

# District of Columbia HSEMA

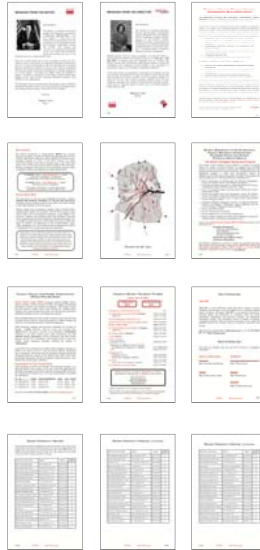
**IT'S A DISASTER!**  
...and what are YOU gonna do about it?

A Disaster Preparedness, Prevention and First Aid Manual

Compliments of  
District of Columbia  
Homeland Security and Emergency Management Agency

U.S. Department of Homeland Security  
Federal Emergency Management Agency

GOVERNMENT OF THE DISTRICT OF COLUMBIA  
VINCENT C. GRAY, MAYOR



**One City...One Plan...Our Preparedness**

Is your family or business really prepared for a disaster or emergency?

Look inside to see how to ...

- Protect your family and property from natural disasters
- Prepare for chemical, biological or nuclear threats
- Make a Family Emergency Plan with tips for kids, elderly and special needs family members, and pets
- Assemble "Grab & Go" kits for home, car and office
- Plan for shelter, water purification, food preparation, and sanitation
- Apply basic first aid if help is not readily available
- Join the Community Emergency Response Team (CERT)
- Develop a Business Continuity Plan

... plus resources and much more!

District of Columbia  
Homeland Security and Emergency Management Agency  
2720 Martin Luther King Jr Avenue, SE  
Washington, DC 20032  
Phone: 202-727-6161 / TDD/TTY: 202-727-3323  
<http://hsema.dc.gov>  
<http://facebook.com/dchsema>  
[http://twitter.com/dc\\_hsema](http://twitter.com/dc_hsema)

# Amherst, Cheektowaga + Lancaster EMs

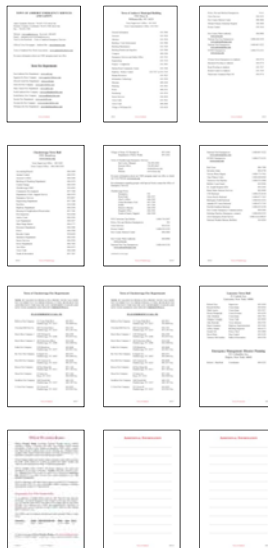
*"Local communities building and maintaining partnerships"*

**Emergency Preparedness Guide**

...for those who want to be ready!

A Disaster Preparedness, Prevention & Basic First Aid Manual

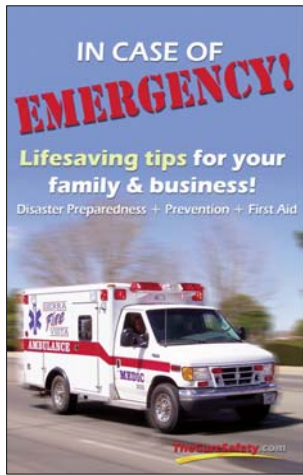
This manual is brought to you through a collaborative effort of the Towns of Amherst, Cheektowaga and Lancaster Emergency Services Departments through a grant received from the U.S. Dept. of Homeland Security - Office of Domestic Preparedness  
FFY08 Homeland Security  
Citizen Corps Grant Program



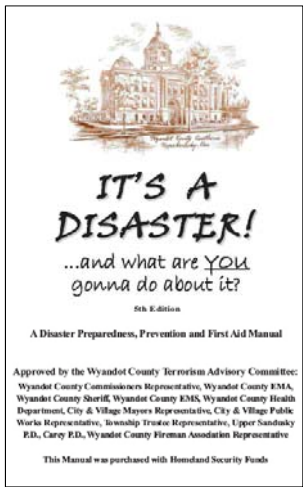
WE ALL WORK TOGETHER FOR YOU

**HELP US HELP YOU!**

# The Cure, Inc



# Wyandot County EM



# Arapahoe Co Sheriff's Office

**IT'S A DISASTER!**  
...and what are **YOU** gonna do about it?

4th Edition  
A Disaster Preparedness, Prevention and Basic First Aid Manual

Office of the Sheriff  
13101 East Broncos Parkway  
Centennial, CO 80112  
303-795-4711  
www.arapahoesherriff.org



