



A Dream in 2009...

North Salt Lake

Emergency Preparedness Handbook

Uniting Neighbors/
Citizen Corps



North Salt Lake City Hall

Emergency Preparedness

Homeland Security

Citizen Corps

CERT

VIPS

MRC

Fire Corps

Neighborhood Watch



Neighborhood Beautification

Community Building

Family Emergency Procedures

72-Hour Survival Kit

EMERGENCY TELEPHONE NUMBERS

Cities in SLC, Davis and Weber Counties



Utah Highway Patrol 911

OTHER EMERGENCY OR FREQUENTLY CALLED NUMBERS

North Salt Lake Police (Business)	801-936-3880	Automobile Registration/Motor Vehicles	1-800-368-8824
Emergency		Baby-Your-Baby Hotline	1-800-826-9662
911		Davis County Tax Questions	801-451-3243
Davis Behavioral Health Inc.		Safe Harbor–Domestic Violence Shelter	801-444-9161
Bountiful Clinic	801-298-3446	24-Hour Crisis Line	801-444-3191
Davis County Sheriff	801-451-4150	United Way SLC	801-736-8829
Disabled Services - Davis County	801-776-7300	Solid Waste Disposal	
Division of Children and Family Services	801-776-7300	Burn Plant	801-771-5661
Domestic Violence (Info Line)	1-800-897-5465	Land Fill	801-771-1434
FBI, Ogden Office	801-392-7265		
Homeland Security	801-451-4100	PUBLIC UTILITIES	
Lakeview Hospital Emerg. Room	801-299-2142	Questar Gas	801-324-5111
South Davis Fire District	801-677-0165	Broken Gas Line Report (24-Hr)	1-800-767-1689
Poison Control Center	1-800-222-1222	Qwest Telephone	
Rape Crisis Center		Directory Assistance	4-1-1
SLC Area	801-467-7273	Repair Service – Residence	1-800-573-1311
Time/Temperature	801-621-8463	Repair Service – Business	1-800-954-1211
Utah Highway Patrol Dispatch	801-447-8120	Rocky Mountain Power	801-208-2100
Road Conditions Statewide	1-800-492-2400	Power Outage	1-877-548-3768
Utah Transit Authority	801-627-3500	Blue Stakes “Before You Dig”	8-1-1
Voting - Davis County	801-451-3589		
Utah Transit Authority Schedules	801-627-3500	For other information and telephone numbers, check your	
United Way SLC	801-736-8829	local telephone directory.	
Weather Information (Recorded)	801-524-5133		
Driver’s Licenses - Davis County	801-447-8100		
		My Doctor: _____	
My Children’s Schools:			
Elementary:		Telephone: _____	
Adelaide	801-402-1250	NOTES:	
Boulton	801-402-1300		
Orchard	801-402-1700		
Jr. High:			
South Davis Jr. High, Bountiful	801-402-6400		
Senior High:			
Woods Cross, Bountiful	801-402-4500		
NOTES:			

North Salt Lake City Offices
20 South Highway 89 - North Salt Lake, Utah 84054
801-936-3877

UNITING NEIGHBORS/CITIZEN CORPS

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Where Everybody is Somebody.

UNITING NEIGHBORS/CITIZEN CORPS

Mission Statement

"Neighbors reaching out to strengthen Communities."

Vision

Where individuals from different ethnic, religious, political and cultural backgrounds contribute their unique abilities and challenges within their neighborhoods.

Statement of Purpose

Participants in Uniting Neighbors/Citizen Corps provide all residents of North Salt Lake opportunities to see the variety in our community and to nurture a deep respect for our differences. We seek to celebrate our similarities in order to provide a common ground for healthy unity. We believe North Salt Lake is rich in diverse people, resources, ideas, hopes, capabilities and heritage. We work to help build a community where neighbors watch out for each other and prepare for unforeseen emergencies. We invite everyone in North Salt Lake to join us, person to person, neighborhood to neighborhood, business to business, in bringing together all people for the common good. We support the Uniting Neighbors/Citizen Corps concepts, which include:

- .. A caring adult in the life of every child.
- .. A safe place to live.
- .. Children having a healthy start in life.
- .. Our youth developing marketable skills.
- .. The availability of service opportunities.
- .. A community prepared for emergencies.

2nd Edition: Lon Stuart, Editor/Typesetter/Photographer

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COMMUNITY BUILDING PLAN

What Is Community?

Alexis de Tocqueville, the French Count, upon visiting America, found communities formed around an uncustomary social invention, small groups of common citizens coming together to form organizations that solve problems. He noted the following characteristics unique to America:

1. They were groups of citizens who decided they had the power to identify the problem.
2. They decided they had the power to solve the problem.
3. They often decided they would themselves, become the key actors in implementing the solutions.

De Tocqueville recognized these citizen associations being formed were a uniquely powerful instrument being created in America, the foundation stones of American communities.

“Every single person has capacities, abilities, and gifts, and the quality of an individual life in part depends on the extent to which these capacities are used, abilities expressed, and gifts given. Just as individual lives are enhanced by the opportunity to give, communities are made stronger when residents use their full potential by directing their capacities toward the well-being of the neighborhood.” - Dr. John McKnight

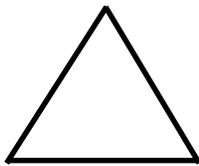
“Treat people as if they were what they ought to be and you help them become what they are capable of being” - Goethe

ASSET-BASED COMMUNITY DEVELOPMENT (ABCD) CONCEPT:

“Agencies have never been able to solve all of society’s problems. Communities cannot be built or rebuilt focusing solely on needs, problems, and deficiencies. Community building starts with the process of locating the assets, skills, and capacities of residents in each neighborhood, citizen’s associations, and local institutions such as churches, schools, and city government.”

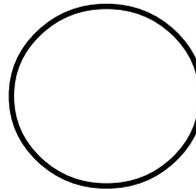
Two Approaches to Problem Solving:

Traditional Concept



Institutions & Agencies
Needs:
Hierarch, Control
“Programs are the answer”

ABCD Concept



Associations & Citizens
Assets:
Consensus, Relationship Building
“People are the answer”

Examples of the ABCD approach:

A group of neighbors created a cooperatively operated childcare program. The childcare association relies on non-paid volunteer time and has survived because of the attractiveness of smallscale, near-home, well-run, childcare.

Seniors are involved in the Visiting Important Persons program sponsored by a local church in which they visit the less mobile elderly and try to assist with any practical problems. Seniors are trained to be able to provide CPR, to recognize drug abuse, to give first aid and to help with practical daily matters like budgeting, food selection, and preparation. The oldest participant is an 82-year old woman.

COMMUNITY BUILDING

Community building is an ongoing process where members of a community share skills and experiences that strengthen/develop themselves and the community. Persons in your neighborhood will be asked to perform responsibilities for others in their immediate vicinity before a disaster occurs, or in case of an emergency or disaster. If you are asked to perform this service and agree to do it, follow the guidelines below to take the following suggestions to help others in your neighborhood.

Prepare to:

- Identify your neighborhood's strengths.
- Identify specific problems you would like to see addressed.
- Identify possible solutions.
- Be constructive and take some responsibility for helping to implement solutions.

A Neighborhood Coordinator is:

- Concerned and cares about his/her neighborhood.
- Willing to knock on doors to meet new neighbors.
- Willing to bring neighbors together to develop solutions to problems and develop resources.
- Willing to inform neighbors about special programs and activities.
- Community resource person and the liaison to help families find assistance.

Empowering Neighborhoods to:

- Promote Emergency and Disaster Preparedness and CERT Training (Community Emergency Response Team).
- Organize Neighborhood Watch.
- Promote neighborhood socials and meetings to discuss issues.
- Utilize resources in the neighborhood by conducting an asset inventory.

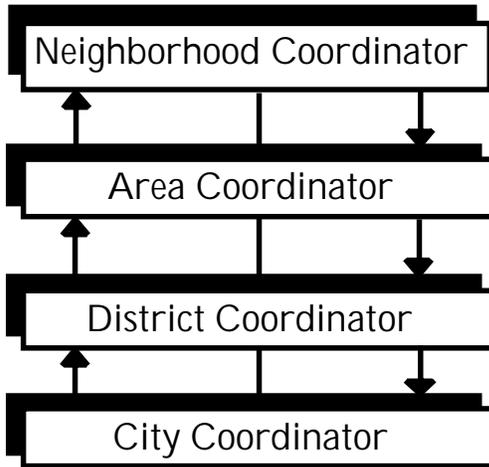
Neighborhood Assets Include:

- The skills of local residents.
- The power of local associations (a group of volunteers that pursue a common goal. Ex: PTA, Church Groups, Scouts, Bowling leagues, Senior Citizen Groups.)
- The resources of public, private, and non-profit institutions.
- Access to a golf course, along with summer activities, including tennis and other summer sports and educational class programs.



ORGANIZATION CHART

Community building depends on a belief in the capacity of local people, and mobilizing these capacities to produce positive outcomes.



- A volunteer Neighborhood Coordinator is chosen by neighbors.
- A volunteer Area Coordinator is chosen to represent 20 defined neighborhood areas.
- A volunteer District Coordinator is chosen to represent 5-12 areas within a district.
- A representative is chosen on a city level to assist with coordinating and empowering neighborhoods.

Please fill in the following:

Neighborhood No. _____

Area Location No. _____

District Name _____

Neighborhood Coordinator

Name: _____

Address: _____

Phone: _____

Area Coordinator

Name: _____

Address: _____

Phone: _____

District Coordinator

Name: _____

Address: _____

Phone: _____

City Coordinator

Name: _____

Address: _____

Phone: _____

COORDINATOR JOB DESCRIPTIONS

Coordinators may be assigned or may volunteer their services. Care must be used in assigning of coordinators at all levels. Those people selected must be persons who are interested in preparedness and are willing to spend the time necessary to help their neighbors in their preparations. They should not be involved or needed in other vital areas during an emergency.

IT IS ALSO RECOMMENDED THAT, WHERE POSSIBLE, COUPLES BE CHOSEN AS COORDINATORS.

Neighborhood Coordinator

- Survey families regarding family size, ages, occupations, training, skills, emergency equipment, resources, etc.
- Work with 10-15 families within a neighborhood. Assist families in prioritizing neighborhood needs.
- Hold periodic meetings and socials with families.
- Be a program and agency resource in the neighborhood
- Receives training from Area Coordinator and/or District Coordinator.
- Trains assistants, individuals, and families in his or her neighborhood as directed by Area Coordinator.
- Provides list of needed resources available in his neighborhood to Area Coordinator and sends them to the locations as instructed.
- Acts in a declared emergency as directed by his District and Area Coordinator.
- Relays emergency information and instructions to and from District and Area Coordinators to and from individuals and families in his or her assigned neighborhood.
- Is primarily concerned with the individuals and families in his neighborhood and acts in a prudent and wise manner to insure their safety and well-being.
- Ensures that in the event of an evacuation, every individual is accounted for.

