



NEW MEXICO FAMILY EMERGENCY PREPAREDNESS GUIDE

Fires

Earthquakes

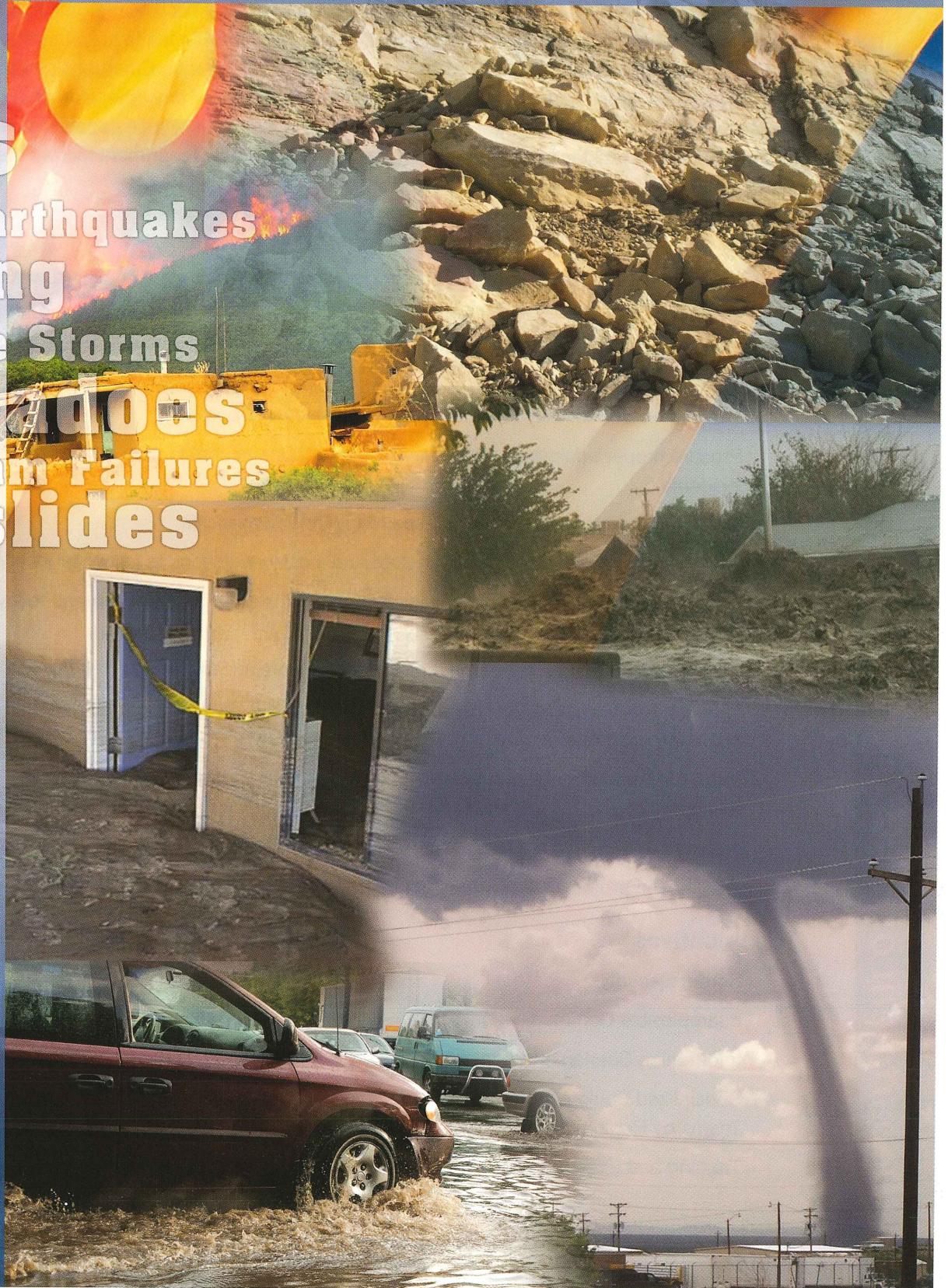
Flooding

Severe Storms

Tornadoes

Dam Failures

Landslides



Department of Homeland Security and Emergency Management

Vision

To protect New Mexicans and the citizens and visitors of the United States through a comprehensive, coordinated all hazard, all threat Homeland Security and Emergency Management program that maximizes the ability of New Mexico to be responsive to changing and emerging threats, regardless of cause.

History

The Department of Homeland Security and Emergency Management was created as a cabinet level agency during the 2007 legislative session. With a staff of over 60, DHSEM leads the State's response to emergencies and disasters while providing for the safety and welfare of its citizens. Emergencies and disasters can be defined as something caused by natural or human-made events or any other circumstance as determined by the Governor. When necessary, the State assists local jurisdictions whose capabilities are overwhelmed serving as the conduit for assistance from the Federal government. The Department follows the principal of emergency management: preparedness, mitigation, response, and recovery.

Goals

- Expand regional collaboration to prevent, protect, respond to and recover from a terrorist incident, disaster, or emergency.
- Ensure state and jurisdictions have an All Hazard Emergency Operation Plan (EOP) that addresses local vulnerabilities.
- Improve border security at the US/Mexico international border.
- Procure proper equipment necessary for jurisdictions to enable response to natural disasters or terrorist incidents.
- Train state and local jurisdictions to be ready for emergencies.
- Implement an exercise program for state and local jurisdictions to follow for local preparedness.
- Develop a common operating system throughout the state for response and recovery from a terrorist incident, disaster, or local emergency.
- Develop and enhance statewide interoperable communications capability.
- Improve health and medical response capacity consistent with the state's established emergency management infrastructure.
- Enhance the ability of the state and local jurisdictions to recover from a terrorist incident, disaster, or emergency.
- Increase public/private sector awareness and participation in emergency preparedness.
- Identify and protect critical infrastructure and key resources.

Top Initiatives

- Border Security
- Interoperable Communication
- Information Sharing and Analysis
- Specialized Equipment for Specialized Teams by Region
- Training and Exercise

Programs and Abilities

- Citizen Corps
- Urban Search and Rescue
- Hazardous Material Capabilities
- Intel Fusion
- Response and Recovery
- Mitigation
- Training and Exercise



New Mexico Family Emergency Preparedness Guide

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Why Plan?



Preparing



Emergency



Even in New Mexico

 – disasters happen. Every community in our state is vulnerable. As New Mexicans, we face the threat of a variety of natural disasters and the threat of man-made disasters. In the last year, New Mexico has dealt with an unprecedented series of emergencies from drought to fire, flooding to severe winter weather, and even tornadoes.

In the wake of 9/11 and Hurricane Katrina, emergency management officials have learned that local emergency services and governmental agencies cannot necessarily rapidly respond to your individual needs. Buildings, roads, water systems, and communications can be severely hampered during a disaster. Basic infrastructure need to be made operational to allow emergency management assistance and recovery to begin.

In reading this guide, you have already taken the first step in family preparedness. You are learning how to take care of yourself and your family during an emergency or disaster. No one can stop natural disasters from occurring, but we can limit the impact they have on our family. The chances of being killed or injured during a disaster are very low. However, you may not be able to live normally in your home until your family and community have transitioned into the recovery stage.

Experts, like the American Red Cross or Federal Emergency Management Agency (FEMA), recommend having three days worth of emergency supplies for each family member in your household, always. This Family

Preparedness Guide will show you how to plan for various disasters and emergencies that can happen...even in New Mexico.

Think of emergency preparedness as a “quality of life” issue. Proper planning, preparation, and practice will help you and your family be more comfortable when faced with an emergency. The most important factor is communication. Every member of your family needs to be involved in planning so that when disaster strikes, everyone will know what to do.

Once your family plan is complete – don’t forget to practice. Just like you did when you were in school, once a month have your household “fire drill” or “flooding drill.” Share your family plan

with your neighbors; help them plan for their family. Let them know that disasters strike – even in New Mexico.

Disclaimer

Information found in this Family Emergency Preparedness Guide is not intended to be taken as specific direction, but is the best recommendation based on proven experience and research. Primary source of information found this publication is provided courtesy of the Federal Emergency Management Agency. Before and during an emergency or disaster, you should obtain information locally for your specific situation, address, and for other recommendations.



Drought to Fire



Four Steps to Disaster Planning

1 Find Out What Disasters Could Happen to You

Research what types of disasters are most likely to happen in your area.

Find out about your community's warning signals-what they sound like and what you should do when you hear them.

Learn which radio stations will provide emergency information for your area.

2 Create a Disaster Plan

Meet with your family and discuss why you need to prepare for disaster.

Discuss the types of disasters that could happen and explain what to do in each case.

Make two evacuation plans – one specific to your home and another if your entire neighborhood is affected.

Have an action plan for your pets.

Contact an out of area relative or friend to be your "family contact." Explain to them their responsibility.

3 Put Your Plan into Action

Post emergency telephone numbers by all telephones.

Teach children how and when to call 911 for help.

Create your home emergency supply kit.

Find safe spots in your home for each type of disaster.

Determine the best escape routes from your home – find two ways out of each room.

Make sure you have smoke detectors on each level of your home, especially near bedrooms.

Make sure you have a classified and NFPA approved general purpose dry chemical type household fire extinguisher.

Check for adequate insurance coverage.

Take photos or videotape your belongings and your home.

Take a first aid and CPR class.

4 Keeping Your Plan Current

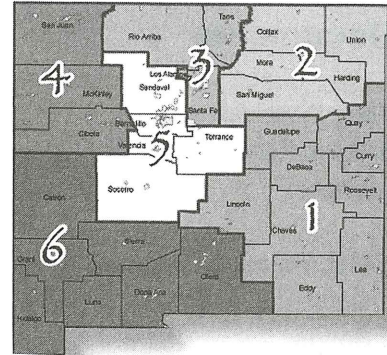
Practice, practice, practice – review your plan once a month.

Conduct fire and emergency evacuation drills.

Test and recharge your fire extinguishers according to manufacturer's instructions.

Test your smoke detectors monthly – change the batteries every six months, when the time changes.

Replace emergency supply kit stored water and food every six months. ■



911 Practice



Action

Emergency Supply Kit

Every household should have an emergency supply kit that will provide for each family member for at least three days. The emergency supply kit should be versatile to suit any type of emergency or disaster. Make sure all family members know where it is located and place the supplies in an easy to carry bag or plastic tub. Remember to include and periodically rotate medication you take everyday.

Important Family Documents

Keep these records in a fireproof & waterproof container.

