NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

DISASTER PREPAREDNESS



0160-061 QS Disaster Prep.indd 1 2026-05-29 9:18 AM

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

INTRODUCTION



This guide is based on the most reliable hazard awareness and emergency education information available at the time of publication. It is designed to provide a brief overview of disaster information and to supplement guidance from the U.S. Department of Homeland Security (DHS) and local authorities. This guide will help you create your emergency plans for protecting yourself and your loved ones before, during, and after a disaster.

GET INFORMED

HAZARDS

- Learn about the hazards that may strike your community, the risks you face from these hazards, and your community's plans for warning and evacuation. You can obtain this information from your local emergency management office or your local chapter of the American Red Cross.
- Know what emergency plans are in place for your workplace and your children's school or day care center.

WARNING SYSTEMS AND SIGNALS

- Many communities have systems that will send instant text alerts or emails to citizens. Check with your state or local government to learn what is available in your area.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

- The Emergency Alert System (EAS) can address the entire nation on very short notice in case of a grave threat or national emergency.
- The National Oceanic and Atmospheric Administration (NOAA) Weather Radio (NWR) is a nationwide network of radio stations broadcasting continuous weather information, such as official warnings, watches, forecasts, and other hazard information, 24 hours a day, seven days a week.
- Wireless Emergency Alerts (WEA) are text-like emergency messages sent by authorized government authorities. WEA messages show the type and time of the alert, any action you should take, and the agency issuing the alert.
- EAS, NWR, and WEA are all part of the Integrated Public Alert and Warning System (IPAWS), which is an integration of the nation's alert systems.

QUICKSCAN

The FEMA App allows you to receive real-time weather and emergency alerts, send notifications to loved ones, locate emergency shelters in your area, get preparedness strategies, and more. Scan the QR to download the app.

EVACUATING YOURSELF AND YOUR FAMILY

- When community evacuations are necessary, local officials use the media to provide information to the public. In some circumstances, other warning methods, such as sirens or telephone calls, are also used.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

CREATE A FAMILY DISASTER PLAN

ESCAPE ROUTES

- Mark escape routes from each room on a floor plan of your home.
- Establish a place to meet in the event of an emergency (e.g., a specific neighbor's house or the neighborhood grocery store parking lot).

FAMILY COMMUNICATIONS

- Your family may not be together when disaster strikes. Plan how you will contact one another in different situations.
- Identify an out-of-town relative or friend for family members to notify that they are safe. It may be easier to make long-distance calls than to call across town.
- Complete a contact card for each family member and have everyone keep these cards handy (e.g., in a wallet, purse, backpack). Include contact names, phone numbers, meeting places, and any other important information.
- Program "ICE" (In Case of Emergency) contacts in your family members' cell phones. Emergency personnel can contact those people for you if you are unable to use your phone.

UTILITY SHUTOFF AND SAFETY

Contact your utility companies for shutoff requirements (e.g., natural gas, water, electricity) and be sure to record the information.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

INSURANCE AND VITAL RECORDS

- Annually review existing property, health, and life insurance policies, and obtain additional coverage as needed. Do this before storm season – insurance companies may not issue/change policies during storm season.
- Consider purchasing flood insurance to reduce your risk of loss if you live in a flood-prone area.
- Document important information about your personal property for insurance purposes. This includes taking photos of high-value items.
- Store important documents, such as insurance policies, deeds, and property records, in a safe place, such as a safety deposit box at a bank. Make copies of important documents for your disaster supply kit.
- Consider saving money in an emergency savings account. Keep a small amount of cash at home in a safe place where you can quickly access it in case of evacuation.



ACCESS AND FUNCTIONAL NEEDS

If you or someone close to you has a disability or other access and functional needs, you may need to take additional steps to protect yourself and your family in an emergency (e.g., make special arrangements to receive warnings, get transportation to a shelter). Find out about special assistance that may be available in your community.

QUICKREAD

For more information, see the QuickSeries® guide: **Emergency Preparedness for People with Access and Functional Needs**

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

CARING FOR ANIMALS

- Plan for pet disaster needs. Identify shelters, gather pet supplies, make sure your pet has proper ID and up-to-date veterinary records, and provide a pet carrier and leash.
- Make proper arrangements for livestock (e.g., identification, evacuation, shelter, food, water).

QUICKNOTE

Remember: If you are going to a public shelter, your pet may not be allowed inside.

QUICKREAD

For more information, see the QuickSeries® guide: **Emergency Preparedness for Pet Owners**

SAFETY SKILLS

Make sure that you and your family know how to use a fire extinguisher and how to administer first aid and cardiopulmonary resuscitation (CPR).

ASSEMBLE A DISASTER SUPPLY KIT

Assemble a disaster supply kit with enough supplies for several days. At a minimum, the kit should include essentials such as water, food, a first aid kit, tools, sanitation items, hygiene items, clothing, and bedding.

SHELTER

- Consider the hazard and then choose a place in your home or other building that is safe from that hazard.
- Sheltering outside the hazard area might include staying with friends or relatives, seeking commercial lodging, or staying in a mass care facility operated by disaster relief groups and local authorities.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

RECOVERING FROM DISASTER

QUICKNOTE

Recovering from a disaster is usually a gradual process. Your first concern after a disaster is your family's health and safety.

HELPING THE INJURED

Check for injuries. If needed, administer first aid and cardiopulmonary resuscitation (CPR). Do not move seriously injured people unless they are in immediate danger of death or further injury in their current location. If you must move an unconscious person, first stabilize their neck and back, then call for help immediately.

YOUR HEALTH

- Be aware of exhaustion.
- Do not do too much at once.
- Set priorities and pace yourself.
- Rest, drink clean water, and eat well.
- Wear sturdy work boots and gloves.
- Wash your hands often and thoroughly with soap and clean water when working in and around debris.

SAFETY ISSUES

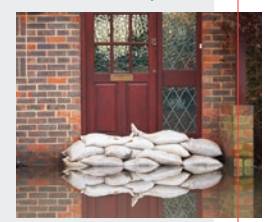
- Be aware of new safety issues created by the disaster. Watch for washed-out roads, contaminated buildings, contaminated water, gas leaks, broken glass, damaged electrical wiring, and slippery floors.
- Inform local authorities about health and safety issues, including chemical spills, downed power lines, washed-out roads, smoldering insulation, and dead animals.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

GENERAL TIPS FOR RETURNING HOME

- Keep a battery-powered or hand crank radio with you so you can listen for emergency updates and news reports.
- Use a battery-powered flashlight to inspect a damaged home.
- Watch out for displaced animals in and around buildings.
- Use the phone only to report life-threatening emergencies.
- Stay off the streets. If you must go out, avoid fallen objects and downed electrical wires. Also, beware of damaged walls, bridges, roads, and sidewalks.
- Before entering your home, walk carefully around the outside to check for loose power lines, gas leaks, and structural damage. If you have any doubts about safety, have your residence inspected by a qualified building inspector or structural engineer before entering.



- Do not enter your home if you smell gas, if floodwaters remain around the home, or if your home was damaged by fire and the authorities have not declared it safe to enter.
- Enter your home carefully and check for damage. Beware of loose boards and slippery floors.
- Check for natural gas leaks; sparks; broken or frayed wires; roof damage; foundation and chimney cracks; basement flooding; household chemical spills; damage to your appliances, water and sewage system; and spoiled or contaminated food and supplies.
- Always be careful when opening closets and cabinets; objects may fall out of them.
- Leave immediately if it looks like your home may collapse or if you smell gas or hear a hissing sound.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

IMPORTANT RESOURCES

WEBSITES

- Federal Emergency Management Agency (FEMA)
- Ready.gov
- Disaster Assistance.gov
- National Flood Insurance Program
- Centers for Disease Control and Prevention (CDC)
- American Red Cross

PHONE NUMBERS

FEMA Disaster Assistance Helpline
800-621-3362

FEMA Emergency Shelter Look-Up
Text SHELTER + your zip code to 4FEMA (43362)

CDC
800-CDC-INFO (800-232-4636)

National Flood Insurance Program
888-379-9531

American Association of Poison Control Centers
800-222-1222

American Red Cross
800-733-2767

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

EARTHQUAKES

WHAT IS AN EARTHQUAKE?

An earthquake is a sudden, rapid shaking of the earth caused by the breaking and shifting of rock deep underground.