Area Coordinator

- Help map neighborhood streets.
- Identify individual to host meeting (can be current Neighborhood Coordinator or designated facilitator.)
- Be a communication link with the Neighborhood Coordinators (such as dispersing flyers, etc.)
- Be a liaison between the Neighborhood Coordinator and District Coordinator.
- Assist with training Neighborhood Coordinators as needed.
- Responsible for dividing area into suitable neighborhoods. Thought should be given to the people living within the area, as well as the geographical division, when neighborhoods are organized.
- Makes sure that there is enough leadership to handle children, elderly, and single-parent families.
- Responsible for assigning Neighborhood Coordinators.
- Follows up to make sure that all neighborhoods are organized and functioning.

Coordinator Job Descriptions (Continued)

District Coordinator

- Work with each Area Coordinator.
- Hold meetings as necessary to disperse information and conduct trainings.
- Be a liaison with the City Coordinator.
- Maintains direct contact with church and community committees as well as with Area Coordinators during preparedness and during a disaster.
- Is responsible for assigning Area Coordinators.
- Is responsible for compiling and getting information to and from Church and Community Committees and to all Area Coordinators.
- Makes sure all Area Coordinators have organized neighborhood groups as assigned and have assigned Neighborhood Coordinators.

City Coordinator (Selected by City Administration)

- Provide coordination with the Community Action Council.
- Meet with District Coordinator as needed.
- Assist with training and distribution of materials.
- Maintain liason with all city and county authorities in time of disaster.

Your Area Coordinator:

Name _____ Phone _____

Your Neighborhood Coordinator:

Name _____ Phone _____

Your Local Area Evacuation Center Address:

Notes:

STEPS TO DISASTER PREPAREDNESS

You could be anywhere - at work, at school, or in the car. How will you find the rest of your family? Will you know if other members of your family are safe?

Emergencies and disasters can strike quickly and without warning. They can force you from your neighborhood or confine you to your home. What will you do if essential utility services are abruptly cut off?

Local officials and relief workers will be on the scene after a disaster occurs, but they cannot reach everyone at once.

You can cope with disaster by preparing in advance and working with your family as a team. Review the steps listed in this handbook often with your family members for coping with each type of disaster. Use the four basic steps below to guide your emergency preparedness efforts at home:

1. **BE INFORMED**
2. **MAKE A PLAN**
3. **ASSEMBLE A KIT**
4. **MAINTAIN YOUR PLAN AND KIT**

These four principles are very important for your survival in any disaster and should be kept in mind at all times. They are explained in the following pages of this handbook.

REMEMBER: Knowing what to do is your best protection -- and your responsibility.



1. BE INFORMED

EMERGENCY PREPAREDNESS

Message from Police Chief Steve Harder:

“Your participation, along with that of your neighbors, in an emergency preparedness program is vital to the preparedness of our community to meet any future disasters. We suggest you organize your neighborhood for the purpose of giving each other, as well as the entire community, support in case of an emergency.

“The Area and Neighborhood Coordinators will be organized by the District Coordinator under the direction of the City Volunteer Coordinator. The Volunteer Coordinator will serve as a key member of the Emergency Management Team and will communicate with the District Coordinators as emergencies warrant volunteer assistance. The District Coordinators have an outline of the emergency preparedness program for our community.

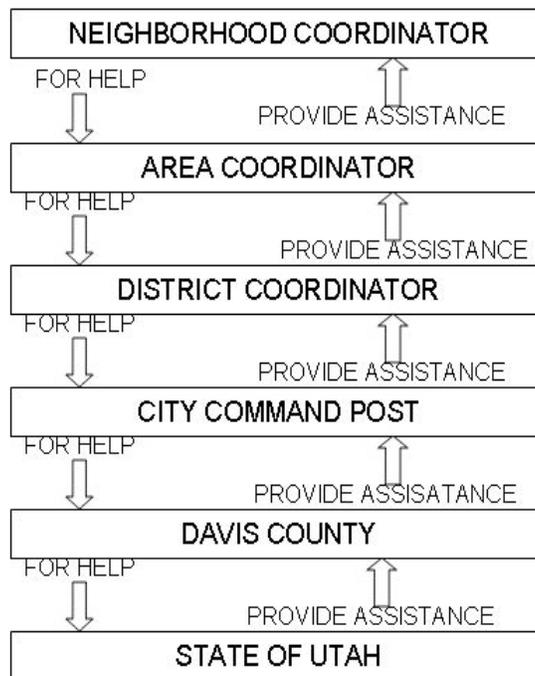
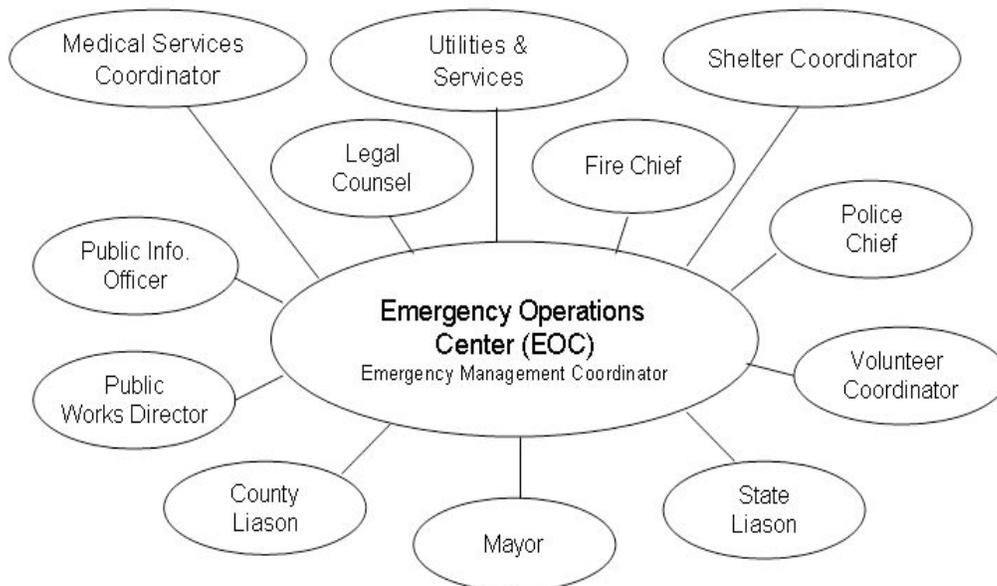
Please see that you and your neighborhood families are familiar with it. It is suggested that you meet often to plan and prepare for an emergency that we hope will never happen—but we must be prepared.

“The Emergency Preparedness Committee has provided information on the following, this is intended as support material as you prepare to meet the needs of your own neighborhoods:

1. **Family Emergency Procedure**
2. **72-hour Survival Kit**
3. **Medical and First Aid Supplies**
4. **Basic First Aid Supplies**
5. **Care and Maintenance of Supplies**
6. **Earthquakes**
7. **Fire**
8. **Flood**
9. **High Winds**
10. **Hazardous Materials**
11. **Thunderstorms and Lightning**
12. **Power Outages**
13. **Emergency Procedure for Utilities - Gas Leaks/Electrical Circuits**
14. **Chemical and Biological Attack**
15. **Radiation Exposure**
16. **Nuclear Attack**

“The neighborhoods and their preparedness programs are vital to the entire community program. Together as a community, we can rise above any emergency or disaster.”

NORTH SALT LAKE CITY EMERGENCY OPERATIONS CENTER (EOC)



Emergency Operations Center diagram showing departmental relations to the Emergency Management Coordinator and Help and Assistance paths for North Salt Lake City to the State of Utah

Emergency Operations Center diagram showing departmental relationships to the Emergency Management Coordinator and Help and Assistance paths for North Salt Lake City to the State of Utah.

NORTH SALT LAKE EMERGENCY MANAGEMENT

COMMAND, DIRECTION AND CONTROL

During the initial threat or occurrence of disaster within North Salt Lake, the following concepts will apply:

During the routine emergencies, the “**Incident Command System**” (<http://training.fema.gov/emiweb/is/is195.asp>) will be utilized. Normal fire, police, and public works Standard Operational Procedures will be in effect. In the event of serious consequence such as loss of life, great property damage, or serious disruption of public service, the Mayor of North Salt Lake City and the City Administrator will be notified by the Incident Commander. The Mayor, in turn, may activate the City Emergency Operations Plan and brief the City Council. City departments will follow established policies for release of public information during routine emergencies.

In the event of a city-wide or county-wide disaster, activation of the City EOC will be by and under the direct authority of the Mayor of North Salt Lake.

The North Salt Lake City EOC will be located in the city building at 20 South Hwy 89. All coordination with Davis County EOC and the State EOC will be via the North Salt Lake City EOC.

All EOC activities will be under the direction of the City Administrator assigned as Emergency Management Coordinator acting by and under the authority of the Mayor.

The City EOC will be staffed as needed by department heads and required support personnel with department head assistants serving as field representatives for on site department responsibilities.

City departmental assignments will align with responsibilities assigned in this plan unless otherwise changed by the Emergency Management Coordinator or the Mayor or as demanded by the tactical situation. City departments will develop Emergency Operations Standard Operating Procedures to support this plan.

The Emergency Management Coordinator will use the master checklist to assist him in management of the EOC and to insure that public needs are being met in the timeliest manner.

All public information will be released to the media exclusively via the Public Information Officer as official spokesperson for North Salt Lake City.

All volunteer efforts will be supervised by the Volunteer Coordinator under the direction of the Emergency Coordinator.



**North Salt Lake City
Emergency Management Coordinator Vehicle**



2. MAKE A PLAN

FAMILY EMERGENCY PROCEDURES

In case of an emergency and family members are separated, the family should have a plan that will reunite the various family members. Location sites should be selected adjacent to the family home, at a neighbor's, in the neighborhood, and in the community to allow for various levels of emergencies. List these locations for your family emergency plan below:

Home area: _____

Neighbor: _____

Neighbor: _____

Neighborhood: _____

Community: *North Salt Lake, Utah 84054*

Disaster Notification - In the event of a disaster involving your home, tie a ribbon or other item of the appropriate color to the front door or in a front window so that it may be seen by search and rescue teams. This will tell the teams if they need to check on your home or if you do not have urgent needs.

Color Code:

Red: STOP! - WE NEED HELP NOW!

Yellow: We Need Help - Can Be delayed - Not Life Threatening

Green: Go Ahead - We are OK

Suggestions: In case of a personal emergency or a fire in your home, leave a house key with a trusted neighbor so the fire department can get inside. Also, put a spare key in a secret place so that family members can get into your home if you are not there. Do not leave a key under a doormat. That is the first place thieves will look. Find a secret place that only your family members will know, but make sure the neighbor also has a duplicate key.

Suggestion: If a home furnace malfunctions, the home could be filled with a colorless, odorless gas called CO (Carbon Monoxide). This gas could be deadly to the occupants unless immediate recognition of the problem is made and emergency steps taken. Residents are advised to obtain a CO detector and alarm unit and mount the detector in a location where it can monitor the air inside the home. This monitor and alarm could be the means of saving your families lives.