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**Arapahoe County Sheriff's Office Mission Statement**  
*Committed to quality service with an emphasis on integrity, professionalism, and community spirit.*

Arapahoe County Sheriff's Office  
13101 East Broncos Parkway  
Centennial, CO 80112

# Bob Livingston/PersonalLiberty.com

**IN CASE OF EMERGENCY!**

**Lifesaving Tips for your Family's Survival**

**A Disaster Preparedness, Prevention & Basic First Aid Manual**

The Bob Livingston Letter  
PersonalLiberty.com



**In Case of Emergency!**

**This book needs to be in every home in North America.**  
—The American Civil Defense Association

**BE AWARE... BE PREPARED... and HAVE A PLAN!**  
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- Protect your family and property from natural disasters
- Prepare for chemical, bio, cyber or nuclear threats
- Reduce the spread of infectious diseases and deadly viruses
- Make a Family Emergency Plan with tips for kids, elderly and special needs family members as well as pets
- How to assemble a "Grab & Go" kit for home, car and office
- Plan for shelter, water purification, food preparation, and sanitation
- Administer basic first aid in the absence of emergency personnel, doctors and hospitals
- Develop a Business Continuity Plan
- And More!

In this day and age, patriots know the government will fail to give assistance in the event of a major catastrophic event, and it's important to make preparations now. This crucial yet simple and easy to follow guide will show you how — and could very well save your life!

—Bob Livingston, Editor  
The Bob Livingston Letter

ISBN 978-1-932170-1-5  
9 781932 170155

BL 11/17/12 11

# Burbank Fire OES

# Campbell Co EMA

# Catholic Charities of Arkansas

**Quick Reference Guide:**

Prayers	P. cc-2
First Aid	P. 157
Floods	P. 57
Thunderstorms	P. 127
Tornadoes	P. 129
Winter Weather/Severe Cold	P. 138

Family Emergency & Disaster Planning Guide

Diocese of Little Rock

**Catholic Charities of Arkansas**

2500 N. Tyler St. Little Rock, AR 72207 (501) 664-0340

2022 W. Summit Ave. Springdale, AR 72762 (479) 927-1996

**ADMINISTRATION**

**ADOPTION SERVICES**  
Birth Parent Services, Adoptive Parent Services, Search & Reunion

**IMMIGRATION SERVICES, LITTLE ROCK**  
Family-Based Immigration, Crime Victims' Services, Religious Visa, OSC Clinics, Education & Advocacy

**IMMIGRATION SERVICES, SPRINGDALE**  
Family-Based Immigration, Crime Victims' Services, Refugee Services, OSC Clinics, Education & Advocacy

**PARISH SOCIAL MINISTRY**  
Salt & Light, Disaster Response, Parish Disaster Teams, Parish Emergency Assistance

**SOCIAL ACTION**  
Prison Ministry, Catholic Campaign on Human Development, Legislative Advocacy, Alcohol & Drug

**WESTSIDE CLINIC**  
English Language Clinic, Spanish Language Clinic, Outreach & Community Education

**DEVELOPMENT & FUNDRAISING**  
Grants Management, Special Events, CRS Rice Bowl

*PROVIDING HELP, CREATING HOPE*

www.abcark.org info@abcark.org

# Catholic Charities East Texas

**Quick Reference Guide:**

Parishes	P. cc-2
First Aid	P. 157
Floods	P. 57
Thunderstorm	P. 127
Tornadoes	P. 129
Winter Weather/Severe Cold	P. 138

