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Contact: HSEMCommunications@austintexas.gov

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

Heat- Austin Public Health & Austin-Travis
County EMS





Welcome and **Thank you!**



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



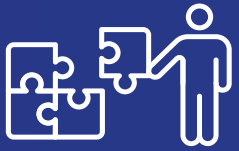


The **Four Steps** to Preparedness

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





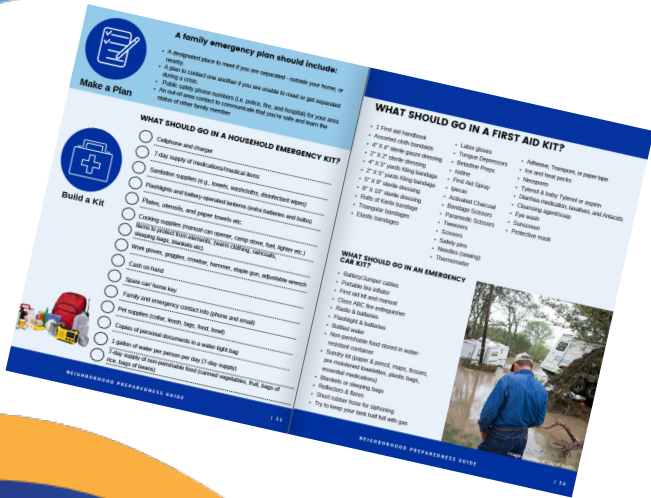
Make a **Plan**

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:
Email:

Name:
Phone:
Email:

Name:
Phone:
Email:

Name:
Phone:

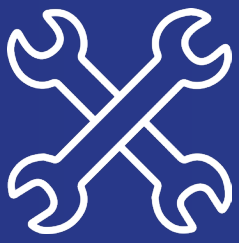
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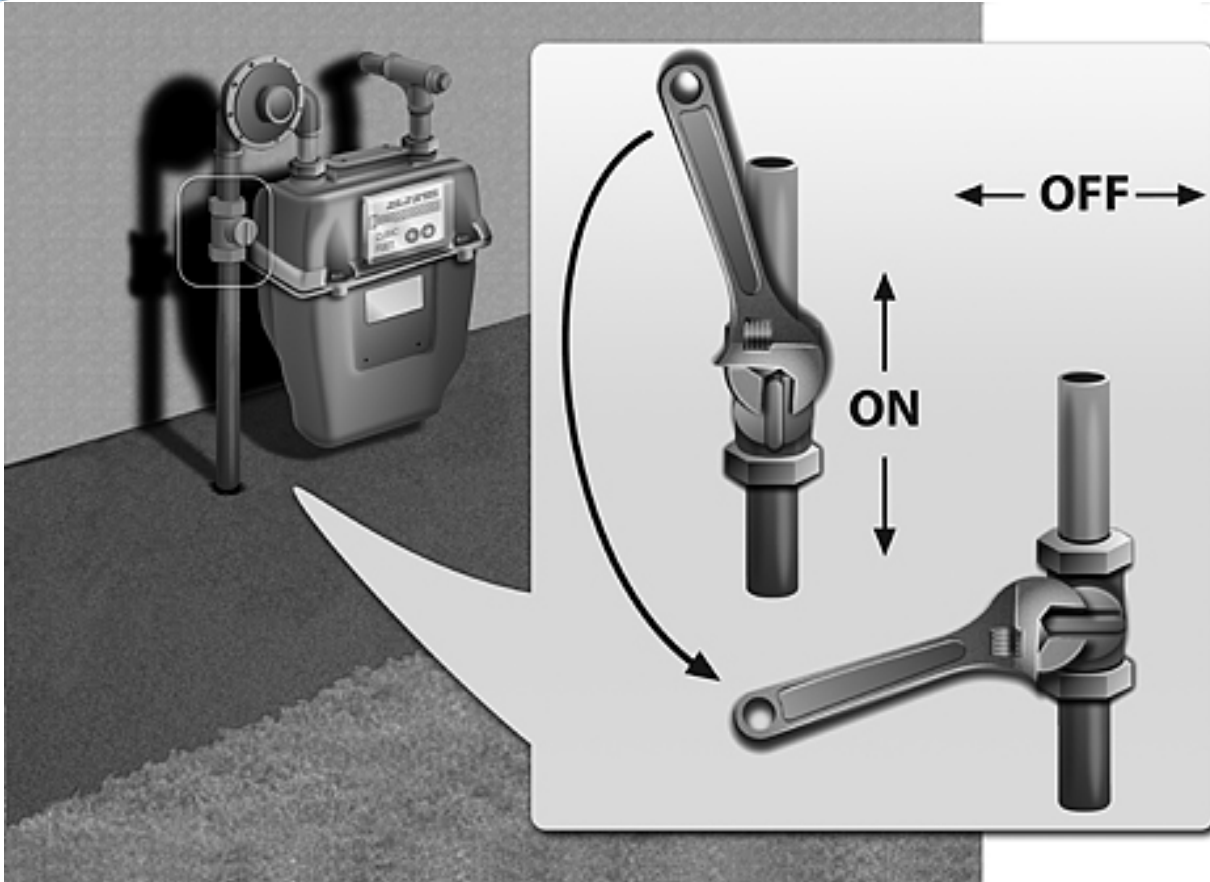
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**NEIGHBORHOOD
PREPAREDNESS GUIDE**





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





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 plier
- ☐ 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.

