

Special Edition: Emergency Preparedness



The City of Carbondale Emergency Management Services Department works closely with Carbondale community members and surrounding communities to develop detailed procedures and make preparations in the event of an emergency or disaster. The City of Carbondale has adopted the Map Your Neighborhood Program to assist residents in the first critical hours following a disaster. Inside this issue, you can learn how neighborhoods in the community are working together to assist each other during an emergency situation through the Map Your Neighborhood Program.

For additional information about emergency preparedness topics presented in this issue, call the Carbondale Fire Department Administrative Office at 457-3234.

A Family Disaster Plan and Disaster Supplies Kit: Necessary for all Emergency Situations

Disaster can strike quickly and with little warning. It can force you to evacuate your neighborhood or confine you to your home. Families can and do cope with disaster by preparing in advance and working together as a team. Follow these steps to create your disaster plan and a disaster supplies kit. Knowing what to do is your best protection.

FIVE STEPS TO SAFETY

1. Find out What Could Happen to You

- Contact your local emergency management and American Red Cross chapter to learn the types of disasters that are most likely to happen in your area.
- Learn about your community's warning signals.
- Ask about animal care after a disaster.
- Find out how to assist elderly or disabled persons.
- Find out about the disaster plans at your workplace, your children's school or daycare center and other places where your family spends time.

2. Create a Disaster Plan

- Meet with your family to discuss the types of disasters most likely to happen.
- Identify an out-of-state friend to be your "family contact".
- Identify a location to meet should you be separated from your family during a disaster.
- Discuss what to do in an evacuation and plan how to take care of your pets.

3. Complete a Checklist

Some important items on the checklist include:

- Post emergency telephone numbers by each phone.
- Teach children how to call 911 or the local Emergency Medical Services number for emergency help.
- Show each family member how and when to turn off the water, gas, and electricity at the main switches.
- Teach each family member how to use the fire extinguisher and show them where it is kept.
- Install smoke detectors on each level of your home.
- Conduct a home hazard hunt locating ordinary objects that can cause injury or damage by moving, falling, breaking or causing a fire.

- Take a first aid and CPR class.
- Determine the best escape routes from your home.
- Find the safe spots in your home for each type of disaster.

4. Stock Emergency Supplies and Assemble a Disaster Supplies Kit

A disaster supplies kit should include the following:

- A three day supply of water (one gallon per person per day) and non-perishable foods that don't require heating and won't spoil, a hand-operated can opener, paper plates and utensils
- One change of clothing and footwear per person, sanitation supplies and one blanket or sleeping bag per person
- A first aid kit that includes your family's prescription medications and instructions for dosage.
- Emergency tools including a battery-powered radio, flashlight, plenty of extra batteries, screwdriver, scissors, duct tape, waterproof matches and household bleach
- An extra set of car keys and a credit card, cash or traveler's checks
- Special items for infant, elderly or family members with special needs.
- An extra pair of glasses
- Emergency telephone numbers
- Important family documents in a waterproof container.

Just as you create a disaster supplies kit for your family, it is important to assemble one for your pets as well to be kept with your kit. Your pet kit should include:

- Several days supply of pet food and water and food containers
 - Fresh litter, clean newspaper or other items for pet needs
 - A crate or carrier for each pet
 - Leashes, collars and tags for each pet
 - Medications needed by your pet
- ##### 5. Practice and Maintain Your Plan
- Revisit your plan at minimum every six months with everyone in your household.
 - Conduct fire and emergency evacuation drills.
 - Replace stored water every three months and stored food every six months.
 - Test and recharge your fire extinguishers according to manufacturer's instructions.
 - Test your smoke detectors monthly and change the batteries at least once a year.

From the Mayor



Mayor Joel Fritzler

The health and safety of our community is of utmost importance to me as Mayor and to all City officials and staff. Together we have experienced one of the worst winters seen in our area in a number of years. And we are approaching the spring months when severe thunderstorms and tornadoes can strike with little warning. Being prepared for emergencies year round is crucial at home, school, work and in the community. We hope the information provided in this special edition of the Carbondale Communiqué adds to the well being of you and your family and is a useful guide for emergency preparedness in all seasons, as well as other emergency situations not related to weather hazards.

Carbondale is vulnerable to natural disasters such as drought, earthquake, tornados, thunderstorms, winter storms, and flooding. In addition, the State of Illinois, through the Illinois Emergency Management Agency, has identified Carbondale as a major population center and has provided advance detection and testing equipment for Hazardous Materials/ Weapons of Mass Destruction responses.

Disaster planning is a very important key in becoming self sufficient for 72 hours after a disaster.

In this issue we will answer pertinent questions you may have including:

- How can you and your family be best prepared in the event of an emergency?
- What would you do if there was a tornado?
- How would you prepare if you knew flooding was likely?

- What would you do if hazardous materials were suspected in your workplace or a place of business?
- What would you do if your home or automobile caught on fire?
- To where would you evacuate following an earthquake? What would you take with you?
- How would you contact family to let them know you are safe or to make sure they were safe?

