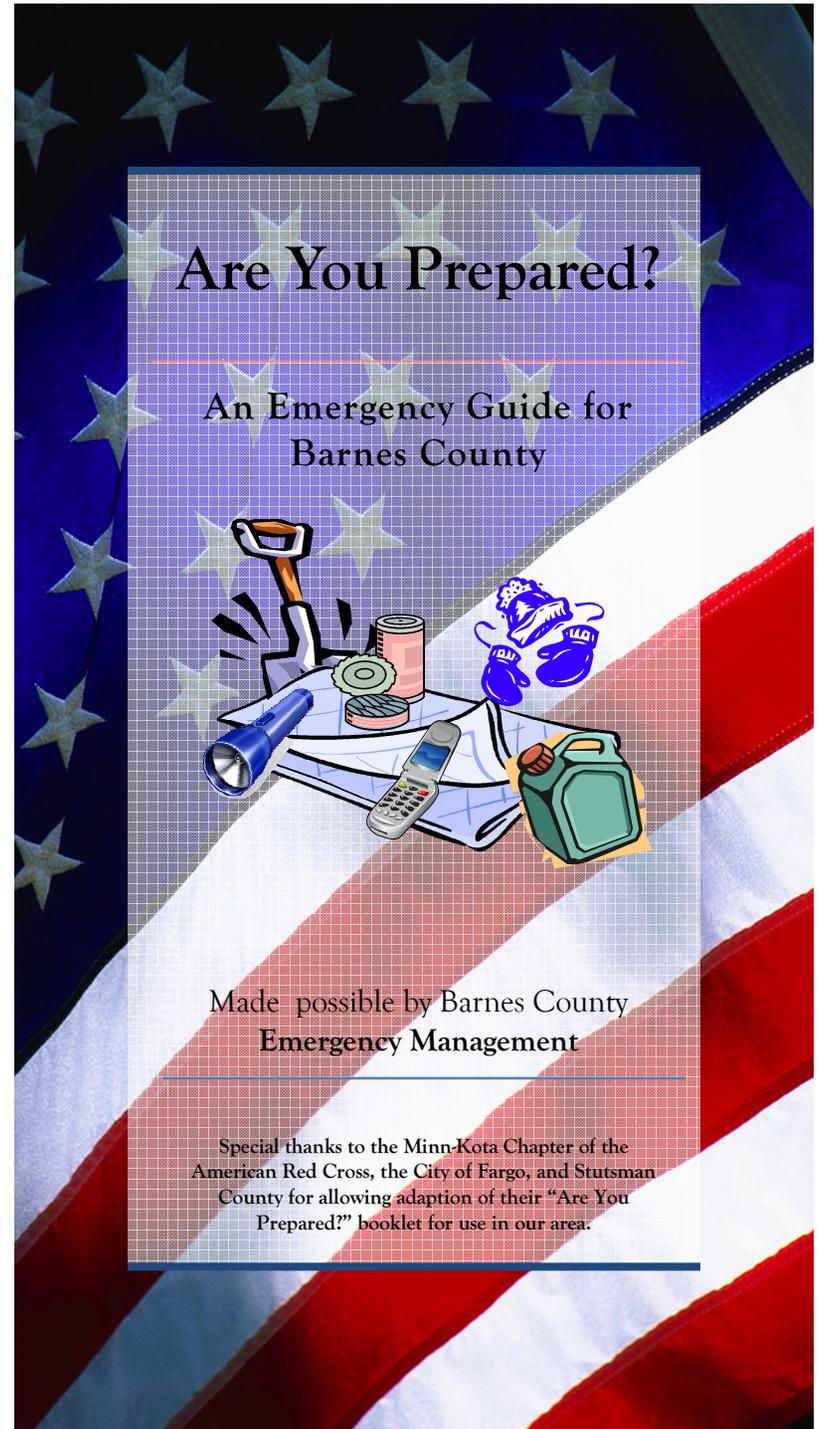


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Barnes County Commission
Barnes County LEPC
Alliance Pipeline

Barnes County Emergency Management
1525 12th St. NW
Valley City, ND 58072
(701) 845-8510
www.barnescounty.us





The primary purpose of this guide is to provide Barnes County citizens information regarding actions that can be taken to save lives, reduce injury, and protect property in the event of an emergency or disaster.

Use this guide to:

- Understand the dangers faced in an emergency.
- Learn the emergency actions necessary to prepare for an emergency.
- Plan and prepare for disasters.