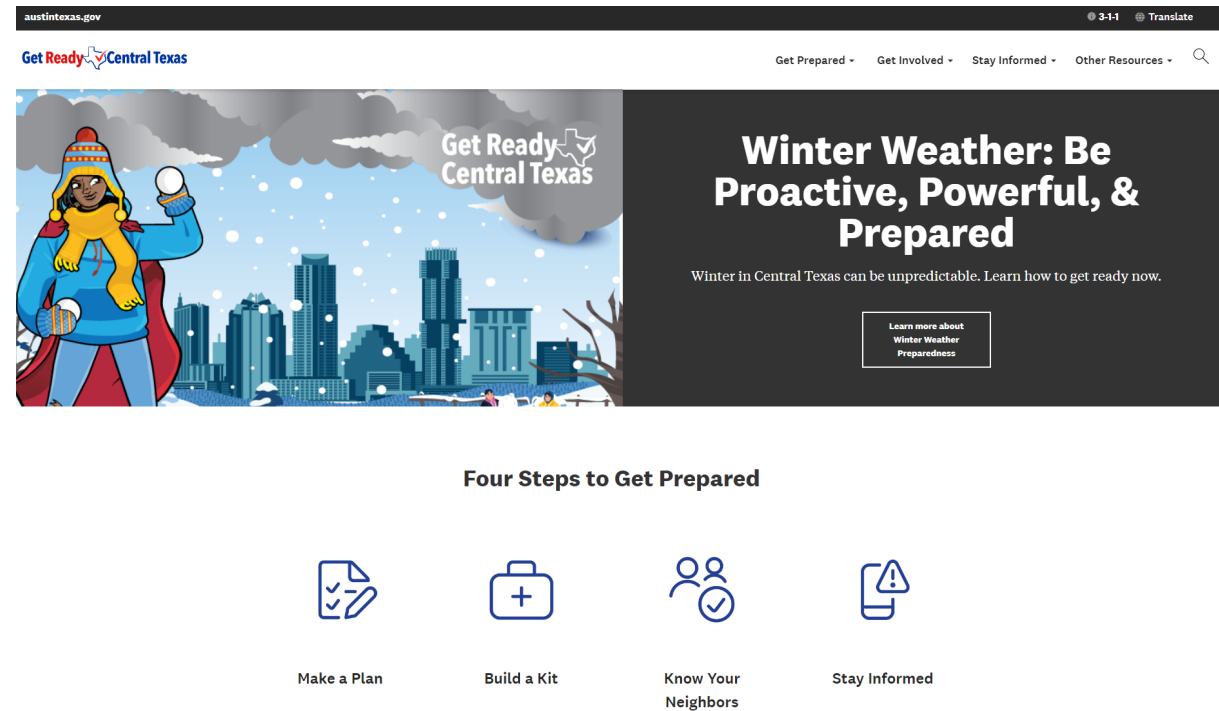




Stay Informed: **ReadyCentralTexas.org**

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

ATC AHAS Signup

DEAF LINK
Accessible Hazard Alert System

Sign Up to Receive Accessible Alert Notifications

Watch on YouTube

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

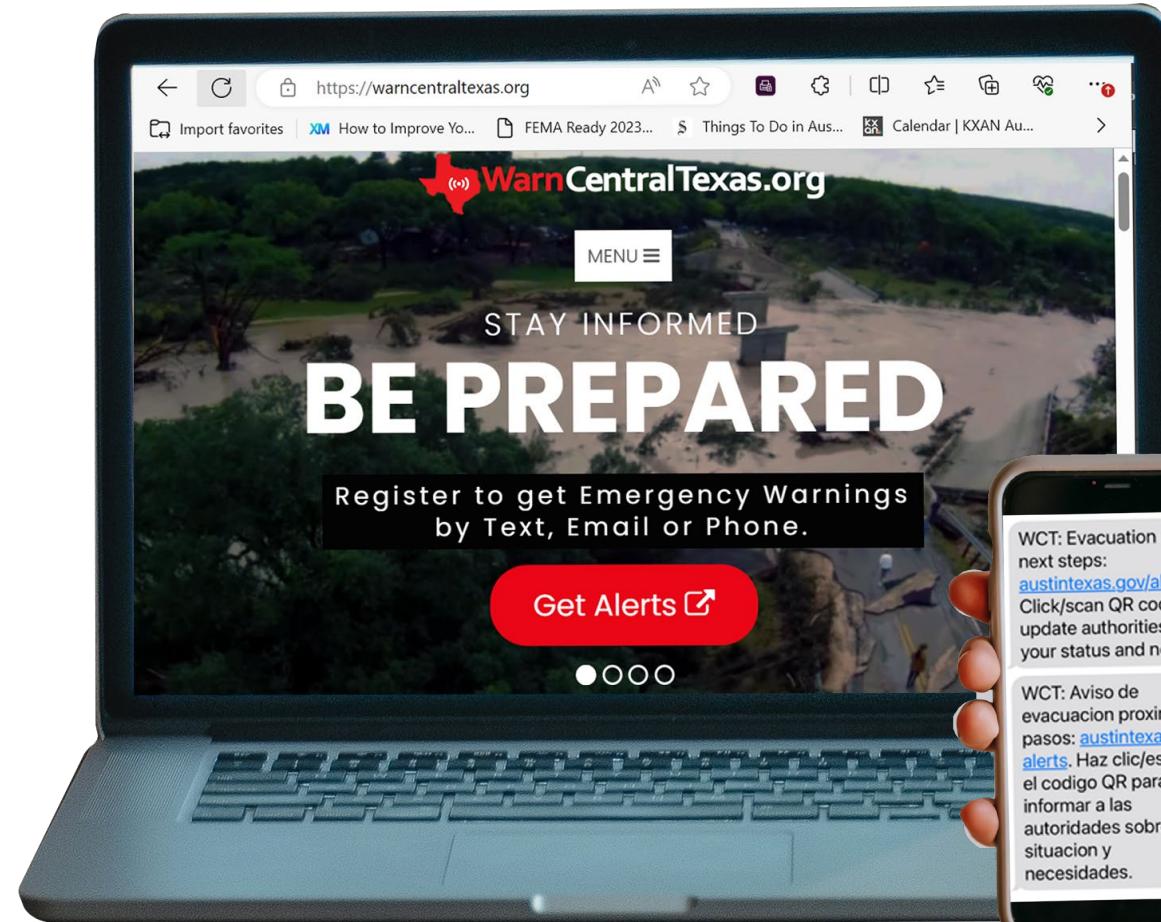




Stay Informed: **WarnCentralTexas.org**

Sign up for Emergency Alerts

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



WCT: Evacuation notice next steps: austintexas.gov/alerts. Click/scan QR code to update authorities on your status and needs.

WCT: Aviso de evacuación próximos pasos: austintexas.gov/alerts. Haz clic/escanea el código QR para informar a las autoridades sobre tu situación y necesidades.