EARTHQUAKE FACTS

- Earthquakes strike suddenly, with little or no warning, and can occur at any time of the year, day or night.
- Each year, 70 to 75 damaging earthquakes occur throughout the world.
- Ground movement during an earthquake is rarely the direct cause of death or injury. Most earthquake-related deaths result from collapsing walls, flying glass, and falling objects. Most injuries during an earthquake occur when people are hit by falling objects when entering or exiting buildings.



DANGER ZONES

- Areas at higher risk for earthquakes include California, Oregon, Washington, Alaska, Hawaii, Puerto Rico, and the Mississippi Valley. Earthquakes occur most frequently west of the Rocky Mountains.
- California experiences the most frequent damaging earthquakes, but Alaska experiences the greatest number of large earthquakes (most occur in uninhabited areas).

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

ACTIONS TO CONSIDER BEFORE AN EARTHQUAKE

- Assemble a disaster supply kit and make a family communication plan.
- Fasten shelves securely to walls. Store breakable items (e.g., bottled foods, glass, china) in low, closed cabinets with latches.
- Hang heavy items (e.g., pictures, mirrors) away from beds and couches, and anywhere else people sit.
- Brace overhead light fixtures.
- Secure your water heater by strapping it to the wall (wall studs are preferable) and bolting it to the floor.
- Store flammable products securely in closed cabinets with latches. Keep the products on the bottom shelves to avoid long falls and potential spills.
- Choose a safe place in every room (e.g., under a sturdy table or against an inside wall) where nothing can fall on you (e.g., mirrors, pictures, heavy bookcases).



0160-061 QS Disaster Prep.indd 11 2026-05-29 9:18 AM

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

ACTIONS TO CONSIDER DURING AN EARTHQUAKE

IF INDOORS

- Drop, Cover, and Hold On! Move only a few steps to a nearby safe place, under a sturdy table or desk or near an interior wall away from windows. Do not stand under a doorway.
- Stay indoors until the shaking stops and you are sure it is safe to exit.
- Do not use the elevators or expect the fire alarms and sprinklers to go off if you are in a building equipped with these items.
- Stay away from glass, windows, outside doors and walls, and anything that could fall or tip over, such as light fixtures or furniture.
- If you are in bed, stay there. Hold on and protect your head with a pillow. If there is a heavy light fixture that could fall on you, move to the nearest safe place.

IF OUTDOORS

- Move into the open, away from buildings, streetlights, and utility wires. Stay there until the shaking stops.

IF IN A VEHICLE

- Stop as quickly and safely as possible, and remain in your vehicle.
- Avoid stopping near or under buildings, trees, overpasses, and utility wires.
- Proceed cautiously once the earthquake has stopped, watching for road and bridge damage.

IF TRAPPED UNDER DEBRIS

- Do not light a match or lighter (flammable gases could be present).
- Do not move about or kick up dust (harmful dust particles could be released from the shaking).
- Cover your mouth with a handkerchief, cloth, or clothing to help protect you from inhaling harmful dust.
- Tap on a pipe or wall or use a whistle, if one is available, so rescuers can locate you.
- Shout only as a last resort – shouting can cause you to inhale dangerous amounts of dust.

0160-061 QS Disaster Prep.indd 12 2026-05-29 9:18 AM

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

ACTIONS TO CONSIDER AFTER AN EARTHQUAKE

- Provide first aid and cardiopulmonary resuscitation (CPR) if you are trained to do so.
- Be prepared for aftershocks, which can occur in the first hours, days, weeks, or months after the quake. Aftershocks can cause further damage to weakened buildings and other structures, such as bridges.
- Be aware that some earthquakes are actually foreshocks – a larger earthquake may occur.
- Open cabinets cautiously; objects can fall off shelves.
- Be aware of possible tsunamis if you live near the coast.
- Understand that the behaviors of pets may change dramatically after an earthquake. Cats and dogs that are normally quiet and friendly may become aggressive or defensive. Leash dogs and place them in a fenced yard.



COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

TSUNAMIS

WHAT IS A TSUNAMI?

A tsunami is a series of enormous waves created by an underwater disturbance, such as an earthquake, volcanic eruption, or meteorite.

TSUNAMI FACTS

- On December 26, 2004, the Northern Sumatra earthquake caused a tsunami. Almost 230,000 people were killed or missing and presumed dead. About 1.7 million people were displaced in 14 countries in South Asia and Eastern Africa. The waves were estimated to be over 80 feet high.
- A tsunami can originate hundreds or thousands of miles away from coastal areas. Local geography may intensify the effects of a tsunami.
- Although most tsunami waves are less than 100 feet high, tsunamis reaching heights greater than 100 feet have been recorded.



- A tsunami arrives as a series of successive crests (high water levels) and troughs (low water levels). These successive crests and troughs can occur anywhere from five to 90 minutes apart, but they usually occur 10 to 45 minutes apart. Wave speed in the open ocean averages 450 mph.
- Drowning is the most common cause of death associated with a tsunami.
- Tsunamis most frequently come on shore as a rapidly rising, turbulent surge of water choked with debris.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

DANGER ZONES

- Areas less than 25 feet above sea level and within one mile of the shoreline are at greater risk.
- States most at risk within the U.S. include Hawaii, Alaska, Washington, Oregon, and California.

KNOW THE TERMS

Tsunami warning: Issued when a tsunami with the potential to generate widespread inundation is imminent, expected, or occurring. Move to high ground or inland.

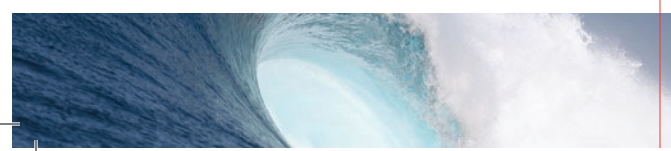
Tsunami advisory: Issued when a tsunami with the potential to generate strong currents or waves is imminent, expected, or coming. Stay away from beaches and waterways.

Tsunami watch: Issued when a tsunami may impact the watch area. Be prepared to act.

Tsunami information statement: Issued when an earthquake or tsunami of interest to the people in the area has occurred. No action is necessary at this time.

WARNING AND DANGER SIGNS

- An earthquake or a sizable ground rumbling could precede a tsunami.
- A noticeable rapid rise/fall in coastal waters is a natural warning.



COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

ACTIONS TO CONSIDER BEFORE A TSUNAMI

- Avoid living within several hundred feet of the coastline.
- Make a list of items to bring inside.
- Assemble a disaster supply kit and make a family communication plan.
- Establish and practice a family evacuation plan.
- Have an engineer check your home and advise on ways to make it more resistant to tsunami water.

ACTIONS TO CONSIDER DURING A TSUNAMI

- Protect yourself during an earthquake (Drop, Cover, and Hold On), then move quickly to higher ground or inland when the shaking stops.
- Evacuate immediately if you feel strong or long-lasting shaking or observe natural warning signs. **Do not wait** for an official alert.
- Move to high ground at least 100 feet above sea level or at least one mile inland, or follow posted tsunami evacuation routes and local official guidance.
- Go to a designated vertical evacuation structure or a tall, reinforced building if you cannot evacuate inland, and follow local emergency instructions.
- Stay away from beaches and coastal waterways; if you can see the wave, you are too close to escape.
- Avoid downed power lines, debris, and damaged infrastructure while evacuating.
- Remain in a safe location and wait for official guidance, as multiple waves may occur.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

ACTIONS TO CONSIDER AFTER A TSUNAMI

- Provide first aid and cardiopulmonary resuscitation (CPR) if you are trained to do so.
- If someone needs to be rescued, call professionals with the right equipment to help.
- Return home only after authorities advise that it is safe to do so.
- Stay out of your home if water remains around it. Tsunami waters, like floodwaters, can undermine foundations, causing buildings to sink, floors to crack, or walls to collapse.



- Go to a designated public shelter if you have been told to evacuate or if you feel it is unsafe to remain in your home. Text SHELTER + your zip code to **4FEMA (43362)** to find the nearest shelter.
- Watch out for animals, especially poisonous snakes that may have come into buildings with the water.
- Stay away from debris in the water; it may pose a safety hazard to people or pets.
- Continue to listen to National Oceanic and Atmospheric Administration (NOAA) Weather Radio (NWR) for updates.
- Wear proper protective clothing during cleanup.
- Open the windows and doors to help dry your home.
- Shovel out mud while it is still moist to give walls and floors an opportunity to dry.
- Help people who may need special assistance (e.g., older people and people with a disability or other access and functional needs).

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

HURRICANES/TYPHOONS

WHAT IS A HURRICANE/TYPHOON?

