

FAMILY PREPAREDNESS GUIDE FOR SANDOVAL COUNTY, NEW MEXICO



Brought to you by the Sandoval County

Local Emergency Planning Committee (LEPC)

Be Prepared for Emergencies and Disasters

✓ Have a Plan! ✓ Make a Kit! ✓ Stay Advised!

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IMPORTANT NUMBERS

(EMERGENCY -FIRE, AMBULANCE & LAW)..... 911

LAW ENFORCEMENT (Non-Emergency Numbers)

Sandoval County Sheriff's Office	(505) 867-7526
Rio Rancho Police Department	(505) 891-7226
Corrales Police Department	(505) 897-1277
Cuba Police Department	(575) 289-9157
Jemez Springs	(575) 829-3345
San Ysidro Marshal Office	(505) 834-7481
Santa Ana Police Department	(505) 771-6730
Jemez Pueblo	(575) 834-0468
New Mexico State Police District 5, Albuquerque	(505) 841-9256
New Mexico State Police District 5, Cuba	(575) 289-3443

FIRE DEPARTMENT (Non-Emergency Numbers)

Sandoval County Fire Department	(505) 867-0245
Rio Rancho Fire Department	(505) 891-5912
Corrales Fire Department	(505) 898-7501
Cuba Fire Department	(575) 289-3456
Jemez Springs Fire Department	(575) 829-3345
Cochiti Lake Fire Department	(505) 465-2684
Bernalillo Fire Department	(505) 771-7105

HOSPITALS and CLINICS (Non-Emergency Numbers)

Rust Medical Center – Rio Rancho	(505) 253-6100
UNM Sandoval Regional Medical Center – Rio Rancho	(505) 994-7000
Presbyterian Urgent Care (Rio Rancho)	(505) 462-8888
Sandoval County Health Commons (Rio Rancho)	(505) 867-2291
PMS Health Center (Cuba)	(575) 289-3291
NM Department of Health (Cuba)	(575) 289-3718

EMERGENCY MANAGEMENT (Non-Emergency Numbers)

Sandoval County	(505) 867-0245
City of Rio Rancho	(505) 891-5855

UTILITIES

PNM	(888) 342-5766
NM Gas	(888) 664-2726
Water & Sewer Rio Rancho	(505) 891-5020
Water & Sewer Rio Rancho (After hours)	(505) 975-1581

SCHOOLS

Rio Rancho Public Schools (District Office)	(505) 896-0667
Bernalillo Public Schools	(505) 867-2317
Cuba Independent Schools	(575) 289-3211
Jemez valley Public Schools	(575) 834-7391

PUEBLOS

Cochiti Pueblo	(505) 465-2244
Jemez Pueblo	(575) 834-7359
Sandia Pueblo	(505) 867-3317
Santa Ana Pueblo	(505) 771-6700
Santa Domingo Pueblo	(505) 465-2214
San Felipe Pueblo	(505) 867-3381
Zia Pueblo	(505) 867-3304

OTHER NUMBERS

American Red Cross (Albuquerque)	(505) 265-8514
Salvation Army (Albuquerque)	(505) 881-4292
National Poison Control Center	(800) 222-1222
Sandoval County Extension Office (Town of Bernalillo)	(505) 867-2582

For more in-depth disaster-preparedness information, visit these websites.

Sandoval County Emergency Management	www.sandovalfire.org
Rio Rancho Emergency Management	www.rrnm.gov
New Mexico Road Conditions	http://nmroads.com
National Weather Service	www.weather.gov
FEMA	www.fema.gov
Department of Homeland Security	www.dhs.gov
NMDHSEM	www.nmdhsem.org
American Red Cross	www.redcross.org
The Salvation Army	www.salvationarmyusa.org
Centers for Disease Control	www.cdc.gov

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CodeRED SYSTEM



SECONDS COUNT IN AN EMERGENCY!

The County of Sandoval has instituted the CodeRED Emergency Notification System – an ultra high-speed telephone communications service for emergency notifications. This system allows us to telephone all targeted areas of the County in case of an emergency situation that requires immediate action (such as a boil-water notice, missing child or evacuation). The system is capable of dialing 50,000 phone numbers per hour. It then delivers our recorded message to a live person or an answering machine, making three attempts to connect to any number.

The CodeRED System will be used only to notify county residents of emergencies and to inform / remind them periodically of how the system functions. Examples of times when the CodeRED system could be utilized: drinking water contamination, utility outage, evacuation notice & route, missing person, fires or floods, bomb threat, hostage situation, chemical spill or Gas leak, and other emergency incidents where rapid and accurate notification is essential for life safety

Link to sign up for CodeRed System to receive notifications in your area:

<https://public.coderedweb.com/CNE/7A8E40D7EF62>

WHEN EMERGENCIES OCCUR

An emergency situation can occur quickly and without warning. The most important things you can do to keep yourself and your family safe in an emergency are to prepare, stay calm and follow instructions from local emergency officials. This guide will help you develop an emergency plan, put together a supply kit and to learn about what to do before, during and after many types of emergencies. It will also provide important information about how to obtain emergency assistance after the incident.

