such as a bomb—with radioactive material. It is designed to scatter dangerous and sub-lethal amounts of radioactive material over a general area.



A nuclear device can range from a weapon carried by an intercontinental missile launched by a hostile nation or terrorist organization to a small portable nuclear device transported by an individual. All nuclear devices cause deadly effects when exploded, including blinding light, intense heat (thermal radiation), initial nuclear radiation, blast, fires started by the heat pulse, and secondary fires caused by the destruction.

The three factors for protecting oneself from radiation and fallout are:

- **Distance** - The greater the distance between your sheltering location and the fallout particles outside, the better.
- **Shielding** - The heavier and denser the materials - thick walls, concrete, bricks, books and earth - between you and the fallout particles, the better.
- **Time** - Fallout radiation loses its intensity fairly rapidly.

Before a RDD/nuclear event

- Make a list of places with basements or the windowless center area of middle floors in high-rise buildings.
- Increase your disaster supplies from three days to two weeks.

During a RDD/nuclear event

- Take shelter immediately in the nearest undamaged building, preferably underground or in an interior room of a building.
- Move upwind and away from the incident if appropriate shelter is not available.
- Turn off ventilation and heating systems and close or block indoor to outdoor accesses or venting.
- Seal windows and external doors with duct tape to reduce infiltration of radioactive particles.

If you are caught outside during a nuclear event and are unable to get inside immediately:

- Do not look at the flash or fireball - it can blind you.
- Take cover behind anything that might offer protection.
- Lie flat on the ground and cover your head. If the explosion is some distance away, it could take 30 seconds or more for the blast wave to hit.
- Take shelter as soon as you can, even if you are many miles from ground zero where the attack occurred - radioactive fallout can be carried by the winds for hundreds of miles.
- Remember the three protective factors: **distance, shielding, and time.**

After a RDD event

- Follow the decontamination procedures below if contaminated.
- Do not return to or visit an RDD incident location for any reason.

After a Nuclear event

- The heaviest fallout would be limited to the area at or downwind from the explosion, and 80 percent of the fallout would occur during the first 24 hours.
- It might be necessary for those in the areas with highest radiation levels to shelter for up to a month.
- People in lower radiation areas may be allowed to come out of shelter within a few days and, if necessary, evacuate to unaffected areas.

Decontamination Actions Following a Terrorist Attack

	Chemical	Biological	Radiological/ Nuclear
Flush eyes with water.	■		
Remove and bag your clothes and personal items and follow official instructions for proper disposal.	■	■	■
Isolate the contaminated clothing away from you and others.	■	■	■
Wash face and hair with soap and water and rinse thoroughly.	■	■	■
Decontaminate other body areas likely to have been contaminated by blotting (do not swab or scrape) with a cloth soaked in soapy water and rinse with clear water.	■	■	■
Cut off contaminated clothing normally removed over the head.	■		
Remove eyeglasses or contact lenses. Put glasses in a pan of household bleach to decontaminate them and then rinse and dry.	■		
Seek medical assistance. Proceed to a medical facility for screening and professional treatment.	■	■	■
You may be advised to stay away from others or even quarantined.		■	



Explosive Device

Terrorists commonly use explosive devices as weapons. Bombs have been used to damage and destroy financial, political, social and religious institutions. Attacks have occurred in public places and on city streets with thousands of people around the world injured and killed.

During and after an explosion

- Get under a sturdy table or desk if things are falling around you.
- Leave the building as quickly as possible.
 - Do not use elevators.
 - Watch for weakened floors and stairways.
 - Do not stand in front of windows, glass doors or other potentially hazardous areas.
- Move away from sidewalks or streets to be used by emergency officials or others still exiting the building.

If you are trapped in debris

- Avoid unnecessary movement to minimize airborne dust.
- Cover your nose and mouth with anything you have on hand to protect your lungs from dust.
- Tap on a pipe or wall so rescuers can hear where you are.
- Shout only as a last resort to avoid inhaling dangerous amounts of dust.

Cyber Threat

Cyber terrorism is the use of computer technology to coerce or intimidate a civilian population or government or to disrupt critical national infrastructure or systems such as the financial and communications industry, transportation systems, and utilities such as energy and water distribution. If not properly protected, your computer systems can be used to launch attacks against government and industry, often to steal or destroy information such as financial data or personal identities.

Because individuals and organizations can reach any place on the internet without regard to national or geographic boundaries, intruders into your home may be located thousands of miles away. Locking the front door to your house will not stop cyber terrorists, but you can help protect you and your family by following basic protocols to minimize exposure and risk to potential cyber threats.

Steps to protect you and your computer

- Install anti-virus and anti-spyware programs and keep them up-to-date.
- Install a firewall and keep it properly configured.
- Regularly install security patches and other updates for your computer's operating system.
- Use passwords that cannot be easily guessed.
- Lock your computer when you are away from it.
- Disconnect your computer from the internet when not in use.
- Do not reply to e-mail or pop-up messages that ask for personal or financial information.
- Do not cut and paste a link from the message into your Web browser.
- Backup all of your data on a regular basis.
- Be wary of communicating with strangers over the internet.

For more information on cyber security, visit www.OnGuardOnline.gov.



Personal Safety and Awareness

Source: Colorado Springs Police Department

Personal safety is based on the concept of prevention. Personal safety and awareness is what we do before we find ourselves in a potentially dangerous or violent situation. Making sure you know how to protect yourself and your family is the best way to make sure that you do not become a victim or statistic.

Abduction prevention ideas

- **NEVER** go with a suspect for any reason. You have a greater chance of survival wherever you are rather than being moved to a remote area or road.
- Do anything that would make this suspect **not** want you.
 - Act weird.
 - Throw up on yourself.
 - Wet your pants.
 - Faint.
 - Fake an illness.
- Fight, yell or run. Do everything you can to not go with an abductor.

Safety in and around your home

- Have good lighting at all entrances of your home.
- All outside doors should have deadbolt locks.
- Sliding doors should have auxiliary locks to prevent lifting or sliding.
- Never open your door to a stranger.
- Make sure you know who is on the other side before opening.
- Contact the police department if in doubt of who is at your door.
- Do not enter if you come home and find a door or window open or broken.
- Call the police from a phone other than the phone in your home.
- Stop all mail, newspapers or any other kind of deliveries if you go on vacation or will be away from your home for a period of time. Let your police department know of your absence and request a property check.
- No spare keys should be hidden around your home.
- A stranger can find a hiding place if you can.
- All important property in your home should have a serial number assigned to it in case of theft.
- Document these articles and put them somewhere safe.
- Keep all doors and windows locked when you leave your home or apartment.
- Do not leave cash lying around your home.

Driving safety if you are being followed

- Use your rear view mirror and side mirrors to identify the vehicle.
- Be alert. Notice the same cars that often travel your direction.
- Change streets or direction to see if the vehicle stays with you.
- Obtain a license plate number and a description. Report it via a cell phone if you have one.
- Drive to a fire or police station for help.

Vehicle and parking safety

- Keep your vehicle in good mechanical condition to avoid breakdowns.
- Use common sense, lock your doors and roll windows up when driving through unsafe areas.
- Never give rides to strangers. Report motorist assists; never stop.
- Keep valuable items covered or locked in the trunk.
- Do not get in the habit of traveling the same way to work every day.
- If you are involved in a rear end accident, look before getting out of the vehicle. Is it an accident or a carjacking attempt?



Personal theft prevention

- Know the area in which you are walking or shopping.
- Face the traffic flow when walking so you can see what is coming.
- Walk in populated and well-lighted areas.
- Do not become so focused on shopping you forget your surroundings.
- You cannot defend yourself if you are carrying too many items.
- Walk with others or ask the mall or hospital for a security escort.
- Do not get in a hurry. Think before you make an elevator or stair choice.
- Look inside elevators and stairs before getting in. If someone in the elevator looks suspicious, do not get in – make an excuse.
- Stand near the controls. This gives you control of the floors and the alarm.

Protect yourself when walking

- Avoid walking alone at night unless absolutely necessary.
- Call 911 to report suspicious persons or activity in or around your neighborhood.
- Avoid shortcuts and dark, isolated areas.
- Walk purposefully, know where you are going and project a no-nonsense image.
- Avoid potentially dangerous situations.
- Cross the street, locate an emergency phone or enter a store or place of business even if you have just left it if you feel threatened.
- Have your door keys ready; carry them in your hand, not buried in a purse or pocket.
- If you carry pepper spray, be familiar with how it works and have it available in case you need it.



General awareness

- Stay alert – Be careful about relaxing in certain areas.
- Keep your mind on your surroundings.
 - Who is around you?
 - What is around you?
 - Know where you are. Do not become lost.
 - Know the area layout, local stores, how to get in and out.
 - Know area Fire and Police Department locations.
- Be suspicious of everyone and everything.
- Act confident, walk with a purpose and use good posture. Make eye contact and speak to or greet people to let them know you have noticed them.
- Trust your first instincts and do not justify your feelings.
- Safety first. If you are suspicious, get out/away and report it.

For further information or training contact

Crime Prevention Officer Falcon Division, 444-7246

Crime Prevention Officer Gold Hill Division, 385-2117

Crime Prevention Officer Sand Creek Division, 444-7276

Crime Prevention Officer Stetson Hills, 444-3168

Outdoor Recreation

In Colorado Springs, parks, trails, open space and outdoor facilities are important recreational amenities supporting the community's quality of life. Colorado Springs provides many opportunities for residents and visitors to enjoy time outdoors. City founder General William Jackson Palmer donated 1,270 acres of parkland, bridle and foot paths, scenic drives and roadways to establish a significant foundation of the Colorado Springs park system. The City owns or manages a combined total of over 9,000 acres of parks, 500 acres of trails, 5,000 acres of open spaces.



Bicycling

Source: City of Colorado Springs Community Development, Drive Smart Colorado Springs and Consumer Reports

An extensive network of on-street bicycle lanes, urban bicycle trails and unpaved mountain bike trails are available to bicyclists in Colorado Springs. This network of trails, lanes and routes is designed to interconnect for a variety of riding options. Bike routes, marked by signs, are streets with less traffic and lower speed limits that make them conducive to bicycle travel.

Bike safety tips

- Always wear a helmet.
- Be sure the bike is the right size.
- Be sure your bike is in good condition and has the right safety accessories.
 - The law requires that each bike have a white front reflector, two-side wheel reflectors and a headlight visible for 500 feet.
 - Each bike should have a bell or horn to alert pedestrians and other riders.
- Always follow basic safety rules.
 - Know and obey traffic laws and signs.
 - Ride, single file, the same direction as traffic.
 - Stop and look both ways before entering traffic.
 - Use hand signals.
 - Watch all parked cars or cars pulling out of driveways and alleys.
 - Walk bike across busy intersections.
- Wear bright-colored (white, florescent) clothing to increase your visibility. Children should also wear retro-reflective clothing or material, especially on their ankles, wrists, back and helmet.



Outdoor Safety Tips

- **Let somebody know where you will be and when you expect to return.**
- **Include two or more companions in outdoor activities.**
- **Familiarize yourself with the route you are taking and the general area you will be using.**
- **Review weather reports for your destination and watch the weather for approaching storms.**
- **Ensure you have up-to-date maps for the location you will be.**
- **Stay on the trail to avoid getting lost.**
- **Stay where you are and let searchers find you, if you get lost.**
- **Carry plenty of fresh water and avoid drinking from lakes or streams whenever possible.**
- **Carry enough food or snacks to last twice as long as you plan to be gone.**
- **Dress appropriately and be prepared for any sudden changes in the weather.**
- **Wear bright clothing to increase your visibility.**
- **Avoid wearing gray, brown, tan or white when hiking in hunted areas.**
- **Know your physical limits for hiking and biking.**

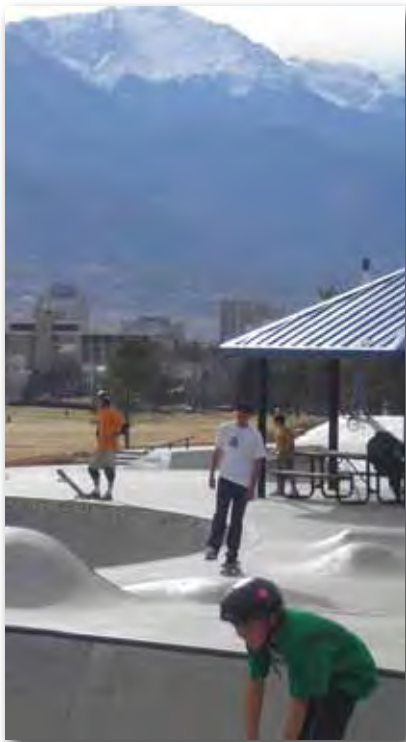
Skateboarding and Rollerblading

Source: U.S. Consumer Product Safety Commission

Skateboarding and rollerblading in Colorado Springs is the favorite pastime of many of the city's youths and young adults. With the addition of the 40,000 square feet skate park at Memorial Park, now more than ever, skating enthusiasts have a destination within the City to enjoy their activities.

Protective Gear

Protective gear, such as closed, slip-resistant shoes, helmets and specially-designed padding is recommended to reduce the number and severity of injuries. Padded jackets and shorts, in addition to padding for hips, knees, elbows, wrist braces and skate gloves, are available. This protective gear will help absorb the impact of a fall.



Who Gets Injured

Annually in the United States, 26,000 persons are treated in hospital emergency rooms with skateboard and rollerblading related injuries. Sprains, fractures, contusions and abrasions are the most common types of injuries. Several factors – lack of protective equipment, poor board maintenance and irregular riding surfaces – are involved in these accidents.

