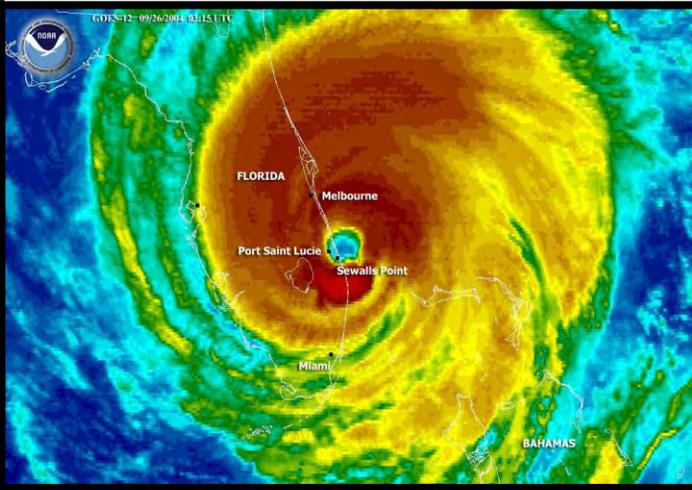


Official Disaster Preparedness Guide For Indian River County



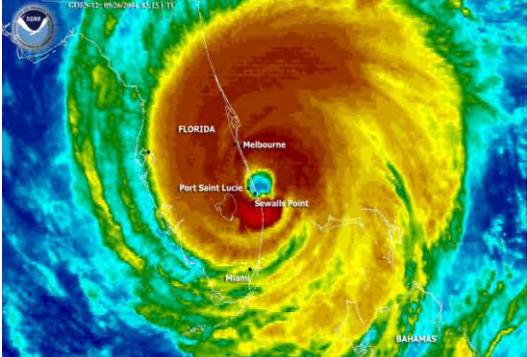
Indian River County
Department of Emergency Services
Emergency Management Division

4225 43rd Avenue
Vero Beach, FL 32967
(772) 567-2154
www.irces.com



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To Receive Alerts

If you would like to receive weather alerts and other community safety information event notifications register now at:

www.irces.com

Important Numbers to Know

EMERGENCY: Law Enforcement/Fire/Ambulance

DIAL 9-1-1

Emergency Services Public Information Line

772-567-2129

(Activated during disasters)

Hospitals

Indian River Medical Center

772-567-4311

1000 36th Street
Vero Beach, Florida

Sebastian River Medical Center

772-589-3186

13695 U.S. Hwy. 1
Sebastian, Florida

Indian River County Dept. of Emergency Services

772-567-2154

Radio Stations

WSCF-FM (91.9)..... **772-569-0919**

WQCS-FM (88.9)..... 772-465-8989

WAVW-FM (92.7) 772-335-9300

WGYL-FM/WTTB-AM (93.7/1490)..... 772-567-0937

WZZR-FM (94.3)..... 772-461-1055

WOSN-FM (97.1)..... 772-567-0937

WJKD-FM (99.7)..... 772-567-0937

WCZR-FM (101.7) 772-461-1055

WQOL-FM (103.7) 772-335-9300

WGRV-FM (107.9)..... 321-951-9310

WAXE-AM (1370) 772-461-1055

Television Stations

WPTV (NBC) Channel 5 561-655-5455

WWCI (IND) Channel 10 772-978-0023

WPEC (CBS) Channel 12 1-800-310-9732

WPBF (ABC) Channel 25 561-694-2525

Government Access Channel 772-226-3852
Cable Channel 27

How do I obtain the most current information for Indian River County?

- ✓ The Weather Channel



- ✓ Government Channel (Cable Channel 27)



- ✓ Internet: www.irces.com



- ✓ NOAA Weather Radio

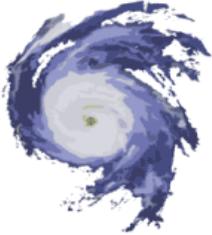


- ✓ WSCF 91.9 FM



- ✓ Receive weather alerts and other community safety information notifications. Register now at: www.irces.com

- ✓ Follow us on:  and/or 



Hurricane Preparedness

HURRICANES are one of nature's most destructive, widespread phenomena, occurring most frequently during "hurricane season", which is June 1 - November 30. Hurricanes, known also as typhoons, are severe tropical storms with heavy rains and intense winds which blow in a large circle around a center known as the "eye." If the eye, or storm center, passes directly overhead, there will be a lull in the wind lasting from a few minutes to half an hour. At the other side of the "eye," the winds will return rapidly to hurricane force and blow from the opposite direction.

Hurricanes are unpredictable in nature, and depending on their intensity, they can cause a great deal of damage to an area. Hurricanes can produce tornadoes and cause severe flash flooding. Regardless of their size, hurricanes should be respected!

HURRICANE TERMINOLOGY

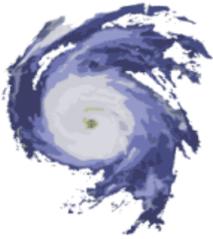
TROPICAL DEPRESSION a tropical cyclone in which the maximum sustained surface wind is 38 m.p.h. (33 knots) or less.

TROPICAL STORM a warm core tropical cyclone in which the maximum sustained surface winds is in the range of 39 to 73 m.p.h. (34-63 knots).

ADVISORY a formal message from the National Hurricane Center giving watch and warning information along with details of the tropical disturbance location, intensity, movement and precautions that should be taken. Advisories are numbered consecutively for each storm. Present location and intensity is described and expected movement is given. Remember though, tropical disturbances are not given names until they reach the storm stage - that is, rotary circulation, and constant winds of over 38 m.p.h. (33 knots). Advisories are issued at six (6) hour intervals..... At 5:00 a.m., 11:00 a.m., 5:00 p.m. and 10:30 p.m. Eastern Daylight Time. Each message will give the name, center (eye) location, and forecast movement of the tropical disturbance. Hurricane watches or warnings are examples of advisories that may be issued.

HURRICANE WATCH a warning that hurricane conditions are a possibility and may threaten the area within at 48-hour time frame. It also means that you should take action to purchase supplies and secure your home/business.

HURRICANE WARNING means that winds of at least 74 m.p.h. (65 knots), ranging up to 200 m.p.h. (174 knots) or more, are to be expected in the area within a 36-hour time frame. There is the possibility of an evacuation. Be ready to move quickly if such an order is issued by the authorities. Time could be a lifesaver!



Five Categories of Hurricanes

How are the Hurricane Categories Determined?

SAFFIR-SIMPSON HURRICANE SCALE		
CATEGORY	SUSTAINED WINDS (MPH)	DAMAGE
1 Very dangerous winds, will produce some damage	74 – 95 mph	Risk of being hit by flying debris. Older mobile homes (pre-1994) could be destroyed. Unprotected windows may break if struck by flying debris. Could damage roof shingles, vinyl siding, soffit panels, and gutters. Failures to overhead doors and unprotected windows will be common. Some failure of pool enclosures. Extensive damage to power lines and poles will likely result in power outages that could last a few to several days.
2 Extremely dangerous winds, will cause extensive damage	96 – 110 mph	Substantial risk of injury or death due to flying/falling debris. Older mobile homes have a high chance of being destroyed. Newer mobile homes have a high chance of being destroyed. Homes could sustain major roof and siding damage. Commercial signage, fences, and canopies will be damaged and often destroyed. Near-total power loss is expected with outages that could last from several days to weeks.
3 Devastating damage will occur	111 – 130 mph	High risk of injury or death due to flying/falling debris. Nearly all older mobile homes will be destroyed. Most newer mobile homes will sustain severe damage with potential for complete roof failure and wall collapse. Homes can experience major damage involving the removal of roof decking and gable ends. Commercial signage, fences, and canopies will be destroyed. Electricity and water will be unavailable for several days to a few weeks after the storm passes.
4 Catastrophic damage will occur	131 – 155 mph	Nearly all older and newer mobile homes will be destroyed. Homes will experience extensive damage to roof coverings, windows, and doors. Fallen trees and power poles will isolate residential areas. Power outages will last for weeks to possibly months.
5 Catastrophic damage will occur	Greater than 155 mph	A high percentage of frame homes will be destroyed, with total roof failure and wall collapse. Extensive damage to roof covers, windows, and doors will occur. Nearly all commercial signage, fences, and canopies will be destroyed. Nearly all trees will be snapped or uprooted and power poles downed. Fallen trees and power poles will isolate residential areas. Power outages will last for weeks to possibly months. Long-term water shortages will increase human suffering. Most of the area will be uninhabitable for weeks or months.

Assembling a Disaster Supply Kit

Here is a list of some of the most important items for your disaster supply kit. Start gathering your supplies at the beginning of the year and store them in a water-resistant container.



