

# Always Expect The Unexpected



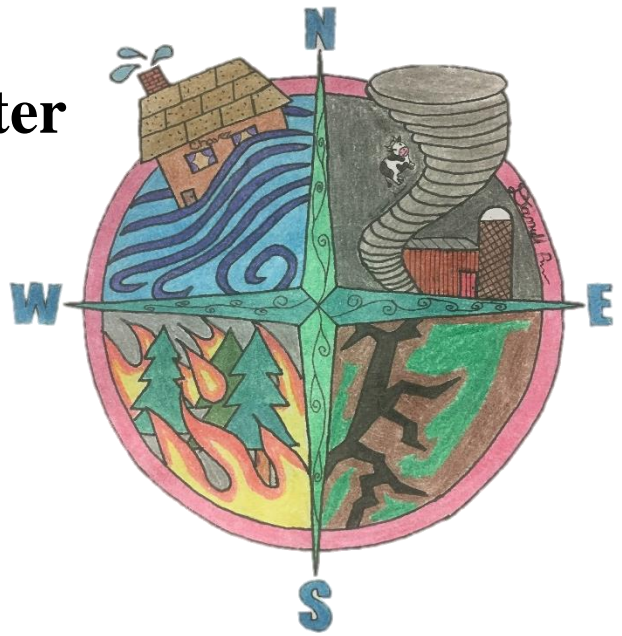
Southwest Border Food Protection  
and Emergency Preparedness Center  
All About Discovery!

## Are You Prepared?

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# How to prepare for a disaster

- Find out what disasters could impact you.
- Create a disaster plan.
- Put your plan into action.
- Keep your plan current.
  - Practice, practice, practice.



## Disaster Planning

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# How to prepare for flu season

- Get your yearly vaccination.
- Stop germs by washing your hands.
- Cover your mouth when you cough or sneeze.
- Take antiviral drugs if your doctor prescribes them.



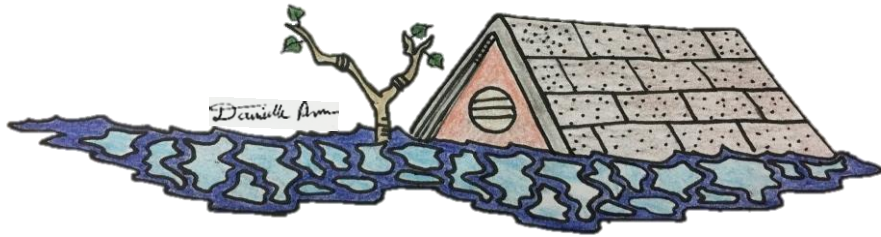
## Actions to Fight the Flu

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# What to do during a flood

- Be aware of streams, drainage channels, canyons and other areas known to flood suddenly.
- If there is any possibility of a flash flood, move immediately to higher ground.

**DO NOT WAIT FOR INSTRUCTIONS TO MOVE**



## Flood

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# How to prepare for pet evacuation

- Have sturdy leashes, harnesses and/or carriers to transport pets safely to ensure that they cannot escape.
- Keep a supply of food, bottled drinking water, bowls, cat litter/pan and a manual can opener.
- Ensure medications and copies of medical records are stored in a waterproof container and available for evacuation.
- Have a first aid kit for pets available.
- Maintain current photos of your pet(s).
- Ensure microchip information is available for your pets.
- Be able to supply information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to foster or board your pets.
- If easily transportable, evacuate with familiar pet beds and toys.



## Pet Safety

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# What to do in an earthquake

- Drop to the ground and take cover under a sturdy table or other piece of furniture.
- Stay away from glass, windows, outside doors, walls and anything that could fall.
- Stay in bed if you are there when the earthquake strikes. Hold on and protect your head with a pillow, unless you are under a heavy light fixture that could fall.
- Use doorway(s) for shelter only, if it is in proximity to you and you know it is a load bearing doorway.
- Stay inside until shaking stops and it is safe to go outside.
  - Research has shown that most injuries occur when people inside buildings attempt to move to a different location inside the building or try to leave.
- Be aware that the electricity may go out; sprinkler systems or fire alarms may turn on.



## Earthquake

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# What to do in lightning/thunderstorm

- **If you are in a forest:**
  - Seek shelter in a low area, under a thick growth of small trees.
- **If you are in an open area:**
  - Go to a low place, such as a ravine or a valley.
    - Be alert for flash floods.
- **If you are on open water:**
  - Get to land and find shelter immediately.
  - Anywhere you feel your hair stand on end (which means the lighting is about to strike) squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. Make yourself the smallest target possible and minimize your contact to the ground.