Will, Insurance Policies, Contracts, Deeds, Stocks and Bonds

Bank Account Numbers

Inventory of Valuable Goods

Important Telephone Numbers

Passports, Social Security Cards, Immunization Records

Credit Card Account Numbers and Companies

Family Records (birth, marriage, and death certificates)

Water – Store one gallon of water per person per day in plastic containers for drinking and sanitation.

Food – Store food that won't go bad and does not have to be heated or cooked. Choose foods that your family will eat, including protein or fruit bars, dry cereal, granola, canned foods and juices, peanut butter, jerky, dried fruit, nuts, and crackers. Remember to pack a manual can opener, cups, and eating utensils.

Battery-powered radio – Remember to pack extra batteries.

Flashlight – Remember to pack extra batteries.

First Aid kit

Whistle

Dust mask

Moist towelettes – A pack of baby wipes work great!

Wrench or pliers

Plastic sheeting and duct tape

Good walking shoes

Garbage bags

One month's supply of extra medication

Warmth – New Mexico's weather temperatures change significantly between day and night. Think about including warm clothing for each family member in your supply kit. Also include a sleeping bag or warm blanket for each person.

Special Items – Think about your family's unique needs. Pack infant formula, bottles, diapers, baby food, pet food, feminine hygiene supplies, comfort items, books, paper, pens, and other forms of entertainment. ■



Family

Special Advice for Older New Mexicans and Those with Special Needs or Disabilities

The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. While each person's abilities and needs are unique, it is important to evaluate your own needs and make an emergency plan and kit that fits your needs.

It's possible that you will not have access to a medical facility or even a drugstore during an emergency. If you take medicine or use a medical treatment on a daily basis, be sure you have what you need on hand to make it on your own for at least a week. You should also keep a copy of your prescriptions as well as dosage or treatment information. If it is not possible to have a week-long supply of medicines and supplies, keep as much as possible on hand and talk to your pharmacist or doctor about what else you should do to prepare.

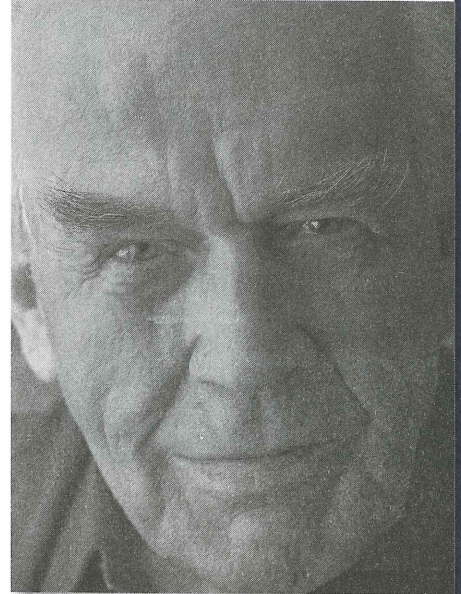
If you undergo routine treatments administered by a clinic or hospital or if you receive regular services such as home health care, treatment or transportation, talk to your service provider about their emergency plans. Work with them to identify back-up service providers within your area and the areas you might evacuate to. If you use medical equipment in your home that requires electricity to operate, talk to your health care provider about what you can do to prepare for its use during a power outage. Also, contact your local power company and alert them to your need for electricity for medical use. If there is any information related to operating equipment or life-saving devices that you rely on, include those in your emergency kit.

In addition, there may be other things specific to your personal needs that you should also have on hand. If you use eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries, and oxygen, be sure you always have extras in your home. Also have copies of your medical insurance, Medicare, and Medicaid cards readily available.

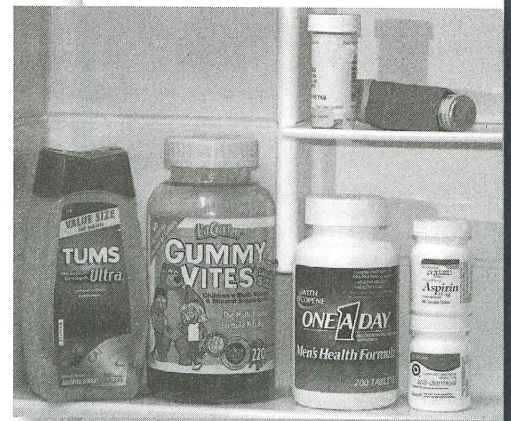
If there are people who assist you on a daily basis, list who they are, and how you will contact them in an emergency. Create your own personal support network by identifying others who will help you in an emergency. Think about what modes of transportation you use and what alternative modes could serve as back-ups. If you require handicap accessible transportation be sure your alternatives are also accessible. For every aspect of your daily routine, plan an alternative procedure. Make a plan and write it down. Keep a copy of your plan in your emergency supply kit and a list of important information and contacts in your wallet. Share your plan with your family, friends, care providers and others in your personal support network.

Make sure if you have a communication disability that your emergency information list notes the best way to communicate with you.

Plan



Emergency Contact





Depending on your circumstances and the nature of the emergency, the first important decision is whether you stay or go. You should understand and plan for both possibilities. Use commonsense and available information to determine if there is immediate danger. In any emergency, local authorities may or may not immediately be able to provide information on what is happening and what you should do. However, you should monitor television or radio news reports for information or official instructions as they become available. If you're specifically told to evacuate or seek medical treatment, do so immediately. If you require additional travel time or need transportation assistance, make these arrangements in advance and have them detailed as part of your plan.

If you have a service animal, remember pet food, extra water and supplies for your service animal. Whether you decide to stay put in an emergency or evacuate to a safer location, you will need to make plans in advance for your service animal. If you are going to a public shelter, it is important to understand that by law only service animals will be allowed inside.

Some local emergency management offices maintain registers of people with disabilities so you can be located and assisted quickly in a disaster. Contact your county emergency manager to see if these services exist in your county. In addition, wearing medical alert tags or bracelets that identify your disability can be a crucial aid in an emergency situation. Remember when traveling, consider alerting hotel or motel workers if you will need help in a disaster situation. ■

Understand & Plan



Tips for Pet Owners

For many, pets are an important member of your household. With few people injured or killed by disasters, your emergency planning for your pet can increase their livelihood during an emergency as well.

Some of the things you can do to prepare for the unexpected, such as assembling an animal emergency supply kit and developing a pet care buddy system, are the same for any emergency.

Obtain "Pets Inside" stickers and place them on your doors or windows, including information on the number and types of pets in your home to alert firefighters and rescue workers. Consider putting a phone number on the sticker where you could be reached in an emergency. And, if time permits, remember to write the words "Evacuated with Pets" across the stickers, should you flee with your pets.

If you must evacuate, take your pets with you if possible. However, if you are going to a public shelter, it is important to understand that animals may not be allowed inside. Plan in advance for shelter alternatives that will work for both you and your pets.

Develop a buddy system with neighbors, friends, and relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so. Be prepared to improvise and use what you have on hand to make it on your own for at least three days, maybe longer.

Talk to your pet's veterinarian about emergency planning. Get the names of vets or veterinary hospitals in other cities where you might need to seek temporary shelter. You should also consider talking with your veterinarian about permanent identification such as micro chipping and enrolling your pet in a recovery database.

Create a Pet Emergency Supply Kit

Food. Keep at least three days of food in an airtight, waterproof container.

Water. Store at least three days of water specifically for your pets in addition to water you need for yourself and your family.

Medicines and medical records. Keep an extra supply of medicines your pet takes on a regular basis in a waterproof container.

First aid kit. Talk to your veterinarian about what is most appropriate for your pet's emergency medical needs. Most kits should include cotton bandage rolls, bandage tape and scissors; antibiotic ointment; flea and tick prevention; latex gloves, isopropyl alcohol, and saline solution. Include a pet first aid reference book.

Pet Safety



Pet Emergency Kit

ID TAGS

TIPS

Here's Something To Think About...

Consider permanent identification for your pet, such as micro chipping, which will help you reunite with your pet should you be separated.

Collar with ID tag, harness, or leash.

Crate or other pet carrier. If you need to evacuate in an emergency situation take your pets and animals with you provided that it is practical to do so. The carrier should be large enough for your pet to stand, turn around, and lie down.

Sanitation. Include pet litter and litter box if appropriate, newspapers, paper towels, plastic trash bags and household chlorine bleach to provide for your pet's sanitation needs.

A picture of you and your pet together. If you become separated from your pet during an emergency, a picture will help you document ownership and allow others to assist you in identifying your pet. Include detailed information about species, breed, age, sex, color and distinguishing characteristics.

Familiar items. Put favorite toys, treats, or bedding in your kit. Familiar items can help reduce stress for your pet. ■



Earthquake

Earthquakes strike suddenly, violently, and without warning. New Mexico is vulnerable to earthquakes with many fault lines running throughout the state. Identifying potential hazards ahead of time and advance planning can save lives and significantly reduce injuries and property damage.

Ideas to Get Your Home Earthquake Safe

Fasten shelves securely to walls.

Place large or heavy objects on lower shelves.

Store breakable items such as bottled foods, glass, and china in low, closed cabinets with latches.

Hang heavy items such as pictures and mirrors away from beds, couches, and anywhere people sit.

Brace overhead light fixtures.

Repair defective electrical wiring and leaky gas connections.

Secure a water heater by strapping it to the wall studs and bolting it to the floor.

Repair any deep cracks in ceilings or foundations. Get expert advice if there are signs of structural defects.

**Suddenly
Violently
no warning**



What to Do During an Earthquake

If Indoors

Drop to the ground; take cover by getting under a sturdy table or other piece of furniture; and hold on until the shaking stops. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.

Stay away from glass, windows, outside doors and walls, and anything that could fall.

Stay in bed if you are there when the earthquake strikes. Hold on and protect your head with a pillow, unless you are under a heavy light fixture that could fall. In that case, move to the nearest safe place.

Use a doorway for shelter only if it is in close proximity to you and if you know it is a load bearing doorway.

Stay inside until shaking stops and it is safe to go outside. Research has shown that most injuries occur when people inside buildings attempt to move to a different location inside the building or try to leave.

Be aware that the electricity may go out or the sprinkler systems or fire alarms may turn on.

**What
To DO**



**Stay away
from
glass**

What to Do During an Earthquake

If Outdoors

Stay there.

Move away from buildings, streetlights, and utility wires.

Once in the open, stay there until the shaking stops. The greatest danger exists directly outside buildings, at exits, and alongside exterior walls.

If in a Moving Vehicle

Stop as quickly as safety permits and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses, and utility wires.

Proceed cautiously once the earthquake has stopped. Avoid roads, bridges, or ramps that might have been damaged by the earthquake.