Other Important Information
Family Communications Plan
Contact Name:
Telephone:
Out-of-Town Contact:
Telephone:
Meeting Place:
Meeting Place Telephone:
Dial 9-1-1 for Emergencies!

Every family member should carry a copy of this information with them. **Cut out and fold.**

Other Important Information
Family Communications Plan
Contact Name:
Telephone:
Out-of-Town Contact:
Telephone:
Meeting Place:
Meeting Place Telephone:
Dial 9-1-1 for Emergencies!

Wildfires

Wildfires often begin unnoticed. They spread quickly igniting brush, trees, and homes. People are the cause of most wildfires.

Reduce the risk of a wildfire occurring in our area:

- **Adhere to any burning bans that may be in effect** - call 9-1-1 to report grass fires or other types of outdoor burning.
- **Teach children about fire safety** - Keep matches and lighters out of reach.
- **Design and landscape your home with wildfire safety in mind** - Select materials and plants that can help contain fire rather than fuel it. Use fire resistant or non-combustible material on the roof and exterior structure of the building. Plant fire resistant shrubs or trees.
- **Create a 30 to 50 foot safety area around your home** - Rake leaves and twigs. Clear all flammable vegetation. Remove branches that extend over the roof. Ask the power company to clear branches from power lines. Remove vines from the walls of homes and mow grass regularly. Clear a 10 foot area around propane tanks and the barbecue. Stack firewood at least 100 feet away and uphill from your home or business.
- **Plan your water needs** - Maintain an adequate outside water source. Have a garden hose long enough to reach any area on your property. Install exterior water outlets on at least two sides of the home.



If advised, evacuate immediately!

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Information Resources

If you need emergency assistance, call 9-1-1.*

The resources below are provided to assist you in your emergency planning

Mercy Hospital*

(701) 845-6400

Barnes County Ambulance*

(701) 845-2220

City-County Health*

(701) 845-8518

Barnes County Sheriff*

(701) 845-8530

Valley City Police*

(701) 845-3110

Emergency Management*

(701) 845-8510

County Fire Departments*

Dazey/Leal Fire

Fingal Fire

Hastings Fire

Hope/Pillsbury Fire

Kathryn Fire

Litchville Fire

Nome Fire

Oriska Fire

Rogers Fire

Sanborn Fire

Sibley Fire

Wimbledon Fire

Valley City Fire

Central Valley Health

www.centralvalleyhealth.org

(701) 252-8130

Minn-Kota Chapter,

American Red Cross

www.fargoredcross.org

(701) 364-1800

ND Department of Health

www.health.nd.gov

(701) 328-2270

Disease Control

(800) 472-2180

Poison Control Center

(800) 222-1222

Information and Referral (Statewide)

Call 2-1-1

“Call Before You Dig”

(800) 795-0555 or

Call 8-1-1

ND Road Reports

www.dot.nd.gov

Call 5-1-1

ND Department of Emergency Services

www.nd.gov/des

(800) 773-3259



Winter Storms and Extreme Cold

During a storm, avoid going outside. If you must, wear several layers of lightweight clothing, this will keep you warmer than a single heavy coat. Cover your mouth to protect your lungs from cold air.

You should avoid traveling by car in a storm, but if you are traveling and are caught in a storm be prepared:

- Carry an emergency preparedness kit in your car.
- Keep your car's gas tank full.
- Let someone know your destination, route, and estimated time of arrival.



If you become stranded in a vehicle:

- Stay with your car. Do not try to walk to safety.
- Tie a brightly colored cloth (preferably red) to the antenna for rescuers to see.
- Clear snow from your vehicle's exhaust pipe; start the car and run the heater for about 10 minutes every hour.
- Keep one window (away from the wind) slightly open to let air in.
- Leave the overhead light on when the engine is running so that you can be seen.
- As you sit, move your arms and legs to keep blood circulating, to stay warm and prevent hypothermia and frostbite.

Hypothermia occurs when a person's body temperature lowers dramatically.

- Signals - Shivering, numbness, disorientation, glassy stare, slurred speech, drowsiness, and loss of consciousness.
- Care - Move to a warm place, remove wet clothing, and warm slowly by wrapping in blankets. Give warm liquids-avoid alcohol and caffeinated beverages.

Tornadoes

Select a place where family members can gather if a tornado is headed your way.

If you are in a sturdy building, basements are best; if you don't have one, choose a center hallway, bathroom, or closet on the lowest floor.

If you are outside, go to a nearby sturdy building or lie flat in a ditch or low-lying area and cover your head for protection.