Simple questions, big answers. The fact is if you can't answer these questions and disaster strikes, a difficult situation could become potentially much more difficult for you personally.

Within the City Hall/ Civic Center complex is the Emergency Operations Center that constantly monitors the area for all detectable natural disasters. Should any disasters occur, you will be notified immediately through the specially placed outdoor warning sirens and electronic media resources.

The City of Carbondale operates a public information radio station on Channel 1620 AM. The primary purpose of AM 1620 is to provide emergency preparedness information, serve as a direct source of information from the City during an emergency, and provide information during recovery from an emergency.

The Carbondale Fire Department, Police Department and Emergency Management Services Department are prepared for natural disasters that may occur and have also coordinated with area disaster preparation agencies and performed practice drills for all types of emergencies.

Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away. By planning ahead and being prepared we, our community can be ready for any emergency situation that makes its path across southern Illinois.

Please keep this information in an accessible location and review it from time to time with your family members and co-workers. If you have questions or concerns that are not addressed here, please contact us. Together, we will face any disaster that comes our way.

Carbondale First in Southern Illinois Certified as a StormReady® Community

The City of Carbondale continues to maintain national accreditation as a StormReady® community by the National Weather Service. Having been the first community in Southern Illinois to receive this certification, Carbondale is one of only 38 communities in Illinois to carry this designation. While no community can be storm proof, the StormReady® community is better prepared to protect property and save lives through better planning, education, and awareness.

According to the National Weather Service, Americans live in the most severe weather-prone country on Earth, with 90% of presidentially declared disasters being weather-related. These disasters account for approximately 500 deaths and almost \$14 billion in damages per year. StormReady® helps communities with safety and communication skills to save lives and property, both before and during an event. In addition, a StormReady® community is eligible to receive community rating points from the Insurance Services Office which may help lower flood insurance rates.

To be recognized as StormReady®, a community must: establish a 24-hour warning point and emergency operations center (EOC); have more than one way to receive severe weather warnings and forecasts to alert the public; create a system that monitors local weather conditions; promote the importance of public readiness through community seminars; develop a formal hazardous weather plan, which includes training severe weather spotters; and hold emergency exercises.

Community preparedness is vital for proper response to weather threats. In order to meet this guideline, the community must educate the public through talks and presentations. EOC staff and storm spotters receive mandatory training to learn to recognize potentially threatening weather situations and to act appropriately, as well as how to prepare the public to properly respond to these threats.

If you have any questions or are interested in volunteering your time to help in the City of Carbondale Emergency Management Services Department, please contact Terril Kaufmann at 457-3245.

Plan Familiar para desastres

Un desastre puede llegar súbitamente y sin advertencia. Puede forzarlo/la a evacuar su vecindario o confinarlo en su casa. ¿Qué haría usted si se cortaran los servicios básicos -agua, gas, electricidad o teléfono? Los oficiales locales y rescatistas se presentarán en el lugar después del desastre, pero ellos no pueden ayudar a todo el mundo inmediatamente.

Las familias pueden - y deben enfrentarse con un desastre al prepararse con anticipación y al trabajar juntos como un equipo. Siga estos pasos para crear su plan para desastres. El conocimiento de lo que hay que hacer es su mejor protección y su responsabilidad.

CINCO PASOS HACIA LA SEGURIDAD

1. Averigüe lo que Podría Pasarle
• Póngase en contacto con la agencia local de administración y el capítulo de la Cruz Roja Americana y pregunte qué tipos de desastres son los que podrían ocurrir más probablemente.

• Aprenda sobre las señales de advertencia de su comunidad.
• Pregunte sobre el cuidado de animales después de un desastre.
• Infórmese sobre cómo ayudar a los ancianos o discapacitados. Entérese de los planes de desastre en su lugar de trabajo, en la escuela o guardería de sus hijos, y de otros lugares en donde su familia pase tiempo.

2. Elabore un Plan de Desastre

• Reúnase con su familia y platique el por qué necesitan prepararse para un desastre.
• Hablen de los tipos de desastre que podrían ocurrir.

• Elijan dos lugares para encontrarse. Pídale a un amigo de otro estado que sea su "contacto familiar".

• Converse sobre qué hacer en caso de evacuación.

3. Complete una Lista de Chequeo

• Fije los números telefónicos de emergencia cerca de los teléfonos.
• Enseñe a los niños cómo llamar al 911.

• Muestre a cada miembro de la familia cómo y cuándo desconectar el agua, el gas y la electricidad desde los interruptores principales y mantenga cerca las herramientas necesarias.
• Chequee a ver si usted tiene el cubrimiento de seguro apropiado.
• Enséñele a cada miembro de la familia cómo usar un extintor de incendios y muéstrelas dónde lo mantienen.
• Instale detectores de humo en cada piso de su casa.
• Realice una búsqueda de situaciones riesgosas en la casa y localice objetos ordinarios que podrían causar heridas o daños al moverse, caerse, quebrarse, o provocar un incendio.

• Tome una clase de primeros auxilios y CPR. Determine las

mejores rutas de escape de su casa.

