






# Emergency Preparedness Guide

**Disasters Happen.**

**Prepare now for the next one.**

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Use the tips in this book to help you prepare your family and your home for the next disaster.

**Start planning now!**

# KNOW THE HAZARDS AND THEIR AFFECTS

## LEARN WHAT HAZARDS MAY AFFECT YOU

A key first step in disaster preparedness is understanding the types of emergencies that could occur in your community. The Limestone County Emergency Management Agency has determined the top hazards in Limestone County by assessing the frequency of occurrence and the damage caused by each hazard. The top three hazards are thunderstorms, floods and winter storms. Other hazards that may occur are drought, earthquake, wildfire, acts of terrorism, extreme temperatures, landslide, and power outages.

On pages 10 - 28 of this preparedness guide, you will find steps to take **BEFORE, DURING** and **AFTER** a disaster.

## ASSESS YOUR SPECIFIC NEEDS

Determine the specific needs for yourself and your family members. Consider the following and check each that apply:

- ✓ Do you depend on someone else to provide your food and/or medication?
- ✓ Do you depend on someone else for transportation?
- ✓ Do you have hearing or visual impairment?
- ✓ Do you require medical equipment for survival?
- ✓ Do you require a wheelchair or other mobility device?
- ✓ Do you have other specific needs?

No matter what your needs are, planning ahead can help you meet those needs.

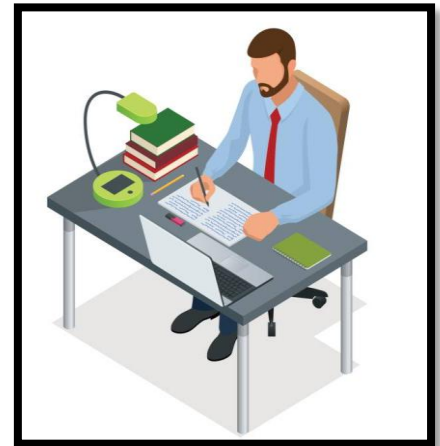
# MAKE PLANS

## CREATE A SUPPORT NETWORK

Identify people that can check on you and assist you when an emergency occurs. Include neighbors, friends and relatives. Ensure they are dependable and will be available when you need them. Talk to them about the type of assistance you may need in an emergency. Keep their phone numbers in a location that is easily accessible and include them in your communications plan.

## MAKE A COMMUNICATIONS PLAN

In an emergency, you may need to call for help. Make a list of emergency phone numbers that you may need. Include members of your support network, friends, and relatives that will want to know that you're safe. Record your phone number and address on the list to refer to in the event you're unable to think clearly.



## STAY INFORMED

### Emergency Alerts

You need to have multiple methods of receiving emergency alerts and warnings. Any of the following methods will provide you with alerts for your area:

- ✓ NOAA Weather Radio ((Contact EMA for assistance in programming)
- ✓ Battery-powered Radio (Should be set to a local station)
- ✓ Smart911 (Can provide first responders with valuable information about you and your family)
- ✓ Download an app for emergency warnings (be sure it's set to receive warnings for Limestone County)

Sign up for  
**Smart911**  
at [Smart911.com](https://www.smart911.com)

### Up-to-Date Information

You need to have a method in place to stay informed.

- ✓ Local TV and radio stations will provide you with up-to-date information.
- ✓ Alabama 2-1-1 provides incident specific information during times of disaster, including road closures and shelters. Dial 2-1-1 to receive information for your area.
- ✓ Dial 7-1-1 for TTY/Relay Service (This number may be used by persons that are deaf, hard of hearing, or speech-challenged and use relay equipment.)

## MAKE AN EVACUATION PLAN

In the event of an emergency, you may be instructed to evacuate in order to keep you safe from a potentially dangerous situation. Make an evacuation plan now to ensure you and your family know what to do and where to go. Include a checklist in your plan with specific instructions so you can act quickly.

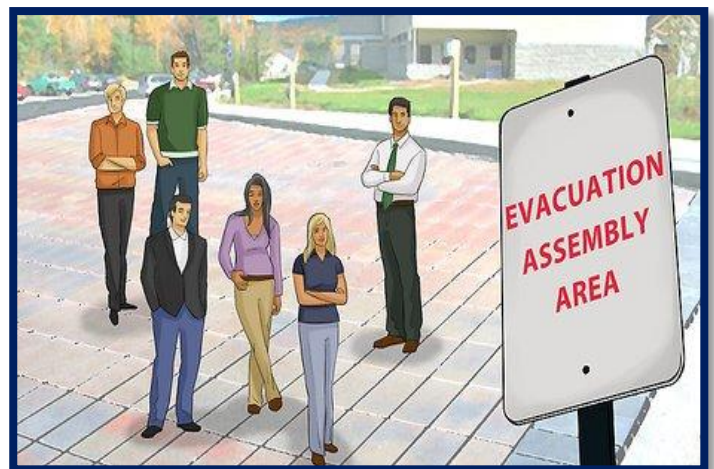
### EVACUATION CHECKLIST

- ✓ Shut off your water, gas and electricity
- ✓ Check with your neighbors to see if they need a ride.
- ✓ Tie a white cloth on your front door or mailbox to let emergency workers know that you have evacuated your home
- ✓ Take your Go Kit
- ✓ Take your pets with you with plenty of food and water for them. (Pets may not be permitted in public shelters.)
- ✓ Listen to your radio for additional instructions
- ✓ Follow recommended evacuation routes. Do not attempt to take shortcuts as they may be blocked.
- ✓ Be alert for road hazards, such as washed-out roads or bridges or downed power lines.
- ✓ Call your emergency contact to inform them of the situation and give them your location.

