

St Thomas Episcopal Church

located in beautiful downtown Clarkdale

Living His promise in service to others.



***Emergency Preparedness
Guidelines
for
Your Family and Your Home***



DON'T BE A CASUALTY!!

**PLAN AHEAD,
STAY INFORMED
AND
STAY ALIVE!**



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IMPORTANT EMERGENCY CONTACTS

For Immediate Emergency Call: 911

●Clarkdale Police Department:

928-634-2921

<http://www.clarkdale.az.gov/>

●Clarkdale Fire District Station 21:

928-639-4591

<http://www.verdevalleyfire.org/>

●AZ Emergency Information Network:

602-689-6512

<https://ein.az.gov/>

●Cottonwood Police Department:

928-634-4246

<http://cottonwoodaz.gov/328/>

[Police-Department](http://cottonwoodaz.gov/328/)

●American Red Cross:

1-800-RED-CROSS

(1-800-733-2767)

<http://www.redcross.org/>

●Yavapai County Emergency Mgmt:

928-771-3321

<http://www.regionalinfo-alert.org/>

●Fire Departments:

Southern Yavapai County:

928-442-9720

<http://www.verdevalleyfire.org/>

●Yavapai County Sheriff's Department

928-771-3260

<http://www.ycsoaz.gov/>

●Verde Valley Medical Center:

928-634-2251

<https://nahealth.com/contact-us>

●FEMA Safety Planning:

800-621-3362

<https://www.fema.gov/>

●AZ Dept of Public Safety:

602-223-2000

<https://www.azdps.gov/>

●Clarkdale Administrative Services

928-639-2450

<http://www.clarkdale.az.gov/>

●Fire Departments

Central Yavapai County

928-772-7711

●For more information

Call 800-BE-READY

(800-237-3239)

www.ready.gov

ASSUMPTIONS

In relation to an emergency situation, people often make the following assumptions:

1. Local Police, Fire and Medical personnel will, and are able, to always respond immediately to an emergency situation.

- This assumption is false. Trained local responders may not always be able to reach a location immediately. Transportation to the location might be blocked due to a fire, mudslide, flooding or an armed individual in a hostage situation. These are only a few circumstances and the truth is, there are a number of factors that can prevent an immediate response.

2. There will always be some people around who are specifically trained and are always willing and available to help when necessary.

- This is also a false assumption. Perhaps the few trained people in your area happen to all be out of town during an emergency, or perhaps they too have been negatively impacted by a natural disaster or an emergency situation and are in need of help themselves.

● Never assume a rescue is coming right away.

● Always be prepared in case you have to wait it out.

PLANNING AHEAD

Notification and Preparation

1. Call 911 first in the event of any immediate emergency situation
2. Determine what actions need to be taken first and by whom
 - A) Evacuations
 - B) Preparing meals
 - C) Gathering Documents
 - D) Contacting family members
 - E) Other
5. Conduct evacuation and fire drills
6. Create lists of emergency contacts

Valuables, Assets, Important Documents and Necessary Items:

Valuables and Assets:

1. Create an inventory list of all your valuables and assets
 - A. Inventory information of each item should include:
 - 1) Description of the item
 - 2) Assign a number to the item
 - 3) Location of item
 - 4) Serial number of item
 - 5) Purchase cost of item
 - 6) Current value of item
 - 7) etc.
2. Determine which items can be easily removed and safely stored somewhere other than your home
3. Determine which items cannot be removed from your home
 - A) Pre-arrange ways to protect items that cannot be relocated
 - B) Pre-arrange individuals to help with protecting items that cannot be relocated

Documents:

1. Important Documents, or copies of documents should always be available to grab and go in case you have to evacuate your home quickly. You may also want to store copies at a safe location outside your home such as a safe deposit box or with another family member.
 - A) Insurance information
 - B) List of important contacts

- C) Computer passwords and/or discs with saved information
- D) Bank information
- E) Personal and Confidential records
 - 1) Anything displaying Social Security numbers
 - 2) Birth, death and marriage or divorce records
 - 3) Mortgage and Loan papers
 - 4) Titles, Deeds and other legal documents
 - 5) Photographs
 - 6) Any court documents
 - 7) Other

Items:

1. The following important items should be stored at a predetermined safe location such as the home of a family member, close friend or safe deposit box:
 - A) Complete set of keys
 - B) Back up of software and files, saved on discs
 - C) Personal records
 - D) All important documents

TRAINING

Drills

1. Plan and conduct the following escape drills in your home. Always plan several types of escape routes in case one or more routes are blocked. You need to have escape route options.

