

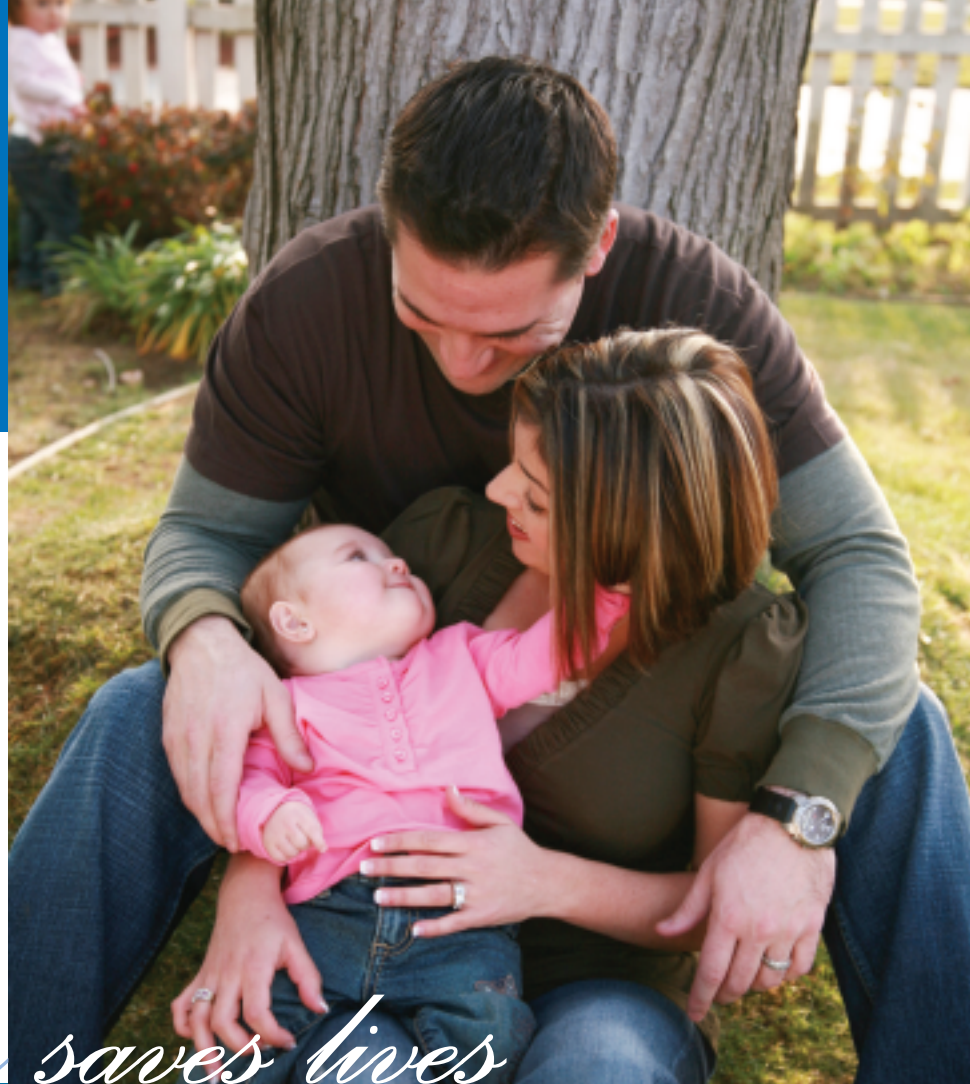
EMERGENCY

PREPAREDNESS

GUIDE

**Disasters
happen...**

Preparation saves lives



**...DORAL –
Are You
READY?**



PRESENTED BY:

THE CITY OF DORAL



Important Contacts

** Denotes toll-free numbers*

CITY OF DORAL

Doral Hurricane Hotline (after watch is issued)	305-470-6847
Doral City Hall	305-593-6725
Doral Police Department	305-593-6699
Doral City Manager	305-593-6690

MIAMI-DADE COUNTY

Answer Center (Rumor Control)	305-468-5900
Cooperative Extension	305-248-3311
Humane Society of Miami	305-696-0800
Hurricane Hotline	305-468-5900
Miami-Dade Animal Services	305-884-1101
Miami-Dade Emergency Management	305-468-5400
Special Transportation Services (STS)	305-263-5406

STATE OF FLORIDA

Florida Department of Insurance	800-342-2782*
FL Division of Emergency Management	850-413-9900
FL Fish & Wildlife Commission	561-625-5122
Florida Relay Service	800-955-8770*
South FL Water Management District	800-544-2323*

US GOVERNMENT

FEMA	800-621-3362*
National Flood Insurance Program	800-638-6620*

OTHER

BellSouth	888-757-6500*
BellSouth (on cell phones)	611
Comcast	800-266-2278*
FPL 1-800-OUTAGE	800-468-8243*
FPL (General Information)	305-442-8770
National Hurricane Center	www.nhc.noaa.gov
Peoples Gas/TECO	877-832-6747*
Salvation Army	305-637-6700
The Weather Channel	www.weather.com

Preparation

Disasters happen...

...***DORAL - Are You READY?***

This booklet outlines steps you should take today to be ready for tomorrow's emergencies. Being prepared may make the difference between a mere inconvenience and a total disaster. Once you review the booklet, take the appropriate steps to protect you and your loved ones. Fill in the Family Communication Plan information on page 16 and keep this booklet in a very safe place.

This publication is furnished by the City of Doral because your safety is our first priority.



*saves
lives*



Resident



Dear Doral Resident

The *Doral Emergency Preparedness Guide* was compiled by the City of Doral expressly for you, because your safety is our most important concern. The Guide is based on the most current and reliable information available.

I urge you to take the time to review the Guide and become familiar with the various potential threats to you and your loved ones and the steps you can take now or later to keep out of harms way. Of course, you are not expected to memorize the contents, so be sure to place the Guide in a very safe spot with easy access after you have reviewed it.

There are a couple of items that should be addressed as soon as possible. On page 9, you are given specific directions for preparing a “Go Bag,” a bag that will be ready and available in case you must evacuate your home for any reason. Also, the Family Communication Plan is located on page 16 and the Emergency Reference Card can be found at the back of this Guide in the Appendix. Why wait? Today would be a good time to sit down with your family and compile the suggested information.

All the members of the Doral City Council, City staff and I assure you that the City of Doral is well prepared for emergency situations, and each one of us is committed to your safety and well being. We can better serve you if you are informed and ready. Together, we can weather any storm or emergency.

Sincerely,

A handwritten signature in black ink that reads "Juan Carlos Bermudez". The signature is written in a cursive style.

Mayor Juan Carlos Bermudez

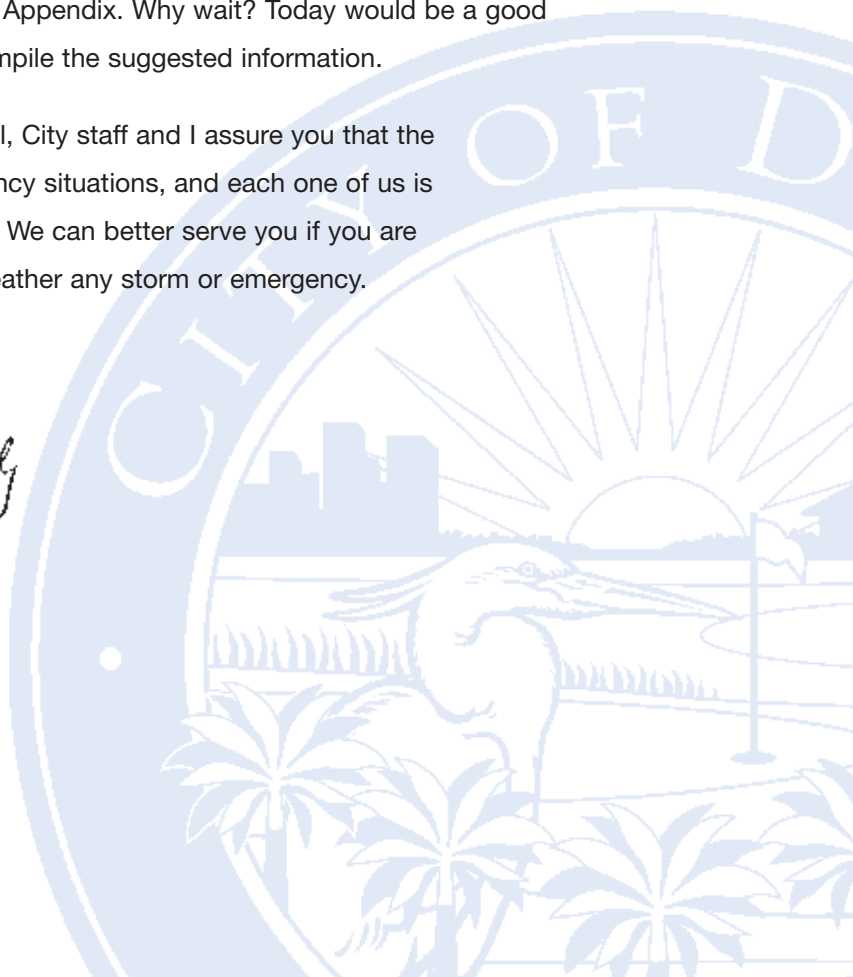


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Preparation

Getting Ready

Everyone thinks that nothing will ever happen to them, but sometimes it does. To be on the safe side, we urge you to take the time right now to prepare for emergencies. It's cheap and it's easy and the City of Doral will help you to get ready.



Go Bag

emergency plans

You may not have a choice about your location when an emergency strikes, so take the time now to review plans with family members, schools officials, close neighbors, and fellow employees. Follow the simple steps below to create plans and “Go Bags” that will help keep you and your loved ones safe during an emergency.