A hurricane or typhoon is a tropical cyclone with winds that have reached a constant speed of 74 mph or more.

HURRICANE/TYPHOON FACTS

- Winds blow in a large spiral around a calm center called "the eye," which is generally 20 to 30 miles wide.
- It can bring torrential rains, high winds, and a storm surge.
- Most hurricanes form between June and November.

DANGER ZONES

Dangerous areas include:

- The Atlantic and Gulf coasts from Texas to Maine.
- The territories in the Caribbean.
- Tropical areas of the western Pacific, including Hawaii, Guam, American Samoa, and Saipan.

KNOW THE TERMS

Tropical depression: A rotary circulation of clouds with winds up to 38 mph.

Tropical storm: A rotary circulation with winds between 39 mph and 73 mph.

Hurricane/typhoon watch: Issued when hurricane conditions are possible within 48 hours or less.

Hurricane/typhoon warning: Issued when hurricane conditions are expected in 36 hours or less.

Storm surge: A huge dome of water pushed on shore by either a hurricane or typhoon.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

HURRICANE/TYPHOON CATEGORIES

CATEGORY	SUSTAINED WINDS (MPH)	DAMAGE
1	74-95	**Some** damage will occur: → Minor damage to exterior of homes → Toppled tree branches, uprooting of smaller trees → Extensive damage to power lines, power outages
2	96-110	**Extensive** damage will occur: → Major damage to exterior of homes → Uprooting of small trees and many roads blocked → Guaranteed power outages for days to weeks
3 (major)	111-129	**Devastating** damage will occur: → Extensive damage to exterior of homes → Many trees uprooted and many roads blocked → Extremely limited availability of water and electricity
4 (major)	130-156	**Catastrophic** damage will occur: → Loss of roof structure and/or some exterior walls → Most trees uprooted and most power lines down → Homes isolated due to debris pileup → Power outages lasting for weeks to months
5 (major)	157 or higher	**Catastrophic** damage will occur: → Destruction of many homes → Residential areas isolated by fallen trees and power lines → Power outages lasting for weeks to months → Most areas made uninhabitable

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

ACTIONS TO CONSIDER BEFORE A HURRICANE/TYPHOON

BASIC PREPAREDNESS

- Review your evacuation and family communication plan, and assemble a disaster supply kit.
- Make a record of your personal property for insurance purposes. Take photos or video of your home and personal belongings. Take all photos and videos with you if you evacuate.

PLAN IN ACTION

- Bring in outdoor objects, such as lawn furniture and toys. Anchor objects that cannot be brought inside.
- Secure your home by closing and boarding up windows and removing outside antennas.
- Turn the refrigerator and freezer to the coldest settings. Open them only when absolutely necessary and close them quickly.
- Store drinking water in disinfected bathtubs, jugs, bottles, and cooking pots.
- Moor your boat securely or move it to a designated safe place.

ROOF

- Homes with gabled roofs are more likely to suffer damage during a hurricane. Those that are not properly braced can collapse. Install additional truss bracing to make your roof's truss system stronger. All roofs should have additional straps and clips to secure the roof to the frame structure.

EXTERIOR DOORS AND WINDOWS

- Protect your home by strengthening the doors and windows to keep high winds from entering your home and blowing out doors, windows, walls, and even the roof.
- Two-car garage doors can pose a problem during hurricanes. Some can be strengthened with retrofit kits.

MOBILE HOMES

- Check tie-downs and anchors and evacuate immediately.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

ACTIONS TO CONSIDER DURING A HURRICANE/TYPHOON

- Monitor official alerts and local authorities.
- Take refuge in a small interior room, closet, or hallway on the first or second floor of the building.
- Stay inside, away from windows, skylights, and glass doors.
- Keep the curtains, blinds, and all interior doors closed.
- Do not go outside when the eye passes over. Winds and rain will soon resume.
- Evacuate immediately if you are directed to do so.

ACTIONS TO CONSIDER AFTER A HURRICANE/TYPHOON

- Continue to monitor official alerts and local authorities for the latest updates.
- If you are in a safe location, stay there.
- If you need shelter, text SHELTER + your ZIP code to **4FEMA (43362)** to find the nearest shelter.
- Do not drink or prepare food with tap water.
- Stay away from disaster areas.
- Stay away from downed power lines and report them to the power company.
- Enter your home with caution.
- Be aware of possible gas leaks. If you smell gas or hear hissing, exit your home. Do not use matches, candles, or other spark-producing tools.
- Open windows and doors to ventilate and dry your home.
- Drive only if it is absolutely necessary, and avoid flooded roads and washed-out bridges.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

TORNADOES

WHAT IS A TORNADO?

A tornado is a violent windstorm characterized by a twisting, funnel-shaped cloud. It is spawned by a thunderstorm (or sometimes as a result of a hurricane) and produced when cool air overrides a layer of warm air, forcing the warm air to rise rapidly.



TORNADO FACTS

- Tornadoes may strike quickly, with little or no warning.
- Tornadoes can occur at any time, but are most likely to occur between 3 p.m. and 9 p.m.
- Tornadoes may appear nearly transparent until dust and debris are picked up or a cloud forms in the funnel.
- Injuries or deaths most often occur as buildings collapse, when people are hit by debris and as people try to escape the storm.
- The average forward speed of a tornado is 30 mph, but may vary from stationary to 70 mph.
- When a tornado is over water, it is called a waterspout.
- Mobile homes are particularly vulnerable to damage during a tornado. A mobile home can overturn easily even if it is tied down. When a tornado watch is issued, take shelter in a building with a strong foundation.
- Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

DANGER ZONES

Although all U.S. states can experience tornadoes, Alabama, Arkansas, Florida, Georgia, Illinois, Indiana, Iowa, Kansas, Louisiana, Mississippi, Missouri, Nebraska, Oklahoma, South Dakota, and Texas have the greatest risk.

KNOW THE TERMS

Tornado watch: Issued when a tornado is possible in your area.
Tornado warning: Issued when a tornado has been sighted or indicated by weather radar.

WARNING AND DANGER SIGNS

- An approaching cloud of debris can mark the location of a tornado, even if a funnel is not visible.
- Before a tornado hits, the wind may die down and the air may become very still.
- You may hear the sound of a loud roar, similar to a freight train, or see large hail.

ACTIONS TO CONSIDER BEFORE A TORNADO

- Assemble a disaster supply kit and make a family communication plan.
- Monitor official alerts and local authorities for the latest updates.
- Pick a place on the lowest floor where family members can gather (e.g., basement, center hallway, bathroom, closet).
- If you do not have time to go to the lowest floor, find a place in a hallway near the center of the building.
- Above all, avoid exterior walls and windows.

0160-061 QS Disaster Prep.indd 23 2026-05-29 9:18 AM

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

ACTIONS TO CONSIDER DURING A TORNADO

IF AT HOME

- Go at once to a windowless interior room, storm cellar, basement, or the lowest level of the building.
- Get under and hold on to a piece of sturdy furniture. Use your arms to protect your head and neck.
- Get out and find shelter elsewhere if you are in a mobile home.

IF AT WORK

- Go to the basement or to an inside hallway at the lowest level.
- Avoid places with wide-span roofs, such as auditoriums, cafeterias, or large hallways.
- Get under and hold on to a piece of sturdy furniture and use your arms to protect your head and neck.

IF OUTDOORS

- Get inside a building or shelter, if possible.
- If shelter is not available or there is no time to get indoors, lie in a ditch or low-lying area and use your arms to protect your head and neck.

IF IN A VEHICLE

- Never try to outrun a tornado in urban or congested areas. Get out of the car and take shelter in a nearby building.
- If there is no time to get indoors, get out of the car and lie in a ditch or low-lying area away from the vehicle. Be aware of the potential for flooding.

ACTIONS TO CONSIDER AFTER A TORNADO

- Check for injuries and provide first aid and cardiopulmonary resuscitation (CPR) if you are trained to do so.
- Watch out for broken glass and fallen power lines, and do not enter damaged areas until you are told it is safe to do so.
- Do not use candles or an open flame; combustibles may be present.
- Use caution when entering a damaged building.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

THUNDERSTORMS AND LIGHTNING

WHAT IS A THUNDERSTORM?

A thunderstorm is formed from a combination of moisture, rapidly rising warm air, and a force capable of lifting air, such as a warm or cold front, a sea breeze, or a mountain.

THUNDERSTORM FACTS

- A thunderstorm is classified as severe if it produces hail at one inch in diameter, has winds of 58 mph or higher, or produces a tornado.
- All thunderstorms contain lightning.