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.



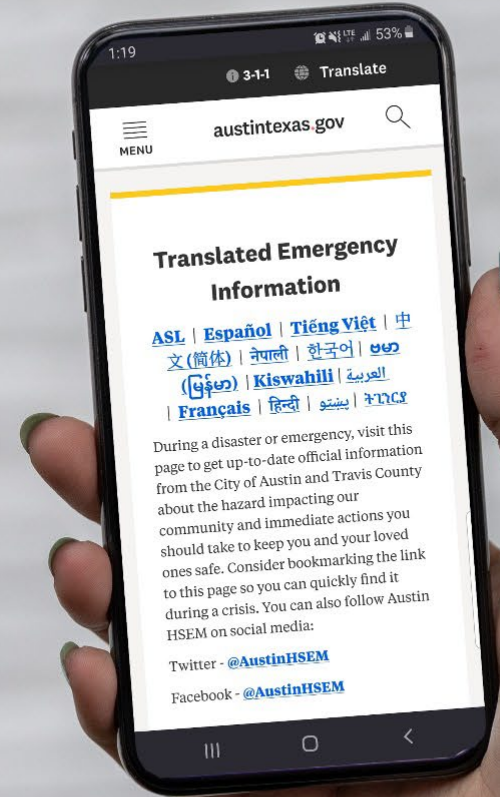


Stay Informed: **Alerts Page**

[AustinTexas.gov/alerts](https://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

10

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



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.



Coping with Emergencies and Disasters



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.



Coping with Emergencies and Disasters

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.



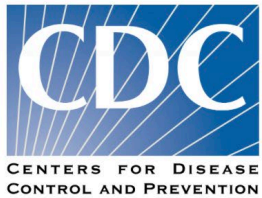


Coping with Emergencies and Disasters: Mental Health Resources



[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.



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.