If Trapped under Debris

Do not light a match.

Do not move about or kick up dust.

Cover your mouth with a handkerchief or clothing.

Tap on a pipe or wall so rescuers can locate you. Shout only as a last resort. Shouting can cause you to inhale dangerous amounts of dust.

What to Do After an Earthquake

Expect aftershocks. Listen to a NOAA weather radio, battery-operated radio, or television for the latest emergency information. Use the telephone only for emergency calls. Open cabinets cautiously. Stay away from damaged areas. Return home only when authorities say it is safe.



**Move
Away**



Trapped

Aftershocks

Safe

Extreme Heat

Heat kills by pushing the human body beyond its limits. In extreme heat, the body must work extra hard to maintain a normal temperature.

Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children, and those who are sick or overweight are more likely to succumb to extreme heat.

Conditions that can induce heat-related illnesses include stagnant atmospheric conditions and poor air quality. Consequently, people living in urban areas may be at greater risk from the effects of a prolonged heat wave than those living in rural areas. Also, asphalt and concrete store heat longer and gradually release heat at night.

Know the Terms

Heat Wave

Prolonged period of excessive heat, often combined with excessive humidity.

Heat Index

A number in degrees Fahrenheit (F) that tells how hot it feels when relative humidity is added to the air temperature. Exposure to full sunshine can increase the heat index by 15 degrees.

Heat Cramps

Muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are often the first signal that the body is having trouble with the heat.

Heat Exhaustion

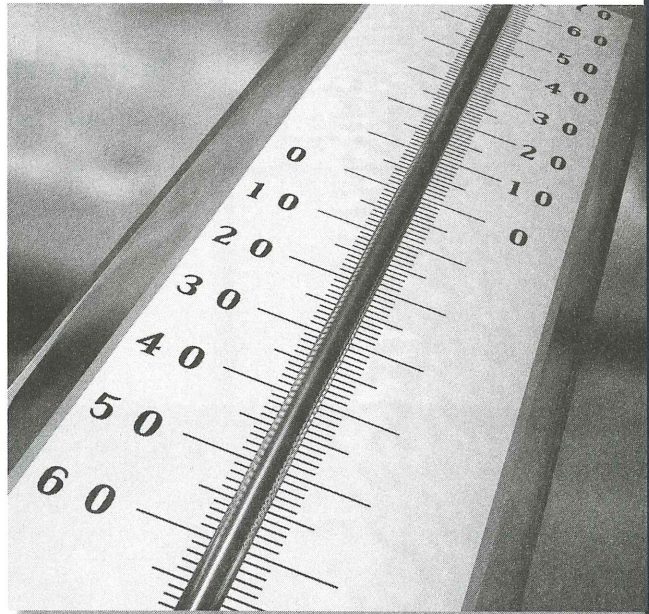
Typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.

Heat Stroke

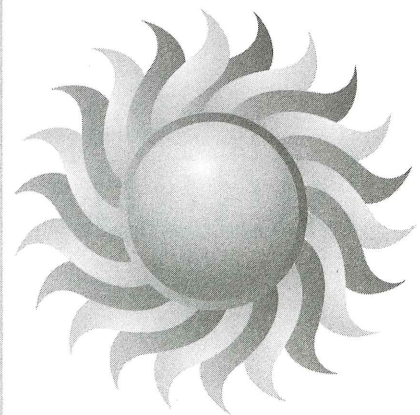
A life-threatening condition. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

Sun Stroke

Another term for heat stroke.



Heat Exhaustion



Drink Water

Before Extreme Heat

To prepare your home for extreme heat, you should install window air conditioners snugly; check air-conditioning ducts for proper insulation; install temporary window reflectors like aluminum covered cardboard; weather strip door and sills; cover windows that receive sun with drapes or shade; and keep storm windows up all year.

During a Heat Emergency

Stay indoors as much as possible and limit exposure to the sun.

Stay on the lowest floor out of the sunshine if air conditioning is not available.

Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities.

Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.

Drink plenty of water. Persons who have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.

Limit intake of alcoholic beverages.

Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible.

Protect face and head by wearing a wide-brimmed hat.

Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.

Never leave children or pets alone in closed vehicles.

Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks. ■

Stay Indoors



Fire

Each year, more than 4,000 Americans die and more than 25,000 are injured in fires, many of which could be prevented. To protect yourself, it is important to understand the basic characteristics of fire. Fire spreads quickly; there is no time to gather valuables or make a phone call.

Heat and smoke from fire can be more dangerous than the flames. Inhaling the super-hot air can sear your lungs. Fire produces poisonous gases that make you disoriented and drowsy. Instead of being awakened by a fire, you may fall into a deeper sleep. Asphyxiation is the leading cause of fire deaths, exceeding burns by a three-to-one ratio.



How to Prepare Your Home Before a Fire

Smoke Alarms

Install smoke alarms. Properly working smoke alarms decrease your chances of dying in a fire by half.

Place smoke alarms on every level of your residence. Place them outside bedrooms on the ceiling or high on the wall (4 to 12 inches from ceiling), at the top of open stairways, or at the bottom of enclosed stairs and near (but not in) the kitchen.

Test and clean smoke alarms once a month and replace batteries every six months.

Escaping the Fire

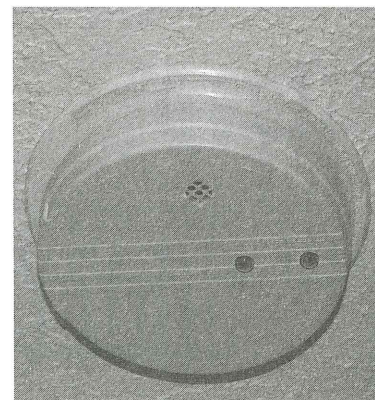
Review escape routes with your family. Practice escaping from each room.

Make sure windows are not nailed or painted shut. Make sure security gratings on windows have a fire safety opening feature so they can be easily opened from the inside.

Consider escape ladders if your residence has more than one level, and ensure that burglar bars and other antitheft mechanisms that block outside window entry are easily opened from the inside.

Teach family members to stay low to the floor (where the air is safer in a fire) when escaping from a fire.

Test Your Smoke Alarms



What to do During a Fire

If your clothes catch on fire

Stop, drop, and roll - until the fire is extinguished. Running only makes the fire burn faster.

To escape a fire

Check closed doors for heat before you open them. Always use 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 the door is hot. Do not open. Escape through a window. If you cannot escape, hang a white or light-colored sheet outside the window, alerting fire fighters to your presence. If the door is cool, open slowly and ensure fire and/or smoke is not blocking your escape route. If clear, leave immediately through the door and close it behind you. Be prepared to crawl. Smoke and heat rise. The air is clearer and cooler near the floor.

Stay out once you are safely out. Do not re-enter. Call 9-1-1.

Fire Prevention Tips

Clean out storage areas. Do not let trash, such as, old newspapers and magazines accumulate.

Never use gasoline, benzene, naphtha, or similar flammable liquids indoors.

Store flammable liquids in approved containers in well-ventilated storage areas.

Never smoke near flammable liquids.

Discard all rags or materials that have been soaked in flammable liquids after you have used them. Safely discard them outdoors in a metal container.

Insulate chimneys and place spark arresters on top.

Be careful when using alternative heating sources.

Check with your local fire department on the legality of using kerosene heaters in your community. Be sure to fill kerosene heaters outside, and be sure they have cooled.

Place heaters at least three feet away from flammable materials. Make sure the floor and nearby walls are properly insulated.

Use only the type of fuel designated for your unit and follow manufacturer's instructions.

Store ashes in a metal container outside and away from your residence.

Keep open flames away from walls, furniture, drapery, and flammable items.

Keep a screen in front of the fireplace.

Have heating units inspected and cleaned annually by a certified specialist.

STOP DROP & ROLL



Keep Matches Out of Reach of Children

Keep matches and lighters up high, away from children, and, if possible, in a locked cabinet.

Never smoke in bed or when drowsy or medicated. Provide smokers with deep, sturdy ashtrays. Douse cigarette and cigar butts with water before disposal.

Have the electrical wiring in your residence checked by an electrician.

Inspect extension cords for frayed or exposed wires or loose plugs.

Make sure outlets have cover plates and no exposed wiring.

Make sure wiring does not run under rugs, over nails, or across high-traffic areas.

Do not overload extension cords or outlets. If you need to plug in two or three appliances, get a UL-approved unit with built-in circuit breakers to prevent sparks and short circuits.

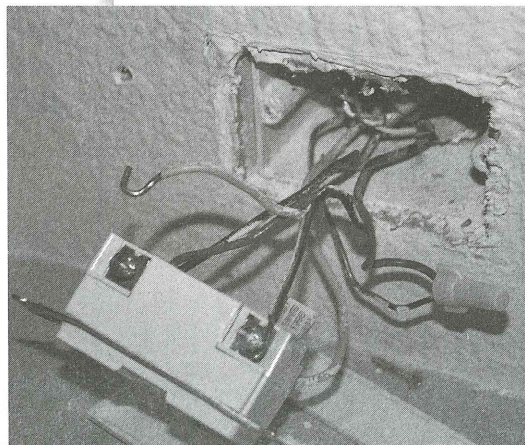
Make sure insulation does not touch bare electrical wiring.

Sleep with your door closed.

Install ABC-type fire extinguishers in your residence and teach family members how to use them.

Consider installing an automatic fire sprinkler system in your residence.

Ask your local fire department to inspect your residence for fire safety and prevention.



**Have
Heating
Units
Inspected**



Flood

What to DO?



Floods are one of the most common hazards in the United States. However, all floods are not alike. Some floods develop slowly. Yet New Mexico is most often faced with flash floods which can develop quickly, sometimes in just a few minutes and without any visible signs of rain. Flash floods often have a dangerous wall of roaring water that carries rocks, mud, and other debris and can sweep away most things in its path. Overland flooding occurs outside a defined river or stream, such as when a levee is breached, but still can be destructive.

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. Even very small streams, arroyos, culverts, dry streambeds, or low-lying ground that appears harmless in dry weather can flood.

Know Your Flood Terms

Flood Watch

Flooding is possible.

Flash Flood Watch

Flash flooding is possible; prepare to move to higher ground.

Flood Warning

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

Flash Flood Warning

A flash flood is occurring; seek higher ground on foot immediately.

Before a Flood

The smartest thing you can do to prepare for floods is purchase flood insurance. To find out more about flood insurance go to www.floodsmart.gov.