BEFORE AN EMERGENCY STRIKES

It is important to know how to be prepared before an emergency occurs. Developing a family emergency plan and assembling a supply kit can help ensure your safety when the unthinkable happens. Before creating a household emergency plan, become familiar with types of emergencies that may affect your county, how you'll be notified when an event does occur and what plans are already in place to deal with these events. Recognize what your community's warning system sounds like and what to do when you hear it, in Sandoval County we use the CodeRed System. Emergencies may strike when your family members are away from home, so find out about plans at your workplace, school or other places where you spend time.

CREATE AN EMERGENCY PLAN

Here are steps that you will need to follow in creating a household or business emergency plan:

1. Schedule a family meeting to discuss the dangers of possible emergency events including fire, severe weather or hazardous spills. Discuss how you and your family will respond to each possible emergency.
2. Draw a floor plan of the structure you are in, highlighting both exits and safe areas.



3. Instruct a member to turn on the radio for emergency information.
4. Find out where all utility lines are and how to shut them off safely. Teach adults how to turn off the water, gas and electricity at main switches.
5. Discuss with your family or business associates the proper use of 911. Also teach your children how to dial 911.
6. Pick meeting places outside the structure if the situation is fire-related, and choose safe areas in the event of weather-related issues.
7. Keep all records, both personal and business in a fireproof safe and save computer information on a flash drive or at an offsite provider you can trust.
8. Take a basic first aid and CPR class.

YOUR FAMILY DISASTER SUPPLIES KIT

Electricity, water, heat, air conditioning or telephone service may not work in an emergency. Preparing supply kits in advance can save precious time in the event you must evacuate or go without utilities for an extended period of time.



Store items for a “go” kit in a container that is easy to carry, such as a backpack or duffle bag and keep the kit in a car or in the garage. The “home” kit can be stored in plastic tubs and kept in your home’s safe place where you will take shelter.

Here is a short list of items you should have in each kit. Keep in mind that you should have a kit for EACH person in your household and in the business environment, each employee should have some sort of basic kit nearby just in case.

Keep in mind that every family and business situation is different so plan accordingly.

- Water for at least 5 days: 1 gallon per day per person.
- Non-perishable food for 5 days with non-electric can opener.
- Sleeping bags/bedding and pillows.

- A change of clothing, sturdy shoes & rain gear
- First aid kit
- Prescription medications and a list for each person along with physician information. An extra pair of glasses or contact lenses & solution
- Identification, credit cards, cash and photocopies or flash drive of important family documents including home insurance. Pen & Paper. Ziploc bags to secure them
- Flashlights, batteries, battery powered AM/FM radio, NOAA Weather radio
- Basic household tools, car keys & house keys

For Baby:

- Formula
- Diapers
- Bottles & Powdered milk
- Medications

For Adults

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses

For Pets

- Medications for heartworm, flea prevention, etc
- Medical and registration records
- Sturdy leashes, harnesses
- Carriers big enough to stand and turn in
- Pet beds, toys
- Litter and litter pan
- Current photos of pets

- Food and drinkable water for three days and feeding schedule information
- Bowls and can opener
- Medical conditions, behavior problems
- Veterinarian's information

Important Family Documents

Keep these records in a waterproof, portable container:

- Will, insurance policies, contracts deeds, stocks and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)
- Recent family photos for identification

Important Reminders

- Store your kit in a convenient place known to all family members. Keep a smaller version of the Disaster Supplies Kit in the trunk of your car.
- Keep items in airtight plastic bags.
- Change your stored water supply every six months so it stays fresh.
- Replace your stored food every six months.
- Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medications.

PREPARE YOUR VEHICLES

If you are evacuating an area or you are stranded in your vehicle, you should make sure your vehicle is prepared to help you survive. Use this checklist to help you create an emergency kit for each vehicle. Prepare now by storing these items in your vehicle and be sure to rotate the items periodically. Keep vehicles fueled and in good condition, and check weather and road conditions before a trip.

- First-aid kit with manual
- Flashlight and extra batteries
- Cell phone and phone card
- Roadside assistance card
- Portable radio and extra batteries
- Fire extinguisher (5 lb. A-B-C type)
- Extra fuses
- Flares or hazard reflectors
- Jumper cables
- Properly inflated spare tire
- Jack, lug wrench, tire gauge
- Basic tool kit
- Windshield scraper and brush
- Small folding shovel
- Sand for traction
- Duct tape
- Gloves, rags, paper towels
- List of important phone numbers, local and out of town
- Detailed maps
- Waterproof matches and candles
- Whistle and small mirror
- Pen, pencil, paper

- Cash (bills and coins)
- Drinking water
- Bleach (disinfecting)
- Non-perishable energy foods
- Can opener
- Medications
- Toiletries
- Pre-moistened wipes
- Good shoes
- Extra clothes, gloves and hats
- Blankets or sleeping bag

HOME HAZARD HUNT

Check for Electrical Hazards

- Repair or replace damaged cords and plugs.
- Remove cords under rugs or over nails, pipes or heaters.
- Use one plug per outlet; don't string surge protectors together.
- Put covers on outlets or electrical boxes.
- Repair/replace appliances that spark, smoke or overheat.

Check for Chemical Hazards

- Store flammable chemicals in approved containers and in a well-ventilated place outside your home.
- Store oily rags in covered metal containers.
- Limit quantities of household chemicals and store out of reach of children.
- Separate reactive chemicals like bleach and ammonia.

