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Ready Together

The Basics of Emergency Preparedness
for You, Your Family & Your Neighborhood





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





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

Flooding- Austin Watershed Department

CPR- Austin-Travis County Emergency Medical Services





Welcome and **Thank you!**



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



Ascension



GAVA
GO! AUSTIN/iVAMOS! AUSTIN



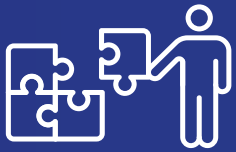


The **Four Steps** to Preparedness

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.



Make a Plan



Build a Kit



**Know your
Neighbors**



Stay Informed





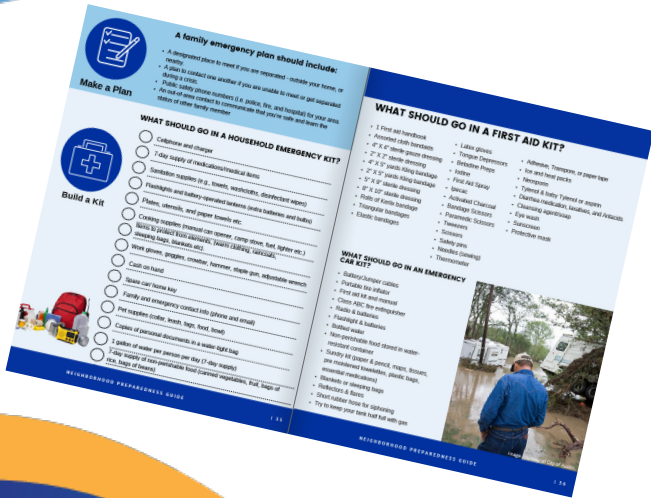
Make a **Plan**

In this lesson, you'll learn:

- Why it's important to start making a plan for you, your family, and your neighborhood
- Where to start

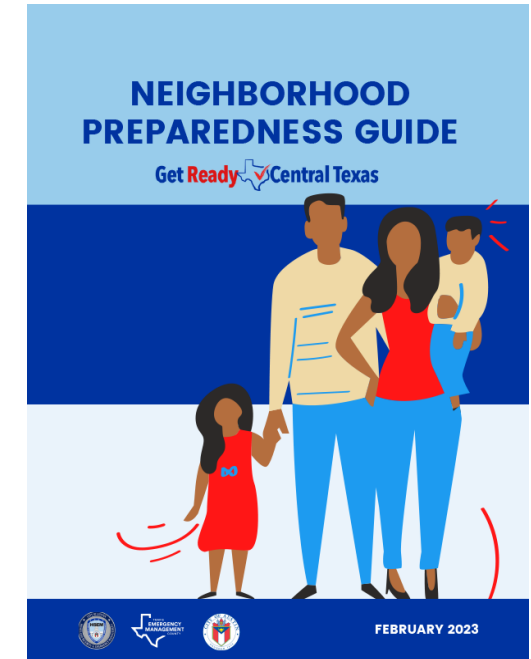


Make a Plan



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:
Phone:
Email:

Name:
Phone:
Email:

Name:
Phone:
Email:

Name:
Phone:
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Name:
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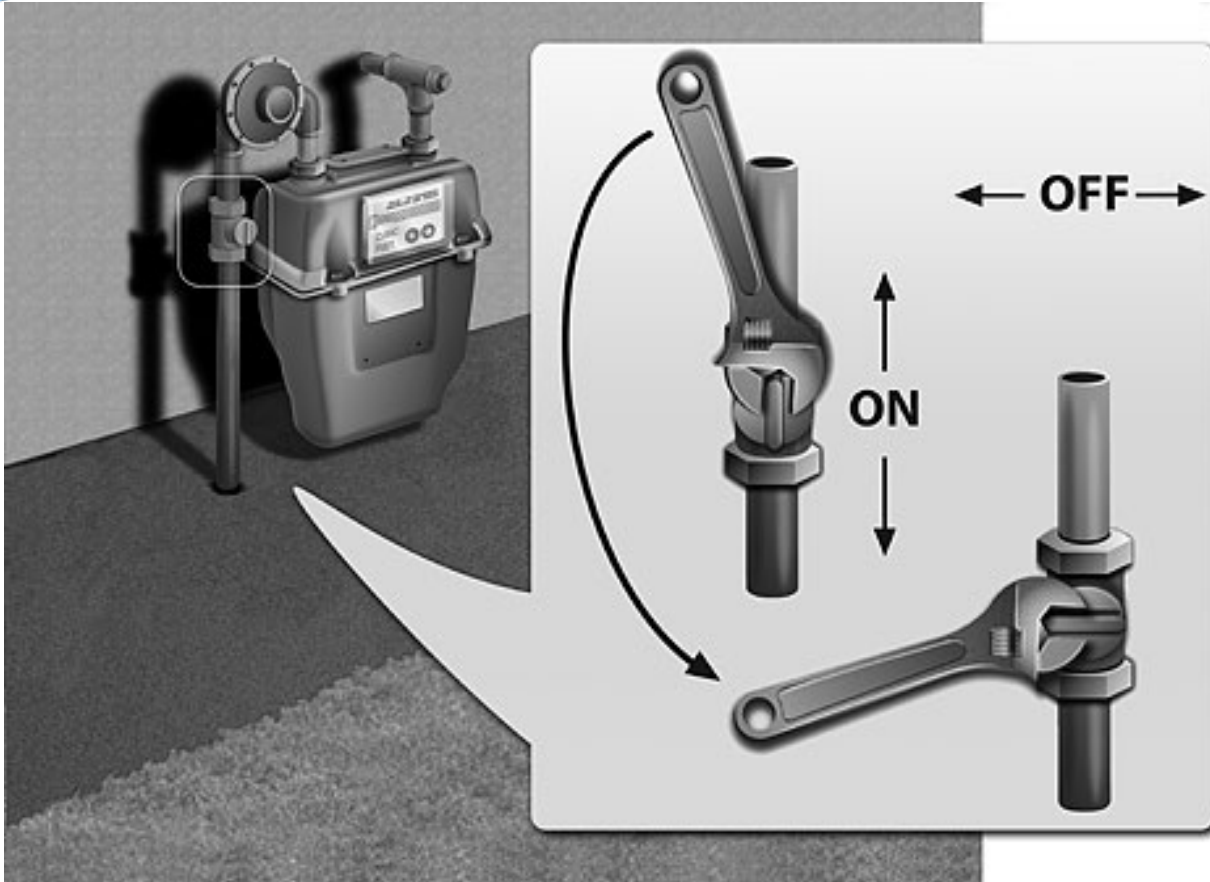
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Phone:

