

Emergency Preparedness Thunderstorms

- **When planning to be outdoors, be proactive:**
 - Watch TV or listen to a news radio station for the weather forecast
 - Listen to the NOAA radio (National Oceanic and Atmospheric Administration)
 - Keep an eye on the sky
 - Turn on car radio or use a portable radio for weather info
- **When thunderstorms threaten**
 - Take shelter
 - Home
 - Large building
- **Use the phone only if it is an EMERGENCY. Have a landline phone available in case of a power outage.**

Read slide. Test Question regarding how to obtain information regarding severe weather and other disaster: TV, Radio, and NOAA Weather Radio.

Emergency Preparedness Lightning

Lightning: often occurs during thunderstorms

→ To decrease the chance of a lightning strike

- Seek shelter (same as in a storm)
- Do not make yourself a lightning rod: avoid isolated trees, tall structures, open water, utility poles/wires, metal equipment, poles or railings, small metal vehicles (bikes, motorcycles or golf carts), wire fences, clotheslines, hilltops or other high places
- Forest: shelter under thick growth of small trees
- Open areas: shelter in low places-ravine/valley

Read slide

Emergency Preparedness Lightning

- If you are with a group of people, stay several yards apart. This makes you a smaller target.
- If caught on a level field and feel your hair standing on end or a tingling sensation, lightning may be imminent. Crouch down on the balls of your feet with knees bent and head down. Do not lie flat on the ground - this makes you a larger target.
- 30/30 Rule helps you determine how close lightning is
 - Count in seconds after you see lightning until you hear thunder, then divide by 5. The result will tell you how many miles away the lightning is. For example: You see lightning. You count 10 seconds and then you hear thunder. $10 \div 5 = 2$ miles
 - When you count 30 seconds or less between lightning and thunder, take shelter immediately and remain sheltered for 30 minutes after the last thunder.

Read slide

Emergency Preparedness Lightning

- People struck by lightning receive severe electrical shock and may be burned but carry no electrical charge. A lightning strike can cause cardiac arrest!!!

– First Aid:

- CPR/AED if indicated
- Check for burns
- IMMEDIATE ATTENTION IS NECESSARY (CPR and AED by a trained person only)



Emergency Preparedness

Lightning

Lightning: often occurs during thunderstorms

- To decrease the chance of a lightning strike

- Seek shelter (same as in a storm)
- Do not make yourself a lightning rod: avoid isolated trees, tall structures, open water, utility poles/wires, metal equipment, poles or railings, small metal vehicles (bikes, motorcycles or golf carts), wire fences, clotheslines, hilltops or other high places
- Forest: shelter under thick growth of small trees
- Open areas: shelter in low places-ravine/valley

Read slide

Emergency Preparedness Tornadoes

- **In severe weather stayed tuned to TV or radio and listen to the NOAA Weather Radio**
 - Tornado watch: conditions are favorable
 - Tornado warning: funnel cloud has been sighted
- **If warning is issued**
 - Take cover, following Tornado Response Procedures
 - The safest place is in the basement or crawlspace on the east end of the north wall in a location where heavy equipment is not above you on the first floor.
 - The safest place on the first floor is an interior room with no windows.
 - If outside without a building nearby, go to a ditch or low lying ravine/valley and lay down – away from vehicles.
 - Protect your head from flying debris.

Know where the shelter location is in the home and public buildings that you go to and be able to move there quickly

Read slide. A basement in a group home cannot be used for shelter if there is not an egress window big enough to get through. Handout: Tornado Fact Sheet

Test Questions: Safest place if no basement – an inside hallway or room with no windows. Definition of tornado watch.

Emergency Preparedness Tornadoes

- Tips
 - Most tornados come from the southwest
 - Most tornados occur between 3 and 9 p.m.
 - Peak tornado occurrence in the northern states is during the summer.
 - In some states, a secondary tornado maximum occurs in the fall.
- Look out for:
 - Dark, often greenish sky
 - Wall cloud
 - Large hail
 - Loud roar, similar to a train or jet plane
- Right before a tornado, usually there is a:
 - Sudden calmness in the atmosphere
 - No signs of animal life or sounds of birds chirping

Read slide. Hand out: Tornado Fact Sheet

FACT SHEET



Federal Emergency Management Agency

TORNADOES

When a tornado is coming, you have very little time to make life-or-death decisions. Advance planning and quick response are the keys to surviving a tornado.

TORNADO FACTS

- A tornado is a violently rotating column of air extending from a thunderstorm to the ground.
- Tornadoes are capable of destroying homes and vehicles and can cause fatalities.
- Tornadoes may appear nearly transparent until dust and debris are picked up or a cloud forms in the funnel. The average tornado moves SW to NE but have been known to move in any direction.
- The average forward speed is 30 mph but may vary from stationary to 70 mph and have rotating winds in excess of 250 mph.
- Tornadoes can accompany tropical storms and hurricanes as they move onto land.
- Waterspouts are tornadoes that form over water.

