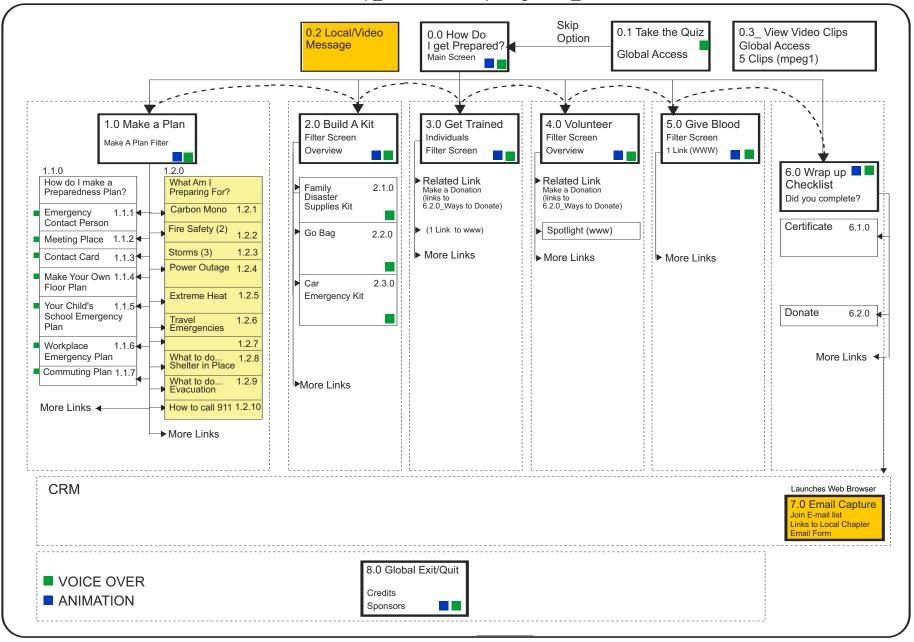


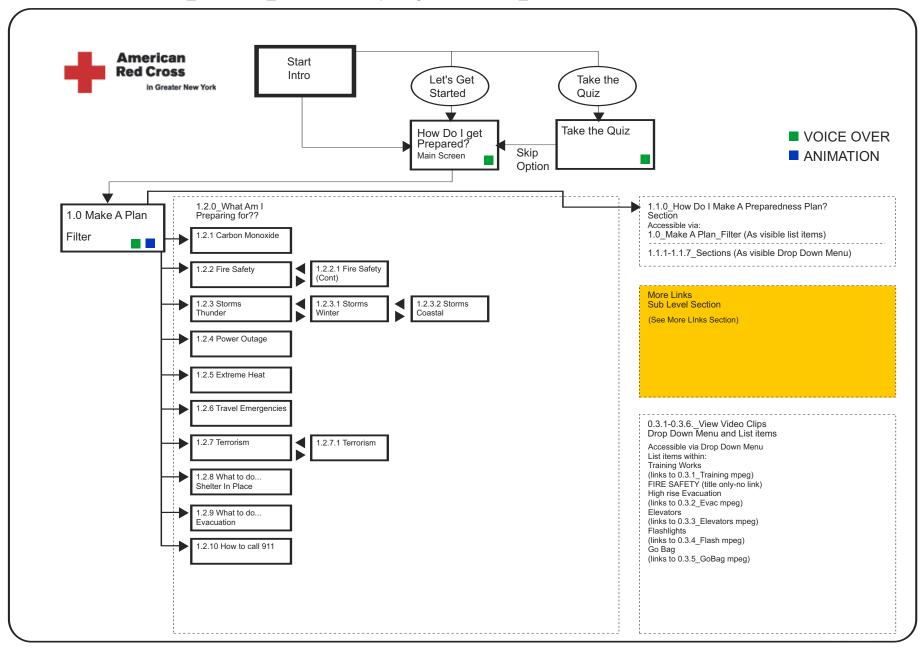
Indicates Optional template areas for local chapter to make changes or additions.