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**NEIGHBORHOOD
PREPAREDNESS 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



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- 
- ## Build a **Kit**
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- Why we should have a kit
 - Suggestions for building our kits



Building a Kit: **Suggested Items**

Communication and Information:

- ☐ Map(s) of the area
- ☐ Family and emergency contact info (phone and email)
- ☐ Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- ☐ Cell phone and charger(s)

Personal Essentials:

- ☐ Extra cash (in small bills)
- ☐ Spare change of clothes
- ☐ Spare car/home key
- ☐ Copies of personal documents in a water-tight bag

Food and Water:

- ☐ 1 gallon of water per person, per day (7-day supply)
- ☐ 7-day supply of non-perishable food
- ☐ Can opener

Medical Supplies:

- ☐ Basic first aid kit
- ☐ 7-day supply of medications/medical items

Pet Essentials:

- ☐ Pet supplies (collar, leash, tags, food, bowl)

Tools and Equipment:

- ☐ Flashlight and extra batteries
- ☐ Wrench or plyer
- ☐ Other tools or equipment you may need

Hygiene and Comfort:

- ☐ Sanitation and personal hygiene items
- ☐ Blankets
- ☐ Games for kids
- ☐ Comfort snacks





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

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

Identification and Records:

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





Know Your Neighbors

In this lesson, you'll learn:

- Ways to engage your neighbors in emergency preparedness





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.





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

In this lesson, you'll learn:

- How to navigate helpful phone numbers
- Where to find information on emergency events
- Resources to support preparedness and response





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.

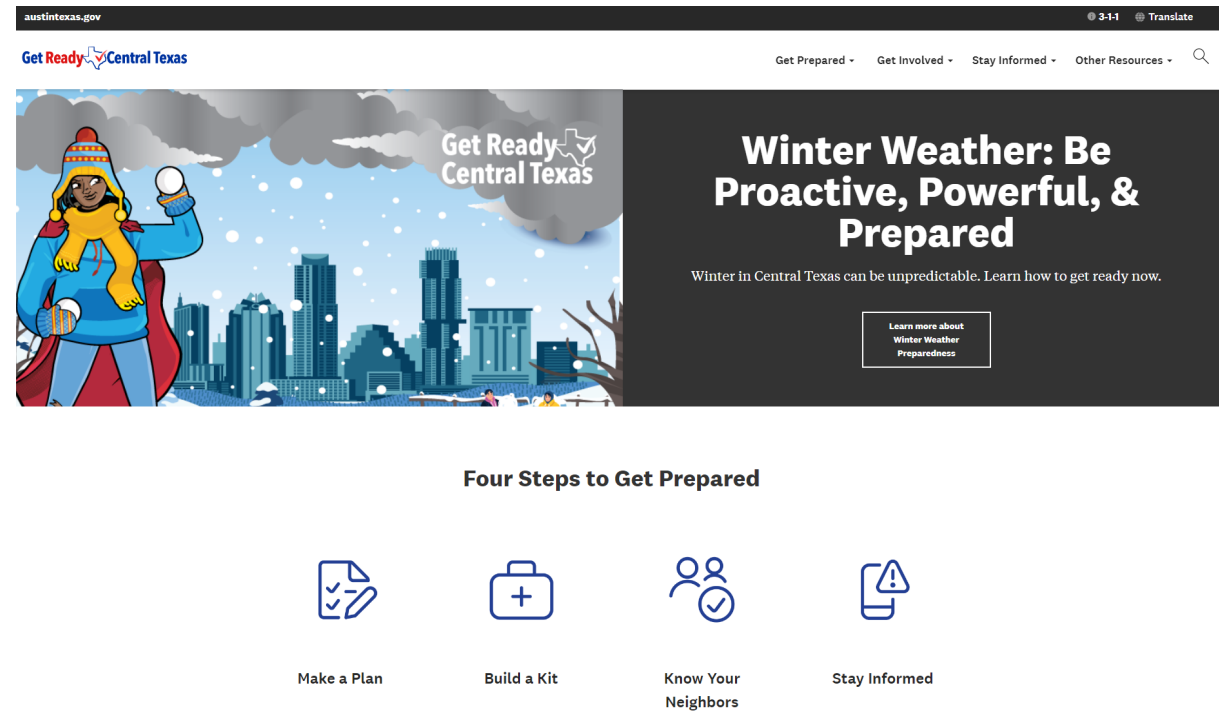




Stay Informed: **ReadyCentralTexas.org**

ReadyCentralTexas.org

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





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.