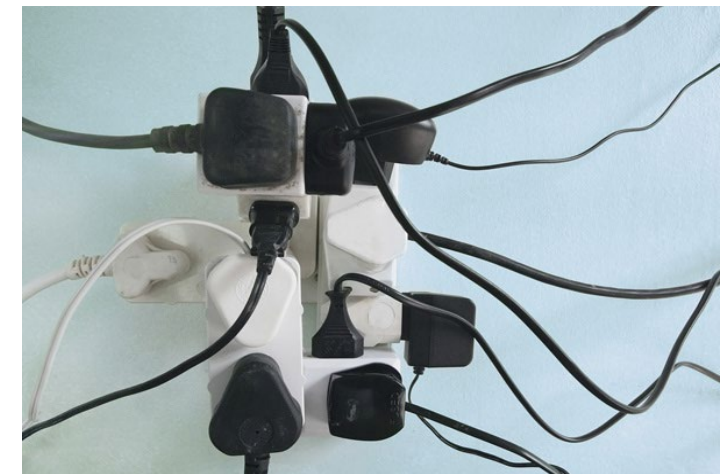
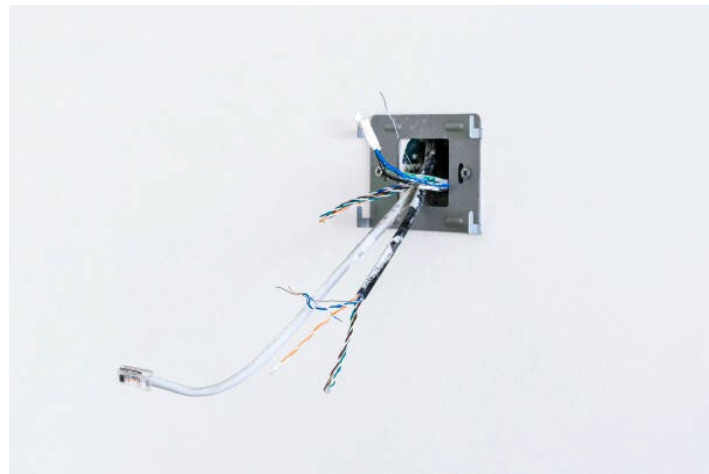
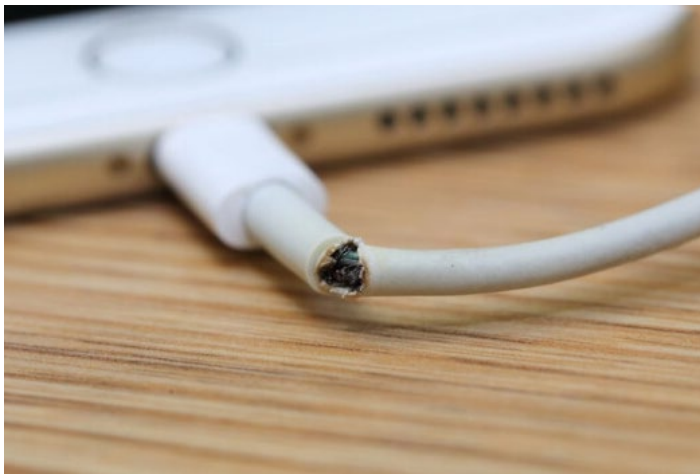


Electrical Fires



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:

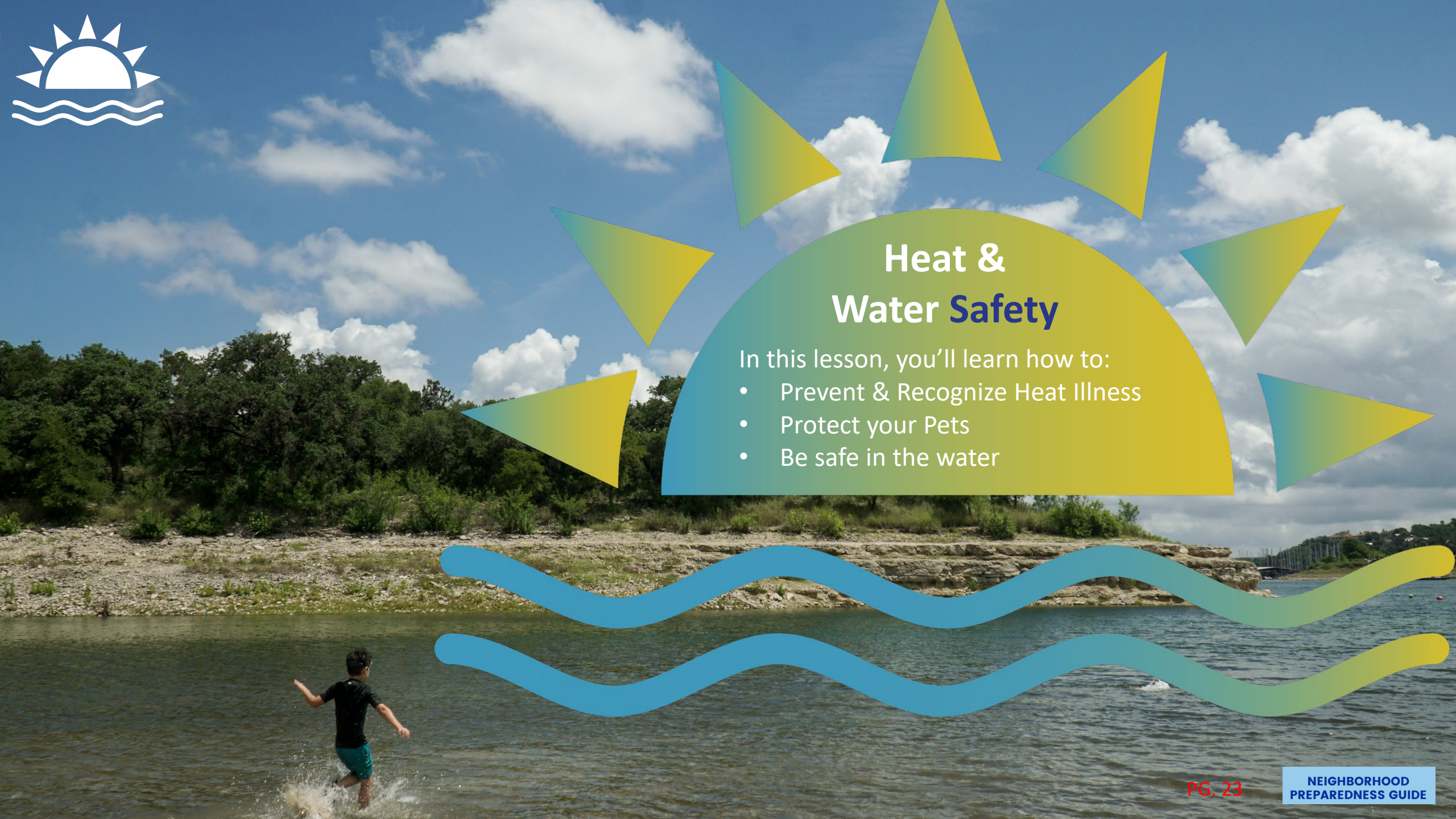
Check doors for heat before opening.