**Catholic Charities of East Texas Diocese of Tyler**



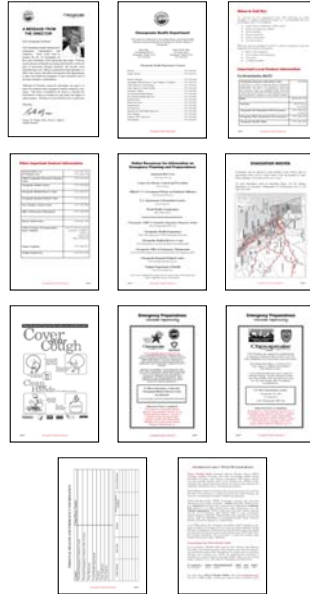
202 W. Front St. P.O. Box 2016 Tyler TX 75710

Phone: 903-258-9492  
Fax: 903-258-6012

www.cttyler.org

# Chesapeake Health Department

**IT'S A DISASTER!**  
 ...and what are YOU gonna do about it?  
 4th Edition  
 A Disaster Preparedness, Prevention and Basic First Aid Manual  
 Provided by  
**Chesapeake Health Department**



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... plus lots of resources and much more!

**Emergency Preparedness & Response Programs**

# Central Virginia Health District

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 Provided by  
**The Central Virginia Health District**  
 Virginia Department of Health




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We cannot always prevent emergencies or disasters, but we can all take steps to be prepared and to reduce the impact of disasters.

**Get Informed. Be Prepared.**

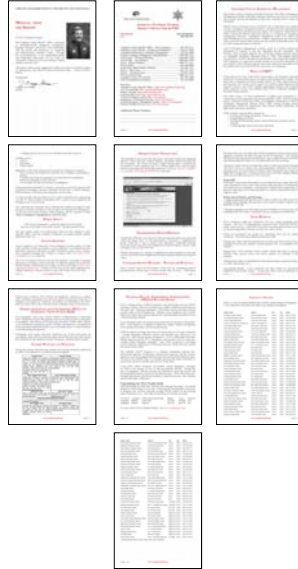
# City of Centennial



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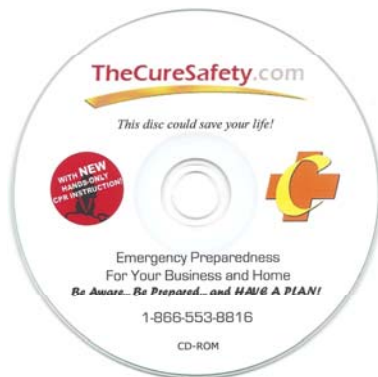
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 Centennial, CO 80112

# The Cure, Inc.



**TheCureSafety.com**

*This disc could save your life!*

WITH NEW EDITION ONLY FOR INSTRUCTIONS

Emergency Preparedness For Your Business and Home  
*Be Aware... Be Prepared... and HAVE A PLAN!*

1-866-553-8816

CD-ROM



**The Cure Inc.** *Be Aware, Be Prepared and Have A Plan!*

It's A Disaster! (and How to Survive)  
 Tornado Safety  
 FIRST AID Quick Reference

Avian Flu  
 Apartment Safety  
 FIRST AID For Pets

Burn Injury  
 OSHA Guidelines

Swine Flu  
 Hearing Safety  
 FIRST AID Order Form

Get Adobe Acrobat to read PDF files

**Internet Links**

American Red Cross  
 FEMA  
 CDC  
 UNITED WAY  
 24 Hour Open First Aid Kit  
 TheCureSafety.com

# Delaware Dept of Public Health and Delaware MRC

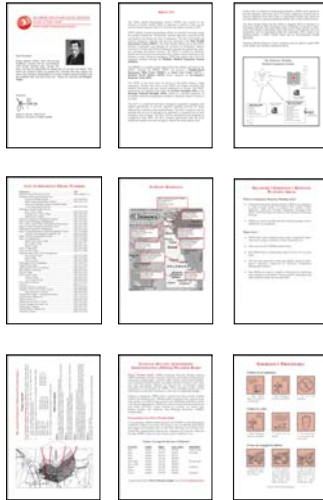
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The Delaware Medical Reserve Corps