- Battery-powered radio or television
- Flashlight(s)
- Extra batteries
- First aid kit
- Manually operated can opener
- Disinfectant
- Household bleach
- Credit card and cash
- Personal identification
- Extra set of car keys
- Matches or lighter in a waterproof container
- Wrench or pliers (to turn off utilities)
- Whistle or flare to signal for help
- Map of your local area
- Water (1 gallon/person/day)
- Seven day supply of non-perishable food items
- Two week supply of medications
- Mosquito repellent
- Fire extinguisher
- Instant tire sealer
- Two coolers (one for food, one for ice)
- Tarps
- Clean up supplies
- Camera and film
- Garbage can or bucket with kitty litter (for emergency toilet)
- Plastic trash bags
- Toilet paper, paper towels, moist towelettes
- Infant necessities

If you evacuate you also should take:

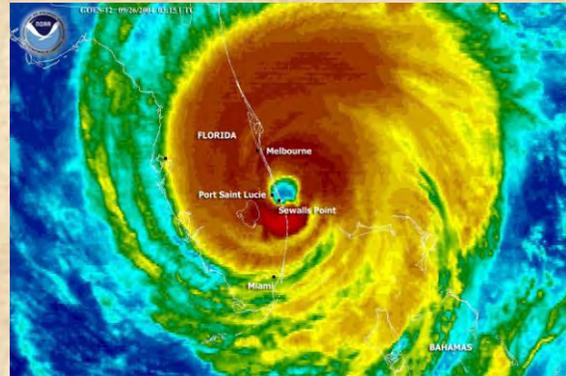
- Pillows, blankets, sleeping bags or air mattresses
- Extra clothing, shoes, eyeglasses, etc.
- Folding chairs, lawn chairs or cots
- Personal hygiene items (toothbrush, toothpaste, deodorant, etc.)
- Quiet games, books, playing cards, favorite toys for children, etc.
- Important papers and irreplaceable keepsakes

Precious commodities before/after storm:

- Cash (banks may be closed)
- Charcoal, matches and grill
- Ice
- A corded phone

What to do Prior to a Storm

- ✓ Meet with your family to create a family disaster plan.
- ✓ Determine if you live in an evacuation area. Remember: All mobile home residents must evacuate regardless of their location.
- ✓ Decide where you would go if ordered to evacuate (a friend or relative, hotel or motel, or as a last resort, a public shelter or out of the area).
- ✓ Inventory your disaster supply kit and replenish anything you need.
- ✓ Make plans and purchase materials to secure your home.
- ✓ Keep your home in good repair (trimming trees, keeping gutters clean, etc.).
- ✓ Purchase a NOAA weather radio and corded telephone.
- ✓ Inventory your property and possessions on paper and take a video survey of your property.
- ✓ Make copies of important documents and keep them in a waterproof container (insurance documents, birth/marriage certificates, social security cards, bank account numbers, etc.).
- ✓ **Review your homeowner's** insurance policy and purchase flood insurance, if necessary.
- ✓ Register your pet for our pet-friendly shelter, if qualified.
- ✓ Register for the special needs shelter, if qualified.



As a Storm Approaches

- ✓ Listen for weather updates on your local stations and NOAA weather radio.
- ✓ Inventory your disaster supply kit and replenish necessary supplies.
- ✓ Refill prescription medications.
- ✓ Clear your yard of lawn furniture, potted plants and other yard debris that may become airborne.
- ✓ Protect your windows and glass doors with protective plywood or shutter covering. Brace double entry and garage doors at top and bottom.
- ✓ If there is a chance flooding could threaten your home, protect electronics, antiques and furniture by elevating off the floor.
- ✓ **Fill your car's gas tank and** check oil. Gas pumps will not be operational without electricity.
- ✓ Secure your boat early.
- ✓ Get cash. Banks will not be operating without electricity.



After a Storm

Past events have taught us that following a hurricane we may be without many conveniences (water, power, telephone, sewer, and local businesses) for as long as several weeks. Gas stations, banks, supermarkets and restaurants may not be immediately operational and there will likely be a disruption in services while repairs are being made. With this in mind, everyone needs to be prepared, self-reliant and patient.

Re-Entry

Be Patient. Even though the winds have died down, you will not be given the all-clear to return home until it has been determined safe to do so. Search and rescue operations must be completed and safety hazards, such as downed power lines, must be secured.

- ✓ It may take time for emergency crews to make it to your neighborhood.
- ✓ Access to the barrier island will be restricted to everyone until an assessment determines entry to be safe (bridge is secure, no downed power lines, etc.). There will be no access passes issued.
- ✓ Driving on roads that have not been cleared can be hazardous.

Post-Storm Safety Precautions

- ✓ Keep grills and generators outdoors in a well ventilated area.
- ✓ Avoid candles. Use flashlights and lanterns instead.
- ✓ Avoid unnecessary driving and phone use. Keep lanes and lines open for emergency use.
- ✓ Avoid downed or dangling power lines. Be especially careful when clearing downed trees.
- ✓ Always supervise children – DO NOT WADE IN STANDING WATER.
- ✓ Be aware of snakes, insects, alligators or animals driven to higher ground due to floods.
- ✓ Be extremely careful when using a chain saw.
- ✓ Call professionals to remove large, uprooted trees.

Generator Safety Tips

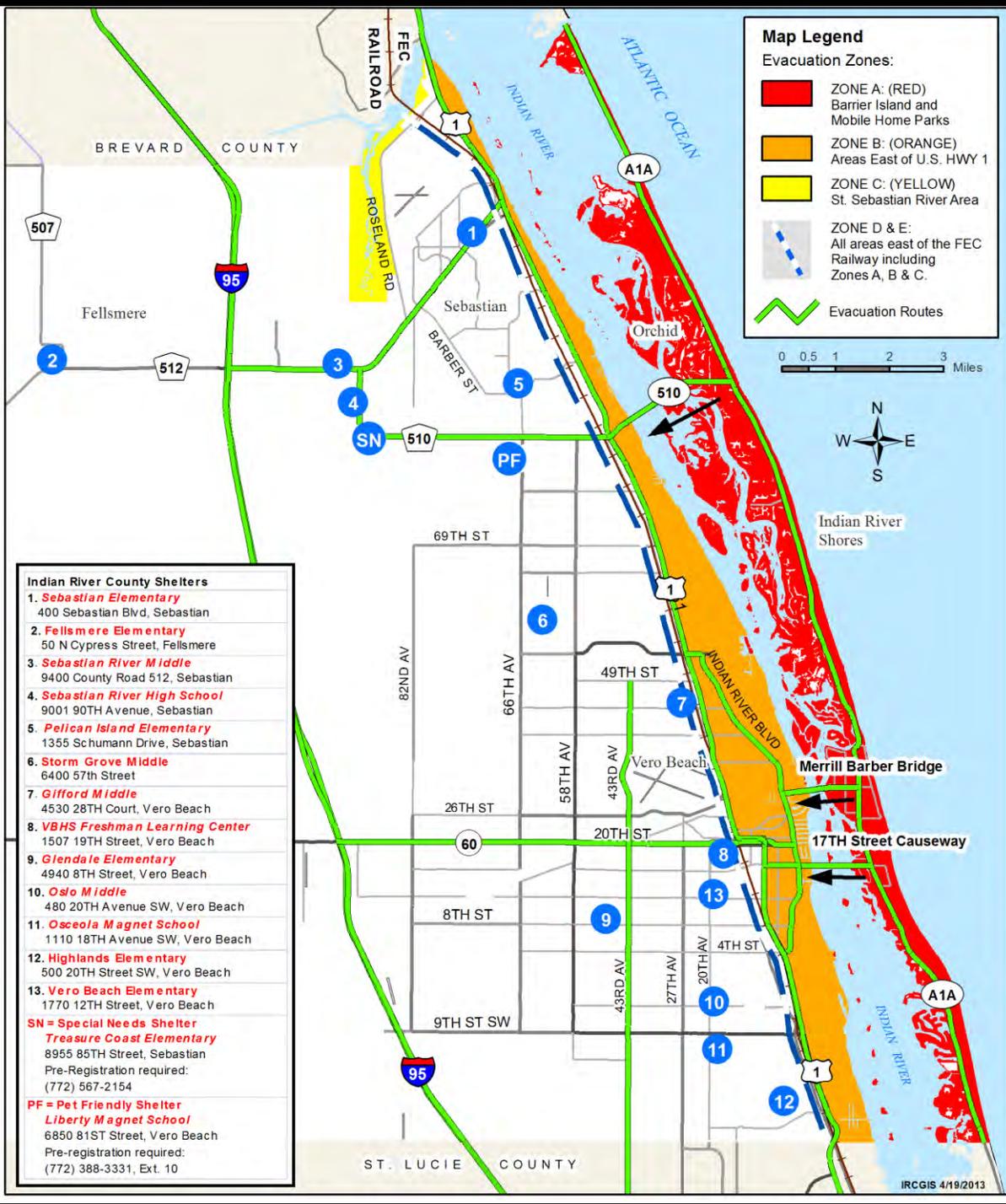
- ✓ Gasoline-powered generators produce deadly carbon monoxide fumes.
- ✓ Never run generators inside or in a garage.
- ✓ Keep generators well away from open windows.
- ✓ Never connect a generator **directly to your home's wiring**. Power from a generator could **"back feed" into utility lines**, potentially injuring or possibly killing a neighbor or utility crew working to restore power. It is preferred to plug appliances **directly into the generator's outlet**.
- ✓ Never refuel a hot generator or one that is running.

Indian River County Evacuation Zones, Routes and Shelter Locations



Who should be prepared to evacuate in Indian River County?