• Encuentre los lugares seguros de su casa para cada tipo de desastre.

4. Abastézcase de suministros para emergencias y prepare un Equipo de Suministros para Desastres

• Suministro de agua para tres días (un galón por persona por día) y comida que no se dañe

• Una muda de ropa y zapatos por persona, y una cobija o bolsa de dormir por persona

• Un botiquín de primeros auxilios que incluya las medicinas que necesitan en su familia

• Herramientas de emergencia incluyendo un radio de pilas, una linterna y bastantes pilas extras

• Un juego extra de las llaves del carro, una tarjeta de crédito, dinero en efectivo o cheques de viajero

• Objetos de aseo personal

• Objetos especiales para infantes, ancianos o miembros con discapacidades.

• Un par extra de anteojos

• Documentos importantes de la familia en un recipiente a prueba de agua

• Mantenga un equipo más pequeño en el baúl de su carro

5. Practique y Mantenga su Plan

• Examine a sus niños cada seis meses para que ellos recuerden lo que tienen que hacer.

• Haga prácticas de incendio y evacuación de emergencia.

• Reemplace el agua almacenada cada tres meses y almacene víveres cada seis meses.

• Pruebe y recargue sus extintores de incendios.

• Pruebe sus detectores de humo cada mes y cámbiele las pilas por lo menos una vez al año.

SI OCURRE UN DESASTRE

Permanezca tranquilo y tenga paciencia. Ponga su plan en marcha. Chequee para ver si hay heridos, dándoles primeros auxilios y buscando ayuda para los más seriamente heridos. Escuche su radio de pilas para recibir noticias e instrucciones. Evacue, si le avisan que lo haga y llévase su Equipo de Suministros para Desastres, asegure su casa, y use las rutas de viajes especificadas por las autoridades locales. Chequee su casa para saber si hay daños - utilice linternas en vez de los servicios públicos si sospecha que hay daños, olfatee a ver si siente el olor de escape de gas, desconecte cualquier servicio dañado, limpie inmediatamente cualquier medicamento, blanqueador, gasolina o cualquier otro líquido inflamable que se haya derramado. Recuerde encerrar o asegurar a sus mascotas, llame a su contacto familiar, averigüe cómo están sus vecinos, especialmente los ancianos y los discapacitados, asegúrese de tener el suministro de agua adecuado en caso de que se corte el servicio y manténgase alejado de cables eléctricos que se hayan caído.



The Carbondale Police Department is the 182nd nationally accredited Police Department in the United States and was recently accredited through the Illinois Law Enforcement Accreditation Program. Pictured is a rendering of the Carbondale Public Safety Center.

Earthquakes, Floods, Storms and Tornadoes: Is Your Neighborhood Ready?

Map Your Neighborhood

A Program to Bring Your Neighborhood Together

Neighborhoods that have taken the time to prepare are more effective in their disaster response and have an increased capacity to be self-sufficient for the first 72 hours after a disaster. Preparations can include simply Mapping Your Neighborhood, a program that has been used in Carbondale since 2008.

In a disaster, the neighbors living around you are your most immediate source of help. Traditional 9-1-1 responders (police, fire, medical, and utility) are quickly overwhelmed by demand. Knowing what to do in the first hour of a disaster response may save a life, reduce the severity of injuries and reduce the amount of damage that you, your family and neighbors sustain.

The major goal of the Map Your Neighborhood Program is to prepare neighborhoods (generally 15-20 homes in urban areas, 6-7 in rural areas) to be self-reliant during the first hours of a disaster response.

Objectives Accomplished During a Map Your Neighborhood Meeting:

1. Learn the 9 Steps to take immediately following a disaster to secure your home and protect your neighborhood.

2. Identify the skills and equipment each neighbor has that are useful in an effective disaster response.

3. Create a neighborhood map showing the locations of each natural gas meter and propane tank (about 67% of house fires following disasters are caused by leaking gas); and the locations of each neighbor who may need extra help in a disaster, such as the elderly, persons with disabilities, or children who are home alone during certain times of the day.

4. Pick locations for a Neighborhood Gathering Site and Neighborhood Care Center.

The Nine Steps:

1. Take care of your loved ones.
2. Protect your head, feet and hands.
3. Check the natural gas or propane at your home.

4. Shut off water at the house main.

5. Place the HELP or OK sign on your front door or window.

6. Put your fire extinguisher on the sidewalk.

7. Go to the Neighborhood Gathering Site.

8. Form teams to listen to the radio for alerts; check on elderly, disabled and children; check gas and propane; check homes with HELP cards and those with no card.

9. Return to Neighborhood Gathering Site to share what has been done.

How to Get Map Your Neighborhood Started in Your Neighborhood

1. Contact the Carbondale Emergency Management Services Department to obtain program materials and arrange for a Map Your Neighborhood trainer to attend your neighborhood meeting.

2. You, as the neighbor host, or a trainer sent by the Carbondale Emergency Management Services Department guides the neighborhood preparedness meeting using the Map Your Neighborhood Discussion Guide.