Safety Equipment

- Install a smoke alarm in each sleeping room, hallway, and level of your home.

- Test monthly and replace batteries yearly.
- Learn how to use your ABC fire extinguisher.

Check for Fire Hazards

- Eliminate combustibles (yard waste, papers, rags, old mattresses).
- Separate heat sources (appliances, candles, portable heaters, etc.) and combustibles.
- Keep chimneys, flue pipes, vents and vent connectors clean and in good repair.
- Keep portable heaters in low traffic areas.
- Anchor water heater, large appliances, tall or heavy furniture and pictures to studs in the wall.
- Install a flexible gas line on gas appliances.
- Store heavy objects on lower shelves; secure cabinet doors.
- Avoid placing beds under windows or heavy objects.
- Brace overhead light fixtures or fans.

Utilities

- Show responsible members of the family the location of utility shut-off valves and how to operate them.

EMERGENCY SANITATION

After a major disaster, if water and sewage lines have been disrupted you may need to improvise emergency sanitation facilities.

Supplies

Always have basic sanitation supplies on hand.

- Medium-sized plastic bucket with tight lid.
- Household chlorine bleach.
- Toilet paper.
- Plastic garbage bags and ties (heavy duty).
- Soap, liquid detergent.
- Towelettes

Sanitation

Build a makeshift toilet

- If sewage lines are broken but the toilet bowl is usable, place a garbage bag inside the bowl.
- If the toilet is completely backed up, make your own.
- Line a medium sized bucket with a garbage bag.
- Make a toilet seat out of two boards place parallel to each other across the bucket. An old toilet seat will also work.

Sanitize Waste

- After each use, pour a disinfectant such as bleach into the container. This will help avoid infection and stop the spread of disease.
- Cover the container tightly WHEN NOT IN USE.

Waste Disposal

- Bury garbage and human waste to avoid the spread of disease by rats and insects.
- Dig a pit 2 to 3 feet deep and at least 50 feet downhill or away from any well, spring or water supply.
- If the garbage cannot be buried immediately, strain any liquids into the emergency toilet.
- Wrap the residue in several layers of newspapers and store it in a large can with a tight-fitting lid.
- Place the can outside until it can be buried.

EVACUATION

Personal Preparedness is important to minimizing your loss during an evacuation. Because you may not have advance warning when you have to evacuate your home or know how long you will be away due to an event, take a few extra steps to protect your family and yourself in case of an evacuation:

1. Have an idea where you will stay during an evacuation and how you will get there. In addition, always have a “Plan B”.
2. Have your emergency supply kit ready to go.
3. Never allow your vehicle fuel tank to be below half, just in case.
4. Go over your plans with your family several times a year.



Several types of disasters may force you to be evacuated from your home. If you are told to evacuate, take the following steps:

- Listen carefully to instructions given by local officials. Evacuate immediately if told to do so.
- If you have time, grab your portable disaster (72-hour) kit. Make sure that you include any last-minute items, such as prescription medication, that you may need. You can find more information on evacuation kits and preparedness for disaster on www.ready.gov.
- Wear appropriate clothing and sturdy shoes.
- Lock your home.
- Use travel routes outlined by local officials. Do not take short cuts; they may be unsafe.
- Keep fuel in your car if evacuation seems likely. Gas stations may be closed during emergencies

Be prepared to leave your home if:

- Your area is without electrical power or water for an extended period of time.
- There is a chemical emergency affecting your area.
- Flood water is rising.
- A wildland fire is burning near your home.
- Your home has been severely damaged.
- Local officials tell you to evacuate.

When authorities tell you to evacuate:

- Grab your supply kit and go!!
- Unplug everything electrical in the house
- Lock all doors and windows.
- Turn off gas, water, and electricity if possible.
- Follow the instructions of evacuation officials.

If you go to a shelter, notify staff of any special needs you may have. They will try to accommodate you and make you comfortable.

SHELTER-IN-PLACE

Shelter-in-place simply means staying inside your home or business. During an accidental release of toxic chemicals, or emergencies involving hazardous materials where air quality may be threatened, shelter-in-place keeps you inside a protected area and out of danger.

If shelter-in-place is necessary you will be notified by local authorities. If you are asked to shelter in-place, take the following steps:

- Take your children and pets inside immediately.
- While gathering your family, cover your mouth and nose with a damp cloth to provide a minimal amount of coverage.
- Close all windows and doors in your home as well as the fireplace damper.
- Turn off all fans, heating and air conditioning systems, and any other ventilation.
- Go to an above-ground room (not the basement) with the fewest windows and doors. Be sure to take a radio with you.
- Wet some towels and jam them in the crack under the door. Tape plastic sheeting or garbage bags over the door, window, exhaust fan, vents and outlets.
- Close drapes, or shades over windows. Stay away from windows.
- Stay in the room and listen to your radio until you are told all is safe or you are told to evacuate.
- Once you are told to stop sheltering-in-place, vent your house by opening windows and turning on fans.

It is a good idea to take your 72-hour kit with you as you shelter in place.

STAY WEATHER AWARE

Sandoval County is vulnerable to many severe weather hazards including flash floods, hail, wind storms, ice storms, heavy snow and extreme heat. Severe weather can happen any time of year. It can happen any time of the day or night. Pay close attention to information that comes from National Weather Service for severe weather information.