- Six out of every 10 skateboard injuries are to children under 15 years of age.
- Injuries to first-time skateboarders are, for the most part, due to falls.
- Experienced riders mainly suffer injuries when they fall after their skateboard strikes rocks and other irregularities in the riding surface or when they attempt difficult stunts.

Skateboarding and rollerblading safety tips

- Never ride in the street.
- Screen the riding area by checking for holes, bumps, rocks and any debris.
- Do not take chances.
 - Complicated tricks require careful practice and a specially designed area
 - Only one person per skateboard
 - Never hitch a ride from a car, bus, truck, bicycle, etc.
- Learning how to fall in case of an accident may help reduce your chances of being seriously injured.
 - Crouch down on the skateboard if you are losing your balance.
 - Try to land on the fleshy parts of your body.
 - Try to roll rather than absorb the force of the fall with your arms.
 - Try to relax your body, even though this might be difficult during a fall.



Helmets

- **Make sure it meets safety standards. Look for a sticker or other indication that the helmet meets the CPSC, ANSI, SNELL or ASTM standard.**
- **Buy the smallest size that fits comfortably; use the sizing pads to fine-tune the fit.**
 - **A good-fitting helmet should be snug, but not so tight that it is uncomfortable.**
 - **A properly fitting helmet should touch your head at the crown, sides, front and back.**
 - **The helmet should set squarely on top of the head in a level position and cover the top of the forehead extending down to about an inch above the eyebrows.**
- **Adjust the straps according to the manufacturer's instructions. With the chinstrap buckled, the helmet should not move when you shake your head or push from sides, front or back.**
- **Allow your child to help pick it out his or her helmet. Children are more likely to wear the helmet if they have helped to select it.**
- **Replace your helmet every three to five years.**

Living with Wildlife

Source: Colorado Division of Wildlife

Wildlife can be found in and around the urban areas of Colorado's fast-growing Front Range. As Colorado Springs and its neighboring communities continue to grow and expand, subdivision development impacts wildlife habitat and wild animals are often displaced. Some species continue to live in open space areas, parks, undeveloped parcels of land, river bottoms and on or near bodies of water. Others have adapted well to urban living; skunks and raccoons, in particular, appear to thrive around urban environments. In most circumstances, people and wildlife can coexist but the key is to remember that wildlife are not pets, they are wild animals. Most dangerous and potentially harmful encounters with wildlife occur because people fail to leave the animals alone.

It is illegal in Colorado to feed deer, bighorn sheep, mountain goats, pronghorn and elk. Violators may be fined.

Bears

Black bears are the only species of bear known to inhabit Colorado and are the largest of the state's carnivores. This widely recognized species is routinely observed within Colorado Springs city limits. With many more people residing and recreating in the black bear's native territory, human-bear encounters continue to rise.

Although named black bear, they can be honey-colored, blond, brown, cinnamon or black and may have a tan muzzle or white spot on the chest. Depending on the season, food supply and gender, black bears may weigh from 100 to 450 pounds. Black bears typically measure three feet high when on all fours but can reach five feet tall when standing on back legs.



Black bears at a glance

- A bear's natural diet is largely comprised of grasses, berries, fruits, nuts and plants with a small portion coming from insects and scavenged carcasses.
- Black bears are wary of people and other unfamiliar things with a normal response to run from perceived danger.
- Bears are most active from mid-March through early November before heading to their den as food sources become less abundant.
- Bears can smell food five miles away as their nose is 100 times more sensitive than humans.
- Bears are smart and have great memories so once they find food, they come back for more.
- During late summer and early fall bears need 20,000 calories a day to gain enough weight to survive the winter without eating or drinking.

If you see a bear

- Try to chase away a bear that comes near your home.
- Yell, blow a whistle, clap your hands and make other loud noises.
- Never approach or corner a bear.

If you surprise a bear on a trail

- Stand still, stay calm and let the bear identify you and leave.
- Talk in a normal tone of voice.
- Be sure the bear has an escape route.
- Never run or climb a tree.
- Leave the area immediately if you see cubs, their mother is usually close by.

If the bear doesn't leave

- A bear standing up is just trying to identify what you are by getting a better look and smell.
- Wave your arms slowly overhead and talk calmly. If the bear huffs, pops its jaws or stomps a paw, it wants you to give it space.
- Step off the trail to the downhill side, keep looking at the bear and slowly back away until the bear is out of sight.

If the bear approaches

- Stand your ground. Yell or throw small rocks in the direction of the bear. A bear approaching a person could be a food-conditioned bear looking for a handout or, very rarely, an aggressive bear.
- Get out your bear spray and use it when the bear is about 40 feet away.
- Fight back with anything available if attacked and do not play dead. People have successfully defended themselves with pocket knives, walking sticks and even bare hands.

Coyotes

Coyotes live throughout Colorado and are a common sight in Colorado Springs. They are adaptable animals and rapidly adjust to changing conditions. Coyotes



are comfortable in the country, mountains or urban areas, given appropriate food and shelter. People should be aware of their presence and take precautions to avoid conflict with them. Although human or pet interactions with coyotes generally receive negative publicity, humans can coexist with these animals with a better understanding of them and their habitat. In urban settings, they can lose their fear of people and may even threaten domestic pets. Although attacks on humans are extremely rare, there have been cases where coyotes have attacked young children.

Preventing Negative Wildlife Encounters

- **Do not feed wildlife.**
- **Keep pet food inside.**
- **Cover window wells with grates, wire or plastic covers.**
- **Fill gaps or holes around the foundation of your home to eliminate a place for animals to live.**
- **Seal all cracks and holes larger than a one-quarter inch in diameter to keep rats, mice, bats and snakes out of a structure, Screen fireplace chimneys and furnace, attic and dryer vents, and keep dampers closed to prevent wildlife entry.**
- **Bury wire mesh one to two feet deep to prevent animals from burrowing in unwanted areas.**
- **Store garbage in metal or plastic containers with tight-fitting lids, inside a garage or shed.**
- **Mark windows with strips of white tape or with raptor silhouettes to help prevent birds from flying into windows.**
- **Fence gardens and pick fruit from trees before it ripens and clean up fallen fruit.**
- **Be responsible about securing trash and keeping bird feeders out of reach.**
- **Burn food off barbeque grills and clean after each use.**
- **Keep windows and doors closed and locked, including home, garage and vehicle doors.**
- **Do not leave food, trash, coolers, air fresheners or anything that smells in your vehicle.**

Coyote identification

- Similar in size and shape to a small shepherd dog.
- Generally four feet in length.
- Black-tipped tail about 14 inches long.
- Weights are 30 to 40 pounds.
- Their long hair varies in color with geography and season from pale grayish buff to rich reddish brown.
- The ears are rusty red behind.
- They are active day or night, but mostly at dawn and dusk.

What to do if you live in coyote country

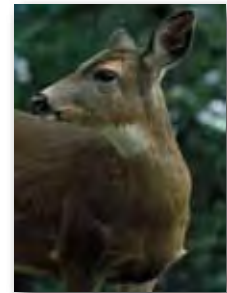
- Do not allow your pets to roam, especially at night. Coyotes will attack and kill cats and dogs.
- Make sure your yard is appropriately fenced.
- Do not allow dogs to run with coyotes.
- Do not leave pet food outside because this invites wildlife into your yard.
- Keep your garbage in a storage facility or in a tightly sealed container.

What to do if you meet a coyote

- Keep your distance and do not approach the animals.
- Keep your pets on a leash when walking them.
- If a coyote approaches you or your pet, you can throw rocks or sticks to frighten it away.
- Use a loud, authoritative voice to frighten the animal.

Deer

Deer are common in Colorado Springs due to the city's ample parks and open space and proximity to forests and rangeland. There are two species of deer in Colorado Springs – mule deer and whitetails. Both species of deer average five feet long and stand three or more feet tall at the shoulder. Larger bucks may reach over 400 pounds with does being about half that size.



Living with deer

- Slow down and drive cautiously when you see a deer crossing sign—especially during feeding times such as dusk and at night.
- Drive cautiously if you see one deer on the road, at least one more may be nearby.
- Leave the animals alone; they will tend to move on to new areas.
- Utilize commercial deer repellents or mixtures containing eggs to ward off deer.
- Protect gardens, flowers and shrubs by using wire cylinders and fences.
- Consider planting native flowers and shrubs that may be less attractive food sources.

Mountain Lions

Mountain lions in Colorado are most likely found in foothills, canyons or mesa country and at home in brushy areas and woodlands. Colorado Springs with its geography and

vegetation provides a suitable, if not desirable, habitat for this large cat to live and roam. Lions are typically found in areas with plentiful deer and adequate cover. These



characteristics are common in the foothills, urban edges, parks and open spaces of Colorado Springs. Not surprisingly, the number of mountain lion/human interactions is increasing as more people move into lion habitat and spend more time using hiking and running trails in these areas.

The mountain lion is called by more names than any other Colorado mammal—cougar, puma, panther, catamount or lion. As Colorado's largest cat, adult mountain lions grow to more than six feet in length including a long black-tipped tail. They typically weigh 130 pounds or more. Mountain lion coloring is reddish to buff and paler on the belly.

Mountain lions at a glance

- Mountain lions are generally calm, quiet and elusive. People rarely see mountain lions in the wild.
- Lion attacks on people are rare.
- The lion's staple diet is deer, with adults eating about one a week.
- Cougars hunt by stealth, often pouncing on prey from a tree or rock overhanging a game trail.
- They are most active from dusk to dawn.

If you encounter a mountain lion

- Do not approach a lion, especially one that is feeding or with kittens. Most mountain lions will try to avoid a confrontation. Give them a way to escape.
- Stay calm when you come upon a lion. Talk calmly yet firmly to it. Move slowly.
- Stop or back away slowly, if you can do it safely. Running may stimulate a lion's instinct to chase and attack. Face the lion and stand upright.
- Do all you can to appear larger by raising your arms or opening your jacket if you are wearing one.
- Protect small children by picking them up so they won't panic and run.

- Throw stones, branches or whatever you can get your hands on without crouching down or turning your back if the lion behaves aggressively. Wave your arms slowly and speak firmly. What you want to do is convince the lion you are not prey and that you may in fact be a danger to the lion.
- Fight back if a lion attacks you. Lions have been driven away by prey that fights back. People have successfully fought back with rocks, sticks, caps or jackets, garden tools and their bare hands.
- Try to stay on your feet.

If you have an encounter with a lion or an attack occurs, immediately contact the Division of Wildlife during business hours, Monday through Friday. Before or after these hours, contact the Colorado State Patrol or your local Sheriff's department.

If you live in lion country

- Walk or hike in groups and make plenty of noise to reduce your chances of surprising a lion.
- Make sure children are close to you and within your sight at all times.
- Carry a sturdy walking stick to help ward off a lion.
- Make lots of noise if you come and go during the times mountain lions are most active.
- Install outside lighting. Light areas where you walk so you could see a lion if one were present.
- Closely supervise children whenever they play outdoors. Make sure children are inside before dusk and not outside before dawn. Talk with children about lions and teach them what to do if they meet one.
- Landscape or remove vegetation to eliminate hiding places for lions, especially around children's play areas. Make it difficult for lions to approach unseen.
- Plant native shrubs and plants to minimize unwanted wildlife from foraging on your property.
- Keep your pet under control. Roaming pets are easy prey and can attract lions. Bring pets in at night. If you leave your pet outside, keep it in a kennel with a secure top. Don't feed pets outside; this can attract raccoons and other animals that are eaten by lions.
- Store all garbage securely.

Source for Bears, Coyotes, Deer and Mountain Lions: Colorado Division of Wildlife, By David M. Armstrong, University of Colorado-Boulder

Snakes

Source: M. Cerato and W.F. Andelt and the Colorado State University Extension Office

Of the 25 species of snakes in Colorado, the western rattlesnake is the only venomous species regularly occurring in Colorado Springs. Rattlesnakes may be found in a wide variety of habitats including rocky hillsides, grassy fields, forested areas and along creeks. When hiking in one of the city's numerous parks, open spaces or in other rattlesnake habitat, the best safety measure against venomous snakes is to be prepared for a possible encounter with them. Rattlesnakes generally are nonaggressive toward people and pets unless they are startled, cornered or stepped upon.



Before you enter rattlesnake habitat

- Be able to recognize the western rattlesnake.
- Wear long, loose pants and calf-high leather boots, or preferably snake guards.
- Alert snakes of your approach by sweeping grassy areas with a long stick before entering.
- Do not jump over logs, turn over rocks, put your hands in rock crevices or sit down without first carefully checking for snakes.
- Remain calm and still at first, then try to slowly and carefully back up if you are confronted with a rattlesnake.

How to identify the western rattlesnake

- Rattle at the end of the tail.
- Fangs in addition to their rows of teeth.
- Vertical pupils that may look like thin lines in bright light whereas nonvenomous snakes have round pupils.
- Broad triangular head and narrow neck.

How to discourage snakes from your yard and home

- Eliminate cool, damp areas where snakes hide.
- Remove brush and rock piles, keep shrubbery away from foundations and cut tall grass.
- Control insect and rodent populations (the snakes' primary food source) to force them to seek areas with a larger food supply.
- Place grains in sealed containers and clean up residual pet food and debris.
- Prevent snakes from entering basements and crawl spaces by sealing all openings 1/4 inch or larger with mortar, caulking compound or 1/8-inch hardware cloth.

Spiders

Source: Colorado Division of Wildlife and W. Cranshaw of the Colorado State University Extension Office - Paraphrased

The western widow spider is common in Colorado Springs and the only regularly occurring spider in the City that is harmful to humans. The widely known "black widow" is more common in the eastern and southern United States. Widow spiders usually nest near the ground at dark, undisturbed sites. Some of the favorite nesting sites of widows are window wells, corners of garages, loose stone or woodpiles, crawl space entrances and old rodent burrows.