3. At the conclusion of the neighborhood meeting, the neighbor host sends evaluation forms to the Carbondale Emergency Management Services Department, so that they are informed of who has organized for disaster.

4. In a year, the neighborhood group meets again to update the map, and to engage in a tabletop exercise. Drills and exercises are held annually thereafter.

The Illinois Emergency Management Agency is enthusiastic about implementing the Map Your Neighborhood Program in Illinois. The City of Carbondale has adopted the Map Your Neighborhood Program and several Carbondale neighborhoods have already held Map Your Neighborhood meetings. For more information, contact the City of Carbondale Emergency Management Services Department at 457-3234.

Steps Residents Can Take to Reduce Flood Hazards in the Carbondale Community

The Carbondale area has a number of creek systems which are susceptible to flooding during or soon after heavy storms. These creek systems include Little Crab Orchard Creek, Crab Orchard Creek, Piles Fork Creek, Plum Creek, Glades Creek, and Drury Creek. Flooding in Carbondale is relatively infrequent, however there is potential for flooding and road closures in low lying areas from overflows of these creek systems.

Because the City of Carbondale participates in the National Flood Insurance Program, you can purchase a separate flood insurance policy. This insurance is backed by the federal government and is available to everyone, even for properties that have been flooded.

Things you can do to reduce flood hazards in the community:

• Do not dump or throw anything into the ditches or streams. Even grass clippings and branches can accumulate and plug channels. A plugged channel cannot carry water and when it rains the storm water is likely to flood adjoining areas.

• If your property is next to a ditch or stream, please do your part and keep the banks clear of brush and debris. The City of Carbondale Street Maintenance and Environmental Services Division also has a stream

maintenance program which may help remove major blockages such as downed trees.

• Report illegal dumping or debris in ditches and streams by contacting the Building and Neighborhood Services Division at 457-3237 or the Street Maintenance and Environmental Services Division at 457-3275.

• Contact the Planning Services Division before you build on, alter, regrade, or fill on your property. A Floodplain Development Permit may be needed to ensure that floodplain development regulations are met.

• Report unapproved construction activity within designated floodplains to the Planning Services Division at 457-3235.

The City of Carbondale Planning Services Division can assist property owners, lenders, insurance agents and real estate agents in determining flood hazards for individual properties within the City and within the City's mile and one half zoning jurisdiction. Flood maps and flood protection references are also available at the Carbondale Public Library. Contact the Carbondale Building and Neighborhood Services Division for information on flood proofing and retrofitting flood prone structures at 457-3237.

Protect Yourself and Your Family in the Event of a Flood

• Do not walk through flowing water. Drowning is the number one cause of flood related deaths and most often occurs during flash floods. Currents can be deceptive and even six inches of moving water can sweep a person off of their feet.

• Do not drive through a flooded area. More people drown in their cars than anywhere else. Additionally, do not drive around road barriers, as the water levels may be higher than expected and/or the road or bridge may be washed out.

• Stay away from power lines and electrical wires. The second leading cause of death related to flooding is

electrocution. Electrical current can travel through water.

• Do not use appliances or motors that have gotten wet unless they have been taken apart, cleaned and dried. If flooding is imminent, turn off the electricity at the main electrical panel of your residence or building.

• Be alert for gas leaks. Use a flashlight to inspect for damage. Do not smoke or use candles, lanterns, or open flames unless you know the gas has been turned off in your residence or building and the area has been ventilated. If flooding is imminent, turn off the gas at the gas meter or propane tank.

Special Needs: Disaster Preparedness for Seniors and Persons with Disabilities

Preparing for disaster is critical to the survival and relative comfort of the elderly and persons with a chronic illness or mobility problem. The key for the elderly, disabled and their care givers is advance planning. Experts recommend steps to be followed to assist these persons through a disaster situation:

• Identify a network of friends, relatives, and/or co-workers who can help you with food, prescriptions, and any other special needs you'll have during an emergency. Be certain you discuss your disability and care instructions required by a physician.

• Give a set of keys to a trusted neighbor so they can get to you in a disaster.

• Make sure the people who will help you know where your disaster supply kit is kept.

• With your disaster supply kit, keep a list of current data about the treatment of your disability. The list should include information about prescriptions and dosages, special equipment you require, and the names and phone numbers of your doctors and pharmacists.

• Purchase medical alert tags and wear them, so if you are unable to communicate during a disaster, emergency personnel will know how to assist you.

• If you are dependent on medical equipment, be sure you know multiple locations where you can get treatment if your usual site is inaccessible, or that you have private back-up power systems in the event of loss of electricity.

Extensive information is available on the American Red Cross Web site www.redcross.org.

Understand the Difference Between a Watch and a Warning

Understanding the difference between a watch and a warning when it is issued for your county can save your life.

A **WATCH** means that conditions are favorable for severe weather to develop. This is the time you should put your disaster plan into place and make sure that your disaster kit is readily available. During a watch you should also pay close attention to weather broadcasts for a change in weather conditions.

A **WARNING** means severe weather is occurring and you should take shelter immediately.