It's important to think ahead so you'll be ready to deal with dangerous weather.

1. Think about what you'll do to stay safe long before severe weather arrives.
2. Have multiple ways to get National Weather Service Warnings, Watches, Advisories and Outlooks.

WARNING

A warning is issued when a hazardous weather or hydrologic event is **occurring, imminent or likely**. A warning means weather conditions pose a threat to life or property. People in the path of the storm need to **take protective action**.

WATCH

A watch is used when the **risk of a hazardous weather or hydrologic event has increased significantly**, but its occurrence, location or timing is **still uncertain**. A watch means that hazardous weather is possible. People should **have a plan of action** in case a storm threatens and they should listen for later information and possible warnings especially when planning travel or outdoor activities.

ADVISORY

An advisory is issued when a hazardous weather or hydrologic event is **occurring, imminent or likely**. Advisories are for **less serious conditions than warnings**, that cause significant inconvenience and if caution is not exercised, could lead to situations that may threaten life or property.

OUTLOOK

An outlook is issued when a hazardous weather or hydrologic event is **possible** in the next week. Outlooks are intended to **raise awareness** of the potential for significant weather that could lead to situations that may threaten life or property.

3. Get a battery-operated NOAA weather radio and program it to receive warnings for your county. The alarm tone from a weather radio can alert you to dangerous weather even when you're sleeping, 24 hours a day.
4. Make sure your family understands what they need to do, given the situation, even if you're not at home.
5. Discuss and exercise your plan several times a year.

During any incident or severe weather we **STRONGLY** encourage everyone to listen to your local AM and FM radio stations for severe weather updates. These stations broadcast up to the minute information during storm events and emergency situations.

The local radio stations for this area are:

KABQ 1350 AM	Albuquerque	KANW 89.1 FM	Albuquerque
KDAG 96.9 FM	Farmington	KDEF 1150 AM	Albuquerque
KKOB 770 AM	Albuquerque	KBQI 107.9 FM	Albuquerque

Don't forget that important information can be broadcasted over the NOAA weather radios such as severe weather, evacuation orders or amber alerts.

NOAA Weather Radio All Hazards (NWR) is a nationwide network of radio stations broadcasting continuous weather information directly from the nearest National Weather Service office. NWR broadcasts official Weather Service warnings, watches, forecasts and other hazard information 24 hours a day, 7 days a week.

IDENTIFY YOUR SAFE PLACE

Before an emergency strikes, take time to identify the safest area at home, at work and at school. One of the best ways to prepare for any major event is to build or install a safe room or underground storm shelter in your home or workplace. Plan how to get to your safe place and practice with your family several times a year.

If you do not have access to a safe room, the safest place to ride out a storm is on the lowest level and most interior part of a secure building or a well-built home. Stay away from windows, exterior walls & doors. If you live in a mobile home, get to the nearest sturdy building. It is not safe to remain in a mobile home during a high wind events or tornadic storms. Make sure you allow plenty of travel time. A vehicle **IS NOT A SAFE PLACE**.

BUSINESS PREPAREDNESS

Business and industry are just as vulnerable to the effects of emergencies as anything else. There are basic steps that a business should take to prepare for an emergency.

1. Make sure your business has adequate insurance coverage.
2. Develop contingency plans and processes to ensure that critical business functions can continue.
3. Back up files on a flash drive or to an off-site provider.
4. Have an evacuation plan and a “shelter-in-place” plan for employees and customers.

TYPES OF HAZARDS

PLANNING FOR FUNCTIONAL NEEDS PEOPLE

If any members of your household have disabilities or are elderly, find out what services may be available to aid in their care or evacuation in the event of an emergency. The local chapter of the American Red Cross may offer help and advice in your planning. Also, the Sandoval County Community Services Department may offer assistance in planning.

People with disabilities should take extra precautions when preparing for a disaster. One of the most important things you can do is have a buddy, someone who can help you evacuate and take care of you. During an emergency, your usual care giver may not be able to help you. Make sure your buddy knows how to operate any medical equipment you use. When planning for the care of the elderly and those with special needs, please consider the following recommendations:

- Establish a close network of relatives and friends who can assist your family in an emergency.
- Make sure helpers know where to find the disaster-supply kit which includes emergency supplies, medicines, and other essential equipment.
- Remind family members to always wear a medical alert tag or bracelet if they have threatening health conditions.
- Compose a list of special items, equipment and supplies family members will need during a disaster. Extra supplies people with disabilities and special needs may require are:
 - Prescription medications, a record of when and how much of the medicine you should receive.
 - Prosthetic devices

- List of style and serial numbers of medical devices.
- Extra eye glasses and a record of the prescription.
- Emergency medical certification
- Extra oxygen
- Extra pillows, bedding
- Medical insurance and Medicare cards
- Back-up power supplies or generators for heat or air-conditioning.
- Extra wheelchair batteries
- Hearing aids, batteries

CHILDREN AND DISASTERS

Children experience trauma and fear during a natural disaster. If they know what to do during a disaster because they have practiced family disaster drills, they will be better off. When parents are calm, children calm down more quickly.