Widow Spider Identification

The presence of red or red-orange markings on the underside of the abdomen is characteristic of widow spiders. This pattern may be in the form of a distinct hourglass pattern or appear as two separate triangles. However, this pattern can be highly variable with the western widow where markings may be distinct and bright, or sometimes faint and indistinct.

Signs and symptoms of a widow spider bite

Bites from the widow spider are painful and potentially dangerous because they contain a nerve poison. Fortunately, widow spiders are non-aggressive and rarely bite. When bites do occur they occur when the female is provoked, such as when an unwitting person presses down on a spider that is resting beneath a log or rock.

- Widow spiders produce a toxin that affects the nervous system.
- Often there is a general sense of discomfort shortly after the bite and acute symptoms increase in severity during the first day.
- Muscle and chest pain or tightness are some of the most common reactions.
- Pain may spread to the abdomen, producing stomach cramping and nausea.
- Other symptoms include restlessness, anxiety, sweating, and breathing and speech difficulty.
- Swelling may be noticed in extremities and eyelids, but rarely at the bite site.
- A sense of burning in the soles of the feet is often noted.
- Symptoms usually decline after two to three days but some may continue for several weeks up to a month after the bite.

Other mammals vary in their reaction to widow toxin. For example, horses are highly susceptible whereas rabbits are more resistant. Cats may be sensitive to a widow bite while dogs may suffer only mild symptoms.

Transmittable Animal Diseases

Source: El Paso County Department of Health & Environment, the United States Center for Disease Control and eHow.com

Hantavirus and Plague

Hantavirus is an infectious respiratory disease carried by certain wild rodents, especially deer mice, and passed to humans through contact with rodents' infected urine, droppings or saliva. Inhaling the particles from droppings or nesting materials can lead to infection. People who live and/or work in rural or semi-rural areas of Colorado—including portions of El Paso County—generally are at risk. Some areas within Colorado Springs city limits provide suitable habitat for deer mice.

The incubation period (time from exposure to first symptoms) ranges from one to six weeks but averages two to three weeks. Hantavirus is a serious illness that can result in respiratory failure and death. Currently, there are no effective drug treatments for hantavirus.

Plague is caused by bacteria transmitted to people through bites from infected fleas and through direct contact with animals infected with plague. In Colorado Springs, fox squirrels that are common to city parks, open spaces and residential areas may be infected. Other plague-carrying animals include rock squirrels, prairie dogs and other species of ground squirrels and chipmunks.

Bites from cats and dogs also have caused plague in humans. Cats sometimes exhibit swellings and sores around their mouth, head and neck when infected. Seek professional veterinary care for such animals and do not handle suspiciously sick pets without gloves and face protection.

In humans, the incubation period of plague is usually two to six days. Treatment with antibiotics is effective during the early stages of disease. Life-threatening complications may occur if diagnosis and appropriate treatment are delayed.

Symptoms of Hantavirus	Symptoms of Plague
Difficulty breathing due to fluid buildup in the lungs	Swollen lymph nodes
Persistent cough usually within a few days after becoming ill	Sudden fever and chills
Flu-like fever, headache, nausea, vomiting and muscle pain	Severe headache, nausea and muscle aches
Severe abdominal, joint and lower back pain	Vomiting and a vague feeling of illness

If you think you have been exposed to either of these diseases, see a health-care provider or hospital emergency room immediately.

Preventing exposure and rodent proofing your residence

The best way to prevent being infected is to avoid contact with rodents. Keep them away from commonly accessed areas such as your house, garage and tool shed.



Although it may be difficult to eliminate rodents completely, make every effort to monitor and reduce their presence. Special precautions should be taken when cleaning or working in a heavily rodent-infested environment.

- Keep your home or outbuilding clean.
- Properly store or dispose of unused food, including pet food.
- Keep garbage cans tightly sealed.
- Fill all structural holes with wire screening, steel wool or cement.
- Set and maintain spring-loaded traps throughout the building—inside and outside.
- Eliminate or maintain places that rodents can hide and breed, such as woodpiles, yard equipment, broken cement and trash.
- Do not feed or entice any rodent or rabbit species into your yard, back porch or patio.
- Do not catch, play with or attempt to hand feed wild rodents.
- Do not linger in rodent-infested areas when camping or hiking.
- Avoid contact with all sick and dead rodents and rabbits.

Cleaning a rodent infested dwelling

- Open all doors and windows at least 30 minutes prior to cleaning. Use an N95-rated disposable respirator if the building is heavily infested or ventilation isn't possible.
- Spray all rodent droppings, nest materials and remains with a bleach solution and let them soak 5-10 minutes before cleaning with a mop, sponge or wet vacuum. Do not use a broom or conventional vacuum.
- Use a mixture of bleach and water (1½ cups bleach to a gallon of water, or one part bleach to nine parts water). Always wear water-resistant gloves.
- Dispose of contaminated materials by placing them in a sealed plastic bag and taking to an outdoor trash can.
- Wash your hands thoroughly after cleaning.

West Nile Virus

Infected mosquitoes spread West Nile virus when they bite an animal or human. This virus can cause serious or fatal disease. However, most people who are infected with mosquito-borne viruses do not become ill and have no symptoms. Person-to-person transmission does not occur. The virus is prevalent from May to September when mosquitoes are most abundant, but the risk to humans occurs primarily from August through early September.



In Colorado Springs, mosquitoes that carry West Nile virus feed in the few hours around dawn and dusk. During the day they rest in shady, secluded areas, such as under porches, roof overhangs, tall grass, shrubs and storm sewers. They breed in almost any source of standing water that lasts for more than a few days.

Symptoms of West Nile Virus

Most people, approximately 80 percent, who are infected with mosquito-borne viruses do not become ill and have no symptoms. For persons who do become ill, the time between the mosquito bite and the onset of symptoms ranges from 5-15 days.

Two different types of disease occur in humans: (1) viral fever syndrome, and (2) encephalitis, an inflammation of the brain. Symptoms of the viral fever syndrome include fever, headache and malaise. These symptoms persist for about 2-7 days.

In rare cases, the virus can cause a more serious brain infection such as aseptic meningitis or encephalitis. The infections begin with a sudden onset of high fever and a headache, and then may progress to stiff neck, disorientation, tremors. Symptoms may include convulsions, muscle weakness, vision loss, numbness, paralysis and coma. Severe infections can result in permanent brain damage or death. There is no specific treatment for infection with these viruses except supportive care.

Mosquito virus prevention and control

- Limit outside activity around dawn and dusk when mosquitoes feed.
- Wear protective clothing such as lightweight long pants and long sleeve shirts.
- Apply insect repellent to exposed skin when outside. Repellents with DEET are effective but should be applied sparingly. Products with 10% or less of DEET are recommended for children.
- Make sure that doors and windows have tight-fitting screens without tears or holes.
- Drain all standing water on private property, no matter how small an amount.
- Stock permanent ponds or fountains with fish that eat mosquito larvae.
- Change water in birdbaths or wading pools and empty flowerpot saucers of standing water at least once a week.
- Check around faucets and air conditioner units; repair leaks or puddles that remain for several days.
- Make sure gutters drain properly.
- Remove standing water under or around structures or on flat roofs.
- Remove items that could collect water such as old tires, buckets and empty cans.
- Report dead birds to local authorities because they may be a sign that West Nile virus is circulating between birds and mosquitoes.



Rabies

Rabies is a virus that affects the central nervous system of mammals, causing a fatal inflammation of the brain and spinal cord. In Colorado Springs, bats are the primary carrier of rabies, but raccoons, skunks, bats, foxes and coyotes are other carriers of the virus. Although bats are the primary local carrier, studies suggest that less than one percent of all bats are infected with rabies.



Because the rabies virus is found in the saliva of infected animals and is commonly spread through a bite, dogs, cats or ferrets that bite a human should be put in confinement for a ten-day observation period to determine whether the animal is suffering from symptoms of rabies. If a dog, cat or ferret remains alive and healthy during the ten days after biting someone, then the animal does not have rabies. This observation period only applies to these three species.

Rabies in Humans

Rabies is a fatal disease with progressive symptoms. It is very important to inform your health care provider right away if you have been bitten by an animal that might have rabies. After being exposed to rabies, symptoms may start as early as 30-90 days later or could occur several years later. The first step to decrease the chances for infection is to immediately wash the wound with soap and water. Preventive medication is available to treat persons who have been exposed to rabies. A health care provider must give it as soon as possible after exposure.

Symptoms of rabies

- Pain or tingling at the site of the bite.
- Hallucinations.
- Hydrophobia—a fear of water caused by spasms of the throat.
- Paralysis of body parts.

How to identify a rabid bat

- Bats are nocturnal creatures so be wary of bats that are active in the daytime.
- Any bat on the ground that flits about in circles, falls from its perch, or smashes into walls or tree trunks is likely rabid.
- Bats that are unable to fly at all but do not appear to have broken wings or other injuries are usually rabid.
- Watch for bats that are in places they are not usually found, such as in the middle of the park at noon, in your front yard or even in your living room.
- Avoid bats that do not seem to care if you approach them. Rabid bats are confused enough they will simply sit there and let you come near.

How to protect yourself from rabies

- Do not feed, touch or adopt sick or wild animals and be cautious of stray dogs and cats.
- Teach children to leave wildlife alone and tell an adult if an animal bites or scratches them.
- Close garbage cans or store them in a garage/barn.
- Call your health care provider if an animal bites or scratches you.

How to protect pets from rabies

- Keep rabies vaccinations up-to-date for all cats, ferrets and dogs.
- Maintain control of your pets by keeping cats and ferrets indoors and keeping dogs under direct supervision when outdoors.
- Spay or neuter pets. Pets that are spayed are less likely to leave home, become strays and make more stray animals.

First Aid

Source: Mayo Clinic unless otherwise noted

First aid may be necessary when someone becomes sick, injured or is experiencing a health related illness. Learning and applying first aid techniques allows for the provision of basic emergency medical treatment for minor injuries and for more serious injuries, before the arrival of advanced medical treatment.

You will be much more effective in an emergency if you have taken CPR and first aid classes. Call the Colorado Springs office of the American Heart Association (719-635-7688) and the Pikes Peak Chapter of the American Red Cross (719-561-2614) for information on training and classes.

Check for a Medical Alert Bracelet
Check for a medical alert bracelet while providing first aid. A medical bracelet may provide information such as the person's medical conditions, personal identification number and a telephone number to call for additional information.

First Aid Kit - Recommended Supplies and Equipment

Basic Supplies	Medications	Emergency Items
<ul style="list-style-type: none"> • Adhesive tape • Antibiotic ointment • Antiseptic solution or towelettes • Bandages, including a roll of elastic wrap and bandages strips in assorted sizes • Instant cold packs • Cotton balls and cotton-tipped swabs • Disposable latex or synthetic gloves, at least two pairs • Duct tape • Gauze pads and roller gauze in assorted sizes • Eye goggles • First-aid manual • Petroleum jelly or other lubricant • Plastic bags for the disposal of contaminated materials • Safety pins in assorted sizes • Scissors, tweezers and a needle • Soap or instant hand sanitizer • Sterile eyewash, such as a saline solution • Thermometer • Tooth preservation kit containing salt solution and a travel case • Triangular bandage • Turkey baster or other bulb suction device for flushing out wounds 	<ul style="list-style-type: none"> • Activated charcoal (use only if instructed by your poison control center) • Aloe vera gel • Anti-diarrhea medication • Over-the-counter oral antihistamine • Aspirin and nonaspirin pain relievers (never give aspirin to children) • Calamine lotion • Over-the-counter hydrocortisone cream • Personal medications that do not need refrigeration • If prescribed by your doctor, drugs to treat an allergic attack, such as an auto-injector of epinephrine • Syringe, medicine cup or spoon 	<ul style="list-style-type: none"> • Emergency phone numbers, including contact information for your family doctor and pediatrician, local emergency services, emergency road service providers and the regional poison control center • Medical consent forms for each family member • Medical history forms for each family member • Sunscreen • First-aid instruction manual



Call 911 if you think the medical emergency is life threatening.

CPR

Cardiopulmonary resuscitation (CPR) is a lifesaving technique useful in many emergencies, including heart attack or near drowning, in which someone's breathing or heartbeat has stopped. Typically, CPR involves two elements – chest compressions combined with mouth-to-mouth rescue breathing.

As a bystander to an emergency event where CPR is necessary, what you should do depends on your knowledge and level of comfort. The difference between action, or doing something, and doing nothing could be someone's life.

Performing CPR on an Adult

Before starting CPR, check

- Is the person conscious or unconscious?
- If the person appears unconscious, tap or shake his or her shoulder and ask loudly, "Are you OK?"
- If the person does not respond and two people are available, one should call **911** and one should begin CPR. If you are alone and have immediate access to a telephone, call **911** before beginning CPR – unless you think the person has become unresponsive because of suffocation (such as from drowning). In this special case, begin CPR for one minute and then call **911**.

Airway - Clear the airway

1. Put the person on his or her back on a firm surface.
2. Kneel next to the person's neck and shoulders.
3. Open the person's airway using the head-tilt, chin-lift maneuver. Put your palm on the person's forehead and gently tilt the head back. Then with the other hand, gently lift the chin forward to open the airway.
4. Check for normal breathing, taking no more than five or 10 seconds. Look for chest motion, listen for normal breath sounds, and feel for the person's breath on your cheek and ear. Gasping is not considered to be normal breathing. If the person is not breathing normally and you are trained in CPR, begin mouth-to-mouth breathing. If you believe the person is unconscious from a heart attack and you have not been trained in emergency procedures, skip mouth-to-mouth rescue breathing and proceed directly to chest compressions.

