Thank you

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Ready Together





Today's Agenda

Ready Together

Welcome

Make a Plan — HSEM Staff

Build a Kit – Seton

Know Your Neighbors – HSEM Loteria Activity

Stay Informed – HSEM

Break
10 Minutes

Mental Health – GAVA Shake It Out Exercise

Fire - Austin Fire Department

Wildfire - Austin Wildfire Division







We thank you for taking the time to participate and thank you to all our partners!













Know Your Risk: Central Texas Disasters

All Hazards Approach: Being prepared for a multitude of scenarios, not just natural disasters.

- Flooding: Austin is in Flash Flood Alley
- Wildfire: Dry zones, especially during droughts.
- Severe Weather: Includes tornadoes, which can strike at any time
- Extreme Heat: Soaring temperatures pose health threats
- Winter Weather: Icy conditions, freezing temperatures, and snow
- Hurricanes: Coast can bring in storms and heavy rainfall

Other Risks

- Biological: Outbreak of diseases or bio-terrorism threats
- Chemical: Exposure to toxic substances or chemical attacks

Terrorist Threats: Acts of extremism or targeted violence







The Four Steps to Preparedness

You have the power to protect yourself, your loved ones, and our community in an emergency. Preparing for disasters has a big impact on safety and recovery in a crisis.

In this lesson you'll learn how to:

- Use the four steps to preparedness
- Make a plan to support individual and household preparedness



The Four Steps to Preparedness

It's critical to have enough supplies and resources to be self-sufficient for seven days.

FEMA recommends having supplies for at least 3 days. City of Austin recommends 7 days, because winter storms in Central Texas can take longer to recover from.





Build a Kit



Know your Neighbors



Stay Informed

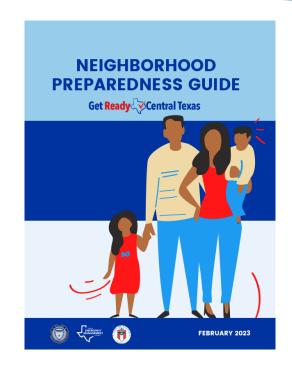






A family emergency plan should include:

- A designated place to meet if you are separated - outside your home, or nearby.
- A plan to contact one another if you are unable to meet or get separated during a crisis.
- Public safety phone numbers (i.e. police, fire, and hospital) for your area.
- An out-of-area contact to communicate that you're safe and learn the status of other family member.
- Practice before an emergency!





Make a Plan

Easy ways to start your plan:

Build a Contact List:

- •Transfer your important phone numbers to paper.
- •Start collecting emergency resource numbers.

• Evaluate your needs:

•Plans for fire evacuations, shelter at home incidents, and finalize a meeting spot. Then do this with your neighbors.

•Do you know how to shut off your utilities?



Contact List



Name:	Name:	Name:
Phone:	Phone:	Phone:
Email::	Email::	Email::

Name:	Name:	Name:
hone:	Phone:	Phone:
mail::	Email::	Email::

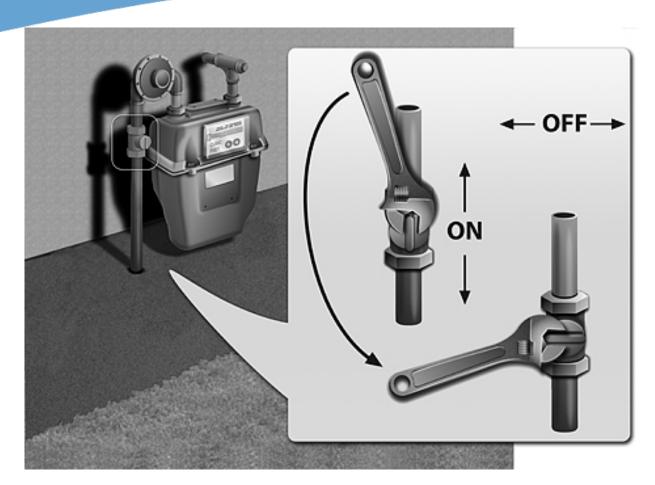
Name:	Name:	Name:
Phone:	Phone:	Phone:

PG. 45

NEIGHBORHOOD
REPAREDNESS GUIDE



Shutting Off Utilities



Gas Shut-Off



Water Shut-Off





Build a Kit

In this lesson, you'll learn:

- Why we should have a kit
- Suggestions for building our kits



Building a Kit: Suggested Items

Communication and Information:	Medical Supplies:			
Map(s) of the area	☐ Basic first aid kit			
Family and emergency contact info (phone and email)	☐ 7-day supply of medications/medical items			
Battery-powered or hand-crank radio (NOAA	Pet Essentials:			
Weather Radio, if possible)	☐ Pet supplies (collar, leash, tags, food, bowl)			
Cell phone and charger(s)				
	Tools and Equipment:			
Personal Essentials:	Flashlight and extra batteries			
Extra cash (in small bills)	Wrench or plyer			
☐ Spare change of clothes	Other tools or equipment you may need			
☐ Spare car/home key				
☐ Copies of personal documents in a water-tight bag	Hygiene and Comfort:			
Food and Water: ☐ 1 gallon of water per person, per day	Sanitation and personal hygiene itemsBlanketsGames for kids			
(7-day supply)	☐ Comfort snacks			
☐ 7-day supply of non-perishable food				
☐ Can opener				



Building a Go Bag on Your Budget



Recommended First Priority Items:

3 gallons of water | Manual can opener 3 cans of nonperishable food First aid kit | Mini handheld flashlight

Other Recommended Priority Items:

Candles | Matches & lighter | Multi-tool Extra Batteries | Rain poncho

Other Recommended Priority Items:

NOAA weather radio | Whistle
Dust mask | Local maps
Moist towelettes for sanitation



Building a Kit for Pets

Go-bags for Pets

Remember to make a Go-Bag for your pet!

Transport Essentials:

- ☐ Sturdy leashes and/or carriers for transport
- ☐ A pillowcase (great for transporting cats and other small animals)
- Muzzles for dogs

Identification and Records:

- ☐ Current photos of your pet (for reunification purposes)
- Names and phone numbers of emergency contacts, emerger veterinary hospitals, and animal shelters
- ☐ Immunization records
- ☐ Information on any medical conditions and/or behavior problem

Food and Water Supplies:

- ☐ Food, potable water, and medicine for at least two weeks
- ☐ Non-spill bowls
- Manual can opener and plastic lid

Hygiene and Waste Management:

- ☐ Plastic pet waste bags
- ☐ Litter box and litter







Know Your Neighbors: Neighborhood Emergency Plans

Put together a neighborhood emergency plan.

Homework: Use Your Neighborhood Preparedness Guide

Think about including:

- Neighborhood boundaries
- Hazards that are likely to impact you
- An updated contact list
- Communication plan (family and neighbors)
 - Define rally point(s)

Next Steps:

- Distribute your plan to everyone in your contact list
- Practice a Scenario (flooding, wildfire, biohazard)
- Get more neighbors involved!





Know Your Neighbors: Activity

Getting to know your neighbors *before* an emergency is crucial but can be difficult.

How do you break the ice and start that conversation?

This Lotería networking game will help you get that conversation going.



BINGO CARD 1 Are you a pet Do you know ontact list filled out Important documents route mapped out? family needs? stored in one place? How many Are you a caregiver flashlights do you what a go bag is? concerning to you? Do you have backup



How to Play: Know Your Neighbor Lotería

Step 1: Grab a Card

Everyone grab your Lotería card

Step 2: *Introductions*

Get connected. Go around the room and find a partner(s) and introduce yourself.

Step 3: Start Playing

Example: John, it was great meeting you. I didn't realize I needed more flashlights. How many do you have?