If you are in a car or mobile home, get out immediately and head for a sturdy building.

After the tornado, watch for fallen power lines and stay out of damaged areas. Listen to local radio, TV stations, or all-hazards weather radio for instructions.

Downed Power Lines

If you come across a downed power line, leave the area immediately and seek help by calling 9-1-1.

If you are in a vehicle when a power line falls onto it, wait inside the vehicle until help arrives. If you must leave the vehicle because of fire or life-threatening injury:

- Leap from the vehicle landing on both feet.
- Do not hold onto the door while leaping.
- Once on the ground, hop away - do not run.



Build an Emergency Preparedness Kit

Emergencies can occur quickly and without warning. Prepare for the unexpected by assembling a kit to help you deal with a variety of different emergencies.

Suggested items for your kit:

- Bottled water (1 gallon of water a person, per day for at least 3 days)
- First aid kit, essential medications
- Sanitation items
- Blankets
- Duct tape, plastic sheeting
- All hazards weather radio
- Battery-powered radio
- Flashlight
- Extra batteries
- Canned Food
- Can opener
- Extra warm clothing including; boots, mittens, and a hat
- Red or brightly colored cloth
- Backup power source for any required medical equipment, such as an oxygen tank



Prepare a kit for your car and recreational vehicle with the following **additional** items:

- Fire extinguisher
- Booster cables and tow rope
- Compass and road maps
- Shovel
- Tire repair kit and pump
- Road flare
- Small tool kit
- Non-perishable, high-energy snacks

Make a Plan

Individuals, families, and businesses have a responsibility to prepare themselves for emergencies or disasters that may strike. A disaster plan will minimize property loss and injury and help with recovery.

What you can do to be prepared:

The first step is to find out what can happen. This booklet identifies many of the hazards common to Barnes County. It's important that each individual household and business develop their own disaster plan.

The plan should include:

- **Escape Routes** - Draw a floor plan of your home or business and mark 2 escape routes from each room.
- **Meeting Place** - Have a predetermined meeting place away from your home or business. Include pets in these plans.
- **Emergency Communications Plan** - Your family or employees may not be together when disaster strikes, so plan how you will contact one another. Choose someone out-of-town who can relay information. Make sure every person has all of the contact names, numbers, and e-mail.
- **Insurance and Vital Records** - Obtain or update property, health, and life insurance. Review existing policies for sufficient coverage to meet your needs.
- **Special Needs** - If you or someone close to you has a disability or a special need, create a network of neighbors, relatives, friends, and co-workers that can provide aid in an emergency.

Hoping that something bad will never happen is not a plan!



Public Health Emergencies

Public health emergency situations range from man-made threats to natural disasters. Infections disease outbreaks are another type of public health emergency that can occur naturally or due to an intentional act.

Barnes County City-County Health Department (CCHD) has plans in place to distribute life-saving medications and give vaccinations to the general public during a public health emergency. The location where medications or vaccine is given to the general public is called a Point of Dispensing (POD). The POD location, hours of operation and what you should bring with you (i.e. identification) will be announced publicly through local radio, newspaper, and TV stations at the time of the emergency.

If you are advised to come to a POD in response to an emergency, here is what to expect:

- Fill out a form or forms for everyone in your household
- Show forms to an attendant
- Receive vaccination or medications and directions.

CCHD participates in a statewide program called the Public Health Emergency Volunteer Reserve (PHEVR/MRC). Volunteers must be at least 18 years old and live or work in North Dakota. You may already know of someone that is a PHEVR/MRC volunteer, however, there is an ongoing need for more volunteers. As a volunteer, you may be called on in an emergency, it is always your decision if you are able to help or not. Volunteers (non-medical and medical) assist by directing individuals, distributing information, helping people complete forms, distributing medications or vaccine, etc. To learn more or become a volunteer contact CCHD at (701) 845-8518.

Pandemic Influenza and Bird (Avian) Flu

Pandemic Influenza (pan flu) occurs when a new type of flu spreads easily from person to person causing a global outbreak and serious illness. **Bird (Avian) flu** is caused by influenza viruses that occur naturally among wild birds. The H5N1 bird flu virus can be transmitted from birds to humans and is deadly to domestic fowl and humans. There is virtually no human immunity and human vaccine availability is very limited. If the H5N1 bird flu virus changes in a way that allows it to spread easily from person to person, a pandemic may result. Seasonal flu is a respiratory illness (NOT the stomach flu) that can be transmitted person to person. Most people have some immunity, and a vaccine is available.