### Fire Escape Plan

Include procedures for evacuating your home, when making your plan.

- ✓ Identify two ways out
- ✓ Ensure windows and doors are accessible and operational. Some older homes may have windows that will not open. Repair them now!
- ✓ Designate a specific assembly point, such as a neighbor's front porch
- ✓ Practice your plan to ensure young children will remember where meet.



## LEARN HOW TO SHELTER IN PLACE

In an emergency, you may be instructed to shelter in place to keep you safe from a potentially dangerous situation. Plan now to ensure you know what actions to take.

### IF YOU ARE AT HOME

- ✓ DO NOT GO OUTDOORS
- ✓ Close and lock all windows and exterior doors
- ✓ If there is a danger of explosion, close the window shades, blinds or curtains
- ✓ Turn off all heating and air conditioning systems
- ✓ Close the fireplace damper
- ✓ Use duct tape and plastic sheeting to seal doors and windows
- ✓ Keep pets indoors
- ✓ Go to an interior room, above the ground floor, with the fewest windows or vents.
- ✓ Listen to your radio for additional instructions
- ✓ Call an emergency contact to inform them of the situation

### IF YOU ARE IN YOUR VEHICLE

- ✓ If you are close to home, continue on and immediately go inside.
- ✓ If you must stay in your vehicle, REMAIN IN YOUR VEHICLE.
- ✓ Close windows and vents.
- ✓ Turn off heat or air conditioning.
- ✓ If possible, seal vents with duct tape.
- ✓ Listen to your radio for additional instructions.
- ✓ Call an emergency contact to inform them of the situation and give them your location.

## DON'T FORGET YOUR PETS



Pets depend on you for their care. Plan now for their care during emergencies. Identify backup caregivers who can see to the needs of your pet if you're unable to. Record specific instructions for feeding, medication, etc. If you must leave your pet at home, be sure to leave them with plenty of food and water. If you must evacuate your pet, take the pet supplies needed to care for your pet. NOTE: Pets are not allowed in most shelters, with the exception of certified service animals.



## EMERGENCY KIT FOR YOUR CAR

### The Basics

- ✓ Bottled water
- ✓ High protein snacks
- ✓ First-aid kit
- ✓ Flashlight
- ✓ Flares or Reflectors
- ✓ Cell phone charger

### Add these to your kit during the Winter months

- ✓ Cat litter or sand
- ✓ Ice scraper
- ✓ Warm blankets
- ✓ Warm clothing and socks



## GO-KIT

### The Basics

- ✓ Bottled water
- ✓ High protein snacks
- ✓ First-aid kit
- ✓ Flashlight
- ✓ Whistle

### Special Items

- ✓ Medications
- ✓ Baby items (formula, diapers, bottles)
- ✓ Personal hygiene items

### Additional Items to Take

- ✓ Cash, checkbook, credit cards
- ✓ Important papers



## Emergency Kit Maintenance

Just as important as putting your supplies together is maintaining them so they are safe to use when needed.

Here are some tips to keep your supplies ready and in good condition:

- ✓ Keep your kit in a dry place where the temperature is cool.
- ✓ Store boxed food in tightly closed plastic or metal containers to protect from pests and to extend its shelf life.
- ✓ Throw out any canned good that becomes swollen, dented, or corroded.
- ✓ Change stored food and water supplies every six months. Throw out all out of date food.
- ✓ Re-think your needs every year and update your kit as your family needs change.

Keep items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers, such as a storage bin or duffel bag.

# MEDICAL NEEDS IN A DISASTER

In a disaster, people with special medical needs have extra concerns. The information below will help you and your family prepare for your medical needs in a disaster.

## MEDICATIONS

- ✓ Always have at least a three-day supply of all your medications. In some emergencies, such as an influenza pandemic, you may need to prepare for a week or more.
- ✓ Store your medications in one location in their original containers.
- ✓ Keep an updated list of all your medications: name of medication, dose, frequency, and the name of the prescribing doctor.

## MEDICAL SUPPLIES

- ✓ Have an extra three-day supply of any medical supplies you use, such as bandages or syringes.

## ELECTRICALLY POWERED MEDICAL EQUIPMENT

- ✓ For all medical equipment requiring electrical power — beds, breathing equipment or infusion pumps — check with your medical supply company and get information regarding a back-up power source such as a battery or generator.

## OXYGEN AND BREATHING EQUIPMENT

- ✓ If you use oxygen, have an emergency supply (enough for at least a three-day period).
- ✓ Oxygen tanks should be securely braced so they do not fall over. Call your medical supply company regarding bracing instructions.
- ✓ If you use breathing equipment, have a three-day supply or more of tubing, solutions and medications.

## INTRAVENOUS (IV) AND FEEDING TUBE EQUIPMENT

- ✓ Know if your infusion pump has battery back-up, and how long it would last in an emergency.
- ✓ Ask your home care provider about manual infusion techniques in case of a power outage.
- ✓ Have written operating instructions attached to all equipment.

# FOOD SAFETY

In an emergency, food and water can become contaminated. The following tips will help you reduce the risk of contamination.

## FOOD SAFETY

- ✓ Do not eat any food that may have come into contact with contaminated water.
- ✓ Do not mix powdered baby formula with water that may be contaminated.
- ✓ Keep refrigerator and freezer doors closed as much as possible. Refrigerators will keep foods cool for approximately 4 hours if unopened. A full freezer will hold its' temperature for about 48 hours if unopened. Do not eat foods that have been in refrigerator or freezer longer than the times stated above.
- ✓ Do not eat any food that has an unusual smell, color or texture. Never taste food to determine if it is safe. "When in doubt, throw it out."
- ✓ Cook or reheat food to an internal temperature of 165°. Cook meat to an internal temperature of 170°.