3. ASSEMBLE A KIT

72-HOUR SURVIVAL KIT

After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours, or it might take days. Would your family be prepared to cope with the emergency until help arrives?

Your family can cope best by preparing for disaster before it comes. One way to prepare is by assembling a 72-hour Disaster Supplies Kit. Once disaster hits, you won't have time to shop and search for supplies. If you've gathered supplies in advance, your family can endure an evacuation or home confinement.

To Prepare Your Kit:

- Review the following checklist.
- Gather the supplies that are listed. You may need them if your family is confined at home.
- Place the supplies you'd need for an evacuation in an easy-to-carry container. These supplies are marked with an asterisk (*) in the following list.
- There are six basics that you should stock in your home:

Water

Food

First Aid Supplies

Clothing and Bedding

Tools and emergency supplies

Special items

Possible containers include:

- A large, covered trash container
- A camping backpack
- A duffel bag

Water: Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.

- 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 your household.

Food: Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. If you must heat food, pack a can of Sterno. Select food items that are compact and light-weight. Include a selection of the following foods in your Disaster Supplies Kit:

(Continued on next page)

- Ready-to-eat canned meats, fruits and vegetables.
- Canned juices, milk, soup (if powdered, store extra water).
- Staples – Sugar, salt, pepper
 - High energy foods – peanut butter, jelly, crackers, granola bars, trail mix
 - Vitamins
 - Foods for infants, elderly persons or persons with special needs
 - Comfort/stress foods – cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

72-Hour Survival First Aid Kit

Assemble a first-aid kit for your home and one for the car. A first-aid kit should include:

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze packs (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue depressors (2)
- Tube of petroleum jelly or other lubricant
- Assorted sizes safety pins
- Cleansing agent/soap
- Latex gloves (2 pair)
- Sunscreen

Non-prescription Drugs

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (Use to induce vomiting if advised by Poison Control Center)
- Laxative
- Activated charcoal (use if advised by Poison Control Center)

Tools and Supplies

- Mess kits, or paper cups, plates and plastic utensils.
- Emergency Preparedness Manual
- Battery-operated radio and extra batteries
- Flashlight and extra

(Continued on next page)

- Cash or traveler's checks, cash
- Non-electric can opener, utility knife
- Fire extinguisher, small canister ABC type
- Tube tent
- Pliers
- Tape
- Compass
- Matches in waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shutoff wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)

Sanitation

- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation use)
- Household chlorine bleach

Clothing and Bedding

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

Special Items

- Remember family members with special needs such as infants and elderly disabled persons
- **For Baby**
 - Formula
 - Diapers
 - Bottles
 - Powdered Milk
 - Medications
- **For Adults**
 - Heart and high blood pressure medications
 - Insulin

(Continued on next page)

- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eyeglasses
- Entertainment – games and books
- Important family documents. Keep these records in a waterproof, portable container
- Will, insurance policies, contracts, deeds, stocks and bonds
- Passports, social security cards, immunization records
- House key (leave an extra with a trusted neighbor)
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household items and important telephone numbers
- Family records (birth, marriage, death certificates)

Suggestions and Reminders

- Store your kit in a convenient place known to all family members. Keep a smaller version of the Disaster Supplies Kit in the trunk of your car.
- Keep items in air-tight plastic bags.
- Change your stored water supply every six months so that it stays fresh
- Rotate your stored food every six months.
- Re-think your kit and family needs at least once a year. Replace dead batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medicines.

To get Started – Meet with your Family

- Discuss the types of disasters that could occur.
- Explain how to prepare and respond.
- Discuss what to do if advised to evacuate.
- Practice what you have discussed.

Plan how your family will stay in contact if separated by a disaster

Pick two meeting places:

- A location a safe distance from your home in case of fire.
- A place outside your neighborhood in case you can't return home.
- Choose an out-of-state friend as a "Check-in Contact" for everyone to call.

Complete these steps:

- Post emergency telephone numbers by every phone.
- Show responsible family members how and when to shut off water, gas, and electricity at main switches.
- Install a smoke and CO (Carbon Monoxide) detector on each level of your home, especially near the bedrooms. Test monthly and change the batteries two times each year (when daylight saving time change occurs).
- Contact your local fire department to learn about home fire hazards.
- Learn first aid and CPR. Contact your local American Red Cross chapter for information and training.

(Continued on next page)

MEET WITH YOUR NEIGHBORS

Plan how the neighborhood could work together after a disaster. Know your neighbor's skills (medical, technical). Consider how you could help your neighbors who have special needs, such as elderly or disabled persons. Make plans for childcare in case parents can't get home.

4. MAINTAIN YOUR PLAN AND YOUR KIT

Meet with your family today and discuss why you need a preparedness plan. Explain the dangers of fire, flood, wind and earthquakes to children. Review your existing plan and supplies or start working on your plan and collecting supplies as soon as possible.

Practice your plan by discussing the two places your family will meet in an emergency. Practice the emergency escape routes from your home. Teach the older children about utility shut-off locations. Make sure all family members know the location of emergency supplies such as the first-aid kit and the 72-hour emergency kit. Consider enrolling your family in a class or CERT training.

Contact the Red Cross for First Aid training or CPR classes.

Contact your fire department for CERT training dates and class locations.

Use the following checklist every six months:

___ Check and rotate emergency food supplies and "Go Kit" if needed.

___ Check and rotate emergency water supplies.

___ Check and recharge fire extinguishers if necessary.

___ Check and replace smoke and Carbon Monoxide detectors.

___ Replace batteries in emergency radios and lights.

___ Review emergency plan with all family members.

PLAN — PREPARE — PRACTICE — SURVIVE



MEDICAL AND FIRST AID SUPPLIES

A well-supplied first aid kit must be tailored to the individual needs of your family. Existing health problems in the family, for example, heart disorders, diabetes, serious allergies, asthma, or ulcers, may make it necessary to include specific medicines in your first aid kit.

It is also necessary to consider the ages of family members. Elderly members of the family may have special needs. Infants or small children within the family may need items such as baby oil, etc.

Should a member of the family be pregnant, you must provide your first aid kit with supplies for emergency childbirth and the after-care of the mother and infant.

In addition to special items dictated by your specific family needs and ages, the following is a basic list of medical and first aid supplies recommended for all. You are urged to discuss this basic list, as well as your special needs, with your physician so that your physician may advise you of specific medications to purchase, provide you with any needed prescriptions, inform you regarding how to use the medicines, how to store them, and storage life of each medication so that they may be stored and rotated without significant deterioration, and counsel you regarding quantities you will need.

AT LEAST ONE ADULT MEMBER OF EVERY FAMILY SHOULD BECOME FAMILIAR WITH THE FOUR MAIN FIRST AID FUNCTIONS:

AIRWAY - BREATHING – CIRCULATION – SHOCK

ALL ARE LIFE-THREATENING AND SHOULD BE ACTED ON QUICKLY IN AN EMERGENCY.



BASIC FIRST AID SUPPLIES

First Aid Manual

Antiseptic Solution—Iodine compounds such as Chlorhexidine. (Ask your druggist for these.)

NOTE: *Do not use mercurochrome or merthiolate.*

Neosporin

Antiseptic Soap

Normal Saline Solution—One teaspoon table salt to 1 pint water.

Water purification—for each gallon of water, use 4 purification tablets, or 12 drops of tincture or iodine, or 8 drops of liquid chlorine bleach. If water is cloudy, double these amounts.

Rubbing alcohol-70%

Aspirin tablets

Acetaminophen tablets (Tylenol)

Diarrhea medicine

Nausea Medication (Emetrol)

Petroleum Jelly

(Continued on next page)

BASIC FIRST AID SUPPLIES (Cont.)

Thermometer
Tweezers
Scissors
Safety Pins—assorted sizes
Measuring spoon
Matches—in waterproof case
Paper Drinking Cups—for administering liquids
Heavy String
Small splints—Popsicle sticks, tongue depressors, etc.
Band-Aids—assorted sizes
Cotton-sterile, absorbent
Gauze Rolls – 2 in., 3in., and 4 in.
Dressings—4X4 in., Sterile
Tape Roll—2 in., wide (Micropore tape, paper tape, or adhesive tape)
3 triangular bandages (slings) – 40 in.
Sanitary Napkins—can be used for pressure dressings
Elastic Bandage
Sewing Needles
Disposable Diapers- can be used for dressing or for splint padding
Insect repellent
Caladryl
Syrup of Ipecac (to induce vomiting)
Individual Medical Needs



CARE AND MAINTENANCE OF SUPPLIES

Medicines in your emergency supplies should be carefully labeled with the name of the medicine, directions for use, and necessary warnings (i.e., POISON, “External Use Only;”, etc.) These labels should be clearly visible. All stored medicines should be placed out of reach of children, packed so as to prevent breakage, and stored in a cool, dry place. Best storage temperature should be below 70 degrees, but above freezing. Rotation of medical and emergency supplies is strongly urged to prevent waste due to deterioration and to eliminate the danger of using out-dated medications.

Other Needed Supplies and Prescriptions



SPECIFIC DISASTER INSTRUCTIONS

EARTHQUAKES

Before an Earthquake

- Store water and food supply.
- Organize a 72-hour portable emergency kit.
- Bolt down or provide strong support for water heaters and other appliances (see next page).
- Instruct family members how to turn off water and gas in an emergency.
- Consider earthquake insurance.

During an Earthquake

- **STAY CALM**
- If you are indoors, stay inside and find protection in a doorway, or crouch under a desk or table. Stay away from windows or glass dividers. Avoid masonry wall (brick) and chimneys (fireplaces).
- Outside: Stand away from buildings, trees, telephone, and electric lines.
- On the road: Drive away from underpasses/overpasses; stop in a safe area; stay in the vehicle.
- In an office building: Stay next to a pillar or support column or under a heavy table or desk.