- 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.

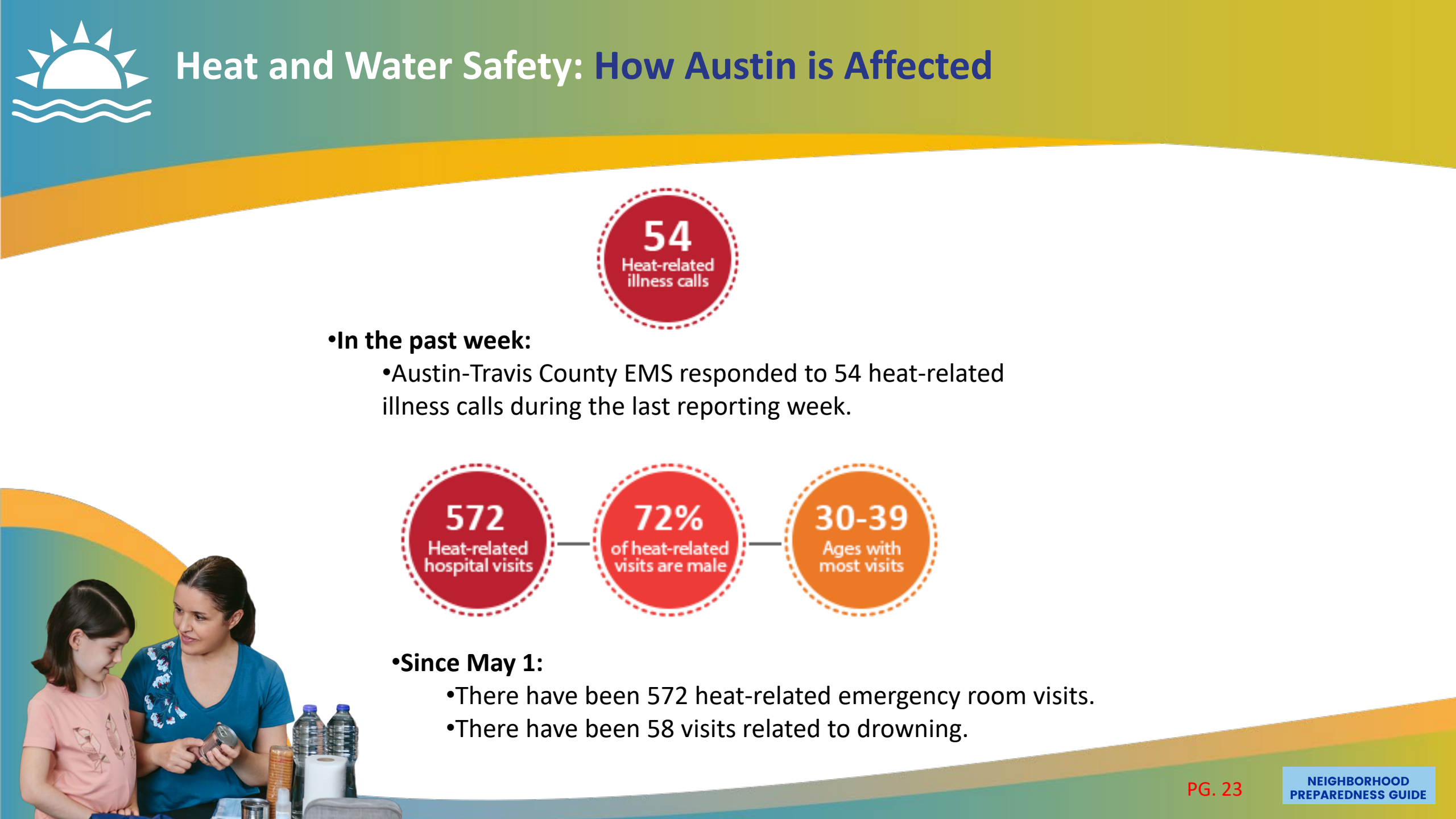


