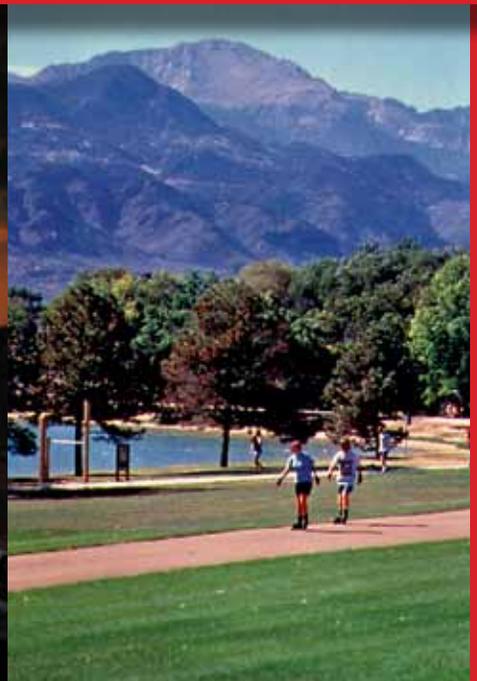




# **Colorado Springs Emergency Preparedness and Safety Guide**



## My Contact Information

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

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Telephone Number \_\_\_\_\_

E-mail Address \_\_\_\_\_

### My Emergency Contact

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Telephone Number \_\_\_\_\_

E-mail Address \_\_\_\_\_

### My Out-of-Town Contact

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Telephone Number \_\_\_\_\_

E-mail Address \_\_\_\_\_

### My Neighborhood Meeting Place

Street 1 \_\_\_\_\_

Street 2 \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Telephone Number \_\_\_\_\_

# Emergency Preparedness and Safety Guide

<b>Emergency Management in Colorado Springs</b> .....	1
Services Provided .....	1
Mitigation.....	1
Preparedness.....	1
Response .....	2
Recovery .....	2
<b>How to Use This Guide</b> .....	2
<b>Why This Guide is Important</b> .....	3
<b>Emergency Communications</b> .....	4
Emergency Alert System.....	4
El Paso-Teller County Enhanced 911.....	4
Emergency Notification System .....	4
National Weather Service .....	5
Colorado Springs National Weather Radio Station .....	5
<b>Reporting Emergencies</b> .....	5
When to call 911 .....	5
When calling 911 .....	5
Be prepared to answer these questions .....	5
<b>What is Emergency Preparedness?</b> .....	6
<b>Before an Emergency</b> .....	7
Get a Kit.....	7
Make a Plan .....	8
Be Informed.....	11
Get Involved.....	13
<b>During an Emergency</b> .....	14
Sheltering .....	14
Evacuation.....	14
Utility Considerations.....	15
<b>After an Emergency</b> .....	16
Emotional Recovery .....	16
Recovery for Children.....	16
<b>Types of Emergencies</b> .....	17
<b>Natural Hazards</b> .....	18
Extreme Heat .....	18
Flood.....	18
Landslide or Debris Flow .....	19
Landslide Warning Signs.....	19
Thunderstorms and Lightning .....	20
Tornadoes .....	20
Wildfire .....	21
Winter Storm.....	22
<b>Other Hazards</b> .....	23
Hazardous Materials .....	23
Household Chemical Emergency .....	24
Power Outage.....	25
<b>Public Health Hazards</b> .....	26
Pandemic Influenza and H1N1 .....	26
<b>Terrorism</b> .....	27
Chemical Weapon .....	27
Biological Weapon.....	27
Radiological or Nuclear Device .....	27
Explosive Device .....	29
Cyber Threat.....	29
<b>Personal Safety and Awareness</b> .....	30
<b>Outdoor Recreation</b> .....	32
Bicycling .....	32
Skateboarding and Rollerblading .....	33

**Living with Wildlife** .....34

Bears .....34

Coyotes.....35

Deer .....35

Mountain Lions .....36

Snakes .....37

Spiders .....37

**Transmittable Animal Diseases** .....38

Hantavirus and Plague .....38

West Nile Virus.....39

Rabies .....40

**First Aid**.....41

CPR.....42

Anaphylaxis .....44

Burns .....44

Choking.....45

Cuts and Scrapes.....46

Electric Shock .....46

Fainting.....47

Frostbite .....47

Heat Exhaustion.....47

Heatstroke .....48

Hypothermia.....48

Insect Bites and Stings .....49

Nosebleeds.....49

Poisoning.....50

Shock.....50

Snake Bite .....50

Stroke.....51

Sunburn.....51

Tooth Loss.....51

**Resources**

Emergency Planning.....52

Evacuation Planning .....54

Children’s Activity Survival Kit .....55

Emergency Supply Evacuation Bags .....55

Pet and Service Animal Evacuation Planning .....56

Additional Animal Evacuation Considerations .....58

Car Survival Kit.....59

Power Outage Preparation.....59

Water and Food Storage.....60

My READY Profile.....62

Important Documents .....63

Family Communications Plan.....64

Household Plan.....66

Plan For Disability and Access and Functional Needs.....68

Action Checklist for Individuals with Disabilities or Access and Functional Needs .....70

Hospitals and Urgent Care Centers in Colorado Springs .....71

**For additional copies of this guide, please contact the Colorado Springs Office of Emergency Management**  
**375 Printers Parkway • Colorado Springs CO • 80910**  
**(719) 385-5957**  
**[oem@springsgov.com](mailto:oem@springsgov.com)**

# Emergency Management in Colorado Springs

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

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

## Services Provided

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

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

## Mitigation

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

## Preparedness

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

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

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



## Response

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



## Recovery

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

## How to Use This Guide

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

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

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

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

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

## Why This Guide is Important

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

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

### ***Learning about possible emergency events in your community***

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

### ***Enrolling in personal safety and emergency response training courses***

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

### ***Being aware of the environment and related outdoor activities***

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

### ***Preparing emergency supply kits and household emergency plans***

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

### ***Reducing hazards in and around residences.***

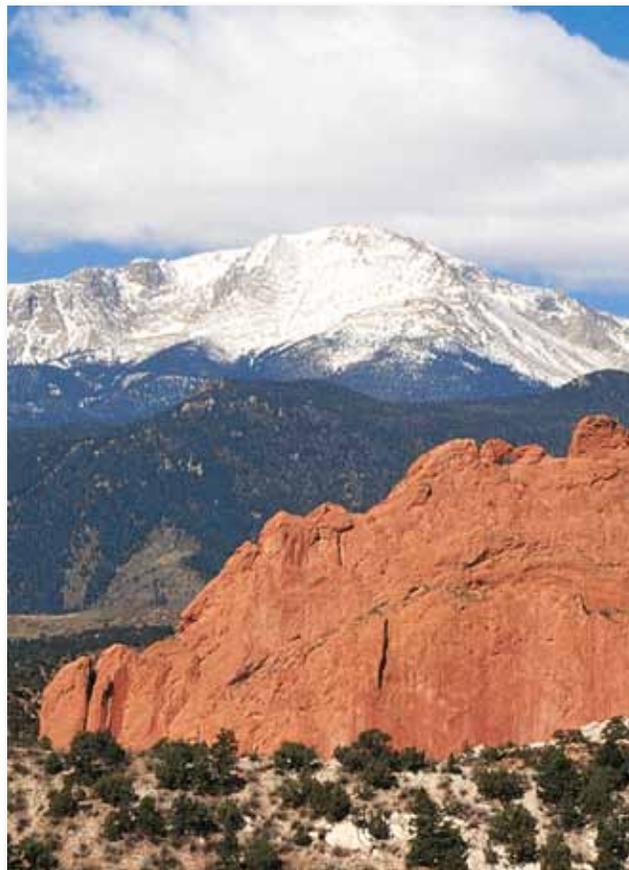
By taking simple actions, such as raising utilities above flood level, securing objects during high winds and learning about proper use and storage of household chemicals, people can reduce the amount of potential damage caused by an emergency or disaster.