AUSTIN / TRAVIS COUNTY
Accessible Hazard Alert System

[Home](#)

[Active Alerts](#)

[COVID-19](#)

[FAQs](#)

[Contact Us](#)

[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.*



TDEM
THE TEXAS A&M UNIVERSITY SYSTEM

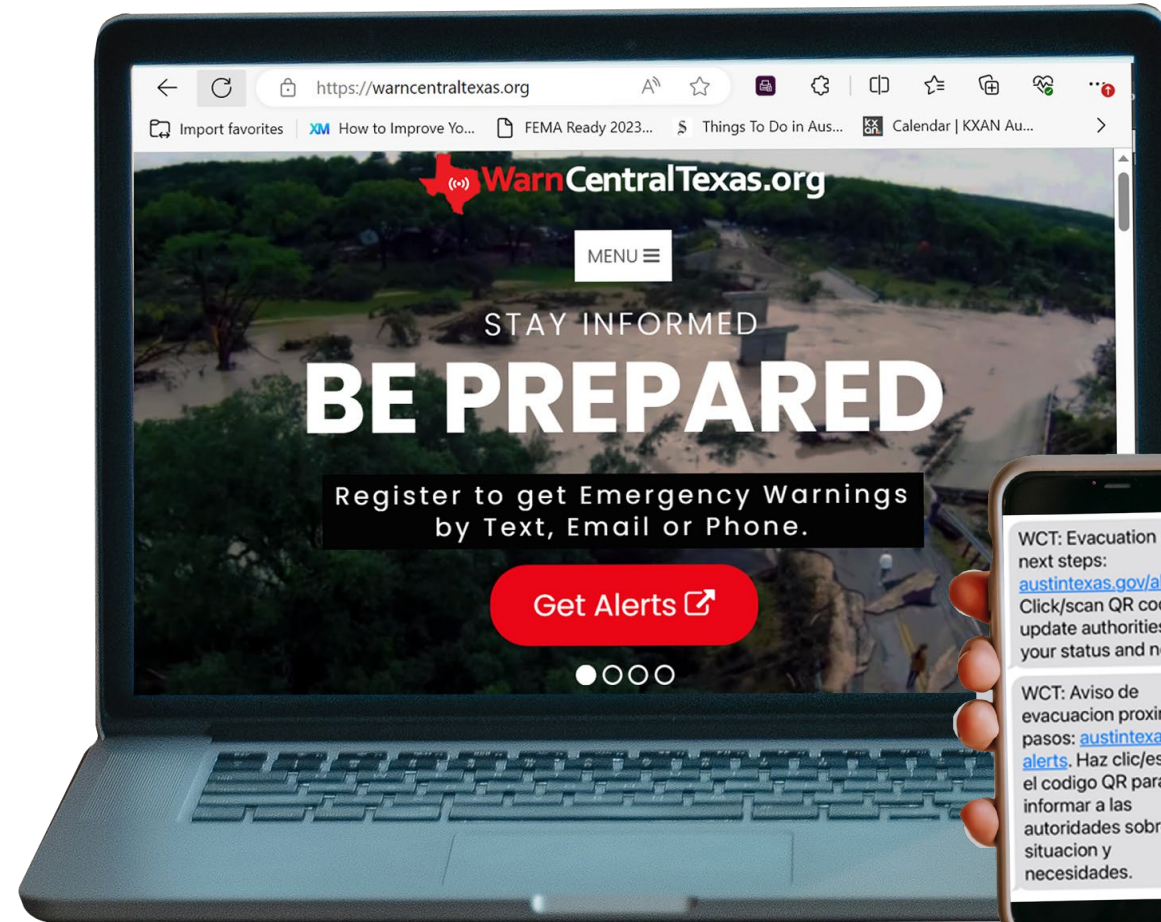




Stay Informed: **WarnCentralTexas.org**

Sign up for Emergency Alerts

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



Example Text Alert



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.



