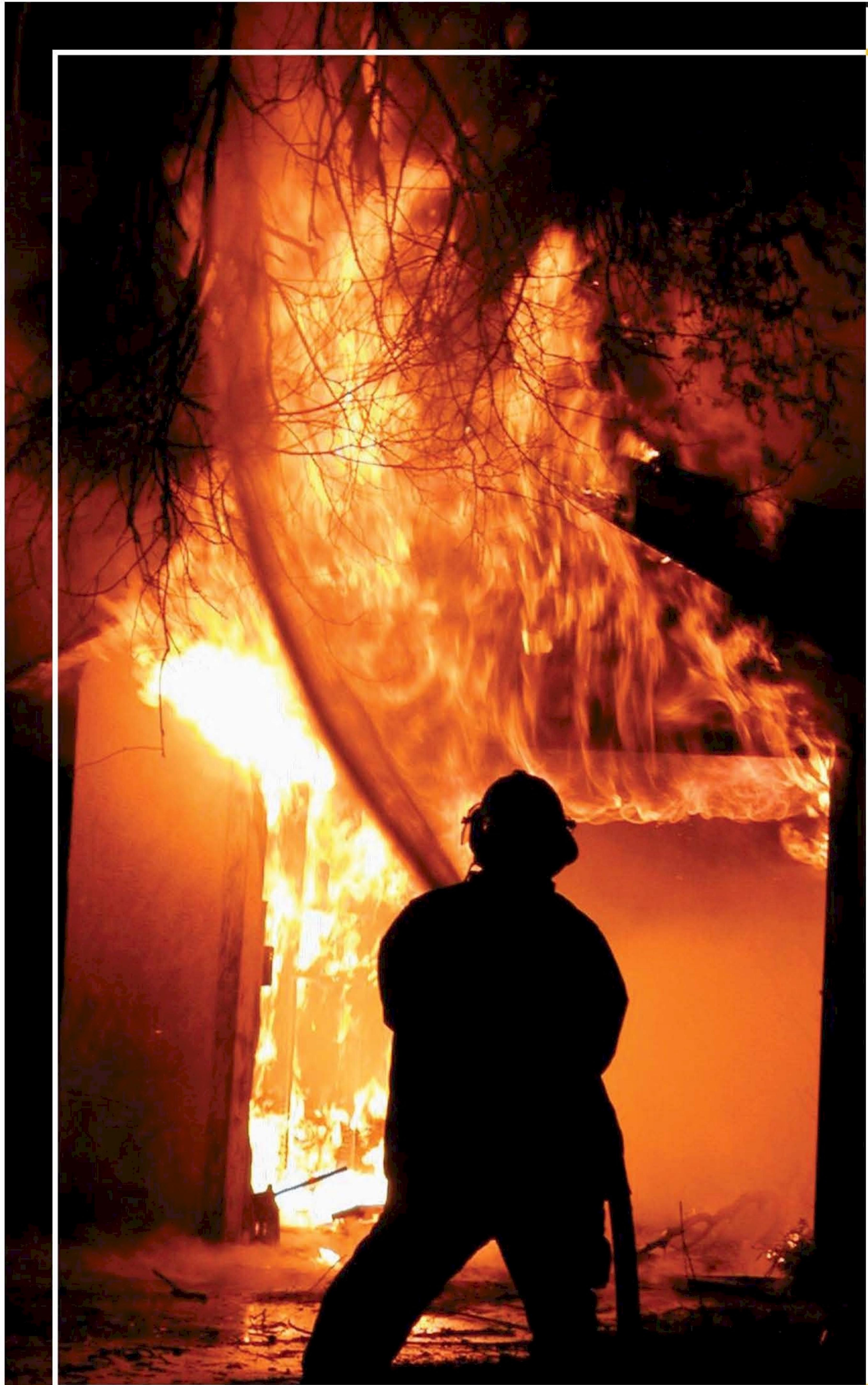




Disaster Strikes Home

**Teller County's
Guide for
Community Preparedness**

**IMPORTANT PHONE NUMBERS**

Dial 9-1-1

NON-EMERGENCY NUMBERS

Teller County	689-9652
Cripple Creek	689-6297
Woodland Park	687-9262
Victor	689-0745
Office of Emergency Management	686-7990
North East Teller County Fire District	687-1866
Divide Fire Protection Service District	687-8773
Cripple Creek Emergency Services	689-0240
Florissant Fire Rescue	689-2745
Four Mile Emergency Services	689-3417
Mountain Communities Volunteer Fire Department - Florissant	687-2766
Mountain Communities Volunteer Fire Department - Woodland Park	687-1389
South West Teller County Emergency Medical Service	689-2494
Ute Pass Regional Emergency Medical Services	687-2291
Pikes Peak Regional Hospital	687-9999
Langstaff-Brown Urgent Care Center	686-0551
Penrose Urgent Care Cripple Creek	776-4300
Prospect Home Care & Hospice	687-0549
Cripple Creek Wellness Center	689-2931
Teller County Administration	689-2988
Teller County Public Health	687-6416
Department of Social Services	687-3335
Road and Bridge	687-8812
Colorado State Forest Service	687-2921
Bureau of Land Management	269-8500
State Parks	227-5200
IREA	687-9277
Black Hills Energy 888-890-5554	
Woodland Park School District RE-2	687-6048
Woodland Park High School	686-2067
Woodland Park Middle School	686-2200
Columbine Elementary	686-2300
Gateway Elementary	687-9241
Summit Elementary	686-2401
Cripple Creek-Victor School District RE-1	689-2685
Cresson Elementary	689-9230

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Cover photos:

Tambako the Jaguar
via Flickr, Rick Perkins ... Photo, this page: Pinellas County Coalition for the Homeless

Dedication & Thanks

Dedicated, in humble gratitude, to all Teller County Emergency First Responders, all departments and all agencies for your loyal support with financial contributions, photos and the ever-to-the-ready position to stand by our community and its residents. ...Thank You!

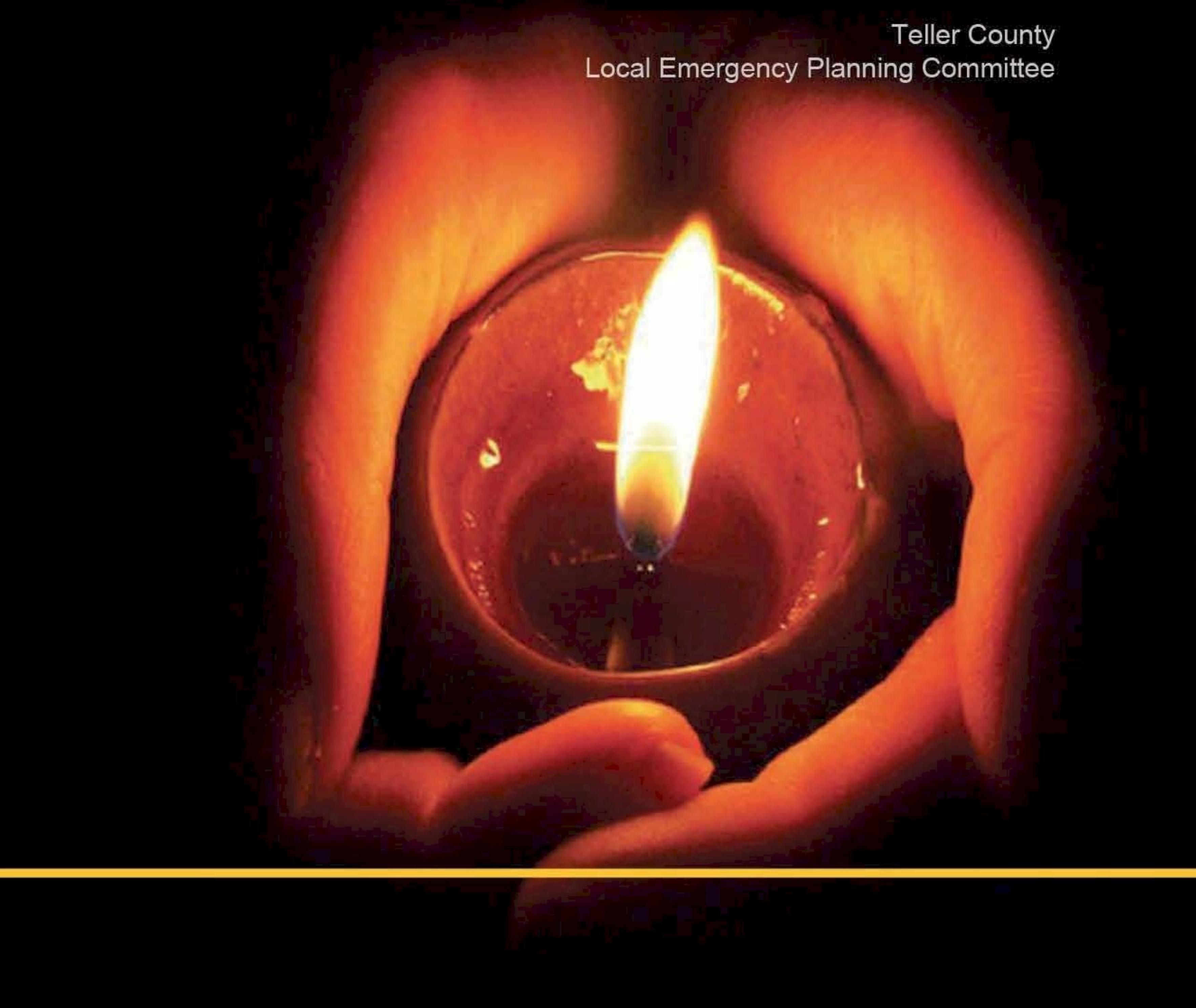
On behalf of the Local Emergency Planning Committee, Teller County, the 2009-2010 Communications Subcommittee is proud to present Disaster Strikes Home, Teller County's exclusive guide to community readiness. Altogether, our 2009-2010 team has created this guide with all-volunteer hours spread over an 18 month period: Henriette Gregorio, Production Lead, Communications Chair (guide concept, design, graphics, layout, 76 pages) Norma Engelberg, Local News Reporter (research, writing & compilation, 16 FEMA sections) Bill Stevenson, Teller County businessman, CERT Coordinator (co-sales \$15,000 & strategic wordsmithing) Judith "JJ" Jamison, CFP, Teller County businesswoman, Neighborhood Watch Coordinator (co-sales \$15,000 & title vision). Together, we are very proud to present this free educational primer, with specific Teller County focus, for the residents of our community. This milestone represents a tipping point for community readiness, collaboration, awareness and united effort toward potential disasters which may be experienced in this region of the State of Colorado.

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Thanks to Fittje Brothers Printing Company for generous accommodation & quality.

“When the light
goes out
you
are the most
resilient force
in a disaster”

Teller County
Local Emergency Planning Committee





READYColorado.com

tellercc.org

Fire Corps
supplements
first-responder fire
and rescue
professionals
with
critical support
functions



Community
Emergency
Response
Training
(CERT)
educates
and trains
citizens in
basic
disaster
preparedness



Volunteers
in Police
Service
(VIIPS)
works to
enhance the
capacity of
local law
enforcement



Neighborhood
Watch
promotes
community
awareness in
support of
health, safety,
and security



Local
Emergency
Planning
Committee
(LEPC)
provides a
forum for
agencies &
community
to work
together and
achieve local
solutions to
risk
management
issues



Medical
Reserve Corps
(MRC)
augments
public health
and medical
professionals
during surge
operations



BE ACTIVE BE INVOLVED

Citizen Corps Council promotes & supports community readiness
through volunteer programs



Teller County

A Call to Action from the

Board of Commissioners

Resolve to be Ready!

“Disaster Strikes Home” is exclusively designed for the safety & security of Teller County by providing:

- readiness tips
- emergency checklists
- threat advisories
- safeguard measures

Your Board of County Commissioners oversees complex and integrated plans to govern during any magnitude of emergency that might threaten Teller County population and property. The professional emergency response agencies included in our county’s safety and security strategy are featured in this guide. We urge all of you to implement the readiness measures that are detailed in the contents of this booklet.

The Mission of Teller County Government is to identify & deliver essential public services to promote a higher quality of life for its residents.

Planning & preparing now reduces the impact of disasters then. Have 72 hours of emergency supplies as well as:

- safety shelters
- evacuation routes
- back-up plans
- self reliance

For Official News & Alerts

visit

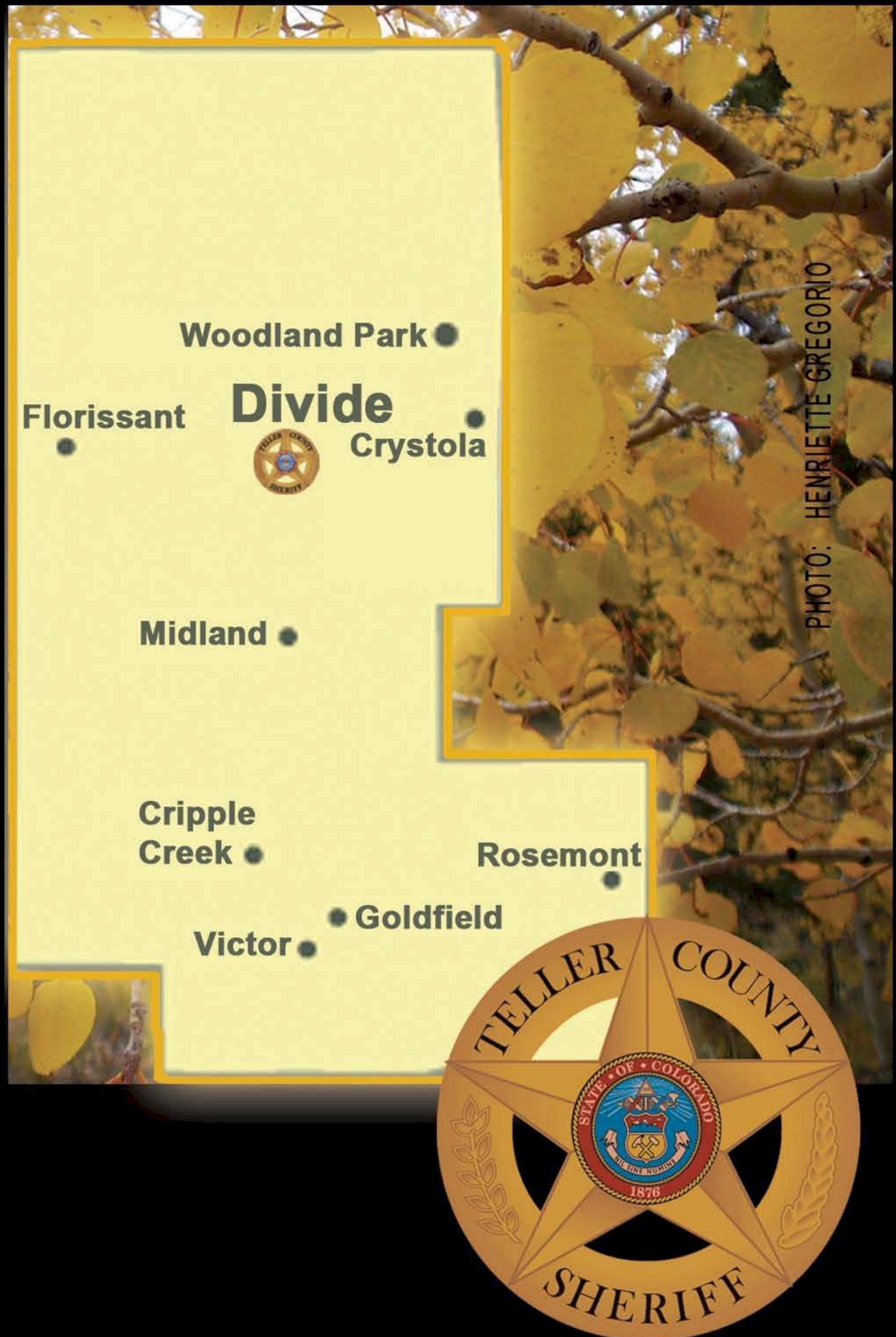
co.teller.co.us

Our best resources in a disaster are vigilant, prepared and resilient citizens.

WWW.
CO.TELLER.CO.US



TELLER COUNTY
EMERGENCY FIRST RESPONDERS'
EQUIPMENT



TELLER COUNTY SHERIFF

**11400 W. Hwy. 24
Divide, CO 80814
719-687-9652**

TO OUR TELLER COUNTY RESIDENTS

Homeland Security is very important to the Teller County Sheriff's Office. In order to be proactive in the area of emergency management, we must still continue to plan for any type of emergency, national or regional. In doing so, we continue to procure much needed equipment and training for the emergency first responders serving our great county.

Along with planning and coordinating, a cooperated effort to educate the residents was introduced. It is extremely important for the public to have adequate information in order for them to react and respond appropriately. This booklet is designed to bring you a better understanding of the emergency situations you may experience and how you can prepare yourself and your family.



TELLER COUNTY SHERIFF POSSE

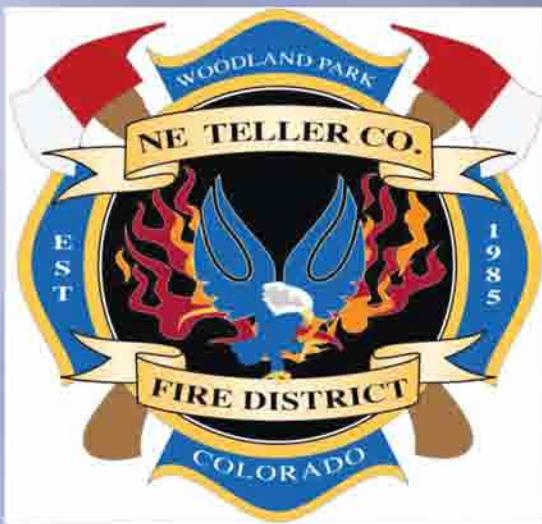
As stated in past issues of this emergency management guide, government alone cannot always manage every emergency situation or event during these changing times. Having a knowledgeable and self-reliant public who can make informed decisions will make emergency services response more effective if and when another major event affects our nation and community.

This guide will assist you in fulfilling your role in an emergency, as well as give you greater confidence in how to prepare for and be able to react and respond appropriately. Working together and partnering with an informed and prepared citizenry will make our community Stronger, Safer and more Secure.



TELLER COUNTY SHERIFF OFFICE

**Mike Ensminger
2011 to Present**



READY TO SERVE!

Northeast Teller County Fire Protection District is committed to providing you the highest quality customer service.

When life happens, we'll be there.

If you are interested in joining our team or just want more information, please visit us at Station 1, 1010 Evergreen Heights Drive in Woodland Park or at

www.netellerfire.org



BE AWARE AND PREPARE

Woody, brushy and grassy areas of the United States are especially prone to wildland fires. This is an accurate description of most of Teller County outside of a few areas that are primarily rock.

Listed here are several suggestions from Ready Colorado and FEMA that you can implement immediately to protect your home. Others need to be considered at the time of construction or remodeling. You should also contact your local fire department, forestry office, emergency management office or building department for information about local fire laws, building codes and protection measures. Obtain local building codes and weed abatement ordinances for structures built near wooded areas.

Protect Your Home

Find out what your fire risk is

- Learn about the history of wildfire in your area. Be aware of recent weather. A long period without rain increases the risk of wildfire. Consider having a professional inspect your property and offer recommendations for reducing the wildfire risk.

Determine your community's ability to respond to wildfire

- Are roads leading to your property clearly marked? Are the roads wide enough to allow firefighting equipment to get through? Is your house number visible from the roadside?

Learn safe fire practices

- Build fires away from nearby trees or bushes. Always have a way to extinguish fire quickly and completely. Install smoke detectors on every level of your home and near sleeping areas. Never leave a fire -- even a cigarette -- burning unattended.

- Avoid open burning completely, especially during dry the season.

Always be ready for an emergency evacuation

- Evacuation may be the only way to protect your family in a wildfire. Know where to go and what to bring with you. You should plan several escape routes in case roads are blocked by a wildfire.

Create Safety Zones

Reduce wildfire fuel

- All vegetation is fuel for a wildfire, though some trees and shrubs are more flammable than others. To reduce risk, you will need to modify or eliminate brush, trees and other vegetation near your home. The greater the distance between your home and the vegetation, the greater the protection.

Create a 30-foot safety zone

- Keep the volume of vegetation in this zone to a minimum. If you live on a hill, extend the zone on the downhill side. Fire spreads rapidly uphill. The steeper the slope, the more open space you will need to protect your home. Swimming pools and patios can be a safety zone and stone walls can act as heat shields and deflect flames.

- In this zone, you should also do the following:

- Remove vines from the walls of the house.
- Move shrubs & other landscaping away from the sides of the house.
- Prune branches and shrubs within 15 feet of the chimneys and stove pipes.



Photo: Divide Volunteer Fire Department

Hayman Fire, Teller County 2002

WILDFIRE

PROVIDING A
TIMELESS LEGACY
OF
SERVICE
&
COMMITMENT



florissantfire.com

- Remove tree limbs within 15 feet of the ground.

- Thin a 15-foot space between tree crowns.

- Replace highly flammable vegetation such as pine, eucalyptus, juniper and fir trees with lower growing, less flammable species. Check with your local fire department or garden store for suggestions.

- Replace vegetation that has living or dead branches from the ground-level up (these act as ladder fuels for the approaching fire).

- Cut the lawn often keeping the grass at a maximum of 2 inches. Watch grass and other vegetation near the driveway, a source of ignition from automobile exhaust systems.

- Clear the area of leaves, brush, evergreen cones, dead limbs and fallen trees.

Create a second zone at least 100 feet around the house

- This zone should begin about 30 feet from the house and extend to at least 100 feet. In this zone, reduce or replace as much of the most flammable vegetation as possible.

- If you live on a hill, you may need to extend the zone for several hundred feet to provide the desired level of safety.

- Clear all combustibles within 30 feet of any structure.

- Install electrical lines underground, if possible.

- Ask the power company to clear branches from power lines.

- Avoid using bark and wood chip mulch.

- Stack firewood 100 feet away and uphill from any structure.

- Store combustible or flammable materials in approved safety containers and keep them away from the house.

- Keep the gas grill and propane tank at



Photo: Divide Volunteer Fire Department

Four Corners Blowout June 18, Hayman Fire 2002

least 15 feet from any structure. Clear an area 15 feet around the grill. Place a 1/4 inch mesh screen over the grill. Always use the grill cautiously but refrain from using at all



during high-risk times.

Protect Structures

- Remove debris from under decks and porches. Any porch, balcony, or overhang with exposed space underneath is fuel for an approaching fire. Overhangs ignite easily by flying embers and by the heat and fire that get trapped underneath. If vegetation is allowed to grow underneath or if the space is used for storage, the hazard is increased significantly.

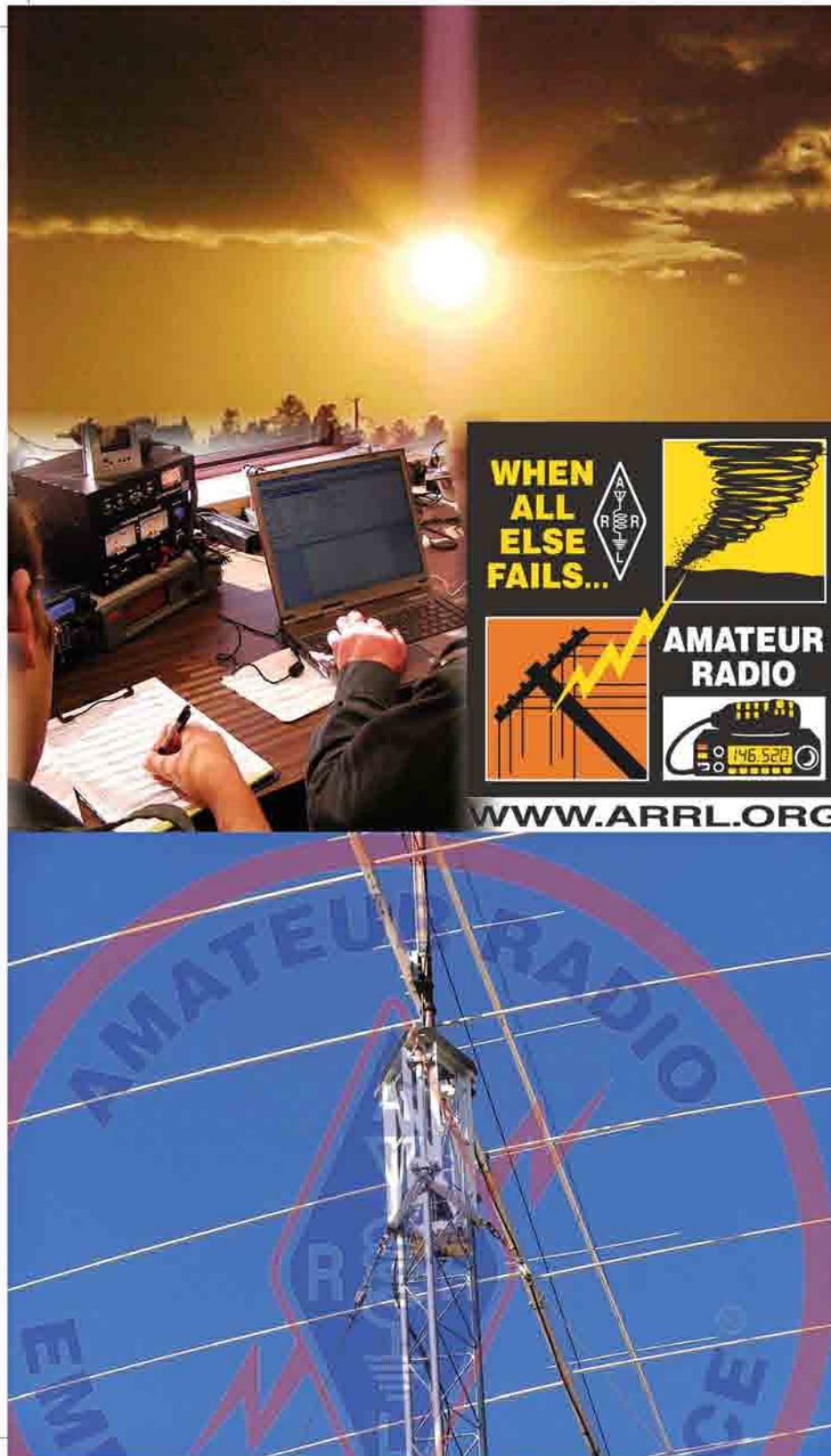
- Clear leaves, trash and other combustible materials away from and underneath decks and porches. Extend 1/2-inch mesh screen from all overhangs down to the ground.