### ***Monitoring emergency communications carefully***

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

### ***Volunteering with an established organization***

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



# Emergency Communications

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

## Emergency Alert System

Source: Colorado State Emergency Communications Committee

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

## El Paso-Teller County Enhanced 911

Source: El Paso-Teller County Enhanced 911

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

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



**Cell Phone Emergency Notification System**

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

[www.elpasoteller911.org](http://www.elpasoteller911.org)

## Emergency Notification System

Source: El Paso-Teller County Enhanced 911

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

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

### How to prepare for notification

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

### What to expect when you get a call

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

### What if you do not answer

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

## National Weather Service

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

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

### Weather Radios

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

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

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

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

## Reporting Emergencies

### Call 911 when you

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

### When calling 911

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

### Be prepared to answer these questions

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

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

#### Observe the suspect

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

#### Observe the vehicle

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

**Do not actually call 911 to practice with your children. Help your children practice dialing and talking to 911 by playing the 911 game on the web at [www.firepals.com](http://www.firepals.com).**

# What is Emergency Preparedness?

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

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

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



# Before an Emergency

## Get a Kit

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

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

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

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

Additional information is available at [www.springsgov.com](http://www.springsgov.com), [www.readycolorado.org](http://www.readycolorado.org), and [www.ready.gov](http://www.ready.gov). Ready.gov also provides helpful instructional videos.



## Family Records and Financial Recovery

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

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

Additional considerations beyond the checklist may include:

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

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

## Sign Up for Electronic Benefit Payments

A large-scale disaster can disrupt mail service and the delivery of benefit payments for days or even weeks. If you receive Federal benefit payments, the U.S.

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

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

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

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

## Make a Plan

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

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

## Individual and Family Plans

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



### Some of the basics to help you get started:

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

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

## Planning for Infants, Toddlers and Children

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



### You can help prepare your children:

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

### Infants and toddlers require special attention:

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

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

## Planning for Military Families

Source: FEMA

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

### Considerations for all military personnel and families:



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

### Additional resources for military families:

- Military family preparedness at [www.ready.gov/military](http://www.ready.gov/military)
- Ready Army at [www.acsim.mil/readyarmy](http://www.acsim.mil/readyarmy)
- CNIC Fleet and Family Readiness at [www.cnic.navy.mil](http://www.cnic.navy.mil)
- Air Force Be Ready at [www.beready.af.mil](http://www.beready.af.mil)
- Ready Coast Guard at [www.uscg.mil/worklife/ready.asp](http://www.uscg.mil/worklife/ready.asp)

## Planning for People with Disabilities and Access and Functional Needs

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

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

### Create a support network

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



### Planning considerations:

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

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

### Medications and medical supplies:

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

### Additional emergency documents:

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

### Plan to evacuate:

- Have a plan for getting out of your residence, worksite, or building.
  - Have an escape chair and ensure multiple family members, neighbors, and coworkers are trained on its use and are able to assist you.
  - Ask property management to mark accessible exits clearly and to arrange to help you leave the building.

- Plan two evacuation routes because roads may be closed or otherwise impassible during an emergency event.
- Keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, prescriptions, food for service animals, and any other items you might need.
- Be sure to make provisions for medications that require refrigeration.
- Keep a list of the type and model numbers of the medical devices you require.
- Wear medical alert tags or bracelets to identify your disability.

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

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

### The City of Colorado Springs and El Paso County Access and Functional Needs Registry

An Access and Functional Needs Registry is available for El Paso County residents who may not be able to evacuate without assistance to provide information to emergency response agencies so those agencies can better plan to serve them in a disaster or other emergencies. The information community members provide to the registry will not be available to the public and will only be shared with emergency response agencies to improve their ability to serve and protect. Participation in this registry is voluntary.

Information on eligibility requirements and the benefits of participating in this registry may be obtained by dialing 2-1-1.

### Preparing For Pets and Other Animals

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

## People who use service animals

Service animals are guide dogs, signal dogs, or other animals individually trained to provide assistance to an individual with a disability or access and functional need. If they meet this definition, animals are considered service animals under the ADA regardless of whether they have been licensed or certified by a state or local government. Service animals are a critical component of an emergency preparedness plan for users of service animals. Emergency preparedness plans should address the health, welfare, and safety of the service animal, as well as ways to have the service animal assist the individual in emergencies.



## Additional resources for animals:

- See page 56-57 for pet evacuation preparedness and page 58 for pets and large animal evacuation.
- Humane Society of the Pikes Peak Region, 610 Abbott Lane, Colorado Springs CO 80905, 719-473-1741 or at [www.petfinder.com/shelters/CO125.html](http://www.petfinder.com/shelters/CO125.html)
- READYColorado at [www.readycolorado.com](http://www.readycolorado.com).
- PetAid Colorado at [www.petaidcolorado.org](http://www.petaidcolorado.org).

## Be Informed

### How to Prepare In Your Community

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

### Schools and Daycares

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

## Neighbors Helping Neighbors

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

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

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

## Individual Preparedness in the Workplace

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

## What employees should do to prepare:

- Learn and practice emergency plans.
- Know at least two exits from each room.
- Be able to escape in the dark by knowing how many desks, cubicles, or doorways are between your workstation and two of the nearest exits.
- Know the post-evacuation meeting location.
- Know the location of fire extinguishers and how to use them.
- Make a list of important personal numbers. Keep a printed list at your desk or near other phones. Do not rely on electronic lists, direct-dial phone numbers, or computer organizers that may not work in an emergency.
- Gather personal emergency supplies in a desk drawer. Include a flashlight, walking shoes, dust mask, water, and non-perishable food.
- Report damage or malfunctions to the fire alarms or other safety systems.
- Never lock or block fire exits or doorways.

## Preparedness Tips

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

- Keep fire doors closed to slow the spread of smoke and fire.
- Determine how you will help each other in the event that public transportation is unavailable or roadways are impassable.
- Consider offering to temporarily house, transport, or feed your co-workers in case of emergency.

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

## Get Involved

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

### Community Emergency Response Training (CERT)

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



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

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

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

## American Red Cross



**American  
Red Cross**

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

## Colorado Division of Emergency Management

The Colorado Division of Emergency Management offers numerous training opportunities throughout the year. Information on their training and exercise calendars is available at their website, [www.coemergency.com](http://www.coemergency.com).

## Federal Emergency Management Agency (FEMA)

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

## Neighborhood Watch

Source: Colorado Springs Police Department

A Neighborhood Watch is a group of neighbors who are willing to communicate with each other and pass along information. The group fosters education on crime prevention and watches for suspicious activity and reports the activity to law enforcement.

A Neighborhood Watch group involves all the houses on one street facing one another, cul-de-sacs and greenbelts, which usually consists of 10-25 households.

Each Neighborhood Watch group has a block captain who is a direct liaison with the Police Department through the Division Crime Prevention Officer. Your Division Crime Prevention Officer can provide crime prevention information, current crime statistics for your neighborhood, and a list of all registered sex offenders living in your area. The block captain also distributes information from the Police Department to the neighbors.