WHAT IS LIGHTNING?

- Lightning is an electrical discharge that results from the buildup of positive and negative charges within a thunderstorm.
- If you can hear thunder, you are close enough to the storm to be struck by lightning.

QUICKRULE

Remember the 30/30 lightning safety rule: Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder. Stay indoors for at least 30 minutes after hearing the last clap of thunder.

LIGHTNING FACTS

- A bolt of lightning reaches a temperature approaching 50,000°F in a split second.
- Your chances of being struck by lightning are estimated to be one in 600,000.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

DANGER ZONES

- While thunderstorms and lightning can be found throughout the U.S., they are most likely to occur in the central and southern states.
- The state with the highest number of thunderstorms is Florida.

KNOW THE TERMS

Severe thunderstorm watch: Issued when conditions are favorable for the formation of severe thunderstorms.

Severe thunderstorm warning: Issued when a severe thunderstorm has been sighted or indicated by weather radar.

WARNING AND DANGER SIGNS

Look for darkening skies, flashes of light, the sound of thunder, or increasing wind.

ACTIONS TO CONSIDER BEFORE A THUNDERSTORM

- Assemble a disaster supply kit and make a family communication plan.
- Secure outdoor objects, such as lawn furniture, and take light objects inside.
- Look around your home and remove dead or rotting trees and branches that could fall and cause injury or damage.

0160-061 QS Disaster Prep.indd 26 2026-05-29 9:18 AM

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

ACTIONS TO CONSIDER DURING A THUNDERSTORM

IF INDOORS

- Do not handle any electrical equipment or corded telephones because lightning could follow the wire.
- Avoid bathtubs, water faucets, and sinks.
- Turn off the air conditioner.
- Stay away from windows and doors, and stay off porches.
- Listen to a battery-powered radio for updates.

IF IN A VEHICLE

- Pull onto the shoulder of the road away from any trees that could fall on your vehicle; turn on your emergency flashers and stay in your vehicle.

IF OUTDOORS

- If you are boating or swimming, get to land and find shelter in a building or car, or get to an open space and squat on the ground.
- If you are in the woods, find a low clump of trees – never stand under a single large tree in the open.
- Avoid tall structures, such as towers, fences, telephone lines, or power lines.
- Avoid golf clubs, tractors, fishing rods, bicycles, etc.
- "When thunder roars, go indoors" and move into a sturdy building or hard-topped vehicle.

STRUCK BY LIGHTNING

If lightning strikes you or someone you know, call **911** immediately. If the victim has stopped breathing or if their heart has stopped, administer cardiopulmonary resuscitation (CPR).

ACTIONS TO CONSIDER AFTER A THUNDERSTORM

- Call **911** to report life-threatening emergencies **only**.
- Help people who may need special assistance.
- Drive only when necessary.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

HOME FIRES

FIRE FACTS

- Fire is the most likely disaster that you and your family may encounter. Each year, more than 3,000 Americans die and more than 16,000 are injured in home fires.
- The heat from a fire can melt clothes and scorch the lungs in a single breath. At floor level, temperatures average about 90°F, but at eye level temperatures rise to 600°F.
- Fires usually occur between midnight and the early morning hours, when most people are sleeping.
- Most fires are accidental, such as those caused by poor electrical wiring or careless behavior.

FIRE EXTINGUISHERS, SMOKE ALARMS, AND CO DETECTORS

- Install A-B-C type fire extinguishers in your home and teach family members how to use them.
- Smoke alarms and carbon monoxide (CO) detectors should be installed on every level of your residence, inside each bedroom, and outside sleeping areas.
- Smoke alarms and CO detectors should be tested and cleaned once a month and the batteries should be replaced once a year.
- Smoke alarms should be replaced every 10 years. CO detectors should be replaced every five years.

0160-061 QS Disaster Prep.indd 28 2026-05-29 9:18 AM

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

FLAMMABLE ITEMS

- Never use gasoline, kerosene, or similar flammable liquids indoors. Store them in approved containers in well-ventilated storage areas.
- Discard all rags or materials that have been soaked in flammable liquids in a metal container.

MATCHES AND SMOKING

- Store matches and lighters in a locked cabinet, away from children.
- Never smoke in bed, or when you are drowsy or medicated.
- Douse cigarette and cigar butts with water before throwing them out.

HEATING SOURCES

- Check with your local fire department if it is legal to use kerosene heaters in your community.
- Fill kerosene heaters outside and make sure that they are cool before filling.
- Place heaters at least three feet away from flammable materials. Make sure the floor and nearby walls are properly insulated.
- Only use fuels designated for your unit and follow the manufacturer's instructions.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

ELECTRICAL WIRING

- Inspect extension cords for frayed or exposed wires and loose plugs.
- Make sure outlets have cover plates and no wires are exposed.
- Do not overload extension cords or outlets. If you need to plug in two or more appliances, get an Underwriters Laboratories-approved unit with a built-in circuit breaker.

OTHER TIPS

- Sleep with the doors closed to reduce potential exposure to smoke and flames.
- Ask your local fire department to inspect your residence.
- If you live in a multilevel home or residence, purchase a collapsible ladder and practice using it.

ACTIONS TO CONSIDER BEFORE A FIRE

- Establish and practice a family evacuation plan. Ensure all family members know what to do in case of a fire, and choose a safe meeting place outside the home.
- Draw a floor plan with at least two ways of escaping from every room.
- Practice alerting other household members. It is a good idea to keep a bell and a flashlight in each bedroom for this purpose.
- Practice evacuating blindfolded and staying low to the ground when escaping. In a real fire situation, the smoke generated by a fire will most likely make it impossible to see.

0160-061 QS Disaster Prep.indd 30 2026-05-29 9:18 AM

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

ACTIONS TO CONSIDER DURING A FIRE

- If your clothes catch on fire, stop, drop, and roll until the fire is extinguished. Never run – this only makes the fire burn faster.
- If you must escape through a closed door, check for heat before opening it. Use the back of your hand to feel the top of the door, the doorknob, and the crack between the door and door frame before you open it. If it is hot, do not open it; escape through a window. If you cannot escape, hang a white, or light-colored sheet outside the window, alerting firefighters to your presence.
- Crawl low under any smoke to your exit – heavy smoke and poisonous gases collect first along the ceiling.
- Once you are safely out, call **911** or your local emergency medical services (EMS) number, and do not go back inside.

ACTIONS TO CONSIDER AFTER A FIRE

- Check for injuries and provide first aid and cardiopulmonary resuscitation (CPR).
- Do not enter a fire-damaged structure unless authorities say it is safe.
- Beware of structural damage; roofs and floors may have been weakened.
- If you have a safe or strong box, do not open it. It can hold intense heat for several hours. If the door is opened before the box has cooled, the contents could burst into flames.
- If you need housing or food, contact your local disaster relief service, such as the American Red Cross or Salvation Army.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

WILDFIRES

WILDFIRE FACTS

- Wildfires are usually indicated by dense smoke that fills the area for miles around.
- There are three different classes of wildfires. A **surface fire** is the most common type and burns along the floor of a forest, moving slowly and killing or damaging trees. A **ground fire** is usually started by lightning and burns on or below the forest floor. **Crown fires** spread rapidly by wind and move quickly by jumping along the tops of trees.
- Most wildfires are started by people. Negligent human behavior, such as smoking in forested areas or improperly extinguishing campfires, is the cause of many fires. The other cause of forest fires is lightning.

DANGER ZONES

All wooded, brush, and grassy areas, especially those in Kansas, Mississippi, Louisiana, Georgia, Florida, the Carolinas, Tennessee, California, Massachusetts, and the national forests of the western states, are at risk of wildfire.

ACTIONS TO CONSIDER BEFORE A WILDFIRE

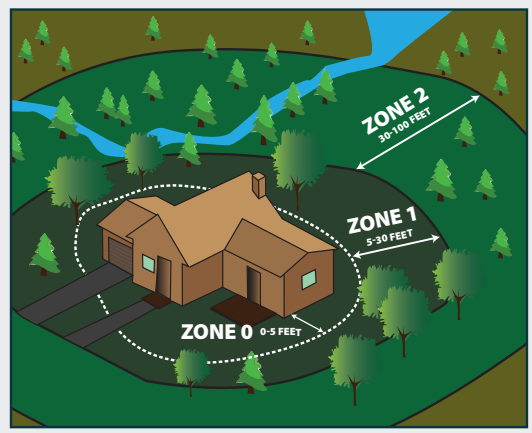
Protect Your Home

- Assemble a disaster supply kit and make a family communication plan.
- Consider installing protective shutters or heavy fire-resistant drapes.
- Keep household items on hand that can be used as fire tools: rake, axe, hand or chainsaw, bucket, and shovel.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

- Create a defensible space around your home:
  - Maintain a **0-5 foot zone** around your home that is free of combustible materials.
  - Maintain a **5-30 foot zone** by spacing plants and removing dead vegetation.
  - Reduce fuels in a **30-100 foot zone** by thinning trees and clearing debris.