## WATER SAFETY

- ✓ Do not use bottled water unless you are sure that it came from a safe, commercial source.
- ✓ Do not use contaminated water for any reason.
- ✓ Boiling water is the preferred method to kill harmful bacteria and parasites. Most disease micro-organisms in water will be killed by vigorous boiling for one minute.
- ✓ Water can be treated with unscented household chlorine bleach, however, this method is only effective for killing bacteria. To use chlorine bleach, follow these instructions:
  - If water is clear, add 1/8 teaspoon of bleach to 1 gallon of water
  - If the water is cloudy, add 1/4 teaspoon of bleach to 1 gallon of water
  - Mix the bleach and water thoroughly and let stand for about 30 minutes before use. If the water does not smell slightly of bleach, DO NOT use it.

# HOME UTILITY SAFETY

In the event of a disaster, you may be instructed to shut off the utility service at your home. Below are some general guidelines for shutting off utility service. You should modify the information provided to reflect your shut off requirements as directed by your utility company.

## NATURAL GAS

Natural gas leaks and explosions are responsible for a significant number of fires following disasters. It is vital that all household members know how to shut off natural gas.

### TO SHUT OFF GAS

Contact your local gas company for guidance on gas shut-off procedures for your specific meter configuration. If you turn off the gas for any reason, a qualified professional must turn it back on. When practicing shut-off procedures, DO NOT turn gas off.

**CAUTION** - If you smell gas or rotten eggs, or hear a hissing noise, open a window and get everyone out quickly. Do not use a lighter, a telephone (cell or landline), any electric appliance, or turn a light switch on or off. Turn off the gas, using the outside main valve, and call the gas company from a neighbor's home.

## ELECTRICITY

Electrical sparks have the potential of igniting natural gas if it is leaking. It is wise to teach all responsible household members where and how to shut off the electricity.

### TO SHUT OFF ELECTRICITY

1) Locate your circuit box. 2) Shut off all individual circuits. 3) Shut off the main circuit breaker.

## WATER

Water quickly becomes a precious resource following many disasters. It is vital that all household members learn how to shut off the water at the main valve. Label the valve for easy identification and replace it if you can't turn it.

### TO SHUT OFF WATER

Locate and turn off the shut-off valve for the water line that enters your house.

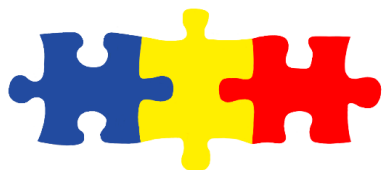
### Call before you dig



After a disaster, you may be doing work around your home. If digging is required, call 8-1-1 first to have utilities located prior to digging.



# WHAT TO DO... BEFORE, DURING, AND AFTER A DISASTER



Putting the pieces together

There are many types of emergencies and the kind of emergency determines what you will need to do to be ready. You will need to gather some supplies, make some lists, and practice with your family. The actions you take during and after an emergency could save your life.

Don't wait – Start now!

**BEFORE** an emergency occurs, it's important to be prepared. Different emergencies call for varying levels of preparedness.

**DURING** the emergency, you will need to know the actions you should take to protect yourself and your family.

**AFTER** the emergency, there are some things that you can do to ensure your safety.

# EARTHQUAKE



## BEFORE

- Secure heavy items and items that may fall or turn over (bookshelves, light fixtures, mirrors, televisions, refrigerators) Strengthen home and workplace structures based on a professional review to prevent possible damage from falling debris and buildings.

## DURING

- **Drop** to your hands and knees to minimize injuries from falls and minimize movement to avoid debris— walking or running makes you vulnerable to moving, flying, or falling objects.
- **Cover** your head and neck with your arms and other objects. If sturdy furniture is nearby and you are able to crawl there without going through debris, cover under sturdy furniture to protect your body, and cover your head and neck with your arms and other objects.
- **Hold on** to stay covered during shaking.
- Do not run outside. If indoors, stay there until the shaking stops. If in bed, stay there and cover your head and neck with a pillow.
- If in a vehicle, stop in a clear area that is away from buildings, trees, overpasses, underpasses, or utility wires. If near slopes, cliffs, or mountains, be alert for falling rocks and landslides.
- Do not use an elevator.

## AFTER

- After the shaking stops, if you are in a damaged building and there is a safe way out through the debris, leave and go to an open space outside
- Expect aftershocks following the last large quake.
- If you are trapped, send a text or bang on a pipe or wall. Cover your mouth for protection and use a whistle, if available.
- Follow instructions provided by local authorities.
- When cleaning up, wear protective clothing, including work gloves and sturdy, thick-soled shoes.

# EXTREME HEAT



## **BEFORE**

- Stay indoors in a location with working air conditioning.
- Know methods for reducing heat impact. Such as using shade to block sun, wearing light-colored and loose-fitting clothing, and staying hydrated to reduce heat impact.
- If outdoors, seek shaded areas. Wear a wide-brimmed hat to protect your face from the sun. Avoid overexertion and physically demanding activity, especially during the warmest times of the day.
- Never leave a child, adult, or animal alone inside a vehicle on a warm day.
- Check on your family and neighbors.
- Know and watch for the signs of heat-related illnesses.
  - ✓ Cramps
  - ✓ Exhaustion
  - ✓ Rapid and strong pulse
  - ✓ Skin that is hot to the touch
  - ✓ Dizziness
  - ✓ Confusion
  - ✓ Lack of sweat

## **DURING**

- Heat stroke is a medical emergency. Call 9-1-1 or get the victim to a hospital immediately.
- In the event of heat stroke, take the following actions:
  - ✓ Move the person to a cooler location
  - ✓ Put person in a cool bath
  - ✓ Sponge skin with cold water
  - ✓ Place ice packs or cool wet cloth on neck, armpits and groin
  - ✓ Wrap person in wet sheets
  - ✓ Place person in front of a fan
  - ✓ Watch for breathing problems

# FLOOD



## **BEFORE**

- Find out the type of flood risk(s) likely for your area. Depending on the specific location and type of flooding, plan for evacuation, shelter, or to move to a higher location nearby.
- Know the facts. Depth of floodwater is hard to determine. Six inches of moving water may be enough to knock you off your feet. 12 inches of moving water may move a small vehicle.

