



Simple Steps to Safety: An All-Hazards Approach for Citizens

Campbell County
Public Safety Department

Reaction to Emergencies...

“The human mind will very gradually refuse to make itself up until it is driven and compelled by emergency.”

Anthony Trollope

Risks in Campbell County...

Although large-scale emergency incidents in Campbell County are rare, the locality's Emergency Operations Plan (EOP) identifies the following hazards as potential threats due its geographical terrain, climate and the various industries that transport or produce materials within its perimeters:

Natural Hazards:

Severe Weather (tornadoes/hurricanes, winter storms, extreme heat, etc.)

Floods

Fire

Man-Made Hazards:

Hazardous Material Incidents (fixed site and transportation)

Power-outages/Loss of basic services

Water/Sewage Contamination

Other potential threats include: terrorism/criminal attacks, earthquakes, structure fires and pandemic flu.



Emergencies Can Arise Anywhere...

There always exists a possibility that citizens may encounter a natural or man-made crisis:

- while at home
- during work hours
- en route to work or school
- while traveling abroad

The following are tips to remember if ever faced with an emergency situation, regardless of where you are.



Be prepared...

- have a preparedness kits in your car, at home, and at your work site. Include:
 - bottled water
 - non-perishable food items
 - a blanket
 - first aid supplies
 - small flashlight/extra batteries
 - emergency contact list
 - basic tools
- have a family emergency plan and review your home/office layout; pre-determine where exits are located and where to go during a crisis.
- prepare essential items in advance, including: special dietary supplies, personal hygiene items, prescriptions/medical equipment, baby-care supplies, several changes of clothing, cash, and copies of important documents.
- note any special needs for yourself or your family; work as teams to keep each other safe.



If a Tornado Warning is Issued...

If indoors:

- go to a basement or to the center of an interior room, closet or hallway on the lowest level. Do not open windows.
- select a spot away from corners, windows, doors, and outside walls or seek shelter under a sturdy table.
- assume a crouched/kneeling position; use your arms to protect your head and neck.

If outdoors:

- lie flat in a nearby ditch or depression; cover your head with your hands. Be aware of potential flooding.
- if in a vehicle, do not seek shelter under an overpass or bridge.
- never try to outrun a tornado; evacuate the vehicle immediately and seek shelter at the lowest floor of a sturdy, nearby building.
- watch for flying debris; wind-tossed objects cause the most tornado-related fatalities and injuries.



TORNADO WATCH:

Conditions are favorable for a severe thunderstorm to spawn a tornado.

TORNADO WARNING:

A tornado is currently in progress or is imminent, based on radar. If a tornado warning is issued, take cover immediately.

During Flash Floods...

- go to higher ground immediately; avoid low-lying areas and locations close to rivers/streams, which may be subject to flooding.
- do not walk or attempt to drive across flowing waterways; do not drive through flooded roadways.
- listen to a battery-operated radio for the latest storm information and emergency announcements.
- if safely possible, turn off all utilities at the main power switch; close the main gas valve, if advised to do so by your service provider.
- if water rises in your home before you can evacuate, proceed safely to the top floor, attic, or roof; if time allows grab a cell phone to call for assistance.
- if you come in contact with floodwaters, wash your hands with soap and disinfected water. Dispose of any exposed food items.



If Caught in Swift Water...

- try not to walk through moving water; if necessary, walk where little/no water current is flowing. Use a stick to check the firmness of the ground in front of you.
- if in a vehicle and a window is still above the waterline, lower the window and climb out.

If the vehicle is sinking rapidly:

- stay calm.
- wait for it to fill with water; when nearly full, the doors will open more easily, due to equalized pressure.
- keep your seatbelt on until the moment before exiting; hold your breath and exit, swimming toward the surface.
- if swept into floodwaters, point your feet downstream. Go over obstacles, never attempt to go under. Seek a solid, fixed object to grasp.



If Traveling During Severe Weather...

- always ensure vehicles' gas tanks are filled with fuel.
- DO NOT cross roadways obstructed with floodwaters, debris or downed power lines; assume all downed power lines are live.
- pull over in a safe location (away from trees and structures) if your vision is hindered by precipitation.
- turn on caution lights to indicate your location to other drivers; tune into local radio for weather updates.
- in winter, be aware of conditions which cause "black ice".
- if roads are covered with ice/snow, wait until they have been adequately cleared before driving; reduce speed to accommodate for roadway conditions.



