



**OFFICE OF EMERGENCY MANAGEMENT**

# EMERGENCY PREPAREDNESS GUIDE

# **INTRODUCTION**

This guide is designed to provide a brief overview of disaster information, and to help you get started with your emergency plans for protecting yourself and your loved ones before, during and after a disaster. In the first part of this guide you will find general preparedness and planning information. In the second part, you can learn about specific hazards in Logan County, and find resources that may be helpful. A full electronic version of this guide can be accessed at <https://logancounty.colorado.gov/>

## ***WHY PREPARE FOR A DISASTER?***

For most people, disasters and emergencies are not a part of everyday life, so when something happens, they are taken by surprise. The reality is that disasters happen every day and can have lasting effects – injuries, property damage, loss of essential services and disruption of community and business activities to name a few.

- ◆ Understanding how a disaster may affect you and taking steps to protect yourself and your family can minimize the negative effects of a disaster and help you to recover more quickly.
- ◆ In a disaster, emergency responders may not be able to reach you immediately. If you are prepared and self-sufficient for the first few days after a disaster (or longer), your preparedness will allow responders to take care of those in the most immediate life-threatening situations. You may also be able to help others during a disaster.
- ◆ Being prepared and knowing what to do will reduce fear and anxiety, and may help you to avoid dangers altogether.



# **PLANNING FOR DISASTER**

**Learn about the natural hazards and other risks in your area** and near your home, and talk to members of your household about what to do in each case. Ask yourself questions such as: Do you live in a flood-prone area or near a stream or river? Are tornadoes a possibility (in Logan County, they are), and how do I know when one is more likely to happen?

Assemble disaster supplies for sheltering in place, and in case of evacuation ([see Disaster Supplies section for ideas](#)). Gathering supplies for sheltering in your home doesn't have to be an overwhelming task. Decide what you and your family need, and add to your supplies over time.

**Plan how members of your household will stay in contact** if you become separated. Identify at least two meeting places – the first near your home, and the second away from your neighborhood in case you can't return home. Also choose an out-of-town friend or family member as a single point of contact, and make sure everyone knows how to reach this person by phone, text or email.



**Draw a floor plan of your home and designate two escape routes** from each room.

**Make sure everyone has access to emergency phone numbers.** If you still have a home telephone, post these numbers near it. Make copies for everyone in your family to carry (in a wallet, purse, backpack, or in the car). Have each member of the family update their emergency contact information in their cell phones, if this is their primary means of communication.

**Gather important papers** and make copies of them, or take pictures of documents with your phone. You may also want to save electronic files, such as photographs, on a USB drive. Here are some documents you may want to have access to during an emergency:

- ◆ Family emergency health information, including medical and veterinarian records, and a list of medications for each member of the family. Tip: periodically take pictures of your prescription labels – medication, dosage, prescribing physician and pharmacy are all included.
- ◆ Insurance documents (life, auto, home)
- ◆ Legal documents (marriage, birth, death, divorce, court proceedings)
- ◆ Driver's license or state issued Identification Card
- ◆ Social Security Card

- ◆ An atlas or map, in case you don't have access to your cell phone, or the battery dies.
- ◆ A list of important phone numbers, also in case you don't have access to your cell phone. This list might include phone numbers for your friends, family, insurance companies, clergy or faith-based organizations, credit card companies, and doctors' offices.

Having these documents readily available may help you even when there is no emergency. A word of caution – do keep personal information secure, either in a locked box, or with an electronic password or encryption.



**Get to know your neighbors** and exchange contact information. Find out if anyone in your neighborhood may need help during an emergency, or if that's you, let your neighbors know. Neighbors helping neighbors during an emergency is one of the most effective ways to keep yourself and your property safe, and it reduces the burden on emergency responders.

**Conduct a self- and family-assessment.** Your emergency plan should be as unique as you are. All of us have different capabilities and strengths, as well as challenges and needs. During a disaster, you will most likely not have access to everyday conveniences and services. Conditions and circumstances may prevent you from using your capabilities to their fullest. Think through the details of your routine and plan for alternatives. Here are just a few ideas:

- ◆ If there are people who assist you or your family member, list who they are and how you will contact them in an emergency. Ask them about their emergency plans.
- ◆ Think about the types of transportation you use, and what alternatives could serve as backups.
- ◆ If you need specific tools or aids, plan how you will take them with you, cope without them, or identify alternatives. If you have to move without a vehicle, can you carry your own emergency supplies?
- ◆ If you or a loved one depend on life-sustaining treatment or equipment or medication, such as dialysis or respiratory treatment, talk to your medical provider about emergency plans. Likewise, if you depend on perishable medication (refrigerated insulin, for example), plan how you will access it (take some in a cooler).
- ◆ Plan in advance for your pet or service animal. Many shelter locations will have a co-located pet shelter. If this is not possible, contact your local pet shelter or humane society to find out if they have a policy about keeping animals during an emergency.

**Create a Personal Support Network.** If you know that you will need help during an emergency, set up a personal support network by making a list of family, friends, and others who will help you, and check on you to make sure you are safe. Include friends or family who are nearby, as well as someone out of the area, who may not be affected by the same emergency, if possible.

- ◆ Work out support relationships with two or three people in each place where you spend significant amounts of time, such as home and work.
- ◆ Share copies of your emergency plans and relevant emergency documents (see “Gather important papers” in previous section)
- ◆ Exchange important keys.
- ◆ Exchange important phone numbers with your support network.
- ◆ Teach your support network how to use any special equipment, such as wheelchairs, oxygen or other medical equipment, and/or how to administer medication.
- ◆ Plan ahead in a forecasted emergency, such as a blizzard, and determine who will assist you as needed. Take action early, so that the storm doesn’t prevent you from connecting with your support network.
- ◆ Touch base with your support network every few months (schedule it on your calendar) to update circumstances and find out if they are still able to assist you. Confirm contact information.
- ◆ Your personal support network should be a mutual relationship. Learn how you can help and support the people in your network, too.

### ***ADDITIONAL PLANNING CONSIDERATIONS***

- ◆ Familiarize yourself with office and school emergency plans.
- ◆ Review your property, auto, life, and health insurance policies annually to ensure you have adequate insurance coverage.
- ◆ Consider purchasing flood insurance to reduce your risk of loss due to flooding
- ◆ If you rent your home, consider rental insurance. It is often affordable and will help you recover more quickly from a disaster.
- ◆ Document personal property, including taking photos of high-value items and keeping valuation and receipts in a safe place.
- ◆ Take first aid and CPR classes
- ◆ Set up an emergency savings account and keep a small amount of cash in a safe place.



For the millions of Americans who have disabilities or other access and functional needs, emergencies can present unique challenges. Being ready is part of maintaining your independence, whether your challenges are something you live with every day, or are temporary, such as recovering from surgery or injury. The previous two sections, Conduct a self-assessment and Create a personal support network are good advice for everyone, and may be especially helpful for persons with disability or access and functional needs. If you have specific concerns, please contact the **Logan County Office of Emergency Management at 970-522-0888 X282**. We would be happy to discuss your plan with you, and learn how we can better meet the needs of our communities in our plans.

### ***SOME TIPS FOR PEOPLE WHO ARE***

**Mobility challenged:** If you typically rely on elevators, have a backup plan in case they are not working. Practice using alternate methods of evacuation. There may be times when you will have to leave your wheelchair behind to evacuate safely. If you cannot use stairs, discuss lifting and carrying techniques that will work for you with your physician and your support network.

**Blind or have visual acuity challenges:** If you have some vision, place security lights in each room to light paths of travel. These lights plug into wall outlets, light up automatically during a power outage, and will work for several hours, depending on the type. During a disaster, you may lose audio cues you typically rely on.

**Deaf or Hard-of-Hearing:** Plan how you will receive warnings and instructions, and familiarize your support network with any augmentative and alternative communication devices you use. Keep writing materials ready for those who do not know sign language, or for when an interpreter is not available.

**Children:** Households with working parents may need assistance with their children during an emergency. Talk to your support network ahead of time about how they can help and teach your children what to do and who to contact in the event of an emergency. Like adults, children want to feel empowered and in control during an emergency.

**Allergic to certain foods or have special dietary needs:** Consider these needs when assembling your emergency food supplies, and make sure your support network is aware of your needs, especially if you plan to evacuate to a friend or family member's home during an emergency.

**Insulin Dependent or use other refrigerated medications:** Keep a small cooler and ice packs on hand to safely take refrigerated medications with you if you have to evacuate.

## EMERGENCY ALERT SYSTEM (EAS)

The EAS transmits national, state and local emergency warning information over television and radio stations. It is designed to automatically break into regular programming to provide guidance in your specific viewing or listening area.

## WIRELESS EMERGENCY ALERTS (WEA)

WEAs are emergency messages sent by authorized government alerting authorities through your mobile phone carrier. The types of alerts you might receive through WEA are:

- ◆ Extreme weather warnings (**not** watches or advisories)
- ◆ Local emergencies requiring immediate action
- ◆ AMBER Alerts
- ◆ Presidential alerts during a national emergency



Photo courtesy National Weather Service

A WEA message will look like a text message, but it will have a different tone and vibration repeated twice.

## NOAA WEATHER RADIO (NWR)

NOAA Weather Radio is a nationwide network of radio stations that broadcast continuous weather information directly from the nearest National Weather Service (NWS) office. NWR broadcasts official Weather Service warnings, watches, forecasts and other hazard information 24 hours a day, seven days a week.

NWR also works with the FCC's Emergency Alerts System (EAS) to be an "all-hazards" radio network. In conjunction with public safety officials and emergency managers, NWR can broadcast warning and post-event information about all types of hazards – natural, human-caused, environmental or public safety-related.



Weather radios are available at many retail outlets and on-line stores, ranging anywhere from \$20 to \$200 or more, with a variety of features. In order to get the most out of a weather radio, three useful features are:

**Tone Alarm:** The alarm tone will activate for watch and warning messages even if the receiver is turned off.

**S.A.M.E. Technology:** Specific Alert Message Encoding allows you to specify the area for which you would like to receive alerts. Without this feature, you may hear watches and warnings for many counties as a storm system moves across Colorado. With this feature, you will hear messages only about the areas you have selected.