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



## City of Colorado Springs CART (Community Animal Response Team)

The City of Colorado Springs Community Animal Response Team (CART) is looking for volunteers to work with Equine/Large Animals and Small Animals/Pets. CART volunteers may be called upon to assist during emergencies requiring rescue, evacuation, and sheltering of horses and pets. CART meets regularly and members receive training on a regular basis. Animal Emergency Responders may be police officers, firefighters, animal control officers, and community member volunteers. CART is a joint effort of the Colorado Springs Office of Emergency Management and Police Department. Please contact the Volunteer Coordinator of the Community Advancing Public Safety (CAPS) program at [www.springsCAPS.org](http://www.springsCAPS.org) for information or to submit an application.

## Community Advancing Public Safety (CAPS)

The City of Colorado Springs Police and Fire Departments



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

For more information contact CAPS at [www.springsCAPS.org](http://www.springsCAPS.org)

## Volunteer

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

## Additional Resources on Volunteering

- Volunteer Pikes Peak at [www.volunteerpikespeak.org](http://www.volunteerpikespeak.org)
- Pikes Peak United Way at [www.ppunitedway.org](http://www.ppunitedway.org)

## During an Emergency

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

### Sheltering

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

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

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

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

## Evacuation

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

### Steps for evacuating

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

### Additional information on evacuation

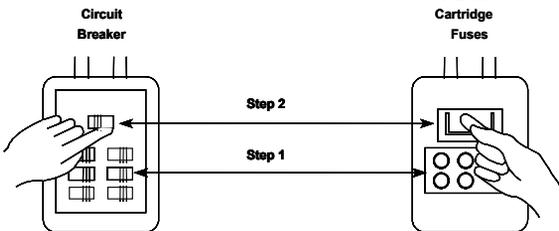
- Colorado Springs Evacuation Tips on page 54-55.
- Colorado Springs Utilities at 719-448-4800 or [www.csu.org](http://www.csu.org).
- Information on assisting people with disabilities or access and functional needs during an evacuation is available at READYColorado, [www.readycolorado.com](http://www.readycolorado.com), or FEMA, [www.fema.gov/plan/prepare/specialplans.shtm](http://www.fema.gov/plan/prepare/specialplans.shtm).
- Information on planning for animals is available from PetAid Colorado at [www.petaidcolorado.org](http://www.petaidcolorado.org) and READYColorado at [www.readycolorado.com](http://www.readycolorado.com).

## Utility Considerations During an Emergency

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

### Electricity

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



**Circuit Box with Shutoff**

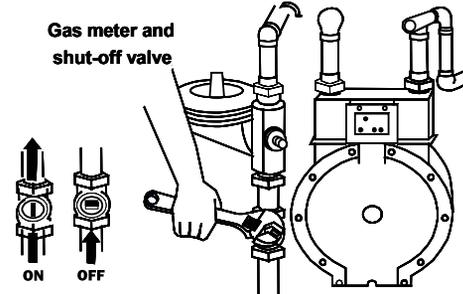
- Step 1 – Shut off individual breakers.
- Step 2 – Shut off the main breaker.
- To reset a circuit breaker, first turn it to off and then flip it to on.

**Fuse Box with Shutoff**

- Step 1 – Pull out individual fuses.
- Step 2 – Pull out main fuse.

### Natural Gas

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

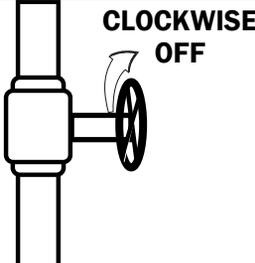


- The main shut-off valve is located next to your meter on the inlet pipe.
- Use a crescent or pipe wrench and give the valve a quarter turn in either direction.
- The valve will now run crosswise on the pipe. The line is closed.

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

### Water

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



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

## Reconnecting Utilities

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

## After an Emergency

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

### *Consider these general tips to take after an emergency event*

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

### *Disasters may cause a wide variety of safety issues*

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

## Emotional Recovery

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

### *Reactions vary from person to person and may include*

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

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

## Recovery for Children

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

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

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



## **Actions common to all types of hazards**

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

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

## **Types of Emergencies**

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



## Natural Hazards

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

### Extreme Heat

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



#### Before extreme heat

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

#### During a heat emergency

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

## Flood

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

### Flood Facts

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

#### Before a flood

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

#### During a flood

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



## After a flood

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

## Landslide or Debris Flow

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



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

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

### Before a landslide or debris flow

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

### During a landslide or debris flow

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

## Landslide Warning Signs

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

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

### After a landslide or debris flow

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

### Protect your residence

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

## Thunderstorms and Lightning

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



### Before a thunderstorm

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

### During a thunderstorm avoid

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

### Lightning Facts

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

### If you are outside

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



## Tornadoes

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



### Before a tornado

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

### If you are in a structure

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

## ***If you are in a vehicle, trailer or mobile home***

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

## ***If you are outside without shelter***

- Lie flat in a nearby ditch or depression and cover your head with your hands.
- Do not get under an overpass or bridge because these structures can intensify the wind.
- Never try to outrun a tornado. As soon as you are alerted to an emergency in your area, follow these steps and be prepared to leave immediately.
- Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.

## **Wildfire**

Much of Colorado Springs is within the Wildland Urban Interface and because the City is located in the foothills of the Rocky Mountains, much of the Interface is adjacent to steep mountainous forests. Interface areas also exist around Palmer Park, University Park, and the University of Colorado, Colorado Springs. The threat of wildland fires for people living near wildland areas is real. Dry conditions at various times of the year greatly increase the potential for wildland fires. Protecting your residence from wildfire is a shared responsibility.



## ***Before the fire approaches your residence***

- Prepare an emergency evacuation kit for your household.
- Ensure you have Communication and Evacuation Plans.
- Evacuate your pets and family members when an evacuation order is given.
- Anyone with medical or physical limitations and the young and the elderly should be evacuated immediately.
- Clear items that will burn from around the house, including wood piles, lawn furniture, grills, tarp coverings, etc.
- Close all external doors and windows, inside-to-outside vents, shutters, blinds, or heavy non-combustible window coverings to reduce radiant heat.
- Close all doors inside the house to prevent draft.
- Open the damper on your fireplace, but close the fireplace screen.
- Shut off any natural gas, propane, or fuel oil supplies at the source.
- Fill any pools, hot tubs, garbage cans, tubs, or other large containers with water.

- Place a ladder against the house in clear view.
- Back your vehicle into the garage and roll up the windows. Place your evacuation kit, valuable papers, mementos, and anything “you can’t live without” inside the vehicle.
- Disconnect any automatic garage door openers so that doors can still be opened by hand if the power goes out. Keep the garage doors closed.

## ***Prepare to leave***

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

## ***What to do during a wildfire***

### **If you are trapped at your residence:**

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

### **If you are in a vehicle:**

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

### **If caught in the open:**

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

## **EVACUATE → STRUCTURE → VEHICLE → FOOT**

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

## Winter Storm

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

### Before a winter storm

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

### During a winter storm

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



### If you are outdoors:

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



- Watch for signs of hypothermia including uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion.
- To assist a hypothermia victim
  - Move the victim to a warm location.
  - Remove wet clothing.
  - Put the person in dry clothing and wrap his/her entire body in a blanket.
  - Warm the center of the body first.
  - Give warm, non-alcoholic or non-caffeinated beverages if the victim is conscious.
  - Get medical help as soon as possible.