## **DURING**

- If told to evacuate, do so immediately. Never drive around barricades. Local responders use them to safely direct traffic out of flooded areas.
- Seek high ground right away if you expect flooding.
- If trapped in a building, go to the highest level of the building. Avoid basements and lower floors, but do not climb into a closed attic, as you may become trapped there if floodwater rises. Go onto the roof only if necessary. Signal for help.
- Do not go into flooded building.
- Use a generator or other gasoline-powered machinery only outdoors and away from windows.

## **After the Disaster**

- Do not wade through standing water. It may be electrically charged.
- Floodwater may contain dangerous debris and be contaminated.
- Use protective clothing like safety goggles, work gloves, hard hats, and waterproof boots when cleaning up after a flood. Be aware that snakes and other animals may be in your house.
- Be aware of the risk of electrocution. Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off the electricity to prevent electric shock.

**Turn Around, Don't Drown!**

# HURRICANE



In North Alabama, the effects of a hurricane differ from the coastal areas. Strong gusty winds, heavy rainfall, and tornadoes are the potential threats that may occur as a hurricane storm moves through our area.

See the sections on flood, thunderstorms, and tornadoes for information on those hazards.

# LANDSLIDE



## **BEFORE**

- Avoid building in areas at risk for a landslide, such as steep slopes, property close to cliffs, or near drainage ways.
- Plant ground cover and build walls to direct the mudflow around buildings.
- Recognize warning signs such as new cracks in the ground or building foundations, soil moving away from foundations, changes in stream water levels, tilting objects such as doors, fences, or poles, and unusual cracking or rumbling sounds.

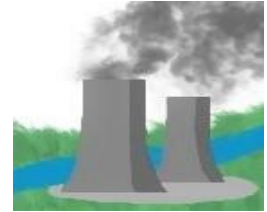
## **DURING**

- Evacuate immediately if authorities tell you to.
- Move away from the path of a landslide or debris flow. You may not be able to escape from the mudslide or debris flow once it starts, so stay away from the outer edges.
- During landslide conditions, avoid rock ledges, bases of steep slopes, ravines, drainages, or narrow cantons.

## **AFTER**

- After a landslide, stay away from the sliding area because more earth, rock, or debris may come loose.
- Watch for flooding after a landslide, mud flow, or debris flow.

# NUCLEAR POWER PLANT INCIDENT



The Browns Ferry Nuclear Power Plant is located in southwestern Limestone County, adjacent to the Tennessee River. There are specific things you need to know in order to be prepared in the event of an incident at the nuclear plant.

## **BEFORE**

- Know the EMERGENCY CLASSIFICATIONS. If there is an incident at the Browns Ferry Nuclear Power Plant, the event will be placed into one of the following categories:
  1. NOTIFICATION OF UNUSUAL EVENT – This is a minor incident and the least serious of the four. This type of event poses no risk to you or to plant employees.
  2. ALERT – This means an event has occurred that could reduce the level of safety of the plant, but backup systems are available. Emergency agencies are taking appropriate actions. No actions are required by the public.
  3. SITE AREA EMERGENCY – This means that there is a problem with plant safety systems and a release of some radioactivity into the air or water is possible. Emergency agencies are taking appropriate actions. The warning sirens will be sounded.
  4. GENERAL EMERGENCY – This means an event has occurred at the plant causing the loss of several safety systems that could lead to a release of radiation. Emergency agencies are taking appropriate actions. The warning sirens will be sounded.
- If you live within the 10-Mile Emergency Planning Zone, you need to know what sector you live in. Determine this by one of the following methods:
  - ✓ Refer to your Browns Ferry Calendar
  - ✓ Go to the Limestone County EMA website at: [www.limestonecountyma-al.gov](http://www.limestonecountyma-al.gov)
  - ✓ Go to TVA's website at [www.tva.com/prepare](http://www.tva.com/prepare)
  - ✓ Call the Limestone County EMA at (256) 232-2631
- School children will be given top priority during an emergency. Schools located in Limestone County have emergency plans in place. Parents should review the school's emergency plans to get specific details on actions that will be taken to protect your child.