During a Flood

Be aware of streams, drainage channels, canyons, and other areas known to flood suddenly. Flash floods can occur in these areas with or without such typical warnings as rain clouds or heavy rain.

If there is any possibility of a flash flood, move immediately to higher ground. Do not wait for instructions to move.

TIPS

To prepare for a flood, you should:

Avoid building in a floodplain unless you elevate and reinforce your home.

Elevate the furnace, water heater, and electric panel if susceptible to flooding.

Install "check valves" in sewer traps to prevent flood water from backing up into the drains of your home.

Construct barriers to stop floodwater from entering the building.

If you must prepare to evacuate

Secure your home. If you have time, bring in outdoor furniture. Move essential items to an upper floor.

Turn off utilities at the main switches or valves if instructed to do so. Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.

If you have to leave your home

Do not walk through moving water. Six inches of moving water can make you fall. If you have to walk in water, walk where the water is not moving. 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. You and the vehicle can be quickly swept away.

After a Flood

Listen to a NOAA weather radio, battery-operated radio, or television for the latest emergency information. Use the telephone only for emergency calls. Stay away from damaged areas. Return home only when authorities say it is safe. ■

Be Prepared



Driving Flood Facts

TIPS

Driving Flood Facts

The following are important points to remember when driving in flood conditions:

Six inches of water will reach the bottom of most passenger cars causing loss of control and possible stalling.

A foot of water will float many vehicles.

Two feet of rushing water can carry away most vehicles including sport utility vehicles (SUV's) and pick-ups.



Listen to NOAA Weather Radio for Information

Hazardous Materials

Help Your Neighbors

Hazardous materials come in the form of explosives, flammable and combustible substances, poisons, and radioactive materials. Chemicals are found everywhere. They purify drinking water, increase crop production, and simplify household chores. Chemical manufacturers are one source of hazardous materials, but there are many others, including service stations, hospitals, and hazardous materials waste sites. Most importantly, chemicals also can be hazardous to humans or the environment if used or released improperly. Hazards can occur during production, storage, transportation, use, or disposal.

Be Informed

Many communities have Local Emergency Planning Committees (LEPCs) whose responsibilities include collecting information about hazardous materials in the community and making this information available to the public upon request. The LEPCs also are tasked with developing an emergency plan to prepare for and respond to chemical emergencies in the community.

Contact your local LEPC or emergency manager to find out more about chemical hazards and what needs to be done to minimize the risk to individuals and the community from these materials.

If You are Asked to Evacuate

Do so immediately.

Stay tuned to a radio or television for information on evacuation routes, temporary shelters, and procedures.

Follow the routes recommended by the authorities--shortcuts may not be safe. Leave at once.

If you have time, minimize contamination in the house by closing all windows, shutting all vents, and turning off attic fans.

Take pre-assembled emergency supply kit.

Remember to help your neighbors who may require special assistance--infants, elderly people, and people with disabilities.



If You are Caught Outside

Stay upstream, uphill, and upwind! In general, try to go at least one-half mile from the danger area.

Do not walk into or touch any spilled liquids, airborne mists, or condensed solid chemical deposits. If possible, cover mouth with a cloth while leaving the area.

Stay away from accident victims until the hazardous material has been identified.

If You are in a Motor Vehicle

Stop and seek shelter in a permanent building. If you must remain in your car, keep car windows and vents closed and shut off the air conditioner and heater.

If You are Requested to Stay Indoors

Bring pets inside.

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. In large buildings, set ventilation systems to 100 percent recirculation so that no outside air is drawn into the building. If this is not possible, ventilation systems should be turned off.

Go into the pre-selected shelter room. This room should be above ground and have the fewest openings to the outside.

Seal gaps under doorways and windows with wet towels or plastic sheeting and duct tape.

Seal gaps around window and air conditioning units, bathroom and kitchen exhaust fans, and stove and dryer vents with duct tape and plastic sheeting, wax paper, or aluminum wrap.

Use material to fill cracks and holes in the room, such as those around pipes.

If gas or vapors could have entered the building, take shallow breaths through a cloth or a towel. Avoid eating or drinking any food or water that may be contaminated.

What to do After a Hazardous Materials Incident

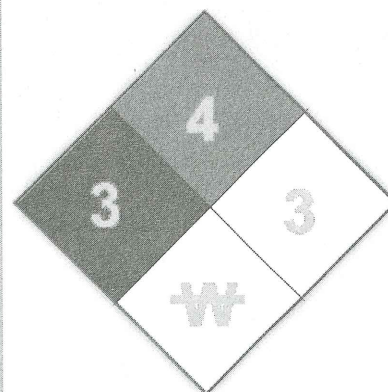
Return home only when authorities say it is safe.

Listen to a NOAA weather radio, battery-operated radio, or television for the latest emergency information. Use the telephone only for emergency calls. Stay away from affected area. ■

Bring Pets Inside



It is SAFE?



Ordinary Household Items

Store Products Safely

Household Hazardous Waste Emergency

Nearly every household uses products containing hazardous materials or chemicals. There are probably many hazardous materials in your home. Take a tour of your home to see where these materials are located. Once you have located a product, check the label and take the necessary steps to ensure that you are using, storing, and disposing of the material according to the manufacturer's directions.

It is critical to store household chemicals in places where children cannot access them. Remember that products such as aerosol cans of hair spray and deodorant, nail polish and nail polish remover, toilet bowl cleaners, and furniture polishes all fall into the category of hazardous materials.

Hazardous Household Items

Cleaning Products

Oven cleaners, drain cleaners, wood and metal cleaners and polishes, toilet cleaners, tub, tile, shower cleaners, bleach (laundry), and pool chemicals

Indoor Pesticides

Ant sprays and baits, cockroach sprays and baits, flea repellents and shampoo, bug sprays, houseplant insecticides, moth repellents, mouse and rat poisons and baits

Automotive Products

Motor oil, fuel additives, carburetor and fuel injection cleaners, air conditioning refrigerants, starter fluids, automotive batteries, transmission and brake fluid, and antifreeze

Workshop/Painting Supplies

Adhesives and glues, furniture strippers, oil or enamel-based paint, stains and finishes, paint thinners and turpentine, paint strippers and removers, photographic chemicals, fixatives and other solvents

Lawn and Garden Products

Herbicides, insecticides, fungicides/wood preservatives

Miscellaneous

Batteries, Mercury thermostats or thermometers, and fluorescent light bulbs

Other Flammable Products

Propane tanks and other compressed gas cylinders, kerosene, home heating oil, diesel fuel, gas/oil mix, and lighter fluid



Ideas for buying and storing hazardous household chemicals safely

Buy only as much of a chemical as you think you will use. Leftover material can be shared with neighbors or donated to a business, charity, or government agency.

Keep products containing hazardous materials in their original containers and never remove the labels unless the container is corroding. Corroding containers should be repackaged and clearly labeled.

Never store hazardous products in food containers.

Never mix household hazardous chemicals or waste with other products. Incompatibles, such as chlorine bleach and ammonia, may react, ignite, or explode. ■

TIPS

Dispose of hazardous materials correctly.

Take household hazardous waste to a local collection program.

Check with www.nmenv.state.nm.us/ web or call 505-827-0197 to learn if there is a household hazardous waste collection program in your area.

Keep Out of Reach of Children



Household Hazardous Waste Emergency

Explosive devices

TIPS

General Safety Guidelines:

Be aware of your surroundings.

Move or leave if you feel uncomfortable or if something does not seem right.

Take precautions when traveling. Be aware of conspicuous or unusual behavior. Do not accept packages from strangers. Do not leave luggage unattended. You should promptly report unusual behavior, suspicious or unattended packages, and strange devices to the police or security personnel.

Learn where emergency exits are located in buildings you frequent. Plan how to get out in the event of an emergency.

Terrorism

Terrorism is the use of force or violence against persons or property in violation of the criminal laws of the United States for purposes of intimidation, coercion, or ransom.

Terrorists often use threats to create fear among the public; try to convince citizens that their government is powerless to prevent terrorism; and get immediate publicity for their causes.

Acts of terrorism include threats of terrorism; assassinations; kidnappings; hijackings; bomb scares and bombings; cyber attacks (computer-based); and the use of chemical, biological, nuclear and radiological weapons.

High-risk targets for acts of terrorism include military and civilian government facilities, international airports, large cities, and high-profile landmarks. Terrorists might also target large public gatherings, water and food supplies, utilities, and corporate centers. Further, terrorists are capable of spreading fear by sending explosives or chemical and biological agents through the mail.

Explosions

Terrorists have frequently used explosive devices as one of their most common weapons. Terrorists do not have to look far to find out how to make explosive devices; the information is readily available in books and other information sources. The materials needed for an explosive device can be found in many places including variety, hardware, and auto supply stores. Explosive devices are highly portable using vehicles and humans as a means of transport. They are easily detonated from remote locations or by suicide bombers.



Biological Threats

Biological agents are organisms or toxins that can kill or incapacitate people, livestock, and crops. The three basic groups of biological agents that would likely be used as weapons are bacteria, viruses, and toxins. Most biological agents are difficult to grow and maintain. Many break down quickly when exposed to sunlight and other environmental factors, while others, such as anthrax spores, are very long lived. Biological agents can be dispersed by spraying them into the air, by infecting animals that carry the disease to humans and by contaminating food and water. Delivery methods include aerosols, animals, food and water contamination, and person to person.



Nuclear Blast

A nuclear blast is an explosion with intense light and heat, a damaging pressure wave, and widespread radioactive material that can contaminate the air, water, and ground surfaces for miles around. All nuclear devices cause deadly effects when exploded, including blinding light, intense heat (thermal radiation), initial nuclear radiation, blast, fires started by the heat pulse, and secondary fires caused by the destruction.

Chemical Threats

Chemical agents are poisonous vapors, aerosols, liquids, and solids that have toxic effects on people, animals, or plants. They can be released by bombs or sprayed from aircraft, boats, and vehicles. They can be used as a liquid to create a hazard to people and the environment. Some chemical agents may be odorless and tasteless. They can have an immediate effect (a few seconds to a few minutes) or a delayed effect (2 to 48 hours). While potentially lethal, chemical agents are difficult to deliver in lethal concentrations. Outdoors, the agents often dissipate rapidly. Chemical agents also are difficult to produce.

Radioactive Fallout

Even if individuals are not close enough to the nuclear blast to be affected by the direct impacts, they may be affected by radioactive fallout. When a blast occurs near the earth's surface, millions of vaporized dirt particles also are drawn into the cloud. As the heat diminishes, radioactive materials that have vaporized condense on the particles and fall back to Earth. The phenomenon is called radioactive fallout. Fallout from a nuclear explosion may be carried by wind currents for hundreds of miles if the right conditions exist.