WHERE and WHEN

- Tornadoes can occur at any time of the year.
- Tornadoes have occurred in every state, but they are most frequent east of the Rocky Mountains during spring and summer months.
- In the southern states, peak tornado occurrence is March through May, while peak months in the northern states are during the late spring and early summer.

- Tornadoes are most likely to occur between 3 and 9 p.m. but can happen at any time.

HOW TO PREPARE

- Develop a plan for you and your family at home, work, school and when outdoors. The Federal Emergency Management Agency offers planning tips on its Internet site: www.fema.gov/pte/displan.htm
- Identify a safe place to take shelter. Information on how to build a "Safe Room" in your home or school is available from the Federal Emergency Management Agency at www.fema.gov/mit/saferoom.
- Conduct frequent tornado drills each tornado season.
- Keep a highway map nearby to follow storm movement from weather bulletins.
- Have a NOAA Weather Radio with a warning alarm tone and battery backup to receive watches and warnings.
- NWS watches and warnings are also available on the Internet. Go to the NWS Home Page at www.nws.noaa.gov for services or [weather.gov](http://www.weather.gov) for weather and forecasts.
- Listen to radio and television for weather information.
- Check the weather forecast before leaving for extended periods outdoors. Watch for signs of approaching storms.

- If severe weather threatens, check on people who are elderly, very young, or physically or mentally disabled.
- Practice having everyone in your family go to your designated safe place in response to a tornado threat.
- Contact your local emergency management office and NOAA for more information on tornadoes.

Develop a communications plan

Pick two places to meet: a spot outside your home for an emergency and a place away from your neighborhood in case you can't return home.

Choose an out-of-state friend as your "family check-in contact" for everyone to call if the family gets separated. Discuss what you would do if advised to evacuate.

Prepare a Disaster Supply Kit

- A 3-day supply of water (one gallon per person per day) and food that won't spoil.
- One change of clothing and footwear per person.
- One blanket or sleeping bag per person.
- A first aid kit including prescription medicines.
- Emergency tools, including a battery powered NOAA Weather Radio and portable radio, flashlight, and extra batteries.
- An extra set of car keys and a credit card or cash.
- Special items for infant, elderly, or disabled family members.
- Copies of ID cards or driver's licenses for all family members.

Tornado Watches and Warnings

The National Weather Service issues a tornado watch when tornadoes are possible in your area. Remain alert for approaching storms. This is the time to remind family members where the safest places within your home are located, and listen to the radio or television for further developments.

A tornado warning is issued, by NWS, when a tornado has been sighted or indicated by weather radar. If a tornado warning is issued for your area and the sky becomes threatening, move to your pre-designated place of safety. Turn on a battery-operated radio and wait for further instructions.

TORNADO DANGER SIGNS

Occasionally, tornadoes develop so rapidly that advance warning is not possible.

Look out for:

- Dark, often greenish sky
- Large hail
- Wall cloud
- Loud roar, similar to a freight train

Caution:

- Some tornadoes are clearly visible, while rain or nearby low-hanging clouds obscure others.
- Before a tornado hits, the wind may die down and the air may become very still.
- A cloud of debris can mark the location of a tornado even if a funnel is not visible.
- Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

SAFETY RULES DURING

- Do not get under an overpass or bridge. You are safer in a low, flat location.
- In a home or building, move to a pre-designated shelter, such as a basement (under a sturdy piece of furniture) or a Safe Room.

- If an underground shelter is not available, move to a small interior room or hallway on the lowest floor and get under a sturdy piece of furniture. Put as many walls as possible between you and the outside.
- Stay away from windows. Go to the center of the room. Stay away from corners because they attract debris.
- Get out of automobiles immediately and seek shelter in a nearby building. If a building is unavailable or there is no time, get out of the car and lie in a ditch or low-lying area away from the car. Be aware of potential for flooding. In urban or congested areas, never try to outrun a tornado in a car or truck; instead, leave it immediately for safe shelter. Tornadoes can change direction quickly and can lift up a car or truck and toss it in the air.
- If caught outside, lie flat in a nearby ditch or depression and cover your head with your hands. Be aware of potential for flooding.
- Be aware of flying debris. Flying debris from tornadoes causes most fatalities and injuries.
- Mobile homes, even if tied down, offer little protection from tornadoes. You should leave a mobile home and go to the lowest floor of a sturdy nearby building or a storm shelter.
- Avoid places with wide-span roofs such as auditoriums, cafeterias, large hallways, or shopping malls.
- Do not open windows, use time to seek shelter.
- Use arms to protect head and neck.

AFTER THE TORNADO

- Help injured or trapped persons. Give first aid when appropriate. Don't try to move the seriously injured unless they are in immediate danger of further injury. Call for help.
- Stay out of damaged buildings. Return home when authorities say it is safe.

