

Be Informed Be Ready Be Safe



~~UNPREPARED~~



City of Saint Paul
Emergency Management
Public Safety, Public Trust



@ReadyStPaul



Emergency Go-Kit on a budget



To begin, conduct a home inventory check. You may be surprised what you already have and didn't even know it. You've got this!

What do YOU need? Do you have pets? Children? Medications or medical devices? Accessibility needs?

- ✓ You probably have an extra backpack or bag you aren't using and can repurpose it for your kit. Maybe a child's school bag from last year, or extra drawstring bag laying around.
- ✓ You probably already have band-aids, so grab a few. Tylenol, Advil/Motrin, Aleve, etc., grab a couple doses and put them in a Ziploc-style baggie or old prescription bottle. Properly label the contents. Prescription Meds? Make sure you have a 3-day supply.
- ✓ Every parent knows wipes are the go-to utility tool. Don't have any? Check the travel toiletries aisle.
- ✓ Grab a roll of toilet paper. You probably also have a stack of take-out napkins in your kitchen or car's glove box.
- ✓ Got tampons? Besides their intended use, they also work great for nosebleeds or other heavily bleeding wounds. Think about it, they absorb blood...any blood.
- ✓ Got a flashlight you don't use that often? Grab it, and an extra set of batteries.
- ✓ When you get new shoes, set aside the old ones in your basement or storm shelter in case you need to walk over debris. Even one size too small is better than barefoot.
- ✓ Grab a few non-perishable snacks/food items; just make sure they won't melt on you.
- ✓ How many random re-useable water bottles do you have? Set one aside to fill for each person.
- ✓ N95/dust masks. A flood or other disaster could cause damage that leaves mold or other toxic dust.
- ✓ Have a basic set of household tools including screwdrivers, hammer, adjustable wrench, saw, and pliers.
- ✓ The Bag of Bags. We all have that stash of plastic shopping bags, and these can serve a multitude of uses.
- ✓ Scan important documents and photos in your phone and store it in the cloud or on a thumb drive.
- ✓ Pet food. Water bowl. Toy/Treats
- ✓ Baby formula or food. Diapers. Comfort items, toys, blanket, coloring books or activities.

It looks like you're trying to build an emergency kit. I can help with that.



NEXT STEP

Now, check a dollar store or look for store brand options

- ✓ Emergency Poncho (check the camping or travel sections)
- ✓ Ziploc-style bags to keep items dry and clean.
- ✓ Extra batteries, as needed
- ✓ Whistle - If you are trapped and need to signal for help, this cheap item will be the most important item.
- ✓ First Aid kit items
- ✓ Toothbrush/paste, soap, collapsible cup, even tools!

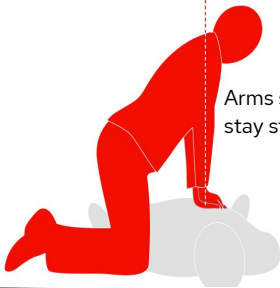
Other items to consider:

- ✓ External Battery charger (\$20-40)
- ✓ Leather work gloves (approx. \$5-\$15)
- ✓ Duct tape (approx. \$3-\$10)
- ✓ First Alert Tundra fire extinguisher (approx. \$12) or other small fire extinguisher
- ✓ First Aid Kit (approx. \$15 - 60)
- ✓ Folding shovel (approx. \$10, camping section)
- ✓ Multi-Tool (approx. \$10-\$30)
- ✓ Headlamp style light (approx. \$15-\$30)
- ✓ 550-cord/para-cord, and glo-sticks (chem lights)

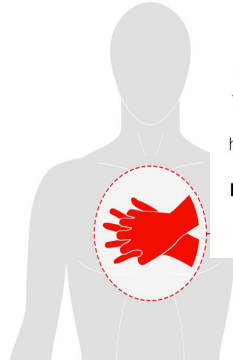
TWO STEPS TO STAYING ALIVE



Keep shoulders positioned directly above the hands



Arms should stay straight



Put the heel of one hand in the center of the chest, and then put your other hand on top of the first. Then push hard and fast in the center of the chest until help arrives. **It's important to push at a rate of at least 100 beats per minute.**



American Heart Association.

