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Living on Shaky Ground: **Prepare-Survive-Recover** A WLEOG Public Outreach Program

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NOW YOU CAN LEARN **HOW TO PREPARE FOR EMERGENCIES AND DISASTERS -ON YOUR COMPUTER, PHONE OR TABLET!**

Go to WLEOG.ORG and click on PREPAREDNESS CLASSES for a menu of disaster prep subjects. Each has short videos on different topics that you can watch when it is convenient for you and your family. ****SAFE WATER, SAFE SANITATION **EMERGENCY FOOD PLANNING** AND PREPARATION ****PET CARE PLANNING**

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In addition to the classes, the WLEOG.ORG website has extremely useful information on NATURAL HAZARDS and EMERGENCY PREPAREDNESS. Each of these has videos on various topics that explain the hazards the Pacific Northwest faces, and how to prepare for them.

For more information, visit these websites: AMERICAN RED CROSS - WWW.REDCROSS.ORG CITY OF FLORENCE - WWW.CI.FLORENCE.OR.US FEMA — WWW.READY.GOV LANE COUNTY — WWW.LANECOUNTY.ORG SIUSLAW VALLEY FIRE AND RESCUE - WWW.SVFR.ORG WLEOG — WWW.WLEOG.ORG

PREPAREDNES

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EMERGENCY PREPAREDNESS | POISON GAS

Carbon Monoxide Poisoning

ccidental carbon monoxide (CO) poisoning kills more than 400 people every year in the United States, according to the Centers for Disease Control and Prevention (CDC).

The odorless, colorless gas can can be poisoned before ever havcause sudden illness and death if ing symptoms. inhaled, so prevention is key to keeping you and your family safe. A large number of the annual deaths caused by CO come during power outages after hurricanes or winter storms. People use alternative sources of fuel or electricity for heating, cooling and cooking inside their homes, which can catalyze a quick buildup of deadly CO gases. Generators, grills, camp stoves and other gasoline, propane, natural gas or charcoal-burning devices should never be used inside a home, basement, garage or camper under any circumstances.

HOW TO RECOGNIZE **CO POISONING**

Exposure to CO can cause loss of consciousness and death, with the most common symptoms being headache, dizziness, weakness, nausea, vomiting, chest pain and confusion, according to . the CDC. People who are sleeping or who have been drinking alcohol are at an increased risk for CO-related deaths, because they

DETECTORS Every home should have at least one working carbon monoxide detector. The detector's batteries should be checked at least twice annually, at the same time smoke detector batteries are checked. Detectors can be purchased for about \$20 at your local hardware store, so expense should not be a factor in your decision to buy one. It could be a small price for a smart, high-return investment.

OTHER TIPS FROM THE

CDC Never leave the motor running in a vehicle parked in an enclosed or partially enclosed space, such as a garage.

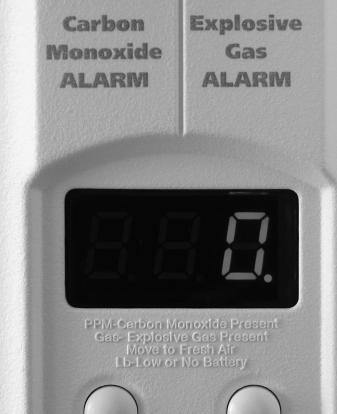
 If conditions are too hot or too cold, seek shelter with friends or at a community shel ter.

• If CO poisoning is suspected, consult a health care profession al right away.

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