After an Earthquake

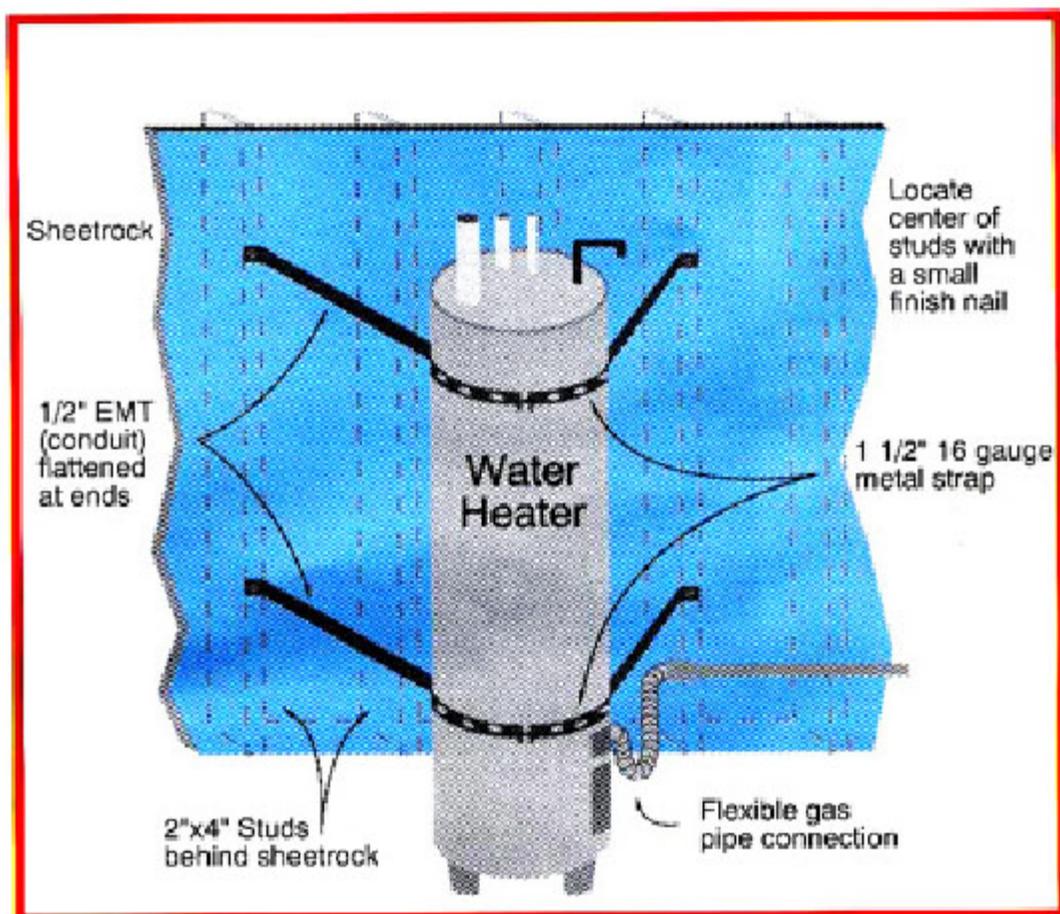
- Check for injuries. Provide first aid.
- Check for safety—gas, water, sewage breaks; check for downed electrical lines.
- Turn off ONLY interrupted or damaged utilities as necessary.
- Check for building damage and potential safety problems during after shocks, such as cracks around chimney and foundation.
- Check for fires.
- Clean up dangerous spills.
- Wear shoes.
- Turn radio to an emergency station. Listen for instructions from public safety agencies.
- Use the telephone only for emergencies.
- As soon as possible, notify your family or relatives that you are okay.
- Do not use matches or open flames in the home until you are sure there are no gas leaks.
- Use a flashlight. Don't turn light switches off and on. Sparks created by the switch contacts can ignite gas fumes.
- In public buildings, follow evacuation procedures immediately and return only after the building has been declared safe by the appropriate authorities.
- Report damages or needs to your Neighborhood Coordinator.

Things All Family Members Need To Know and Do

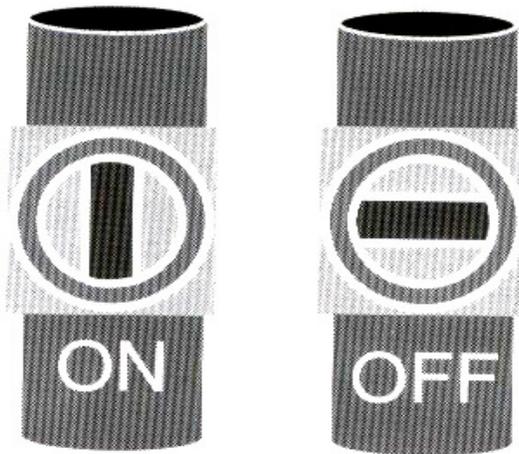
1. How, where, and when to turn off electricity, gas, and water.
2. First aid.
3. Plan for reuniting your family.
4. Plan and practice a family drill at least once a year.
5. Secure your water heater to a nearby wall as shown below. A water heater can become a very dangerous item in an earthquake because it will swing free, causing havoc to items and walls nearby, starting fires and flooding your basement with water. (See below.)
6. Show family members where the house water shut-off valve is located and how to turn off the water if a pipe should be broken.
7. Know how to turn off the gas and instruct family members how to do this. (See next page.)

NOTE: Do NOT turn off the gas unless you smell gas escaping or hear a hissing sound of escaping gas.

8. Secure the water heater to a wall as shown below to prevent broken gas and water pipes and possible fires.



To Shut Off Gas



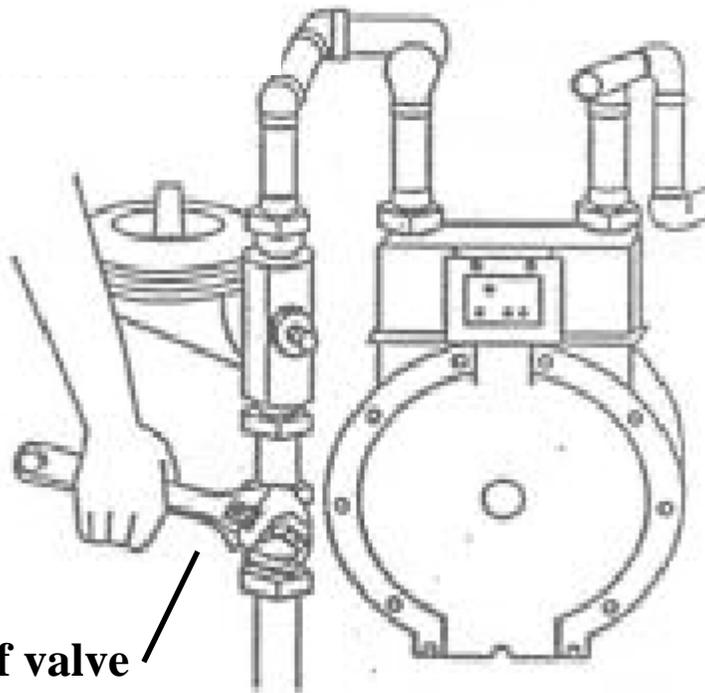
If you smell gas, open windows and evacuate the house.

To shut off gas in an emergency, use a large wrench.

Attach a wrench to the valve key.

Turn in either direction until the key is crosswise to the pipe (closed).

Do NOT turn it on without the help of a utility worker or plumber.



Gas shut-off valve

Have wrench stored in a specific location where it will be immediately available.



FIRE

- If you are outside, do not return to the inside of the structure for anything.
- Go to the nearest house or building and call your fire department by dialing **911**.

REPORT THE ADDRESS AND TYPE OF FIRE. LISTEN TO AND FOLLOW INSTRUCTIONS.

Preparation Before Fire

- Make sure home is free of combustible materials.
- Don't run wires under carpets or rugs.
- Know avenues of escape. **HAVE A FAMILY PLAN** and have frequent fire drills.
- **PLAN FOR A PLACE TO MEET** (so no one tries to go back into a burning building looking for someone needlessly.)
- Have fire extinguishers in the house. Carry a fire extinguisher in your car.
- Have escape ladders for all windows higher than eight feet off the ground (especially for children).

During Fire

- If you are inside and have time, make sure everyone is out.
- If anyone else is home, report to the meeting place, then see that the telephone call to the fire department is made.
- If you are in a closed room or office, do not open the door without first feeling it or the doorknob. If it is warm or hot, do not open it, but unlock it to assist rescue or fire personnel.
- If there is smoke coming under the door, use clothes, sheets, etc., to stop the smoke from coming in.
- If you are at home and there is a window, stay close to the floor and exit through the window, using the escape ladder, if necessary.
- If you should catch on fire, do not run. Drop to the ground and start rolling over and over to smother the flames.
- If you find someone on fire, use a blanket, etc., but not your bare hands to smother the flames.
- Watch to see that children don't go back inside to rescue a pet or a prized possession.
- Turn off the gas and electricity, if possible, from the outside of the house.
- In a public building, follow the established evacuation procedures.

After Fire

- Do not re-enter the building until appropriate authorities have given permission.
- Plan and practice a family drill at least once a year.





FLOOD

Before a Flood

- Know the elevations of your property in relation to flood plains, streams, and other waterways. Determine if your property may be flooded.
- Make advance plans of what to do and where to go.
- Store food and water and critical medical supplies (prescriptions, insulin, etc.)
- Fill your car with gas in case you must evacuate.
- Move furniture and essential items to higher elevation if time permits.
- Have a portable radio and flashlights with extra batteries.
- Open basement windows to equalize water pressure on foundations and walls.
- Secure house.
- Consider flood and earthquake insurance.

Evacuation During a Flood

- Listen to local radio or TV for weather information or dial 1-524-5133.
- If you are asked to evacuate, shut off main power switch, main gas valve and water valve. Follow local evacuation plan and routes.
- Do not attempt to drive over a flooded road, as it might be washed out. While you are on the road, watch for possible flooding at bridges, dips and low areas.
- Watch out for damaged roads, slides and fallen wires.
- Drive slowly in water; use low gear.
- If driving and vehicle stalls, abandon it immediately and seek higher ground.
- Do not attempt to cross a stream on foot where water is above your knees.
- Register at your designated Evacuation Center. Remain at the Evacuation Center until informed that you may leave.

After Flood

- Remain away from evacuated area until public health officials and building inspector have given approval.
- Check for structural damage before entering.
- Make sure electricity is off. Watch for electrical wires.
- Do not use an open flame as a light source because of possibility of escaping gas. Use flashlights. Beware of dangerous sparks.
- Do not use food that has been contaminated by flood water.

Your Evacuation Center location will be given to you by your Neighborhood Coordinator. Please record this information below:



HIGH WINDS

Preparation For High Winds

- Survey your home and/or property. Take note of materials stored, place or used, which in the event of high winds could become missiles and destroy other structures or be destroyed. Devise methods of securing these materials where they will still be accessible for day-to-day needs.
- Keep radio and/or television on and monitor for wind advisories.
- If possible, board up, tape or shut all windows (leave some ventilation).
- Draw some water for emergency use in the event water service is interrupted.
- Have a supply of flashlights, spare batteries, candles, first aid equipment, medicines, etc., available for emergency use.
- Secure outdoor furniture, trash cans, tools, etc.

During High Winds

- Take shelter in hallways, closets, and away from windows.
- Stay out of areas where flying objects may hit you or destroy your place of refuge.

After Winds Subside

- Inspect for structural damage.
- Check all utilities for damage and proper operation.
- Monitor radio and television for instructions from local authorities.
- Report damage and needs to your Neighborhood Coordinator.





HAZARDOUS MATERIALS

Protect Yourself from Hazardous Materials

- Survey home and premises to determine types and amounts of hazardous materials on hand.
- Read labels and become familiar with potential danger of materials used in the home.
- Provide proper storage and safeguards for hazardous materials, i.e., commercial fertilizers and petroleum products in proper proportions are components of plastic explosives. Never store in same storage area.
- Most household cleaning agents are hazardous materials. Use, store and dispose of them properly.
- Keep all hazardous materials out of the reach of children.

Remember, personal safety is of the utmost importance. Do not allow yourself or others to become part of the problem by endangering lives or property in an effort to gather information or control the situation without professional help. Your local fire/police can help you find answers to your hazardous material questions.