Before a disaster, parents can:

- Familiarize yourself with the emergency response plans of schools and/or daycare your children attend.
- Find out if the school/daycare will keep your kids or send them home in an emergency.
- Decide if your children get into your home if you are not there.
- Decide if your children take care of themselves or if a neighbor take care of them
- Develop and practice a family disaster plan
- Teach children how to recognize danger signals
- Explain how to call for help (9-1-1)
- Help children memorize important family information
- Help children memorize their street address, not the PO Box.
- Include children's toys and special foods in 72-hour kit

After a disaster, children are most afraid the disaster will happen again, someone will be hurt or killed, and they will be separated from family and left alone.

Parents can help minimize their children's fears by:

- Keeping the family together, do not leave children with relatives or friends - take your children with you.
- Calmly and firmly explain the situation and your plans
- Talk to your children at eye level
- Encourage children to talk about the disaster and ask questions
- Include children in recovery activities by giving them chores that will help them feel they are helping things get back to normal
- Reassure children with firmness and love
- Sympathize with and resolve their anxieties
- Hold your children and spend more time with them

COPING WITH DISASTER

Physical and emotional reactions often occur as a result of a natural emergency or traumatic event such as a terrorist attack. These reactions may happen immediately or weeks or months after an event. Traumatic stress reactions can happen to people of any age and can change a person's behavior, thoughts and physical health.

Common Responses

The physical effects caused by a traumatic event include:

- Rapid heartbeat
- Increased respiratory rate
- Shortness of breath
- Nausea
- Muscle and joint aches

- Tremors
- Headaches

Seek medical attention if any of these symptoms persist.

Thoughts, behaviors and emotions may also change. These changes include:

- Flashbacks or re-experiencing the event
- Withdrawal from normal social relations
- Performance problems at work or school
- Loss or increase in appetite
- Difficulty sleeping or nightmares
- Feeling overwhelmed, hopeless, numb
- Being extremely anxious, fearful, agitated or irritable
- Feeling depressed
- Increased consumption of alcohol or prescribed, over-the-counter or illicit drugs

What You Can Do for Yourself

There are many things you can do to cope with traumatic events.

- Understand that your symptoms may be normal, especially right after the trauma.
- Keep to your usual routine.
- Take the time to resolve day-to-day conflicts so they do not add to your stress.
- Do not shy away from situations, people and places that remind you of the trauma.
- Find ways to relax and be kind to yourself.
- Turn to family, friends, and clergy person for support, and talk about your experiences and feelings with them.
- Participate in leisure and recreational activities.
- Recognize that you cannot control everything.
- Recognize the need for trained help, and call a local mental health center.

What You Can Do for Your Child

- Let your child know that it is okay to feel upset when something bad or scary happens.
- Encourage your child to express feelings and thoughts, without making judgments.
- Return to daily routines.

ANIMALS AND DISASTERS

Find out whether potential shelters allow family pets. Some may not. If that's the case, you may want to make arrangements for pets before the event. Have an emergency kit for your pet. Here are a few items you may want to consider:

1. Identification collar with vaccination tags.
2. Bring Vaccinations records with you.
3. For smaller pets, a carrier or cage. You may even want to keep a carrier in your shelter.
4. Medications.
5. A leash or muzzle.
6. Newspapers and plastic trash bags for handling waste.
7. Food bowls and at least a week's supply of food and water.

If you must leave your pet at home, make sure you secure your pets in a legal manner. Check with your vet to make sure you implement the correct procedures for your pet or pets.

DURING AND AFTER AN EMERGENCY

During and after an emergency, it is important to stay calm. Even after an event, there may still be danger. What seems like a safe distance or location may not be. Stay tuned to your local radio stations and local television stations. Follow the advice of your local officials and trained personnel. Unless told to evacuate, avoid roads to allow emergency vehicles access. Do not go on the word of broadcasters to move anywhere unless it is being stated by a local official.

FLASH FLOODING

Flash floods can be extremely dangerous because of strong, swift currents and rising water. They're even more dangerous at night when it's harder to see.

- In the event of a flash flood, move immediately to higher ground. The force of only inches of fast moving water can knock you off your feet.
- Never drive into high water. Cars can be swept away in inches of moving water. Even a four-wheel drive is unsafe if the roadway has become saturated and is unstable due to rising water.



TURN AROUND DON'T DROWN

- Flooding can cause contamination of water supplies, bringing diseases such as dysentery, typhoid and hepatitis. If you think your water may be contaminated, purify it before use. Boiling is considered the safest method of purifying water. Bring water to a boil for 3-5 minutes and allow cooling before drinking.

TORNADOS AND HIGH WINDS

The violent winds in a tornado can damage buildings, knock down trees and power lines and destroy vehicles. But the main danger from a tornado is the flying debris thrown up by the storm. Small objects can inflict serious injuries when blown by tornadic winds. If a tornado warning is issued for your area or if you feel threatened, take action immediately!

To stay as safe as possible, put these three basic guidelines into action:

1. **GET IN ASAP:** Get inside a sturdy building. Put as many walls between you and the tornado as possible. Stay away from doors and windows.
2. **GET DOWN AS LOW AS POSSIBLE:** If you can't get underground, go to the lowest floor in the center most part of a sturdy building.
3. **COVER UP:** with whatever is available: Protect your body, especially your head, from flying debris and falling objects. Use pillows, blankets, sleeping bags, a mattress and even helmets to cover up.
4. If you live in a mobile home, seek shelter elsewhere. The construction of mobile homes doesn't provide enough safety for you or your family. Allow enough time to get to a shelter before the storm hits.
5. Vehicles are also a bad place to be in a tornado. Your safest option is to avoid traveling when severe storms and tornadoes are in your area. If you encounter a storm while driving, try to get off the road and into a sturdy building. If traveling, always check the forecast between you and your destination. This might save your life!!