- A. Fire Drills
- B. Active Shooter escape routes
- C. Emergency evacuation

Goals

1. The removal of persons or things from an endangered area.
 - A. Assure all persons are safely out of harm's way by conducting well-planned and practiced evacuation drills
 - B. Set a post-evacuation secured gathering location.
 - C. Make sure everyone in your household knows:
 1. All escape routes
 2. Safe gathering location
 3. Who to notify

Emergency Kits

Emergency Kits

1. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency. A basic emergency supply kit could include many items, most of which are listed below. Once you take a look at the basic items, consider what unique needs your family might have, such as supplies for pets, or seniors. After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for at least 72 hours.
2. To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic Emergency Supply Kit could include the following recommended items:

- Water - one gallon of water per person per day for at least three days, for drinking and sanitation
- Food - at least a three-day supply of non-perishable food
- Pet food and extra water for your pet
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation items
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers and a backup battery

Additional Important Items:

- Prescription medications for your family, including your pets
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Glasses and contact lenses solution

- Infant formula, bottles, diapers, wipes, diaper rash cream
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Household chlorine bleach and medicine dropper to disinfect water
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

Maintaining your Kit

1. After assembling your kit remember to maintain it so it's ready when needed
 - Keep canned food in a cool, dry place
 - Store boxed food in tightly closed plastic or metal containers
 - Replace expired items as needed
 - Re-think your needs every year and update your kit as your family's needs change.
2. Kit Storage Locations
 - Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and vehicles.
 - Home: Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.
 - Work: Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case.
 - Vehicle: In case you are stranded, keep a kit of emergency supplies in your car.

MEDICAL EMERGENCIES

- Medical emergencies can occur at any time. They can include events such as falls, abrasions, bruises, fainting, dizziness, abdominal pain, orthopedic injuries, as well as life threatening events such as an asthma attack, acute allergic reaction, aneurisms, and sudden cardiac arrest. In the event of a medical emergency, staff should dial 9-1-1 to activate the Emergency Response System.
- Acts of terrorism, such as the active shooter scenario, may result in medical emergencies. These should be handled by appropriate first responder agencies: police, fire, and emergency medical services. (EMS). There may be associated secondary events for which the lay person is not trained to recognize. In order to prevent further injuries, the scene must first be secured by trained personnel. The location of a terrorist event becomes a crime scene and evidence must be maintained and collected by appropriate personnel.
- Treatment for medical emergencies in your home is limited to basic first aid and support, unless trained members of your family are present. Basic treatment should be offered until such time as fire and/or EMS personnel are able to respond. Should an individual sustain a cardiac arrest, basic cardiopulmonary resuscitation (CPR) should be performed by individuals trained to do CPR and must continue until Fire and/or EMS personnel arrive and assume care. Once fire/EMS personnel arrive, care of the victim will be relinquished to those responders.

First Aid Kits

- First Aid kits should be regularly maintained. Each member of your household should know the location of the first aid kit. Supplies should include, but are not limited to:

- Manual Blood Pressure Cuff
- Stethoscope
- Pulse oximeter
- Emesis basins or bags
- Band aids
- Alcohol wipes
- Gloves
- Hand sanitizer

FOOD SAFETY

Avoid Food Poisoning – Avoid Sharing Illnesses

Food-borne Illnesses

● Many people attend or host events that feature a buffet or a pot-luck meal. If food is not handled properly, or if basic hygiene practices are not followed, certain types of bacteria could grow and germs could be spread and transmitted.

Tips for food safety

1. Keep it clean – Wash your hands! Use only clean plates and serving utensils.
2. Keep temperatures consistent –
 - A. Hot food should be kept at 140°F or higher.**
 - B. Cold food should be kept at 40°F or cooler.**
3. Keep it fresh – Never leave food sitting out more than two hours. Check “sell by” and “use by” dates on packaged food.

Remember

● If someone who attended your event that featured food becomes sick with food poisoning, get the word out so others who might have eaten the same thing are aware. If you become sick with food poisoning after eating at a restaurant, call the establishment, speak to the manager if possible, and let him/her know.