Family Emergency Plan

To prepare for an emergency –

- 1** Plan where to meet your family members: pick one place right outside your home and another outside your neighborhood.
- 2** Choose an out-of-town phone contact for everyone to check with in case you cannot make a local call.
- 3** Fill out Emergency Reference Card on page 49 and store with “Go Bag.” (see page 9)
- 4** Have enough supplies in your home to last for at least three days and mark them as “emergency only.” Refresh your supplies twice a year when the clock moves forward and backward to accommodate the time change.
 - One gallon of water per day per person
 - Canned foods and manual can opener
 - First aid kit, medications and prescriptions for one week
 - Flashlight, battery operated AM/FM radio
 - Batteries
 - Whistle
 - Iodine tablets or one quart of bleach to disinfect water if necessary
 - Personal toiletries
 - Childcare supplies



If you must evacuate –

- 1** Know and practice exit routes from your home and neighborhood.
- 2** Keep at least a half tank of gas in your car at all times.
- 3** Take your emergency supply kit (Go Bag) with you.
- 4** Lock the door behind you.
- 5** Unplug appliances.
- 6** Take pets. Since most shelters do not take animals, plan now for their care and keep extra food and water for them.



If time permits:

- 7** Call out-of-state contact and let them know where you are going.
- 8** If you have damage, shut off water, gas and electricity.
- 9** Leave a note about when you left and where you are going.
- 10** Ask if neighbors need a ride.

Create a “GO Bag”

In a backpack or wheeled suitcase for each person, place the following items:

- Copies of important documents (insurance cards, birth certificates, deeds, photo IDs, proof of address, etc.) in waterproof container or bag
- Extra set of car and house keys
- Credit and ATM cards and cash
- Bottled water and non-perishable food
- Flashlight, battery operated AM/FM radio, extra batteries
- Medication for at least one week
- First aid kit
- Comfortable shoes, raingear, Mylar blanket
- Contact and meeting place information and area map
- Childcare or other specialty supplies



*Take the time to fill out
the **Emergency
Reference Card**
found in the back of
this publication.*





Check with your children's school to determine if an emergency plan is in place. If not, volunteer to help create one.

School and Daycare Emergency Plan

- 1** Check with school to determine if an emergency plan is in place. If not, volunteer to help create one.
- 2** Ask how the school will communicate with families during a crisis.
- 3** Ask if the school stores adequate food, water and other basic supplies.
- 4** Determine if the school is prepared to “shelter-in-place” or determine the location if evacuation is necessary.

Neighborhood Emergency Plan

- 1** Meet with neighbors to plan how you can work together.
- 2** Determine if anyone has emergency-specific skills that may be needed in an emergency, i.e., healthcare professional, electrician, etc.
- 3** Decide who will check on elderly or disabled neighbors.
- 4** Choose a safe house for children in case you cannot get home. A safe house is a home of friends, neighbors or relatives who live nearby.

Business Emergency Plan

- 1** Make certain that the building has an evacuation plan.
- 2** Determine if the heating, ventilation and air conditioning systems are secure from contaminants and know how to turn them off.
- 3** Have appropriate supplies on hand in a “GO Bag.”
- 4** Have a plan for if you cannot leave the business.

Moving Vehicle Emergency Plan

- 1** If there is an explosion or other event that makes it difficult to control the vehicle, pull over, stop the car and set the parking brake.
- 2** If the physical stability of the roadway is uncertain, avoid overpasses, bridges, power lines, signs and other hazards.
- 3** If a power line falls on you car, stay inside and wait for a trained person to remove the wires.
- 4** Listen to the radio for information and instructions.
- 5** In case you are stranded, keep a “GO Bag” in your car.

High-Rise Building Emergency Plan

- 1** Know the location of all emergency exits in case first choice is blocked.
- 2** Take cover against a desk or table if things are falling.
- 3** Move away from things like file cabinets and bookshelves that may fall.
- 4** Face away from windows and move away from exterior walls.
- 5** Do not use elevators.
- 6** Stay to the right in stairwells to allow emergency workers access.
- 7** Determine if you should “shelter-in-place” or evacuate.
- 8** Listen for and follow instructions.

Animal Emergency Plan

- 1** Identify shelter by calling your local emergency management office, animal shelter, or animal control office.
- 2** Call the shelter today to determine if reservations will be required.
- 3** Copy up-to-date veterinary records and keep shots current.
- 4** Gather pet supplies and make pet “GO Bag.”
- 5** Keep a pet carrier and leash in “GO Bag.”





disaster supplies kit

❑ WATER

Store one gallon of water per person per day.

- Have a three-day supply (replace supply every six months).

❑ CLOTHING & BEDDING

Include at least one complete change of clothing and footwear per person.

- Sturdy shoes or work boots
- Blankets and/or sleeping bags
- Thermal underwear
- Sunglasses
- Rain gear
- Hats and gloves

❑ SPECIAL ITEMS

Remember family members with special needs such as infants and elderly or disabled individuals.

For Children:

- Baby formula/food
- Diapers
- Bottles
- Powdered milk
- Medications
- Games/Activities

For Adults:

- Prescription drugs
- Heart and high blood pressure medications
- Insulin
- Denture needs
- Contact lenses and supplies
- Extra eyeglasses
- Playing cards and books
- Important legal documents

For Pets

- Medications and medical records
- Food and water
- Cat litter/pan
- Copies of licenses
- Current photo in case they get lost
- Name and phone number of veterinarian

❑ FOOD

Store at least a three-day supply of non-perishable food for each person. Select foods that require no refrigeration, cooking or preparation. Select food items that are compact and lightweight and rotate the food supply every six months.

- Ready-to-eat canned meats, fruits and vegetables
- Soups, bouillon cubes or dried soups
- Milk – boxed powdered or canned, requiring no refrigeration
- Baby formula/food
- Sugar cookies
- Hard candy



- Sugar
- Salt
- Pepper
- Juices – canned, boxed, powdered or crystallized
- Smoked or dried meats such as beef jerky
- Vitamins
- High energy foods – peanut butter, nuts, trail mix

□ TOOLS & SUPPLIES

- Mess kits or paper cups, plates, plastic utensils
- Battery- or gyro-operated radio and extra batteries
- Paper and pencil/pen
- Non-electric can opener
- Utility knife
- Tent
- Plastic sheeting
- Duct tape
- Pliers
- Compass
- Signal flare
- Needles and thread
- Aluminum foil
- Matches
- Shut-off wrench for gas and water
- Work gloves
- Plastic storage containers
- Medicine dropper
- Cash or travelers checks and change
- Dust mask (for dust/debris)
- Toilet paper
- Personal hygiene items
- Feminine supplies
- Disinfectant

- Plastic garbage bags and ties
- Soap
- Household chlorine bleach
- Small shovel (to dig toilet, etc.)
- Plastic bucket with tight lid (indoor toilet)

□ FIRST AID KIT

You should have two first aid kits – one for your home and the other for your car. Each kit should include:

- Sterile adhesive bandages (assorted sizes)
- Gauze pads (2- and 3-inch)
- Triangular bandages
- Hypoallergenic adhesive tape
- Sterile roller bandages (2- and 3-inch)
- Scissors
- Tweezers
- Needle
- Safety razor blade
- Safety pins (assorted sizes)
- Bar of soap
- Moist towelettes
- Non-breakable thermometer
- Antiseptic spray
- Latex gloves
- Petroleum jelly or other lubricant
- Tongue blades and wooden applicator sticks
- Aspirin and non-aspirin pain reliever
- Antacid
- Laxative
- Eye wash
- Rubbing alcohol
- Antiseptic or hydrogen peroxide
- Anti-diarrhea medications
- Emetic (to induce vomiting)

You should have two first aid kits – one for your home and the other for your car.





safety begins at home

Properly securing your home will help keep your family safe from outside threatening elements. Take these easy steps today to make your home safer:

- Illuminate all entrances.
- Keep shrubbery trimmed near windows and doors.
- Keep garage doors closed and locked at all times.
- Have a peephole viewer in the front door.
- Secure sliding glass doors with pinned or with auxiliary locks, and screws in the tracks to prevent removal of doors.
- Secure all outside doors with deadbolt locks.
- Report any suspicious activities or persons to police immediately.
- Mark valuables with your Florida driver's license number.
- Keep a record of the serial numbers of all high value items in a secure location.
- Determine who is at the door before opening it.
- Require proper identification from all repair and delivery people and check with home office before opening the door.

If you are considering an alarm:

- Make certain that the company is in good standing and is known in the community. Ask for referrals and then check them.
- Determine if the company offers 24-hour service, will help get insurance premiums reduced and has a warranty for the system.
- Make sure that the system will shut off after 10-15 minutes and that it rings loudly enough to alert the neighbors.
- Accept the system only if it is Underwriters Laboratories Inc (U.L.) approved.

Identity Theft

Over 500,000 Americans are victims of identity theft every year. Once you are a victim, it may take months and even years to undo the damage that takes a thief only moments to create. Take appropriate steps today to protect yourself.

- Safeguard personal information by shredding personal and financial documents.
- Install a locking mailbox and take payments to the post office.
- Never keep your ATM card and PIN number in the same location.
- Never put a credit card number on a check and carry only the credit cards that you need.
- Secure your driver's license and social security numbers.
- Review all financial statements every month and report any suspicious or unusual activities.

In the event that your identity is stolen:

- Contact your bank, credit card companies and credit bureaus immediately.
- Make a detailed record of persons, dates and times that people were notified and the results of the conversations.
- Keep records of all correspondences regarding missing or stolen information.
- Check all accounts for any change of address requests and notify the Postal Inspector if a change has been filed.