- Enclose wooden stilts with non-combustible material such as concrete, brick, rock, stucco or metal. Use non-combustible patio furniture and covers. If you're planning a porch or sun deck, use non-combustible or fire-resistant materials.

- If possible, build the structure to the ground so that there is no space underneath.

- Enclose eaves and overhangs. Like porches and balconies, eaves trap the heat rising along the exterior siding. Enclose all eaves to reduce the hazard.

- Cover house vents with wire mesh. Any attic vent, soffit vent, louver or other opening can allow embers and flaming debris to enter a home and ignite it. Cover all openings with 1/4 inch or smaller corrosion-resistant wire mesh. If you're designing louvers, place them in the vertical wall rather than the soffit of the overhang. ||❖||



"When All Else Fails"

AMATEUR RADIO EMERGENCY COMMUNICATIONS

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- replacing damaged or destroyed commercial systems
- uniting agencies & locations that have no common connections

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service with 660,000 operators in America
licensed by the FCC.**

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UNPREDICTABLE

All thunderstorms are dangerous and produce lightning. In the United States, an average of 400 people are injured and around 60 people are killed each year by lightning. In Colorado, on average, three people are killed by lightning, and 16 are injured. Most lightning victims survive, but people struck by lightning often report a variety of long-term, debilitating symptoms.

Other associated dangers of thunderstorms include tornadoes, strong winds, hail, and flash flooding. Flash flooding is responsible for more fatalities - around 100 annually - than any other thunderstorm-associated hazard.

Dry thunderstorms that produce little rain that reaches the ground are most prevalent in the western United States. Lightning can still reach the ground and can start wildfires.

Facts about Thunderstorms

- They may occur singly, in clusters, or in lines.
- Some of the most severe occur when a single thunderstorm affects one location for an extended time.
- Thunderstorms typically produce heavy rain for a brief period, anywhere from 30 minutes to an hour.
- Warm, humid conditions are highly favorable for thunderstorm development.
- About 10 percent of thunderstorms are classified as severe - one that produces hail at least three-quarters of one inch in diameter, has winds of 58 miles per hour or higher, or produces a tornado.

Facts about Lightning

- Lightning's unpredictability increases the risk to individuals and property.
- Lightning can strike outside of heavy rain and may occur as far as 10 miles away from any rainfall.
- “Heat lightning” is actually lightning from a thunderstorm too far away for thunder to be heard. However, the storm may be moving in your direction!

- Most lightning deaths and injuries occur when people are caught outdoors in the summer months during the afternoon and evening.

- Your chances of being struck by lightning are estimated to be 1 in 600,000; this could be reduced even further by following safety precautions.

- Lightning strike victims carry no electrical charge and should be attended to immediately.

Know the Terms

Familiarize yourself with these terms to help identify a thunderstorm hazard:

- Severe Thunderstorm Watch** - Tells you when and where severe thunderstorms are possible. Watch the sky and stay tuned to NOAA Weather Radio, commercial radio, or television for information.



Photo: Mr. Fred Smith

Over Lake Okeechobee, Melbourne, Florida 1991

- Severe Thunderstorm Warning - Issued when severe weather has been reported or indicated by radar. Warnings indicate imminent danger to life or property to those in the path of the storm.

Take Proactive Measures

Before thunderstorms and lightning

To prepare for a thunderstorm, you should do the following:

- Remove dead or rotting trees and branches that could fall and cause injury or damage during a severe thunderstorm.
- If you hear thunder, go indoors or in a hard top vehicle.

be proactive

Thunderstorms

The following are guidelines for what you should do if a thunderstorm is likely in your area:

- Postpone outdoor activities.
- Get inside a home, building, or hard top automobile (not a convertible). Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.
- Remember, rubber-soled shoes and rubber tires provide NO protection from lightning. However, the steel frame of a hard-topped vehicle provides increased protection if you are not touching metal.
- Secure outdoor objects that could blow away or cause damage.
- Shutter windows and secure outside

doors. If shutters are not available, close window blinds, shades or curtains.

- Avoid showering or bathing. Plumbing and bathroom fixtures can conduct electricity.
- Use a corded telephone only for emergencies. Cordless and cellular telephones are safe to use.

- Unplug appliances and other electrical



Teller County 2008

items such as computers and turn off air conditioners. Power surges from lightning can cause serious damage.

- Use your battery-operated NOAA Weather Radio for updates from local officials.

Avoid the Following:

- Natural lightning rods such as a tall, isolated tree in an open area.
- Hilltops, open fields, above treeline, beach areas or a boat on the water.
- Isolated sheds or other small structures

in open areas.

- Anything metal—tractors, farm equipment, motorcycles, golf carts, golf clubs, umbrellas and bicycles.

During a Thunderstorm

In a forest

- Seek shelter in a low area under a thick growth of small trees.

In an open area

- Go to a low place such as a ravine or valley. Be alert for flash floods.

On open water

- Get to land and find shelter immediately.

Anywhere you feel your hair stand on end (which indicates that lightning is about to strike)

- Squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. Make yourself the smallest target possible and minimize your contact to the ground. DO NOT lie flat on the ground.

After a Thunderstorm

- Call 9-1-1 for medical assistance as soon as possible.

First aid for victims of lightning - The following are things you should check when you attempt to give aid to a victim of lightning:

- **Breathing** - if breathing has stopped, begin mouth-to-mouth resuscitation.

- **Heartbeat** - if the heart has stopped, administer CPR.

- **Pulse** - if the victim has a pulse and is breathing, look for other possible injuries.

- **Check for burns** where the lightning entered and left the body. Also be alert for nervous system damage, broken bones and loss of hearing and eyesight.

...a rotating funnel

Tornadoes are nature's most violent storms. Spawned from powerful thunderstorms, tornadoes can cause fatalities and devastate a neighborhood in seconds. A tornado appears as a rotating, funnel-shaped cloud that extends from a thunderstorm to the ground with whirling winds that can reach 300 miles per hour. Damage paths can be in excess of one mile wide and 50 miles long. Every state is at some risk from this hazard.

Some tornadoes are clearly visible, while rain or nearby low-hanging clouds obscure others. Occasionally, tornadoes develop so rapidly that little, if any, advance warning is possible.

Before a tornado hits, the wind may die down and the air may become very still. A cloud of debris can mark the location of a tornado even if a funnel is not visible. Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

Facts about Tornadoes

- They may strike quickly, with little or no warning.
- They may appear nearly transparent until dust and debris are picked up or a cloud forms in the funnel.
- The average tornado moves southwest to

northeast, but tornadoes have been known to move in any direction.

- The average forward speed of a tornado is 30 MPH, but may vary from stationary to



Photo: Debra McKenna
Sherwood Glen, Lake George August 18, 2009

70 MPH.

- Tornadoes can accompany tropical storms and hurricanes as they move onto land.
- Waterspouts are tornadoes that form over water.
- Tornadoes are most frequently reported east of the Rocky Mountains during spring and summer months.
- Peak tornado season in Colorado is May through August.
- Tornadoes are most likely to occur between 3 p.m. and 9 p.m., but can occur at any time.

Know the Terms

Familiarize yourself with these terms to help identify a tornado hazard:

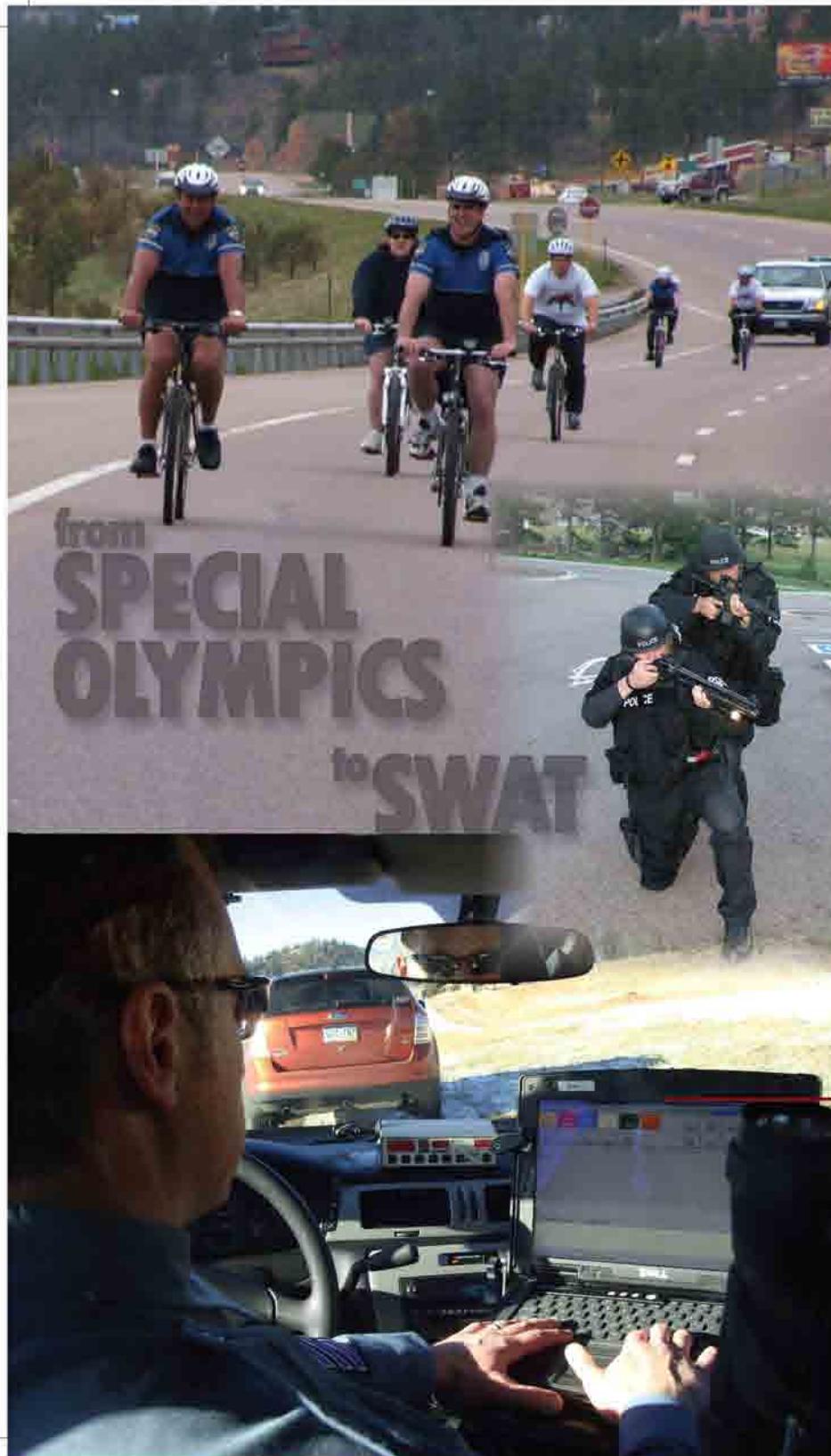
- **Tornado Watch** - Tornadoes are possible. Remain alert for approaching storms. Watch the sky and stay tuned to NOAA Weather Radio, commercial radio or television for information.
- **Tornado Warning** - A tornado has been sighted or indicated by weather radar. Take shelter immediately.

Take Protective Measures

Before a tornado

Be alert to changing weather conditions.

- Listen to NOAA Weather Radio or to commercial radio or television newscasts for the latest information.
- Look for approaching storms.
- Look for the following danger signs:
 - Dark, often greenish sky.
 - Large hail.
 - A large, dark, low-lying cloud (particularly if rotating).
 - Loud roar, similar to a freight train.



MISSION

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- Preserve peace
- Provide safety
- Prevent crime
- Protect rights
- Partner with justice agencies

● 911 Tamarac Parkway

P.O. Box 7255

Woodland Park, CO 80866

Non Emergency

Phone: 719.687.9262

WOODLAND PARK

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www.nixle.com

- If you see approaching storms or any of the danger signs, be prepared to take shelter immediately.

During a Tornado

If you are under a tornado WARNING, seek shelter immediately!

In a structure

(e.g. residence, small building, school, nursing home, hospital, factory, shopping center, high-rise building)

- Go to a pre-designated shelter area such as a safe room, basement, storm cellar, or the lowest building level. If there is no basement, go to the center of an interior room on the lowest level (closet, interior hallway) away from corners, windows, doors, and outside walls. Put as many walls as possible between you and the outside. Get under a sturdy table and use your arms to protect your head and neck. Do not open windows.

In a vehicle, trailer, or mobile home

- Get out immediately and go to the lowest floor of a sturdy, nearby building or a storm shelter. Mobile homes, even if tied down, offer little protection from tornadoes.

On the outside with no shelter

- Lie flat in a nearby ditch or depression and cover your head with your hands. Be aware of the potential for flooding.

- Do not get under an overpass or bridge. You are safer in a low, flat location.
- Never try to outrun a tornado in urban or congested areas in a car or truck. Instead, leave the vehicle immediately for safe shelter. If safe shelter is not close by...stay in your vehicle.
- Watch out for flying debris. Flying

debris from tornadoes causes most fatalities and injuries.

Preparing a Safe Room

Extreme windstorms in many parts of the country pose a serious threat to buildings and their occupants. Your residence may be built “to code,” but that does not mean it can withstand winds from such extreme events as tornadoes.

The purpose of a safe room or a wind shelter is to provide a space where you and your family can seek refuge that provides a high level of protection. You can build a safe room in one of several places in your home.

- Your basement.
- Atop a concrete slab-on-grade foundation or garage floor.
- An interior room on the first floor.

Safe rooms built below ground level provide the greatest protection, but a safe room built in a first-floor interior room also can provide the necessary protection. Below-ground safe rooms must be designed to avoid accumulating water during the heavy rains that often accompany severe windstorms.

To protect its occupants, a safe room must be built to withstand high winds and flying debris, even if the rest of the residence is severely damaged or destroyed. Consider the following when building a safe room:

- The safe room must be adequately anchored to resist overturning and uplift.
- The walls, ceiling and door of the shelter must withstand wind pressure and resist penetration by windborne objects and falling debris.
- The connections between all parts of the safe room must be strong enough to resist the

wind.

- Sections of either interior or exterior residence walls that are used as walls of the safe room, must be separated from the structure of the residence so that damage to the residence will not cause damage to the safe room.



After the damaging thunderstorm or tornado, see the section of this Guide titled “Recovering From Disaster.” ||❖||

Four Mile Emergency Services

is a community based nonprofit agency that has been serving area residents for more than 20 years. It relies on trained and certified volunteers from the community to provide expert emergency medical care and ambulance transport services. It does not receive tax monies and depends on donations, grants, fund raisers and patient billing to cover its substantial operating expenses.

Volunteer medics respond to 911 emergency calls. All emergency medics operate under the guidance of a Physician Advisor, within Standard Operating Procedures and Medical Protocols.

The primary service area for Four Mile ES is the Four Mile Fire Protection District. Mutual aid is provided to other agencies in neighboring areas.

Providing the sense of community is an integral component of the Four Mile Emergency Services experience. Events are planned for volunteers who serve with the medical team, auxiliary, board of directors, and firefighters.

Whether it be a summer barbecue, annual fall meeting, or holiday gathering, the Four Mile family welcomes, rewards and appreciates its volunteers.



Perhaps the most well attended community event is the annual Labor Day garage sale at Station 1 on Teller County Road 11, sponsored by the Four Mile Auxiliary. It's a great fundraiser but also offers all in the community an opportunity to recycle their unwanted items, snap up some great bargains and renew acquaintances over brats and nachos.

Four Mile Emergency Services has certified trainers that prepare volunteers for all levels of emergency medical service, from CPR skills, to beginner First Responders, to advanced Emergency Medical Technicians. No previous training or experience is required as courses are comprehensive.

Young persons looking for an entry into the medical field, retired persons willing to serve their community, medically trained folks willing to volunteer, and others of all ages and experiences are urged to give us a call.

Four Mile Emergency Services
8437 Teller Road 11, Florissant CO 80816
Station 719-689-2745 Fax 719-689-0283

TAKE PROTECTIVE MEASURES

Colorado is much more prone to extreme cold than it is to extreme heat, especially away from the plains. Heavy snowfall and extreme cold can immobilize an entire region. Even areas that normally experience mild winters can be hit with a major snowstorm or extreme cold. Winter storms can result in flooding, storm surge, closed highways, blocked roads, downed power lines and hypothermia.

Know the Terms

Familiarize yourself with these terms to help identify a winter storm hazard:

- **Freezing Rain** - Rain that freezes when it hits the ground, creating a coating of ice on roads, walkways, trees and power lines.

- **Sleet** - Rain that turns to ice pellets before reaching the ground. Sleet also causes moisture on roads to freeze and become slippery.

- **Winter Storm Watch** - A winter storm is possible in your area. Tune in to NOAA Weather Radio, commercial radio or television for more information.

- **Winter Storm Warning** - A winter storm is occurring or will soon occur in your area.

- **Blizzard Warning** - Sustained winds or frequent gusts to 35 miles per hour or greater and considerable amounts of falling or blowing snow (reducing visibility to less than a quarter mile) are expected to prevail for a period of three hours or longer.

- **Frost/Freeze Warning** - Below freezing temperatures are expected.

Take Protective Measures

Before Winter Storms and Extreme Cold

Include the following in your disaster supplies kit:

- Rock salt to melt ice on walkways.
- Sand to improve traction.
- Snow shovels and other snow removal equipment.
- Prepare for possible isolation in your home by having sufficient heating fuel; regular fuel sources may be cut off. For example, store a

good supply of dry, seasoned wood for your fireplace or wood-burning stove.

- Winterize your home to extend the life of your fuel supply by insulating walls and attics, caulking and weather-stripping doors and windows and installing storm windows or covering windows with plastic.

To winterize your car, attend to the following:

- Battery and ignition system should be in top condition and battery terminals clean.
- Ensure antifreeze levels are sufficient to avoid freezing.
- Ensure the heater and defroster work properly.
- Check and repair windshield wiper equipment; ensure proper washer fluid level.
- Ensure the thermostat works properly.
- Check lights and flashing hazard lights for serviceability.
- Check for leaks and crimped pipes in the exhaust system; repair



Photo: Norma Engelberg

Trout Creek, Teller County 2007

WINTER & EXTREME COLD STORMS

or replace as necessary. Carbon monoxide is deadly and usually gives no warning.

- Check breaks for wear and fluid levels.
- Check oil for level and weight. Heavier oils congeal more at low temperatures and do not lubricate as well.
- Consider snow tires, snow tires with studs or chains.
- Replace fuel and air filters. Keep water out of the system by using additives and maintaining a full tank of gas.

Dress for the Weather

- Wear several layers of loose fitting, lightweight, warm clothing rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent.
- Wear mittens, which are warmer than gloves.
- Wear a hat.
- Cover your mouth with a scarf to protect your lungs.

During a Winter Storm

The following are guidelines for what you should do during a winter storm or under conditions of extreme cold:

- Listen to your radio, television or NOAA Weather Radio for weather reports and emergency information.
- Eat regularly and drink ample fluids but avoid caffeine and alcohol.
- Avoid overexertion when shoveling snow. Overexertion can bring on a heart attack - a major cause of death in the winter. If you must shovel snow, stretch before going outside and push, don't lift.

• Watch for signs of frostbite. These include loss of feeling and white or pale appearance in extremities such as fingers, toes, ear lobes and the tip of the nose. If symptoms are detected, get medical help immediately.

• Watch for signs of hypothermia. These include uncontrollable shivering, memory loss, disorientation, incoherence, slurred

them at least three feet from flammable objects.

- Drive only if it is absolutely necessary. If you must drive, travel in the day, don't travel alone, keep others informed of your schedule and stay on main roads avoid back road shortcuts.

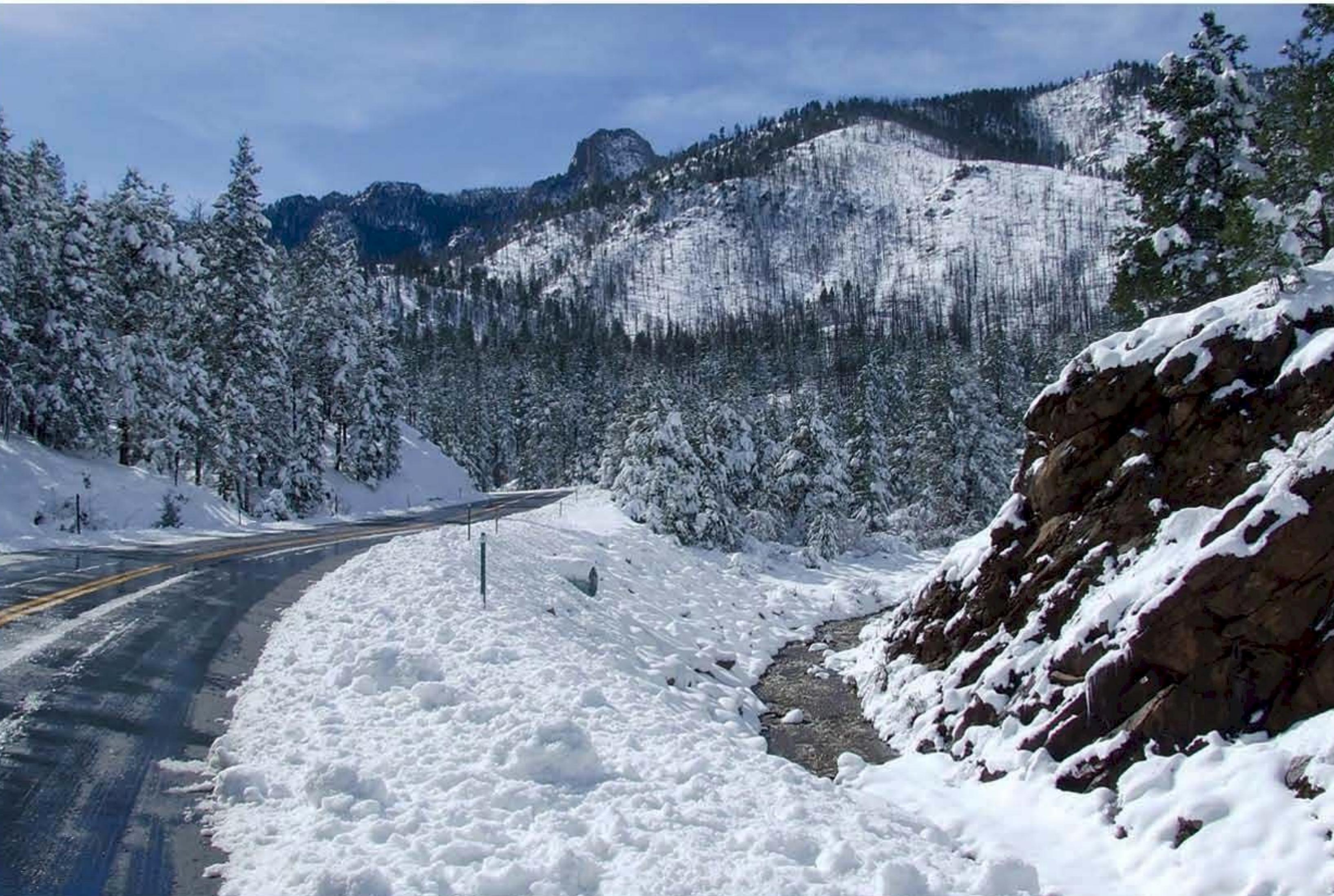
If a blizzard traps you in the car, keep these guidelines in mind:

- Pull off the highway. Turn on hazard lights and hang a distress flag from the radio antenna or window.
- Remain in your vehicle where rescuers are most likely to find you. Do not set out on foot unless you can see a building close by where you know you can take shelter. Be careful; distances are distorted by blowing snow. A building may seem close but be too far to walk to in deep snow.

• Run the engine and heater about 10 minutes each hour to keep warm. When the engine is running, open an upwind window slightly for ventilation. This will protect you from possible carbon monoxide poisoning. Periodically clear snow from the exhaust pipe.

- Exercise to maintain body heat but avoid overexertion. In extreme cold, use road maps, seat covers and floor mats for insulation. Huddle with passengers and use your coat for a blanket.