THUNDERSTORMS AND LIGHTNING

Protect Yourself from Thunderstorms and Lightning

- When a thunderstorm or lightning threatens, get inside a home or large building, or inside an all-metal vehicle (not a convertible). Stay indoors and don't venture outside unless absolutely necessary.
- Stay away from open doors and windows, fireplaces, radiators, stoves, metal pipes, sinks and plug-in appliances.
- Don't use plug-in electrical equipment such as hair dryers, electrical blankets, or electrical razors or telephones during the storm.



POWER OUTAGE

Before the Power Outage

- Learn location of fuse box or circuit breaker.
- Store candles, flashlight and extra batteries in a handy place.
- Have food and water supplies on hand, since the outage may last awhile.
- Know the location of all camping equipment (stove, lantern, sleeping bags). You may need them. Make sure the equipment is operational and that you know how to use them.

REMEMBER THAT CAMPING EQUIPMENT REQUIRING GASOLINE, PROPANE, WHITE GAS, COLEMAN FUEL OR CHARCOAL BRIQUETS SHOULD NOT BE USED INSIDE THE HOUSE—ONLY OUTSIDE.

- Keep an adequate supply of fuel on hand. Propane, white gas, gasoline and Coleman fuel must not be stored or used in the house or garage, as they are too volatile. Only kerosene may be used in the house and stored in direct sunlight and is limited in quantity to one 55-gallon drum on a person's property.
- Keep your refrigerator well defrosted. Built-up ice works against your freezer.

During the Power Outage

- Unplug all your appliances. The surge of power that comes when power is restored could ruin your appliances.
- Turn off all but one light switch.
- A major problem during an outage is food thawing in the refrigerator or freezer. Open door only to take food out. Do so as quickly as possible. If you have access to dry ice, place it in a cardboard box and then on top of food.
- When using camping equipment during an outage, remember to do so outside. Use only a fireplace, a properly installed wood stove, or a new style kerosene heater used in a safe area with the room vented (i.e., fresh outside air coming into the room).
- Report any downed power lines.
- Do not allow children to carry lanterns, candles, or fuel.

After the Power Outage

- When power is restored, plug in appliances one by one, waiting a few minutes in between each one. This may prevent an overload on the system.
- Be patient. Energy may first be restored to police and fire departments and hospitals.
- Examine your frozen food. If it still contains ice crystal, it may be refrozen. If meat is off-color or has an odd odor, throw it away.



EMERGENCY CONTROL OF NATURAL GAS

- Check house piping and appliances for damage.
- Check for fires or fire hazards.
- Do not use matches, lighters or other open flames.
- Do not operate electrical switches, appliances or battery-operated devices if natural gas leaks are suspected. This could create sparks that could ignite gas from broken lines.
- If gas line breakage is suspected, shut off the gas at the meter. This should be done, however, only if there is a strong smell of natural gas or if you hear gas escaping.
- Wear heavy shoes in all areas near broken glass or debris. Keep your head and face protected from falling debris.
- Turn on a battery-operated radio (if no gas leaks are found) or car radio to receive disaster instructions.
- Do not use your telephone except in extreme emergency situations.

NOTE: Refer to the **Gas Turn-off illustration** in the Earthquake section of this manual.



EMERGENCY CONTROL OF HOME ELECTRICAL CIRCUITS

- Familiarize yourself and family with the location of the electrical breaker panel.
- Turn off breakers for areas of concern.
- Main breaker may be shut off if overall electrical safety is in doubt.
- In cases of basement flooding:
 - Think before stepping in any water.
 - A shock hazard may exist even in an inch of water if an extension cord connection is on the floor.
 - If the electrical panel is upstairs, shut off all circuits.
 - If the electrical panel is in the basement, determine whether it can be reached on dry ground. If not, refer to the next step.
- Check your house electrical meter. If it is on your home, there may be a main disconnect switch (breaker) next to it. If the meter is on an underground service, it may be in front of your home; but there should be a main breaker where the line enters the home. Shut it off!
- Check for overloaded electrical outlets. Hot wiring can cause fires!





CHEMICAL SPILL OR BIOLOGICAL ATTACK

Hazardous materials are chemical substances, which, if released or misused, can pose a threat to our health and/or environment. This is most likely in the case of a tanker truck spill on the highway.

On The Scene:

- If you witness a chemical emergency, stay clear of the chemical, vapors or smoke and **CALL 911**.
- If you are in a vehicle, close the windows, turn off air conditioning systems, and leave the area.
- If you observe many people suffering from watery eyes, twitching, choking, having trouble breathing or losing coordination, leave the area immediately.
- Many sick or dead birds, fish or small animals are also a cause for suspicion.
- Quickly try to define the affected area or where the chemical is coming from, if possible.
- Take immediate action to get away.
- If the chemical is inside of a building where you are, get out of the building without passing through the contaminated area, if possible.
- If you can't get out of the building or find clean air without passing through the area where you see signs of a chemical attack, it may be better to move as far away as possible and "shelter-in-place."
- If you are outside, quickly decide what is the fastest way to find clean air. Consider if you can get out of the area or if you should go inside the closest building and "shelter-in-place."

Exposure to a Chemical:

- If your eyes are watering, your skin is itching, and you have trouble breathing, you may have been exposed to a chemical.
- Strip immediately and wash.
- Look for a hose, fountain, or any source of water. Wash with soap, if possible, being sure not to scrub the chemical into your skin.

Notification:

Orders to evacuate or "shelter-in-place" may be given if there is a threat to the community. You may be notified by:

- A loud speaker or a knock on the door by uniformed fire or police personnel.
- The Emergency Alert System on TV or radio (KSL 1160AM).
- Sirens at a local refinery or business.
- Neighborhood block coordinator.

(Continued on next page)

Evacuate:

- If you are asked to evacuate, directions and safe routes will be provided. You may go to a shelter or to another safe location (home of a relative or friend).
- Take 72-hour kits – Include all necessary medications.
- Shut off all appliances
- Leash or cage pets and/or take them with you, if possible, however, most shelters will not accept pets.
- Lock all doors and windows. Leave a message as to where you have gone.
- Follow given evacuation routes.

Shelter-in-Place:

This is a method of protecting yourself, family and small pets from the effects of a released chemical.

- If possible, bring pets inside.
- Go inside, close and lock all doors and windows to the outside.
- Turn off all heating/air conditioning systems and switch vents to the “closed” position.
- Close all fireplace dampers.
- Go to one room and:
 - Seal all windows, doors and vents with plastic sheeting, wax paper, or other material and tape.
 - Place damp towels under doorways.
 - Choose a room with a bathroom attached if possible.
 - Use a basement room only as a last resort.
 - Close the drapes/shades over windows and stay away from the windows.
 - Remain in place until you are told by police or fire personnel or through TV broadcasts that it is safe to leave.
 - When chemical emergency is over, open all door and windows to ventilate the home.



RADIATION THREAT

A radiation threat, commonly referred to as a “dirty bomb” or “radiological dispersion device (RDD)” is the use of common explosives to spread radioactive materials over a targeted area. It is not a nuclear blast. The force of the explosion and radioactive contamination will be more localized. While the blast will be immediately obvious, the presence of radiation will not be clearly defined until trained personnel with specialized equipment are on the scene. As with any radiation, you want to try to limit your exposure. It is important to avoid breathing radiological dust that may be released into the air.

If there is a Radiation threat or “Dirty Bomb”

- If you are outside and there is an explosion or authorities warn of a radiation release nearby, cover your nose and mouth and go quickly inside a building that has not been damaged. If your building is stable, stay where you are. Close windows and doors; turn off air conditioners, heaters or other ventilation systems.
- If you are inside and there is an explosion near where you are or you are warned of a radiation release nearby, cover your nose and mouth. Look for a building that has not been damaged and go quickly inside. Close windows and doors; turn off air conditioners, heaters or other ventilation systems.
- If you think you have been exposed to radiation, take off your clothes and wash as soon as possible.
- Stay where you are, watch TV, listen to the radio, or check the Internet for official news as it becomes available.
- **Remember:** To limit the amount of radiation you are exposed to, think about shielding, distance and time:
 - **Shielding:** If you have a thick shield between yourself and the radioactive materials, the shield material will absorb more of the radiation and you will absorb less.
 - **Distance:** The farther away you are from the blast and the fallout, the lower will be your exposure.
 - **Time:** Minimizing time spent exposed will also reduce your risk.

As with any emergency, local authorities may not be able to immediately provide information on what is happening and what you should do. However, you should watch TV, listen to the radio or check the Internet for official news and information as it becomes available.



NUCLEAR ATTACK

A nuclear blast is an explosion with intense light and heat, a damaging pressure wave and widespread radioactive material that can contaminate the air, water and ground surfaces for miles around. During a nuclear incident, it is important to avoid radioactive material, if possible. While experts may predict at this time that a nuclear attack is less likely than other types of disaster, terrorism by its nature is unpredictable.

If Advanced Warning of Attack is Given:

Take cover immediately, as far below ground level as possible, though any shield or shelter will help protect you from the immediate effects of the blast and pressure wave.

If there is no warning:

- Quickly assess the situation.
- Consider if you can get out of the area or if it would be better to go inside a building to limit the amount of radioactive material you are exposed to.
- If you take shelter, go as far below ground level as possible. Close all windows and doors and turn off air conditioning systems, heaters or other ventilation systems. Stay where you are, watch TV, listen to the radio, or check the internet for news as it becomes available.
- To limit the amount of radiation you are exposed to, think about shielding, distance and time:
- **Shielding:** If you have a thick shield between yourself and the radioactive materials, the shield material will absorb more of the radiation and you will absorb less.
- **Distance:** The farther away you are from the blast and the fallout, the lower will be your exposure.
- **Time:** Minimizing time spent exposed will also reduce your risk.

Use available information to assess the situation. If there is a significant threat, health care authorities may or may not advise you to take potassium Iodide. Potassium iodide is the same stuff added to your table salt to make it iodized. It may or may not protect your thyroid gland, which is particularly vulnerable, from radioactive iodine exposure. Consider keeping potassium iodide in your emergency first aid kit and learn what are the appropriate doses for each of your family members. Plan to speak with your health care provider in advance about what makes sense for your family.



HOMELAND SECURITY ADVISORY SYSTEM

Through the **Homeland Security System**, the United States Government continues on a daily basis to monitor and analyze threat information and share that information, together with appropriate protective measures, with state, local and private sector authorities as well as the general public. It is part of the ongoing national effort to prevent terrorist attacks and protect our country.

Recommended Activities

All Americans should continue to be vigilant, take notice of their surroundings, and report suspicious items or activities to local authorities immediately. Everybody should establish an emergency preparedness kit as well as a communications plan for themselves and their family, and stay informed about what to do during an emergency situation.

Learn More About how to Prepare

- All Americans should visit <http://www.ready.gov> to learn more about Homeland Security.

The Homeland Security Advisory System is designed to target our protective measures when specific information to a specific sector or geographic region is received. It combines threat information with vulnerability assessments and provides communications to public safety officials and the public.