Important Contact Information

Federal Trade Commission Consumer
Response Center:
202-326-3761
www.ftc.gov

Experian (credit bureau):
800-301-7195
PO Box 1017, Allen, TX 75013

National Fraud Information Center:
www.fraud.org

Trans Union (credit bureau):
800-680-7289
PO Box 390, Springfield, PA 19064

Equifax (credit bureau):
800-525-6285
PO Box 74024, Atlanta, GA 30374



family communications plan

Your family may not be together when disaster strikes, so plan now how you will contact one another and review what you will do in different situations.

Out-of-State Contact

Name: _____

Telephone: _____ Secondary Telephone: _____

Email: _____

Family Member Information

Fill out the following information for each family member and keep it up to date and in a safe place.

Name: _____ Cell Phone: _____

Date of Birth: _____ Social Security Number: _____

Important Medical Information: _____

Name: _____ Cell Phone: _____

Date of Birth: _____ Social Security Number: _____

Important Medical Information: _____

Name: _____ Cell Phone: _____

Date of Birth: _____ Social Security Number: _____

Important Medical Information: _____

Name: _____ Cell Phone: _____

Date of Birth: _____ Social Security Number: _____

Important Medical Information: _____

Name: _____ Cell Phone: _____

Date of Birth: _____ Social Security Number: _____

Important Medical Information: _____

Name: _____ Cell Phone: _____

Date of Birth: _____ Social Security Number: _____

Important Medical Information: _____

For emergencies only dial 9-1-1

Where to Go in an Emergency

Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans.

Home address: _____ Neighborhood meeting place: _____
Home telephone: _____ Regional meeting place: _____

Work address: _____
Work telephone: _____ Evacuation location: _____

Work address: _____
Work telephone: _____ Evacuation location: _____

School address: _____
School telephone: _____ Evacuation location: _____

School address: _____
School telephone: _____ Evacuation location: _____

School address: _____
School telephone: _____ Evacuation location: _____

Other place you frequent: _____ Address: _____
Telephone: _____ Evacuation location: _____

Other place you frequent: _____ Address: _____
Telephone: _____ Evacuation location: _____

Other Important Information

Doctor(s): _____ Telephone: _____

Pharmacist: _____ Telephone: _____

Medical Insurance: _____ Group ID#: _____

_____ Member ID#: _____

Medical Insurance: _____ Group ID#: _____

_____ Member ID#: _____

Homeowners/Rental Insurance: _____ Telephone: _____

_____ Policy#: _____

Veterinarian/Kennel (for pets): _____

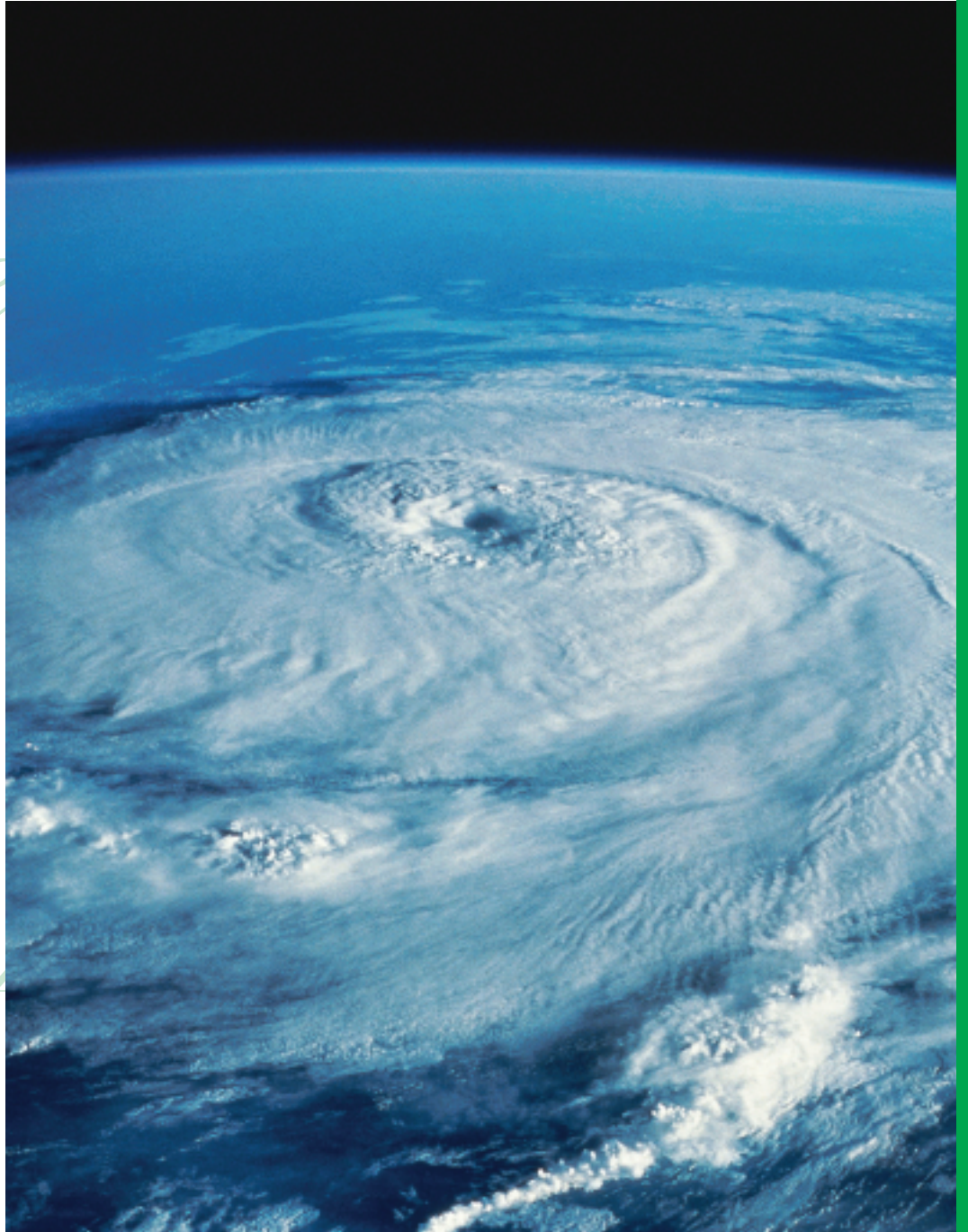


Natural Hazards

There are many naturally occurring elements that may seriously threaten your life and property if you are not prepared and knowledgeable. Please take the time to review the information on the following pages and take all the precautionary measures that you can today so that you will be ready in case you find yourself and your home in the path of a disastrous event.

Fire

Heat



fire

Fire spreads quickly; there is no time to gather valuables or make a phone call. In just two minutes, a fire can become life threatening; in five minutes, a residence can be engulfed in flames. Take the following steps and have a readiness plan in case fire threatens you and your property.

Fire Prevention

- Install smoke alarms; properly working alarms decrease your chances of dying in a fire by half.
- Test and clean smoke alarms once a month and change the batteries at least once a year, and replace the alarms once every 10 years.
- Review escape routes with your family and practice escaping from each room.
- Make certain that windows are not nailed or painted shut and window gratings have fire safety opening features.
- Teach everyone to stay low to the floor when escaping from a fire.
- Clear storage areas of trash and flammable items.
- Never use gasoline, benzene, naphtha, or similar flammable liquids indoors.
- Store flammable liquids in approved containers, and discard all rags used with flammable liquids.
- Place space heaters at least three feet away from flammable materials.
- Keep a screen in front of the fireplace.
- Have heating units inspected and cleaned annually.
- Keep matches and lighters out of the reach of children.
- Never smoke in bed (never smoke at all, if possible) or when drowsy or medicated.
- Have an electrician check your electrical wiring.
- Do not use frayed cords, exposed wires or loose plugs.
- Do not run wiring under rugs, over nails, or across high-traffic areas.
- Do not overload extension cords or outlets.
- Make sure that insulation does not touch bare electrical wiring.
- Sleep with your door closed.
- Install A-B-C-type fire extinguishers in your home and teach everyone how to use them.
- Install an automatic fire sprinkler system, if possible.
- Ask your local fire department to inspect your home for fire safety and prevention.



Escaping a Fire

- If your clothes catch on fire, stop, drop and roll until the fire is extinguished.
- To escape a fire, use the back of your hand to check closed doors for heat before opening them.
 1. If the door is hot, do NOT open; escape through a window.
 2. If the door is cool, open it slowly and ensure fire and/or smoke is not blocking your escape route. If clear, leave immediately and close door behind you. If the route is blocked, shut the door immediately and use an alternate route. Be prepared to crawl.
- Close doors behind you as you escape to delay the spread of fire.
- Stay out once you are safely out and do not reenter. Call 9-1-1.
- If you are in a high-rise multiple dwelling and the fire is not in your apartment, stay in your apartment rather than entering smoke-filled hallways.
- If you are in a high-rise office building, only evacuate if the fire is on your floor or the one above it, and descend to the second floor below the fire floor. Do NOT use the elevator.
- If a fire breaks out in your home, get out as quickly as possible.
- If you are unable to get out for any reason, stay near a window and close to the floor. Close the door and stuff the bottom with a towel to avoid smoke. If possible, signal for help by waving a cloth or sheet outside the window.
- If you are a burn victim or are with a burn victim, call 9-1-1; cool and cover burns to reduce risk of further injury or infections.
- If you have a safe box, do not open it before it has cooled.
- Establish a meeting place for family/employees to gather after they leave the home/office.

*Test and clean
smoke alarms once
a month and change
the batteries at least
once a year.*





wildfires

Wildfires are usually triggered by lightning or accidents and spread quickly, igniting brush, trees, and homes. Usually, you will have some warning about an approaching fire, but you can and should take steps today to make certain that you and your property are as safe as possible. If the wildfire is eminent, there are several steps that may save your property if you make them right away.

Before a Wildfire

- Keep lawns trimmed and debris out of the yard
- Store flammable materials in approved containers at least 30 feet away from structures and wood fences
- Landscape with fire resistant plants and vegetation.
- Make sure that water sources are accessible to the fire department.
- Use fire resistant protective roofing and materials for your home.

