CITY OF CRYSTAL LAKE ILLINOIS

Emergency Preparedness Guide

Your Guide to Emergency Preparedness

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The Police and Fire Rescue personnel of the City of Crystal Lake have dedicated themselves to the safety and well being of the citizens of our community. For this reason, we have compiled this Emergency Preparedness Guide to help you prepare for a natural and/or man-made disaster.

We are fortunate to live in a region with four weather seasons. With the four full seasons come numerous emergency response and preparedness challenges. The information contained within this Emergency Preparedness Guide is relative to the region we live in.

As emergency responders, we have witnessed the benefits of being prepared and we encourage you to become our partner in emergency preparedness. Being ready for an emergency before it occurs is the first step to surviving a disaster.

Should you have any questions feel free to contact us at (815) 459-2020.

Sincerely,

Craig Snyder

Crystal Lake Fire Rescue Chief

CRYSTAL LAKE FIRE RESCUE DEPARTMENT

James Black

Crystal Lake Chief of Police

CRYSTAL LAKE POLICE DEPARTMENT

CREATE A FAMILY EMERGENCY PLAN

When disaster strikes, you may not have a great deal of time to act. Prepare for an emergency by creating a **Family Emergency Action Plan** and practice it regularly.

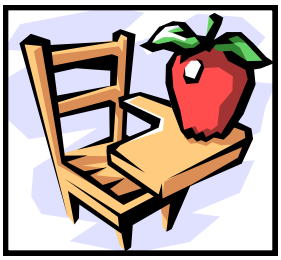
THE FOLLOWING CHECKLIST WILL HELP YOU GET STARTED.



FAMILY EMERGENCY ACTION PLAN

- Turn on the radio for emergency information.
- Find safe places in your home for each type of disaster. Discuss what to do about power outages and personal injuries.
- Draw a floor plan of your home. Mark 2 escape routes out of each room.
- Show family members how and when to turn off the water, gas and electric breaker switches.
- Enter emergency telephone numbers into your cell phone. Pick one out-of-state and one local friend/relative for family members to contact if you are separated during a disaster. It is easier to call out of state than within the affected area during a disaster situation.
- Keep important family documents in a water and fireproof container.
- **PICK 2 EMERGENCY MEETING PLACES.** The first meeting place should be located outdoors, near your home. The second should be located outside your neighborhood in case you are unable to return home after a disaster.

EMERGENCY INFORMATION AND CHILDREN



- Teach children how and when to call 911. Only call 911 if there is an emergency.
- Explain to children what an emergency is such as an injured person, a car accident, a robbery taking place or a house fire.
- They should tell the dispatcher their full name, address and phone number. They need to know what the emergency is and where they are calling from.
- When speaking with **911**, teach your child not to hang up the phone until they are told to do so. The dispatcher may need more information. They need to listen to the dispatcher and follow the directions that they are given.
- Know how to contact your children at their school or daycare and how to pick them up after a disaster. Check with your child's school and request their emergency policy.
- Let your children and the school know if someone else is authorized to pick them up. Tell them ahead of time that someone besides Mom or Dad will be picking them up from school or sports.
- Teach your children a secret code-word in case someone else picks them up. That person will have to tell them the code-word before they leave with that person. If the person does not know the code word, your child should go to the nearest teacher/coach and explain that someone tried to pick them up without knowing the correct code word. Make the code word a unique word that only you and your child would know.
- **Tell them not to share the code-word with anyone because it is for their protection.**
- Keep your child's emergency release card and medical information up to date.

PREPARE A DISASTER SUPPLY KIT

ASSEMBLE SUPPLIES YOU NEED IN AN EVACUATION

INCLUDE THE FOLLOWING ITEMS AND STORE IN AN EASY-TO CARRY CONTAINER:



- A 3-day supply of water (one gallon per person per day). Store water in sealed unbreakable containers and identify the storage date. Replace water every six months.
- Supply of non-perishable packaged or canned food. Include a non-electric can opener.
- Change of clothing, toiletries, rain gear, and bedding for each member of your family.
- First aid kit, prescription medications and an extra pair of eyeglasses.
- Credit cards, cash and an extra set of keys.
- Obtain a battery-powered radio, flashlight and extra batteries.
- Response plan for seniors and people with disabilities.
- List of important family information such as: style and serial number of medical devices such as (pacemakers), family physicians and all daily medications and dosage amounts.

IN CASE OF EVACUATION

OFFICIALS MAY ASK YOU TO LEAVE YOUR HOME.
THEY HAVE GOOD REASON TO MAKE THIS REQUEST
HEED THE ADVICE IMMEDIATELY

Remember the following steps when you are evacuating:



- ♦ Remain calm and follow the advice of officials.
- ♦ Listen to your radio or television for news and instructions.
- ♦ Follow the instruction of local emergency officials.
- ♦ Use travel routes specified by officials. Do not use shortcuts because some areas may be impassable or dangerous.
- ♦ Lend assistance to others. Check those in need for injuries, provide first aid and get help for seriously injured people. Check on your neighbors, especially the elderly or disabled.
- ♦ Check for fire hazards, household hazards and shut off any damaged utilities. If you smell gas or suspect a leak, do not light matches, candles or turn on any electrical switches. Get everyone outside quickly.
- ♦ Take your disaster supplies with you.
- ♦ Secure your windows and lock your home.
- ♦ Stay away from down power lines and take a battery-powered radio with you.
- ♦ Confine or secure your pets. Make arrangements for your pets **prior** to an emergency situation.
- ♦ Call your family contact and **do not use the telephone again** unless it is a life threatening emergency. This is recommended in order to reduce the overload of the phone lines to allow emergency calls to get through.

IN PLACE SHELTERING

In-place sheltering means to stay indoors in homes, schools, businesses or public buildings. In-place sheltering is used when there is little time to react to an emergency and it is dangerous to be outside. During a release of toxic chemicals or other emergencies where air quality is threatened, in-place sheltering will keep you and your family out of danger.

SHELTERING IN A HOME Quickly bring everyone inside, including pets. Close and lock all windows and doors. Turn off all heating or air conditioners. Switch the inlets to the "closed" positions. Close fireplace dampers, stove vents and close as many interior doors as possible. Move to the interior of your home . Tune to the Emergency Alert System station on your radio or television for information. It is important to have a radio or other means of communication in order to learn when it is safe to emerge from the shelter in-place location.

SHELTERING IN A VEHICLE Stay in your vehicle, close all windows, manual vents, air conditioning and ventilation systems. If possible, drive away from any visible gas or smoke clouds. Follow the orders of law enforcement or public safety personnel directing traffic. Tune in to the Emergency Alert System station on your radio for information. Stay in your vehicle and wait for the all clear signal before you leave your car or open the windows or vents.

WEATHER & WEATHER SAFETY INFORMATION

For information on severe weather, contact the following:

www.fema.gov or www.ready.gov or your local chapter of the American Red Cross (ARC) or www.redcross.org.



NATIONAL WEATHER SERVICE (NWS) FORECAST OFFICE WEBSITES

- Davenport, IA website at www.crh.noaa.gov/dvn
- Romeoville, IL website at www.crh.noaa.gov/lot
- Lincoln, IL website at www.crh.noaa.gov/ilx
- St. Louis, MO website at www.crh.noaa.gov/lsx
- Paducah, KY website at www.crh.noaa.gov/pah
- IL Emergency Management Agency website at www.state.il.us/iema

PUBLIC NOTIFICATION When the National Weather Service issues a weather watch or warning, the Emergency Alert System (EAS) is activated on both radio and television. On every television channel, a message crawl is transmitted across your screen explaining the situation. Listen to a NOAA Weather Radio for latest weather forecasts, watches and warnings. The National Weather Service broadcasts weather information, including watches, warnings and advisories 24 hours a day. You can find the weather radio transmitter that serves your location at www.nws.noaa.gov/nwr/coverage/ccov.php?State=IL

ALL-CLEAR NOTICE The City of Crystal Lake does NOT issue an "all-clear" notice. The National Weather Service does NOT recommend that cities, towns or municipalities issue an "all-clear" notice. Because storms are unpredictable. Residents are should listen to the duration of time the warning will last and use their best judgment when reemerging from the location where shelter was sought.

SYSTEM TESTING Outdoor warning sirens will activate at 10 a.m. on the first Tuesday of every month. The test consists of a steady siren sound for three consecutive minutes. In the event of an emergency, please take cover immediately.

CITIZEN RESPONSIBILITY We have a responsibility for the safety of our families, ourselves and our personal property. Be aware of changing weather conditions. Be prepared for all types of severe weather conditions. Identify a place of shelter in your home and monitor weather conditions on a daily basis. Place a portable radio and flashlight with spare batteries in a shelter area. Always be prepared to move to your shelter area when conditions warrant.

PREPAREDNESS FOR CITIZENS WITH DISABILITIES



SELF HELP NETWORKS

Before an emergency, discuss with a relative, friend, neighbor or co-worker, your needs for assistance.