Items you should NEVER feed to a Baby under the age of one year:

- **Honey** - It's sweet and all natural but also a potential source of Clostridium botulinum spores, which can multiply in baby's intestines and develop into infant botulism.
- **Milk** - Stick to breast milk or formula during the first year of life. Straight-from-the-carton cow's and soy milk contain proteins your baby can't yet digest and minerals that can damage their still-developing kidneys.
- **Peanut Butter** - Like the nut it is made from, peanut butter can cause serious allergic reactions. What new parents often don't realize, though, is that a spoonful of the thick, sticky stuff is also a choking hazard.
- **Vegetables** - Cooked and pureed (or even offered raw), some common vegetables such as beets, spinach, fennel, collard greens and lettuce contain levels of nitrates too high for your baby to process.
- **Some Fish** - Mercury levels in mackerel, shark, swordfish and tuna are too high to be consumed by children under a year old.

- **Berries and Citrus** - Strawberries, blueberries, raspberries and blackberries contain a protein that is hard for infants and early toddlers to digest. Citrus fruits, such as oranges and grapefruit, are highly acidic and can cause an upset stomach and rashes in the diaper area or even on baby's back or face.
- **Salt** - Babies don't need much salt in their diet — less than 1 gram a day. Breast milk and formula have all that they need.
- **Seeds and Nuts** - Seeds and nuts should be avoided in the first year for a couple of reasons: Not only are they highly allergenic, but they're also one of the most common foods to cause choking injuries and deaths.
- **Grapes** - Sweet and filled with nutrients, grapes are a good snack for kids, but not until they're older. The skin is difficult to break down completely, and the firmness and size of the fruit make them a serious choking hazard.
- **Egg Whites** - Babies love eggs, but severe allergic reactions to eggs, especially egg whites, are extremely common.
- **Chocolate** - Any baby would love to gorge on a bit of chocolate, but as soothing as a square is to you, the caffeine in chocolate could have the opposite effect in your baby.
- **Raw Carrots** - Like grapes, the size and firmness of raw carrots are the 3rd biggest choking hazard for young kids. Baby carrots, especially, are just the right size to get stuck in their throats.
- **Hot Dogs** - A 2008 study found that for kids as old as 5, hot dogs caused more choking injuries and deaths than any other food item.
- **Popcorn** - Hospitals see so many cases of young children who have choked on a piece of popcorn that pediatricians recommend holding off on the snack until a child is at least 4 years old.
- **Hard Candy and Gum** - Hard candies, including lollipops, are best delayed until a child is old enough to brush his own teeth. Gum, which requires back teeth for chewing and coordination to keep from accidentally swallowing or choking on.
- **Wheat** - A significant portion of the population has allergies to wheat and/or soy. If your family has a history of these allergies, especially a history of gluten intolerance known as "celiac disease".

Items you should NEVER feed your Pets:

The following list of food items are poisonous to your pets and can result in severe illness or death:

- **Chocolate** - Chocolate toxicity can cause vomiting, diarrhea, heart arrhythmias and seizures, and can even be fatal
- **Fatty foods** – consumption can lead to vomiting, diarrhea and gas, and can result in pancreatitis and gastrointestinal issues.

- **Fat trimmings and Bones** – causes pancreas and liver problems, cooked bones are more likely to splinter and cause internal bleeding
- **Onions and Garlic** – contains thiosulphate, which can damage your pet's red blood cells and cause anemia.
- **Nuts** – can cause seizures, lethargy, vomiting or loss of muscle control
- **Raw eggs** – can cause biotin deficiency that is bad for dogs' skin and fur.
- **Raw Fish** – risk of "fish disease" due to parasite commonly found in salmon, trout, other upstream-swimming fish.
- **Salt** – excess amounts can cause salt poisoning, which has severe neurological symptoms, including seizures and brain swelling
- **Mushrooms** – causes seizures, vomiting
- **Avacado** – the large seed can cause choking
- **Grapes/Raisins** - can cause kidney failure and even death.
- **Cherries** – non-pulp parts of cherry trees and shrubs contain cyanide, ingesting cherries cause's dilated pupils, breathing problems, shock, death
- **Pitted fruits** – plum and peach pits contain cyanide, can cause choking, intestinal obstruction. death
- **Alcohol** - loss of coordination, drowsiness and vomiting to seizures, respiratory failure and even death.
- **Caffeine** – can damage heart and nervous system
- **Milk** – can make pets lactose intolerant, causes diarrhea
- **Ingredients** – yeast, rhubarb, nutmeg, xylitol sugar substitute can all cause a variety of symptoms such as: stomach expansion, organ twisting, kidney problems and digestive issues.