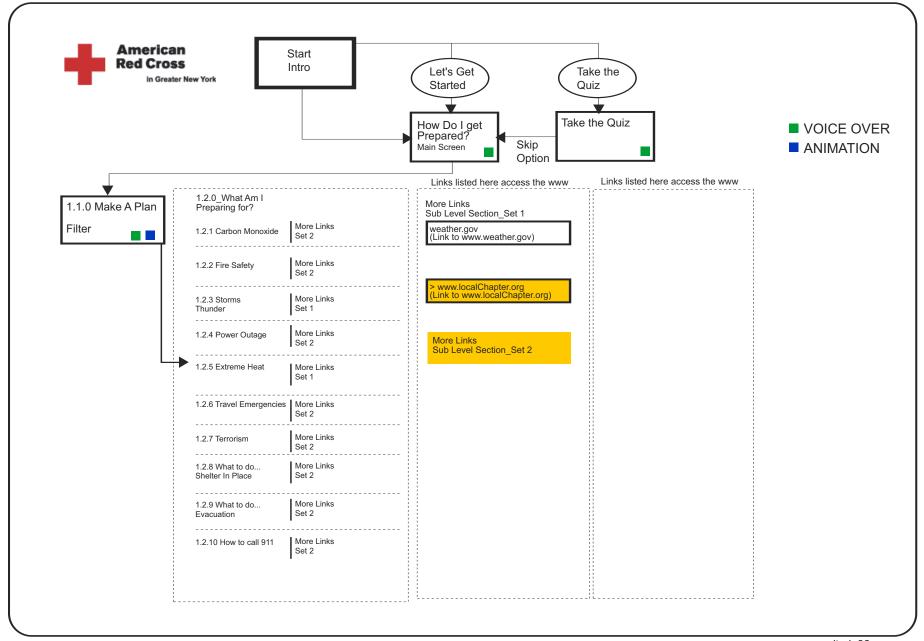
CD Generic
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1.2.0 Make A Plan
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Animation Character

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Carbon Monoxide

Carbon Monoxide is a colorless, odorless, tasteless gas that can be lethal. Any fuel-burning items in your home (e.g., furnaces, boilers, hot water heaters, etc.) or your car can produce it. Symptoms of carbon monoxide poisoning are flu-like and can include headache, dizziness, fatigue and vomiting.

Important tips:

- Install carbon monoxide detectors in your home.
- If an alarm goes off, open windows, get everyone out, and call for help.
- Never use a gas oven for heating.
- Never leave a car running in a garage.
- Never burn charcoal indoors or in a garage.

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Fire Safety

- Never ignore a fire alarm or smoke detector.
- Call 911 from a safe place.
- If your clothes catch on fire, STOP where you are, DROP and ROLL.
- If you live in a high-rise apartment and the fire is not in your apartment, stay where you are rather than enter a smoke-filled hallway.
- In high-rise office buildings, evacuate only if the fire is on your floor or the one above. Then, go down two floors below the fire floor. Others should remain on their floors and listen for instructions.
- Feel doors with the back of your hand before opening. If a door is hot, do not open it.
- Close doors behind you as you exit a fire.
- When exiting during a fire, STAY LOW AND GO, since smoke and heat rise.
- Do not use the elevator.
- If you are unable to get out, stay near a window and close to the floor. Stuff towels along cracks of doors to avoid smoke. Signal for help, if possible, by waving a cloth or sheet outside the window.

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Fire Safety (Part 2)

- Participate in fire drills.
- Have working smoke detectors in your house. Check batteries twice a year at daylight savings time.
- Have working ABC fire extinguishers through the house
- Remember P.A.S.S. to operate.
 - P = Pull the pin.
 - A = Aim the fire extinguisher at the base of the flame,
 - S = Squeeze trigger while holding extinguisher upright,
 - S = Sweep the extinguisher from side to side covering the area of the fire...
 - Know locations of fire alarms and exits in all your environments. Count the number of doors between your apartment or hotel room and the exit stairs. This provides a geographical reference when navigating a smoke-filled hallway.

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Thunderstorms

- Keep an eye on the sky, look for darkening skies, flashes of light.
- If you can hear thunder, you are close enough to be hit by lightning.
- Find safe shelter in a building or car, keep car windows closed.
- If you are outside go to a low-lying open place away from trees, poles, or metal objects.
- Be a small target: squat low to the ground, put your hands on your knees with your head between your legs.
- Do not lie flat on the ground.
- Avoid handling metal, electrical equipment, water faucets and sinks.
- In a flash flood, seek high ground.
- Never drive through flood waters.
- Never touch or go near downed power lines, even if you think they are safe.
- Bring loose objects, such as patio furniture or garbage cans, indoors.