In a severe pandemic; isolation, quarantine, cancellation of events, and other social distancing measures may be implemented by health authorities to slow the spread of illness. **Isolation** means separating ill people from well people. **Quarantine** means keeping people who have or may have been exposed, but are not yet ill, separated from others.

What to do before and during a pandemic:

- When you or family members are sick, STAY HOME!
- Always cover coughs and sneezes with your elbow or a tissue.
- Wash hands often with soap and water for at least 20 seconds or use a hand sanitizer.
- Have an emergency preparedness kit. Plan for not being able to leave your home for a period of days or even weeks.
- Know what your family will do if schools and daycares are closed.
- Ask your employer if there is a plan for your workplace.
- Know how to care for individuals at home.

Watches and Warnings

A storm **watch** means a storm is possible in your area. When a watch is issued, listen to local radio, all-hazards weather radio or TV stations for additional information or go to www.weather.gov. Be alert to changing weather conditions and avoid unnecessary travel.



A storm **warning** means a storm is headed for or is already in your area. When a storm warning is issued: Safety experts recommend that you stay indoors; it's the best place to protect yourself.

Having access to an all-hazards weather radio provides direct warnings to the public to severe weather and other emergencies. All-hazards weather radios can be purchased at discount store, electronic retailers and on web sites.



Sirens

Outdoor warning sirens alert us to severe weather, fire, chemical spills, and other community emergencies.

When sirens sound, go indoors and turn on your local radio, TV stations, or all-hazards weather radio to find out what the threat is and how to protect yourself.

Local Radio Stations
KOV-AM 1490
KQDJ-FM 101.1

Local TV Stations
WXJB-Channel 4
WDAY-Channel 6
KVLV-Channel 11

NOAA Weather Radio
Fargo-162.475
Fort Ransom-162.525

Evacuation and Community Shelters

Evacuation orders may be issued when an emergency or disaster threatens. Listen to local radio, TV stations, or all-hazards weather radio when an emergency arises. If local officials direct you to leave your home or place of business, do so immediately! Be aware of alternate routes. Do not wait until the last moment to leave.

If you only have moments to evacuate, remain calm and grab the following:

- Emergency preparedness kit
- Current medical supplies-prescription medications, diabetes test strips, etc.
- Extra blankets and pillows
- Eyeglasses
- Extra clothing for the weather conditions
- Pets and a list of pet “friendly” places (family, friends, boarding facilities, veterinarians, and pet-friendly hotels)
- Car keys, personal identification and a small amount of cash

Community Shelters

Community shelters may be opened in certain emergencies or disasters. Listen to local radio, TV stations, or all-hazards weather radio for community shelter locations.

- Do not assume that a community shelter will have everything you need. In most cases the shelter will provide only emergency items such as meals, cots, and blankets.
- Be aware that pets (other than service animals) usually are not permitted in community shelters for health reasons.



Natural Gas and Pipe Line Emergencies

You can help prevent natural gas and pipe line emergencies by calling 1-800-795-0555 or 8-1-1, before you dig on your property. This will help you avoid hitting any lines.

If you smell gas outdoors, move away from the area until you no longer smell the gas and call 9-1-1. Do not return to the area until authorities tell you it is safe to do so.

If you smell gas indoors or hear a hissing or blowing sound, open a window and leave immediately, leaving doors open to help ventilate the building. Do not use light switches, electrical appliances, two-way radios, or phones (cell or land line) in the affected home or building. Extinguish cigarettes and do not light matches. Turn off the main gas valve from the outside if you can.

Move away from the area until you no longer smell gas and call 9-1-1. Do not return to the area until appropriate authorities tell you it is safe to do so.

Turning your gas back on safely:

If gas is turned off for any reason, only a qualified professional is authorized to turn it back on. Do not smoke or use oil, gas lanterns, candles, or torches for lighting inside a damaged home or business until a qualified professional has determined that there is no leaking gas or other flammable materials present.



Lightning and Thunderstorms

If you can hear thunder, you are close enough to the storm to be struck by lightning. Go to a safe shelter immediately and listen to local radio, TV stations, or all-hazards weather radio for information and instructions.

When a storm approaches, avoid using the telephone or any electrical appliances, and do not take a bath or shower.



If you are outside, stay away from tall objects, wire fences, machinery, hilltops, telephone poles, power lines, open water, or any other conductor which can transmit the electricity to you. If you are boating or swimming, get to land and find shelter immediately!