SEVERE WEATHER and NATURAL DISASTERS

Weather Hazards:

More and more people are making their home in areas prone to wildfires. This is certainly true in Arizona. Wildfires are all too common in our state. Wildfires can occur at any time of year but most frequently occur during the Arizona monsoon season. Monsoon season typically begins around July 4th and continues through August although, it is not unusual for the heavy rains to last well into September. Monsoons come complete with powerful electrical storms. While lightning can be exciting to watch as it streaks across the sky, it is also incredibly dangerous. Monsoon storm cells usually move into our area very quickly in the early afternoon. These afternoon storms include windy conditions and heavy storm bursts resulting in a deluge of rain in a short amount of time. This can often cause local flooding of roadways and damage to property from hail or lightning strikes. Monsoon storms can create serious flash flooding. Flash floods are extremely dangerous. They come fast and without much or NO advanced warning.

Wildfires

Make a plan:

- Know your wildfire risk
- Know where to go and how to get there if you need to evacuate
- Create an evacuation plan and communication plan for your home and your family
- Find out if your community has an emergency alert system for radio or text messages.
- Build an emergency kit: flashlights, batteries, cash, first aid supplies, medications, change of clothes, pet food and medications, and emergency phone numbers. Know where your important documents are and make them easy to grab and go.
- Stay tuned to the radio, phone or TV for alerts or evacuation orders.
- Pay attention to air quality alerts, especially for those people with asthma.

Prepare your home:

- Create and maintain an area of about 30 feet from your home that is cleared of anything that will burn. This creates a fuel break. Remove underbrush around your home and make sure tops of trees do not touch each other so that fire cannot jump from tree to tree.
- Keep roof and gutters clear at all times

- Connect garden hoses long enough to reach any area of your home. Fill cans or containers with water and store for emergencies.
- Review your home owner's insurance
- Update the list of valuable items in your home

During a wildfire:

- Be ready to evacuate on short notice and go when you are told to go.
- Notify someone when you get to the designated safe area so loved ones know you are ok and where you are.
- If you see a wildfire, call 911. Never assume someone else has already called.
- If it is very smoky outside, stay indoors or wear a mask if you need to go outside.

Thunderstorms and Lightning

Preparing for and during a storm:

- Build an emergency kit and create a family communication plan
- Remove dead or rotting trees. These could fall during a storm and cause severe injury or property damage.
- Postpone outdoor activities
- Seek shelter in a home, building, car. Lightning may strike your car but you are safer in a car than outside. Try not to touch any metal surfaces while in your car during an electrical storm.
- Rubber shoes and rubber tires DO NOT provide protection from lightning.
- Unplug electronic equipment inside your home before the storm arrives.
- Avoid contact with phones connected to walls and all electrical equipment
- Avoid contact with plumbing and water. DO NOT wash your hands, take a shower, do dishes or laundry.
- Stay away from windows and doors and off porches.
- DO NOT lie on or lean against concrete floors or walls.
- Avoid open areas, tall trees, hills, water.
- Avoid contact with anything metal
- Never drive through a flooded roadway
- Stay away from downed power lines

Risk reduction when outdoors:

- In a forest, seek shelter in a low area under a thick growth of small trees
- In an open area, seek shelter in a low area, ravine or valley but be alert for flashfloods.

- You can usually hear a flashflood coming before you can see it.
- On open water, get to land immediately and find shelter

Thunderstorm facts:

- They occur singly, in clusters or lines
- They produce heavy rain for brief periods of time
- Warm, humid conditions create thunderstorms

Lightning facts:

- Due to its unpredictability, it is very dangerous
- Lightning can occur as far as 10 miles away from an actual thunderstorm
- Most lightning deaths occur when people are caught outdoors during an afternoon or evening storm
- Lightning strike victims are **NOT** electrically charged and should be attended to immediately
- You have a 1 in 600,000 chance of being struck by lightning

Excessive Heat/Heat Related Illnesses

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.

If these symptoms are observed:

- Get the person to a cooler location and remove excess clothing.
- Give cool sports drinks. Do not give liquids with caffeine or alcohol. Discontinue liquids if victim is nauseated.
- Seek medical attention if: the cramps do not subside in an hour, the victim has heart problems, or is on a low-sodium diet

Heat exhaustion

Typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Symptoms include heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headaches, nausea, fainting. If not treated, the victim's condition will worsen.

If these symptoms are observed:

- Move victim to air-conditioned place and have them lie down.
- Loosen or remove clothing.
- Cool the victim by placing them in a cool shower or bath, or by applying cool, wet cloths.
- Give sips of water or cool sports drinks containing salt and sugar. Do not give liquids with alcohol. Discontinue liquids if victim is nauseated.

