



Pikes Peak Regional Emergency Preparedness and Safety Guide



My Contact Information

Fill out each field with your contact information to create a brief contact list. Complete the travel-sized communication plan on page 61-62 to carry with you.

First Name _____

Last Name _____

Telephone Number _____

E-mail Address _____

My Primary Emergency Contact

Name _____ Phone _____

E-mail Address _____

Nearby Neighbor Contact

Name _____ Phone _____

E-mail Address _____

My Out-of-Town Contact

Name _____ Phone _____

E-mail Address _____

Other immediate emergency contact information (school, work, physician, veterinarian, etc.)

Name _____ Phone _____

Name _____ Phone _____

Important Notes _____

My evacuation zone number is _____.

Emergency Preparedness and Safety Guide

Important Phone Numbers

Hospitals	74
Law Enforcement Agencies	on back cover
Fire Depts. & Utility Providers	inside back cover

Emergency Management in the Pikes Peak Region

Services Provided	1
Readiness	1
Response	2
Recovery	2

How to Use This Guide

Why This Guide is Important.....	3
----------------------------------	---

Emergency Communications

Emergency Alert System	4
Emergency Notification System	4
National Weather Service	5
Weather Radios	6
Amateur Radio.....	6

Reporting Emergencies

When to call 911	6
When calling 911	6
Be prepared to answer these questions	6

Emergency Preparedness

Before an Emergency.....

Get a Kit	8
Family Records and Financial Information.....	8
Make a Plan	9
Planning for Military Families.....	10
Planning for People with Disabilities.....	10
Planning for Pets & Animals.....	11
Fire Extinguishers	13
Be Informed.....	14
Get Involved.....	14

During an Emergency

Sheltering	16
Evacuation	16
Utility Considerations.....	17

After an Emergency

Recovery for Children.....	18
Emotional Recovery	18

Types of Emergencies

Natural Hazards.....	20
Extreme Heat	20
Flood.....	20
Landslide or Debris Flow	21
Thunderstorms and Lightning	21
Tornadoes	22
Winter Storm.....	23
Wildfire	24

Other Hazards

Hazardous Materials	26
Household Chemical Emergency	27
Power Outage.....	28

Public Health Hazards

Pandemics and Emerging Illness.....	29
Fire Extinguishers	29

CBRNE

Chemical & Biological Weapons.....	31
Radiological or Nuclear Device	32
Explosive Device	33
Cyber Threat	33
Active Threats	34

Personal Safety and Awareness

Outdoor Recreation	38
Bicycling	39

Living with Wildlife	40	Planning Resources	
Bears	40	Emergency Planning.....	53
Coyotes.....	41	Evacuation Planning	55
Deer	41	Emergency Supply Evacuation Bags	56
Mountain Lions	42	Evacuation Levels.....	57
Snakes	43	Pet and Service Animal Evacuation Planning	58
Spiders	43	Livestock Considerations	60
Transmittable Animal Diseases	44	Water and Food Storage.....	62
Hantavirus and Plague	44	Financial Emergency Preparedness	64
West Nile Virus.....	45	Family Communications Plan (wallet card)..	65
Rabies	45	Household Plan.....	67
Tularemia.....	46	Plan For Disability and Access and Functional Needs.....	68
First Aid	47	Action Checklist for Individuals with Disabilities or Access and Functional Needs	70
Minor First Aid Situations.....	47	Important Check Lists	71
Burns and Scalds.....	47	Hospitals in the Pikes Peak Region.....	75
Cuts and Scrapes.....	47		
Splinters.....	48		
Stings	48		
Emergency & Trauma Situations	48		
Bleeding.....	48		
Broken Bone.....	48		
Chemical Burns	48		
Choking/Airway	49		
Penetrating Objects	49		
Poisoning.....	49		
Severed Body Parts.....	50		
Shock	50		
Sprains.....	50		
Transporting	50		
Unconscious	50		
Other Wounds	50		
Weather-Related.....	50		
Stop the Bleed	52		

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Emergency Management in the Pikes Peak Region

Success of the local emergency management system in the region 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 Pikes Peak Regional Office of Emergency Management (PPROEM) is responsible for providing mitigation, preparedness, response, recovery, and coordination for large-scale emergencies and disasters for the purpose of saving lives and preventing property damage. PPROEM proactively plans for hazards, works to reduce threats, and prepares the community to respond to and recover from a disaster.

Services provided

PPROEM serves all towns, cities, and unincorporated areas of El Paso County and its community members through the following activities:

- Mitigate and plan for large scale all-hazards emergencies and disasters
- Develop and maintain the Emergency Operations Plan and Emergency Coordination 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
- Administer federal and state grant funding to provide assistance, and increase preparedness and response capabilities throughout the community

Readiness

Prevention and 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. PPROEM develops and updates plans to establish a blueprint for new and existing programs, processes, and procedures to continuously reduce the impacts of hazards in the region.

Because it is impossible to predict when a specific disaster will occur, PPROEM participates in and helps plan numerous preparedness exercises throughout the year. The exercises are disaster simulations that may involve all levels of government and partner organizations. They 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 survivors.

PPROEM combines planning, resources, training, exercises, and organization to build, sustain, and improve local 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 and training for disaster scenarios provide our first responders, emergency coordinators, and partner organizations a chance to address and resolve challenges before a real disaster occurs. PPROEM also helps the community prepare for disasters through preparedness presentations and training for businesses, civic organizations, community meetings, and individuals.



**PIKES PEAK REGIONAL
EMERGENCY MANAGEMENT**



Response

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

Recovery

Recovery activities continue beyond the initial emergency to restore critical functions. PPROEM assists in the coordination of both short-term and long-term recovery efforts. Short-term recovery begins during or immediately following an emergency or disaster to restore basic services and stabilize the affected community. Long-term recovery involves collaborative efforts to restore, redevelop, and revitalize the health, social, economic, and environmental fabric of the community.



How to Use This Guide

This guide provides tips and tools for individuals and families to prepare for emergency events and disasters at home, school, work, and in public places. Please take time to read it, 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 emergency notification system and how to register for notices
- Tips on reporting emergencies
- How to prepare an emergency supply kit
- How to prepare an emergency evacuation supply kit “go bag”
- 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

Everyone 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.

Why Prepare?

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 residences.
- 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, such as Community Emergency Response Training (CERT) provided by Pikes Peak Regional Office of Emergency Management, or basic first aid classes offered by other providers, 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 the Pikes Peak Region affords community members and visitors closeness to the mountains and an ever-changing 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 prior to 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 residences

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, social media, 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 communications.

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 14 for additional information on volunteer opportunities.



Photo credit: Kristina Iodice

Emergency Communications

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

During an emergency, alert and warning officials need to provide the public with life-saving information quickly. Wireless Emergency Alerts (WEAs) made available through the Integrated Public Alert and Warning System (IPAWS) infrastructure, is just one way safety officials can quickly and effectively alert and warn the public about serious emergencies.

WEAs look like a text message, but are designed to get your attention and alert you with a unique sound and vibration. The message will only be issued when an imminent threat requires specific action to be taken by the public for its safety. WEAs are not more than 90 characters and will include the type and time of the alert as well as the action that should be taken. Mobile users are not charged with receiving WEAs and there is no need to subscribe. Most new smartphones are WEA capable and are set up to receive these messages, but it is important to ensure that this feature, often called "emergency alerts" in the notification section of mobile device settings, is turned on or enabled.

Emergency alert system

The Emergency Alert System (EAS) is a nationwide method of alerting the public to emergency events and disasters. In Colorado, the EAS is comprised of 15 geographic areas with individual plans. 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.

Emergency notification system

Peak Alerts are notifications sent through a software called Everbridge by public safety agencies in El Paso and Teller Counties. Peak Alerts notify you of emergency situations that are a threat to life or property and are deemed dangerous by public safety officials. Examples of emergency situations may include but are not limited to, natural or man-made disasters, hazardous materials incidents, missing persons, law enforcement activity impacting the public, evacuation notices, and more.

Peak Alerts notify you of emergencies that happen near your registered address(es) or current location (if you are using the Everbridge app). To sign up for these alerts, you must create an account with your contact information to include your address and at least one contact method. The information you provide is protected and will not be used for any other purpose.

You choose how you want to receive these messages. Messages can be sent via text, phone call, email, mobile app, fax, and more. When you confirm receipt of a message, the system will stop attempting to contact you. If you do not confirm the message, the system will continue to attempt to reach your other registered contact methods.

It is important to note that during an emergency, you should use as many forms of communication as possible to stay informed. Stay tuned to news broadcasts, radio stations, social media, websites, weather radios, etc. It is recommended that you sign up as an individual rather than a household as notifications will stop once a user confirms receipt of the message. If at any time you feel you are in danger, you should take whatever action you feel is necessary to get yourself to safety.

Receive push-alerts to your mobile device anytime you travel into an area of an active incident. You can download the Everbridge app here: <https://www.everbridge.com/app/>

How will I recognize a Peak Alert message?

Peak Alerts can be sent by any of the 911 centers that make up the El Paso-Teller County 911 System. Since the messages are geographically specific, they should come from your local public safety agency. Here are some of the numbers that may appear on your caller ID:



Colorado Springs Police Dept: 719-309-4135

Cripple Creek Police Dept: 719-323-6532

El Paso County Sheriff's Office: 719-426-2457

Fort Carson Emergency Communication Center:
719-694-3527

Teller County Sheriff's Office: 719-387-7223

Woodland Park Police Dept: 719-354-2703

Text messages are delivered using the short code **88-911**

What might prevent a message from being delivered?

- Power outages, cordless phones, computers, and VoIP equipment need electricity to work. You should register both landline and cell phones as well as email and text for the best chance to get a message delivered during an emergency.
- Telephone numbers that have a solicitation blocker (requires you to enter your phone number before the line rings), or an answering attendant, may prevent calls from being delivered to that phone number.

- If you have moved or your telephone number has changed and you have not updated your account in Peak Alerts.
- If you have registered mobile devices and there is no service coverage at the attempted time of delivery.

If I don't answer, will it leave me a voicemail?

Yes. The system is configured to leave a message on any phone line where voicemail service or an answering machine is detected.

I have a TTY/TDD device. will I still be able to receive alerts?

Yes. TTY/TDD machines are automatically detected.

I have more questions. Whom can I contact?

You can email peakalerts@elpasoteller911.org or call 719-785-1900 Monday through Friday 8:00am-4:30pm.

911



It is important to contact 911 to report a fire, stop a crime, or save a life. Here are some tips when calling 911:

1. Remain calm – It helps 911 call takers get information quickly
2. Know Your Location – different phones provide different types of location information. Landlines provide a physical address, mobile devices provide latitude and longitude. The 911 call taker asks the location of your emergency on every call to make sure they are sending help to the correct location.
3. Answer all the questions – A 911 dispatcher asks questions about your emergency to help first responders be prepared when they arrive. These questions do not delay the response. While talking to a 911 call taker, a 911 dispatcher is sending help.
4. Stay on the line until the 911 call taker tells you to hang up.
5. Keep yourself safe

Text to 911 is also available in El Paso and Teller Counties and should only be used if you have an emergency and are unable to make a voice call. Call if you can, text if you can't.

How to text 911

Open your text message app on your mobile phone

1. Enter the numbers 911 in the "To" field
2. Text the address and the emergency
3. Push the "Send" button
4. Be clear – Send a short text message without abbreviations, slang or emojis
5. Stay calm – Answer questions and follow instructions from the 911call taker

If text to 911 is not available you will receive a bounce back text message asking you to make a voice call.

Important considerations

1. A text or data plan is required to text 911
2. Group and picture messaging is not supported
3. Do not abuse Text to 911. It is for emergency use only.
4. Do not text and drive

National weather service

Emergency Notification System

To receive early warning notification calls related to emergency events happening in your area via cell phone, register your number with PeakAlerts to be added to the database at www.peakalerts.org.

The local National Weather Service (NWS) 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 ensures the delivery of timely information on critical weather.

By accessing the NWS website 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.

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 and can be purchased at retailers and online. Radios with the Specific Area Message Encoding (SAME) technology allow you to program for your specific area.

Amateur radio

Amateur radio operators may participate in organized communication networks to support emergency operations, and to help community members connect with one another when other conventional communications options may not be available. Often referred to as “ham radio,” it can be operated independently from power lines, cell phone towers, and internet connections and can be used to communicate over long distances. There are several organizations in the Pikes Peak Region that offer information for obtaining an amateur radio license and support for new radio operators to get started. PPROEM posts upcoming radio classes and events at pproem.com.

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 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 that 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)? Can you identify 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 was he/she 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. Educational materials for helping children learn about 9-1-1 are available at www.peakalerts.org, and El Paso-Teller 911 provides hands-on learning opportunities for children through school programs and special event.

Preparedness Depends on the Whole Community

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 accompany 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 human-caused 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.

PPROEM also offers preparedness presentations, materials, and support for neighborhoods or organizations. Requests for speakers or training may be submitted to cert@elpasoco.com or by calling (719)385-5957.

Another way to enhance your knowledge of emergency preparedness is by taking a Community Emergency Response Training (CERT) course, offered by PPROEM. CERT provides both classroom and hands-on training. To subscribe to receive notifications for upcoming CERT events, visit www.ppcert.org.

Hazard Mitigation Plan

PPROEM maintains the Pikes Peak Regional Hazard Mitigation Plan, to assess risks and identify actions that can help reduce injury, loss of life, and property damage due to natural disasters. The plan is reviewed and updated every five years. It identifies natural hazard risks to the region, describes the potential impact of those events, and defines local mitigation strategies. The complete document is posted for the public at www.pproem.com.

Help Keep Your Family Safe With The American Red Cross Emergency App!

Be ready to respond when a natural disaster or other hazard strikes. The FREE emergency app lets you monitor for more than 35 different severe weather and emergency alerts in your town, and other cities that matter to you. Learn how to prepare your family and home, check if loved ones are safe and let them know you're safe. Download the app by searching for American Red Cross in the Apple App Store or the Google Play Store for Android or by going to redcross.org/mobileapps. Select English or Spanish language with an in-app toggle.



Pikes Peak Prepared

Know Your Risk - Make a Plan - Take Action

Download on the App Store | GET IT ON Google Play

- This tool helps residents of the Pikes Peak Region prepare for any kind of emergency.
- Make your own readiness plan, and access digital guides, videos, news articles and checklists to be sure you're ready for all hazards.
- Stay informed with the events schedule and weather alerts, and receive non-emergency messages about how to get ready to help yourself and your community when disaster strikes.



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. It may be necessary for you to be self-sufficient for three or more days, whether you are displaced from your home in an evacuation, or restricted to sheltering in place at your home. Prepare these kits in advance before an emergency:

- Emergency supply kit for your residence with a two-week supply of everything you need to be self-sustaining in your home
- Emergency “Go Bag” for the event of an evacuation with everything you need to be self-sustaining for at least 72 hours
- Emergency car kit for each vehicle for roadside emergencies, or the event that you may need to stay in your vehicle due to a road closure for an extended period of time

By using items you have on hand or shopping at sales or thrift stores, the kits can be assembled inexpensively. Supply list suggestions are included on pages 54 and 71. Additionally, a wide variety of pre-made kits are available for sale. If purchasing a pre-made kit, be sure the items it includes will cover your specific needs. Additional information is available at pproem.com on the “ready and resilient neighborhoods” page or at www.ready.gov.



Family records and financial recovery

If you quickly evacuate your residence, 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 on page 75 for a list of information you may need to file insurance claims, pay bills, and take care of injured family members in an emergency.

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 scanned and stored on an external storage device such as a flash USB drive and stored in your emergency supply evacuation kit or a safe deposit box.

The Federal Emergency Management Agency (FEMA) Emergency Financial First Aid Kit (EFFAK) helps individuals and families collect and organize critical financial, medical, and household contact information.

The EFFAK includes a checklist of important documents and forms to compile relevant information (see page 60):

- Household Identification
- Financial and Legal Documentation
- Medical Information
- Household Contacts

This guide also offers suggestions on safeguarding and storing the EFFAK, as well as information on protecting your family, property, and other resources. A link to the EFFAK is at pproem.com on the “ready and resilient neighborhoods” page. For information on personal disaster preparedness or FEMA disaster assistance, please visit www.ready.gov and www.fema.gov/assistance.

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 **(877) 874-6347** or at www.GoDirect.gov.
- 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 **(800) 333-1795** 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 (pages 65-66). Be sure to identify an out-of-town contact to share the information with your loved ones. When everyone checks in with the contact person, worry and anxiety will be reduced.

You should check into emergency plans at work, schools, and daycare centers. If you live in an apartment or condominium, ask the management about emergency plans for the community. 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 access and functional 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 residence and mark two escape routes from each room.
- Develop a Family Communications Plan (pages 65-66).
- Complete a family contact information card and ensure each family member has one. A link to a card template you can print at home is at pproem.com.
- Complete the Access and Functional Needs Plan (pages 68-69) if you have a household member with a disability or access and functional needs.
- Practice your plans.
- Establish your emergency financial first aid kit (EFFAK).
- Learn how and when to turn off all of your utilities at main switches.