## DURING

- If you hear the WARNING SIRENS:
  - ✓ Turn on a local radio or television station and listen for information and instructions on what you should do. Local stations are as follows:
    - Radio Stations: WZYP-FM (104.3), WDRM-FM (102.1)
    - TV Stations: WAAY-TV (31), WAFF-TV (48), WHNT-TV (19)
  - ✓ Do not use the phone unless absolutely necessary. Lines need to be open for emergency responders to use.
  - ✓ Do not call 911.
- Know what you should do if told to take one of the four PROTECTIVE ACTIONS:
  1. MONITOR AND PREPARE
    - ✓ Tune to a local radio or TV station and listen for information and instructions
    - ✓ Prepare for the possibility of evacuation or sheltering in place
  2. GO INSIDE – STAY INSIDE
    - ✓ Go indoors and stay there until further notice
    - ✓ Lock all doors and windows
    - ✓ Do not drive unless it is an emergency
    - ✓ Listen to your local radio or TV station for more instructions
  3. SHELTER IN PLACE
    - ✓ Go indoors and stay there until further notice
    - ✓ Close all doors and windows
    - ✓ Shut off air conditioners, furnaces, fireplace vents, and dampers
    - ✓ If you must go outside, protect your breathing. Place a damp cloth or towel over your nose and mouth.
    - ✓ Tune to a local radio or TV station and listen for information and instructions
    - ✓ Prepare for the possibility of evacuation
  4. EVACUATION
    - ✓ Take a few items with you (see GO-KIT on page 6 of this booklet)
    - ✓ Turn off lights, appliances and water
    - ✓ As you leave, lock your doors and tie a white cloth on your front door to let emergency workers know you have left
    - ✓ Keep car windows closed and air conditioner off while evacuating
    - ✓ If you are asked to evacuate, follow the evacuation routes to the designated Reception Center for your sector.

- ✓ It's important that you register at the Reception Center, even if you don't intend to stay in the shelter.

**LIMESTONE COUNTY RECEPTION CENTERS**

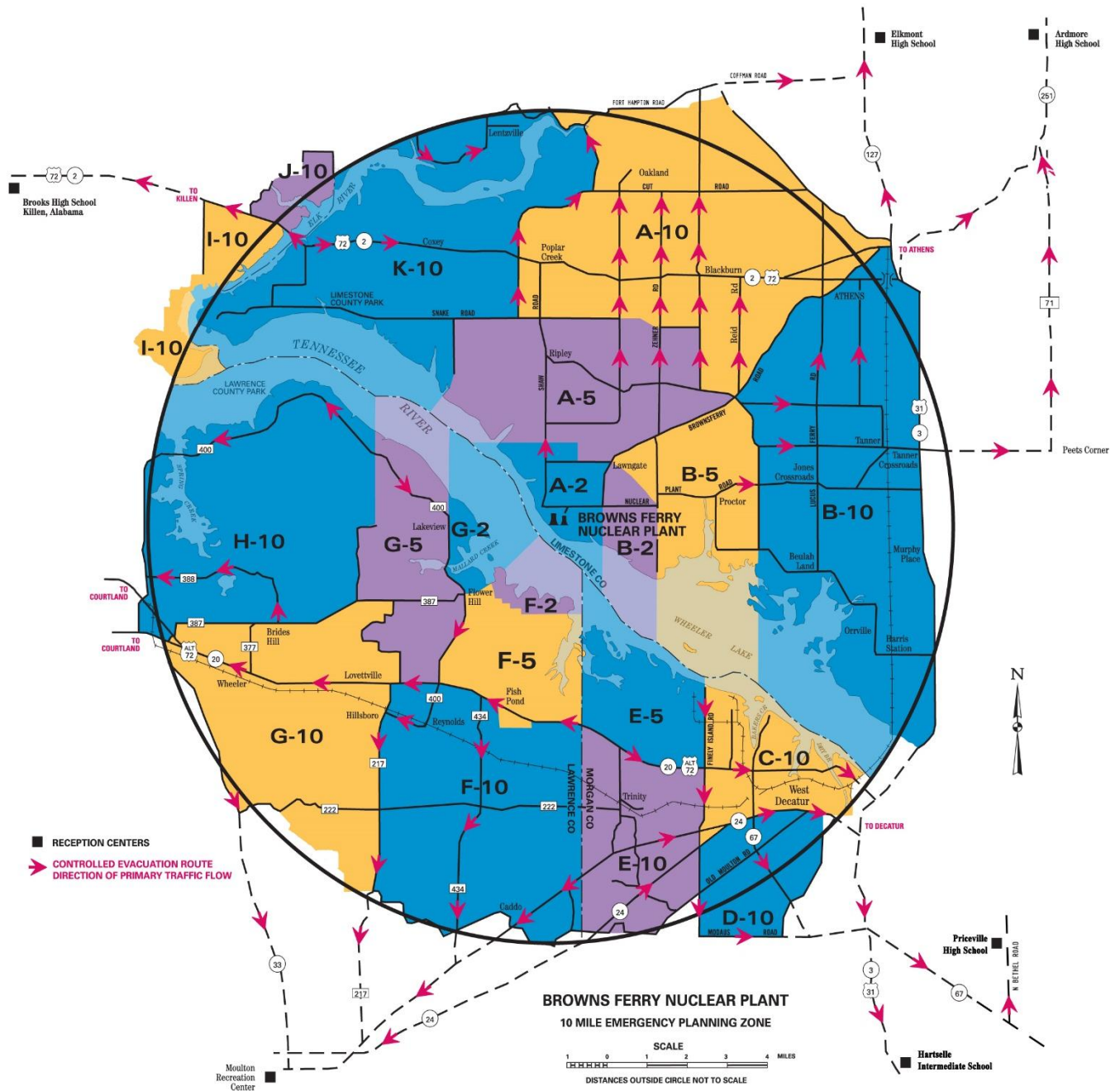
<b>SECTOR</b>	<b>DESIGNATED RECEPTION CENTER</b>
A-2	Elkmont High School
B-2	Ardmore High School
A-5	Elkmont High School
B-5	Ardmore High School
A-10	Elkmont High School
B-10	Ardmore High School
K-10	Elkmont High School

- ✓ There is a possibility, however very unlikely, that residents living outside of the 10-Mile EPZ may be asked to evacuate. If so, specific instructions, for those residents, would be given at that time.
- ✓ Monitor a local radio or TV station for information and instructions on when you can return home

**Instructions for protecting Crops and Livestock**

If an incident at the nuclear plant causes a release of radiation, water, crops, and land can become contaminated. For specific information regarding this, see the following website: [www.alabamapublichealth.gov/radiation/assets/agbooklet.pdf](http://www.alabamapublichealth.gov/radiation/assets/agbooklet.pdf)

# EVACUATION ROUTE MAP WITH SECTOR AND RECEPTION CENTERS



# PANDEMIC



## **BEFORE**

- Learn how diseases spread.
- Prepare for the possibility of school and workplace closings.
- Keep a stock of supplies that may be needed during a pandemic, such as disposable masks, hand sanitizer, and disinfectant cleaning products, as well as supplies for your disaster supply kit.