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Winter Storms

Winter weather can involve heavy snow, ice and dangerous wind chills.

- The following tips can help keep your family safe:
- Wear warm layers of clothing and cover your mouth to protect your lungs.
- Shovel snow in small amounts over a small amount of time, avoid over exertion.
- Electric heater should be used with caution and never use a gas oven to heat the house.
- Learn snow plans for work and school.

Car Safety

- Make sure your cars are prepared for winter weather. Check battery, fluid levels, etc.
- Make sure you clear snow from the tailpipe before you start your car to avoid carbon monoxide poisoning.
- If you must drive make sure friends and family know your route. Carry
 a disaster supply kit. If you get stuck, stay with your car and tie a brightly colored
 cloth to the antenna (preferably red).
- If stranded, run the heater for no more than ten minutes every hour.

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Coastal Storms

Coastal storms can cause severe damage and hazardous conditions in the City, especially in low-lying areas where flooding is more likely to occur. If you live within

10 blocks of a coastal area, it is more likely that you will be directed to evacuate before a severe coastal storm or hurricane.

- Pay attention to local weather forecasts and bulletins issued by the National Weather Service.
- Access www.localchapter.org or call 1800-local chapter number for up-to-date information during storms.
- To find out if you live in a hurricane evacuation zone, log on to (local Hurricane link(s) if applicable)

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Power Outage

- Call your power provider.
- Stay indoors if possible. Never touch or go near power lines, even if you think they are safe.
- Keep the refrigerator and freezer doors closed. An unopened refrigerator will keep foods cold enough for several hours, at least. A half-full freezer will hold for 24 hours, and a full freezer for 48 hours.
- Keep one, regular old-fashioned telephone with a cord available. This is a phone that does not require an electrical outlet.

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Extreme Heat

During the summer months, New Yorkers are especially vulnerable to the hazards created by hot weather. Heat waves are particularly dangerous for children and people with special needs. Check on your neighbors and offer them assistance.

- Follow these steps to stay cool:
 - Never leave children, pets, or those who require special care in a parked car during times of intense heat, even if the windows are open.
 - Stay out of the sun. When in the sun, wear sunscreen (at least SPF 15).
 - Wear lightweight, light-colored, loose-fitting clothing that covers as much skin as possible, to prevent sunburn.
 - Give your body a chance to adjust to extreme temperature changes.
 - Drink non-alcoholic, non-caffeinated liquids.
 - Use shades or awnings.
 - Consider going to public pools and air-conditioned stores and malls.

For a listing of cooling centers in air-conditioned public facilities that offer people relief from the heat, call local information number if applicable or log on to www.localchapter.org to find your local cooling center.

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Travel Emergencies

Subway/Bus

- When boarding a bus or train, locate exits and emergency alarms and instructions.
- Keep a small flashlight with you.
- Report suspicious activity to transit officials or police.
- Never exit a subway train onto the tracks unless directed to do so by the train crew or emergency response personnel. While being escorted by emergency response personnel, be careful to avoid the larger third rail, which carries a dangerous electrical current.
- Think before you pull the emergency cord. Stopping the train between stations could delay emergency assistance.

Car

- Carry a map with you and learn alternative routes.
- Keep critical emergency supplies in your car.
- If you have any emergency, pull completely off the road and call for help.
- Do not drive through flood waters.
- Keep your car radio tuned to a local news station.

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Terrorism

Everything you're learning in this interactive CD -- including how to evacuate, what to do if you have to stay where you are, how to choose an emergency contact person and how to pick family meeting places-- will make you better prepared in case of a terrorist attack. Remember, you're only helpless if you don't know what to do.

■ Before you act, please:

Know the facts and think critically.

Confirm reports through reliable sources such as government announcements. Do not spread rumors.

It is also very important to remember these critical cautions:

Do not accept packages from strangers.

Do not leave luggage or bags unattended in public areas, and report any unattended bags to Local information number if applicable.

Please review what to do in case of radiation exposure, hazardous materials or chemical spills, and biological and medical emergencies on the following screen.