Checklists are provided on pages 71-75 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 residence.
- Agree on a meeting place in the event family members are not together.
- Practice your plans.
- Ensure your children know their phone number and residence 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. See educational resources for children at www.peakalerts.org.
- Identify places that are safe for children and teens to go in an emergency. Safe havens may be a friend's house, fire or law enforcement 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 contact information 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.
- 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
- Ready Army at www.ready.army.mil
- CNIC Fleet and Family Readiness at www.cnic.navy.mil
- Air Force Be Ready at www.beready.af.mil
- Ready Coast Guard at www.uscg.mil and click "resources" and "worklife"
- Redcross.org/get-help also provides emergency assistance for active duty military members and the families

Planning for people with disabilities and access and functional needs

Source: FEMA

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 an 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 access and functional need, you may have to take additional steps to protect yourself and your family in an emergency.

First, create a plan with a Personal Support Network (PSN).

- One of the most important actions you can take to prepare for emergencies and disasters is to build a personal support network.
- Your PSN might include family, friends, co-workers, or caregivers.
- With your PSN, develop a written emergency plan for evacuating and for sheltering in place.
- Then decide on communication for before, during, and after a disaster.

Planning considerations for evacuations:

- Consider how a disaster might affect your individual needs being evacuated to a shelter.
- 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, medication, and disability-specific items you will need.
- Practice your plan to evacuate your residence or workplace and where you will go in a disaster with your personal support network members.
- Make sure that your support network members have an extra key to your residence and know where you keep your emergency supplies.
- Teach your personal support network how to use any life-sustaining equipment and how to administer medicine in case of an emergency.
- Label all equipment with instructions for use, maintenance, and where alternate power sources, such as batteries, are kept.
- Every six months practice your plan, replenish your kits, and update contact information with your PSN.
- Ensure pets are included in your evacuation plan.
- Have a kit and carriers ready for your service animals or pets.
- If you are going to a public shelter, it is important to understand that only service animals are allowed inside shelters. Other pets/support animals may need to be sheltered elsewhere. In the Pikes Peak Region, efforts are made to provide emergency animal shelters close to human shelters whenever possible.
- Consider sheltering alternatives that will work for both you and your pets (friends, boarding facilities, pet sitters).
- Know the disaster plan for any facility if you are dependent on a dialysis machine or other life-sustaining equipment or treatment.
- Know two ways out of every room and two evacuation routes out of your neighborhood because roads may be closed or otherwise impassible during an emergency event.
- Keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, prescriptions, 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 allergies.

Planning considerations for sheltering in place:

- Choose a room that is innermost in your house with the least number of windows.
- Plan an area for service animals/pets to relieve themselves.
- Check for obstacles in your residence that could block your escape path or access during a disaster.
- Prepare for scheduled or unpredictable power outages if you are on electric powered life support systems. Some utility providers, including Colorado Springs Utilities, can provide advance notice for planned outages. In Colorado Springs, call **(719) 448-4800** to ask about the Life Support Notification Program.

Medications and medical supplies:

- Pack a 3-day supply of medications if you take medicine or use a medical treatment. If possible, have up to 2 weeks supplies available.
- 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 providers 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, communication devices, and oxygen.

Emergency documents:

- Have copies of your medical insurance and/or Medicare/Medicaid 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 in each kit.
- Create a communication card so the emergency responders know the best way to communicate with you if you have a disability that might affect your ability to communicate your needs.
- 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 or saved on a flash drive or other portable memory storage.

Additional resources for people with disabilities and access and functional needs:

- The Independence Center in Colorado Springs provides emergency preparedness and independent living resources, and publishes a preparedness guide for people with disabilities, www.theindependencecenter.org
- The Rocky Mountain ADA Center in Colorado Springs provides emergency preparedness resources at www.rockymountainada.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 do not allow pets other than service animals. In the Pikes Peak Region, efforts are made to provide pet emergency shelters located close to human emergency shelters whenever possible. Emergency shelters for large animals and small livestock may also be established as needed at locations appropriate for non-pet species. 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 residence, 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. Make all possible preparedness efforts for pets and livestock prior to an emergency, to prevent being faced with the difficult decision to leave them behind. Advance planning and acting early in an evacuation will help ensure your animals survive disaster.

People who use service animals

Service animals are dogs or miniature horses trained to aid an individual with a disability or access and functional need. If they meet this definition, these animals are considered service animals under the ADA regardless of whether they have been licensed or certified by a state or local government. Pet preparedness is a critical component of an emergency plan for users of service animals. Plans should address the health, welfare, and safety of the service animal, as well as ways to have the service animal assist the individual in emergencies.

Additional resources for animals:

- See pages 58-59 for pet evacuation preparedness.
- More information pet preparedness is available from the Humane Society of the Pikes Peak Region at hsppr.org/resources/disaster-preparedness/
- Livestock preparedness checklists and links available from the Colorado State University Extension Service in the fact sheet called "Caring for Livestock Before a Disaster" publication 1.814 at extension.colostate.edu

Access and Functional Needs Framework

The Access and Functional Needs framework suggests there are resources everyone needs during emergencies regardless of who we are. This means that everyone needs access to resources to function during emergencies.

CMIST (Resources)

CMIST is a memory tool for the purposes of emergency planning, preparedness, response, and recovery. It is utilized to help people remember and include the five functional resource needs individuals may have in an emergency or disaster:

- C**ommunication
- M**aintaining Health/Medical
- I**ndependence
- S**upport Services/Safety
- T**ransportation

This framework helps to identify actual resource needs during an emergency rather than labeling people as “special needs” or “vulnerable populations.”

Whole community inclusion integrates and coordinates the access and functional needs of the whole community in all phases of emergency management.

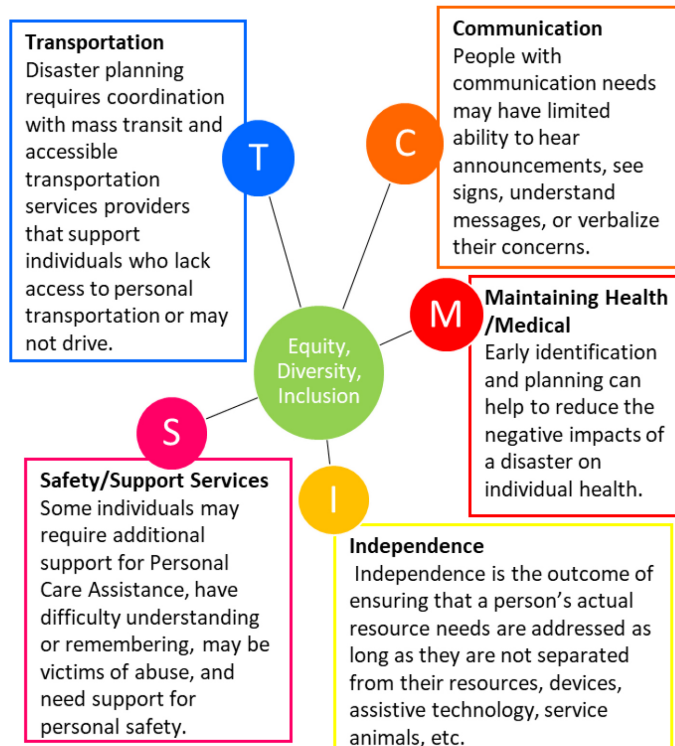
Why is This Important?

Equity, Diversity, and Inclusion: To help strengthen a community’s disaster resilience by addressing and identifying CMIST resource needs before, during, and after a disaster to ensure whole community inclusion - more lives and property saved.

Understanding and meeting the true needs of the entire affected community helps engage all sectors (public, private, and civic) in both defining resource needs and devising ways to meet them. It strengthens the processes that work well in communities on a daily basis to improve resilience and emergency management outcomes, and builds community competence on skills needed to survive during emergencies and disasters. CMIST supports emergency management practices committed to making programs, benefits, services and facilities, and information and communications technology accessible to everyone.

Next Steps

For more information or assistance in development of your own Whole Community Inclusion plans, visit bit.ly/DHSEMAFN.



Fire Extinguishers

Before a fire breaks out, keep fire extinguishers in several locations and learn when – and when not – to use them.

Easy access

Have fire extinguishers in several places you may need them, like each level of your home, the garage, workshop, recreational vehicle, boat, barn, etc.

Be sure nothing is blocking or limiting your ability to reach it and that it is stored near an exit door from the room for quick escape if needed.

Maintain your extinguishers

Expiration date

Expiration date is listed on the extinguisher label or canister. Replace expired models.

Check for recalls

Visit the manufacturer’s website to be sure your extinguisher is not recalled.

Pressure level

Many extinguishers have gauges that show when pressure is too high or too low.

Working parts

Make sure the can, hoses and nozzles aren’t damaged, dented, or rusted.



Cleanliness

Remove dust, oil, or grease that might be on the outside of the extinguisher.

Read the Instructions

Some extinguishers need to be shaken occasionally, others need to be pressure tested every few years. Follow manufacturer’s instructions.

When to Use Fire Extinguishers

Use a fire extinguisher when all of these questions are answered “yes.”

- Have I alerted others in the building that there’s a fire?
- Has someone called the fire department?
- Am I physically able to use a fire extinguisher?
- Is the fire small and contained to a single object?
- Am I safe from the fire’s toxic smoke?
- Do I have a clear escape route?

Fire extinguishers are helpful for immediate use on small fires. Familiarize yourself in advance with proper use. Your fire department or the Pikes Peak Regional Office of Emergency Management can provide training and answer questions.

FIRE EXTINGUISHER USE - Just “P-A-S-S” (Pull, Aim, Squeeze, Sweep)

There are five primary types of fire extinguishers, each designed to put out different kinds of fires.

- A** A— for use with ordinary materials like cloth, wood and paper.
- B** B— for use with combustible and flammable liquids like grease, gasoline, oil and oil-based paints.
- C** C - for use with electrical equipment like appliances, tools, or other equipment that is plugged in.
- D** D - for use with flammable metals. Often found in factories or manufacturing.
- K** K - for use with vegetable oils, animal oils and fats in cooking appliances and kitchens.



Fire extinguishers are helpful for immediate use on small fires. If you’re unsure about whether or not it’s safe to use a fire extinguisher, and for all other situations, alert others, leave the building, and call 911 from a mobile or neighbor’s phone.

P Pull the pin. Hold the extinguisher with the nozzle pointing away from you and release the locking mechanism.
A Aim low. Point the extinguisher at the base of the fire.
S Squeeze the lever slowly and evenly.
S Sweep the nozzle from side-to-side.

Don’t turn your back on the fire. Avoid breathing or contacting the extinguishing chemicals.

Be Informed

How to prepare in your community

Schools, workplaces, apartment buildings, places of worship and gathering locations 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.

Schools and daycares

If you are a parent or a guardian of school-aged children or 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 community association and introduce disaster preparedness as a new activity.

Encourage your neighbors to take training, such as the Community Emergency Response Training (CERT) provided by PPROEM to better assist your community with its preparedness efforts. PPROEM also provides guidance for neighborhood emergency planning with the Ready and Resilient Neighborhood program. Many organizations in our community 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 contact lists 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.

Get Involved, Volunteer

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.

Pikes Peak Community Emergency Response Team (CERT)

Pikes Peak CERT offers free training and volunteer opportunities for preparedness and emergency response. CERT courses cover all the basics for family and community readiness. Those who complete the training may choose to join the Pikes Peak CERT team, a group of volunteers who participate in preparedness education activities, provide community event support, and may be activate in support of PPROEM in emergency activations. Online registration information and more information about CERT is at ppcert.org.



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.redcross.org.



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. FEMA also sponsors the National Youth Preparedness Council, a leadership program involving youth in grades 8 through 11 in activities and opportunities for input with regional and national organizations.

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, watches for suspicious activity, and reports suspicious activity to law enforcement.



A Neighborhood Watch group involves houses in a designated area, typically all homes on one street facing one another, to include cul-de-sacs and greenbelts. Groups usually consist of 10-25 households and do not require 100% participation from all community members in the Watch's area of coverage. Each Neighborhood Watch group has a block captain who is a direct liaison with an assigned law enforcement officer. That 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 law enforcement 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.

El Paso County Crime Prevention 719-520-7151

Crime Prevention Officer Falcon Division 719-444-7246

Crime Prevention Officer Gold Hill Division 719-385-2117

Crime Prevention Officer Sand Creek Division 719-444-7276

Crime Prevention Officer Stetson Hills Division 719-444-3168

Community Animal Response Team

The Community Animal Response Team (CART) provides volunteers with the unique experience of making a difference in the lives of livestock, companion pets, and



**Community
Animal
Response
Team**

the people who care for them. CART volunteers may be called upon to assist in emergencies requiring the rescue, evacuation, and sheltering of animals in need. CART members receive routine training in emergency sheltering and animal welfare best practices as well as hands-on experience with a wide variety of animals.

If you are interested in making a difference in the lives of animals displaced by disaster, please contact the Humane Society of the Pikes Peak Region at **719-302-8721** or cart@hsppr.org. For more information, visit <https://www.hsppr.org/get-involved/volunteer/cart/>

Community Advancing Public Safety (CAPS)

The City of Colorado Springs Police and Fire



Departments and

PPROEM have joined forces, creating opportunities for volunteers to take an active role in our community's public safety efforts. The CAPS program can match your interests, experience, and skills with a meaningful and unique opportunity to contribute to your community. Whether you want to be out in the field or work in internal operations, you CAN make a difference. For more information contact CAPS at www.springsCAPS.org.

Pikes Peak Regional Special Communications Unit (SCU)

SCU is a team of volunteers who provide auxiliary communications to the Pikes Peak Office of Emergency Management (PPROEM), to prepare for, respond to, and recover from emergencies and natural disasters within El Paso County. Amateur radio is an important source of communications in the event of an extreme emergency or catastrophic communications failure in the civilian community. For more information about SCU send an email to pproemscu@gmail.com.

Medical Reserve Corps of El Paso County (MREPC)

The Medical Reserve Corps utilizes volunteers including medical and public health professionals and community members with or without healthcare



experience, to prepare for and respond to public health emergencies. Contact the MRCEPC Coordinator at mrc@epcms.org or call 719-591-2424.

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. Another resource to find where volunteers are needed is through Pikes Peak United Way at ppunitedway.org/i-can-volunteer.

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 and responding to emergency notifications immediately may save your life and the lives of others.

Sheltering

Being outside during some emergencies will increase your risk. Local officials may advise you to shelter in place. This means staying inside a safe building such as your residence, 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. Include plastic sheeting and tape in your supply kit, in case you are instructed to seal doors and windows from outside air.

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 law enforcement emergencies when 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 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 to a 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. 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. Evacuation centers or overnight 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.
- Pay close attention to notifications for evacuation, as the specific route and other instructions will be determined based on the particular emergency, weather conditions, and other factors. Be familiar with all routes out of your neighborhood, by vehicle and on foot, prior to an emergency.
- Take your emergency evacuation kit with you when you leave.
- Don't forget items for persons with access and functional needs, children, or pets/animals as needed.
- 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 pages 16-17), and lock doors.
- Help your neighbors who may require assistance.
- Leave immediately, using the routes recommended by the authorities.
- If an evacuation center is established, be sure to check in there regardless of whether you're staying at a shelter or other location. This will help you stay in touch with communications for evacuees.
- Do not return to your neighborhood until authorities announce that it is safe to do so. In some cases, you may also receive instructions for re-entering the area such as required identification/proof of residence, safety considerations, or other information.

Utility Considerations During an Emergency

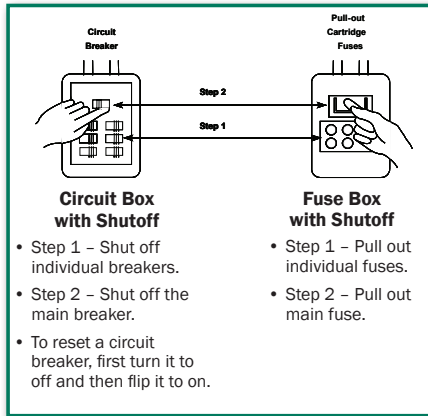
Source: Colorado Springs Utilities & Mountain View Electric Assoc.