Breathing - Breathe for the person

1. With the airway open (using the head-tilt, chin-lift maneuver), pinch the nostrils shut for mouth-to-mouth breathing and cover the person's mouth with yours, making a seal.
2. Prepare to give two rescue breaths. Give the first rescue breath – lasting one second – and watch to see if the chest rises. If it does rise, give the second breath. If the chest does not rise, repeat the head-tilt, chin-lift maneuver and then give the second breath.
3. Begin chest compressions to restore circulation.

Think ABC when performing CPR— airway, breathing and circulation — to remember the steps explained below. Move quickly through airway and breathing to begin chest compressions.

Circulation - Restore blood circulation with chest compressions

1. Place the heel of one hand over the center of the person's chest, between the nipples. Place your other hand on top of the first hand. Keep your elbows straight and position your shoulders directly above your hands.
2. Use your upper body weight (not just your arms) as you push straight down on (compress) the chest 2 inches. Push hard at a rate of 100 compressions a minute.
3. After 30 compressions, tilt the head back and lift the chin up to open the airway. Prepare to give two rescue breaths. Pinch the nose shut and breathe into the mouth for one second. If the chest rises, give a second rescue breath. If the chest does not rise, repeat the head-tilt, chin-lift maneuver and then give the second rescue breath. That's one cycle. If someone else is available, ask that person to give two breaths after you do 30 compressions. If you are not trained in CPR and feel comfortable performing only chest compressions, skip rescue breathing and continue chest compressions at a rate of 100 compressions a minute until medical personnel arrive.
4. If the person has not begun moving after five cycles (about two minutes) and an automatic external defibrillator (AED) is available, apply it and follow the prompts. Administer one shock, and then resume CPR – starting with chest compressions – for two more minutes before administering a second shock. If you are not trained to use an AED, a **911** operator may be able to guide you in its use. Use pediatric pads, if available, for children ages 1 to 8. Do not use an AED for babies younger than age 1. If an AED is not available, go to step 5 below.
5. Continue CPR until there are signs of movement or until emergency medical personnel take over.



Performing CPR on a Child

The procedure for giving CPR to a child age 1 through 8 is essentially the same as that for an adult. The differences are as follows:

- If you are alone, perform five cycles of compressions and breaths on the child — this should take about two minutes — before calling **911** or using an AED.
- Use only one hand to perform heart compressions.
- Breathe more gently.
- Use the same compression-breath rate as is used for adults 30 compressions followed by two breaths. This is one cycle. Following the two breaths, immediately begin the next cycle of compressions and breaths.
- After five cycles (about two minutes) of CPR, if there is no response and an AED is available, apply it and follow the prompts. Use pediatric pads if available. If pediatric pads are not available, use adult pads.
- Continue until the child moves or help arrives.

Performing CPR on a Baby

Most cardiac arrests in babies occur from lack of oxygen, such as from drowning or choking. If you know the baby has an airway obstruction, perform first aid for choking. If you do not know why the baby is not breathing, perform CPR.

To begin, examine the situation. Stroke the baby and watch for a response, such as movement, but do not shake the baby.

If there is no response, follow the ABC (airway, breathing and circulation) procedures below and time the call for help as follows:

- If you are the only rescuer and CPR is needed, do CPR for two minutes — about five cycles — before calling **911**.
- If another person is available, have that person call for help immediately while you attend to the baby.

Airway - Clear the airway

1. Place the baby on his or her back on a firm, flat surface, such as a table. The floor or ground also will do.
2. Gently tip the head back by lifting the chin with one hand and pushing down on the forehead with the other hand.
3. In no more than 10 seconds, put your ear near the baby's mouth and check for breathing. Look for chest motion, listen for breath sounds, and feel for breath on your cheek and ear.

The American Heart Association provides the following advice on providing CPR assistance

Untrained	Trained, but out of practice	Trained, and ready to go
If you are not trained in CPR, provide hands-only CPR. This means to provide uninterrupted chest compressions of about 100 a minute until paramedics arrive. You do not need to try rescue breathing.	If you have received CPR training, but are not confident in your abilities, then perform chest compressions at a rate of about 100 a minute.	If are well trained, and confident in your ability, then consider one of two approaches 1. Alternate between 30 chest compressions and two rescue breaths. 2. Only perform chest compressions.

If the infant is not breathing, begin mouth-to-mouth rescue breathing immediately. Compressions-only CPR does not work for infants.

Breathing - Breathe for the infant

1. Cover the baby's mouth and nose with your mouth.
2. Prepare to give two rescue breaths. Use the strength of your cheeks to deliver gentle puffs of air (instead of deep breaths from your lungs) to slowly breathe into the baby's mouth one time, taking one second for the breath. Watch to see if the baby's chest rises. If it does, give a second rescue breath. If the chest does not rise, repeat the head-tilt, chin-lift maneuver and then give the second breath.
3. If the baby's chest still does not rise, examine the mouth to make sure no foreign material is inside. If the object is seen, sweep it out with your finger. If the airway seems blocked, perform first aid for a choking baby.
4. Begin chest compressions to restore blood circulation.

Circulation - Restore blood circulation

1. Imagine a horizontal line drawn between the baby's nipples. Place two fingers of one hand just below this line, in the center of the chest.
2. Gently compress the chest to about one-third to one-half the depth of the chest.
3. Count aloud as you pump in a fairly rapid rhythm. You should pump at a rate of 100 compressions a minute.
4. Give two breaths after every 30 chest compressions.
5. Perform CPR for about two minutes before calling for help unless someone else can make the call while you attend to the baby.
6. Continue CPR until you see signs of life or until medical personnel arrive.

Anaphylaxis (Life-Threatening Allergic Reaction)

A life-threatening allergic reaction (anaphylaxis) can cause shock, a sudden drop in blood pressure and trouble breathing. In people who have an allergy, anaphylaxis can occur minutes after exposure to a specific allergen. In some cases, there may be a delayed reaction or anaphylaxis may occur without an obvious trigger.

Common anaphylaxis triggers include

- Medications (especially penicillin)
- Foods such as peanuts, tree nuts, fish and shellfish
- Insect stings from bees, yellow jackets, wasps, hornets and fire ants

If you are with someone having signs of anaphylaxis, do not wait for symptoms to get better. Seek emergency treatment right away. In severe cases, untreated anaphylaxis can lead to death within half an hour.

Signs and symptoms

- Skin reactions including hives, itching, and flushed or pale skin.
- Swelling of the face, eyes, lips or throat.
- Constriction of the airways, leading to wheezing and trouble breathing.
- A weak and rapid pulse.
- Nausea, vomiting or diarrhea.
- Dizziness, fainting or unconsciousness.

What to do

- Call **911** immediately.
- Ask the person if he or she is carrying an epinephrine autoinjector to treat an allergic attack.
- Ask whether you should help inject the medication if the person says he or she needs to use an autoinjector. This is usually done by pressing the autoinjector against the person's thigh.
- Have the person lie still on his or her back.
- Loosen tight clothing and cover the person with a blanket.
- Turn the person on his or her side to prevent choking if there is vomiting or bleeding from the mouth.
- Begin CPR if there are no signs of breathing, coughing or movement.
- Get emergency treatment even if symptoms start to improve because it is possible for symptoms to recur.

What NOT to do

- Do not give the person anything to drink.

Burns

To distinguish a minor burn from a serious burn, the extent of damage to body tissues will need to be determined. The three burn classifications of first-degree burn, second-degree burn and third-degree burn will help you determine emergency care.

Minor burns include first-degree burns and second-degree burns limited to an area no larger than 3 inches in diameter. **Major or serious burns** include third-degree burns and second-degree burns larger than 3 inches in diameter or if a burn is on the hands, feet, face, groin or buttocks or over a major joint.

What to do

- Call **911** if the burn is major or serious and follow the steps below:
 - Check for signs of circulation (breathing, coughing or movement). If there is no breathing or other sign of circulation, begin CPR.
 - Elevate the burned body part or parts. Raise above heart level, when possible.
 - Cover the area of the burn. Use a cool, moist, sterile bandage; clean, moist cloth; or moist towels.
- If the burn is minor:
 - Cool the burn. Hold the burned area under cool (not cold) running water for 10 or 15 minutes or until the pain subsides. If this is impractical, immerse the burn in cool water or cool it with cold compresses. Cooling the burn reduces swelling by conducting heat away from the skin.
 - Cover the burn with a sterile gauze bandage. Do not use fluffy cotton, or other material that may get lint in the wound. Wrap the gauze loosely to avoid putting pressure on burned skin. Bandaging keeps air off the burn, reduces pain and protects blistered skin.
 - Take an over-the-counter pain reliever.

What NOT to do

- Do not use ice. Putting ice directly on a burn can cause a burn victim's body to become too cold and cause further damage to the wound.
- Do not apply butter or ointments to the burn. This could cause infection.
- Do not break blisters. Broken blisters are more vulnerable to infection.
- Do not remove burned clothing. However, do make sure the victim is no longer in contact with smoldering materials or exposed to smoke or heat.
- Do not immerse large severe burns in cold water. Doing so could cause a drop in body temperature (hypothermia) and deterioration of blood pressure and circulation (shock).

Burn Classification

First-degree burn	Second-degree burn	Third-degree burn
The least serious burns are those in which only the outer layer of skin is burned, but not all the way through. The skin is usually red, with swelling, and pain sometimes is present.	When the first layer of skin has been burned through and the second layer of skin (dermis) also is burned, the injury is called a second-degree burn. Blisters develop and the skin takes on an intensely reddened, splotchy appearance. Second-degree burns produce severe pain and swelling.	The most serious burns involve all layers of the skin and cause permanent tissue damage. Fat, muscle and even bone may be affected. Areas may be charred black or appear dry and white.

Choking

Choking occurs when a foreign object becomes lodged in the throat or windpipe, blocking the flow of air. In adults, a piece of food often is the cause. Young children often swallow small objects. Because choking cuts off oxygen to the brain, administer first aid as quickly as possible.

If choking is occurring, the American Red Cross recommends a “five-and-five” approach to delivering first aid.

- First, deliver five back blows between the person’s shoulder blades with the heel of your hand.
- Next, perform five abdominal thrusts (also known as the Heimlich maneuver).
- Alternate between five back blows and five abdominal thrusts until the blockage is dislodged.

The universal sign for choking is hands clutched to the throat. If the person does not give the signal, look for these indications

- Inability to talk.
- Difficulty breathing or noisy breathing.
- Inability to cough forcefully.
- Skin, lips and nails turning blue or dusky.
- Loss of consciousness.



How to Perform the Heimlich Maneuver

On Someone Else	On Yourself	On Pregnant Woman or Obese Person	On Unconscious Person	On Infant Younger than 1 Year Old
<ul style="list-style-type: none"> • Stand behind the person. Wrap your arms around the waist. Tip the person forward slightly. • Make a fist with one hand. Position it slightly above the person’s navel. • Grasp the fist with the other hand. Press hard into the abdomen with a quick, upward thrust – as if trying to lift the person up. • Perform a total of five abdominal thrusts, if needed. If the blockage still is not dislodged, repeat the five-and-five cycle. 	<ul style="list-style-type: none"> • Place a fist slightly above your navel. • Grasp your fist with the other hand and bend over a hard surface – a countertop or chair will do. • Shove your fist inward and upward. 	<ul style="list-style-type: none"> • Position your hands a little bit higher than with a normal Heimlich maneuver, at the base of the breastbone, just above the joining of the lowest ribs. • Proceed as with the Heimlich maneuver, pressing hard into the chest, with a quick thrust. • Repeat until the food or other blockage is dislodged or the person becomes unconscious. 	<ul style="list-style-type: none"> • Lower the person on his or her back onto the floor. • Clear the airway. If there is a visible blockage at the back of the throat or high in the throat, reach a finger into the mouth and sweep out the cause of the blockage. Be careful not to push the food or object deeper into the airway, which can happen easily in young children. • Begin cardiopulmonary resuscitation (CPR) if the object remains lodged and the person does not respond after you take the above measures. The chest compressions used in CPR may dislodge the object. Remember to recheck the mouth periodically. 	<ul style="list-style-type: none"> • Assume a seated position and hold the infant facedown on your forearm, which is resting on your thigh. • Thump the infant gently but firmly five times on the middle of the back using the heel of your hand. The combination of gravity and the back blows should release the blocking object. • Hold the infant faceup on your forearm with the head lower than the trunk if the above does not work. Using two fingers placed at the center of the infant’s breastbone, give five quick chest compressions. • Repeat the back blows and chest thrusts if breathing does not resume. Call for emergency medical help. • Begin infant CPR if one of these techniques opens the airway but the infant does not resume breathing. • If the child is older than age 1, give abdominal thrusts only.



Cuts and Scrapes

Minor cuts and scrapes usually do not require a trip to the emergency room. Yet proper care is essential to avoid infection or other complications.

Stop the bleeding

- Minor cuts and scrapes usually stop bleeding on their own. If they do not, apply gentle pressure with a clean cloth or bandage.
- Hold the pressure continuously for 20 to 30 minutes and if possible elevate the wound.
- Do not keep checking to see if the bleeding has stopped because this may damage or dislodge the clot and cause bleeding to resume.
- Seek medical assistance if blood spurts or continues flowing after continuous pressure.

Clean the wound

- Thorough cleaning reduces the risk of infection and tetanus.
- Rinse out the wound with clear water.
- Soap can irritate the wound, so try to keep it out of the actual wound.
- Use tweezers sterilized with alcohol to remove dirt and debris particles if it remains in the wound after washing. If debris still remains, see your doctor.
- To clean the area around the wound, use soap and a washcloth.
- There is no need to use hydrogen peroxide, iodine or an iodine-containing cleanser.

