



Emergency Preparedness

Emergency Preparedness

Who to ask: Community councils, residents, school staff, clinic staff

135. What are the possible hazards in and around your community?

- Floods
- Erosion
- Extreme Weather
- Extreme Temperatures
- Earthquakes
- Volcanic Eruptions
- Tsunamis
- Fires / Wildfires
- Avalanches
- Epidemic / Pandemic
- Biological Threats
- Chemical Threats
- Hazardous Material incidents
- Oil / Fuel Spills
- Power / Utility Failure
- Food Security
- Water Security
- Air Quality

Each year communities in Alaska face many emergencies.

We cannot prevent disasters, but we can prepare for them. Having an emergency plan can help you and your community in preparing for, responding to, and recovering from all emergency and disaster situations that can potentially affect your community.

There are a variety of threats facing Alaskans, including: floods, erosion, extreme weather and temperatures, earthquakes, volcano eruptions, tsunamis, fires, avalanches, epidemics, biological and chemical threats, hazardous material incidents, community power failures and threats to food and water security.

It is important to determine all of the potential hazards that can affect your community, residents and infrastructure. Emergency Plans should be created and maintained at a local level. It may take several days for outside help to arrive so you should be prepared to take control of the situation. Being prepared for emergencies is both important at a community level and in individual homes. The State of Alaska is now encouraging all residents to have emergency supplies in the home for at least two weeks. This section of the manual will help you prepare in your community and home for a emergency situations.

Don't wait until it's too late...

Be prepared!

Emergency Specific Information

Below are some examples of emergency situations commonly seen through-out the state. They may be helpful for you and your community to better identify and plan for your community's threats.



Flash Flooding in Chignik Lake 2007
Photo Courtesy Oxcenia O'Domin

Flooding

Flooding is the nations most common natural disaster. Some floods develop slowly during a rainy period and some are flash floods or results from ice jams, storm surges or rapid thaw events. Flood events in Alaska have been steadily increasing.

Erosion

Alaska has over 33,000 miles of coastline. Some villages are experiencing rapid erosion due to climate change impacts including permafrost melt and delayed fall freeze-up.



Bank Erosion on the Kobuk River
Photo Courtesy Raj Chavan ANTHC



Mar Gun Beach St. George Island
Photo Courtesy Max Malavansky

Extreme weather and temperatures

Severe weather is common through-out Alaska, especially during the winter. Community education is important. Weather safety and safety check lists should be included in all emergency plans.

Earthquakes

Alaska is the most seismically active state. The 1964 Great Alaska Earthquake had a magnitude of 9.2.

On average there are about 24,000 earthquakes a year. Is your community prepared? For earthquake preparedness and recent earthquake information visit www.aeic.alaska.edu/



Volcanic Eruptions

Alaska has many active volcanoes that can present many health hazards, including, respiratory illness, injury and food and water security problems.

All of Alaska’s volcanoes are catalogued at www.avo.alaska.edu



Tsunami

Tsunamis are capable of traveling great distances and can crash onto shore with waves reaching 100 feet or higher. Most tsunamis happen within the Pacific Ocean’s “Ring of Fire.” Visit the West Coast and Alaska Tsunami Warning Center website at: wcatwc.arh.noaa.gov

Fires/Wildfire

A fire can engulf an entire house in five minutes!

An average 1.2 million acres of forest burns each year. Much of Alaska is covered in trees, grass, and brush. Changing vegetation and precipitation is resulting in drought and increased risk of wildfire in much of Alaska .

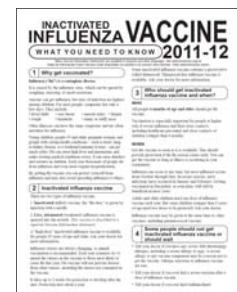


Avalanches

Are responsible for about 150 deaths every year. Avalanches in Alaska occur primarily in the spring months. An avalanche risk monitoring system is available for the Chugach mountains at: www.cnfaic.org

Epidemic/Pandemic

Despite advances in modern medicine we are still subject to disease outbreaks. Most common are influenza epidemics. For more information visit: www.epi.hss.state.ak.us/default.jsp and www.healthmap.org for current global outbreaks.