Provide them with plans, contact methods, and how to access your home.

Prepare a written emergency plan to share with relatives and neighbors. Include medication information and keep a copy on your person when you are outside of your home.

Keep a list nearby of people in your self help network.

Discuss your disaster plans with your home health care provider. You can find more information at www.nod.org.

MOBILITY CONSIDERATIONS Store emergency supplies in a pack attached to a walker, wheelchair, scooter, etc. Keep a pair of heavy gloves in your supply kit to use while wheeling or making your way over glass or debris.

Have an extra battery for your motorized wheelchair or scooter. A car battery can be substituted for a wheelchair battery, but this type of battery will not last as long as a wheelchair's deep-cycle battery. Check with your vendor to see if you will be able to charge batteries by connecting jumper cables to a vehicle battery or by connecting batteries to a converter that plugs into your vehicle's cigarette lighter.

If your chair does not have puncture proof tires, keep a patch kit or can of "seal-in-air" product to repair flat tires or keep an extra supply of inner tubes. Store a lightweight manual wheel chair, if possible.

Determine ways to protect yourself and practice. (For example, lock the wheels and cover your head with your arms for protection.)

Find areas where you will be protected from falling debris. If you are in a multi-story building with an elevator, plan and practice using alternative methods of evacuation. If you cannot use stairs, discuss lifting and carrying techniques that will work for you.

There may be times when wheelchair users will have to leave their chairs to safely evacuate a structure. Consider methods of attracting attention if you are trapped, such as a safety whistle.

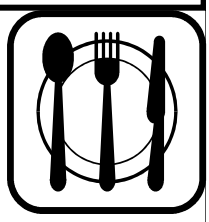
HEARING CONSIDERATIONS During a disaster, telephone lines and teletypewriters may not be functioning. Practice ways to communicate and be prepared with flashlights, pencil and paper. Store extra hearing-aid batteries, TTY batteries, and light phone signaler batteries in your disaster kit. Install audible alarms and visual smoke alarms that are battery operated.

VISION CONSIDERATIONS Practice different escape routes. Have an extra cane available. Know where to take cover, practice going to those places on your own or with different people who may assist you. If you have partial vision, place security lights in each room. These lights light up automatically if there is a loss of power. They continue to operate automatically for 1 to 6 hours and can be turned off manually and used as a flashlight for a short time. If helpful, mark emergency supplies with large print, fluorescent tape or Braille.

SERVICE ANIMAL CONSIDERATIONS Service animals may become confused and frightened after a disaster. Keep them confined or securely leashed. Include what should happen if you are separated from your animal. Service animals are generally allowed in shelters but check with your service animal provider and confirm that they will be allowed in your local shelter. You may be asked to show proof of your service animal's certification such as identification, up to date vaccines and etc. The paperwork will be necessary to prove that your animal is a service animal and necessary for your assistance.

CONSIDERATIONS FOR MEDICAL NEEDS Include in your plan instructions if normal medications or equipment are unavailable. Store your medications in one location in their original containers. Have a list of all of your medications: name of medication, dose, frequency, and the name of the prescribing doctor. Have an extra three-day supply of any medical supplies , such as bandages or syringes. For all medical equipment requiring electrical power: beds, breathing equipment or infusion pumps, have a back-up power source, such as a battery or generator.

KEEP YOUR FOOD SUPPLY SAFE



WHEN THE POWER IS OFF

- Keep doors to the refrigerators and freezers closed as much as possible during power outages.
- First, consume foods that spoil the most rapidly.
- Next, use the foods from the freezer. Minimize the number of times you open the freezer door. A well filled, well insulated freezer will keep food for at least three days. Food should have ice crystals in the centers (meaning foods are safe to eat)
- Keep bottles of water in your freezer. If the power goes out, move them to your refrigerator and keep the door shut. Finally, use non-perishable foods and staples.
- If disaster strikes, you may not have access to food, water and electricity for days or weeks. Prepare a supply that will last for several days.
- Use an ice chest packed with ice or snow to keep food cold.
- Use caution if storing foods outside, during the winter months, to keep it cold. Outdoor temperature varies. Frozen food may thaw and refrigerator food may become warm enough to grow bacteria. Food stored outside must be secured from contamination by animals.

IF YOU ARE IN DOUBT, THROW IT OUT!

Throw out meat, seafood, dairy products and cooked foods that do not feel cold to the touch. Never taste suspect food.

SHELF LIFE OF FOODS Below are general guidelines for food for storage:

- Use within six months Powdered milk (boxed), dried fruit (in metal containers), crackers and potatoes.
- Use within one year canned condensed meat/vegetables, ready-to-eat cereals and uncooked instant cereals, peanut butter, jelly, and canned nuts.
- May be stored indefinitely (in proper containers and conditions): Wheat, vegetable oils, dried corn, baking powder, soybeans, instant coffee, tea, cocoa, salt, non-carbonated soft drinks, white rice, bouillon products, dry pasta, and powdered milk (in nitrogen-packed cans).

HOW TO COOK WHEN THE POWER IS OFF

For emergency cooking, you can use an outside charcoal grill or camp stove.

Canned food can be eaten right out of the can. If you heat it in the can, be sure to open the can and remove the label first.

Water Purification Chart

VOLUME OF WATER	AMOUNT OF BLEACH SOLUTION ADDED TO CLEAR WATER	BLEACH SOLUTION ADDED TO COLD/CLOUDY/ SURFACE WATER
1 Quart / 1 Liter	3 Drops of Bleach Solution	5 Drops of Bleach Solution
1/2 Gallon/ 2 Quarts/ 2 Liters	5 Drops of Bleach Solution	10 Drops of Bleach Solution or 1/8 teaspoon
1 Gallon	10 Drops of Bleach Solution or 1/8 teaspoon	20 Drops of Bleach Solution or 1/4 teaspoon
5 Gallons	50 Drops of Bleach Solution, 2.5 milliliters or 1/2 teaspoon	5 milliliters or 1 teaspoon
10 Gallons	5 milliliters or 1 teaspoon	10 milliliters or 2 teaspoons

WATER RESOURCES IN AN EMERGENCY

WHAT YOU NEED TO KNOW ABOUT WATER

An ample supply of clean water is a **top priority** in an emergency. Each member of your family should have 1 gallon of water each per day. A three day supply of water is recommended.

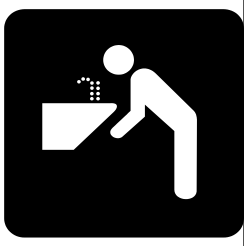
Store water in washed plastic, glass, fiberglass or enamel lined metal containers. Plastic containers, such as soft drink bottles, are the best choice. Never use a container that may have held a toxic or unknown substance. Seal the water containers tightly and label with the date. Store in a cool dark place and rotate the water supply every 6 months.

If you need to find water outside your home, use rainwater, streams, rivers, ponds, lakes, melted snow, natural springs and other moving bodies of water.

Purify the water before drinking it by boiling or disinfecting.

Boiling is the best method of treating water if the water supply is unsafe due to contact with surface water (from floods, streams or lakes). Cloudy water should be filtered before boiling or adding bleach. Filter the water using coffee filters or paper towels. Do not drink floodwater **under any circumstances**.

HIDDEN WATER SOURCES IN YOUR HOME



If you do not have a stored supply of clean water, use water in your hot water tank, pipes and ice cubes. As a last resort, use water in the reservoir tank of your toilet (not the bowl). If the public water is contaminated, shut off the water coming into you home by turning off the incoming water valve.

To use clean water in your pipes, let air into the plumbing by turning on a faucet in your house at the highest level. A small amount of water will trickle out.

Obtain water from the lowest faucet in the house.

To use the water in your hot water tank, shut off the electricity or gas and open the drain at the bottom of the tank.

Start the water flowing by turning off the water valve and turning on a hot-water faucet.

DO NOT TURN ON THE GAS OR ELECTRICITY WHEN THE TANK IS EMPTY

BOIL ORDER When the public water supply is unsafe to drink due to bacteriological contamination or loss of operating pressure, a "boil order" may be issued. A boil order will be lifted upon confirmation that the water supply is safe through laboratory testing.

The public water supplier will notify residents of a boil order. Notification will occur through local radio, television, newspapers, government cable outlet, and door-to-door notifications. Information may be posted on the public water supplier web page as well. Signs may be posted at the entry points of impacted subdivisions notifying residents of the boil order. Local Public Health Agencies and the Environmental Protection Agency are also notified of the boil order. DO not use Public drinking fountains .

Boiling is the safest method of purifying water:

Bring water to a rolling boil for 3-5 minutes.

Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers.

Water can also be made safe for drinking by treating with liquid household chlorine bleach, such as: Clorox, Purex, etc. Avoid using bleaches that contain perfumes, dyes and other additives.