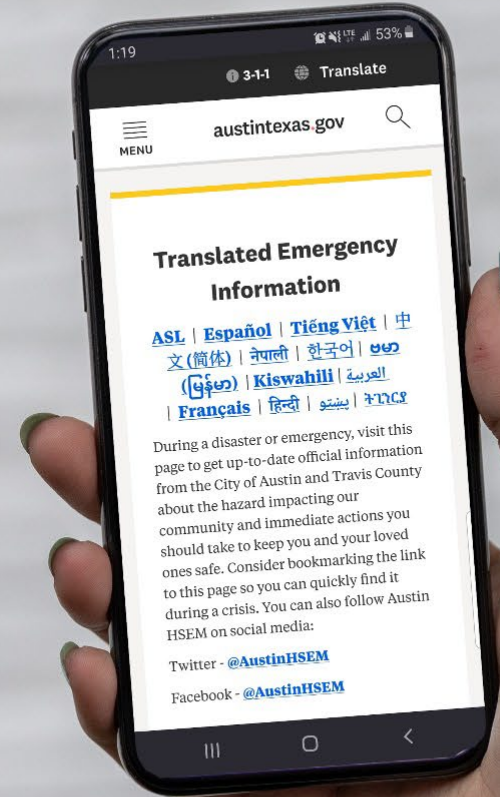


Stay Informed: **Alerts Page**

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: **ReadyCentralTexas App**



- The **Ready Central Texas app** is available for free in the Apple Store for iPhone, and in the Google Play store for Android.
- Using the app, you can get timely updates and warnings, and push notifications for when emergencies happen.
- Our phone app also has informational videos, emergency plan checklists, and a document library.



Break



Minute
Break





Coping with Emergencies and Disasters

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.



Coping with Emergencies and Disasters



Mental health first aid is important in emergency preparedness

Preparing for, responding to, and recovering from disasters and traumatic events is essential to the behavioral health of individuals and communities.

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.



Coping with Emergencies and Disasters

Recognize the Signs of Disaster Related Stress

- Difficulty communicating thoughts.
- Difficulty sleeping and eating.
- Arguing/outbursts with loved ones
- Limited attention span.
- Feeling tired, sad, numb, lonely or worried.
- Difficulty concentrating and getting frustrated.
- Feeling physically and mentally drained





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

Signs It is Not Getting Better

- 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.



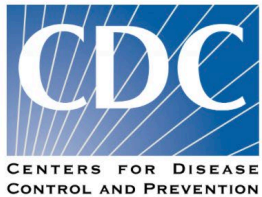


Coping with Emergencies and Disasters: Mental Health Resources



[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.

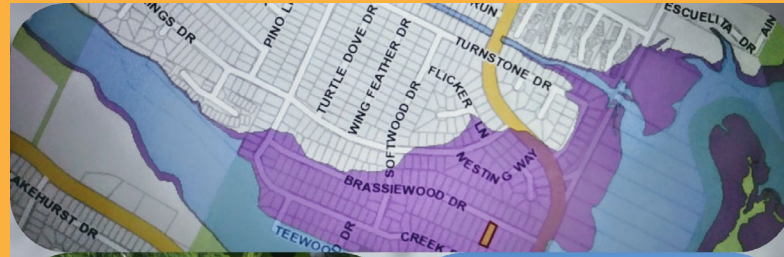


[Integral Care: Crisis Services \(en español\)](#)

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.



Personal Experience



- Prepárate para el próximo desastre de inundación.
- Conoce tus opciones para obtener recursos.
- Regístrate hoy para el siguiente entrenamiento de desastre desastre climático





Fire Safety

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**.



Photo Courtesy of Austin Fire Department



Common Causes of Fires

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



Unattended cooking



Improperly discarded
smoking materials



Electrical

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.

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



Photo Courtesy of Austin Fire Department



Improperly Discarded **Smoking** Materials



Photo Courtesy of Austin Fire Department



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.

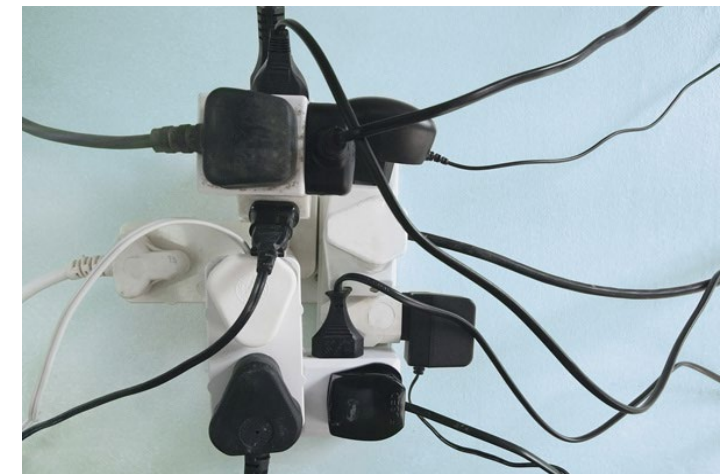
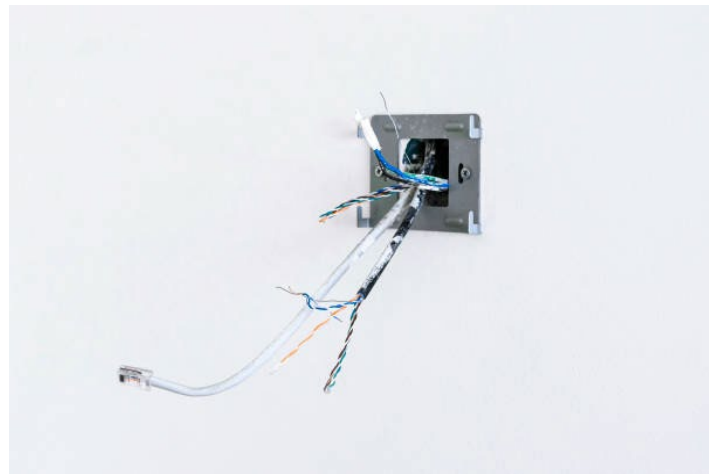
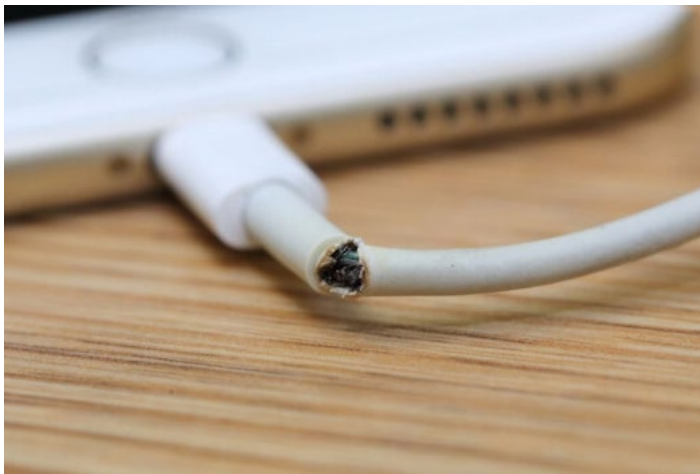