- Turn on radio or television to get the latest emergency information. Use the phone only for emergency calls.
- Clean up spilled flammable liquids immediately. Leave the building if you smell gas or chemical fumes.
- Take pictures of the damage – both the house and contents – for insurance purposes.

Inspect Utilities in a Damaged Home

Check for gas leaks – If you smell gas or hear a blowing or hissing noise, open a window and quickly leave the building. Turn off the gas at the outside main valve if you can and call the gas company from a neighbor's home. If you turn off the gas, a professional must turn it back on.

Look for electrical damage – If you see sparks or broken or frayed wires, or if you smell hot insulation, turn off the electricity at the main fuse box or circuit breaker. If you have to step in water to get to the fuse box or circuit breaker, call an electrician for advice.

Check for sewage and water line damage – If you suspect sewage lines are damaged, avoid using the toilets and call a plumber. If water pipes are damaged, contact the water company and avoid using water from the tap. Melt ice cubes for safe water.

Mitigation

Mitigation includes any activities that prevent an emergency, reduce the chance of an emergency happening, or lessen the effects of unavoidable emergencies. Investing in preventative mitigation steps now, such as building a Safe Room, checking local building codes and ordinances about wind resistant designs and strengthening unreinforced masonry, will help reduce the impact of tornadoes in the future.

You can print or download copies of FEMA publications from www.fema.gov/library. Order printed copies from FEMA's Distribution Center (800-480-2520). For *Taking Shelter Before the Storm*, call 888-565-3896

IS THIS SCARY OR IS THIS SCARY?????



Emergency Preparedness Floods



Floods

- Caused by many inches of rain
- Flash floods can be caused by severe thunderstorms
- Avoid low places
- Seek shelter in large, sturdy building. Don't stay outdoors
- If water safety is questionable, use canned or bottled liquids until water safety can be assured

Read slide. Are floods common in Bay and Arenac Counties? In recent years, we have seen some severe flooding and some instances of flash floods. Hand out: Food Facts – includes some good survival techniques for food and water.



FACTS

From the U.S. Food and Drug Administration

Food and Water Safety During Power Outages and Floods



Know the proper food safety precautions to take before, during, and after a power outage.

Emergencies can happen, especially with extreme weather conditions. When they do, the best strategy is to already have a plan in place. This includes knowing the proper food safety precautions to take before, during, and after a power outage — and being prepared to safely handle food and water in the event that flooding occurs.

Prepare Yourself *Before* Power Emergencies

1. Make sure you have **appliance thermometers** in your refrigerator and freezer.
 - Check to ensure that the freezer temperature is at or below 0° F, and the refrigerator is at or below 40° F.
 - In case of a **power outage**, the appliance thermometers will indicate the temperatures in the refrigerator and freezer to help you determine if the food is safe.
2. **Freeze containers of water** for ice to help keep food cold in the freezer, refrigerator, or coolers in case the power goes out. If your normal water supply is contaminated or unavailable, the melting ice will also supply drinking water.
3. **Freeze refrigerated items** such as leftovers, milk, and fresh meat and poultry that you may not need immediately. This helps keep them at a safe temperature longer.
4. **Group food together** in the freezer. This helps the food stay cold longer.
5. **Have coolers on hand** to keep refrigerated food cold if the power will be out for more than 4 hours.
6. Purchase or make **ice cubes in advance**, and freeze **gel packs** ahead of time. Store all of these in the freezer for future use in the refrigerator or in coolers.
7. Check out local sources to know where **dry ice and block ice** can be purchased, in case it should be needed.
8. **Store food on shelves** that will be safely out of the way of contaminated water in case of flooding.
9. Make sure to have a **supply of bottled water** stored where it will be as safe as possible from flooding. If your bottled water has an odor, do not drink or use it. Instead, dispose of it, or if applicable, call your bottled water provider to make arrangements to get a replacement.

During an emergency, if you use food or beverage containers to hold non-food substances like gasoline, dispose of them after use and *not* recycle them.

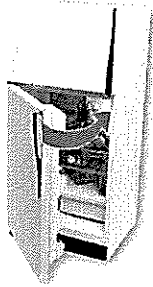


Power Outages: Before and After

If the Power Goes Out . . .

Follow these basic tips to keep food safe:

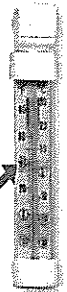
1. Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature.
 - The refrigerator will keep food cold for about 4 hours if it is unopened.
 - A full freezer will keep the temperature for approximately 48 hours (24 hours if it is half full) if the door remains closed.
2. Buy dry or block ice to keep the refrigerator as cold as possible if the power is going to be out for a prolonged period of time. Fifty pounds of dry ice should keep an 18 cubic foot, fully stocked freezer cold for two days.
3. If you plan to eat refrigerated or frozen meat, poultry, fish, or eggs while they are still at safe temperatures, it is important that each item is **thoroughly cooked to a safe minimum internal temperature** to ensure that any foodborne bacteria that may be present are destroyed. However, if at any point the food was above 40° F for 2 hours or more (or 1 hour if temperatures are above 90° F) — discard it.