Outdoor Warning Sirens Tested Monthly

Outdoor warning sirens are tested on the first Tuesday of each month at 10:00 a.m. During inclement weather, sirens will not be tested. If a siren is sounded other than during a scheduled test, this alarm indicates an actual emergency.

Severe Thunderstorm and Tornado Preparation

Each year a startling 10,000 thunderstorms and 1,000 tornadoes impact the United States. Potentially deadly severe weather impacts everyone. Here's what you can do to prepare yourself and your family.

BEFORE SEVERE WEATHER STRIKES...

- Keep an eye on the sky. Look for darkening skies, flashes of light or increasing wind. Listen for the sound of thunder.
- Go to a safe shelter immediately!
- Listen to NOAA Weather Radio, commercial radio, or television for the latest weather forecasts. Listen to City of Carbondale AM1620 for notifications.
- Unplug appliances. Avoid using the telephone or any electrical appliances.
- Avoid taking a bath or shower, or running water for any other purpose.
- Turn off the air conditioner. Power surges from lightning can overload the compressor.
- Draw blinds and shades over windows. If windows break due to objects blown by the wind, the shades will prevent glass from shattering into your home.

PROTECTING YOURSELF OUTSIDE...

- If you are in the woods, go to a safe building. Make

sure it is fully enclosed with a roof and four walls. Tents, shelters, pavilions, or dugouts will not keep you safe.

- If you are unable to find a shelter, find a low-lying, open place away from trees, telephone poles, or metal objects.
- Get low to the ground, on the balls of your feet in a crouching position. The goal is to get as low as possible, while minimizing your contact with the ground. Place your hands on your knees with your head between them.

AFTER THE STORM PASSES...

- Stay away from storm-damaged areas.
- Listen to the radio for information and instructions.

IF SOMEONE IS STRUCK BY LIGHTNING...

- People struck by lightning carry no electrical charge and can be handled safely.
- Call or have someone dial 9-1-1.

This information is brought to you by the Illinois Emergency Management Agency and the City of Carbondale Emergency Management Services Department. For more information on severe weather, please contact the City of Carbondale Emergency Management Services Department at 457-3245.

Safety Precautions When a Heat Advisory is Issued

In Illinois a heat warning is issued for a daytime maximum heat index of 115°F with a minimum of 80°F. Know the terms used by the National Weather Service during these periods:

HEAT WATCH - Excessive heat is possible in the next day or two.

HEAD ADVISORY - High and potentially dangerous values of heat index are occurring, imminent, or highly likely. Prolonged exposure to heat and/or strenuous activity may result in heat-related illness. In Illinois, heat advisories are issued for a daytime maximum heat index of 105° and nighttime minimum of 80°.

HEAT WARNING - Life threatening heat is occurring, imminent or highly likely. Take precautions.

Know the illnesses heat can produce and how to treat each one:

- **Heat Cramps** - Painful spasms usually in muscles of legs and abdomen due to heavy exertion and heavy sweating. Treatment - Stop activity and rest in a cool place. Lightly stretch or gently massage muscle to relieve spasms. Give sips of cool water.
- **Heat Exhaustion** - Heavy sweating. Skin cool, pale and clammy. Pulse fast and weak. Breathing fast and shallow. Normal temperature. Fainting, vomiting, dizziness, nausea. Treatment - Get victim to a cool place. Lay down and loosen clothing. Apply cool wet cloths. Give sips of cool water.
- **Heat Stroke** - High body temperature of 103° to as high as 106°. Hot, red, dry skin. No sweating. Rapid pulse. Breathing fast and shallow. Headache, nausea, dizziness, confusion. Possible unconsciousness. Treatment - Heat stroke is a severe medical emergency. Summon emergency medical assistance or get the victim to a hospital immediately. Delay can be fatal. Move the victim to a cooler environment. Reduce the body temperature with a cool bath or sponging. Use air

conditioning or fans. Do not give fluids.

During the heat warning common sense is the best defense:

- Spend some time in air conditioning, if possible. Even just two hours a day in air conditioning can significantly reduce the risk of heat-related illness.
- Drink plenty of water and natural juices, even if you don't feel thirsty.
- Slow down. Avoid strenuous activity.
- Wear loose-fitting, lightweight, light-colored clothing.
- If you must be out in the sun, use sun screen and wear a wide-brimmed hat.
- Keep shades drawn and blinds closed, but windows open slightly.
- Keep lights down low or turned off.
- Take cool baths or showers periodically, use cool wet towels.
- Eat small meals and eat more often. Avoid foods that are high in protein, which increase metabolic heat.
- Avoid using the oven.
- Avoid alcoholic beverages and beverages with caffeine such as coffee, tea and cola.
- Avoid using salt tablets unless directed to do so by a physician.
- Do not leave children or pets in a closed vehicle even for a few minutes. Temperatures inside a closed vehicle can reach 140° to 190° within 30 minutes on a hot day.
- Schools should restrict strenuous outdoor athletic activity when a heat advisory is in effect. All physical education and athletic activity should be canceled when a heat warning is in effect.
- Stay informed about the heat wave by listening to NOAA Weather Radio, or commercial radio and television for the latest heat warnings and advisories.