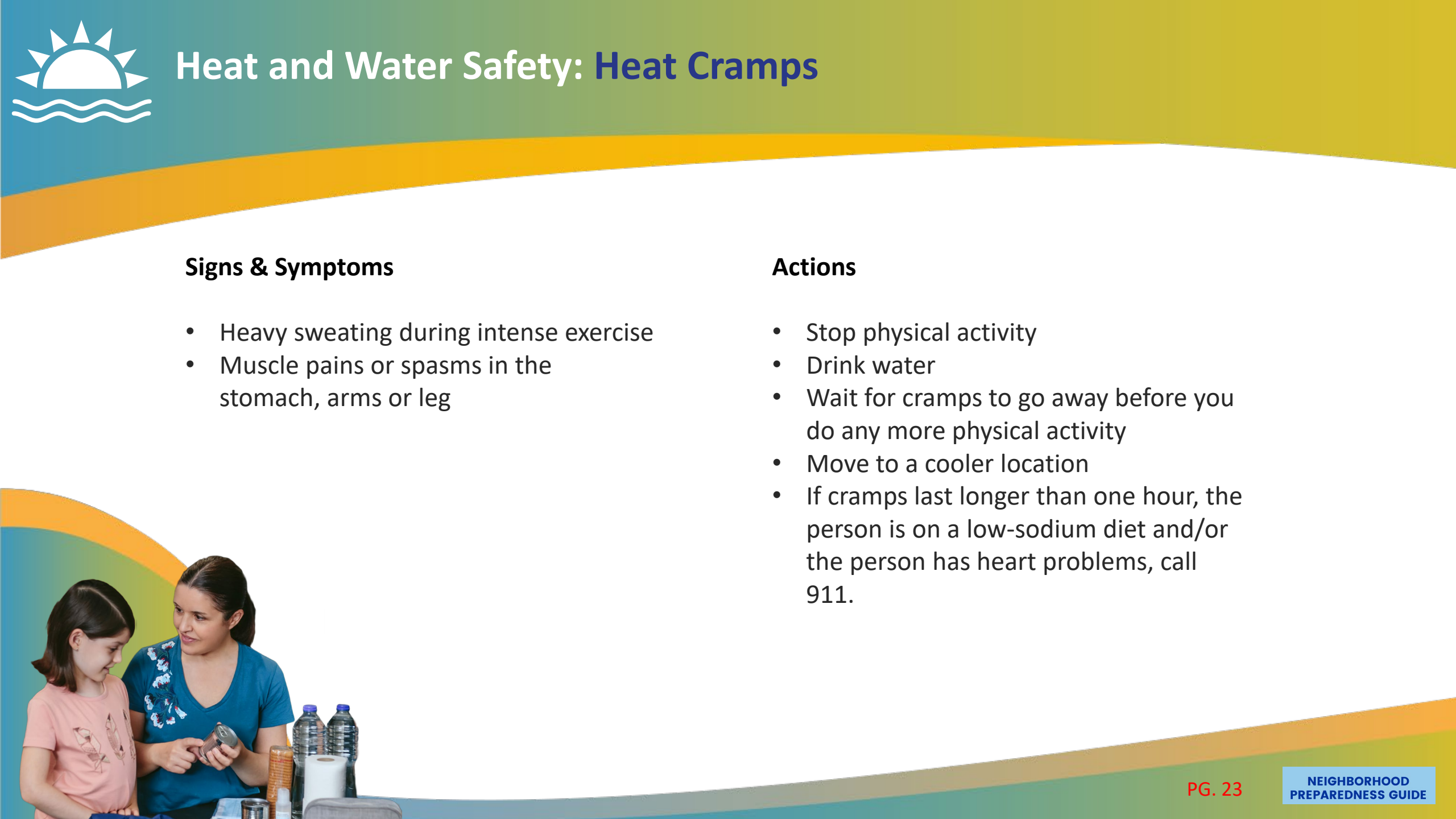


Heat & Water Safety

In this lesson, you'll learn how to:

- Prevent & Recognize Heat Illness
- Protect your Pets
- Be safe in the water





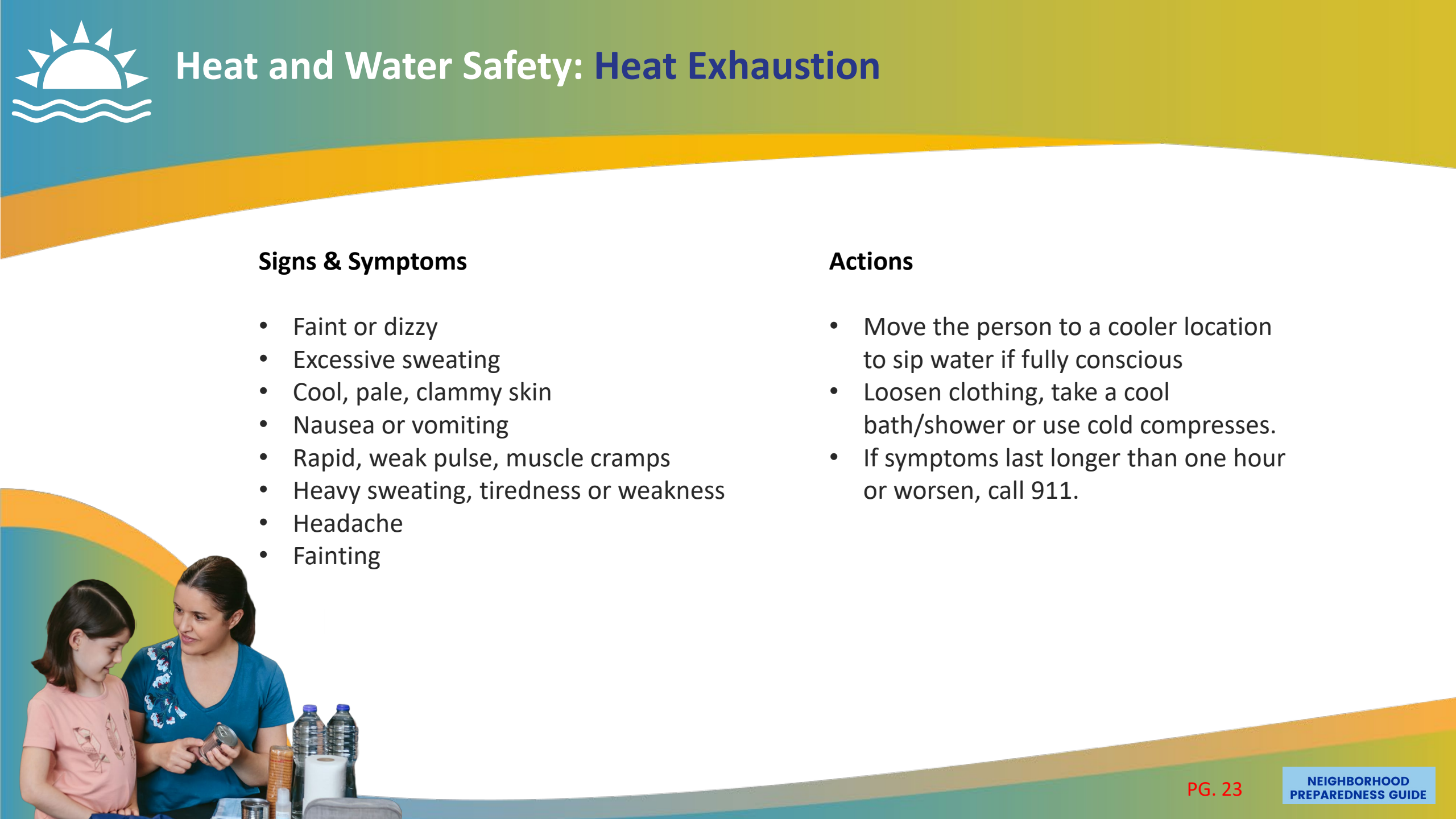
Heat and Water Safety: Heat Cramps

Signs & Symptoms

- Heavy sweating during intense exercise
- Muscle pains or spasms in the stomach, arms or leg

Actions

- Stop physical activity
- Drink water
- Wait for cramps to go away before you do any more physical activity
- Move to a cooler location
- If cramps last longer than one hour, the person is on a low-sodium diet and/or the person has heart problems, call 911.



Heat and Water Safety: Heat Exhaustion

Signs & Symptoms

- Faint or dizzy
- Excessive sweating
- Cool, pale, clammy skin
- Nausea or vomiting
- Rapid, weak pulse, muscle cramps
- Heavy sweating, tiredness or weakness
- Headache
- Fainting

Actions

- Move the person to a cooler location to sip water if fully conscious
- Loosen clothing, take a cool bath/shower or use cold compresses.
- If symptoms last longer than one hour or worsen, call 911.





