

WHAT TO DO IN AN EMERGENCY



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EMERGENCIES HAPPEN MORE OFTEN THAN YOU THINK

THEY MAY RESULT FROM:

Natural Causes

These include:

- Fire (forest fire, etc.)
- Water (flood, etc.)
- Wind (hurricane, etc.)
- Other weather conditions
- Earthquake

Other Causes:

- Fires caused by electrical defects, carelessness, etc.
- Structures or materials affected by natural conditions (collapsed buildings, fallen power lines, etc.).

EMERGENCY SITUATIONS ARE DANGEROUS!

Each year, emergencies injure or kill thousands of people, destroy property and affect countless lives

The information in this booklet does not necessarily describe particular situations you may encounter and is not intended as a substitute for the expertise and judgment of qualified health care professionals.

KNOW WHAT TO DO IN AN EMERGENCY

Find out what to do in an emergency **before** it happens! This booklet outlines some general precautions and safety measures, but in any emergency, it's up to YOU to determine what action is appropriate.

You must:

KEEP CALM

In an emergency situation, it's vital to think clearly and react quickly. A person who panics is using emotions rather than brain power to make decisions.

ACT QUICKLY

Decide on the best action and DO IT. In an emergency, people need leaders. Be one.

BE PREPARED FOR THE FOLLOWING POTENTIAL EMERGENCIES...

THUNDERSTORM

DON'T PANIC - DO TAKE PRECAUTIONS!

KNOW WHAT TO DO:

- If outside, get into a building, car or bus.
- If in a forest, pick a low area under thick, small trees.
- If swimming or boating, get out of the water immediately.
- If in an open area, head for low ground, such as a valley or ravine, or crouch down.

KNOW WHAT NOT TO DO:

- Don't touch metal objects, such as bicycles, fences, golf clubs, appliances
- Don't go near trees, poles, hills, clotheslines, overhead wires, metal pipes, water.
- Don't congregate with other people – spread out.
- Don't use the telephone except in an emergency.

Note: any time you're traveling by car and you encounter downed power lines, don't get out of the car or drive close to the wires.

FIRE

THERE'S USUALLY NO WARNING BEFORE A FIRE, SO BE PREPARED TO ACT QUICKLY.

House Fires:

Install smoke detectors on each level of your home and outside sleeping areas. Test them monthly, and replace batteries regularly.

MAKE A FIRE ESCAPE PLAN FOR YOUR HOME

- Have 2 escape paths from each room.
- Pick an outdoor meeting place.
- Hold fire drills regularly to practice your plan.

IF YOU SMELL SMOKE OR HEAR AN ALARM, FOLLOW YOUR ESCAPE PLAN

- Stay low (smoke rises)
- Feel doors before opening. If cool and no smoke is seeping in, open slowly.
- Use another exit if the door is warm or smoke is seeping in.
- Go to your meeting place and stay there. Never go back inside.

PREVENT FIRES

- Don't let trash accumulate.
- Store flammable liquids outside in special containers.
- Keep electrical appliances and wiring in good repair.

Forest or Brush Fires:

BE INFORMED

Listen to local radio/TV. Follow emergency instructions.

HAVE AN EVACUATION PLAN

- Be ready to flee immediately.
- Locate safe areas (lakes, rivers, etc.) in advance.
- Plan how to get in touch with family if separated.

WINTER STORM

BE FOREWARNED

Listen to local radio/TV

- A storm watch means that severe winter weather may affect your area.
- A storm warning indicates that severe winter weather conditions are definitely on the way – take precautions.

BE PREPARED AT HOME

- Stock up on food, water, fuel, flashlights, spare batteries.
- Have a portable radio handy.

BE CAREFUL ON THE ROAD

- Travel only if necessary. Keep your gas tank full. Use chains or snow tires. Use main roads. Notify someone of your estimated arrival time.
- If stuck, stay in the car and wait for help. Run engine and heater sparingly; keep windows slightly open.
- Keep blankets, flares, etc., in trunk for emergencies.

BE SAFE OUTSIDE

- Dress in lightweight, loose-fitting layered clothing.
- Beware of hidden ice, falling trees, branches and wires.
- Avoid overexertion.

FLOOD

Flooding can occur anytime. Listen to local radio/TV for warnings and instructions.

Get Ready

- Fill your car with gas.
- Store extra water and food (nonperishable) in case supermarkets are closed or water is contaminated.
- Have portable radio, extra batteries and flashlights handy.

If a Flood Occurs

- **AT HOME** – If you're on high ground, stay inside. Listen to local radio or TV. If advised to evacuate, turn off electricity, gas, water. Lock the doors.
- **WHEN EVACUATING** – Follow official instructions. Listen to local radio/TV for recommended routes. Bring important papers, medication, etc. Watch out for washouts, fallen wires, etc. Drive slowly in water; abandon vehicle if water is too high. If on foot, don't cross flooded areas if water is above ankles.

Flash Floods

Can occur anywhere when it rains – with little or no warning.

KEEP INFORMED – Listen to weather reports and bulletins. Watch out for rising rivers and streams.