- Regularly clean your roof, gutters, and chimney.
- Remove dead branches that extend over the roof and remove vines from the walls of the home. Ask the power company to clear branches from power lines.
- Stack firewood at least 30 feet away from your home.
- Install mesh screening on vents to prevent embers from entering your home.
- Arrange temporary housing at a friend's or relative's home outside the threatened area.

0160-061 QS Disaster Prep.indd 33 2026-05-29 9:18 AM

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

ACTIONS TO CONSIDER DURING A WILDFIRE

- If time allows, take steps to reduce fire risk around your home; however, prioritize evacuation and personal safety.
- Turn off propane tanks and bring patio furniture inside. Connect a hose to outside taps. Place sprinklers on the roof and near aboveground fuel tanks and turn them on.
- Back your car into the garage or park it in an open space facing the direction of escape. Shut the doors and windows. Leave the key in the ignition. Close the garage windows and doors, but leave them unlocked.
- Confine pets to one room. Make plans to take your pets with you in case you must evacuate.
- If you cannot evacuate, seek shelter in a building, vehicle, or cleared area away from vegetation. Cover your head and body with wet clothing. Breathe the air close to the ground through a wet cloth to avoid scorching your lungs or inhaling smoke.

ACTIONS TO CONSIDER AFTER A WILDFIRE

- Return home only when authorities say it is safe.
- Take care when reentering a burned area. Hot spots can flare up without warning.
- Check the roof and extinguish any sparks or embers.
- Check the attic for hidden burning sparks.
- Continue checking areas in and around the home for smoke and sparks several hours after the fire is extinguished.

0160-061 QS Disaster Prep.indd 34 2026-05-29 9:18 AM
COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

EXTREME HEAT

WHAT IS EXTREME HEAT?

Extreme heat is defined as a long period of high heat and humidity with temperatures that are much hotter and/or more humid than average for your area.

EXTREME HEAT FACTS

- In extreme heat, evaporation is slowed and your body must work extra hard to maintain a normal temperature.
- Young children, older people, and those who are sick or overweight are more likely to become victims of extreme heat.
- In a normal year, approximately 600 people die from extreme heat.

DANGER ZONES

All areas in the U.S. are at risk at any time of the year.

KNOW THE TERMS

Heat wave: A period of two or more consecutive days of excessive heat.

Heat index: A number in degrees Fahrenheit that tells how hot it feels when relative humidity is added to air temperature.

ACTIONS TO CONSIDER BEFORE EXTREME HEAT

- Assemble a disaster supply kit and make a family communication plan.
- Install window air conditioners snugly; insulate if necessary.

0160-061 QS Disaster Prep.indd 35 2026-05-29 9:18 AM

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

ACTIONS TO CONSIDER BEFORE EXTREME HEAT (CONT'D)

- Install temporary window reflectors (for use between windows and drapes), such as aluminum foil-covered cardboard, to reflect heat back outside.
- Weather-strip doors and sills to keep cool air in.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers.
- Keep storm windows installed all year.

ACTIONS TO CONSIDER DURING EXTREME HEAT

- Stay indoors as much as possible and limit exposure to the sun. Stay on the lowest floor out of the sunshine, if air-conditioning is not available.
- Consider spending the warmest part of the day in air-conditioned public buildings, such as libraries or shopping malls.
- Eat well-balanced, light, and regular meals.
- Drink plenty of water. Limit your intake of alcohol.
- When going outdoors, dress in lightweight clothes and wear a wide-brimmed hat.
- Check on family, friends, and neighbors who do not have air-conditioning and who spend much of their time alone.
- Never leave children or pets alone in closed vehicles.
- Avoid strenuous work during the warmest part of the day.

ACTIONS TO CONSIDER AFTER EXTREME HEAT

- Monitor official alerts and local authorities for the latest information. Help people who may need special assistance.

0160-061 QS Disaster Prep.indd 36 2026-05-29 9:18 AM

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

FIRST AID FOR HEAT-INDUCED ILLNESSES

Sunburn:

Painful, red, and warm skin; blisters

- Stay out of the sun until your sunburn heals.
- Put cool cloths or moisturizing lotion on sunburned areas or take a cool bath.
- Do not break blisters.

Heat Cramps:

Muscle pain or spasms; heavy sweating during intense exercise

- Stop physical activity and move to a cool place.
- Drink water or a sports drink.
- Wait for cramps to go away before you do any more physical activity.
- Seek medical help right away if cramps last longer than one hour or you have heart problems.

Heat Exhaustion:

Heavy sweating; cold, pale, and clammy skin; fast, weak pulse; muscle cramps; nausea or vomiting; headache; dizziness or fainting

- Move to a cool place and loosen your clothes.
- Put cool, wet cloths on your body or take a cool bath.
- Sip water.
- Seek medical help right away if you are throwing up, or if symptoms get worse or last longer than one hour.

Heatstroke:

High body temperature (103°F); hot, red, dry, or damp skin; fast, strong pulse; headache, dizziness, nausea; confusion

Call **911** right away – this is a medical emergency. Move the person to a cooler place and help lower their temperature with cool cloths or a cool bath. **Do not give fluids.**

0160-061 QS Disaster Prep.indd 37 2026-05-29 9:18 AM

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

WINTER STORMS AND EXTREME COLD

WHAT IS A WINTER STORM?

A severe winter storm typically drops four or more inches of snow during a 12-hour period or six or more inches during a 24-hour period.

WINTER STORM FACTS

- All winter storms are accompanied by low temperatures and blowing snow, which can severely reduce visibility.
- A winter storm can range from moderate snow over a few hours to blizzard conditions with blinding wind-driven snow that can last several days.
- Most deaths related to winter storms occur in traffic accidents on icy roads.
- Older people can freeze to death in their homes after being exposed to dangerously cold indoor temperatures, or can be asphyxiated (i.e., suffocated) because of improper use of fuel, such as charcoal briquettes, which produces carbon monoxide (CO).
- A bag of kitty litter (non-clumping) can be used on walkways to prevent slipping and provide traction to vehicles stuck in ice and snow.

DANGER ZONES

- While the worst snowstorms typically occur in the northern states, they can happen almost anywhere.
- Extreme cold temperatures are a concern nationwide, even in tropical climates such as Florida.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

KNOW THE TERMS

Winter storm watch: Indicates that severe winter weather may affect your area.

Winter storm warning: Indicates that a winter storm is occurring, or will occur, in your area.

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.

Wind chill: Calculation of how cold it feels outside when the effects of temperature and wind speed are combined.

Blizzard warning: When sustained winds or frequent gusts of 35 mph or greater and considerable amounts of falling or blowing snow are expected for a period of three hours or longer.

Frost/freeze warning: When below-freezing temperatures are expected.

Heavy snowfall: Snow accumulation of four inches or more in a 12-hour period or six inches or more in a 24-hour period (depending on location).

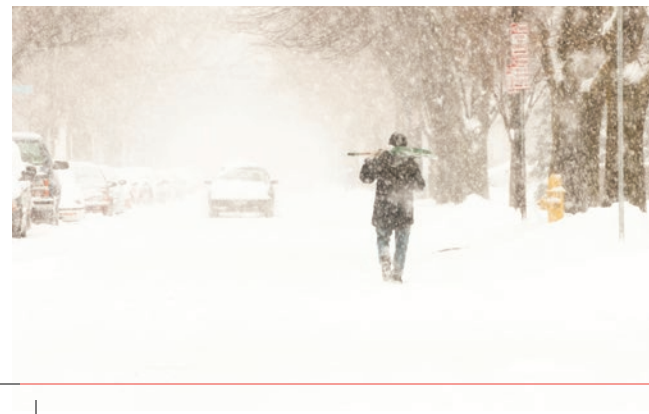
Ice storm: When damaging accumulations of ice are expected during freezing rain situations.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

FROSTBITE AND HYPOTHERMIA

- Frostbite is a loss of feeling and a white or pale appearance in extremities, such as fingers, toes, the tip of the nose, and earlobes.
- Hypothermia is a condition brought on when the body temperature drops to less than 90°F. Symptoms of hypothermia include uncontrollable shivering, slow speech, memory lapses, frequent stumbling, drowsiness, and exhaustion.
- If frostbite or hypothermia is suspected, begin warming the person slowly and seek immediate medical help. Warm the person's trunk first. Use your own body heat to help. Arms and legs should be warmed last because stimulation of the limbs can drive cold blood toward the heart and lead to heart failure. Put the victim in dry clothes and wrap their entire body in a blanket.
- Never give a frostbite or hypothermia victim caffeine (coffee or tea) or alcohol. Caffeine, a stimulant, can cause the heart to beat faster and speed up the effects cold has on the body. Alcohol, a depressant, can slow the heart and also speed up the ill effects of cold body temperatures.