**Battery backup:** This feature is useful since power outages often accompany severe weather. It is recommended that you use the AC power under normal conditions to preserve battery life. If the power goes off, the battery will take over and your radio will still work.

## **KNOW THE TERMS:**

Generally, when a “warning” is issued, it means that something serious is either already happening or about to happen. A “watch” means the conditions are right or there is a possibility of something happening. And “advisory” typically makes us aware that something is likely to happen, and it may be a nuisance or should be avoided, but isn’t directly life-threatening.

**Warnings: *Take Action!***

**Watches: *Be Prepared.***

**Advisories: *Be Aware.***

For a complete list of weather watch/warning/advisory definitions, visit <https://www.weather.gov/lwx/WarningsDefine>

## **SOCIAL MEDIA**



Many local government agencies use Facebook, Twitter and other Social Media platforms to communicate with the public. The Logan County Office of Emergency Management (OEM) uses our website, <https://logancounty.colorado.gov/>, and Facebook to communicate before, during, and after emergencies. Follow us: <https://www.facebook.com/LogancountyEM1>. You can also find us on twitter: [https://twitter.com/LOCO\\_EM](https://twitter.com/LOCO_EM). For more information about Logan County, visit <https://logancounty.colorado.gov/>.

If you are affected by a disaster and don’t have phone service, utilize the American Red Cross Safe and Well website at: <https://safeandwell.communityos.org/cms/index.php> or the Facebook Safety Check feature.

## **OUTDOOR WARNING SYSTEMS**

Many communities in Logan County maintain outdoor warning sirens as another warning system. Keep in mind that sirens are intended to warn people who are outdoors, and likely don’t have access to other warning systems. In weather-related emergencies, the local jurisdiction will communicate with the Sterling Communications Center to activate the sirens, most often for a tornado warning.



Sirens are tested once a month on Fridays at noon, beginning in April thru September. The sirens sound for 30 to 60 seconds during the test.

If you hear the sirens at any time other than a planned siren test, seek more information and be aware of your surroundings. Take appropriate safety actions immediately.



## ***EMERGENCY NOTIFICATION SYSTEM (ENS)***

The ENS is used by public safety officials to inform the public of immediate threats to health and safety. Examples of messages you might receive include the need to seek shelter during a tornado, or a notice that you should stay inside because of critical police activity in your area. The Sterling Communications Center (SCC) uses an ENS system called **CodeRED**.

When they need to send a message to the public, the SCC will record a brief message and select the area of residences and businesses that will be called by defining the area on a map or inputting a range of addresses. When the message is 'launched' the system automatically calls each land-line number in the selected area, playing the recorded message when the phone is answered. The systems also calls other phone numbers, sends text messages, and sends emails to individuals who have registered to receive emergency alerts in these ways.

When you receive a **CodeRED** Emergency message, your caller I.D. will show the number 866-419-5000, OR 855-969-4636, and if you have signed up for **CodeRED** Weather Warnings, it will show the number 800-566-9780 during weather events. If you would like to hear the last message delivered to your phone, simply dial that number back. You can save the numbers above as contacts in your cell to make sure you don't miss an important notification.

If you register to be notified on your cell phone, we strongly recommend that you also request notification by text message. During an emergency, a text message may reach you when a voice call cannot.

Help us help you in an emergency. Sign up for emergency alerts at <https://logancounty.colorado.gov/departments/logan-county-emergency-manager>.

## **Unlock your instincts and be aware of your surroundings**

You may be subconsciously more aware of your surroundings than you realize. Often, before disaster strikes, people notice that something is "off" or they describe a scene that looked or sounded different from what they had experienced before. Learning to always be aware of your surroundings, and to trust your instincts is also a form of warning.

Depending on your circumstances and the nature of the emergency, the first decision you will always make is to stay or go. You should evaluate your circumstances, such as the places you frequent, types of emergencies, other people who rely on you, your own capabilities and resources, and plan for both possibilities.

## EVACUATION

Evacuation is the best choice when there is immediate danger where you are. The amount of time you have to evacuate will depend on the nature of the disaster, so be prepared to leave at a moment's notice. Ideally, you should have enough water, food, clothing, and emergency supplies to last until you get to a place where you have access to resources and basic necessities. Some disasters allow no time to gather supplies. If danger is imminent, your priority is to get to safety.



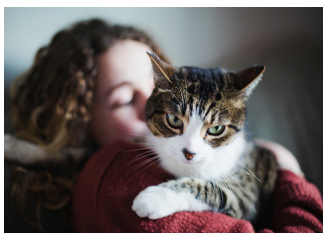
- ◆ Always evacuate when authorities tell you to do so.
- ◆ You may also choose to evacuate before conditions worsen (when a “watch” is issued rather than a “warning”) if you need additional travel time, transportation assistance, or if you are unable to shelter in place without your support network. Make these arrangements in advance.
- ◆ Plan several evacuation routes from your home and office, and become familiar with different routes. Pre-plan where you will go and where you will meet your family members.
- ◆ Take important papers and other “go kit” supplies with you. ([See Disaster Supplies section for ideas](#)).

## SHELTER-IN-PLACE

Whether you are home or somewhere else, there may be times when it is best to stay where you are and avoid heading into a dangerous situation. Consider what you can do to safely shelter-in-place alone or with friends, family or neighbors. When making your emergency plan, determine which rooms in your home will be your “safe rooms” for each type of disaster. For example, during a tornado warning, you should go to a basement or an interior room on the lowest floor. During a hazardous materials spill, you should go to an above ground room, since many chemicals are heavier than air.

- ◆ Locate emergency supplies you may need during the disaster ([see Disaster Supplies section for ideas](#)).

- ◆ Bring pets inside and take them with you to your safe room.
- ◆ Take disaster supplies and a radio with you.
- ◆ You may need to create a barrier between yourself and contaminated air outside. In this case, turn off your furnace or air conditioner to avoid letting the bad air inside. You will also want to seal the room by closing doors and windows and using barriers to close gaps. Towels (wet, if possible) and blankets work well as barriers, as do plastic sheeting and duct tape.
- ◆ If you are sheltering in a sealed room, determine how you will signal for help. A whistle may be helpful, or you may want to throw something out a window, or put up a sign in the window.
- ◆ Do not turn off utilities unless authorities instruct you to do so. The exception is if you hear or smell a gas leak – in this case, locate and shut off your gas valve. You may need a special tool for this, and will need professional help to turn the gas back on.



### ***ADDITIONAL SHELTER-IN-PLACE CONSIDERATIONS:***

If you are in a vehicle and close to home, work, or a public building, get inside as quickly as possible. If you cannot, pull over, close your windows, and shut off vents (seal them if possible) to reduce exposure to risk.

If you are away from home, follow the shelter-in-place plans at work, school, or where you are. If possible, review these plans before a disaster happens.

Consider keeping some disaster supplies (flashlight, radio, water) in each of the safe rooms in your home. Or, plan to take your “go kit” with you to your safe room.



# **RECOVERING FROM DISASTER**

Your first concern following a disaster is your physical and mental well-being and that of your loved ones. Recovery from disaster is a gradual process, and will be different for everyone, depending on circumstances and the effects of the disaster on each individual.

Immediately following a disaster, check for injuries and help those in need by administering first aid. Do not attempt to move seriously injured people unless they are in immediate danger of death or further injury where they are.



If you are returning home after an evacuation, be cautious of washed out roads, gas leaks, downed power lines, broken glass, and contaminated areas. Before entering your home, walk around the outside to check for loose power lines, gas leaks, and structural damage. If you have any doubts about safety, have your residence inspected prior to entering.

If you have significant cleaning up to do, wear sturdy work boots and gloves. Wash your hands often and thoroughly with soap and clean water when working in and around debris.

Inform local authorities if you observe health and safety issues, such as chemical spills, downed power lines, smoldering insulation, or dead animals.

Be aware of the potential for exhaustion, pace yourself, and set priorities accordingly.

## ***ADJUSTING TO THE "NEW NORMAL"***

Following a disaster, people frequently feel overwhelmed, disoriented, or unable to integrate all that has happened into a new routine. Fortunately, most people are resilient and will bounce back from tragedy over time. The more you can be prepared, both physical and emotionally, the more readily you will be able to recover. Here are some steps you can take to regain a sense of control and promote your emotional well-being:

- ◆ Give yourself time to adjust and allow yourself to mourn the losses you have experienced.
- ◆ Ask for support from people who care about you and who

will listen and empathize with your situation. Social support is a key component to disaster recovery, especially if you can connect with those who've also survived the disaster.

- ◆ Talk about your experience and express what you are feeling in whatever ways are comfortable for you, such as keeping a diary, or joining a support group.
- ◆ Engage in healthy behaviors to enhance your ability to cope with stress. Remember to eat well and get as much rest as you can. Avoid the things that may hinder your ability to cope and keep moving forward.
- ◆ Establish or reestablish routines. This may be eating meals at regular times, getting back to work, going for a walk once a day, or making time for a hobby.
- ◆ Avoid making major life decisions, such as switching careers or jobs, or other important decisions. These tend to be highly stressful, and may be even harder to do when you're recovering from a disaster.



### *WHEN SHOULD I SEEK PROFESSIONAL HELP?*



If you notice persistent feelings of distress or hopelessness, or you feel like you are barely able to get through your daily responsibilities and activities, it may help to talk with a mental health professional. Check your local behavioral health resources, or search for a professional through the American Psychological Association at [www.apa.org](http://www.apa.org).