If you can't find shelter, go to a low-lying area, but be aware that flash flooding may occur. Seek an open place away from trees, poles, or metal objects. Squat low to the ground, place your hands over your ears and your head between your knees. Do not lie flat on the ground! Make yourself the smallest target possible to minimize your exposure to the ground. If you are with other people, spread out.

After the storm passes, stay away from storm-damaged areas. Listen to local radio, TV stations, or all-hazards weather radio for information and instructions.

If someone has been struck by lightning, they do not continue to carry an electrical charge and can be handled safely. Call 9-1-1 and give first aid.

Shelter-in-Place

One of the instructions you may be given when hazardous materials may have been released into the atmosphere is to “shelter-in-place”. This is a precaution aimed to keep you safe while remaining indoors. (This is not the same thing as going to a community shelter.) Shelter-in-place means selecting a small interior room in your home or place of business with no or few windows and taking refuge there. Shelter-in-place does not mean sealing off your entire home or office building.

You might need to shelter-in-place if chemical, biological or radiological contaminants are released into the environment. If this happens, local authorities may alert the public using sirens. For information listen to local radio, TV stations, or all-hazards weather radio to help protect yourself and your family.



Know how to shelter-in-place:

- Close and lock all windows and exterior doors.
- If you are told there is danger of explosion, close window shades, blinds, and curtains.
- Turn off all fans, heating, and air conditioning systems.
- Close the fireplace damper.
- Get your emergency preparedness kit and radio.
- Go to an interior room without windows that is above ground level. (Bring your pets with you.)
- Place wet towels under the cracks of doors. Use duct tape and plastic sheeting/bags (heavier than food wrap) to seal all cracks around the door and any vents into the room.
- Keep listening to your radio or television until you are told all is safe.

Pets and Disaster

If you evacuate, the best way to protect your pets is to evacuate them too. Leaving pets behind, even if you try to create a safe place for them, is likely to result in them being injured, lost, or worse.



Have a safe place to take your pets. . .

Community shelters may not accept pets because of state regulations and other considerations. Service animals that assist people with disabilities are the only animals allowed in Red Cross community shelters.

- Keep a list of “pet friendly” places, including phone numbers.
- Ask relatives, friends, or others outside the affected area whether they could shelter your animals in their homes.
- Bring all pets into the house when an emergency begins so that you won’t have to search for them if you have to leave in a hurry.
- Make sure all dogs and cats are wearing collars and securely fastened, up-to-date identification.

Birds and house lizards should be transported in a secure travel carrier. Have a photo for identification and leg bands. Bring plenty of paper towels to collect waste in the bottom of the bird’s cage.

Snakes can be transported in a pillowcase but they must be transferred to more secure housing when they reach the evacuation site. Take a water bowl large enough for soaking as well as a heating pad.

Small mammals (hamsters, gerbils, etc.) should be transported in secure carriers. Take bedding materials, food bowls, and water bottles.

Heat Waves

Dangers we face during periods of very high temperatures include. . .

- **Heat Cramps** - Muscular pains and spasms can be early signs that the body is having trouble with the heat.
- **Heat Exhaustion** - Signals of heat exhaustion are cool, moist, pale, ashen, or flushed skin; headache; nausea; dizziness; weakness; exhaustion; and heavy sweating.
- **Heat Stroke** - Heat stroke is life-threatening. Signals of heat stroke are red, hot, dry skin; changes of the level of consciousness; and vomiting.

If a heat wave is predicted or happening:

- Slow down. Avoid strenuous activity, especially during the warmest part of the day.
- Stay indoors as much as possible
- Wear light weight, light-colored clothing.
- Drink plenty of water regularly and often. Avoid caffeinated and alcoholic beverages.
- Eat small meals and eat more often.

Care for heat related emergencies:

- Move the person to a cool place.
- Loosen tight clothing.
- Remove perspiration soaked clothing.
- Fan the person.
- Apply cool, wet towels to the skin.
- If the person is conscious, give small amounts of cool water to drink.
- If their condition does not improve, call 9-1-1.



Flash Flooding and Floods

When a flash flood or flood watch is issued, it means flooding is possible. Consider moving your valuables to higher floors in your home. Prepare for possible evacuation.

When a flash flood warning or flood warning is issued, it means flooding has been reported or is imminent. Listen to local radio, TV stations, or all-hazards weather radio for information. Move to higher ground away from rivers, streams, creeks and storm drains.

