



DISASTER PREPAREDNESS GUIDE

www.oneidacountyny.gov/health
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COUNTY EXECUTIVE



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Knowing that emergencies and disasters can happen anywhere and anytime, we have put together this guide to provide you with valuable information to help the Oneida County residents, visitors, and businesses plan for man-made and natural disasters.

Message For Our Residents



"Your Oneida County government has an Emergency Response Plan in place, designed to coordinate the responses of numerous public and private agencies, in order to mitigate the effects of any disaster, natural or man-made, that might impact our area. It is, however, the responsibility of each and every resident of Oneida county to provide a measure of safety and security for themselves and their families until such time that the appropriate federal, state or local government agencies can be mobilized to meet their needs in the aftermath of a disaster. A disaster can occur anywhere at anytime. That is why I urge all Oneida County residents to get an emergency kit, make and practice an emergency plan and keep informed."

- Oneida County Executive Anthony J. Picente, Jr.

"Emergency Preparedness from a Public Health perspective is focused on the ability of local partners to plan, respond, and recover from any emergency that poses a risk to the health of the community. It's important to recognize that all emergencies have the potential to adversely impact your individual health and/or the health of an entire community; consequently, public health plays a crucial role in all phases of emergencies. These emergencies can include terrorist acts, infectious disease outbreaks, natural disasters or toxic spills and require Public Health, working with its community partners to develop plans based on best practices, practice the plans and then exercise them when an emergency occurs. The goal of Public Health during an emergency, as always, is to reduce illness and injury risk and we can best accomplish that goal through community education to promote personal and family preparedness."

- Daniel Gilmore, PhD, MPH, Oneida County Director of Health



How Will You Know?

Oneida County utilizes a variety of measures to provide warnings to our citizens:



Website

In the event of an emergency, Oneida County's website, www.oneidacountyny.gov, and social media, facebook.com/OneidaCountyGovernment, will be updated regularly with the latest information on the emergency.



Facebook

Reverse 911 is a high speed telephone notification system used to call homes and businesses to alert them during a variety of emergencies. Using a mapping system, Reverse 911 can call a section of the county that may be affected by an incident occurring in that area. A recorded message provides the listener with information about the emergency and recommended steps for protection. The system recognizes answering machines and will leave a message.



NY Alert is New York State's e-mail and text messaging notification system. The public can sign up on the website to receive news alerts on emergencies or other events that may affect daily life in our county. Messages can also be viewed online at www.alert.ny.gov.



The Emergency Alert System or **EAS** is designed so officials can quickly send out important emergency information targeted to a specific area. EAS sends out alerts not just to broadcast media but also to cable television, satellites, Direct Broadcast Satellite, High Definition Television, and Video Dial Tone. Tune in to be notified.

EAS



NWR is a nationwide network of radio stations broadcasting continuous weather information directly from the nearest National Weather Service office. NWR broadcasts official Weather Service warnings, watches, forecasts and other hazard information 24 hours a day, 7 days a week.

No matter the type of emergency, residents are encouraged to monitor local and national TV, radio, newspapers and other news outlets for emergency information.

Visit ready.gov and fema.gov for more information on disasters and emergencies.

Have A Kit

When creating an emergency supply kit, it is important that individuals review this list and consider where they live and the unique needs of their family. Also, consider having one full kit at home and smaller portable kits.

Items to consider including in your kit:

- Water (one gallon per person per day for several days, for drinking and sanitation)
- Food (at least a several-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting, scissors and duct tape (to shelter in place)
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery
- Check with your doctor or pharmacy about having an emergency supply of medications
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Prescription eyeglasses and contact lens and solution
- Soap, hand sanitizer and disinfecting wipes to disinfect surfaces
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

(Source: [Ready.gov](https://www.ready.gov))

NOAA Weather Radio

NOAA Weather Radios are equipped with a special alarm tone feature that can sound an alert and give you immediate information about a life threatening situation. During an emergency, National Weather Services forecasters can interrupt routine weather radio programming and insert special warning messages concerning imminent threats to life or property. When the weather radio is activated, a loud alarm sounds to catch your attention. It may make the difference between life and death.

SAME and Radio Frequencies

NOAA Weather Radios are equipped with Specific Area Message Encoding, or SAME. SAME will only issue alerts that directly impact the specified SAME area, cutting down on unnecessary alarms.