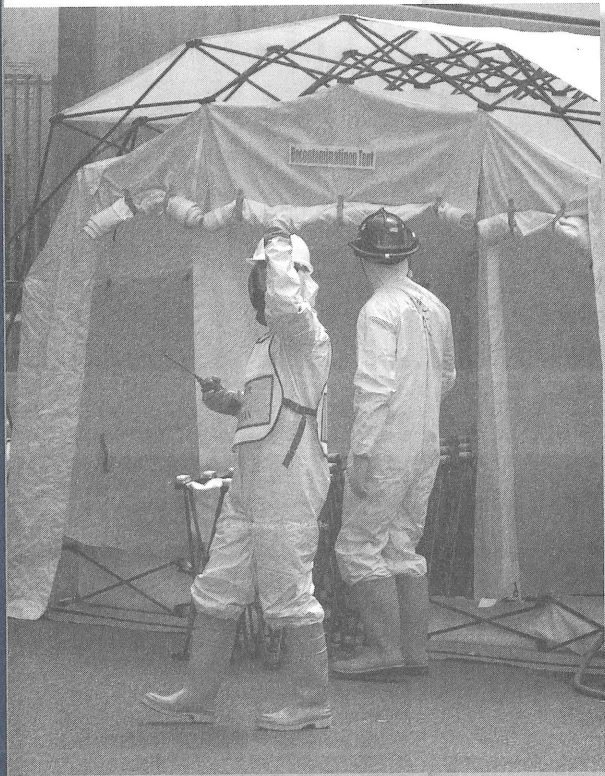
Nuclear radiation cannot be seen, smelled, or otherwise detected by normal senses. Radiation can only be detected by radiation monitoring devices. This makes radiological emergencies different from other types of emergencies. Monitoring can project the fallout arrival times, which will be announced through official warning channels.

**Intense
Light**



EMP

Dirty Bomb



Electromagnetic Pulse (EMP)

In addition to other effects, a nuclear weapon detonated in or above the earth's atmosphere can create an electromagnetic pulse (EMP), a high-density electrical field. An EMP acts like a stroke of lightning but is stronger, faster, and shorter. An EMP can seriously damage electronic devices connected to power sources or antennas, like communication systems, computers, electrical appliances, and automobile or aircraft ignition systems. Most electronic equipment within 1,000 miles of a high-altitude nuclear detonation could be affected. Battery-powered radios with short antennas generally would not be affected. Although an EMP is unlikely to harm most people, it could harm those with pacemakers or other implanted electronic devices.

Radiological Dispersion Device

Terrorist use of an RDD—often called a “dirty bomb”—is considered far more likely than use of a nuclear explosive device. An RDD combines a conventional explosive device—such as a bomb—with radioactive material. It is designed to scatter dangerous and sub-lethal amounts of radioactive material over a general area.

The primary purpose of terrorist use of an RDD is to cause psychological fear and economic disruption. Some devices could cause fatalities from exposure to radioactive materials. The number of deaths and injuries from an RDD might not be substantially greater than from a conventional bomb explosion.

The size of the affected area and the level of destruction caused by an RDD would depend on the sophistication and size of the conventional bomb, the type of radioactive material used, the quality and quantity of the radioactive material, and the local meteorological conditions. ■

Thunderstorms and Lightning

All thunderstorms are dangerous. Every thunderstorm produces lightning. In the United States, an average of 300 people are injured and 80 people are killed each year by lightning. Although most lightning victims survive, people struck by lightning often report a variety of long-term, debilitating symptoms.

Dry thunderstorms that do not produce rain that reaches the ground are most prevalent in the western United States. Falling raindrops evaporate, but lightning can still reach the ground and can start wildfires.

Facts About Thunderstorms

They may occur singly, in clusters, or in lines. Some of the most severe occur when a single thunderstorm affects one location for an extended time. Thunderstorms typically produce heavy rain for a brief period, anywhere from 30 minutes to an hour. Warm, humid conditions are highly favorable for thunderstorm development. About 10% of thunderstorms are classified as severe—one that produces hail at least three-quarters of an inch in diameter, has winds of 58 miles per hour or higher, or produces a tornado.

Facts About Lightning

Lightning's unpredictability increases the risk to individuals and property. Lightning often strikes outside of heavy rain and may occur as far as 10 miles away from any rainfall. "Heat lightning" is actually lightning from a thunderstorm too far away for thunder to be heard. However, the storm may be moving in your direction. Most lightning deaths and injuries occur when people are caught outdoors in the summer months during the afternoon and evening. Your chances of being struck by lightning are estimated to be 1 in 600,000. Lightning strike victims carry no electrical charge and should be attended to immediately.

TIPS

Tips to Prepare For A Thunderstorm

Remove dead or rotting trees and branches that could fall and cause injury or damage during a severe thunderstorm.

Remember the 30/30 lightning safety rule: Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder.

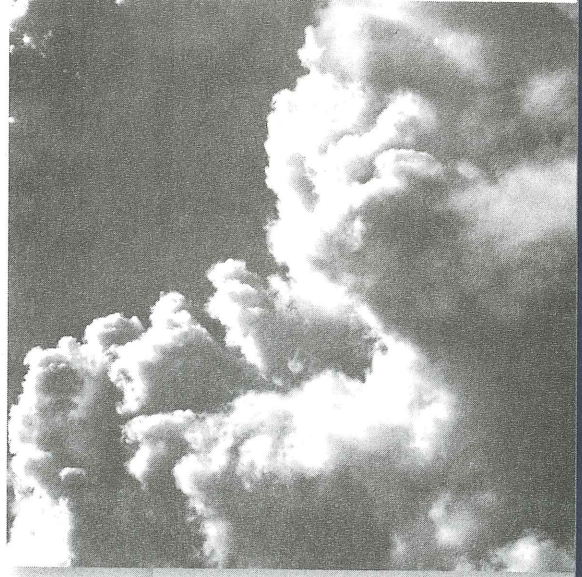
Know Your Thunderstorms Terms

Severe Thunderstorm Watch

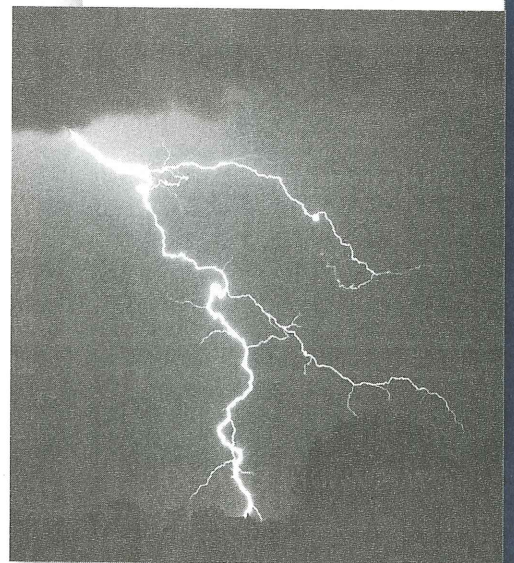
Tells you when and where severe thunderstorms are likely to occur.

Severe Thunderstorm Warning

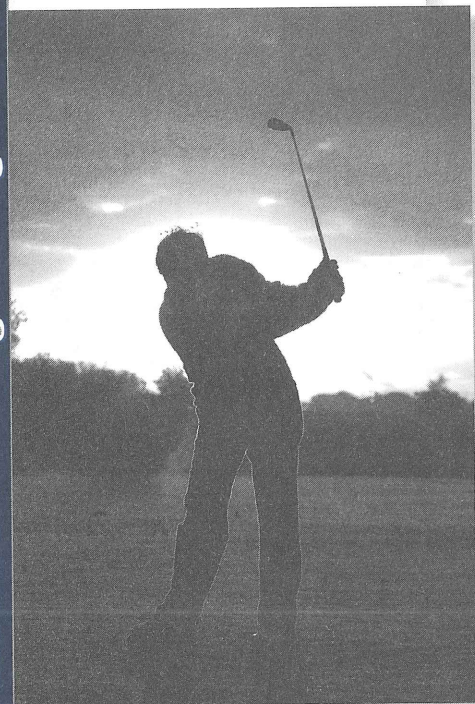
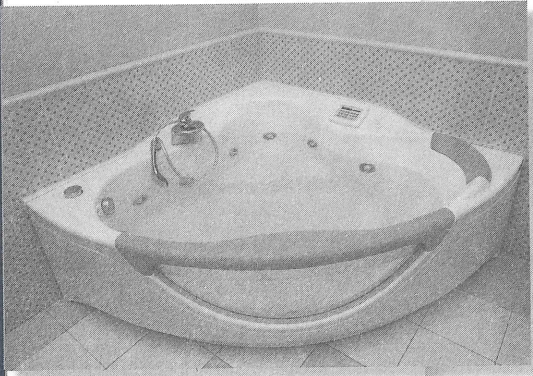
Issued when severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property to those in the path of the storm.



Get
Inside



Find Shelter



If a thunderstorm is likely in your area

Postpone outdoor activities.

Get inside a home, building, or hard top automobile (not a convertible). Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside. The steel frame of a hard-topped vehicle provides increased protection if you are not touching metal.

Remember, rubber-soled shoes and rubber tires provide no protection from lightning.

Secure outdoor objects that could blow away or cause damage.

Shutter windows and secure outside doors. If shutters are not available, close window blinds, shades, or curtains.

Avoid showering or bathing. Plumbing and bathroom fixtures can conduct electricity.

Use a corded telephone only for emergencies. Cordless and cellular telephones are safe to use.

Unplug appliances and other electrical items such as computers and turn off air conditioners. Power surges from lightning can cause serious damage.

Avoid the following

Natural lightning rods such as a tall, isolated tree in an open area.

Hilltops, open fields, the beach, or a boat on the water.

Isolated sheds or other small structures in open areas.

Anything metal—tractors, farm equipment, motorcycles, golf carts, golf clubs, and bicycles.

What to Do During a Thunderstorm

If You are in a Forest

Seek shelter in a low area under a thick growth of small trees.

If You are in an Open Area

Go to a low place such as a ravine or valley.
Be alert for flash floods.

If You are on Open Water

Get to Land and Find Shelter Immediately.

