

Priorities (1)

1. Take a few deep breaths, if it is safe to do so.
2. Check yourself for injury.
3. Check other people for injuries. Address urgent needs.
4. Check your surroundings for safety. Move if necessary.

Priorities (2)

Your top priorities are to save and project:

1. LIFE (yours and others)
2. ENVIRONMENT (air, water, land).
3. PROPERTY (possessions, buildings, etc.).

Never risk life to save property!

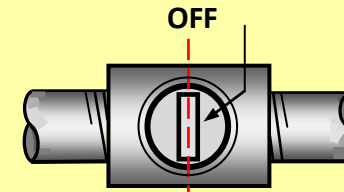
Think

- Get everyone thinking and generating solutions.
- Analyze your surroundings. See if you need to stay, or if you need to go somewhere else.
- Consider what you have around you. What creative ways can you use what you've got?
- Consider what you need. Think about how to get it, how to improvise it, and whether it is critical.
- Remember what's important. When the event is over you'll want to be proud of how you acted in this situation.

Gas Shutoff

Turn your gas off if you SEE, HEAR, or SMELL leaking gas.

Never turn your own gas back on!



Gas is **OFF** when this line goes **ACROSS** the pipe.

WATER SHUTOFF

- Rushing / standing water can damage a building, making it unsafe.
- Avoid extremely hot water.
- Keep electrical devices away from leaking water!
- Most faucets turn right for OFF, left for ON.

Label your shutoff spots!

ELECTRICAL SHUTOFF

- Some or all of your electrical power can be shut off at the circuit breaker.
- Avoid shock: Use insulated gloves and tools if possible.
- Do not put water on a fire caused by electricity!
- If electrical system is damaged, use a flashlight or glow stick to see – DO NOT use a flame!

Your Emergency

C U E
Concise Useful Easy

CARD



www.crinorthwest.org/preptalk.html

Stay Aware!

Be ready to respond to new information. Expect changes!

- Aftershocks
- New problems
- Changes in plans & needs
- Corrections to information
- Unexpected behavior
- Solutions
- New opportunities

Special Needs – Be Aware

Make this experience work for EVERYONE! Some ideas:

- Make **information** and **instructions** available with sight AND sound.
- Create buddy systems for increased comfort.
- Encourage bilingual people to help with language barriers.
- Find and fix mobility obstacles.

Communicate

- Establish Communications as quickly as possible. Declare an area where information will be posted.
- Find out what other communications options exist.
- Ask others what they need and what they have to contribute.
- Share your resources, talents and knowledge. Empowered groups are more capable than disconnected individuals.
- Develop a plan together, include everyone's needs, and communicate the plan to all.

Know the code to use with whistles or taps:

① = Yes ② = No ③ = Help

Mobilize

- Get all of your resources moving in the right direction (people, things, money, and brainpower).
- Make sure everyone knows their role, has someone to report to, and is able to do what is expected.
- Stay mobile; be ready to make your assets portable.
- Keep communicating as you put your plan into action. Keep everyone on the same page.
- Maintain calm, Encourage calm, rational behavior by repeating the positive, affirming direction you are taking.
- Poll everyone frequently to find out what skills and/or resources are available and needed.

Local Emergency Contact Numbers

Personal Contact Numbers

What is this card?

This Emergency **CUE** Card is designed to give you **Concise, Useful, Easy** information to help you in many crisis situations.

It is meant to help you bring order, **establish a team**, and otherwise do the best you can, with whatever you have, in a crisis or an emergency.

© 2009 CARD

Team vs. Mob

Establish a sense of team and community as quickly as possible. All aspects of the response will go better if there is group agreement, leadership and teamwork.

A group of disconnected strangers, in an emergency situation, can feel more like a dangerous mob. Start as a team, end as a stronger team.

Evacuation

Look for emergency exits when you enter a building!

- Remain calm and look for the nearest exit.
- Get everyone out, help people with special needs. Leave no-one behind if possible!
- Leave quickly without running. Do not go back to collect possessions.
- Use stairs if necessary – not elevators.
- Do not go back inside. Only return if officials declare the building safe.
- Leave a note letting people know who has gone where, when what direction, etc.

Shelter-In-Place

When you get a warning or become aware of a possible airborne hazard, follow these steps:

Shelter – Get inside!

Shut – Close all doors and windows.

Listen – to radio, TV or for public announcements.

Take people and animals with you.

Bring supplies with you if possible.

Cover your mouth and nose with a damp cloth.

Turn off & close all vents, turn off all motors and fans.

Take shelter in an internal room with few or no windows.

Shelter above ground if possible.

Remain sheltered until the “all-clear” signal is given.

Shelter Basics

If you have to start sheltering without any official training, remember some basics:

Establish Order: Get group agreement on leadership, shared commitments, priorities, procedures.

Establish areas: When possible, declare separate areas for administration, sleeping, cooking/feeding, bathroom/bathing, first aid/medical assistance, safety/security.

Establish services: Find out the special needs of all people as quickly as possible, and what can be done to address them.

Encourage manners, consideration and respect for all.

Safety For All

Try to keep yourself and everyone else calm and clear-thinking. Keep each other safe, while helping each other.

Check-Call-Care

If someone appears to be injured:

- **Check** the scene for safety. Proceed if it is safe, otherwise, move out.
- **Call** 9-1-1 or otherwise notify emergency responders. Call for help as soon as possible; it takes time for help to arrive.
- **Care** for the person to the best of your training and experience.

A – B – C

When helping a sick, injured or unconscious person, remember to keep yourself safe and check their ABCs:

Airway: Ensure there is a clear **A**irway through their mouth or nose.

Breathing: Check to see that the person is **B**reathing (check for 5 to 10 seconds)

Circulation: Check their pulse to see if they have **C**irculation
CPR (Cardiopulmonary resuscitation) and rescue breathing should only be performed by trained people.

DO NOT move someone who is unresponsive unless it's necessary to ensure their safety.

Shock

Shock can be a side effect of injury or illness.

Possible symptoms: High heart rate, rapid breathing, confusion or loss of consciousness, clammy skin, sudden diarrhea and kidney failure.

After calling for assistance, putting a person in “shock position” can help. Lay them flat on their back with legs elevated 8-12 inches to promote blood flow to the heart.

Drinking Water

If a “**Boil Water**” notice has been issued for your area, purify your water :

- Bring water to boiling, then do a rolling boil for one minute before using, **OR**
- Add 1/8 teaspoon (**OR** 8 drops) of regular, unscented (not ultra), bleach to each gallon of water, and let stand for 30 minutes.

Use only **purified** water to brush your teeth, mix baby formula, other drinks, and to wash your dishes!

If a “**Do Not Use Water**” notice has been issued:

- Use only previously stored or commercially bottled water!
- Tap water **CANNOT** be used at all until given the okay by authorities.

Emergency Sources of Clean Water

- Hot Water Tank
 1. Find your incoming water valve. Shut it off to prevent possible contamination.
 2. Turn off gas or electricity to the tank.
 3. Turn on a hot water faucet in the house to prevent a vacuum.
 4. Collect water as needed from the faucet at the lower portion of the hot water tank.
- Ice Cubes – Melt ice cubes that were made prior to the water notice.

List all medications and doses:

Person	Medicine	Frequency
Person	Medicine	Frequency
Person	Medicine	Frequency
Person	Medicine	Frequency