Place the water (filtered, if necessary) in a clean container. Add the amount of bleach according to the table on the opposite page. Mix and allow to stand for at least 30 minutes (60 minutes if water is cloudy or very cold). Purifying tablets or chemicals designed for use when camping can also be used to treat water. The treatment described works only in situations where the water is unsafe because of the presence of bacteria.

If you suspect the water is unsafe do not use the water for drinking.

PET SAFETY DURING AN EMERGENCY

Make arrangements for your pets as part of your household disaster planning.

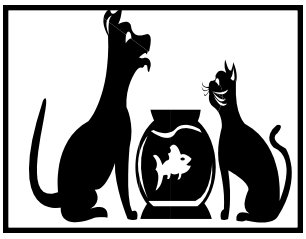
For health and space reasons, **pets are not allowed in public emergency shelters**. If you leave your pets behind, have a plan to ensure their care.

Consider the following steps to care for your pet in an emergency:



- Decide on safe locations in your house where you can leave your pet in an emergency.
- Use easy to clean areas such as utility areas, bathrooms and rooms with access to a supply of fresh water.
- Avoid rooms with hazards such as windows, hanging plants or pictures in large frames.
- In case of flooding, the location should have access to high counters that pets can escape to.
- Buy a pet carrier that allows your pet to stand up and turn around inside of it.
- Train your pet to become comfortable with the carrier.
- If your pet is on medication or has a special diet, find out from your veterinarian what you should do in case you have to leave them alone for several days.
- Have an extra supply of your pet's medications .
- If your pet takes medications for a chronic problem, consider having a medic alert tag for your pet.
- Make sure your pet has a properly fitted collar that includes a current license, rabies tags as well as an identification tag that has your name, address and phone number printed/engraved on the tag.
- Keep your pet's shots current records up to date and available.
- Most kennels require proof of current vaccinations before accepting your pet for boarding.
- Contact motels and hotels in communities outside of your area, and find out if they will accept your pets during an emergency.
- Have current photos of your pets in case they become lost.
- Consider microchipping your pet. Keep the microchip information and microchip company contacts in a safe place.

HAVE A PET DISASTER SUPPLY KIT:



- ♦ Proper identification including your name, address and contact number.
- ♦ Updated shots including immunization records.
- ♦ Pet food and water and don't forget a can opener, spoon, and 2 bowls.
- ♦ Muzzle, soft collar and leash.
- ♦ A carrier or cage that corresponds with the size of the animal.
- ♦ Medications and special diet provisions.
- ♦ Favorite toys or bedding that would comfort your pet while away from their home.
- ♦ Treats to reinforce good behavior while away from home.
- ♦ A small bag of litter, litter pan, poop bags and scoop.

WEATHER TERMS TO KNOW



Help protect yourself and your family by being familiar with the following weather terms:

WEATHER WATCH Severe weather is possible. Be prepared to take shelter. Watch the sky and listen to your National Oceanic and Atmospheric Administration (NOAA) Weather Radio or television for more information in the immediate area.

WEATHER WARNING Occurs within minutes (10-20) before a condition is expected to occur. The most common weather warnings are severe thunderstorm, tornado and flood warnings.

THUNDERSTORMS Severe thunderstorms can produce tornadoes, damaging winds, lightning, hail and heavy rain. In the Midwest, thunderstorms usually occur in the spring and summer. In Illinois, severe thunderstorms frequently occur in the late afternoon or evening. Most lightning deaths occur under or near trees, but can also occur in open fields.

SEVERE THUNDERSTORM WATCH Severe thunderstorms are possible. Watch the sky and listen to your National Oceanic and Atmospheric Administration (NOAA) Weather Radio or television for more information. Be prepared to take shelter quickly.

SEVERE THUNDERSTORM WARNING Take shelter. Severe thunderstorms can quickly transition into conditions that can spawn tornadoes. Turn on a battery operated radio or television to receive warnings and severe weather statements. Purchase a National Oceanic and Atmospheric Administration (NOAA) Weather Radio with a battery backup and tone-alert feature, which will alert you when a Watch or Warning is issued.

The National Weather Service uses county names to announce when watches, warnings and advisories are issued and broadcasted. Specific Area Message Encoder (SAME) Weather Radios can be programmed to alarm only for a specific county or group of adjacent counties. Check the weather forecast before leaving for extended outdoor periods and postpone plans if severe weather is imminent.

DURING THUNDERSTORMS

Close all windows and doors. Draw shades or blinds to reduce risk from flying glass. Monitor your National Oceanic and Atmospheric Administration (NOAA) Radio or television for the latest weather information. Avoid using the telephone or other electrical appliances . Turn off air conditioners and other electronic equipment. If lightning strikes, a power surge can damage the compressor and other electrical equipment. Delay taking baths or showers until after the storm passes.

If outdoors, seek shelter immediately. If you can hear thunder, you are close enough to the storm to be struck by lightning. If you are in a boat when a thunderstorm threatens, attempt to reach shore quickly.

If you are driving, pull to the shoulder away from trees and power lines. Lightning can flash from trees or power poles into a vehicle through the radio antenna. Normally, in the open, a vehicle is a safe shelter from lightning. Avoid touching metal parts of the vehicle when lightning is nearby.

If you find yourself in a position where there is no immediate shelter available, find a low spot away from trees and power poles where you can get low to the ground. Make yourself the smallest target possible.

AFTER THUNDERSTORMS

- Monitor your National Oceanic and Atmospheric Administration (NOAA) Radio or television for emergency information or instructions.
- Check for injured victims and render first aid. Most lightning strike victims can be revived with CPR.
- Take photos or videotape damage to your home or property.
- Do not make unnecessary phone calls. If driving, be alert for hazards on the roadway.
- Check on anyone who may require special assistance.



EMERGENCY FLOODING INFORMATION



Listen to your National Oceanic and Atmospheric Administration (NOAA) Radio, commercial radio or commercial television for additional information.

KNOW THESE MPORTANT TERMS:

FLOOD WATCH Flooding or flash flooding is possible. Be prepared to move to higher ground.

FLOOD WARNING Flooding is occurring or will occur soon. If advised to evacuate, do so immediately.

FLASH FLOOD WARNING A flash flood is occurring or is imminent. Move to higher ground immediately. Flash floods are the most dangerous type of flooding and is the number one severe weather killer. Flash floods develop MORE quickly than river floods. Most deaths occur in vehicles.

Stay away from storm drains, culvert pipes, and man holes. Shut off electricity, gas and water at main switches and valves. Have check valves installed in building sewer traps to prevent flood waters from backing up in sewer drains. As a last resort, use large corks or stoppers to plug showers, tubs or basins.

FLOOD INSURANCE: Contact your insurance company in advance to determine your level of coverage in a flood.

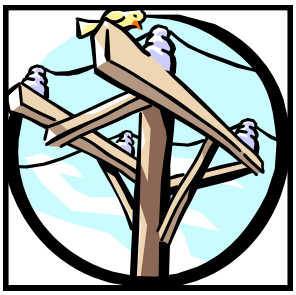
DURING A FLOOD Move valuable household possessions to the upper floor. Move to another location if flooding is imminent . Listen to a battery operated radio for evacuation instructions. If advised to evacuate, do so quickly. Evacuation is easier and safer before floodwaters become too deep for vehicles to drive through. Follow recommended evacuation routes and stay away from disaster areas.

People lose their lives by attempting to drive over a flooded roadway. The speed and depth of the water is not always obvious and water levels rise quickly.

Six inches of water can sweep you off of your feet and TWO FEET OF WATER WILL CARRY AWAY MOST AUTOMOBILES. Do not try to walk or drive through flooded areas. If your car stalls in floodwater, get out quickly and move to higher ground.

- Use extreme caution when entering buildings.
- Check utilities.
- Inspect foundations for cracks and damage.
- Open all doors and windows.
- Use fans to dry out buildings.
- Wear gloves and boots when cleaning.
- Wash all clothes and linens in hot water.
- Discard mattresses and upholstered furniture because they cannot be cleaned properly.
- Disinfect surfaces by wiping w/ solution of 1 cup bleach per gallon of water.
- Stay out of buildings that remain in floodwaters.
- Do not pump basements out until floodwater recedes.
- Avoid weakened floors & rooftops in a flooded home.
- Avoid contact with floodwaters. The water may be contaminated.
- Do not wade through a flooded stream.
- Throw away food that has come in contact with floodwaters.
- Pump out flooded basements gradually to avoid structural damage.
- Listen for news reports to learn if the community water supply is safe to drink.
- Service damaged septic tanks, cesspools, pits & leaching systems as soon as possible.
- Do not use your septic system when water is standing on the ground around it. The ground will not absorb water from sinks or toilets. Damaged sewer systems pose a health hazard.
- Roads may have weakened and could collapse after flooding.
- Do not let children play in floodwaters or near flooded creeks or flood retention ponds.
- Stay away from downed power lines.
- Monitor the media for special information about where to go to get assistance for housing, clothing and food.