Once Power Is Restored . . .

Determine the safety of your food:

1. If an appliance thermometer was kept in the freezer, check the temperature when the power comes back on. If the freezer thermometer reads 40° F or below, the food is safe and may be refrozen.
2. If a thermometer has not been kept in the freezer, check each package of food to determine its safety. You can't rely on appearance or odor. If the food still contains ice crystals or is 40° F or below, it is safe to refreeze or cook.
3. Refrigerated food should be safe as long as the power was out for no more than 4 hours and the refrigerator door was kept shut. Discard any perishable food (such as meat, poultry, fish, eggs, or leftovers) that has been at temperatures above 40° F for 2 hours or more (or 1 hour if temperatures are above 90° F).



Perishable food such as meat, poultry, seafood, milk, and eggs that are not kept adequately refrigerated or frozen may cause illness if consumed, even when they are thoroughly cooked.



Be prepared to safely handle food and water in the event that flooding occurs.

If Flooding Occurs


Keep Water Safe

Follow these steps to keep your WATER SAFE during and after flood conditions.

1. Only use water from a safe source for drinking and washing or preparing food.
2. Use bottled water that has not been exposed to flood waters, if it is available.
3. If you don't have bottled water, you should boil or disinfect water to make it safe. (see steps below)
4. If you have a well that has been flooded, the water should be tested and disinfected after flood waters recede. If you suspect that your well may be contaminated, contact your local or state health department or agricultural extension agent for specific advice.

How to Boil or Disinfect Water To Make It Safe

If the water is cloudy, first filter it through clean cloths, or allow it to settle and then draw off the clear water for boiling/disinfecting. Then, follow one of these two procedures:

Boiling	Disinfecting with Bleach
<p>Boiling water will kill most types of disease-causing organisms that may be present.</p> <ol style="list-style-type: none"> 1. Boil the water for 1 minute. 2. Let it cool, and store it in clean containers with covers. 	<p>Bleach will kill some, but not all, types of disease-causing organisms that may be in the water.</p> <ol style="list-style-type: none"> 1. Add 1/8 teaspoon (or 8 drops) of unscented, liquid chlorine bleach per gallon of water. 2. Stir it well and let it stand for at least 30 minutes before you use it. 3. Store disinfected water in clean containers with covers. 

Keep Food Safe

Follow these steps to keep your FOOD SAFE during and after flood conditions.

1. **Do not eat** any food that may have come into contact with flood water.
2. **Discard any food and beverage that is not in a waterproof container** if there is *any* chance that it has come into contact with flood water.
 - Food containers that are waterproof include undamaged, commercially prepared foods in all-metal cans and "retort pouches" (like flexible, shelf-stable juice or seafood pouches).
 - Food containers that are *not* waterproof include those with screw-caps, snap lids, pull tops, and crimped caps.
 - Also discard cardboard juice/milk/baby formula boxes and home canned foods if they have come in contact with flood water, because they cannot be effectively cleaned and sanitized.
3. **Discard any food in damaged cans.** Damaged cans are those with swelling, leakage, punctures, holes, fractures, extensive deep rusting, or crushing/denting that is severe enough to prevent normal stacking or opening with a manual, wheel-type can opener. *See box on next page for steps to clean/save undamaged packages.*
4. **Thoroughly wash metal pans, ceramic dishes, and utensils** (including can openers) with soap and water, using hot water if available. Rinse and then sanitize them by boiling in clean water or immersing them for 15 minutes in a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of drinking water (or the cleanest, clearest water available).
5. **Thoroughly wash countertops** with soap and water, using hot water if available. Rinse and then sanitize by applying a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of drinking water (or the cleanest, clearest water available). Allow to air dry.

How To Save Undamaged Food Packages Exposed to Flood Water

Undamaged, commercially prepared foods in **all-metal cans** and “retort pouches” (like flexible, shelf-stable juice or seafood pouches) can be saved if you follow this procedure.

1. Remove the labels, if they are the removable kind, since they can harbor dirt and bacteria.
2. Brush or wipe away any dirt or silt.
3. Thoroughly wash the cans or retort pouches with soap and water, using hot water if it is available.
4. Rinse the cans or retort pouches with water that is safe for drinking, if available, since dirt or residual soap will reduce the effectiveness of chlorine sanitation.
5. Sanitize cans and retort pouches by immersion in one of the two following ways:
 - Place in water and allow the water to come to a boil and continue boiling for 2 minutes.
 - Place in a freshly made solution consisting of 1 tablespoon of unscented liquid chlorine bleach per gallon of drinking water (or the cleanest, clearest water available) for 15 minutes.
6. Air dry cans or retort pouches for a minimum of 1 hour before opening or storing.
7. If the labels were removable, then re-label your cans or retort pouches, including the expiration date (if available), with a permanent marking pen.