**Oneida County
SAME #**

036065

Warnings for Deaf or Hard of Hearing

People who are deaf, hard of hearing, or visually impaired can be alerted to severe weather and other hazards by special devices connected to the NOAA Weather Radio receiver. These attention-getting devices may include strobe lights, bed shakers, and even sirens. For more information, visit

https://www.weather.gov/nwr/special_needs
or scan the QR code below.

You can also tune into NOAA Weather Radio stations covering Oneida County using an NOAA Weather Radio receiver or a scanner capable of receiving signals in the VHF public service band.

**Oneida County
Frequency**

162.425

162.550



Plan For Anytime, Anywhere



If a disaster strikes, will you and your family know what to do? Emergency responders may be very busy and may not be able to provide immediate care to all who need it. Follow these simple steps to getting your family ready for anytime, anywhere.

- Choose a place for your family to meet after a disaster.
- Choose a person outside the immediate area for family members to contact in case you get separated. This person should live far enough away so they are not involved in the same emergency.
- Know where a safe place is in your home. This can be used for hurricanes, tornadoes, or to shelter in place in case of a chemical release.
- Know how to contact your children at their school or day care, and how to pick them up after a disaster.
- Keep your child's emergency information up to date.
- Prepare a plan and discuss with your family how you should react to all hazards that may affect you. Make sure everyone knows what to do.
- Learn your community's public warning signals, what they sound like, where they come from and what you should do when you hear them.
- Learn first aid and CPR.
- Check with your doctor or pharmacy about having extra medicine for family members.
- Learn how to shut off your water, gas and electricity properly. Know where to find shut-off valves and switches.
- Have a small amount of cash available. If the power is out, ATM machines won't work.
- Make copies of your vital records and store them in a safe location. Keep photos and videotapes of your home and valuables.
- Make sure family members know all the possible ways to get out of your home. Keep all exits clear.
- Make sure your plans include taking care of your pets.
- Prepare a first aid kit and emergency supply kit.

Preparing For Power Outages

When power interruptions or blackouts occur, people lose their sources of light, heat, air conditioning, and water. Here are some things to do if you know there is a chance of power blackouts:

If you use life-sustaining electrical equipment, talk to your doctor about options during an emergency.

If you own an electrical garage door opener, learn how to open it without power.

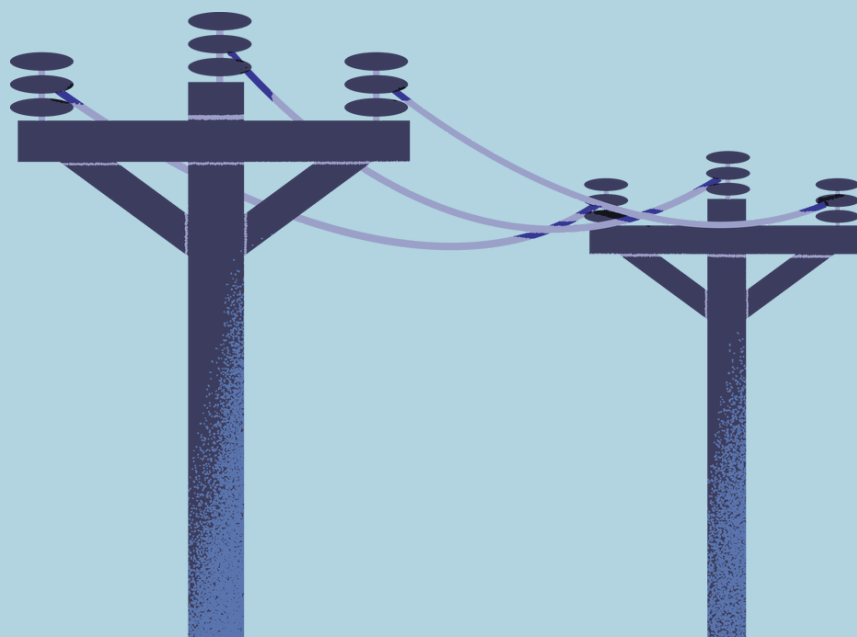
Consider purchasing a small generator or know where to rent one if you use life-sustaining equipment that requires electrical power.

Prepare a power outage kit. For short outages, consider having flashlights, a battery-powered radio, extra batteries and a wind-up clock on hand.

Make sure you have an alternate heat and cooling source and a supply of fuel.

Have a list of important phone numbers.