Biological Threats

A biological threat is an attack that releases germs or other material that can make you sick. Some are contagious.

136. Does your community have an Emergency Plan?

Yes No ?

If so, when was it created?

Has it ever been updated?

Yes No ?

If so, when?

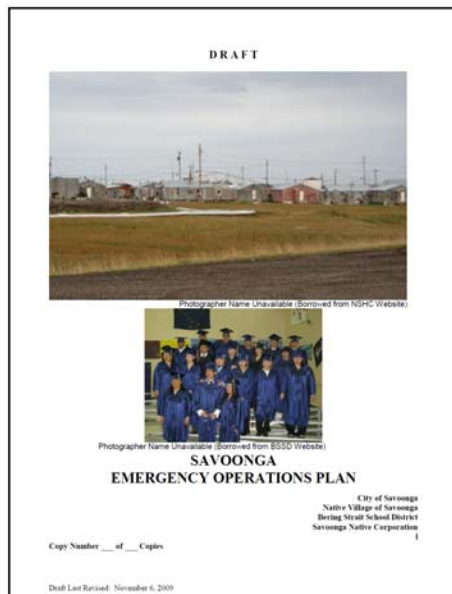
All communities should have an emergency plan in place. An emergency plan will tell you who in the community will do what before, during, and after any disaster situation.

Emergency planning can be done locally. You know your community better than anyone and in the event of an emergency or natural disaster, you know who needs extra care, which homes have children, which homes have pets, who will need transportation if an evacuation is needed, etc.

The National Incident Management System (NIMS) defines preparedness as a continuous cycle:

- Planning
- Organizing
- Training
- Exercising
- Evaluating
- Taking corrective action

This “preparedness cycle”, if practiced, is one way to get your community prepared before an incident occurs.



137. Who are the key contact people and alternates listed in your community if there is an Emergency - who is your Incident Management team?

The most important responsibility of council members, employees and possible responders is to ensure the safety of the community's residents, private and public property and the environment.

It is important to form an Incident Management Team of community leaders who will be familiar with the emergency plan and their respective roles and responsibilities during an emergency to help keep everyone safe and secure. The control before, during and after an emergency comes from the leadership.

Some example responsibilities include:

- Assess the damage
- Determine medical needs
- Inspect community buildings
- Transport to shelters
- Educate the community
- Check supplies
- Relay communications

Does the community know who the incident management team is? Do they know who to turn to for help during an emergency? The best way to inform the community on who to contact is to keep a contact list current and posted.

138. Who in your community is medically trained?

Health Aides:

CPR:

ETT:

EMT:

Other:



139. Does your community plan include public education?

Yes No ?

If yes, who is responsible and when do activities take place?

During emergencies, local phone lines are often overwhelmed with local calls, but often a call can be placed to an out-of-town contact.

Public Education is an important piece of Emergency Preparedness. You can create and update emergency plans every year but they won't be helpful if the community is not aware of the plans or the types of threats that may be present in the community. We can not assume that everyone in the community knows what the threats are.

Public Education should be a part of the Incident Management Teams Responsibilities. A team member or group of team members should remind residents to take reasonable measures to protect their homes and property and to prepare for emergencies.

Public Education topics include:

- First Aid Kits
- Medications
- Tools & Supplies
- Clothing and Bedding
- Special Items
- How to *Shelter-In-Place*
- Food Storage
- Water Treatment
- Shelter information
- Coping with Disasters



Community Gathering in Newtok
Photo Courtesy Desirae Roehl ANTHC

140. What does your emergency plan include?

- Disaster Threats
- Disaster Response
- Damage Assessment
- Requesting Assistance
- Evacuation
- Recovery / Coping
- Other: _____
- Other: _____

141. Does your emergency plan provide check off lists for Disaster Threats?

- Yes No ?



142. Does your emergency plan provide training information for all responders?

- Yes No ?

