



GLUTEN INTOLERANCE GROUP
of East Central Wisconsin

GLUTEN-FREE NEWSLETTER

http://bit.ly/GIGECW_Newsletters

Educate / Motivate / Advocate

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Meetings

When: Third Saturday of Jan, Mar., May, July, Sept., Nov.

9:30 am to 11:30 am

Where: Ripon Public Library in the Sliver Creek Room

Alan Klapperich,
Branch Manager

GIG.EastCentralWisconsin@gluten.org
www.gigofecw.org
www.facebook.com/GIGofECW

This is a publication of GIG of ECW, and we are a local branch of the Gluten Intolerance Group of North America. The opinions expressed here represent that of our Branch and may not reflect the opinions of our national organization.

It's September. Do you know what that means?

It's National Preparedness Month. I never knew this until all the stuff starting happening in Texas and Florida.

I'd venture to guess almost everyone has a family member, a friend, or knows someone who has been affected by the hurricanes in Texas or Florida, or the earthquake in Mexico.

If something good can come from these disasters, may it be that others learn how to plan and prepare for their own disaster (which we hope never comes). I think you'll find the information in this newsletter extremely helpful.

Thoughts and prayers to all those affected by the recent natural disasters.



September also means our group turns another year older!

Here's to number 9!

A BIG THANK YOU to our loyal members and to those who have supported GIG of ECW all these years.

Peace and blessings,

Alan Klapperich - Branch Manager



Who is The Gluten-Free RN?

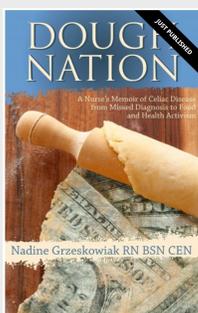
Nadine Grzeskowiak, RN, BSN, CEN lives in Oregon where she has been a Registered Nurse for almost two decades.

As a certified emergency room nurse, she has worked in emergency, trauma, and critical care units throughout the state.

In November 2006, at the age of 40, she was diagnosed with celiac disease.

After two weeks on a gluten-free diet, her entire world began to change. In 2007, she found three different nursing businesses: RN On Call, Gluten-Free RN, and Celiac Nurse Consulting.

Nadine is also a busy professional speaker and lecturer. In 2015 she added author to her list of accomplishments. "[DOUGH NATION: A Nurse's Memoir of Celiac Disease From Missed Diagnosis to Food and Health Activism](#)".




NATIONAL PREPAREDNESS MONTH

2017

Disasters Don't Plan Ahead.
YOU CAN.

Emergency Preparedness

by Alan Klapperich

It was no accident that September was selected as National Preparedness Month. The tragedies of September 11, 2001 revealed to our nation the importance of being prepared. Also, the Atlantic hurricane season peaks in mid-September. This fact has become quite evident in 2017.

The Federal Emergency Management Agency (FEMA) reminds us that natural or man-made disasters can occur no matter where we live - at any time - often without warning. It's important to have a plan of action in place before such an event occurs.

While the upper midwest isn't typically affected by hurricanes or earthquakes, it does not dismiss us from planning for natural disasters like flooding, fire, tornados, or severe winter weather.

For this article, I have collected a variety resources that will be helpful in developing your own plan.

My Facebook friend Nadine Grzeskowiak, (aka The [Gluten-Free RN](#)) has created a great podcast on emergency preparedness.

Emergency Prep Library

Fond du Lac County Emergency Preparedness Information

bit.ly/FDL-EmergPrep

"Set up a communication tree for home and work. Have a family emergency plan, discuss the plan and practice it. Have a prearranged meeting place and discuss when to use it. Check on neighbors, especially the elderly and disabled. Have a portable radio and batteries handy."

Be Prepared:

<https://www.ready.gov>

Assemble and maintain emergency supply kit with the help of this handy check list:

<http://bit.ly/FDLCo-EmergKit>

Learn how to Shelter In Place:

bit.ly/FDLCo-ShelterInPlace



**American
Red Cross**

In an emergency, every second counts- that's why it's crucial to have a game plan, and why this year's National Preparedness Month theme is "Don't Wait Communicate."

Learn more:

rdcrss.org/2x6QL8Z



Emergency Preparedness

Emergency Preparedness with Nutrient Dense Foods Episode 15

Listen: <http://bit.ly/GFRN-EmergencyPrep>

If you cannot listen to her podcast, I have taken some notes on what I found particularly helpful. Nadine also has some notes listed in the link above. Please, follow along...