LIFE SAVING ELECTRICAL SAFETY TIPS



IF YOU SEE A FALLEN POWER LINE, STAY AWAY

"Stay Away, Stay Alive"

Always assume power lines are live. This applies to power lines on utility poles and lines entering your home or buildings. Momentary contact can injure or kill. Stay at least 10 feet from power lines. A covering on a line may not be safe to touch. Never touch anything electrical if you are wet or standing in water. Call 911 immediately and report the location of the downed wires.

ELECTRICAL SAFETY TIPS THAT CAN SAVE YOUR LIFE::

If a line falls on your car, stay in your car. If you must get out of the car, jump clear. Do not touch any part of your car and the ground at the same time. Stay clear of the fallen line.

If your basement floods, do not enter unless you are sure water is not in contact with any source of electricity, such as appliances, electrical outlets, or extension cords. If you're not sure, call a qualified electrician to disconnect the power before entering.

If an electrical appliance catches fire, NEVER use water to try to put it out. The appliance can conduct the electricity back to you. Unplug it, or turn off the fuse or circuit to the outlet. Keep a fire extinguisher nearby.

If a plugged-in appliance falls into water, leave it.. Unplug it first by pulling on the cord not the plug.

If someone receives an electrical shock, attempt to turn the power source off. Never touch the victim yourself, call 911 for medical assistance.

Protect your sensitive equipment. Variations in electricity flow can damage highly sensitive electronic equipment. To protect appliances and electronic equipment, purchase a surge protector.

Do not touch or go near electrical equipment. If you see anything marked "Danger," "High Voltage," or "Keep Out," Stay Away from the area. Do not go near the area for ANY reason.

Do not place ladders near power lines. When working on or near ladders, keep all tools, and the ladder at least 10 feet from power lines. Never fly kites, model airplanes or balloons near power lines.

Keep away from power lines. Contact with a power line can cause serious burns, electrocution or death. Always work a safe distance from all power lines. When performing construction activities, keep equipment at least 10 feet from power lines and 25 feet from transmission tower lines.

Do not climb or trim trees near power lines. Keep children from climbing trees near power lines. Trim trees near power lines. If you have any questions about removing limbs or trees near power lines, contact ComEd.

Whether you are planting a tree, building a fence or laying foundation, hitting a line with a shovel or pick can damage power lines and injure or kill you. Remember Illinois state law requires you to call JULIE before you dig. Dial 811 to contact JULIE. Call JULIE 48 hours prior to the start of excavation.

DURING A POWER OUTAGE:

- Conserve water, especially if you use well water.
- Have a corded telephone. Cordless phones will not work.
- Know how to open your garage door in the event of a power outage.
- Turn off lights and electrical appliances (even if it is dark) except for the refrigerator/freezer. Unplug computers and other sensitive equipment to protect them from possible surges when the power is restored.
- Leave one lamp on so you will know when the power is restored.
- Candles can cause a fire. Use battery-operated flashlights or glow sticks for lighting.
- Do not use a kerosene heater, gas lantern or stove inside the house because they can be dangerous.

EMERGENCY TORNADO INFORMATION

A tornado is a violent, rotating column of air extending from a thunderstorm to the ground. Most tornado paths are less than 100 yards wide, but can be up to one mile wide and 50 miles long.

KNOW THESE MPORTANT TERMS:

TORNADO WATCH Tornadoes are possible. Be prepared to take shelter at a moments notice. If you see any rotating funnel shaped clouds, report them immediately by telephone to your local law enforcement agency.

TORNADO WARNING A tornado has been spotted. Pay attention to where it was seen, the direction of travel, and the time that the warning expires. Warnings occur within minutes (4-10) before a tornado may appear. If the outdoor warning siren sounds , take cover immediately. Do not call the Fire, Police or 911. Seek shelter inside (in a storm cellar, basement or reinforced building) and stay away from windows and outside walls even in the basement. Curl up so that your head and eyes are protected. Take a flashlight and a battery operated radio with you and listen for updates on the storm's activities. DO NOT stop to open any windows in your home; this will not lessen the damage to your home.



BE PREPARED Determine the best location in your home or office to seek shelter. A basement affords the best protection. If an underground shelter is not available, locate an interior room or hallway on the lowest level. Conduct tornado safety drills with your family. Learn how to shut off the utilities to your home. Decide how and where your family will reunite. If you live in a mobile home, identify a safe shelter outside of your mobile home.

DURING A TORNADO Take the following actions when a tornado warning has been issued by the National Weather Service, when the sirens have been activated or when a tornado has been sighted near your area:

AT HOME Go to your predetermined shelter, storm cellar, basement or lowest level of the building. In a basement, go under the stairs or under a heavy piece of furniture. Stay until you are sure the danger has passed. If there is no basement, go to an inner hallway or a small inner room without windows, such as a bathroom or closet. Stay away from windows, doors and outside walls. Go to the center of the room away from outside windows and walls that may be penetrated by high speed, wind-borne objects. Get under a piece of sturdy furniture, such as a workbench or heavy table, and hold onto it. Use pillows, mattresses or cushions to protect your head and neck. If you are in a mobile home, get out and seek shelter elsewhere. If there isn't a substantial shelter nearby, seek shelter in a low lying area. Shield your head and neck with your arms.

IN A PUBLIC BUILDING. Go to a designated storm shelter, basement, or to an inside hallway on the lowest level. Avoid places such as auditoriums, cafeterias, gymnasiums & large hallways. Get under a piece of sturdy furniture such as a heavy table or desk & hold onto it. If sturdy furniture is not available, make yourself the smallest target possible. Squat low to the ground, put your head down, cover your head and neck with your arms. If in a high rise building, go to small, interior rooms or hallways on lowest level possible & seek protection as detailed above. Stay away from windows & outside walls.

OUTDOORS If possible, get inside a substantial building. If shelter is not available or there is no time to get indoors, lie in a ditch, culvert or low-lying area. Use your arms to protect your head and neck. Be aware of the potential for flash flooding.

IN A VEHICLE Never try to outrun a tornado in a vehicle. Heavy rain, hail & traffic may impede your movement. Tornadoes can change directions quickly, easily lift up a vehicle & toss it through the air. Get out of the vehicle immediately & take shelter in a nearby building. Do NOT park under a bridge or underpass. If you do not have time to get indoors, quickly get out of the vehicle & lie in a ditch, culvert or low-lying area away from the vehicle.

AFTER A TORNADO Monitor radio or television for emergency information. Check for injured victims & render first aid. Wait for emergency medical assistance to arrive. Use the telephone only for emergency calls. Exit damaged buildings & only re-enter if absolutely necessary using great caution. If driving, be alert for hazards on the roadway. If unaffected by the tornado, stay out of the damaged area until local officials allow entry. Videotape or photograph the damage to your home or property.

WINTER STORM INFORMATION

Winter storms can be dangerous and can range from moderate snow over a few hours to blizzard conditions with blinding, wind-driven snow or freezing rain that lasts several days. Listen to your radio or television for storm forecasts & other information.

BEFORE A WINTER STORM :

- Keep disaster supplies on hand, in case the power goes out. Include: flashlight, portable battery-operated radio, extra batteries, & a medical first aid kit. A 3 day supply of food including items that do not require refrigeration or cooking. 1 non-electric can opener & supply of water available for each member in the household. A 1 week supply of essential prescription medications (if possible). Extra blankets & sleeping bags. 1 fire extinguisher (A-B-C Type).
- Have safe emergency heating equipment available. Have a supply of wood ready. Purchase a small wood, coal, or camp stove with fuel & place it in a well vented area. If you have a kerosene heater, refuel your heater outside. Keep it at least 3 feet from flammable objects. Never use a gas or charcoal grill, hibachi or portable heater to cook indoors or to heat your house. Heat only areas of your home that you are using. Close off unused rooms, close doors, curtains, cover windows and doors with blankets. Conserve fuel & lower the thermostat to 65° during the day & 55° at night.
- Have rock salt on hand to melt ice on walkways & kitty litter to generate temporary traction.
- Do not overexert yourself when shoveling snow. Take frequent breaks when shoveling. Cover your mouth with a scarf to protect your lungs from extremely cold air. Cold weather puts an added strain on your heart. Unaccustomed exercise such as shoveling snow can bring on a heart attack or make medical conditions worse.
- Watch for signs of hypothermia: slurred speech, disorientation, uncontrollable shivering, stumbling, drowsiness & body temperature of 95 degrees Fahrenheit or less. Be aware of symptoms of dehydration & watch for signs of frostbite.
- Winterize your home by insulating outside walls, crawl spaces and attic. Caulk and weather-strip doors and windows. Install storm doors, storm windows or cover windows with do-it-yourself insulation kits. Repair leaks in the roof, around doors and windows.
- Keep pipes from freezing by wrapping pipes in insulation, especially those near cold outer walls, in attics or crawl spaces. **Let a small amount of water drip from the faucets to keep them from freezing.** Check your pipes often during a cold spell. Monitor the temperature in the basement, garage and rooms that are not often used. Know how to shut off water valves in your home.
- Dress warmly & wear loose fitting, layered, light weight clothing. Outer garments should be tightly woven & water repellant. Mittens are warmer than gloves because fingers generate warmth when they touch each other. Wear a woolen cap to help maintain your body temperature. Keep dry by changing wet clothing frequently to prevent a loss of body heat. Wet clothing loses its insulating value & transmits heat away from your body rapidly.
- Fill your gas tank before the snow starts falling. Do not drive unless it is necessary. Make sure someone knows where you are going. Stay on main roadways. If you must stop, remain inside the vehicle. Use a bright distress flag or your hazard lights to draw attention to your vehicle.
- If trapped in a blizzard, clear your tail pipe and run your engine and heater for 10 minutes every hour. Open your window slightly. During night hours, keep the dome light on in the car so rescue crews can see your vehicle. If you become trapped outside, get out of the wind and stay dry. Build a lean-to or snow cave if nothing else is available. Do not eat snow; it will reduce your body temperature. Keep an emergency kit in your vehicle including; a blanket, flashlight, shovel, booster cables, flare, etc.