LIGHTNING

There is no place safe outdoors when a thunderstorm is nearby. Lightning can strike up to 10 miles away from the thunderstorm. If you are close enough to hear thunder, you are close enough to be struck by lightning. If you see lightning or hear thunder, it's time to seek shelter.

1. Have a plan. Know where you'll go for safety and how long it takes to get there. Give yourself plenty of time to get to shelter.
2. Check the forecast if storms are expected. Think about postponing outdoor activities to avoid being caught in a dangerous situation.
3. Keep an eye to the sky for signs of developing thunderstorms.
4. If you hear thunder, move to a safer place. Don't wait for the rain.
5. Fully enclosed buildings with wiring and plumbing provide the best protection. This is because there is a common ground.
6. Sheds, picnic shelters, dugouts, tents or covered porches do not protect you from lightning because there is not a common ground.
7. If a building is not close-by, get into a vehicle and close all the windows.
8. Stay inside until the storm has passed.
9. Avoid open areas, bleachers/stands at sporting events. Stay away from trees, towers or utility poles. Do not be the tallest object in the area.
10. Use your good judgment. Don't wait to be advised to seek shelter. Take shelter immediately.

POWER OUTAGES

1. Check on and be prepared to help family members and neighbors who may be vulnerable if exposed to extreme heat or cold.
2. Have a flashlight with batteries handy to use until power comes back on.

3. Turn off and unplug electronic equipment such as computers, DVRs and televisions.
4. Turn off electric appliances that were on when the power went off.
5. Keep your refrigerator and freezer doors closed to keep cold in and heat out.
6. Do not use a cooking stove to heat your home. It could cause a fire, gas leak or asphyxiation.
7. Use extreme caution when driving. Traffic signals will be inoperable.
8. Listen to a local radio stations for updates.

IF YOU USE AN ELECTRIC GENERATOR

1. Operate it outdoors to avoid fumes accumulating inside the house.
2. Plug appliances directly into the generator or have the generator properly attached to your home's wiring by a qualified electrician.
3. Never connect a portable generator to your home's main electrical panel, and never plug one into an electrical outlet of your home. Contact a licensed electrician any electrical work.

ELECTRICAL SAFETY

1. Stay away from downed power lines. Downed lines may appear to be harmless, but could be live.
2. If a person or object is in contact with a power line, don't touch that person or line. Call your Electric Provider immediately.
3. If your vehicle comes in contact with a power line, stay inside the car. Warn others not to touch the car or power line.
4. Never attempt to turn off your power, open circuit breakers, remove fuses or operate switches while standing in water.

WINTER STORMS

Winter storms can be dangerous if proper precautions are not taken. Here are a few tips to stay warm and safe:

1. Be sure you and your family have enough food, water and supplies, as well as alternative sources of heat to last for several days.
2. Stay inside and avoid exposure to ice and snow, wind and cold temperatures. Cold temperatures along with strong winds make it easier for you to develop serious health problems including hypothermia or frostbite.
3. Check on friends, relatives and the elderly. Pets and livestock need plenty of food, water and a warm shelter.
4. If you have travel plans, keep a close eye on the latest weather information where you are, where you're going and along your route. Consider changing plans if a winter storm is expected. Let someone know your destination, route & time of arrival.
5. Don't travel without a winter storm kit which includes cell phone and charger, flashlight with extra batteries, non-perishable food, water, extra clothing, blankets, a bag of sand for traction, a small shovel, ice scraper, first-aid kit and a brightly colored cloth to tie to the antenna if you become stranded.



HEAT EMERGENCIES

A heat wave is a prolonged period of excessive heat and humidity.



Here are a few tips to remember:

1. Slow down. Take breaks to cool down. Avoid strenuous activity.
2. Stay indoors if possible.
3. Wear light weight & light-colored clothing.
4. Drink plenty of water often. Avoid alcohol and caffeine.
5. Watch for signs of heat exhaustion or heat stroke.



Heat exhaustion is characterized by cool, moist, pale or flushed skin; heavy sweating; headache; nausea or vomiting; dizziness and exhaustion. Contact a doctor or call 911 for emergency response.

Heat stroke is characterized by hot, red skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be as high as 105 degrees. Call 911 immediately for emergency response and move the person to a cool location.



DON'T FORGET ABOUT YOUR ANIMALS!

FIRE

CALL 911 TO REPORT A FIRE!!!

Protect your family from a house fire by installing and maintaining smoke detectors on every level and preferably in every room of your home. Change the batteries in the smoke detectors twice a year. This is recommended to do when the time changes in the fall & spring. Plan an escape route from each room in the house and practice the routes with the entire family.

If there is a fire:

Exit the building immediately. Crawl along the floor if there is smoke. Use a wet cloth to cover your nose and mouth. Use the back of your hand to feel the upper, lower and middle parts of closed doors. If doors are not hot, brace yourself against it and open slowly. If the door is hot, do not open it. Look for another way out. Do not use elevators. If you catch on fire, do not run. Stop, drop, and roll to put the fire out. Designate a place for your family to meet up after escaping a fire. Never go back into a burning building.