# **ASSEMBLE A DISASTER SUPPLY KIT**

Whether you stay or go, you should assemble disaster supplies to see you through the initial part of the emergency, and provide for your basic needs until help arrives or until you are able to resume your normal routines. At a minimum, your kits should include water, food, a first aid kit, sanitation items, hygiene items, and safety items. Plan on at least three days for evacuation, and two weeks for shelter-in-place at home. For more advice on building your disaster supply kits, visit [www.ready.gov/build-a-kit](http://www.ready.gov/build-a-kit) and <http://www.redcross.org/get-help/prepare-for-emergencies/be-red-cross-ready/get-a-kit>

## ***BASIC SUPPLY LIST***

- ◆ Water: one gallon per person, per day
- ◆ Food: non-perishable, easy-to-prepare items
- ◆ Manual can opener for any canned goods
- ◆ Flashlight and batteries (note: candles are a frequent cause of home fires; use other sources of light when possible)
- ◆ First Aid Kit
- ◆ Medications
- ◆ Multi-purpose tool
- ◆ Sanitation and personal hygiene items
- ◆ Copies of important documents
- ◆ Cell phone and chargers
- ◆ Family and emergency contact information
- ◆ Extra cash
- ◆ Emergency blanket
- ◆ Map(s) of your area
- ◆ Extra keys for home and cars

## ***ADDITIONAL SUPPLIES TO MEET THE NEEDS OF FAMILY MEMBERS***

- ◆ Medical supplies (contact lenses, hearing aids/batteries, glasses, syringes)
- ◆ Baby supplies, such as diapers, bottles, and formula
- ◆ Pet supplies (collar, leash, vet records, food, bowl, and carrier)
- ◆ Medications or prescription information
- ◆ Two-way radios



## *ADDITIONAL SUPPLIES TO KEEP AT HOME*

- ◆ Water storage containers (you can store water just before the disaster strikes, if you have warning)
- ◆ Whistle
- ◆ Protective face masks (sometimes called surgical or flu masks) to protect from infectious disease
- ◆ Dust masks (look for N95 or better rating) to protect from inhalation of particulates
- ◆ Towels
- ◆ Work gloves
- ◆ Tools for securing your home
- ◆ Plastic sheeting
- ◆ Duct tape
- ◆ Household liquid bleach
- ◆ Extra blankets or sleeping bags
- ◆ Games, entertainment items, and activities

Tip: Assemble a “go kit” of essentials that you can take with you.

Keep it near the door you regularly use or in your vehicle.



## **FOOD SAFETY**

Sanitation and cleanliness are important when preparing food.

- ◆ Avoid leftovers or use them within four (4) days, only if they have been stored at or below 40 degrees F.
- ◆ Candle warmers, chafing dishes, fondue pots or fireplaces can be used for cooking, as well as barbecue grills and propane stoves (outside use only for grills and propane stoves).
- ◆ Prepare only enough food for immediate use.
- ◆ Keep food preparation surfaces clean and avoid contact between raw and other foods.
- ◆ If you are treating water, use only canned prepared formula for infants; do not use powdered formula with treated water.
- ◆ Commercially canned food can be eaten without warming. If you do heat it in the can, remove the label, wash and disinfect the can, and open the can before heating.
- ◆ Keep hot food at or above 140 degrees F and cold food at or below 40 degrees F.
- ◆ Store food at least four (4) inches off the floor in a dark, dry, cool place that is sealed to prevent pest and vermin attraction.
- ◆ If refrigeration is not available, use perishable food as soon as possible. If the power is out, avoid opening the refrigerator or freezer as much as possible, or look for alternative storage space, such as coolers with ice.
- ◆ Discard food in contact with contaminated water or debris.



## **DRINKING WATER SAFETY**

After an emergency, especially after flooding, drinking water may not be available or safe to drink. Do not use water that may be contaminated to wash dishes, brush your teeth, wash and prepare food, make ice or make baby formula. The rule of thumb is to have one (1) gallon a day of drinking water for each person in your family. This does not include water to use for everything else, such as washing dishes or brushing your teeth. Also remember to include your pets in your planning, and store as much water as you can. If you have enough warning, you may want to fill containers with water before the disaster arrives.

## SAFE SOURCES OF WATER

- ◆ Melted ice cubes
- ◆ Water drained from pipes
  - ✦ To use water in the pipes, open the faucet located at the highest point in the building to let air into the plumbing. Then obtain water from the lowest faucet in the building.
- ◆ Water drained from the water heater
  - ✦ To use water in the hot water tank, be sure the electricity or gas is off, then open the drain at the bottom of the tank. Turn off the water intake valve at the tank and turn on the hot water faucet to start the water flow. Refill the tank before turning the gas or electricity back on. If the gas is turned off, a professional or utility worker will be needed to turn it back on.
- ◆ Liquids from canned goods

## UNSAFE SOURCES OF WATER

- ◆ Radiators
- ◆ Hot water boiler (home heating system)
- ◆ Swimming pools and spas (can be used for personal hygiene and cleaning)
- ◆ Local reservoirs, lakes and rivers (if not treated)
- ◆ Water from the toilet bowl or tank
- ◆ Water beds



## MAKING WATER SAFE TO USE

Treat water of uncertain quality before using it. Before treating, let any suspended particles settle to the bottom, or strain them through coffee filters or layers of clean cloth. There are three methods for treating water:



**Boil water for three minutes to eliminate most microbes.**

- ◆ Boiling water for three (3) minutes (recommended at altitudes above one (1) mile) eliminates most microbes responsible for intestinal disease. **It cannot remove chemical toxins or impurities**, but is an effective way to disinfect water.

- ◆ Use plain household bleach to chlorinate water for drinking. Add 1/8 of a teaspoon (8-10 drops) to one gallon of water. Wait 30 minutes. If the water is clear, it is safe to drink. If the water is cloudy, add another 1/8 of a teaspoon of bleach and wait 30 minutes.
- ◆ Distillation uses the phase-change process of evaporation, condensation and precipitation, and is the most effective way to treat contaminated water. It not only kills biological contaminants, but it is effective at removing most toxins as well. It is also an effective way to desalinate ocean water. Home water distillers are available for purchase, or you can make your own. You can find helpful demonstrations and instructions about distilling water on-line.

### *MANAGING AND STORING WATER*

- ◆ Store water in clean containers. You can also sanitize the inside of the container with bleach solution of one teaspoon of bleach in one cup of water. Shake this in the container and let sit for 30 minutes, then rinse with potable water. For more information about household water treatment, go to [https://www.cdc.gov/healthywater/drinking/home-water-treatment/household\\_water\\_treatment.html](https://www.cdc.gov/healthywater/drinking/home-water-treatment/household_water_treatment.html)



# **PLANNING FOR YOUR ANIMALS**

## ***PETS***

If you are like the millions of animal owners nationwide, your pet is an important member of your household. During and after an emergency, the conditions that affect you will also affect your pets. What's good for you is usually what's best for your animals.

Include your pets in your evacuation and shelter-in-place plans. If you have to evacuate try to take your pets with you.

- ◆ Assemble disaster supplies for your pet, including food, water, medication, records, litter box, can opener (if needed) and information with your pet's name and any behavior patterns or issues.
- ◆ Identify shelter options before an emergency. If an emergency shelter is opened, sometimes they will be able to accommodate pets with a co-located pet shelter. However, if such a shelter is not available, you need to know where you can take your pets. Talk to friends and family members and prepare a list of shelters, kennels or veterinarians who could shelter your pet during an emergency.
- ◆ Identify a trusted relative, friend or neighbor to care for your pet if you are away from home during an emergency, and show them where your pet's emergency kit is located.
- ◆ Familiarize your pets with being transported in a crate before an emergency.
- ◆ Keep your pet's vaccinations current, and keep the records in your "go kit." Most veterinarian and boarding facilities require proof of vaccinations to admit your pet.
- ◆ Make sure your pet has identification, or is micro-chipped
- ◆ Take pictures of your pet, so you can show proof of ownership if you are separated during a disaster.

## ***LIVESTOCK***

Many people keep non-commercial livestock at their homes, including horses, donkeys, goats, llamas, alpacas, sheep and poultry. Families with livestock often find it difficult to evacuate, and sometimes refuse to do so without their animals. A plan to evacuate and shelter your animals is essential in protecting both people and animals. Local and state emergency planners are aware of the need to provide shelter for large animals, and will communicate relevant information during a disaster.

## *PREPARE FOR LIVESTOCK IN AN EMERGENCY BY:*

- ◆ Teaching horses to load – either in your own or someone else's trailer. Make sure you have access to adequate trailer room for all of your animals.
- ◆ Determine evacuation destinations and make sure that the facilities have access to food, water, veterinary care and handling equipment. Often, the local fairgrounds are used, but remember that room and resources can be limited. If you have the ability, make other arrangements in advance.
- ◆ Make sure you have enough equipment, such as halters, for each of your animals.
- ◆ Have livestock identification – photographs, brand inspection, registration papers, microchip numbers – and keep copies with someone out of the area or electronically (cloud-based storage or a USB drive).
- ◆ If you are not at home, or someone else has to evacuate your animals, post the number and types of animals in your barn area. Also include the location of your animal disaster supplies and your emergency contact information.
- ◆ If evacuation is not possible, you may have to decide whether to shelter your animals or turn them out. This decision will be based on the type of disaster, the type and location of available shelter, and the risks associated with turning your animals out.

## *ADDITIONAL CONSIDERATIONS FOR LIVESTOCK*

- ◆ Keep a two-week supply of feed on hand during the winter.
- ◆ Plan for an alternate source for watering livestock when power or water is disrupted, such as a cistern or large holding tank, or a generator that can run a well. Many automatic watering systems will not run without power.
- ◆ Keep good winter work clothes on hand, and have access to snow removal equipment, such as a plow or tractor.
- ◆ Keep a fire extinguisher in your barn area.
- ◆ Provide fire mitigation and defensible space in and around corrals and pastures.
- ◆ Learn about biosecurity and adopt practices that prevent the introduction or spread of disease amongst livestock. For more information, visit [www.colorado.gov/aganimals](http://www.colorado.gov/aganimals).