EXCESSIVE HEAT PREPAREDNESS

Heat stroke is a serious heat-related illness that requires immediate medical attention. Death or serious disability can result if symptoms are not treated immediately. After exposure to extreme heat for extended periods, the body loses its ability to cool down through sweating. Because heat emergencies can be accurately forecasted there is a great deal that we can do to prevent any negative outcome on our community.

KNOW THE SYMPTOMS OF HEAT EXPOSURE:

The first signs are dizziness, nausea, headaches, & muscle cramps. More severe symptoms are hot, dry skins with no sweat, high pulse rate, high body temperature, fatigue, unconsciousness and slurred speech.

Move to a cooler location, rest for a few minutes and slowly drink a cool beverage. Seek medical attention immediately if you do not feel better. Avoid extreme temperature changes. A cool shower immediately after coming in from hot temperatures can result in hypothermia. If you are taking prescription diuretics, antihistamines, mood-altering or antispasmodic drugs, check with your doctor about the effects of sun and heat exposure.

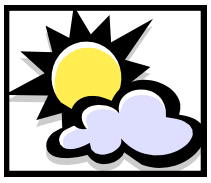
IF YOU ARE INDOORS Use a portable electric fan in or next to an open window so heat can exhaust to the outside of your home (box fans are best). You can also use a portable electric fan to bring in cooler air from the outside to cool the interior. It is best if you do not use an extension cord but if you must, check that it is UL (Underwriter Laboratories) approved in the United States. Use air conditioners or spend time in air conditioned locations such as malls, libraries or public cooling centers. If air conditioning is not available, stay on the lowest floor of your home. Cover the windows that receive morning or afternoon sun. Awnings or louvers can reduce the heat entering the house by as much as 80%. Take a cool bath or shower to reduce your body temperature. Make sure that pets have plenty of water.

IF YOU ARE OUTDOORS Use a public pool to cool down your body temperature. Minimize direct exposure to the sun and stay in the shade. Stay hydrated by regularly drinking water and plenty of nonalcoholic fluids. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage. Eat more frequently and eat meals that are easy-to-digest foods such as fruit or salads. Try to stay away from heavy difficult to digest foods such as fatty foods or red meat. Wear loose fitting and light-colored clothes to reduce your body temperature. Twice a day check on older, sick, disabled or physically challenged people who may need assistance responding to the excessive heat.

LIMIT YOUR OUTDOOR ACTIVITY Limit outdoor activity to morning and evening hours. Plan strenuous outdoor activities for early or late in the day when temperatures are cooler; then gradually build up tolerance for warmer conditions. Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. Try to rest often in shady areas. Protect yourself from the sun by wearing a wide-brimmed hat and sunglasses. Avoid sunburn because it slows the skin's ability to cool itself. Wear sunscreen of SPF 15 (sun protecting factor) or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).

DURING AN EXCESSIVE HEAT EVENT

- Keep cool by taking cool showers or spend time in an air-conditioned location.
- Do not use a portable electric fan in a closed room without windows or doors open to outside.
- Portable electric fans do not cool air. They move the air around & keep you cool by helping to evaporate your sweat.
- Do not use a portable electric fan to blow extremely hot air on yourself. Do not direct the flow of portable electric fans toward yourself when room temperature is hotter than 90°F because this can accelerate the risk of heat exhaustion.
- Do not leave children and pets alone in cars for any amount of time in the summer months.



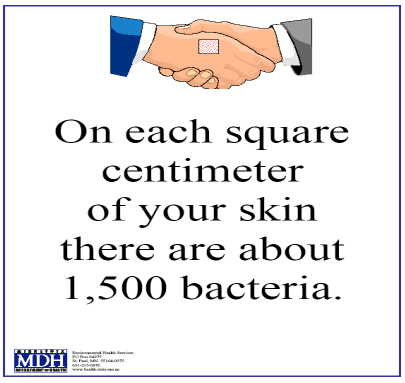


HANDWASHING PREVENTS THE SPREAD OF GERMS

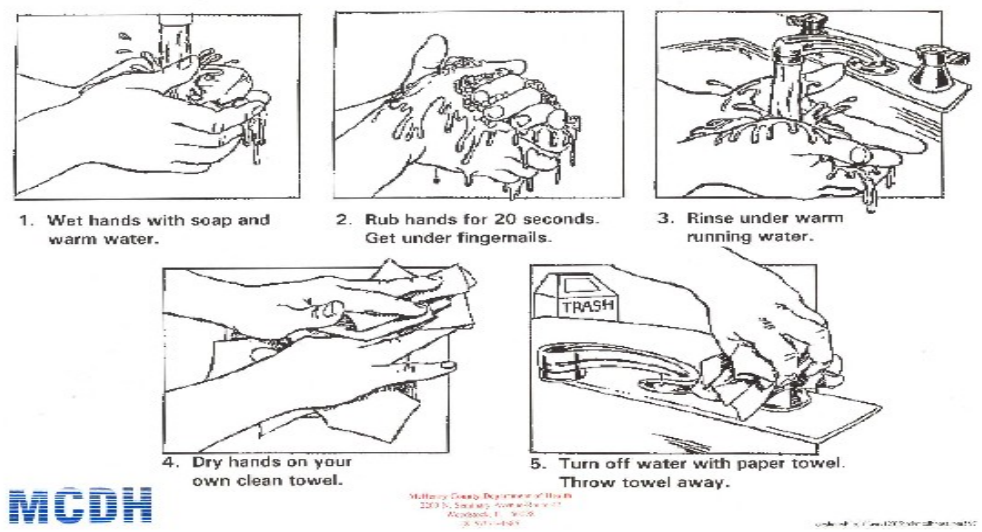
One of the best ways to prevent illness is by regular hand washing.

WASH YOUR HANDS:

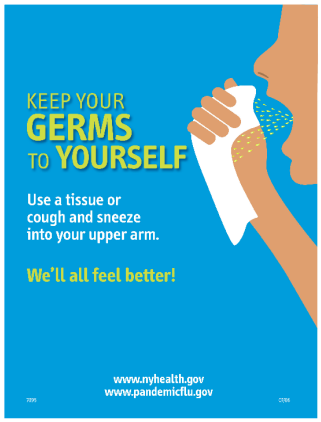
- Before preparing food and prior to eating. During food preparation, when switching from raw food to ready-to-eat food.
- After using the toilet, coughing, sneezing, eating, drinking or using tobacco. Cover your mouth and nose when you cough or sneeze. Clean your hands every time you cough or sneeze.
- Wash your hands often or use an alcohol based hand sanitizer because it stops germs from spreading. Wash your hands before you touch your eyes, mouth or nose.
- **Wash hands with liquid soap under warm running water for at least 20 seconds**. Wash hands thoroughly, paying special attention to nails and in crevices. Rinse well to remove all traces of soap. Dry hands with paper towels. Use a paper towel to turn off the faucet after washing hands. Allow hands to dry thoroughly after cleansing (before contact with anything). Wash long enough to sing the "*Happy Birthday*" song twice.