## **DURING**

- Follow the instructions provided by local, state and federal health authorities.
- Stay up-to-date with available vaccines.
- Improve ventilation within your home by opening windows and keeping the fan running on your air conditioning system.
- Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place and after blowing your nose, coughing, or sneezing. If soap and water are not available, use a hand sanitizer that contains at least 60 percent alcohol.
- Avoid close contact with people who are sick by keeping a distance of six feet between you and other people. If possible, stay home and practice social distancing.
- Wear a cloth face covering that covers your mouth and nose when going out in public.
- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

## **AFTER**

- Continue to follow the instructions provided by local, state and federal health authorities.
- Stay up-to-date with available vaccine boosters.
- Continue to follow steps to prevent the spread of a pandemic.

# POWER OUTAGE



## **BEFORE**

- If you have medical equipment or assistive technology devices that are dependent on power for life-sustaining purposes, ensure you have battery back-up, generator, or other means of providing power to the devices.
- Keep a supply of batteries to meet your needs when the power goes out.
- Install battery-powered smoke detectors and carbon monoxide detectors in central locations on every floor of your home and outside of bedrooms. Electric detectors with battery backup are also acceptable.
- Keep mobile phones and any battery-powered devices charged, and make sure you have backup charging methods such as a car charger.
- Keep your car's gas tank full. If you use your car to charge devices, do not leave the car running in a garage, partly closed space, or near a home to avoid carbon monoxide poisoning.

## **DURING**

- During a power outage, only use flashlights for lighting. Avoid using candles, as they could be a fire hazard.
- Turn off or disconnect appliances and other equipment to protect them from quick power surges. Whenever possible, use surge protectors.
- Avoid carbon monoxide poisoning. Generators, camp stoves, or charcoal grills should always be used outdoors and at least 20 feet away from windows. Never use a gas stovetop or oven to heat your home. Follow manufacturer instructions.
- Check on your neighbors. Older adults and young children are especially vulnerable to extreme temperatures.
- Keep perishable food cold to avoid illness. Keep a thermometer in your refrigerator and freezer to monitor the temperature. When in doubt, throw it out! Throw away any food that has been exposed to temperatures 40 degrees or higher for two hours or more, or that has an unusual odor, color, or texture.

## **AFTER**

- If the power is out for more than a day, discard any medication that should be refrigerated, unless the drug's label says otherwise.

# TERRORISM



## ACTIVE SHOOTER

### BEFORE

- Be observant of your surroundings at all times.
- Learn first aid skills and CPR
- Become familiar with your location - identify exits and places to hide
- If you see or hear something or see someone acting suspicious, report it to law enforcement.

### DURING

- **Run.** Getting away from the shooter(s) is the top priority. If safe to do so, warn others nearby and call 911. Describe each shooter, their locations, and weapons.
- **Hide.** If you cannot get away safely, find a place to hide. Get out of the shooter's view and stay quiet. Silence your electronic devices, lock and block doors, close blinds, and turn off the lights. Do not hide in groups—spread out along walls or hide separately.
- Try to communicate with police silently, such as by text messages or by putting a sign in an exterior window. Do not endanger your life in attempting this.
- **Fight.** As a last resort, defend yourself. Commit to your actions and act aggressively to stop the shooter.

### AFTER

- Keep hands visible and empty.
- Know that law enforcement's first task is to end the incident. They may have to pass injured persons along the way.
- Follow law enforcement's instructions and evacuate in the direction they describe.

# CYBERSECURITY

## **BEFORE**

- Keep software and operating systems up-to-date.
- Use strong passwords and two-factor authentication.
- Watch for suspicious activity. This could be any message that asks you to complete a task immediately, offers something that seems too good to be true, or asks for personal information.
- Use encrypted (secure) internet communications.
- Have antivirus and firewall solutions to block malware and other threats.
- Regularly back up your files in an encrypted file or on a storage device.
- Limit the personal information you share online. Change privacy settings and deactivate location features.
- Protect your home network by changing the administrative and Wi-Fi passwords regularly.

## **DURING**

- Notify local law enforcement.

# THUNDERSTORMS

**LIGHTNING • HAIL • HIGH WINDS • TORNADOES**



## BEFORE

- Know your facts:
  - ✓ Lightning kills an average of 20 people per year.
  - ✓ TORNADO WATCH means tornadoes are possible in or near the area. Be ready to act quickly if a warning is issued. Stay close to a safe room or shelter.
  - ✓ TORNADO WARNING means a tornado has been sighted or indicated by weather radar. Seek shelter immediately!
  - ✓ See page 20 to help you understand thunderstorm prediction categories
- Determine where you will seek shelter.
- If you don't have a shelter or safe room, learn the location of the public shelter nearest you. See page 21 for a list of public shelters

## DURING

### **When a thunderstorm occurs in your area:**

- When you hear thunder or see lightning, immediately get inside a sturdy building or enclosed vehicle. Keep from touching anything metal.
- Do not take shelter in small sheds, gazebos, dugouts, bleachers, in a convertible car, or under a tree. If boating or swimming, get to land and find a sturdy, grounded shelter or vehicle immediately.
- Do not use landline phones.
- Avoid water during a thunderstorm. Do not take a shower/bath and avoid having your hands in water (washing hands or dishes).