If a wildfire threatens your home and time permits

- Shut off propane tanks and gas at the meter.
- Seal attic and ground vents with pre-cut plywood or commercial seals.
- Place combustible patio furniture inside.
- Connect garden hoses to outside taps, put sprinklers on the roof and wet it.
- Wet or remove shrubs within 15 feet from your home.
- Gather fire tools like rakes, axes, saws, buckets and shovels.
- Back car into the garage or park it in an open space facing the direction of escape, and shut the doors and roll up the windows. Leave the key in the ignition and car doors unlocked. Close garage door and windows, but leave them unlocked. Disconnect automatic garage door openers.
- Move flammable furniture into the center of your home away from windows and sliding glass doors.
- Close all interior doors and windows to prevent drafts.
- Place valuables that will not be damaged by water in a pool or pond.
- If advised to evacuate, do so immediately. Choose a route away from the fire and watch for changes in the speed or direction of the fire and smoke.

excessive heat events

In the Sunshine State, we take good weather for granted and spend many hours working and playing outside, but too much sun may be very dangerous. Play it safe and know the warning signs of overexposure to heat and sun, and be prepared to give first aid in case of an emergency.

DO

- Use air conditioners or spend time in air-conditioned locations such as malls and libraries
- Use portable electric fans to exhaust hot air from rooms or draw in cooler air
- Take a cool bath or shower
- Minimize direct exposure to the sun
- Stay hydrated; regularly drink water or other nonalcoholic fluids
- Eat light, cool, easy-to-digest foods such as fruit or salads
- Wear loose fitting, light-colored clothes
- Check on older, sick or frail people who may need help responding to the heat
- Know the symptoms of excessive heat exposure and the appropriate responses

DO NOT

- Direct the flow of portable electric fans toward yourself when room temperature is hotter than 90 degrees Fahrenheit
- Leave children and pets alone in cars for any amount of time
- Drink alcohol to try to stay cool
- Eat heavy, hot or hard-to-digest foods
- Wear heavy, dark clothing

Heat Stroke Warning Signs

- An extremely high body temperature (over 103°F)
- Red, hot and dry skin but no sweating
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness



Heat Stroke Treatment

- Call for immediate medical assistance while beginning to cool the victim
- Get the victim to a shady area
- Cool the victim rapidly using whatever methods you can
- Monitor body temperature and continue cooling efforts until it drops to 101°F
- If emergency help is delayed, call a hospital emergency room for instructions
- Do not give the victim alcohol to drink
- Get medical help as soon as possible

Heat Exhaustion Warning Signs

- Heavy sweating
- Weakness
- Fainting
- Paleness
- Dizziness
- Skin may be cool and moist
- Muscle cramps
- Headache
- Pulse rate will be fast and weak
- Tiredness
- Nausea or vomiting
- Breathing will be fast and shallow

Heat Exhaustion Treatment

- Drink cool, nonalcoholic beverages
- Air-conditioned environment
- Cool shower, bath or sponge bath
- Lightweight clothing
- Rest

Heat Cramp Symptoms

- Muscle pains or spasms in abdomen, arms or legs

Heat Cramp Treatment (if medical attention is not necessary)

- Stop all activity and sit quietly in a cool place
- Drink clear juice or a sports beverage
- Do not return to strenuous activity for a few hours after the cramps subside
- Seek medical attention if cramps do not subside in one hour

Heat Rash Symptoms

- Red clusters of pimples or small blisters
- Usually appears on the neck and upper chest, in the groin, under the breasts, and in elbow creases

Heat Rash Treatment

- Provide a cooler, less humid environment
- Keep affected area dry
- Dusting powder may be used to increase comfort, but avoid ointments or creams

flooding

Most of South Florida's flooding problems are associated with hurricanes and particularly active hurricane seasons. You should be aware of threats and be prepared to take the right steps to minimize threats to your property and your safety.

Understanding Proper Terms

Familiarize yourself with the terms used by meteorologists so that you will know they mean and the severity of the threat.

- *Flood Watch* – flooding is possible so stay tuned to radio or television for information.
- *Flash Flood Watch* – flash flooding is possible. Be prepared to go to higher ground and stay tuned to radio or television for information.
- *Flood Warning* – flooding is occurring or will occur soon. If advised to evacuate, do so immediately.
- *Flash Flood Warning* – a flash flood is occurring; seek higher ground on foot immediately.

Taking Precautions

Take the following precautions to keep you and your loved ones as safe as possible.

- To prepare for a flood, avoid building in a floodplain unless you elevate and reinforce your home; elevate water heater and electric panel if susceptible to flooding; install “check valves” in sewer traps to prevent flood water from backing up into house drains; construct barriers to stop floodwater from entering the building.
- During a flood, listen to the radio or television for information; if there is a possibility of flash flooding, move to higher ground immediately; be aware of streams, lakes or rivers known to flood suddenly.
- If you must prepare to evacuate, secure your home; if you have time, bring in outdoor furniture; turn off utilities at the main switches or valves; disconnect electrical appliances; do not touch electrical equipment if you are wet or standing in water.
- If you have to leave your home, do not walk through moving water and do not drive into flooding areas.
- When driving in flood conditions, remember that six inches of water will reach the bottom of most passenger cars causing loss of control and possible stalling; a foot of water will float many vehicles; two feet of rushing water can carry away most vehicles including SUVs and pick-up trucks.
- After a flood, avoid moving water; listen for news reports to determine if water is safe to drink; floodwaters may be contaminated by oil, gasoline or raw sewage or electrically charged from underground or downed power lines; return home only when area is declared safe by authorities; stay away from downed power lines; service damaged septic tanks or cesspools as soon as possible to avoid serious health hazards; clean and disinfect everything that got wet.

A foot of water will float many vehicles; two feet of rushing water can carry away most vehicles including SUVs and pick-up trucks.





hurricanes

Unfortunately, most South Florida residents are all too familiar with the devastation that hurricanes create, but have you taken all the precautionary measures that you can? Please familiarize yourself and your family with the following information so that you will be even safer during the next hurricane season.

Saffir-Simpson Hurricane Scale

Hurricanes are classified into five categories by the Saffir-Simpson Hurricane Scale based on their wind speed, central pressure, and damage potential.

SCALE # (Category)	SUSTAINED WINDS (MPH)	DAMAGE	STORM SURGE (FT)
1	75-95	Minimal: Unanchored mobile homes, vegetation and signs	4-5
2	96-110	Moderate: All mobile homes, roofs small craft; flooding	6-8
3	111-130	Extensive: Small buildings, low-lying roads cut off	9-12
4	131-155	Extreme: Roofs destroyed, trees down, roads cut off, mobile homes destroyed, beach homes flooded.	13-18
5	More than 155	Catastrophic: Most buildings destroyed, vegetation destroyed, major roads cut off, homes flooded	Greater than 18

To Prepare for a Hurricane

- Secure your property with shutters or boards; tape will not prevent windows from breaking.
- Install straps or additional clips to fasten roof to frame.
- Trim all trees and shrubs.
- Clear loose and clogged rain gutters and downspouts.
- Determine how and where to secure your boat.
- Consider building a safe room.

If a Hurricane is Likely to Hit

- Listen to radio or television for information.
- Secure your home, close shutters, and secure outdoor objects or take them inside.
- Turn the refrigerator to the coldest setting and keep the doors closed.
- Turn off propane tanks.
- Avoid using the phone except for serious emergencies.
- Moor your boat.
- Have enough water for drinking and sanitary purposes; fill bathtubs and other large containers with water.
- If possible, purchase a generator.

You Should Evacuate

- If you are directed by local authorities to do so.
- If you live in a mobile home or temporary structure.
- If you live in a high-rise building.
- If you live on the coast or floodplain, near a river, or on an inland waterway.
- If you feel you are in danger.

Unable to Evacuate

If you are unable to evacuate, go to your wind-safe room. If you do not have one:

- Stay indoors during the hurricane and away from windows and glass doors.
- Close all interior doors and secure and brace external doors.
- Keep curtains and blinds closed.
- Do not be fooled by a lull in the storm, it may be the eye.
- Take refuge in a small interior room, closet, or hallway on the lowest level.
- Lie on the floor under a table or other sturdy object.



thunderstorms and lightning

South Florida is subject to very powerful thunderstorms and you should take them very seriously. Please follow the suggestions below to keep you, your family and home safe during thunderstorms and the accompanying lightning.

All Thunderstorms are Dangerous

All thunderstorms are dangerous, and every thunderstorm produces lightning.

- About 10% of thunderstorms are classified as severe and will produce hail at least 3/4 inches in diameter, winds of 58 miles per hour or higher, or a tornado.
- Lightning often strikes outside of heavy rain and may occur as far as 10 miles away from rainfall.
- “Heat lightning” is from a thunderstorm too far away for thunder to be heard, but it may be heading in your direction.
- Chances of being struck by lightning are 1 in 600,000, but could be reduced even more by following safety precautions.
- Lightning strike victims carry no electrical charge and should be attended to immediately.
- Remove trees or branches that could fall and cause damage during a severe thunderstorm.
- Remember the 30/30 lightning rule: Go indoors if, after hearing lightning, you cannot count to 30 before hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder.
- Get inside a building or hard top car; although you may be injured if lightning strikes your car, you are much safer than being outside.
- Rubber-soled shoes and rubber tires provide NO protection from lightning; however, the steel frame of a hard-top vehicle (as opposed to a convertible) provides increased protection if you are not touching metal.
- Close and shutter windows and doors, if possible, and secure outdoor objects that could be blown away.
- Avoid showering or bathing as plumbing and fixtures can conduct electricity.
- Cordless and cellular phones are safe, but avoid corded phones except for emergencies.
- Unplug appliances and other electrical items and turn off air conditioners, because power surges may cause serious damage.
- If you are surrounded by lots of trees, seek shelter in a low area under a thick growth of small trees.