When disaster strikes it often affects one or more of the utility systems connected to our residences. 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

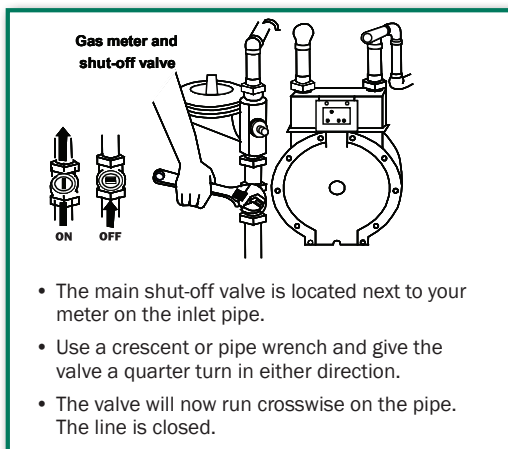
- Locate your main electrical switch or fuse panel and learn how to turn the electrical system power off.
- If a generator is used as a backup power supply remember to:
 - Follow the manufacturer's instructions.
 - Connect lights and appliances directly to the generator and not the electrical system.

- Note: Generators connected to a utility company's electrical system must be inspected by the utility and the state electrical inspector.



Natural Gas

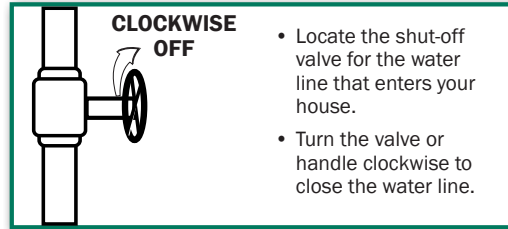
- Locate your gas meter valve and learn how to turn off the gas. The gas meter is usually found outside your residence where most of the utilities are connected. The shut-off valve is usually found just beneath the gas meter on the plumbing coming up from the ground into the meter.
- If you suspect the shutoff valve is not working properly, call the utility company to request 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, lighters, open flame appliances, or operate electrical switches. Sparks could ignite gas causing an explosion.
- Shut off the gas if you suspect 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 residence, near the hot water heater, or at the main water meter which is usually near the street.

- Ensure the 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.



Propane

Provided by: Propane Research and Education Council

- Know how and where to shut off the outdoor propane supply and indoor propane appliances. As with natural gas, if you turn off your propane for an emergency, contact your supplier or service technician to inspect your system before turning it back on.
- Always keep at least a 10-foot area around your propane tank or gas grill clear of any debris or anything combustible.
- Make sure the grill and all propane cylinders are at least 10 feet from any structure.
- Keep an adequate supply of propane in your tank. During and after a natural disaster, propane and other types of fuel may not be readily available and roads leading to your home or farm might not be accessible for delivery.
- Make sure that you and your family know what propane smells like. Propane has a strong, unpleasant smell, like rotten eggs.
- Never store or place a propane cylinder indoors or in an enclosed area such as a basement, garage, shed, or tent.
- Have a carbon monoxide (CO) detectors on every level of your home and one or more propane gas detectors. Follow the manufacturer's instructions regarding installation, location, and maintenance.
- Review preparations for natural disasters with your propane supplier as well as other utility providers. Advise them of any special needs you may have.
- If you sense danger or suspect damage from a disaster, have a qualified technician perform a complete inspection of your propane system.

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 residence 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.
- Notify relatives and friends of your location.
- Pace yourself during recovery activities to avoid exhaustion, illness, or injury.
- Drink plenty of clean water, eat well, and get enough rest.
- Protect yourself by wearing work boots, gloves, and eye protection during clean up or debris removal. Protect your airway with a N-95 face mask for airborne contaminants, dust, soot, etc.
- Wash your hands thoroughly with soap and clean water often when working in debris.
- Attend community meetings to obtain information about the situation and status of recovery efforts.
- If your property has been damaged, or you or your family injured, contact your insurance agent.

Disasters may cause a wide variety of safety issues

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

Recovery for Children

After a disaster, children may be 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 deal with their experience. You may also want to share your feelings about the event with them.
- Reassure them with love. Tell them they are safe.
- 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.

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, a counselor or a religious or spiritual advisor about what happened and how you feel about it. Try 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.

Additional Resources

CERT training includes a course on psychological first aid, and similar training is available from other community organizations. For more information, visit ppcert.org

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 law enforcement officials regarding actions the public should take.
- Talk to your insurance agent to ensure proper coverage for your residence 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 disaster, act of terrorism, and other type of events.



Natural Hazards

The region has endured numerous natural disasters including flooding, wildfire, landslides, and severe weather events. There is no certainty that future disasters will be equal, less, or greater than the magnitude of previous disasters. Located in the middle of two major topographic influences – the Rocky Mountains and the Palmer Divide – the Pikes Peak Region 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 people have been overexposed to heat or overexerted themselves. Older adults, young children, and those who are sick or overweight are more likely to succumb to extreme heat

Before extreme heat

- To keep cool air inside, ensure weather stripping on doors and sills is in good condition.
- Cover windows that receive morning or afternoon sun with drapes, shades or awnings or use foil or cardboard to reflect heat.
- Install air conditioners and insulate gaps.
- Insulate gaps in window and door frames.

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.
- 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 in our region. This natural disaster continues to pose a high-priority threat to the region. 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.

Before a flood

- Check the FEMA National Flood Insurance website (www.floodsmart.gov) to determine the risk of flooding.
- Elevate and reinforce your residence if you live or plan to build in a flood prone area.
- Elevate the furnace, water heater, and electric panel if your residence or business is susceptible to flooding.
- Install back-flow valves in piping to prevent floodwater from backing up into the drains of your residence.
- Seal the walls in your basement with waterproofing compounds to avoid seepage.
- Move to higher ground if there is any possibility of a flash flood.

During a flood

- Be aware of streams, drainage channels, canyons, and other areas known to suddenly flood. A “dry” creek bed will carry water in the event of a rain event.
- 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 residence 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.
- Never drive into water of unknown depth.

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 (SUVs) and pick-ups.

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 to your residence 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

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. 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.
- Contact local land development offices to find out about landslides in your area.
 - In El Paso County: planningdevelopment.elpasoco.com
 - In Colorado Springs: coloradosprings.gov/planning-and-development



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.
- 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.

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

Protect your residence

- Have a professional install flexible pipe fittings to avoid gas or water leaks.
- 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.
- Report any dangerous damage you observe to authorities.

Thunderstorms and Lightning

The Pikes Peak Region 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.

During a thunderstorm avoid

- Showering or bathing: plumbing and bathroom fixtures can conduct electricity.
- Corded telephones: cordless and cellular telephones are safer.
- Power surges: unplug appliances and electrical items such as computers and 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.



Photo credit: Jen Heavener

If you are outside

- Get inside a residence, 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.
- 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.

Tornadoes

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 tornadoes.

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.



Photo credit: Christopher Schroeder

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

Never try to outrun a tornado. As soon as you are alerted to an emergency in your area, follow these steps and be prepared to leave immediately:

- 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.
- Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.

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 500,000.
- Lightning strike victims carry no electrical charge and should be attended to immediately.
- Rubber-soled shoes and rubber tires provide no protection from lightning.

Winter Storm

Although we generally experience mild winters, typically the area 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 residence 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. People die in traffic accidents on icy roads or 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 vehicle emergency supply kit.
- Prepare your vehicle for winter weather (e.g., test heater and defrosters, put in winter grade oil, ensure all-weather or snow tires are installed).
- 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 backup of carbon monoxide in your residence.
- 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.

- To assist a hypothermia victim:
 - Move the victim to a warm location.
 - Remove wet clothing.
 - Put the person in dry clothing and wrap his/her entire body in a blanket.
 - Warm the center of the body first.
 - Give warm, non-alcoholic or non-caffeinated beverages if the victim is conscious.
 - Get 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 backroad 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.
- 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.



Wildfire

Much of the region is within the Wildland Urban Interface and much of the interface is adjacent to steep mountainous forests. Dry conditions at various times of the year greatly increase the potential for wildland fires. Protecting your residence from wildfire is a shared responsibility.

Prepare your residence now

- Remove items that will burn from around the house, including wood piles, shrubs that are against the building, and wood mulch (use rock mulch instead).
- Replace cedar shake roofs with new low-flammability shingles.
- Consider replacing wooden siding with non-flammable siding or stucco.
- Have trees trimmed so branches are not over or near the structures.
- Keep roof gutters clear of debris.
- Remove fallen leaves/pine needles as soon as possible after they fall.



Before the fire approaches your residence

- Prepare an emergency evacuation kit for your household.
- Ensure you have communication and evacuation Plans.
- Anyone with medical or physical limitations and the young and the elderly should be evacuated immediately.
- Clear items from around the house that will burn, including wood piles, lawn furniture, 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.
- 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 vehicle into the garage and roll up the windows. Place your evacuation kit, valuable papers, mementos, and anything “you can’t live without” inside the vehicle.
- Disconnect any automatic garage door openers so that doors can still be opened by hand if the power goes out. Keep the garage doors closed.

Prepare to leave

- Turn on outside lights and leave a light on in every room to make the house more visible in heavy smoke.
- Evacuate your pets and family members when an evacuation order is given.
- It is okay to leave before an evacuation order is given. If you do not feel safe, evacuate right away.
- Notify relatives of your location.

What to do during a wildfire

If you are trapped at your residence:

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

If you are in a vehicle:

- Staying in your vehicle is preferred to running from a fire on foot.
- Roll up windows, close air vents, and drive slowly with the headlights on.
- Do not drive through heavy smoke.
- Try to park in an open area, turn headlights on, and leave the 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:

- Seek an open area free of trees and shrubs.
- If on a mountainside, try to move to the back side of the hill, away from the fire.
- 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 protect your airway with an N-95 mask, breathing filter, or tight-woven fabric.

What is a Red Flag Warning?

A Red Flag Warning is a notice issued by the National Weather Service, when warm temperatures combine with low humidity and strong wind to create extreme risk of fire danger. Fires are more likely to catch and spread quickly during these conditions. Prior to a Red Flag Warning, a Fire Weather Watch may be issued up to 72 hours in advance of expected Red Flag Warning conditions, to call attention to the future potential of increased fire danger.

Create Defensible Space

Defensible space is the area around a home or other structure that has been modified to reduce fire hazards. Establishing defensible space reduces the likelihood of a home igniting by direct contact with flame or by exposure to the radiant heat of the fire. It also helps limit local production of embers and reduces the chance a structure fire will spread to neighboring homes or surrounding vegetation.

Develop defensible space zones around each building on your property, including detached garages, storage buildings, barns and other structures.

Structural Ignitability

The likelihood the materials in and on your home will ignite during a wildfire is known as structural ignitability. The ideal time to address home ignition risk is when the structure is in the design phase. However, you can still take steps to reduce the ignitability of an existing home.

- Ensure the roof has a Class A fire rating.
- Remove all leaves, needles and other debris from decks, roofs and gutters.
- Screen attic, roof, eaves and foundation vents with 1/8-inch metal mesh.
- Screen or wall-in stilt foundations and decks with 1/8-inch metal mesh.
- Use tempered glass for windows; two or more panes are recommended.
- Create 6 inches of vertical clearance between the ground and home siding.
- Replace combustible fencing or gates, at least within 5 feet of the home.

Information courtesy of the Colorado State Forest Service.
Illustrations © Bonnie Palmatory, Colorado State University

To Manage Your Home, Learn The **THREE ZONES**

ZONE 1

0-5 FEET FROM THE HOME

The area nearest the home. This zone requires the most vigilant work in order to reduce or eliminate ember ignition and direct flame contact with your home.

ZONE 2

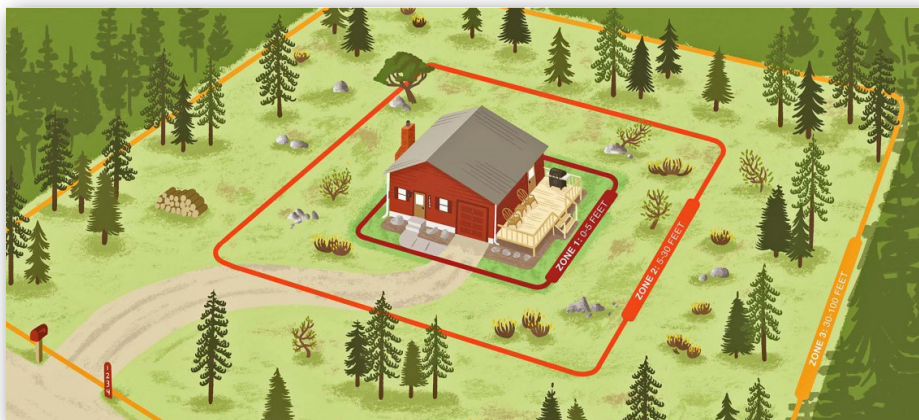
5-30 FEET FROM THE HOME

The area transitioning away from the home where fuels should be reduced. This zone is designed to minimize a fire's intensity and its ability to spread while significantly reducing the likelihood a structure ignites because of radiant heat.

ZONE 3

30-100 FEET FROM THE HOME

The area farthest from the home. It extends 100 feet from the home on relatively flat ground. Efforts in this zone are focused on ways to keep fire on the ground and to get fire that may be active in tree crowns (crown fire) to move to the ground (surface fire), where it will be less intense.



For additional resources on how to reduce your wildfire risk, visit:

[https://csfs.colostate.edu/wildfire-mitigation/
protect-your-home-property-from-wildfire/](https://csfs.colostate.edu/wildfire-mitigation/protect-your-home-property-from-wildfire/)

or

www.wildlandfirersg.org/s/are-you-wildfire-ready?
or contact your local fire department.

Other 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, residences, and other property.

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

Before a hazardous materials incident

Be aware of local hazards and know how they may impact your neighborhood, workplace, or travel routes.

During a hazardous materials incident

- Follow instructions for sheltering in place or evacuation from local public safety authorities. Guidelines for sheltering in place on page 16. Evacuation guidelines are on pages 55-57.
- Stay away from the contaminated area.

If you are 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 your mouth with a cloth while leaving the area and try not to inhale gases, fumes, and smoke.
- Stay away from anyone who may be contaminated until the hazardous material has been identified.

After a hazardous materials incident

- Act quickly if you have come in 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 to your residence only when authorities say it is safe.



Household Chemical Emergency

Nearly every household uses products containing hazardous materials or chemicals. Knowing how to handle these products and how to react during an emergency can reduce the risk of injury. Proper storage and disposal can reduce risks to responders and the community after a natural disaster or house fire. Common hazardous household items include cleaning, automotive, lawn/garden, woodworking, and painting products.

Dispose of hazardous household chemicals properly by taking them to the El Paso County Household Hazardous Waste Facility located at 3255 Akers Drive, Colorado Springs, CO 80922. This is a free service to El Paso and Teller County residents. A donation of nonperishable food items is encouraged. Be sure to check the drop off schedule in advance, as it is subject to change and may require an appointment. For additional information or to schedule, phone 719-520-7878 or visit communityservices.elpasoco.com/environmental-division/

Preventing Household Chemical Accidents

- Post the number of the emergency medical services and the poison control center by all telephones.
- Limit quantity: Buy only as much chemical as you think you will use. Properly dispose of leftover materials.
- 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 instructions for proper use and disposal.
- 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 911 immediately if you are experiencing any symptoms.
- Call the National Capital Poison Center (NCPC) 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.



**HOUSEHOLD
HAZARDOUS WASTE
FACILITY**
3255 Akers Dr.
Colorado Springs,
CO 80922

**APPOINTMENT MAY BE REQUIRED
SCHEDULE ONLINE OR CALL**

Visit elpasoco.com
(Search "Household Hazardous Waste")
or call 719-520-7878
or 719-520-7879

Power Outage

Power outages in the Pikes Peak Region 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 electric services.



Before a power outage

- Prepare an outage kit that contains a battery-powered radio, fresh batteries, a flashlight, candles, matches, a wind-up clock, bottled water, paper plates, and plastic utensils.
- 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.
- Keep a stock of canned food in your cupboard along with a manual can opener. Consider buying a camp stove and fuel that you can use (outdoors only) if you can't cook on your electric stove.
- Tape your electric provider's phone number on your refrigerator so it will be handy if you must report an outage. Do not take it for granted that your neighbor has made the call.
- 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 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 your residence because equipment such as automated teller machines (ATMs) may not work during a power outage.

- When tree limbs grow too close to power lines, they can cause damage or interrupt your electric service. They could also create a safety hazard to you, your neighbors, or children who like to climb trees. Contact your local electric provider for information about their free tree trimming programs.
- If you rely on electrically powered life support equipment have a backup plan for power outages. It is critical that those using special medical equipment at home, such as respirators, consider purchasing a backup generator and/or have other contingency plans in place.

During a power outage

- Use a flashlight whenever possible rather than candles or kerosene lanterns, which are a fire hazard.
- Do not use charcoal grills or gas ovens to heat your home; this could lead to carbon monoxide poisoning. Stay inside and dress in warm, layered clothing.
- Keep your refrigerator and freezer doors closed as much as possible.
- Teach children to stay away from fallen or sagging power lines. They could be energized and dangerous, even if the power is out.
- 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 power outage may be monitored through your electric provider's web page.
- For homes with overhead power lines, 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 resident and is typically located at the roofline or the side of a residence 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, your electrical provider can restore power to the residence.
- Throw away any refrigerated food exposed to temperatures 40 degrees or higher for two hours or more, or that has an unusual odor, color or texture.
 - If the power is out for more than a day, discard any medication that should be refrigerated, unless the drug label says otherwise. Consult your doctor or pharmacist immediately for a new supply.