During Winter Storms...



- avoid overexertion when shoveling snow.
- cover your mouth during extreme cold to protect your lungs.
- keep dry.
- be aware of signs of frostbite and hypothermia (loss of feeling in extremities, discolored skin, uncontrollable shivering, memory loss, disorientation, slurred speech, drowsiness, and exhaustion).
- use extra caution if using wood, kerosene, or other fuels as supplemental heating sources. Ensure proper ventilation is present; refill units outside. Keep space heaters away from flammable items.
- if pipes freeze, carefully remove the insulation layers and wrap pipes with rags. Open all faucets and pour hot water over the pipes, starting at the most exposed point.

During Extreme Heat...

- stay in air conditioned areas or on lower, cooler of a building; limit exposure to the sun.
- drink plenty of water; limit intake of alcoholic beverages.
- dress in loose-fitting, lightweight, and light-colored clothing; keep covered as much as possible.
- recognize the signs of heat exhaustion (clammy skin, profuse sweating, weakness, nausea, dizziness) and heat stroke (high body temperature, no sweating , rapid breathing/heart rate).
- NEVER leave children or pets alone in closed vehicles.
- avoid outdoor work during the warmest part of the day; use a buddy system and take frequent breaks.



If Stranded During Severe Winter Weather...

- turn on hazard lights; hang a distress flag from the radio antenna or window.
- remain in your vehicle unless shelter is clearly visible.
- run the engine/heater about 10 minutes each hour for warmth.
- open a window slightly and clear snow from the exhaust pipe (to minimize the risk of possible carbon monoxide poisoning).
- drink fluids or eat snow to avoid dehydration; move arms and legs to generate heat.
- if in a remote area, create large block letters in an open area spelling out HELP or SOS; draw attention by lining the message with rocks or branches, making it easier for rescue personnel to detect.



If in a Building Fire...

- evacuate the structure immediately, calmly and safely; follow evacuation plans, moving directly to the nearest fire/smoke-free exit.
- place yourself as near to the floor as possible, crawl if needed to seek smoke-free air.
- do not proceed onto flame/smoke-filled stairwells (be aware that small amounts may be present throughout the building).
- test doors for heat with the back of your hand before opening them; do not open a hot door - find another escape route.
- DO NOT use elevators.
- use a cell phone to call 911 immediately; do not assume that the fire has already been reported.
- proceed to a pre-determined meeting place.



If Trapped Indoors by Fire...



- stay calm.
- place yourself near an outside window as far away from the smoke/fire as possible.
- use clothing, towels, or other materials to close cracks around doors to prevent smoke from entering the area.
- remain where rescuers can see you; wave a bright colored cloth or other noticeable object to attract attention.
- open a window, if possible. Be prepared to close it if smoke begins to penetrate the area. Only break windows as a last resort.

If Exposed to Hazardous Materials...

If requested to stay indoors:

- close and lock all exterior doors, windows and as many interior doors as possible.
- turn off air conditioners/ventilation systems.
- go into the pre-selected shelter room. This room should be above ground and have the fewest openings to the outside.
- seal gaps under doorways and windows with wet towels and duct tape.
- if gas or vapors could have entered the building, take shallow breaths through a cloth or a towel.
- follow instructions provided by health/safety officials on personal cleansing methods, medical treatment, and the proper procedures for handling exposed items.



If Near Hazardous Materials Outside...

- stay upstream, uphill, and upwind. Place yourself at least one-half mile from the scene; help keep others at a distance.
- do not walk into or touch any spilled liquids, airborne mists, or solid chemical deposits.
- cover your mouth and nose with a cloth while leaving the area.
- do not return to the contaminated area until all hazardous materials have been identified and the scene deemed safe.
- listen for emergency information on what to do if exposed to hazardous materials; seek medical attention if feeling ill or having reactions.



If Under a Terrorist Threat...