## PET AND ANIMAL EMERGENCY SUPPLY LIST

- ◆ Food and Water (three (3) days for evacuation, and two (2) weeks for shelter-in-place); rotate this out with new food every two (2) months
- ◆ Bowls for food and water
- ◆ Manual can opener for canned food
- ◆ Pet and animal medications and veterinarian contact information
- ◆ Identification: photos, physical description, distinguishing traits, and other vital information
- ◆ Veterinary records, including proof of vaccinations
- ◆ Collar, leash or harness, and other equipment, such as a muzzle, as needed
- ◆ Carriers or crates for pets
- ◆ For exotics, such as reptiles, a pillowcase, warming device, and soaking dish
- ◆ For birds, a catch net, heavy towel, newspaper, and blanket or sheet to cover the cage
- ◆ Small animals: salt lick, water bottle, small "hide" box or cardboard tube inside cage
- ◆ Sanitary items, such as small garbage bag, paper towels, and spray disinfectant
- ◆ Ask your veterinarian for recommendations about pet first aid and plan accordingly



# SERVICE ANIMALS IN PUBLIC SHELTERS

The Americans with Disabilities Act (ADA) guarantees service animals, currently defined by the ADA as a dog\* that has been individually trained to do work or perform tasks for an individual with a disability, may remain with their owners in any public accommodation, such as a shelter set up during a disaster. The ADA does not ensure other aspects of caring for service animals during disasters. If you own a service animal, prepare to provide food and water during an emergency. You may also want to contact your veterinarian for any recommendations and to make an emergency plan for vet care.



**\*New ADA regulations contain a specific provision which also covers miniature horses.**

# WILDLIFE IN DISASTER

Disaster and life-threatening situations can exacerbate the unpredictable nature of wild animals. To protect yourself, learn how to deal with wildlife.

- ◆ Exercise extreme caution around wild animals.
- ◆ If wild animals are trapped or no natural food source is available, check with the Colorado Division of Wildlife about safe ways to leave appropriate food for them.
- ◆ Some wild animals, like snakes, raccoons, and opossums have been known to seek refuge in the upper levels of homes or barns during a flood, and to remain there after the water recedes. If this happens, try to open an escape route and the animal will probably leave on its own.
- ◆ If you see an injured or stranded animal contact the local animal control agency through **Sterling Communications at 970-522-3512**, or the Colorado Division of Wildlife for help removing them.
- ◆ Vermin may also be a problem after disasters. Secure food supplies in animal-resistant containers.



# **THUNDERSTORMS AND LIGHTNING**

A thunderstorm is formed from a combination of moisture, rapidly rising warm air, and a force capable of lifting air, such as a warm or cold front, wind, or a mountain.

## **THUNDERSTORM FACTS:**

- ◆ A thunderstorm is classified as severe if it produces hail at least  $\frac{3}{4}$  of an inch in diameter, has winds of 58 mph or higher, or produces a tornado.
- ◆ All thunderstorms contain lightning. The rapid heating and cooling of air near the lightning causes thunder.
- ◆ If you can hear thunder, you are close enough to the storm to be struck by lightning, even if it isn't raining where you are.



## **LIGHTNING FACTS:**

- ◆ Lightning can strike five to ten miles away from the storm.
- ◆ There is no such thing as safe "dry lightning" or "heat lightning." When you see lightning without hearing thunder, it is from a storm that is far enough away that the sound of thunder doesn't travel to your observation point.
- ◆ Lightning does strike in the same place twice. It could be a statistical fluke (eventually it will hit the same place again) or there could be something about a particular place that makes lightning more likely to strike there.
- ◆ A bolt of lightning reaches a temperature between 18,000 and 60,000 degrees Fahrenheit in less than a second, and contains between 100 million and one billion volts of electricity.
- ◆ Remember the 30/30 lightning safety rule: Go indoors if you cannot count to 30 between seeing lightning and hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder.
- ◆ Colorado has about 500,000 cloud-to-ground lightning strikes each year, with an average of three fatalities annually since 1980, ranking third for the number of lightning deaths between 2005 and 2014.

- ❖ Colorado is one of the most hail-prone states in the United States, with an average of 10 or more severe hail days per year.
- ❖ Destructive hail occurs most frequently on the Great Plains.
- ❖ Hailstones of one to two inch diameter can fall at a rate of 80 miles per hour. Larger hail stones have been known to penetrate roofs, and can fall at 100 miles per hour – like a baseball thrown by a major league pitcher.
- ❖ Hail fatalities are rarer than lightning fatalities, but injuries and property damage from hail are quite common.
- ❖ Hail size is estimated by comparing it to a known object. Most hail storms are made up of a mix of sizes, and only the very largest hail stones pose serious risk to people caught in the open.

Pea =  $\frac{1}{4}$  inch diameter

Marble/mothball =  $\frac{1}{2}$  inch diameter



Dime/Penny =  $\frac{3}{4}$  inch diameter

Nickel =  $\frac{7}{8}$  inch diameter

Quarter = 1 inch diameter\*\*

Ping-Pong Ball = 1  $\frac{1}{2}$  inch

Golf Ball = 1  $\frac{3}{4}$  inches

Tennis Ball = 2  $\frac{1}{2}$  inches

Baseball = 2  $\frac{3}{4}$  inches

Tea cup = 3 inches

Grapefruit = 4 inches

Softball = 4  $\frac{1}{2}$  inches

**\*\* Hail quarter size or larger is considered severe**

## **KNOW THE TERMINOLOGY:**

### **Severe Thunderstorm Watch:**

Issued when conditions are favorable for the formation of severe thunderstorms.

### **Severe Thunderstorm Warning:**

Issued when a severe thunderstorm has been sighted or indicated by weather radar.

**Warnings: *Take Action!***

**Watches: *Be Prepared.***

**Advisories: *Be Aware.***

***BEFORE THE THUNDERSTORM***

- ◆ Assemble a disaster supply kit and make a family communication plan.
- ◆ Secure outdoor objects, such as lawn furniture, and take light objects inside to avoid loss or damage.
- ◆ Remove dead or rotting trees and branches around your home that could fall and cause injury or damage.
- ◆ Secure windows and doors, and unplug electronic equipment before the storm arrives.

***DURING THE THUNDERSTORM***

- ◆ Do not handle electrical equipment or corded telephones, as electricity from lightning can follow the wires.
- ◆ Avoid bathtubs, water faucets and sinks because metal pipes can transmit electricity.
- ◆ Consider turning off your central air conditioner, as an electrical surge through your home's electrical system can cause serious damage to your air and heating systems.
- ◆ Stay away from windows and doors, and stay off porches.
- ◆ If you are in your car, stay in your car. The rubber from the tires doesn't protect you from lightning, but the metal frame of the car does (don't touch the metal frame).
- ◆ If you are outside, get to shelter as soon as possible and stay inside for the duration of the storm.

***Struck by Lightning?***  
***There is no danger in helping a person who has been struck by lightning – no electrical charge remains.***

If lightning strikes someone near you, call 911 immediately. If the victim has stopped breathing, or if his or her heart has stopped, administer CPR.

***AFTER THE THUNDERSTORM***

- ◆ Call 911 to report life-threatening emergencies.
- ◆ Help people who may need assistance.
- ◆ Never drive through a flooded roadway, or walk through flood waters. Debris and washed-out roadways make flood waters dangerous.

- ◆ Stay away from downed power lines and report them to 911 or the non-emergency dispatch number.
- ◆ Notify friends and family of your condition.
- ◆ If the storm was severe, you may want to limit phone use or have limited service. You may be able to utilize text messages, the American Red Cross Safe and Well website at <https://safeandwell.communityos.org/cms/index.php>, or the Facebook Safety Check feature.
- ◆ Monitor local media for the latest information.
- ◆ Help people who may need assistance.

### ***DURING A HAILSTORM:***

- ◆ Move inside and stay inside. Inside a building, close blinds and drapes to prevent hail and broken glass from entering. Stay away from windows and move to a basement or interior room not directly below the roof.
- ◆ If you are on the road during a hailstorm, stay in your vehicle and slow down or stop, as roads may become slippery. Once you have pulled over safely, turn your back to windows or cover yourself with a blanket for protection from broken glass.

### ***AFTER A HAILSTORM:***

- ◆ Roof damage is the most common consequence of hailstorms. Following a storm, you should evaluate the condition of your roof to identify damage and prevent further deterioration.
- ◆ The Federal Alliance of Safe Homes has information about strengthening your home's roof decking and shingles against hail and other severe weather.





# **TORNADOES**

A tornado is a violent windstorm characterized by a twisting, funnel-shaped cloud. It is spawned by a thunderstorm and produced when cool air overrides a layer of warm air, forcing the warm air to rise rapidly.



Weld County has the highest number of tornadoes annually of any county in the United States. This is partly because Weld County is large (4,017 square miles), and partly because the terrain in northeastern Colorado is an ideal place for air to move up and churn around, with foothills to the west, the Cheyenne Ridge to the north, and the Palmer Divide to the south.

Most of Logan County's tornadoes don't come from Super-cells, the least common but most dangerous type of storms. More often, they are a zero or a one on the Enhanced Fujita (EF) scale, with winds between 65 and 110 miles per hour, causing light to moderate damage.

## **TORNADO FACTS:**

- ◆ Tornadoes can occur at any time, and don't always travel in a specific direction
- ◆ Tornadoes may appear nearly transparent until they pick up dust and debris.
- ◆ Injuries or deaths most often occur because of collapsed buildings, when people are hit by debris, and as people try to escape the storm.
- ◆ Mobile homes are particularly vulnerable to damage during a tornado, even if they have tie downs or anchors. If you are in a mobile home, go to a building with a strong foundation when a tornado watch issued.

## **KNOW THE TERMS:**

A Tornado Watch is issued when the conditions are favorable for the formation of tornadoes.

A Tornado Warning is issued when a tornado has been sighted or indicated by weather radar.

**Warnings: *Take Action!***

**Watches: *Be Prepared.***

**Advisories: *Be Aware.***

## ***WARNING AND DANGER SIGNS:***

- ◆ A cloud of debris can mark the location of a tornado, even if a funnel is not visible.
- ◆ Before a tornado, the wind may die down and the air become very still.
- ◆ You may hear the sound of a loud roar, often described as the sound of a train, and you may see large hail.

## ***BEFORE THE TORNADO:***

- ◆ Assemble a disaster supply kit and make a family communication plan.
- ◆ Assemble important things you will take with you in the event of early evacuation.
- ◆ Monitor local media regularly for weather updates.
- ◆ Pick places where you and your family can safely shelter if a tornado is headed your way – at work, at school, and at home. The safest places are a basement, or the most interior and lowest rooms in the building. Bathrooms and closets are also good places because of additional framing and plumbing for protection.
- ◆ Avoid exterior walls and windows.