- Residents of the barrier island
- Those living in areas known to flood
- Residents of mobile manufactured homes
- Those living in sub-standard housing
- Those living East of U.S. #1





Indian River County PRIMARY SHELTER LIST



South County:

Highlands Elementary School
500 20th Street SW
Vero Beach, Florida 32962

Oslo Middle School
480 20th Avenue SW
Vero Beach, Florida 32962

Osceola Magnet School
1110 18th Avenue S.W.
Vero Beach, Florida 32962

Central County:

Gifford Middle School
4530 28th Court
Gifford, Florida 32967

Glendale Elementary School
4940 8th Street
Vero Beach, Florida 32960

V.B.H.S. Freshman Learning Center
1507 19th Street
Vero Beach, Florida 32960

Vero Beach Elementary School
1770 12th Street
Vero Beach, Florida 32960

North County:

Fellsmere Elementary School
50 North Cypress Street
Fellsmere, Florida 32948

Pelican Island Elementary School
1355 Schumann Drive
Sebastian, Florida 32958

Sebastian Elementary School
400 County Road 512
Sebastian, Florida 32958

Sebastian River Middle School
9400 County Road 512
Sebastian, Florida 32958

Sebastian River High School
9001 90th Avenue
Sebastian, Florida 32958

Storm Grove Middle School
6400 57th Street
Vero Beach, Florida 32967

****SPECIAL NEEDS SHELTER****

Treasure Coast Elementary School
8955 85th Street
Sebastian, Florida 32958

***Pre-registration required:
Call 772-567-2154 for information.***



****PET-FRIENDLY SHELTER**

Liberty Magnet School
6850 81st Street
Vero Beach, Florida 32967

***Pre-registration required:
Call 772-388-3331, Ext. 10
for information***



NOAA Weather Radio



The best way to obtain severe weather information in our area is to purchase a NOAA (National Oceanographic & Atmospheric Administration) Weather Radio. This is a small device approximately the size of a telephone, which can be activated when severe weather threatens.

The weather radio broadcasts are provided 24 hours a day, by the National Weather Service office in Melbourne, Florida. Their office is responsible for weather conditions from Volusia County south to Martin County. Using the NOAA Weather Radio, you can listen to weather forecast information anytime or you can set the radio into an Alert Mode. In the Alert Mode, the radio will only broadcast when activated by the National Weather Service. If activated, a loud horn will sound followed by important protective action information by the National Weather Service. The NOAA Weather Radio is always used for severe weather; however, it may also be used for any other emergency events that threaten public safety.

The NOAA Weather Radio is sold in many electronic stores throughout the country. In Indian River County, Radio Shack stores carry many different types of weather radios. When shopping for a weather radio, you should consider the following three important features if you live in Indian River County:

1. Make sure the weather radio has seven (7) channels. The frequency used in our area is located on channel 2 or channel 7 on the weather radio.
2. Make sure the weather radio has an Alert feature for severe weather announcements. This is the only way to receive information without listening to the weather radio 24 hours a day.
3. Make sure the weather radio has a battery back-up in the event you lose power. Most weather radios only need a 9 volt battery which will last for months under normal use. This will assure you receive important announcements even if lightning disrupts your commercial electric power.

The National Weather Service conducts a test of the NOAA Weather Radio system every Wednesday morning. This is a good way to test the Alert feature on your weather radio.

If you have any questions regarding NOAA Weather Radios, please call 772-567-2154.



Lightning Safety

Florida is the Lightning Capital of the United States. On average, lightning is responsible for more weather-related deaths in Florida than all other weather hazards combined, and Florida has the highest number of lightning casualties of all 50 states.

Stay Away From Trees and Water

Anywhere outdoors is dangerous during a lightning storm, however the most hazardous are near water or trees; on high places such as house roofs during construction or working on antennae; in other open areas, such as a farmer's field or hiking trail, near vehicles or planes in work done by police, airport baggage handlers and heavy equipment operators.

Safety Rules

1. Go quickly inside a completely enclosed building, not a carport, open garage or covered patio. If no enclosed building is convenient, get inside a hard-topped all-metal vehicle.
2. **DO NOT** take shelter under a tree.
3. If there is no shelter, avoid being the tallest object in the area. If only isolated trees are nearby, crouch on the balls of your feet in the open, keeping twice as far away from a tree as it is tall.
4. Avoid leaning against vehicles. Get off bicycles and motorcycles.
5. Get out of the water, off the beach and out of small boats or canoes. If caught in a boat, crouch down in the center of the boat away from metal hardware. Don't stand in puddles of water, even if wearing rubber boots.
6. Avoid open spaces, wire fences, metal clothes lines, exposed sheds and electrically conductive elevated objects.
7. Do not use metal objects like golf clubs, fishing rods, tennis rackets or tools.
8. Do not work on fences, telephone or power lines, pipelines, or steel fabrications.
9. Stop tractor work and heavy construction equipment, especially when pulling metal equipment, and dismount. Do not seek shelter under the equipment.
10. Avoid congregating in groups. Do not hold hands with others and space yourself several yards from one another.

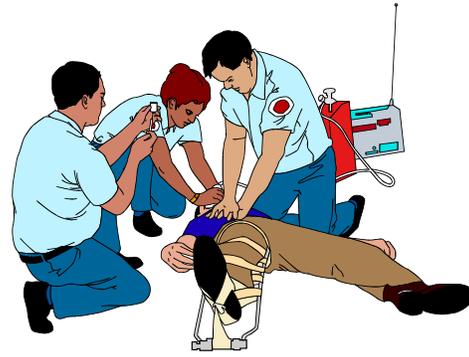
Safety Guidelines

Plan ahead! Make sure you get the weather forecast before going out.

Carry a NOAA weather radio or a portable radio with you on your travels, especially if you will be away from sturdy shelter (such as boating, camping, etc.). This way you will get the latest forecast.

If you do go ahead with your planned outdoor activity and thunderstorms are expected, have a plan of action in case thunderstorms threaten.

It is recommended that if the time delay between you observing a flash of lightning and the rumble of thunder is half a minute (30 seconds) or less, or if thunderheads are building overhead, you should implement your plan of action!



First Aid for Lightning Strike Victims:

- Call 9-1-1
- Administer CPR if necessary
- Give first aid for shock
- Keep victim calm
- Stay with victim until medical help arrives



The 30/30 Rule

- When the flash is seen, count the number of seconds to the initial bang of thunder.
- Divide the number of seconds by 5 to get the strike distance (in miles).
- Take shelter if the Flash-to-Bang delay is 30 seconds or less.
- Stay undercover until 30 minutes past the last clap of thunder.

Tornado Safety



TORNADOES are extremely destructive storms of normally short duration formed of winds rotating in a counter clockwise direction at speeds of up to 300+ miles per hour. They normally form several thousand feet above the earth's surface, usually during warm, humid, unsettled weather; usually in conjunction with a severe thunderstorm. As the thunderstorm moves, tornadoes may form at intervals along its path, travel for a few miles, and dissipate. The forward speed of tornadoes has been

observed to range from almost no motion to 70 miles per hour. In Florida, the average tornado width is 475 feet; the average length is 3 miles.

A TORNADO *WATCH* is issued when conditions are favorable for a tornado to occur. Be prepared to seek shelter.

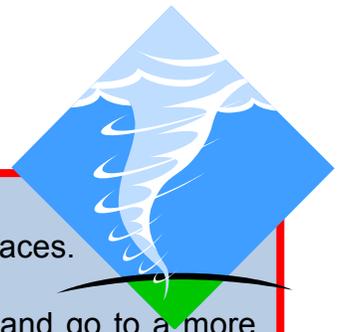
A TORNADO *WARNING* is issued when a tornado has either been sighted in the immediate area or been observed by Doppler radar. Immediately seek safe shelter.

WHENEVER THUNDERSTORMS THREATEN YOUR AREA

- Listen to local media for latest information and instructions.
- Keep a watch on the horizon. If you see any revolving funnel-shaped clouds, report them immediately by dialing 9-1-1.

UPON SIGHTING A TORNADO

- Take cover immediately.
- Stay away from windows, doors, outside walls and open spaces.
- Protect your head from falling objects or flying debris.
- In a vehicle, trailer, or mobile home, get out immediately and go to a more substantial structure. Never get underneath a mobile home/trailer. Seek shelter on foot if possible. **Do not drive your car!**
- If there is no shelter nearby (outside) lie flat in the nearest ditch, ravine or culvert with your hands shielding your head. Even just a low spot in the ground will give you some protection.





Flooding

Devastating floods occur throughout the U.S. every year. Flooding causes more than \$2 billion in property damage each year, and losses due to flooding are not covered under most homeowners or business policies.

Consider the following:

When it comes to hurricanes, wind speeds do not tell the whole story. Hurricanes produce storm surges, tornadoes, and often the most deadly of all, inland flooding.

While storm surge is always a potential threat, more people have died from inland flooding in the last 30 years. Intense rainfall is not directly related to the wind speed of tropical cyclones. In fact, some of the greatest rainfall amounts occur from weaker storms that drift slowly or stall over an area.

Inland flooding can be a major threat to communities hundreds of miles from the coast as intense rain falls from these huge tropical air masses.

Is your homeowner's or renter's insurance policy enough?

NO! Homeowner and renter policies *do not cover damage from RISING WATER!* However, flood insurance is available to protect homes and businesses and their contents in communities that participate in the National Flood Insurance Program (NFIP). Flood insurance covers damage caused *only* by rising water, whether from ponding, tidal flow, or storm surge. Indian River County participates in the NFIP, and works actively with the Federal Government to make it as affordable as possible.

Do not wait until a flood is coming to purchase your policy. It normally takes 30 days after purchase for a flood insurance policy to go into effect. For more information about flood insurance and the NFIP, contact your insurance company or agent, or call the NFIP at 1-888-356-6329. Insurance under the NFIP is relatively inexpensive, but only you can decide if it's a good personal investment. Ask questions!

Steps to Take Today

- Know your flood risk. Call your local emergency management office or building department for information about flooding.
- Examine your insurance policy.
- Inventory your personal property. Include in your list all home furnishings, clothing, and valuables. Take photographs or video of your home, inside and out. The list and the photographs will help the insurance adjuster settle your claim. Uninsured losses may be tax deductible if they can be documented.
- Prepare a family disaster plan and assemble a family disaster supply kit.

Planning for the Special Needs of your Loved Ones



Special Medical Needs Shelter

The goal of the Special Needs Shelter program is to provide safe, temporary shelter for persons who require medical assistance during an evacuation.