Disaster Threats

Emergency protective measures are steps taken before, during, and after an event that reduce the threat to lives, property and the environment. Consider including in your emergency plan the following steps to increase community safety:

1. Account for all community members. Be ready to initiate search and rescue operations if needed.
2. Protect your communications, power and water systems.
3. Protect fuel sources and close valves.
4. Estimate how long the event will last based on past experiences.
5. Watch the runway conditions and report to the Alaska Department of Transportation and Public Facility.
6. Be ready to shelter community members - their homes maybe damaged.
7. During an event, create a written list of community needs. This will help prioritize most important needs.

Disaster Response

If you are prepared to take action during an emergency, you will be more certain in your decision making efforts when an emergency actually takes place.

During an emergency all responders should keep the following objectives in mind at all times:

1. Save lives.
2. Reduce immediate threats.
3. Provide necessary care.
4. Protect personal & public property.
5. Maintain or restore utilities.
6. Assess damage.

143. Do you know who to provide initial damage assessments to and their contact information?

Yes No ?

Who?

144. Do you know who to contact for a preliminary damage assessment?

Yes No ?

Who?

145. Do you know who to contact for a technical assessment?

Yes No ?

Who?

146. Do you have agreements with surrounding communities for help in an emergency?

Yes No ?

If yes, which communities?

Damage Assessment

Damage Assessments provide critical information to local emergency managers. There are three types of damage assessments: initial, preliminary and technical.

Initial Assessments: Local governments are responsible for providing initial damage assessments within 24 to 48 hours to the borough or the State Emergency Coordination Center to determine the level of assistance needed. You will need to report on injuries, collapsed structures, utility systems, and other assessments you see that impacts the community and it's recovery.

Preliminary Damage Assessments: are assessments that are done when Federal Disaster Assistance is requested.

Technical Assessments: are done weeks to months after the damage. They will recommend the repair, demolition or reconstruction of a facility.

Requesting Assistance

There are several types of local and non-local resources available to communities. Using the resources closer to your community will speed up the response and recovery efforts. Creating MOUs and agreements with local governments and organizations can help find the local resources to respond more quickly like the American Red Cross or the Salvation Army does.

A Disaster can only be declared by the principal executive officer of a political subdivision—meaning the municipality, unincorporated village or another form of local government.

147. Does your emergency plan include an Evacuation Plan?

Yes No ?

If yes, has the plan been practiced?

Evacuation

The decision to evacuate a community should only be made by the local officials authorized to make that decision. There are several factors you would need to consider in decided to evacuate or not.

1. What are the risks?
2. Expert opinions (National Weather Service / Alaska Volcano Observatory / Division of Forestry).
3. Clearance Times.
4. How to advise the community.
5. What do people need to take with them.
6. Is there a return plan?

148. Does your emergency plan include recovery information?

Yes No ?

Recovery / Coping

Moving from emergency management to recovery operations is important in restoring the confidence of the community. Many residents may feel the devastation and grief and will turn to the community leaders for help with housing needs, financial assistance, clothing and food needs.



Flooding In Eagle Village 2009
Photo Courtesy ADEC—P. Lhotka

In 2009, Eagle Village was destroyed by floodwaters. The loss of the traditional native village was a huge blow to the community residents. They knew that their community was vulnerable to flooding and begin relocation planning about 10 years before - but did not expect the whole community to be demolished. If they were not planning the loss would have been even more devastating then it already was. A few years of recovery efforts later - a new village is located three miles away and on higher grounds, safe from floods.

149. Do the Clinic, School, Store and other workplaces have their own Emergency Plans?

Yes No ?

If yes, are they all current?
When were they updated?

In your community it is important to know whether your community, workplace, school and daycare have emergency plans, become familiar with them and know how they will affect you. It is also very important to know when or if the plans are practiced. Each plan should have a drill schedule for practicing. All practice times should be documented.

- Have a copy of the community plan.
- Ask about the school emergency plans.
- Ask your employer about emergency plans.
- Review the plans and note the hazards and when they were last updated.

150. Are Emergency Drills Practiced?

Yes No ?

If yes, When? Are they documented?