Anywhere you feel your hair stand on end (which indicates that lightning is about to strike) Squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. Make yourself the smallest target possible and minimize your contact with the ground. DO NOT lie flat on the ground. ■

Tornado

Tornadoes are nature's most violent storms. A tornado appears as a rotating, funnel-shaped cloud that extends from a thunderstorm to the ground with whirling winds that can reach 300 miles per hour. Damage paths can be in excess of one mile wide and 50 miles long. Some tornadoes are clearly visible, while rain or nearby low-hanging clouds obscure others. Occasionally, tornadoes develop so rapidly that little, if any, advance warning is possible. Before a tornado hits, the wind may die down and the air may become very still. A cloud of debris can mark the location of a tornado even if a funnel is not visible. Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

Know Your Tornado Terms

Tornado Watch

Tornadoes are possible. Remain alert for approaching storms.

Tornado Warning

A tornado has been sighted or indicated by weather radar.

Take shelter immediately.

What to Do During a Tornado

If you are under a tornado warning, seek shelter immediately!

If You are in a structure

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

If You are in a Vehicle, Trailer, or Mobile Home

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

If You are Outside with No Shelter

Lie flat in a nearby ditch or depression and cover your head with your hands. Be aware of the potential for flooding.

Do not get under an overpass or bridge. You are safer in a low, flat location.

Never try to outrun a tornado in urban or congested areas in a car or truck. Instead, leave the vehicle immediately for safe shelter.

Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries. ■



Flying Debris



Wildfire

The threat of wild fires is very real for people living in rural New Mexico. Advance planning and knowing how to protect buildings in these areas can lessen the devastation of a wild land fire. There are several safety precautions that you can take to reduce the risk of fire losses. Protecting your home from wildfire is your responsibility.

Remove Debris

Prepare for a Wildfire

Find Out What Your Fire Risk Is

Learn about the history of wildfire in your area. Be aware of recent weather. A long period without rain increases the risk of wildfire. Consider having a professional inspect your property and offer recommendations for reducing the wildfire risk. Determine your community's ability to respond to wildfire. Are roads leading to your property clearly marked? Are the roads wide enough to allow firefighting equipment to get through? Is your house number visible from the roadside?

Always be ready for an emergency evacuation. Learn and teach safe fire practices. Build fires away from nearby trees or bushes. Always have a way to extinguish the fire quickly and completely. Never leave a fire--even a cigarette--burning unattended. Avoid open burning completely, and especially during dry season.



What to do Before a Wildfire

Create a 30-foot safety zone around the house

Move shrubs and other landscaping away from the sides of the house.

Prune branches and shrubs within 15 feet of chimneys and stove pipes.

Remove tree limbs within 15 feet of the ground.

Thin a 15-foot space between tree crowns.

Replace highly flammable vegetation such as pine, juniper, and fir trees with lower growing, less flammable species. Check with your local fire department or garden store for suggestions.

Cut the lawn often keeping the grass at a maximum of 2 inches.

Watch grass and other vegetation near the driveway, a source of ignition from automobile exhaust systems.

Clear the area of leaves, brush, pine needles and cones, dead limbs and fallen trees.

TIPS

Get HELP!

Call 9-1-1. Don't assume that someone else has already called. Describe the location of the fire, speak slowly and clearly, and answer any questions asked by the dispatcher.

Create Safety Zones

Create a second zone at least 100 feet around the house

This zone should begin about 30 feet from the house and extend to at least 100 feet. In this zone, reduce or replace as much of the most flammable vegetation as possible.

Clear all combustibles within 30 feet of any structure.

Install electrical lines underground, if possible.

Ask the power company to clear branches from power lines.

Avoid using bark and wood chip mulch.

Stack firewood 100 feet away and uphill from any structure.

Store combustible or flammable materials in approved safety containers and keep them away from the house.

Keep the gas grill and propane tank at least 15 feet from any structure. Clear an area 15 feet around the grill. Place a 1/4 inch mesh screen over the grill. Always use the grill cautiously but refrain from using it all during high risk times.



Before the Fire Approaches Your House

Evacuate. Evacuate your pets and all family members who are not essential to preparing the home. Anyone with medical or physical limitations and the young and the elderly should be evacuated immediately.

Wear Protective Clothing.

Remove Combustibles. Clear items that will burn from around the house, including wood piles, lawn furniture, barbecue grills, tarp coverings, etc. Move them outside of your defensible space.

Close/Protect Openings. Close outside vents, windows, doors, pet doors, etc. Remove flammable drapes and curtains. Close all shutters, blinds or heavy non-combustible window coverings to reduce radiant heat.

Close Inside Doors/Open Damper. Close all doors inside the house to prevent draft. Open the damper on your fireplace, but close the fireplace screen.

Shut Off Gas. Shut off any natural gas, propane or fuel oil supplies at the source.

Water. Connect garden hoses. Fill any pools, hot tubs, garbage cans, tubs or other large containers with water.

Pumps. If you have gas-powered pumps for water, make sure they are fueled and ready.

**Shut
off
GAS**



TIPS

Home Protection Tips

Remove debris from under sun decks and porches.

Enclose eaves and overhangs.

Cover house vents with wire mesh.

Install spark arrestors in chimneys and stovepipes.

Use fire resistant siding.

Choose safety glass for windows and sliding glass doors.

Prepare for water storage; develop an external water supply such as a small pond, well, or pool.

Ladder. Place a ladder against the house in clear view.

Car. Back your car into the driveway and roll up the windows.

Garage Doors. Disconnect any automatic garage door openers so that doors can still be opened by hand if the power goes out. Close all garage doors.

Valuables. Place valuable papers, mementos and anything "you can't live without" inside the car in the garage, ready for quick departure. Any pets still with you should also be put in the car.

Preparing to Leave

Lights. Turn on outside lights and leave a light on in every room to make the house more visible in heavy smoke.

Don't Lock Up. Leave doors and windows closed but unlocked. It may be necessary for firefighters to gain quick entry into your home to fight fire. The entire area will be isolated and patrolled by sheriff's deputies or police.

What to do During a Wildfire

Survival in a Vehicle

This is dangerous and should only be done in an emergency, but you can survive the firestorm if you stay in your car. It is much less dangerous than trying to run from a fire on foot.

Roll up windows and close air vents. Drive slowly with headlights on. Watch for other vehicles and pedestrians. Do not drive through heavy smoke.

If you have to stop, park away from the heaviest trees and brush. Turn headlights on and ignition off. Roll up windows and close air vents.

Get on the floor and cover up with a blanket or coat.

Stay in the vehicle until the main fire passes.

Stay in the car. Do not run! Engine may stall and not restart. Air currents may rock the car. Some smoke and sparks may enter the vehicle. Temperature inside will increase. Metal gas tanks and containers rarely explode.



**Stay
in car
do not
Run
Engine**

If Trapped at Home

Stay calm. As the fire front approaches, go inside the house. You can survive inside. The fire will pass before your house burns down.

If Caught in the Open

The best temporary shelter is in a sparse fuel area. On a steep mountainside, the back side is safer. Avoid canyons, natural "chimneys" and saddles.

If a road is nearby, lie face down along the road cut or in the ditch on the uphill side. Cover yourself with anything that will shield you from the fire's heat.

If hiking in the back country, seek a depression with sparse fuel. Clear fuel away from the area while the fire is approaching and then lie face down in the depression and cover yourself. Stay down until after the fire passes! ■

If You are Trapped



Winter Storms and Extreme Cold

Heavy snowfall and extreme cold can immobilize an entire region. Even areas that normally experience mild winters, like New Mexico, can be hit with a major snowstorm or extreme cold.

Know Your Winter Storm and Extreme Cold Terms

Freezing Rain

Rain that freezes when it hits the ground creates a coating of ice on roads, walkways, trees, and power lines.

Sleet

Rain that turns to ice pellets before reaching the ground. Sleet also causes moisture on roads to freeze and become slippery.

Winter Storm Watch

A winter storm is possible in your area. Tune in to NOAA Weather Radio, commercial radio, or television for more information.

Winter Storm Warning

A winter storm is occurring or will soon occur in your area.

Blizzard Warning

Sustained winds or frequent gusts to 35 miles per hour or greater and considerable amounts of falling or blowing snow (reducing visibility to less than a quarter mile) are expected to prevail for a period of three hours or longer.

Frost/Freeze Warning

Below freezing temperatures are expected.

Prepare Your Home and Family for Winter Storms

Winterize your home, barn, shed or any other structure that may provide shelter for your family, neighbors, livestock, or equipment. Insulating walls and attics, caulking and weather-stripping doors and windows, and installing storm windows or covering windows with plastic will extend the life of your fuel supply.

Clear rain gutters, repair roof leaks, and cut away tree branches that could fall on a house or other structure during a storm.

Insulate pipes with insulation or newspapers and plastic and allow faucets to drip a little during cold weather to avoid freezing.

Prepare for possible isolation in your home by having sufficient heating fuel; regular fuel sources may be cut off. For example, store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.

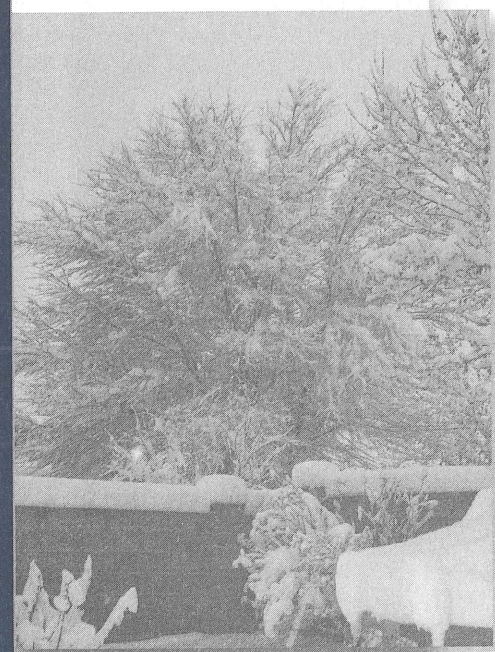
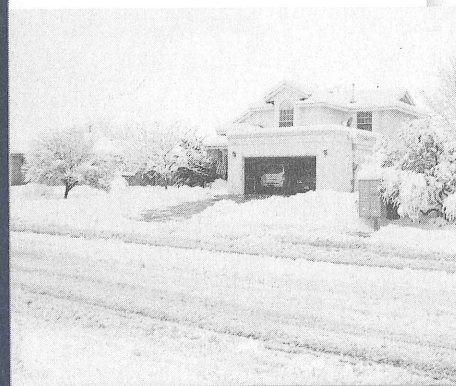
Keep fire extinguishers on hand, and make sure everyone in your house knows how to use them. House fires pose an additional risk, as more people turn to alternate heating sources without taking the necessary safety precautions.