What is an emergency? Fire, earthquake, flood.

Important to stock in cupboards, but also in car, and a back pack.

Nadine is RN and CEN Certified ER Nurse. Was deployed to help during Katrina in Lake Charles, LA. This experience was not at all like she expected, but learned from it.

No matter what your situation is - you should in some way - be prepared.

City and County health departments have information about emergency preparedness. (See side bar for additional information)

Emergency Preparedness with nutrient dense foods. Foods that keep you alive. If you have to survive for a period of time - these are some of the foods to have on hand at home/work/backpack/ car - ready to grab at a moments notice. If you have this ready ahead of time, it helps relieve some of the stress from an already stressful situation.

FEMA is not going to feed us nutrient dense foods. They feed people mostly cheap filler food (grits, beans & rice). Yes, it keeps people alive, but not very nutrient dense or very nutritious.

We have a list of foods that are nutrient dense. Pound for pound - your body will be able utilize the nutrients found in these foods.

Customize amounts for your own needs - stock enough food for at least 72 hrs for every person.

Foods covered here are gluten-free, dairy-free and largely Paleo. Almost all are non-perishable.

Emergency Prep Library



"ReadyWisconsin is our state's counterpart to the national campaign. ReadyWisconsin asks individuals to do four key things:

- *Get an emergency supply kit*
- *Make a family emergency plan*
- *Be informed about the different types of emergencies that could occur and their appropriate responses*
- *Get involved in emergency preparedness and response in their own communities"*

Learn More: ready.wi.gov



"Launched in February 2003, Ready is a National public service campaign designed to educate and empower the American people to prepare for, respond to and mitigate emergencies, including natural and man-made disasters.

The goal of the campaign is to promote preparedness through public involvement."

Learn More: ready.gov

Emergency Preparedness

Prioritize foods to eat first. Perishable foods are eaten first. Eat freezer foods first if power goes out. Have a party - feed and share with others - they may return the favor.

Food items:

- Protein bars - meat bars/pemmican.
- Gelatin
- Jerky (makes sure it's gluten-free - watch for soy or teriyaki sauce - hidden sources of gluten)
- Canned tuna, sardines, salmon - good sources of good high fat.
- Canned chicken or turkey
- Protein powder
- Seaweed
- Nuts - different kinds pecans, walnuts, hazelnuts, pistachios. Lot of energy and good nutrition.
- Pumpkin seeds or pumpkin seed butter - very nutritious.
- Chocolate bars (80-100% cocoa, no milk) - very nutritious - high in iron.
- Some type of sugar: Honey, 100% maple syrup, molasses is extremely nutrient dense - lots of essential trace minerals. Honey used for medicinal purposes - antibacterial for burn or wound.
- Coconut milk/water, dehydrated coconut powered, hemp milk. Coconut water is electrolyte replacement - great if you are vomiting or have diarrhea. It can keep you out of hospital/clinic. Stay out of ER rooms if possible, they're overburdened. Try to be self-reliant.
- Coconut milk excellent source of fat and nutrients. Stay away from rice milk, almond milk, soy milk - least nutrient dense. Want the biggest bang for buck - super good high fats foods.
- Fruit bars, dried fruit, fresh fruit if available (eat first)
- Canned fruit.
- Canned pumpkin or canned Sweet potato - good source of fiber & Vit A.
- ACV & Baking Soda - multipurpose items. Antibacterial properties - as a drink, wash hair, clean, clean wounds. Baking soda - neutralizes acids - useful in certain circumstances.
- Coconut oil, Olive oil, tallow, lard, duck fat - excellent fats. Have most of - Coconut oil & olive. While low in nutrients - long burning energy oils & fats. They can keep you alive.

Emergency Prep Library



CENTERS FOR DISEASE
CONTROL AND PREVENTION

"You can take steps now to help you prepare for an emergency and cope if an emergency happens. To help you prepare, we've provided step-by-step actions you can take beforehand to protect yourself and your loved ones."

Learn More: emergency.cdc.gov

Gluten Intolerance Group Emergency Preparedness

By Rebecca Powell.

"What will the Red Cross or other organizations be able to provide that you could eat? Often, this will not include prepared gluten-free meals or flours. What if the disaster strikes too fast for evacuation? Will there be any supplies closer to home? Will there be anything at home?"

There are three different ways to prepare for an emergency or disaster: Be Aware, Build a Kit, Have a Communication Plan."

Read More: bit.ly/2x3C5HD

Emergency Preparedness

* Rotate your stock - use and replace.