- Seek immediate medical attention if there is no improvement, the victim is unable to take fluids, vomiting occurs, or any symptoms are severe.

Heat stroke is 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. Symptoms include extremely high body temperature above 103°F, hot dry red skin, rapid strong pulse, headache, dizziness, nausea, confusion, unconsciousness.

If these symptoms are observed:

- Call 911 or emergency medical services, or get the victim to a hospital immediately. Delay can be fatal.
- Until the emergency medical personnel arrive on scene or during transport to the hospital, move the person to a cooler location, cool by removing clothing, bath, sponging, applying a cold wet sheet.
- Do not give the victim fluids to drink.

During Extreme Heat

● **NEVER leave Children or Pets alone in closed vehicles, even with the windows slightly lowered and even if you parked in the shade.**

● Temperatures in vehicles can reach up to 20°F to 50°F warmer than the outside temperature **EVEN WITH THE WINDOWS SLIGHTLY LOWERED AND EVEN IF YOU ARE PARKED IN A SHADED AREA.** If it is 100°F outside then it can reach over 150°F or more inside a parked car within just a few minutes. This can and will rapidly cause death for children and animals!!

● An average of 37 children die each year and many more dogs or other animals die from heat-related deaths after being trapped inside vehicles. Even the best of parents or caregivers can unknowingly leave a sleeping baby or a pet in a car; and the end result can be injury but sadly, more frequently the end result is death.

How hot do cars get?

- If it's 75F° outside - in only 10 minutes – the inside temperature of your car will be 100F°
- If it's 75F° outside – in only 30 minutes - the inside temperature of your car will be 120F°
- If it's 85F° outside – in only 5 minutes - the inside temperature of your car will be 90F°
- If it's 85F° outside – in only 8 minutes - the inside temperature of your car will be 100F°
- If it's 100F° outside – in only 15 minutes - the inside temperature of your car will be 140F°

DO NOT take your pet for a walk during extreme temperatures. They are closer to the ground and as such, absorb more heat into their bodies. The likelihood that pets will burn their feet while walking on hot roadways, sidewalks, and even dirt roads or sand during extreme temperatures is 100%!

- When walking your dog, keep in mind that if it feels hot enough to fry an egg outside, it probably is. When the air temperature is 86°F, the asphalt can reach a sizzling 135°F — more than hot enough to cook an egg in five minutes. And it can do the same to our canine companions' sensitive foot pads.
- On an 87°F day, asphalt temperatures can reach 140°F, hot enough to cause burns, permanent damage and scarring after just one minute of contact. Rapid burns and blistering can occur at 150°F. Hot sidewalks, pavement and parking lots can not only burn paws, they also reflect heat onto dogs' bodies increasing their risk of deadly heatstroke.
- If you wouldn't put your dog in a frying pan, please don't make him or her for a walk on hot pavement. Always test the pavement with your hand before setting out (too hot to touch is too hot for Spot). Walk early in the morning or late at night when it's cooler, carry water and take frequent breaks in shady spots and never make dogs wear muzzles that restrict their breathing because panting is how they cool themselves.
- **ALWAYS** keep pets on a leash when walking. This keeps them safer from snakebites or other injuries and it is the law.

Things you should do during Extreme Heat:

- Stay indoors, (people and pets) as much as possible and limit exposure to the sun.
- Drink plenty of fluids and replace salts and minerals in your body.
- Limit intake of alcoholic beverages.
- Closely monitor a local radio station or TV station for the latest information.
- 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.
- Spend time in air-conditioned places and keep your pets in air-conditioned places.
- Check on family, friends, and neighbors who spend much of their time alone.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.
- Eat well-balanced, light, and regular meals.

Heat Watches and Warnings

Familiarize yourself with these terms to help identify an extreme heat hazard:

- **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°F.
- **Excessive Heat Watch** – Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.
- **Excessive Heat Warning** – Heat Index values are forecast to meet or exceed locally defined warning criteria for at least 2 days (daytime highs=105-110° F).
- **Heat Advisory** – Heat Index values are forecast to meet locally defined advisory criteria for 1 to 2 days (daytime highs=100-105° F).

Fire and Hazardous Materials:

- **Fire** – Every home should have smoke alarms in various areas, especially in hall ways and bedrooms. In case of fire, evacuate the building and call 911.
- **Hazardous Materials** - Any hazardous materials used and retained should be placed in a secured outside location.