Hey Siri, what is a CPR song play list?

Songs that have a tempo matching the compression pace of CPR:

- **"Stayin' Alive" by The Bee Gees**
- **"Another One Bites the Dust" by Queen**
- **Darth Vader March from Star Wars**
- **"Achy Breaky Heart" by Billy Ray Cyrus**
- **"Baby Shark" by Pink Fong**
- **"The Man" by Taylor Swift**



www.heart.org/HandsOnlyCPR

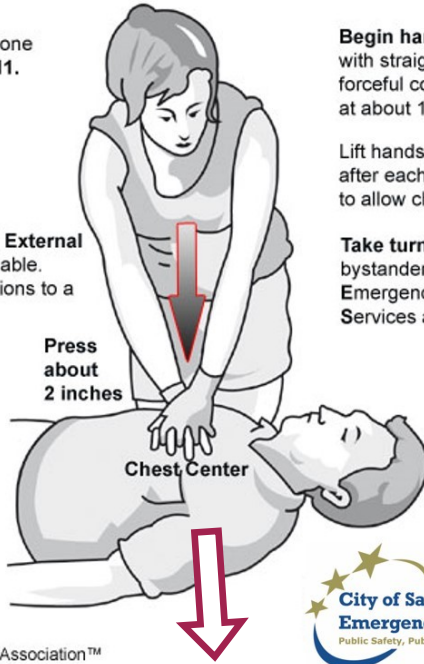
Hands-Only CPR

Experts now believe an **ADULT** who suddenly collapses due to cardiac arrest has enough air in his/her lungs and blood during CPR and doesn't need mouth-to-mouth breathing.

If you see someone collapse, **call 911**.

Position **unresponsive** adult.

Use an **Automated External Defibrillator** if available. Keep CPR interruptions to a minimum.



Begin hands-only CPR with straight arms and forceful compressions at about 100 a minute.

Lift hands slightly after each compression to allow chest to **recoil**.

Take turns with a bystander until **Emergency Medical Services** arrive.

Source: American Heart Association™



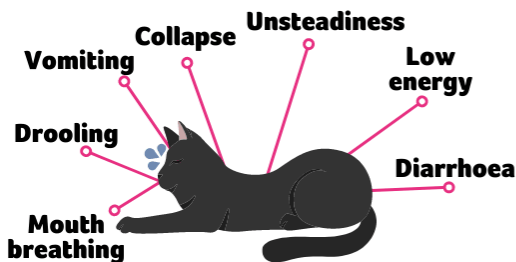
How big is 2 inches?



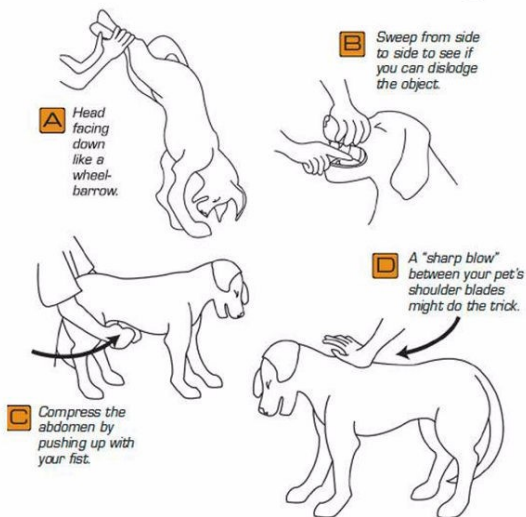
The National Safety Council online classroom for **CPR, AED, First Aid, and other information**



Know the signs of heatstroke



Heimlich Maneuver for Dogs



Prevention

- If you suspect any signs of heatstroke, call your vet immediately
- Always check sheds, greenhouses or summerhouses for cats before shutting them
- Provide plenty of access to clean, fresh water
- Create shaded areas for your cat to snooze
- Try making a cool indoor room



**Cat & Dog First Aid
Online Training**

CPR Hand Positions



Very small dogs



Medium-large dogs



Deep-chested dogs

e.g. greyhounds, great danes, pointers



Barrel or Flat-chested dogs
e.g. pugs & bulldogs

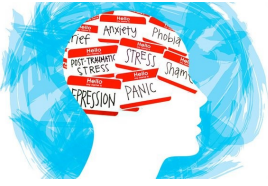


**How to perform CPR
on your cat or dog**



Psychological First Aid (PFA)

What is Psychological First Aid?