Step 4: Declare "Lotería!"

Fill your card horizontally, vertically, and diagonal. Shout "Lotería!"











Discussion: Know Your Neighbor Lotería

Discussion:

- Was this guided conversation helpful?
- How prepared are you and your "neighbors"?





Stay Informed: Who to Call

When to call 9-1-1, 3-1-1, 2-1-1, 9-8-8

What are the differences between the numbers?



9-1-1

Universal emergency number for life threatening - Police, Fire, EMS, Mental Health Services.



3-1-1

Local public hotline to find information, ask about services, or file service request.
512-974-2000



2-1-1

Hotline for information on local health and human service resources and recovery.



9-8-8

Suicide prevention hotline available to anyone in a suicidal crisis or emotional distress.



Stay Informed: Community Events

Look out for our events in the community:

- Monthly Pop-Up Emergency Preparedness Events
 January thru December
- Get Ready Central Texas Emergency Preparedness Fair September

 Ready Together: Basic Emergency Preparedness Training Quarterly

We're dedicated to ensuring that everyone, especially the most vulnerable and people with disabilities, who are often hardest to reach, are well prepared and informed.

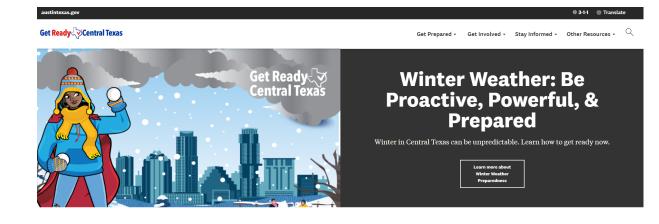




Stay Informed: ReadyCentralTexas.org

ReadyCentralTexas.org

- Covers emergencies for every season.
- Central hub for all your preparedness needs.
- Easy-to-use and informative for proactive action.



Four Steps to Get Prepared









Make a Plan

Build a Kit

Know Your Neighbors Stay Informed



Stay Informed: Accessible Hazard Alert System

Accessible Hazard Alert System (AHAS):

Sign up at https://atc.ahasalerts.com for emergency alerts in American Sign Language, English voice, and text for people who are Deaf, hard of hearing, Blind, or Deaf and Blind, OR by texting AHAS to (737) 241-3710.

For quick SMS Registration text **AHAS** to (737) 241-3710.





Sign Up!

Sign Up to Receive Accessible Alert Notifications



For quick SMS Registration text **AHAS** to (737) 241-3710.





State of Texas Emergency Assistance Registry (STEAR)

The State of Texas Emergency Assistance Registry (STEAR) provides local emergency planners and emergency responders with additional information on the needs members of our community may have.

People who should register for STEAR are those who:

- have disabilities,
- are medically fragile,
- have access and functional needs such as:
 - limited mobility,
 - communication barriers,
 - require additional medical assistance during an emergency event,
 - require transportation assistance,
 - require personal care assistance.

*Registering in STEAR is voluntary and DOES NOT guarantee you will receive specific service during an emergency because available services may vary by community or the severity of the emergency.





Stay Informed: WarnCentralTexas.org

Sign up for Emergency Alerts

- Get alerts through text, email, or phone.
- Receive timely notifications about hazards.
- Customize alerts based on your location.

www.warncentraltexas.org





Stay Informed: Local News

In an emergency, local news stations will work to keep the public informed.

News outlets often get information from government agencies, helping distribute information to viewers.

Follow Austin HSEM on social media:

Facebook: Austin Emergency Management

X/Twitter: @AustinHSEM





Stay Informed: Weather Radio

Purpose and Simple Setup:

- Local alerts for severe weather and emergencies.
- Tune to local station and keep on for constant monitoring.
- Use batteries and/or plug-in





OVER 60 TYPES OF ALERTS











TORNADOS

FLOODS

HURRICANES

FIRES

EARTHQUAKES

When an alert is issued by the National Weather Service a weather radio automatically alerts you.