EXTREME COLD

Though we don't often experience severe cold in Clarkdale, just 45 minutes north of us, in Flagstaff, extremely cold temperatures are normal during the winter months. The same is true 45 minutes south of us, in Prescott and even closer in Jerome which is just 10 minutes up the hill from Clarkdale. These communities are located at a much higher elevation and as such, experience more drastic weather and lower temperatures during the winter. Many of us travel to Flagstaff and/or Prescott often to shop for certain items or to seek business services not available in our own area. Because of this, it is important to be prepared for extreme cold should you ever get stuck in a blizzard or encounter hazardous road conditions. Taking preventive action is your best defense against having to deal with extreme cold-weather conditions. By preparing your home and car in advance for winter emergencies, and by observing safety precautions during times of extremely cold weather, you can reduce the risk of weather-related health problems.

Driving on snow and ice

- GO SLOW and make no sudden moves even if you have tire chains, snow tires, or 4-wheel drive.
- The more weight you have at the back of your car, the better traction you will have.

This is especially true for pick-up trucks. Fill the truck bed with anything heavy like cinder blocks, etc.

- Don't pump your brakes! Ease on brakes very slowly if you have to stop.
- Manual transmission cars do better in snow and ice than automatic transmission cars because you can slowly shift down to reduce speed rather than use the brakes.
- Going downhill is more dangerous than going uphill.

Cold temperatures

- Extreme cold is when temperatures drop well below normal for a region. When temperatures are much lower than normal, heat can leave your body more quickly. This can lead to a number of serious health effects, like hypothermia or frostbite.

Protect yourself from Hypothermia

What is Hypothermia?

- Hypothermia is caused by prolonged exposures to very cold temperatures. When exposed to cold temperatures, your body begins to lose heat faster than it's produced. Lengthy exposures will eventually use up your body's stored energy, which leads to lower body temperature.
- Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia especially dangerous, because a person may not know that it's happening and won't be able to do anything about it.
- While hypothermia is most likely at very cold temperatures, it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water.

Who's Most at Risk?

Victims of hypothermia are often:

- Older adults with inadequate food, clothing, or heating
- Babies sleeping in cold bedrooms
- People who remain outdoors for long periods—the homeless, hikers, hunters, etc.
- People who drink alcohol or use illicit drugs.

Recognizing Hypothermia

Warnings signs of hypothermia:

- Adults: shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, drowsiness
- Infants: bright red, cold skin, very low energy

Don't Wait- Take Action

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

- 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—chest, neck, head, and groin—using an electric blanket, if available. You can also use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.
- Warm beverages can help increase 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.

Protecting yourself from Frostbite

What is frostbite?

Frostbite is a bodily injury caused by freezing that results in loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation.

Who's Most at Risk?

You may have a greater risk of developing frostbite if you:

- Have poor blood circulation
- Are not properly dressed for extremely cold temperatures

Recognizing Frostbite:

At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin—frostbite may be beginning. A victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

Any of the following signs may indicate frostbite:

- A white or grayish-yellow skin area
- Skin that feels unusually firm or waxy
- Numbness

What to Do:

If you detect symptoms of frostbite, seek medical care. If (1) there is frostbite but no sign of hypothermia and (2) immediate medical care is not available, proceed as follows:

- Get into a warm room as soon as possible.
- Unless absolutely necessary, do not walk on frostbitten feet or toes—this increases the damage.
- Immerse the affected area in warm—not hot—water (the temperature should be comfortable to the touch for unaffected parts of the body). Or, warm the affected area using body heat. For example, the heat of an armpit can be used to warm frostbitten fingers.
- Do not rub the frostbitten area with snow or massage it at all. This can cause more damage.
- Don't use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.
- These procedures are not substitutes for proper medical care.

Power Outages

Carbon monoxide (CO)

An odorless, colorless gas that can cause sudden illness and death if inhaled. When power outages occur during emergencies such as hurricanes or winter storms, the use of alternative sources of fuel or electricity for heating, cooling, or cooking can cause CO to build up in a home, garage, or camper and to poison the people and animals inside.

Important CO Poisoning Prevention Tips

- Never use a gas range or oven to heat a home.
- Never leave the motor running in a vehicle parked in an enclosed or partially enclosed space, such as a garage.
- Never use a generator, pressure washer, or any gasoline-powered engine inside your home, basement, or garage or less than 20 feet from any window, door, or vent.
- When using a generator, use a battery-powered or battery backup CO detector in your home.
- Never run a generator, pressure washer, or any gasoline-powered engine inside a basement, garage, or other enclosed structure, even if the doors or windows are open, unless the equipment is professionally installed and vented. Keep vents and debris, especially if winds are high. Flying debris can block ventilation lines.
- Never use a charcoal grill, hibachi, lantern, or portable camping stove inside a home, tent, or camper.