- Garlic, salt & pepper, turmeric, cinnamon, oregano, ginger, cloves great spices to have. Many are anti-inflammatory,, antiseptics. Use as food & medicine. Ginger helps with upset stomach
- Multivitamins. Make sure they're GF. Country Life is certified GF .
- List of prescription medication readily accessible for medical professionals.
- Check out RoadID.com - Important medical info can be placed on this ID tag.
- Wise to have a plan in place. Never IF, it's WHEN something can happen. Preparation can relieve anxiety and stress.

If you are prepared, it better allows you to help others. Take care of yourself so you can care for others.

Other items to have:

- Can & bottle opener
- Paper, wood - some type of heat source.
- Sleeping bag, blankets, pillows
- Flash light working batteries & extra batteries.
- Socks & shoes - good walking shoes
- 1st aid kit
- Water proof containers
- Shampoos, skin care products
- Glasses, contacts & solution
- Think about things you take with you when you travel
- Cash at home. Bank may be closed, or no power at ATM.
- Food & water for Pets. Even with no pet - keep some dog food on hand for displaced pets you might come across

NOTE: The Ready Wisconsin and Fond du Lac County emergency checklists included here do not specifically address gluten-free/food allergen needs. Purchase foods that fit your needs.



GLUTEN-FREE RECIPE

Ingredients

1 cup granulated sugar
 3 tbsp water
 3/4 c heavy cream
 3 tbsp unsalted butter cut into
 1 tbsp pieces

Stay Soft Caramel Sauce

Original recipe by: GoodieGodmother.com
<http://bit.ly/2ydsrkc>

Submitted by Peggy K.

*If you are making this recipe for a gluten-free guest, please read our
 Guide to Gluten Cross Contamination*

http://bit.ly/GIGECW_GlutenContamination

This is good on cheesecake, ice cream, apples, or darn near anything. Heck, it's even great straight outta the jar! (*Just don't get caught*)

1. Combine the sugar and water in a heavy-bottomed stainless steel (or other light-colored) pot.
2. Set your other prepared ingredients and a whisk within easy reach.
3. Place the pot over medium heat and stir frequently with a spatula until the sugar has dissolved. If you see sugar crystals forming along the sides of the pot, use a pastry brush wet in a small bowl of water to brush the crystals away.
4. Once the sugar has fully dissolved, stop stirring! Swirl the entire pot gently if needed, during this next phase of cooking.
5. Turn the heat up to medium high and watch the sugar for the change in color. This takes 4-5 minutes, but you cannot walk away, because the color changes in an instant. Once the dissolved sugar mixture reaches a medium copper color, quickly turn off the heat, and add the butter and heavy cream, whisking constantly. Continue whisking until the mixture becomes homogeneous and all clumps dissolve. If you need to, place the pot over very low heat while you stir to help the caramel sauce smooth out.
6. Transfer immediately to a heat-safe container, allow to cool, and store in the refrigerator up to 10 days.



Are You **READY WISCONSIN?**

✓ Get a Kit

✓ Make a Plan

✓ Be Informed

3-Day Emergency Supply Checklist

Get a Kit

When disaster strikes, immediate help may not be available. Every household should have an emergency kit with enough supplies to see you through three days following a natural disaster, health or manmade emergency.

Start out thinking about the basics of survival — fresh water, food, safety, warmth, sanitation and clean air.



For Everyone

- o Water (3 gallons per person for drinking and sanitation)
- o Non-perishable food
- o Manual can opener (if kit contains canned food)
- o Battery-powered NOAA Weather Radio and a commercial radio or hand crank radio
- o Flashlights and extra batteries
- o Sleeping bag or warm blanket for each person
- o First aid kit and emergency medical reference manual
- o Prescription medications and eyewear
- o Mess kits, paper cups, plates and plastic utensils, paper towels, moist towelettes, garbage bags and ties
- o Complete change of clothing, including a long-sleeved shirt, long pants, socks and sturdy shoes — add outdoor gear in winter
- o Cash in small denominations or traveler's checks and change
- o Copies of important family documents, such as insurance policies, identification and bank account records in a waterproof, portable container
- o Wrench or pliers to turn off utilities
- o Matches in a waterproof container
- o Household chlorine bleach and medicine dropper (When diluted nine parts water to one part bleach it can be used to disinfect)
- o Dust mask (to help filter contaminated air) and plastic sheeting/duct tape (to shelter

where you are)