Contact information for electrical utilities providers are listed on the back of this guide.

Public Health Hazards

Pandemics and Other Emerging Illnesses

Source: El Paso County Public Health

A pandemic is a global disease outbreak. It is determined by how the disease spreads, not how many deaths it causes. When a new virus emerges, a pandemic can occur. Because the virus is new, the human population has little to no immunity against it. The virus spreads quickly from person to person worldwide.

Most experts believe that you get the flu when a person with the flu coughs, sneezes, or talks and droplets containing their germs land in your mouth or nose. You can also get the flu by touching a surface or object that has the flu virus on it and then touching your mouth, eyes, or nose.

Health professionals are concerned about viruses showing the following characteristics:

- It is a never-before-seen virus.
- It spreads from human to human.
- Healthy, young adults may be the most affected (unlike seasonal flu).
- The virus continues to evolve.

Service disruptions by hospitals, health care facilities, banks, stores, restaurants, government offices, post offices and other services 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 access and functional needs in case the services they rely on are not available.

Employment considerations

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

How To Protect Yourself And Others



Get a vaccine



- Vaccines are effective at keeping you from getting COVID-19 or Influenza, especially severe illness and death.
- Vaccines are safe, effective, and free!

Wear a mask



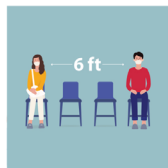
In indoor public places, people ages 2 and older should wear a mask if they are:

- Not fully vaccinated
- Fully vaccinated in an area with substantial or high transmission
- Fully vaccinated with weakened immune systems

In general, in outdoor settings, you do not need to wear a mask.

In areas with high numbers of illness, consider wearing a mask in crowded outdoor settings and for activities with close contact with others who are not fully vaccinated.

Stay 6 feet from others



Stay 6 feet apart from people who don't live in your household.

Remember that some people without symptoms may be able to spread the virus.

Keeping distance from others is especially important for people are at higher risk of getting very sick.

Avoid crowds and poorly ventilated places



Being in crowds like in restaurants, bars, fitness centers, or movie theaters puts you at higher risk for diseases like COVID-19 or influenza.

Avoid indoor spaces that do not offer fresh air from the outdoors as much as possible.

If indoors, bring in fresh air by opening windows and doors, if possible.

Wash your hands often



Wash your hands often with soap and water, especially after you have been in a public place.

If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Cover coughs and sneezes



Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Do not spit.

Throw used tissues in the trash.

Immediately wash your hands with soap and water or use hand sanitizer that contains at least 60% alcohol.

Clean and disinfect



Clean high touch surfaces daily.

If someone is sick or has tested positive for Flu or COVID-19, disinfect frequently touched surfaces.

If surfaces are dirty, clean them using detergent or soap and water prior to disinfection.

Monitor your health daily



Be alert for symptoms.

Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.

Take your temperature if symptoms develop.

If you have symptoms, especially if you've been around someone with COVID-19, get tested as soon as possible.

CBRNE Incidents

Emergencies involving chemical, biological, radiological, and nuclear weapons or explosive devices are referred to as CBRNE incidents. They may be caused by terrorism or other acts of intentional violence.

Some high-risk targets for CBRNE attacks may include military and civilian government facilities, airports, large cities, and high-profile landmarks. Others may include large public gatherings, water and food supplies, utilities, and corporate centers.

Within the immediate area of a CBRNE event, you would need to rely on police, fire, and other officials for instructions. However, you can prepare in much the same way you would prepare for other crisis events.

The following are general guidelines:

- Be aware of your surroundings.
- Move or leave if you feel uncomfortable or if something does not seem right.
- Take precautions when traveling. Be aware of conspicuous or unusual behavior. Do not accept packages from strangers. Do not leave luggage unattended. You should promptly report unusual behavior, suspicious or unattended packages, and strange devices to the police or security personnel.
- Learn where emergency exits are located in buildings you frequent. Plan how to get out in the event of an emergency.
- Be prepared to do without services you normally depend on: electricity, telephone, natural gas, gasoline pumps, cash registers, ATMs, and Internet transactions.

Information related to CBRNE 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. Large numbers of dead insects or birds may indicate a chemical agent release. 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 chemical or biological attack

- Choose an internal room to shelter, preferably one without windows and on the highest level.
- Check your emergency supply kit to make sure it includes:
 - A roll of duct tape and scissors.
 - Plastic sheeting for doors, windows, and vents for the room in which you will shelter in place. Measure, cut, and label the plastic for each opening in that room to save time in an emergency.
 - N-95 or higher rated airway protection for everyone in your home.
 - Be sure immunizations are up-to-date.
 - Consider installing high efficiency particulate air filters in your furnace.

During a chemical or biological attack

You may receive emergency notifications to either shelter in place or evacuate, depending on the nature of the incident, the weather, and other factors. Pay close attention to notifications and follow instructions as given.

If sheltering in place:

- 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 outside:

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

After a chemical biological attack after an incident

- 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.

Follow emergency notification information for reporting symptoms or other information to authorities. Authorities may also advise you about when and how to seek medical attention. Delivery of medical services may be handled differently depending on the nature of the incident and demand.

Radiological or Nuclear Device

A radiological dispersion device (RDD), otherwise known as a “dirty nuke” or “dirty bomb,” 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 home disaster supplies from three days to two weeks. See pages 54, 71-73.

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 far 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 outside during a nuclear event and are unable to get inside immediately:

- Do not look toward an explosion, the flash can cause blindness.
- Take cover behind anything that might offer protection.
- Lie flat on the ground and protect 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 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**.

Decontamination Actions Following a CBRNE Incident

	Chemical	Biological	Radiological/ Nuclear
Flush eyes with water. Remove eyeglasses or contact lenses. Put eyeglasses in a pan of household bleach to decontaminate them, and then rinse and dry.	■		
Cut off contaminated clothing normally removed over the head.	■		
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.	■	■	■
Remove and bag your clothes and personal items and follow official instructions for proper disposal.	■	■	■
Isolate the contaminated clothing away from you and others.	■	■	■
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.		■	

After a RDD event

- Follow the decontamination procedures on page 30 if contaminated.
- Do not return to or visit an RDD incident location for any reason.

After a Nuclear event

- The heaviest fallout is in the area at or downwind from the explosion, and 80 percent of the fallout occurs 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.

Explosive Device

Explosives have been used to damage and destroy financial, political, social, and religious institutions and to instill fear.



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

A cybersecurity attack 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, or to steal or destroy information such as financial data or personal identities.



You can help protect yourself and your family by following basic protocols to minimize exposure and risk to potential cyber threats.

Steps to protect yourself 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 email or pop-up messages that ask for personal or financial information.
- Do not open or respond to messages from strange or unknown email addresses.
- 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 ready.gov/cybersecurity.

Active Threat

An active threat is an individual actively engaged in killing or attempting to kill people in a confined and populated area. In most cases, active shooters use firearms or other weapons and there is no pattern or method to their selection of victims. Active shooter situations are unpredictable and evolve quickly. Typically, the immediate deployment of law enforcement is required to stop the shooting and mitigate harm to victims. Because active shooter situations are often over within 10 to 15 minutes, before law enforcement arrives on the scene, individuals must be prepared both mentally and physically to deal with an active threat situation.

Nevertheless, there are things you can do to prepare for the unexpected. Preparing for such events will reduce the stress that you may feel now, and later, should another emergency arise. Explore the information below to see how you can better prepare yourself for these types of situations.

Before an active threat occurs

from: Colorado Department of Homeland Security and Emergency Management

Key considerations of the active shooter

There is no one demographic profile of an active shooter. Many active shooters display observable pre-attack behaviors, which, if recognized, can lead to the disruption of the planned attack. The pathway to targeted violence typically involves an unresolved real or perceived grievance and ideation of a violent resolution that eventually moves from thought to research, planning, and preparation.

Steps to take if you see someone or something suspicious

“If you see something, say something!” It can be difficult to determine when to report someone or something suspicious. People most familiar with a given environment are in the best position to determine whether or not something seems out of the ordinary.

Be aware of your environment and any possible dangers. Trust your instincts — if something feels wrong, don't ignore it. Take note and ensure that the facility you're at has at least two evacuation routes. Be sure evacuation routes are posted in visible locations at work, club and organization buildings, houses of worship, etc. Do not assume that someone else has already reported the suspicious activity. Call local authorities. When you make a report, be ready to provide your name and location, a description of what you think is suspicious, and the time you saw it. The responding officer will assess the situation, ensure the area is evacuated and call for appropriate personnel and equipment.

- Bystanders generally represent the greatest opportunity for the detection and recognition of an active shooter prior to his or her attack.
- Concerning active shooters, a person who makes a threat is rarely the same as the person who poses a threat.
- Successful threat management of a person of concern often involves long-term caretaking and coordination between law enforcement, mental health care, and social services.

- Exclusionary interventions (i.e. expulsion, termination) do not necessarily represent the end of threat-management efforts.
- While not every active shooter can be identified prior to attacking, many potential active shooters who appear to be on a pathway toward violence can be stopped.

During an active threat: run, hide, or fight

Run

If there is an accessible escape path, attempt to evacuate the premises.

Be sure to:

- Have an escape route and plan in mind. Evacuate regardless of whether others agree to follow. Leave your belongings behind. Help others escape, if possible. Prevent individuals from entering an area where the active shooter may be. Keep your hands visible. Follow the instructions of any police officers. Do not attempt to move wounded people. Call 911 when you are safe.
- The first officers to arrive to the scene will not stop to help injured persons; their main goal is to locate and stop the active shooter. Expect rescue teams comprised of additional officers and emergency medical personnel to follow the initial officers. These rescue teams will treat and remove any injured persons. They may also call upon able-bodied individuals to assist in removing the wounded from the premises.

How to react when law enforcement arrives:

Remain calm and follow officers' instructions. Put down any items in your hands (i.e., bags, jackets). Immediately raise hands and spread fingers. Keep hands visible at all times. Avoid making quick movements toward officers. Avoid pointing, screaming and/or yelling. Do not stop to ask officers for help or direction when evacuating, just proceed in the direction from which officers are entering the premises.

If the active shooter is nearby:

Hide

If evacuation is not possible, find a place to hide where the active shooter is less likely to find you. Your hiding place should:

- Be out of the active shooter's view.
- Provide protection if shots are fired in your direction (i.e., an office with a closed and locked door).
- Not trap you or restrict your options for movement.

To prevent an active shooter from entering your hiding place, lock the door and blockade with heavy furniture.

Remain calm and dial 911, if possible, to alert police to the active shooter's location. If you cannot speak, leave the line open and allow the dispatcher to listen. Silence your cell phone and/or pager. Turn off any source of noise (i.e., radios, televisions, cell phone ringers). Hide behind large items (i.e., cabinets, desks). Remain quiet.

If evacuation and hiding out are not possible:

Fight

As a last resort, and only when your life is in imminent danger, attempt to disrupt and/or incapacitate the active shooter by:

- Acting as aggressively as possible against him/her.
- Throwing items and improvising weapons.
- Committing to your actions.

During an active threat


Once you have reached a safe location or an assembly point, you will likely be held in that area by law enforcement until the situation is under control, and all witnesses have been identified and questioned. Do not leave until law enforcement authorities have instructed you to do so.
















Psychological effects in survivors, first responders, and others may be present and are not unusual in the aftermath of a high-casualty event. Assistance from mental health professionals may be necessary.

For more information on preparing for and responding to an active threat, visit dhsem.colorado.gov and search “active threat.”

Protect your every day.

RECOGNIZE THE SIGNS OF TERRORISM-RELATED SUSPICIOUS ACTIVITY





 <p>EXPRESSED OR IMPLIED THREAT</p> <p>Threatening to commit a crime that could harm or kill people or damage a facility, infrastructure, or secured site</p>	 <p>SURVEILLANCE</p> <p>A prolonged interest in or taking pictures/videos of personnel, facilities, security features, or infrastructure in an unusual or covert manner</p>	 <p>THEFT/LOSS/DIVERSION</p> <p>Stealing or diverting items—such as equipment, uniforms, or badges—that belong to a facility or secured site</p>	 <p>TESTING OR PROBING OF SECURITY</p> <p>Investigating or testing a facility's security or IT systems to assess the strength or weakness of the target</p>	 <p>AVIATION ACTIVITY</p> <p>Operating or interfering with the operation of an aircraft that poses a threat of harm to people and property</p>
 <p>BREACH/ATTEMPTED INTRUSION</p> <p>Unauthorized people trying to enter a restricted area or impersonating authorized personnel</p>	 <p>ACQUISITION OF EXPERTISE</p> <p>Gaining skills or knowledge on a specific topic, such as facility security, military tactics, or flying an aircraft</p>	 <p>ELICITING INFORMATION</p> <p>Questioning personnel beyond mere curiosity about an event, facility, or operations</p>	 <p>MISREPRESENTATION</p> <p>Presenting false information or misusing documents to conceal possible illegal activity</p>	 <p>CYBERATTACK</p> <p>Disrupting or compromising an organization's information technology systems</p>
 <p>RECRUITING/FINANCING</p> <p>Funding suspicious or criminal activity or recruiting people to participate in criminal or terrorist activity</p>	 <p>SABOTAGE/TAMPERING/VANDALISM</p> <p>Damaging or destroying part of a facility, infrastructure, or secured site</p>	 <p>MATERIALS ACQUISITION/STORAGE</p> <p>Acquisition and/or storage of unusual materials such as cell phones, radio controllers, or toxic materials</p>	 <p>WEAPONS COLLECTION/STORAGE</p> <p>Collection or discovery of unusual amounts of weapons including explosives, chemicals, or other destructive materials</p>	 <p>SECTOR-SPECIFIC INCIDENT</p> <p>Actions which raise concern to specific sectors, (e.g., power plant) with regard to their personnel, facilities, systems, or functions</p>

If you **see** something, **say** something®

REPORT SUSPICIOUS ACTIVITY TO LOCAL AUTHORITIES OR CALL 9-1-1 IN CASE OF EMERGENCY

dhs.gov/see-something-say-something



"If You See Something, Say Something" used with permission of the NY Metropolitan Transportation Authority

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

Avoid putting yourself in situations or circumstances that you know could be potentially dangerous. Follow your intuition and if a person or situation is making you uncomfortable, **LEAVE** immediately. Practice situational awareness, always know who and what is around you, where possible escape routes are, and what objects near at hand could be used as weapons if necessary. Never allow yourself to be moved. Your chances of survival are better at the initial attack location than they will be if you allow yourself to be taken by the criminal to a second location which is likely going to be remote and advantageous to the criminal. Try to remain calm, confident, and emotionally centered.

Train yourself to be a **HARD TARGET** with the following strategies:

- Have boundaries - both emotional and physical - that you will allow no one to cross.
- **HAVE A PLAN** before something happens!
- Mentally prepare ahead of time for the possibility of being attacked.
- Ask yourself the “what if game...?” to start acquiring a survival mindset.
- Keep your head up, alert and aware of your surroundings.
- Have a confident, purposeful walk and demeanor.
- Project an erect, assertive posture.
- Be sure that expensive items, jewelry, or valuables are not visible.
- Do not carry too many things at once; keep at least one arm/hand free.
- Wear non-restrictive clothing and shoes that you could run or fight in if needed.

If you are attacked do everything possible to get away! Your defensive options include:

- Run, move away, distance yourself from the danger.
- Verbalize. Yell out loud repetitive verbal commands such as:
 - **“NO” “LET GO” “GET BACK” “STAY DOWN” “BACK OFF”** or something similar.
 - Do not yell “FIRE” or “HELP,” plead and beg, or say things that make you seem passive and weak.
- Be assertive and do whatever you have to in order to get away and to safety.
- Cause a commotion; call attention to the situation.

- Honk your horn.
- Set off an alarm.
- Break things, throw things, act completely wild!
- Utilize physical defensive techniques or weapons if necessary.
- Make it clear you will not give in.
- Make it clear you **WILL** be a difficult victim.

Safety in and around your residence

- Have good lighting at all entrances of your residence.
- 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 law enforcement 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 law enforcement from a phone other than the phone in your residence.
- If possible, **DO NOT** stop mail, newspapers, circulars, and deliveries if you go on vacation or

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 department and law enforcement 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.

will be away from home for a period of time. The fewer people who know you will be gone, the better. Have someone you trust visit your home regularly while you are away to check your mail and pick up newspapers or circulars. This provides activity at your house and it is less likely to look as if no one is home. Consider asking a neighbor to use your driveway for parking a car while you are gone.

- No spare keys should be hidden around your residence. A stranger can find a hiding place if you can.
- All important property in your residence should have a serial number assigned to it in case of theft. Document this information in a safe place.
- Keep all doors and windows locked when you leave your residence.
- Do not leave cash lying around your residence.