Electrical Fires



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.





Flood Safety

In this lesson, you'll learn how to:

- Prepare, Respond and Recover from Flood Events

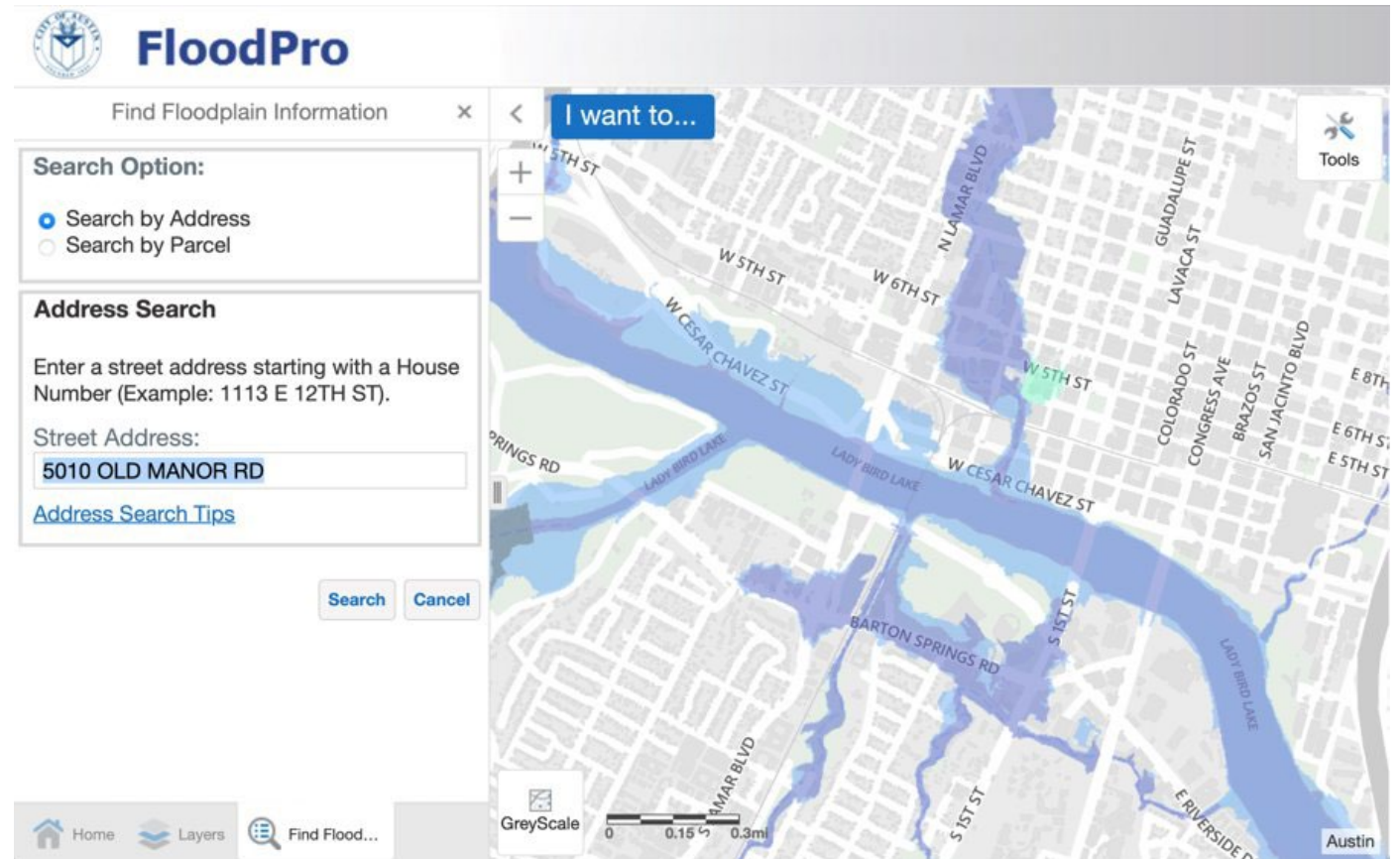


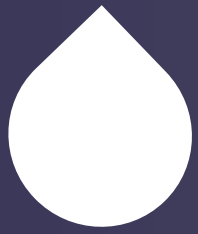
Flooding: Prepare Before a Flood

Are You at Risk?