What to Do During an Earthquake

Experts in the field and Emergency Management Specialists are trained to prepare in the event of an earthquake and have identified things that can be done to minimize injury and damage to property in the event of an earthquake. Of utmost importance is to stay as safe as possible during an earthquake. Be aware that some earthquakes are actually foreshocks and a larger earthquake might occur. If an earthquake occurs, minimize your movements to a few steps to a nearby safe place and if you are indoors, stay there until the shaking has stopped and you are sure exiting is safe.

IF YOU ARE IN A BUILDING

- **DROP** to the ground; take **COVER** by getting under a sturdy table or other piece of furniture; and **HOLD ON** until the shaking stops. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.
- Stay away from glass, windows, outside doors and walls and anything that could fall, such as lighting fixtures or furniture.
- Stay in bed if you are there when the earthquake strikes. Hold on and protect your head with a pillow, unless you are under a heavy light fixture that could fall. In that case, move to the nearest safe place.
- Use a doorway for shelter only if it is in close proximity to you and if you know it is a strongly supported, load bearing doorway.
- Stay inside until the shaking stops and it is safe to go outside. Research has shown that most injuries occur when people inside buildings attempt to move to

a different location inside the building or try to leave.

- Be aware that the electricity may go out or the sprinkler systems or fire alarms may turn on.
- Do not use an elevator.

IF YOU ARE OUTSIDE

- Move away from buildings, streetlights and utility wires.
- Once in the open, stay there until the shaking stops. The greatest danger exists directly outside buildings, at exits and alongside exterior walls. Many of the 120 fatalities from the 1933 Long Beach earthquake occurred when people ran outside of buildings only to be killed by falling debris from collapsing walls. Ground movement during an earthquake is seldom the direct cause of death or injury. Most earthquake-related casualties result from collapsing walls, flying glass and falling objects.

IF YOU ARE IN A MOVING VEHICLE

- Stop as quickly as safety permits and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses and utility wires.
- Proceed cautiously once the earthquake has stopped. Avoid roads, bridges, or ramps that might have been damaged by the earthquake.

IF YOU ARE TRAPPED UNDER DEBRIS

- Do not light a match.
- Do not move about or kick up dust.
- Cover your mouth with a handkerchief or clothing.
- Tap on a pipe or wall so rescuers can locate you. Use a whistle if one is available. Shout only as a last resort. Shouting can cause you to inhale dangerous amounts of dust.

Be Prepared in the Event of a Power Outage

When power outages occur, they are perceived as very inconvenient but may also be dangerous for you and your family members if precautions are not taken.

Because there are customers on almost every major line who need electricity to operate life-support equipment, the electric company can't offer assurances that these customers will get their service restored any faster. If you or a member of your family use such equipment, invest in private back-up power systems and develop alternative care plans to ensure safety and security, as well as register with the AmerenCIPS Medical Equipment Registry program to make it easier for them to notify you in the event of a planned maintenance outage.

If your electric service is interrupted, follow these steps first:

- Make Sure your Disaster Supplies Kit is readily available.
- Turn your refrigerator to its coldest setting and leave the refrigerator closed.
- Check to see if your neighbors are without power.
- If you are the only one without power, check your panel box for a tripped circuit breaker or blown fuse. If any breakers are in the "off" position or if a fuse is blown, investigate the problem. For example, if you just turned on a major appliance, it may have overloaded the circuit. Unplug the appliance before turning the switch back to "on" or replacing a fuse.
- If others in your neighborhood are without power, or if you can't identify a problem in your home, contact your utility company to report the outage.

When you call your utility company, if others in your area have already reported the outage or if automated systems have detected problems, you will hear a recording indicating the company is aware of your interrupted service.

The utility may provide an estimated restoration time for your power to be restored, however, this is not always possible in severe

weather conditions. As a result, they may provide conservative estimates of power restoration times based on the best information available. During the outage, turn the porch light to the on position, or another light that a neighbor could see, to allow you to know when your power has been restored and to help you determine if power is back "on" if you are at a remote location.

- Unplug computers, televisions, stereos and other equipment that may be damaged if a power "surge" occurs when power is restored.
- Do not go near electrical equipment around areas of standing water, such as a flooded basement.
- Stay alert for natural gas leaks. If you smell natural gas, or if you hear a blowing or hissing noise, open a window and leave the area immediately. If possible, turn the outside main gas valve off and call the gas company from a neighbor's house.
- If you have a swimming pool, turn off all pumps and filters.

Food Safety Tips:

If an outage lasts more than a few hours, use caution with food. The University of Illinois Extension Service recommends that these foods be discarded after four hours without power:

- Raw or cooked meat, poultry and seafood
- Milk, cream, yogurt and soft cheeses
- Cooked pasta and pasta salads
- Fresh eggs and egg substitutes
- Meat-topped pizza and lunch meats
- Casseroles, soups and stews
- Mayonnaise and tartar sauce
- Cookie dough

These foods should be safe for a few days without power:

- Butter and margarine
- Fresh fruits and vegetables
- Opened jars of salad dressing, jelly, relish, taco sauce, barbecue sauce, mustard, ketchup and olives
- Hard and processed cheeses

This information is brought to you by Ameren Illinois and the City of Carbondale Office of Emergency Management Services.