HAVE A PLAN – Keep away from waterways during heavy rain. Know how to get to high ground fast.

ACT AT ONCE – When authorities tell you to leave – GO!

Choose a safe area in advance in case you must evacuate.

EARTHQUAKE

Earthquakes can occur anywhere, at any time, but they're most common in the western U.S.

THE GREATEST DANGER is from falling debris, and, in coastal areas, from tsunamis. (These are seismic sea waves, sometimes mistakenly called tidal waves).

IF INSIDE

- Don't run outside. Stand in a doorway, get under heavy furniture, or sit or stand against an inside wall (basement is best).
- Turn off gas and power.
- Keep away from windows.
- Don't use elevators.

IF OUTDOORS

- Stay away from buildings, power lines, chimneys, walls and windows.
- If driving, park in the safest possible spot, and stay low in the car.

IF IN LOW-LYING COASTAL AREA

- Listen to local radio/TV.
- Follow instructions (you may have to evacuate to high ground).

AFTER A QUAKE

- Aftershocks may occur for several days. Stay out of damaged areas!
- Don't drive unless necessary.
- Report broken gas or power lines, water mains, etc. immediately.
- Don't use matches, candles or open flame.
- Listen to local radio/TV for instructions.

TERRORIST INCIDENT

It usually happens without any warning. Here are some safety tips.

BEFORE:

- If you are in a public place, be aware of your surroundings. Know where emergency exits are located.
- When traveling, stay alert. Report any suspicious behavior or unattended items to the proper authorities.
- At home, keep emergency supplies on hand. Consider keeping a portable emergency kit handy when away from home.

DURING:

- Stay calm
- Exit a public place as soon as you can do so safely. Follow the emergency escape plan, if possible.
- In a fire, stay low to the floor. Cover your nose and mouth with a wet cloth. Follow the fire escape plan.

AFTER:

- If trapped in debris, use a whistle or flashlight, or tap against a wall to tell rescuers where you are. Don't yell as you may breathe in dust or smoke.
- Don't attempt to rescue people in buildings or debris. Wait for trained emergency personnel.
- Continue to listen to the radio or TV for instructions.

BIOLOGICAL OR CHEMICAL AGENTS

Incidents involving these can happen without being detected. Stay calm. Authorities will advise you about what to do as soon as they can. Anyone affected by a chemical or biological agent should get immediate medical help.

LEARN FIRST AID

FRACTURES

- Don't move victim unless absolutely necessary. Don't ask the person to move the injured area.
- Get medical help. If it's not readily available, splint the fracture, moving the broken bone as little as possible.
- Use a board, rolled newspapers or magazines, or another stiff material that extends above and below the injured area.
- Put padding between the skin and the splint. Also put padding at the ends of the splint.

- Tie the splint in place. Tie it snugly, but not too tightly. You should be able to feel the pulse at the end of the limb.
- Caution: never try to straighten a bone or push a protruding bone end back inside the skin. You could cause further damage. Cover the protruding bone end with a sterile cloth.

MINOR BURNS

- Immerse burn in cool water until burned area feels cool.
- Cover burn with a dry, sterile dressing that won't stick to the burn.
- Never put butter or grease on a burn.

MAJOR BURNS

- Get immediate medical care if a burn is severe or covers a large area.
- Do not remove clothing that sticks to a burn.
- Cover the burn loosely with a dry, sterile cloth or dressing.
- Do not put any medicine or other substance on the burn.

BLEEDING

- Wash your hands before caring for the wound. Wear latex or other medical examination gloves.
- Cover the wound with a clean cloth, sterile gauze pad or tissue.
- Apply pressure for several minutes to help stop bleeding.
- Raise the injured area above the victim's heart, if possible.
- Gently clean the wound with mild soap and water. Apply a sterile bandage. Get medical help if the bleeding is severe or does not stop, or if the wound is deep or has dirt in it.
- **These tips are not a substitute for qualified medical care. In an emergency, get medical help as soon as possible.**

KEEP BASIC SUPPLIES HANDY FOR ALL EMERGENCIES

Emergency light sources – battery powered lanterns and flashlights, plus extra fresh batteries

First-aid kit containing various bandages, antiseptic, etc. (plus any medications that must be taken regularly)

Portable Radio and extra batteries

Baby supplies if needed

Nonperishable food such as canned meats, vegetables, fruits and juices – enough for several days – and a non-electric can opener

Water stored in plastic jugs or other covered containers. Plan on one gallon per person per day for drinking.

MAKE A RECORD

Make a record of your belongings to prove ownership and establish value for possible insurance claims. List dates of purchase, costs, serial numbers, other identifying features for cars, appliances, jewelry and other valuables. Keep one copy at home and one in a safe deposit box or other safe place outside your home.

EMERGENCY PHONE INFORMATION

Call 911 for help in an emergency. Post the number by the phone, and teach young children to use it.

Keep other important numbers handy, such as civil defense, parent's work, family health care providers and child's school.

Remember, preparation is the key! For more information, contact Gallatin County Disaster and Emergency services at (406) 582-2350 or www.bozeman.net/des, or the Federal Emergency Management Agency (FEMA) at www.fema.gov.