The focus of the Special Needs Shelter is to provide medical support and special care during an evacuation. Candidates must meet certain eligibility requirements, such as, but not limited to: Dialysis, Oxygen dependent, Nebulizer and Hospice patients.

Pre-registration for the Special Needs Shelter is encouraged to guarantee your space. There are some limitations, specifically for those patients with unstable medical conditions. Citizens living in adult living facilities or nursing homes are also ineligible as they are required to follow the evacuation plans legally required for their individual facility.

The Special Needs Shelter is located at the Treasure Coast Elementary School located on Highway 510 - just east of the Sebastian River High School. The address is 8955 85th Street, Sebastian, Florida, 32958.

Transportation Registration

Individuals needing transportation to a Regular Shelter or the Special Needs Shelter, must register with the Special Needs program prior to hurricane season. ***There are no guaranteed pick ups for last minute transportation requests once an evacuation order has been issued.***

Regular Public Shelters

Regular public shelters available under emergency conditions will accept anyone who is self-sufficient and needs no outside professional assistance in performing activities of daily living. Individuals not meeting the above criteria will either be referred to the Special Needs Shelter or to an appropriate health care facility. The regular public shelters will have nursing personnel and volunteers to assist evacuees from the time of arrival at the shelter. Individuals with decreased mobility but no additional medical problems will be provided for in a regular shelter.

Special Needs Shelter Supplies

As with any shelter, individuals who plan on utilizing the Special Needs facility must provide their own supplies to the best of their ability. Supplies would include:

- ✓ Bedding
- ✓ Medications
- ✓ Oxygen equipment
- ✓ Linens
- ✓ Pillows
- ✓ Blankets
- ✓ Chairs
- ✓ Medical supplies



Drinking water, non-perishable food items and any other personal items to make the stay as comfortable as possible are also encouraged. Any special dietary foods required by a special care evacuee will be his/her responsibility. Assistance from the parking area into the Special Needs Shelter will be available.

Items such as emergency oxygen equipment, first aid supplies, and advanced life support medications and equipment will be provided by the Department of Emergency Services.

If you are unsure of whether to evacuate to a regular public shelter or to the Special Needs Shelter, please do not hesitate to call for detailed information.

If you would like to receive a registration application or if you require additional information on hurricanes, please contact the Emergency Management office at (772) 567-2154.

Advice for Senior Citizens



Two in five Florida seniors live with at least one disability so it is critical that we all be good neighbors and help those who may not be able to help themselves. Those who live alone may need assistance with the completion of a special needs shelter registration form. If you have a loved one who is a resident of a nursing home or assisted living facility, the administrator should be contacted to learn about the facility's disaster plan.

If your physician has decided that during an emergency you need to be cared for in a skilled nursing facility, such as a hospital or nursing home, he or she must arrange pre-admittance with a specific facility prior to evacuation. You must have a copy of the pre-admission letter from your doctor that you are to be taken to a specific hospital or nursing home and arrangements have been made with the facility for admittance. This letter must accompany you when you are evacuated.



Emergency Preparedness and Prescription Medication Refills

As a result of legislation passed and signed into law in 2006, it is now possible to obtain emergency- preparedness prescription medication refills if it looks like a hurricane may strike your area. Section 29 of Florida Chapter Law 06-71 requires all health insurers, managed care organizations and other entities that are licensed by the Office of Insurance Regulation and provide prescription medication coverage as part of a policy or contract, to waive time restrictions on prescription medication refills. This requirement includes suspending electronic “refill too soon” edicts to pharmacies. The law enables those who are insured or are subscribers of prescription medication plans to refill prescriptions in advance of a hurricane. To do this, there must be authorized refills remaining for the prescription medication. The law authorizes payment to pharmacies for at least a 30-day supply of any prescription medication. It does not matter when a pharmacist most recently filled the prescription.

This law is in effect under the following conditions:

1. The person seeking the prescription medication refill must live in a county that:
 - Is under a hurricane warning issued by the National Weather Service; or
 - Is declared to be under a state of emergency in an executive order issued by the Governor; or
 - Has activated its Emergency Operations Center and its emergency management plan.
2. The prescription medication refill must be requested within 30 days
 - After any of the conditions listed above (in section 1) occur; or
 - Until these conditions are terminated by the authority that issued the conditions; or
 - When these conditions no longer exist.
3. The time period for the waiver of prescription medication refills may be extended in 15- or 30-day increments by emergency orders issued by the Office of Insurance Regulation.



Disaster Preparation for your Pets

Pet Friendly Shelter Information

If your home is a safe place during a storm and officials have not ordered you to evacuate, you and your pet should probably stay at home until the danger has passed. Prepare by stocking up on provisions including extra food, water, pet supplies and pet medications. If you must evacuate, pet owners in Indian River County who reside in an evacuation area now have somewhere to safely evacuate with their pet when an evacuation order is issued.

The Pet-Friendly shelter is offered for residents who live within one of Indian River County's evacuation areas:

- ✓ Barrier Island
- ✓ Mobile/manufactured home
- ✓ East of U.S. #1
- ✓ Areas known to flood
- ✓ Sub-standard housing

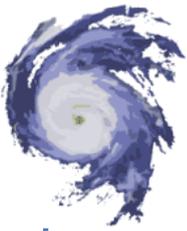
The pet-friendly shelter in Indian River County is at the Liberty Magnet School located at 6850 81st Street in Vero Beach, just south of C.R. 510 and west of 66th Avenue. The shelter is limited to the following pets: dogs, cats, birds, rabbits and small rodents.

Pet owners who shelter at Liberty Magnet School are responsible for the care of their own pets and must bring sufficient pet food, carriers, medications and supplies.

Pre-registration is required to allow us to properly plan for resources and expedite the check-in process once you arrive at the shelter. Proof of a current county license and rabies vaccine is required. Please contact the Humane Society of Vero Beach & Indian River County for additional information at (772) 388-3331, Ext. 10, or visit their website at www.hsvb.org.

NEVER LEAVE YOUR PET BEHIND!

- ✓ The safest place for your pet is with you. Many hotels make exceptions during an evacuation and accept crated pets.
- ✓ Remember to include your pet in your disaster plans.
- ✓ If you have made arrangements to board your pet, ensure the facility is not in a flood or surge area and will be attended throughout the storm.
- ✓ Pets should be transported in carriers for their protection and yours.
- ✓ Proper ID tags should be worn. The Humane Society offers free pet ID tags and you should talk to your veterinarian about microchipping.
- ✓ Have an ample supply of food and water available.
- ✓ Be sure to have required medications and a First-Aid Kit.
- ✓ Have a photograph of all pets for identification purposes. If your pet should become lost during a storm or evacuation, immediately contact area Humane Societies. Photos will greatly aid in reuniting you and your lost pet.



Checklist of Emergency Supplies for your Pet

- Properly fitted collar bearing pet's current license and identification tag.
- Leash
- Portable crate/carrier for your pet
- Food and water bowls
- A two-week supply of water and pet food in a watertight container (a manual can opener may be necessary if the food is canned).
- Up-to-date health records including a recent photo of you with your pet.
- Your pet's medications** – at least a one-month supply.
- Cat litter pan with cat litter and/or newspapers, litter scoop, and plastics bags for feces disposal.
- Toys and health treats and towels.
- First aid supplies.

LARGE ANIMALS

- Horses and livestock should be left in an open pasture, unless your barn can withstand hurricane force winds.
- Do not leave in a modular structure.
- Pasture fences should be mended prior to a storm.
- Barbed wire fencing should not be used. It can cause severe injuries to animals.
- Maintain an ample supply of food, water and medical supplies for at least one week after the disaster.



Photo courtesy of FEMA

AFTER THE DISASTER

- Communications may be limited after the disaster. Listen to local media.
- Disaster relief centers will be established throughout the county.
- Volunteers will also be needed.

More information may be obtained by contacting Indian River County Animal Control at (772) 226-3485, or the Humane Society of Vero Beach & Indian River County at (772) 388-3331.

Special Care for Boats Before a Storm

The best hurricane harbors offer protection from the wind and tidal surge. Stout deep-rooted trees - Australian pines or banyans with shallow root systems, on either side of a creek can provide good protection for larger boats.

There is always a possibility of tidal surge. The Indian River does not offer good protection for the average boater. The best advice is to take your boat inland, away from the ocean and the possibility of a tidal surge.

MARINE WEATHER TERMINOLOGY

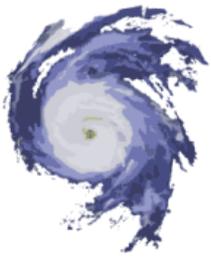
- **Small Craft Advisory** - Winds are forecast to be between 18 and 33 knots. Winds at these levels could impact the safe operation of small boats.
- **Gale Warning** - Winds are forecast to be between 34 and 47 knots.
- **Storm Warning** - Winds are forecast to be over 48 knots.
- **Tropical Storm Warning** - Winds are forecast to be between 34 and 63, and are associated with a tropical storm.
- **Hurricane Warning** - Winds are forecast to be over 64 knots and associated with a hurricane.
- **Special Marine Warning** - A broadcast warning of a short-term marine hazard occurring on the water.

Search in advance for a first and second choice hurricane harbor. Plan how you will tie your boat and buy the necessary lines and fenders for protection.

WHAT TO DO WITH YOUR BOAT

- Move the boat to an in-and-out boat storage facility.
- Store the boat in your garage or a warehouse.
- If your boat is on a trailer and you cannot get it inside, move it to the protected side of your home or garage where it can be secured by a chain or tied with ropes to prevent it from blowing in the wind.
- Put the plugs in the boat and fill halfway with water.
- Let half the air out of the tires, and then block them.