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For more information or to join Delaware  
Medical Reserve Corps contact:

**DELAWARE HEALTH AND SOCIAL SERVICES**  
Division of Public Health  
Public Health Preparedness Section  
100 Sunnyside Road, Smyrna, DE 19877  
Office: 302-223-1720 • Fax: 302-223-1724

# DEMA/Delaware Citizen Corps

**IT'S A  
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...and what are YOU  
gonna do about it?

A "Prepared Delaware" Initiative

A Disaster Preparedness, Prevention  
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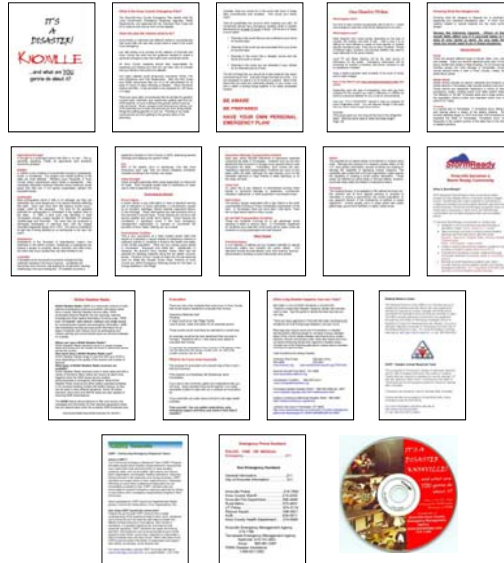
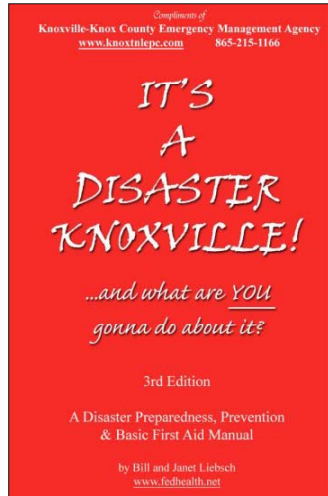
After September 11, 2001 and more recent  
disasters of our Gulf Coast from Hurricanes  
Katrina and Rita of 2005, America  
witnessed a wellspring of selflessness and  
heroism.

People in every corner of the country asked,  
"What can I do?" and "How can I help?".  
Citizen Corps was created to help all  
Americans answer these questions through  
public education, community outreach,  
training, and volunteer service. Citizen  
Corps asks you to embrace the personal  
responsibility to be prepared.

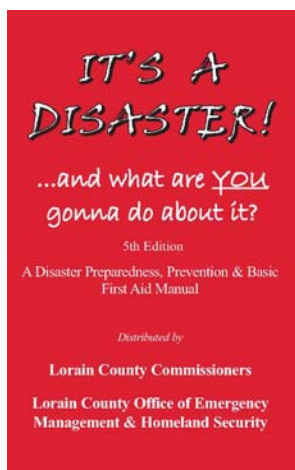
**Bob George** -Citizen Corps and CERT Program  
Manager  
**Marny McLee**-Citizen Corps/CERT Training  
and Outreach Coordinator  
165 Brick Store Landing Road  
Smyrna, DE 19977  
Phone: (302) 659-2243

[www.delawarecitizen corps.org](http://www.delawarecitizen corps.org)  
[www.prepareDE.org](http://www.prepareDE.org)

# Knoxville-Knox Co EMA



# Lorain County County Commissioners and LCOEM & Homeland Security



# Loudoun Co Health Department



# Mississippi Office of Homeland Security

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 Provided by



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... plus lots of resources and much more!