### **When a Tornado Warning is issued, if you see a tornado, or if strong winds are occurring:**

- **Seek shelter immediately!**
- The safest place to shelter is in an underground shelter or safe room built to withstand tornadoes.
- The best alternative is a small, interior, windowless room on the lowest level of a sturdy building that is not at risk of flooding.
- Mobile homes are NOT safe! Go to a safer location prior to the event, if possible.

- If caught outside, seek shelter in the nearest sturdy building.
- If caught in a vehicle without time to move to a shelter, stay in the car with your seatbelt on and your head down and covered or exit your vehicle and lie flat in a ditch with your head covered. Be sure that ditch isn't in danger of flooding.
- Know the signs of a tornado, including a rotating funnel-shaped cloud, an approaching cloud of debris, or a loud roar—similar to a freight train.

**After**

- Check for injuries and give first aid. Life-threatening injuries may require an ambulance. Call 911 if injuries are severe.
- Stay informed, as additional storms may occur.
- Assess damage.
- Contact local authorities – fire or law enforcement, as needed.
- Report damage to EMA.
- Contact family and friends to assure them of your safety.
- Assist neighbors as needed.

Understanding Severe Thunderstorm Outlook Categories							
LEVEL	CATEGORY	DETAILS	SUMMARY	How many severe storms are possible?	How bad could the worst storms be?	DEFINITIONS	
	General Thunderstorm	Although severe weather is not expected, <i>all</i> thunderstorms can produce deadly lightning, gusty winds, and small hail.	No severe thunderstorms expected		Similar to storms your area experiences many times per year	<b>Severe Storm</b> Any storm that contains at least one of the following:	
<b>1</b>	<b>Marginal (MRGL)</b>	Some storms could be capable of damaging winds and severe hail. Localized tornado threat could develop.	Isolated severe storms possible		Similar to storms your area may experience several times per year	<b>Wind gusts of at least 58 mph</b>	
<b>2</b>	<b>Slight (SLGT)</b>	Increased confidence that some storms will contain damaging winds, severe hail, and/or tornado potential. <i>A few severe storms could be significant</i>	Isolated to scattered severe storms expected		Similar to storms your area may experience a few times per year	<b>Hail at least one inch in diameter</b> <b>Tornado</b>	
<b>3</b>	<b>Enhanced (ENH)</b>	High confidence that several storms will contain damaging winds, severe hail, and/or tornadoes. <i>Several severe storms could be significant</i>	Scattered to numerous severe storms expected		Similar to intense storms your area may only experience once or twice per year	<b>Significant Severe</b> Any of the following hazards:	
<b>4</b>	<b>Moderate (MDT)</b>	High confidence that many storms will contain damaging winds, severe hail, and/or tornadoes. <i>Several severe storms likely to be significant</i>	Scattered to numerous severe storms expected		Similar to intense storms your area may only experience once per year or less	<b>Wind gusts of at least 75 mph</b> <b>Hail at least two inches in diameter</b>	
<b>5</b>	<b>High (HIGH)</b>	High confidence that an outbreak of storms will contain tornadoes, damaging winds, and/or severe hail. <i>Tornado outbreak and/or widespread damaging winds</i>	Numerous severe storms expected		Very intense storms your area may only experience once or twice in a lifetime	<b>Tornado of at least EF-2 rating</b>	

# COMMUNITY STORM SHELTERS & SAFE ROOMS IN LIMESTONE COUNTY



Shelters will open when Limestone County is under a Tornado Watch.

Pets are not allowed in shelters, with the exception of registered service animals.

## **ARDMORE CITY HALL**

25844 Main St.  
Ardmore, Tennessee 38449

## **ARDMORE COMMUNITY SHELTER**

29910 Park Ave.  
Ardmore, AL 35739

## **ARK OF PROMISE COMMUNITY SHELTER**

Ark of Promise Church  
15159 Browns Ferry Rd.  
Athens, AL 35611

## **CLEMENTS COMMUNITY SHELTER**

Clements Vol. Fire Dept.  
9158 U.S. Hwy. 72 W.  
Athens, AL 35611

## **COWFORD COMMUNITY SHELTER**

Corner of Cowford Rd. and Grover Dr.  
14008 Grover Dr.  
Athens, AL 35611

## **ELKMONT COMMUNITY SHELTER**

Elkmont Vol. Fire Dept.  
19663 Sandlin Rd.  
Elkmont, AL 35620

## **GOOD SHEPHERD METHODIST CHURCH**

1418 Old Railroad Bed Rd.  
Madison, AL 35757

## **GOOD SPRINGS COMMUNITY SHELTER**

Good Springs Vol. Fire Dept.  
33634 AL Hwy. 99  
Anderson, AL 35610

## **LESTER COMMUNITY SHELTER**

Lester Post Office  
30306 Lester Rd.  
Lester, AL 35647

## **OWENS COMMUNITY SHELTER**

Owens Vol. Fire Dept. Substation  
17196 Glaze Road  
Athens, AL 35611

## **OWENS ELEMENTARY SCHOOL**

21465 AL Hwy. 99  
Athens, AL 35611

## **PINE RIDGE COMMUNITY SHELTER**

10078 Settle Road  
Athens, AL 35611

## **PISGAH COMMUNITY SHELTER**

Oak Grove "Thatch" Vol. Fire Dept.  
27718 McKee Road  
Toney, AL 35773

## **PLEASANT GROVE COMMUNITY SHELTER**

Pleasant Grove Vol. Fire Dept.  
9080 Upper Snake Road  
Athens, AL 35614

## **WEST LIMESTONE HIGH SCHOOL**

(Open to the public after school hours only)  
10945 School House Rd., Lester, AL 35647