- If you are in an open area, go to a low place, but be alert for flash flooding.
- If you are on open water, get to land and find shelter immediately.
- If you are anywhere and feel your hair stand on end, squat low to the ground on the balls of your feet; place your hands over your ears and your head between your knees. Make yourself the smallest target possible with the minimum contact with the ground. DO NOT lie flat on the ground.

To Help a Person Struck by Lightning

- Call 9-1-1 for help immediately.
- If breathing has stopped, begin mouth-to-mouth resuscitation.
- If the heart has stopped, administer CPR.
- If the victim has a pulse and is breathing, look for possible injuries. Check for burns where the lightning has entered and left the body. Be alert for nervous system damage, broken bones, and loss of hearing and eyesight.

tornadoes

Although hurricanes are South Florida's largest weather hazard, tornadoes that are spawned by hurricanes can cause fatalities and devastate neighborhoods in seconds. If you know what to look for, you will be able to make the right decisions with a moment's notice to keep your life and property safe. Study the following information so that you will be ready.

- Before a tornado hits, the wind may die down and the air may become very still.
- Tornadoes generally occur near the trailing edge of a thunderstorm.
- The average forward speed of a tornado is 30 MPH, but may vary from 0-70 MPH; the average direction is southwest to northeast, but can move in any direction; they are most likely to occur between 3 p.m. and 9 p.m., but can occur at any time.
- Look for tornado danger signs: dark, often greenish sky; large hail; a large, dark, low-lying cloud (particularly if rotating); loud roar, similar to a freight train.
- If you are under a tornado warning, seek shelter immediately.
- If you are in a structure, go to a pre-designated shelter area. If there is no basement, go to the center of an interior room on the lowest level away from corners, windows, doors, and outside walls. Put as many walls as possible between you and the outside. Get under a sturdy table and use your arms to protect your head and neck. Do not open windows.
- If you are in a vehicle, trailer or mobile home, get out immediately and go to the lowest floor of a sturdy, nearby building or a storm shelter. Mobile homes, even if tied down, offer little protection from tornadoes.
- If you are outside with no shelter, lie flat in the lowest recessed area available and cover your head with your hands. Be alert for potential flooding. DO NOT get under a bridge or overpass. Never try to outrun a tornado in urban or congested areas in a vehicle; instead, leave the vehicle immediately for safe shelter. Watch out for flying debris.



florida wildlife

Florida has an abundance of wildlife including snakes, alligators and crocodiles. They each play an important role in the state's complex ecology. Of the 44 species of native snakes, only 6 are venomous.

Alligators

Alligators have inhabited Florida long before the first human arrived. With our tremendous growth, the alligators' habitats have shrunk resulting in increased interactions between humans and alligators. Because of their predatory nature, alligators sometimes attack pets, livestock and, occasionally, humans. In many cases, alligators will eventually retreat to an isolated area away from people.

Alligator Safety Tips

- If you encounter an alligator, call the Doral Police Department immediately at 305-593-6699.
- Supervise children closely when they are playing in or around water. Never allow small children to play alone near water.
- Do not swim outside of posted areas in waters that might be inhabited by large alligators.
- Alligators are most active between dusk and dawn, so swim only during daylight hours.
- Leave alligators alone; it's the law.
- Never feed or entice alligators – it's dangerous and illegal. When fed, alligators learn to associate people with food.
- Seek immediate medical attention if bitten by an alligator as the bite often results in serious infection.

Identifying Poisonous Snakes

Crotalidae or pit vipers include diamondback rattlesnake, canebrake rattlesnake, pigmy rattlesnake, cottonmouth, and the copperhead. Their venom destroys the red blood cells and the walls of the blood vessels. They have facial pits located between the eye and nostril on each side of the head, an elliptical eye pupil, and broad, roughly V-shaped heads.

The coral snake is an Elapididae and its venom attacks the nervous system of the victim, inducing paralysis.

If You See a Snake

- Just stand back and observe it.
- Snakes would much rather flee than attack you.
- Unless a venomous snake is posing immediate danger to people or pets, there is no reason to kill it.
- Snakes usually bite people only if they are molested; it's their only means of self-defense.

Snake Bite

- Get medical help immediately.
- Keep the victim calm and remind them that bites can be treated in an emergency room.
- Restrict movement and keep the affected area below heart level to reduce the flow of venom.
- If you have a pump suction device, follow the manufacturer's directions.
- Remove any rings or constricting items as the affected area may swell.
- Create a loose splint to help restrict movement of the area.
- If the bite area begins to swell or change colors, the snake was probably poisonous.
- If possible, monitor the victim's temperature, pulse, rate of breathing, and blood pressure.
- If there are signs of shock such as paleness, lay the victim flat, raise the feet about a foot, and cover the person with a blanket.

Things NOT to Do

- Do NOT allow the victim to become over exerted. If necessary, carry the person to safety.
- Do NOT apply a tourniquet.
- Do NOT apply cold compresses to a snake bite.
- Do NOT cut into a snake bite with a knife or razor.
- Do NOT try to suction the venom by mouth.
- Do NOT give the victim stimulants or pain medications unless instructed to do so by a doctor.
- Do NOT give the victim anything by mouth.
- Do NOT raise the bite site above the level of the victim's heart.



The venomous coral snake has red rings bordered by yellow.



The harmless king snake has red rings bordered by black.

The venomous coral snake is often confused with the harmless king snake. The following rhyme is a helpful way to remember which one is dangerous to humans –

*“Red touch yellow, kill a fellow;
red touch black, good for Jack.”*



influenza (flu)

Illnesses like the flu (influenza) and colds are caused by viruses that infect the nose, throat, and lungs. The flu and colds usually spread from person to person when an infected person coughs or sneezes. Healthy habits can protect everyone from getting germs or spreading germs at home, school, or work. Simple actions can stop germs and prevent illnesses and reduce sick days.

To Stop the Spread of Germs

- Avoid close contact with people who are sick, and, when you are sick, keep your distance from others.
- Cover your mouth and nose when you sneeze or cough. If using a tissue, throw it away immediately. If using hands, wash them immediately.
- Wash your hands often with soap and warm water for about 15-20 seconds or how long it takes to sing the “Happy Birthday” song.
- Avoid touching your eyes, nose or mouth since germs are often spread when you touch a contaminated object and then touch parts of your face. Germs can live more than two hours on doorknobs, desks and tables.
- Stay home when you are sick or experience flu symptoms and get plenty of rest. Check with a healthcare provider if necessary.

Common Flu Symptoms

- Fever (usually high)
- headache
- extreme tiredness
- cough
- sore throat
- runny or stuffy nose
- muscle aches
- nausea
- vomiting
- diarrhea

Practice good health habits

- Get plenty of sleep.
- Be physically active.
- Manage your stress.
- Drink plenty of fluids.
- Eat nutritious foods.

pandemic

A flu pandemic occurs when a new flu virus appears and there is no immunity for the human population and it results in several, simultaneous worldwide epidemics with enormous numbers of deaths and illnesses. With the increase of global transportation and communications and the growth of urbanization and overcrowded conditions, new epidemics are likely to take hold quickly around the world.

How a Pandemic Starts

A pandemic can start when three conditions are met:

- A new flu virus subtype emerges
- The new flu infects humans, causing serious illness.
- The flu spreads easily among humans.

Avian Flu

The avian flu, or “bird flu”, is a contagious animal disease caused by viruses that normally infect only birds and, less commonly, pigs. Avian flu viruses are highly species-specific, but have, on rare occasion, crossed the species barrier to infect humans.

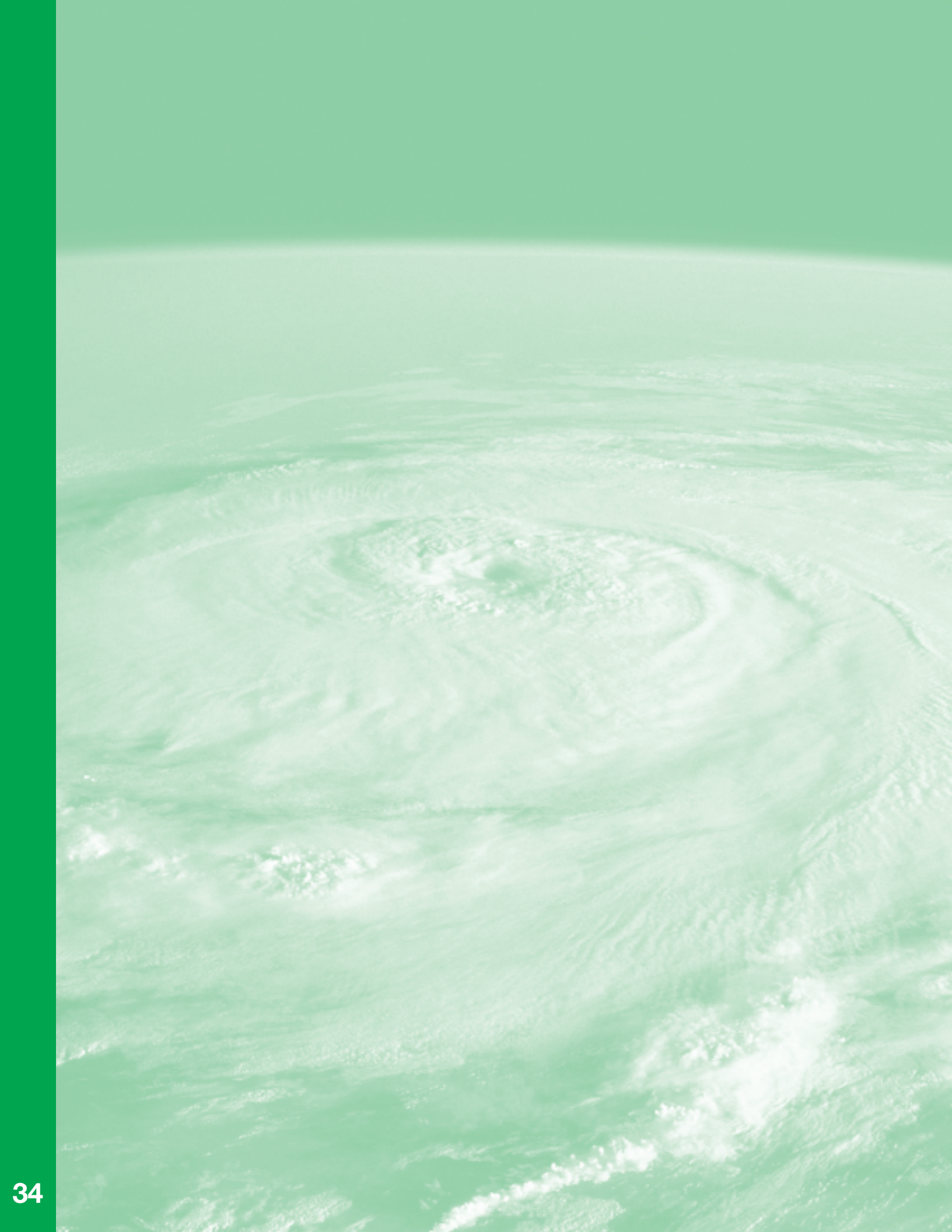
- The avian virus has only met the first two conditions of a pandemic.