Food in reconditioned cans or retort pouches should be used as soon as possible thereafter.

Baby Formula Tip

For infants, try to use prepared, canned baby formula that requires no added water. Otherwise, dilute any concentrated baby formula in reconditioned, all-metal containers with clean drinking water.



About Foodborne Illness

Know the Symptoms

Consuming dangerous foodborne bacteria will usually cause illness within 1 to 3 days of eating the contaminated food. However, sickness can also occur within 20 minutes or up to 6 weeks later. Although most people will recover from a foodborne illness within a short period of time, some can develop chronic, severe, or even life-threatening health problems.

Foodborne illness can sometimes be confused with other illnesses that have similar symptoms. The symptoms of foodborne illness can include:

- Vomiting, diarrhea, and abdominal pain
- Flu-like symptoms, such as fever, headache, and body ache

Take Action

If you think that you or a family member has a foodborne illness, **contact your healthcare provider** immediately. Also, **report** the suspected foodborne illness to FDA in either of these ways:

- Contact the Consumer Complaint Coordinator in your area. Locate a coordinator here: <http://www.fda.gov/Safety/ReportaProblem/ConsumerComplaintCoordinators>
- Contact MedWatch, FDA's Safety Information and Adverse Event Reporting Program:
By Phone: 1-800-FDA-1088
Online: File a voluntary report at <http://www.fda.gov/medwatch>

Are you ready for this?



Severe Winter Weather

TYPES OF SEVERE WINTER WEATHER

Blizzards, Ice storms, Freezing rain or Sleet

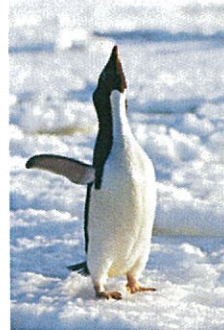
- Keep posted on weather conditions: TV/radio/NOAA
- If you live in a rural area make sure you can survive 1-2 weeks by:
 - Emergency supply of food, water, cooking equipment (have foods that don't require refrigeration)
 - Have battery powered radio and flashlights and extra batteries
 - Have adequate first aid supplies and extra medications, if possible.

Read slide. Per licensing, group homes are required to have at least a 1 week emergency supply of food and water.

Winter Weather Hazards

– Extreme cold temperatures

- Portable heaters are not allowed
- Use blankets, extra bedding, warm clothing, sleeping bags to keep warm
- Dress in layers
- Increase movement to stay warmer
- Stay home unless it is absolutely necessary to go out



– Power outages due to ice storms and high winds

- Which homes have generators?
- May need to evacuate to a hotel or another home

Read slide. Staff need to review the Shelter-in-Place Plan and Evacuation to Alternate Site Plan that each group home is required to have. Test question regarding portable heaters.

Emergency Preparedness Power Outage

- What won't work without power?
 - TV
 - clocks
 - radios
 - furnace
 - lights
 - electric stove and microwave
 - refrigerator and freezer, etc.
 - telephone service **may** be interrupted
 - air conditioner
- Have on hand
 - battery powered TV, radio, or NOAA radio **and** extra batteries
 - cell phone and CB radio can be used for two-way communication
 - flashlights
 - At least a 7 day supply of food, water and medications



Read slide. Test question regarding emergency supplies.

Emergency Preparedness Power Outage

Freezer/Refrigerator

- Loaded freezer with door shut:
 - Food will stay frozen 36-48 hours
- Half full
 - Food stays frozen 24 hours
- Refrigerator loses cold faster
- Frozen meats keep longer than packaged foods
- Minimize opening the door
 - Transfer food you will use soon to a cooler

Emergency Preparedness Power Outage

Blackout

- Don't panic
- Use alternate light source (flashlights, emergency lights and battery powered lanterns)
- Store batteries separate but near flashlight for longer shelf life
- Keep rechargeable models charged
- Emergency generator, if available

Read slide. Does the home you work in have a generator? The generators turn on the instant that the power goes out. They run on natural gas.

Emergency Preparedness Water Shortages

- Power outages may interrupt water supply in rural areas if you rely on a well and pump
- Floods, earthquakes and other disasters can contaminate or interrupt normal water supply anywhere
- To insure an adequate emergency water supply
 - Store a supply in clean, dated containers (water bottles, picnic jugs, etc.) Can be stored for 6 months
 - Freeze containers of water and melt as needed



Read slide.

Emergency Preparedness Water Shortages

- To prevent dehydration, cook with canned/frozen foods that contain lots of water
- If you EXPECT water loss, fill bathtubs to use for personal care, bathing, flushing toilets and washing dishes
- Turn off hot water heater and use tank as clean storage

Read slide.