Learn how to shut off water valves (in case a pipe bursts).

Hire a contractor to check the structural ability of the roof to sustain unusually heavy weight from the accumulation of snow - or water, if drains on flat roofs do not work.



Heavy Snowfall



Guidelines During a Winter Storm

If You are outdoors

Avoid overexertion when shoveling snow. Overexertion can bring on a heart attack—a major cause of death in the winter. If you must shovel snow, stretch before going outside.

Cover your mouth. Protect your lungs from extremely cold air by covering your mouth when outdoors. Try not to speak unless absolutely necessary.

Keep dry. Change wet clothing frequently to prevent a loss of body heat. Wet clothing loses all of its insulating value and transmits heat rapidly.

Watch for signs of frostbite. These include loss of feeling and white or pale appearance in extremities such as fingers, toes, ear lobes, and the tip of the nose. If symptoms are detected, get medical help immediately.

Watch for signs of hypothermia. These include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion.

If You MUST use your car

Drive only if it is absolutely necessary. Travel in the day, don't travel alone, and keep others informed of your schedule. Stay on main roads; avoid back road shortcuts.

If a blizzard traps you in the car

Pull off the highway. Turn on hazard lights and hang a distress flag from the radio antenna or window. Remain in your vehicle where rescuers are most likely to find you. Run the engine and heater about 10 minutes each hour to keep warm. When the engine is running, open a downwind window slightly for ventilation and periodically clear snow from the exhaust pipe. Exercise to maintain body heat, but avoid overexertion. In extreme cold, use road maps, seat covers, and floor mats for insulation. Huddle with passengers and use your coat for a blanket. Take turns sleeping. One person should be awake at all times to look for rescue crews. Drink fluids to avoid dehydration. Be careful not to waste battery power. Balance electrical energy needs - the use of lights, heat, and radio - with supply. Turn on the inside light at night so work crews or rescuers can see you. ■

Winter
Emergency
Kit



TIPS

Prepare Your Car for Winter Storms

Check your antifreeze levels, battery and ignition system, brakes, exhaust system, fuel and air filters, heater and defroster, lights and flashing hazard lights, oil, thermostat, and windshield wiper equipment. Install good winter tires. Make sure the tires have adequate tread. All-weather radials are usually adequate for most winter conditions. Maintain at least a half tank of gas during the winter season.

Have a winter emergency kit with a shovel, windshield scraper and small broom, flashlight, battery powered radio, extra batteries, water, snack food, matches, extra hats, socks and mittens, First Aid kit with pocket knife, necessary medications, a blanket, tow chain or rope, road salt and sand, booster cables, emergency flares and a fluorescent distress flag in your car.

Other Natural Disaster Threats in New Mexico

Landslide

In a landslide, masses of rock, earth, or debris move down a slope. Landslides may be small or large, slow or rapid. They are activated by storms, fires, alternate thawing or freezing, and naturally from erosion.



Protect yourself from the effects of a landslide or debris flow; ask for information on landslides in your area or for specific information on areas vulnerable to landslides. If you are at risk from a landslide talk to your insurance agent. Debris flow may be covered by flood insurance policies from the National Flood Insurance Program (NFIP) which can be found at www.fema.gov/nfip.

Volcanoes

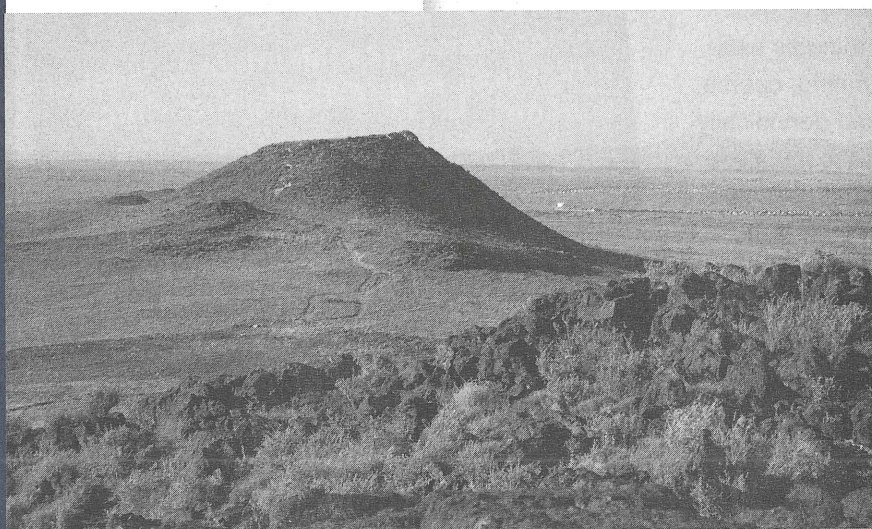
Potentially active volcanoes in the United States exist mainly in Hawaii, Alaska, and the Pacific Northwest. New Mexico also has a volcanic history. When pressure builds up within a volcano's molten rock, it has the potential to erupt, sending forth lava flows, poisonous gases and flying rock and ash that can sometimes travel hundreds of miles downwind.

If threatened by a volcanic eruption, follow the instructions of local emergency officials. Plan to evacuate quickly. Plan ahead by adding extra goggles and something to cover your nose and mouth to your emergency supply kit for every member of your family. If you are unable

to evacuate, and in order to protect yourself from falling ash, you should remain inside with doors, windows and ventilation closed until the ash settles.

For additional information on dealing with landslides, see <http://www.fema.gov/areyouready/landslide.shtm> or for information on volcanic eruptions, see <http://www.redcross.org/services/disaster/foreignmat/volcano.pdf> and/or <http://www.fema.gov/areyouready/volcanoes.shtm>.

Debris Flow



Plan Ahead

Pandemic Influenza

A pandemic is a global disease outbreak. An influenza pandemic occurs when a new influenza A virus emerges for which there is little or no immunity in the human population and the virus begins to cause serious illness and then spreads easily person-to-person worldwide. New Mexico has been planning since early 2006 for a coordinated response to a pandemic event.

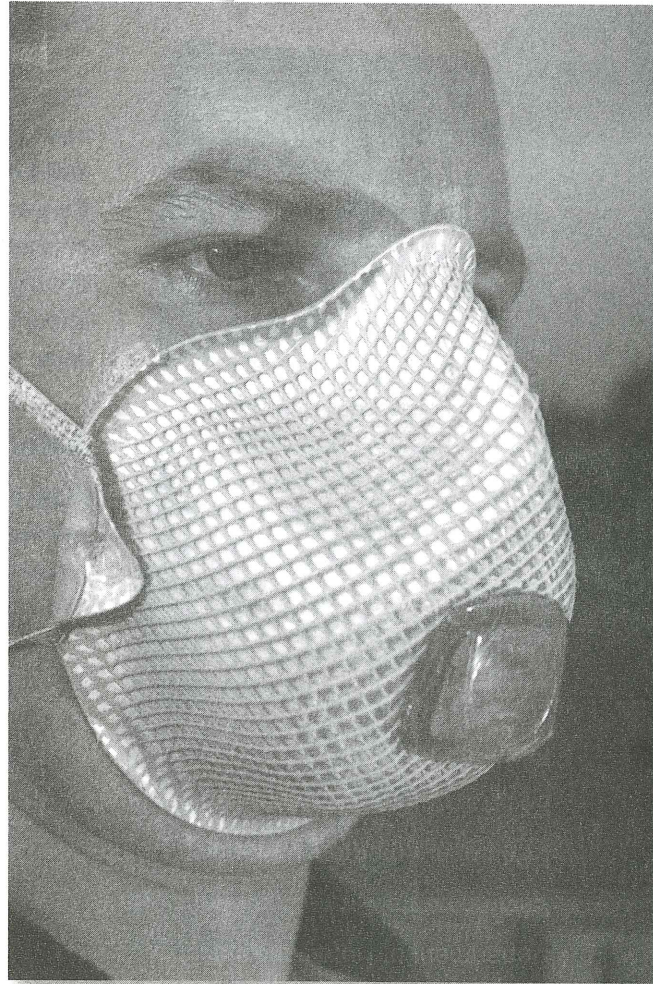
If a pandemic occurs, it is likely to be a prolonged and widespread outbreak that could require temporary changes in schools, work, transportation and other public services. To be prepared for such an emergency, the U.S Department of Health and Human Services encourages individuals, businesses and communities to:

Talk with your local public health officials and health care providers, who can supply information about the signs and symptoms of a specific disease outbreak and recommend prevention and control actions.

Adopt business/school practices that encourage sick employees/students to stay home and anticipate how to function with a significant portion of the workforce/school population absent due to illness or caring for ill family members.

Take common-sense steps to stop the spread of germs including frequent hand washing, covering coughs and sneezes and staying away from others as much as possible when you are sick.

Stay informed about pandemic influenza and be prepared to respond. Consult www.pandemicflu.gov frequently for updates on national and international information on pandemic influenza. ■



Global Disease

What are your Risks?

Pandemic Influenza

Health and Safety Guidelines

Recovering from a disaster is usually a gradual process. Safety is a primary issue immediately following an event. This section offers some general advice on steps to take after disaster strikes in order to begin getting your home, your community, and your life back to normal.

TIPS

For Returning Home

Keep a battery-powered radio with you so you can listen for emergency updates and news reports.

Use a battery-powered flash light to inspect a damaged home. (Note: The flashlight should be turned on outside before entering - the battery may produce a spark that could ignite leaking gas, if present.)

Use a stick to poke through debris.

Use the phone only to report life-threatening emergencies.

Stay off the streets. If you must go out, watch for fallen objects; downed electrical wires; and weakened walls, bridges, roads, and sidewalks.

Your first concern after a disaster is your family's health and safety. You need to consider possible safety issues and monitor family health and well-being.

Be aware of new safety issues created by the disaster. Watch for washed out roads, contaminated water, gas leaks, broken glass, damaged electrical wiring, and slippery floors. Inform local authorities about health and safety issues, including chemical spills, downed power lines, washed out roads, smoldering insulation, and dead animals. ■

Before You Enter Your Home

Walk carefully around the outside and check for loose power lines, gas leaks, and structural damage. If you have any doubts about safety, have your residence inspected by a qualified building inspector or structural engineer before entering.