Psychological First Aid (PFA) is an evidence-informed approach that is built on the concept of human resilience. PFA aims to reduce stress symptoms and assist in a healthy recovery following a traumatic event, natural disaster, public health emergency, or even a personal crisis.

1	BEING PROTECTED FROM FURTHER HARM		5	ADDRESSING AND ACKNOWLEDGING CONCERNS	
2	HAVING THE OPPORTUNITY TO TALK WITHOUT PRESSURE		6	DISCUSSING COPING STRATEGIES	
3	ACTIVE LISTENING		7	SOCIAL SUPPORT	
4	COMPASSION				

Psychological First Aid (PFA) is a practical, flexible, and recommended approach to helping people in the immediate aftermath of trauma. PFA helps to reduce the initial distress and assists people to cope better in the days and weeks following a traumatic event, such as a disaster, workplace accident, or assault.

Psychological First Aid for Children

Ensure safety	Keep calm	Connect with others	Encourage self-efficacy	Have hope
Remove the child from, or reduce exposure to the threat of harm.	Provide a calm environment, away from stressful situations or exposure to sights, sounds and smells of the trauma event.	Keep families together and keep children with their parents or other close relatives whenever possible.	Help families to identify their own strengths and abilities to cope.	Reassure the child that their feelings are normal, but assure them that things will be ok.



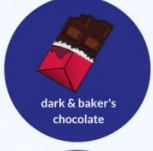
U.S. Department of Veterans Affairs



Lights

HAZARDS

FOR YOUR PETS



dark & baker's chocolate



cinnamon & nutmeg



bread dough



chocolate gold coins



Candy & Baked Goods



Alcohol



Treated Tree Water



Ornaments



Fatty Foods



Plant Decorations



Candles



Potpourri



Medicine



macadamia nuts



turkey stuffing



xylitol



sufganiyot & latkes

Pet Winter Safety Tips



LIMIT CAR TRAVEL

Never leave your pet in your car.

HIDING IN THE HOOD

Warm engines attract cats and small animals. Bang on your hood before starting the engine.

PAW PATROL

Check regularly and wipe away salt after outdoor walks.



BE ALERT

Signs of hypothermia include: shivering, whining, sluggish or anxious behavior.



GET COZY

Provide warm beds for naps.



STORM PREP

Create disaster kit with food, water and medication that can last 5 days.



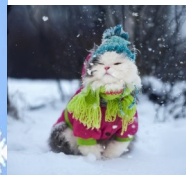
STAY INDOORS

Keep cats and dogs inside. Consider providing dry, well-insulated shelter for feral and neighborhood cats.



SWEATER WEATHER

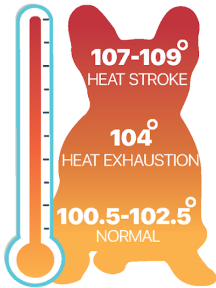
Play dress up with cozy sweaters and coats.



EXTREME HEAT

KEEP YOUR PET COOL, WHEN IT'S HOT.

DOG TEMPERATURE



SIGNS OF HEAT STROKE

- Heavy panting, difficulty breathing, excessive thirst
- Bright red tongue and mucus membranes, which turn grey as shock sets in
- Thick saliva, drooling, vomiting, and/or diarrhea
- Unsteadiness and staggering
- Lethargy

By the time signs of heat stroke are visible, it's often too late.

DANGERS OF HEAT STROKE



CAN CAUSE
collapse
seizures
coma
organ failure
death

DOGS WHO ARE MORE AT RISK



SHORT NOSED
ex. pug,
bulldog



LONG HAISED
ex. border collie,
lhasa apso



YOUNG & SENIORS
ex. puppies,
dogs 7+ yrs. old

Pet Friendly Summer Tips



CAR TRAVEL

Never leave your pet alone in a hot car!
When traveling, use a secured crate,
harness system or pet safety belt.