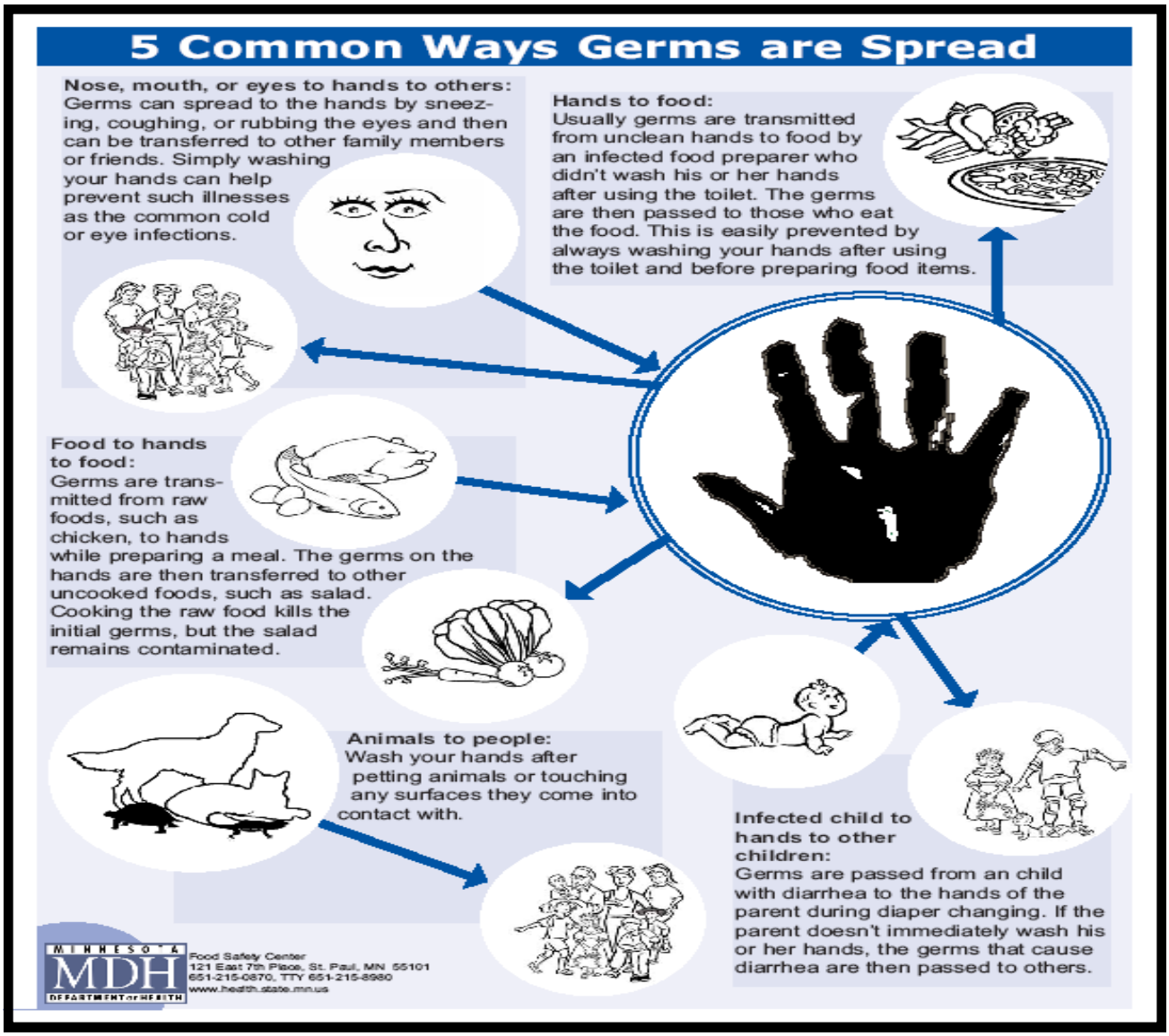




PREVENT THE SPREAD OF GERMS



- Stay home from work when you are ill. You have control over the spread of germs to your co-workers and maintaining a healthy work environment.
- Use antibiotics appropriately, remember they should be taken **exactly** as prescribed by your doctor. Antibiotics do not work against viruses such as colds or flu. Unnecessary antibiotics can be harmful to your body.
- Avoid contact with wild animals that may carry disease and pass them on to you or your pets. Keep garbage cans sealed and do not leave food outdoors. Pets should be routinely cared for by a vet. Always wash your hands after touching animals or animal waste.
- Getting immunizations is easy, low cost and saves lives.



SEASONAL FLU

INFLUENZA is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness and can lead to death. Annually in the United States, 5% to 20% of the population gets the flu and more than 200,000 people are hospitalized from flu complications. About 36,000 people die from influenza annually.



SYMPTOMS Nausea, vomiting, diarrhea. These symptoms can occur in adults but are more common in children. Symptoms may be mild and include: fever (usually high), muscle aches, headache, extreme tiredness, dry cough, sore throat and runny/stuffy nose.

COMPLICATIONS OF THE FLU Complications can include bacterial pneumonia, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes. Children may have sinus problems and ear infections.

HOW FLU SPREADS Flu viruses spread in droplets caused by coughing and sneezing. They are spread from person to person, though sometimes people become infected by touching something with flu viruses on it and then touching their mouth, nose or eyes. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 days after becoming sick.

PREVENTING THE FLU Get a flu vaccination each fall. About two weeks after vaccination, antibodies develop that protect against influenza virus infection. There are two types of vaccines available: the flu shot and nasal-spray flu vaccine. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions. The nasal-spray flu vaccine is approved for use in healthy people 5 years to 49 years of age who are not pregnant.

WHEN TO GET VACCINATED October or November is the best time, but getting vaccinated in December or even later is still beneficial. Flu season can begin as early as October and last as late as May. Certain people should not get vaccinated each year. They are either people who are at high risk of having serious flu complications or people who live with or care for those at high risk for serious complications.

PEOPLE AT HIGH RISK SHOULD BE VACCINATED ANNUALLY

- People 65 years and older. People who live in nursing homes and other long term care facilities.
- Women who will be pregnant during the influenza season.
- Adults and children 6 months and older with chronic heart or lung conditions, including asthma. Those who need regular medical care or were in a hospital during the previous year because of a metabolic disease (like diabetes), chronic kidney disease, or weakened immune system (including immune system problems caused by medicines or by infection with human immunodeficiency virus [HIV/AIDS]).
- All children 6 to 23 months of age. Children 6 months to 18 years of age who are on long-term aspirin therapy. (Children given aspirin while they have influenza are at risk of Reye syndrome.)
- People with any condition that compromises respiratory function or the handling of respiratory secretions (a condition that makes it hard to breathe or swallow, such as brain injury or disease, spinal cord injuries, seizure disorders, or other nerve or muscle disorders.)
- Nearly one-third of people 50 to 64 years of age in the United States have one or more medical conditions that place them at increased risk for serious flu complications, vaccination is recommended for all persons aged 50 to 64.
- Any person in close contact with someone in a high-risk group should get vaccinated. This includes all health-care workers, household contacts, out-of-home caregivers of children 6 to 23 months of age, close contacts of people 65 years and older.

PANDEMIC FLU INFORMATION

PANDEMIC FLU (INFLUENZA) Pandemic influenza is a global outbreak of flu that involves a new flu virus and causes serious human illness. The flu strain that causes the pandemic will spread quickly from person to person because people are unlikely to have immunity against it. Pandemics have occurred three times in the last century. **AVIAN (BIRD) FLU** Avian flu is a virus that occurs naturally among birds and rarely causes illness in humans. Only recently has the H5N1 bird flu strain changed so that it is able to cause illness and death in humans. Scientists believe bird flu may be the cause of the next pandemic flu.

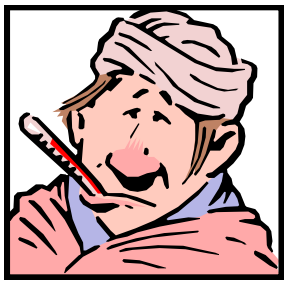
SEASONAL VERSUS PANDEMIC FLU Seasonal flu occurs yearly, mostly during the winter. It affects about 10% of the world's population. Pandemic flu can occur at any time of the year. Pandemic flu may cause illness in 30-50% of the worlds population. Pandemic flu will likely have more severe symptoms. Pandemic flu may result in millions of deaths worldwide. Seasonal flu results in an average of 36,000 deaths each year. People of every age may be at risk for infection of pandemic flu. A vaccine may not be available when the pandemic starts. Most people will have no immunity to a pandemic virus. Illness and death rates are expected to be higher than a normal seasonal outbreak of influenza. Scientists estimate that a large number of the world's population will require medical care. Countries may take measures such as border closures and travel restrictions during a pandemic. These actions would possibly delay the arrival of the virus but cannot stop it. The three pandemics of the 1900's encircled the globe in six to nine months. Modern transportation may help the virus spread faster globally.

PANDEMIC FLU VACCINE AND DRUG TREATMENT Flu vaccines are created specifically for the type of flu virus circulating that year. Until the specific pandemic flu virus is identified, it is not possible to make a vaccine. A flu vaccine takes four to six months to produce, so a vaccine probably won't be available at the start of the pandemic. If a pandemic flu develops, a new vaccine will be produced as quickly as possible. Research for an effective vaccine against bird flu in humans is currently underway. Vaccine availability will be based on global vaccine manufacturing capacity and an increased demand. Antiviral drugs may be available to lessen the severity and duration of symptoms due to pandemic flu. The United States is currently stockpiling antiviral medications for use during a pandemic. In the event of a pandemic flu outbreak they will be prescribed in the most effective way based on how the disease develops.

