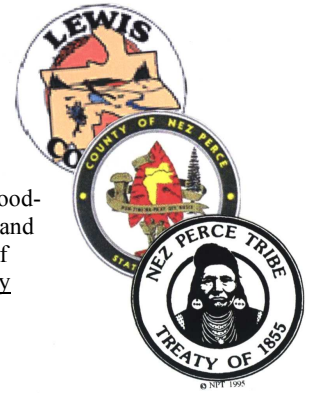
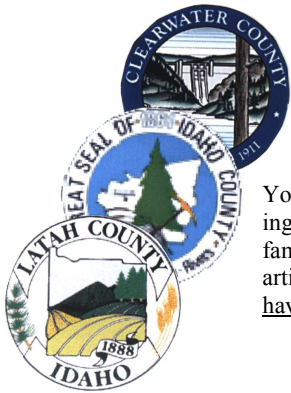


# Get Pandemic Ready



Your Office of Emergency Management plans and prepares for disasters, ranging from localized flooding to worldwide events. Preparation includes local government, the private sector and individuals and families. Pandemic flu is a rapidly emerging threat affecting all of us. The purpose of this series of articles is to inform citizens of what they can do to protect themselves. We recommend each family have three months of food, water, medications, and other supplies on-hand.

## Issue 10: Keeping Warm

“The mounting risk of a worldwide influenza pandemic poses numerous potentially devastating consequences for critical infrastructure in the United States. A pandemic will likely reduce dramatically the number of available workers in all sectors, and significantly disrupt the movement of people and goods, which will threaten essential services and operations within the nation’s critical infrastructure/key resource sectors.”

Department of Homeland Security, in Pandemic Influenza: Guide for Critical Infrastructure & Key Resources

### If electric or gas utilities fail, don’t try to heat the entire house

1. Insulate one room in your house for a “shelter within the house”
  - Pitch a tent in this room. Tent alternative: Use your dining room table (extra leaves in). Place a mattress underneath it, and drape blankets, rugs, etc., down the sides. Leave a gap near the bottom for fresh air
  - Insulate doorways, floors, walls and windows: Use extra blankets, rugs, curtains, mattresses, clothes or newspapers
  - Sleeping bags for sleeping
  - Bring stored water in this room to keep it from freezing
2. Safety precautions - bring the following to the insulated room:
  - Battery-operated smoke alarm (if available)
  - Battery-operated carbon monoxide detector (if available)
  - Any fire extinguishers
  - Disaster supply kit (72-hour kit) in case of evacuation
3. Insulate your body
  - Wear a hat/cap indoors and outdoors
  - Wear loose clothes, in layers
  - Keep clothes clean and dry
  - If needed, stuff newspapers around legs, arms and chest
4. External heat sources. The emergency cooking heat sources discussed for indoor use in ‘Get Pandemic Ready’ issue #9, can be used to provide heat. Propane heaters approved for indoor use can also be used. Turn these off before going to sleep.

**WARNING :** If used indoors, provide ventilation with a window or door open 1 inch, with the heater placed close to this opening

**WARNING :** Place all open flame emergency heaters on a fireproof surface

#### Contact #'s

#### Clearwater County

Emergency Management  
476-4064

#### Idaho County

Emergency Management  
983-3074

#### Latah County

Disaster Services  
883-2265

#### Lewis County

Emergency Management  
937-2380

#### Nez Perce County

Emergency Management  
799-3084

#### Nez Perce Tribe

ERWM  
843-7375 ext. 2377

For more information, or to participate in local pandemic flu planning, contact your local Emergency Manager.