HYDRATE

Look for signs of overheating
like excessive panting,
drooling and weakness.
Keep plenty of water on hand.



PAW PATROL

Walk your dog during
the cooler morning and
evening hours.
Avoid hot surfaces like
pavement and sand.



TOXIC CHEMICALS

Keep pets away from bug
spray, insecticides, citronella
products and sunscreen.



FLEAS & TICKS

Give your pet proper flea
and tick medication, and check
them regularly with a flea comb.



STORM PREP

Create a disaster kit with
food, water and medication
that can last 5 days.



STAY INDOORS

During fireworks and
thunderstorms, keep
pets secure in a safe,
quiet area at home.

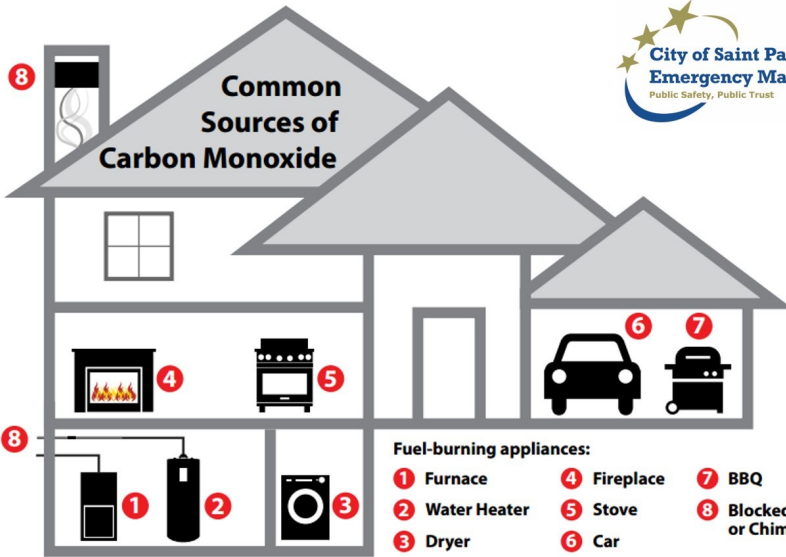


WATER SAFETY

Never leave pets unattended
at the beach, lake or pool.
When boating, use
a pet life jacket.



Carbon Monoxide Prevention



CARBON MONOXIDE POISONING – WHAT ARE THE SYMPTOMS?

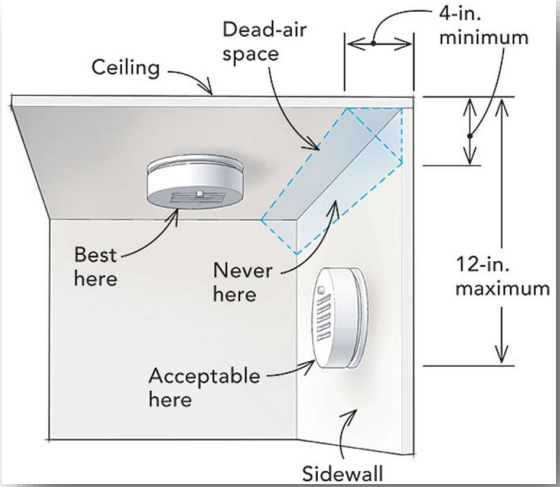
You can't see it, taste it or smell it but it can kill quickly and with no warning.

Signs of carbon monoxide poisoning



Did you know, as a Saint Paul resident, you may be eligible for **FREE** smoke alarms, carbon monoxide detectors, and StoveTop Fire Stops from the Saint Paul Fire Department? For more information, call 651-224-7811