### If you are driving:

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

### If you become trapped or stranded in a vehicle:

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

## Other Hazards

### Hazardous Materials

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

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

#### *Before a hazardous materials incident*

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

#### *During a hazardous materials incident*

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



#### **If you are caught outside:**

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

#### **After a hazardous materials incident**

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

## Household Chemical Emergency

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

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

### Preventing Household Chemical Accidents

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

### Symptoms of Household Chemical Poisoning

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

### What to do if exposed to household chemicals

- Locate the chemical container in order to provide requested label information.
- Call 911 immediately if you are experiencing any symptoms.
- Call the National Poison Control Center (NPCC) at 1 (800) 222-1222.
- Follow the NPCC emergency operator's first aid instructions carefully. First aid advice found on containers may be out of date or inappropriate.
- Do not take or give anything by mouth unless advised to do so by a medical professional.
- Remove and bag your clothes and personal items. Follow official instructions for disposal of contaminated items.



## Power Outage

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



### Before a power outage

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

### During a power outage

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

### After a power outage

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

For additional information on power outages and other utility disruptions, see the Colorado Springs Utilities web site at [www.csu.org](http://www.csu.org).



# Public Health Hazards

## Pandemic Influenza and H1N1

Source: El Paso County Public Health and Pandemicflu.gov

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

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

Health professionals are concerned about viruses showing the following characteristics:

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

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

### Healthcare considerations

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

### Employment considerations

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

### School and daycare considerations

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

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

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

Source: Colorado State Department of Health and Environment

# Terrorism

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

Information related to terrorism is included in this guide to provide a comprehensive understanding of potential hazards in our community.

## Chemical Weapon

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

### Before a chemical attack

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

### During a chemical attack

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

### If you are caught outside:

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

### After a chemical attack

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

## Biological Weapon

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

### Before a biological attack

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

### During a biological attack

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

### After a biological attack

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

## Radiological or Nuclear Device

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



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

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

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

### Before a RDD/nuclear event

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

### During a RDD/nuclear event

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

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

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

### After a RDD event

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

### After a Nuclear event

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

## Decontamination Actions Following a Terrorist Attack

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



## Explosive Device

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

### *During and after an explosion*

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

### *If you are trapped in debris*

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

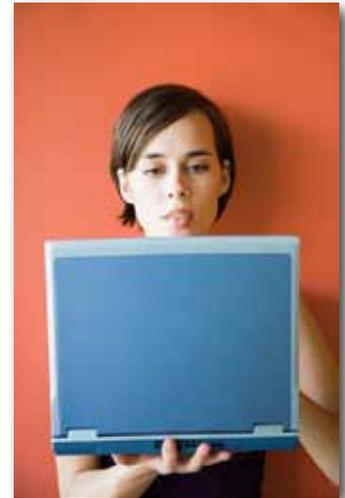
## Cyber Threat

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

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

### *Steps to protect yourself and your computer*

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



For more information on cyber security, visit [www.OnGuardOnline.gov](http://www.OnGuardOnline.gov).

## Personal Safety and Awareness

Source: Colorado Springs Police Department

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

### Abduction prevention ideas

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

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

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

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

- Run, move away, distance yourself from the danger.
- Verbalize. Yell out loud repetitive verbal commands such as:
  - **“NO” “LET GO” “GET BACK” “STAY DOWN” “BACK OFF”** or something similar.
  - Do not yell “FIRE” or “HELP,” plead and beg, or say things that make you seem passive and weak.

- Be assertive and do whatever you have to in order to get away and to safety.
- Cause a commotion; call attention to the situation.
  - Honk your horn
  - Set off an alarm
  - Break things, throw things, act completely crazy!
- Utilize physical defensive techniques or weapons if necessary.
- Make it clear you will not give in.
- Make it clear you **WILL** be a difficult victim.

### Safety in and around your residence

- Have good lighting at all entrances of your residence.
- All outside doors should have deadbolt locks.
- Sliding doors should have auxiliary locks to prevent lifting or sliding.
- Never open your door to a stranger.
- Make sure you know who is on the other side before opening.
- Contact law enforcement if in doubt of who is at your door.
- Do not enter if you come home and find a door or window open or broken.

## General awareness

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

- Call law enforcement from a phone other than the phone in your residence.
- **DO NOT** stop mail, newspapers, circulars, and deliveries if you go on vacation or will be away from home for a period of time. The fewer people who know you will be gone, the better. Have someone you trust visit your home regularly while you are away to check your mail and pick up newspapers or circulars. This provides activity at your house and it is less likely to look as if no one is home. Consider asking a neighbor to use your driveway for parking a car while you are gone.
- No spare keys should be hidden around your residence. A stranger can find a hiding place if you can.
- All important property in your residence should have a serial number assigned to it in case of theft. Document this information in a safe place.
- Keep all doors and windows locked when you leave your residence.
- Do not leave cash lying around your residence.

### **Driving safety if you are being followed**

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

### **Vehicle and parking safety**

- Keep your vehicle in good mechanical condition to avoid breakdowns.
- Use common sense, lock your doors, and roll windows up when driving through unsafe areas.
- Never give rides to strangers. Report motorists needing assistance to law enforcement.
- Keep valuable items covered or locked in the trunk.
- Do not get in the habit of traveling the same way to work every day.
- Look before getting out of the vehicle if you are involved in a rear end collision. Is it a simple collision or a carjacking attempt?

### **Personal theft prevention**

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

### **Protect yourself when walking**

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



### **For further information or training contact**

Crime Prevention Officer Falcon Division, 444-7246

Crime Prevention Officer Gold Hill Division, 385-2117

Crime Prevention Officer Sand Creek Division, 444-7276

Crime Prevention Officer Stetson Hills Division, 444-3168

# Outdoor Recreation

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



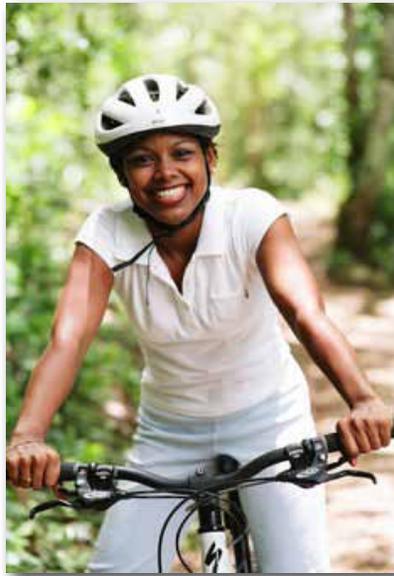
## Bicycling

Source: *Bicycling Colorado Springs, Drive Smart Colorado Springs and Consumer Reports*

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

### Bicycle safety tips

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



## Outdoor Safety Tips

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

## Skateboarding and Rollerblading

Source: U.S. Consumer Product Safety Commission

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

### Protective Gear

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



### Who Gets Injured

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

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

### Skateboarding and rollerblading safety tips

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



## Helmets

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

## Living with Wildlife

Source: Colorado Division of Parks and Wildlife

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

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

### Bears

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

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



### Black bears at a glance

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

### If you encounter a bear

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

### If you surprise a bear on a trail

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

### If the bear doesn't leave

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

### If the bear approaches

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

## Coyotes

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



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

## Preventing Negative Wildlife Encounters

- **Do not feed wildlife.**
- **Keep pet food inside.**
- **Cover window wells with grates, wire, or plastic covers.**
- **Fill gaps or holes around the foundation of your residence to eliminate a place for animals to live.**
- **Seal all cracks and holes larger than ¼ inch in diameter to keep rats, mice, bats, and snakes out of a structure.**
- **Screen fireplace chimneys, and furnace, attic and dryer vents, and keep dampers closed to prevent wildlife entry.**
- **Bury wire mesh one to two feet deep to prevent animals from burrowing in unwanted areas.**
- **Store garbage in metal or plastic containers with tight-fitting lids, inside a garage or shed.**
- **Mark windows with strips of white tape or with raptor silhouettes to help prevent birds from flying into windows.**
- **Fence gardens and pick fruit from trees before it ripens and clean up fallen fruit.**
- **Keep bird feeders out of reach.**
- **Burn food off grills and clean after each use.**
- **Keep windows and doors closed and locked, including residence, garage, and vehicle doors.**
- **Do not leave food, trash, coolers, air fresheners, or anything that smells in your vehicle.**