• Take turns sleeping. One person should be awake at all times to look for rescue crews.



CO 67, Teller County 2009

speech, drowsiness and apparent exhaustion. If symptoms of hypothermia are detected, get the victim to a warm location, remove wet clothing, warm the center of the body first and give warm, non-alcoholic beverages if the victim is conscious. Get medical help as soon as possible.

• Conserve fuel, if necessary, by keeping your residence cooler than normal. Temporarily close off heat to some rooms.

• Maintain ventilation when using kerosene heaters to avoid build-up of toxic fumes. Refuel kerosene heaters outside and keep



Woodland Park, Teller County, 2008

Photo: Norma Engelberg

- Drink fluids to avoid dehydration.
- Be careful not to waste battery power. Balance electrical energy needs - the use of lights, heat, and radio - with supply.
- Turn on the inside light at night so work crews or rescuers can see you.
- If stranded in a remote area, stomp large block letters in an open area spelling out HELP or SOS and line with rocks or tree limbs to attract the attention of rescue personnel who may be surveying the area by airplane. Leave the car and proceed on foot - if necessary - once the blizzard passes.

If necessary, see the section of this Guide titled "Recovering From Disaster."



For More Information

If you require more information about any of these topics, the following are resources that may be helpful.

Publications

National Weather Service

Winter Storms...The Deceptive Killers.

Brochure packed with useful information including winter storm facts, how to detect frostbite and hypothermia, what to do in a winter storm and how to be prepared.

Centers for Disease Control and Prevention

Extreme Cold: A Prevention Guide to Promote Your Personal Health and Safety.

An extensive document providing information about planning ahead for cold weather, safety both indoors and outdoors in cold weather and cold weather health conditions. ||❖||

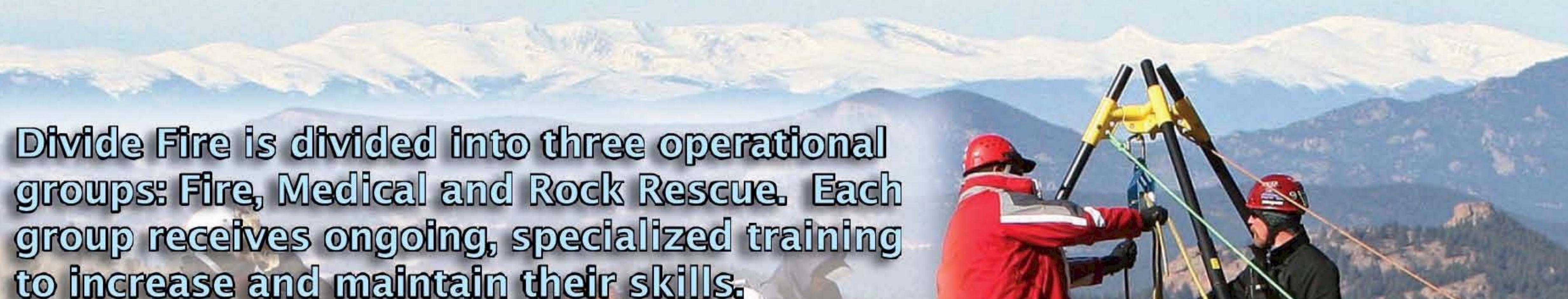


Divide Fire Protection District

Neighbors Helping Neighbors!

Divide Fire was founded in 1949 and provides fire, medical, and rescue services to residents and visitors in the Divide area. These services are provided on a completely volunteer basis by members of your community.

The district is currently served by two fire stations. The primary station is the Shoemaker Station, located at 103 Cedar Mountain Road. The Rainbow Valley Substation, added in 2004, is at 18602 Highway 67 South. The Shoemaker Station houses a state of the art training facility that is also utilized by other Teller County public safety agencies.



Divide Fire is divided into three operational groups: Fire, Medical and Rock Rescue. Each group receives ongoing, specialized training to increase and maintain their skills.

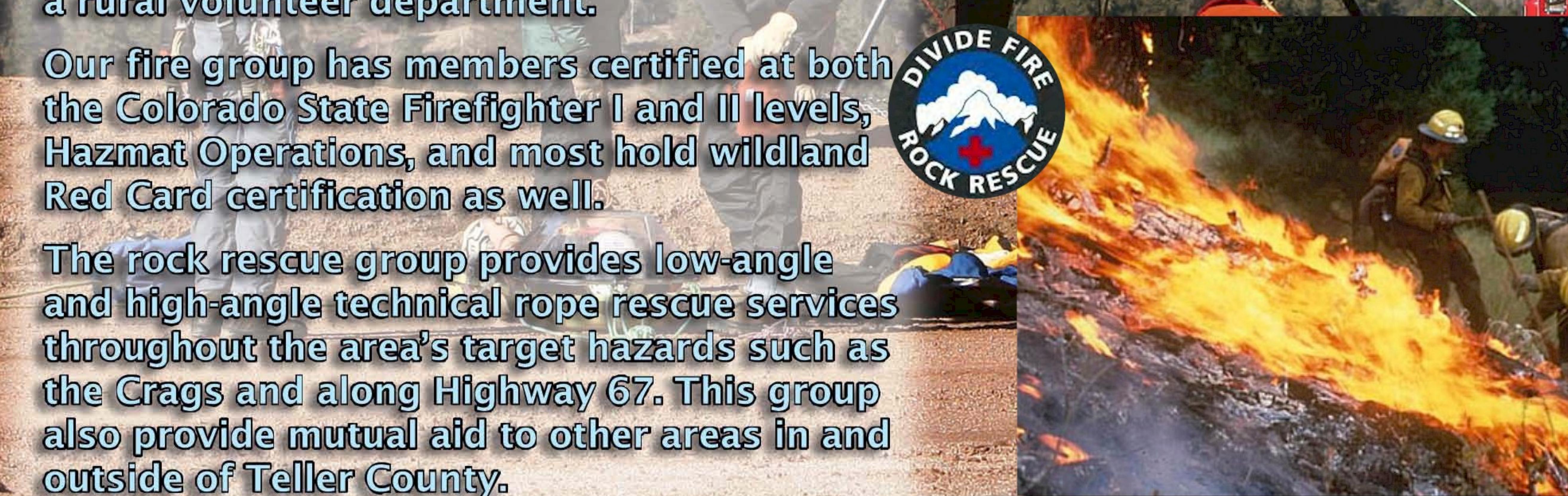
Our medical group consists of 31 members, a majority of which are certified as EMT Basic or above - an unusually high percentage for a rural volunteer department.

Our fire group has members certified at both the Colorado State Firefighter I and II levels, Hazmat Operations, and most hold wildland Red Card certification as well.

The rock rescue group provides low-angle and high-angle technical rope rescue services throughout the area's target hazards such as the Crags and along Highway 67. This group also provide mutual aid to other areas in and outside of Teller County.



Divide Fire Protection District
PO Box 941
Divide, CO 80814
(719) 687-8773
(call 911 for emergencies)
www.dividefire.com



DRINK PLENTY OF WATER

Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children and those who are sick or overweight are more likely to succumb to extreme heat.

Conditions that can induce heat-related illnesses include stagnant atmospheric conditions and poor air quality. Consequently, people living in urban areas may be at greater risk from the effects of a prolonged heat wave than those living in rural areas. Also, asphalt and concrete store heat longer and gradually release heat at night, which can produce higher nighttime temperatures known as the "urban heat island effect."

Know the Terms

Familiarize yourself with these terms to help identify an extreme heat hazard:

- **Heat Wave** - Prolonged period of excessive heat, often combined with excessive humidity.

- **Heat Index** - A number in degrees Fahrenheit (F) that tells how hot it feels when relative humidity is added to the air temperature. Exposure to full sunshine can increase the heat index by 15 degrees.

- **Heat Cramps** - Muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are often the first signal that the body is having trouble with the heat.

- **Heat Exhaustion** - Typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.

- **Heat Stroke** - A life-threatening condition. The victim's temper-

ature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

- **Sun Stroke** - Another term for heat stroke.

Take Protective Measures

Before Extreme Heat

To prepare for extreme heat, you should:

- Install window air conditioners snugly; insulate if necessary.
- Check air-conditioning ducts for proper insulation.
- Install temporary window reflectors (for use between windows and drapes), such as aluminum foil-covered cardboard, to reflect heat back outside.
- Weather-strip doors and sills to keep cool air in.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers. (Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.)



Consider spending the warmest part of the day in buildings with circulating air



EXTREME HEAT

- Keep storm windows up all year.

During a Heat Emergency

The following are guidelines for what you should do if the weather is extremely hot:

- Stay indoors as much as possible and limit exposure to the sun.

- Stay on the lowest floor out of the sun if air conditioning is not available.

- Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls and other community facilities. Circulating air can cool the body by increasing the perspiration rate of evaporation.

- Eat well-balanced, light and regular meals. Avoid using salt tablets unless directed to do so by a physician.

- Drink plenty of water. Persons who have epilepsy or heart, kidney or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.

- Limit intake of alcoholic beverages.

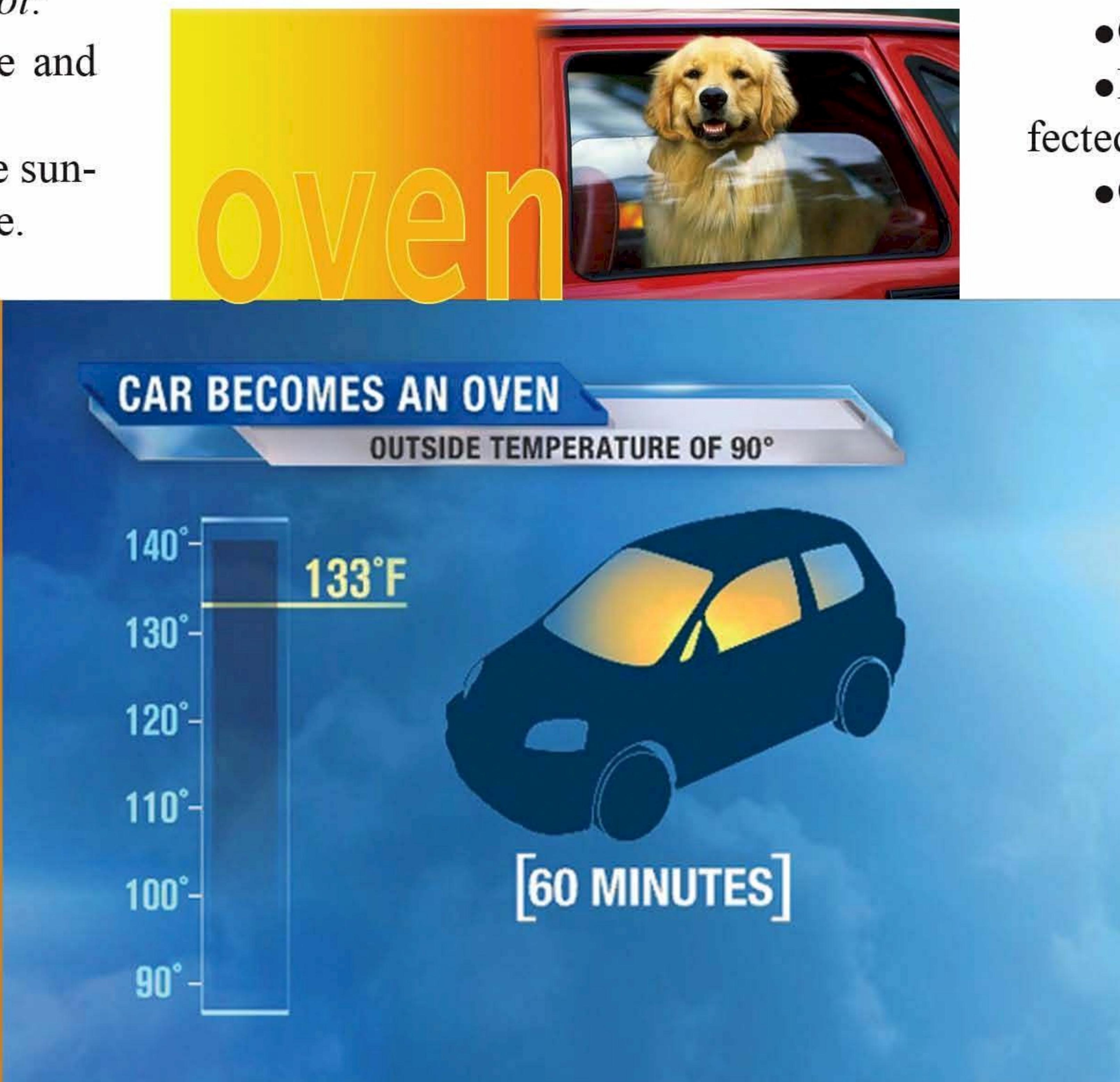
- Dress in loose-fitting, lightweight and light-colored clothes that cover as much skin as possible.

- Protect face and head by wearing a wide-brimmed hat.

- Check on family, friends and neighbors, who do not have air conditioning and who spend much of their time alone.

- Never leave children or pets alone in closed vehicles.

- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat and take frequent breaks.



Never leave children or pets alone in closed vehicles.

First Aid for Heat-Induced Illnesses

Extreme heat brings with it the possibility of heat-induced illnesses. The following lists these illnesses, their symptoms and first aid treatment.

Sunburn - Skin redness and pain, possible swelling, blisters, fever, headaches.

- Take a shower using soap to remove oils that may block pores, preventing the body from cooling naturally.

- Apply dry, sterile dressings to any blisters and get medical attention.

Heat cramps - Painful spasms, usually in leg and abdominal muscles; heavy sweating.

- Get the victim to a cooler location.
- Lightly stretch and gently massage affected muscles to relieve spasms.
- Give sips of up to a half glass of cool water every 15 minutes. (Do not give liquids with caffeine or alcohol.)
- Discontinue liquids if victim is nauseated.

Heat Exhaustion - Heavy sweating but skin may be cool, pale or flushed. Weak pulse. Normal body temperature is possible but temperature will likely rise. Fainting or dizziness, nausea, vomiting, exhaustion and headaches are possible.

- Get victim to lie down in a cool place.
- Loosen or remove clothing.
- Apply cool, wet cloths.
- Fan or move victim to air-conditioned place.

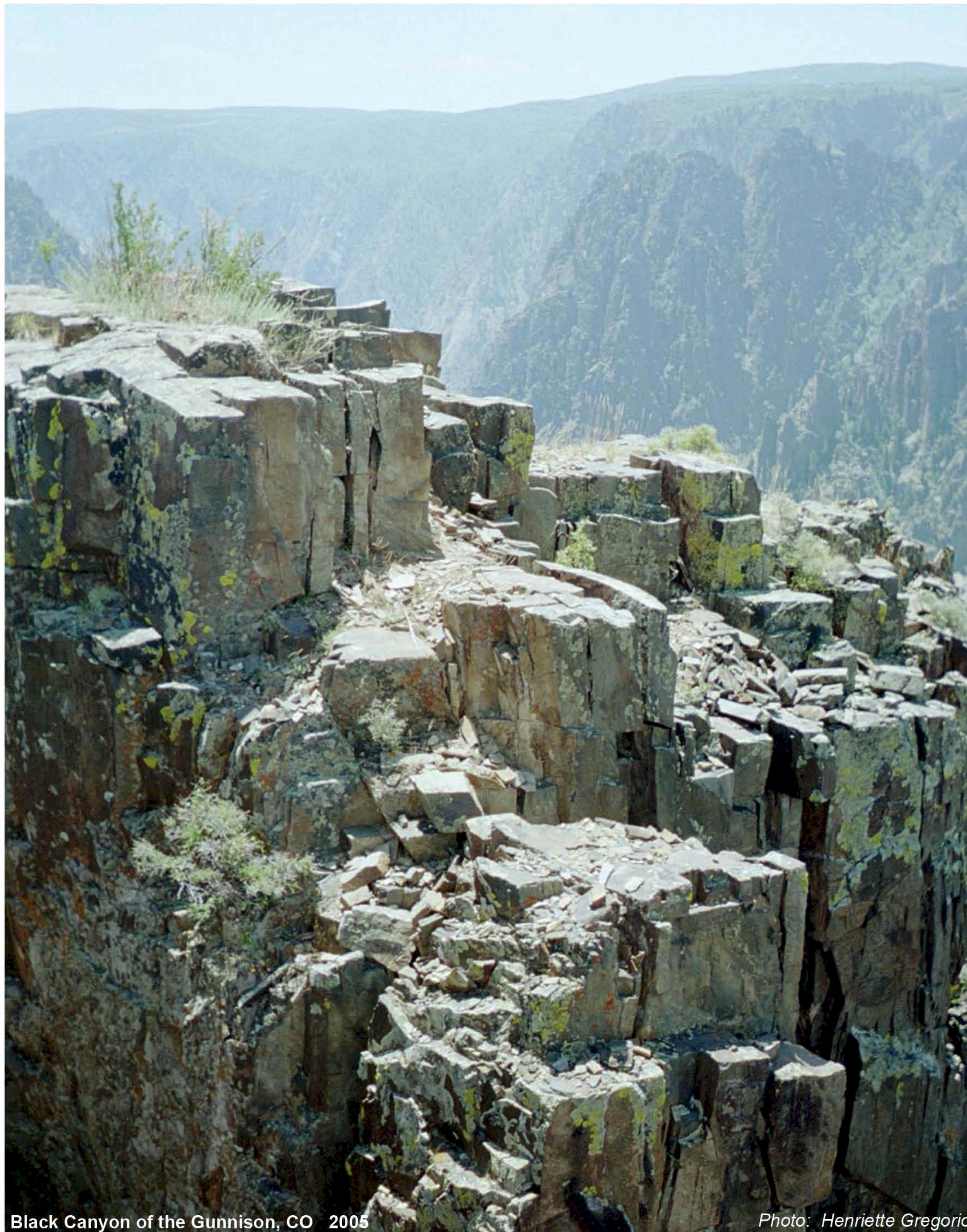
- Give sips of water if victim is conscious. Be sure water is consumed slowly. Give half glass of cool water every 15 minutes. Discontinue water if victim is nauseated.

- Seek immediate medical attention if vomiting occurs.

Heat Stroke (a severe medical emergency)

- High body temperature (105 °+); hot, red, dry skin; rapid, weak pulse; and rapid shallow breathing. Victim will probably not sweat unless victim was sweating from recent strenuous activity. Possible unconsciousness.

EXTREME HEAT

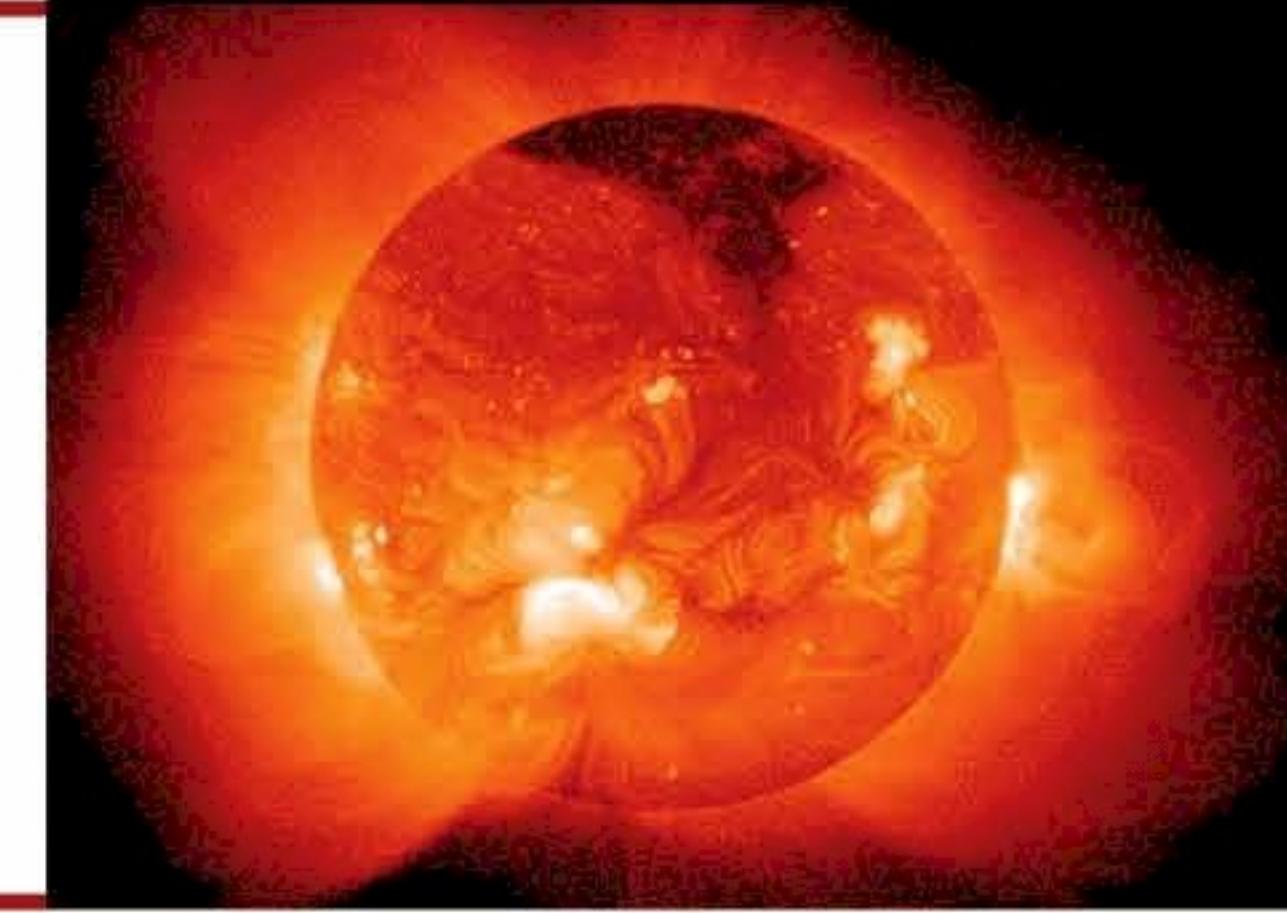


Black Canyon of the Gunnison, CO 2005

Photo: Henriette Gregorio

- Call 9-1-1 or emergency medical services, or get the victim to a hospital immediately. ***Delay can be fatal.***
- Move victim to a cooler environment, removing clothing.
- Try a cool bath, sponging or wet sheet to reduce body temperature.
- Watch for breathing problems. Use extreme caution.
- Use fans and air conditioners.

After an extreme heat event see the section of this Guide titled "Recovering From Disaster."



Additional Information

An emergency water shortage can be caused by prolonged drought, poor water supply management or contamination of a surface water supply source or aquifer.

Drought can affect vast territorial regions and large population numbers. Drought also creates environmental conditions that increase the risk of other hazards such as fire, flash flood and possible landslides and debris flow.