## **WOOLEY SPRINGS COMMUNITY SHELTER**

Wooley Springs Baptist Church Ed. Center  
27941 Bethel Road  
Elkmont, AL 35620

# WILDFIRE



## **BEFORE**

- Remove gas, oil, propane, and other sources of fuel from within 30 feet of your property, as well as items likely to catch on fire, such as garbage and yard waste.
- Reduce vegetation from 30 to 100 feet of your property. Trim trees and remove stray branches.
- Remove tree and shrub canopies that patch together within 200 feet from any structure in the neighborhood.
- Use fire-resistant construction materials when renovating or building new homes. Always check and comply with local building codes and regulations before building.
- Find an outdoor water source with a hose that can reach any area of your property.
- Stay informed of weather conditions and other emergencies that may cause a wildfire.
- Keep several masks or respirators in your emergency kit to prevent inhaling dangerous particles.

## **DURING**

- Follow the instructions provided by local authorities. Evacuate immediately when an order is issued. Your evacuation route could become blocked by the wildfire.
- Avoid hot ash, charred trees, smoldering debris, and live embers. The ground may contain heat pockets that can burn you or spark another fire.

# WINTER STORM



## **BEFORE**

- Install battery-powered smoke and carbon monoxide detectors in central locations on every floor of your home and in every bedroom.
- Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, bottled water, and non-perishable snacks. Include warm clothing and blankets. Keep the gas tank full.
- When temperatures are expected to be below freezing:
  - ✓ Bring pets indoors
  - ✓ Leave faucets running with a steady stream to prevent frozen pipes
  - ✓ Disconnect hoses from outdoor faucets
  - ✓ Prepare for power outage

## **DURING**

- Limit your time outside. If you need to go outside, wear layers of warm clothing. Watch for signs of frostbite and hypothermia.
- Avoid driving. If you are trapped, stay in your vehicle until help arrives. Run vehicle at intervals and only as necessary.
- Only use generators and grills outdoors. Never heat your home with a gas stovetop or oven.
- Check on neighbors. Older adults and young children are more at risk in extreme cold.

## **AFTER**

- Do not use a blowtorch or other heating device to thaw frozen pipes.

## HEATING YOUR HOME DURING A WINTER STORM



### KEROSENE AND PROPANE HEATERS

- Do not place near curtains, furniture or other flammable material.
- Be sure you have good ventilation when using heaters that require kerosene or propane.
- Refilling your kerosene heater:
  - ✓ Do not refill while heater is on or is hot
  - ✓ Refill outdoors only
  - ✓ Do not use cold fuel
  - ✓ Do not overfill
  - ✓ Use only the fuel recommended for your heater

### ELECTRIC HEATERS

- Do not place near curtains, furniture or other flammable material.
- Do not use with an extension cord
- Do not use in bathrooms

### WOOD BURNING STOVE/FIREPLACE

- Be sure chimney has been inspected and cleaned. This should be done annually.
- Do not use flammable liquids to start a fire.
- Place a screen in front of fireplace opening
- Do not use charcoal indoors.
- Keep flammable materials away
- DO NOT go to sleep with fire burning

# ABOUT EMA

The Limestone County Emergency Management Agency (EMA) is the coordinating agency for planning, mitigation, preparedness, response and recovery - before, during and after - a disaster. Planning, training and teamwork have been the key to a quick response and successful recovery from disasters that have impacted our community in the past.

The Limestone County Emergency Operations Center or EOC is the central point for the coordination of disaster response and recovery efforts in Limestone County and its' jurisdictions. The EOC provides a facility for decision makers to coordinate the emergency response and recovery process. The facility gives those decision makers a location to work together for improved communications, coordination and effectiveness.

The EMA staff consists of Director Eddie Gilbert and Trent Simon and Caleb King, Emergency Management Officers. Limestone County EMA is committed to working with local, state and federal agencies to provide the most comprehensive emergency management program possible for the citizens of Limestone County.

## **Contact Information:**

**Phone:** (256) 232-2631

**Email:** [ema@limestonecounty-al.gov](mailto:ema@limestonecounty-al.gov)

**Website:** [www.limestonecountyema-al.gov](http://www.limestonecountyema-al.gov)

# EMERGENCY NUMBERS

## **EMERGENCY 911 (EMERGENCY ONLY for Fire, Police, Ambulance)**

Ardmore Police Department .....	256-423-2146
Athens Fire and Rescue .....	256-233-8710
Athens Gas Department.....	256-216-8621
Athens Police Department .....	256-233-8707
Athens Utilities .....	256-232-1440
Elkmont Police Department .....	256-732-4211
Limestone County Emergency Management Agency.....	256-232-2631
Limestone County Sheriff's Department .....	256-232-0111

# VOLUNTEER ORGANIZATIONS

The Limestone County Volunteer Organizations Active in Disasters (VOAD) is an organization consisting of local voluntary organizations. VOAD is activated at the request of the Limestone County EMA and provides a point of coordination for its' member agencies. Limestone County VOAD works together to provide assistance to Limestone County families following a disaster.

**Interested in joining the Limestone County VOAD? Please contact us with one of the methods below.**

## **Contact Information:**

**Email:** [limestonecountyvoad@gmail.com](mailto:limestonecountyvoad@gmail.com)

**Phone:** 256-232-2631

**Website:** [www.limestonecountyema-al.gov](http://www.limestonecountyema-al.gov)

**Facebook:** @limestonevoad