WILDFIRES

If a wildfire threatens your property, stay tuned to local radio or television for evacuation warnings. Have important items and documents ready to go. If instructed to evacuate by emergency responders, do so immediately.

4TH OF JULY FIREWORKS

Sandoval County has its own rules about whether or not it is allowable, permissible, and legal to have fireworks within the city/county areas. CHECK with your local fire department or law enforcement before using fireworks. It could cost you a ticket. In the rural areas of the county, check with the local Fire Department to see if a COUNTY FIREWORKS or BURN BAN is in effect.



HAZARDOUS MATERIALS INCIDENTS

If you are notified or become aware of a hazardous material incident such as a chemical spill or release, fire or explosion, do not panic.

If you are directed to evacuate, do so immediately:



Take your supply kit with you and a cellular phone, lock up your home, and cover your nose and mouth with a wet cloth. Travel on routes specified by local authorities. Drive away, up-wind of the incident.

If instructed to stay inside (shelter-in-place) and not evacuate, close and lock windows and doors, turn off ventilation systems (AC & Heating) and water, then seal gaps under doorways and windows with wet towels and duct tape.

Emergency personnel are trained to respond to hazardous material emergencies. Stay tuned to local television and radio for instructions during a Hazardous Material Emergency.

EARTHQUAKES

Before an Earthquake

- Secure water heater, storage shelves, heavy mirrors, shelves, etc. to walls.
- Place large or heavy objects on lower shelves.
- Know where and how to shut off electricity, gas and water at main switches and valves.
- Have earthquake drills - identify safe spots in each room.
- Have out-of-state contact person.

- Develop a plan for reuniting your family after an earthquake.
- Review your insurance policies.
- Keep a good pair of shoes and a flashlight near your bed.
- Prepare to survive on your own for at least three days. See "Your Family Disaster Supplies Kit" for instructions.

During an Earthquake

- Stay calm.
- Inside: stay inside and find protection in a doorway, or crouch under a desk or table, away from windows, glass, brick walls and chimneys.
- Outside: stand away from buildings, trees, telephone and electric lines.
- On the road: drive away from under-passes/over-passes; stop in a safe area; stay in your vehicle.
- In an office building: stay next to a pillar or column, or under a heavy table or desk.
- Stay where you are until the shaking has stopped and you are sure it is safe to move.

After an Earthquake

- Check for injuries. Provide first aid.
- Check for fires; gas, water, sewage breaks; downed electric lines; building damage and potential problems during aftershocks, such as cracks around fireplace and foundation. Turn off interrupted utilities as necessary.
- Clean up dangerous spills.
- Wear shoes and leather gloves.
- Tune radio to an emergency station and listen for instructions from public safety agencies.
- Use the telephone only for emergencies.
- As soon as possible, notify family that you are safe.
- Do not use matches or open flames until you are sure there are no gas leaks.

- Don't turn light switches off and on. Sparks created by the switch contacts can ignite gas fumes
- In public buildings, follow evacuation procedures immediately and return only after the building has been declared safe by the appropriate authorities.

TERRORISM

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

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

Acts of terrorism include threats of terrorism; assassinations; kidnappings; hijackings; bomb scares and bombings; cyber attacks (computer-based); and the use of chemical, biological, nuclear and radiological weapons. High-risk targets for acts of terrorism include military and civilian government facilities, international airports, large cities, and high-profile landmarks. Terrorists might also target large public gatherings, water and food supplies, utilities, and corporate centers. Further, terrorists are capable of spreading fear by sending explosives or chemical and biological agents through the mail.

If you **“See something Say Something”**

PIPELINE AND UNDERGROUND UTILITY SAFETY

Dial 811 to call before you dig!

For locate request call: 811

In Albuquerque: Dial 811 or 260-1990 during regular business hours.

Statewide: Dial 811 or 800-321-ALERT (2537) during regular business hours.

By Fax: (505)260-1248 or (800)727-8809 24 Hours a day.

By Web at: Request a Line Spot 24 Hours a day.

<http://www.nm811.org/>



Call 811 is a safety and damage prevention program designed to promote public awareness, provide a communication link between excavators and operators of underground facilities, and to eliminate potential hazards posed to excavators, the general public, vital underground facilities and the environment whenever excavation is done.

Dial 811 at least two business days prior to your planned excavation and your call will be routed to the 811 call center. The Call center will ask you a series of question in regards to what you plan to do and what type of work. In a matter of minutes affected local utilities will be notified and they should have the approximate location of their facilities marked within 2 business days so you can dig safely.

RECOVERING FROM AN EMERGENCY

Recovery continues even after you return home, as you and your families face the emotional and psychological effects of the event.

Reactions vary from person to person, but may include:

- Restless sleep and nightmares, anger, lack of emotion, weight loss or gain, headaches, mood swings, need to keep active and restlessness.

All of the above are normal reactions to stressful events, and it is important to let people react in their own way.

It may be helpful to talk with your family and friends about what happened and how you feel about it. Take charge of the situation and start planning for the next incident. Evaluate what has happened and apply what you have learned from this incident in the event that it happens again. Contact your spiritual advisor or seek counseling if you feel this would help.