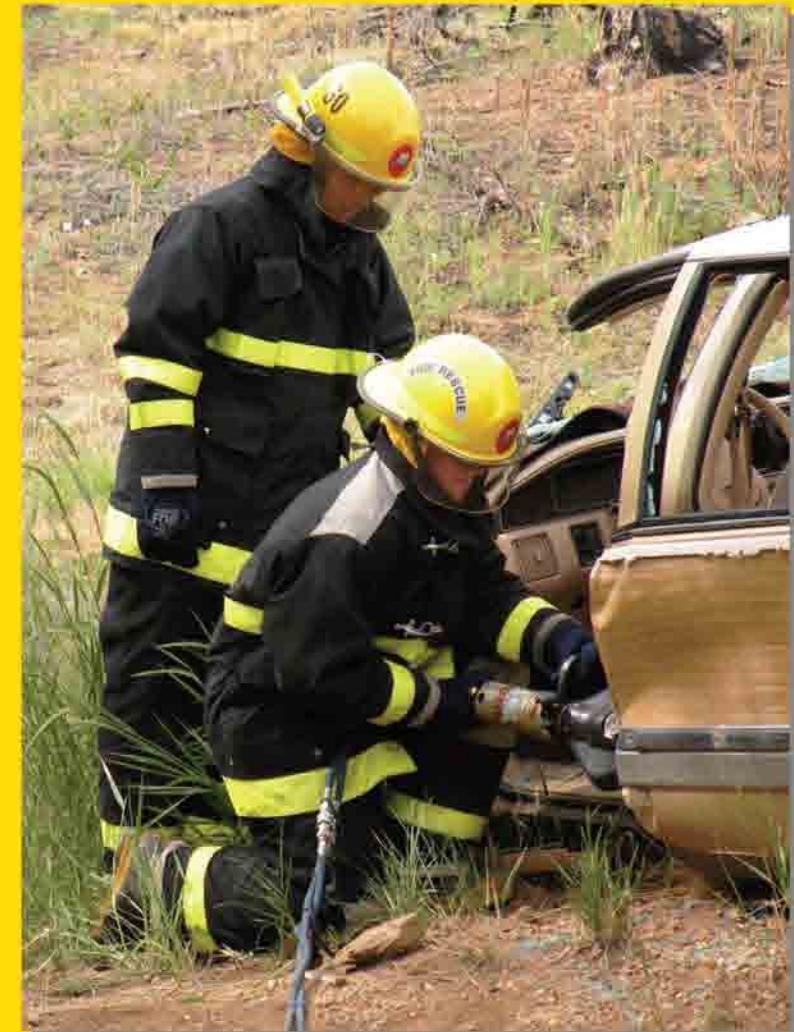
Conserving water means more water available for critical needs for everyone. ||❖||

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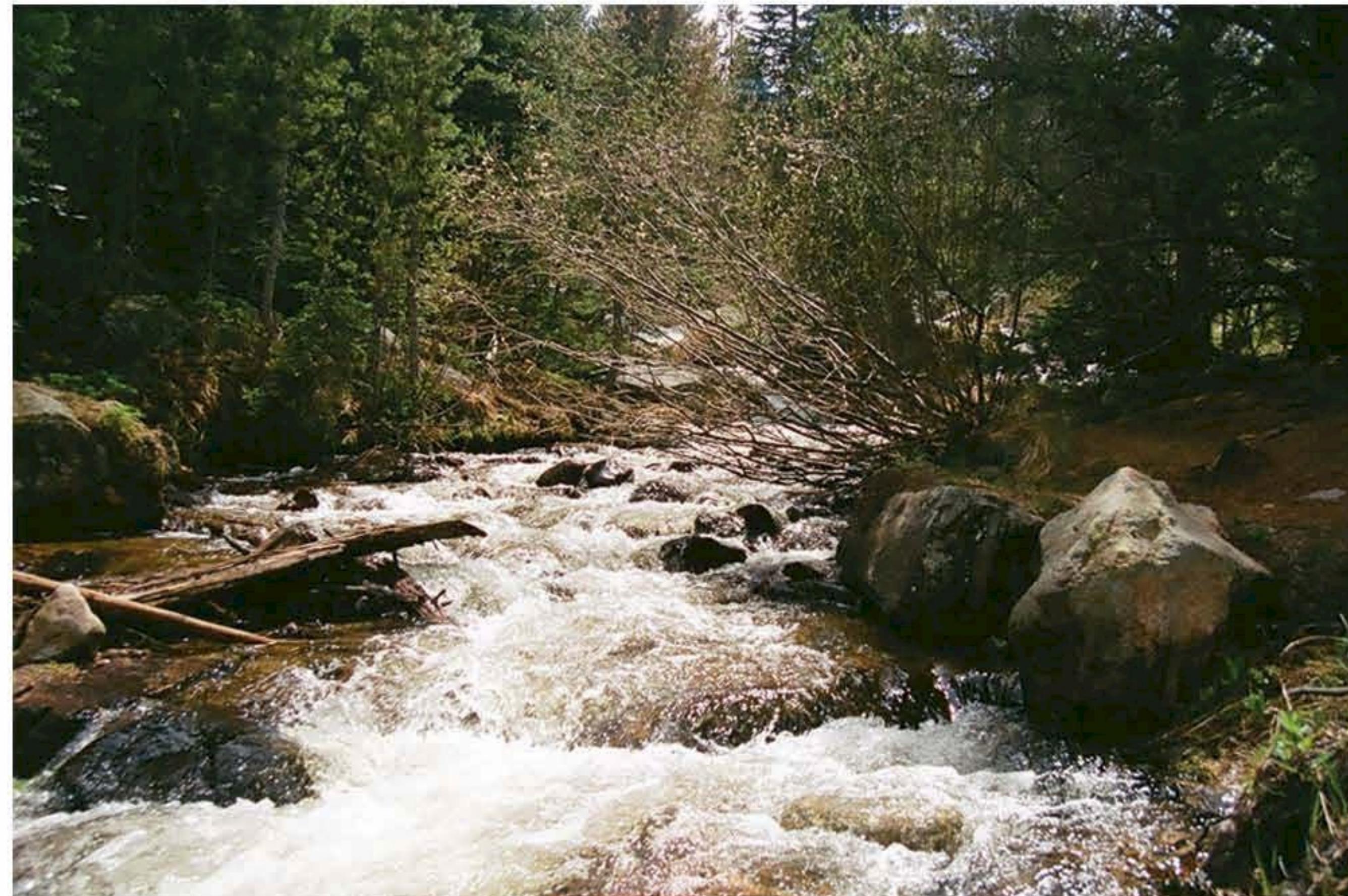


DUTY * PROTECT LIVES & PROPERTY * HONOR

HAPPEN IN A FLASH!

Floods are one of the most common hazards in the United States. Flood effects can be local, impacting a neighborhood or community or, if very large, affecting entire river basins and multiple states.

However, all floods are not alike. Some floods develop slowly,



Catamount Estates, Woodland Park 2008

Photo: Sheri Lefler

Flash floods can develop quickly, sometimes in just a few minutes

sometimes over a period of days. But flash floods can develop quickly, sometimes in just a few minutes and without any visible signs of rain. Flash floods often have a dangerous wall of roaring water that carries rocks, mud and other debris and can sweep away most things in its path.

Overland flooding occurs outside a defined river or stream, such as when a levee is breached, but still can be destructive. Flooding can also occur when a dam breaks, producing effects similar to flash floods.

Be aware of flood hazards no matter where you live, especially if you live in a low-lying area, near water or downstream from a dam. Even very small streams, gullies, creeks, culverts, dry streambeds or low-lying ground that might appear harmless in dry weather can flood. Every state is at risk from this hazard.

Know the Terms

Familiarize yourself with these terms to help identify a flood hazard:

- **Flood Watch** - Flooding is possible. Tune in to NOAA Weather Radio, commercial radio or television for information.
- **Flash Flood Watch** - Flash flooding is possible. Be prepared to move to higher ground; listen to NOAA Weather Radio, commercial radio or television for information.
- **Flood Warning** - Flooding is occurring or will occur soon; if advised to evacuate, do so immediately.
- **Flash Flood Warning** - A flash flood is occurring; seek higher ground on foot immediately.

Take Protective Measures

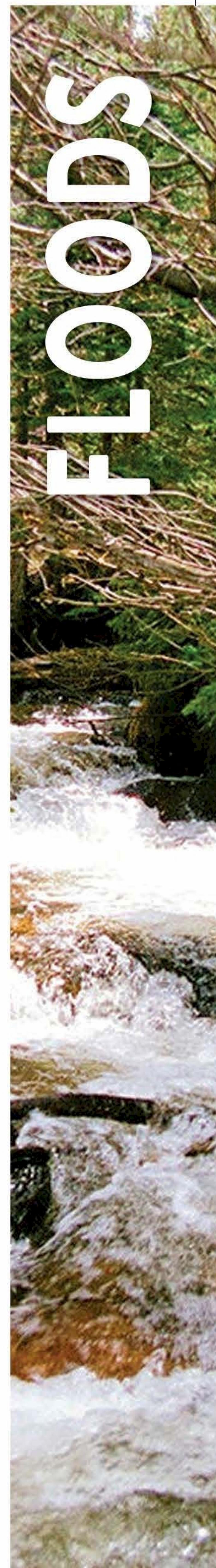
Before a Flood

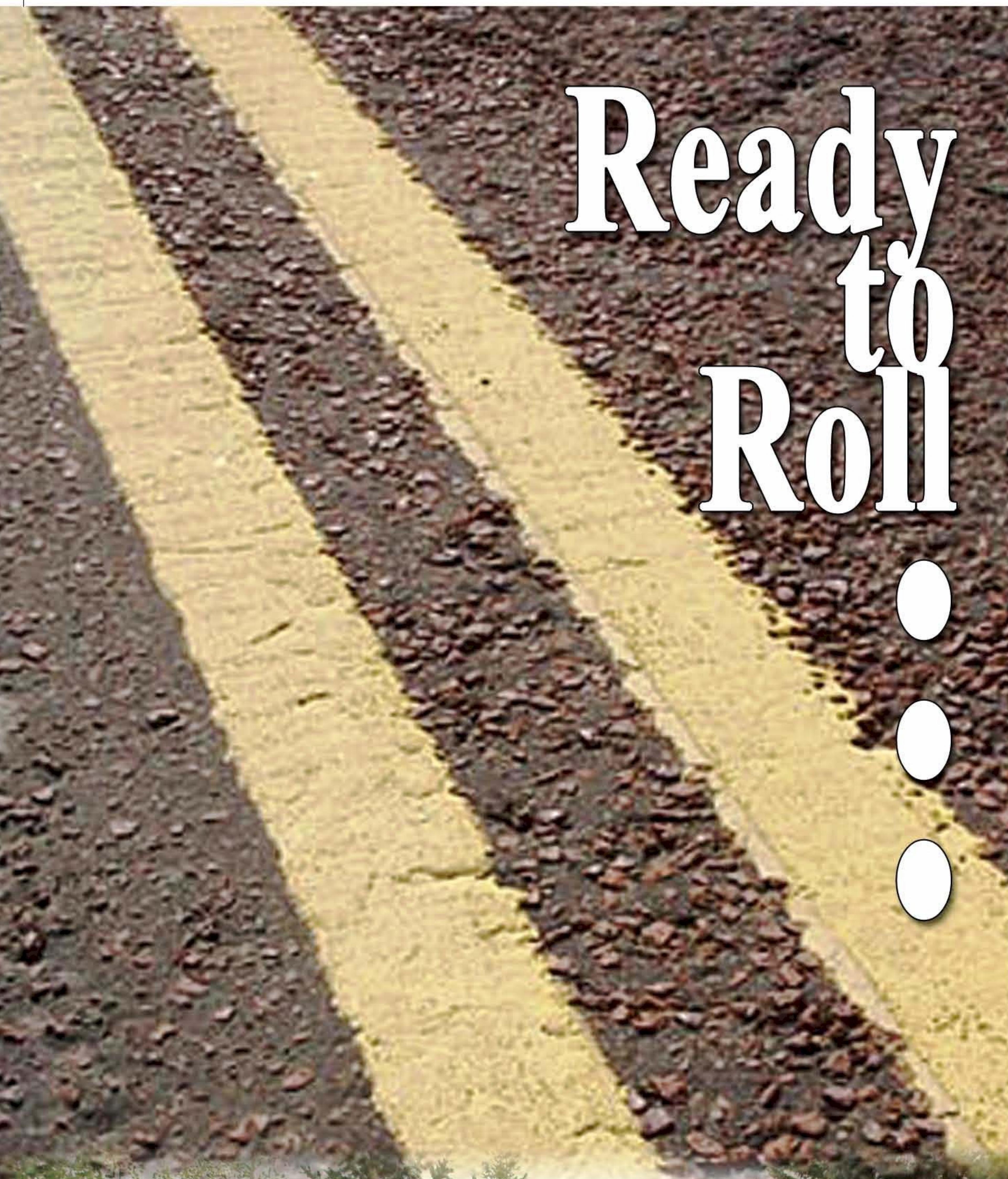
To prepare your home for a flood, you should:

- Avoid building in a floodplain unless you elevate and reinforce



Photo: Coalition for the Upper South Platte
CO 67 to Deckers, West Creek Flood 2006





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*Be
Miles
Ahead*

your home.

- Elevate the furnace, water heater and electric panel if susceptible to flooding.

- Install “check valves” in sewer traps to prevent flood water from backing up into the drains of your home.

- Construct barriers (levees, beams, floodwalls) to stop floodwater from entering the building.

- Seal walls in basements with waterproofing compounds to avoid seepage.

During a Flood

If a flood is likely in your area, you should:

- Listen to the radio or television for information.

- Be aware that flash flooding can occur. If there is any possibility of a flash flood, move immediately to higher ground. Do not wait for instructions to move.

- Be aware of streams, drainage channels, canyons and other areas known to flood suddenly. Flash floods can occur in these areas with or without such typical warnings as rain clouds or heavy rain.

If you must prepare to evacuate, you should do the following:

- Secure your home. If you have time, bring in outdoor furniture. Move essential items to an upper floor.

- Turn off utilities at the main switches or valves if instructed to do so.

- Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.

If you have to leave your home, remember these evacuation tips:

- Do not walk through moving water. Six inches of moving water can make you fall. If you have to walk in water, walk where



Photo: Coalition for the Upper South Platte
CO 67 to Deckers, West Creek Flood 2006

the water is not moving. Use a stick to check the firmness of the ground in front of you.

- Do not drive into flooded areas. If floodwaters rise around your car, abandon the car and move to higher ground if you can do so safely. You and the vehicle can be quickly swept away.

Driving Flood Facts

The following are important points to remember when driving in flood conditions:

- Six inches of water will reach the bottom of most passenger cars causing loss of control and possible stalling.

- A foot of water will float many vehicles

- Two feet of rushing water can carry away most vehicles including sport utility vehicles and pick-ups.

After a Flood

The following are guidelines for the period following a flood:

- Listen for news reports to learn whether the community's water supply is safe to drink.

- Avoid floodwaters; water may be contaminated by oil, gasoline or raw sewage.

- Water may also be electrically charged from underground or downed power lines.

- Avoid moving water.

- Be aware of areas where floodwaters have receded. Roads may have weakened and could collapse under the weight of a car.

- Stay away from downed power lines and report them to the power company.

- Return home only when authorities indicate it is safe.

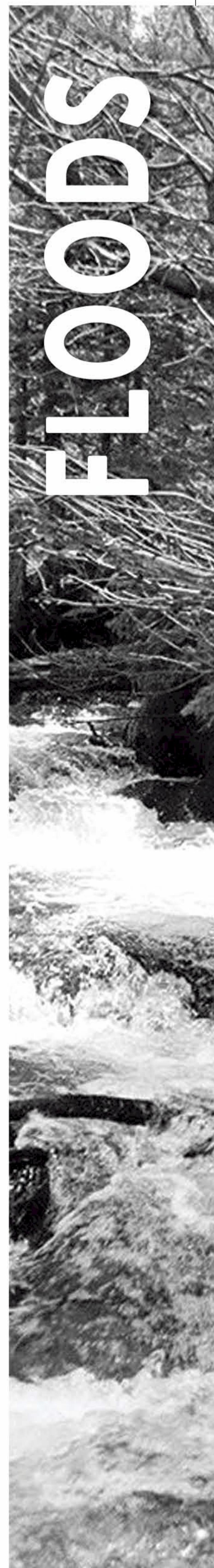
- Stay out of any building if it is surrounded by floodwaters.

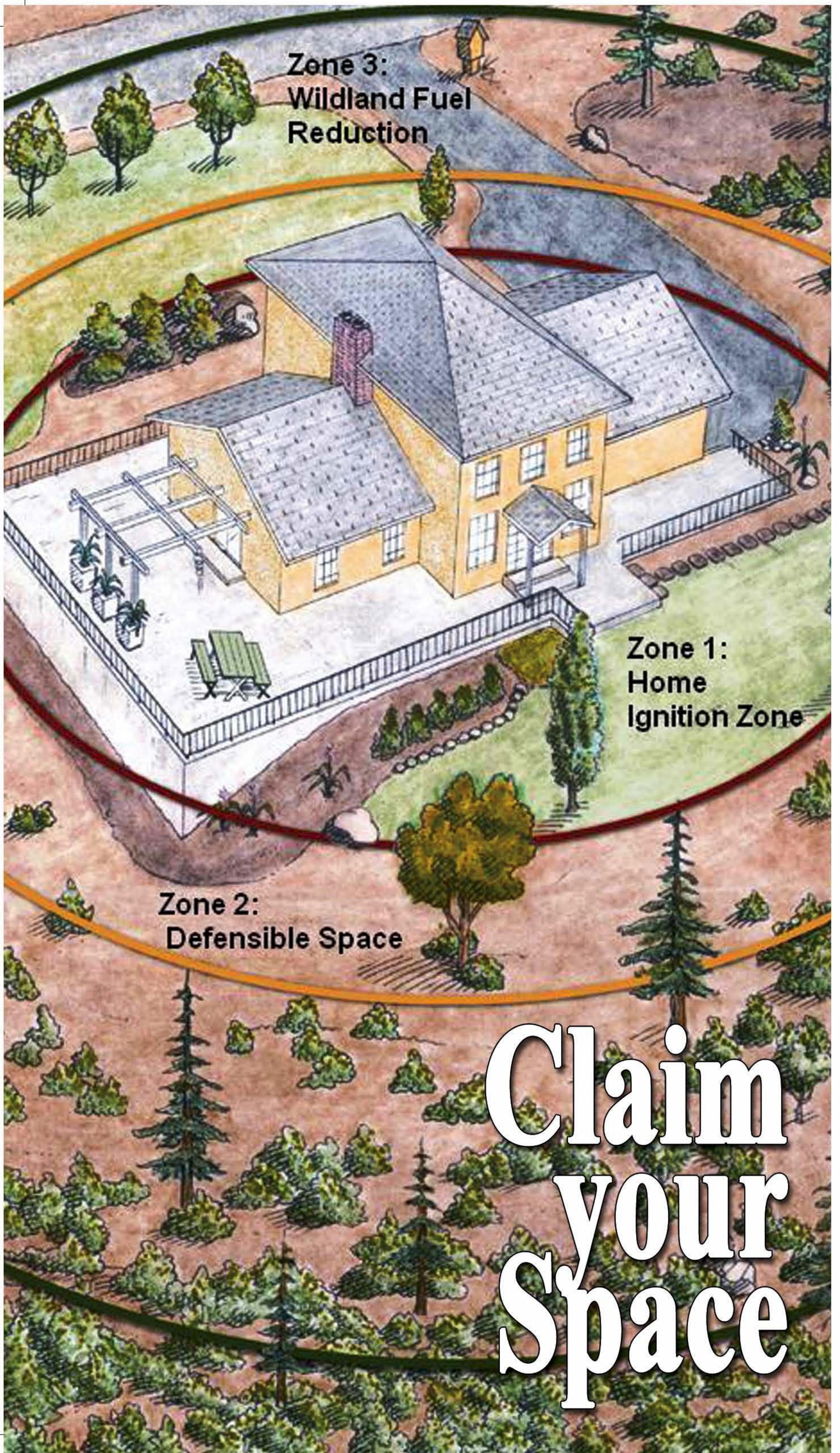
- Use extreme caution when entering buildings; there may be hidden damage, particularly in foundations.

- Service damaged septic tanks, cesspools, pits and leaching systems as soon as possible. Damaged sewage systems are serious health hazards.

- Clean and disinfect everything that got wet. Mud left from floodwater can contain sewage and chemicals.

- See the section of this Guide titled “Recovering From Disaster.” ||❖||





Create defensible zones for all hazards

Establish multiple access & escape routes

Develop emergency safeguards for utilities & structures

Become self-sufficient with emergency provisions for at least a week's survival

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RECOGNIZE SIGNS

Landslides occur in all U.S. states and territories. In a landslide, masses of rock, earth or debris move down a slope. Landslides may be small or large, slow or rapid. They are activated by storms, earthquakes, volcanic eruptions, fires and human modification of land.



CO 67 to Deckers

Photo: Norma Engelberg

Debris and mud flows are rivers of rock, earth and other debris saturated with water. They develop when water rapidly accumulates in the ground, during heavy rainfall or rapid snowmelt, changing the earth into a flowing river of mud or "slurry." They can flow rapidly, striking with little or no warning at avalanche speeds. They also can travel several miles from their source, growing in size as they pick up trees, boulders, cars and other materials.

Landslide problems can be caused by land mismanagement, particularly in mountain, canyon and coastal regions. Land-use zoning, professional inspections and proper design can minimize many landslide, mudflow and debris flow problems.

Mud flows are rivers of rock, earth, and other debris saturated with water.

Take Protective Measures

Before a landslide or debris flow

The following are steps you can take to protect yourself from the effects of a landslide or debris flow:

- Do not build near steep slopes, close to mountain edges, near drainage ways or natural erosion valleys.
- Get a ground assessment of your property.
- Consult an appropriate professional expert for advice on corrective measures.
- Minimize home hazards by having flexible pipe fittings installed to avoid gas or water leaks, as flexible fittings are more resistant to breakage (only the gas company or professionals should install gas fittings).



*Photo: Coalition for the Upper South Platte
Rotz Sediment, Turkey Rock Ranch Estates 2003*

LANDSLIDES
AND DEBRIS FLOWS
MUDSLIDES



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Rotz Sediment, Turkey Rock Ranch Estates 2003

Photo: Coalition for the Upper South Platte

Recognize Landslide Warning Signs

- Changes in your landscape such as patterns of storm-water drainage on slopes (especially the places where runoff water converges) land movement, small slides, flows or progressively leaning trees.
- Doors or windows stick or jam for the first time.
- New cracks appear in plaster, tile, brick or foundations.
- Outside walls, walks or stairs begin pulling away from the building.
- Slowly developing, widening cracks appear on the ground or on paved areas such

as streets or driveways.

- Underground utility lines break.
- Bulging ground appears at the base of a slope.
- Water breaks through the ground surface in new locations.
- Fences, retaining walls, utility poles or trees tilt or move.
- A faint rumbling sound that increases in volume is noticeable as the landslide nears.
- The ground slopes downward in one direction and may begin shifting in that direction under your feet.
- Unusual sounds, such as trees cracking or boulders knocking together, might indicate moving debris.

• Collapsed pavement, mud, fallen rocks and other indications of possible debris flow can be seen when driving (embankments along roadsides are particularly susceptible to landslides).

During a landslide or debris flow

The following are guidelines for what you should do if a landslide or debris flow occurs:

- Move away from the path of a landslide or debris flow as quickly as possible.
- Curl into a tight ball and protect your head if escape is not possible.

After a landslide or debris flow

The following are guidelines for what you should do if a landslide or debris flow occurs:

- Stay away from the slide area. There may be danger of additional slides.
- Check for injured and trapped persons near the slide, without entering the direct slide area. ***Direct rescuers to their locations.***
- Watch for associated dangers such as broken electrical, water, gas and sewage lines and damaged roadways and railways.
- Replant damaged ground as soon as possible since erosion caused by loss of ground cover can lead to flash flooding and additional landslides in the near future.
- Seek advice from a geotechnical expert for evaluating landslide hazards or designing corrective techniques to reduce landslide risk.
- See the section of this Guide titled “Recovering From Disaster.” ||❖||



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DO HAPPEN IN COLORADO

One of the most frightening and destructive phenomena of nature is a severe earthquake and its terrible aftereffects. An earthquake is a sudden movement of the earth, caused by the abrupt release of strain that has accumulated over a long time.

For hundreds of millions of years, the forces of plate tectonics have shaped the earth, as the huge plates that form the earth's surface slowly move over, under and past each other. Sometimes, the movement is gradual. At other times, the plates are locked together, unable to release the accumulating energy. When the accumulated energy grows strong enough, the plates break free. If the earthquake occurs in a populated area, it may cause many deaths and injuries and extensive property damage.

Earthquakes have and do happen in Colorado, especially along the edges of the Rio Grande Rift Valley that starts in Mexico and extends through the middle of New Mexico, Colorado and the southern third of Wyoming.

Teller County also has earthquake faults that are capable of causing large amounts of damage and moderate loss of life.

Know the Terms

Familiarize yourself with these terms to help identify an earthquake hazard:

- **Earthquake** - A sudden slipping or movement of a portion of the earth's crust, accompanied and followed by a series of vibrations.

- **Aftershock** - An earthquake of similar or lesser intensity that follows the main earthquake.

- **Fault** - The fracture across which displacement has occurred during an earthquake. The slippage may range from less than an inch to more than 10 yards in a severe earthquake.

- **Epicenter** - The place on the earth's surface directly above the point on the fault where the earthquake rupture began. Once fault slippage begins, it expands along the fault during the earthquake and can extend hundreds of miles before stopping.

- **Seismic Waves** - Vibrations that travel outward from the earthquake fault at speeds of several miles per second. Although fault

slippage directly under a structure can cause considerable damage, the vibrations of seismic waves cause most of the destruction during earthquakes.

- **Magnitude** - The amount of energy released during an earthquake, which is computed from the amplitude of the seismic waves. A magnitude of 7.0 on the Richter Scale indicates an extremely strong earthquake. Each whole number on the scale represents an increase of about 30 times more energy released than the previous whole number represents. Therefore, an earthquake measuring 6.0 is about 30 times more powerful than one measuring 5.0.

Take Protective Measures

Before an Earthquake

The following are things you can do to protect yourself, your family and your property in the event of an earthquake:

- Repair defective electrical wiring, leaky gas lines and inflexible utility connections. Get appropriate professional help. Do not work



Photo: J.K. Nakata, U.S. Geological Survey

Loma Prieta, California October 17, 1989

Earthquakes

VOLUNTEER



Hayman Fire, Teller County 2002

Photo: Divide Volunteer Fire Department

People with Heart
will be there when it gets ugly

with gas or electrical lines yourself.

- Bolt down and secure to the wall studs your water heater, refrigerator, furnace and gas appliances. If recommended by your gas company, have an automatic gas shut-off valve installed that is triggered by strong vibrations.

- Place large or heavy objects on lower shelves. Fasten shelves, mirrors and large picture frames to walls. Brace high and top-heavy objects.

- Store bottled foods, glass, china and other breakables on low shelves or in cabinets that fasten shut.

- Anchor overhead lighting fixtures.

- Be sure the residence is firmly anchored to its foundation.

- Install flexible pipe fittings to avoid gas or water leaks. Flexible fittings are more resistant to breakage.

- Locate safe spots in each room under a sturdy table or against an inside wall.

- Reinforce this information by moving to these places during each drill.

- Hold earthquake drills with your family members: Drop, cover and hold on!

During an Earthquake

Minimize your movements during an earthquake to a few steps to a nearby safe place.

If you are indoors:

- Take cover under a sturdy desk, table or bench or against an inside wall and hold on. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.