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Other Hazards

Keep in mind that accidents can sometimes appear to be terrorist events and viceversa. Your response should be similar in either case. Radiation Exposure

- Small amounts of radiation, such as from X-rays, are considered safe. In the unlikely event New York becomes exposed to unsafe levels of radiation:
 - Authorities may call for an evacuation of people close to the release site.
 - Stay inside until you are alerted that the threat has passed.
- You may be advised to seal windows and turn off ventilation.
- Remember, radioactive materials become less active over time.
- Hazardous Materials or Chemical Spills

In the event of a major spill:

- Listen to emergency authorities and follow their instructions.
- Try to avoid the contaminated area and stay upwind of the material.
- If exposed, remove outer layer of clothes, separate yourself from them, and wash yourself.

Get medical attention as soon as possible, if needed.

For more information:

Poison Control Hotline at (Local Chapter Hore)

- Disease Outbreaks and Biological Events
 - In the event of an outbreak, emergency personnel may direct you to a treatment location.

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(Links to 1.2.7.1_Terrorism)

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If you are instructed to stay where you are or Sheltering In Placer

When evacuation to shelters is neither appropriate nor possible, you may be asked to stay where you are. Sheltering in place is an effective way to protect yourself in many emergencies involving contaminated air. However, you should only do so if directed by emergency officials.

1. Make a Plan | 2. Build a Kit | 3. Get Trained | 4. Volunteer | 5. Give Blood

- Tips for Sheltering in Place:
 - Identify a room that has few doors or windows. Ideally choose a room that allows 10 square feet per person.
 - Stay above ground, chemicals are heavy and seep down.
 - If instructed, seal all doors and windows.
 - Turn off ventilation systems.
 - Keep your phone line open for emergency calls.
 - Listen to local radio or television for emergency information and updates.
 - Make use of your emergency supply kit.

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Terrorism

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What to do...Shelter in Place (link to 1.2.8_Shelter)

What to do...Evacuation (link to 1.2.9 Evac)

How to call 911 (link to 1.2.10 Call911)

> Exit

(link to 8.0_Global Exit/Credits

1. Make a Plan | 2. Build a Kit | 3. Get Trained | 4. Volunteer | 5. Give Blood

If you are instructed to evacuate

Evacuate immediately if you smell gas, smoke, see fire, or if you are in immediate danger. You should also evacuate when you are instructed to do so by an emergency official.

When you leave:

- Lock your home. Don't turn off utilities unless told to do so.
- Wear protective clothing: long pants, long sleeved shirts, and comfortable sturdy shoes.
- Bring your Go Bag (see Build a Kit).
- Call your emergency contact person.
- Proceed to chosen meeting place or nearest shelter.
- Remember, shelters only allow service animals.

Optional partnership/logo

Preparedness Check List

Take the Quiz

Video Clips (Drop Menu)

More Links

> www.generic Link 1 (Generic Link)

> www.generic Link 2 (Generic Link)

> www.generic Link 3 (Generic Link)

For information about the (Local Chapter Here), > www.localchapter.org

> Home (link to 0.0_How Di I Get Prepared?)

How Do I Make a Preparedness Planr?

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What Am I Preparing For?

Carbon Monoxide (link to 1.2.1 Carbon Mono)

Fire Safety (link to 1.2.2_fire Safety)

Storms (link to 1.2.3 Storms)

Power Outage (link to 1.2.4_Power)

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Travel Emergencies (link to 1.2.6_Trav Emerg)

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What to do...Shelter in Place (link to 1.2.8_Shelter)

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> Exit

(link to 8.0_Global Exit/Credits

1. Make a Plan | 2. Build a Kit | 3. Get Trained | 4. Volunteer | 5. Give Blood

How to call 911

If someone is in a life-threatening situation or is unconscious, call 911 right away

- When you call 911 be prepared to say:
 - Your name
 - The phone number from which you are calling
 - Why you are calling-what has happened
 - Your exact location (including intersections, landmarks, building name or apartment number)
 - How many people have been injured and their condition
 - What first aid help is being given

Do not hang up until the dispatcher tells you to

Call (Ceneric Local Chapter Number) for non-emergency services or information about government programs.

Optional partnership/logo

Preparedness Check List

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