HOW TO USE A FIRE EXTINGUISHER

P A S S

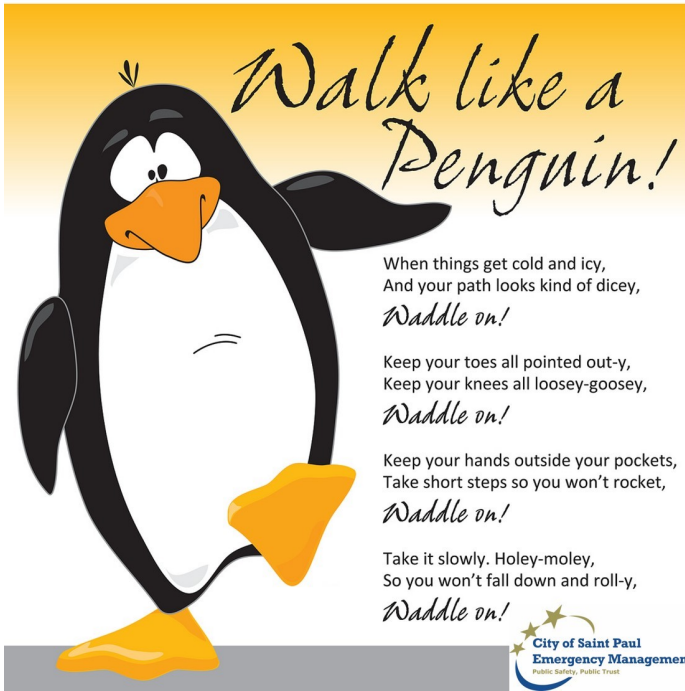
P
Pull the pin in the handle

A
Aim the nozzle at the base of the fire

S
Squeeze the lever slowly

S
Sweep from side to side

FIRE EXTINGUISHER SYMBOLS, CLASSIFICATIONS & AGENTS		
A		<p>CLASS A fires involve common combustibles such as wood, paper, cloth, rubber, trash and plastics.</p> <p style="color: green; font-weight: bold;">→</p> <div style="background-color: green; color: white; padding: 5px;"> ABC Dry Chemical (Multipurpose) Halotron Water Foam </div>
B		<p>CLASS B fires involve flammable liquids, solvents, oil, gasoline, paints, lacquers and other oil-based products.</p> <p style="color: red; font-weight: bold;">→</p> <div style="background-color: red; color: white; padding: 5px;"> ABC Dry Chemical (Multipurpose) BC Dry Chemical (Regular) Purple K Carbon Dioxide Halotron Foam </div>
C		<p>CLASS C fires involve energized electrical equipment such as wiring, controls, motors, machinery or appliances.</p> <p style="color: blue; font-weight: bold;">→</p> <div style="background-color: blue; color: white; padding: 5px;"> ABC Dry Chemical (Multipurpose) BC Dry Chemical (Regular) Purple K Carbon Dioxide Halotron </div>
D		<p>CLASS D fires involve combustible metals such as magnesium, lithium and titanium.</p> <p style="color: yellow; font-weight: bold;">→</p> <div style="background-color: yellow; padding: 5px;"> Dry Powder </div>
K		<p>CLASS K fires involve combustible cooking media such as oils and grease commonly found in commercial kitchens.</p> <p style="color: black; font-weight: bold;">→</p> <div style="background-color: black; color: white; padding: 5px;"> Wet Chemical </div>



Walk like a Penguin!

When things get cold and icy,
And your path looks kind of dicey,
Daddle on!

Keep your toes all pointed out-y,
Keep your knees all loosey-goosey,
Daddle on!

Keep your hands outside your pockets,
Take short steps so you won't rocket,
Daddle on!

Take it slowly. Holey-moley,
So you won't fall down and roll-y,
Daddle on!



Learn the signs of, and basic treatments for, frostbite and hypothermia.



Frostbite causes loss of feeling and color around the face, fingers and toes.

- **Signs:** Numbness, white or grayish-yellow skin, firm or waxy skin.
- **Actions:** Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.



Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.

- **Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech or drowsiness.
- **Actions:** Go to a warm room. Warm the center of the body first—chest, neck, head and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

Winter Safety



110,900

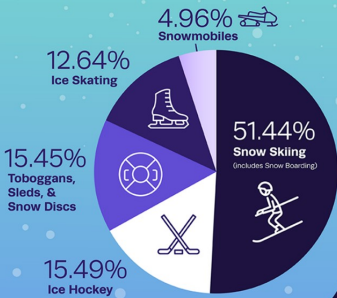
winter activity related injuries

treated in hospital emergency rooms in 2021



4,200 
snow blower related injuries
treated in ERs in 2021

over 40% 
of injuries
were to the wrist, hand, and finger



When you go outside in the winter, ALWAYS take your cell phone and even your keys!