0160-061 QS Disaster Prep.indd 40 2026-05-29 9:18 AM

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

ACTIONS TO CONSIDER BEFORE A WINTER STORM

- Assemble a disaster supply kit and make a family communication plan.
- Winterize your disaster supply kit. Include rock salt, sand, shovels, heating fuel, extra clothes, and blankets.
- Insulate the walls and attic.
- Caulk and weather-strip doors and windows.
- Install storm windows or cover windows with plastic from the inside.
- Keep pipes from freezing: wrap pipes in insulation or layers of old newspapers; cover the newspapers with plastic to keep out moisture; let faucets drip a little to avoid freezing; know how to shut off water valves.
- Acquire safe emergency heating equipment.
- Install and check smoke alarms and CO detectors.

WINTER DRIVING

- Keep a disaster supply kit in your vehicle.
- Keep a windshield scraper and small broom for ice and snow removal.
- Maintain a full tank of gas during the winter season.
- Plan long trips carefully.
- Install winter tires and snow chains as necessary.
- Listen to the radio or call the state highway patrol for the latest road conditions. Always travel during daylight and, if possible, take at least one other person and keep others informed of your schedule.
- Use public transportation when feasible.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

ACTIONS TO CONSIDER DURING A WINTER STORM

IF INDOORS

- Stay indoors and dress warmly.
- Conserve fuel. Lower the thermostat to 65°F during the day and 55°F at night.
- If the pipes freeze, remove any insulation and wrap pipes in rags. Open all faucets and pour hot water over the pipes, starting where they were most exposed to the cold.
- Monitor official alerts and local authorities.

IF OUTDOORS

- Dress warmly, wearing loose-fitting, layered, lightweight clothing, and try to stay dry.
- Before shoveling snow, stretch to warm up your body.
- Avoid overexertion; cold weather puts an added strain on the heart. Exercise you are unaccustomed to, such as shoveling snow or pushing a car, can cause a heart attack or make other medical conditions worse.
- Cover your mouth to protect your lungs from extremely cold air.
- Watch for symptoms of frostbite or hypothermia.

IF IN A VEHICLE

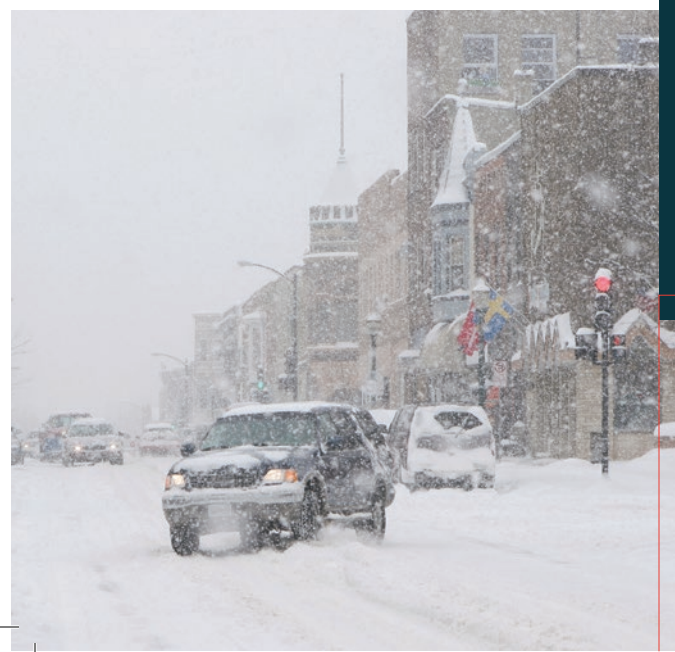
- Stay in your vehicle. Do not leave the vehicle to search for help unless you can see a nearby building in which you can take shelter.
- If you are in a remote area, stomp large block letters in an open area spelling out HELP or SOS and line it with rocks or tree limbs to attract the attention of rescue personnel.
- Occasionally run the engine (for about 10 minutes each hour) to keep warm. Beware of CO poisoning. Keep the exhaust pipe clear of snow and slightly open a downwind window for ventilation.
- Turn the dome light on at night.
- Exercise to keep up circulation. Clap your hands and move your arms and legs. Try not to stay in one position for too long.
- Huddle for warmth and use newspapers, maps, and even the car mats for added warmth.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

ACTIONS TO CONSIDER AFTER A WINTER STORM

- Notify friends or family of your condition.
- Use the phone sparingly.
- Monitor official alerts and local authorities for the latest information.
- Help people who may need special assistance (e.g., older people and people with a disability or other access and functional needs).
- If you need shelter, text SHELTER + your ZIP code to **4FEMA (43362)** to find the nearest shelter.



COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

FLOODS

WHAT IS A FLOOD?

A flood is an overflow or deluge of water that causes or threatens loss of life and property, and damages the environment.

FLOOD FACTS

- Floods can be local, affecting a neighborhood or community, or very large, affecting entire river basins and huge areas.
- Overland flooding occurs outside a defined river or stream, such as when a levee is breached, but can still be destructive.
- Flooding can also occur when a dam breaks, producing effects similar to flash floods.
- Flash floods often have a dangerous wall of roaring water, 10 to 20 feet high, that can carry rocks, mud, and other debris, and sweep away most things in its path.
- As little as one foot of moving water can sweep a vehicle away. Do not walk, swim, or drive through floodwaters. Turn Around, Don't Drown!
- Hurricanes, tsunamis, and melting snow are common causes of flooding.

DANGER ZONES

- Floods and flash floods happen in all 50 states. Flood zones indicate areas of low, moderate, and high risk.
- Be aware of flood hazards no matter where you live, but especially if you live in a low-lying area, near water, or downstream from a dam.

0160-061 QS Disaster Prep.indd 44 2026-05-29 9:18 AM
COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

KNOW THE TERMS

Flood watch: Issued when flooding is possible.

Flash flood watch: Issued when flash flooding is possible. Be prepared to move to higher ground.

Flood warning: Issued when flooding is occurring or will occur soon; if advised to evacuate, do so immediately.

Flash flood warning: Issued when a flash flood is occurring; seek higher ground on foot immediately.

ACTIONS TO CONSIDER BEFORE A FLOOD

- Assemble a disaster supply kit and make a family communication plan.
- Avoid building in a flood-prone area unless you elevate and reinforce your home. Elevate the furnace, water heater, and electric panel 12 inches above projected flood levels.
- Install check valves in sewer traps to prevent floodwater from backing up into the drains of your home.
- Construct barriers (e.g., levees, berms, floodwalls) to stop floodwater from entering the building.
- Seal walls in basements with waterproofing compounds to avoid seepage.

ACTIONS TO CONSIDER DURING A FLOOD

- If there is any possibility of a flash flood, move immediately to higher ground. Do not wait for instructions to move.

0160-061 QS Disaster Prep.indd 45 2026-05-29 9:18 AM

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

IF YOU ARE DIRECTED TO EVACUATE

- Secure your home. If you have time, bring in outdoor furniture. Move essential items to an upper floor.
- Turn off utilities, if you are instructed to do so.
- Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.
- Do not walk through moving water. Six inches of moving water can make you fall. If you must, walk where it is not moving and use a stick to check the firmness of the ground in front of you.
- Do not drive into flooded areas. If floodwaters rise around your car, abandon the car and move to higher ground, if you can do so safely.