When an urban and small stream advisory is issued, flooding of small streams, streets, and low-lying areas such as underpasses and urban storm drains is occurring. Avoid low-lying areas and flooded streets.

Don not drive around barricades or on flooded roads. If your car stalls in rapidly rising waters, abandon it immediately and move to higher ground.



After the flood:

- If fresh food has come into contact with flood waters, throw it out.
- If advised, boil drinking water before using.
- Do not visit disaster areas. Your presence will hamper rescue and other emergency operations.
- Electrical equipment should be checked and dry before returning to service.
- Use flashlights to examine buildings. Do not use lanterns, torches, or matches because flammables may be inside.
- Report broken utility lines to the appropriate utility companies.

Chemical Emergencies

Under certain conditions, chemicals can be poisonous or have a harmful effect on your health. Some chemicals, which are safe and even helpful in small amounts, can be harmful in larger quantities or under certain conditions. Chemical accidents do happen, at home and in the community and may involve fire or explosion. You may be unable to see or smell anything, but still be in danger of exposure.

You may be exposed to a chemical in three ways:

- Breathing the chemical
- Swallowing contaminated food, water, or medication
- Touching the chemical, or coming into contact with clothing or things that have touched the chemical



The most common home chemical emergencies involve small children ingesting medicines. Keep all medicines, cosmetics, cleaning products, and other household chemicals out of sight and reach of children. If your child eats or drinks a non-food substance, find any containers immediately and take them to the phone. Call the poison center at 1-800-222-1222 or 9-1-1 and follow their instructions carefully.

Chemical accidents can be prevented:

- Always read the directions before using a new product.
- Do not mix household chemicals.
- Never smoke while using household chemicals.
- If you should spill a chemical, ventilate the area, and clean up immediately; always protecting your nose, mouth, eyes, and skin.
- Dispose of products properly to preserve our environment and protect wildlife.
- Never store hazardous chemicals in food containers.

During a large-scale hazardous material accident in your community, stay upwind or upstream of the release and find shelter immediately.

Listen to local radio, TV stations, or all-hazards weather radio for information. If advised, follow instructions to evacuate or shelter-in-place.

Care:

Call 9-1-1. Carefully remove contaminated clothing and jewelry, flush exposed area with lots of cool water for 20 minutes, and seek medical care.

Electrical Blackouts

Before the electrical blackout. . .

- If you have an electric garage door opener, locate the manual release lever and learn how to operate it.
- Keep your car's gas tank at least half full because gas stations rely on electricity to power their pumps.
- Have an alternative power source available (i.e. extra batteries) for electrical and battery-operated medical equipment.
- Most cordless phones won't work if the power goes out, so be sure to have a standard, corded telephone in your home. Cellular phones may not operate properly.



During the blackout. . .

- Use a flashlight for emergency lighting—candles will increase your risk of a house fire dramatically.
- Turn off electrical equipment you were using when the power went out. Leave one light on so you'll know when power returns.
- Avoid opening the refrigerator and freezer. Most medication that requires refrigeration can be kept in a closed refrigerator for several hours.
- Never use outdoor cooking devices (i.e. grills) indoors to prevent carbon monoxide poisoning.
- Don't run a generator inside a home or garage or connect it to a home's electrical system to prevent carbon monoxide poisoning. If you use a generator, connect the equipment you want to power directly to outlets on the generator.
- Listen to a battery powered radio for the latest information.



Fire Safety

Install a smoke alarm outside each sleeping area, and on each level of your home. If people in your home sleep with doors closed, install smoke alarms inside sleeping areas. Test smoke alarms once a month and replace all batteries at least once a year.

Have one or more fire extinguishers in your home. Fire extinguishers are only useful in small, contained fires. Contact your local fire department for advice on which types work best and how to use them.



Plan your escape routes:

- Determine at least two ways to escape from every room of your home.
- Consider escape ladders for sleeping areas on the second or third floor and egress windows for lower level and basement rooms.
- Select a location where everyone would meet after escaping and educate everyone in the family.
- Practice your escape plan at least twice a year with members of your household.

Escape safely:

If you see smoke or fire in your first escape route, use your second way out. If you must exit through smoke, crawl low under the smoke to your exit. If you are escaping through a closed door, feel the door with the back of your hand before opening it. If it is warm, use an alternate route. If smoke, heat, or flames block your exit routes and you cannot escape through a window, stay in the room with the door closed. Signal for help using a brightly colored cloth at the window. If you have access to a phone, call 9-1-1.