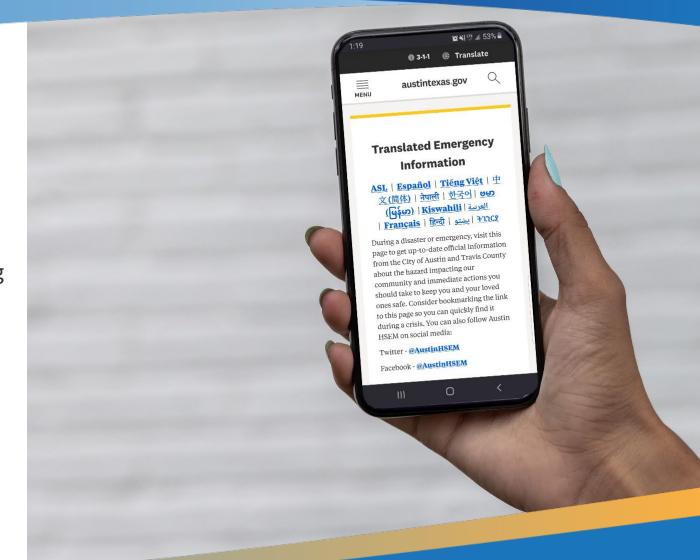


Stay Informed: Alerts Page

austintexas.gov/alerts

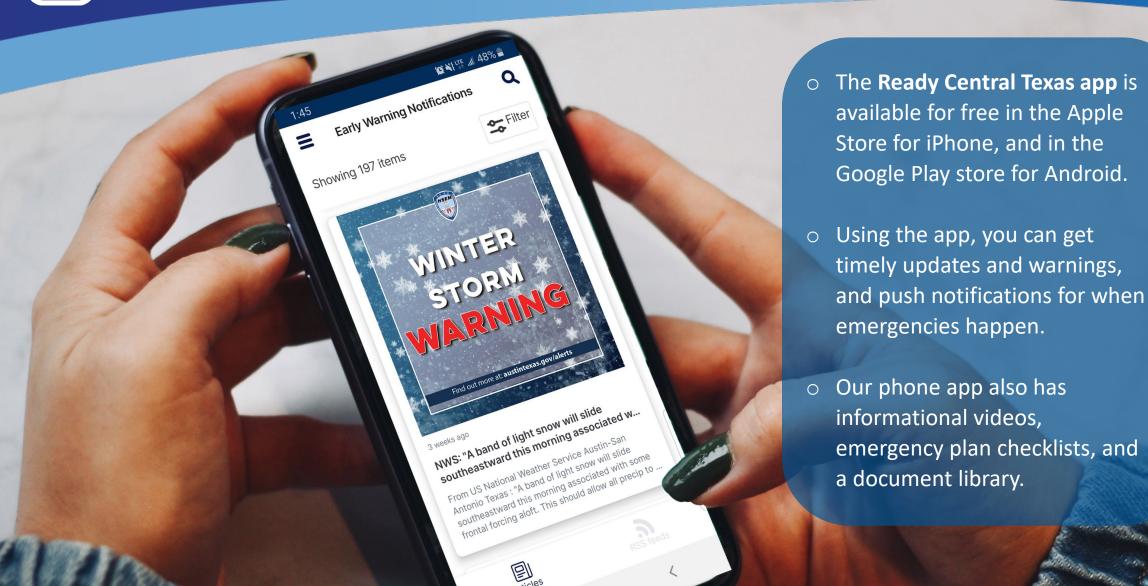
The Alerts Page is the official hub for up-to-date information in 14 languages from the City of Austin about the hazard impacting our community, and actions you should take.

Bookmark this page so you can easily find it when you need it.





Stay Informed: ReadyCentralTX App







Mental Health

In this lesson you'll learn how to:

 Understand the signs of mental distress and ways to seek help

Trigger Warning: The upcoming content discusses disaster scenarios and effects on mental health. It might be distressing for some.