Driving safety if you are being followed

- Be alert. Notice the same cars that often travel in your direction.
- Use your rear view mirror and side mirrors to identify the vehicle.
- Change streets or direction to see if the vehicle stays with you.
- Obtain a license plate number and a description. Report it to the police via a cell phone if you have one.
- Drive to a public location that is well-lighted, open, and where there are numerous people who may help. While driving to a police or fire station is an option and can act to deter your pursuer, many times there may be only one or two people present because the officers or firefighters are out on calls. Those present may be civilian staff or light duty officers.

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 motorists needing assistance to law enforcement.
- Keep valuable items covered or locked in the trunk.
- Do not get in the habit of traveling the same way to work every day.
- Look before getting out of the vehicle if you are involved in a collision. Is it a simple collision 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 that 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 be 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!
- 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 keys ready; carry them in your hand, not buried in a purse or pocket.
- Be familiar with how pepper spray works and have it available if you carry it.

For further information or training contact

See the complete list of contacts for law enforcement offices in the the Pikes Peak Region in the back of this guide.

Outdoor Recreation

Bicycling, boating, horseback riding, fishing, and hiking rate just behind skiing among the top activities related to outdoor recreation deaths in Colorado. Our altitude, intense sun, and rapidly changing weather add to the potential risks outdoors. Preparedness and common sense can help ensure safety while enjoying our many parks, trails, open spaces and outdoor facilities.

Before your outdoor adventure

Plan to travel with a companion, and share your plan. You don't want to be by yourself in case of an emergency. Leave a copy of your itinerary with a responsible person. Include such details as the make, year, and license plate of your car, the equipment you're bringing, the weather you've anticipated, and when you plan to return. If you'll be entering a remote area, your group should have a minimum of four people; this way, if one is hurt, another can stay with the victim while two go for help.

Pack the first aid kit. Be sure your first aid supplies are updated and include supplies for any outdoor needs as well as injuries. Include sunscreen and insect repellent. Consider additional emergency supplies you may need: map, compass, knife, personal shelter, safety whistle...

Be in good physical condition. Set a comfortable pace as you hike. A group trip should be designed for the weakest member of the group. If you have any medical conditions, discuss your plans with your health care provider and get approval before departing.

Learn outdoor skills and first aid. Make sure you have the skills you need for your camping or hiking adventure. You may need to know how to read a compass, erect a temporary shelter, or give first aid. Practice your skills in advance.

Develop an emergency plan. Make sure everyone knows what to do if they become lost or a medical emergency arises. Give children whistles with the instructions to "stop and blow" if they become lost.

Visit the website for the place you will visit. Pay attention to local regulations, particularly concerning campfires, trail closures, pet restrictions, etc.

Check the forecast, and the altitude. Mountain weather is generally cooler, cloudier, and windier than in lowland areas. For every 1,000 feet of elevation, the temperature often drops three to five degrees. Thus, it's best to plan to dress in layers. Polyester clothing worn closest to your skin will trap warm air next to the skin and transfer or wick body moisture away.

Warm up. Stretching before you begin trekking gradually increases heart rate, temperature and circulation to your muscles and prevents injury.

El Paso County Search and Rescue (EPCSAR)

El Paso County Search and Rescue (EPCSAR) is a mountain search and rescue unit dedicated to saving lives through search, rescue, and mountain safety education. They provide services primarily in El Paso County and also respond to requests from other areas. The team specializes in operations involving



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 using.**
- **Stay on the trail to avoid getting lost.**
- **If you get lost, stay where you are and let searchers find you.**
- **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 change in the weather.**
- **Wear bright clothing to increase your visibility.**
- **Avoid wearing gray, brown, tan, or white clothing when hiking in hunting areas.**
- **Know your physical limits for hiking and biking.**

rescue or medical assistance in remote areas, searches for people who are missing or overdue, disaster weather operations, technical rescue and recovery, and more.

There is never a charge for this service, year-round, 24 hours a day.

This non-profit 501(c)(3) corporation is funded solely through generous public donations and grants.

In case of an outdoor emergency, call 911 and dispatchers will activate appropriate resources.

Twelve essentials for outdoor activities

1. Appropriate footwear
2. Map/Compass/GPS
3. Water
4. Food
5. Rain Gear
6. Safety Gear: headlamp, fire starter, and whistle
7. First Aid Kit / multi- tool
8. Sun protection
9. Shelter
10. Take a friend and tell another friend your plan
11. Cellphone and charger

Bicycling

Source: Bicycling Colorado Springs

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



Bicycle safety tips

- Always wear a helmet.
- Be sure the bicycle is the right size.
- Be sure your bicycle is in good condition and has the right safety accessories.
 - In the city of Colorado Springs the law requires that each bicycle have a white front reflector, two-side wheel reflectors, and a headlight visible for 500 feet.
 - Each bicycle 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 the bicycle 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.



Helmets

- **Make sure the helmet 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 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 Parks and Wildlife

Wildlife can be found in and around the urban areas of Colorado's fast-growing Front Range. As the population continues 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 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. This widely recognized species is routinely observed throughout the region. 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 that of 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 encounter a bear

- Try to chase away a bear that comes near your residence. 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 here. They are adaptable animals and rapidly adjust to changing conditions. Given appropriate food



and shelter, coyotes are comfortable in the country, mountains, or urban areas. 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 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 residence to eliminate a place for animals to live.**
- **Seal all cracks and holes larger than ¼ 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.**
- **Keep bird feeders out of reach.**
- **Burn food off grills and clean after each use.**
- **Keep windows and doors closed and locked, including residence, 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
- Hair varies in color with geography and season from pale grayish buff to rich reddish brown
- Ears are rusty red behind
- Active day or night, but mostly at dawn and dusk

If you live in coyote country

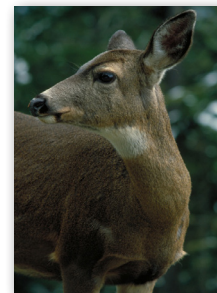
- Do not allow your pets to roam, especially at night. Coyotes will attack and kill cats and dogs.
- Make sure your yard is appropriately fenced.
- Do not allow dogs to run with coyotes.
- Do not leave pet food outside because this invites wildlife into your yard.
- Keep your garbage in a storage facility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

If you meet a coyote

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

Deer

Deer are common in the region due to the city's ample parks and open space and proximity to forests and rangeland. There are two species of deer locally – 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.



If you live in deer country

- 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 are at home in brushy areas and woodlands. Mountain lions are typically found in areas with plentiful deer and adequate cover. These characteristics are common in foothills, urban edges, parks, and open spaces. Not surprisingly, the number of mountain lion/human interactions is increasing as more people move into mountain 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.
- Mountain lion attacks on people are rare.
- The mountain lion's staple diet is deer, with adults eating about one a week.
- Mountain lions 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 mountain 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 mountain lion. Talk calmly yet firmly to it. Move slowly.
- Stop or back away slowly, if you can do it safely. Running may stimulate a mountain lion's instinct to chase and attack. Face the mountain 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 mountain lion behaves aggressively. Wave your arms slowly and speak firmly. What you want to do is convince the mountain lion you are not prey and that you may in fact be a danger to the mountain lion.

- Fight back if a mountain lion attacks you. They 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 live in mountain lion country

- Walk or hike in groups and make plenty of noise to reduce your chances of surprising a mountain lion.

If you have encounter or observe a mountain lion, in person or on surveillance cameras, report it to authorities. For a life-threatening emergency, call 911. Otherwise, report it to Colorado Parks and Wildlife at 719-227-5200 Monday through Friday from 8:00 a.m. to 5:00 p.m. For sightings after hours, call 719-390-5555.

- Make sure children are close to you and within your sight at all times.
- Carry a sturdy walking stick to help ward off a mountain 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 mountain 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 mountain lions and teach them what to do if they meet one.
- Landscape or remove vegetation to eliminate hiding places for mountain lions, especially around children's play areas. Make it difficult for mountain 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 mountain 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 mountain lions.
- Store all garbage securely.

Source for Bears, Coyotes, Deer and Mountain Lions: Colorado Parks and 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 found in the Pikes Peak region.

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 area'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 on.



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 entering your yard and residence

- 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 pet food and debris.
- Prevent snakes from entering basements and crawl spaces by sealing all openings ¼ inch or larger with mortar, caulking compound, or ½-inch hardware cloth.

Spiders

Source: Colorado Parks and Wildlife and W. Cranshaw of the Colorado State University Extension Office – Paraphrased

The western widow spider is common here and is the only regularly encountered spider in the area that is harmful to humans. The widely known “black widow” usually nest near the ground in 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.

- 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 Public Health and the United States Center for Disease Control

Hantavirus and Plague

Hantavirus is an infectious respiratory disease carried by certain wild rodents, especially deer mice. The rodents shed virus in their urine, droppings and saliva. When fresh urine, droppings, or nesting material are stirred up, virus particles can become airborne. Anyone who comes into contact with hantavirus infected rodent droppings, urine, saliva or nesting material is at risk of contracting hantavirus.

The incubation period (time from exposure to first symptoms) ranges from one to five weeks but averages two to three weeks. Hantavirus is a serious illness that can result in respiratory failure and death. Hantavirus is not spread from person to person. Currently, there are no effective drug treatments for hantavirus.

Symptoms of Hantavirus

- Fever, fatigue and muscle aches
- Headaches, dizziness, chills
- Vomiting, diarrhea and abdominal pain
- Coughing and shortness of breath as lungs fill with fluid

Plague (*Yersinia Pestis*) is caused by bacteria and is transmitted to people through bites from infected fleas and through direct contact with tissues or fluids from animals infected with plague. In this region, prairie dogs and rabbits are the most likely wild animals to carry the plague. However, rock and ground squirrels, and mice can also become infected after eating other infected animals.

Transmission from domestic cats and dogs also have caused plague in humans. Cats sometimes exhibit swelling around their mouth, head, and neck when infected. Seek professional veterinary care for animals exhibiting those symptoms and do not handle sick pets without gloves and face protection.

In humans, the incubation period of plague is usually one to six days depending on the mode of transmission. 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 Plague

- Swollen lymph nodes
- Rapidly developing pneumonia,
- Bleeding under the skin
- Severe headache and weakness

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 residence, garage, and 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 residence 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 where 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.
- Reduce the rodent habitat around your home, workplace and recreational areas
- Wear gloves if you are handling or skinning potentially infected animals
- Use repellent if you think you could be exposed to rodent fleas during activities such as camping, hiking or working outdoors.
- Keep fleas off your pets by applying flea control products. If your pet becomes sick, promptly seek care from a veterinarian.
- Do not allow dogs or cats that roam free in endemic areas to sleep on your bed.
- Do not touch sick, dead or dying wildlife with bare hands.
- Avoid rodent burrows like prairie dog holes as the fleas that carry disease can be numerous in those areas.

Cleaning a rodent infested dwelling to prevent hantavirus

- 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 towel. Do not use a broom or vacuum which could stir up the virus.
- 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 be quite serious or even fatal. However, most people who are infected with mosquito-borne virus 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, mosquitoes that carry West Nile virus feed in the 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

Approximately 80% of people who are infected with mosquito-borne virus do not become ill and have no symptoms. For persons who do become ill, the incubation period (time between the mosquito bite and onset of symptoms) is 2-14 days.

Two different types of disease occur in humans: (1) viral fever syndrome, and (2) encephalitis, inflammation of the brain or surrounding tissues. About 20% of people who are infected with West Nile Virus will develop viral fever syndrome. Symptoms of viral fever syndrome include fever, headache, and malaise; and can persist for 2-7 days.

In less than 1% of the cases, the virus can cause a more serious brain infection such as meningitis or encephalitis. Symptoms begin with sudden onset of high fever and a headache, then may progress to stiff neck, disorientation, or tremors. 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, 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.

Rabies virus is found in the saliva of infected animals and is commonly spread through a bite, scratch or other contact with animal's mouth or saliva. Dogs, cats, or ferrets that bite or scratch 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 did not have rabies at the time the bite occurred. This observation period only applies to these three species.

If a person is bitten or otherwise has contact with a potentially rabid wild animal, every effort should be taken to collect the animal for rabies testing. It is important not to destroy or damage the head of the animal. The only way to determine if an animal was rabid is by examining the intact brain tissue.

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. A vaccine is available that is almost 100% effective at preventing rabies if it is administered as soon as possible after exposure. The first step to decrease the chances for infection is to immediately wash the wound with soap and water followed by a 2-4 week series of rabies vaccination.

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

Can't identify rabid animals

- It is impossible to tell if an animal is rabid by simply looking at it
- The safest approach is not to touch it.

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 to tell an adult if an animal bites or scratches them.
- Close garbage cans or store them in a garage or shed.
- 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 them indoors and under direct supervision when outdoors.

Tularemia

Tularemia, also known as rabbit fever or deer fly fever, is a potentially serious illness that can occasionally pass from animals to humans. It is caused by the bacterium *Francisella tularensis*. The disease mainly affects mammals, especially rodents, rabbits and hares, but can infect birds and insects.

Tularemia is spread between animals by insect bites, direct transmission, and inhalation or ingestion of the bacteria. The bacteria can persist for long periods of time in the environment in water, soil and in carcasses.

There are multiple forms of disease that can occur in humans. The form that occurs in a person depends on the way in which the person was infected. The most common form of the disease in humans is ulceroglandular tularemia. It is characterized by a skin ulcer that forms at the site of infection – usually through an insect bite, a cut, or some other break in the skin. Other forms of the disease include: glandular, affecting the lymph nodes; pneumonic, affecting the lungs and causing pneumonia; oculoglandular, affecting one or both eyes; and typhoidal, which is systemic infection of the blood.

Symptoms of tularemia may be non-specific, which can make it hard to diagnose. After being infected, people can develop pneumonia, dehydration, inflammation of the spleen or liver, and without treatment, can progress to septic infection of the blood and even death.

Generalized symptoms of tularemia include but are not limited to:

- fever
- rash
- cough
- abdominal pain
- vomiting
- headaches
- muscle aches
- fatigue
- malaise
- painful, swollen lymph nodes
- anorexia

Symptoms usually appear 2 to 10 days after exposure to the bacteria, but can take as long as 21 days.

How tularemia spreads

It only takes a few bacteria to cause tularemia. The symptoms and severity of the disease depend on the route of entry through which the bacteria enter the human body. Transmission of tularemia from person to person has never been reported.

People can get tularemia in the following ways:

- tick or deer fly bites, which usually cause ulceroglandular or glandular tularemia
- handling infected animals, particularly when hunting or skinning infected rabbits, muskrats, prairie dogs, or other rodents; handling a domestic pet that has been infected with tularemia, particularly cats, dogs, or pet rodents
- eating or drinking contaminated food or water that has not been cooked or processed thoroughly
- inhaling dust or aerosols that are contaminated with *F. tularensis*

How is tularemia treated?

Tularemia can be difficult to diagnose because it is rare, and many of the symptoms it causes are also present in more common illnesses. If you have been recently hunting, gardening, had contact with sick or dead animals, or had recent tick or deer fly bites, this information should be shared with your health care provider. Blood tests can be done to confirm the diagnosis of tularemia. Antibiotics are used to treat the infection over the course of 10 to 21 days depending on the state of illness and the medication used. Symptoms may last for several weeks even after treatment has been completed, and most people completely recover.

How to prevent becoming infected with tularemia

Tularemia occurs naturally in many parts of the United States, including Colorado. When hiking, camping, or working outdoors, use insect repellent containing 20% to 30% DEET (N,N-diethyl-meta-toulamide), picaridin, or IR3535. Follow the label directions to ensure proper use. Wear long pants, long sleeve shirts, and long socks to keep tick and deer flies off your skin. Remove attached ticks promptly. Don't drink untreated surface water (i.e. from lakes, rivers, and streams). When mowing or landscaping, don't mow over sick or dead animals. Consider using dust masks to reduce your risk of inhaling the bacteria. If you hunt, trap or skin animals, use gloves when handling animals, especially rabbits, muskrats, prairie dogs, and other rodents. Cook game meat thoroughly before eating.

Note any change in the behavior of your pets (especially rodents, rabbits, and hares) or livestock, and consult a veterinarian if they develop unusual symptoms.

First Aid Is Everyone's Responsibility

Source: American Red Cross of Colorado

To be prepared to react confidently and without wasting time in either



American Red Cross
of Colorado

a life-threatening situation or a minor accident, we suggest you study this guide before an emergency occurs. It has been carefully prepared to offer you basic emergency information, with topics listed below for quick and easy reference.

It is vital that you keep emergency telephone numbers on hand so that they are available for immediate use. It is also important that you keep your medical supplies in a safe and convenient place where you can find them when needed.