- be aware of your surroundings; relocate if you feel uncomfortable or if something does not seem right.
- report unusual behavior, suspicious packages/devices to the police or security personnel.
- do not accept packages from strangers; do not leave luggage unattended.
- if traveling, identify where emergency services are located and how to contact law enforcement/safety personnel.
- learn where emergency exits are located in buildings you frequent. Plan how to evacuate in the event of an emergency.
- be prepared to do without services on which you normally depend (electricity, telephone, natural gas, gasoline pumps, cash registers, ATMs, and internet).
- secure vehicles.



Seven Signs of Terrorism Plots:



The Virginia State Police recommend the following suspicious activities be reported to law enforcement:

- Surveillance: Recording/monitoring of activities (drawing diagrams, note taking, use of cameras, binoculars or other vision-enhancing devices); attempts to possess floor plans or blueprints of key facilities.
- Elicitation: Attempts to obtain operational, security and personnel-related information regarding a key facility or public service (by mail, fax, e-mail, telephone or in person).
- Tests of Security: Attempts to measure reaction times to security breaches, and/or penetrate physical security barriers/procedures; attempts to assess facility strengths and weaknesses.
- Acquiring Supplies: Attempts to improperly acquire explosives, weapons, harmful chemicals, flight manuals, law enforcement/military equipment, uniforms, identification badges or the equipment to create false identification.
- Suspicious Persons: Someone who does not appear to belong in a workplace, neighborhood or business establishment due to their behavior; this includes unusual questions or statements.
- Dry Runs/Trial Runs: Behavior that appears to simulate terrorist actions or preparatory processes, including mapping out of routes, determining the timing of traffic lights/flow, or physically boarding and monitoring bus, plane or other transport operations.
- Deploying Assets: Placing people, equipment and supplies into position to commit the act. This is the last opportunity to alert authorities before a terrorist act occurs.

If in an Earthquake...

Indoor Safety:

- stay inside until shaking stops and it's deemed safe to go outside.
- seek cover under a heavy desk or table. If no other cover is available, seek shelter by crouching in an inner corner or door way.
- stay away from glass, windows, outside doors and walls, and anything that could fall, such as lighting fixtures and cabinets.
- DO NOT enter or use elevators.
- DO NOT use candles, matches or lighters during or after a quake in case of potential gas leaks which could spark explosions.



Earthquake cont.



A.Duck B.Cover C.Hold

Use the
“duck,
cover,
and hold”
technique to
protect
yourself from
falling
debris.

If in an Earthquake While Outside...

- stay there.
- move away from buildings, streetlights, and utility wires; estimate the height of a structure in feet then retreat that distance, plus $\frac{1}{2}$.

Example: if a building is 100 ft. tall, a safe distance would be approximately 150 feet from its perimeter.

- if in a vehicle, stop as quickly as safety permits and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses, and utility wires.
- proceed cautiously once the earthquake has stopped. Avoid roads, bridges, or ramps that might have been damaged by the earthquake.
- once in the open, stay there until the shaking stops.



During a Pandemic Flu...

- wash your hands frequently with soap and water for 20 seconds or use an alcohol-base hand cleaner (at least 60%).
- avoid touching your nose, mouth, and eyes.
- cover your coughs and sneezes with a tissue; dispose of tissues in no-touch trash receptacles.
- clean public surfaces with sanitized wipes (door handles, shopping cart handles, pay phones, gas nozzles, etc.); refrain from using others' phones, cups, computers, or shared items.
- if you are sick with flu-like illness, stay home or leave work immediately. Avoid going to public areas.
- get vaccinated against seasonal flu, when vaccine is available in your area.



For More Details...

If you would like more information on recommended actions prior to, during, and after an emergency, please visit Campbell County Public Safety's preparedness webpage at:

[http://www.campbellcountyva.gov/depts/
publicsafety/Pages/preparedness.aspx](http://www.campbellcountyva.gov/depts/publicsafety/Pages/preparedness.aspx)

For other safety resources...



Visit:

www.fema.gov

www.ready.gov

www.vaemergency.com

www.cdc.gov



To report suspicious activities call:

9-1-1 or

877- 4VA-TIPS (877- 482- 8477) (toll free)

or visit:

http://www.vsp.state.va.us/FusionCenter/Report_Suspicious_Activity.shtm

KEEP SAFE!