- Check your flood risk

at: maps.austintexas.gov/FloodPro/



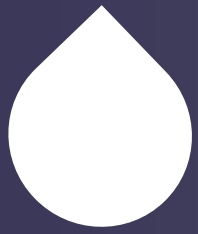


Flooding: Prepare Before a Flood

Prepare Your Home

- Clear gutters and storm drains.
- Consider flood insurance at [FloodSmart.gov](https://www.floodsmart.gov).
- Keep vital documents in watertight containers.
- Photograph household valuables for potential insurance claims.
- Elevate valuables and essentials if possible.



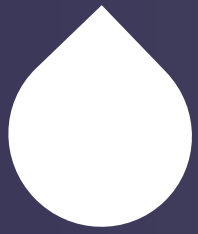


Flooding: Insurance

The Risk

- Are you in a flood zone? Check [FloodSmart.gov](https://www.floodsmart.gov)
- Most lenders require flood insurance if your home is listed in a flood area.
- 40% of most floods happen outside the flood prone area.





Flooding: **Insurance**

Flood Insurance

- Call your insurance to ask if you have flood policies.
- If not, talk about adding the policy or if they don't offer it reach out to the National Flood Insurance Program. (877-336-2627)

What is Covered

Check to see what your policy covers.

Don't Wait!

- Most flood policies have a 30-day waiting period before kicking.





Flooding: **Not Insured**



FEMA

Individual and Household Assistance

FEMA's Individuals and Households Program (IHP) provides financial assistance and direct services to eligible individuals and households affected by a disaster, who have uninsured or underinsured necessary expenses and serious needs.

Business and Individual Assistance

The U.S. Small Business Administration (SBA) provides low-interest disaster loans to help businesses and homeowners recover from declared disasters. Businesses of all sizes located in [declared disaster areas](#), private nonprofit organizations, homeowners, and renters affected by declared disasters, including civil unrest and natural disasters such as hurricanes, flooding, and wildfires may qualify.





Flooding: **Not Insured**

Public Assistance

Public Assistance is not individual or business reimbursement.



FEMA

- FEMA's Public Assistance Program provides supplemental grants for debris removal, emergency protective measures, and the restoration of disaster-damaged infrastructure to state, tribal, territorial, and local governments, and certain types of private non-profits so communities can quickly respond to and recover from major disasters or emergencies declared by the President.
- A local government is expected to use its own resources before requesting assistance. Currently, the threshold for the State of Texas to qualify for Public Assistance is \$53.6 million in uninsured, qualifying disaster damages, and the threshold for Travis County to qualify for Public Assistance is \$5.7 million in damages reported.
- These thresholds are based on the annual consumer price index and the last official census population. Jurisdictions are reimbursed a percentage, or portion, of total eligible costs.



Flooding: iSTAT



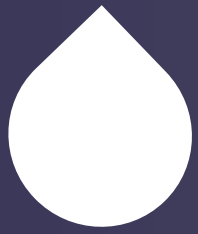
TDEM
THE TEXAS A&M UNIVERSITY SYSTEM

Individual State of Texas Assessment Tool (iSTAT)

Texans can self-report damage to impacted residences or businesses using the Individual State of Texas Assessment Tool (iSTAT). *After a disaster, residents or business owners should submit damages online using the self-reporting survey.*

- iSTAT is a damage assessment tool used to gather information that assists officials in understanding the scope and size of an incident.
- Additionally, the iSTAT data is used to determine the need for a joint Preliminary Damage Assessment (PDA) with local, state, and federal partners to confirm the level of damages and to facilitate any potential funding that may be available depending on the disaster.
- The information provided by Texans in the iSTAT surveys aids emergency management officials in gaining an understanding of damages that have occurred and helps officials determine if the state meets federal requirements for various forms of disaster assistance, as well as identify any immediate needs for resources.





Flooding: Resources

How Does a Disaster Get Declared

<https://www.fema.gov/disaster/how-declared#:~:text=The%20Robert%20T.%20Stafford%20Disaster,Governor%20of%20the%20affected%20State.%22>