## Coyote identification

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

## If you live in coyote country

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

## If you meet a coyote

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

## Deer

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



## If you live in deer country

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

## Mountain Lions

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

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

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



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

### *Mountain lions at a glance*

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

### *If you encounter a mountain lion*

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

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

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

### *If you live in mountain lion country*

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

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

## Snakes

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

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



### **Before you enter rattlesnake habitat**

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

### **How to identify the western rattlesnake**

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

### **How to discourage snakes from your yard and residence**

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

## Spiders

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

The western widow spider is common in Colorado Springs and is the only regularly occurring spider in the area that is harmful



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

### **Widow Spider Identification**

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

### **Signs and symptoms of a widow spider bite**

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

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

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

## Transmittable Animal Diseases

Source: El Paso County Public Health, the United States Center for Disease Control, and eHow.com

### Hantavirus and Plague

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

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

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

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

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

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

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

### Preventing exposure and rodent proofing your residence

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



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

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

### Cleaning a rodent infested dwelling

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

## West Nile Virus

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



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

### Symptoms of West Nile Virus

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

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

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

## Mosquito virus prevention and control

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



## Rabies

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



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

### *Rabies in Humans*

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

### *Symptoms of rabies*

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

### *How to identify a rabid bat*

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

### *How to protect yourself from rabies*

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

### *How to protect pets from rabies*

- Keep rabies vaccinations up-to-date for all cats, ferrets, and dogs.
- Maintain control of your pets by keeping cats and ferrets indoors and keeping dogs under direct supervision when outdoors.

# First Aid

Source: Mayo Clinic unless otherwise noted

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

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

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

## First Aid Kit - Recommended Supplies and Equipment

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



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

## CPR

Cardiopulmonary resuscitation (CPR) is a lifesaving technique useful in many emergencies in which someone's breathing or heartbeat has stopped. The American Heart Association recommends that everyone — untrained bystanders and medical personnel alike — begin CPR with chest compressions.

If you're fearful that your knowledge or abilities aren't 100 percent complete, it's far better to do something than to do nothing at all. Remember, the difference between your doing something and doing nothing could be someone's life.

Here's advice from the American Heart Association:

- **Untrained.** If you're not trained in CPR, then provide hands-only CPR. That means uninterrupted chest compressions of about 100 a minute until paramedics arrive (described in more detail below). You don't need to try rescue breathing.
- **Trained, but rusty.** If you've previously received CPR training but you're not confident in your abilities, then just do chest compressions at a rate of about 100 a minute.
- **Trained, and ready to go.** If you're well trained and confident in your ability, begin with chest compressions instead of first checking the airway and doing rescue breathing. Start CPR with 30 chest compressions before checking the airway and giving rescue breaths.

The above advice applies to adults, children, and infants needing CPR, but not newborns.

CPR can keep oxygenated blood flowing to the brain and other vital organs until more definitive medical treatment can restore a normal heart rhythm.

When the heart stops, the lack of oxygenated blood can cause brain damage in only a few minutes. A person may die within eight to 10 minutes.

To learn CPR properly, take an accredited first-aid training course, including CPR and how to use an automatic external defibrillator (AED).

### Before you begin

#### Before starting CPR, check:

- Is the person conscious or unconscious?
- If the person appears unconscious, tap and shout loudly, "Are you OK?"
- If the person doesn't respond and two people are available, one should call 911 or the local emergency number and one should begin CPR. If you are alone and have immediate access to a telephone, call 911 before beginning CPR — unless you think the person has become unresponsive because of suffocation (such as from drowning). In this special case, begin CPR for two minutes and then call 911 or the local emergency number.
- If an AED is immediately available, deliver one shock if instructed by the device, then begin CPR.

### Remember to spell C-A-B

The American Heart Association uses the acronym of CAB — circulation, airway, breathing — to help people remember the order to perform the steps of CPR.

#### Circulation: Restore blood circulation with chest compressions

1. Put the person on his or her back on a firm surface.
2. Kneel next to the person's neck and shoulders.
3. Place the heel of one hand over the center of the person's chest, between the nipples. Place your other hand on top of the first hand. Keep your elbows straight and position your shoulders directly above your hands.
4. Use your upper body weight (not just your arms) as you push straight down on (compress) the chest at least 2 inches (approximately 5 centimeters). Push hard at a rate of about 100 compressions a minute.
5. If you haven't been trained in CPR, continue chest compressions until there are signs of movement or until emergency medical personnel take over. If you have been trained in CPR, go on to checking the airway and rescue breathing.



#### Airway: Clear the airway

1. If you're trained in CPR and you've performed 30 chest compressions, open the person's airway using the head-tilt, chin-lift maneuver. Put your palm on the person's forehead and gently tilt the head back. Then with the other hand, gently lift the chin forward to open the airway.
2. Check for normal breathing, taking no more than five or 10 seconds. Look for chest motion, listen for normal breath sounds, and feel for the person's breath on your cheek and ear. Gasping is not considered to be normal breathing. If the person isn't breathing normally and you are trained in CPR, begin mouth-to-mouth breathing. If you believe the person is unconscious from a heart attack and you haven't been trained in emergency procedures, skip mouth-to-mouth rescue breathing and continue chest compressions.

#### Breathing: Breathe for the person

Rescue breathing can be mouth-to-mouth breathing or mouth-to-nose breathing if the mouth is seriously injured or can't be opened.

1. With the airway open (using the head-tilt, chin-lift maneuver), pinch the nostrils shut for mouth-to-mouth breathing and cover the person's mouth with yours, making a seal.
2. Prepare to give two rescue breaths. Give the first rescue breath — lasting one second — and watch to see if the chest rises. If it does rise, give the second breath. If the chest doesn't rise, repeat the head-tilt, chin-lift maneuver and then give the second breath. Thirty chest compressions followed by two rescue breaths is considered one cycle.
3. Resume chest compressions to restore circulation.
4. If the person has not begun moving after five cycles (about two minutes) and an automatic external defibrillator (AED) is available, apply it and follow the prompts. Administer one shock, then resume CPR — starting with chest compressions — for two more minutes before administering a second shock. If you're not trained to use an AED, a 911 or other emergency medical operator may be able to guide you in its use. Use pediatric pads, if available, for children ages 1 through 8. Do not use an AED for babies younger than age 1. If an AED isn't available, go to step 5 below.
5. Continue CPR until there are signs of movement or emergency medical personnel take over.

### **To perform CPR on a child**

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

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

### **To perform CPR on a baby**

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

1. To begin, examine the situation. Stroke the baby and watch for a response, such as movement, but don't shake the baby.
2. If there's no response, follow the CAB procedures below and time the call for help as follows:
3. If you're the only rescuer and CPR is needed, do CPR for two minutes — about five cycles — before calling 911 or your local emergency number.
4. If another person is available, have that person call for help immediately while you attend to the baby.