- Stay away from glass, windows, outside doors and walls and anything that could

fall, such as lighting fixtures or furniture.

- Stay in bed - if you are there when the earthquake strikes - hold on and protect your head with a pillow, unless you are under a

nostalgia or threat?



*Photo: Arnold Genthe
San Francisco, California April 18, 1906*

heavy light fixture that could fall. In that case, move to the nearest safe place.

- Use a doorway for shelter only if it is in close proximity to you and if you know it is a strongly supported, load-bearing doorway.

- Stay inside until shaking stops and it is safe to go outside. Most injuries during earthquakes occur when people are hit by falling objects when entering into or exiting from buildings.

- Be aware that the electricity may go out or the sprinkler systems or fire alarms may turn on.

- DO NOT use the elevators.

If you are outdoors, stay there:

- Move away from buildings, streetlights

and utility wires.

- In a moving vehicle, stop as quickly as safety permits and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses and utility wires.

- Proceed cautiously once the earthquake has stopped, watching for road and bridge damage.

If you are trapped under debris:

- Do not light a match.
- Do not move about or kick up dust.
- Cover your mouth with a handkerchief or clothing.

- Tap on a pipe or wall so rescuers can locate you. Use a whistle if one is available.

- Shout only as a last resort - shouting can cause you to inhale dangerous amounts of dust.

After an Earthquake

- Be prepared for aftershocks. These secondary shockwaves are usually less violent than the main quake but can be strong enough to do additional damage to weakened structures.

- Open cabinets cautiously. Beware of objects that can fall off shelves.

- Stay away from damaged areas unless your assistance has been specifically requested by police, fire or relief organizations.

- Be aware of possible tsunamis if you live in coastal areas. These are also known as seismic sea waves (mistakenly called "tidal waves"). When local authorities issue a tsunami warning, assume that a series of dangerous waves is on the way. Stay away from the beach.

- See the section of this Guide titled "Recovering From Disaster." ||❖||

EARTHQUAKES

FAMILY EMERGENCY PLAN

Emergencies can and do happen at any time. Sometimes you see them coming – the news has been tracking a blizzard across the country for days – and sometimes you don’t – a truck filled with toxic chemicals overturns in your neighborhood.

Being prepared for any emergency can help you, your family and your community survive; reduce fear, anxiety and losses; and reduce the impact.

If a disaster occurs in your community, you need to be ready to be self-sufficient for at least three days because local responders may not be able to reach you immediately or they may need to focus their efforts elsewhere. This may mean providing your own shelter, first aid, food, water and sanitation.

In case of an emergency you might be forced to evacuate or you could be asked to “shelter in place” – stay at home and indoors. You might not be at home – you might be at school or at work or on the road. You can plan for any of these eventualities by taking the following advice:

- Create an easy-to-grab evacuation kit with all the items you and your family need to stay healthy for at least three days, including water, food and protection from the elements. Older children can carry their own kits.

- Make sure you have supplies in each vehicle and at each work



site. Have a designated meeting place if you and family members are separated. Designate and memorize a phone number outside your area that family members can call – during emergencies local phone systems often become overloaded.



- Involve your entire family in creating the plan and have trial runs to work out the inevitable kinks. Does everyone know where to meet and what number to call? Do they know where the evacuation kits are located?

- Do you know your children's school emergency plans? Does your employer have a plan? If not, you should at least have a plan for yourself.

Basic Emergency Supply Kit

- Three-day supply of non-perishable food.
- Three-day supply of water - one gallon of water per person, per day.
- Portable, hand crank or battery-powered radio and extra batteries.
- Cell phones with chargers.
- Flashlight and extra batteries.
- First aid kit and manual.
- Sanitation and hygiene items (moist towelettes and toilet paper, etc.).
- Matches in a waterproof container.
- A whistle.
- Extra clothing, comfortable shoes and bedding suited to our cooler climate.

FAMILY EMERGENCY PLAN

- Kitchen accessories and cooking utensils, including a manual can opener.

- Photocopies of credit and identification cards, checking and insurance account numbers and other important papers in a waterproof container.

- Cash and coins. (ATM cards, debit or credit cards and personal checks might not work.)

- Special needs items, including prescription medications, eye glasses, contact lens solutions and hearing aid batteries.

- If you have infants, be sure to include formula, diapers, bottles and pacifiers.

- Other items to meet your family's needs.

The emergency kit you keep at work should be in one container and ready to "grab and go" and should include food and water and a pair of comfortable walking shoes.

Keep a kit of emergency supplies in your car that contains food, water, first aid supplies, flares, jumper cables and seasonal supplies.

Consider the following additional items

- Pet food and extra water for your pet.
- Emergency reference material – a first aid book, this Guide or additional information from www.ready.gov.

- Household chlorine bleach and medicine dropper – a solution of nine parts water to one part bleach makes a good disinfectant. Purify a gallon of water by adding 16 drops of regular, unscented liquid bleach.

- Fire extinguisher.



- Books, games, puzzles or other activities for children.

Shelter-in-place

While an evacuation bag or tote should be packed for a three-day emergency, a shelter-in-place situation caused for example, by a blizzard or epidemic, might last for weeks.

Consider what you already have in your home. Can you provide lights and heat during a long-term power outage? If the water system becomes contaminated can you provide clean water? Do you have basic medical supplies to deal with injuries or outbreaks? Do you have ways to stay occupied when there is no TV or computer?

Maintaining Your Disaster Supplies Kit

Just as important as putting your supplies together is maintaining them so they are safe to use when needed. Here are some tips to keep your supplies ready and in good condition:

- Keep canned foods in a dry, cool place.
- Store boxed food in tightly closed plastic or metal containers. All containers should be dated and changed every six months.
- Use items before they go bad and replace them with fresh supplies.
- Update your kit as your family needs change. ||❖||

JUNE 8, 2002



Hayman Fire, Teller County 2002

Photo: Divide Volunteer Fire Department

Disaster STRUCK Home

Cost:
\$39,100,100

Size:
137,760 acres

Structures Lost:
600

Disaster Recovery:
forever

Hayman Fire, Pike National Forest, 2002
..largest in Colorado's history

DON'T FEED THEM

As a resident of Teller County, chances are you have encountered the area's abundant wildlife, everything from deer mice to black bears. Living with wildlife requires some adjustments to keep these encounters safe and enjoyable.

The most important thing to remember is *Don't Feed the Wildlife*. You're not doing them any favors – it's dangerous for both the animals and you if they become habituated to a subsidized lifestyle.

There is a delicate balance between the number of animals in a given space and the available food supply. Feeding them upsets this balance. They could become dependent, losing their ability to forage for themselves. Their numbers could increase beyond the capacity of their environment to sustain them or they could stay in the area past the time they should be migrating or hibernating. If supply disappears because you move away or quit supplying it for some other reason, the animals could starve to death and the die off could continue until the natural balance is restored.

Also, animals that become habituated to humans can become dangerous both to you and your neighbors. Bears, for example, will learn very quickly where an easy meal can be found in a trash can, a camper or a home and will come back for more. However, they can't tell the difference between the human who feeds them, whether on purpose or accidentally, and the others who haven't. A few bear-human encounters end badly – the human is injured or even killed and the bear is destroyed.

Even feeding birds can have its dangers. Besides the birds you mean

to feed, you could also be providing more food for bears that would never turn up their noses at a good supply of seeds or sugar water. Also where there are birds, there also could be bird predators such as bobcats or even your neighbor's cat. Bird feeders also draw squirrels, which have their own predators – fox, raccoons and skunks, for example.

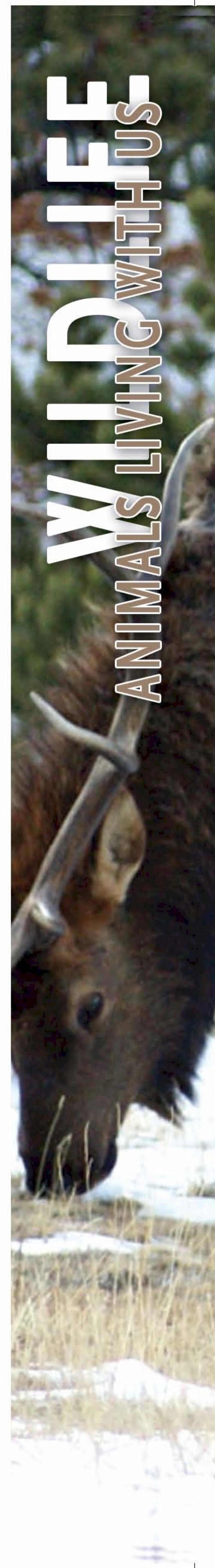
Feeding deer is another way to draw predators. Where there are deer there also could easily be mountain lions and coyotes. And deer can be dangerous all by themselves, especially during mating season or rut.

Encounters with smaller animals also can be dangerous. For example, Deer mice often carry hanta virus and prairie dogs sometimes carry plague.

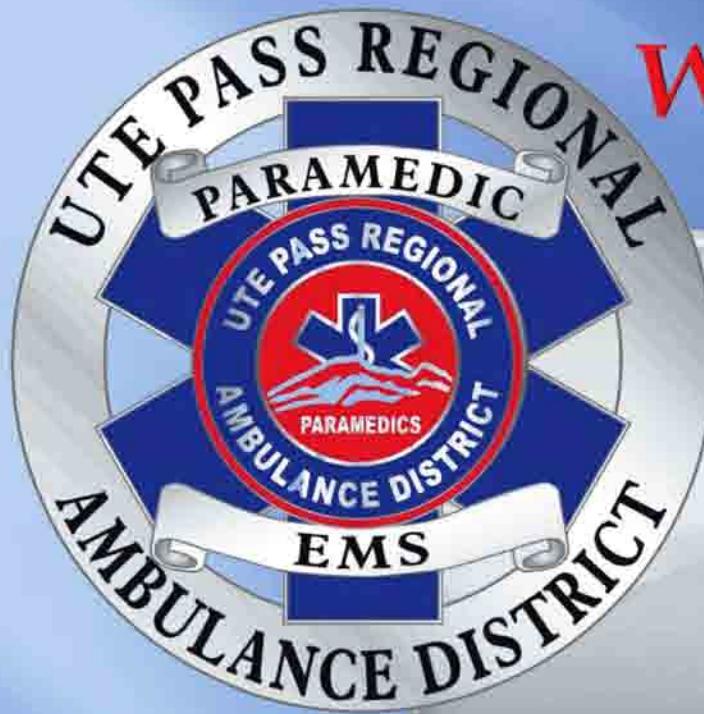


Catamount Estates, Woodland Park 2008

Photo: Sheri Lefler



ANIMALS LIVING WITH US



Medical
Emergency
Dial 911

We're Here!
We're Ready!
When You Need us!
24 Hours a Day...
Every Day!



Photo by: George Allen, EMT, UPRAD

Emergency Medical & Trauma Services

www.uprad.org



Marmot



Bucks in Velvet

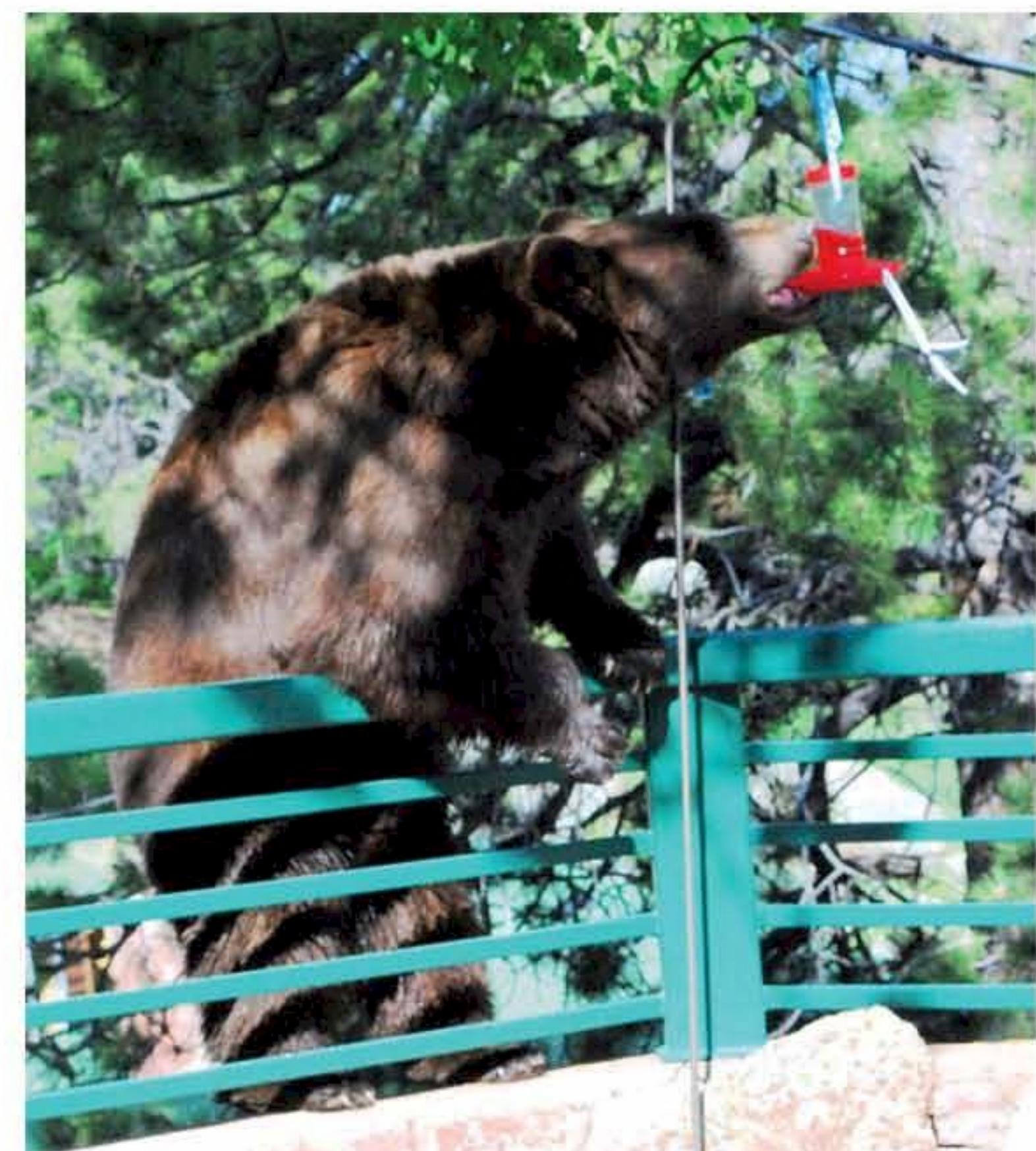


Plains Garter Snake

All Photos Above & on Right Title Bar: Lenore Hotchkiss
Photo on Center Panel: Sheri Lefler

Ways to avoid dangerous encounters with wildlife:

- Use bear-proof trash cans and never leave trash and other edibles out at night. Take out the trash the day it will be picked up and wash cans with bleach now and then to remove food odors. Feed pets indoors or in a garage or other enclosed space and store their food inside as well.



On the patio at Catamount Estates

- Don't leave pets and small children outside unsupervised, especially between dusk and dawn, which is the time predators are most likely to be on the prowl.

- Plug holes in homes and outbuildings that could become doorways to mice and other rodents – mice can squeeze through holes no bigger than a dime. When cleaning rodent droppings, especially when cleaning old buildings such as sheds and barns, spray them down first with a solution of bleach and water to decontaminate them and prevent raising dust, use a broom instead of a vacuum cleaner, open windows and doors and wear a mask and gloves.

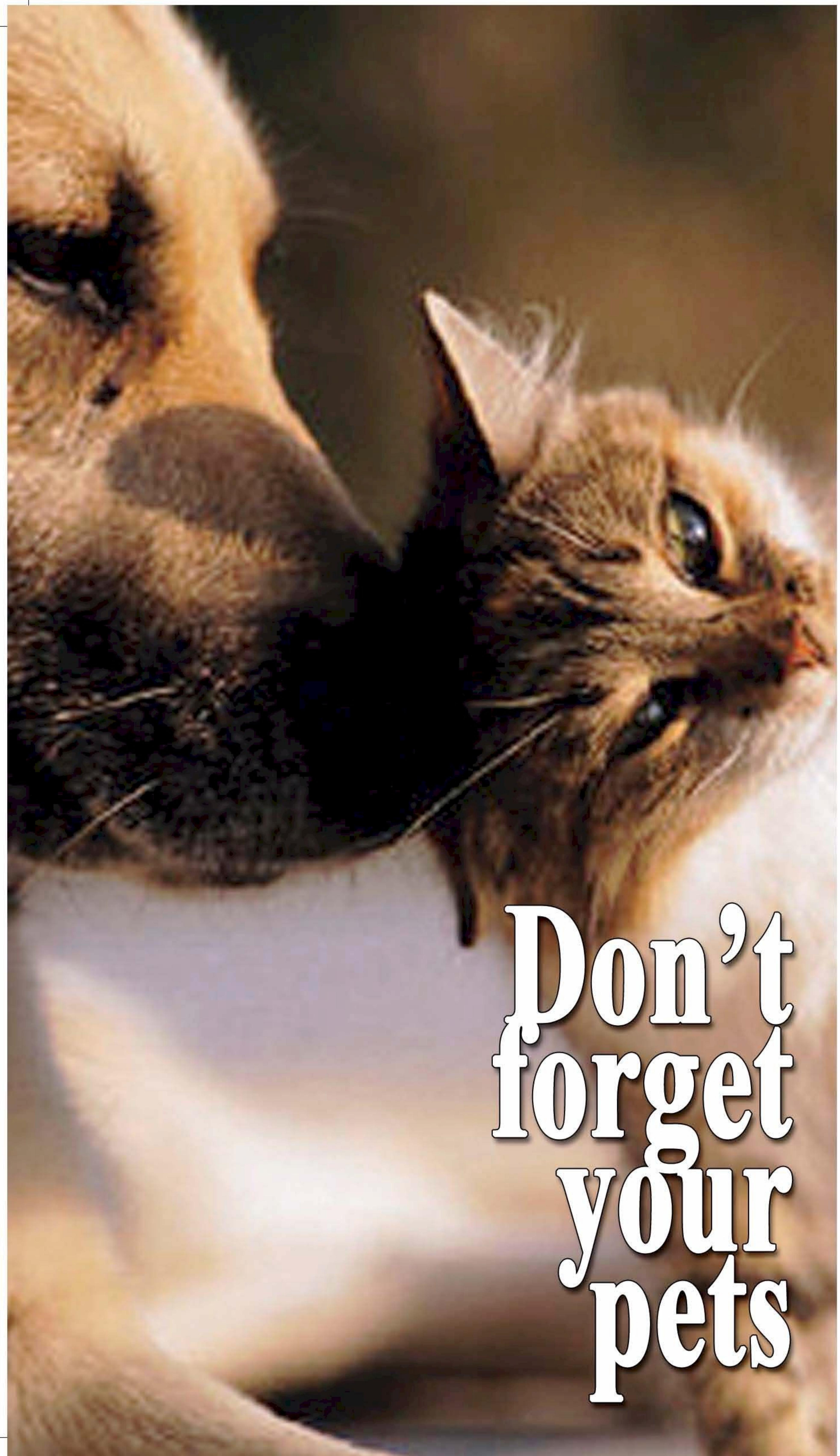
- When hiking in bear or big cat country never hike alone, keep small children close, keep dogs on leashes and make noise so any bears or lions in the vicinity can hear you and avoid you.

- If you encounter a bear, stand still, stay calm and let the bear identify you and leave. Talk in a normal tone of voice. Be sure the bear has an escape route. Never run or climb a tree. If you see cubs, their mother is usually close by. Leave the area immediately. A bear knowingly approaching a person could be a food-conditioned bear looking for a handout or, very rarely, an aggressive bear. Stand your ground. Yell or throw small rocks in the direction of the bear. Get out your bear spray and use it when the bear is about 40 feet away. If you're attacked, don't play dead. Fight back with anything available.

- If you encounter a mountain lion, do not run; instead, face the animal, make noise and try to look bigger by waving your arms; throw rocks or other objects. Pick up small children. If attacked, fight back.

- Remember the animals were here first. It's up to you to adapt your lifestyle to them not the other way around. Wildlife is probably part of what draws you and keeps you here so do your best to keep it wild.

Visit <http://wildlife.state.co.us/> for more information on living in wildlife habitat. The site has information about a variety of animals and ways to enjoy them without putting them or yourself in danger. The site also has more information about safe camping and hiking. ||❖||



**Don't
forget
your
pets**

**food, water
leashes, treats**

**collars with
current identification**

**carriers, cages
bedding, toys**

**veterinary records
medications**

Original Donors

COMPASSION ANIMAL HOSPITAL
Woodland Park (719) 687-6000

WAL-MART - Store #3805
Woodland Park (719) 687-1065

DR. ROASA ANIMAL MEDICAL CENTER
Woodland Park (719) 687-9201

TCRAS -TELLER CTY. REG. ANIMAL SHELTER
tcrascolorado.com

TELLER PARK VETERINARY SERVICE
Divide (719) 687-2201

T.U.R.T.L.E. MINISTRIES INC.-PET FOOD PANTRY
petfoodpantryservices.com

***Best
Friends
for
Life***

THEY'RE COUNTING ON YOU

Whether you are sheltering in place or evacuating, your pets count on you to take care of them. If you are staying in your home, plan for your pets' needs the same way you planned to meet the needs of the humans in your family.

If you must evacuate, do not leave your pets behind! Pets most likely can't survive on their own; and if by some remote chance they do, you may not be able to find them when you return.

Before disaster strikes



• **Identify shelter.** For public health reasons, many emergency shelters cannot accept pets. Long before you need them, find out which motels and hotels in the area you plan to evacuate to allow pets. There are also a number of online guides that list hotels/motels that permit pets. Include your local

animal shelter's number in your list of emergency numbers - they might be able to provide information concerning pets during a disaster.

• **Pack a "pet survival" kit** that you can carry with you if disaster hits. Include pet food, bottled water, medications, veterinary records, cat litter/pan, can opener, food dishes, first aid kit and other supplies that might not be available later.

• **Make sure identification tags are up to date** and securely fastened to your pet's collar. If possible, attach the address and/or phone number of your evacuation site. If your pet gets lost, its tag is its ticket home. Make sure you have a current photo of your pet for identification purposes.

• **Make sure you have a secure pet carrier**, leash or harness for your pet so that if it panics, it can't escape.

If a disaster is imminent

• **Call your local emergency management office**, animal shelter or animal control office to get advice and information.

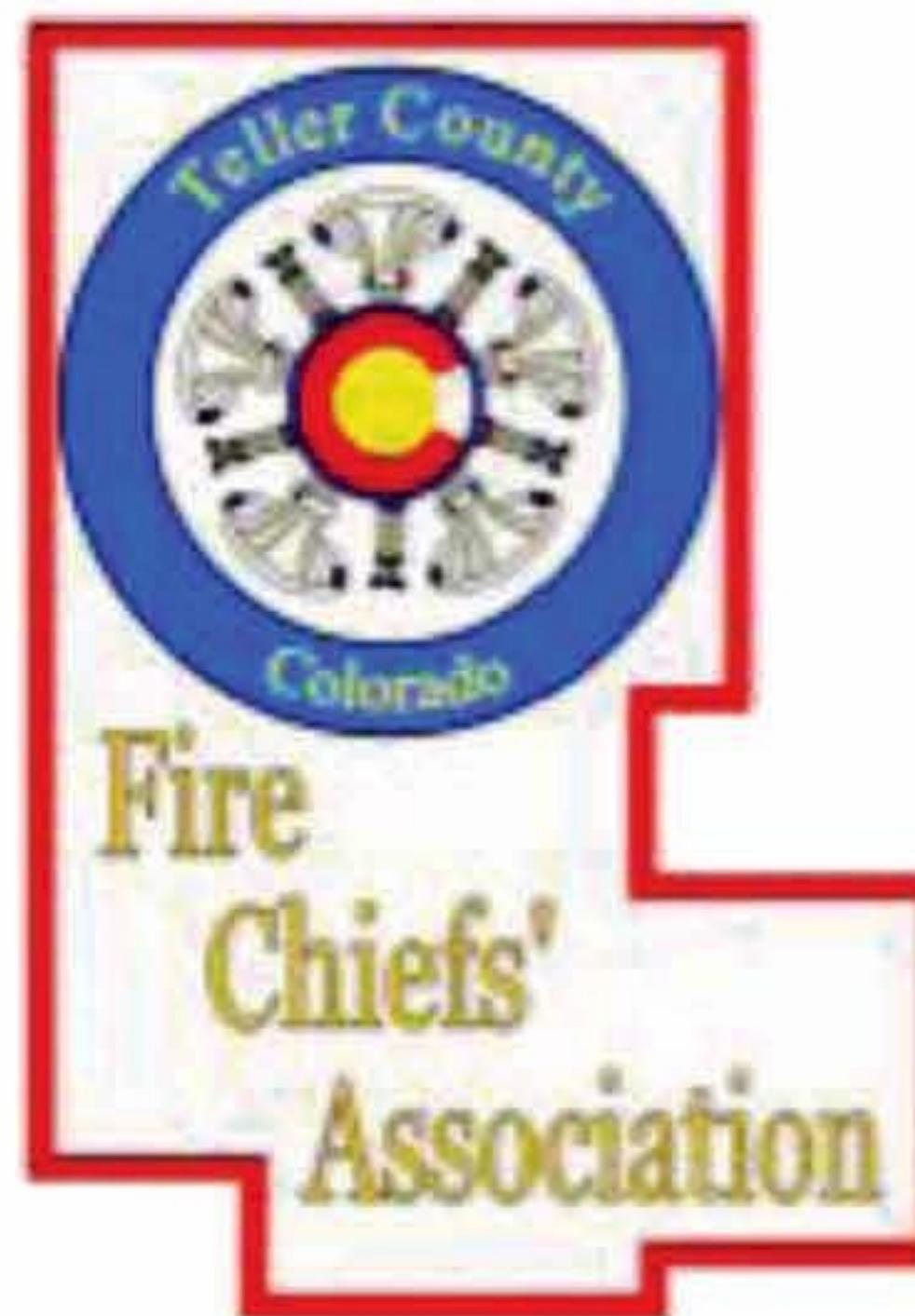
• If you are unable to return to your home right away, ***you may need to board your pet***. Find out where pet boarding facilities are located. Be sure to research some outside your local area in case local facilities close.