Pandemic Progression

- The risk of pandemic flu is serious; each new human case gives the virus an opportunity to improve its transmissibility in humans, and thus develop into a pandemic strain.
- Flu pandemics can rapidly infect virtually all countries. Once international spread begins, pandemics are considered unstoppable.
- The most important pandemic warning signal comes when clusters of patients with clinical flu symptoms, closely related in time and place, are detected, which suggests human-to-human transmission is taking place (pandemic condition #3).
- Antiviral drugs, some of which can be used for treatment and prevention, are clinically effective against influenza A virus strains in otherwise healthy adults and children, but have some restrictions.

The avian virus, or “bird flu,” has only met the first two conditions of a pandemic.

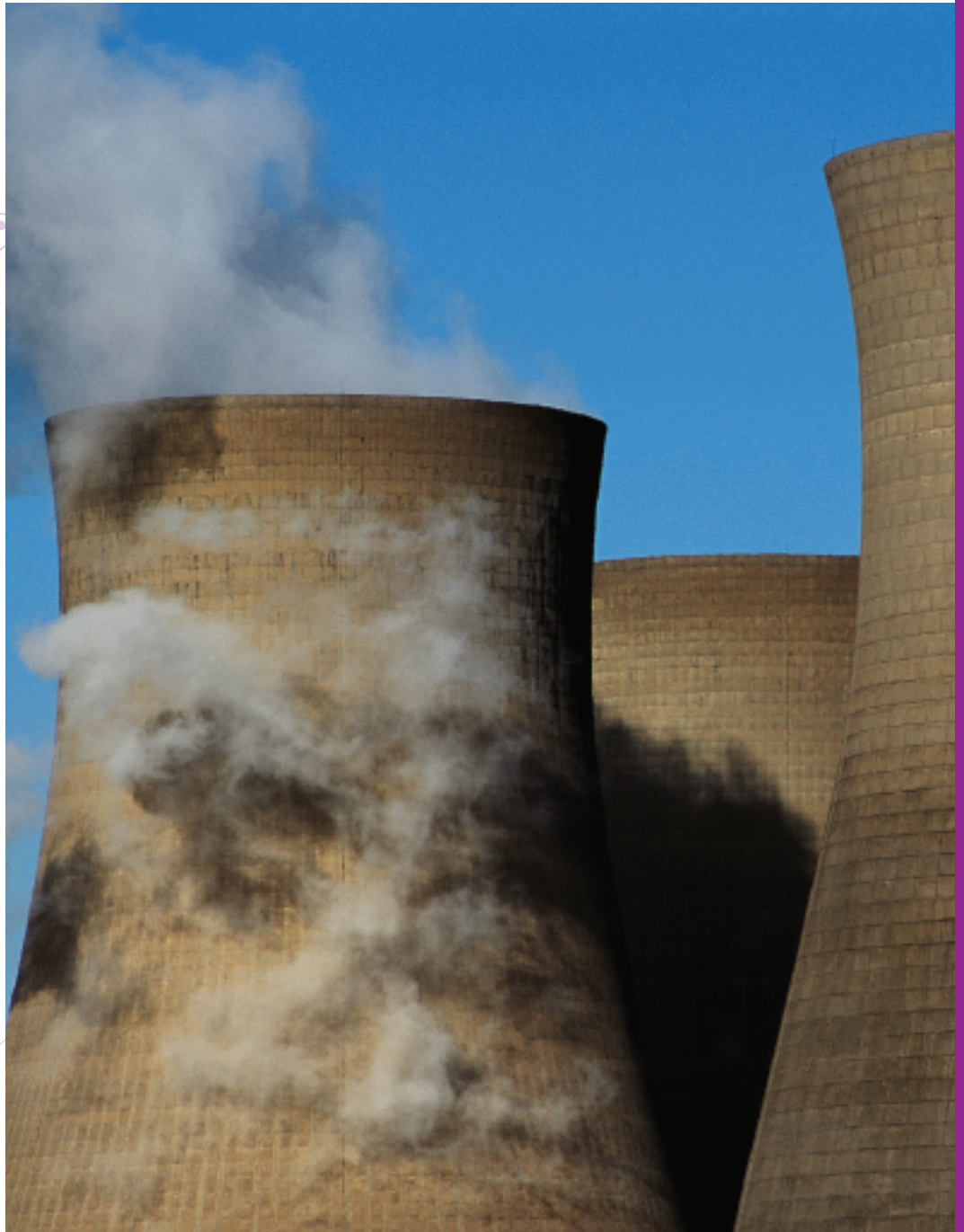




Technological Hazards

As our world becomes more technologically advanced and our reliance on sensitive materials grows, we are subjected to potential hazards that were not possible a decade ago. You can significantly minimize damage to your health and property by being alert and ready to take action immediately.

Toxic



Nuclear



hazardous materials or chemical incidents

Chemicals are found everywhere and can be very helpful, but they can also be very hazardous if used or released improperly.

- Add duct tape, plastic sheeting and scissors to your disaster supply kit.
- Listen to local radio or television stations for information and instructions.
- Stay away from contaminated area and remember that some toxic chemicals are odorless.
- If you are asked to evacuate, do so immediately.
- If you are caught outside, stay upstream, uphill and upwind for at least one-half mile from the danger area.
- If you are in a motor vehicle, stop and seek shelter in a permanent building.
- If you must remain in you car, keep windows and vents closed and turn off the air conditioner or heater.
- If you are requested to stay indoors, close and lock all exterior doors, windows, and vents; turn off air conditioners and ventilation systems; go into pre-selected shelter room; seal the room by covering all openings with plastic sheeting and duct tape; fill in cracks and holes in the room with available materials.
- Ten square feet per person will provide sufficient air to prevent carbon dioxide build up for up to five hours, assuming a normal breathing rate while resting; however, after 2-3 hours the effectiveness of this sheltering diminishes with time and evacuation is the better action to take.
- Return home only after authorities declare it is safe. Open vents and windows to provide ventilation.
- If you come in contact with hazardous materials: follow directions from local authorities; seek medical treatment for unusual symptoms as soon as possible; place exposed clothing and shoes in tightly sealed containers and contact local officials about disposal; advise anyone coming in contact with you that you have been exposed to a toxic substance.
- Find out from local authorities how to clean up your land and property.
- Report any lingering vapors or hazards to local officials.

household chemicals

Although the risk of a chemical accident is slight, knowing how to handle these products and how to react during an emergency can reduce the risk of injury.

- Buy only as much of a chemical as you will use.
- Keep products containing hazardous materials in their original containers and never remove the labels.
- Never store hazardous products in food containers.
- Never mix household hazardous chemicals or waste with other products.
- Follow manufacturer's instructions for proper use.
- Never use hair spray, cleaning solutions, paint products, or pesticides near an open flame since the vapor particles could catch fire or explode.
- Clean up any chemical spill immediately: use rags to clean; wear gloves and eye protection; allow fumes on rags to evaporate outdoors then wrap them in newspaper and seal them in a plastic bag before putting in garbage can.
- Dispose of all hazardous materials correctly.

Symptoms of Toxic Poisoning

Symptoms of toxic poisoning are:

- Breathing difficulty; eye, skin, throat, or respiratory tract irritation; skin color changes; headache or blurred vision; dizziness; clumsiness or lack of coordination; cramps or diarrhea.
- Be prepared to seek medical assistance.
- If there is danger of fire or explosion, evacuate immediately and call the fire department from outside once you are safely away from danger. Stay upwind to avoid breathing fumes.
- If someone has been exposed to a household chemical, find any substance containers to be able to provide accurate information and call emergency medical services, and then follow the directions carefully. Discard contaminated clothing.
- Make your home a safe home by checking to determine if chemicals are properly stored and out of reach of children.

Make your home a safe home by checking to determine if chemicals are properly stored and out of reach of children.