Why mental health first aid is an important tool in emergency preparedness

Disasters can occur naturally (e.g., tornadoes, hurricanes, floods, wildfires) or be human-caused (e.g., mass shootings, chemical spills, or terrorist attacks). Preparing for, responding to, and recovering from disasters and traumatic events is essential to the behavioral health of individuals and communities.

By understanding the individual effects and ways to seek help and support we can be better prepared to help others after an event.





Trauma can be caused by disasters or emergencies

Natural or manmade disasters can have a major impact on mental health and emotional well-being.

Experiencing a natural disaster like a flood or tornado can cause anxiety, depression, and post-traumatic stress.

For many, these feelings can continue for years and certain things may take people back to the event or cause them to fear that it's about to happen again.



Recognize the Signs of Disaster Related Stress

- Difficulty communicating thoughts.
- Difficulty sleeping.
- Difficulty maintaining balance in their lives.
- Low threshold of frustration.
- Increased use of drugs/alcohol.
- Limited attention span.
- Poor work performance.
- Headaches/stomach problems.
- Tunnel vision/muffled hearing.

- Colds or flu-like symptoms.
- Disorientation or confusion.
- Difficulty concentrating.
- Reluctance to leave home.
- Depression, sadness.
- Feelings of hopelessness.
- Mood-swings and easy bouts of crying.
- Overwhelming guilt and self-doubt.
- Fear of crowds, strangers, or being alone.



Coping with Emergencies and Disasters

Tools to relieve Disaster Related Stress

- Discuss your emotions, even if it's challenging.
- Seek help from post-disaster counselors.
- Don't blame yourself for the disaster or feel guilty for not aiding in rescues.
- Prioritize your well-being with a balanced diet, rest, exercise, and relaxation.

 Connect with family and friends.

- Utilize your existing support networks.
- Take breaks to unwind and remember intense feelings will lessen.
- Breathe deeply and engage in activities you love.
- Stay informed through trustworthy sources.
- Avoid rumors, especially on social media, and rely on official updates.



Coping with Emergencies and Disasters: Mental Health Resources



Red Cross: Recovering Emotionally After a Disaster (en español)

Disasters are upsetting experiences for everyone involved. Children, senior citizens, people with disabilities and people for whom English is not their first language are especially at risk and are likely to need extra care and help. But everyone, even the people that others look up to for guidance and assistance, is entitled to their feelings and deserves support throughout the recovery process.



CDC: Coping with a Disaster or Traumatic Event (en español)

During and after a disaster, it is natural to experience different and strong emotions. Coping with these feelings and getting help when you need it will help you, your family, and your community recover from a disaster.



SAMHSA: Disaster Distress Helpline (en español)

SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.



NAMI: Crisis Information and Resources (en español)

Use this checklist to assist you in making your call. Ask for the Crisis Intervention Team or request an officer trained in handling mental health cases.



Integral Care: Crisis Services (en español)

Like a storm that knocks a house from its foundation, a mental health crisis can knock someone off their feet. Integral Care offers mental health crisis support 24 hours a day, 7 days a week on the phone and in the community.



In this lesson you'll learn:

• The common causes of fires

Tips on how to prevent fires

 Facts on Alarms, Sprinklers and Fire Extinguishers





Fire Facts

- Fires kill more Americans each year than all natural disasters combined.
- Fire moves fast! A blaze can double in size in less than 60 seconds.
- Most fire tragedies are preventable.





Common Causes of Fires

The three most common causes of fires in Austin are: unattended cooking, improperly discarded smoking materials, and electrical fires.





Improperly discarded smoking materials



These regularly switch order from year to year in terms of which occurs most often.



Kitchen Fires



The kitchen is the most common area for a fire to start.