ACTIONS TO CONSIDER AFTER A FLOOD

- Listen for news reports to learn whether your community's water supply is safe to drink.
- Avoid floodwaters; water may be contaminated by oil, gasoline, or raw sewage. Water may also be electrically charged from underground or downed power lines.
- Be aware of areas where floodwaters have receded. Roads may have weakened and could collapse.
- Return home only when authorities indicate that it is safe.
- Use extreme caution when entering buildings; there may be hidden damage, particularly in foundations.
- Damaged sewage systems are serious health hazards. Service damaged septic tanks, etc., as soon as possible.
- Clean and disinfect everything that got wet. Mud left from floodwater can contain sewage and chemicals.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

LANDSLIDES AND MUDFLOWS

WHAT IS A LANDSLIDE?

A landslide is a mass of rock, earth, or debris moving down a slope. Landslides are caused by rainstorms, earthquakes, volcanic eruptions, fires, and human modification of the land.

LANDSLIDE FACTS

- Landslides may be very small or very large and can move at slow to very high speeds.
- Landslides can occur quickly, often with little notice.

WHAT IS A MUDFLOW?

A mudflow (or debris flow) is a river of rock, earth, and other debris saturated with water. Mudflows develop when water rapidly accumulates in the ground, such as during heavy rainfall or rapid snowmelt, changing the earth to a flowing river of mud or slurry.

MUDFLOW FACTS

- Mudflows may be very small or very large, flowing rapidly down slopes or through channels, and can strike with little or no warning.
- A mudflow can travel several miles from its source, growing in size as it picks up trees, vehicles, and other materials along the way.



0160-061 QS Disaster Prep.indd 47 2026-05-29 9:18 AM

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

DANGER ZONES

Landslides may occur in all U.S. states/territories. California, West Virginia, Utah, Kentucky, Tennessee, Puerto Rico, Ohio, and Washington are at greatest risk.

LANDSLIDE WARNING SIGNS

- Doors or windows begin to stick or jam.
- New cracks appear in plaster, tile, brick, or foundations.
- Outside walls, walks, or stairs begin pulling away from the building.
- Slowly developing, widening cracks appear on the ground or on paved areas, such as streets or driveways.
- Underground utility lines break.
- Bulging ground appears at the base of a slope.
- Fences, retaining walls, utility poles, or trees tilt or move.
- The ground slopes downward in one specific direction.
- Water flow suddenly increases or decreases and water changes from clear to muddy near a stream or channel.

ACTIONS TO CONSIDER BEFORE A LANDSLIDE OR MUDFLOW

- Plant ground cover on slopes and build retaining walls.
- Assemble a disaster supply kit and make a family communication plan.
- Monitor official alerts and local authorities for warnings of intense rainfall.
- Be prepared to evacuate, in case you are instructed to do so.
- Listen for unusual sounds, such as trees cracking or boulders knocking.

0160-061 QS Disaster Prep.indd 48 2026-05-29 9:18 AM

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

ACTIONS TO CONSIDER DURING A LANDSLIDE OR MUDFLOW

IF INDOORS	IF OUTDOORS
→ Stay inside. Move to a second story, if possible. → Take cover under a desk, table, or other piece of sturdy furniture.	→ Get out of the path of the landslide or mudflow as quickly as possible. Mudflows can move faster than you can walk or run. → Run for the nearest shelter, such as a group of trees or a building, if rocks and other debris are approaching. → Curl into a tight ball and protect your head if escape is not possible.

ACTIONS TO CONSIDER AFTER A LANDSLIDE OR MUDFLOW

- → Stay away from the slide area; there may be danger of additional slides.
- → Check for injured or trapped people near the slide area. Provide first aid and cardiopulmonary resuscitation (CPR) if you are trained to do so.
- → Monitor official alerts and local authorities for the latest emergency information.
- → Help people who may need special assistance.
- → Check the building foundation, chimney, and surrounding land for damage. Be especially careful of downed power lines and gas lines that may have ruptured.
- → Replant the damaged ground as soon as possible since the erosion can lead to flash flooding.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

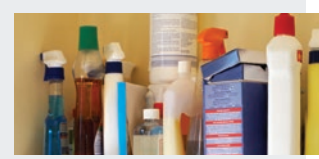
HAZARDOUS MATERIALS

WHAT IS HAZMAT?

Hazardous material (hazmat) is any material that is flammable, corrosive, an oxidizing agent, explosive, toxic, poisonous, disease-causing, radioactive, nuclear, unduly magnetic, a chemical agent, biological research material, compressed gas, or any other material that, because of its quantity, properties, or packaging, may endanger life or property.

HAZMAT FACTS

- Hazardous chemicals are used in industry, agriculture, medicine, research, and consumer goods.
- They are most often released as a result of transportation accidents or chemical accidents in plants.
- As many as 500,000 products pose physical or health hazards and can be defined as hazardous chemicals.
- Most victims of chemical accidents are injured at home.
- Never mix household hazardous chemicals or waste with other products. Incompatible chemicals, such as chlorine bleach and ammonia, may adversely react, ignite, or explode.
- Never use hair spray, cleaning solutions, paint products, or pesticides near an open flame (e.g., pilot light, lit candle, fireplace, wood-burning stove). Although you may not be able to see or smell them, vapor particles in the air could catch fire or explode.



COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

HOUSEHOLD CHEMICAL EMERGENCIES

- Get out of the home immediately if there is any danger of fire or explosion. Do not waste time collecting items or calling the fire department when you are in danger. Once you are safe, call the fire department on your cell phone or a neighbor's phone. Stay upwind and away from the home to avoid breathing toxic fumes.
- Call the poison control center **(800-222-1222)**, **911**, hospital emergency room, county health department, fire department, or local pharmacy for emergency advice if someone has been exposed to a household chemical. Have any containers of the substance readily available in order to provide requested information.
- Take immediate action if the chemical gets into the eyes. Delaying first aid can greatly increase the likelihood of injury. Flush the eyes with clear water for at least 15 minutes, unless authorities instruct otherwise.
- Discard clothing that may have been contaminated.

RECOGNIZE THE SYMPTOMS OF TOXIC POISONING

Be prepared to seek medical help if you have any of the following symptoms: difficulty breathing; irritation of the eyes, skin, throat, or respiratory tract; changes in skin color; headache or blurred vision; dizziness, clumsiness, or lack of coordination; cramps or diarrhea.

NUCLEAR POWER PLANTS

The potential danger from an accident at a nuclear power plant is exposure to radiation. This exposure could come from the release of radioactive material from the plant into the environment, usually characterized by a plume (cloud-like formation) of radioactive gases and particles.

0160-061 QS Disaster Prep.indd 51 2026-05-29 9:18 AM

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

ACTIONS TO CONSIDER BEFORE A HAZMAT INCIDENT

- Determine evacuation routes and be ready to evacuate.
- Assemble your disaster supply kit and make a family communication plan.
- Determine the best place in your home to shelter.
- Keep fire extinguishers in your home and car.

KNOW THE TERMS

Notification of an unusual event: Issued when a small problem has occurred at the plant. No radiation leak is expected. No action on your part will be necessary.

Alert: Issued when a small problem has occurred and small amounts of radiation could leak inside the plant. No action is required.

Site area emergency: Issued when a more serious problem has occurred. Small amounts of radiation could leak from the plant. Area sirens may be sounded. Monitor official alerts and local authorities for safety information.

General emergency: Issued when radiation could leak outside the plant and off the plant site. This is the most serious problem. The sirens will sound. Monitor official alerts and local authorities for reports and instructions.

IF YOU ARE DIRECTED TO EVACUATE

- Close and lock doors and windows in your home.
- Turn off the air conditioner, ventilation fans, furnace, etc.
- Keep car windows and vents closed.

IF YOU ARE ADVISED TO SHELTER IN PLACE

- Turn off the air conditioner, ventilation fans, furnace, etc.
- Go to a basement.
- Do not use the telephone unless absolutely necessary.
- Monitor official alerts and local authorities.

0160-061 QS Disaster Prep.indd 52 2026-05-29 9:18 AM

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

IF YOU THINK YOU HAVE BEEN EXPOSED TO RADIATION

- Remove your clothes and shoes.
- Put exposed clothing in a sealed plastic bag.
- Take a thorough shower using soap.
- Seek medical treatment for any unusual symptoms.

MINIMIZING EXPOSURE TO RADIATION

Time: The less time you spend exposed to the source of the radiation, the better.

Distance: The more distance between you and the source of the radiation, the better.

Shielding: The more dense material between you and the source of the radiation, the better.

DANGER ZONES

A hazmat accident can occur anywhere. Communities located near chemical-manufacturing plants are particularly at risk. However, hazmat is transported on roadways, railways, and waterways daily, so any area is considered vulnerable.