Emergency Preparedness Water Shortages

- If water is “tainted” or “questionable”
 - Treat with portable water tablets (available at drug and hardware stores)
 - Purify with regular, unscented household bleach (hypochlorite as only active ingredient). 1/8 tsp. or 8 drops per gallon of water. Double if water is cloudy. Allow to stand for one half hour.
 - Boil tap water vigorously for at least one full minute (the minute starts when the water begins to bubble). Boiling removes harmful bacteria in the water that may cause illness.

Read slide. Water from a ditch can be sanitized/purified with a screen to pour it through, boiling, portable water tablets or bleach treatment.

Emergency Preparedness Carbon Monoxide

- The “Silent Killer”. Why?

- Invisible
- Odorless
- Colorless
- Tasteless



- Created when fuels (such as gasoline, wood, coal, natural gas, propane, oil and methane) burn incompletely.
- Created by gas-fired appliances, charcoal grills, wood-burning furnaces or fireplaces, motor vehicles and generators.

Read slide. Test question regarding carbon monoxide detectors.

Emergency Preparedness Carbon Monoxide

- Carbon monoxide can kill you before you are aware it is in your home.
- Symptoms:
 - Headache, dizziness, shortness of breath, disorientation, nausea and fatigue.
 - The effects can vary from person to person depending on age, overall health and the concentration and length of exposure.
- Statistics:
 - During 1999 – 2004, 16,400 people died in the United States due to carbon monoxide poisoning.
 - Death rates were highest for adults 65 and older.
 - The average daily number of CO-related deaths was greatest during the months of December and January.

Read slide

Emergency Preparedness

How to prevent carbon monoxide exposure

- Have heating systems, water heaters, and any other gas, oil or coal burning appliances serviced by a qualified technician every year.
- Install CO detectors in homes and change batteries at least once each year.
- If the CO detector sounds, evacuate the home immediately and seek medical attention promptly if CO poisoning is suspected.

Read slide

Emergency Preparedness

How to prevent carbon monoxide exposure

Do not!

- Use a generator, charcoal grill, camp stove, or other gasoline or charcoal burning device inside the home, basement or garage or outside near a window.
- Run a car or truck inside a garage attached to a house, even if the door is left open.
- Burn anything in a stove or fireplace that is not vented.
- Heat a house with a gas oven.

Read slide

Emergency Preparedness Poison



Poisonous Products found in the home:

- Aspirin
- Windshield washer fluid
- Lye (soaps and cleaning products)
- Furniture polish
- Hand lotion
- Powdered laundry detergent
- Cleansers
- Cosmetics
- Oven cleaner
- Rubbing alcohol
- Shaving lotion
- Room deodorizer
- Some plants

Read slide. Handout: Poison Control Center brochure and Poisonous Plants brochure.

Poison



Prevention Tips

- Read and heed directions and caution labels
- Avoid bringing unnecessary toxins into the home
- Store cleaning supplies out of sight and in a locked cabinet
- Keep all products in their original containers
- Label everything
- Rinse containers before throwing away
- Don't store toxins and medications near food
- Staff should lock up purses
- Plants-some are poisonous and should not be in the home
- Teach people who live there about poison and the things that are dangerous

Poison

- Ingested poisonous substances
 - Call 911 or transport to medical facility
 - Take the toxic substance with you
 - Take vomit with you (if any)



- Add Poison Control's phone number to your Emergency Phone Number List
1-800-222-1222

Test Question: What should you take with you to the hospital? The person, any vomit, the toxic substance container

Handouts: Poison Control Center Brochure and Poisonous Plants Brochure.

Poison centers give expert advice fast, over the phone. We can help you and your family with poison emergencies and with questions about poisoning.

You can call day or night, 7 days a week, any day of the year. Nurses, pharmacists, doctors, and other poison experts will answer your call.

We can help you in more than 150 languages or if you are hearing impaired.

There are many poison centers across our country. You can reach a poison center by calling **1-800-222-1222** from anywhere in the US.

First Aid for Poisoning

If a person

- ✓ stops breathing
- ✓ collapses, or
- ✓ has a seizure

Call 911 right away.

Poison in the eyes?

Rinse eyes with running water.

Call your poison center at 1-800-222-1222.

Poison on the skin?

Take off any clothing that the poison touched. Rinse skin with running water.

Call your poison center at 1-800-222-1222.

Inhaled poison?

Get to fresh air right away.

Call your poison center at 1-800-222-1222.

Swallowed poison?

Call your poison center at 1-800-222-1222.

Do not try home remedies or try to make someone throw up. Call your poison center first.

For more information visit www.aapcc.org or call your local poison center.



© 2010 American Association of Poison Control Centers

YOUR POISON CENTER



Every 8 seconds someone needs a poison center...

Could you be next?

**POISON
Help.**
1-800-222-1222

Free, Fast,
Expert Help.
24 hours a day,
7 days a week



**How Does
Your Poison
Center
Help You?**

Do You Know?

We often think of children getting poisoned. But most people who die from poisons are adults! Poisoning is a danger for all of us.



Almost anything can be poisonous if it's used the wrong way, in the wrong amount, or by the wrong person.