- o Local maps
- o Books, games, puzzles or other activities for children
- o Paper and pencil
- o Fire Extinguisher
- o Whistle to signal for help

For Pets

- o Identification tags on collars
- o Medications and veterinary immunization records
- o Food, drinking water, bowls, cat litter/pan and can opener
- o Sturdy leashes or carriers to transport pets safely (Carriers should be large enough for the pet to stand up, turn around and lie down)
- o Towels or blankets
- o Current photos of you with your pets
- o Feeding schedules, medical conditions, behavior problems, and the name and phone number of your veterinarian
- o Pet beds and toys

➤ **More on back of page**



Are You **READY WISCONSIN?**

✓ Get a Kit

✓ Make a Plan

✓ Be Informed

3-Day Emergency Supply Checklist

For Baby

- o Formula
- o Bottled water to mix with formula and to wash bottles
- o Bottles
- o Blankets (both emergency blankets and receiving blankets)
- o Diapers – keep the diaper size current
- o Disposable wipes
- o Copy of immunization records and other medical information
- o Bath towels and wash cloths
- o Burp cloths, bibs
- o Cotton swabs
- o Medications
- o Diaper rash ointment
- o Binkies and toys

Food Suggestions

- o Salt-free crackers, whole grain cereals, and canned foods with high liquid content.
- o Ready-to-eat canned meats, fruits and vegetables
- o Canned juices, milk, soup (if powdered, store extra water)
- o Staples--sugar, salt, pepper
- o High energy foods--peanut butter, jelly, crackers, granola bars, trail mix
- o Vitamins
- o Foods for infants, elderly persons or persons with special dietary needs
- o Comfort/stress foods--cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

Pack a can of Sterno if you want to heat your food. If you plan to use a barbecue grill, don't use it indoors.

First Aid Kit Suggestions

Consider taking a first aid class, through the American Red Cross.

Things you should have:

- o Two pairs of Latex, or other sterile gloves (if you are allergic to Latex).
- o Sterile dressings to stop bleeding.
- o Cleansing agent/soap and antibiotic towelettes to disinfect.
- o Antibiotic ointment to prevent infection.
- o Burn ointment to prevent infection.
- o Adhesive bandages in a variety of sizes.
- o Eye wash solution to flush the eyes or as general decontaminant.
- o Thermometer
- o Scissors
- o Tweezers
- o Tube of petroleum jelly or other lubricant
- o Aspirin or non-aspirin pain reliever
- o Anti-diarrhea medication
- o Antacid (for upset stomach)
- o Laxative
- o Cold medications

HOME EMERGENCY KIT

Do NOT call **911** for information, use **911** only if needing emergency assistance.
Listen to your radio for hotline numbers to call for information, and/or assistance, or call **2-1-1**.

Keep items in airtight plastic bags, and put your entire disaster supplies kit in one or two easy to carry containers, such as an unused trash can, camping backpack or duffle bag. Update your kit as your family's needs change.

Check off supplies as added to your home kit:

- Food and Water
- Manual can opener
- Utensils
- First-aid kit
- Flashlight
- Battery operated radio
- Battery charger for cell phone
- Batteries for radio and charger
- Cash in small denominations and coins
- Unscented liquid household bleach for water purification and cleaning
- Personal hygiene items, including toilet paper, feminine supplies, lotion and soap
- Sturdy shoes
- Heavy gloves
- Warm clothes, a hat, and rain gear (poncho)
- A local and state map
- Extra prescription eyeglasses, hearing aid or other vital personal items
- Plastic sheeting, duct tape and utility knife for covering broken windows, or sheltering in place
- Tools including pliers and a shut-off wrench to turn off utilities if necessary (also include instructions on how to turn off gas and water)
- Blanket or sleeping bag
- Extra keys to your house and vehicle(s)
- A copy of important documents and phone numbers
- Paper towels, aluminum foil
- Fire Extinguisher
- Paper, pencils
- Large plastic bags for waste and sanitation
- Tent
- Matches in sealed waterproof container
- Pet supplies
- Plastic storage containers and zip-lock bags of various sizes
- Signal flare
- Needle, thread and various sizes of safety pins
- Eye dropper

First Aid Kit



- Two pairs of disposable gloves
- Sterile dressings
- Gauze bandages
- Cleansing agent/soap, antibiotic towelettes
- Antibiotic ointment
- Burn ointment
- Thermometer
- Adhesive bandages in a variety of sizes
- Adhesive tape, 2-inch width
- Eye-wash
- Cold pack
- Scissors
- Cotton swabs
- Tweezers

- Over-the-counter medicines such as aspirin or other pain reliever laxative, anti-diarrhea medication, antacid

- Daily prescription medications such as insulin, heart medicine or asthma inhaler

- Prescribed medical supplies such as glucose monitoring equipment or blood-pressure monitors



FOOD

Store a two weeks supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies also, such as power outages, floods, tornadoes and other disasters.....