Heat and Water Safety: **Heat Stroke**

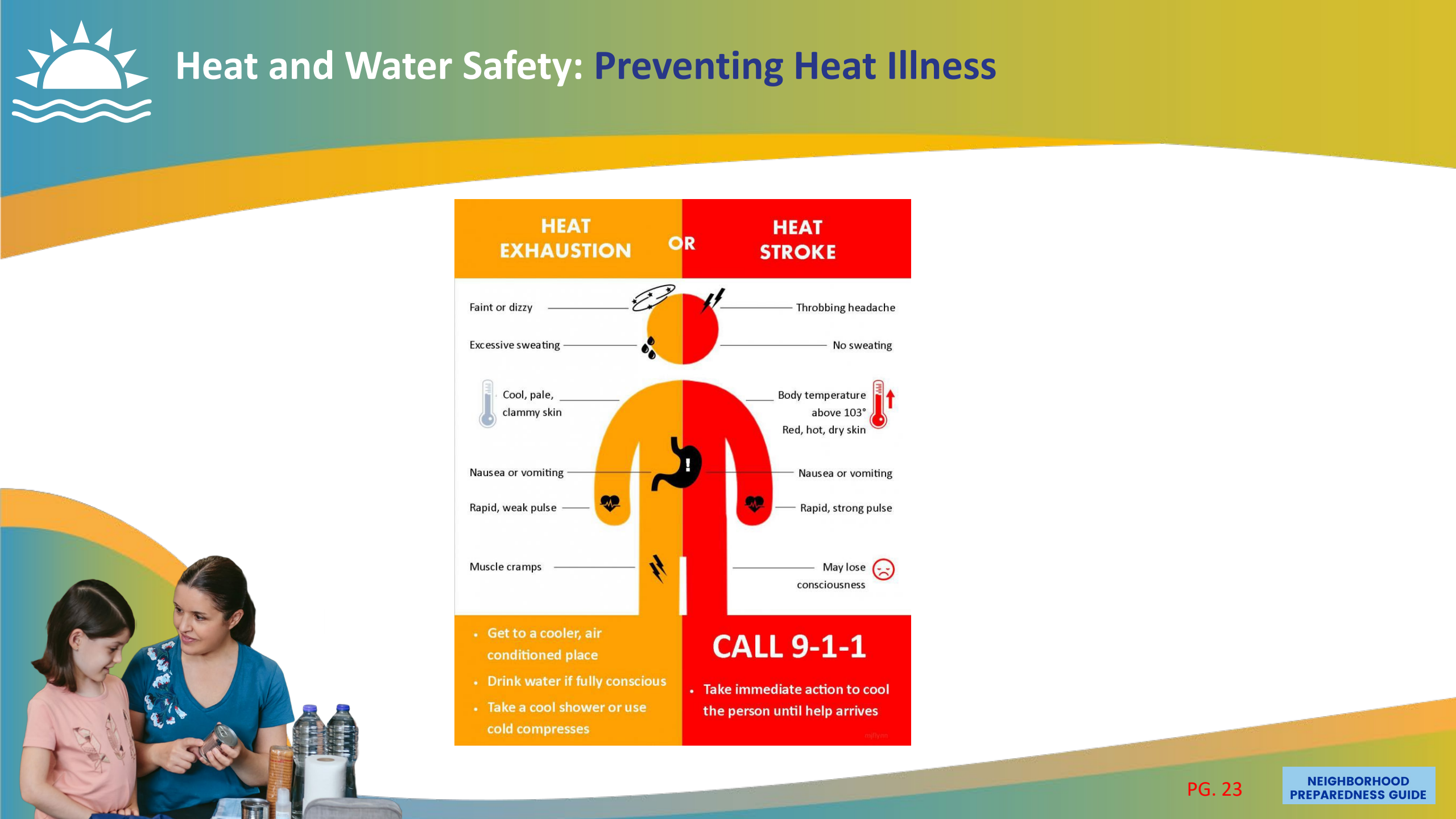
Signs & Symptoms

- Throbbing headache
- No sweating
- Red, hot, dry, skin
- Nausea or vomiting
- Rapid strong pulse
- Dizziness, confusion, unconsciousness
- Body temp 103° or higher

Actions

- Call 911.
- Take immediate action to cool the person until help arrives.





Heat and Water Safety: Preventing Heat Illness

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none">• Get to a cooler, air conditioned place• Drink water if fully conscious• Take a cool shower or use cold compresses		CALL 9-1-1 <ul style="list-style-type: none">• Take immediate action to cool the person until help arrives



Heat and Water Safety: Preventing Heat Illness

Beat the heat!

- **Stay hydrated:** Drink more water than usual and avoid sugary, caffeinated, and/or alcoholic beverages
- **Dress for the weather:** Wear lightweight, light-colored, loose-fitting clothing
- **Protect your skin:** Apply sunscreen with at least SPF 15
- **Stay out of the sun when possible:** Find shade and wear a wide-brimmed hat when outdoors
- **Work and play safely:** Avoid high-energy activities and exercise during extreme heat, especially during the afternoon





Heat and Water Safety: **Protect your Pets**

Protect Furry Friends

- Provide Lots of Fresh, Clean Water
- Give them Shade
- Stay Off Hot Ground and Limit Exercise
- Watch for Signs of Heatstroke:
 - Extreme panting or difficulty breathing
 - Increased heart rate
 - Excessive drooling
 - Glazed eyes
 - Deep red or purple tongue
 - Dizziness or lack of coordination
 - Vomiting





Heat and Water Safety: **Protect your Pets**

HOW **HOT** DOES PAVEMENT GET?



OUTSIDE (F)	ASPHALT (F)
77°	125°
86°	135°
87°	143°
102°	167°

Skin damage occurs in 1 minute

Egg fries in 5 minutes



7 SECOND RULE



Place your hand
on the pavement



Wait 7 seconds



If it's too hot for you,
it's too hot for paws



AUSTINANIMALCENTER.ORG



Heat and Water Safety: **Look Before you Lock**

Never leave a person or pet in a hot vehicle!

- Even in cool temperatures, cars can heat up to dangerous temperatures very quickly.
 - Hot car deaths can occur in temperatures as low as 60 degrees Fahrenheit!
- Leaving a window open is not enough.
 - Temperatures inside the car can rise almost 20 degrees Fahrenheit within the first 10 minutes, even with a window cracked open.





Heat and Water Safety: Check on your Elderly Neighbors

Do you know your neighbors? Remember to check on them and see what they need to stay safe and cool... especially if they're elderly or medically vulnerable.

Ask questions like:

- Are they drinking enough water?
- Do they have access to air conditioning?
- Do they have ways to keep cool?
- Do they show signs of heat stress?





Heat and Water Safety: **Water Safety**

If you're spending time near pools or bodies of water:

- Swim only in designated areas
- Have safety equipment ready
- Recognize the signs of drowning:
 - Head low in the water, mouth at water level
 - Head tilted back with mouth open
 - Eyes glassy and empty, unable to focus
 - No response when you ask if they're 'OK'
 - Eyes closed
 - Hair over forehead or eyes
 - Not using legs—Vertical
 - Hyperventilating or gasping
 - Trying to swim in a particular direction but not making progress
 - Trying to roll over on the back
 - Appear to be climbing an invisible ladder





Thank You: **Connect with Us**

Contact Us



Email: Aph.Preparedness@austintexas.gov
Website: [Public Health Emergencies](#)



Email: EMSPIO@austintexas.gov
Website: [Safety Resources](#)





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



Ascension



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