### **Circulation: Restore blood circulation**

1. Place the baby on his or her back on a firm, flat surface, such as a table. The floor or ground also will do.
2. Imagine a horizontal line drawn between the baby's nipples. Place two fingers of one hand just below this line, in the center of the chest.
3. Gently compress the chest about 1.5 inches (about 4 cm).
4. Count aloud as you pump in a fairly rapid rhythm. You should pump at a rate of 100 compressions a minute.

### **Airway: Clear the airway**

1. After 30 compressions, gently tip the head back by lifting the chin with one hand and pushing down on the forehead with the other hand.
2. In no more than 10 seconds, put your ear near the baby's mouth and check for breathing: Look for chest motion, listen for breath sounds, and feel for breath on your cheek and ear.

### **Breathing: Breathe for the infant**

1. Cover the baby's mouth and nose with your mouth.
2. Prepare to give two rescue breaths. Use the strength of your cheeks to deliver gentle puffs of air (instead of deep breaths from your lungs) to slowly breathe into the baby's mouth one time, taking one second for the breath. Watch to see if the baby's chest rises. If it does, give a second rescue breath. If the chest does not rise, repeat the head-tilt, chin-lift maneuver and then give the second breath.
3. If the baby's chest still doesn't rise, examine the mouth to make sure no foreign material is inside. If the object is seen, sweep it out with your finger. If the airway seems blocked, perform first aid for a choking baby.
4. Give two breaths after every 30 chest compressions.
5. Perform CPR for about two minutes before calling for help unless someone else can make the call while you attend to the baby.
6. Continue CPR until you see signs of life or until medical personnel arrive.

## Anaphylaxis (Life-Threatening Allergic Reaction)

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

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

### Signs and symptoms

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

### What to do

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

### What NOT to do

- Do not give the person anything to drink.

### Common anaphylaxis triggers include

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

## Burns

To distinguish a minor burn from a serious burn, the extent of damage to body tissues will need to be determined. The three burn classifications of superficial, partial thickness, and full thickness burns will help you determine emergency care.

**Minor** burns include superficial and partial thickness burns limited to an area no larger than 3 inches in diameter. **Major or serious burns** include full thickness burns and partial thickness burns larger than 3 inches in diameter or if a burn is on the hands, feet, face, groin or buttocks, or over a major joint.

### What to do

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

### What NOT to do

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

## Burn Classification

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

## Choking

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

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

- First, deliver five back blows between the person’s shoulder blades with the heel of your hand if trained to do so, otherwise proceed to abdominal thrusts.
- Next, perform five abdominal thrusts.
- Alternate between five back blows and five abdominal thrusts until the blockage is dislodged.

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

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



## How to Perform Abdominal Thrusts

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



## Cuts and Scrapes

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

### Stop the bleeding

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

### Clean the wound

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

### Apply an antibiotic

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

### Cover the wound

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



### Change the dressing

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

### Get stitches for deep wounds

- Stitches are usually required when a wound is more than ¼-inch deep or has a gaping or jagged edged with fat or muscle protruding.
- See your doctor as soon as possible if adhesive strips or butterfly tape does not easily close the wound.

### Watch for signs of infection

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

### Get a tetanus shot

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

## Electric Shock

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

### Call 911 immediately if any of the following signs or symptoms occur.

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

### What to do

- Look first and not touch. The person may still be in contact with the electrical source and touching the person may pass the current through you.
- Turn off power source, if possible.
- Check for signs of circulation (breathing, coughing, or movement). If absent, immediately begin CPR.
- Prevent shock. Lay the person down.
- Seek medical attention. After coming into contact with electricity, the person should see a doctor to check for internal injuries, even if he or she has no obvious signs or symptoms.

## Fainting

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

### What to do if you feel faint

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

### What to do if someone else faints

- Position the person on his or her back.
- Loosen belts, collars, or other constrictive clothing.
- To reduce the chance of fainting again, do not get the person up too quickly.
- If the person does not regain consciousness within one minute, call **911**.
- Check the person's airway to be sure it is clear.
- Check for signs of circulation (breathing, coughing, or movement). If absent, call **911** and begin CPR.

## Frostbite

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

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

### What to do

- Treat frostbite by gradually warming the affected skin.
- Protect your skin from further exposure. If you are outside, warm frostbitten hands by tucking them into your armpits. Protect your face, nose, or ears by covering the area with dry, gloved hands. Do not rub the affected area and never rub snow on frostbitten skin.
- Get out of the cold. Once you are indoors, remove wet clothes.
- Gradually warm frostbitten areas. Put frostbitten hands or feet in warm water (104 to 107.6 F). Wrap or cover other areas in a warm blanket.
- Circulation is returning if the skin turns red and there is a tingling and burning sensation as it warms. If numbness or sustained pain remains during warming or if blisters develop, seek medical attention.

### What NOT to do

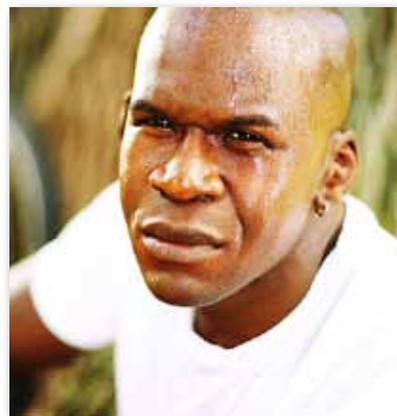
- Do not use direct heat, such as a stove, heat lamp, fireplace, or heating pad, because these can cause burns.
- Do not walk on frostbitten feet or toes if possible because this further damages the tissue.
- Do not thaw out the affected areas if there is any chance they will freeze again.

## Heat Exhaustion

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

### Signs and symptoms

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



### What to do

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

## Heatstroke

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

### Signs and symptoms

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

### What to do

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

## Hypothermia

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

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

### Signs and symptoms

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



### What to do

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

### What NOT to do

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

## **Insect Bites and Stings**

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

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

### ***Signs and symptoms of a severe reaction***

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

### ***What to do for severe reactions***

- Call **911**.

### ***Immediately take the following actions while waiting for medical help***

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

### ***What to do for mild reactions***

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

## **Nosebleeds**

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



### ***What to do***

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

### ***Seek immediate medical care if***

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

## Poisoning

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

### Signs and symptoms

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

### Call 911 if the person is

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

### What to do while waiting for help

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

### What NOT to do

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

## Shock

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

### Signs and symptoms

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

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

- Call **911**.
- Have the person lie down on his or her back. Keep the person still.
- Begin CPR if there are no signs of movement.
- Keep the person warm and comfortable. Loosen belt and tight clothing and cover the person with a blanket. Give nothing by mouth even if the person complains of thirst.
- Turn the person on his or her side to prevent choking if the person vomits or bleeds from the mouth.
- Seek treatment for injuries, such as bleeding or broken bones.

## Snake Bite

Source: Colorado State University Extension

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

### Signs and symptoms

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

## What to do

- Remain calm to prevent increased circulation and minimize the spread of the venom.
- Immediately remove anything from the body that may cause increased swelling below the bite area (e.g., rings, watch, shoes, tight clothing, etc.)
- Wash the wound with soap and water, if possible.
- An extractor pump may be used to remove some of the venom. Be familiar with the procedure and instructions before you need to use it.
- Immobilize the bite area, keeping it in a neutral to below the heart position.
- Get to the hospital immediately.
- If possible, have another person drive you to the hospital, and call ahead to the hospital and the poison control center.
- Call 911.