For more specific information regarding your boating needs, please contact your local Coast Guard or marina.



Disaster Planning for Businesses



Make sure all employees know their disaster responsibilities.

The U.S. Department of Labor statistics indicate that of the businesses that experience a disaster, 40% will never reopen and 25% are likely to close their doors within two years. As a result of Hurricane Andrew (August, 1992), 86,000 Floridians were unemployed over night. This is an illustration of the severe economic impact that hurricanes can have on a community.

A hurricane preparedness plan makes the road to recovery much easier. The single most important factor is being prepared as early as possible. With a good plan, businesses can expect minimal economic impact.

Use the Following Suggestions to assist you With your Planning Efforts:

- ✓ **Evaluate your risk**
 - Determine if you are in an evacuation zone
 - Determine if you are particularly vulnerable to winds and tidal surge
- ✓ **Develop a formal written disaster preparedness plan**
 - Define each employee's responsibilities before and after the storm
 - Designate an alternate location for business relocation in the event of building damage
 - Specify outside vendors for emergency supplies
 - Establish a communication strategy, obtaining emergency contact numbers for each employee
 - Make regular back ups of your computer records and decide which paper records need to be removed from the premises
 - Have a plan to protect your building and its contents
- ✓ Make plans to install hurricane shutters (or other hard covering) over all windows
- ✓ Unplug and wrap all electrical equipment in plastic to keep dry
- ✓ Move filing cabinets and office machines to a safe part of the building, elevate if possible
- ✓ Turn off electric power at the main power box.
- ✓ Obtain a photographic or video inventory of all business assets.
- ✓ Check for adequate insurance coverage.

Business Records and Resources

Every business relies on a variety of important records, documents and files to operate effectively on any given day. Many of these records are vital to the success of your business, and if lost in a disaster, can't easily be reproduced without considerable time and resources. Examples of these vital records could include insurance documents, legal contracts, tax returns, accounting statements or customized computer files. Because of the significance of these items, it is important that you create a back-up copy of each and store them in a secure location off-site from your business. In addition, any original copies that you use within your business location should be stored in a common place so they are quickly and easily accessible in the event of an emergency evacuation.



Business Recovery Checklist

Following a disaster, it is necessary to begin the hard work of rebuilding as soon as possible. Each business will be impacted differently and will have to respond appropriately to continue short-term business operations while working towards long-term recovery. Using the information and resources identified within your Business Disaster Plan, your business will be better prepared to start the recovery process and resume your regular business operation. After ensuring the safety of family, co-workers, and office facilities, certain steps can be taken that simplify and accelerate the recovery process.

Please use the following checklist as a guide to begin the process of repairing your business:

- Assess any damages to your business or property and document the damages
- Report any losses to your insurance company as soon as possible
- Repair and clean buildings and reorganize offices
- Prioritize the critical business functions and allocate necessary resources
- Continue the long-term recovery and returning to normal business operations
- Update your Business Disaster Plan and take appropriate actions to mitigate future losses

Preparedness for Manufactured Home Residents

Two years after Hurricane Andrew flattened virtually every mobile home in Homestead, the federal Department of Housing and Urban Development (HUD) began enforcing stricter construction standards.

As a result, mobile homes are being built stronger, heavier and with double the previous anchoring requirements. Industry experts warn that the older the home, the greater the risk of damage in a storm.

**WHEN AN EVACUATION IS ORDERED,
ALL MANUFACTURED HOME RESIDENTS MUST EVACUATE
REGARDLESS OF LOCATION, STRUCTURE OR TIE-DOWNS.**

Models previous to the new standards set in 1994 will only withstand winds of about 75 mph. By comparison, the new models are made with thicker and stronger wood and use metal strapping to tie the building together as one unit. HUD requires that they be able to withstand 120 mph winds if they are anchored within 1,500 feet of the coast, 110 mph in other areas of coastal counties.

No matter how strong a manufactured home is, owners are advised to inspect anchoring systems regularly to make sure they haven't worked loose. Even though the newer homes are considered "safer" than older models, hurricane winds and related dangers continue to threaten all manufactured/mobile home residents.

**Take the following steps to
secure your home before evacuating:**

- Pack all breakables in well-padded cartons and place them on the floor of your home.
- Shutter windows.
- Turn off the water where it enters the home.
- Shut off fuel lines and/or turn off bottles at the tanks. **DO NOT disconnect.**
- Stow away or anchor outside objects such as garbage cans, lawn furniture, etc.
- Minimize damage by using "over the top" and "frame ties" to anchor your mobile home. "Over the top" keeps the unit from overturning and "frame ties" prevent it from being blown off the supports.



Hazardous Materials

HAZARDOUS MATERIALS are chemical or substances which are harmful to human health and the environment. These substances are used in industry, agriculture, medicine, research and consumer goods. They present a hazard when they are released into the environment.

Major chemical spills can occur in Indian River County due to the heavy transportation of hazardous materials in the area. If you live within a one mile radius of a hazardous material stockpile, you should be alert to possible accidents. Areas within one mile of major and secondary roadways, and railroads that carry freight, have the greatest threat of being affected by a transportation accident.

WHAT TO DO IF YOU ENCOUNTER A HAZARDOUS MATERIAL ACCIDENT

- Notify 9-1-1.
- Move away from the accident scene.
- Do not walk into or touch any spilled material.
- **Avoid** inhaling any gases, fumes or smoke. **Do not** assume that gases and vapors are harmless because there is no odor.
- **Do not** go near the accident victims. Wait for the authorities to arrive.
- If a warning signal is heard, tune into your local media for information. Follow instructions carefully that are given by the emergency response personnel.
- If outside during an incident, try to go at least one-half mile from the danger area, in some instances you may need to go a much further distance.
- If you are inside of a motor vehicle, close off the ventilation and close the windows.
- Evacuate immediately if you are asked to do so.
- In certain circumstances, you will be asked to remain indoors, rather than evacuate.
- If you learn that you will be sheltered indoors, fill your bathtub and large containers with water. Be prepared to turn off the intake valve in case authorities advise you to do so.
- Avoid contact with any spilled liquid materials, airborne mist or condensed solid chemical deposit.
- Keep your body fully covered and wear gloves, socks and shoes, although these measures may offer minimal protection.
- Avoid eating or drinking any food or water which may be contaminated.

WHAT TO DO AFTER A HAZARDOUS MATERIALS INCIDENT

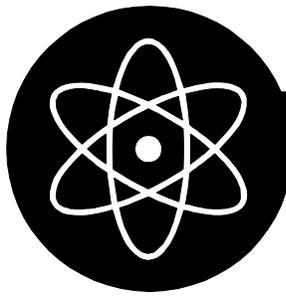
- Do not return home until local authorities say it is safe to do so.
- Upon returning to your home, open all windows, vents, and turn on fans to provide ventilation.
- A person or item that has been exposed to a hazardous chemical may be contaminated and could contaminate other people or items.



WHAT TO DO IF YOU HAVE COME IN CONTACT WITH, OR BEEN EXPOSED TO, HAZARDOUS CHEMICALS:

- Follow decontamination instructions from your local authorities.
- Seek medical treatment for unusual symptoms that may be related to the hazardous materials release.
- If medical help is not immediately available and you believe you may be contaminated, remove all clothing and shower thoroughly (unless local authorities say the chemical is water reactive and advise you to do otherwise). Change into fresh, loose, warm clothing and seek medical help as soon as possible.
- Place exposed clothing and shoes in tightly sealed containers without allowing articles to contact other materials, and call local authorities to find out about proper disposal.

**Local authorities can advise you on how to clean up your land and property.
Report any lingering vapors or other hazards to 9-1-1.**



In the unlikely event of a serious accident at the St. Lucie County/Hutchinson Island Nuclear Power Plant, there might be a release which could send radioactive particles and gases into the atmosphere. Heavier radioactive particles would probably fall quickly, near to the point of release. Lighter particles carried further by the wind, would fall more slowly and could affect areas up to 50 miles from the point of release. Indian River County lies in this 50 mile radius, which is also known as the Ingestion Exposure Emergency Planning Zone (EPZ). The main concern for county residents in this 50 mile EPZ would be contamination of vegetables, milk and drinking water which has been obtained from open sources (lakes, rivers, ocean, etc.) Specific instructions concerning protective actions to be taken during such an emergency will be broadcast over the Emergency Alert System (EAS), Radio and TV.

IF AN EMERGENCY OCCURS:

- Keep calm.
- Tune in to the county government channel or your local media outlet.
- Evacuate if you are advised to do so.
- Close and lock home doors and windows.
- Keep car windows and vents closed; use recirculating air.
- Keep a battery powered radio with you at all times. Stock extra batteries.
- If possible, shelter livestock and give them stored feed and protected water supplies. A special effort should be made to protect dairy cows from being contaminated.
- If you must go outdoors, cover your nose and mouth with a handkerchief.
- Wash leafy vegetables, pods and fruits thoroughly. Clean and peel underground vegetables such as potatoes and carrots.
- Fresh vegetables, cattle feed, milk from grazing cattle and open drinking water sources must be tested before consumption.
- If you have just been outdoors, take a thorough shower. Change your clothes and shoes. Put the items you were wearing in a plastic bag and seal it then store it out of the way.



Cold Safety

FLORIDA WINTER temperatures (particularly wind chill temperatures) occasionally drop significantly below normal. Staying warm and safe may become a challenge. Many homes will be too cold -- either due to a power failure or inadequate heating systems.