Goodnews Bay School
Photo Courtesy Michael Brubaker ANTHC

151. Do homes in the community have their own emergency plans?

Yes No ?

If yes, How many?



Sheltering-in-place Remember to:

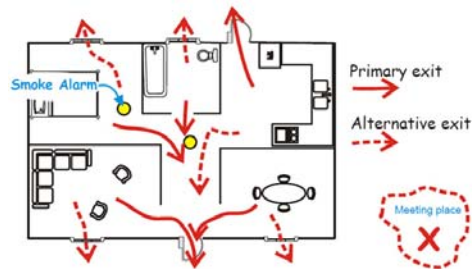
- Bring family and pets inside.
- Seal the house by closing and sealing windows and doors.
- Turn off fans and forced air heating systems.
- Take your disaster supply kit and go into an interior room with few windows.

Evacuating Remember to:

- Always try to keep a full tank of gas.
- Listen to a battery-powered radio for information.
- Take your disaster supplies kit.
- Take your pets with you.
- Secure your home.
- Wear practical and sturdy clothes.
- Let others know where you are going.
- Follow recommended evacuation routes.

For your home it's best if you plan for both sheltering-in-place and evacuating in emergency situations. Different disasters will require different actions. If there's an earthquake and a tsunami warning, in many cases - it is best to evacuate to higher ground but during an extreme weather event it's usually best to remain in your home. In most emergencies, you can listen for instructions about what to do by watching TV, listening to the radio/VHF, or checking the internet for instructions.

Each home in your community should have a drawn up floor plan that shows at least two designated escape routes for each room and the way to a meeting place. It should be practiced at least every 6 months so family members will know what to do if there is an emergency in their home. The floor plan should also map where utility shut-off (water and fuel valves) points are and how to turn them off. Remember to keep the right tools near.



Plan for your belongings - by making and updating records of your personal property. It is also a good idea to have property, health and life insurance to ensure you have coverage during a crisis. It is important to store any documents in a water and fire-proof safe. It may be best to store them with your emergency kit.

152. Do homes in the community have their own emergency kits?

Yes No ?

If yes, How many?

In Alaska, it is recommended that you prepare and gather supplies for at least a week for your entire household. An emergency kit should contain enough supplies for either sheltering-in-place or an evacuation emergency. Each kit should be checked and supplies restocked at least yearly. Some communities have provided disaster supply kits for each household.

An emergency supply kit may include:

- Water - one gallon, per person, per day
- Non-perishable food
- Portable, battery-powered or hand-crank radio
- Battery or hand-crank flashlights
- First Aid kit
- Dust mask (N95)
- An indoor-safe heat source
- Sanitation and hygiene items
- Waterproof matches
- Whistle
- Extra clothing
- Medications
- Cell phone with chargers
- Extra batteries





Over 60% of household pet owners consider their pets to be very important. Your pets' welfare is your responsibility and you need to prepare for your pet just like you would the rest of your family.

Your Pet's emergency kit may include:

- Collar with identification and tags
- A photo of you with your pet
- Current shot and health records in a waterproof container
- Food and water
- Pet carrier
- Toys
- Leash
- Grooming supplies