Remember, it is important to remain calm and use common sense in any emergency situation. **For medical emergencies, seek professional help.**

For information on First Aid training contact: *The American Red Cross of Southeastern Colorado* at 719-632-3563 or visit RedCross.org/take-a-class. CERT training includes disaster first aid training for volunteer responders, and first aid classes are also offered by numerous other providers throughout the community.

Assessing The Situation: What To Treat First

1. Don't panic. You will be able to assess the situation more effectively. Remember, psychological support is also important.
2. Remember the ABCs of Life Support:
 - Airways open – Open and maintain victim's airway.
 - Breathing restored – If victim is not breathing, begin rescue breathing techniques immediately.
 - Circulation maintained – If no pulse is present, get assistance from a person certified in cardiopulmonary resuscitation (CPR) techniques.
3. REMEMBER, to be able to perform CPR effectively, it is essential to be properly trained.
4. Check for bleeding. Apply direct pressure and elevate injured limb.
5. Look for signs of shock and broken bones (fractures).
6. Check for emergency medical identification on the victim.
7. **Get professional medical help quickly.** Know emergency numbers, such as 911. Telephone appropriate authorities (rescue squad, ambulance, police, poison control center or fire department) and describe the problem. Be sure to give your name,

location and the number of persons involved.

8. Loosen any clothing that may restrict victim's breathing or interfere with circulation.
9. Never give an unconscious person anything by mouth.
10. DO NOT move injured persons unless situation is life-threatening. Keep victim still, quiet and warm (except heat exhaustion and sunstroke). Victims with broken bones (fractures) should not be moved until a splint has been properly applied.

Minor First Aid Situations

Burns & scalds

CAUTION: DO NOT clean burns or break blisters. DO NOT remove any clothing that sticks to burn. DO NOT apply grease, ointment or medication to a severe burn. DO NOT use cotton or material with loose fibers to cover burns.

Treatment: First degree burns – redness or discoloration of skin surface; mild swelling and pain.

1. Apply cool, wet cloths or immerse in water. DO NOT use ice.
2. Blot gently; apply a dry, sterile pad if necessary.
3. Usually medical treatment is not necessary; however, if severe, call for professional medical help. Be alert for signs of shock.

Treatment: Second degree burns – deep burn with red or mottled appearance; blisters; considerable pain and swelling; skin surface appears wet.

1. See treatment for first degree burns. If arms and legs are affected, elevate above heart level. Burns may be deep and potentially serious, requiring medical treatment depending on extent and location. Be alert for signs of shock and infection.

Treatment: Third degree burns – deep tissue destruction with a white or charred appearance; no pain.

1. **Call for professional medical help immediately.** Be alert for signs of shock.

Cuts & scrapes

Before initiating any first aid to control bleeding, be sure to wear health care gloves to avoid contact of the victim's blood with your skin.

Treatment:

1. **Clean** wound and surrounding area gently with mild soap and rinse. Blot dry with sterile pad or clean dressing.
2. **Treat** to protect against contamination.
3. **Protect** and cover to absorb fluids and prevent further contamination. (Handle only the edges of sterile pads or dressings.) Secure with first aid tape to help keep out dirt and germs.

Splinters: slender pieces of wood, bone, glass or metal objects that lodge in/or under skin

Symptoms: may include pain, redness and swelling.

Treatment:

1. First wash your hands thoroughly, then gently wash affected area with mild soap and water.
2. Sterilize needle or tweezers by boiling for 10 minutes; wipe with a sterile pad before use.
3. Loosen skin around splinter with needle; use tweezers to remove splinter. If splinter breaks or is deeply lodged, **consult professional medical help.**
4. Cover with adhesive bandage or sterile pad, if necessary.

Stings

CAUTION: In highly sensitive persons, do not wait for symptoms to appear. Get professional medical help immediately. If breathing difficulties occur, start rescue breathing techniques; if pulse is absent, begin CPR.

Signs: Signs of allergic reaction may include nausea, severe swelling, breathing difficulties, bluish face, lips and fingernails, and shock or unconsciousness.

Treatment:

1. For mild or moderate symptoms, wash with soap and cold water. Remove stinger or venom sac with tweezers or by gently scraping with fingernail (DO NOT squeeze).
2. For multiple stings, soak affected area in cool bath. Add one tablespoon of baking soda per quart of water.

Emergency/Trauma Situations

Bleeding

Before initiating any first aid to control bleeding, be sure to wear health care gloves to avoid contact of the victim's blood with your skin.

Treatment:

1. Act quickly. Have victim lie down. Elevate injured limb higher than heart unless you suspect a broken bone.
2. Control bleeding by applying direct pressure on the wound with a sterile pad or clean cloth.
3. If bleeding is controlled by direct pressure, bandage firmly to protect wound. Check pulse to be sure bandage is not too tight.
4. If bleeding is not controlled by use of direct pressure, apply a tourniquet correctly.
5. **Call for professional medical help immediately.**
6. If you are bleeding and have no one to help you, call for professional medical help.
7. Lie down, so your body weight applies pressure to the bleeding site.

Broken bone (fracture) - break or crack in a bone

Symptoms: May include the victim hearing or feeling the bone break; area tender to touch with pain in one spot; swelling noted around suspected fracture; limb in an unnatural position; painful movement; abnormal motion; loss of function; grating sensation; discoloration of affected area.

Treatment:

1. Keep victim warm and still, treat for shock if necessary. DO NOT move victim until a splint has been applied unless there is danger of a life-threatening emergency.
2. If bone is suspected to be broken but does not pierce the skin (closed fracture), splint the limb before the victim is moved, immobilizing the joint above and below the suspected fracture site.
3. If broken bone pierces the skin (open or compound fracture), apply pressure to appropriate pressure point to control bleeding. DO NOT try to straighten limb, return it to a natural position, or replace bone fragments. DO NOT touch or clean the wound. Secure a sterile pad or clean cloth firmly in place over the wound and tie with strong bandages or cloth strips.
4. If victim must be moved, apply a splint to prevent further damage. Use anything that will keep the broken bones from moving, including broomsticks, boards or rolled magazines. Pad splints with cotton, clothes or clean cloths tied firmly (but not tightly) in place. If victim complains of numbness, loosen splint.
5. **Get professional medical help immediately.**

Chemical burns

Treatment:

1. Remove contaminated clothing.
2. Flush burned area with cool water for at least 5 minutes.
3. Treat as you would any major or minor burn.
4. If eye has been burned:
 - a. Immediately flood face, inside of eyelid and eye with cool running water for at least 15 minutes. Turn head so water does not drain into uninjured eye. Lift eyelid away from eye so the inside of lid can also be washed.
 - b. If eye has been burned by a dry chemical, lift any loose particles off the eye with the corner of a sterile pad or clean cloth.
 - c. Cover both eyes with dry sterile pads, clean cloths, or eye pads; bandage in place.
5. Consult professional medical help.

Choking, airway obstruction - partial obstruction with good air exchange

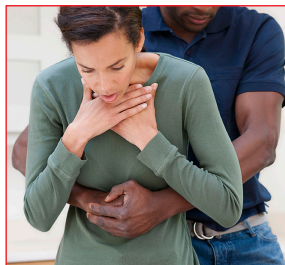
Symptoms: May include forceful cough with wheezing sounds between coughs.

Treatment:

1. Encourage victim to cough as long as good air exchange continues.
2. DO NOT interfere with attempts to expel object.

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



Partial or complete airway obstruction in conscious victim with poor air exchange

Symptoms: May include: weak cough, high-pitched crowing noises during inhalation, inability to breathe, cough or speak, gesture of clutching neck between thumb and index finger, exaggerated breathing efforts, dusky or bluish skin color.

Treatment for adult if they are standing or sitting:

1. Stand slightly behind victim.
2. Place your arms around victim's waist; place your fist, thumb side in, against victim's abdomen, slightly above the navel and below the rib margins.
3. Grasp fist with your other hand and exert a quick upward thrust. Repeat (five times in a rapid succession) if necessary (Heimlich Maneuver or manual thrust.)

Complete airway obstruction in unconscious victim

Treatment:

1. Call 911 first.
2. Follow breathing problems section.

Penetrating objects such as sticks or pieces of metal protruding from body

CAUTION DO NOT remove penetrating object.

Symptoms: May include profuse bleeding,; swelling and redness of injured tissue.

Treatment:

1. Get professional medical help immediately.
 - If victim is fixed to object (impaled), cut it off at a safe distance from skin. Immobilize object with thick dressings made from sterile pads or clean cloths secured in place with first aid tape, a belt or a bandage.
 - If object is protruding from victim, DO NOT move it.
 - Immobilize object with thick dressings made from sterile pads or clean cloths secured in place with first aid tape, a belt or a bandage. Do not apply bandage so tightly that breathing is restricted.
2. If object penetrates chest and victim complains of discomfort or pressure, quickly loosen bandage on one side and reseat. Watch carefully for recurrence. Repeat procedure if necessary.
3. If breathing problems develop, begin rescue breathing techniques immediately.
4. Treat for shock.

Poisoning

Call 911 or poison control center immediately, before administering first aid.

Treatment:

1. Do not give any other first aid if victim is unconscious or is having convulsions. Begin rescue breathing techniques or CPR if necessary. If victim is convulsing, protect from further injury; loosen tight clothing if possible.
2. If professional medical help cannot be reached immediately:
 - Do not induce vomiting if poison is unknown, a corrosive substance (i.e., acid, cleaning fluid, lye, drain cleaner), or a petroleum product (i.e., gasoline, turpentine, paint thinner, lighter fluid). Do not use activated charcoal.
 - Induce vomiting if poison is known and is not a corrosive substance or petroleum product. To induce vomiting: give adult one ounce of syrup of ipecac (1/2 ounce for child) followed by four or five glasses of water. If victim has vomited, follow with one ounce of powdered, activated charcoal in water, if available.
3. Take poison container (or vomitus if poison is unknown) with victim to the hospital.

Severed body parts (avulsion) - tissue is partially or completely cut or torn from body

CAUTION: Wrap the detached part of the body in something clean and send it to the hospital with the victim so that it may be reattached if possible. Ice may be used to keep the detached part cool; however, prevent it from direct contact with ice and/or from freezing.

Treatment:

1. Stop the bleeding immediately.
2. Treat for shock if necessary. If breathing problems are present, begin rescue breathing techniques.
3. If wound is not deep or is not bleeding severely, gently cleanse with mild soap and warm water. Cover with a sterile dressing or clean cloth and bandage.
4. **Get professional medical help immediately.**

Shock - disturbance in the circulation of the blood that can upset all body functions

CAUTION: Shock is a dangerous condition and can be fatal. Expect some degree of shock in any emergency. **DO NOT** give anything by mouth.

Symptoms: May include unusual weakness or faintness, cold, pale, clammy skin, rapid, weak pulse, shallow, irregular breathing, chills, nausea, unconsciousness.

Treatment:

1. Treat known cause of shock as quickly as possible (i.e., breathing difficulties, bleeding, severe pain).
2. Maintain an open airway. If victim vomits, gently turn head to side.
3. Keep victim warm and lying flat. (In cases of head or chest injuries, with no chance of broken neck or back, elevate head and shoulders 10 inches higher than feet if possible.)
4. **Get professional medical help immediately.**
5. **DO NOT** give anything by mouth.

Sprains - injury to soft tissue surrounding joint due to wrenching or laceration of ligaments, muscles, tendons or blood vessels

CAUTION: Victim may have a broken bone (fracture) and should be examined by a medical professional.

Symptoms: may include painful movement, swelling, discoloration and tenderness around injured joint.

Treatment:

1. If ankle or knee is affected, do not allow victim to walk. Loosen or remove shoe, elevate leg.
2. Protect skin with thin towel or cloth. Then apply cold, wet compresses or cold packs to affected area. Never pack joint in ice or immerse in icy water.
3. Consult professional medical assistance for further treatment if necessary.

Transporting an injured person

If injury involves neck or back, **DO NOT** move victim unless absolutely necessary. Call for professional medical help.

If victim must be pulled to safety:

1. Move body lengthwise, not sideways. If possible, slide a coat or blanket under the victim.
2. Carefully turn victim toward you and slip a half-rolled blanket under back.
3. Turn victim on side over blanket, unroll and return victim onto back.
4. Drag victim head first, keeping back as straight as possible.

If victim must be lifted:

1. Support each part of the body. Position a person at victim's head to provide additional stability. Use a board, shutter, table top or other firm surface to keep body as level as possible.

Unconsciousness - victim is not mentally aware, does not respond to sensory stimuli, such as sound or light

Treatment:

1. Call for professional medical help.
2. **DO NOT** move victim or give anything by mouth.
3. Keep victim warm; loosen any tight clothing.
4. Maintain an open airway. If breathing difficulties develop, begin rescue breathing techniques immediately.
5. Check for emergency medical identification tag to help determine cause of unconsciousness.

Wounds (severe)-breaks in skin or mucus membrane (open) or injuries to underlying tissue breaks in skin (closed)

CAUTION: Some wounds, such as small cuts or minor scrapes, require only simple first aid measures; others, however, require immediate first aid followed by professional medical treatment.

Treatment:

1. Before treating any serious incision, abrasion or laceration with extensive bleeding, act quickly to control bleeding. Get professional medical help immediately.
2. Any wound can become contaminated and infected.

Weather-related situations and cold exposure

Treatment:

1. Move victim into warm room as soon as possible.
2. Be alert for breathing difficulties; start rescue breathing techniques if necessary.
3. Remove wet or frozen clothing. Immediately rewarm victim by wrapping in blankets or placing in tub of warm, not hot, water. Dry victim thoroughly after bath.
4. Give victim hot liquids to drink, only if conscious (not alcohol).
5. Follow treatment for frostbite.
6. Consult professional medical help if indicated.

Frostbite

CAUTION: DO NOT break blisters, rub affected area, or apply heat lamps or hot water bottles. DO NOT attempt rapid thawing if refreezing is a possibility.

Treatment:

1. Warm affected areas as quickly as possible by covering with clothing and blankets or immersing frozen part in warm, not hot, water. If frostbitten area has been thawed and refrozen, then warm at room temperature.
2. Discontinue warming techniques as soon as affected area becomes flushed. Expect swelling and pain after thawing. Victim may require an analgesic.
3. Gently exercise affected area after it has been rewarmed.
4. DO NOT apply dressings or clothing unless transportation is required for medical help. If fingers or toes are affected, separate with sterile pads or clean cloths.
5. Elevate frostbitten areas, but not higher than heart
6. **Get professional medical help.**

Heat exhaustion (heat prostration)

Symptoms: May include fatigue, irritability, headache, faintness, weak, rapid pulse, shallow breathing, cold, clammy skin, and profuse perspiration.

Treatment:

1. Instruct victim to lie down in a cool, shaded area or an air-conditioned room. Elevate feet.
2. Massage legs toward heart.
3. Only if victim is conscious, give cool water or electrolyte solution every 15 minutes until victim recovers.
4. Use caution when letting victim first sit up, even after feeling recovered.

Sunburn**Treatment:**

1. Treat for first or second degree burns.
2. Treat for shock if necessary.
3. Cool victim as rapidly as possible by applying cool, damp cloths or immersing in cool, not cold, water.
4. Give victim fluids to drink.
5. Get professional medical help immediately for severe cases.

Sunstroke (heat stroke)

Symptoms: May include extremely high body temperature (106° F or higher), hot, red, dry skin, absence of sweating, rapid pulse, convulsions, unconsciousness.

CAUTION: Sunstroke is a life-threatening emergency.

Treatment:

1. **Get professional medical help immediately.**
2. Lower body temperature quickly by placing victim in partially filled tub of cool, not cold, water (avoid over-cooling). Briskly sponge victim's body until temperature is reduced; then towel dry. If tub is not available, wrap victim in cold, wet sheets in well-ventilated room or use fans and air conditioners until body temperature is reduced.
3. DO NOT give stimulating beverages, such as coffee, tea, or soda.