• Most boarding kennels, veterinarians and animal shelters will need ***your pet's medical records*** to make sure all vaccinations are current. Include copies in your "pet survival" kit along with a photo of your pet.

NOTE: Some animal shelters will provide temporary foster care for owned pets in times of disaster, but this should be considered only as a last resort.



ANIMAL EVACUATION



TELLER COUNTY FIRE CHIEFS ASSOCIATION

TELLER COUNTY FIRE CHIEFS ASSOCIATION MISSION:

"TELLER COUNTY EMERGENCY SERVICES COMING TOGETHER TO PROVIDE FIRE EDUCATION AND TRAINING TO THE FIREFIGHTERS AND CITIZENS OF TELLER COUNTY."

The main objectives of the Teller County Fire Chiefs Association include:

- ❖ Standardize and distribute training opportunities to all firefighters in Teller County
- ❖ Develop working relationships with the Teller County Local Emergency Planning Committee (LEPC) and Colorado Division of Emergency Management – South Central All-Hazards Region
- ❖ Develop and implement a county wide training plan to standardize fire, medical, rescue and emergency services operations within Teller County.
- ❖ Develop and implement plans to streamline emergency response and better utilize Inter-Governmental Agreements.
- ❖ Develop and implement a regional multi-disciplinary radio communications plan for large-scale and mass casualty incidents.

Teller County Fire Chiefs' Association Members:

Cripple Creek Emergency Services	Divide Fire Protection District
Florissant Fire Protection District	Green Mountain Falls/Chipita Park Fire Department
Mountain Communities Fire Protection District	Northeast Teller County Fire Protection District
Victor Fire Department	4-Mile Fire Protection District

Associate Members:

Teller County Sheriffs Office of Emergency Management, Ute Pass Regional Ambulance District, Southwest Teller County Emergency Medical Services, Colorado State Forest Service, United States Forest Service, Penrose Flight For Life, Memorial Star

ANIMAL EVACUATION



During a Disaster

- **Bring your pets inside immediately.**
- **Have newspapers on hand** for sanitary purposes. Feed the animals moist or canned food so they will need less water to drink.
- Animals have instincts about severe weather changes and will often isolate themselves if they are afraid. **Bringing them inside early can stop them from running away.** Never leave a pet outside or tied up during a storm.

TELLER COUNTY & REGIONAL Resources for Information

- **Teller County Regional Animal Shelter**
tcrascolorado.com
- **Teller County Animal Rescue**
tellercountyanimalrescue.org
- **K9 Emergency Response Team**
k9ertco.org
- **Front Range Equine Rescue**
frontrangeequinerescue.org

• **Separate dogs and cats.** Even if your dogs and cats normally get along, the anxiety of an emergency situation can cause pets to act irrationally. Keep small pets away from cats and dogs.

• In an emergency, you may have to **take your birds with you.** Talk with your veterinarian or local pet store about special food dispensers that regulate the amount of food a bird is given. Make sure that the bird is caged and the cage is covered by a thin cloth or sheet to provide security and filtered light.

After a Disaster

• If after a disaster you have to leave town, **take your pets with you.** Pets are unlikely to survive on their own.

• In the first few days after the disaster, **leash your pets when they go outside.** Always maintain close contact. Familiar scents and landmarks may be altered and your pet may become confused and lost. Also, snakes and other dangerous animals may be brought into the area with floods and downed power lines are a hazard.

• **The behavior of your pets may change after an emergency.** Normally quiet and friendly pets may become aggressive or defensive. Watch animals closely. Leash dogs and place them in a fenced yard with access to shelter and water. ||❖||

FOR MORE INFORMATION

- The Horse Review Animal Disaster Preparedness Directory
horsereview.com/disaster_preparedness_directory.htm
- Animal Management in Disasters
animaldisasters.com
- Noah's Wish - non-profit animal welfare organization
noahswish.com

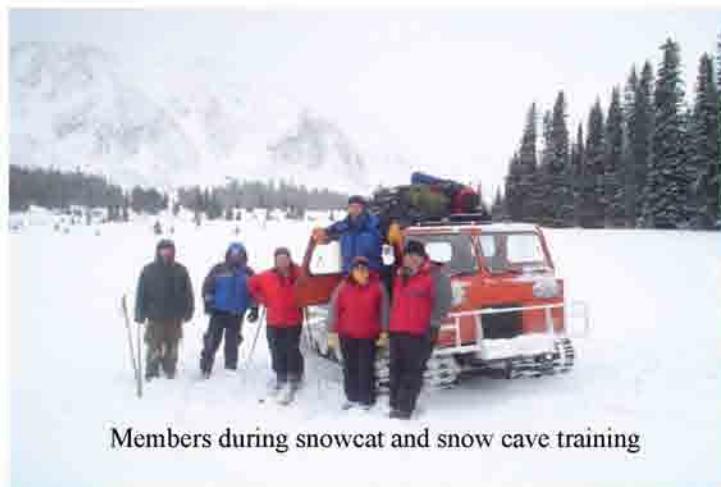


Teller County Search and Rescue

P.O. Box 177

Woodland Park, CO 80866-0177

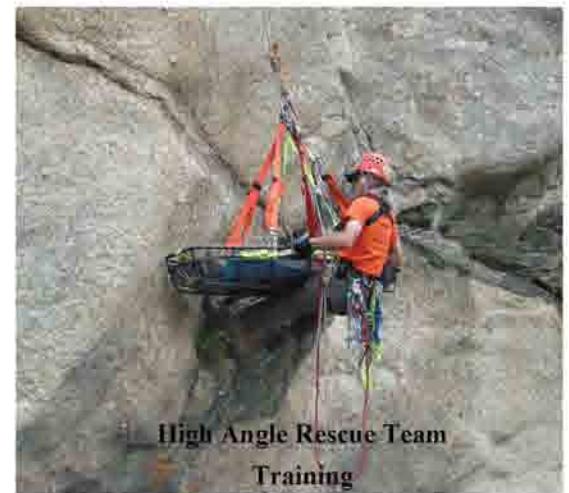
TCSAR is a non-profit, all volunteer, mountain search and rescue team based in Woodland Park, CO. Locating and rescuing lost or missing people in all areas of Teller County and surrounding areas is our mission. The area is hundreds of square miles of rugged national forest land, including much of Pike's Peak.



Members during snowcat and snow cave training



Members responding during mock mission



High Angle Rescue Team
Training

- Comprised of 30 plus volunteers.
- Dedicated to ensuring that the public safely enjoys their time spent in Teller County.
- Trained in search, rescue, disaster aid, emergency medicine, wilderness survival and education.
- Operating under the jurisdiction of the Teller County Sheriff's Office

Dispatched for any type of emergency including searches, rescues, snow emergencies, evacuations, floods as well as crowd and traffic control for law enforcement agencies.

BEGINS BEFORE THE TRIP

Half the land in Teller County and more than one-third of Colorado is federal land and open for use by U.S. citizens. That's a lot of unpopulated backcountry to enjoy – wilderness and wildlife areas, state and national parks, national forests in the mountains and national grasslands on the Eastern Plain.



Photo: Lenore Hotchkiss

Pike's Peak 2005

To enjoy Colorado's backcountry to its fullest, whether it's a hike to the Apatosaurus footprints in the Comanche National Grasslands, a mountain bike ride in the Black Canyon of the Gunnison or a backpacking trip in Pike National Forest, it pays to think about safety. An accident can quickly turn a wonderful trip into a disaster.

In many cases, the nearest help in an emergency will be many miles away and your cellular phones probably won't work. Expect the best but also take simple precautions to prepare for the worst.

Backcountry safety preparedness begins before the trip. The Mountain Rescue Association's guide to General Backcountry Safety, http://www.mra.org/training/General_Backcountry_Safety.pdf, is a good place to start. The guide was written for mountain backcountry but many of its hints work well anywhere. It lists 10 essential items to take along on any backcountry trip. These items, which would all fit in a small rucksack or waist pack, should be taken even on what is planned as a day trip because if anything goes wrong that day trip can quickly become an unplanned overnighter. They also would work as the basis of vehicle survival kit.

10 Essential Items for Backcountry Trips

1. *Topographical map and magnetic compass* – These can help keep your party from getting lost or staying lost. A number of sporting goods and backcountry supply shops offer map and compass classes for novices.
2. *Flashlight and extra batteries* – a flashlight can light the way in the dark and be used as a signaling device.
3. *Extra clothing, including mittens, hat, jacket and rain gear* – hypothermia is the number one killer in Colorado's backcountry and it can strike even on a relatively warm summer day. Colorado's weather is noted for being a quick-change artist. Maintaining body heat is essential to survival.
4. *Sunglasses* – wearing sunglasses can eliminate the risk of temporary blindness caused by ultraviolet glare, especially in winter. Also consider bringing sunscreen and sun-protective clothing.
5. *Extra food and water* – in an emergency food and water help



Hiking, Teller Backcountry 2008

Photo: Lenore Hotchkiss

BACKCOUNTRY
SAFETY & PREPAREDNESS

maintain energy levels and body temperature. Small packages of dog food would work – they'll keep you alive and you won't eat them unless you're really, really hungry.

6. **Waterproof matches in a waterproof container** – waterproof matches light in high winds and pouring rain. Fire serves at least two purposes – staying warm and signaling searchers. Before the trip, practice lighting a campfire using only one match.

7. **Candle/fire starter** – candles stay lit longer than matches, making it easier to start a campfire.

8. **Pocket knife** – at last count there are 246 different uses for the standard seven-instrument Swiss Army-style knife.

9. **First aid kit** – There are a number of different kinds of pre-packaged kits available but the American Red Cross and other organizations also have lists of items for do-it-yourself kits. Always include a first aid manual and a little first-aid training wouldn't hurt.

10. **Space blanket or two large, heavy-duty garbage bags** – either can provide emergency shelter and can be used to provide additional warmth or as a raincoat or windbreak.

For spring, fall or winter backcountry trips taking more of the right kinds of clothing is essential. Carry other items tailored to expected conditions. For example, during a grasslands hike, excess heat and possible dehydration can become an issue, especially at the height of summer. Guide books often suggest one-gallon of water per person but this might not be enough on a hot summer day.

Mosquitoes and ticks also could cause problems in certain areas so carry and wear

insect repellent.

Clothing

Regulating body heat is an essential part of backcountry safety. Layering is the preferred method to do this. Remove a layer of clothing before you start to sweat and add a layer before you begin to chill.



Photo: Lenore Hotchkiss

Layers near your body should be thin and porous enough to hold in heat while wicking away perspiration. The middle layer should be thicker and the outer layer should be waterproof while still allowing perspiration to escape. The ability to wick away moisture is essential in all layers of clothing.

Steps to Backcountry Preparedness & Accident Avoidance

1. **Make a plan** before you leave home even if it is for a seemingly simple day trip.

2. **Tell others** about your trip itinerary and timelines. They can get help if you don't show up when expected. If you change the plan, let that same person know. Leave a note on the dash of the vehicle you leave at the trailhead with pertinent information such as the phone number of your contact person and the location of a campsite or travel path so searchers know where to start looking if necessary. Also always sign trailhead logbooks.

3. **Plan the route**, taking into consideration such things as group experience levels and route difficulty ratings. Popular routes are popular for a reason and deviating from them, especially for novices, is an invitation to danger.

4. **Keep physical limitations in mind.** Don't plan a 10-mile hike if most of your group members rarely walk more than 2 miles at a time. If group members have health issues make sure everyone knows what to do for them in an emergency. Are any members in the party uncomfortable with ledges and heights? Team or group leaders should continuously ask other members of the party about their comfort levels. Those who decide to turn back should never travel alone.

5. **Avoid drugs and alcohol.** More than half of all accidents involve some kind of drug or alcohol-induced impairment.

6. **Going down is often harder** than going up despite of or because of the gravity assist.



Bouldering



Fly Fishing



Camping

All Photos Above,
Center &
on Right Title Bar:
Lenore Hotchkiss

7. Think first and think ahead. Drink before you're thirsty, eat before you get hungry, take off or add a layer of clothing before you overheat or chill, take shelter before bad weather arrives, make camp before it's too dark to see.

8. Test equipment before taking it into the field to avoid surprises.

9. Never drink or otherwise ingest untreated water. Boil it, use a high-rated, portable filtration system or water treatment chemicals. A stream might look clean to the naked eye but most things that can make you ill are too small to see without a microscope. One of the most common parasites in Colorado's streams is Giardia. It causes a litany of symptoms that includes abdominal cramps, diarrhea, loss of appetite, nausea, flatulence, vomiting, weakness and fever. The incubation period for giardiasis can be a matter of days to several weeks and there are no effective field treatments.

10. Keep the group together at all times. Choose a team or group leader, never wander away from the group and if people must separate from the main group they should only do so in teams of two or more. Make sure there are plenty of maps and compasses to go around and that everyone knows how to read them.

11. Keep an eye on the sky. A treeless mountain peak is no place to be in a thunderstorm. Always prepare for the worst possible weather. In the mountains, it can snow any month of the year. Also be aware of the possibility of flash floods.



What to do if you are separated from your group

1. Stop, stay put and don't panic. Park rangers always tell children if they get lost to hug a tree. This is good advice for adults as well. As the backcountry guide states, most fatal mistakes are made in the first 10 minutes of getting lost. Statistically, fewer than 30 percent of lost people are found within a mile of where they were last seen.

2. Shelter the body to conserve heat and energy.

3. Yell or blow a whistle three times facing one direction, wait a few minutes and repeat in each compass direction. A whistle carries farther, uses less energy and preserves the voice. If someone answers, let them come to you.

What to do when lost while traveling alone

1. Hikers traveling alone who haven't left an itinerary are probably better off getting out on their own – if no one knows you're lost no one will be looking for you. In that case use that map and compass that were part of the 10 essential items list.

2. If the map and compass went the way of the itinerary, determine direction by using the sun – this only works on sunny days, of course. Get a stick or ski pole at least 3 feet or 1 meter long and place it upright into the ground. Mark the end of its shadow, wait 15 minutes and mark where the shadow ends. Repeat this process until there are five markers. Then lay another stick along the marks.



COLORADO MOUNTED RANGERS

B Troop

P. O. Box 323, Divide, CO 80814



Live The History !

Formed in 1859 to keep the peace in the Colorado Territory, the present day **Colorado Mounted Rangers** continue to serve our great community through volunteer efforts. **B Troop**, headquartered in Cripple Creek, serves Teller and Park Counties by supporting local law enforcement and emergency management authorities.

The Colorado Mounted Rangers:

- Provide assistance during emergency situations and natural disasters, floods, fires, search and rescue, traffic and crowd control as well as patrols to prevent vandalism and looting.
- Assist civil authorities as deemed necessary at any time and to maintain such equipment, training and readiness required to meet those needs.
- Answer any emergency call given by local, state, or national authority that applies to the safety and well-being of our citizens.
- Engage in activities to keep alive the traditions and lifestyle of the Old West.



If you have a sense of community and a willingness to give some of your time, you're exactly what we're looking for.

For more information submit your name, address and phone number to the P.O. Box or visit our web-site: WWW.coloradoranger.org and a CMR officer will contact you.

PS: Horses not required.....

The end of the stick at the first marker is pointing west and the other end will be pointing east.

3. **Try to back track or look for trails** to follow. If all else fails travel down hill and remember that all roads lead somewhere, even those that look as if they haven't been used in a long time. Blow a whistle or shout periodically while traveling.

4. **Make a shelter before it's too dark** to see and remember that the ground is often colder than the air. Now is the time to use that one-match-campfire-making technique.

5. While traveling, look for clues and leave clues for searchers to follow, such as clear footprints, arrows drawn with sticks or rocks and notes attached to trees and shrubs.

Avoiding Natural Hazards

1. **Lightning** – the human body is a good electrical conductor and more than 100 people die from lightning strikes in the United States each year. If caught in a thunderstorm, stay away from isolated tall trees but stay near groups of shorter trees. Stay away from tall rocks and seek lower ground but be aware of flash floods. Large groups of people should spread out but don't lose sight of each other. Tents provide no insulation from lightning. Do not lie on the ground but do crouch, occupying the smallest space possible and minimizing contact with the ground. Try to stand on something that doesn't conduct electricity and always wear shoes.

2. **Hypothermia** (low body temperature) – temperatures in Colorado can drop 50 to 60 degrees in less than an hour. Hypothermia can kill you in summer as well as winter

exhaustion v. stroke

Heat Exhaustion The most important thing to remember when treating heat exhaustion is to cool the patient down. According to the U.S. Centers for Disease Control and Prevention effective cooling include cool, non-alcoholic beverages, as directed by your physician, rest; a cool shower, bath, or sponge bath, getting to an air-conditioned environment and changing into lightweight clothing.

Heat Stroke is an emergency condition. A person suffering from heat stroke usually has a body temperature above 104 degrees Fahrenheit. Other symptoms include confusion, combativeness, bizarre behavior, faintness, staggering, strong and rapid pulse, and possible delirium or

coma. High body temperature is capable of producing irreversible brain damage. To treat heat stroke, first and foremost, cool the victim. Get the victim to a shady area, remove clothing, apply cool or tepid water to the skin (for example you may spray the victim with cool water from a garden hose), fan the victim to promote sweating and evaporation, and place ice packs under armpits and groins. Monitor body temperature with a thermometer and continue cooling efforts until the body temperature drops to 101-102°F (38.3-38.8°C). Always notify emergency services (911) immediately. If their arrival is delayed, they can give you further instructions for treatment of the victim.

if temperatures fall, the wind is blowing, you get wet or you don't have enough food or liquids to maintain an optimal body temperature. Clothing and shelter can conserve body heat but only hot liquids and food can create it. The body burns 50 percent more calories to stay warm in winter than it does in summer. Don't allow yourself to sweat – 75 percent of body heat can be lost through the evaporation of perspiration. Symptoms of hypothermia include uncontrollable shivering (although, at extremely low body temperatures, shivering may stop), weakness and loss of coordination, confusion, pale and cold skin, drowsiness – especially in more severe stages – and slowed breathing or heart rate. Untreated hypothermia can kill.

3. **Hyperthermia** – the two most common forms of hyperthermia are heat exhaustion and heat stroke. The latter requires immediate medical attention. If you are suffering from heat exhaustion, you might be thirsty, dizzy, weak, uncoordinated, nauseated and sweating profusely but your body temperature could be normal and your pulse might be normal or raised. Your skin feels cold and clammy.

Other natural hazards can include **snow-blindness**, **dehydration**, altitude sickness, wildlife encounters and other conditions that can usually be prevented with simple precautions. You can find information about these conditions at: www.cdc.gov or at www.medicinenet.com. ||❖||

WE DON'T GAMBLE WITH YOUR LIFE

SOUTHWEST TELLER COUNTY EMERGENCY MEDICAL SERVICE

Providing Advanced Life Support care and ambulance transport to the residents and visitors of southern Teller County since 1992.

Southwest Teller County Emergency Medical Service, a division of the Southwest Teller County Hospital District



STAY UP-WIND-HILL-STREAM

Hazardous materials are chemical substances, which if released or misused can pose a threat to the environment or health. These chemicals are used in industry, agriculture, medicine, research and consumer goods. Hazardous materials come in the form of explosives, flammable and combustible sub-



Photo, left/right: North Clear Creek Project; center: Teller County Hazmat Team
US 6 Accident Hazmat Spill 2009 and Teller County Hazmat Team Exercise 2010

stances, poisons and radioactive materials. These substances are most often released as a result of transportation accidents or because of chemical accidents in plants.

Teller County highways are conduits not only to chemical users inside the county but also to manufacturers in other counties. Nearly every day, trucks bring in quicklime, high explosives, gasoline, propane and other potentially dangerous items. Even when these haulers operate safely and responsibly, spills can happen. So can fires in manufacturing plants, storage units and homes where household chemicals pose risks to first responders and neighborhoods.

If a hazardous material is released, you could be asked to evacuate or to stay indoors until an all-clear is announced. In either case, follow the advice in this Guide and of advice of emergency responders.

If you aren't at home during such a release and are caught in the spill, remember the following advice from the Federal Emergency Management Agency:

- Stay upstream, uphill and upwind! In general, try to go at least one-half mile from the danger area. Move away from the accident scene and help keep others away.
- Do not walk into or touch any spilled liquids, airborne mists or condensed solid chemical deposits. Try not to inhale gases, fumes and smoke. If possible, cover mouth with a cloth while leaving the area.
- Stay away from accident victims until the hazardous material has been identified.

If you are caught in a vehicle: Stop and seek shelter in a permanent building. If you must remain in your car, keep car windows and vents closed and shut off the air conditioner and heater.

Always follow manufacturers advice when handling chemicals. ||❖||

HEALTH	FLAMMABLE	REACTIVE
4- Too dangerous to enter vapor or liquid	4- Extremely flammable	4- May detonate- Vacate area if materials are exposed to fire
3- Extremely dangerous- use full protective clothing	3- Ignites at normal temperatures	3- Strong shock or heat may detonate- Use monitors from behind explosion-resistant barriers
2- Hazardous- Use breathing apparatus	2- Ignites when moderately heated	2- Violent chemical change possible- Use hose streams from distance
1- Slightly hazardous	1- Must be preheated to burn	1- Unstable if heated- Use normal precautions
0- Like ordinary material	0- Will not burn	0- Normally stable

Avoid use of water

Universal Hazmat Symbol & Explanation

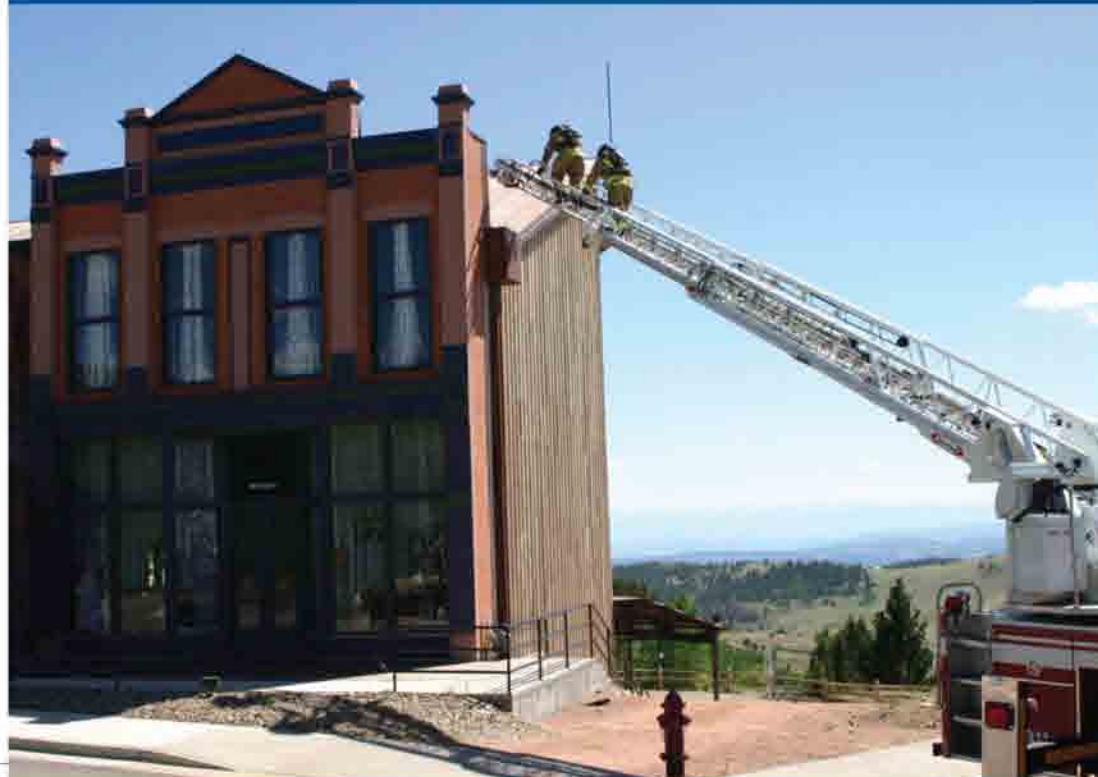




Cripple Creek Emergency Services
147 East Bennett Ave
Cripple Creek, CO 80813
(719) 689-0240 Station (719) 689-0292 Fax

Our Mission

“To prevent the devastating effects of fire and further threats to life safety within our community, while ensuring rapid, efficient and professional emergency response capabilities in the event they cannot be avoided”



SEE SOMETHING? SAY SOMETHING!