Mississippi Office of Homeland Security  
 P.O. Box 508  
 Jackson, MS 39207  
 Phone: 601-346-1499  
 Fax: 601-346-1521  
 www.homelandsecurity.ms.gov

# Morgan County EMA

**IT'S A DISASTER!**  
*...and what are YOU gonna do about it?*  
 5th Edition  
 A Disaster Preparedness, Prevention and Basic First Aid Manual  
 Compliments of  
 Morgan County  
 Emergency Management Agency




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Morgan County Emergency Management and Homeland Security  
 P.O. Box 1247  
 Warburg, TN 37887  
 Phone: (423) 346-1063  
<http://morgancountyema.com>



# Northrop Grumman

**NORTHROP GRUMMAN**

**IT'S A DISASTER!**  
*...and what are YOU gonna do about it?*  
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**NORTHROP GRUMMAN**

Presented with our appreciation for your participation in the Integrated Systems Evacuation Warden Program

[www.is.northropgrumman.com](http://www.is.northropgrumman.com)


# San Jose Prepared (using Fireman's Fund \$)

**IT'S  
A  
DISASTER!**

*...and what are YOU  
gonna do about it?*

3rd Edition  
A Disaster Preparedness, Prevention and First Aid  
Manual

Provided to you by:  
The City of San Jose California's CERT program,  
San Jose *Prepared!*  
Grant support thru "Fireman's Fund HERITAGE".



**SAN JOSE PREPARED!**  
Community Emergency Response Training  
**EMERGENCY PREPAREDNESS ISN'T JUST FOR  
EARTHQUAKES!!**

Emergencies and inconvenience occur every day. You, your family and your community can become more self-supportive and self-sustaining as a result of advance preparation and training.

**San Jose PREPARED!** will help you become better prepared for everyday emergencies as well as to plan for larger disasters.

- How can my family/neighborhood be organized for emergency response?
- What is the safest way to use a fire extinguisher?
- How should large numbers of victims be prioritized for medical care?
- What is the proper way to do search and rescue?
- What is the terrorism threat and what can I do about it at home or at work?

Individual residents and neighborhood groups are welcome to become part of **San Jose PREPARED!** This is the FEMA sponsored CERT program that is available throughout the Nation.

Module 1 - Home Preparedness and Neighborhood Organization  
Module 2 - Fire Suppression and Hazardous Materials  
Module 3 - Disaster Medicine and Disaster Psychology  
Module 4 - Light Search and Rescue  
Module 5 - Terrorism Awareness for the Community and Graduation

When you complete all five of the modules, you will receive the official San Jose **PREPARED!** hardhat, vest and waist pack, including the FEMA certificate.

Let's work together to get **San Jose PREPARED!**

Telephone: 408.277.4598 Fax: 408.277.3345  
E-mail: [sjprepared@sanjoseca.gov](mailto:sjprepared@sanjoseca.gov)


# Spartanburg County OEM

**IT'S A  
DISASTER!**


*...and what are YOU  
gonna do about it?*

4th Edition  
A Disaster Preparedness, Prevention & Basic  
First Aid Manual provided by:

The Spartanburg County Office of  
Emergency Management



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


The Spartanburg County Office of Emergency Management is very concerned about your safety. Although we don't like to think about it, emergencies do happen. Look inside this book for information on:

- **TORNADO PREPAREDNESS** .....page 128
- **WINTER STORM & EXTREME COLD** ...page 129
- **FAMILY INFORMATION, PLAN & KITS** ...page 9
- **BASIC FIRST AID** .....page 145

**BE AWARE! BE PREPARED!  
DURING ANY EMERGENCY, ENSURE YOUR  
OWN SAFETY FIRST!**

For additional information on emergency preparedness in Spartanburg County, call the Spartanburg County Office of Emergency Management at 864-595-5365.