PREVENTION To reduce human exposure, poultry with avian flu are destroyed immediately. Surveillance systems to detect avian flu are being enhanced. The state of Illinois is able to rapidly test possible avian flu cases. McHenry County Department of Health has plans in place to detect, monitor and treat people who may become ill during a pandemic flu event. There are also regional efforts in place to detect and monitor pandemic flu cases that may occur in Northern Illinois. Practice drills and frequent training exercises are being conducted to ensure local agencies are prepared for a mass distribution of medication to patients in need.

PROTECTION FOR YOUR FAMILY All flu viruses spread through the air when people cough or sneeze. Basic actions that can reduce the risk of getting or spreading flu are:

- Wash your hands frequently with soap and warm water for at least 20 seconds.
- Use a 60% alcohol-based hand sanitizer if soap and water are not available.
- Cover your mouth and nose when you cough or sneeze.
- Avoid large crowds whenever possible.
- **DO NOT** go to work when you are ill.
- **DO NOT** send an ill child to school or day care.
- Avoid close contact with those who are sick.
- Avoid touching your eyes, nose and mouth at all times.



MORE INFORMATION

The Centers for Disease Control and Prevention is the official U.S. government website on pandemic flu/avian influenza **www.cdc.gov/flu/pandemic**
The World Health Organization **www.who.int**
U.S. Department of Health and Human Services **www.hhs.gov**
The Illinois Department of Public Health **www.idph.state.il.us**
McHenry County Department of Health **www.mcdh.info**



PANDEMIC FLU INFORMATION

THINGS YOU SHOULD KNOW ABOUT PANDEMIC FLU

- Pandemic flu is more serious than seasonal flu. It is more severe, widespread, and deadlier than seasonal influenza.
- A pandemic flu will be global. Travel routes will make it easy for the virus to spread quickly across borders. Communities across the U.S. and around the world will be affected at the same time.
- The single best thing you can do to avoid getting any flu virus is to wash your hands. Wash frequently with soap and water for 20 seconds, or use alcohol-based hand sanitizer.
- A vaccination will not be available at the outset of a pandemic. Once a pandemic flu virus is identified, it could take several months to develop and produce large quantities of vaccine.
- Pandemic flu and bird flu are ***not*** the same thing. A pandemic may cause widespread social and economic disruption. Services provided by government agencies, public utilities, stores, the post office, and other businesses may be limited. Transportation services may be disrupted and schools may be closed.
- It may be difficult or impossible to work during a flu pandemic. Find out if you can work from home and ask your employer if they have a plan in place.
- A pandemic could overwhelm the health care system. High numbers of ill people can put enormous pressure on our health care system. Prepare to follow instructions from your health care provider and public health officials about how to obtain medical advice and receive care.
- We will need to pull together as communities during a pandemic. We will need to check on our neighbors and help those around us, especially if we experience major social and economic disruptions. This may be as simple as calling your neighbor from a "phone tree" list, or dropping off supplies on the doorstep of a homebound friend.
- Learn how to protect your health, stock your home with supplies, and make household plans.



IF YOU ARE CARING FOR A SICK PERSON AT HOME

- Record information about the ill person (such as temperature, unusual skin color or rash, quantity of fluids consumed) at least once a day, plus date & time. Keep the ill person comfortable.
- Keep tissues and a trash bag for their disposal within reach of the patient. Keep in mind that fever is a sign that the body is fighting the infection. Watch for complications.
- Call your healthcare provider or the pandemic flu hotline: if the ill person has difficulty breathing, fast breathing, or bluish color to the skin or lips, shows signs of dehydration & cannot take enough fluids. Appears confused. Complains of pain or pressure in the chest. If the patient has convulsions or gets worse again after appearing to improve. If an infant younger than 2 months old has a fever, poor feeding, urinating less than 3 times per day or other has other signs of illness.
- Use ibuprofen or acetaminophen, as recommended by your healthcare provider, for fever, sore throat & general discomfort. Do not use aspirin in children or teenagers with influenza because it can cause Reye's syndrome, a life-threatening illness. Babies who are breast-fed and vomiting can continue to nurse.
- Watch dehydration in the ill person & make sure the patient avoids drinking alcohol or using tobacco. Someone who is dehydrated may have weakness or be unresponsive. They may have decreased saliva, dry mouth & a dry tongue. Decreased output of urine, which becomes dark in color. If a person is ill and they are getting enough fluids, they will urinate at least once every 8–12 hours.
- If the ill person is dehydrated, give a generous amount of fluid through frequent sips or spoonfuls over a 4-hour period. Watch for an increase in urination, a lighter color of the urine, & improvement in the patient's overall condition. If the patient is **not** vomiting, offer small amounts of fluid frequently to prevent dehydration. Include fluids that contain sugars and salts, such as broth, sports drinks (diluted half and half with water), Pedialyte, sodas, but not diet drinks.
- If the patient is vomiting, do not give any fluid or food for at least 1 hour. Offer clear fluid in very small amounts. If the patient vomits, let the stomach rest again for an hour. Again, try to give small frequent amounts of clear fluid. When there is no vomiting, gradually increase amount of fluid offered and use fluids that contain sugars and salts.
- After 6–8 hours of a liquid diet without vomiting, add solid food that is easy to digest, such as saltine crackers, soup, or rice.

CALL J.U.L.I.E. BEFORE YOU DIG 811 OR (800) 892-0123

JULIE, Inc. (Joint Utility Locating Information for Excavators)

JULIE is a not-for-profit corporation that provides contractors, excavators, homeowners, and others who may be disturbing the earth, with a free service. JULIE serves as a notification service for underground utility facility owners, taking information about planned excavation and distributing this information to its membership. You need to call for the locating and marking of underground utility facilities. JULIE services the entire state of Illinois, except the city limits of Chicago. It is then the responsibility of each facility owner to mark the location of their underground utility facilities at the excavation site. JULIE, Inc. is a communications link and does not perform any type of locating services.

Illinois law requires anyone digging, regardless of the depth of the project, to call JULIE at 811 or (800) 892-0123. You must call at least 48 hours/two working days prior to the start of excavation and the project must begin within 14 calendar days from the call. The alternative could mean personal injury, damage to underground lines, property or the environment. Digging responsibly is the only way to dig.

811 Know what's below. Call before you dig.

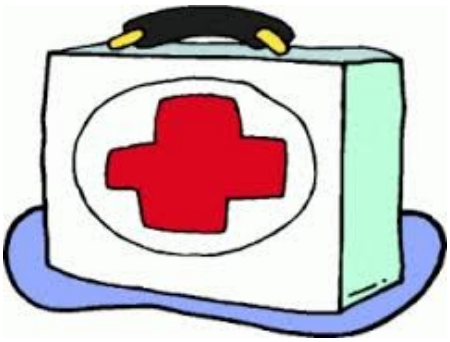
THERE ARE FOUR STEPS TO SAFE DIGGING:

1. CALL BEFORE YOU DIG
2. WAIT THE REQUIRED AMOUNT OF TIME (Two working days).
3. RESPECT THE MARKINGS THAT WERE MADE.
4. DIG WITH CARE



FIRST AID KIT ESSENTIALS

- Adhesive bandages
- Antacid
- Antibiotic ointment
- Antidiarrhea medication
- Antiseptic
- Aspirin and nonaspirin pain reliever
- Cleansing agents (isopropyl alcohol, hydrogen peroxide, soap, germicide)
- Cotton balls
- First aid manual
- Gauze pads and roll
- Latex gloves
- Laxative
- Moist towelettes
- Needle and safety pins
- Petroleum jelly
- Scissors
- Sunscreen
- Thermometer
- Tongue depressors
- Triangular bandages
- Tweezers



HOUSEHOLD FIRE INFORMATION

Fires in homes are most often caused by cooking accidents, smoking and unsafe use of woodstoves or space heaters.

To avoid a home fire or protect yourself during a fire:

- Install smoke detectors on every level of your home, including the basement. Check smoke detectors regularly. Replace batteries twice yearly.
- Have A-B-C type fire extinguishers. Teach family members how to use them.
- Know the location of all exits including windows. If you live in an apartment, count the number of doors between your apartment and the 2 nearest exits. Know 2 ways out of every room in case smoke or flames block your exit.
- Choose a meeting place outside the home. Account for all family members. If someone is missing, tell the fire department.
- Have an escape plan and practice it with your family. This will help ensure you can get out quickly.
- Keep folding or chain style ladders stored in each upstairs bedroom.
- Use alternative heat sources, such as woodstoves or space heaters, safely: Never use gas stoves, barbecues, or portable or propane heaters for indoor heating.
- Have fire-fighting materials available: dry powder fire extinguisher, heavy tarp or blanket, and water.
- Do not smoke in the bedroom, or anywhere you might fall asleep while smoking. Sleep with your bedroom door closed.
- Make sure your house number is clearly visible from the street and that fire trucks can access your home.
- If there is a fire, evacuate immediately. Do not go back inside. Call 911.
- Never use water on an electrical fire. Smother oil & grease fires with baking soda or salt, or put a lid over the flame if it is burning in a pan.
- If you are caught in smoke drop to your hands and knees and crawl; breathe through your nose and use your blouse, shirt or jacket as a filter. If you must move through flames — hold your breath, move quickly, cover your head and hair, keep your head down and close your eyes as much as possible.
- If your clothes catch fire, “stop, drop and roll” until the fire is out. If you are in a room and cannot escape, leave the door closed, stay low to the floor and hang a white or light-colored sheet outside the window.