Sample EMERGENCY PREPAREDNESS CHECKLIST

TORNADO • FLASHFLOOD • EARTHQUAKE • WINTER STORM • HURRICANE • FIRE • HAZARDOUS MATERIALS SPILL		
<h1>Emergency Preparedness Checklist</h1>		 Federal Emergency Management Agency  American Red Cross
<p>The next time disaster strikes, you may not have much time to act. Prepare now for a sudden emergency.</p> <p>Learn how to protect yourself and cope with disaster by planning ahead. This</p>	<p>checklist will help you get started. Discuss these ideas with your family, then prepare an emergency plan. Post the plan where everyone will see it—on the refrigerator or bulletin board.</p>	<p>For additional information about how to prepare for hazards in your community, contact your local emergency management or civil defense office and American Red Cross chapter.</p>
Emergency Checklist		
<h3>Call Your Emergency Management Office or American Red Cross Chapter</h3> <ul style="list-style-type: none"> <input type="checkbox"/> Find out which disasters could occur in your area. <input type="checkbox"/> Ask how to prepare for each disaster. <input type="checkbox"/> Ask how you would be warned of an emergency. <input type="checkbox"/> Learn your community's evacuation routes. <input type="checkbox"/> Ask about special assistance for elderly or disabled persons. <p>Also...</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ask your workplace about emergency plans. <input type="checkbox"/> Learn about emergency plans for your children's school or day care center. <h3>Create an Emergency Plan</h3> <ul style="list-style-type: none"> <input type="checkbox"/> Meet with household members to discuss the dangers of fire, severe weather, earthquakes and other emergencies. Explain how to respond to each. <input type="checkbox"/> Find the safe spots in your home for each type of disaster. 	<ul style="list-style-type: none"> <input type="checkbox"/> Discuss what to do about power outages and personal injuries. <input type="checkbox"/> Draw a floor plan of your home. Mark two escape routes from each room. <input type="checkbox"/> Show family members how to turn off the water, gas and electricity at main switches when necessary. <input type="checkbox"/> Post emergency telephone numbers near telephones. <input type="checkbox"/> Teach children how and when to call 911, police and fire. <input type="checkbox"/> Instruct household members to turn on the radio for emergency information. <input type="checkbox"/> Pick one out-of-state and one local friend or relative for family members to call if separated during a disaster (it is often easier to call out-of-state than within the affected area). <input type="checkbox"/> Teach children your out-of-state contact's phone numbers. <input type="checkbox"/> Pick two emergency meeting places. <ol style="list-style-type: none"> 1) A place near your home in case of a fire. 2) A place outside your neighborhood in case you cannot return home after a disaster. <input type="checkbox"/> Take a basic first aid and CPR class. <input type="checkbox"/> Keep family records in a water and fire-proof container. 	<h3>Prepare a Disaster Supplies Kit</h3> <p>Assemble supplies you might need in an evacuation. Store them in an easy-to-carry container such as a backpack or duffel bag.</p> <p>Include:</p> <ul style="list-style-type: none"> <input type="checkbox"/> A supply of water (one gallon per person per day). Store water in sealed, unbreakable containers. Identify the storage date and replace every six months. <input type="checkbox"/> A supply of non-perishable packaged or canned food and a non-electric can opener. <input type="checkbox"/> A change of clothing, rain gear and sturdy shoes. <input type="checkbox"/> Blankets or sleeping bags. <input type="checkbox"/> A first aid kit and prescription medications. <input type="checkbox"/> An extra pair of glasses. <input type="checkbox"/> A battery-powered radio, flashlight and plenty of extra batteries. <input type="checkbox"/> Credit cards and cash. <input type="checkbox"/> An extra set of car keys. <input type="checkbox"/> A list of family physicians. <input type="checkbox"/> A list of important family information: the style and serial number of medical devices such as pacemakers. <input type="checkbox"/> Special items for infants, elderly or disabled family members.

Sample EMERGENCY PREPAREDNESS CHECKLIST

Emergency Plan

Out-of-State Contact

Name _____

City _____

Telephone (Day) _____ (Evening) _____

Local Contact

Name _____

Telephone (Day) _____ (Evening) _____

Nearest Relative

Name _____

City _____

Telephone (Day) _____ (Evening) _____

Family Work Numbers

Father _____ Mother _____

Other _____

Emergency Telephone Numbers

In a life threatening emergency, dial 911 or the local emergency medical services system number

Police Department _____

Fire Department _____

Hospital _____

Family Physicians

Name _____ Telephone _____

Name _____ Telephone _____

Name _____ Telephone _____

Reunion Locations

1. Right outside your home _____

2. Away from the neighborhood, in case you cannot return home _____

Address _____

Telephone _____

Route to try first _____

Escape Plan

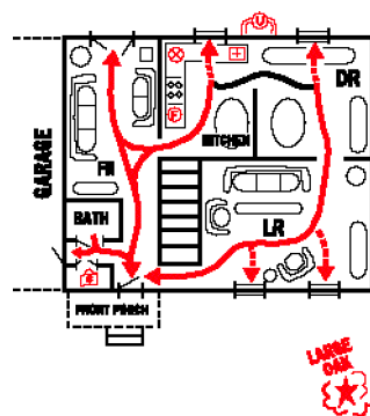
In a fire or other emergency, you may need to evacuate your house, apartment or mobile home on a moment's notice. You should be ready to get out fast.