## ***DURING THE TORNADO:***

If at home, go immediately to a windowless interior room, storm cellar, basement or lowest level of the building. Get under a piece of sturdy furniture and use your arms to protect your head and neck.

If at work, go to the basement or to an inside hallway at the lowest level possible. Avoid places with wide-span roofs, such as auditoriums, cafeterias or large spaces. Get under a piece of sturdy furniture and use your arms to protect your head and neck.

If outdoors, get inside a building or shelter, if possible. If shelter is not available or there is no time to get indoors, move away from trees and cars, and lie flat in a ditch or low-lying area. Use your arms to protect your head and neck.

If in a vehicle, never try to outrun a tornado. If there is no time to get indoors or into a ditch or low-lying area, pull over and park your car – NEVER under a bridge or overpass. Keep your



seat belt fastened, your head below the windows and cover it with your arms and a blanket, coat or other cushion, if possible.

## ***AFTER THE TORNADO:***

- ◆ Check for injuries and provide first aid and CPR, if you are trained.
- ◆ Watch out for broken glass and fallen power lines, and do not enter damaged areas until you are told it is safe to do so. If you are in a damaged building when the tornado stops, carefully get out of the building.



- ◆ Use battery-powered lanterns or flashlight – NOT candles or any open flame, a combustibles may be present.
- ◆ Use extreme caution when entering any damaged building.
- ◆ Notify friends and family of your condition.
- ◆ You may want to limit phone use or have limited service. You

may be able to utilize text messages, the American Red Cross Safe and Well website at <https://safeandwell.communityos.org/cms/index.php>, or the Facebook Safety Check feature.

- ◆ Monitor local media for the latest information.
- ◆ Help people who may need assistance.

# **FLOODS**

A flood is an overflow or deluge of water that causes or threatens loss of life, and damages property and the environment.

## **FLOOD FACTS:**

- ◆ Floods can be local, affecting a neighborhood or community, or they can be large, affecting entire river basins.
- ◆ Overland flooding occurs when water volume exceeds a defined river or stream



- ◆ Flash floods often have a dangerous 10-20 foot or higher wall of roaring water, that can carry rocks, mud and debris. Moving water is extremely powerful and will sweep away almost anything in its path.
- ◆ Dam breaks produce effects similar to flash flood
- ◆ Just 18-24 inches of moving water can carry away most vehicles, including SUVs, pickup trucks and even fire engines.
- ◆ Winter snow-pack with rapid spring warm-up temperatures, and rain-on-snow weather events are common causes of flooding

## **FLOOD DANGERS:**

For information on flood insurance, visit: [www.floodsmart.go](http://www.floodsmart.go). You do not have to live in a flood zone to be eligible to purchase flood insurance and renters, owners and business owners are able to purchase a policy. Insurance must be purchased at least 30 days before making a claim.

- ◆ Floods and flash floods can happen in Logan County during the spring, summer and fall. Flooding is generally associated with the seasonal monsoonal weather phenomena that occurs in Colorado during the summer months, but can occur any time there are high levels of precipitation, run-off and rapid snow melt.
- ◆ Be aware of flood hazards no matter where you live, but especially if you live in a low-lying area, near water or downstream from a dam.
- ◆ Residents should not rely solely on flood maps or designations (such as, 100-year flood zone) when deciding whether to evacuate during a flood. Actual conditions in an active incident should always be taken into consideration.

## ***KNOW THE TERMS:***

**Flood Watch:** Flooding is possible.

**Flash Flood Watch:** Flash flooding is possible; be prepared to move to higher ground quickly.

**Flood Warning:** Flooding will occur soon, or is occurring; if advised to evacuate, do so immediately.

**Flash Flood Warning:** A flash flood is occurring; seek higher ground immediately.

**Warnings:** *Take Action!*

**Watches:** *Be Prepared.*

**Advisories:** *Be Aware.*

## ***BEFORE THE FLOOD:***

- ◆ Assemble a disaster supply kit and make a family communication plan.
- ◆ Assemble important things you will take with you in the event of evacuation.
- ◆ Avoid building in a flood-prone area unless you elevate and reinforce your home. Elevate the furnace, water heater, and electrical panel in your home.
- ◆ Install “check valves” in sewer traps to prevent floodwater from backing up in the drains of your home.

Cap outdoor water and irrigation wells so that they do not become contaminated by flood water. For more information, visit: <https://www.cdc.gov/healthywater/emergency/drinking/private-drinking-wells.html>

Construct barriers (levees, berms, flood walls) to stop floodwater from entering the building; but be aware of the unintended consequences of your structures if you have neighbors nearby.

Seal walls in basements with waterproofing compounds to avoid seepage

Identify where “higher ground” is in the places where you spend time. It might be the second floor of the building you are in.

If you think you will have difficulty moving quickly during a flood, evacuate to a safe place when a flood warning is issued

## ***DURING THE FLOOD:***

- ◆ In a flash flood situation, go to high ground immediately. Do not wait for instructions to move.

- ◆ Secure your home. If you have time, move essential items to an upper floor and bring in outdoor furniture.
- ◆ Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.
- ◆ Do not walk through moving water. Six inches of moving water can make you fall. If you must, walk where it is not moving, and use a stick to check the firmness of the ground in front of you.
- ◆ Do not drive into flooded areas. If floodwaters rise around your car, abandon the car and move to higher ground if you can do so safely.

## *AFTER THE FLOOD:*

- ◆ Seek information from reliable local media sources to learn whether your community's water supply is safe to drink.
- ◆ Avoid floodwaters; water may be contaminated, and may also be electrically charged from underground or downed power lines.
- ◆ Be aware of areas where floodwaters have receded. Roads may be weakened and could be unsafe.
- ◆ Return home only when authorities indicate it is safe to do so.
- ◆ Use extreme caution when entering buildings; there may be hidden damage.
- ◆ Damaged sewage systems are a serious health hazard. Service damaged septic tanks and plumbing as soon as possible.
- ◆ Clean and disinfect everything that got wet with a bleach solution. Mud left from floodwater can contain sewage and chemicals.
- ◆ Notify friends and family of your condition.

If the storm was severe, you may want to limit phone use or have limited service. You may be able to utilize text messages, the American Red Cross

Safe and Well website at <https://safeandwell.communityos.org/cms/index.php>, or the Facebook Safety Check feature.

Monitor local media for the latest information.

Help people who may need assistance.





# **WINTER STORMS AND EXTREME COLD**

A severe winter storm is one that produces four or more inches of snow accumulation during a 12-hour period, or six or more inches during a 24-hour period. The amount of snow accumulation depend on the geographic location and conditions.

## **WINTER STORM FACTS:**

- ◆ All winter storms are accompanied by low temperatures and blowing snow, which can severely reduce visibility.
- ◆ A winter storm can range from moderate snow over a few hours to blizzard conditions with wind-driven snow that can last several days.
- ◆ Most deaths related to winter storms occur in traffic accidents on icy roads.
- ◆ Elderly people account for the largest percentage of hypothermia victims. Many freeze to death in their homes due to dangerously cold temperatures, or are asphyxiated because of improper use of fuels, such as charcoal briquettes, which produce carbon monoxide (CO).
- ◆ Weld County can experience sudden and extreme winter weather, including severe changes in temperature, heavy precipitation and high winds.

## **KNOW THE TERMS:**

**Warnings: Take Action!**

**Watches: Be Prepared.**

**Advisories: Be Aware.**

- ◆ Winter Storm Watch: Indicates that severe winter weather may affect your area.
- ◆ Winter Storm Warning: Indicates that a winter storm is occurring, or will occur, in your area.
- ◆ Winter Weather Advisory: Indicates that wintry weather is expected; exercise caution.
- ◆ Wind Chill: Calculation of how cold it feels outside when the effects of temperature and wind speed are combined. Commonly called "feels like" temperature in the media and weather apps.
- ◆ Blizzard Warning: Sustained winds or frequent gusts to 35 mph or greater and considerable amount of falling or blowing snow are expected for a period of three (3) hours or longer.
- ◆ Frost/Freeze Warning: Below-freezing temperatures are expected.

- ◆ **Heavy Snowfall:** Snow accumulation of four (4) inches in a 12-hour period or six (6) inches in a 24-hour period. In forecasts, heavy snow is often expressed using a range or an “up to” number of inches.
- ◆ **Freezing Rain:** Rain that freezes when it hits the ground, creating a coating of ice on roads, walkways, trees and utility lines.
- ◆ **Ice Storm:** An ice storm is an occasion when damaging accumulations of ice are expected during freezing rain situations. Significant ice accumulations are ¼ inch or more

## *FROSTBITE AND HYPOTHERMIA*

- ◆ Frostbite is a loss of feeling and a white or pale appearance in the extremities, such as fingers, toes, tip of the nose and earlobes.
- ◆ Hypothermia is a condition brought on when the body temperature drops to less than 90 degrees F. Symptoms of hypothermia include uncontrollable shivering, slow speech, memory lapses, frequent stumbling, drowsiness, and exhaustion.
- ◆ If frostbite or hypothermia is suspected, begin warming the person slowly and seek immediate medical help. Warm the person’s trunk first. Use your own body heat to help. Arms and legs should be warmed last because stimulation of the limbs can drive cold blood toward the heart and lead to heart failure. Put the victim in dry clothing and wrap his or her entire body in a blanket.
- ◆ Never give a frostbite or hypothermia victim caffeine or alcohol. Caffeine is a stimulant and alcohol is a depressant; consuming either can worsen the ill effects of cold temperatures on the body.

## *WINTER DRIVING*

- ◆ Keep an emergency kit in your vehicle, including blankets.
- ◆ Keep a windshield scraper and small broom for ice and snow removal.
- ◆ Install winter tires with plenty of tread (Colorado has a traction law); install chains as necessary.
- ◆ Maintain at least a half tank of gas at all times, especially during the winter season.



Interstate and state highway travel and roadwork information is available at [www.cotrip.org](http://www.cotrip.org). You can also sign up for text or email alerts, and download the CDOT Mobile app.