- If conditions are too hot or too cold, seek shelter with friends or at a community shelter.
- If CO poisoning is suspected, call 911 or your local Poison Control Center at 1-800-222-1222 or consult a health care professional right away.

● **Exposure to CO can cause loss of consciousness and death. The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. People who are sleeping or who have been drinking alcohol can die from CO poisoning before ever having symptoms.**

● **Every year, more than 400 people die in the U. S. from accidental non-fire related CO poisoning. CO is found in combustion fumes, such as those produced by small gasoline engines, stoves, generators, lanterns, and gas ranges, or by burning charcoal and wood. CO from these sources can build up in enclosed or partially enclosed spaces. People and animals in these spaces can be poisoned and can die from breathing CO.**

Stay Safe and Plan Ahead

Exposure to cold temperatures, whether indoors or outside, can cause serious or life-threatening health problems. Infants and older adults are particularly at risk, but anyone can be affected. To keep yourself and your family safe, you should know how to prepare your home and your car.

Your Home:

- Listen to weather forecasts regularly and check your emergency supplies whenever a period of extreme cold is predicted.
- If you plan to use a fireplace or wood stove for emergency heating, have your chimney or flue inspected each year.
- 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 batteries twice a year.
- If you are over 65 years old, place an easy-to-read thermometer in an indoor location where you will see it frequently. Your ability to feel a change in temperature decreases with age.
- Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze. To the extent possible, weatherproof your home by adding weather-stripping, insulation, insulated doors, and storm windows or thermal-pane windows.
- Have snow-removal equipment ready.

- Repair roof leaks and cut away tree branches that could fall on your home during a storm.
- Bring pets indoors. If you cannot bring them inside, provide adequate shelter to keep them warm and make sure they have access to unfrozen water.

Your Car:

- Have maintenance service on your vehicle as often as the manufacturer recommends
- Have the radiator system serviced or check the antifreeze level. Add antifreeze as needed.
- Replace windshield-wiper fluid with a wintertime mixture.
- Replace any worn tires, make sure the tires have adequate tread, and check the air pressure.
- During winter, keep the gas tank near full to help avoid ice in the tank and fuel lines.

Minimize travel, but if travel is necessary, keep the following in your vehicle:

- Cell phone, portable charger, and extra batteries
- Shovel
- Windshield scraper (in an emergency, a credit card can be used to scrape a windshield)
- Battery-powered radio with extra batteries
- Flashlight with extra batteries
- Water, Snack food
- Extra hats, coats, and mittens, and blankets
- Tire Chains or rope, tow rope or tow chain
- Canned compressed air with sealant for emergency tire repair
- Road salt, sand, or kitty litter to help tires get traction
- Booster cables
- First aid kit with pocket knife
- Road maps/Compass
- Waterproof matches and a can to melt snow for water
- Hazard or other reflectors/Emergency flares/Emergency distress flag
- Necessary medications for you and any pets

Winter Safety for Pets

The following information was gathered from the American Veterinary Medical Association at: www.avma.org

The MOST Important thing you can do for your Pet during Winter is:

- **Stay inside.**

Cats and dogs should be kept inside during cold weather. It's a common belief that dogs and cats are more resistant than people to cold weather because of their fur, but it's untrue. Like people, cats and dogs are susceptible to frostbite and hypothermia and should be kept inside. Longer-haired and thick-coated dog breeds, such as huskies and other dogs bred for colder climates, are more tolerant of cold weather; but no pet should be left outside for long periods of time in below-freezing weather.

- **If your pet cannot be inside:**

Provide him/her with a warm, solid shelter against wind. Make sure that they have unlimited access to fresh, non-frozen water (by changing the water frequently or using a pet-safe, heated water bowl). The floor of the shelter should be off of the ground (to minimize heat loss into the ground) and the bedding should be thick, dry and changed regularly to provide a warm, dry environment. The door to the shelter should be positioned away from prevailing winds. Space heaters and heat lamps should be avoided because of the risk of burns or fire. Heated pet mats should also be used with caution because they are still capable of causing burns.

- **Other ways to keep pets safe in Winter:**

- **Cold weather** may worsen some medical conditions such as arthritis so have your pet examined by a vet at least once a year.