They're usually caused by:

- Unattended cooking;
- Flammable material too close to the stove (towels, potholders, etc.)
- Grease buildup
- Improper disposal of ignitable materials.

DO:

- Cover with a lid;
- Use an extinguisher; or
- Turn off the heat, if safe.

DON'T:

- Use water;
- Use flour;
- Use a towel to cover fire; or
- Move a hot or burning pot/pan.

Photo Courtesy

And if the fire is in the oven, keep the oven door closed!



Improperly Discarded Smoking Materials





Another common cause of fire is **improperly discarded smoking materials.** To prevent these types of fires from occurring:

- Ensure cigarettes, cigars, charcoal, etc., are completely out before disposal (soaking them in water is a great way to be sure!);
- Don't discard smoking materials in the trash, potted plants, etc.;
- Don't toss cigarettes out of car windows;
- Use deep, sturdy, non-combustible containers in designated areas; and
- Designated smoking areas should be clear of all flammable materials.

Electrical Fires



Electrical fires are usually caused by:

 Defective electronics (faulty cables, bad splicing, cut/torn cords, damaged cables, loose wires);

Accidental damage; and/or

• Electrical negligence (overloading outlets or extension cords).









Smoke Alarms

- Place in each bedroom, near sleeping areas, and on every home level.
- Test monthly; change batteries when low.
- Replace the unit about every 10 years.
- NEVER take out the battery!

Carbon Monoxide Alarms

- Install outside sleeping areas and on every home level.
- Test monthly; follow manufacturer's replacement advice.
- If the alarm rings:
 - 1. Go outside or near an open window.
 - 2. Count everyone.
 - 3. Call for help and wait.

Sprinkler Systems

- Activated by specific temperatures.
- Indoors, they release water instantly when triggered.
- Activating one sets off the alarm.
- Keep items away from heads for proper function.
- Have a pro check systems often.



Fire Extinguishers



Types of extinguishers:

- ABC: Combination Extinguishers
- A: Ordinary combustibles
- B: Flammable liquids
- C: Electrical
- D: Combustible metals
- K: Commercial cooking oils and greases

When to use them:

- You have a clear escape route not blocked by fire;
- The extinguisher is within easy reach and in proper working order;
- The extinguisher is the correct type for the fire you are fighting;
- The extinguisher is large enough to put out the fire; and
- You know how to operate one.



Using Fire Extinguishers: PASS

To operate a fire extinguisher, remember the word PASS:



Pull the pin



Aim at the base of the fire



Squeeze the handle/trigger



Sweep the base of the fire

•Keep your back to an unobstructed exit and maintain six to eight feet between you and the fire.

- If the extinguisher fails to put out the fire, close the door and get out.
 - Don't try to extinguish a fire bigger than you.
 - •Don't be afraid to call 911 and leave it to the professionals



Evacuation Plan Essentials

Preparation & Awareness:

- Always know multiple exits.
- Post a building diagram with exit routes.
- Plan for individuals with special needs.

During a Fire:

Check doors for heat before opening.

- If there's smoke, stay low ("stay low and go").
- Avoid elevators; always use stairwells.

After Evacuating:

- Gather at the designated meeting spot.
- NEVER re-enter the building.
- Account for everyone; report any missing persons to first responders.







Austin Wildfire Division: Who We Are



- Addresses the potential threat of wildfires through public education, fuel (vegetation) management and effective firefighting response.
- Assist neighborhoods in becoming Fire Adapted Communities through public education
- Incorporate Firewise principles during community assessments and presentations conducted by our Firewise Program Coordinators.



Ready, Set, Go!

READY



Create a plan and prepare your family and your home.

SET



Stay aware by signing up for alerts, monitoring, and getting ready to evacuate if needed.

GO!



When wildfire hits, it's important to act early—and work together to evacuate safely.



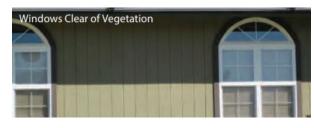
Ready: Home

Make your home fire resistant.