By now you have learned how to plan for most natural disasters and emergencies but you might be apprehensive about your ability to survive a terrorism attack. Remember most of what you have already learned about preparing for natural disasters applies to manmade disasters as well.

Terrorism can come in many forms - explosions, biological threats, chemical threats, nuclear blast or radiological dispersion device.

Within the immediate area of a terrorist event, you would need to rely on police, fire and other officials for instructions, keeping in mind that before those instructions are available, you are responsible for your own safety and for the safety of those around you. You can prepare for an act of terrorism in much the same way you would prepare for other crisis events. Basic first aid is just as important after a tornado, for example, as it would be after an explosion.

Ready.gov Guidelines

The following are general guidelines from Ready.gov:

- Be aware of your surroundings
- Move or leave if you feel uncomfortable or if something does not seem right.
- Take precautions when traveling. Be aware of conspicuous or unusual behavior. Do not accept packages from strangers. Do not leave luggage unattended. You should promptly report unusual behavior, suspicious or unattended packages and strange devices to the police or security personnel.
- Learn where emergency exits are located in buildings you frequent. Plan how to get out in the event of an emergency.
- Be prepared to do without services you normally depend on - electricity, telephone, natural gas, gasoline pumps, cash registers, ATMs and Internet transactions.



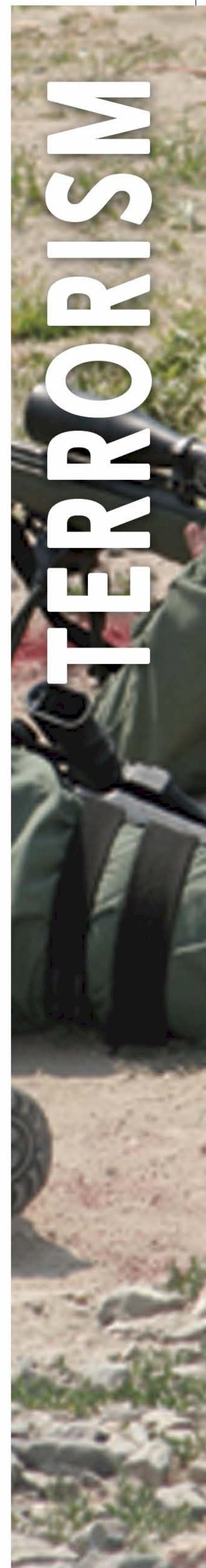
- Work with building owners to ensure the following items are located on each floor of the building:

- Portable, battery-operated radio and extra batteries.
- Several flashlights and extra batteries.
- First aid kit and manual.
- Hard hats and dust masks.
- Fluorescent tape to rope off dangerous areas. ||❖||



TCSO SWAT Team 2007

Photo: Teller County Sheriff Office



Healthy Mountain Living!



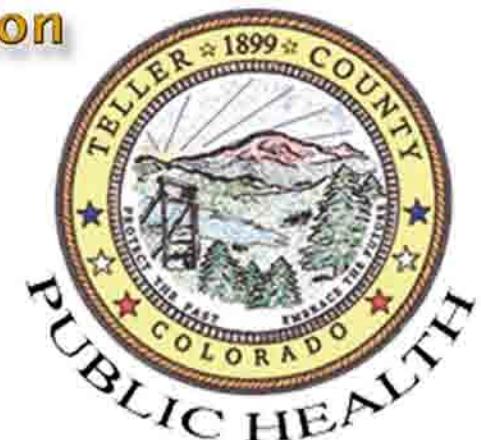
tellercountypublichealth.org

Photo: Henriette Gregorio

be prepared
before ... **disaster**
strikes

MAKE A PLAN.
MAKE A DIFFERENCE.

See our website for
current information
on programs,
services,
health alerts
& emergency
preparedness



719 687-6416

tellercountypublichealth.org

REMEMBER - WASH HANDS

The following information is provided by the U.S. Centers for Disease Control and Prevention.

Most of the time when a person gets a disease it remains confined to that person unless it is contagious. Contagious illnesses can be spread through families, classrooms and neighborhoods. When a contagious disease spreads in a community or across a wide expanse of a country it is called an epidemic.

Until the advent of childhood immunizations, the United States and other countries suffered through epidemics of small pox, measles, chicken pox, diphtheria, tetanus, whooping cough (pertussis), polio and mumps. A community was ripe for an epidemic whenever there were a large number of people in the population who weren't protected by having had one of these diseases, many of which killed large numbers of both children and adults before science discovered ways to prevent them.

When a contagious disease spreads around the world it is called a pandemic. There have been many pandemics in human history – bubonic plague (Black Death), small pox and cholera – but influenza is one of the diseases most likely to become a pandemic.

The information below refers to influenza but can apply to many other diseases.

How Flu Spreads

The main way that influenza viruses are thought to spread is from person to person in respiratory droplets of coughs and sneezes. This can happen when droplets from a cough or sneeze of an infected person are propelled through the air and deposited on the mouth or nose of people nearby. Influenza viruses may also be spread when a person touches respiratory droplets on another person or an object and then touches their own mouth or nose (or someone else's mouth or nose) before washing their hands.

Caring for flu victims at home:

- Check with their health care provider about any special care they might need if they are pregnant or have a health condition such as

diabetes, heart disease, asthma or emphysema.

- Check with their health care provider about whether they should take antiviral medications.
- Stay home for seven days after symptoms begin or until you have been symptom-free for 24 hours, whichever is longer.
- Get plenty of rest.
- Drink clear fluids such as water, broth, sports drinks, electrolyte beverages for infants, to keep from becoming dehydrated.
- Cover coughs and sneezes. Clean hands with soap and water or an alcohol-based hand rub often and especially after using tissues and after coughing or sneezing into hands.
- Avoid close contact with others; do not go to work or school while ill.

Wash 'em!



www.cdc.gov/h1n1flu »

U.S. Centers for Disease Control



EPIDEMICS
& PANDEMICS



Antiviral medications can sometimes help lessen influenza symptoms, but require a prescription. Most people do not need these antiviral drugs to fully recover from the flu. However, persons at higher risk for severe flu complications, or those with severe flu illness who require hospitalization, might benefit from antiviral medications. Antiviral medications are available for persons 1 year of age and older. Ask your healthcare provider whether you need antiviral medication.

Influenza infections can lead to or occur

- Be watchful for emergency warning signs (see below) that might indicate you need to seek medical attention.

Check with your healthcare provider or pharmacist for correct, safe use of medications



with bacterial infections. Therefore, some people will also need to take antibiotics. More severe or prolonged illness or illness that seems to get better but then gets worse again may be an indication that a person has a bacterial infection. Check with your healthcare provider if you have concerns.

Warning!

Do not give aspirin (acetylsalicylic acid) to children or teenagers who have the flu; this can cause a rare but serious illness called Reye's syndrome. For more information about Reye's syndrome, visit the National Institute of Health website.

• Check ingredient labels on over-the-counter cold and flu medications to see if they contain aspirin.

• Teenagers with the flu can take medicines without aspirin, such as acetaminophen (Tylenol®) and ibuprofen (Advil®, Motrin®, Nuprin®), to relieve symptoms.

• Children younger than 4 years of age should not be given over-the-counter cold medications without first speaking with a healthcare provider.

• The safest care for flu symptoms in children younger than 2 years of age is using a cool-mist humidifier and a suction bulb to help clear away mucus.

• Fevers and aches can be treated with acetaminophen (Tylenol®) or ibuprofen (Advil®, Motrin®, Nuprin®) or nonsteroidal anti-inflammatory drugs (NSAIDS).

• Over-the-counter cold and flu medications used according to the package instructions may help lessen some symptoms such

as cough and congestion. Importantly, these medications will not lessen how infectious a person is.

• Check the ingredients on the package label to see if the medication already contains acetaminophen or ibuprofen before taking additional doses of these medications—don't double dose! Patients with kidney disease or stomach problems should check with their health care provider before taking any NSAIDS.

• Check with your health care provider or pharmacist if you are taking other over-the-counter or prescription medications not related to the flu. For more information on products for treating flu symptoms, see the FDA website.

When to Seek Emergency Medical Care



Get medical care right away if the sick person at home...

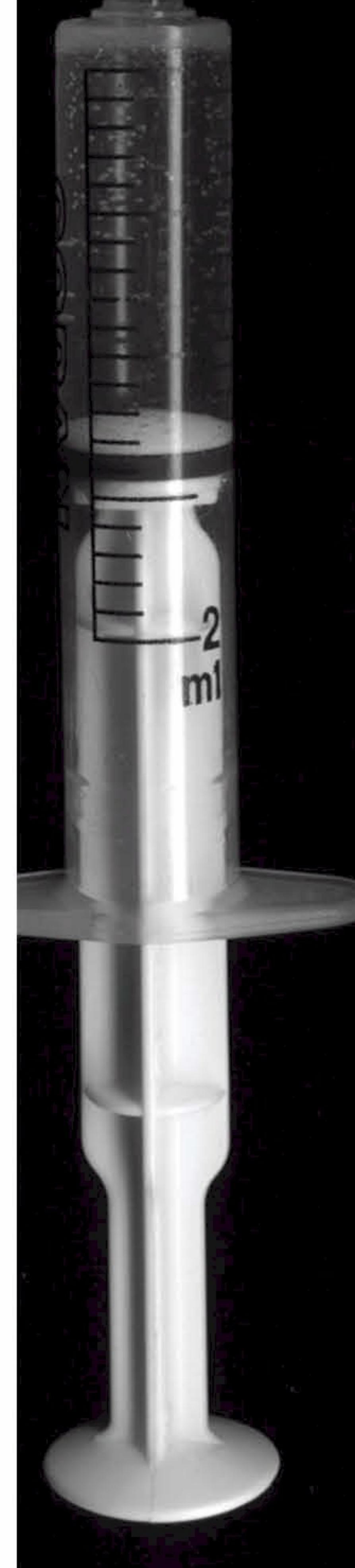
- Has difficulty breathing or chest pain.
- Has purple or blue discoloration of the lips.
- Is vomiting and unable to keep liquids down.

- Has signs of dehydration such as dizziness when standing, absence of urination or, in infants, a lack of tears when they cry.

- Has seizures, for example, uncontrolled convulsions.

- Is less responsive than normal or becomes confused.

be watchful



Steps to Lessen the Spread of Flu in the Home

When providing care to a household member who is sick with influenza, the most important ways to protect yourself and others who are not sick include:

- Keep the sick person away from other people as much as possible (see “placement of the sick person”).
- Remind the sick person to cover their coughs, and clean their hands with soap and water or an alcohol-based hand rub often, especially after coughing and/or sneezing.
- Have everyone in the household clean their hands often, using soap and water or an alcohol-based hand sanitizer.
- Ask your healthcare provider if household contacts of the sick person - particularly those contacts who may have chronic health conditions - should take antiviral medications such as oseltamivir (Tamiflu®) or zanamivir (Relenza®) to prevent the flu.

Placement of the sick person

- Keep the sick person in a room separate from the common areas of the house. If possible, use a spare bedroom with its own bathroom. Keep the sickroom door closed.
- Unless necessary for medical care, persons with the flu should not leave the home when they have a fever or during the time that they are most likely to spread their infection to others (at the current time, CDC believes that this virus has the same properties in terms of spread as seasonal flu viruses. With seasonal flu, studies have shown that people may be contagious from one day before they develop symptoms



to up to 7 days after they get sick. Children, especially younger children, might potentially be contagious for longer periods).

- If persons with the flu need to leave the home (for example, for medical care), they should cover their nose and mouth when coughing or sneezing and wear a loose-fitting

(surgical) mask if available.

- Have the sick person wear a surgical mask if they need to be in a common area of the house near other persons.
- If possible, sick persons should use a separate bathroom. This bathroom should be cleaned daily with household disinfectant (see below).

Protect other persons in the home

- The sick person should not have visitors other than caregivers. A phone call is safer than a visit.
 - If possible, have only one adult in the home take care of the sick person.
 - Avoid having pregnant women care for the sick person. (Pregnant women are at increased risk of influenza-related complications and immunity can be suppressed during pregnancy).
 - All persons in the household should clean their hands with soap and water or an alcohol-based hand rub frequently, including after every contact with the sick person or the person’s room or bathroom.
 - Use paper towels for drying hands after hand washing or dedicate cloth towels to each person in the household. For example, have different colored towels for each person.
 - If possible, consideration should be given to maintaining good ventilation in shared household areas (e.g., keeping windows open in bedrooms, kitchen, bathrooms, etc.).
 - Antivirals can be used to prevent the flu, so check with your healthcare provider to see if some persons in the home should use antiviral medications.



Office of the Civilian Volunteer **MEDICAL RESERVE CORPS**

Sponsored by: Office of U.S. Surgeon General

**Volunteers Building Strong, Healthy,
and Prepared Communities**

Teller County - Medical Reserve Corps (TC-MRC) WE NEED SKILLED MEDICAL VOLUNTEERS

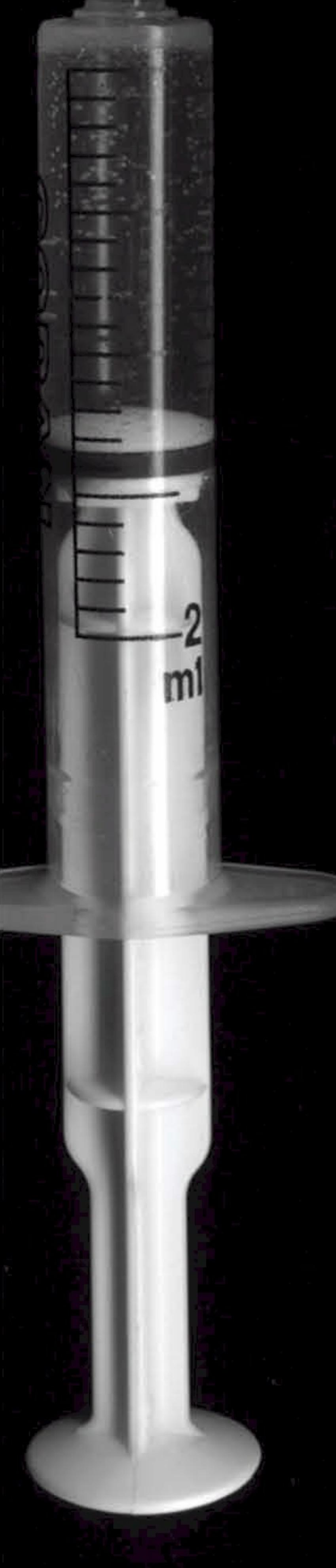
- Sponsored by
Teller County Public Health
- Provides a supplemental team of licensed/certified volunteer specialists during a communitywide medical crisis
- Internet-based registration for skilled medical responders
- Licensed, certified, or adjunct medical volunteers prepared for statewide or national emergency assistance

Mission

**To engage volunteers to strengthen public health,
emergency response, and community resiliency**

**Please Register
MRC**

**click on “TC-MRC Application Process”
at: tellercc.org**



If you are the caregiver

- Avoid being face-to-face with the sick person.
- When holding small children who are sick, place their chin on your shoulder so that they will not cough in your face.
- Clean your hands with soap and water or use an alcohol-based hand rub after you touch the sick person or handle used tissues, or laundry.
- Talk to your health care provider about taking antiviral medication to prevent the caregiver from getting the flu.

Monitor yourself and household members for flu symptoms and contact a telephone hotline or health care provider if symptoms occur.

Using Facemasks or Respirators

- Avoid close contact (less than about 6 feet away) with the sick person as much as possible.
- If you must have close contact with the sick person (for example, hold a sick infant), spend the least amount of time possible in close contact and try to wear a facemask.

• An N95 respirator that fits snugly on your face can filter out small particles that can be inhaled around the edges of a facemask, but compared with a facemask it is harder to breathe through an N95 mask for long periods of time. More information on facemasks and respirators can be found at H1N1 Flu (Swine Flu) website.



- Facemasks and respirators may be purchased at a pharmacy, building supply or hardware store.

- Wear an N95 respirator if you help a sick person with respiratory treatments using a nebulizer or inhaler, as directed by their doctor. Respiratory treatments should be performed in a separate room away from common areas of the house when at all possible.

- Used facemasks and N95 respirators should be taken off and placed immediately in the regular trash so they don't touch anything else.

- Avoid re-using disposable facemasks and N95 respirators if possible. If a reusable fabric facemask is used, it should be laundered with normal laundry detergent and tumble-dried in a hot dryer.

- After you take off a facemask or N95 respirator, clean your hands with soap and water or an alcohol-based hand sanitizer.

Household Cleaning, Laundry, and Waste Disposal

- Throw away tissues and other disposable items used by the sick person in the trash. Wash your hands after touching used tissues and similar waste.

- Keep surfaces, especially bedside tables, surfaces in the bathroom and toys for children clean by wiping them down with a household disinfectant according to directions on the product label.

- Linens, eating utensils and dishes belonging to those who are sick do not need to be cleaned separately but these items should not be shared without washing thoroughly first.



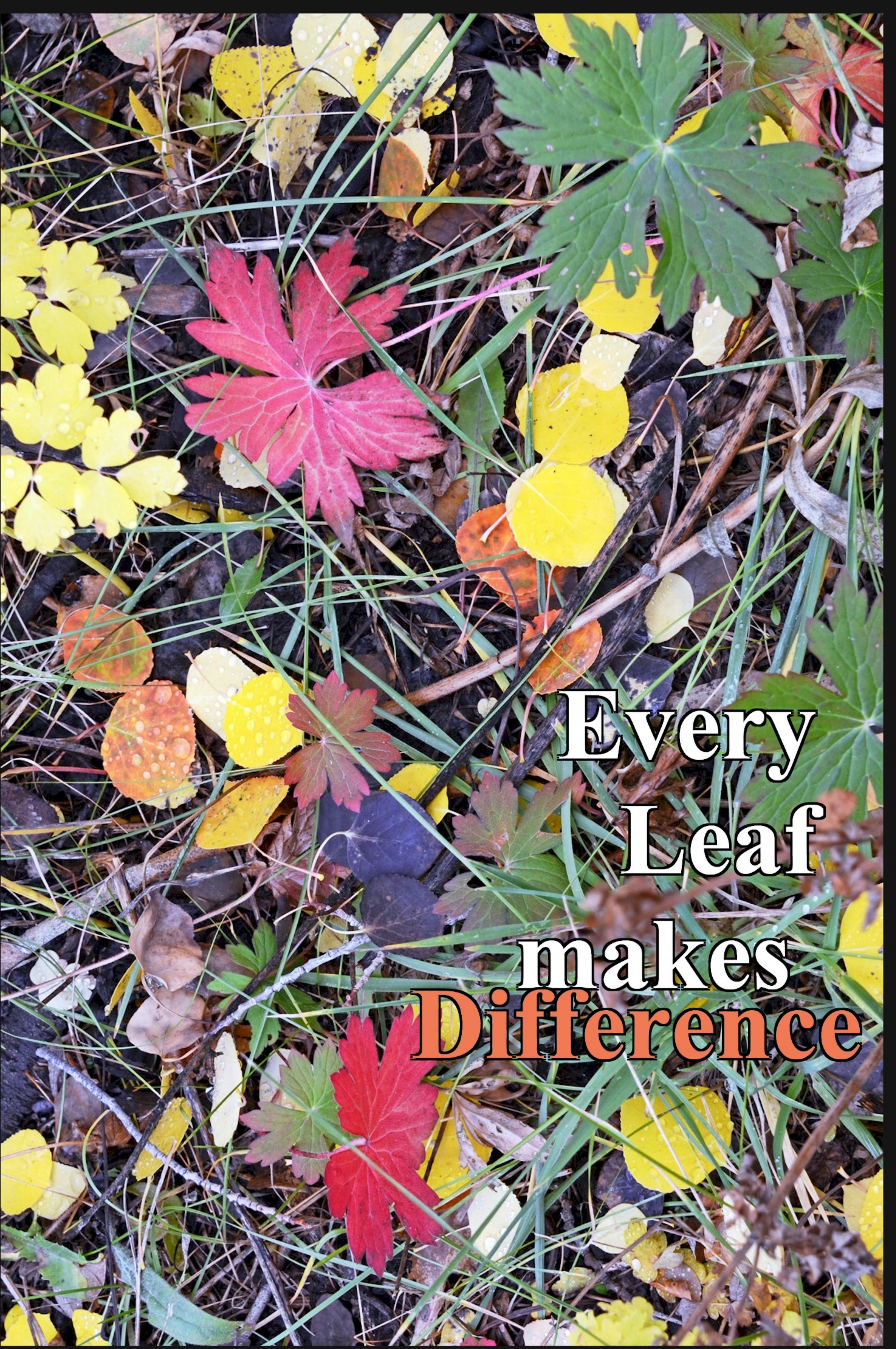
- Wash linens, such as bed sheets and towels, by using household laundry soap and tumble dry on a hot setting. Avoid "hugging" laundry prior to washing it to prevent contaminating yourself. Clean your hands with soap and water or alcohol-based hand rub right after handling dirty laundry.

Protect other persons in the home

- Eating utensils should be washed either in a dishwasher or by hand with water and soap. ||❖||

For More Information

The Centers for Disease Control and Prevention (CDC) Hotline (1-800-CDC-INFO) is available in English and Spanish, 24 hours a day, 7 days a week.



Every
Leaf
makes
Difference

Photo: Rich Boyle

Each leaf provides ...
Shade in the Summer
Color in the Fall
Introspection in Winter
Rejuvenation in Spring

Regardless of disaster
Water, Quake, Sun, Wind or Snow

We **together**
make a difference
named ... or not

Original Community Contributers

PEOPLE'S NATIONAL BANK
Woodland Park (719) 686-7381

RAMPART LIBRARY DISTRICT
<http://rampart.colibraries.org/>

Ted Borden
Carol&Robert Goll
Greg Griswold
Jim Halloran
Rod Hindley
Martha Hubbard
Sunny Kalter

SPEC-VIEW SECURITY LLC
Woodland Park (719) 687-8703

THE UPS STORE - Store #1374
Woodland Park (719) 687-3023

Anonymous Contributers & all named here:

*THANK YOU
for providing the seeds
to make this project happen.
May it become
a bountiful forest!*

Keith Marcantel
Bob&Vicki McDaniel
Darlyn Miller
Kay Poland
William&Nancy Rawson
Mike Smith

RESPOND TO EVENTS

Disasters can leave children feeling frightened, confused and insecure. Whether a child has personally experienced trauma, has merely seen the event on television or has heard it discussed by adults, it is important for parents and teachers to be informed and ready to help if reactions to stress begin to occur.

Children may respond to disaster by demonstrating fears, sadness or behavioral problems. Younger children may return to earlier behavior patterns, such as bedwetting, sleep problems and separation anxiety. Older children may also display anger, aggression, school problems or withdrawal. Some children who have only indirect contact with the disaster but witness it on television may develop distress.



Who is at risk?

For many children, reactions to disasters are brief and represent normal reactions to "abnormal events." A smaller number of children can be at risk for more enduring psychological distress as a function of three major risk factors:

- **Direct exposure** to the disaster, such as being evacuated, observing injuries or death of others or experiencing injury along with fearing one's life is in danger.

- **Loss/grief** relates to the death or serious injury of family members or friends.

- **On-going stress** from the secondary effects of disaster, such as temporarily living elsewhere, loss of friends and social networks, loss of personal property, parental unemployment and costs incurred during recovery to return the family to pre-disaster life and living conditions.

What Creates Vulnerabilities in Children?

In most cases, depending on the risk factors above, distressing responses are temporary. In the absence of severe threat to life, injury, loss of loved ones or secondary problems such as loss of home, moves, etc., symptoms usually diminish over time. For those who were directly exposed to the disaster, reminders of the disaster such as high winds, smoke, cloudy skies, sirens or other reminders of the disaster may cause upsetting feelings to return. Having a prior history of some type of traumatic event or severe stress may contribute to these feelings.

Children will often cope with disaster or emergencies the way their parents do. Parents and adults can make disasters less traumatic for children by taking steps to manage their own feelings and plans for coping. Parents are almost always the best source of support for children in disasters. To establish a sense of control and to build confidence



Photo: Northeast Teller County Fire Department
Northeast Teller County Fire Department 2007



in children before a disaster, engage and involve them in preparing a family disaster plan. After a disaster, children can contribute to a family recovery plan.