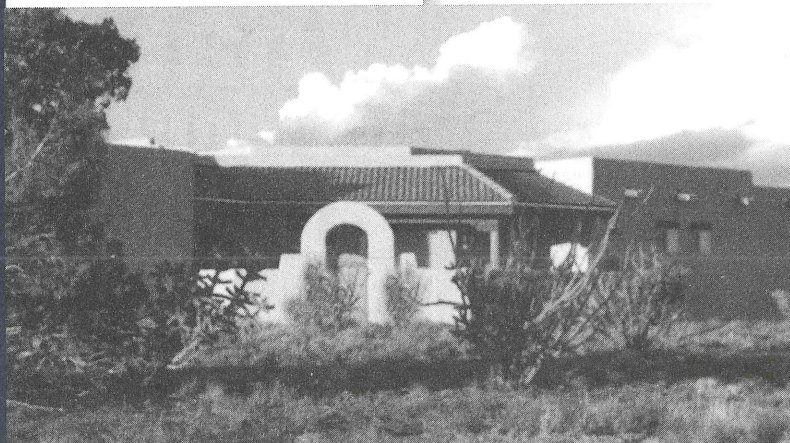
Do not enter your home if you smell gas, floodwaters surround your home, or if your home was damaged by fire and authorities have not declared it safe.

Enter the Home Carefully and Check the Following

Natural gas. If you smell gas or hear a hissing or blowing sound, open a window and leave immediately. Turn off the main gas valve from the outside, if you can. Call the gas company from a neighbor's residence. If you shut off the gas supply at the main valve, you will need a professional to turn it back on. Do not smoke or use oil, gas lanterns, candles, or torches for lighting inside a damaged home until you are sure there is no leaking gas or other flammable materials present.

Sparks, broken or frayed wires. Check the electrical system unless you are wet, standing in water, or unsure of your safety. If possible, turn off the electricity at the main fuse box or circuit breaker. If the situation is unsafe, leave the building and call for help. Do not turn on the lights until you are sure they are safe to use. You may want to have an electrician inspect your wiring.

Roof, foundation, and chimney cracks. If it looks like the building may collapse, leave immediately.



Appliances. If appliances are wet, turn off the electricity at the main fuse box or circuit breaker. Then, unplug appliances and let them dry out. Have appliances checked by a professional before using them again. Also, have the electrical system checked by an electrician before turning the power back on.

Water and sewage systems. If pipes are damaged, turn off the main water valve. Check with local authorities before using any water; the water could be contaminated. Pump out wells and have the water tested by authorities before drinking. Do not flush toilets until you know that sewage lines are intact.

Food and other supplies. Throw out all food and other supplies that you suspect may have become contaminated or come in to contact with floodwater.

Open cabinets. Be alert for objects that may fall.

Clean up household chemical spills. Disinfect items that may have been contaminated by raw sewage, bacteria, or chemicals. Also clean salvageable items.

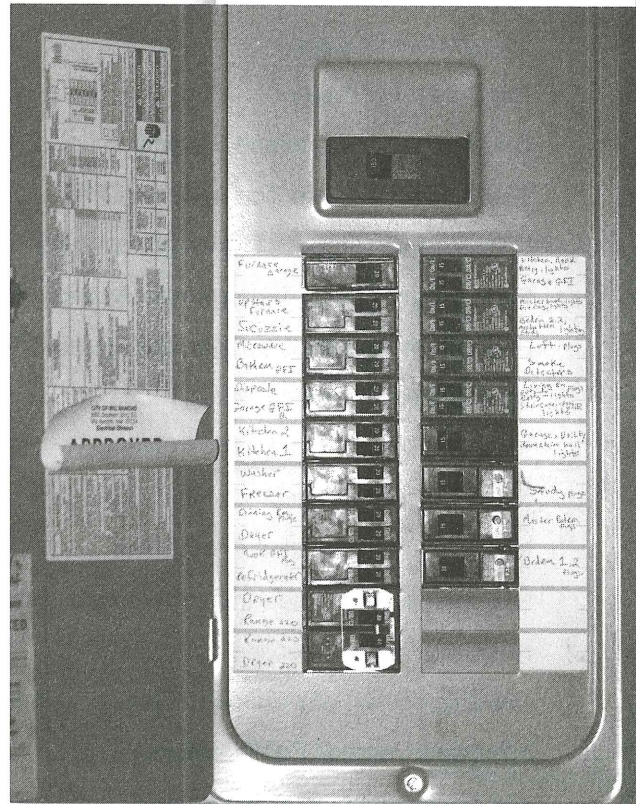
Call your insurance agent. Take pictures of damages. Keep good records of repair and cleaning costs.

Disaster Assistance

Throughout the recovery period, it is important to monitor local radio or television reports and other media sources for information about where to get emergency housing, food, first aid, clothing, and financial assistance.

A variety of non-profit voluntary organization offer direct assistance to individuals and families immediately following a disaster. American Red Cross, Salvation Army, faith based organizations, and other volunteer based groups provide food, shelter, supplies, and assistance with cleanup. ■

electricity



Recovery

Disaster Public Information and Education Websites

Agency	Website
American Red Cross.....	www.redcross.org
Centers for Disease Control	www.cdc.gov
Citizen Corps	www.citizencorps.gov
Department of Commerce	www.commerce.gov
Department of Energy.....	www.energy.gov
Department of Health and Human Services	www.hhs.gov
Department of Justice.....	www.justice.gov
Department of Interior.....	www.doi.gov
Department of Homeland Security.....	www.dhs.gov
Environmental Protection Agency (EPA)	www.epa.gov
EPA Local Emergency Planning Committee Database	www.epa.gov/ceppo/lepclist.htm
Federal Emergency Management Agency (FEMA)	www.fema.gov
Federal Emergency Management Agency (FEMA for Kids)	www.fema.gov/kids
Food & Drug Administration.....	www.fda.gov
Institute for Business & Home Safety	www.ibhs.org
National Capital Poison Center.....	www.poison.org
National Fire Protection Association	www.nfpa.org
National Oceanic and Atmospheric Administration	www.noaa.gov
National Weather Service	www.nws.noaa.gov
NM Department of Homeland Security and Emergency Management.....	www.nmdhsem.org
NM Department of Public Safety	www.dps.nm.org
NM Department of Transportation	www.nmshtd.state.nm.us
NM Environment Department	www.nmenv.state.nm.us
NM Health Department.....	www.health.state.nm.us
NM National Guard	www.nm.ngb.army.mil
NM State Government.....	www.newmexico.gov
NM City & County Government	www.newmexico.gov/government.php
Nuclear Regulatory Commission	www.nrc.gov
Ready Campaign.....	www.ready.gov
US Department of Agriculture	www.usda.gov
US Fire Administration	www.usfa.fema.gov
US Geological Survey.....	www.usgs.gov
US Postal Service.....	www.usps.gov

Family Communication Plan

Make sure your family has a plan in case of an emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, where you will go and what you will do in an emergency. Keep a copy of this plan in your emergency supply kit or another safe place where you can access it in the event of a disaster.

Out-of-Town Contact Name: Telephone Number:

Email: Telephone Number:

Neighborhood Meeting Place: Telephone Number:

Regional Meeting Place: Telephone Number:

Evacuation Location: Telephone Number:

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

Name: Social Security Number:

Date of Birth: Important Medical Information:

Name: Social Security Number:

Date of Birth: Important Medical Information:

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Name: Social Security Number:

Date of Birth: Important Medical Information:

Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans that you and your family need to know about.

Work Location One School Location One

Address: Address:

Phone Number: Phone Number:

Evacuation Location: Evacuation Location:

Work Location Two School Location Two

Address: Address:

Phone Number: Phone Number:

Evacuation Location: Evacuation Location:

Work Location Three School Location Three

Address: Address:

Phone Number: Phone Number:

Evacuation Location: Evacuation Location:

Other place you frequent Other place you frequent

Address: Address:

Phone Number: Phone Number:

Evacuation Location: Evacuation Location:

Important Information	Name	Telephone Number	Policy Number
Doctor(s):			
Other:			
Pharmacist:			
Medical Insurance:			
Homeowners/Rental Insurance:			
Veterinarian/Kennel (for pets):			

Dial 911 for Emergencies

Family Communication Plan

Make sure your family has a plan in case of an emergency. Fill out these cards and give one to each member of your family to make sure they know who to call and where to meet in case of an emergency.

ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

Family Emergency Plan

EMERGENCY CONTACT NAME: _____
TELEPHONE: _____

OUT-OF-TOWN CONTACT NAME: _____
TELEPHONE: _____

NEIGHBORHOOD MEETING PLACE: _____
TELEPHONE: _____

OTHER IMPORTANT INFORMATION: _____

DIAL 911 FOR EMERGENCIES

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OTHER IMPORTANT INFORMATION: _____

DIAL 911 FOR EMERGENCIES

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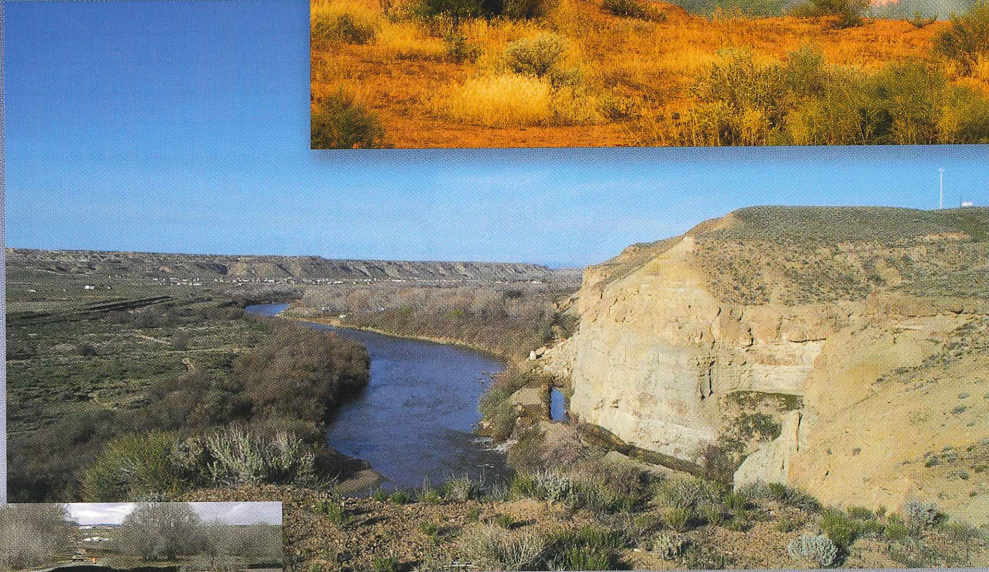
OTHER IMPORTANT INFORMATION: _____

DIAL 911 FOR EMERGENCIES

Family Communication

WWW.NMDHSEM.ORG

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