Tune to local radio stations for local travel conditions.

### ***BEFORE A WINTER STORM:***

- ◆ Assemble a disaster supply kit and make a family communication plan.
- ◆ Winterize your emergency kit. Include rock salt, sand, kitty litter, shovels, heating/cooking fuel, extra clothes and blankets.
- ◆ Insulate the walls and attic. Caulk and weather-strip doors and windows.
- ◆ Install storm windows or cover windows with plastic from the inside.
- ◆ Keep pipes from freezing: wrap pipes in insulation or layers of old newspapers; cover the newspapers with plastic to keep out moisture; let faucets drip a little to avoid freezing; know how to shut off water valves.
- ◆ Acquire safe emergency heating equipment.
- ◆ Install and check smoke alarms and CO detectors.

### ***DURING A WINTER STORM:***

If indoors:

- ◆ Stay indoors and dress warmly.
- ◆ Conserve fuel. Lower the thermostat to 65 degrees during the day and lower at night. Close off unused rooms.
- ◆ If the pipes freeze, remove any insulation or layers of newspapers and wrap pipes in rags. Completely open all faucets and pour hot water over the pipes, starting where they were most exposed to the cold.
- ◆ Monitor local media for the latest updates.
- ◆ Stay dry and warm.

If outdoors:

- ◆ Dress warmly, wearing loose-fitting, layered, light-weight clothing, and try to stay dry. Wet clothing loses its insulating value quickly.
- ◆ If you go out to shovel snow, do a few stretching exercises to warm up your body beforehand, and be sure to stay hydrated.



- ❖ Avoid overexertion; cold weather puts an added strain on the heart as your body tries to stay warm. Exercise you are unaccustomed to, such as shoveling snow or pushing a car, can contribute to a heart attack or make other medical conditions worse. Remember to take frequent breaks when performing strenuous activities.
- ❖ Cover your mouth to protect your lungs from extremely cold air.
- ❖ Be on the lookout for symptoms of frostbite, hypothermia or chest pain.

#### If in a vehicle:

- ❖ Stay in your vehicle. Do not leave the vehicle to search for help unless you can see a nearby building where you know you can take shelter.
- ❖ If you are in a remote area, stomp large block letters in an open area spelling out HELP or SOS and line it with rocks or tree limbs to attract the attention of rescue personnel who may be searching the area by air.
- ❖ Occasionally run the engine (for about 10 minutes each hour) to keep warm. Beware of carbon monoxide poisoning, keeping your exhaust pipe clear of snow, and slightly open a down-wind window for ventilation.
- ❖ Turn the dome light on at night so rescue crews can spot you.
- ❖ Do minor exercises to keep up circulation. Clap your hands and move your arms and legs occasionally. Try not to stay in one position for too long.
- ❖ Huddle together for warmth if you are traveling with others. Use newspapers, maps and even the removable car mats for added warmth.



#### *AFTER A WINTER STORM:*

- ❖ Notify friends and family of your condition.
- ❖ If the storm was severe, you may want to limit phone use or have limited service. You may be able to utilize text messages, the American Red Cross Safe and Well website at <https://safeandwell.communityos.org/cms/index.php>, or the Facebook Safety Check feature.
- ❖ Monitor local media for the latest information.
- ❖ Help people who may need assistance.

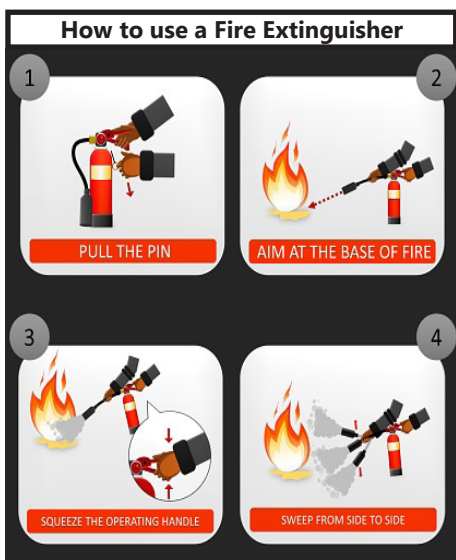
# HOME FIRES

## FIRE FACTS:

- ◆ Fire is the disaster that you and your family are most likely to encounter. Each year, more than 2,500 Americans die and more than 13,000 are injured in home fires.
- ◆ The heat from a fire can melt clothes and scorch the lungs in a single breath. At floor level, temperatures average about 90 degrees F, but at eye level temperatures rise to 600 degrees F.
- ◆ Fires usually occur between midnight and the early morning hours, when most people are sleeping.
- ◆ 84% of fires are accidental, such as those caused by poor electrical wiring or careless behavior.

## FIRE EXTINGUISHERS, SMOKE ALARMS AND CARBON MONOXIDE (CO) DETECTORS.

- ◆ Install A-B-C type fire extinguishers in your home and teach family members how to use them. Remember the acronym "PASS," for **P**ull (the pin), **A**im (at the base of the fire), **S**queeze (the trigger on the extinguisher), and **S**weep (the hose back and forth across the base of the fire).



- ◆ Smoke alarms should be installed on every level of your home, outside bedrooms on the ceiling or high on the wall, at the bottom of enclosed stairs, and near, but not in, the kitchen.
- ◆ CO detectors should be installed on every level of your home, on the lower portion of the wall.
- ◆ Smoke alarms and CO detectors should be tested and cleaned once a month and the batteries should be replaced once a year.
- ◆ Smoke alarms should be replaced every 10 years, and CO detectors should be replaced every 5-7 years. Inspect fire extinguishers annually and replace if expired or damaged.

## FLAMMABLE ITEMS

- ◆ Never use gasoline, kerosene or similar flammable liquids indoors. Store them in approved containers in well-ventilated storage areas.
- ◆ Discard all rags or materials that have been soaked in a flammable liquid. Discard them outdoors in a metal container
- ◆ Safely dispose of permissible fireworks, such as fountains, ground spinners, sparklers, tube devices and trick noise makers, by making sure they are completely out and cool before placing them in a trash can.
- ◆ Do not use fireworks that are illegal in Colorado, which generally includes those that explode or leave the ground, such as firecrackers, rockets, roman candles, cherry bombs and mortars.

## MATCHES AND SMOKING

- ◆ Store matches and lighters in a locked cabinet, away from children.
- ◆ Never smoke in bed or when you are drowsy or medicated.
- ◆ Douse cigarette and cigar butts with water before throwing them out.

## HEATING SOURCES

- ◆ Check with your local fire department to see if it is legal to use kerosene heaters in your community. Use only fuels designated for your unit and follow the manufacturer's instructions.
- ◆ Fill kerosene heaters outside and make sure that they are cool before filling
- ◆ Place heaters at least three (3) feet away from flammable materials. Make sure the floor and nearby walls are properly insulated.
- ◆ Never use your oven or barbecue grill to heat your home.
- ◆ Have heating equipment and chimneys cleaned and inspected every year by a qualified professional
- ◆ Turn portable heaters off when leaving the room or going to bed.
- ◆ Make sure your wood-burning fireplace has a sturdy screen to stop sparks from flying into the room.



- ◆ Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- ◆ Keep anything that can burn at least three (3) feet away from wood-burning fireplaces.

## ***ELECTRICAL WIRING***

- ◆ Inspect extension cords for frayed or exposed wires or loose plugs.
- ◆ Make sure outlets have cover plates and that no wires are exposed.
- ◆ Do not overload extension cords or outlets. If you need to plug in two or more appliances, get an Underwriters Laboratories-approved unit with a built-in circuit breaker.



## ***OTHER***

- ◆ Sleep with your bedroom doors closed to reduce potential exposure to smoke and flames
- ◆ Ask your local fire department to inspect your residence for fire safety.
- ◆ If you live in a multi-level home or residence, purchase a collapsible ladder and practice using it.
- ◆ If you live in an apartment building or multiple-unit structure, find out if your building has a sprinkler system, and ask the local fire department how you can best prepare for a structure fire

## ***BEFORE A FIRE:***

- ◆ Develop and practice an escape plan with your family. Know two ways out of every room.
- ◆ Practice alerting other household members. Keep a bell or whistle and flashlight in each bedroom for this purpose
- ◆ Practice evacuating blindfolded and crawling or staying as low to the ground as possible when escaping.
- ◆ Choose a safe meeting place outside the house.

## ***DURING A FIRE:***

- ◆ If your clothing catches fire, stop, drop, and roll until the fire is extinguished. Never run – this only makes the fire burn faster



- ◆ If you can escape safely, bang on doors and yell “FIRE” on your way out.
- ◆ Crawl low under smoke to your nearest exit – heavy smoke and poisonous gases collect first along the ceiling
- ◆ Once you are safely out, stay out. Call 9-1-1 from outside and do not go back inside.
- ◆ If you must escape through a closed door, check for heat before opening it, using the back of your hand to feel the top of the door, the doorknob and the crack between the door and door frame before you open it. If it is hot, do not open it. Escape through a window instead.
- ◆ If you cannot escape, hang a light- or bright-colored sheet or piece of clothing outside the window to alert firefighters of your presence. Teach children to throw a blanket or stuffed animal out their window.
- ◆ If you have a whistle, blow it when firefighters have arrive

### ***AFTER A FIRE:***

- ◆ Check for injuries and provide first aid and CPR if you are trained to do so.
- ◆ Do not enter a fire-damaged structure unless authorities say it is safe to do so.
- ◆ Beware of structural damage; roofs and floors may have been weakened.
- ◆ If you have a safe or strong box, do not open it. It can hold intense heat for several hours. If you the door is opened before the box has cooled, the contents could burst into flames.
- ◆ If you need housing, food, clothing, medication or prescription glasses replacement, contact the American Red Cross at (800) 824-6615 or Logan County Department of Human Services at (970) 522-2194.



## **WILDFIRE**

### ***WILDFIRE FACTS:***

- ◆ Wildfires usually start small and grow rapidly given the right combination of weather and fuel.



- ◆ Most wildfires in Logan County are surface fires, and are usually called ground cover fires or prairie fire. They burn along the ground, and can move rapidly in grassy areas.
- ◆ These fires are often human-caused by agricultural burns that get out of control, carelessly discarded cigarettes, or campfires.