- **Homeland Security Threat Advisories** contain actionable information about an incident involving, or a threat targeting, critical national networks or infrastructures or key assets. They could, for example, relay newly developed procedures that, when implemented, would significantly improve security or protection. They could also suggest a change in readiness posture, protective actions, or response. This category includes products formerly named alerts, advisories, and sector notifications. Advisories are targeted to Federal, state, and local governments, private sector organizations, and international partners.
- **Color-coded Threat Level System** is used to communicate with public safety officials and the public at-large through a threatbased, color-coded system so that protective measures can be implemented to reduce the likelihood or impact of an attack. Raising the threat condition has economic, physical, and psychological effects on the nation; so, the Homeland Security Advisory System can place specific geographic regions or industry sectors on a higher alert status than other regions or industries, based on specific threat information.



**Homeland Security
Advisory System
Threat Levels**



CITIZEN CORPS

A Volunteer Service to your Country

Citizen Corps is a United States national service program under the jurisdiction of the Department of Homeland Security that seeks to mobilize the population of the country against threats to national security as well as to assist in the recovery after a disaster or terrorist attack. Citizen Corps also works in conjunction with the Corporation for National and Community Service in promoting national service opportunities for promoting homeland security needs.

In January 2002, President George W. Bush launched the USA Freedom Corps to promote volunteer service opportunities within the United States and abroad. Created within months of the September 11, 2001 attacks, the program sought in part to encourage volunteer participation in homeland security. Citizen Corps, a component of USA Freedom Corps, was developed to help coordinate such volunteer activities and to increase the capacity of American communities to respond to any emergency situation. The program's goal is to provide opportunities for people to participate in a range of measures to make their families, their homes, and their communities safer from the threats of crime, terrorism, and disasters of all kinds.

Citizen Corps encourages citizens to engage in a number of activities to help prepare themselves and their communities:

Personal Preparedness: Developing a household preparedness plan and disaster supplies kits, observing home health and safety practices, implementing disaster mitigation measures, and participating in crime prevention and reporting.

Training: Taking classes in emergency preparedness, response capabilities, first aid, CPR, fire suppression, and search and rescue procedures.

Volunteer Service: Engaging individuals in volunteer activities that support first responders, disaster opportunities to support first responders, disaster relief activities, and community safety efforts.

The program is coordinated nationally by the Department of Homeland Security. In this capacity, the Department of Homeland Security works closely with other federal entities, state and local governments, first responders and emergency managers, the volunteer community, and the White House Office of the USA Freedom Corps.

Services jointly administer five partner organizations that function as part of the Citizen Corps Program.



Community Emergency Response Team (CERT)

<http://www.citizencorps.gov/cert/>

Specially administered by the Department of Homeland Security, the Community Emergency Response Team (CERT) seeks to educate the American public about disaster preparedness and trains them in “basic disaster response skills” such as fire safety, elementary search and rescue (SAR) operations, and first aid. CERT also teaches people how to work in conjunction with established first responders and community organizations to assist in the recovery after a natural disaster or terrorist attack. CERT Teams typically report to the local or County Office of Emergency Management. The CERT teams are engaging in a policy that seeks to create a mindset shift within the psyche of the American public from a response culture to a “preparedness” culture through its programs of community outreach and education.

(Continued on next page)

Neighborhood Watch (NW)

<http://www.usaonwatch.org/>



An expanded Neighborhood Watch Program (NWP) Program incorporates terrorism awareness education into its existing crime prevention mission, while also serving as a way to bring residents together to focus on emergency preparedness and emergency response training. Funded by the Department Of Justice, Neighborhood Watch is administered by the National Sheriffs' Association.

Fire Corps (FC)

<http://www.firecorps.org/>



Fire Corps seeks to bolster local fire departments with volunteer firefighters in order to more effectively contain disasters. These "citizen advocates" also assist in community fire safety outreach, youth programs, and administrative support. The Fire Corps is funded through the Department of Homeland Security and is managed and implemented through a partnership between the National Volunteer Fire Council, the International Association of Fire Fighters, and the International Association of Fire Chiefs.

Medical Reserve Corps (MRC)

<http://www.medicalreservecorps.gov/HomePage>



The Medical Reserve Corps (MRC) Program strengthens communities by helping medical, public health and other volunteers offer their expertise throughout the year as well as during local emergencies and other times of community need. MRC volunteers work in coordination with existing local emergency response programs and also supplement existing community public health initiatives, such as outreach and prevention, immunization programs, blood drives, case management, care planning, and other efforts. The MRC program is administered by HHS.

Volunteers in Police Service (VIPS)

<http://www.policevolunteers.org/>



Volunteers in Police Service (VIPS) works to enhance the capacity of state and local law enforcement to utilize volunteers. VIPS serves as a gateway to resources and information for and about law enforcement volunteer programs. Funded by DOJ, VIPS is managed and implemented by International Association of Chiefs of Police.

NOTE: *Several of the above partner programs are not yet implemented in North Salt Lake. If you are interested in serving as a volunteer in a currently non-functioning program, contact the NSL City Office to see if the particular program can be started.*

Affiliated Organizations

The Citizen Corps Affiliate Program expands the resources and materials available to states and local communities by partnering with Programs and Organizations that offer resources for public education, outreach, and The program is coordinated nationally by the Department of Homeland Security. In this capacity, the Department of Homeland Security works closely with other federal entities, state and local governments, first responders and emergency managers, the volunteer community, and the White House Office of the USA Fr**The Citizen Corps Partner Programs**

The Department of Homeland Security, the Department of Justice, and the Department of Health and Human training; represent volunteers interested in helping to make their community safer; or offer volunteer service

For a complete listing of Citizen Corps Affiliated programs, See <http://www.citizencorps.gov/> and/or http://en.wikipedia.org/wiki/Citizen_Corps



CITIZEN CORPS PARTNER PROGRAMS

COMMUNITY EMERGENCY RESPONSE TEAM (CERT)

The Community Emergency Response Team (CERT) program helps train people to be better prepared to respond to emergency situations in their communities. When emergencies happen, CERT members can give critical support to first responders, provide immediate assistance to victims, and organize spontaneous volunteers at a disaster site. CERT members can also help with non-emergency projects that help improve the safety of the community.

The CERT course is taught in the community by a trained team of first responders who have completed a CERT Train-the-Trainer course. CERT training includes disaster preparedness, disaster fire suppression, basic disaster medical operations, and light search and rescue operations.

Over the next two years the CERT program aims to double the number of participants, with over 400,000 individuals completing the 20-plus hours of training. Train-the-Trainer sessions will be held in all 50 states and in the U. S. Territories over the next year to expand the program throughout the United States.

Classes are held periodically in Davis County communities. Contact your local fire department for a schedule of coming class sessions.

Learn more by visiting the Citizen Corps and CERT homepages at <http://www.citizencorps.gov/> and <http://www.training.fema.gov/emiweb/CERT>

You can also find more information on basic emergency response by logging on to <http://www.ready.gov>

To download a copy of FEMA's "Are You Ready: A Guide to Citizen Preparedness" -- log on to <http://www.ready.gov>

**CERT members
receiving
instructions prior
to an emergency
exercise.**





NEIGHBORHOOD WATCH (NW)

Since its beginnings, Neighborhood Watch has grown from an “extra eyes and ears” approach of crime prevention to a more proactive, community-oriented endeavor. It provides a unique infra-structure that brings together local officials, law enforcement, and citizens for the protection of their communities. Today’s Neighborhood Watch programs incorporate activities that not only address crime prevention issues, but also restore pride and unity to a neighborhood. It is not uncommon to see members of Neighborhood Watch groups participating in community cleanups and other activities that strive to improve the quality of life for community residents.

Neighborhood Watch fits nicely into the framework of law enforcement/community partnerships, and Neighborhood Watch meetings provide a useful forum for airing neighborhood problems and practicing problemsolving techniques.

Furthermore, Neighborhood Watch has become especially practical in our current society, in which two income families are the norm and many neighborhoods are deserted during the day. While criminals have attempted to use this statistic to their advantage, law enforcement has uncovered an important reality: the communities in which citizens have observed and reported suspicious activity have enjoyed lower crime rates.

In the aftermath of September 11, 2001, the need for strengthening and securing our communities has become even more critical, and Neighborhood Watch groups have taken on greater significance. In addition to serving a crime prevention role, Neighborhood Watch can also be used as a basis for bringing neighborhood residents together to focus on disaster preparedness: watch groups can build terrorism awareness: to focus on evacuation drills and exercises. They can also organize group training, such as the Community Emergency Response Team (CERT) training.

Many neighborhoods already have established Neighborhood Watch groups that are vibrant and effective. For neighborhoods without a thriving group, the new emphasis on terrorism awareness, and renewed emphasis on emergency preparedness and emergency response may provide the right incentive for citizens to participate in Neighborhood Watch, Citizen Corps and Uniting Neighbors programs. A community-based effort, under the umbrella of Citizen Corps or United Neighbors, is the key to success. Your Watch group can truly make a difference in the community and across the nation. See <http://www.usaonwatch.org>.





FIRE CORPS (FC)

One of the Citizen Corps partner programs is Fire Corps. Fire Corps is managed by the National Volunteer Fire Council and works with various organizations that make up the Fire Corps National Advisory Committee (NAC).

Members of the Fire Corps NAC represent every major fire service organization in the nation. They provide valuable input, critical feedback, and supplementary ideas as to the direction of the program. Fire Corps is also supported by the United States Fire Administration and is funded through the Department of Homeland Security and Citizen Corps.

Together these organizations work to create valuable resources and foster programs that will bring community members into local fire and emergency service departments to assist them with non-emergency tasks.

The foundation of this national initiative to help local fire/EMS departments is the Fire Corps web site located at www.firecorps.org. This web site serves as a gateway to a compilation of information, various resources, and extended networking opportunities for both fire/EMS agencies and also citizens interested in volunteering in fire/EMS programs.

Fire Corps seeks to:

- learn about promising practices being used in existing non-operational volunteer programs;
- share this information with departments that want to expand or improve their programs;
- increase the use of non-emergency volunteers in existing programs;
- help citizens learn about and get involved in Fire Corps programs in their communities;
- help agencies without a program to get one started.



Fire Corps volunteers do not fight fires, but they support professional firefighters in many ways as they protect our homes and communities.



MEDICAL RESERVE CORPS (MRC)

Mission

The mission of the Medical Reserve Corps (MRC) is to improve the health and safety of communities across the country by organizing and utilizing public health, medical and other volunteers.