Children may need particular reassurance and extra attention. It is best to encourage them to share their feelings, even if you must listen to their stories repeatedly. It is common for children to grasp what they have experienced. You may also want to share your feelings about the event with them.

After any major or even minor disasters, local emergency management coordinates with the New Mexico Department of Homeland Security and Emergency Management (DHSEM) to secure all eligible disaster assistance. State emergency management works to lessen the effects of disasters through mitigation programs.

911 DO'S AND DON'T'S

DO NOT: program 9-1-1 into your auto-dial telephone. You won't forget the number, and programming the number invites accidental dialing of the number. Also, please do not dial 9-1-1 to "test" your phone or the system. This needlessly burdens the dispatchers and system with non-emergency calls.

DIAL: 9-1-1 only for an emergency. An emergency is any serious medical problem (chest pain, seizure, bleeding), any type of fire (business, car, building), or any life-threatening situation (fights, person with weapons, etc.). You can also use 9-1-1 to report crimes in progress, whether or not a life is threatened.

DO NOT: dial 9-1-1 for a non-emergency. Instead, dial the agency's listed 10-digit non-emergency telephone number. A non-emergency incident is a property damage accident, or a "cold" break-in to a vehicle, theft of property or vandalism, you should also use the non-emergency telephone number for intoxicated persons who are not disorderly, or cars blocking the street or alley.

IF: you dial 9-1-1 in error, do not hang up the telephone. Instead, stay on the line and explain to the dispatcher that you dialed by mistake and that you do not have an emergency. If you hang up, a dispatcher will call back to confirm that there is no emergency. If you don't answer, a police officer or deputy must be dispatched to confirm that you are OK. This will needlessly take resources away from genuine emergencies.

CALLS: to 9-1-1 are answered immediately by a dispatcher if one is available. However, if all call takers are busy on other calls, the 9-1-1 call may be answered by a recording, and then automatically routed to the first available call-taker. If you reach a recording, do not hang up and then call back. Stay on the line and your call

will be answered in order. If you hang up and call back, your call will be delayed because you will be placed back at the end of the line of waiting calls.

WHEN: the dispatcher answers, briefly describe the type of incident you are reporting. For example, “I’m reporting an auto fire,” or “I’m reporting an unconscious person,” or “I’m reporting a shoplifter.” Then stay on the line with the dispatcher—do not hang up until the dispatcher tells you to. In some cases, the dispatcher will keep you on the line while the emergency units are responding to ask additional questions or to obtain on-going information.

LET: the call-taker ask you questions—they have been trained to ask questions that will help prioritize the incident, locate it and speed an appropriate response. Your answers should be brief and responsive. Remain calm and speak clearly. If you are not in a position to give full answers to the call-taker, stay on the phone and the dispatcher will ask you questions that can be answered “yes” or “no.”

BE: prepared to describe your location and the location of the emergency. Although an Enhanced 9-1-1 system will display your telephone number and location, the dispatcher must confirm the displayed address or may ask you for more specific location information about the victim or suspects.

BE: prepared to describe the persons involved in any incident. This includes their race, sex, age, height and weight, color of hair, description of clothing, and presence of a hat, glasses or facial hair.

BE: prepared to describe any vehicles involved in the incident. This includes the color, year, make, model and type of vehicle (sedan, pick-up, sport utility, van, tanker truck, flatbed, etc.). If the vehicle is parked the dispatcher will need to know the direction it’s facing. If the vehicle is moving or has left, the dispatcher will need to know the last direction.

BE: patient as the dispatcher asks you questions. While you are answering the dispatcher's questions, he/she is entering or writing down the information. If you are reporting an emergency, most likely a response is being made while you are still on the line with the dispatcher.

LISTEN: to the dispatcher's instructions for assistance if you are in danger yourself. The dispatcher may tell you to leave the building, secure yourself in a room or take other action to protect yourself.

DON'T: hang up until the call-taker tells you to. Follow any instructions the dispatcher gives you, such as meeting the officers at the door, or flagging down the firefighters at the curb.

IF: you are able and have training, apply first aid to any patients who need it. Give the victim reassurance that help is on the way. Secure any dogs or other pets that may interfere with the emergency response. Gather any medications the patient is taking and which the medical crew will need to take with the patient.

COMMUNITY EMERGENCY RESPONSE TEAM (CERT)



Any member of the community that is interested in learning about family and community safety

About CERT....

The goal is to train members of neighborhoods, community organizations, or workplaces in basic response skills.

If a disastrous event overwhelms or delays professional response, CERT members can assist themselves, their family, and their neighbors by applying the basic response and organizational skills they learn during CERT training. These skills can help save and sustain lives following a disaster until help arrives. CERT skills also apply to daily emergencies.

CERT TRAINING ENABLES PARTICIPANTS TO:

- Identify types of hazards most likely to affect them directly
- Learn the function of CERT and their role in immediate response
- Take steps to prepare themselves for any disastrous situation
- Identify and reduce potential fire hazards in and around their homes and work place
- Apply techniques for CPR and First Aid
- Set up treatment areas for families and pets

Upon completion of CERT training, we give you \$75.00 worth of supplies and equipment FREE!!

For More Information about Training Opportunities:

Visit our website at: www.rrcert.com

Contact: CERT Coordinator

Phone: (505) 891-5856

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