

## Knolls Estates Safety Committee: Disaster Preparedness-Peggy Schuab

Disasters can happen anytime and Peggy suggests having an emergency backpack that can be used for traveling with essentials such as TP, blanket, bottle water, Band-Aids, whistle and flares just to mention a few. The real disaster is if you have not taken the opportunity to learn how to be prepared. If a disastrous event overwhelms or delays the community's professional response, CERT members can assist others by applying the basic response techniques and organizational skills they learned during training. These skills can help save and sustain lives. Become a CERT member and learn how to help yourself, your family, your neighbors and your community. There was not one but it might be a good reminder to check disaster supplies and water (1 gallon per person per day) FYI 1/8 tsp of bleach will sanitize 1 gallon of water. Fire danger is always a focus. Most Important, a reminder to check on your neighbors. 2022 Summer & Extreme Heat safety and National Lightning safety awareness.

### HOT WEATHER SAFETY:

Drink plenty of water, watch for heat related illness, wear light clothing, stay inside, when possible, avoid strenuous activity, take breaks in the shade.

HEAT EXHAUSTION VS HEAT STROKE: HEAT EXHAUSTION, Faint or dizzy, excessive sweating, rapid, weak pulse, nausea or vomiting, cool, pale, clammy skin and muscle cramps. Help the person get to a cooler, air-conditioned place. Encourage them to drink water if they're fully conscious. HEAT STROKE, Throbbing headache, confused, may lose consciousness, rapid, strong pulse, nausea or vomiting, body temperature above 103, red, hot skin. CALL 911. Get the person cool rapidly by laying them in cool water or dousing them with it.

BE READY. BE SET. GO NOW. Know evacuation levels and follow advice of emergency officials.

LEVEL 1, Be Ready, prepare to evacuate.

LEVEL 2, BE SET, be set to evacuate at a moment's notice.

LEVEL 3, GO NOW, Leave Immediately, extreme danger in the area.

### Fall & Winter Survival.

Let's all be prepared if a Winter storm hits Sutherlin again. Let's make such a storm just a minor inconvenience instead of a Snowmageddon. Remember a few tips that most of us, me included, didn't think about before:

Water consumption is just as important in a very cold environment as it is during a heat wave. If you don't take in enough water, especially if you are a senior, hypothermia can get you easier than if you are well hydrated.

Better to wear a combination of a thermal shirt, sweater, insulated vest and a windbreaker than wearing one heavy coat. This is especially true if you must work outdoors in a very cold environment. You must be able to regulate your body temperature!

Sweat heavily and physics is not your friend in cold conditions. If you are in cold, dry, conditions then your sweat will do its job as it evaporates, thus often carrying away too much heat from your body. In cold, wet, conditions the sweat will just contribute to the sensed cold and facilitate the loss of body heat.

Beware of relying on drinking hot liquids before going out into a very cold environment as your body will have "decided"—for a short time—that there is no need to conserve heat. Just make sure that you are properly clothed before going out, that is all.

Sure, we've all heard that you should increase your spacing from the car in front of you in cold winter conditions. In my experience, triple that spacing because, black ice and the guy ahead of you doesn't know how to drive in snowy/icy conditions. Also, in re-driving: if you hit black ice you will hear and feel it if it is a significant stretch. Release the accelerator (let the wheels slow down and grip) and if you skid, turn the wheel in the direction the rear end is drifting. Natural deceleration is your friend. Brakes are your enemy on black ice.

### COLD WEATHER SAFETY TIPS:

When you are outside, frostbite and hypothermia are possible so you need to protect yourself. 1. Wear layers of loose-fitting, lightweight, warm clothing. 2. Wear a hat. Try to stay dry and out of the wind. 3. Cover your mouth to protect your lungs from extreme cold. 4. Mittens, snug at the wrist, are better than gloves.

Ice Safety Please visit this informative link <https://www.dnr.state.mn.us/safety/ice/thickness.html>

To keep pipes from freezing on an outside wall: 1. Let hot and cold-water trickle or drip at night from a faucet. 2. Open cabinet doors to allow more heat to get to un-insulated pipes under a sink or near an outer wall. 3. Make sure heat is left on and set no lower than 55 degrees. 4. If you plan to be away: (1) Have someone check your house daily to make sure the heat is still on to prevent freezing, or (2) drain and shut off the water system (except indoor

sprinkler systems). **If Pipes Freeze:** 1. Make sure you and your family know how to shut off the water, in case pipes burst. 2. NEVER try to thaw a pipe with an open flame or torch. Use a hair dryer instead. 3. Always be careful of the potential for electric shock in and around standing water.

**Carbon monoxide poisoning** is a silent, deadly killer claiming about 1,000 lives each year in the United States. 1. Install a carbon monoxide detector. 2. NEVER run generators indoors. 3. Open a window slightly when using a kerosene heater and follow the manufacturer's instructions. 4. NEVER use a gas oven to heat your home. 5. If your heat goes out, you can keep warm indoors by closing off rooms you do not need, dressing in layers of lightweight clothing, and wearing a cap. **Wood-burning stoves, fireplaces and heaters:** 1. Always keep a screen around an open flame. 2. NEVER use gasoline to start your fireplace. 3. NEVER burn charcoal indoors. Do not close the damper when ashes are hot. 5. Use only safe sources of alternative heat such as a fireplace, small well-vented wood or coal stove or portable space heaters. Always follow manufacturer's instructions. **Animal and Pet Safety:** 1. Bring pets inside 2. Provide shelter and fresh water 3. Keep salt away from paws. **Vehicle Preparation:** 1. Check your battery 2. Check your fluids (coolant, wiper fluid, oil, etc) 3. Check your tires 4. Have jumper cables 5. Pack a blanket.

**For More information please see:** <https://www.weather.gov/safety/cold-wind-chill-chart>  
<http://www.ready.gov/winter-weather> <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/winterstorm.htm>

**Other Disaster Preparation Information:** Greetings to all, providing you each with some recent news about disaster prep. I am sharing this information with the awareness of the board. As recent events (snowmagedden); pandemic; (fire) have made us all aware of the probability of such disasters, I wish to share with all of you how we can all be prepared in the event of another one. The City of Sutherlin has a disaster coordinator as part of the city staff who is in charge of providing a plan for such disasters and helping to improve knowledge and create neighborhood support. The City coordinator is Dennis Riggs, located in city hall on a part time (and may I add volunteer) basis and can be contacted thru his work phone (541) 459-3387. To close let me ask some questions. Do you know your neighbors well? By well I mean do you know any skills they may possess to help other neighbors such as medical, electrical skills. Do any of them have ham radios or generators? Do you know how to reach them in case of such an emergency? What about your neighbors who are shut in with perhaps health or mobility issues? You can learn the answers to these questions and more by contacting Dennis Riggs, 541-459-3387, Respectfully, Peggy Schaub. Knolls Estates Disaster coordinator.