Some poisons are:

- medicines (prescription, over-the-counter, herbal) and street drugs
- products in your home like shampoo, bleach, bug and weed killers, antifreeze, and lamp oil
- chemicals at your job
- bites and stings
- mushrooms and plants
- fumes and gases

Taking the wrong amount of medicine or someone else's medicine, accidentally eating dishwasher soap, mixing cleaners, or having too much alcohol to drink could lead to poisoning.

Why Should You Call?

Poisonings can happen to anyone and poison centers are for everyone. The call is free and private.

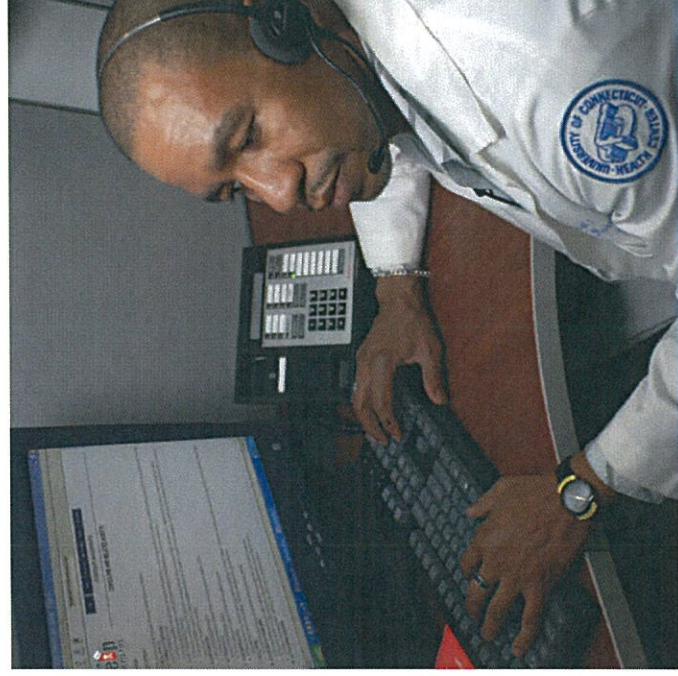
We Help You Save Money and Time:

Seven of ten people who call their poison center get help over the phone. They don't have to go to a doctor or hospital.

Your Doctor Calls the Poison Center Too:

When doctors and nurses need help treating poisonings, they call their local poison center.

We are the experts.



Poison Prevention Tips

If you think someone has been poisoned, call 1-800-222-1222 right away. Serious poisonings don't always have early signs.

- Put 1-800-222-1222 in your cell phone and near home phones.
- Keep medicines and household products in their original containers and in a different place than food.
- Always read the label and follow any directions.
- Keep household products and medicines locked up. Put them where kids can't see them or reach them.
- Buy products with child-resistant packaging. But remember, nothing is child-proof!
- Never call medicine "candy." Poisons may look like food or drink. Teach children to ask an adult before tasting anything.
- Learn about products and drugs that young people use to get "high." Talk to your teen or pre-teen about these dangers.
- Have a working carbon monoxide alarm in your home.



Free, Fast, Expert Help.
24 hours a day, 7 days a week.

1-800-222-1222

Toxic Plants

The following plants are known to be capable of poisoning humans. This list is not complete, and varying amounts are required for poisoning. Please contact a poison control center or the health department with questions. For all emergencies, contact 911.

Common name	Toxic Part
Azaleas	All parts
Baneberry	Berries
Bleeding Heart	Flowers, roots
Castor Bean	Seeds, leaves
Cherries	Twigs, foliage
Corn lily	Young shoots, roots
Daillodil	Bulbs
Daphne	All parts, esp. berries
Death Camas	Bulbs and leaves
Diffenbachia	All parts
Elderberry	All parts
Foxglove	Leaves
Holly	Berries
Hyacinth	Bulbs
Indian hellebore	All parts
Jasmine	Berries
Jimson Weed (Thorn apple)	All parts
Larkspur	Young plants, seeds
Laurel	All parts
Lily of the valley	Leaves, flowers
Mistletoe	Berries
Monkshood, Columbia	All parts
Narcissus	Bulbs
Nightshade	All, esp. unripe berry
Oaks	Foliage, acorns
Oleander	All parts
Pokeweed	All, esp. roots, seeds
Poison Hemlock	All parts
Potato	Sprouts, green parts
Rhododendrons	All parts
Rhubarb	Leaves, raw or cooked
Rosary Pea	Seeds
Tomato	Leaves
Western Water Hemlock	All parts
Wisteria	Seeds, pods
Yew	Berries, foliage

Non-Toxic Plants

The following plants have not been documented to cause toxic symptoms when eaten in small amounts.