## What NOT to do

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

## Stroke

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

### What to do

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

## Signs and symptoms

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

## Sunburn

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

## What to do

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

## What NOT to do

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

## Tooth Loss

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

## What to do

- Handle the tooth by the top or crown only, not the roots.
- Gently rinse the tooth in a bowl of tap water.
- Try to replace the tooth in the socket. If it does not go all the way into place, bite down slowly and gently on gauze or a moistened tea bag to help keep it in place. Hold the tooth in place until you seeing a dentist.
- If the tooth cannot be replaced in the socket, immediately retrieve the tooth preservation kit from your first aid kit. If this kit is not available, place the tooth in some milk, the individual's own saliva, or a warm, mild saltwater solution — ¼ teaspoon salt to 1 quart water (about 1 milliliter of salt to about 1 liter water).
- Get medical attention from a dentist or emergency department immediately.

## What NOT to do

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

# EMERGENCY PLANNING

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

## BE PREPARED

Basics items should be stocked in every home: water, food, clothing, bedding, first aid kit, tools and supplies, and items for other needs. See the checklist on the next page for suggestions. Put items in airtight plastic bags. Keep items most likely needed during an evacuation in an easy-to-carry container. Possible containers include a large covered storage bin, backpack or duffel bag. Store the emergency kit in a convenient place known to all family members.

Keep a kit in your vehicle as well. Evaluate contents of the kit and family needs at least once a year. Replace items as needed. For additional information regarding an all hazards approach to preparedness call the City of Colorado Springs Office of Emergency Management – 385-5957.

### MEET AND DISCUSS AS A FAMILY:

- Evacuation procedures
- Individual roles

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

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

### MEET WITH NEIGHBORS:

- Plan how everyone will work together.
- Consider how to help neighbors with disabilities or access and functional needs.
- Make plans for children if parents can't return to the area where the children are located.

### COMPLETE THESE STEPS:

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

### PERSONAL SAFETY SHOULD BE THE HIGHEST PRIORITY:

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

# EMERGENCY PLANNING

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

## WATER

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

## FOOD

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

## CLOTHING/BEDDING

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

## FIRST AID

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

## TOOLS AND SUPPLIES

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

## OTHER NEEDS

**Important Documents** (*keep in waterproof portable container*)

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

### For Adults

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

### For Babies

- Formula, bottles, powdered milk
- Medications
- Diapers

### For Pets

- Extra food
- Medications

### Sanitation

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

# EVACUATION PLANNING

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

## HAVE A PLAN

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

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

## WHEN TO EVACUATE

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

- Local TV and Radio
- Emergency Alert System (EAS)
- Emergency Notification System (ENS)  
(visit [www.elpasoteller911.org](http://www.elpasoteller911.org) for more information and to register cell phone numbers)
- Emergency Personnel

## PREPARING FOR IMMEDIATE EVACUATION

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

- Back the vehicle into the garage, roll the windows up, and leave the keys in the ignition.
- Close the garage door and set it for manual operation.
- Load important documents, pets, valuables, evacuation kit, and prescriptions into the vehicle.
- Take only **one** vehicle – **stay together**.
- Do not take boats or RV's
- Wear long pants, long sleeves, and sturdy shoes.

## DURING EVACUATION

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

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

**EVACUATION → STRUCTURE → VEHICLE → FOOT**

# EVACUATION PLANNING

## IF YOU HAVE TIME

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

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

## EMERGENCY KIT – PLAN FOR AT LEAST 72 HOURS

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

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

## CHILDREN'S ACTIVITY SURVIVAL KIT

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

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

## EMERGENCY SUPPLY EVACUATION BAGS

### ITEMS OFTEN OVERLOOKED

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

# PET AND SERVICE ANIMAL EVACUATION PLANNING

## BE PREPARED

- Be prepared to function without assistance from your service animal. Different disasters affect different animals in different ways; always have a back-up plan.
- Make sure your pets have current identification (tags or microchip.)
- Evacuation shelters won't allow pets, except service animals. Make sure you make arrangements ahead of time.
- Contact your local shelter, boarding facilities and hotels to find out if they will accept your pets. Check with friends or relatives to see if they can house your pets.
- Have a pet evacuation kit! (See checklist.) Include a list of veterinarians and boarding facilities on your evacuation kit.

## EVACUATION

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

## AWAY FROM HOME

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

## BEHAVIOR

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

# PET AND SERVICE ANIMAL EVACUATION PLANNING

## EVACUATION KIT

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

## FIRST AID KIT

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

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

## ADDITIONAL INFORMATION

- FEMA – <http://www.fema.gov/plan/prepare/animals>
- Humane Society – [www.humanesociety.org](http://www.humanesociety.org)
- PetAid Colorado – [www.petaidcolorado.org](http://www.petaidcolorado.org)

# ADDITIONAL ANIMAL EVACUATION CONSIDERATIONS

Plan for all animals when preparing for a potential emergency. Here are some ideas for preparing to protect your animals during a disaster:

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

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

# CAR SURVIVAL KIT

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

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

## CARRY A CAR SURVIVAL KIT

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

# POWER OUTAGE PREPARATION

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

## EMPOWER YOUR FAMILY:

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

# WATER AND FOOD STORAGE

## WATER SOURCES

### HOW TO STORE WATER

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

### HIDDEN WATER SOURCES IN YOUR HOME

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

### WATER TREATMENT METHODS

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

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

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

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

## FOOD SUPPLIES

### WHEN FOOD SUPPLIES ARE LOW

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

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

# WATER AND FOOD STORAGE

## SPECIAL CONSIDERATIONS

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

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

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

## FOOD STORAGE TIPS

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

## NUTRITION TIPS

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

## SHELF LIFE OF FOODS FOR STORAGE

(general guidelines for rotating common emergency foods)

### USE WITHIN SIX MONTHS:

- Powdered milk (boxed)
- Dried fruit (in metal container)
- Dry, crisp crackers (in metal container)
- Dried or powdered potatoes

### MAY BE STORED INDEFINITELY

(in proper containers and conditions):

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

### USE WITHIN ONE YEAR:

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



**READY**Colorado

*Make a Plan. Make a Difference.*

■ **Hospital**

[www.theagapecenter.com/Hospitals/Colorado.htm](http://www.theagapecenter.com/Hospitals/Colorado.htm)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

■ **Red Cross Shelter**

[www.pparc.org](http://www.pparc.org)

Local: 719.632.3563

Statewide: 1.800.417.0495

Location \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

■ **Public Health Department**

[www.cdphe.state.co.us/as/locallist.asp](http://www.cdphe.state.co.us/as/locallist.asp)

Location \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

■ **Neighborhood Association**

[www.nrc-neighbor.org/](http://www.nrc-neighbor.org/)

Location \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

■ **Fire Department**

[www.american-firefighter.com/fire-departments/colorado-fire-departments.html](http://www.american-firefighter.com/fire-departments/colorado-fire-departments.html)

Location \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

# My READY Profile

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

■ **Police Department**

[www.usacops.com/co/](http://www.usacops.com/co/)

Location \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

■ **Veterinarian**

Location \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

■ **School**

Child \_\_\_\_\_

Location \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Child \_\_\_\_\_

Location \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Child \_\_\_\_\_

Location \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

■ **Other**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Make a Plan. Make a Difference.