Household Products Containing Hazardous Materials or Chemicals

CLEANING PRODUCTS:

- Oven cleaners
- Drain cleaners
- Wood and metal cleaners and polishes
- Toilet cleaners
- Tub, tile, shower cleaners
- Bleach (laundry)
- Pool chemicals

AUTOMOTIVE PRODUCTS:

- Motor oil
- Fuel additives
- Carburetor and fuel injection cleaners
- Air conditioning refrigerants
- Starter fluids
- Automotive batteries
- Transmissions and brake fluids
- Antifreeze

LAWN AND GARDEN PRODUCTS:

- Herbicides
- Insecticides
- Fungicides/wood preservatives

INDOOR PESTICIDES:

- Ant sprays and baits
- Cockroach sprays and baits
- Flea repellents and shampoos
- Bug sprays
- Houseplant insecticides
- Moth repellents
- Mouse and rat poisons and baits

WORKSHOP/PAINTING SUPPLIES:

- Adhesives and glues
- Furniture strippers
- Oil- or enamel-based paint
- Stains and finishes
- Paint thinners and turpentine
- Paint strippers and removers
- Photographic chemicals
- Fixatives and other solvents

MISCELLANEOUS:

- Batteries
- Mercury thermostats or thermometers
- Fluorescent light bulbs
- Driveway sealer

OTHER FLAMMABLE PRODUCTS:

- Propane tanks and other compressed gas cylinders
- Kerosene
- Home heating oil
- Diesel fuel
- Gas/oil mix
- Lighter fluid



nuclear power plants

Although the construction and operation of nuclear power plants are closely monitored and regulated by the Nuclear Regulatory Commission (NRC), accidents are possible. The potential danger from an accident is exposure to radiation.

To minimize exposure to radiation, learn the basics today.

To Minimize Exposure to Radiation:

- Distance – the more distance between you and the radiation source, the better.
- Shielding – the heavier and denser the material between you and the radiation source, the better.
- Time – most radioactivity loses its strength fairly quickly.

Terms Used in a Nuclear Power Plant Emergency

- Notification of Unusual Event – a small problem has occurred; no radiation leak is expected; no action is required.
- Alert – a small problem has occurred and small amounts of radiation could leak inside the plant; this will not affect you; no action is required.
- Site Area Emergency – area sirens may be sounded; check radio or television for safety information.
- General Emergency – radiation could leak outside the plant and off the plant site; sirens will sound; check radio or television for reports and be prepared to follow instructions immediately.
- During a power plant emergency, securely lock and close all windows and doors and stay tuned to a battery-operated radio.
- If you are told to evacuate, keep car windows and vents closed and use re-circulating air only.
- If you are advised to stay indoors: turn off air conditioners, heaters, ventilation systems, and fans; go to an underground area if possible; do not use phone unless absolutely necessary.
- If you think that you have been exposed to nuclear radiation: change clothes and shoes; place exposed clothing in a plastic bag; seal the bag and place it out of the way; take a thorough shower.
- Keep food in covered containers or in the refrigerator; foods not previously covered should be washed before being put into containers.
- Seek medical treatments for any unusual symptoms, such as nausea, that may be related to radiation exposure.

If you think you have been exposed to nuclear radiation, change your clothes and shoes and take a thorough shower.





Terrorism

Throughout history, there have been many threats to the security of nations by creating fear and destruction. Terrorists prey on our fears, but we can fight back with accurate information and emergency preparedness. The most important thing is not to panic; sometimes accidents can look like terrorist events and vice versa. Stay calm and learn the facts. Actual terrorist events or perceived events may come in many forms, so it is in your best interest to be ready and stay alert.

Bomb



Explosions



explosions

- Move away from a loud noises or explosions not toward them and seek cover.
- Stay alert!
- Be aware of your surroundings.
- Move or leave the area if something does not seem right.
- Know the facts about a situation and do not spread rumors.

Dangerous Packages

- Do not accept packages from strangers or leave baggage unattended.
- Be suspicious of packages that: have no return address; are from an unfamiliar source; have strange markings, odors or powdery substances on the outside; excessive postage; unusual tape on it; or marked with restrictions.
- Do not open any suspicious package.
- Put the package down on a stable surface.
- Cover it with an airtight container like a trash can or plastic bag.
- Call 9-1-1 and alert the building's security, if applicable.
- Alert people in the area and evacuate the area.
- Wash your hands with soap and water if you have handled the package.
- Make a list of everyone who was in the area with the package and give it to authorities.
- Do not stray from the area if you believe that you have been exposed.

Bomb Threats

Get as much information from the caller as possible:

- When is the bomb going to explode?
- Where is the bomb right now?
- What does the bomb look like?
- What kind of bomb is it?
- Where are you calling from?
- Why did you place the bomb?

- Keep the caller on the line and write down everything that is said, include the length and time of the call.
- Listen carefully to the caller's voice and for any background noises.
- After you hang up, call 911 immediately.

If There is an Explosion

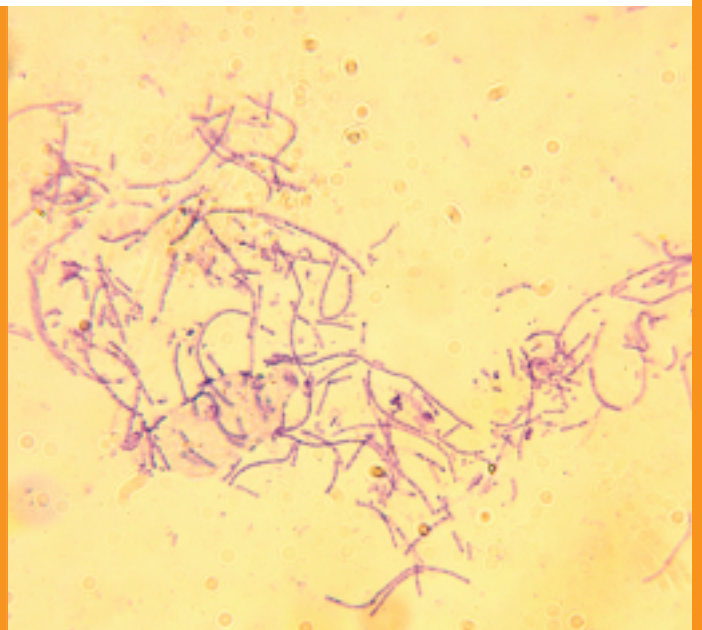
- Get under a desk or table if things are falling.
- Leave quickly and carefully once things stop falling; do not stop to retrieve personal items.
- Do not use elevators.
- Once outside, do not stand in front of windows, glass doors, or other potentially hazardous areas.
- Move away from sidewalks or streets to be used by emergency officials or others still exiting from the building.
- If you are trapped in debris, avoid unnecessary movement, cover your nose and mouth with anything you have on hand, use a whistle or flashlight to signal your location, tap on pipe or wall so rescuers can hear you, and shout only as a last resort to avoid inhaling dangerous dust.

biological attacks

A biological attack occurs when a terrorist intentionally causes a disease epidemic through the use of bacteria, viruses, and toxins.

- Check with your doctor to ensure all required and suggested immunizations are up to date.
- Consider installing a High Efficiency Particulate Air (HEPA) in your air conditioning return duct.
- If you are aware of an unusual or suspicious substance nearby: move away quickly; wash with soap and water; contact authorities and listen for official instructions; and get medical attention if you become sick.
- If you are exposed to a biological agent: remove and bag your clothes and personal items; follow official instructions for disposal of contaminated items; wash with soap and water; put on clean clothes; seek medical assistance; you may be quarantined.

Check with your doctor to ensure that all required and suggested immunizations are up to date for all family members.





POLICE LINE DO NOT CROSS

chemical attacks

An intentional release of hazardous materials is terrorism; however, accidents involving hazardous materials may also happen. The course of action should be the same in either event.

- Include duct tape, scissors, and sturdy plastic sheeting to seal doors, windows and vents in your emergency supplies kit.
- Choose an internal room for shelter, preferably without windows and on the highest level.
- If you are instructed to stay inside, you should: close all doors and windows and turn off all ventilation; seek shelter in an internal room with your “Go Bag”; seal the room with duct tape and plastic sheeting; listen to your radio for instructions.
- If you are caught in a contaminated area, you should: move away immediately in a direction upward of the source and find shelter as quickly as possible.

Decontamination

If medical help for decontamination is not immediately available, decontaminate yourself and help others:

- Use extreme caution when helping others.
- Remove all clothing and anything else that had contact with the body.
- Avoid pulling clothing over the head and keep clear of eyes, nose and mouth.
- Place contaminated clothing in a plastic bag and seal bag.
- Decontaminate hands using soap and water.
- Remove eyeglasses or contact lenses; put glasses in a pan of household bleach to decontaminate and then rinse and dry.
- Flush eyes with water.
- Gently wash face and hair with soap and water before thoroughly rinsing with water.
- Decontaminate other body areas that may have been contaminated by blotting (do not swab or scrape) with a cloth soaked in soapy water and rinse in clear water.
- Change into uncontaminated clothes (clothing stored in drawers or closets is probably contaminated).
- Go to a medical facility for treatment.

radiological attacks

A nuclear blast is an explosion with intense light and heat, a damaging pressure wave, and widespread radioactive material that can contaminate the air, water, and ground surfaces for miles. Radiological attacks occur when radioactive material is intentionally released.

- Any nuclear blast results in fallout that may be carried by wind currents for hundreds of miles if the right conditions exist.
- Nuclear radiation cannot be seen, smelled or otherwise detected by normal senses; it can be detected only by radiation monitoring devices.
- Find out if any public buildings in your community have been designated as fallout shelters; otherwise, make a list of nearby places like basements, tunnels, or the windowless center area of middle floors in high-rise buildings.
- If you live in an apartment building or high-rise, ask the manager about the safest place in the building for sheltering.
- During periods of increased threat, increase your disaster supplies for up to two weeks.
- If an attack warning is issued, take cover quickly and below ground if possible.
- If you are caught outside: do not look at the flash as it may blind you; take cover behind anything that may offer protection; lie flat on the ground and cover your head; and take shelter as soon as you can.
- REMEMBER the three protective factors: distance, shielding, and time.
- Upon returning to your home, keep listening for news about what to do, where to go and places to avoid.
- Stay away from damaged areas or those marked as “radiation hazard” or “HAZMAT.”

radiological dispersion device (rdd) attacks

An RDD combines a conventional explosive device with radioactive material.