Common name

African violet
Begonia (except sand begonia)
Boston fern
Bromeliad
California Poppy
Coleus
Corn plant
Dandelion
Dracena
Fireweed
Fuchsia
Gardenia
Impatiens
Jade plant
Marigold
Nasturtium
Petunia
Piggyback plant
Poinsettia (formerly considered toxic)
Prayer plant
Rose
Rubber plant
Schefflera
Spider plant
Wandering Jew
Wild strawberry

For more answers:

Benton-Franklin Health Department
 7102 W. Okanogan Pl.
 Kennewick, WA 99336
 (509) 460-4205 www.bfhd.wa.gov

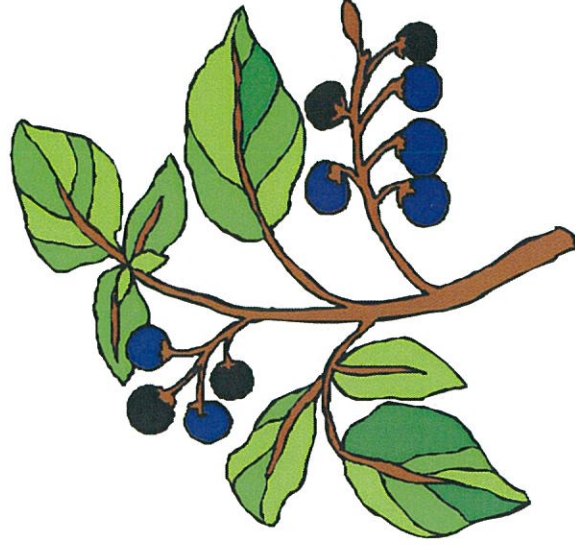
Additional sites:

National Poison Control Center www.poison.org
 Animal Poison Control Center www.aspca.org

BFFHD-E-0017 11/08

Poisonous Plants

Injury prevention series



www.bfhd.wa.gov



Poisonous Plants

While most people are aware many household chemicals are poisonous, many people are unaware of poisons possibly living around their home and yard...poisonous plants. Serious poisoning from the accidental ingestion of plants is extremely rare in both adults and children, but many plants can cause illness if eaten in large quantities and some can cause severe poisoning if eaten in small amounts. Poisonous plants are often deceptive because we often use them at limited doses for medicinal purposes, safely eat them at certain times of their life-cycle, or can eat some portions of the plant while other portions are poisonous. This brochure offers guidance on how to prevent poisonings from plant toxins, symptoms and what to do if a poisoning occurs, and lists of toxic and non-toxic plants. The lists include many of the plants common to the Pacific Northwest or commonly cultivated here, but are not designed to be all-inclusive.

Symptoms

Most plants are not poisonous, but ingestions of (or contact with) some others can cause symptoms ranging from mild skin rashes, vomiting and diarrhea to symptoms of severe vomiting or diarrhea, labored breathing, internal bleeding, coma and death. As with all things, some individuals may be more sensitive or react differently to any plant.

Prevention of poisonings, in general:

1. **Be alert...** Children and pets may not recognize poisons.
2. **Never assume** a child or pet will not eat something because it tastes bad to you.
3. **Medications...**
 - a. Keep them out of sight and out of reach--especially remember those in handbags and suitcases.
 - b. Use child-resistant caps (but remember, they are not child-proof).
 - c. Do not store in food containers.
 - d. Read, and follow, the label directions.
 - e. Do not call medication "candy" when you're trying to get a child to take the medicine.
 - f. Do not take medication in front of children--they might imitate you.
4. **Follow all labels and directions.**

Prevent poisonings from plants

1. Know your plants...

Identify all the plants in your home and yard. If you are unsure about the identity of the plant, a plant expert at a nursery, flower shop, or county extension office should be able to help you.



Hello, my name is castor plant. My leaves and beans are poisonous.

2. **Choose non-toxic plants for decoration.**
Check the lists or with an expert.
3. **As with all poisons, keep poisonous plants out of the reach of children and pets.**
Teach children to keep all non-food items out of their mouths.
4. **Dispose of leaves as they die.**
Dead, fallen leaves can still contain toxic chemicals.
5. **Store seeds and bulbs away from children.**
6. **Pick and dispose of mushrooms found in your lawn.**

Consider all mushrooms poisonous unless they are positively identified as safe by an expert.

If a plant poisoning occurs...

In a life-threatening emergency call 911. Otherwise, call the National Poison Control Center at:

1(800) 222-1222

The Poison Center is staffed by experts 24 hours a day, 365 days a year. There is no charge for the call.

If you call Poison Control for treatment, be prepared to answer the following questions:

1. What was taken (exact name).
2. When was it taken.
3. How much was taken.
4. Who took it (condition, age, weight).
5. Your name and phone number

Accidental poisonings can occur in any home. While your instinct may be to act at once, the wrong treatment may be more harmful than none at all.

Be prepared for a poisoning by knowing the phone number of Poison Control for your area, and by keeping ipecac syrup in the home. Ipecac syrup induces vomiting--do not use unless instructed by the Poison Center or a doctor.