Overview

- The MRC was founded after President Bush's 2002 State of the Union Address, in which he asked all Americans to volunteer in support of their country. It is a partner program with Citizen Corps, a national network of volunteers dedicated to ensuring hometown security. Citizen Corps, along with AmeriCorps, Senior Corps, and the Peace Corps are part of the President's USA Freedom Corps, which promotes volunteerism and service nationwide.
- MRC units are community-based and function as a way to locally organize and utilize volunteers who want to donate their time and expertise to prepare for and respond to emergencies and promote healthy living throughout the year. MRC volunteers supplement existing emergency and public health resources.
- MRC volunteers include medical and public health professionals such as physicians, nurses, pharmacists, dentists, veterinarians, and epidemiologists. Many community members—interpreters, chaplains, office workers, legal advisors, and others—can fill key support positions.
- MRC units are provided specific areas to target that strengthen the public health infrastructure of their communities by the U.S. Surgeon General. These are outlined priorities for the health of individuals, and the nation as a whole, which also serve as a guide to the MRC. The overarching goal is to improve health literacy, and in support of this, he wants us to work towards increasing disease prevention, eliminating health disparities, and improving public health preparedness.
- MRC volunteers can choose to support communities in need nationwide. When the southeast was battered by hurricanes in 2004, MRC volunteers in the affected areas and beyond helped communities by filling in at local hospitals, assisting their neighbors at local shelters, and providing first aid to those injured by the storms. During this 2-month period, more than 30 MRC units worked as part of the relief efforts, including those whose volunteers were called in from across the country to assist the American Red Cross (ARC) and the Federal Emergency Management Agency (FEMA).

During the 2005 Hurricane Season, MRC members provided support for ARC health services, mental health and shelter operations. MRC members also supported the U.S. Department of Health and Human Services (HHS) response and recovery efforts by staffing special needs shelters, Community Health Centers and health clinics, and assisting health assessment teams in the Gulf Coast region. More than 1,500 MRC members were willing to deploy outside their local jurisdiction on optional missions to the disaster-affected areas with their state agencies, the ARC, and HHS. Of these, almost 200 volunteers from 25 MRC units were activated by HHS, and more than 400 volunteers from more than 80 local MRC units were activated to support ARC disaster operations in Gulf Coast areas.

The Office of the Civilian Volunteer Medical Reserve Corps (OCVMRC) is headquartered in the Office of the U.S. Surgeon General.



VOLUNTEERS IN POLICE SERVICE (VIPS)

Origin of the Volunteers in Police Service (VIPS) Program

President George W. Bush created USA Freedom Corps (USAFC) to build on the countless acts of service, sacrifice, and generosity that followed September 11. When he announced USAFC in his 2002 State of the Union address, he called on all Americans to serve a cause greater than themselves.

As a White House office, USAFC is charged with building a culture of service, citizenship, and responsibility in America. USAFC promotes and expands volunteer service in America by partnering with national service programs, working to strengthen the nonprofit sector, recognizing volunteers, and helping to connect individuals with volunteer opportunities.

Citizen Corps, a vital component of USAFC, was created to help coordinate volunteer activities to make communities safer, stronger, and better prepared to respond to any emergency situation. It provides opportunities for people to participate in a range of measures to make their families, their homes, and their communities safer from threats of crime, terrorism, and disasters of all kinds.

Citizen Corps partner programs build on the successful efforts in place in many communities around the country to prevent crime and respond to emergencies. Volunteers in Police Service (VIPS) is one of five Citizen Corps partner programs. The International Association of Chiefs of Police (IACP) manages and implements the VIPS Program in partnership with, and on behalf of, the White House Office of the USA Freedom Corps and the Bureau of Justice Assistance, Office of Justice Programs, U.S. Department of Justice.

VIPS Goals and Objectives

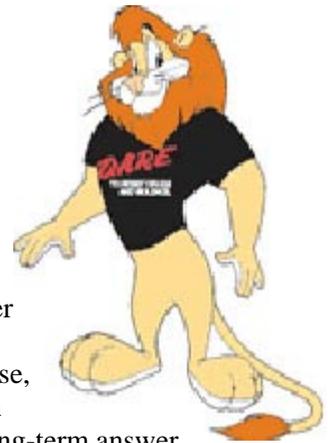
The VIPS Program provides support and resources for agencies interested in developing or enhancing a volunteer program and for citizens who wish to volunteer their time and skills with a community law enforcement agency. The program's ultimate goal is to enhance the capacity of state and local law enforcement to utilize volunteers.

Through this program, the VIPS staff seeks to:

- learn about promising practices being used in existing VIPS programs and share this information with law enforcement agencies that want to expand their programs,
- increase the use of volunteers in existing programs,
- help citizens learn about and become involved in VIPS programs in their communities, and
- help agencies without volunteer programs get them started.



NEW
DARE



What is D.A.R.E.?

D.A.R.E. stands for **Drug Abuse Resistance Education**. It is a cooperative effort by the police, schools, parents, and the community - all four working together to help our children make the right choices concerning drug use. It is designed to equip elementary, middle and high school children with knowledge about drug abuse, the consequences of abuse, and skills for resisting peer pressure to experiment with drugs, alcohol and tobacco. It is based on the premise that prevention is the only long-term answer to drug abuse. It creates a positive atmosphere for students to interact with uniformed law enforcement officers who teach the curriculum.

D.A.R.E. Provides Life Skills

D.A.R.E. lesson plans focus on four major areas:

1. Providing accurate information about drugs, alcohol and tobacco.
2. Teaching students good decision-making skills.
3. Showing students how to recognize and resist peer pressure.
4. Giving students ideas for positive alternatives to drug use.

D.A.R.E. officers work with children to raise their self-esteem, teach them how to make decisions on their own, and help them identify positive alternatives to drugs. Through role-playing, the D.A.R.E. curriculum emphasizes the negative consequences of drug use, and reinforces the skills to resist peer pressure and intimidation.

The D.A.R.E. program is usually introduced to children in the 5th or 6th grade. A specially trained officer comes into your school and teaches the children. D.A.R.E. has launched a new elementary and a new middle school curriculum this year.

Tips For Parents

- Establish family rules that make it clear that drug use will not be tolerated.
- Educate yourself about drugs, so you can talk informatively with your children and answer their questions.
- Spend time with your children listening to their concerns and showing how much you love and care for them.
- Recognize that *YOU* are their most important role model.
- Because peer pressure is a major factor in teen drug use, know your children's friends.
- Talk with other parents. Try to establish uniform rules that make access to drugs harder, such as curfew and the amount of spending money they receive.
- If a problem exists, get help! Don't say "*Not my child!*"
- Teach them about the many positive alternatives to drug use.

D.A.R.E. America official web site: <http://www.dare.com> For more information, contact your local elementary school.





radKIDS®

A National Leader

radKIDS® is the national leader in children’s safety education and provides the only holistic, practical and realistic life skills safety program available for children and parents today. radKIDS® teaches children individually in an activity based hands-on training classroom, which means every child participates in all activities.

Building On Instinct

Other safety programs give children general guidance rules, show videos or simply “talk” to the children. radKIDS® is dedicated to providing our children with a hands-on, activity-based physical skill development program empowering our children with options, not fear. radKIDS® provides our children with the instinctual options they need to recognize, avoid and if necessary respond to potential danger in their world today. radKIDS® has always believed, and it is further proved by the NCMEC study, that the first few seconds of a potentially violent encounter are critical. When a child is approached or grabbed, the response needs to be immediate, instinctual and absolute.

This instinctual response can be “taught” and enhanced through individual demonstration, training and practice. radKIDS® is dedicated to providing communities and families the tools they need to teach and empower your children with realistic options in their own personal safety.

Giving Children a Choice

Through radKIDS® training, children become empowered, learning to replace the fear, confusion, and panic of dangerous situations with confidence, personal safety skills and self-esteem. Through this hands-on educational program the lives of children are being saved. radKIDS®, as an organization, is dedicated to empowering parents, educators, police officers, and other child safety advocates in their communities with the “gift” of the radKIDS® program by training those interested in becoming Instructors in their own communities.

We encourage you to take a few moments to explore the radKIDS® website. Learn how you can [Find A Program Near You](#) or [Start a new and exciting radKIDS® Program](#) for the children and parents in your community. [Contact us](#) with any questions you may have.

A national nonprofit (501c3) educational organization, radKIDS®, Inc. is committed to providing proven and effective life saving skills to children by teaching them how to “**Resist Aggression Defensively.**”

radKIDS®: making a difference by building a safer world one child at a time.

Program Locator Web Site:

<http://radkids.org/locator/index.php?State=ut>

NEIGHBORHOOD BEAUTIFICATION

A Uniting Neighbors Program

Most Common Violations

Below are some commonly violated ordinances that every citizen should be aware of in order to both help improve the safety and beauty of our community and to avoid potential violations. Please keep these in mind and do your part to improve our community and be a good neighbor.

All-Night Winter Parking Violation

From November 1st to and including April 1st of any year, no person shall park a vehicle on any street for a period of time longer than thirty (30) minutes between the hours of 11 o'clock p.m. and 6 o'clock a.m. of any day, and during any period of snowfall when snow plows may be operating.

Failure to Remove Snow

It shall be unlawful for the owner, occupant, lessor, or agent of any property, abutting on a paved sidewalk to fail to remove, or have removed from such paved sidewalk, all hail, snow, or sleet thereon within a reasonable time after such snow, hail or sleet has fallen. (24 hours)

It shall be unlawful for any person removing snow from the sidewalk, to deposit dirt, leaves, or any other material in the gutter so as to clog or prevent the free flow of water.

Real Property To Be Kept Clean

It is an infraction for any person owning or occupying real property to allow weeds to grow higher than six (6) inches on such property than is permitted by this part or not to remove from any such property any cuttings of such weeds or any refuse, unsightly or deleterious objects after having been given notice.

Definition of Nuisance on Property

For the purpose of this part, the term "nuisance" is defined to mean any condition of use of premises or building exteriors which are deleterious or injurious, noxious or unsightly which includes, but is not limited to keeping or depositing on or scattering over the premises any of the following:

- A. Lumber, junk, trash, or debris.
- B. Abandoned, discarded or unused objects or equipment such as furniture, stoves, refrigerators, freezers, cans, containers, automobiles, or machinery.

IT'S UP TO YOU!!



STORM-WATER POLLUTION

Storm-water runoff is precipitation from rain or snowmelt that flows over the ground. As it flows, it can pick up debris, chemicals, dirt, and other pollutants and deposit them into a storm sewer system or water body.

Anything that enters a storm sewer system is discharged *untreated* into the water bodies we use for swimming, fishing, and providing drinking water.

Remember: Only Rain Down The Drain

To keep the storm-water leaving your home or workplace clean, follow these simple guidelines:

- Use pesticides and fertilizers sparingly.
- Repair auto leaks.
- Dispose of household hazardous waste, used auto fluids (antifreeze, oil, etc.), and batteries at designated collection or recycling locations.
- Clean up after your pet.
- Use a commercial car wash or wash your car on a lawn or other unpaved surface.
- Sweep up yard debris rather than hosing down areas. Compost or recycle yard waste when possible.
- Clean paint brushes in a sink, not outdoors. Properly dispose of excess paints through a household hazardous waste collection program.
- Sweep up and properly dispose of construction debris like concrete and mortar.

For more information or to report an illegal discharge of pollutants, call Davis County at 801-451-3296. Find out what you can do to eliminate storm-water pollution, go to <http://www.epa.gov/npdes/stormwater>



WATER POLLUTION

Water pollution degrades surface waters making them unsafe for drinking, fishing, swimming, and other activities.