# Important Documents

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

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

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

Other Documents:

---

---

---

---

---

---

---

---

---

---



**READY**Colorado

*Make a Plan. Make a Difference.*

## Family Communications Plan

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

Out-of-Town Contact Name \_\_\_\_\_ Phone \_\_\_\_\_  
 E-mail \_\_\_\_\_ Phone \_\_\_\_\_

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

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

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

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

### Home

Address \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Neighborhood Meeting Place \_\_\_\_\_  
 Regional Meeting Place \_\_\_\_\_

### Work

Address \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Evacuation Location \_\_\_\_\_

### School

Address \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Evacuation Location \_\_\_\_\_

### Work

Address \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Evacuation Location \_\_\_\_\_

### School

Address \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Evacuation Location \_\_\_\_\_

### Other place you frequent:

Address \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Evacuation Location \_\_\_\_\_

### School

Address \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Evacuation Location \_\_\_\_\_

### Other place you frequent:

Address \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Evacuation Location \_\_\_\_\_

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

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

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

1-800-639-READY (7323)



**READYColorado**  
*Make a Plan. Make a Difference.*

www.readycolorado.com

Meeting Place Telephone: \_\_\_\_\_

Neighborhood Meeting Place: \_\_\_\_\_

Telephone: \_\_\_\_\_

Out-of-Town Contact Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Contact Name: \_\_\_\_\_

**COMMUNICATIONS PLAN**

1-800-639-READY (7323)



**READYColorado**  
*Haga un Plan. Haga una Diferencia.*

www.readycolorado.com

Teléfono del lugar de reunión: \_\_\_\_\_

Lugar de reunión del vecindario: \_\_\_\_\_

Teléfono: \_\_\_\_\_

contacto fuera de la ciudad: \_\_\_\_\_

Nombre de la persona con quien ponerse en contacto: \_\_\_\_\_

Teléfono: \_\_\_\_\_

Nombre de las personas con quien ponerse en contacto: \_\_\_\_\_

**PLAN DE COMUNICACIONES**



Make a Plan. Make a Difference.

# Household Plan

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

## Simple Steps to Get Your Household READY

### 1 Step One: Types of Hazards

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

---

---

---

---

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

---

---

---

---

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

---

---

---

---

### 2 Step Two: Business and School Emergency Response Plans

Talk with employers and school officials about their emergency response plans. *Make notes here.*

---

---

---

---

### 3 Step Three: Have a Household Meeting

Talk with your household about potential emergencies and how to respond to each. Talk about what you would need to do in an evacuation. *Detail evacuation plans here.*

---

---

---

---

---

---

---

---

#### 4 Step Four: Complete a “Family Communications Plan”

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

#### 5 Step Five: Training!

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

#### 6 Step Six: Take a Class

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

#### 7 Step Seven: Review & Copy Important Documents

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

#### 8 Step Eight: Discuss Household Needs

- Download a copy of the household worksheet from [readycolorado.com](http://readycolorado.com). Consider ways to help neighbors who may need assistance, such as the elderly or the disabled.
- Make arrangements for pets. Pets are not allowed in public shelters. Service animals for those who depend on them are allowed.



Make a Plan. Make a Difference.

# Plan for Disability and Access and Functional Needs

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

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

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

---



---



---

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

---



---



---

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

---



---



---

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

---



---



---

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

---



---



---

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

---



---



---

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

---



---



---

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

---



---



---

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

---



---



---

## Steps You Should Take

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

# ACTION CHECKLIST FOR INDIVIDUALS WITH DISABILITIES OR ACCESS AND FUNCTIONAL NEEDS

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

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

# Hospitals and Urgent Care Centers in Colorado Springs

## **Memorial Hospital Central**

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

[www.memorialhealthsystem.com](http://www.memorialhealthsystem.com)

## **Memorial Hospital North**

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

[www.memorialhealthsystem.com](http://www.memorialhealthsystem.com)

## **Briargate Medical Campus (Urgent Care)**

8890 North Union Boulevard  
Colorado Springs, CO 80920  
719-365-6440

[www.memorialhealthsystem.com](http://www.memorialhealthsystem.com)

## **Circle Square Urgent Care**

2767 Janitell Road  
Colorado Springs, CO 80906  
719-365-2888

[www.memorialhealthsystem.com](http://www.memorialhealthsystem.com)

## **St Francis Medical Center**

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

[www.penrosestfrancis.org](http://www.penrosestfrancis.org)

## **Penrose Hospital**

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

[www.penrosestfrancis.org](http://www.penrosestfrancis.org)

## **Alliance Urgent Care & Family Practice (Urgent Care)**

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

[www.cospringsdoctor.com](http://www.cospringsdoctor.com)

## **CSHP Urgent Care Clinic**

1633 Medical Center Point  
Colorado Springs CO 80907  
719-636-299

[www.cshp.net](http://www.cshp.net)

## **Express Care**

2141 North Academy Circle  
Colorado Springs CO 80909  
719-597-4200

[www.expresscareplus.net](http://www.expresscareplus.net)

## **Integrity Urgent Care**

4323 Integrity Center Point  
Colorado Springs CO 80917  
719-591-2558

[www.integrityurgentcare.com](http://www.integrityurgentcare.com)

## **Premier Urgent Care**

8115 State Highway 83  
Colorado Springs CO 80920

[www.premieruc.com](http://www.premieruc.com)

## **Premier Urgent Care**

15854 Jackson Creek Parkway, Suite 120  
Monument CO 80132  
719-181-2335

[www.premieruc.com](http://www.premieruc.com)

## **EmergiCare Medical Clinics**

[www.emergicare.org](http://www.emergicare.org)

4083 Austin Bluffs Parkway  
Colorado Springs CO 80918  
719-594-0046

402 West Bijou Street  
Colorado Springs CO 80905  
719-302-6942

3002 South Academy Boulevard  
Colorado Springs CO 80916  
719-390-7017

402 West Garden of the Gods Road  
Colorado Springs CO 80907  
719-590-1701

## **Concentra Medical Centers (Urgent Care)**

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

2322 South Academy Boulevard  
Colorado Springs, CO 80916  
Phone - 719-390-1727

# Important Phone Numbers

For an Emergency .....	911
Poison Control Center, Local .....	719-776-5333
Poison Control Center, National .....	1-800-222-1222
Colorado Springs Police and Fire, 24 Hour Non-emergency .....	719-444-7000
Colorado Springs Police Department Text Your Tip .....	Cell 847411
Colorado Springs Code Enforcement .....	719-444-7891
Colorado Springs Crime Stoppers .....	719-634-7867
American Medical Response, Non-emergency.....	719-636-2333
Colorado Parks and Wildlife, Colorado Springs .....	719-227-5200
Colorado Parks and Wildlife Headquarters	
Main Customer Service (M-F 8am-5pm MST).....	303-297-1192
Colorado Springs Fire Department (M-F 8am-5pm).....	719-385-5950
Colorado Springs Office of Emergency Management.....	719-385-5957
Colorado Springs Police Department.....	719-444-7000
Falcon Division .....	719-444-7240
Gold Hill Division .....	719-385-2100
Sand Creek Division .....	719-444-7270
Stetson Hills Division .....	719-444-3144
Colorado State Patrol .....	303-239-4501
Colorado Springs Utilities .....	719-448-4800
Colorado Department of Transportation.....	303-639-1111
Colorado Road Conditions .....	Cell 511 or 303-639-1111
Colorado State Patrol District 2 Dispatch .....	Cell *CSP or 719-544-2424
Colorado State Patrol Headquarters, 24 Hours .....	303-239-4501
El Paso County Public Health .....	719-578-3199
El Paso County Household Hazardous Waste Facility .....	719-520-7878
El Paso County Department of Human Services .....	719-636-0000
El Paso County Sheriff's Office, Law Enforcement Bureau .....	719-520-7333
American Red Cross, Pikes Peak Chapter.....	719-632-3563
Humane Society of the Pikes Peak Region .....	719-473-1741
Pikes Peak United Way (Community Resources, Assistance) .....	211