 Think about ways to make your home better suited for a wildfire by thinking about the construction materials and quality of defensible space around your home.

Look at:

- Balconies and Decks
- Roofs
- Eaves
- Vents
- Walls and Fencing
- Windows and Doors







 Schedule a Fire Home Assessment: We will come to your home and assess how ready your home is.

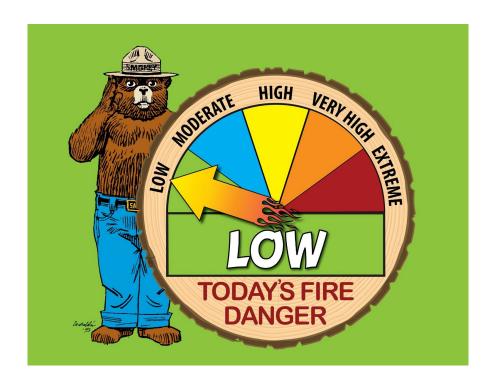


Ready: Learn the Lingo

National Fire Danger Rating System

- Low
- Moderate
- High
- Very High
- Extreme







Ready: Zones

Immediate Zone

0-5 feet around your home "Noncombustible"

- Clean roofs and gutters of fallen leaves, branches, and debris that could catch embers.
- Prune away touching or over hanging branches to a distance of 10 feet.
- Move all flammable material away from exterior walls.

More tips in our Ready, Set, Go! Brochure.





Ready: Zones

Intermediate Zone

5-30 feet around your home or to property line

- Create fuel breaks with driveways, walkways/paths, patios, and decks.
- Keep lawns mowed to a height of three inches while native grasses and wildflowers are kept at four inches.
 - Ensure the mature tree canopy is no closer than ten feet to the edge of structure

More tips in our Ready, Set, Go! Brochure.





Ready: Zones

Extended Zone

30-100 feet around your home or to property line

- Dispose of heavy accumulations of ground litter/debris.
- Remove dead and down plant and tree material.
- Remove vegetation and woodpiles adjacent to storage sheds or other outbuildings within this area.

More tips in our Ready, Set, Go! Brochure.





Ready: Other Ways to Get Prepared

Our Community Engagement Efforts

- Attend an event: Join us at different events across Austin as we educate the public on being wildfire ready.
 - We attend various neighborhood meetings, council town halls, and schools to educate on wildfire preparedness.
 - Wildfire Symposium: This free event is held annually in Austin. We invite experts in their field to come speak and educate the public on different wildfire topics. Our last event was May 4th.





Ready: Other Ways to Get Prepared



Start getting READY today!

- Warn Central Texas: Sign up for local alerts at warncentraltexas.org
- Get your Emergency Preparedness Guide
- Integrate the 4 steps of preparedness
- Bookmark our Wildfire Hub: atxwildfirehub.com





Set: Prepare and Be Aware

- Monitor fire weather conditions and fire status.
- Ensure your go kit is ready with all necessary items.
- Have masks handy for possible smoke.
- If time allows, turn off pilot lights and air conditioning, leave lights on, and close all windows and doors.

(You can find a more detailed list in our Ready, Set, Go! Handout (Pg 9)



Set: Wildfire is Here

Begin your evacuation plan early.

Leaving early gives you and your household members the best chance of surviving a wildfire. You also help firefighters by keeping roads clear of congestion, enabling them to move more freely and do their job in a safer environment. Be sure to follow direction of local authorities.

- When to Leave: Do not wait to be advised, leave early, do not hesitate if asked to leave.
- Where to Go: Predetermine, low risk area.
- How to Get There: Have several travel routes. (Planning your routes ahead of time is important)
- What to Take: Take a Go Kit Containing needed supplies.



Thank You: Connect With Us









We greatly appreciate you and all our partners. Thank you!









We greatly value your feedback; please participate in our survey to help us continually improve and serve you better.