- Terrorist use of an RDD (“dirty nuke” or “dirty bomb”) is more likely than a nuclear explosion.
- The RDD’s primary purpose is to cause psychological fear and economic disruption.
- Use the same protective measures as radiological attacks.
- The presence of radiation following an explosive blast will not be known until trained personnel test the scene.
- As with any radiation, it is important to limit exposure: seek shelter quickly and cover your nose and mouth with clothing or anything else that may be available.
- Do not return to or visit an RDD incident location for any reason.

terrorist threat conditions

Homeland Security Advisory System provides warnings in graduated threat conditions that increase as the risk of the threat increases.

GREEN – Low Risk

- Develop a family emergency plan, share and practice it with family and friends.
- Create an Emergency Supply Kit.
- Know where to shelter and how to turn off utilities.
- Learn CPR and first aid.

BLUE – Guarded Risk

- Complete Green level steps.
- Review stored disaster supplies and replace any that are outdated.
- Be alert to suspicious activities and report it to proper authorities.

YELLOW – Elevated Risk

- Complete Green and Blue level steps.
- Ensure disaster supplies are stocked and ready.
- Check family emergency telephone numbers and update if necessary.
- Develop alternative routes to/from work or school and practice them.
- Continue to be alert for suspicious activities and report it to authorities.

ORANGE – High Risk

- Complete Green, Blue and Yellow level steps.
- Exercise caution when traveling, pay attention to advisories.
- Review your family emergency plan and make sure that everyone knows what to do.
- Be patient; expect some travel delays and restrictions at public buildings.
- Check on neighbors or others who might need assistance in an emergency.

RED – Severe Risk

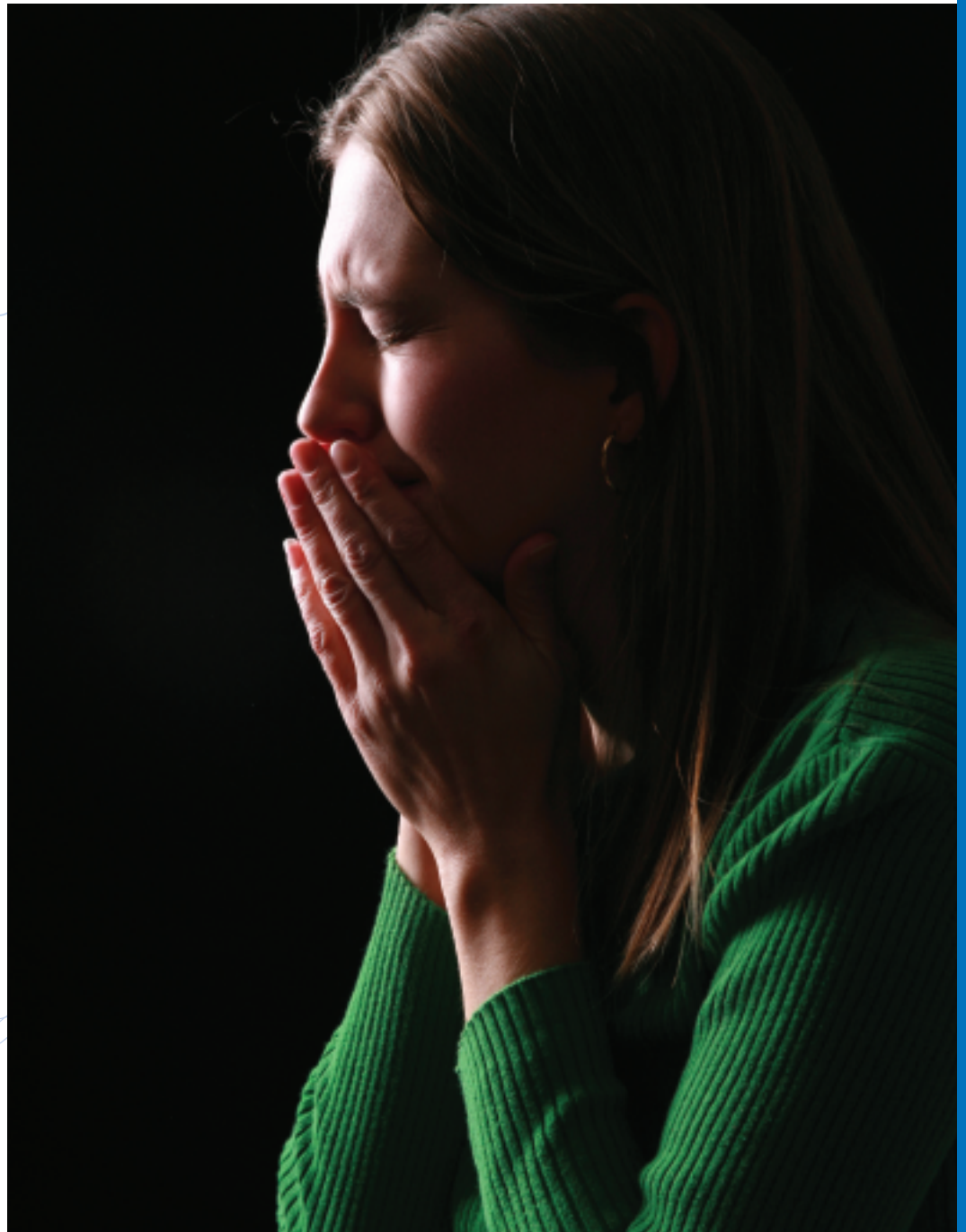
- Complete actions in all other risk levels.
- Listen to local emergency management officials and media for current information.
- Be prepared to shelter or evacuate, as instructed.
- Expect traffic delays and restrictions.
- Provide volunteer services only as requested.
- Contact your school/business to determine status of work day.

Coping with Disaster

The emotional toll that disaster brings is often more devastating than the financial strains of damage and loss of home, business, or personal property. It is very important to be able to recognize the signs and be familiar with the appropriate steps to take.

Signs

Recogniz



signs of disaster-related stress

When adults have the following signs, they might need crisis counseling or stress management assistance.

What to Look For

- Difficulty communicating thoughts
- Difficulty sleeping
- Difficulty maintaining balance in their lives
- Low threshold of frustration
- Increased use of drugs/alcohol
- Limited attention span
- Poor work performance
- Headaches/stomach problems
- Tunnel vision/muffled hearing
- Colds or flu-like symptoms
- Disorientation or confusion
- Difficulty concentrating
- Reluctance to leave home
- Depression, sadness
- Feelings of hopelessness
- Mood-swings and easy bouts of crying
- Overwhelming guilt and self-doubt
- Fear of crowds, strangers, or being alone

Easing Disaster-Related Stress

The following are ways to ease disaster-related stress:

- Talk with someone about your feelings – anger, sorrow, and other emotions – even though it may be difficult.
- Seek help from professional counselors who deal with post-disaster stress.
- Do not hold yourself responsible for the disastrous event or be frustrated because you feel you cannot help directly in the rescue work.
- Take steps to promote your own physical and emotional healing by healthy eating, rest, exercise, relaxation, and meditation.
- Maintain a normal family and daily routine, limiting demanding responsibilities on yourself and your family.
- Spend time with your family and friends.
- Participate in memorials.
- Use existing support groups of family, friends, and religious institutions.
- Make sure that you are ready for future events by restocking your disaster supplies kits and updating your family disaster plan. Taking these positive actions can be very comforting.

Preparation

Disasters happen... ... *Doral* – Are You **READY?**

*W***W**e hope you have found the information provided in this guide to be of great value for the health and safety of your family. Please take the time to fill out the two-sided Emergency Reference Cards located on the attached flap. Complete a separate card for each member of your family, cut them out and give one to each person to keep with them at all times. These cards will prove invaluable if disaster strikes when family members are not together in the same location.

This publication has been furnished by the City of Doral because your safety is our first priority.



*saves
lives*



Emergency Reference Card

DIRECTIONS: Complete a separate card below for each family member. Be sure to fill out BOTH sides. Cut them out and give one to each person to keep with them at all times in a wallet or handbag.

Household Disaster Plan

Home Meeting Address: _____

Home Meeting Phone #: _____

Neighborhood Meeting Address: _____

Neighborhood Meeting Phone #: _____

- more on back -

Household Disaster Plan

Home Meeting Address: _____

Home Meeting Phone #: _____

Neighborhood Meeting Address: _____

Neighborhood Meeting Phone #: _____

- more on back -

Household Disaster Plan

Home Meeting Address: _____

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Emergency Reference Card

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Important Contact Information

Out of State Contact Name: _____

Contact Address: _____

Contact Phone #: _____

Other Information: _____

- more on back -

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Out of State Contact Name: _____

Contact Address: _____

Contact Phone #: _____

Other Information: _____

- more on back -

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- more on back -



EMERGENCY

PREPAREDNESS

GUIDE

PRESENTED BY THE CITY OF DORAL

Mayor Juan Carlos Bermudez

Vice Mayor Pete Cabrera

Councilmember Michael DiPietro

Councilmember Sandra Ruiz

Councilmember Robert Van Name

City Manager Sergio Purriños

Police Chief Ricardo "Ricky" Gomez



CITY OF DORAL
8300 N.W. 53rd St., Ste. 100, Doral, FL 33166
305-59DORAL (593-6725)
www.cityofdoral.com



SOURCES:

American Red Cross
City of Doral Police Department
Federal Emergency Management Agency (FEMA)
Florida Fish and Wildlife Conservation Commission
Homeland Security
Miami-Dade County Police Department
National Oceanographic and Atmospheric Administration (NOAA)
US Food and Drug Administration