Apply an antibiotic

- Apply a thin layer of an antibiotic cream or ointment after cleaning the wound to help keep the surface moist.
- Antibiotics can discourage infection and help your body's natural healing process.
- Stop using the antibiotic if a rash appears after use.

Cover the wound

- Use bandages to help keep the wound clean and keep bacteria out.
- After the wound has healed enough to make infection unlikely, exposure to the air will speed wound healing.



Change the dressing

- Change the dressing daily or whenever it becomes wet or dirty.
- Use adhesive-free dressings or sterile gauze held in place with tape or a loosely applied elastic bandage if you are allergic to the adhesive used bandages.

Get stitches for deep wounds

- Stitches are usually required when a wound is more than 1/4-inch deep or has a gaping or jagged edged with fat or muscle protruding.
- See your doctor as soon as possible if adhesive strips or butterfly tape does not easily close the wound.

Watch for signs of infection

- See your doctor if the wound is not healing or you notice any redness, increasing pain, drainage, warmth or swelling.

Get a tetanus shot

- Doctors recommend you get a tetanus shot every 10 years.
- If your wound is deep or dirty and your last shot was more than five years ago, your doctor may recommend a tetanus shot booster.
- Get the booster as soon as possible after the injury.

Electric Shock

The danger from an electrical shock depends on the type of current, how high the voltage is, how the current traveled through the body, the person's overall health and how quickly the person is treated.

Call 911 immediately if any of the following signs or symptoms occurs

- Cardiac arrest.
- Heart rhythm problems.
- Respiratory failure.
- Muscle pain and contractions.
- Burns.
- Seizures.
- Numbness and tingling.
- Unconsciousness.

What to do

- Look first and not touch. The person may still be in contact with the electrical source and touching the person may pass the current through you.
- Turn off the source of electricity, if possible. If not, move the source away from you and the person, using a nonconducting object made of cardboard, plastic or wood.
- Check for signs of circulation (breathing, coughing or movement). If absent, immediately begin CPR.
- Prevent shock. Lay the person down and, if possible, position the head slightly lower than the trunk, with the legs elevated.
- Seek medical attention. After coming into contact with electricity, the person should see a doctor to check for internal injuries, even if he or she has no obvious signs or symptoms.

Fainting

Fainting occurs when the blood supply to your brain is momentarily inadequate, causing you to lose consciousness. This loss of consciousness is usually brief. Fainting can have no medical significance, or the cause can be a serious disorder. Therefore, treat loss of consciousness as a medical emergency until the signs and symptoms are relieved and the cause is known. Discuss recurrent fainting spells with your doctor.

What to do if you feel faint

- Lie down or sit down. To reduce the chance of fainting again, do not get up quickly.
- Place your head between your knees if you sit down.

What to do if someone else faints

- Position the person on his or her back. If the person is breathing, restore blood flow to the brain by raising the legs about 12 inches above heart level, if possible.
- Loosen belts, collars or other constrictive clothing.
- To reduce the chance of fainting again, do not get the person up too quickly.
- Call **911** if the person does not regain consciousness within one minute.
- Check the person's airway to be sure it is clear.
- Check for signs of circulation (breathing, coughing or movement). If absent, call **911** and begin CPR.

Frostbite

When exposed to very cold temperatures, skin and underlying tissues may freeze, resulting in frostbite. The areas most likely to be affected by frostbite are your hands, feet, nose and ears.

If your skin looks white or grayish-yellow, is very cold and has a hard or waxy feel, you may have frostbite. Your skin may also itch, burn or feel numb. Severe frostbite can cause blistering and hardening. As the area thaws, the flesh becomes red and painful.

What to do

- Treat frostbite by gradually warming the affected skin
- Protect your skin from further exposure. If you are outside, warm frostbitten hands by tucking them into your armpits. Protect your face, nose or ears by covering the area with dry, gloved hands. Do not rub the affected area and never rub snow on frostbitten skin.
- Get out of the cold. Once you are indoors, remove wet clothes.
- Gradually warm frostbitten areas. Put frostbitten hands or feet in warm water (104 to 107.6 F). Wrap or cover other areas in a warm blanket.

- Circulation is returning if the skin turns red and there is a tingling and burning sensation as it warms. If numbness or sustained pain remains during warming or if blisters develop, seek medical attention.

What NOT to do

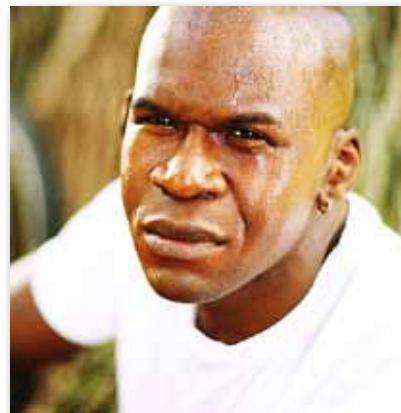
- Do not use direct heat, such as a stove, heat lamp, fireplace or heating pad, because these can cause burns.
- Do not walk on frostbitten feet or toes if possible because this further damages the tissue.
- Do not thaw out the affected areas if there is any chance they will freeze again.

Heat Exhaustion

Heat exhaustion is a heat-related illness ranging in severity from mild heat cramps to exhaustion and may lead to life-threatening heatstroke. Heat exhaustion often begins suddenly, sometimes after excessive exercise, heavy perspiration and inadequate fluid or salt intake.

Signs and symptoms

- Feeling faint or dizzy.
- Nausea.
- Heavy sweating.
- Rapid, weak heartbeat.
- Low blood pressure.
- Cool, moist, pale skin.
- Low-grade fever.
- Heat cramps.
- Headache.
- Fatigue.
- Dark-colored urine.



What to do

- Get the person out of the sun and into a shady or air-conditioned location.
- Lay the person down and elevate the legs and feet slightly.
- Loosen or remove the person's clothing.
- Have the person drink cool water or other nonalcoholic beverage without caffeine.
- Cool the person by spraying or sponging him or her with cool water and fanning.
- Monitor the person carefully. Heat exhaustion can quickly become heatstroke.

Heatstroke

Heatstroke is the most severe heat-related illness, often resulting from exercise or heavy work in hot environments combined with inadequate fluid intake. Young children, older adults, people who are obese and people born with an impaired ability to sweat are at high risk of heatstroke. Other risk factors include dehydration, alcohol use, cardiovascular disease and certain medications.

Signs and symptoms

- The main sign of heatstroke is a markedly elevated body temperature — generally greater than 104 F.
- Changes in mental status ranging from personality changes to confusion and coma.
- Skin may be hot and dry — although if heatstroke is caused by exertion, the skin may be moist.
- Rapid heartbeat with rapid and shallow breathing.
- Elevated or lowered blood pressure.
- Cessation of sweating.
- Feeling dizzy or lightheaded.
- Headache.
- Nausea.
- Fainting may be the first sign in older adults.

What to do

- Move the person out of the sun and into a shady or air-conditioned space.
- Call **911**.
- Cool the person by covering him or her with damp sheets or by spraying with cool water. Direct air onto the person with a fan or newspaper.
- Have the person drink cool water or other nonalcoholic beverage without caffeine.

Hypothermia

When more heat is lost than your body can generate, hypothermia, defined as an internal body temperature less than 95 F (35 C), can result. This is especially true when exposed to a high wind chill factor and high humidity, or to a cool, damp environment for prolonged periods. Wet or inadequate clothing, falling into cold water and even not covering your head during cold weather can increase your chances of hypothermia.

Signs and symptoms usually develop slowly. People with hypothermia typically experience gradual loss of mental acuity and physical ability, so they may be unaware that they need emergency medical treatment.

Signs and symptoms

- Shivering.
- Slurred speech.
- Abnormally slow breathing.
- Cold, pale skin.
- Loss of coordination.
- Fatigue, lethargy or apathy.
- Confusion or memory loss.
- Bright red, cold skin (infants).



What to do

- Call **911**. Monitor breathing while waiting for help to arrive. Begin CPR if breathing stops or seems dangerously slow or shallow.
- Move the person out of the cold. Protect the person from the wind, cover his or her head, and insulate his or her body from the cold ground if going indoors is not possible.
- Remove wet clothing. Replace wet things with a warm, dry covering.
- Offer warm nonalcoholic drinks, unless the person is vomiting.

What NOT to do

- Do not apply direct heat. Do not use hot water, a heating pad or a heating lamp to warm the victim. Instead, apply warm compresses to the center of the body — head, neck, chest wall and groin.
- Do not attempt to warm the arms and legs. Heat applied to the arms and legs can be fatal because it forces cold blood back toward the heart, lungs and brain, causing the core body temperature to drop.
- Do not massage or rub the person. Handle people with hypothermia gently; their skin may be frostbitten, and rubbing frostbitten tissue can cause severe damage.

Insect Bites and Stings

Most reactions to insect bites are mild, causing little more than an annoying itching or stinging sensation and mild swelling that disappear within a day or so. A delayed reaction may cause fever, hives, painful joints and swollen glands. You might experience both the immediate and the delayed reactions from the same insect bite or sting. Only a small percentage of people develop severe or allergic reactions to insect venom.

Bites from bees, wasps, hornets, yellow jackets and fire ants are typically the most troublesome. Bites from mosquitoes, ticks, biting flies and spiders can also cause reactions, but tend to be milder.

Signs and symptoms of a severe reaction

- Difficulty breathing.
- Swelling of the face, lips or throat.
- Rapid heartbeat.
- Nausea, cramps and vomiting.
- Faintness, dizziness.
- Hives.
- Abdominal pain.
- Deterioration of blood pressure and circulation (shock).
- Severe reactions may progress rapidly.

What to do for severe reactions

- Call **911**.

Immediately take the following actions while waiting for medical help

- Check for medications that the person might be carrying to treat an allergic attack, such as an auto injector of epinephrine. Administer the drug as directed — usually by pressing the auto injector against the person's thigh and holding it in place for several seconds. Massage the injection site for 10 seconds to enhance absorption.
- Have the person take an antihistamine pill if he or she is able to do so without choking. Do this after administering epinephrine.
- Have the person lie still on his or her back with feet higher than the head.
- Loosen tight clothing and cover the person with a blanket. Do not give anything to drink.
- Turn the person on his or her side to prevent choking if there is vomiting or bleeding from the mouth.
- Begin CPR if there are no signs of circulation, such as breathing, coughing or movement.

What to do for mild reactions

- Move to a safe area to avoid more stings.
- Remove the stinger, especially if it is stuck in your skin. This will prevent the release of more venom. Wash the affected area with soap and water.
- Apply a cold pack or cloth filled with ice to reduce pain and swelling.
- Apply hydrocortisone cream (0.5 percent or 1 percent), calamine lotion or a baking soda paste — with a ratio of 3 teaspoons baking soda to 1 teaspoon water — to the bite or sting several times a day until symptoms subside.
- Take an antihistamine containing diphenhydramine or chlorpheniramine maleate.

Nosebleeds

Nosebleeds are common and most often a nuisance rather than a true medical problem. But they can be both, so if bleeding persists seek medical attention.



What to do

- Sit upright and lean forward. By remaining upright, you reduce blood pressure in the veins of your nose. This discourages further bleeding. Sitting forward will help you avoid swallowing blood, which can irritate your stomach.
- Pinch your nose. Use your thumb and index finger to pinch your nostrils shut. Breathe through your mouth. Continue to pinch for five to 10 minutes. This maneuver sends pressure to the bleeding point on the nasal septum and often stops the flow of blood.
- To prevent bleeding from recurring, do not pick or blow your nose and do not bend down until several hours after the bleeding episode. Keep your head higher than the level of your heart.
- If bleeding reoccurs, blow out forcefully to clear your nose of blood clots and spray both sides of your nose with a decongestant nasal spray containing oxymetazoline. Pinch your nose in the technique described above and call your doctor.

Seek immediate medical care if

- The bleeding lasts for more than 20 minutes.
- The nosebleed follows an accident, a fall or an injury to your head, including a punch in the face that may have broken your nose.

Poisoning

Many conditions mimic the signs and symptoms of poisoning, including seizures, alcohol intoxication, stroke and insulin reaction. If you suspect poisoning, call the poison control center serving Colorado Springs at (719) 776-5333, or the National Poison Control Center at 800-222-1222, before giving anything to the affected person.

Signs and symptoms

- Burns or redness around the mouth and lips, from drinking certain poisons.
- Breath that smells like chemicals, such as gasoline or paint thinner.
- Burns, stains and odors on the person, on his or her clothing, or on the furniture, floor, rugs or other objects in the surrounding area.
- Empty medication bottles or scattered pills.
- Vomiting, difficulty breathing, sleepiness, confusion or other unexpected signs.

Call 911 if the person is

- Drowsy or unconscious.
- Having difficulty breathing or has stopped breathing.
- Uncontrollably restless or agitated.
- Having seizures.

What to do while waiting for help

- If the person has been exposed to poisonous fumes, such as carbon monoxide, get him or her into fresh air immediately.
- If the person swallowed the poison, remove anything remaining in the mouth.
- If the suspected poison is a household cleaner or other chemical, read the label and follow instructions for accidental poisoning. If the product is toxic, the label will likely advise you to call the poison control center at 800-222-1222. Also call this 800 number if you cannot identify the poison, if it is medication or if there are no instructions.
- Follow treatment directions that are given by the poison control center.
- If the poison spilled on the person's clothing, skin or eyes, remove the clothing. Flush the skin or eyes with cool or lukewarm water, such as by using a shower for 20 minutes or until help arrives.
- Make sure the person is breathing. If not, start rescue breathing and CPR.
- Take the poison container (or any pill bottles) with you to the hospital.

What NOT to do

- Do not give ipecac syrup or do anything to induce vomiting. The American Academy of Pediatrics advises discarding ipecac in the home, citing no evidence of effectiveness and that it can do more harm than good.