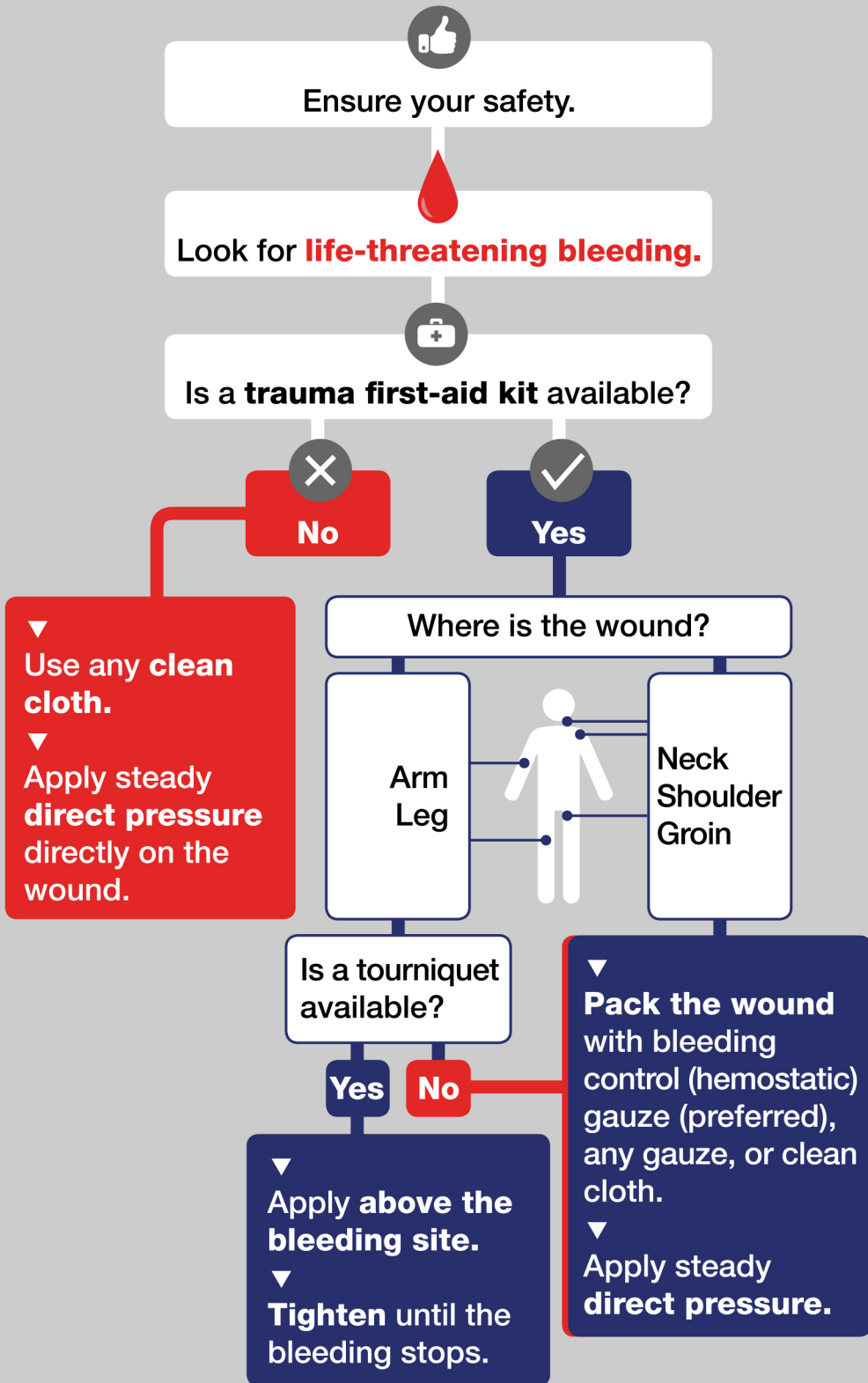


American Red Cross
of Colorado

The official American Red Cross First Aid app puts expert advice for everyday emergencies in your hand. Download the FREE app by searching for American Red Cross in the Apple App Store or the Google Play Store for Android or by going to redcross.org/mobileapps.

Save a life

What everyone should know to stop bleeding after an injury



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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

Basic items should be stocked in every home: water, food, clothing, bedding, first aid kit, tools and supplies, and items for other needs. See the checklist in the back of this guide for suggestions. Put items in airtight plastic bags. 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. Store the emergency kit in a convenient place known to all family members.

Keep a kit in your vehicle as well. Evaluate contents of the kit and family needs at least once a year, and observe expiration dates. Replace items as needed.

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.
- Give everyone a written copy of important phone numbers.
- Choose an out-of-state friend or relative who will act as a point of contact for everyone.

MEET WITH NEIGHBORS:

- Plan how everyone will work together.
- Consider how to help neighbors with disabilities or access and functional needs.
- Make plans for children if parents can't return to the area where the children are located.
- Use the PPROEM Ready and Resilient Neighborhoods planning tool to organize your community.

COMPLETE THESE STEPS:

- Post emergency phone numbers, give everyone a hard copy of the list, and program the numbers 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 and near bedrooms.
- Make arrangements for animals. Public shelters may not accept them.

PERSONAL SAFETY SHOULD BE THE HIGHEST PRIORITY:

- During an evacuation, immediately follow instructions from fire, police, and emergency officials.
- Learn several 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 to evacuate.
- 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 evacuation kit for your household.

Emergency Planning

ASSEMBLE AN EMERGENCY KIT FOR YOUR HOME AND ONE FOR EACH VEHICLE.

THE EMERGENCY KIT SHOULD INCLUDE:

WATER

- Store the water 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.
- Select ready-to-eat canned meats, fruits and vegetables, juices, milk, soup (if powdered, store extra water).
- Store staples such as sugar, salt, and pepper.
- Choose high-energy foods: peanut butter, jelly, crackers, granola bars, and trail mix.
- Add comfort foods: cookies, hard candy, sweetened cereals, lollipops, instant coffee, and tea bags.

CLOTHING/BEDDING

- 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

- See page 71 for a list of recommended supplies and equipment included in the first aid kit.

TOOLS AND SUPPLIES

- | | | |
|--|---|---|
| <ul style="list-style-type: none"> ■ Plastic cups, plates, or utensils ■ Battery operated radio and flashlights ■ Extra batteries ■ Non-electric can opener ■ Utility knife ■ Fire extinguisher – ABC type | <ul style="list-style-type: none"> ■ Tent ■ Pliers ■ Tape ■ Compass ■ Wrench to turn off gas and water ■ Matches in a waterproof container ■ Aluminum foil | <ul style="list-style-type: none"> ■ Plastic storage containers ■ Signal flare ■ Paper and pencil ■ Needles and thread ■ Whistle ■ Plastic sheeting or good quality drop cloths |
|--|---|---|

OTHER 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.)
- Medical information
- 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

For Adults

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

For Babies

- Formula, bottles, powdered milk
- Medications
- Diapers

Sanitation

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

Evacuation Planning

Planning for an evacuation should occur well before an emergency happens. Because an emergency is a dynamic event, time may be limited. It will be important for you to think clearly and act decisively during an evacuation.

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.

- Know several alternative routes of escape, by vehicle or on foot.
- Identify safety zones near your home, school, workplace, etc.
- Determine family meeting place
- Plan and practice

When To Evacuate

There are a number of ways that community members will be notified about an emergency in your area. If you receive the 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 media
- Emergency Alert System (EAS)
- Emergency Notification System (ENS)
(visit www.peakalerts.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 vehicle into the garage, roll the windows up, and leave the keys in the ignition.
- Close the garage door and set it for manual operation.
- Load important documents, pet supplies, valuables, evacuation kit, and prescriptions into the vehicle.
- Do not take boats or RVs.
- Wear long pants, long sleeve shirts, and sturdy shoes.

During Evacuation

Stay calm, think clearly, and avoid panic. Evacuating early and away from the emergency is recommended; however if you cannot safely evacuate, follow these guidelines:

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

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

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 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 or access and functional needs, 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. See page 54 for the recommended contents of an emergency kit.

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. You may want to pack:

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

Emergency Supply Evacuation Bags

- 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, or 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

Evacuation Levels

Should you receive a message about evacuation, it is important to follow the emergency instructions provided. In the Pikes Peak Region, there are three types of evacuation levels: Pre-evacuation Warning, Evacuation Order, and Shelter in Place.

Pre-Evacuation Warning

This is a warning of a potential threat to life and property. It is anticipated that an evacuation order may follow. Everyone in the impacted area should be prepared to leave.

- If you are in danger, evacuate immediately. There is no need to wait for an evacuation order.
- Those who need additional time to evacuate should leave now.
- If you need transportation assistance, arrange it now.
- Take pre-evacuation preparedness actions inside and outside your home.
- Evacuate large animals or livestock.
- Have your emergency go kit ready.
- Back your vehicle into garage or driveway with the keys handy.
- Switch garage door openers to manual mode in case of power outage.
- Monitor local media for updates.

Evacuation Order

This is an order to leave immediately. There is an immediate danger to life and property. All residents in the impacted area should evacuate immediately.

- Don't hesitate. Leave now.
- If you are not home when evacuation is ordered, do not try to return.
- Take only one vehicle and do not take trailers, RVs, campers, boats, etc.
- Continue to monitor local media and emergency notifications.
- Follow emergency notification about evacuation routes or other instructions.
- Once you have reached safety, check in with evacuation center if one is established.

Shelter in Place Direction

You will receive this direction if you need to shelter temporarily inside a safe location. The risk of evacuation is greater than the risk of staying in place. Pay attention to further emergency notifications for more instructions.

- Close doors and windows and turn off ventilation system.
- Go to an interior room and stay away from windows.
- Follow emergency instructions, which may vary depending on the type of emergency.
- Monitor local media and emergency notifications.



**Sign up for Peak Alerts
to receive emergency
notifications by visiting
peakalerts.org.**

Pet and Service Animal Evacuation Planning

Community Animal Response Team

The Community Animal Response Team (CART) provides volunteers with the unique experience of making a difference in the lives of livestock, companion pets, and the people who care for them. CART volunteers may be called upon to assist in emergencies requiring the rescue, evacuation, and sheltering of animals in need. CART members receive routine training in emergency sheltering and animal welfare best practices as well as hands-on experience with a wide variety of animals.

If you are interested in making a difference in the lives of animals displaced by disaster, please contact the Humane Society of the Pikes Peak Region at 719-302-8721 or cart@hsppr.org. For more information, visit <https://www.hsppr.org/get-involved/volunteer/cart/>

Be Prepared

- Be prepared to function without assistance from your service animal if necessary. Different disasters may affect animals in different ways. It is important to have a back-up plan.
- Keep your pets' identification information current (ID tags and microchip)
- Evacuation shelters or hotels may not allow pets. Prepare a list of boarding kennels, animal hospitals, and pet-friendly hotels.
- Make a plan with friends and relatives who are willing to house your pets in the event of an evacuation.
- Prepare pet evacuation and first aid kits (see checklists on page 72). Remember to rotate perishable stock regularly.
- Put a rescue alert sticker near your front entrance, and keep it updated with the type and number of pets in your home.

Evacuation

- Take your pet(s) with you when you evacuate. Never leave pets turned loose, or chained up outside when you evacuate. If you leave a pet behind, they can easily be lost, injured, or worse. Advance planning and preparation will help prevent the need to leave animals behind.
- If you need assistance with pet evacuation, you may contact the local animal control agency or humane society to request evacuation assistance for your pets as soon as possible.
- Leave early—do not wait for a mandatory evacuation order. If you wait to be evacuated, you may be instructed to leave your pets behind. Once you leave the evacuation zone, you may not be allowed to return for your pets.
- Keep dogs on leashes or in crates. Keep cats in carriers.

Away from Home

- If there is a chance you will be away from home when your area is evacuated, create a "buddy plan" with nearby relatives, friends, or neighbors to help each other with animal evacuation.
- Make sure they have a key to your house, are familiar with your pets, and have access to your pet emergency kit.

Pet and Service Animal Evacuation Planning

PET EVACUATION KIT

- 3-Day supply of food and drinking water
- Dishes, utensils, manual can opener
- Medications (in waterproof container)
- Pet first aid kit
- Familiar items (toys, treats, blankets)
- Collar/harness with ID tags, extra leash, muzzle (if necessary)
- Crate/carrier with bedding (labeled with your contact information)
- Pet shampoo, grooming brush
- Cat litter, box, and scoop
- Paper towels, newspaper, trash bags, spray disinfectant
- Proof of ownership (microchip information, current photos of you with your pet)
- Medical records and veterinarian contact information (in waterproof container)
- Animal emergency contact list
- Instructions for your animal's care including feeding/medication schedules and behavior information

FIRST AID KIT

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

- Contact information for your pet's vet, local emergency clinics, poison control
- Small flashlight
- Disposable gloves
- Ice pack
- Tweezers
- Cotton balls or swabs
- Nonstick bandage pads
- Bandage scissors
- Adhesive tape
- Self-adhering bandage wrap
- Gauze pads and rolls
- Styptic powder (clotting agent)
- Saline solution (for rinsing wounds)
- Liquid dish detergent (mild wound and body cleanser)
- Antibiotic ointment
- Isopropyl alcohol/alcohol wipes
- Artificial tear gel
- Eye dropper/oral syringe
- Sterile lubricant (water based)
- Digital thermometer and stethoscope
- Towels and washcloths
- Activated charcoal liquid or milk of magnesia (use only when directed to do so by a veterinarian or the poison control center)
- 3% Hydrogen Peroxide (always contact a veterinarian or poison control center before inducing vomiting; do not use on wounds)

ADDITIONAL INFORMATION

- FEMA – <http://www.ready.gov/pets>
- Humane Society Pikes Peak Region – <https://www.hsppr.org/resources/disaster-preparedness>

Livestock Animal Evacuation Considerations

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 if you are not available. 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 species and number of animals which remain. Leave plenty of food and water with care instructions. If your animal becomes lost, call or visit the nearest animal shelter or emergency command post.

Some of the most common reasons for animal loss or injury in a disaster are collapsed shelters, dehydration, electrical injuries, and fencing failures. Barn fires are also a serious danger.

- **FIRST:** Have a plan and take precautions to protect you and your family.
- **NEXT:** Make a disaster plan to protect animals and property.
- Create an emergency telephone number list, including ranch employees, neighbors, veterinarian, poison control office, local animal shelter, animal care and control office, county extension service, trailering resources, and local volunteers. Give family members and employees printed copies and post it in your barn or animal shelter.
- Share animal care instructions with neighbors who could help in a disaster.
- Train large animals to load into and ride in trailers.
- Make sure every animal is marked for identification.
- Identify necessary alternate water and power sources in your pasture. A generator with a safely stored supply of fuel may be essential, depending on your farm or ranch operation.
- In case of an impending wind event, secure or remove anything that could become wind-blown debris, including trailers, boats, feed troughs, propane tanks.
- Keep heat sources safe, secured and clear of flammable debris.
- Label hazardous materials and place them all in the same safe area with a posted label. Provide information about their location to local fire and rescue agency.

This section was developed with assistance from the El Paso County Cooperative Extension Service, and The Humane Society of the Pikes Peak Region.

Livestock Animal Evacuation Considerations

Sheltering in Pasture

If evacuation isn't possible, you must decide whether to confine large animals to available shelter on your farm or leave them loose in pastures. While it may seem that animals will be safer inside barns, in many circumstances confinement can reduce their ability to protect themselves.

Survey your property for the best location for shelter. If your pasture area meets the following criteria, in some types of non-fire disasters such as wind storms, your large animals may be better off in the pasture than being evacuated:

- No easily-uprooted trees, if wind is a concern
- No overhead power lines or poles
- No debris or sources of blowing debris
- No barbed-wire fencing
- Enough acreage to avoid hazards (blowing debris, flooded areas, etc.)

Whether you evacuate or shelter in place, make sure that you have adequate and safe fencing or pens to separate and group animals appropriately.

If you cannot reasonably evacuate animals, work with local authorities to make a plan. Contact them well in advance to learn what capabilities exist in your area, and the most effective communication procedure.

Evacuation

- Evacuate animals as soon as possible. Be ready to leave as soon the evacuation is recommended. If an early evacuation notice is given, leave right away, especially if you have multiple animals to transport or will be hauling a high-profile trailer in windy conditions.
- Work with neighbors, 4H clubs, etc. to establish safe alternative shelters for farm animals. In El Paso County, shelters are typically established at the Fairgrounds and/or Penrose arena, and several private stables. Confirmed shelter locations may vary depending on circumstances.
- Become familiar with at least two possible vehicle evacuation routes well in advance, and make plans for evacuation on foot if necessary.
- Set up safe transportation including well-maintained trucks and trailers suitable for livestock and appropriate for each type of animal, along with experienced handlers and drivers. Take all your disaster supplies with you or make sure they will be available at your evacuation site. These include feed, water, veterinary supplies, handling equipment, tools, bedding, etc.
- If your animals are sheltered off your property, make sure that they remain in familiar groupings, securely contained and sheltered from the elements.

Always have at least a two-week supply of animal feed on hand, in case of sheltering in place, evacuation, or supply chain interruption.

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. 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 water heater tank, pipes, and ice cubes. Place a container under the lowest faucet in your house, and open the faucet. Then open a faucet at the highest level of the house to allow water in your pipes to drain downward. To use the water in your water heater 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. Be cautious as tank water may be very hot. Turn off the gas or electricity fuel source to the water heater 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 many 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.

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 8-16 drops of bleach per gallon of water stir and let stand for 30 minutes. If the water should have a slight bleach odor . The only agent used to treat water should be unscented 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 food to 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 family's 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 food items, 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. Don't forget 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. Mark all items with the date. Place new items at the back of the storage area and older ones in front.

NUTRITION TIPS

- It is vital that you maintain your strength during and right after a disaster.
- 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 food storage to assure adequate nutrition.

SHELF LIFE OF FOODS FOR STORAGE

(These are general guidelines for rotating common emergency foods. Observe label expiration dates on all items.)