If you slip and fall, you'll have a way to call for help.
If you get locked out, you'll be able to get back inside during cold temperatures

THREE TIPS TO STAY WARM AND SAFE DURING EXTREME COLD



1 PROPER LAYERING IS KEY

HEAD – wear a hat that fully covers your head and ears


UPPER BODY – thermal base layer, mid-layer of a sweater, fleece or jacket and a top layer of a waterproof shell

HANDS – wear waterproof gloves and avoid texting gloves with missing fingers

LOWER BODY – wear long underwear underneath pants and top with snow pants

FEET – wear 1-2 pairs of thick socks and warm shoes or boots, preferably waterproof

2 STAY DRY – FROSTBITE STRIKES FAST WHEN BODY PARTS ARE WET



3 LIMIT TIME OUTDOORS TO PREVENT HYPOTHERMIA



HELP YOUR FIRE FIGHTERS

**KEEP
THEM
CLEAR**

In an emergency, every second counts.

- Remove any snow and ice from the hydrant
- Clear a wide enough perimeter to walk around it (about 3 feet)
- Clear a path from the hydrant to the street

3 FEET

3 FEET



Brought to you by the **International Association of Fire Fighters**



**Saint Paul Public Works
Snow Emergency
Information**



Snow Shoveling Safety Tips

- Give yourself plenty of time to shovel and don't rush yourself.
- Use a couple layers of clothes to keep your muscles warm and flexible.
- Do warm-up stretching of the arms, shoulders, legs, and back beforehand.
- When you shovel, push the snow straight ahead and walk it to the snowbank. Don't throw it.
- Avoid sudden twisting and turning motions.
- Bend your knees to lift when shoveling. Let the muscles of your legs and arms do the work, not your back.
- Take regular rest breaks to alleviate the strain off your muscles.



DID YOU KNOW?



Battery Pack chargers to self-jump start your car is available, in various sizes, costs, and variations for purchase online or in stores



Recommended Minimum Ice Thickness

(Rough guidelines for new clear ice only)



City of Saint Paul
Emergency Management
 Public Safety, Public Trust
 @ReadyStPaul

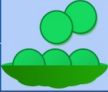
Source: MN DNR and The Old Farmers Almanac



Hail Size Chart



0.25 inches



Pea

2.00 inches



Hen Egg

0.75 inches



Penny

2.50 inches



Tennis Ball

1.00 inches



Quarter

2.75 inches



Baseball

1.50 inches



Ping Pong Ball

3.80 inches



Softball

1.75 inches



Golf Ball

4.50 inches



Grapefruit

WHEN THUNDER ROARS GO INDOORS

Lightning Fatalities For Outdoor Sports



40% SOCCER



27% GOLF



17% RUNNING



10% BASEBALL



3% FOOTBALL



3% OTHER

weather.gov/lightning



SAINT PAUL MINNESOTA

Storm Damage to Public Trees and Infrastructure



AVOID WINDOWS, DOORS, AND OUTSIDE WALLS

COVER YOURSELF WITH BLANKETS OR MATTRESS FOR PROTECTION

SAFEST PLACE TO BE: THE BASEMENT



Don't underestimate the power of water!



6 inches of fast-moving water can knock over and carry away an adult.

12 inches of fast-moving water can carry away a small car.

18-24 inches of fast-moving water can carry away most large SUVs, vans and trucks.



Heat Related Deaths ARE Preventable

LOOK BEFORE YOU LOCK

The temperature in your car can quickly become deadly!

Outside Temperature 80°



Inside 99°

Time Elapsed: 10 Minutes



Inside 109°

Time Elapsed: 20 Minutes



Inside 114°

Time Elapsed: 30 Minutes



Inside 123°

Time Elapsed: 60 Minutes



weather.gov/heat

nhtsa.gov



DID YOU KNOW?

- ✓ Sewer back-up coverage is often an *add-on* to a homeowner's policy.
- ✓ Floods **aren't covered** by homeowners insurance.
- ✓ Flood insurance takes effect after 30 days.
- ✓ As long as your community participates in the National Flood Insurance Program, you can buy a flood policy.