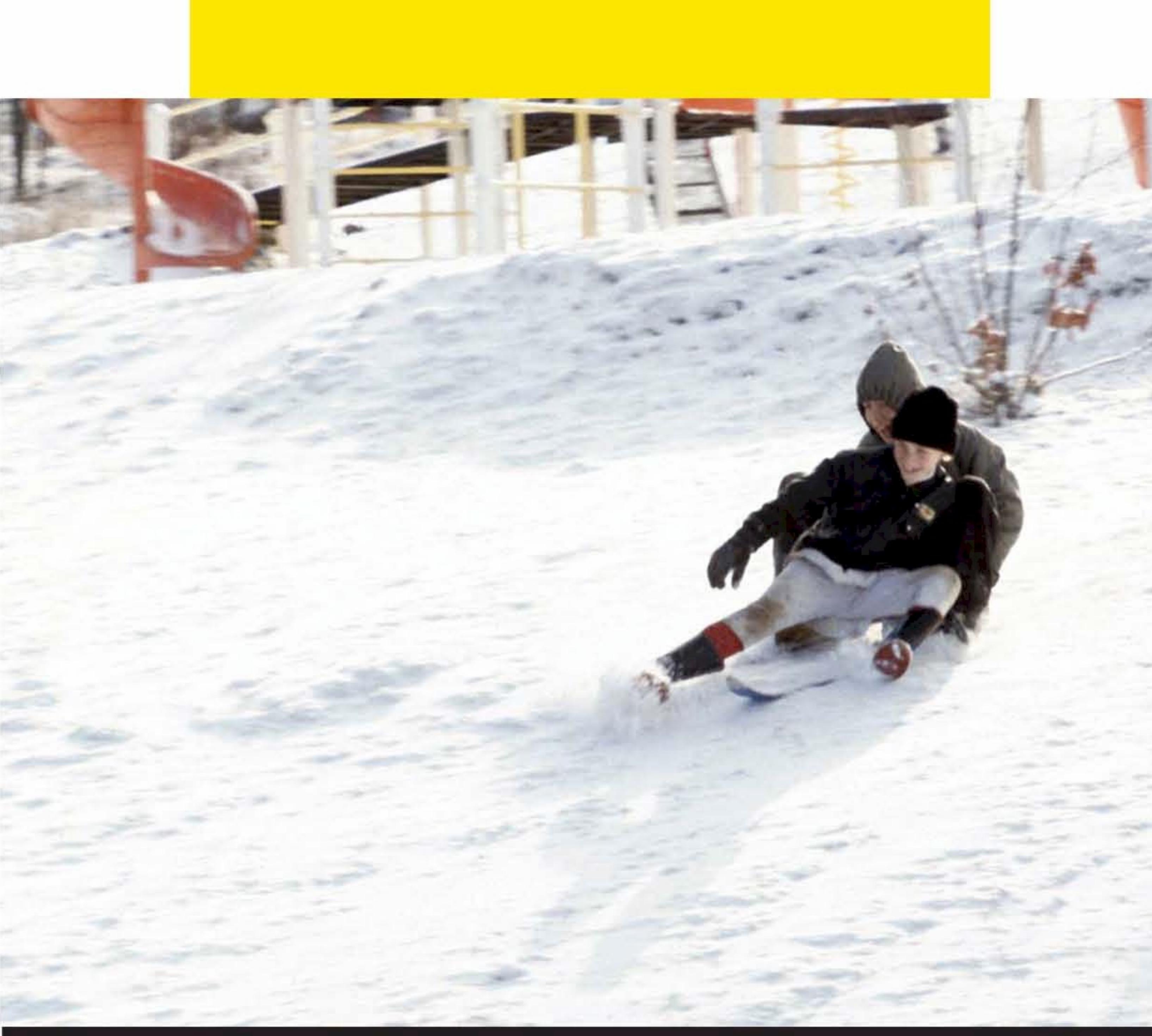
A Child's Reaction to Disaster by Age

Birth through 2 years Even though very young children have no words to describe the event or their feelings, they can retain memories of particular sights, sounds or smells. Infants might react to trauma by being irritable, crying more than usual or wanting to be held and cuddled.

Preschool (3 through 6 years) Because of their age and small size, preschoolers lack the ability to protect themselves or others and may feel helpless. They might feel intense fear and insecurity about being separated from caregivers. Preschoolers cannot grasp the concept of permanent loss. In the weeks following a traumatic event, pre-schoolers' play activities may reenact the incident or the disaster over and over again.

School age (7 through 10 years) School-age children have the ability to understand the permanence of loss. Some children become intensely preoccupied with the details of a traumatic event and want to talk about it continually, which can interfere with the child's concentration at school and academic performance may decline. At school, children may hear inaccurate information

from peers. They may display a wide range of reactions: sadness, generalized fear or specific fears of the disaster happening again, guilt over action or inaction during the disaster, anger that the event was not prevented or fantasies of playing rescuer.



Pre-adolescence to adolescence (11 through 18 years) As children grow older, they develop a more sophisticated understanding of the disaster event. Their responses are more similar to adults. Teenagers may become involved in dangerous, risk-taking behaviors, such as reckless driving or alcohol or drug use. Others can become fearful of leaving home and avoid previous levels of activities. Much of adolescence is focused on moving out into the world. After a trauma,

the view of the world can seem more dangerous and unsafe. A teenager may feel overwhelmed by intense emotions and yet feel unable to discuss them with others.

Meeting the Child's Emotional Needs

Children's reactions are influenced by the behavior, thoughts, and feelings of adults. Adults should encourage children and adolescents to share their thoughts and feelings about the incident. Clarify misunderstandings about risk and danger by listening to children's concerns and answering questions. Maintain a sense of calm by validating children's concerns and perceptions and with discussion of concrete plans for safety.

Listen to what the child is saying. If a young child is asking questions about the event, answer them simply without the elaboration needed for an older child or adult. Some children are comforted by knowing more or less information than others; decide what level of information your particular child needs. If a child has difficulty expressing feelings, allow the child to draw a picture or tell a story of what happened.

Try to understand what is causing anxieties and fears. Be aware that following a disaster, children are most afraid that:

- The event will happen again.
- Someone close to them will be killed or injured.



- They will be left alone or separated from the family.

Reassuring Children After a Disaster

Suggestions to help reassure children include the following:

- Personal contact is reassuring. Hug and touch your children.
- Calmly provide factual information about the recent disaster and current plans for ensuring their safety along with recovery plans

- Encourage your children to talk about their feelings.
- Spend extra time with your children such as at bedtime.
- Re-establish your daily routine for work, school, play, meals and rest.
- Involve your children by giving them specific chores to help them feel they are helping to restore family and community life.
- Praise and recognize responsible behavior.
- Understand that your children will have a range of reactions to disasters.
- Encourage your children to help update your a family disaster plan.

If you have tried to create a reassuring environment by following the steps above but your child continues to exhibit stress, if the reactions worsen over time or if they cause interference with daily behavior at school, at home or with other relationships, it may be appropriate to talk to a professional. You can get professional help from the child's primary care physician, a mental health provider specializing in children's needs or a member of the clergy.

Monitor and limit your family's exposure to the media

News coverage related to a disaster may elicit fear and confusion and arouse anxiety in children. This is particularly true for large-scale disasters or a terrorist event where significant property damage and loss of life has occurred. Particularly for younger children, repeated images of an event may cause them to believe the event is recurring over and over.

If parents allow children to watch television or use the Internet where images or news

about the disaster are shown, parents should be with them to encourage communication and provide explanations. This may also include parent's monitoring and appropriately limiting their own exposure to anxiety-provoking information.

Use Support Networks

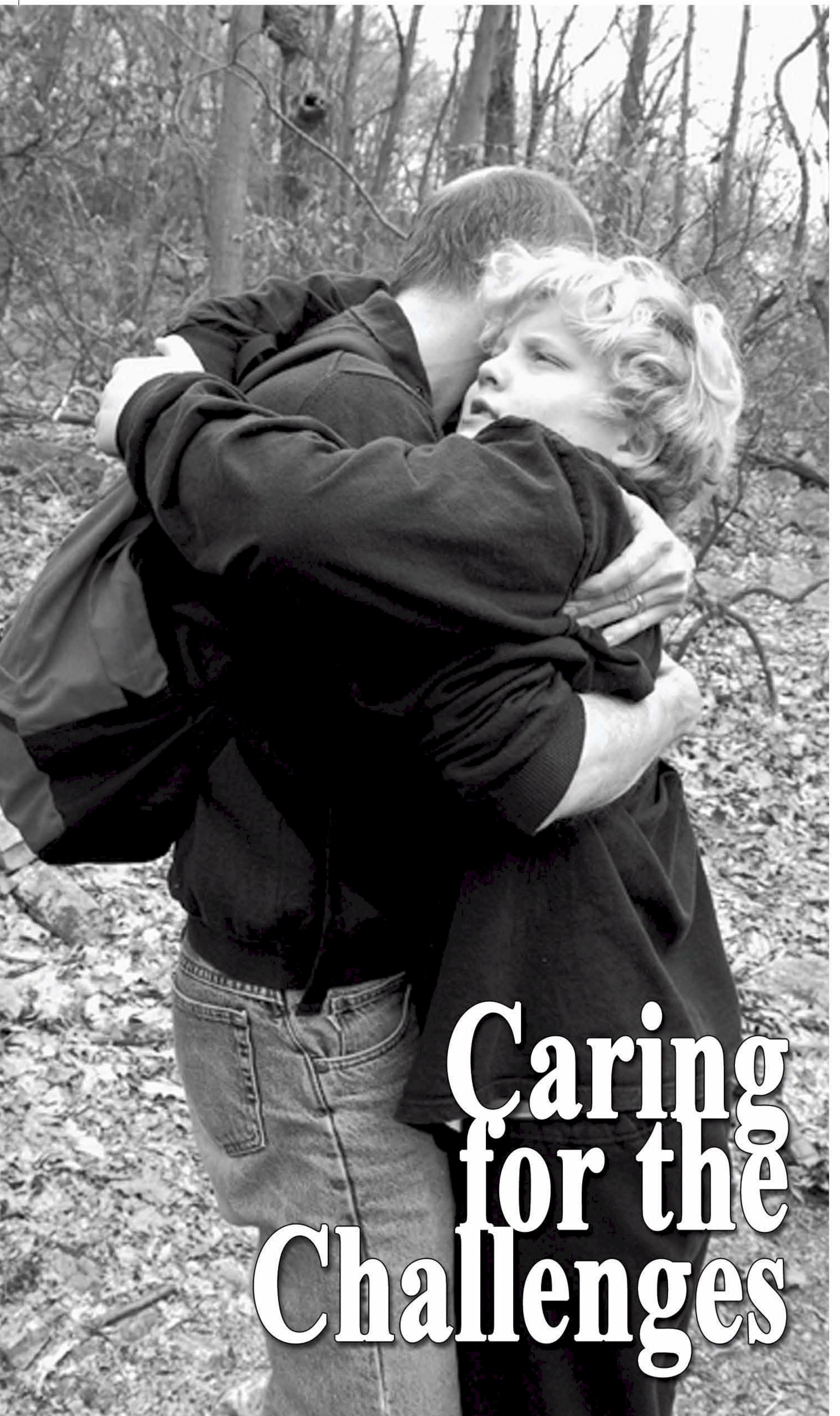
Parents help their children when they take steps to understand and manage their own feelings and ways of coping. They can do this by building and using social support systems of family, friends, community organizations and agencies, faith-based institutions or other resources that work for that family. Parents can build their own unique social support systems so that in an emergency situation or when a disaster strikes, they can be supported and helped to manage their reactions.



As a result, parents will be more available to their children and better able to support them. Parents are almost always the best source of support for children in difficult times. But to support their children, parents need to attend to their own needs and have a plan for their own support.

Preparing for disaster helps everyone in the family accept the fact that disasters do happen and provides an opportunity to identify and collect the resources needed to meet basic needs after disaster. Preparation helps; when people feel prepared, they cope better and so do children. ||❖||





**Caring
for the
Challenges**

**Recovery from a disaster
is already in our hands**

**Stay sharp with healthy
mind & body fitness**

**Caring always counts:
offer it & receive it**

**Community resilience
is contagious.
Spread it around!**

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A GRADUAL PROCESS

Recovering from a disaster is usually a gradual process. Safety is a primary issue, as are mental and physical well-being. If assistance is available, knowing how to access it makes the process faster and less stressful. This section offers some general advice on steps to take after disaster strikes in order to begin getting your home, your community, and your life back to normal.

Health and Safety Guidelines

Your first concern after a disaster is your family's health and safety. You need to consider possible safety issues and monitor family health and well-being.

Aiding the Injured

- Check for injuries. Do not attempt to move seriously injured persons unless they are in immediate danger of death or further injury. If you must move an unconscious person, first stabilize the neck and back, then call for help immediately.
- If the victim is not breathing, carefully position the victim for artificial respiration, clear the airway and commence mouth-to-mouth resuscitation.
- Maintain body temperature with blankets. Be sure the victim does not become overheated.
- Never try to feed liquids to an unconscious person.

Health

- Be aware of exhaustion. Don't try to do too much at once. Set priorities and pace yourself. Get enough rest.
- Drink plenty of clean water.
- Eat well.
- Wear sturdy work boots and gloves.
- Wash your hands thoroughly with soap and clean water often when working in debris.

Safety Issues

- Be aware of new safety issues created by the disaster. Watch for washed out roads, contaminated buildings, contaminated water, gas leaks, broken glass, damaged electrical wiring and slippery floors.

- Inform local authorities about health and safety issues, including chemical spills, downed power lines, washed out roads, smoldering insulation and dead animals.

Returning Home

Returning home can be both physically and mentally challenging. Above all, use caution.

General tips:

- Keep a battery-powered radio with you so you can listen for emergency updates and news reports.
- Use a battery-powered flash light to inspect a damaged home. (Note: The flashlight should be turned on outside before entering - the battery may produce a spark that could ignite leaking gas, if present.)
- Watch out for animals, especially poisonous snakes. Use a stick to poke through debris.
- Use the phone only to report life-threatening emergencies.
- Stay off the streets. If you must go out, watch for fallen objects, downed electrical wires and weakened walls, bridges, roads and structures.



Hayman Fire 2002

Photo: Lenore Hotchkiss

RECOVERING
FROM DISASTER

sidewalks.

Before You Enter Your Home

Walk carefully around the outside and check for loose power lines, gas leaks, and structural damage. If you have any doubts about safety, have your residence inspected by a qualified building inspector or structural engineer before entering.

Do not enter if:

- You smell gas.
- Floodwaters remain around the building.
- Your home was damaged by fire and the authorities have not declared it safe.

Going Inside Your Home

When you go inside your home, there are certain things you should and should not do. Enter the home carefully and check for damage. Be aware of loose boards and slippery floors.

The following items are other things to check inside your home:

- **Natural gas.** If you smell gas or hear a hissing or blowing sound, open a window and leave immediately. Turn off the main gas valve from the outside, if you can. Call the gas company from a neighbor's residence. If you shut off the gas supply at the main valve, you will need a professional to turn it back on. Do not smoke or use oil, gas

Divide backroad



Photo: Bill Stevenson

lanterns, candles or torches for lighting inside a damaged home until you are sure there is no leaking gas or other flammable materials present.

- **Sparks, broken or frayed wires.** Check the electrical system unless you are wet, standing in water or unsure of your safety. If possible, turn off the electricity at the main fuse box or circuit breaker. If the situation is unsafe, leave the building and call for help. Do not turn on the lights until you are sure they're safe to use. You may want to have an electrician inspect your wiring.

- **Roof, foundation and chimney cracks.** If it looks like the building may collapse,

leave immediately.

- **Appliances.** If appliances are wet, turn off the electricity at the main fuse box or circuit breaker. Then, unplug appliances and let them dry out. Have appliances checked by a professional before using them again. Also, have the electrical system checked by an electrician before turning the power back on.

- **Water and sewage systems.** If pipes are damaged, turn off the main water valve. Check with local authorities before using any water; the water could be contaminated. Pump out wells and have the water tested by authorities before drinking. Do not flush toilets until you know that sewage lines are intact.

- **Food and other supplies.** Throw out all food and other supplies that you suspect may have become contaminated or come into contact with floodwater.

- **Your basement.** If your basement has flooded, pump it out gradually (about one third of the water per day) to avoid damage. The walls may collapse and the floor may buckle if the basement is pumped out while the surrounding ground is still waterlogged.

- **Open cabinets.** Be alert for objects that may fall.

- **Clean up household chemical spills.** Disinfect items that may have been contaminated by raw sewage, bacteria or chemicals. Also clean salvageable items.



Red Fox



Raccoon



Bobcat and Field Mouse

- Call your insurance agent. Take pictures of damages. Keep good records of repair and cleaning costs.

Being Wary of Wildlife and Other Animals

Disaster and life threatening situations will exacerbate the unpredictable nature of wild animals. To protect yourself and your family, learn how to deal with wildlife.

Guidelines:

- Do not approach or attempt to help an injured or stranded animal. Call your local animal control office or wildlife resource office.

- Do not corner wild animals or try to rescue them. Wild animals will likely feel threatened and may endanger themselves by dashing off into floodwaters, fire and so forth.

- Do not approach wild animals that have taken refuge in your home. Wild animals such as snakes, opossums and raccoons often seek refuge from floodwaters on upper levels of homes and have been known to remain after water recedes. If you encounter animals in this situation, open a window or provide another escape route and the animal will likely leave on its own. Do not attempt to capture or handle the animal. Should the animal stay, call your local animal control office or wildlife resource office.

- Do not attempt to move a dead animal. Animal carcasses can present serious health risks. Contact your local emergency management office or environmental health department for help and instructions.

- If bitten by an animal, seek immediate medical attention.

Seeking Disaster Assistance

Throughout the recovery period, it is important to monitor local radio or television reports and other media sources for information about where to get emergency housing, food, first aid, clothing and financial assistance. The following section provides general information about the kinds of assistance that may be available.

Direct Assistance

Direct assistance to individuals and families may come from any number of organizations, including: American Red Cross, Salvation Army and other volunteer organization that provide food, shelter and supplies and assist in clean-up efforts.

The Federal Role

In the most severe disasters, the federal government is also called in to help individuals and families with temporary housing, counseling, low-interest loans and grants, and other assistance. The federal government also has programs that help small businesses and farmers.

Most federal assistance becomes available when the President of the United States declares a “Major Disaster” for the affected area at the request of a state governor. FEMA will provide information through the media and community outreach about federal assistance and how to apply.

Photo, top left: Sheri Lefler

Photo, center & bottom left: Natural Unseen Hazards Blog

Coping with Disaster

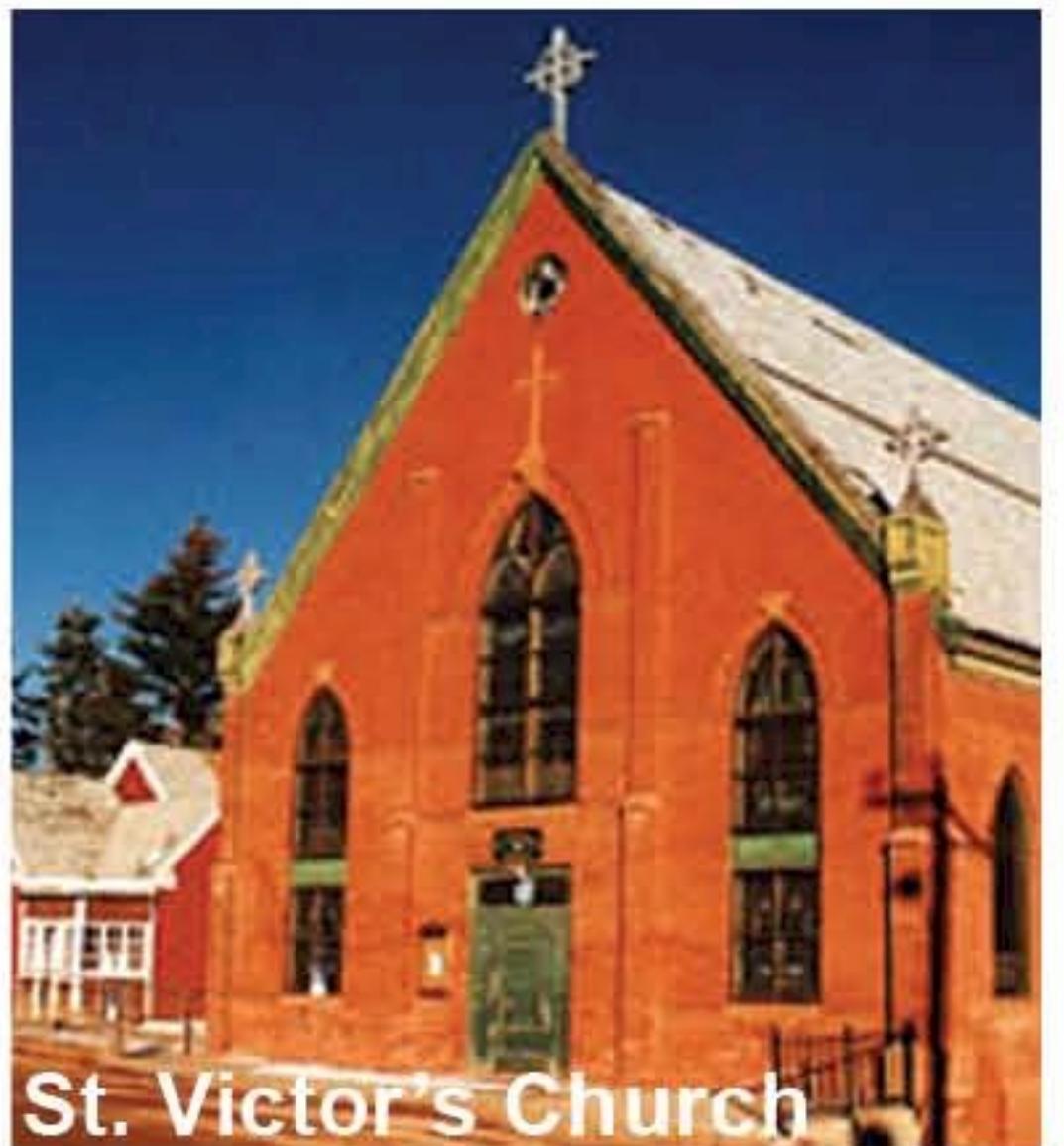
The emotional toll that disaster brings can sometimes be even more devastating than the financial strains of damage and loss of home, business or personal property.

Understand Disaster Events:

- Everyone who sees or experiences a disaster is affected by it in some way.
- It is normal to feel anxious about your own safety and that of your family and close friends.
- Profound sadness, grief and anger are normal reactions to an abnormal event.
- Acknowledging your feelings helps you recover.
- Focusing on your strengths and abilities helps you heal.
- Accepting help from community programs and resources is healthy.
- Everyone has different needs and different ways of coping.
- It is common to want to strike back at people who have caused great pain.

Children and older adults are of special concern in the aftermath of disasters. Even individuals who experience a disaster "second hand" through exposure to extensive media coverage can be affected.

Contact local faith-based organizations,



voluntary agencies or professional counselors for counseling. Additionally, FEMA and state and local governments of the affected area may provide crisis counseling assistance.

Recognize Signs of Disaster Related Stress

When adults have the following signs, they might need crisis counseling or stress management assistance:



- Difficulty communicating thoughts.
- Difficulty sleeping.
- Difficulty maintaining balance in their lives.
- Low threshold of frustration.
- Increased use of drugs / alcohol.
- Limited attention span.
- Poor work performance.
- Headaches/stomach problems.
- Tunnel vision/muffled hearing.
- Colds or flu-like symptoms.
- Disorientation or confusion.
- Difficulty concentrating.
- Reluctance to leave home.
- Depression, sadness.
- Feelings of hopelessness.
- Mood-swings and easy bouts of crying.
- Overwhelming guilt and self-doubt.
- Fear of crowds, strangers, or being alone.

Easing Disaster-Related Stress

The following are ways to ease disaster-related stress:

- Talk with someone about your feelings - anger, sorrow and other emotions - even though it may be difficult.
- Seek help from professional counselors who deal with post-disaster stress.
- Do not hold yourself responsible for the disastrous event or be frustrated because you feel you cannot help directly in the rescue work.
- Take steps to promote your own physical and emotional healing by healthy eating, rest, exercise, relaxation and meditation.
- Maintain a normal family and daily routine, limiting demanding responsibilities on yourself and your family.
- Spend time with family and friends.
- Participate in memorials.
- Use existing support groups of family, friends and religious institutions.
- Ensure you are ready for future events by restocking your disaster supplies kits and updating your family disaster plan. Doing these positive actions can be comforting.



Helping Others

The compassion and generosity of the American people is never more evident than after a disaster. People want to help.

volunteer . . .



Here are some general guidelines on helping others after a disaster:

- *Volunteer!*

Check with local organizations or listen to local news reports for information about where volunteers are needed. Note: Until volunteers are specifically requested, stay away from disaster areas.



compassion



- *Bring your own food, water, and emergency supplies to a disaster area if you are needed there. This is especially important in cases where a large area has been affected and emergency items are in short supply.*

- *Give a check or money order to a recognized disaster relief organization. These groups are organized to process checks, purchase what is needed, and get it to the people who need it most.*



TAKE IT FROM HERE

CO 67 South, Teller County 2009

Photo: Henriette Gregorio

You've Got the Guide
prepare now



Cripple Creek & Victor Gold Mining Company

Living a Mining Heritage



CC&V's Mine Rescue Team (MRT) is an all volunteer group of trained employees that care about their co-workers and the surrounding communities.

MRT also conducts joint training exercises with various agencies within Teller County's emergency response network.



MRT is on call 24 hours a day, 7 days a week to respond to emergencies at the mine site or within the surrounding communities.



MRT trains monthly for emergency situations that may include high and low-angle rope rescue, confined space entry, first aid, and chemical emergencies.



CC&V is the first mine to be recognized by the Colorado Department of Public Health & Environment as a Gold Level Leader (the highest level) in the state's voluntary Environmental Leadership Program.



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Safety is CC&V's first value; we place people first and correspondingly put the highest priority on safe and healthy practices and systems at the mine site; in community preparedness partnerships within our community.



GOT IT COVERED?



Think Again
you may be all you got

Divide Fire, Mueller State Park August 2006