Your ability to feel a change in temperature decreases with age, and older people are more susceptible to health problems caused by cold. If you are more than 65 years old, place an easy-to-read thermometer in an indoor location where you will see it frequently, and check the temperature of your home often during the winter months.

Remember to plan ahead just as you would for other emergencies (hurricanes, power outages, etc.) by having a family disaster plan and maintaining your disaster supplies kit.

Indoor Safety

When people must use space heaters and fireplaces to stay warm, the risk of household fires increases, as well as the risk of carbon monoxide poisoning. If you'll be using a fireplace, wood stove, or kerosene heater, install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated. Test them monthly, and replace the batteries twice yearly. Follow the manufacturer's instructions as well as the advance home safety measures and remember these safety tips:

- Store a multipurpose, dry chemical fire extinguisher near the area to be heated.
- Do not burn paper in a fireplace.
- Ensure adequate ventilation if you must use a kerosene heater.
- Use only the type of fuel your heater is designed to use – don't substitute.
- If your heater has a damaged electrical cord or produces sparks, don't use it.
- Use fireplaces, wood stoves, and other combustion heaters only if they are properly vented to the outside and do not leak flue gas into the indoor air space.
- Do not place space heater near things that may catch on fire, such as drapes, furniture, or bedding.

Conserve Heat

You may need fresh air coming in for your heater or for emergency cooking arrangements. However, if you don't need extra ventilation, keep as much heat as possible inside your home. Avoid unnecessary opening of doors or windows. Close off unneeded rooms, stuff towels or rags in cracks under doors, and close draperies or cover windows with blankets at night.

Monitor Temperature

Infants less than one year old should never sleep in a cold room because - (1) infants lose body heat more easily than adults; and (2) unlike adults, infants can't make enough body heat by shivering. Provide warm clothing and a blanket for infants and try to maintain a warm indoor temperature. If the temperature cannot be maintained, make temporary arrangements to stay elsewhere. In an emergency, you can keep an infant warm using your own body heat. If you must sleep, take precautions to prevent rolling on the baby. Pillows and other soft bedding can also present a risk of smothering; remove them from the area near the baby.

Older adults often make less body heat because of a slower metabolism and less physical activity. If you are more than 65 years of age, check the temperature in your home often during severely cold weather. Also, check on elderly friends and neighbors frequently to ensure that their homes are adequately heated.

Eat and Drink Wisely

Eating well-balanced meals will help you stay warmer. Do not drink alcoholic beverages -- they cause your body to lose heat more rapidly. Instead, drink warm, sweet beverages such as hot chocolate or sweetened coffee or tea to help maintain your body temperature. If you have any dietary restrictions, ask your doctor.

Outdoor Safety

Dress warmly, stay dry, and avoid exertion. Remember, your body is already working hard just to stay warm, so don't overdo it.

Cold-Weather Health Conditions

Serious health problems can result from prolonged exposure to the cold. The most common cold-related problem that affects Florida residents is hypothermia.

Hypothermia occurs when prolonged exposure to cold temperatures causes your body to lose heat faster than it can be produced, eventually using up your body's stored energy. Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and won't be able to do anything about it.

Hypothermia is most likely at very cold temperatures, but can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water.

Victims of hypothermia are most often (1) elderly people with inadequate food, clothing, or heating; (2) babies sleeping in cold bedrooms; and (3) people who remain outdoors for long periods (the homeless, hikers, hunters, etc.).

Recognizing Hypothermia

Adults

- Shivering/exhaustion
- Confusion/fumbling hands
- Memory loss/slurred speech
- Drowsiness

Infants

- Bright red, cold skin
- Very low energy



First Aid (Hypothermia):

If you notice any of these signs, take the person's temperature. If it is below 95°, the situation is an emergency, get medical attention immediately. If medical care is not available, begin warming the person as follows:

- Call 9-1-1
- Get the victim into a warm room or shelter.
- If the victim has on any wet clothing, remove it.
- Warm the center of the body first (cheek, neck, head, and groin) using an electric blanket, if available. Or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.
- Warm beverages can help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person.
- After body temperature has increased, keep the person dry and wrapped in a warm blanket, including the head and neck.
- Get medical attention as soon as possible.

A person with severe hypothermia may be unconscious and may not seem to have a pulse or to be breathing. In this case, handle the victim gently, and get emergency assistance immediately. Even if the victim appears dead, CPR should be provided. CPR should continue while the victim is being warmed, until the victim responds or medical aid becomes available. In some cases, hypothermia victims who appear to be dead can be successfully resuscitated.

These procedures are not substitutes for proper medical care. Hypothermia is a medical emergency and frostbite should be evaluated by a health care provider. It is a good idea to take a first aid and emergency resuscitation (CPR) course to prepare for cold-weather health problems. Knowing what to do is an important part of protecting your health and the health of others.



Heat Safety

FLORIDA HEAT ... can bring unusually high temperatures that may last for days or weeks during the summer. Any summertime activities, must be balanced with measures that aid the body's cooling mechanisms and prevent heat-related illness. Remember to keep cool and use common sense. Follow these important tips:

Drink Plenty of Fluid

During heavy exercise in a hot environment, drink 2-4 glasses (16-32 ounces) of cool water each hour. **Caution:** If your doctor has prescribed a fluid-restricted diet, salt-restricted diet or diuretics for you, consult your doctor before changing what you eat or drink, especially sports beverages.

Replace Salt and Minerals

Heavy sweating removes salt and minerals from the body. In addition to water, drink fruit juice or a sports beverage during exercise or any work in the heat.

Wear Appropriate Clothing

Wear lightweight, light-colored, loose fitting clothing. In the hot sun, a wide-brimmed hat will provide much needed shade and help keep the head cool.

Use Sunscreen

Check the sun protection factor (SPF) number on the label of the sunscreen container. Select SPF 15 or higher to protect yourself adequately. Apply sunscreen 30 minutes before going outdoors and reapply according to package directions.

Pace Yourself

If you are unaccustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity, get into a cool area, or at least in the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

Stay Cool Indoors

The most efficient way to beat the heat is to stay in an air-conditioned area. If you do not have an air conditioner or evaporative cooling unit, consider a visit to a shopping mall or public library for a few hours. A cool shower or bath is a more effective way to cool off.

Schedule Outdoor Activities Carefully

If you must be out in the heat, try to plan your activities so that you are outdoors either before noon or in the evening. While outdoors, rest frequently in a shady area. Resting periodically will give your body's thermostat a chance to recover.

Use a Buddy System

When working in the heat, monitor the condition of your coworkers and have someone do the same for you. If you are 65 years of age or older, have a friend or relative call to check on you twice a day during a heat wave. If you know anyone in this age group, check on them at least twice a day.

Monitor Those at High Risk

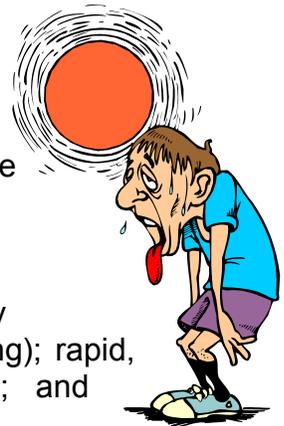


- Infants and children up to four years of age
- People who are ill or on certain medications
- People 65 years of age or older
- People who are overweight
- People who overexert during work or exercise
- Pregnant women

Hot Weather Health Emergencies

Even short periods of high temperatures can cause serious health problems. Two common problems are *heat stroke* and *heat exhaustion*.

Heat Stroke occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106°F or higher within 10-15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not given.



Recognizing Heat Stroke

Warning signs of heat stroke vary but may include an extremely high body temperature (above 103°F, orally), red, hot, and dry skin (no sweating); rapid, strong pulse; throbbing headache; dizziness; nausea; confusion; and unconsciousness.

FIRST AID (Heat Stroke):

If you see any of these signs, you may be dealing with a life threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim:

- Call 9-1-1.
- Get the victim to a shady area.
- **Cool the victim rapidly using whatever methods you can.** For example, immerse the victim in a tub of cool water; place in a cool shower; spray with cool water from a garden hose; sponge with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature, and continue cooling efforts until the body temperature drops to 101-102°F.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the victim alcohol to drink.

Sometimes a victim's muscles will begin to twitch uncontrollably as a result of heat stroke. If this happens, keep the victim from injuring himself, but do not place any object in the mouth and do not give fluids. If there is vomiting, make sure the airway remains open by turning the victim on his or her side.

Heat Exhaustion is the body's response to an excessive loss of water and salt contained in sweat. Those most prone to heat exhaustion are elderly people, people with high blood pressure and people working or exercising in a hot environment.

Recognizing Heat Exhaustion

Warning signs of heat exhaustion include heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting.

The skin may be cool and moist. The victim's pulse rate will be fast and weak, and breathing will be fast and shallow. If heat exhaustion is untreated, it may progress to heat stroke. **Seek medical attention immediately if symptoms are severe, or the victim has heart problems, high blood pressure or if symptoms last longer than 1 hour.**

FIRST AID (Heat Exhaustion):

- Call 9-1-1.
- Help the victim cool off. Cooling measures that may be effective include:
 - ✓ Cool, non-alcoholic beverages, as directed by your physician
 - ✓ Rest
 - ✓ Cool shower, bath, or sponge bath
 - ✓ An air-conditioned environment
 - ✓ Lightweight clothing

Other Heat-Related Health Problems

Heat Cramps usually affect people who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture. The low salt level in the muscles causes painful cramps. Heat cramps may also be a symptom of heat exhaustion.

Recognizing Heat Cramps

Heat cramps are muscle pains or spasms - usually in the abdomen, arms, or legs - that may occur in association with strenuous activity. If you have heart problems or are on a low sodium diet, get medical attention for heat cramps.