- ▶ Ready to eat **canned** meats (chicken, tuna, spam), fruits and vegetables
- ▶ Canned juices, milk and soup (low sodium)
- ▶ High energy foods, such as peanut butter and jelly, crackers, granola bars, and trail mix and nuts
- ▶ Comfort foods, such as hard candy, candy bars and cookies
- ▶ Dried foods (Low sodium)
- ▶ Instant meals that do not require cooking or water
- ▶ Vitamins
- ▶ Protein or fruit bars
- ▶ Special needs food items (Ensure, Pedialyte, Protein drinks, etc)
- ▶ Powdered milk

WATER

- ▶ Store 1 gallon of water per person and pet per day.
- ▶ Seal water container tightly in a clean food-grade plastic container, label them with the date, and store in a cool dark place
- ▶ Rotate water supplies every six months. (Water can develop bacteria or algae from microscopic cracks in the container.)
- ▶ Keep a small bottle of unscented liquid bleach to purify water (Add eight drops of bleach to each gallon of water. Shake or stir, let stand 30 minutes.)



FOOD SHELF LIFE

General guidelines for rotating common emergency foods. Write the date you store food and water on all items and containers.

- **Use within six months:** Powered milk (boxed); dried fruit; dry, crisp crackers
- **Use with one year:** Canned condensed meat and vegetables; ready to eat cereals; peanut butter and jelly; hard candy and canned nuts; vitamin C
- **May be stored indefinitely** (in proper containers and conditions): Wheat, vegetable oils, dried corn, baking powder, soybeans, instant coffee, tea, and cocoa, salt, non-carbonated soft drinks, white rice, bouillon products, dry pasta, powdered milk (in nitrogen-packed cans)
- **Set Your Clocks-Check Your Stocks** two times a year, at daylight savings time. Check the expiration dates and for broken seals on packages or dented containers-use/discard.

IMPORTANT DOCUMENTS:

Keep originals of legal documents in an off-site safe-deposit box:

- Birth certificates, adoption paper
- Marriage certificate
- Social Security cards
- Military discharge
- Health insurance ID cards
- Life insurance policies
- Property insurance policies
- Auto registration/ownership papers
- Naturalization documents
- Power of attorney
- Will
- Passport
- Real estate deeds of trust
- Previous year tax returns
- Contact info of attorney and insurance agents
- Inventory of valuables with photographs

MAINTAINING CONTACT



 Determine the best two escape routes from your home

 Plan where to meet if your home becomes unsafe. Choose two places, one just outside your home, and one outside your neighborhood.

 Designate a contact person far enough away to not be affected by the same emergency. Each family member should have this number entered into their cell phone, and it should be posted by the home phone. Instruct family members to call this person and tell them where they are, and their status.

 If you have a cell-phone, include an emergency contact in your phone book. Put the letters **ICE** for “in case of emergency” before a person’s name to let rescuers know whom to contact.

EVACUATION BAG:

An easy to carry bag with an ID for use for an evacuation. Include the following:

- Some water, food and manual can opener
- Flashlight and batteries
- Personal medications and prescriptions
- Whistle
- Warm clothes, hat and rain gear (poncho)
- Extra keys to your house and vehicle
- Dust Mask
- Extra Rx glasses, or hearing aid
- Paper, pens and tape (for leaving messages)
- Pocket knife, compass
- Copies of insurance and ID cards
- Cash in small denominations
- Recent picture of family including pets
- Change of clothes for each family member
- For children include favorite game, cards coloring books, etc.

SHELTERING IN PLACE:

1. Go inside as quickly as possible. Bring any outdoor pets indoors. **2.** If there is time, shut and lock all outside doors and windows. Locking them may pull the door or window tighter and make a better seal against the chemical. Turn off the air conditioner or heater. Turn off all fans, too. Close the fireplace damper and any other place that air can come in from outside. **3.** Go in the shelter-in-place room and shut the door. **4.** Tape plastic over any windows in the room. Use duct tape around the windows and doors and make an unbroken seal. Use the tape over any vents into the room and seal any electrical outlets or other openings. **5.** Listen to the radio for an announcement indicating that it is safe to leave the shelter.