Unplug computers and other voltage sensitive equipment to protect them against possible surges (even if you have surge protectors) when power is restored.



Generator Safety

Generators are emergency equipment that provide a secondary source of power when there is an electric failure. Be sure to read the manufacturer's instructions on how to use the generator properly.

Be Aware of Hazards:

- Carbon monoxide poisoning
- Fire
- Electrocution



Carbon monoxide from generators is completely colorless and odorless, so you won't know if it's there. Do not use a generator indoors or in partially enclosed spaces- including homes, garages, and crawl spaces - even those areas with partial ventilation. Do not operate near open doors and windows. Using fans will not prevent carbon monoxide build-up in the home. Install battery-powered carbon monoxide alarms inside your home to alert you of dangerous levels. Be sure to follow the manufacturer's recommended placement.



To prevent **fires**, keep your generator outside and fuel your generator outside. Do not store fuel for your generator in your house. Do not store fuel near a fuel-burning appliance, for example a gas stove. Before refueling the generator, turn it off and let it cool down.



Hooking up your generator directly into your home power supply could increase the voltage or could cause a surge to the outside power lines and potentially injure or **electrocute** an unaware utility lineman. Use a qualified electrician to install the appropriate equipment in accordance with local electrical codes or ask your utility company to install an appropriate power transfer switch.

Lightning Safety

Prepare Your House For A Storm:

- Remove dead or rotting trees and branches that could fall and cause injury or damage during a severe thunderstorm.
- Secure outdoor objects that could blow away or cause damage.
- Shutter windows and secure outside doors.
- Unplug appliances.

Avoid The Following:

- Natural lightning rods such as a tall tree in an open area.
- Hilltops, open fields, the beach, or a boat on the water.
- Isolated sheds or other small structures in open areas.
- Anything metal- tractors, farm equipment, golf carts, and bicycles.
- Outdoor activities.
- Showering or bathing.

If You Are Outside:

- Seek shelter in a low area under a thick growth of small trees.
- Get inside a building or hard top automobile. Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.
- Go to a low place such as a ravine or valley.
- 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 and minimize your contact with the ground. DO NOT lie flat on the grounds.

If Lightning Strikes A Person:

- Call 911 immediately.
- If the person is not responsive, begin CPR immediately.
- Check for other injuries. Check for burns, both where struck and where the electricity left their body.

Tornadoes & High Wind



Tornado Danger Signs:

- An approaching cloud of debris can mark the location of a tornado even if its funnel is not visible.
- 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. It is not uncommon to see clear, sunlit skies behind a tornado.

What To Do During A Tornado:

- Go to an interior or basement room on a lower level.
- In a large building, go to a pre-designed shelter area or interior hall on lowest level.
- Get under a mattress, sturdy desk or furniture if possible.
- In a mobile home, RV or trailer, get out immediately and go to a permanent structure.



What to Do After A Tornado:

- Call 911 to report damage and injuries.
- Be aware of debris and downed power lines.
- Monitor radio and TV for current information.
- Check family for injuries; move injured only if necessary.
- Check on neighbors when it is safe to do so.

Tornadoes & High Wind

If You Are Outside During A Tornado:

- Lie flat in a nearby ditch or the lowest lying area and cover your head with your hands.
- Do not get under an overpass or bridge. You are safer in a low, flat location.
- Never try to outrun a tornado in urban or congested areas in a car or truck.
- Watch out for flying debris. Flying debris from tornadoes causes the most fatalities and injuries.



Protect Your House From A Storm:

Roofs- Re-adhere any loose shingles and consider impact-resistant shingles when installing a roof. Install roof strappings to anchor the roof framing to the wall framings so the wind can't lift your roof off your house.

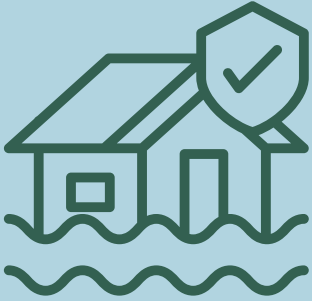
Gable- Brace the end wall of a gable roof properly to resist high winds.

Garage Doors- Because of their size and construction, garage doors are highly susceptible to wind damage. Some garage doors can be strengthened with retrofit kits.

Exterior Doors and Windows- The exterior walls, doors, and windows are the protective shell of your home. You can protect your home by strengthening doors and windows.