As authorized by the Clean Water Act, the **National Pollutant Discharge Elimination System (NPDES)** permit program controls water pollution by regulating point sources that discharge pollutants into waters of the United States.

Point sources are discrete conveyances such as pipes or man-made ditches. Individual homes that are connected to a municipal system, use a septic system, or do not have a surface discharge do not need an NPDES permit; however, industrial, municipal, and other facilities must obtain permits if their discharges go directly to surface waters. In most cases, the NPDES permit program is administered by authorized states. Since its introduction in 1972, the NPDES permit program is responsible for significant improvements to our Nation's water quality.

Wet Weather Discharges

“Wet weather discharges” refers collectively to point source discharges that result from precipitation events, such as rainfall and snowmelt. Wet weather discharges include storm water runoff, combined sewer overflows (CSOs), and wet weather sanitary sewer overflows (SSOs). Storm water runoff accumulates pollutants such as oil and grease, chemicals, nutrients, metals, and bacteria as it travels across land. CSOs and wet weather SSOs contain a mixture of raw sewage, industrial wastewater and storm water, and have resulted in beach closings, shellfish bed closings, and aesthetic problems.

Sanitary Sewer Overflows

Properly designed, operated, and maintained sanitary sewer systems are meant to collect and transport all of the sewage that flows into them to a publicly owned treatment works. However, occasional unintentional discharges of raw sewage from municipal sanitary sewers occur in almost every system. These types of discharges are called sanitary sewer overflows (SSOs). SSOs have a variety of causes, including but not limited to severe weather, improper system operation and maintenance, and vandalism. EPA estimates that there are at least 40,000 SSOs each year. The untreated sewage from these overflows can contaminate our waters, causing serious water quality problems. It can also back-up into basements, causing property damage and threatening public health.



THE INVISIBLE KILLER

U.S. Consumer Product Safety Comm.
Washington, DC 20207
Govt. Printing Office: 1993 0-356-764
CPSC Document #464

Dizziness-
An early symptom
of CO Poisoning!



The U.S. Environmental Protection Agency suggests that if you suspect that you are experiencing carbon monoxide poisoning, get fresh air immediately. Open windows and doors for more ventilation, turn off any combustion appliances, and leave the house. You could lose consciousness and die from carbon monoxide poisoning if you do nothing. It is also important to contact a doctor IMMEDIATELY for a proper diagnosis. Remember to tell your doctor that you suspect carbon monoxide poisoning is causing your problems. Prompt medical attention is important.

Proper attention and maintenance of combustion appliances in the home is most important in reducing the risk of carbon monoxide poisoning. A carbon monoxide detector can provide added protection, but is no substitute for proper use and upkeep of potential carbon monoxide sources. No detector is 100% reliable, and some individuals may experience health problems at levels of carbon monoxide below the detection sensitivity of these devices.

See also - the Consumer Product Safety Commission's Carbon Monoxide Detectors Can Save Lives: Safety Alert: Discusses how (CO) detectors can save your life describes the symptoms of CO poisoning - <http://www.cpsc.gov/cpsc/pub/pubs/5010.html> (CPSC Document #5010).

If you have questions about carbon monoxide or other indoor air quality concerns, call the **Indoor Air Quality Information Clearinghouse [IAQINFO]** at 1-800-438-4318, or write them at IAQ INFO, P.O. Box 37133, Washington, DC 20013-7133 or via e-mail at: iaqinfo@aol.com.

Carbon Monoxide is the "invisible" killer. Carbon monoxide is a colorless and odorless gas. Every year more than 100 people in the United States die from unintentional exposure to carbon monoxide associated with consumer products.

To report a dangerous product or a product-related injury, call the Consumer Product Safety Commission's (CPSC) hotline at (800) 638-2772 or CPSC teletypewriter at (800) 638-8270. Consumer can obtain recall information at CPSC's web site - <http://www.cpsc.gov> Consumers can report product hazards to: info@cpsc.gov

INDOOR AIR QUALITY

What Causes Indoor Air Problems?

Indoor pollution sources that release gases or particles into the air are the primary cause of indoor air quality problems in homes. Inadequate ventilation can increase indoor pollutant levels by not bringing in enough outdoor air to dilute emissions from indoor sources and by not carrying indoor air pollutants out of the home. High temperature and humidity levels can also increase concentrations of some pollutants.

Pollutant Sources

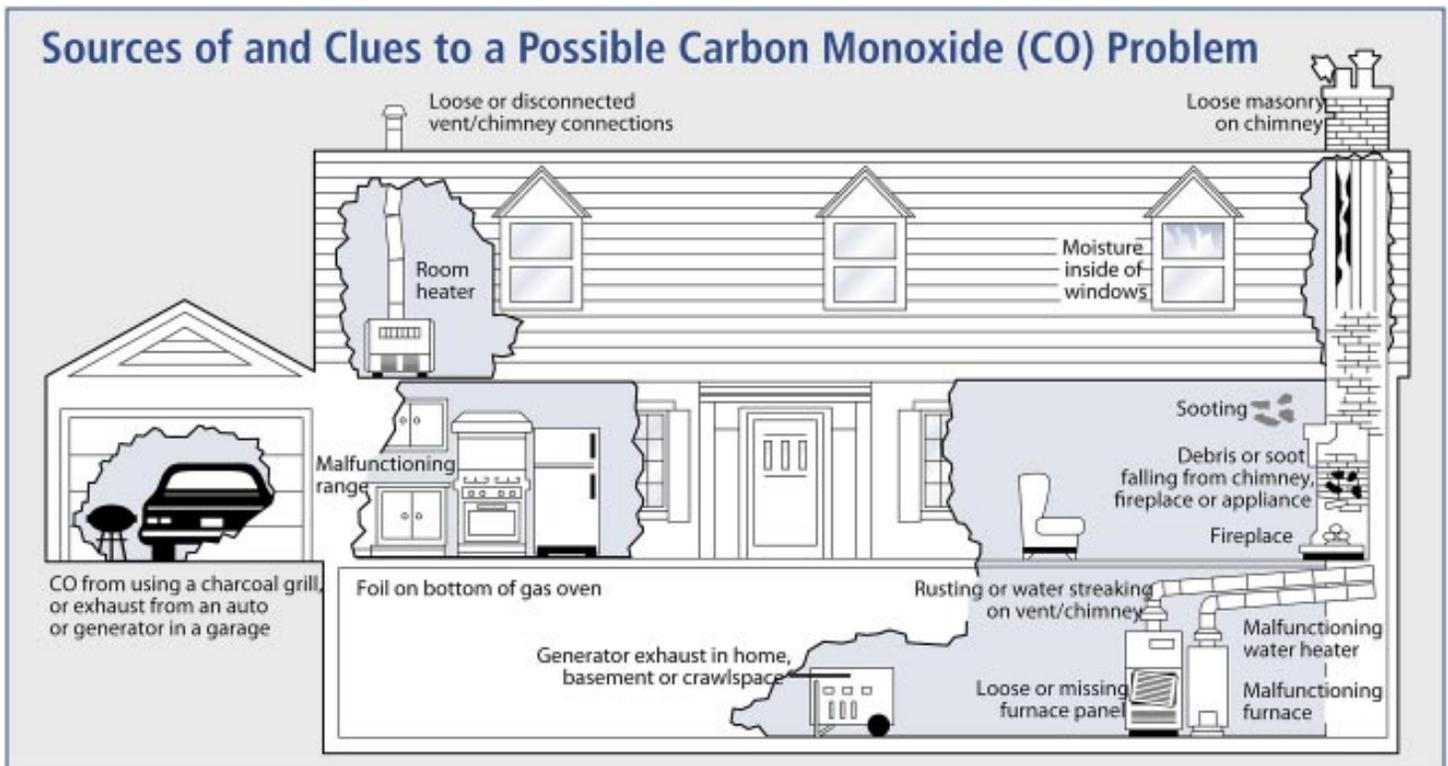
There are many sources of indoor air pollution in any home. These include combustion sources such as oil, gas, kerosene, coal, wood, and tobacco products; building materials and furnishings as diverse as deteriorated, asbestos-containing insulation, wet or damp carpet, and cabinetry or furniture made of certain pressed wood products; products for household cleaning and maintenance, personal care, or hobbies; central heating and cooling systems and humidification devices; and outdoor sources such as radon, pesticides, and outdoor air pollution.

The relative importance of any single source depends on how much of a given pollutant it emits and how hazardous those emissions are. In some cases, factors such as how old the source is and whether it is properly maintained are significant. For example, an improperly adjusted gas stove can emit significantly more carbon monoxide than one that is properly adjusted.

Some sources, such as building materials, furnishings, and household products like air fresheners, release pollutants more or less continuously. Other sources, related to activities carried out in the home, release pollutants intermittently. These include smoking, the use of unvented or malfunctioning stoves, furnaces, or space heaters, the use of solvents in cleaning and hobby activities, the use of paint strippers in redecorating activities, and the use of cleaning products and pesticides in housekeeping. High pollutant concentrations can remain in the air for long periods after some of these activities.

Amount of Ventilation

If too little outdoor air enters a home, pollutants can accumulate to levels that can pose health and comfort problems. Unless they are built with special mechanical means of ventilation, homes that are designed and constructed to minimize the amount of outdoor air that can “leak” into and out of the home may have higher pollutant levels than other homes. However, because some weather conditions can drastically reduce the amount of outdoor air that enters a home, pollutants can build up even in homes that are normally considered “leaky.”



SMOKE-FREE HOMES



Secondhand Smoke Can Cause Children To Suffer Serious Health Risks

Breathing **secondhand smoke** can be harmful to children's health including asthma, Sudden Infant Death Syndrome (SIDS), bronchitis and pneumonia and ear infections. Children's exposure to secondhand smoke is responsible for: (1) increases in the number of asthma attacks and severity of symptoms in 200,000 to 1 million children with asthma; (2) between 150,000 and 300,000 lower respiratory tract infections (for children under 18 months of age); and, (3) respiratory tract infections resulting in 7,500 to 15,000 hospitalizations each year.

The developing lungs of young children are severely affected by exposure to secondhand smoke for several reasons including that children are still developing physically, have higher breathing rates than adults, and have little control over their indoor environments. Children receiving high doses of secondhand smoke, such as those with smoking mothers, run the greatest risk of damaging health effects.

A few basic actions can protect children from secondhand smoke:

- Choose not to smoke in your home and car and do not allow family and visitors to do so. Infants and toddlers are especially vulnerable to the health risks from secondhand smoke.
- Do not allow childcare providers or others who work in your home to smoke.
- Until you can quit, choose to smoke outside. Moving to another room or opening a window is not enough to protect your children.

For more information on secondhand smoke, see EPA publications and/or dial: 1-866-SMOKE-FREE (1-866-766-5337).



You can become a child's hero by keeping a smoke-free home and car. Secondhand smoke can cause children to suffer bronchitis, pneumonia, ear infections and more severe asthma attacks.

Special Thanks

**to the following individuals and businesses for
their financial support.**