Disaster Declaration Search

<https://lending.sba.gov/search-disaster/>

Home and Property Disaster Loans

<https://www.disasterassistance.gov/get-assistance/forms-of-assistance/4477>

FEMA

<https://www.fema.gov/>

Individuals and Households Program

<https://www.fema.gov/assistance/individual/program>

Disaster assistance

<https://www.sba.gov/funding-programs/disaster-assistance>

iSTEP

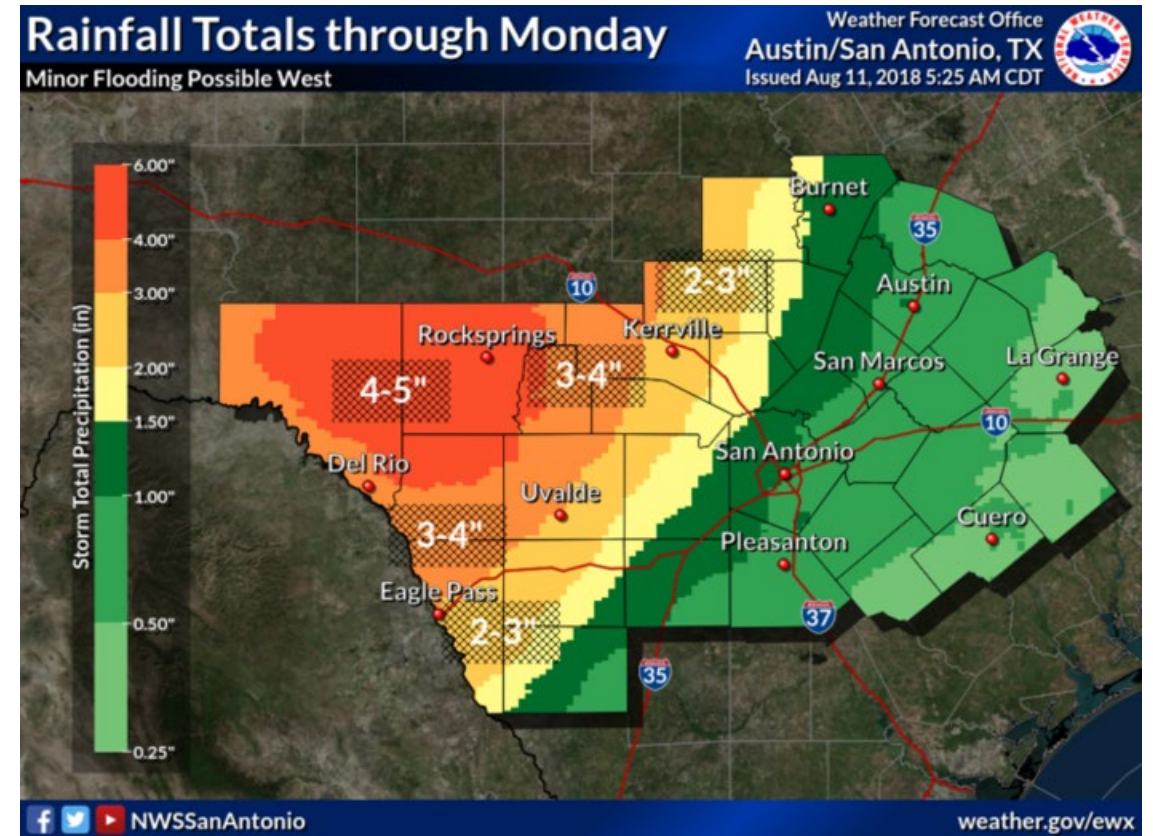
<https://damage.tdem.texas.gov/>



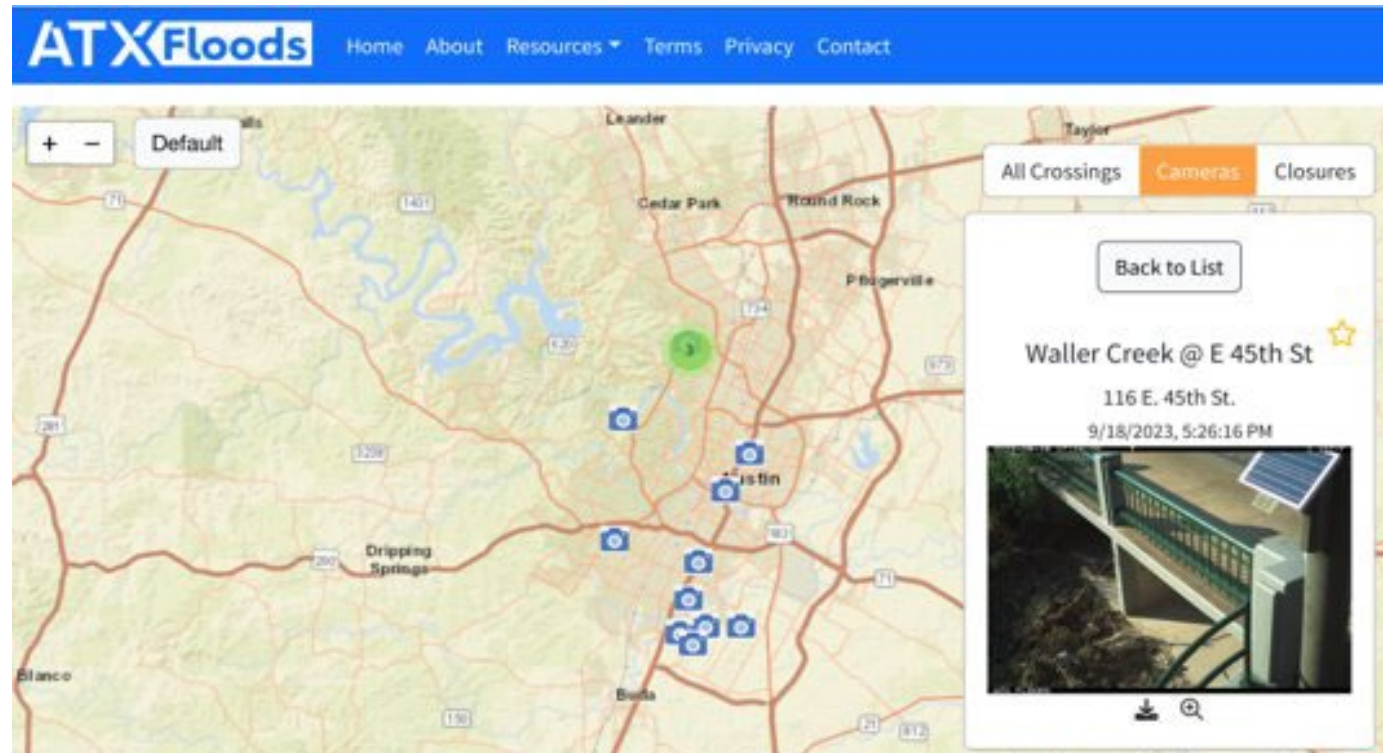
Flood Safety: Heavy Rain Forecasted

Stay Informed

- Keep an eye on the news and sign up for local alerts.
- Follow social accounts:
 - @HSEM
 - @NWSSanAntonio
 - @AustinWatershed

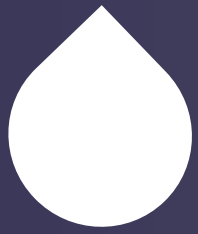


Flood Safety: Heavy Rain Forecasted



Bookmark atxfloods.com which provides flooded road closure information for Austin and surrounding Central Texas communities.





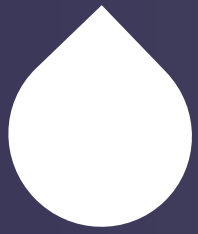
Flood Safety: **During a Flood**

Flooding Can Happen Quickly!

When it Does:

- Shelter in place; never bypass barricades—they guide safe traffic routes.
- Avoid walking or driving through floods: Turn Around, Don't Drown!



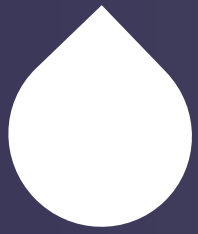


Flood Safety: **During a Flood**

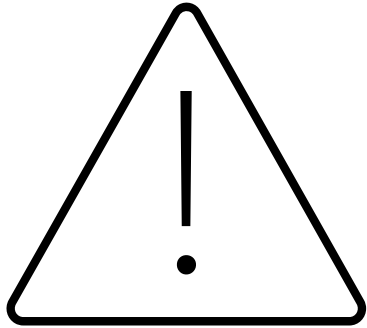
When it Does:

- Avoid bridges over swift water—they can collapse.
- If your car's caught in water, stay inside; climb to the roof if water rises inside.
- If trapped in a building, move to the highest level; only use the roof as a last resort and signal for help. Avoid closed attics.





Flood Safety: **After a Flood**



- Follow authority guidance, return home only when safe.
- Drive only for emergencies.
- Wear protective gear for cleanup; use masks for mold or debris.
- Those with lung conditions or immune issues should avoid leaky or moldy buildings. *Children shouldn't participate in cleanup.