**DO NOT LIE FLAT ON THE GROUND**



## Lighting and Thunderstorm

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# If you suspect a poisoning emergency

- Call the National Poison Control Center toll-free at 1-800-222-1222. Post this and other emergency phone numbers by all of your telephones.
- Keep all chemicals and medicines locked up and out of sight.
- Be careful when handling substances, chemicals and cleaners that could be harmful. Only use them in well-ventilated areas and wear protective clothing, such as gloves and a face mask.
- Use common sense with your own medications.
- Keep medications in the original containers.
- Make sure chemicals and medications are kept out of children's reach.
- Read the product information carefully, use only as directed.
- Be aware of the possible side effects and any possible interactions with other medications you are taking. Ask your health care provider or pharmacist if you have any questions.
- Never use another person's prescribed medications, or medications that have expired.



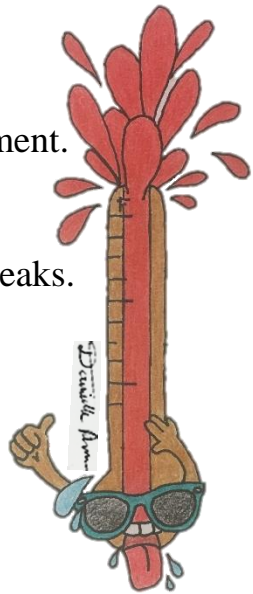
## Poisoning

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# In extreme heat

- Stay indoors.
- Stay on the lowest floor, out of sunshine.
- Eat well-balanced, light and regular meals.
- Drink plenty of water.
- Limit intake of alcoholic beverages.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible.
- Protect your face and head with a wide-brimmed hat.
- Check on family, friends, and neighbors who have no air conditioning.
- Never leave children or pets alone in closed vehicles, not even for a moment.
- Avoid strenuous work during the warmest part of the day.
- Use a buddy system when working in extreme heat, and take frequent breaks.



## Extreme Heat

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# What to do during a tornado

- **If you are under a tornado warning seek shelter immediately!**
- **If you are in a structure:**
  - Go to a pre-designated shelter area such as a safe room, basement, storm cellar or the lowest building level.
  - If there is no basement, go to the center of an interior room on the lowest level (closet, interior hallway) away from corners, windows, doors, and outside walls.
  - Put as many walls as possible between you and the outside.
  - Get under a sturdy table and use your arms to protect your head and neck.
  - **DO NOT OPEN WINDOWS**
- **If you are in a vehicle, trailer, or mobile home:**
  - Get out immediately and go to the lowest floor of a sturdy, nearby building or storm shelter.
  - Mobile homes, even if tied down, offer little protection from tornadoes.
- **If you are outside with no shelter:**
  - Lie flat in a nearby ditch or depression and cover your head with your hands. Be aware of the potential for flooding.
  - Do not get under an overpass bridge. You are safer in a low, flat location.
  - Never try to outrun a tornado in congested areas in a car or truck. Instead, leave the vehicle immediately for safer shelter.
  - Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.



## Tornado

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# What to do during a volcanic eruption

- **Avoid areas downwind and river valleys.**
- **Listen to a battery-operated radio or television for the latest emergency information.**
- **If caught indoors:**
  - Close all windows, doors and dampers.
  - Put all machinery inside a garage or barn.
  - Bring animals and livestock into closed shelters.
- **If trapped outdoors:**
  - Seek shelter indoors.
  - If caught in a rock fall, roll into a ball to protect your head.
  - If caught near a stream, be aware of mudflows. Move up slope, especially if you hear the roar of a mudflow.
- **Protect yourself during ash fall:**
  - Wear long-sleeved shirts and long pants.
  - Use goggles to protect your eyes.
  - Use a dust mask or hold a damp cloth over your face to help breathing.
  - Keep car or truck engines off.

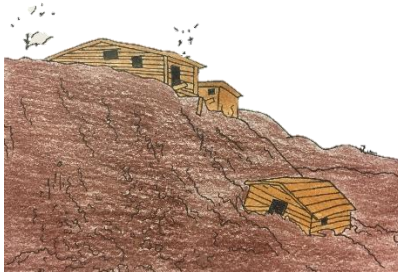


## Volcanoes

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# Lookout for a landslide

- Stay alert and awake. Many debris-flow fatalities occur when people are sleeping. Listen to a NOAA Weather Radio or portable, battery-powered radio or television for warnings of intense rainfall. Be aware that intense, short bursts of rain may be particularly dangerous, especially after longer periods of heavy rainfall and damp weather.
- If you are in areas susceptible to landslides and debris flows, consider leaving if it is safe to do so. Remember that driving during an intense storm can be hazardous. If you remain at home, move to a second story if possible. Staying out of the path of a landslide or debris flow saves lives.
- Listen for any unusual sounds that might indicate moving debris, such as trees cracking or boulders knocking together. A trickle of flowing or falling mud, or debris may precede larger landslides. Moving debris can fall quickly and sometimes without warning.
- If you are near a stream or channel, be alert for any sudden increase or decrease in water flow, and for a change from clear to muddy water. Such changes may indicate landslide activity upstream, so be prepared to move quickly. Don't delay! Save yourself, not your belongings.
- Be especially alert when driving. Bridges may be washed out, and culverts overtopped. Do not cross flooding streams! Embankments along roadsides are particularly susceptible to landslides. Watch the road for collapsed pavement, mud, fallen rocks and other indications of possible debris flows
- Be aware that strong shaking from earthquakes can induce or intensify the effects of landslides.