Shelter In Place

Recommended Items for a Shelter In Place Kit:

You should gather these items together in a box to have ready for any emergency:

- Pre-cut, labeled, plastic for windows and vents
- Duct Tape
- Towels for under doors
- Radio, flashlight, and extra batteries
- First Aid Kit that includes prescription medications and toiletries.
- Non-perishable food, and bottled water
- "Sheltering In Place" sign



Do you own a NOAA

National Oceanic Atmospheric Administration

All Hazards Radio?

Besides severe weather information, hazardous material spill information can be heard 24 hours a day on an all hazards radio.

Fond du Lac County SAME Code:
055039



For further information to assist in your planning needs prior to an emergency contact
Fond du Lac County
Emergency
Management

City/County Government Center
160 S. Macy St.
Fond du Lac, WI 54935

Phone: 920-929-2911

Fax: 920-929-2912

E-mail: 911emergencymanagement@fdlco.wi.us

Website: www.fdlco.wi.gov

Tune into your local emergency broadcasting station for important information in the event of any emergency/disaster.



SHELTER IN PLACE

What to do during a chemical emergency



Guidelines
for the
Fond du Lac
County Area

This information brought to you by the Local Emergency Planning Committee (LEPC)

Shelter In Place-Be Prepared!

What is Shelter In Place?

Shelter In Place means to take shelter where you are, remaining inside your home, work-place or a nearby building. You may need to Shelter In Place when:

- ✓The emergency or chemical leak/spill is of short duration
- ✓The danger could quickly overtake you if you were outside
- ✓There is not enough time to evacuate

How will I know that I should

Shelter In Place?

Fond du Lac County utilizes various methods to make emergency notifications to the public which could include: outdoor sirens, door-to-door notifications, NWS, NOAA radio, print and broadcast media. Emergency notifications giving Shelter In Place guidance will utilize one of, or a combination of these tools to alert the public of danger.

Also take action if you:

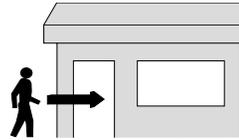
- ◆Hear a strange sound like an explosion.
- ◆See a vapor cloud.
- ◆Smell a strange odor.
- ◆Feel nauseous or have burning eyes.

How will I know what to do?

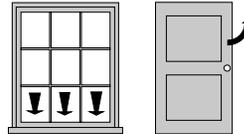
If you hear the warning sirens, or sense danger, immediately go inside and tune to your local radio or TV station.

Shelter In Place Means...

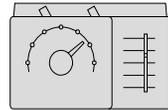
1. Move inside a building.



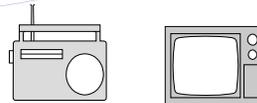
2. Close all windows and doors



3. Turn off all ventilation systems (Includes heating and AC)



4. Listen to your local radio or TV



DO NOT...

- DO NOT use the telephone; do not call 911.
- DO NOT go outside to investigate.
- DO NOT go to get your children from school- they will be safe there.

During Chemical Emergencies...



In a Structure:

- ◆Go indoors immediately. (Pets too!) Seal your home tightly by closing and locking all windows and doors.
- ◆Put a "Sheltering In Place" sign in your front window, to alert officials you are home and safe.
- ◆Turn off forced air heating, cooling and ventilation systems, including window and attic fans and anything that moves air in and out of the house. Close fireplace dampers.
- ◆Go into a room, preferably one with no or few windows. Seal all doors, windows, vents and outlets with plastic and duct tape. Place a wet towel at the bottom of the doors to absorb gases that may leak into the house.
- ◆Listen to a local radio or TV station. You will be given important information and then notified when the emergency is over. (Use a battery-powered radio if the power is off.)
- ◆When you are told the area is safe, ventilating your place of shelter may be recommended by opening all doors and windows, airing out the building in case a small amount of the chemical has seeped in.

In a Vehicle:

Close all windows and shut all manual vents. Turn off the ventilation system. Turn on the radio for emergency information.

Caught Outside:

Stay upstream, uphill, and upwind! In general, try to go at least 1/2 mile (8-10 city blocks) from the danger area. Move away from the accident scene. Cover your mouth with a cloth while leaving the area.

Child Safety in School...



Attempting to pick up children from school during severe weather or a chemical emergency can be dangerous. You and your children could be exposed to the hazards while traveling to and from school. It is safer to **leave your children at school** where they will be instructed to follow the school's safety procedures until the danger has passed.