- Beware of snakes and animals in your home.
- Avoid wet electrical equipment; turn off power if safe.
- Don't wade in floodwater—it may be contaminated or electrified.
- Operate generators outdoors and away from windows.



Flooding: Safety Resources

- [Ready.gov/floods#prepare](https://ready.gov/floods#prepare)
- [Floodsmart.gov/first-prepare-flooding](https://floodsmart.gov/first-prepare-flooding)
- maps.austintexas.gov/FloodPro/
- atxfloods.com

ALL YOU NEED TO KNOW ABOUT FLOOD SAFETY AND FLOOD RELATED INFORMATION.

Austin is in the heart of Flash Flood Alley. Use the links on this page to help protect yourself, your family and your property from floods.

NEW & NOTEWORTHY

Rain to River
A Strategic Plan to Protect Austin's Creeks and Communities

Disaster-Related Mental Health Resources

FLOODED ROADS
Visit ATXfloods to see real-time road closures.

FLOODPLAIN MAPS
Use FloodPro to see Austin's floodplains.

EMERGENCY ALERTS
Sign up for alerts through WarnCentralTexas.

FLOOD INSURANCE
Learn about flood insurance and how to get it.

RAINFALL DATA
Find out how much it's rained on LCRA Hydromet.

FLOOD SAFETY
Turn Around - Don't Drown and other flood safety information.

MAKE A PLAN
What to include in your emergency plan.

FLOODPLAIN REGULATIONS
Get information about regulations on building in the floodplain.





Hands Only CPR

In this lesson you'll learn:

- About Hands Only CPR
- Why it is important
- Demonstration





Hands Only CPR



Hands Only CPR

- What is it?
- Why is it so important?
 - According to the American Heart Association, about 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival
- Hands-Only CPR has been shown to be as effective in the first few minutes conventional CPR for cardiac arrest at home, at work or in public.



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



Ascension



GAVA
GO! AUSTIN / ¡VAMOS! AUSTIN



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