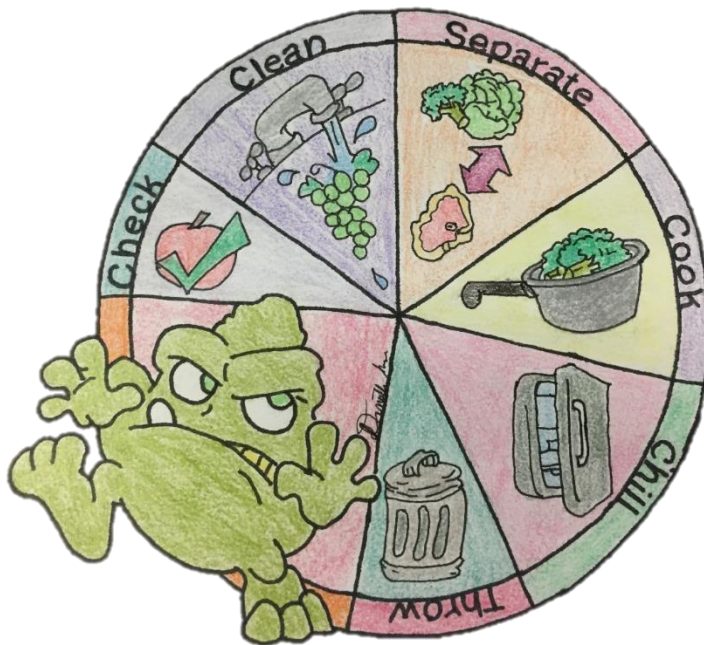


## Landslide

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# What is food protection?

- **Food Safety:**
  - Ensure proper cooking temperatures.
  - Ensure proper cooling temperatures.
  - Ensure effective sanitary practices when preparing food to consume.
- **Food Defense:**
  - Do you know where your food has come from?
  - Has any possible tampering occurred?
  - Are you aware of the transportation mode that was used to get your food to you?
- **Food Security:**
  - Do you have supplies for an emergency?
  - Would you be able to help others in need?
  - Have you assisted your local food bank? Are you aware of their services?



## Food Protection

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# What to do in a fire emergency

## If your clothes catch fire:

- Stop, Drop and Roll- until fire is extinguished. Running only makes the fire burn faster.

## To escape a fire:

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

**Stay out once you are safely out. DO NOT RE-ENTER. Call 9-1-1.**

## If in a vehicle:

- Roll up windows and close air vents. Drive slowly with headlights on. Watch for other vehicles and pedestrians. **DO NOT DRIVE THROUGH HEAVY SMOKE.**
- If you have to stop, park away from the heaviest tree and brush. Turn headlights on and ignition off. Roll up windows and close air vents.
- Get on the floor and cover up with a blanket or coat.
- Stay in vehicle until the main fire passes.
- Stay in the car. **DO NOT RUN!** Engine may stall and not restart. Air currents may rock the car. Some smoke and sparks may enter the vehicle. Temperature inside will increase. Metal gas tanks and containers rarely explode.

## If trapped at home:

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

## If caught in the open:

- The best temporary shelter is in a sparse fuel area. On steep mountainside(s), the back side is safer. Avoid canyons, natural "chimneys" and saddles.
- If hiking in the back country, seek a depression with sparse fuel. Clear fuel away from the area while the fire is approaching and then lie face down in the depression and cover yourself. Stay down until after the fire passes!



## Fire and Wildfire

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# What to do in a Winter Storm

- **If you are outdoors:**

- Avoid overexertion when shoveling snow.
- Cover your mouth.
- Keep dry.
- Watch for signs of frostbite. These include loss of feeling, and white or pale appearance in extremities.
- Watch for signs of hypothermia. These include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion.

- **If you must use a car:**

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

- **If a blizzard traps you in the car:**

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







**[www.ready.gov](http://www.ready.gov)**

**[www.nmdhsem.org](http://www.nmdhsem.org)**

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**Do you need assistance in becoming better prepared? We may be able to assist you through trainings and other programs in your community.**

**Visit us at: <http://aces.nmsu.edu/preparedness/index.html>.**

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All About Discovery!™  
**College of Agricultural, Consumer  
and Environmental Sciences**  
Cooperative Extension Service



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