- ◆ The leading natural cause of wildfire in Colorado is lightning
- ◆ The best time to conduct an agricultural burn is in the morning, because the winds are usually calmer in the morning hours. We ask that you call the Sterling dispatch center to advise them you are burning at (970) 522-3512, option 1.

### ***BEFORE A WILDFIRE:***

- ◆ Assemble a disaster supply kit and make a family communication plan.
- ◆ Assemble important things you will take with you in the event of evacuation.
- ◆ Identify safety zones, where there is little to no vegetation, where you can go if you are unable to evacuate.
- ◆ Confine pets and animals to one area, and make a plan to care for your pets if you need to evacuate.
- ◆ Replace attic and soffit vents with smaller opening screens to keep burning embers from entering the home. Consider enclosing or screening areas below decks to keep burning embers from these areas.
- ◆ Keep household items on hand that can be used as fire tools, such as rakes, axes, hand or chain saws, buckets, ladders, and shovels. Pre-connect hoses to faucets.
- ◆ Wooden roofing is a common cause of home loss from a wildfire. Consider replacing wooden shingle roofs with fire-resistant materials.
- ◆ Create a defensible space around your home. Remove as many trees and shrubs as possible that are within 30 feet of the house. Keep grass mowed within 30 feet of the house and prune all dead branches from trees.
- ◆ Use non-flammable landscaping materials next to the house (river rock instead of mulch).
- ◆ Regularly clean roof, gutters and chimney.
- ◆ Stack firewood away from your home

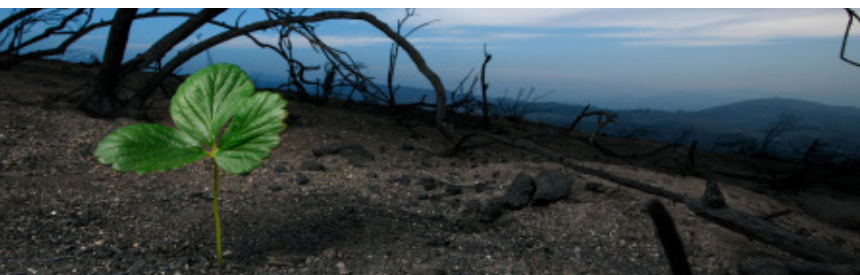
- ◆ Park your car in an open space facing the direction of escape, or back your car in to the garage. Know how to open your garage door if there is no power.
- ◆ Contact your local fire department and ask them to conduct a defensible space survey of your property.

### ***DURING A WILDFIRE:***

- ◆ Call 9-1-1 to report the fire; don't assume someone else has called. If time allows, close windows, vents, and doors. Shut off gas, or turn off propane at the tank.
- ◆ Open the fireplace damper and close the fireplace screen
- ◆ Bring any patio furniture inside.
- ◆ If you are concerned about a wildfire in your area, leave and go to a safe place outside of the area. Do not wait to be told by officials to evacuate.
- ◆ Tune in to local media sources for more information.
- ◆ Do not attempt to drive a vehicle through the fire; heat and smoke will disorient you and may cause you to crash.
- ◆ If you cannot escape, stay indoors, away from flammable materials, moving side to side to find the coolest area. Keep your body, including your head, neck, and hands, covered with natural materials, such as cotton or wool, and drink plenty of water. If your home catches fire, evacuate to a safety zone

### ***AFTER A WILDFIRE:***

- ◆ Follow the directions of local officials before reentering a burned area.
- ◆ Beware of falling trees, as fire may have burned out roots or weakened trunks.
- ◆ Check the roof immediately and extinguish any sparks or embers. Check the attic for hidden burning sparks.
- ◆ Continue checking areas around the home for smoke and sparks for several hours after the fire is extinguished





Any highly infectious disease could create a public health emergency. Highly infectious disease is different from seasonal influenza which is caused by known viruses for which vaccines exist. A highly infectious disease outbreak could be something like a new strain of influenza that hasn't circulated amongst people before, or it could be an entirely different disease that is not common in first world nations, such as Typhoid Fever or Tuberculosis.

The availability of vaccines, antibiotics, anti-viral or other medications during a health emergency will completely depend on what the disease is, and how it affects people. Local, state, and federal health agencies have developed plans and have resources to help, but the availability of these, at least at the beginning of a health crisis, is essentially unknown until it happens.

The usual preparedness actions will help you during a public health emergency, too. In addition to gathering emergency supplies and any routine medications you may need, you should:

- ◆ Stay informed about public health information on a regular basis. The Northeast Colorado Health Department is a reliable source of information. Visit their website at <https://www.nchd.org/>.
- ◆ Have nonprescription drugs and health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes and vitamins
- ◆ Talk with your family members and loved ones about how each of you would be cared for if sick, and what will be needed to provide care in your home(s).

### ***TO STOP THE SPREAD OF GERMS AND SICKNESS:***

- ◆ Avoid close contact with people who are sick, and keep your distance from others when you are sick.
- ◆ If possible, stay home from work, school, and running errands when you are sick.
- ◆ Cover your mouth and nose with a tissue when you sneeze. If you don't have a tissue, cough or sneeze in to your inner elbow, not your hand. Place used tissues in the wastebasket.



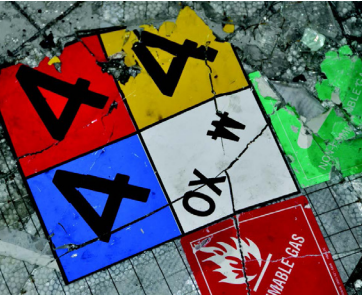
- ◆ Wash your hands often, and especially after you cough or sneeze. Wash with soap and water for at least 20 seconds, or clean with an alcohol-based hand wash. Be sure to clean hands, wrists, fingernails, and in between fingers. Dry with paper towel or a clean towel.
- ◆ Avoid touching your eyes, nose or mouth as germs are often spread when a person touches something that is contaminated with germs, and then touches his or her eyes, nose, or mouth.
- ◆ Practice other good health habits, such as getting plenty of sleep, managing stress, drinking adequate fluids, eating nutritious food, and staying physically active.
- ◆ Thoroughly clean and disinfect your home. To learn more, visit the Centers for Disease Control and Prevention website at: <https://www.cdc.gov/healthywater/emergency/cleaning-sanitizing/household-cleaning-sanitizing.html>

**Hand-washing is the single most effective way to prevent the spread of infection.**

<https://www.cdc.gov/features/handwashing/index.html>



# ***HAZARDOUS MATERIALS INCIDENTS***



Hazardous materials (hazmat) are materials that are flammable, corrosive, oxidizing, explosive, toxic, poisonous, etiologic (causes a disease or condition), radioactive, nuclear or unduly magnetic, or any material that, because of its quantity, properties, or packaging, may endanger life or property. Hazmats also include chemical agents, biological research material, and compressed gas.

## ***HAZMAT FACTS:***

- ◆ Hazardous chemicals are used in industry, agriculture, medicine, research, and consumer goods.
- ◆ They are most often released as a result of transportation accidents or chemical accidents in facilities that manufacture, use, or store them.
- ◆ Facilities that manufacture, use, or store hazardous materials are required to report them to county Local Emergency Planning Committees (LEPCs) by the Emergency Planning and Community Right-to-Know Act (EPCRA). This act is also known as Sara Title III.
- ◆ For more information about EPCRA, visit [www.epa.gov/epcra/what-epcra](http://www.epa.gov/epcra/what-epcra).

## ***LOGAN COUNTY HAZARDOUS MATERIALS INFORMATION***

- ✍ Logan County receives about 100 Tier II reports each year from facilities using various amounts of hazardous materials. These reports are also known as emergency and hazardous chemical inventory forms.
- ✍ Many of these reports are from gas and oil facilities in Logan County. Just over 10 facilities are reporting extremely hazardous substances (EHS).
- ✍ The most commonly reported toxic chemicals in Logan County are anhydrous ammonia, chlorine, ammonia, hydrochloric acid, and sulfuric acid.

## HAZMAT AT HOME:

- ◆ Even though many facilities use hazardous materials, most victims of chemical accidents are injured at home.
- ◆ Remember the acronym L.I.E.S. when dealing with household chemicals:
  - ↳ **Limit** the amount of chemicals you store, and only buy the amount you need.
  - ↳ **Isolate** products in safe containers and enclosed areas away from heat sources and children.
  - ↳ **Eliminate** products you no longer need or that are nearly empty.
  - ↳ **Separate** materials as indicated on the bottle; For example, never mix products with chlorine bleach with products that contain ammonia.
- ◆ Never use flammable products, such as hair spray, cleaning solution, paint products, and pesticides near an open flame, including pilot light, lit candle, fireplace, or wood-burning stove. Even if you can't see or smell them, vapor particles in the air could catch fire or explode.

## BEFORE A HAZMAT INCIDENT:

- ◆ Assemble a disaster supply kit and make a family communication plan.
- ◆ Assemble important things you will take with you in the event of evacuation.
- ◆ Ask your Local Emergency Planning Committee (LEPC) about community plans for responding to hazardous materials incidents, and about the storage and usage of hazardous chemicals in your area. See Logan County Hazardous Materials section for contact information.
- ◆ Be prepared to evacuate or shelter in place if asked to do so by authorities (**see the Stay or Go section in this guide for more information**).



- ◆ Sign up for reverse emergency notifications at <https://logancounty.colorado.gov/>.

## ***DURING A HAZMAT INCIDENT:***

- ◆ Monitor local media for information and instructions.
- ◆ If you witness or smell a hazardous materials incident, call 9-1-1.
- ◆ Upon notification of a hazardous materials release, listen to local media for further information and follow instructions of authorities carefully.