ACCIDENTIAL POISONING

POISONS Can be found in your kitchen, closets, bathrooms, attic, garage, dining room, laundry room, storage areas & basements. To prevent accidental poisoning, use child-resistant containers and keep potentially poisonous products in their original containers. Keep all of the following products out of reach of children: prescription and over-the-counter medications (including aspirin & vitamins), disinfectants, deodorants, soaps, detergents, shampoo, cosmetics, air fresheners, polishes, cleansing powder, fertilizers, weed killers, insect repellent, insect and rodent poison, paint remover, kerosene, lighter fluids and turpentine, toilet bowl cleaners, drain cleaners, lye, bleach, mothballs and pesticides.

Make sure potentially harmful products are stored safely including . Care should be taken with house plants as many may be poisonous if consumed by humans or pets.

IF AN ACCIDENTIAL POISONING OCCURS

- Call **911** as soon as possible.
- If you suspect a possible poisoning, for more information on potential poisons, call the Poison Center at **(800) 222-1222**.
- Know the exact name of the product. Bring product container to the phone if possible.
- When and what time was the product consumed? Know the address and telephone number from where you are calling.
- How much of the product was consumed?
- Who took it? Body size makes a big difference in determining a poisonous dose. The name, condition, age and weight of the patient.

For more information: contact www.illinoispoisoncenter.org

EMERGENCY NOTIFICATION-PRESS RELEASE INFORMATION

NEWSPAPERS

CHICAGO SUN-TIMES
401 N. Wabash Ave.
Chicago, IL 60611
Phone (312) 321-3000

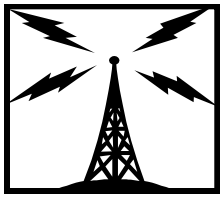
CHICAGO TRIBUNE
435 N. Michigan Ave.
Chicago, Illinois 60611
Phone (312) 222-3232

DAILY HERALD
PO Box 280
Arlington Heights, IL 60006
Phone (847) 427-4300

NORTHWEST HERALD
7717 N. Route 31
Crystal Lake, Illinois
60014
Phone (815) 459-4040

RADIO

STAR 105.5 FM Phone (815) 459-7000
WBBM-AM-780 Phone (312) 944-6000
WGN – AM 560 Phone (312) 222-4700



WGN-TV 9
2501 Bradley Place
Chicago, IL 60618
Phone: (773 528-2311

TELEVISION

WBBM – TV 2
630 N. McClurg Ct.
Chicago, IL 60611
Phone: (312) 944-6000

WLFD-TV 32
205 N. Michigan Ave.
Chicago, IL 60601
Phone: (312) 565-5532

WMAQ – TV 5 NBC Tower
454 N. Columbus Drive
Chicago, IL 60611
Phone: (312) 836–5555

WLSTV 7
190 N. State St.
Chicago, IL 60601
Phone: (312) 750-7777

CITY STATION FREQUENCY

Bloomington KZZ-65 162.525 MHZ
Cape Girardeau, MO KXI-93 162.550 MHZ
Champaign WXJ-76 162.550 MHZ
Chester KXI-42 162.450 MHZ
Chicago KWO-39 162.550 MHZ
Crescent City KXI-86 162.500 MHZ
Crystal Lake KXI-41 162.500 MHZ
DeKalb WNG-536 162.550 MHZ
Dixon KZZ-55 162.525 MHZ
Dubuque, IA WXL-64 162.400 MHZ
Edwardsport, IN WWG-82 162.425 MHZ
Evansville, IN KIG-76 162.550
Freeport KZZ-56 162.450 MHZ
Galesburg KZZ-66 162.400 MHZ
Hannibal, MO WXK-82 162.475 MHZ
Hillsboro KXI-79 162.425 MHZ
Jacksonville WXM-90 162.525 MHZ
Jerseyville KXI-70 162.450 MHZ
Kankakee KZZ-58 162.525
Lockport KZZ-81 162.425 MHZ
Macomb WXJ-92 162.500 MHZ
Maquoketa, IA KZZ-83 162.500 MHZ
Marion WXM-49 162.425 MHZ
Mayfield, KY KIH-46 162.475 MHZ
McLeansboro KXI-52 162.400 MHZ
Medill, MO WXL-99 162.450 MHZ
Newton KXI-48 162.450 MHZ
Odell WXK-24 162.450 MHZ
Paris KXI-47 162.525 MHZ
Peoria WXJ-71 162.475 MHZ
MHZPlano KXI-58 162.400 MHZ
Princeton WXL-22 162.425 MHZ
Putnamville, IN WXK-72 162.400 MHZ
Racine, WI KZZ-76 162.450 MHZ
Rock Island (Moline) WXJ-73 162.550 MHZ
Rockford KZZ-57 162.475 MHZ
Salem KXI-49 162.475 MHZ
MHZShelbyville KXI-46 162.500 MHZ
Springfield WXJ-75 162.400 MHZ
St. Louis, MO KDO-89 162.550 MHZ

Developed in cooperation with the National Weather Service Forecast Offices in Lincoln and Romeoville, Illinois, and the American Red Cross

IMPORTANT CONTACT INFORMATION





Fire Department/Ambulance	EMERGENCY NUMBER - 911
Fire Department Non-Emergency	(815) 356-3640
Police Department	EMERGENCY NUMBER - 911
Police Department Non-Emergency	(815) 356-3620
Hospital	_____
Family Doctor	_____
Red Cross	_____
Emergency Management	_____
Telephone Company	_____
Electric Company	_____
Water Company	_____
Weather Information	_____
Relatives Emergency Contact	_____
	_____
Out-of-Town Emergency Contact	_____
	_____
	_____
Other Important Numbers	_____
	_____
	_____

EMERGENCY PREPAREDNESS GUIDE - EMERGENCY NUMBERS

During a real emergency, DO NOT Call 911 or the City's non-emergency numbers unless you need emergency assistance. These lines need to be kept available to handle calls that involve threats to life, health and property.
For life threatening emergencies, all media will be notified to request that warning or instruction messages be printed or broadcast to the public.

- Call 911 if someone is hurt or in an accident.
- Call 911 if someone is acting suspiciously, stealing or breaking into a house or building.
- Call 911 if you smell smoke or see fire or see people hurting each other.
- Call 911 if you believe emergency assistance may be needed but are not sure. Describe the situation.
- If you call 911 by accident, do not hang up the phone. Explain what happened, tell the dispatcher that you called by accident.

When you call 911, tell the dispatcher what is wrong. Tell them your name, address, phone number and where you are calling from. Do not hang up the phone until they tell you that you should. They may need to ask you more questions about your emergency situation.

CRYSTAL LAKE FIRE RESCUE DEPARTMENT
100 W. Woodstock Street
Crystal Lake, IL 60014
Phone (815) 356-3640
Fax (815) 477-2568
www.crystallake.org/departments/fire-rescue

CRYSTAL LAKE POLICE DEPARTMENT
100 W. Woodstock Street
Crystal Lake, IL 60014
Phone (815) 356-3620
Fax (815) 477-4732
www.crystallake.org/departments/police



AMERICAN ASSOC OF POISON CONTROL CENTERS
(800) 222-1222
www.aapcc.org

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Phone (877) 696-6775
www.hhs.gov

ILLINOIS DEPARTMENT OF PUBLIC HEALTH
Phone (217) 782-4977
www.idph.state.il.us

MCHENRY COUNTY DEPARTMENT OF HEALTH
Phone (815) 334-4510
www.mcdh.info

CENTERS FOR DISEASE CONTROL
Phone (800) 311-3435
www.cdc.gov

FEDERAL EMERGENCY MANAGEMENT AGENCY
Phone (202) 646-4600
www.fema.gov

RED CROSS
Phone (800) 733-2767
www.redcross.org

MCHENRY COUNTY SHERIFF'S OFFICE
Phone (815) 338-2141
www.mchenrysheriff.org

Some of the information in this brochure was obtained from The Federal Emergency Management Agency's Community and Family Preparedness Program, the American Red Cross Community Disaster Education Program and other government agencies. Other preparedness materials are available by calling FEMA at 1-800-480-2520 or writing: FEMA, P.O. Box 2012, Jessup, MD 20794-2012. Publications are also available on online at www.fema.gov and www.redcross.org ask for: *Are You Ready?, Your Family Disaster Supplies Kit and Food & Water in an Emergency.*