0160-061 QS Disaster Prep.indd 53 2026-05-29 9:18 AM

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

ACTIONS TO CONSIDER DURING A HAZMAT INCIDENT



- Monitor official alerts and local authorities for detailed information and instructions.
- Stay away from the area to minimize the risk of contamination.
- Stay upstream, uphill, and upwind. In general, try to go at least one-half mile away from the danger area.
- Stop and seek shelter in a permanent building if you are in a vehicle. If you must remain in your vehicle, keep windows and vents closed and shut off the air conditioner or heater.
- When directed to shelter in place:
  - Bring pets inside.
  - Fill up sanitized bathtubs and/or large sanitized containers for an additional water supply and turn off the intake valve to the house.
  - Close and lock all exterior doors and windows.
  - Close vents, fireplace dampers, and as many interior doors as possible.
  - Turn off air conditioners and ventilation systems.
  - Find a room that is above ground and has the fewest openings to the outside.
  - Seal the room by covering each window, door, and vent with plastic sheeting. Use material to fill cracks and holes in the room, such as those around pipes.
  - If gas or vapors could have entered the building, take shallow breaths through a cloth or a towel.
  - Avoid eating or drinking any food or water that may be contaminated.

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

ACTIONS TO CONSIDER AFTER A HAZMAT INCIDENT

- Act quickly if you have come into contact with or have been exposed to hazardous chemicals. Follow decontamination instructions from local authorities. You may be advised to take a thorough shower or you may be advised to stay away from water and follow another procedure.
- Seek medical treatment for unusual symptoms as soon as possible.
- Place exposed clothing and shoes in tightly sealed containers. Do not allow them to come into contact with other materials. Call local authorities to determine their proper disposal.
- Advise everyone who comes in contact with you that you may have been exposed to a toxic substance.
- Report any lingering vapors or other hazards to your local emergency services office.
- If you were directed to evacuate, do not return to the area until local authorities give the all clear.
- Monitor official alerts and local authorities for the latest updates.

ACCIDENT VICTIMS

- Do not try to care for victims of a hazmat accident until the substance has been identified and authorities indicate that it is safe to go near victims.
- Once it is safe to do so, move the victim(s) to fresh air and call for emergency medical care. Remove contaminated clothing and shoes and place them in a plastic bag.
- Clean victims that have come into contact with chemicals by immediately pouring cold water over their skin or eyes for at least 15 minutes, unless authorities instruct you not to use water on the particular chemical involved.

0160-061 QS Disaster Prep.indd 55 2026-05-29 9:18 AM

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

TERRORISM

WHAT IS TERRORISM?

Terrorism is the use of force or violence against people or property in violation of the criminal laws of the U.S. for purposes of intimidation, coercion, or ransom.

TERRORISM FACTS

- Terrorists often use threats to create fear among the public, to convince citizens that their government is unable to protect them, and to get immediate publicity for their causes.
- High-risk targets for acts of terrorism include military and civilian government facilities, international airports, large cities, and high-profile landmarks. Terrorists might also target large public gatherings, water and food supplies, utilities, and corporate centers.
- Acts of terrorism include threats of terrorism; assassinations; kidnappings; hijackings; bomb scares and bombings; cyberattacks (computer-based); and the use of chemical, biological, radiological, and nuclear weapons.

CHEMICAL THREATS

- Chemical agents are poisonous vapors, aerosols, liquids, and solids that have toxic effects on people, animals, or plants.
- They can be released by bombs or sprayed from aircraft, boats, and vehicles. They can be used as a liquid to create a hazard to people and the environment.
- Some chemical agents may be odorless and tasteless.
- They can have an immediate effect (a few seconds to a few minutes) or a delayed effect (two to 48 hours).

0160-061 QS Disaster Prep.indd 56 2026-05-29 9:18 AM

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

BIOLOGICAL THREATS

- Biological agents are organisms or toxins that can kill or incapacitate people, livestock, and crops.
- The three basic groups of biological agents that would likely be used as weapons are bacteria, viruses, and toxins.
- Biological agents can be dispersed by spraying them into the air, by infecting animals that carry the disease to humans, and by contaminating food and water.

RADIOLOGICAL DISPERSION DEVICE

- Terrorist use of a radiological dispersion device (RDD) (often called "dirty nuke" or "dirty bomb") is considered far more likely than the use of a nuclear explosive device. An RDD combines a conventional explosive device (such as a bomb) with radioactive material. It is designed to scatter dangerous and sublethal amounts of radioactive material over a general area.
- Depending on how fast the area of the RDD detonation was evacuated or how successful people were at sheltering in place, the number of deaths and injuries from an RDD might not be substantially greater than from a conventional bomb explosion.

NUCLEAR BLASTS

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 around. A nuclear device can range from a weapon carried by an intercontinental missile to a small, portable nuclear device transported by an individual.

0160-061 QS Disaster Prep.indd 57 2026-05-29 9:18 AM

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

THE NATIONAL TERRORISM ADVISORY SYSTEM

The National Terrorism Advisory System (NTAS) provides timely, detailed information on terrorist threats to the public, government agencies, first responders, transportation facilities, and the private sector.

NTAS ALERTS

When a potential or actual threat is received, the Department of Homeland Security (DHS) will issue an NTAS alert that advises what action to take in response.

QUICKNOTE

NTAS bulletins and advisories contain an expiry date. If threat information changes, the advisory may be updated.

Imminent threat alert: Warns of a credible, specific, and impending terrorist threat against the U.S.

Elevated threat alert: Warns of a credible terrorist threat against the U.S.

Sunset provision: Issued for a specific time period and then automatically expires. It may be extended if new information becomes available or the threat evolves.

QUICKNOTE

Alerts will be issued through the DHS NTAS webpage, Facebook, and X (formerly Twitter).



COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

ACTIONS TO CONSIDER BEFORE A TERRORIST EVENT

- Stay aware of your surroundings and report suspicious activity.
- Be aware of your surroundings.
- Take precautions when traveling.
- Leave an area if you feel uncomfortable or if something does not seem right.
- Assemble a disaster supply kit and make a family communication plan.
- Create an evacuation plan for your family and have a backup route in mind.

ACTIONS TO CONSIDER DURING A TERRORIST EVENT

- Take cover immediately.
- Stay low to the floor or ground.
- Monitor official alerts and local authorities for updates.
- Evacuate immediately if you are directed to do so.

ACTIONS TO CONSIDER AFTER A TERRORIST EVENT

- Stay away from the event area; there may be secondary devices.
- Check for injured and trapped people near the event area. Provide first aid and cardiopulmonary resuscitation (CPR) if you are trained to do so.
- Monitor official alerts and local authorities for the latest emergency information.
- Check the foundation, chimney, and surrounding land for damage. Be especially careful of downed power lines and gas lines that have ruptured.
- Notify friends or family of your condition.
- Use the phone sparingly.

0160-061 QS Disaster Prep.indd 59 2026-05-29 9:18 AM

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.

NOT FOR DISTRIBUTION
FOR REVIEW PURPOSES ONLY
You may not copy, distribute, transmit, email, reproduce, publish, post on a website, license, create derivative works from, transfer or sell this electronic file.

DISASTER PREPAREDNESS

Get started with your emergency plans for protecting yourself and your loved ones before, during, and after a disaster.

- Hazard facts
- Danger zones
- Warning systems and signals
- Before, during, and after actions
- Recovering from disaster



DISCLAIMER

The information in this guide is derived from original Federal Emergency Management Agency (FEMA) and National Oceanic Atmospheric Administration (NOAA) material. The text is an edited and abridged version of multiple emergency preparedness publications.

This guide has been published to provide a brief overview of emergency preparedness. It is not meant to replace original FEMA or NOAA documents. Users of this guide are strongly encouraged to refer to FEMA and NOAA material for in-depth information on emergency preparedness.

QuickSeries Publishing Inc. is not liable for any accidents, injuries, material, or mortal damages that may occur from using the information contained in this guide, or from any omissions in emergency preparedness information.

Photos used for illustrative purposes only; the people shown are not linked to the topic.

© 2006-2026 QuickSeries Publishing
1-800-361-4653 | www.quickseries.com

01-0160-000-01 | 0160-061
ISBN 978-1-932990-43-0 | Printed in Canada

0160-061 QS Disaster Prep.indd 60 2026-05-29 9:18 AM

COPYRIGHTED MATERIAL
NO REPRODUCTION ALLOWED – PROPERTY OF QUICKSERIES PUBLISHING INC.