Shock

Shock may result from trauma, heatstroke, blood loss, an allergic reaction, severe infection, poisoning, severe burns or other causes. When a person is in shock, his or her organs are not getting enough blood or oxygen, which if untreated, can lead to permanent organ damage or death.

Signs and symptoms

- The skin is cool and clammy and may appear pale or gray.
- The pulse is weak and rapid.
- The person may be nauseated and may vomit.
- The eyes lack luster and may seem to stare. Sometimes the pupils are dilated.
- The person may be conscious or unconscious. If conscious, the person may feel faint or be very weak or confused. Shock sometimes causes a person to become overly excited and anxious.

If you suspect shock, even if the person seems normal after an injury

- Call **911**.
- Have the person lie down on his or her back with feet about a foot higher than the head. Keep him or her flat if raising the legs will cause pain or further injury. Keep the person still.
- Check for signs of circulation (breathing, coughing or movement). Begin CPR if absent, .
- Keep the person warm and comfortable. Loosen belt and tight clothing and cover the person with a blanket. Give nothing by mouth even if the person complains of thirst.
- Turn the person on his or her side to prevent choking if the person vomits or bleeds from the mouth.
- Seek treatment for injuries, such as bleeding or broken bones.

Snake Bite

Source: Colorado State University Extension

The Western Rattlesnake is the only poisonous snake found in Colorado Springs and the surrounding area. There is antivenin available for use against all native rattlesnakes in the United States, so it is helpful but no longer imperative, to determine the species of rattlesnake after a bite.

Signs and symptoms

- There may be one or two visible fang marks in addition to teeth marks if bitten by a rattlesnake bite.
- The common and fairly quick reactions to venom are swelling and pain in the bite area, followed by a black and blue discoloration of the tissue and possibly nausea.
- Painful swelling of lymph nodes in the groin or armpit usually occurs within one hour if the bite is on the leg or arm.

What to do

- Remain calm to prevent increased circulation and minimize the spread of the venom.
- Immediately remove anything from the body that may cause increased swelling below the bite area (e.g., rings, watch, shoes, tight clothing, etc.)
- Wash the wound with soap and water, if possible.
- An extractor pump may be used to remove some of the venom. Be familiar with the procedure and instructions before you need to use it.
- Immobilize the bite area, keeping it in a neutral to below the heart position.
- Get to the hospital immediately.
- If possible, have another person drive you to the hospital, and call ahead to the hospital and the poison center.

What NOT to do

- Do not try to capture the snake, but try to remember its color and shape so you can describe it, which will help in your treatment.
- Do not use a tourniquet.
- Do not make an incision at the bite site.
- Do not suck out the venom with your mouth as this may increase the risk of infection.
- Do not pack the limb in ice.
- Do not drink caffeine or alcohol.

Stroke

A stroke occurs when there is bleeding into your brain or when normal blood flow to your brain is blocked. Within minutes of being deprived of essential nutrients, brain cells start dying — a process that may continue over the next several hours.

What to do

Seek immediate medical assistance. A stroke is a true emergency. The sooner treatment is given, the more likely it is that damage can be minimized.

Signs and symptoms

- Sudden weakness or numbness in your face, arm or leg on one side of your body.
- Sudden dimness, blurring or loss of vision, particularly in one eye.
- Loss of speech, trouble talking or understanding speech.
- Sudden, severe headache with no apparent cause.
- Unexplained dizziness, unsteadiness or a sudden fall, especially if accompanied by any of the other signs or symptoms.

Sunburn

Signs and symptoms of sunburn usually appear within a few hours of exposure, bringing pain, redness, swelling and occasional blistering. Because exposure often affects a large area of your skin, sunburn can cause headache, fever and fatigue.

What to do

- Take a cool bath or shower. You can also apply a clean towel dampened with cool water.
- Apply an aloe vera or moisturizing lotion several times a day.
- Leave blisters intact to speed healing and avoid infection. If they burst on their own, apply an antibacterial ointment on the open areas.
- If needed, take an over-the-counter pain reliever.

What NOT to do

- Do not use petroleum jelly, butter or other home remedies on your sunburn because they can prevent or delay healing.

Tooth Loss

If your tooth is knocked out, seek emergency dental care. It may be possible to successfully implant permanent teeth that have been knocked out. Following the steps below may increase the chances of saving a tooth prior to seeing a dentist.

What to do

- Handle your tooth by the top or crown only, not the roots.
- Gently rinse your tooth in a bowl of tap water.
- Try to replace your tooth in the socket. If it does not go all the way into place, bite down slowly and gently on gauze or a moistened tea bag to help keep it in place. Hold the tooth in place until you see your dentist.
- If you cannot replace your tooth in the socket, immediately retrieve the tooth preservation kit from your first aid kit. If this kit is not available, place the tooth in some milk, your own saliva or a warm, mild saltwater solution — 1/4 teaspoon salt to 1 quart water (about 1 milliliter of salt to about 1 liter water).
- Get medical attention from a dentist or emergency room immediately.

What NOT to do

- Do not handle the tooth by the root.
- Do not hold the tooth under running water.
- Do not rub the tooth or scrape it to remove debris. This damages the root surface, making the tooth less likely to survive.

EMERGENCY PLANNING

Disasters and emergencies of all types can happen anytime and anywhere. When an emergency strikes, there may not be much time to respond. Proactive planning and preparation can be the key to surviving an emergency.

BE PREPARED

Six basics items should be stocked in every home: **water, food, clothing/bedding, first aid kit, tools/supplies and special items** (see checklist reverse). Keep items most likely needed during an evacuation in an easy-to-carry container. Possible containers include a large covered storage bin, backpack or duffel bag.

Put items in airtight plastic bags and store the emergency kit in a convenient place known to all family members. Consider keeping a kit in your vehicle as well. Evaluate contents of the kit and family needs at least once a year. Replace items as needed. For additional information regarding an all hazards approach to preparedness call the City of Colorado Springs Office of Emergency Management – **385-5957**.

MEET AND DISCUSS AS A FAMILY:

- Evacuation procedures
- Individual roles

PLAN HOW THE FAMILY WILL STAY IN CONTACT IF SEPARATED BY DISASTER:

- Decide on two meeting places – one outside of the home and one outside of the neighborhood
- Choose an out-of-state friend or relative that will act as a point of contact for everyone

MEET WITH NEIGHBORS:

- Plan how everyone will work together
- Consider how to help neighbors with special needs
- Make plans for children at home if parents can't return to the area

COMPLETE THESE STEPS:

- Post emergency phone numbers by every phone and program into cell phones
- Know how and when to shut off water, electricity and gas at main controls
- Install smoke and carbon monoxide alarms on each level of your home near bedrooms
- Make arrangements for animals, public shelters do not accept them

PERSONAL SAFETY SHOULD BE THE HIGHEST PRIORITY:

- During an evacuation, immediately follow instructions from fire, police, and emergency officials
- Learn alternate ways out of the neighborhood – plan and rehearse an escape plan
- Make a list of items to take with you – remember, you may only have a few minutes
- If told to evacuate immediately, take only essential items:
 - Medications/Prescriptions
 - Identification
 - Eyeglasses, dentures, hearing aids
 - Financial Resources – cash, credit cards, checks, bank cards

EMERGENCY PLANNING

ASSEMBLE AN EMERGENCY KIT FOR YOUR HOME AND ONE FOR EACH CAR. THE EMERGENCY KIT SHOULD INCLUDE:

WATER

- Store in a location that will prevent water from freezing.
- Avoid using containers that will decompose or break, such as wax milk cartons or glass bottles.
- Change your stored water supply every six months so it stays fresh.
- Store one gallon of water per person per day (two quarts for drinking, two quarts for food preparation/ sanitation).
- Keep at least a three day supply of water for each person in the household

FOOD

- Store at least a three day supply of non-perishable food.
- Select foods that are compact, lightweight, require no refrigeration, preparation or cooking and little or no water.
- Rotate stored food every six months.
- Ready-to-eat canned meats, fruits and vegetables, juices, milk, soup (if powdered, store extra water).
- Staples -sugar, salt, pepper.
- High-energy foods -peanut butter, jelly, crackers, granola bars and trail mix-
- Comfort/stress foods -cookies, hard candy, sweetened cereals, lollipops, instant coffee, and tea bags.

CLOTHING/BEDDING

- Include at least one complete change of clothing and footwear per person.
- Sturdy shoes or work boots
- Hat and gloves
- Sunglasses
- Thermal underwear and rain gear
- Blankets or sleeping bags

FIRST AID

- | | | |
|---------------------------------------|--------------------------------|--|
| ■ Sterile adhesive bandages | ■ Needle | ■ Latex gloves (2 pair) |
| ■ Triangular bandages | ■ Moistened towelettes | ■ Sunscreen |
| ■ Sterile gauze pads (assorted sizes) | ■ Antiseptic | ■ Aspirin or non-aspirin pain reliever |
| ■ Hypoallergenic adhesive tape | ■ Thermometer | ■ Anti-diarrhea medication |
| ■ Scissors | ■ Medicine dropper | ■ Antacid (for stomach upset) |
| ■ Tweezers | ■ Safety pins (assorted sizes) | ■ Prescription drugs |
| | ■ Cleansing agent/ soap | |

TOOLS AND SUPPLIES

- | | | |
|--|-------------------------------------|------------------------------|
| ■ Plastic cups, plates and utensils | ■ Tent | ■ Plastic storage containers |
| ■ Battery operated radio & flashlights | ■ Pliers | ■ Signal flare |
| ■ Extra batteries | ■ Tape | ■ Paper & pencil |
| ■ Non-electric can opener | ■ Compass | ■ Needles & thread |
| ■ Utility knife | ■ Wrench to turn off gas and water | ■ Whistle |
| ■ Fire extinguisher - ABC type | ■ Matches in a waterproof container | ■ Plastic sheeting |
| | ■ Aluminum foil | |

SPECIAL NEEDS

Important Documents *(keep in waterproof portable container)*

- Cash, change, or travelers checks
- Important telephone numbers
- Will, insurance policies, contracts
- Social Security Cards/Bank numbers
- Inventory of valuable household goods
- Family records (birth/marriage/ etc.)

For Adults

- Denture needs
- Extra eye glasses
- Contact lenses and supplies
- Medications
- Oxygen

For Babies

- Formula/Bottles/Powdered Milk
- Medications
- Diapers

For Pets

- Extra food
- Medications

Sanitation

- Plastic bucket with tight lid
- Toilet paper & towelettes
- Plastic garbage bags & ties
- Soap
- Personal hygiene items
- Disinfectant
- Household chlorine bleach

EVACUATION PLANNING

Planning for an evacuation should occur well before an emergency happens. Because a wildfire is a dynamic event, there will potentially not be much time for homeowners to respond an evacuation order. It will be important for people to think clearly and act decisively when they are told to evacuate.

HAVE A PLAN

The first step in preparing for an emergency is to have a plan. Determine how you will respond to an evacuation order and make sure everyone in the home is familiar with the plan.

- Establish Escape Routes based on fire behavior
- Have a back-up plan – **Know two ways out**
- Identify Safety Zones
- Pre-determined family meeting place
- Plan and practice

WHEN TO EVACUATE

There are a number of ways that citizens will be informed about an emergency in your area. If you receive notice to evacuate, it is important to respond immediately. Waiting, or choosing not to evacuate, when told to leave can put you and your family in danger. Some of the ways that information will be communicated to the public include:

- Local TV and Radio
- Emergency Alert System (EAS)
- Emergency Notification System (ENS)
Visit www.elpasoteller911.org for more information and to register cell phone numbers
- Emergency Personnel

PREPARING FOR IMMEDIATE EVACUATION

As soon as you are alerted to an emergency in your area, follow these steps and be prepared to leave immediately:

- Back the car into the garage, roll the windows up, and leave the keys in the ignition
- Close garage door and set it for manual operation
- Load important documents, pets, valuables, evacuation kit, prescriptions into the car
- Take only **one** vehicle – **stay together**
- No boats or RV's
- Wear long pants, long sleeves, and sturdy shoes

DURING EVACUATION

Conditions during an evacuation can be very disconcerting. It is important to stay calm, think clearly, and to avoid panic. Evacuating early and away from the emergency is recommended, however if you can not **safely** evacuate, follow these guidelines:

- If you become trapped by fire, seek refuge in structure
- If you are trapped in your vehicle, park in clear area, close windows and vents, cover up with a blanket on the floor
- If on foot, find clear area, lay down on the ground, protect airway

EVACUATION → STRUCTURE → VEHICLE → FOOT

EVACUATION PLANNING

IF YOU HAVE TIME

If you become aware of a developing emergency, but your area is not yet directly affected, you may have time to take some action to increase your home's survivability.

- Attach garden hoses to reach around the entire house
- Fill sinks, tubs, etc.
- Place a ladder against house away from the fire
- Close windows and doors
- Turn lights on
- Move furniture to the interior

EMERGENCY KIT – PLAN FOR AT LEAST 72 HOURS

Following a disaster, emergency workers may not be able to respond to your needs right away. Officials recommend that families stock enough supplies to last at least three days.

The 72-Hour Emergency Kit should be individually tailored to meet the basic survival needs of your family for three days to a week. Take into consideration any special needs such as infants and elderly, persons with disabilities and pets. It is recommended that you store your emergency supplies in one location that is relatively safe, yet easily accessible and portable if evacuation is required. Rethink your kit and family needs at least once a year and replace items as needed.