- ◆ If you are caught outside during an incident, stay uphill, upwind, and upstream. Try to stay at least a half mile away from the danger area.
- ◆ Seek shelter in a permanent building if you are in a vehicle. If you have to stay in your vehicle, close windows and vents and shut off the air conditioner or heater.
- ◆ If asked to evacuate your home, do so immediately. If authorities indicate you have time, close all windows, shut vents, and turn off air conditioning or heating before you leave.
- ◆ When directed to shelter-in-place at work, or in a large building, set ventilation system to 100 percent recirculation so that no outside air is drawn into the building. If this isn't possible, shut down the ventilation system.
- ◆ When directed to shelter-in-place at home:
  - ✎ Bring pets inside.
  - ✎ Fill up (clean) tubs for an additional water supply and turn off the intake valve to the house.
  - ✎ Close and lock all exterior doors and windows.
  - ✎ Close vents, fireplace dampers, and as many interior doors as possible.
  - ✎ Turn off air conditioners and ventilation systems.
  - ✎ Find a room that is above ground and has the fewest openings to the outside. Take supplies with you, including radio, water, food, flashlights and materials to cover and stuff into cracks around doors and windows.

- ↖ Seal the room by covering each window, door and vent with plastic sheeting, if possible.
- ↖ Place wet towels, or otherwise seal cracks under doors and holes in the room, such as those around pipes or outlets.
- ↖ Take shallow breaths if gas or vapors could have entered the building, and breath through a cloth or towel.
- ↖ Avoid eating or drinking anything that may have been contaminated.

### ***AFTER A HAZMAT INCIDENT:***

- ◆ Only return home or leave your shelter room when local authorities say it is safe to do so.
- ◆ Open windows, vents and turn on fans to provide ventilation.
- ◆ A person or item that has been exposed to a hazardous chemical may be contaminated and could contaminate other people or items.
  - ↖ You should not try to care for victims of a hazmat accident until the substance has been identified and authorities indicate that it is safe to go near victims.
  - ↖ Once it is safe to do so, move the victims to fresh air and call for emergency medical care.
- ◆ Follow decontamination instructions from local authorities.
- ◆ Seek medical treatment for unusual symptoms as soon as possible.
- ◆ If medical help is not immediately available and you think you are contaminated, wash your hands first, then shower thoroughly.
 

***NOTE: Pay attention to instructions from authorities; some chemicals are water reactive.***
- ◆ Place exposed clothing and shoes in tightly sealed containers. Do not allow contaminated items to come into contact with other materials. Call local authorities to find out how to properly dispose of items.
- ◆ Advise everyone who comes into contact with you that you may have been exposed to a toxic substance.
- ◆ Report any lingering vapors or other hazards to your local fire department.
- ◆ Monitor local media for updates.

## ACTIVE THREAT INCIDENTS

An active threat incident can occur anywhere at any time. They usually involve one or more individuals attempting to injure or kill others indiscriminately. These events are unpredictable and can evolve quickly. Whenever you enter a building, as an employee, customer, or guest, you should be prepared and know what you will do if faced with this situation.

You may want to check with your local law enforcement agencies before using the techniques discussed here. These are generally considered to be best practices, and are based on Texas State University's ALERRT protocol, named the National Standard by the FBI in 2013. You can learn more at <https://alerrt.org>.

### ACTIVE THREAT RESPONSE

The response of potential victims can have a dramatic impact on how many people are injured or killed in an active threat event. A typical human response to a stressful event is to first deny that it is happening, then deliberate, and then finally, to take decisive action. By knowing this ahead of time, you can

#### ◆ Overcome Denial.

- ↳ When an active threat event begins, it is usually with the sound of gunfire or a threatening change in your environment. Your brain will try to make this unusual thing sound normal, and you may convince yourself it was something else, like fireworks.
- ↳ If it sounds like gunfire or an active threat, assume it is and take action.

#### ◆ Consider your options quickly and choose the best course of action. Our automatic responses to stress are often described as fight, flight, or freeze. Freezing is not an option. There are two forms of flight (avoid and deny) and one form of fight (defend). You can remember this with

the acronym ADD (Avoid, Deny, Defend). Similar strategies are known as "run, hide, fight" or "evacuate, hide out, take action." Historically, many people have been killed in active threat incidents using a "play dead" or "hide and hope" strategy. We recommend Avoid, Deny, Defend because it describes the actions you take in an active (non-passive) manner that is more empowering for most people. You have the right to defend yourself!



## ◆ Take Action. Dial 911 Immediately!

### ✎ Avoid

- Get away from the threat. If you can do so safely, leave the area in which the problem is occurring to avoid the threat. Get far enough away so that the threat cannot harm you from inside the building. This may be a few blocks away.
- Know your exit routes and practice thinking about it when you are not under stress.

### ✎ Deny

- If it is unsafe to leave, deny the threat access to your location. This is not the same as hiding. It is doing everything possible to prevent the threat from getting to your location.
- Secure the door by locking it, using wedges, belts, ropes, or other items you can purchase for this purpose. Be aware of which way the door opens when applying these techniques.
- Turn off the lights in the room, cover windows, and be quiet. The goal is to make the threat think no one is in the room.
- Once you have achieved some initial safety, look for another way out, or look around for ways to defend yourself if the threat gets into the room.
- Pre-plan by looking at the rooms in your office, and request needed improvements.

### ✎ Defend

- If you are unable to avoid the threat or prevent access to your location, you must defend yourself.
- Position yourself near but not directly in front of the door. Usually, this is a few feet away from the door on the same wall as the door. Make the shooter enter before you are seen.
- The person near the door should attempt to get control of any weapon as soon as the threat enters.
- If there are multiple people in the room, the rest of the group should swarm the threat.
- Do not fight fair; attack weak spots, such as the eyes or groin, and use whatever you have available to stop the threat.
- Be aggressive and fully commit to your actions. Punch, kick, pull hair, bite, gouge, use improvised weapons, and do anything else necessary to stop the threat.

- This will be an extremely violent encounter. Depending on the situation, it may be very noisy and confusing. There is a possibility you will be injured. Keep fighting until the threat is stopped no matter how injured you are.

➤ About concealed handguns:

- If you are a concealed handgun carrier and you find yourself in one of these situations, there are some special considerations.
- Your gun is your last line of defense to be used when you were unable to avoid the threat or deny access to your location.
- If there are other concealed handgun carriers in the attack location, they may shoot you if they don't know who you are.
- The responders may be looking for someone with a gun, and you match that description.
- You don't want to be responsible for killing innocent people while trying to stop the threat.
- Call 9-1-1 or have someone else call and give your location and description.

## ***WHEN THE POLICE ARRIVE***

- ◆ Follow their instructions carefully, and comply immediately with any commands that you are given.
- ◆ Move slowly, or not at all.
- ◆ Show the palms of your open hands.
- ◆ Do not argue, and try to remain calm.
- ◆ Be prepared to lose access to the facility for anywhere from hours to days while the investigation is conducted.

## ***THE AFTERMATH:***

- ◆ You will experience psychological trauma, and may have symptoms such as disbelief, confusion, irritability, anxiety, guilt, sadness and numbness, to name a few. Seek out whatever help or services are offered. You may also experience post-traumatic stress disorder (PTSD) later.
- ◆ Encourage your organization or employer to have a critical incident stress response plan in place.

## **ABOUT 911**

If you have a police, fire or medical emergency, dial 911. Answer the dispatcher's questions and follow instructions. Be ready to provide the location of the emergency and information about what is happening. Stay on the line. **Do not hang up, even if you accidentally dial 911.**

### **STERLING COMMUNICATIONS CENTER**

Dial 911 for emergencies.

Non-emergency (970) 522-3512 [Option 1](#)

## **TEXT-TO-911**

Sterling Communications Center supports Text-to-911 services. Text-to-911 offers an alternative way of contacting 911 in an emergency, intended to be used **ONLY** when calling isn't the safest form of communication, or is not an option. **REMEMBER: Call if You Can, Text if You Can't.**

How to use it:

- ◆ Enter 911 in the "to" field
- ◆ Enter brief details of your situation.
- ◆ Push send.
- ◆ Answer the dispatcher's questions.
- ◆ Provide your location (they won't automatically know where you are).

When to use it:

- ◆ If you are deaf or hard-of-hearing.
- ◆ If you are unable to speak into the phone
- ◆ If your safety will be compromised by speaking out loud.
- ◆ If your cell signal strength is low (often text messages can get through when a voice call cannot).

Where to use it:

- ◆ This service is available throughout Logan County if you have text messaging included on your phone plan and your provider has coverage.

Remember:

- ◆ Use simple language.
- ◆ DO NOT send pictures, videos, use emojis or abbreviations.
- ◆ Texting has limitations; it is not the most reliable way to

communicate, especially in an emergency. Text messages can be delayed by your service provider, received out of order, and may not be available if you're roaming.

- ◆ If you are texting because of safety concerns, make sure your phone is on silent.

PHONE NUMBERS

Please use the following city or town, police department and fire agency numbers for information and general questions. **REMEMBER: ALL Non-emergency** calls for police service within Logan County should be directed to (970) 522-3512.

MUNICIPALITIES & LAW ENFORCEMENT AGENCIES

Town of Crook:	(970) 886-2222	Crook PD:	
		Crook FD:	(970) 886-2100
Town of Fleming:	(970) 265-2692	Fleming PD:	
		Fleming FD:	(970) 265-2100
Town of Iliff:	(970) 522-2283	Iliff PD:	
		Iliff FD:	
Town of Merino:	(970) 522-1036	Merino PD:	
		Merino FD:	(970) 521-9041
Town of Peetz:	(970) 334-2473	Peetz PD:	
		Peetz FD:	(970) 334-2222
City of Sterling:	(970) 522-9700	Sterling PD:	(970) 522-3512
		Sterling FD:	(970) 522-3823
Logan County Sheriff Office:			(970) 895-2213
Logan County:	(970) 522-0888		



## *HELP US HELP YOU IN AN EMERGENCY*

To register for reverse emergency notifications, which will allow us to deliver emergency messages to you via phone call to your land-line, mobile device or through text and email, visit <https://logancounty.colorado.gov/departments/logan-county-emergency-manager>. No computer? Call the Logan County Office of Emergency Management at (970) 522-0888 X282 and ask for assistance in registering for emergency alerts.

Logan County Office of Emergency Management  
315 Main St.  
Sterling, Colorado 80751  
(970) 522-0888  
<https://logancounty.colorado.gov/>