USE WITHIN SIX MONTHS:

- Powdered milk (boxed)
- Dried fruit
- Dry, crisp crackers
- Dried or powdered 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
- Peanut butter
- Jelly
- Hard candy and canned nuts
- Vitamin C tablets

Steps to Financial Emergency Preparedness

EMERGENCY FINANCIAL FIRST AID KIT

Compile and review your Emergency Financial First Aid Kit (EFFAK) before a disaster. Below are few suggestions from the complete planning kit available at [ready.gov/financial-preparedness](https://www.ready.gov/financial-preparedness).

Assess and Compile:

Gather your important financial documents and contacts.

- Complete and date all the forms in the EFFAK.
- If you do not have an original version of a document, contact the appropriate company or agency to obtain a copy.
- If you receive paper payroll or benefit checks, replace them with direct deposit or prepaid debit cards.
- Print or download statements of any bills that you pay automatically.
- Take photographs or record a video of the rooms in your home and any valuable belongings, as well as the important documents listed in your EFFAK.
- Keep some cash in the same safe location as your EFFAK in case ATMs are not functioning, or banks are closed.

Review:

Review your insurance policies and financial paperwork to be sure that they are still accurate and current.

- Ensure that homeowners and auto insurance coverage is sufficient, or update renter's insurance and be sure your rental agreement reflects your current rent.
- Visit www.usa.gov/property-insurance for additional tips

Safeguard:

Store paper and electronic copies of all files in safe locations.

- Consider storing paper or electronic copies of important documents at home in a fireproof and waterproof box or safe, in a bank safe deposit box, or with a trusted friend or relative.
- If you bank or pay your bills electronically, print account records and/or download your bank's banking app to keep track of statements from your phone.
- File living wills and advanced directives with hospitals and primary care doctors.
- Provide lawyer, financial advisor, or other trusted person with sealed copy of your EFFAK, with instructions to open only with your approval or the approval of someone whom you have chosen in the event you cannot make decisions on your own.

Update:

Revisit and update your EFFAK regularly. Updates are especially important when significant changes in your life occur.

- Review your EFFAK at least annually
- Update or change information as soon as possible when:
 - Changing insurance provider, address, or marital status.
 - Purchasing a home or entering new rental agreement.
 - Opening or closing bank accounts.
 - Children change schools.
 - Retirement planning.
 - There is a death in your household.

.....
Write your family's name above

Family Emergency Communication Plan

HOUSEHOLD INFORMATION

Home #:
Address:
Name: Mobile #:
Other # or social media: Email:
Important medical or other information:

Name: Mobile #:
Other # or social media: Email:
Important medical or other information:

Name: Mobile #:
Other # or social media: Email:
Important medical or other information:

Name: Mobile #:
Other # or social media: Email:
Important medical or other information:

SCHOOL, CHILDCARE, CAREGIVER, AND WORKPLACE EMERGENCY PLANS

Name:
Address:
Emergency/Hotline #: Website:
Emergency Plan/Pick-Up:

Name:
Address:
Emergency/Hotline #: Website:
Emergency Plan/Pick-Up:

Name:
Address:
Emergency/Hotline #: Website:
Emergency Plan/Pick-Up:

Name:
Address:
Emergency/Hotline #: Website:
Emergency Plan/Pick-Up:



FEMA

NATIONAL STRATEGY
for
YOUTH PREPAREDNESS EDUCATION

IN CASE OF EMERGENCY (ICE) CONTACT

Name: Mobile #:
Home #: Email:
Address:

OUT-OF-TOWN CONTACT

Name: Mobile #:
Home #: Email:
Address:

EMERGENCY MEETING PLACES

Indoor:
Instructions:

Neighborhood:
Instructions:

Out-of-Neighborhood:
Address:
Instructions:

Out-of-Town:
Address:
Instructions:

IMPORTANT NUMBERS OR INFORMATION

Police: Dial 911 or #:
Fire: Dial 911 or #:
Poison Control: #:
Doctor: #:
Doctor: #:
Pediatrician: #:
Dentist: #:
Medical Insurance: #:
Policy #:
Medical Insurance: #:
Policy #:
Hospital/Clinic: #:

Pharmacy: #:
Homeowner/Rental Insurance: #:
Policy #:
Flood Insurance: #:
Policy #:
Veterinarian: #:
Kennel: #:
Electric Company: #:
Gas Company: #:
Water Company: #:
Alternate/Accessible Transportation: #:
Other:
Other:

LEARN MORE AT
ready.gov/prepare

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Simple Steps to Get Your Household Ready

1. KNOW YOUR RISK

Learn about disasters or other risks, including natural disasters, hazardous materials, acts of terrorism, etc. that could occur in your area. Make notes here:

2. WORK AND SCHOOL EMERGENCY RESPONSE PLANS

Talk with employers and/or school officials about emergency response plans. Make notes Here:

3. HAVE A HOUSEHOLD MEETING

Talk about potential emergencies and how you would respond to each of them. Discuss what you will do in an evacuation or shelter-in-place order. Detail your plans here:

4. COMPLETE A WRITTEN COMMUNICATION PLAN

A template is provided on pages 65-66 or visit ready.gov for examples.

5. TRAIN

- Make sure children know how and when to call 911.
- Show everyone in your household how to shut off utilities and consult with your utility providers if you have questions.
- Practice a home fire escape plan with all household members several times a year.
- Take classes in first aid, emergency preparedness, for financial disaster planning.

6. REVIEW AND GATHER IMPORTANT DOCUMENTS

- Copy and store important documents in several places. See the checklist on page 70 or download the Emergency Financial First Aid Kit from ready.gov.
- Review your insurance coverage and be familiar with restrictions and requirements.

7. DISCUSS YOUR PREPARATIONS WITH NEIGHBORS

- Consider ways neighbors can help each other in an emergency. Consult the neighborhood planning guide at pproem.com under “Ready and Resilient Neighborhoods.”



Make a Plan. Make a Difference.

Plan for Disability and Access and Functional Needs

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

If you have a disability or access and functional 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 access and functional needs, help them with these extra precautions.

- People who have vision and/or hearing loss may need to make special arrangements to receive a warning. *Make notes here.*

- People with communication disabilities may not be able to communicate with emergency personnel or get important information quickly in a disaster. *How will you communicate with others and receive emergency information?*

- People with cognitive or developmental disabilities may have difficulty communicating information that a rescuer or someone in a shelter might need to know. *Be prepared to say it briefly or keep a written copy with you.*

- 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 people 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 assistance that may be available in your community.
- 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 service animals, and other items you might need. Keep a list of the type and serial numbers of medical devices you need.
- If you are a caregiver for a person with a disability or access and functional need, make sure you have a plan to communicate if an emergency occurs.
- People with cognitive and developmental disabilities and their caregivers can prepare written statements to carry with them. Examples are:
 - "I communicate using an augmentative communication device. I can point to simple pictures or key words which you will find in my wallet, purse or backpack."
 - "I may have difficulty understanding what you are telling me, please speak slowly and use simple language."
 - "I forget easily. Please write down information for me."
- If you use a cane, keep extras in strategic, consistent, and secured locations at work, home, school, volunteer, or other sites to help you maneuver if your primary cane is lost or broken.
- Service animals may become confused, panicked, frightened, or disoriented in or after a disaster. Keep them confined or securely leashed or harnessed to manage a nervous or upset animal. Be prepared to use alternative methods to negotiate your environment.
- Individuals with visual disabilities should plan on losing the auditory clues normally relied upon following a disaster.
- Plan ahead for multiple methods of communication and notification.
- Do not get rid of your TTY or Alternate Format TTY, even if you rarely use it. You may need the TTY and your home phone to make calls. A full-charged TTY can run for several hours without power.
- Make arrangements to take public transportation ahead of time as another option for evacuation. Make sure you have enough money to use public transportation.

Action Checklist for Individuals with Disabilities or Access and Functional Needs

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

- In case of power outages, know how to connect and start a backup 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 backup plan, such as a cell phone.
- 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 backup equipment (mobility, medical, etc.) at your neighbor's home, or your school or workplace.
- Have your personal support network (PSN) to check on you in an emergency. Let your PSN know if you go on vacation or in the hospital.
- Plan ahead for your PSN to convey essential emergency information to you if your disability makes you unable to use the technology.
- If you use a personal care attendant from an agency, check to see if that agency has special provisions for emergencies (e.g., providing services at another location should an evacuation be ordered).
- If you live in an apartment, ask the management to identify and mark accessible exits and access to all areas designated for emergency shelter or safe rooms. Ask about plans for alerting and evacuating those with disabilities.
- Learn about devices and other technology available (local emergency notification system, weather radios with digital display, social media, 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, preprinted 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 (such as: 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 access and functional needs preparedness efforts
- Add supplies for your service animal into your emergency kit. Familiarize your service animal with your PSN in case it needs to receive care from someone other than you
- Practice evacuating from your home, office, or school with your PSN to mitigate any obstacles during an emergency.

FOOD, WATER, CLOTHING, BEDDING	Two-Week Supply Stored at Home for Shelter in Place	72-Hour Supply in "Go Kit" Ready for Evacuation	In Vehicle	Other location (work, dorm, vacation home, etc.)
Water (1 gal/person/day)				
High-energy foods				
Canned or boxed liquids				
Special foods, if needed				
Infant food, if needed				
Pet foods as needed				
Complete change of clothes				
Sturdy shoes or boots				
Rain gear				
Hat and gloves				
Extra underwear and socks				
Thermal undergarments				
Sunglasses				
Blanket/sleeping bag				
Pillow				
Other items needed:				

FIRST AID SUPPLIES	At Home	In Evacuation "Go Kit"	In Vehicle	Other location (work, dorm, vacation home, etc.)
Various adhesive bandages				
5" x 9" Sterile dressings				
Conforming roller gauze				
Tourniquet				
Hemostatic wound dressing				
Scissors				
Medical grade non-latex gloves				
Germicidal wipes or sanitizer				
Antiseptic wipes or rinse				
2" wide adhesive tape				
Cold pack and heat pack				
Tweezers				
Safety pins				
Thermometer				
Emergency blanket				
Sunscreen				
CPR mask or breathing barrier				
First aid manual				
Various sterile gauze pads				
Sam-style splint				
Tongue depressors				
Elastic bandage roll				
Hydrocortisone ointment				
Saline rinse				

EQUIPMENT AND TOOLS	In Evacuation			Other location (work, dorm, vacation home, etc.)
	At Home	“Go Kit”	In Vehicle	
Battery or solar-powered radio				
Extra batteries				
Flashlight(s)				
Safety flare				
Waterproof matches				
Wrench, pliers				
Multi-tool				
Plastic sheeting				
Duct tape				
A-B-C fire				
Extinguisher				
Small tent				
Compass				
Work gloves				
Paper and writing instruments				
Needles and thread				
Power pack or solar charger				
Wall and car chargers				
Pet carriers and leashes				

PET AND ANIMALS SUPPLIES	In Evacuation			Other location (work, dorm, vacation home, etc.)
	At Home	“Go Kit”	In Vehicle	
3-day supply of pet food - dry or canned				
3-day supply of water				
Cages/carrier with contact information				
Copies of veterinary records				
Veterinarian contact information				
Familiar items (toys, blankets, etc.)				
Medications				
Leash & collar with contact information				
Litter pan, scoop, litter				
Dishes for food and water				
Current photos of pets				
Bedding				
Waste bags, newspaper, spray disinfectant				
Microchip information				
Pet first aid supplies				
Written instructions for feeding, behavior notes				
Grooming supplies				

DOCUMENTS (in watertight container, external drive, safe box, etc.)	(✓) Packed in “Go Kit”, for evacuation	Saved in secondary off-site location
Personal identification		
Cash (paper and coin)		
Credit card(s)		
Extra set of house keys		
Extra set of vehicle keys		
COPIES OF:		
Birth certificates		
Marriage license		
Driver’s license		
Social security cards		
Passports		
Wills		
Deeds		
Inventory of household contents		
Inventory of shop/storage/etc.		
Insurance papers		
Immunization records		
Bank and credit card account numbers		
Emergency contact list		
Paper map of the area		
Important passwords		
Photos of family and pets		
Pet microchip or tattoo info		
Written copy of medical & vision prescriptions		

Important Phone Numbers

Hospitals in the Pikes Peak Region

University of Colorado Health Memorial (Central)
 1400 East Boulder Street
 Colorado Springs, CO 80909
 719-365-5000
www.uchealth.org

University of Colorado Health Memorial (North)
 4050 Briargate Parkway
 Colorado Springs, CO 80920
 719-364-5000
www.uchealth.org

Children’s Hospital Colorado, Colorado Springs
 4090 Briargate Parkway
 Colorado Springs, CO 80920
 719-305-1234
www.childrenscolorado.org

St Francis Medical Center
 6001 E. Woodmen Road
 Colorado Springs, CO 80923
 719-571-1000
www.penrosetfrancis.org

Penrose Hospital
 2222 North Nevada Avenue
 Colorado Springs, CO 80907
 719-776-5000
www.penrosetfrancis.org

Evans Army Hospital
 1650 Cochrane Circle
 Fort Carson, CO 80913
 719-526-7000
www.evans.tricare.mil

University of Colorado Health Grandview
 5623 Pulpit Peak View
 Colorado Springs, CO 80918
 719-272-3600
www.uchealth.org

Important Phone Numbers

Fire Departments

In an Emergency call 911

Non-Emergency Fire Department Contacts:

Colorado Springs Fire Department	719-385-5950
Air Force Academy Fire & Emergency Services.....	719-333-2051
Big Sandy Fire Protection District	719-541-2883
Black Forest Fire Protection District	719-495-4300
Broadmoor Fire Protection District	719-633-1069
Calhan Fire Protection District	719-347-3057
Cascade Volunteer Fire Department	719-684-9549
Cheyenne Mountain A.F.S. Fire Department.....	719-474-3030
Cimarron Hills Fire Department	719-591-0960
Colorado Centre Metropolitan District Fire Department	719-390-7000
Crystal Park Volunteer Fire Department.....	719-685-9729
Edison Volunteer Fire Department.....	719-478-2200
Ellicott Volunteer Fire Department.....	719-683-7211
Falcon Fire Protection District.....	719-495-4050
Fort Carson Fire & Emergency Services	719-526-5615
Fountain Fire Protection District	719-382-7800
Green Mountain Falls -	
Chipita Park Fire Protection District.....	719-684-2293
Hanover Fire Department	719-683-3473
Manitou Springs Fire Department	719-685-1444
Palmer Lake Fire Department.....	719-481-2902
Peterson Air Force Base Fire & Emergency Services.....	719-556-7354
Peyton Fire Protection District.....	719-749-2255
Security Fire Department	719-392-7121
Southwest Highway 115 Volunteer Fire Department	719-527-6762
Stratmoor Hills Fire Protection District	719-576-1200
Tri-County Volunteer Fire Department	719-478-2345
Tri-Lakes Monument Fire Protection District.....	719-484-0911
Donald Wescott Fire Protection District.....	719-488-8680

Utility Contacts

Colorado Springs Utilities	719-448-4800
Mountainview Electric Coop	1-800-388-9881
CORE Electric Coop (formerly IREA)	1-800-332-9540
Black Hills Energy.....	1-888-890-5554
Southeast Colorado Power Association.....	719-384-2551
Propane Education and Research Council.....	202-452-8975

Important Phone Numbers

In an Emergency call 911

National Capital Poison Center1-800-222-1222

Pikes Peak Regional Office of
Emergency Management (M-F 8am-5pm) 719-385-5957

Law Enforcement NON-emergency numbers:

El Paso County Sheriff's Dispatch (24 hours) 719-390-5555

El Paso County Sheriff's Law Enforcement Division ... 719-520-7333

El Paso County Crime Prevention Office 719-520-7151

Colorado Springs Police Dispatch (24 hours) 719-444-7000

Colorado Springs Police Crime Prevention Offices:

Falcon Division 719-444-7246

Gold Hill Division 719-385-2117

Sand Creek Division 719-444-7276

Stetson Hills Division 719-444-3168

Colorado Springs Police Department

Text Your Tiptext message to 847411

Pikes Peak Area Crime Stoppers 719-634-7867

Manitou Springs Police 719-685-5407

Fountain Police 719-382-8555

Monument Police 719-481-3253

Palmer Lake Police 719-481-2934

Calhan Police 719-347-2586

Green Mountain Falls Police 719-684-9415

Colorado State Patrol.....303-239-4501

Colorado State Patrol District 2 Dispatch.....Cell *CSP or 719-544-2424

Other:

Colorado Road Conditions.....Cell 511 or 303-639-1111

El Paso County Public Health719-578-3199

El Paso County Household Hazardous Waste Facility..... 719-520-7878

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

Colorado Parks and Wildlife, Colorado Springs..... 719-227-5200

**Fire Departments and Utility Providers
are listed on inside of the back cover.**