Entry Doors- Make certain your doors have at least three hinges and a dead bolt security lock with bolt at least one inch long. Anchor door frames securely to wall framing.

Preparing For Floods



What To Do Before A Flood:

- Determine if you are in a flood prone area.
- Know what low lying areas near your home are subject to flooding such as creeks, drainage channels, and streams.
- Know how to shut off utilities.
- Purchase flood insurance.
- Keep your car filled with gas.
- Make plans to care for your pets in case you must evacuate.



What To Do During Heavy Rains:

- Do not try to walk or drive through flooded areas.
- Stay away from moving water.
- Evacuate if advised or if you feel unsafe.
- If you're caught in the house by suddenly rising waters, move to the second floor and/ or the roof. Do not try to swim to safety. Wait for help.
- Monitor radio and TV for current information as well as keep a disaster kit handy.



What To Do After A Flood:

- Monitor radio and TV for current information.
- When it is safe to return home, be sure your house is not in danger of collapsing before entering.
- Throw out perishable foods
- Have your water tested before using.
- Talk to your insurance company about reporting damages.

Sheltering In Place



Whether you are at home, work or elsewhere, there may be situations when it's simply best to stay where you are. Use available information to assess the situation. If you are told to shelter in place, take your family, children, and/or pets indoors immediately. Keep listening to your radio or television for further instructions.

Click [here](#) or scan the QR code to view FEMA's Shelter In Place Guide and learn how to plan for various hazards.



If You Ignore The Evacuation Order:

You should be reminded that you will be jeopardizing your life and those of your family members. Emergency and rescue personnel may not be able to respond to a call for assistance until after the danger of the storm has passed.

If You Are Going To An Evacuation Shelter...

You should consider taking these items with you:

- A change of clothing, rain gear, and sturdy shoes.
- Toiletries and personal items.
- Blankets or sleeping bags.
- ID and any important papers.
- Special items for infants or elderly family members.
- Any special dietary needs and nonperishable foods for snacks.
- Battery operated radio, flashlights, and plenty of spare batteries.
- Prescription medications or any over-the-counter medications you normally take.
- Health insurance and pharmacy cards.

Preparing For Winter Storms

Familiarize Yourself With These Terms To Help Identify A Winter Storm Hazard:

Freezing Rain

Rain that freezes when it hits the ground, creating a coating of ice on roads, walkways, trees and power lines.

Sleet

Rain that turns to ice pellets before reaching the ground. Sleet also causes moisture on roads to freeze and become slippery.

Winter Weather Advisory

Winter weather conditions are expected to cause significant inconveniences and may be hazardous.

Winter Storm Watch

A winter storm is possible in your area. Tune in to NOAA Weather Radio, commercial radio, or television for more information.

Winter Storm Warning

A winter storm is occurring or will soon occur in your area.

Blizzard Warning

Sustained winds or frequent gusts to 35 miles per hour or greater and considerable amounts of falling or blowing snow (reducing visibility to less than a quarter mile) are expected to prevail for a period of three hours or longer.

Frost/ Freeze Warning

Below freezing temperatures are expected.



Winterize Your Home & Vehicle

Check Or Have A Mechanic Check The Following Items In Your Car:

Anti Freeze Levels

Winter Tires

Fuel/Air Filters

Thermostat

Battery & Ignition System

Windshield Wipers

Heater & Defroster

Lights

Brakes

Oil

Exhaust System

How To Winterize Your Home:

- Insulating walls and attics, caulking, and weather-stripping doors and windows, and installing storm windows or covering windows with plastic.
- Clear rain gutters; repair roof leaks, and cut away tree branches that could fall on a house or another structure during a storm.
- Maintain heating equipment and chimneys by having them cleaned every year.
- Insulate pipes with insulation or newspapers and plastic. Allow faucets to drip a little during cold weather to avoid freezing.
- Keep fire extinguishers on hand, and make sure everyone in your house knows how to use them.
- Learn how to shut off water valves (in case a pipe bursts).
- Hire a contractor to check the structural ability of the roof to sustain unusually heavy weight from the accumulation of snow - or water, if drains on flat roofs do not work.

When Temperatures Are Extreme

Extreme Hot Weather

What To Do Before Extreme Hot Weather:

- Install window air conditioners snugly; insulate if necessary.
- Check air-conditioning ducts for proper insulation.
- Install temporary window reflectors between window and drapes to reflect heat back outside, such as aluminum foil covered cardboard.
- Cover windows that receive morning or afternoon sun with drapes, shades, and awnings.
- Install storm windows.
- Be aware of cooling centers close by. Visit health.ny.gov/environmental/weather/cooling or scan the QR code.