FIRST AID (Heat Cramps):

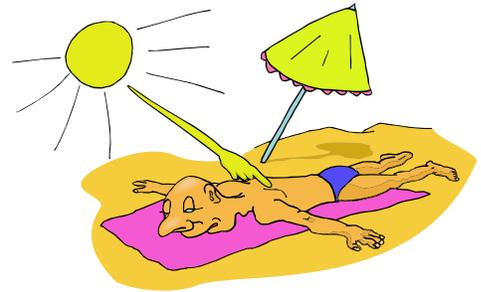
If medical attention is not necessary, take these steps:

- Stop all activity and sit quietly in a cool place.
- Drink clear juice or a sports beverage.
- Do not return to strenuous activity for a few hours after the cramps subside because further exertion may lead to heat exhaustion or heat stroke.
- Seek medical attention for heat cramps if they do not subside in 1 hour.

Sunburn should be avoided. Although the discomfort is usually minor and healing often occurs in about a week, a more severe sunburn may require medical attention.

Recognizing Sunburn

Symptoms of sunburn are well known: skin becomes red, painful, and abnormally warm after sun exposure.



FIRST AID (Sunburn):

Consult a doctor if the sunburn affects an infant under 1 year of age or if fever, fluid-filled blisters and/or severe pain exists.

Remember these tips when treating sunburn:

- Avoid repeated sun exposure.
- Apply cold compresses or immerse the sunburned area in cool water.
- Apply moisturizing lotion to affected areas.
- Do not break blisters.

Heat Rash is a skin irritation caused by excessive sweating during hot, humid weather. It can occur at any age but is most common in young children.

Recognizing Heat Rash

Heat rash looks like a red cluster of pimples or small blisters. It is more likely to occur on the neck and upper chest, in the groin, under the breasts, and in elbow creases.

FIRST AID (Heat Rash):

The best treatment for heat rash is to provide a cooler, less humid environment. Keep the affected area dry. Dusting powder may be used to increase comfort, but avoid using ointments or creams; they keep the skin warm and moist and may make the condition worse.



Seasonal Influenza

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications. The best way to prevent the flu is by getting **vaccinated** each year. In the United States, the flu season is usually from fall through early spring. The peak of flu season has occurred anywhere from late November through March. The overall health impact (e.g., infections, hospitalizations, and deaths) of a flu season varies from year to year. On average, each year in the United States:

- 5-20% of the population get the flu
- More than 200,000 people are hospitalized from flu-related complications
- Deaths from flu-related causes range from 3,300 to 48,600

Is it the cold or flu?

Symptoms	Cold	Flu
Fever	Rare	Usually present
Aches	Slight	Usual, often severe
Chills	Uncommon	Fairly common
Tiredness	Mild	Moderate to severe
Sudden Symptoms	Symptoms appear gradually	Symptoms can appear within 3-6 hours
Coughing	Hacking, productive cough	Dry, unproductive cough
Sneezing	Common	Uncommon
Stuffy Nose	Common	Uncommon
Sore Throat	Common	Uncommon
Chest Discomfort	Mild to moderate	Often severe
Headache	Uncommon	Common

Preventing the Flu

1. The Centers for Disease Control and Prevention recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
2. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
3. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
4. Avoid touching your eyes, nose and mouth. Germs spread this way.
5. Try to avoid close contact with sick people.
6. If you are sick with a flu-like illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.



Tsunami Planning

Causes of Tsunamis

- Usually by earthquakes
- Less commonly by landslides (into the water and completely below the water)
- Infrequently by volcanic eruptions or explosive decompression of underwater methane deposits
- Very rarely by a large meteorite impact in the ocean

Can a tsunami happen here on the east coast of Florida? Soon after the devastating tsunami in the Indian Ocean on December 26, 2004, many people have asked, could such a tsunami happen here in Florida? More recently, an 8.9 magnitude earthquake hit off the east coast of Japan on March 11, 2011. The quake -- one of the largest in recorded history -- triggered a 23-foot tsunami that battered Japan's coast, killing hundreds and sweeping away cars, homes, buildings, and boats. This devastating event again stimulated inquiries about a tsunami impacting Florida and inquiries about our ability to respond to such an event.

Although the chance of any tsunami in Indian River County is extremely remote, the Indian River County Emergency Management Division wants to be prepared. Computer modeling for a large tsunami originating from the Puerto Rico trench could inundate the Indian River County beaches to the dune line. Modeling results from a tsunami triggered by a large Portugal earthquake suggest more significant tsunami impacts locally. In this case, ocean water may breach the dune line in some locations and reach as far as Highway A1A.

Local Evacuation

In the unlikely event that a tsunami was to affect the east coast of Florida it would likely originate from a long distance. The first wave would take two hours or more to reach our beaches, and more likely four to eight hours.

All persons in the announced evacuation order have the following options:

- Evacuate the designated risk area (areas east of Highway A1A) following the recommended evacuation routes and/or seek shelter in one of the following locations:
 - Home of friend or relative
 - Commercial building (mall, department store, movie theater, etc.)
 - Designated tsunami shelter/area outside the tsunami hazard zone. A centrally located tsunami shelter/area has been designated in a safe area outside the tsunami hazard zone. Indian River County Emergency Management will announce this area to the public at the time of a tsunami warning.
- Vertical evacuation. Vertical evacuation consists of the evacuation of persons from an entire area, floor, or wing of a building to a higher floor or wing. The National Weather Service has determined that 15 feet (3rd floor or higher of a modern, secure building) is the minimum acceptable level for vertical evacuation within the Tsunami Hazard Zone.

My Family Disaster Plan

Included in the preceding pages you will find information for all types of disasters that may threaten Indian River County. There is important information about:

- Food and water supplies recommended for your family
- Tips and supplies for disaster planning for your pets
- Important documents and files to collect and protect
- Disaster kits and what to have in them
- Your local shelters and evacuation routes
- A list of important phone numbers to know
- A list of things to do prior to storm, what to do as a storm approaches, what to do after a storm, and more!



The following pages are provided for you to personalize your preparedness information:

- Important Contact Information
- Checklist for Kid's Activity Survival Kit
- Suggested Disaster Supplies Calendar
- Hurricane Tracking Chart
- Blank Notes Page



My Important Contact Information

Homeowner's Insurance Information

Name of Company:

Company Address:

Agent's Name:

Contact Phone Number:

Policy Number:

Flood Insurance Policy Information

Name of Company:

Company Address:

Agent's Name:

Contact Phone Number:

Policy Number:

Family Physicians

Name:

Phone Number:

Name:

Phone Number:

Nearest Relative

Name:

Phone Number:

Out of Town Contact

Name:

Phone Number:

My Family Meeting Location

Your family may not be together when a disaster occurs, so it is good to plan ahead and choose a place where you could meet after a disaster or how you will contact one another if you are separated.



Kids and Disaster

A disaster can be a very scary and difficult time for everyone, but especially for young children. The effects of a disaster may cause your family to leave your home and sleep somewhere else for a while. Living in an unfamiliar place can be confusing to a child, so it is important that you plan ahead and bring things that will comfort them. It's smart to put together a "Kid's Activity Survival Kit" so they will have things to do and share with other kids. These can all be stored in a backpack or small duffel bag.

Some suggested items for your Kid's Activity Survival Kit:

- Favorite books
- Crayons, pencils or marking pens and plenty of paper
- Scissors and glue
- Favorite Toys, such as a doll or action figure
- Board game and a deck of cards
- A puzzle
- Favorite stuffed animal or puppet
- Favorite blanket and/or pillow
- A "treasure box" with a few of their favorite items to make them feel safe
- Favorite snack items



Disaster Supplies Calendar

This Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, you can assemble a disaster supplies kit in small steps over a five-month period. Check off items each week, as you gather them. Remember to change and replace perishable supplies (food and water) every six months by rotating them into your regular pantry. (* = Purchase one for each member of your household).

WEEK 1

THINGS TO BUY:

- 1 Gallon Water*
- 1 Jar Peanut Butter
- 1 Large Jug/Can Juice*
- 1 Canned Entree*
- Manually-operated Can Opener
- Permanent Marker



THINGS TO DO:

1. Familiarize yourself with the types of disasters that can happen in your area.
2. Familiarize yourself with evacuation routes and shelters in your area.
3. Date each perishable food item (use the permanent marker).
4. Register with the county Special Needs program, if eligible.
5. Register your pet with the Pet-friendly shelter, if applicable.

WEEK 2

THINGS TO BUY:

- Heavy Rope
- Duct Tape
- 2 Flashlights
- Matches in a Waterproof Container

THINGS TO DO:

1. Complete a personal assessment of your needs and your resources in the event of a disaster.

WEEK 3

THINGS TO BUY:

- 1 Gallon Water*
- 1 Canned Entree*
- 1 Can Fruit*
- Paper & Pencil
- Map of the Area
- Aspirin or Non-aspirin Pain Reliever (including infant Tylenol, if applicable)
- Package of Baby Diapers, if applicable
- Jars of Baby Food, if applicable

THINGS TO DO:

1. Create a personal support network of friends and relatives who will help you obtain the resources necessary to help you cope during a disaster.

WEEK 4

THINGS TO BUY:

- Canned tire inflator (such as Fix-A-Flat) for your automobile tires
- Signal Flare
- Compass
- Extra Medications or Prescriptions (label "For Emergency Use Only")
- Baby Formula, if applicable
- Pedialite (or other infant rehydrating solution), if applicable

THINGS TO DO:

1. Compile a medical information list and provide to family member(s).
2. Make sure that your form of identification is current.