Also, learn more about Spartanburg County Community Emergency Response Teams at [www.spartanburg.org](http://www.spartanburg.org)



# Springfield-Greene Co OEM

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This book was prepared under a grant from FEMA's Grant Program Directorate, U.S. Department of Homeland Security. Points of view or opinions expressed in this book are those of the authors and do not necessarily represent the official position or policies of FEMA's Grant Program Directorate, U.S. Department of Homeland Security.

# St Paul Island DPS & LEPC (AK)

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4th Edition

A Disaster Preparedness, Prevention  
and Basic First Aid Manual

This book brought to you through a cooperative  
effort of your friends at the  
St. Paul Department of Public Safety  
consisting of  
Police, Fire and Emergency Medical Services,  
and the Local Emergency Planning Committee

EMERGENCY      Non-Emergency  
Dial 911              546-3130

DEPARTMENT OF PUBLIC SAFETY  
Police, Fire and Emergency Medical Services

POISON CONTROL CENTER      1-800-222-1222

Saint Paul Health Center

Medical Appointments      (907) 546-8300  
Counseling      (907) 546-8303

City of Saint Paul

Motor Pool      (907) 546-3181  
Public Works      (907) 546-3171

IRA Tribal Government      (907) 546-3200

US Coast Guard Loran Station      (907) 546-2384

National Weather Service      (907) 546-2215



# Wasatch Co Health Dept/MRC

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A Disaster Preparedness, Prevention & Basic First Aid Manual provided by:

The Wasatch County Health Department

www.wasatchcountyhd.org



Wasatch County Emergency Response Partners are very concerned about your safety. Although we don't like to think about it, emergencies do happen. Look inside this book for information on:

- WINTER STORM & EXTREME COLD . . .page 138
- FAMILY INFORMATION, PLAN & KITS . . .page 7
- BASIC FIRST AID . . . . .page 157

**BE AWARE! BE PREPARED!  
 DURING ANY EMERGENCY, ENSURE  
 YOUR OWN SAFETY FIRST!**


For additional information on emergency preparedness in Wasatch County, call the Wasatch County Health Department at 435-654-2700.

## Or we can customize our standard books with stickers in small volume (any Qty)

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Questions about free custom labels for IT'S A DISASTER! books? Call 1-800-999-4322 or visit [www.itsadisaster.com](http://www.itsadisaster.com)

<p>Partner with our organization for your emergency in winter!</p> <p><b>Southwest Virginia Medical Reserve Corps</b>              www.svmrc.org              276-274-9222</p>	<p>The Best Department of  <b>Greenville County Health Department</b>              3817 West Main Street              Raleigh, NC 27601              919-344-2560  <a href="http://www.healthdept.com">www.healthdept.com</a></p>
<p>Compliments of  <b>La Puz County Emergency Management and Mitigation Council</b> - CERT  <a href="http://www.lapuzcounty.com">www.lapuzcounty.com</a></p>	<p>Compliments of  <b>Quad City CERT</b>  <a href="http://www.quadcitycert.org">www.quadcitycert.org</a></p>
<p>Network sponsored by the organization  <b>SIX COUNTY RSVP</b>              Get organized and make a difference to others              Even through 9 disaster scenarios              1-800-276-8839 or <a href="http://www.sixcountyrsvp.com">www.sixcountyrsvp.com</a></p>	<p>Join Scouting  <b>... it's Fun!</b></p>
<p>Compliments of  <b>Kankakee County Sheriff's Department and the Kankakee County Local Emergency Planning Committee</b></p>	<p>Compliments of  <b>Lake County Medical Society and OREGON HOSPITAL PREPAREDNESS PROJECT REGION 3</b></p>
<p>Compliments of  <b>Oklahoma State Department of Health</b>              247 Contact: (405) 271-4000              web site: <a href="http://www.ohdhs.state.ok.us">www.ohdhs.state.ok.us</a></p>	<p>Compliments of  <b>The Safety &amp; Security Department</b></p>
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## Contact information

Please contact us to discuss ANY ideas so we can help your group and communities “be aware, be prepared, and have a plan”.

Thank you!

Bill & Janet Liebsch

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