If You See a Power Line Down...

Keep away from the line and report it directly to 9-1-1. Assume that a downed power line is "energized". If you are in your vehicle, do not drive over the power line and do not try to move the line. Please remain in the area until emergency personnel arrive to alert others to avoid the downed line.

If Power is Out at a Traffic Intersection...

If traffic lights are not working treat the intersection as if it were a posted stop sign intersection. Yield right of way to cars that arrive before you. When it is your turn to proceed, do so with caution because other drivers may not realize they have to stop.

Keep Vital Documents Safely Stored and Easily Accessible

Retrieving important personal documents may not be the first thing people think of when disaster strikes their home, but emergency management personnel recommend protecting documents so they can be recovered quickly when homes are struck by fire, hurricanes, earthquakes or other disasters. It is recommended that every household should keep one copy of critical documents in a watertight container or a fireproof safe, another copy in a safety deposit box, and a third copy with a friend or relative outside the geographic area. Some of the suggested items include: drivers license, social security card, Renters

or homeowners insurance, medical information, home mortgage or lease documents, credit cards, tax information and court related documents.

At the very minimum, officials agree that people should keep extra cash and a laminated list of insurance policy numbers, the name of their life insurance agent, and emergency phone numbers in their wallets, as well as identification cards.

It is also recommended that making a video or taking photographs of furniture, jewelry, major appliances and other valuables will help facilitate the process with your insurance agent should a loss occur.

American Red Cross "Safe and Well List"

In the event of a disaster, this web site provides a way for you to register yourself as "safe and well" and facilitates communication from inside the disaster affected area to family members outside the disaster area. Since its inception it has proven a valuable resource. Register online at www.redcross.org.

Information in this Issue and Additional Information About Disaster Preparation Can Be Found on These Web Sites

- Ameren Illinois ameren.com
- American Red Cross Redcross.org
- City of Carbondale explorecarbndale.com
- Federal Emergency Management Agency fema.gov
- First Alert firstalert.com
- IL Emergency Management Agency state.il.us/iema
- Illinois Homeland Security ready.illinois.gov
- Jackson County Health Department jchonline.org
- National Oceanic & Atmospheric Administration .. NOAA.gov
- U.S. Department of Homeland Security ready.gov

All Emergency Calls Dial 9-1-1

- Carbondale Fire Department**
Non-Emergency Calls
Administrative Office (618) 457-3234
Emergency Management Services Dept. .. (618) 457-3245
- Carbondale Police Department**
Non-Emergency Calls (618) 457-3200
- SIU Police Department**
Non-Emergency Calls (618) 453-3771
- Jackson County Ambulance**
Non-Emergency Calls (618) 529-5158

If You Have a Motor Vehicle Fire What Should You Do?

Each year motor vehicle fires kill more than 500 people and injure thousands more. Toxic gases and other hazardous substances, along with flying debris and explosions, combine to produce serious dangers in motor vehicle fires. Know how to protect yourself in these emergencies:

- Get yourself and all others out of and away from the vehicle. If the vehicle is in a garage or other structure, exit immediately.
- After you are a safe distance

from the vehicle, call 9-1-1 and tell them the location of the fire.

- Remain away from the vehicle. Do not attempt to get back into a burning vehicle to retrieve personal property.
- Never put yourself in danger using a fire extinguisher. If you do use a fire extinguisher, only do so from a safe distance and always have a means to get away.
- Do not open the hood or trunk if you suspect a fire under it because air could rush in, enlarging the fire and potentially lead to injury.

Keep This Issue

If you have questions or would like information on the emergency preparedness information in this special edition of the Carbondale Communique, or would like to obtain a Family Disaster Plan and Family Disaster Supplies Kit brochure and checklist, contact the City of Carbondale Fire Department Administrative Office at 457-3234.



The State of Illinois, through the Illinois Emergency Management Agency, has identified Carbondale as a major population center and has provided advance detection and testing equipment for Hazardous Materials/Weapons of Mass Destruction responses.

Fire Safety: Get Out and Stay Alive

Get Out and Stay Alive is a program designed by the Federal Emergency Management Agency (FEMA) to help save your life in case you find yourself in a fire situation. This program focuses on three main topics: Getting Out, Prevention, and Protection.

GET OUT AND STAY ALIVE

If you get caught in a fire situation, survival is your top priority. You should:

- Feel the Door Handle. If the door handle is hot, do not open it. Go to a window and call for help. If the handle is not hot, open cautiously. Check for smoke or fire before going out.
- Get Out of the Building Before Phoning For Help. Do not take time to phone before leaving. Get out and find a phone.
- Pull the Fire Alarm on Your Way Out.
- Do Not Look For Other People or Collect Belongings.

Knock on doors as you leave. Yell "FIRE!" as

you leave. Do not hesitate or stray from your path as you leave.