CHILDREN'S ACTIVITY SURVIVAL KIT

You may have to leave your home during a disaster. It's smart to put together your own Children's Activity Survival Kit so they will have things to do and share with other children. We suggest you pack:

- A few favorite books.
- Crayons and pencils.
- Plenty of paper.
- Scissors and glue.
- A few favorite toys.
- Board games.
- Favorite stuffed animal.
- Pictures of family pets.
- Favorite blanket/pillow

EMERGENCY SUPPLY EVACUATION BAGS

ESSENTIAL ITEMS OFTEN OVERLOOKED

- Wallet card with emergency and family phone numbers
- Electronic copies of important papers, which can be stored on a small usb flash drive
- Identification for each person
- A change of clothes for each person
- First aid kit
- Medications with prescription directions
- Glasses, hearing aid batteries, necessary items for other medical devices
- Batteries for cell phones and other items
- Face masks
- Toiletries including toothbrush and toothpaste
- Hand sanitizer
- Plastic bags
- Blankets
- A non-electric can opener
- Canned dog or cat food if you have pets
- Good quality painting drop cloths (shelter-in-place)
- Duct tape

PET EVACUATION PLANNING

BE PREPARED

- Make sure your pets have current identification (tags or microchip.)
- Evacuation shelters won't allow pets. Make sure you make arrangements ahead of time.
- Contact your local shelter, boarding facilities and hotels to find out if they will accept your pets.
- Check with friends or relatives to see if they can house your pets.
- Have a list of veterinarians and boarding facilities in your evacuation kit.
- Have a pet evacuation kit! (See checklist.)

EVACUATION

- Take your pet with you when you evacuate; Don't leave them behind. They can easily be lost, injured or killed in a wildfire event.
- Don't turn them loose. If you cannot safely evacuate them, leave them contained in the house or fenced area. Do not chain them up outside. Animals can become confused and run into the fire. They can also pose a risk to responders as the animals are under extreme stress.
- Leave early—don't wait for an evacuation order. You may not be allowed to return for your pets.
- Keep dogs on leashes or in crates and cats in carriers.
- If your pets become lost, physically check animal control and shelters daily.

AWAY FROM HOME

- If you are away from home or at work, make arrangements with a neighbor to evacuate with your pets.
- Make sure they have a key to your house and are familiar with your pets.
- Note the location of the pet evacuation kit for your neighbor; make sure they know where to access it and are familiar with the contents (medicine, food, instructions, etc.)

BEHAVIOR

- Conditions during a disaster will be very different than the routine they are used to. Make certain that you keep them restrained and under control. They can easily get lost under the new conditions.
- If animals are severely distressed, seek veterinarian care.

PET EVACUATION PLANNING

EVACUATION KIT

- 2-week supply of food (dry and canned)
- 2-week supply of water in plastic gallon jugs
- Flashlight, Radio and Batteries
- Cage/Carrier (labeled with your contact information)
- Manual can opener and spoons
- Copies of veterinary records and proof of ownership
- Emergency contact list
- Familiar items (toys, treats, blankets)
- Instructions
- Diet (including allergies)
- Medications (including dose and frequency)
- Veterinarian and pharmacy contact information
- Leash and collar
- Litter, pan and scoop
- Food and water dishes
- Muzzles
- Current photos of your pets for identification
- Newspaper for bedding
- Paper towels
- Trash bags

FIRST AID KIT

Consult your veterinarian when assembling a first aid kit. These items are only recommendations; your pet's individual needs may vary.

- Activated charcoal liquid
- Antibiotic ointment for wounds
- Anti-diarrhea liquid
- Antibiotic eye ointment
- Bandage scissors
- Bandages / Tape
- Povidone-iodine
- Cotton tipped swabs
- Elastic bandage rolls
- Sterile eye rinse
- Gauze pads and rolls
- Ice cream stick (for use as splints)
- Isopropyl alcohol / alcohol prep pads
- Latex gloves
- Liquid dish detergent (mild wound and body cleanser)
- Measuring spoons
- 2-week supply of medications and preventatives
- Non-adherent bandage pads
- Saline solution (for rinsing wounds)
- Sterile lubricant (water based)
- Styptic powder (clotting agent)
- Syringe or eyedropper
- Thermometer (digital)
- Towel and washcloth
- Tweezers

ADDITIONAL INFORMATION

- FEMA – <http://www.fema.gov/plan/prepare/animals.shtm>
- Humane Society – http://www.hsus.org/web-files/PDF/DIST_DisasterPetBrochure.pdf
- American Veterinary Medical Association – <http://www.avma.org/disaster>

PETS AND LARGE ANIMAL EVACUATION

When preparing for a potential emergency, don't forget to include pets and large animals. Here are some ideas for preparing to protect your animals during a disaster:

- Talk to your veterinarian about evacuation and emergency care for your animals.
- Identify an emergency animal shelter location nearby: kennels, adjoining farms, state and local fairgrounds, Community Animal Response Team (CART), etc.
- Know which hotels will accept pets.
- Get to know the policies and staff of your local animal control authority, as well as the local animal non-profit rescue and care. Ask neighbors and friends to evacuate your animals if a disaster strikes when you are away.
- Have a portable crate available for cats or small dogs and a leash available for larger dogs. For large animals, have halters and lead straps available. Make sure that your animals trust this person before an emergency, and that this person knows where to find the crates and leashes, etc. Agree on a post-emergency meeting place before the emergency happens.
- License your companion animals; make sure your animals can be easily identified so they can be reunited with you after the disaster; and keep all vaccinations current.
- Consider microchips and/or tattoos as permanent identification. Take pictures of you with your animal(s) to show proof of ownership if you are separated during a disaster.
- Have a record of the number of the rabies tag, license, microchip or tattoo with you for proof of ownership.
- Have a copy of your pets' and large animals' medical records and list of necessary medications on hand.
- Have a travel bag for your pets ready and in your car in case your pets must be evacuated. The bag should include, at minimum, several days worth of food and water, dishes/bowls, bedding, toys, treats, an extra leash and collar, a litter pan for cats, a pet first aid kit, identification information, paper towels, clean-up bags, and any medications your pets need.
- Prepare an evacuation plan for large animals. Your plan should include a list of resources such as trucks, trailers, pasture and/or feed which might be needed in an evacuation, as well as a designated person who will unlock gates and doors and make your facility easily accessible to emergency personnel. Make sure that everyone who lives, works or boards at your barn is familiar with the plan.
- If you must leave animals behind, post a highly visible sign (either on a window or a door) letting rescue workers know the breed and number of animals which remain. Leave plenty of food and water with care instructions. If your animal becomes lost, immediately call or visit the nearest animal shelter or emergency command post.

If you find a lost animal, notify the local animal shelter as soon as possible and be prepared to give a full description of the animal (i.e., color, breed, sex) and its location. For more information visit the Humane Society, Pikes Peak Chapter at www.hsppr.org or call them at 719-473-1741.

CAR SURVIVAL KIT

PLAN YOUR TRAVEL and check the latest weather reports to avoid storms and severe weather. Maintain at least ½ tank of gas at all times

FULLY CHECK YOUR VEHICLE before traveling. Be sure to winterize your vehicle before the winter season starts.

CARRY A CAR SURVIVAL KIT

- Cell phone and charger
- Map and compass
- Shovel
- Bag of sand or kitty litter
- Hand-crank flashlight and radio
- Reflectors and flares
- Sleeping bags or blankets and emergency blankets
- Tow rope
- Jumper cables
- Tool kit and duct tape
- Class ABC fire extinguisher
- Warm clothing for all travelers
- Non-perishable food and water
- Waterproof matches, candles and a coffee can

POWER OUTAGE PREPARATION

Storms, fires and other emergencies may damage or disrupt electrical lines and systems, leaving you without power for up to several days. This can be life threatening to someone who relies on power to sustain life-support equipment.

EMPOWER YOUR FAMILY:

- **Hand-crank flashlights** not only provide immediate light but also offer psychological comfort.
- **Lightsticks** provide an excellent source of emergency light.
- **Hand-crank radios** help you access emergency instructions and reliable information.
- **Extra batteries for hearing aids, TDDs, scooters, wheelchairs or a generator for life-safety equipment are essential.**

WATER AND FOOD STORAGE

WATER SOURCES

HOW TO STORE WATER

Store your water in thoroughly washed plastic, glass, fiberglass or enamel-lined metal containers. Never use a container that has held toxic substances. Plastic containers, such as soft drink bottles, are best. You can also purchase food-grade plastic buckets or drums. Seal water containers tightly, label them and store in a cool, dark place. Rotate water every six months.

HIDDEN WATER SOURCES IN YOUR HOME

If a disaster catches you without a stored supply of clean water, you can use the water in your hot-water tank, pipes and ice cubes. As a last resort, you can use water in the reservoir tank of your toilet (not the bowl). To use the water in your pipes, let air into the plumbing by turning on the faucet in your house at the highest level. A small amount of water will trickle out. Then obtain water from the lowest faucet in the house. To use the water in your hot-water tank, be sure the electricity or gas is off, and open the drain at the bottom of the tank. Start the water flowing by turning off the water intake valve and turning on a hot-water faucet. Do not turn on the gas or electricity when the tank is empty.

WATER TREATMENT METHODS

In addition to having a bad odor and taste, contaminated water can contain microorganisms that cause diseases such as dysentery, typhoid and hepatitis. You should treat all water of uncertain purity before using it for drinking, food preparation or hygiene.

There are many ways to treat water. None is perfect. Often the best solution is a combination of methods. Two easy treatment methods are outlined below. These measures will kill most microbes but will not remove other contaminants such as heavy metals, salts and most other chemicals. Before treating, let any suspended particles settle to the bottom, or strain them through layers of paper towel or clean cloth.

Boiling: Boiling is the safest method of treating water. Bring water to a rolling boil for 3-5 minutes, keeping in mind that some water will evaporate. Let the water cool before drinking. Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers. This will also improve the taste of stored water.

Disinfection: You can use household liquid bleach to kill microorganisms. Use only regular household liquid bleach that contains 5.25 percent sodium hypochlorite. Do not use scented bleaches, colorsafe bleaches or bleaches with added cleaners. Add 16 drops of bleach per gallon of water stir and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand another 15 minutes. The only agent used to treat water should be household liquid bleach. Other chemicals, such as iodine or water treatment products sold in camping or surplus stores that do not contain 5.25 percent sodium hypochlorite as the only active ingredient, are not recommended and should not be used.

FOOD SUPPLIES

WHEN FOOD SUPPLIES ARE LOW

if activity is reduced, healthy people can survive on half their usual food intake for an extended period and without any food for many days. Food, unlike water, may be rationed safely, except for children and pregnant women. If your water supply is limited, try to avoid foods that are high in fat and protein, and don't stock salty foods, since they will make you thirsty. Try to eat salt-free crackers, whole grain cereals and canned foods with high liquid content.

You don't need to go out and buy unfamiliar foods to prepare an emergency food supply. You can use the canned foods, dry mixes and other staples on your cupboard shelves. In fact, familiar foods are important. They can lift morale and give a feeling of security in time of stress. Also, canned foods won't require cooking, water or special preparation. Following are recommended short-term food storage plans.

WATER AND FOOD STORAGE

SPECIAL CONSIDERATIONS

As you stock food, take into account your families unique needs and tastes. Try to include foods that they will enjoy and that are also high in calories and nutrition. Foods that require no refrigeration, preparation or cooking are best.

Individuals with special diets and allergies will need particular attention, as will babies, toddlers and elderly people. Nursing mothers may need liquid formula, in case they are unable to nurse. Canned dietetic foods, juices and soups may be helpful for ill or elderly people.

Make sure you have a manual can opener and disposable utensils. And don't forget nonperishable foods for your pets.

FOOD STORAGE TIPS

- Keep food in a dry, cool spot - a dark area if possible.
- Keep food covered at all times.
- Open food boxes or cans carefully so that you can close them tightly after each use.
- Wrap cookies and crackers in plastic bags, and keep them in tight containers.
- Empty opened packages of sugar, dried fruits and nuts into screw-top jars or airtight cans to protect them from pests.
- Inspect all food for signs of spoilage before use.
- Use foods before they go bad, and replace them with fresh supplies, dated with ink or marker. Place new items at the back of the storage area and older ones in front.

NUTRITION TIPS

- During and right after a disaster, it will be vital that you maintain your strength. So remember:
- Eat at least one well-balanced meal each day.
- Drink enough liquid to enable your body to function properly (two quarts a day).
- Take in enough calories to enable you to do any necessary work.
- Include vitamin, mineral and protein supplements in your stockpile to assure adequate nutrition.

SHELF LIFE OF FOODS FOR STORAGE

(general guidelines for rotating common emergency foods)

USE WITHIN SIX MONTHS:

- Powdered milk (boxed)
- Dried fruit (in metal container)
- Dry, crisp crackers (in metal container)
- Potatoes

MAY BE STORED INDEFINITELY

(in proper containers and conditions):

- Wheat, Soybeans, white rice
- Vegetable oils
- Dried corn
- Salt, Baking powder, bouillon products
- Dry Pasta
- Instant coffee, tea and cocoa
- Powdered milk (in nitrogen-packed cans)
- Noncarbonated soft drinks

USE WITHIN ONE YEAR:

- Canned condensed meat and vegetable soups
- Canned fruits, fruit juices and vegetables
- Ready-to-eat cereals and uncooked instant cereals (in metal containers)
- Peanut butter
- Jelly
- Hard candy and canned nuts
- Vitamin C



READYColorado

Make a Plan. Make a Difference.