- **Know the limits:** Be aware of your pet's tolerance for cold weather, and adjust accordingly. Shorten your dog's walks in very cold weather to protect you both from weather-associated health risks. Arthritic and elderly pets may have more difficulty walking on snow and ice. Short-haired pets feel the cold faster and short-legged pets may become cold faster because their bellies come into contact with snow-covered ground. If you need help determining your pet's temperature limits, consult your veterinarian.

- **Provide choices:** Just like you, pets prefer comfortable sleeping places and may change their location based on their need for more or less warmth. Give them some safe options to allow them to vary their sleeping place to adjust to their needs.

- **Make some noise:** A warm vehicle engine can be an appealing heat source for outdoor and feral cats, but it's deadly. Check underneath your car, bang on the hood, and honk the horn before starting the engine to encourage feline hitchhikers to abandon their roost under the hood.

●**Check the paws:** Check your dog's paws frequently for signs of cold-weather injury or damage, such as cracked paw pads or bleeding. During a walk, a chance of ice ball accumulation can occur on their feet. Reduce the risk by clipping the hair between your dog's toes.

●**Play dress-up:** Consider a sweater or dog coat. Have several on hand, so you can use a dry sweater or coat each time your dog goes outside. Wet sweaters or coats can actually make your dog colder. If you use booties to protect their feet, make sure they fit properly.

●**Wipe down:** During walks, your dog's feet, legs and belly may pick up deicers, antifreeze, or other chemicals that could be toxic. When you get back inside, wipe down (or wash) your pet's feet, legs and belly to remove these chemicals and reduce the risk that your dog will be poisoned after (s)he licks them off of his/her feet or fur.

●**Collar and chip:** Many pets become lost in winter because snow and ice can hide recognizable scents that might normally help your pet find his/her way back home. Make sure your pet has a well-fitting collar with up-to-date identification and contact information. A microchip is a more permanent means of identification, but it's critical that you keep the registration up to date.

●**Stay home:** Cold cars pose significant risk to your pet's health. Cars becomes like a refrigerator, and can rapidly chill your pet. Pets that are young, old, ill, or thin are particularly susceptible to cold environments and should never be left in cold cars.

●**Protect family:** Odds are your pet will be spending more time inside during the winter, so it's a good time to make sure your house is properly pet-proofed. Use space heaters with caution around pets, because they can burn or they can be knocked over, potentially starting a fire. Check your furnace before the cold weather sets in to make sure it's working efficiently, and install carbon monoxide detectors to keep your entire family safe from harm. If you have a pet bird, make sure its cage is away from drafts.

●**Avoid ice:** When walking your dog, stay away from frozen ponds, lakes and other water. You don't know if the ice will support your dog's weight, and if your dog breaks through the ice it could be deadly. And if this happens and you instinctively try to save your dog, both of your lives could be in jeopardy.

●**Recognize problems:** If your pet is whining, shivering, seems anxious, slows down or stops moving, seems weak, or starts looking for warm places to burrow, get them back inside quickly because they are showing signs of hypothermia. Frostbite is harder to detect, and may not be fully recognized until a few days after the damage is done. If you suspect your pet has hypothermia or frostbite, consult your veterinarian immediately.

●**Be prepared:** Cold weather also brings the risks of severe winter weather, blizzards and power outages. Prepare a disaster/emergency kit, and include your pet in your plans. Have enough food, water and medicine (including any prescription

medications as well as heartworm and flea/tick preventives) on hand to get through at least 5 days.

● **Feed well:** Keep your pet at a healthy weight throughout the winter. Some pet owners feel that a little extra weight gives their pet some extra protection from cold, but the health risks associated with that extra weight don't make it worth doing. Watch your pet's body condition and keep them in the healthy range. Outdoor pets will require more calories in the winter to generate enough body heat and energy to keep them warm – talk to your veterinarian about your pet's nutritional needs during cold weather.

Summary

1. Be Prepared, Not Scared

- A) Make an emergency contact list**
- B) Make an emergency kit**
- C) Maintain a first aid kit**
- D) Copy important documents and store at a safe location**
- E) Conduct escape drills in your home**
- F) Have a safe gathering location**
- G) Keep food at safe temperatures**
- H) Know what NOT to feed infants and pets**
- I) Keep pets inside in extreme hot and cold weather**
- J) Stay hydrated in the heat**
- K) Drive slowly on slick roadways**
- L) Make sure everyone in your home knows what, when, where and how!**

2. Stay Informed and Share Information

- A) Watch the news on TV**
- B) Listen to radio broadcast**
- C) Evacuate when you are told to do so**
- D) Let family members know you are safe**
- E) Help others if you are able**