What To Do During Extreme Hot Weather:

- Stay indoors as much as possible and limit exposure to the sun.
- Check on elderly or disabled family members, friends, or neighbors.
- Dress in light weight, light-colored clothing.
- Use sun screen to avoid sun burn, and consider wearing a hat and sunglasses.
- Never leave a pet or child in an unattended vehicle.
- Seek medical attention if heat exhaustion is suspected.
- Drink plenty of water and eat well balanced, light and regular meals.

Extreme Cold Weather

What To Do Before Extreme Cold Weather:

- Have your home heating source checked out. Loss of lives and damage to homes tend to increase during the winter months due to unsafe use or operating condition of home heating systems.
- Store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.
- Be sure to check your vehicles maintenance and antifreeze levels to avoid freezing..
- Review “How To Winterize Your Home” on page 14 of this Disaster Preparedness Guide.

What To Do During Extreme Cold Weather:

- Stay indoors and use safe heating sources.
- Check on elderly or disabled family members, friends, or neighbors.
- Wear several layers of loose fitting, lightweight, warm clothing rather than one layer of heavy clothing.
- Keep space heaters away from flammable materials.
- Seek medical attention if frost-bite or hypothermia is suspected.
- Listen to your television and radio for weather updates.

Hazmat Incidents & You



Chemicals are found everywhere. They purify drinking water, increase crop production, and simplify household chores. Chemicals also can be hazardous to humans or the environment if used or released improperly. Hazards can occur during production, storage, transportation, use or disposal. If you witness a chemical/hazardous incident, call 9-1-1 as soon as possible.

What To Do During Chemical Disasters:

- Know your evacuation routes and evacuate if told to do so.
- Shelter in place if told to do so.
- Keep your disaster kit handy.
- Listen to local radio or television stations for detailed information and instructions.
- Remember that some toxic chemicals are odorless.
- Seek medical treatment for symptoms related to hazardous materials.
- If medical assistance is not immediately available and you are contaminated, remove your clothes and place in a plastic bag or sealed container and dispose of as told to by local authorities, take a shower and put on clean clothes.

What To Do After Chemical Disasters:

- Return home or go outside only when told it is safe to do so by local authorities.
- Open windows and vents and turn on fans to provide ventilation.
- Follow decontamination instructions from local authorities.
- Remember that eyeglasses, contacts and hearing aides may be contaminated and must be cleaned properly or disposed of.
- Seek information from local authorities on how to clean your property.
- Continue to monitor your television and radio for current information.

Terrorism Advisory System

The National Terrorism Advisory System (NTAS) is designed to communicate information about terrorist threats by providing timely, detailed information to the American public. All Americans share responsibility for the nation's security, and should always be aware of the heightened risk of terrorist attack in the United States and what they should do.

DHS replaced the color-coded alerts of the Homeland Security Advisory System (HSAS) with the National Terrorism Advisory System (NTAS) in 2011.

Learn more about NTAS, and view expired and current advisories by scanning the QR code below



**Subscribe to NTAS
Email Alerts**



NTAS ALERT CATEGORIES

Imminent Threat Alert - Warns of a credible, specific, and impending terrorist threat against the United States.

Elevated Threat Alert - Warns of a credible terrorist threat against the United States.

If You Receive A Bomb Threat

Get as much information from the caller as possible. Keep the caller on the line and document everything that is said. Notify law enforcement and building management.

Family Communication Plan

Meeting Places

Neighborhood: _____

Community: _____

Family/Friends In Town

Name: _____

Home #: _____

Cell #: _____

Work/School #: _____

Email: _____

Name: _____

Home #: _____

Cell #: _____

Work/School #: _____

Email: _____

Neighborhood Contact

Name: _____

Home #: _____

Cell #: _____

Work/School #: _____

Email: _____

Out Of Town Contact

Name: _____

Home #: _____

Cell #: _____

Work/School #: _____

Email: _____

Important Local Phone Numbers

Police/Fire _____

Ambulance _____

Local Emergency Management Agency _____

Poison Control Center _____

Doctor _____

Hospital _____

Local Weather _____

Road Conditions _____

Utilities _____

Water _____

Electricity _____

Gas _____

Telephone _____

Other _____