■ Hospital

www.theagapecenter.com/Hospitals/Colorado.htm

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

■ Red Cross Shelter

www.denver-redcross.org

Local: 303.722.7474

Statewide: 1.800.417.0495

Location _____

Address _____

City _____ State _____ Zip _____

Phone _____

■ Public Health Department

www.cdphe.state.co.us/as/locallist.asp

Location _____

Address _____

City _____ State _____ Zip _____

Phone _____

■ Neighborhood Association

www.nrc-neighbor.org/

Location _____

Address _____

City _____ State _____ Zip _____

Phone _____

■ Fire Department

www.american-firefighter.com/fire-departments/colorado-fire-departments.html

Location _____

Address _____

City _____ State _____ Zip _____

Phone _____

My READY Profile

*Keep a copy in your kit, in your car,
and at work. Share with family members.*

■ Police Department

www.usacops.com/co/

Location _____

Address _____

City _____ State _____ Zip _____

Phone _____

■ Veterinarian

Location _____

Address _____

City _____ State _____ Zip _____

Phone _____

■ School

Child _____

Location _____

Address _____

City _____ State _____ Zip _____

Phone _____

Child _____

Location _____

Address _____

City _____ State _____ Zip _____

Phone _____

Child _____

Location _____

Address _____

City _____ State _____ Zip _____

Phone _____

■ Other



Make a Plan. Make a Difference.

Important Documents

Having access to important documents can make recovery time after a disaster easier to manage.

Depending on your situation, you may need some or all of the following documents to file insurance claims, pay bills, take care of injured family members, or manage the responsibilities associated with a death. Here are suggested documents that you should locate, copy and store in a safe place (fire proof box, or with an out of town friend or relative).

- Birth certificate
- Death certificate
- Marriage certificate
- Will
- Power of attorney
- Living will or other medical powers
- Trust documents
- Social Security card/records
- Military records
- Medical records, including prescription information
- Insurance policies (life, health, disability, long-term care, auto, homeowners, renters)
- Checking and savings account statements
- Retirement account records
- Other investment statements
- Pay stubs
- Tax returns
- Car titles and registrations
- Mortgage/property deeds
- Rental agreement/lease
- Warranties and receipts for major purchases
- Credit card records
- Other loan records
- Safe deposit box information (location and key)

Other Documents:



READYColorado

Make a Plan. Make a Difference.

Family Communications Plan

Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations.

Out-of-Town Contact Name _____ Phone _____
 E-mail _____ Phone _____

Fill out the following information for each family member and keep it up to date.

Name _____	Social Security Number _____
Date of Birth _____	Important Medical Info. _____
Name _____	Social Security Number _____
Date of Birth _____	Important Medical Info. _____
Name _____	Social Security Number _____
Date of Birth _____	Important Medical Info. _____
Name _____	Social Security Number _____
Date of Birth _____	Important Medical Info. _____
Name _____	Social Security Number _____
Date of Birth _____	Important Medical Info. _____
Name _____	Social Security Number _____
Date of Birth _____	Important Medical Info. _____

Where to go in an emergency. Write down where your family spends the most time: work, school and other places you frequent.

Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans.

Home

Address _____
 Phone _____
 Neighborhood Meeting Place _____
 Regional Meeting Place _____

Work

Address _____
 Phone _____
 Evacuation Location _____

School

Address _____
 Phone _____
 Evacuation Location _____

Work

Address _____
 Phone _____
 Evacuation Location _____

School

Address _____
 Phone _____
 Evacuation Location _____

Other place you frequent:

Address _____
 Phone _____
 Evacuation Location _____

School

Address _____
 Phone _____
 Evacuation Location _____

Other place you frequent:

Address _____
 Phone _____
 Evacuation Location _____

Make a note of important contacts, phone numbers and policy numbers. Dial 9-1-1 for emergencies!

Important Information	Name	Telephone #	Policy #
Doctor			
Doctor			
Pharmacist			
Medical Insurance			
Homeowner's/Rental Insurance			
Veterinarian/Kennel			
Other			
Other			
Other			

Every family member should carry a copy of this important information.

1-800-639-READY (7323)



READYColorado

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www.readycolorado.com

Meeting Place Telephone:

Neighborhood Meeting Place:

Telephone:

Out-of-Town Contact Name:

Telephone:

Contact Name:

COMMUNICATIONS PLAN

1-800-639-READY (7323)



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Teléfono del lugar de reunión:

Lugar de reunión del vecindario:

Teléfono:

Nombre de la persona con quien ponerse en contacto fuera de la ciudad:

Nombre de la persona con quien ponerse en contacto:

Teléfono:

Nombre de las personas con quien ponerse en contacto:

PLAN DE COMUNICACIONES



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Household Plan

One of the most important steps you can take in preparing for emergencies is to develop a household disaster plan.

Simple Steps to Get Your Household READY

1 Step One: Types of Hazards

Learn about the natural disasters that could occur in your community from your local emergency management office or American Red Cross chapter. Make notes here.

Learn whether hazardous materials are produced, stored or transported near your area. Make notes here.

Learn about possible consequences of deliberate acts of terror. Ask how to prepare for each potential emergency and how to respond. Make notes here.

2 Step Two: Business and School Emergency Response Plans

Talk with employers and school officials about their emergency response plans.

3 Step Three: Have a Household Meeting

Talk with your household about potential emergencies and how to respond to each. Talk about what you would need to do in an evacuation. Details of evacuation plan:

4 Step Four: Complete a “Family Communications Plan”

- Download a copy of the “Family Communications Plan” from readycolorado.com. Plan how your household would stay in contact if you were separated. Identify two meeting places: the first should be near your home—in case of fire, perhaps a tree or a telephone pole; the second should be away from your neighborhood in case you cannot return home.
- Make sure to pick a friend or relative who lives out of the area for household members to call to say they are okay.

5 Step Five: Training!

- Download a copy of “My READY Profile” from readycolorado.com. Post emergency telephone numbers by telephones. Teach children how and when to call 911.
- Make sure everyone in your household knows how and when to shut off water, gas, and electricity at the main switches. Consult with your local utilities if you have questions.

6 Step Six: Take a Class

- Take a first aid and CPR class. Local American Red Cross chapters can provide information. Official certification by the American Red Cross provides “good Samaritan” law protection for those giving first aid. Visit readycolorado.com, “Make A Difference” for information on different volunteer opportunities.
- Reduce the economic impact of disaster on your property and your household’s health and financial well-being.

7 Step Seven: Review & Copy Important Documents

- Review property insurance policies before disaster strikes—make sure policies are current and be certain they meet your needs (type of coverage, amount of coverage, and hazard covered—flood, earthquake)
- Protect your household’s financial well-being before a disaster strikes—review life insurance policies and consider saving money in an “emergency” savings account that could be used in any crisis. It is advisable to keep a small amount of cash or traveler’s checks at home in a safe place where you can quickly gain access to it in case of an evacuation.
- Be certain that health insurance policies are current and meet the needs of your household.
- Make copies of important documents (bank account numbers, policy numbers, etc.) and keep them in a fire-safe box, secure a set in a location other than home, and send them to an out of town relative.

8 Step Eight: Discuss Special Household Needs

- Download a copy of the “Special Needs” worksheet from readycolorado.com. Consider ways to help neighbors who may need special assistance, such as the elderly or the disabled.
- Make arrangements for pets. Pets are not allowed in public shelters. Service animals for those who depend on them are allowed.



Make a Plan. Make a Difference.

Plan for Special Needs

You may have to take additional steps for friends, neighbors or family members with special needs.

If you have a disability or special need, you may have to take additional steps to protect yourself and your household in an emergency. If you know of friends or neighbors with special needs, help them with these extra precautions.

- The hearing impaired may need to make special arrangements to receive a warning. *Make notes here.*

- Those who are mobility impaired may need assistance in getting to a shelter. *Make notes here.*

- Households with a single working parent may need help from others both in planning for disasters and during an emergency. *Who can help?*

- Non-English speaking people may need assistance planning for and responding to emergencies. *Make notes here.*

- Community and cultural groups may be able to help keep these populations informed. *Make notes here.*

- People without vehicles may need to make arrangements for transportation. *Make notes here.*

- People with special dietary needs should have an adequate emergency food supply. *Make notes here.*

Steps You Should Take

- Find out about special assistance that may be available in your community. Register with the office of emergency services or fire department for assistance, so needed help can be provided quickly in an emergency.
- Create a network of neighbors, relatives, friends and co-workers to aid you in an emergency. Discuss your needs and make sure they know how to operate necessary equipment.
- Discuss your needs with your employer.
- If you are mobility impaired and live or work in a high-rise building, have an escape chair.
- If you live in an apartment building, ask the management to mark accessible exits clearly and to make arrangements to help you evacuate the building.
- Keep extra wheelchair batteries, oxygen, catheters, medication, food for guide or hearing-ear dogs, or other items you might need. Also, keep a list of the type and serial numbers of medical devices you need.
- Those who are not disabled should learn who in their neighborhood or building is disabled so that they may assist them during emergencies.
- If you are a care-giver for a person with special needs, make sure you have a plan to communicate if an emergency occurs.

ACTION CHECKLIST FOR INDIVIDUALS WITH DISABILITIES OR SPECIAL NEEDS

People often have unique needs that require more detailed planning in the event of a disaster. Consider the following actions as you prepare:

- Learn what to do in case of power outages and personal injuries. Know how to connect and start a back-up power supply for essential medical equipment.
- Consider getting a medical alert system that will allow you to call for help if you are immobilized in an emergency. Most alert systems require a working phone line so it is a good idea to have a back-up plan, such as a cell phone or pager.
- Have a manual wheelchair for backup if you use an electric wheelchair or scooter.
- Teach those who may need to assist you in an emergency how to operate necessary equipment. Label equipment and attach laminated instructions for equipment use.
- Store back-up equipment (mobility, medical, etc.) at your neighbor's home, school or your workplace.
- Arrange for more than one person from your personal support network to check on you in an emergency, so there is at least one backup if the primary person you rely on cannot reach you.
- Plan ahead for someone to convey essential emergency information to you if you are vision impaired, deaf or hard of hearing and are unable to use the TV or radio.
- Check to see if the agency has special provisions for emergencies (e.g., providing services at another location should an evacuation be ordered) if you use a personal care attendant obtained from an agency.
- Ask the management to identify and mark accessible exits and access to all areas designated for emergency shelter or safe rooms if you live in an apartment. Ask about plans for alerting and evacuating those with sensory disabilities.
- Have a cell phone with an extra battery. If you are unable to get out of a building, you can let someone know where you are and guide them to you. Keep the numbers you may need to call with you if the 911 emergency number is overloaded.
- Learn about devices and other technology available (BlackBerrys, cell phones, text radio, pagers, etc.) to assist you in receiving emergency instructions and warnings from local officials.
- Be prepared to provide clear, specific and concise instructions to rescue personnel. Practice giving these instructions (verbally, pre-printed phrases, word board, etc.) clearly and quickly.
- Prepare your personal support network to assist you with anticipated reactions and emotions associated with disaster and traumatic events (i.e. confusion, thought processing and memory difficulties, agitation, fear, panic, and anxiety).
- You do not have to be the only one prepared – encourage others to be prepared and consider volunteering or working with local authorities on disability and special needs preparedness efforts.

Hospitals and Urgent Care Centers in Colorado Springs

Memorial Hospital Central

1400 East Boulder Street
Colorado Springs, CO 80909
719-365-5000

www.memorialhealthsystem.com

Memorial Hospital North

4050 Briargate Parkway
Colorado Springs, CO 80920
719-364-5000

www.memorialhealthsystem.com

Briargate Medical Campus (Urgent Care)

8890 North Union Blvd.
Colorado Springs, CO 80909
719-365-6440

www.memorialhealthsystem.com

Springs Medical Center (Urgent Care)

2502 East Pikes Peak Ave.
Colorado Springs, CO 80909
719-365-2888

www.memorialhealthsystem.com

St Francis Medical Center

6001 E. Woodmen Rd
Colorado Springs, CO 80920
719-571-1000

www.penrosetfrancis.org

Penrose Hospital

2222 North Nevada Avenue
Colorado Springs, CO 80907
719-776-5000

www.penrosetfrancis.org

Penrose Community Hospital (Urgent Care)

3205 North Academy Blvd
Colorado Springs, CO 80917-5101
719-776-3216

www.penrosetfrancis.org

Alliance Urgent Care & Family Practice (Urgent Care)

7621 Austin Bluffs Parkway
Colorado Springs, CO 80920
719-282-6337

www.cospringsdoctor.com

Concentra Medical Centers (Urgent Care)

5320 Mark Dabling Blvd
Building 7, Suite 100
Colorado Springs, CO 80918
Phone - 719-592-1584

2322 S Academy Blvd
Colorado Springs, CO 80916
Phone - 719-390-1727

Important Phone Numbers

For an Emergency	911
Poison Control Center, Local	719-776-5333
Poison Control Center, National	1-800-222-1222
Colorado Springs Police and Fire, Non-emergency.....	719-444-7000
American Medical Response, Non-emergency.....	719-636-2333
Colorado Division of Wildlife (DOW) Headquarters Main Customer Service (M-F 8am-5pm MST)	303-297-1192
Colorado Division of Wildlife	719-227-5200
Colorado Springs Fire Department.....	719-385-5950
Colorado Springs Office of Emergency Management.....	719-385-5957
Colorado Springs Police Department.....	719-444-7000
Falcon Division	719-444-7240
Gold Hill Division	719-385-2100
Sand Creek Division	719-444-7270
Stetson Hills	719-444-3144
Colorado State Patrol	303-239-4501
Colorado Springs Utilities	719-448-4800
Colorado Department of Transportation.....	303-639-1111
Colorado Road Conditions	511
El Paso County Department of Health and Environment.....	719-578-3199
El Paso County Household Hazardous Waste Facility	719-520-7878
El Paso County Department of Human Services	719-636-0000
Sheriff's Office, Law Enforcement Bureau.....	719-520-7333
American Red Cross, Pikes Peak Chapter.....	719-632-3563
Humane Society of the Pikes Peak Region	719-473-1741
Pikes Peak United Way (Community Resources, Assistance)	211