- Crawl Low to the Floor. Thick smoke can make it impossible to see. Toxic chemicals from smoke can be deadly in minutes.
- Close the Door Behind You. Closing the door behind you may help keep the fire from spreading and may protect your possessions from fire and smoke damage.
- If You Can Not Get Out, Get Someone's Attention. Yell and Scream. Hang a sheet from the window. Stay low, there is less smoke and poisonous gasses close to the floor.

PREVENTION AND PROTECTION

You can protect yourself from becoming trapped in a fire situation by following some important suggestions:

- Be sure that smoke alarms are in proper working condition.
- Know your escape plan and the location of the nearest exit in the building.

Carbon Monoxide: A Leading Cause of Accidental Poisoning Deaths

An Illinois state law called the Carbon Monoxide Alarm Detector Act requires buildings with sleeping rooms to have an approved and operating carbon monoxide detector installed within 15 feet of every room used for sleeping purposes. The law applies to all buildings that use fossil fuels such as natural gas, propane, coal, oil, gasoline or wood for heating, hot water or cooking, as well as buildings that have an attached garage.

Carbon monoxide is often called "the silent killer" because it is odorless, tasteless and invisible and victims of carbon monoxide poisoning are often sickened or killed while sleeping. Each year in the United States, nearly 200 people are killed and thousands more become ill due to accidental exposure to carbon monoxide gas.

A properly functioning carbon monoxide alarm triggers an alarm based on exposure to carbon monoxide over time. It is designed to sound an alarm before an average, healthy adult would experience symptoms, so a person can have time to react and take action. Remember that it is the concentration of carbon monoxide over time that poses a threat. Since carbon monoxide displaces oxygen in the bloodstream, a person can be harmed if they are exposed to high levels of carbon monoxide in a short period of time, or to lower levels of carbon

monoxide over a long period of time.

If an alarm goes off, you may press the test/silence button to temporarily quiet the alarm, then call 9-1-1 or the Fire Department and immediately move everyone to a source of fresh air. Do not re-enter the home until the emergency responder has arrived, your home is aired out and the carbon monoxide alarm returns to normal operation.

Carbon monoxide detectors can be purchased at any hardware store, lumber yard or home improvement center. The detectors may be battery powered, plug in type with battery back-up, or wired into the structures AC power line with secondary battery back-up. A carbon monoxide detector will sound when levels of the gas are elevated to alert residents that they need to leave the home. The average cost of a carbon monoxide detector ranges between \$20-50, depending on the style.

Under the law, in cases where the property is used as a rental unit, it is the property owner's responsibility to furnish, install and ensure the operation of all required alarms at the time the tenant takes possession of the dwelling unit. It is the tenant's responsibility to test and provide general maintenance (ie: replacement batteries) for the alarms within the tenant's dwelling unit during the term of the lease.

Hazardous Material Preparedness

Hazardous materials are chemical substances, which if released or misused can pose a threat to the environment or public health. These chemicals are used in industry, agriculture, medicine, research and consumer goods. Hazardous materials come in the form of explosives, flammable and combustible substances, poisons and radioactive materials. These substances are most often released as a result of transportation accidents or are due to chemical accidents in plants.

Stay alert and aware of your surroundings and become familiar with emergency responses to chemical, biological, nuclear/radiological and explosive events:

- If you are inside where a spill has occurred immediately evacuate the building.
- If you cannot evacuate go to a protected, interior area of a building where toxic vapors are reduced. Close all windows and doors. Seal gaps under doorways and windows with wet towels and duct tape or similar thick tape.
- If there is a risk of an explosion and you are unable to evacuate close all shades and draperies. Stay away from windows to prevent injury from flying glass.
- If you are outside during an event move uphill and upwind because hazardous materials can be transported quickly through air and water. If you suspect that gas or vapors have entered the building seek an interior area of the building where toxic vapors are reduced.

- Do not attempt to clean up a spill and avoid stepping in or touching spilled materials.

What to Do After Being Exposed to:

- CORROSIVES** - These are substances that cause visible destruction or permanent changes of the skin tissue upon contact.
 - Wash your eyes for 15 to 20 minutes if they are affected.
 - Eyelids must be open; do not rub the injured area.
 - Get under a shower; remove all clothing; wash with soap and water.
- FLAMMABLES** - These are liquids with a flash point below 100 degrees F with gases that burn readily.
 - Turn off the main electricity and gas jets.
 - Evacuate the building.
- TOXICS** - These are poisonous substances.
 - Wash your hands.
 - Discard contaminated clothing or objects.
 - Use the appropriate antidotes.
- REACTIVES** - These are substances that can undergo a chemical or other change that may result in an explosion, burning and corrosive or toxic conditions.
 - Close all doors.
 - Evacuate the danger area.
 - Follow decontamination instructions from fire or health authorities.



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Carbondale Communique

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Carbondale Communique is written by the City of Carbondale to provide residents and businesses with municipal news.

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www.explorecarbndale.com
 AM Radio 1620, Cable TV Channel 16