WEEK 5

THINGS TO BUY:

- 1 Gallon Water*
- 1 Canned Entree*
- 1 Can Fruit*
- 1 Can Vegetables*
- 2 Rolls Toilet Paper
- Extra Toothbrush*
- Travel Size Toothpaste

THINGS TO DO:

1. Make a floor plan of your home, including primary escape routes.
2. Identify safe places to go in case of fire, tornado, flood or hurricane.
3. Practice a fire drill, tornado drill, and hurricane drill with your network.

WEEK 6

THINGS TO BUY:

First Aid Supplies

- Sterile Adhesive Bandages (in assorted sizes)
- Safety Pins
- Adhesive Tape
- Latex Gloves
- Sunscreen
- Gauze Pads
- Sterile Roller Bandages
- Extra Hearing Aid Batteries, if needed

THINGS TO DO:

1. Make arrangements for your pets, (update shots, reserve boarding space, register with pet-friendly shelter, etc.).

WEEK 7

THINGS TO BUY:

- 1 Gallon Water*
- 1 Can Ready-to-Eat (not concentrated) Soup*
- 1 Can Fruit*
- 1 Can Vegetables*
- Sewing Kit
- Disinfectant

THINGS TO DO:

1. Establish an out-of-town contact to call in case of an emergency.

WEEK 8

THINGS TO BUY:

First Aid Supplies

- Scissors
- Tweezers
- Thermometer
- Liquid Antibacterial Hand Soap
- Disposable Hand Wipes (including baby wipes, if applicable)
- Personal Hygiene Items (adult diapers, deodorant, etc.)

THINGS TO DO:

1. Place a pair of sturdy shoes and a flashlight by your bed so they are handy in an emergency.
2. Assemble a package of items to occupy your time (crossword puzzles, magazines, books, games, etc.).

WEEK 9

THINGS TO BUY:

- 1 Can Ready-to-Eat Soup*
- Liquid Dish Soap
- Household Chlorine Bleach
- 1 box Heavy Duty Garbage Bags
- Antacid (for upset stomach)
- Extra Saline Solution and Contact Lens Case, if needed

WEEK 10

THINGS TO BUY:

- Waterproof Portable Plastic Container, with lid (for important papers and photos)
- Battery Powered Radio, with extra batteries
- Basic Household Tools

THINGS TO DO:

1. Make copies of important papers and store them in a safe place.

WEEK 11

THINGS TO BUY:

- 1 Large Jug/Can Juice*
- Large Plastic Food Storage Bags
- 1 Box Quick Energy Snacks (granola, cheese & crackers, fruit snacks, etc.)
- 3 Rolls Paper Towels
- Medicine Dropper, if needed

THINGS TO DO:

1. Consider extra battery for cell phone.
2. Test your smoke detectors. Replace the battery in each detector that does not work.

WEEK 12

THINGS TO BUY:

- Whistle
- Perforated Metal Tape (plumber's tape)
- Crow Bar
- Insect Repellant

THINGS TO DO:

1. Take a first aid/CPR class.

WEEK 13

THINGS TO BUY:

- 1 Can Fruit*
- 1 Canned Entree*
- 1 Can Vegetables*
- 1 Package Plastic Eating Utensils
- 1 Package Paper Cups
- 1 Package Paper Plates

WEEK 14

THINGS TO BUY:

- Extra Flashlight and Radio Batteries
- Assorted Nails and Screws
- Labels for your Equipment and Supplies

THINGS TO DO:

1. Label equipment and attach instruction cards.

WEEK 15

THINGS TO BUY:

- 1 Canned Entree*
- 1 Can Vegetables*
- 1 Box Facial Tissue
- 1 Box Quick Energy Snacks
- Dried Fruits/Nuts

THINGS TO DO:

1. Develop a disaster supplies kit for your vehicle.

WEEK 16

THINGS TO BUY:

First Aid Supplies

- Anti-diarrheal Medication
- Rubbing Alcohol
- Antiseptic Cream
- Syrup of Ipecac

WEEK 17

THINGS TO BUY:

- 1 Box Graham Crackers
- Assorted Plastic Containers with Lids
- Dry Cereal

WEEK 18

THINGS TO BUY:

- Double-sided Tape or Hook-and-Loop Fasteners (Velcro)
- Plastic Bucket with Tight Fitting Lid
- Plastic Sheeting

THINGS TO DO:

1. Put away a blanket or sleeping bag and pillow for each member of the household.

WEEK 19

THINGS TO BUY:

- 1 Box Quick Energy Snacks
- Comfort Foods (cookies, candy bars, hard candy, etc.)
- Plastic Wrap
- Aluminum Foil
- Denture Care Items, if needed

THINGS TO DO:

1. Review your insurance coverage with your agent to be sure you are covered for the disasters that may occur in your area. Obtain additional coverage, as needed.

WEEK 20

THINGS TO BUY:

- Camping or Utility Knife
- Work Gloves
- Disposable Dust Masks

THINGS TO DO:

1. Take a household inventory; include pictures and/or video tape of contents, if possible. Place inventory in a safe place.

* Purchase one for each member of the household.

HURRICANE TRACKING CHART

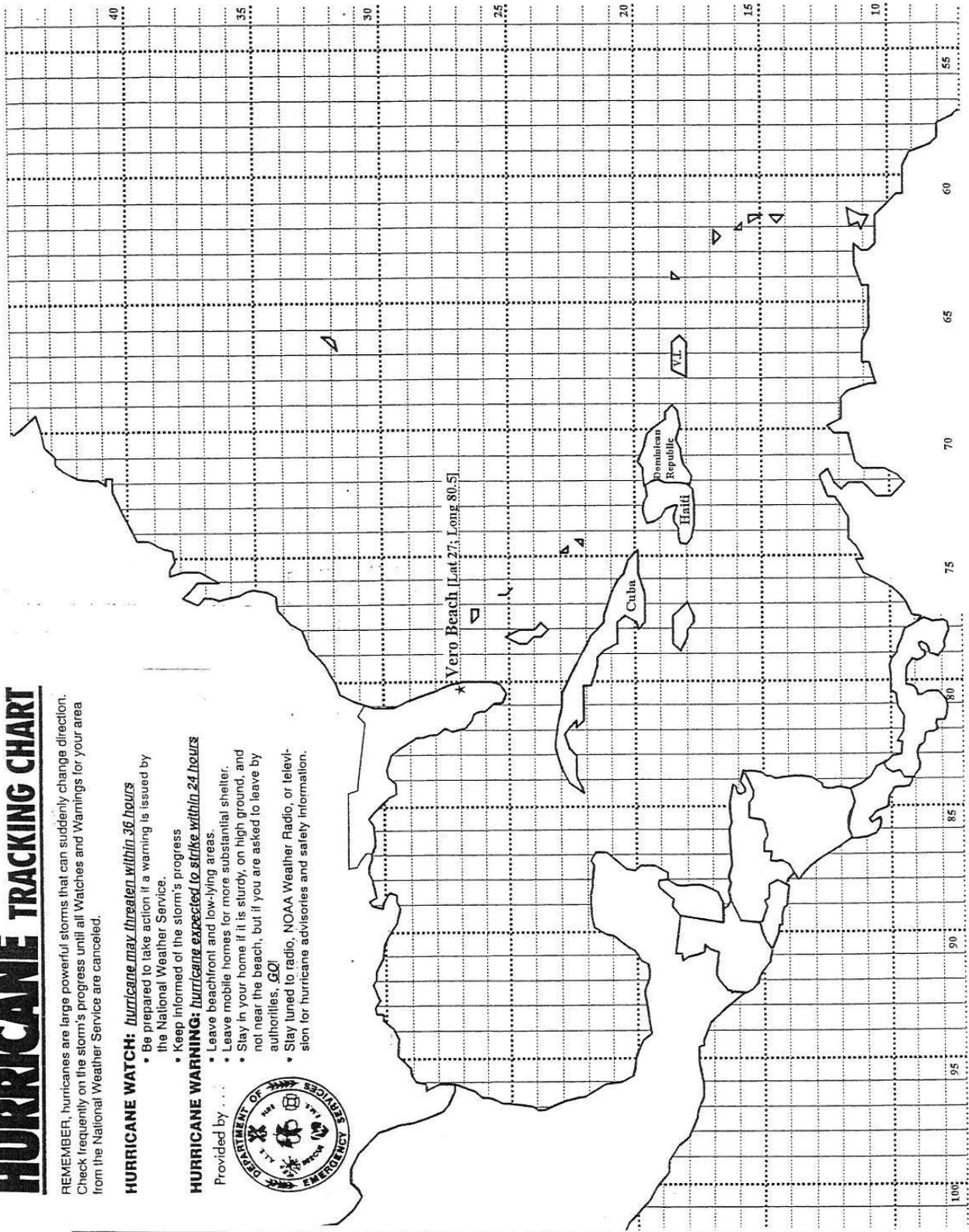
REMEMBER, hurricanes are large powerful storms that can suddenly change direction. Check frequently on the storm's progress until all Watches and Warnings for your area from the National Weather Service are canceled.

HURRICANE WATCH: *hurricane may threaten within 36 hours*

- Be prepared to take action if a warning is issued by the National Weather Service.
- Keep informed of the storm's progress

HURRICANE WARNING: *hurricane expected to strike within 24 hours*

- Leave beachfront and low-lying areas.
- Leave mobile homes for more substantial shelter.
- Stay in your home if it is sturdy, on high ground, and not near the beach, but if you are asked to leave by authorities, GO!
- Stay tuned to radio, NOAA Weather Radio, or television for hurricane advisories and safety information.



NOTES