Develop an escape plan by drawing a floor plan of your residence. Using a black or blue pen, show the location of doors, windows, stairways, and large furniture. Indicate the location of emergency supplies (Disaster Supplies Kit), fire extinguishers, smoke detectors, collapsible ladders, first aid kits and utility shut off points. Next, use a colored pen to draw a broken line charting at least two escape routes from each room. Finally, mark a place outside of the home where household members should meet in case of fire.

Be sure to include important points outside such as garages, patios, stairways, elevators, driveways and porches. If your home has more than two floors, use an additional sheet of paper. Practice emergency evacuation drills with all household members at least two times each year.

Example:

Floor one



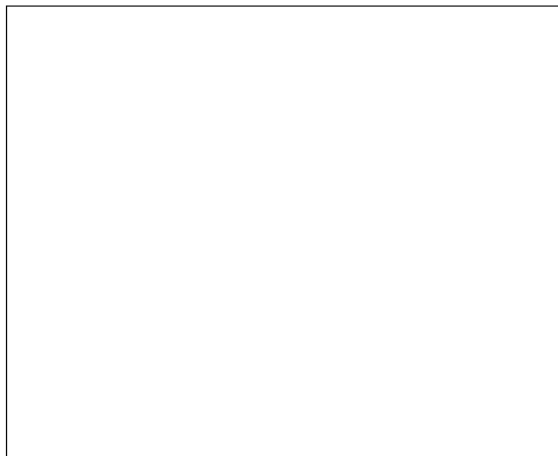
Sample EMERGENCY PREPAREDNESS CHECKLIST





Floor Plan





Floor One



Floor Two



-  Normal Exit Route
-  Emergency Exit Routes
-  Fire Extinguisher
-  Smoke Detectors

-  Disaster Supplies Kit
-  Doors
-  Collapsible Ladder
-  Reunion Location (Outside)

-  Stairways
-  Utility Shut Off
-  Windows
-  First Aid Kit

Sample EMERGENCY PREPAREDNESS CHECKLIST

Home Hazard Hunt

In a disaster, ordinary items in the home can cause injury and damage. Anything that can move, fall, break or cause a fire is a potential hazard.

- Repair defective electrical wiring and leaky gas connections.
- Fasten shelves securely and brace overhead light fixtures.
- Place large, heavy objects on lower shelves.
- Hang pictures and mirrors away from beds.
- Strap water heater to wall studs.
- Repair cracks in ceilings or foundations.
- Store weed killers, pesticides and flammable products away from heat sources.
- Place oily polishing rags or waste in covered metal cans.
- Clean and repair chimneys, flue pipes, vent connectors and gas vents.

If You Need to Evacuate

- Listen to a battery powered radio for the location of emergency shelters. Follow instructions of local officials.

The Federal Emergency Management Agency's Community and Family Preparedness Program and the American Red Cross Community Disaster Education Program are nationwide efforts to help people prepare for disasters of all types. For more information, please contact your local emergency management office and American Red Cross chapter. This brochure and other preparedness materials are available by calling FEMA at 1-800-480-2520, or writing: FEMA, P.O. Box 2012, Jessup, MD 20794-2012. Publications are also available on the World Wide Web at:
 FEMA's Web site: <http://www.fema.gov>
 American Red Cross Web site: <http://www.redcross.org>

Your Local Contact is:

L-154
 ARC 4471
 Aug. 1993

HURRICANE • FIRE • HAZARDOUS MATERIALS SPILL

TORNADO • FLASH FLOOD • EARTHQUAKE • WINTER STORM



EMERGENCY
PREPAREDNESS
CHECKLIST



Federal Emergency
Management Agency