LEARN MORE AT FEMA.GOV



Power Outages: During and After

When the Power Goes Out . . .

Here are basic tips for keeping food safe:

- Keep the **refrigerator and freezer doors closed** as much as possible to maintain the cold temperature.
 - The **refrigerator** will keep food **cold for about 4 hours** if it is unopened.
 - A **full freezer** will keep the temperature for approximately **48 hours** (24 hours if it is half full) if the door remains closed.
 - Buy **dry or block ice** to keep the refrigerator as cold as possible if the power is going to be out for a prolonged period of time. Fifty pounds of dry ice should hold an 18 cubic foot, fully-stocked freezer cold for two days.
- If you plan to eat refrigerated or frozen meat, poultry, fish or eggs while it is still at safe temperatures, it's important that each item is **thoroughly cooked to its proper temperature** to assure that any foodborne bacteria that may be present are destroyed. However, if at any point the food was above 40 °F for 2 hours or more — discard it.
- **Wash fruits and vegetables** with water from a safe source before eating.
- For infants, try to use prepared, canned baby formula that requires no added water. When using concentrated or powdered formulas, prepare with bottled water if the local water source is potentially contaminated.



Once Power Is Restored . . .

You'll need to determine the safety of your food. Here's how:

- If an appliance thermometer was kept in the freezer, **check the temperature** when the power comes back on. If the freezer thermometer reads 40 °F or below, the food is safe and may be refrozen.
- If a thermometer has not been kept in the freezer, **check each package** of food to determine its safety. You can't rely on appearance or odor. If the food **still contains ice crystals** or is 40 °F or below, it is safe to refreeze or cook.
- Refrigerated food should be safe as long as the power was out for **no more than 4 hours** and the refrigerator door was kept shut. Discard any perishable food (such as meat, poultry, fish, eggs or leftovers) that has been above 40 °F for two hours or more.



Keep in mind that perishable food such as meat, poultry, seafood, milk, and eggs that are **not kept adequately refrigerated or frozen** may cause illness if consumed, even when they are thoroughly cooked.

Be Prepared for Emergencies

1. Make sure you have **appliance thermometers in your refrigerator and freezer**.
 - Check to ensure that the freezer temperature is at or below **0 °F**, and the refrigerator is at or below **40 °F**.
 - In case of a **power outage**, the appliance thermometers will indicate the temperatures in the refrigerator and freezer to help you determine if the food is safe.
2. **Freeze containers of water** for ice to help keep food cold in the freezer, refrigerator, or coolers in case the power goes out. If your normal water supply is contaminated or unavailable, the melting ice will also supply drinking water.
3. **Freeze refrigerated items** such as leftovers, milk, and fresh meat and poultry that you may not need immediately. This helps keep them at a safe temperature longer.
4. **Group food together** in the freezer. This helps the food stay cold longer.
5. **Have coolers on hand** to keep refrigerated food cold if the power will be out for more than 4 hours.
6. Purchase or make **ice cubes in advance** and store in the freezer for use in the refrigerator or in a cooler. Freeze **gel packs** ahead of time for use in coolers.
7. Check out local sources to know where **dry ice and block ice** can be purchased, just in case.
8. **Store food on shelves** that will be safely out of the way of contaminated water in case of flooding.
9. Make sure to have a **supply of bottled water** stored where it will be as safe as possible from flooding.



FOOD SAFETY BEFORE, DURING AND AFTER A POWER OUTAGE

Know how to keep food safe before during and after emergencies. Hurricanes, tornadoes, winter weather and other events may cause power outages. Follow these tips to help minimize food loss and reduce your risk of foodborne illness.

WHEN IN DOUBT, THROW IT OUT!



Check the temperature inside of your refrigerator and freezer. If they're still at safe temperatures, your food should be fine.

AFTER

ONCE THE POWER IS BACK ON ...



Never taste food to **determine its safety!**

WHAT SHOULD I THROW OUT?



WHAT CAN I KEEP?

The following foods are safe if held above 40°F for more than 2 hours:



Hard cheeses (Cheddar, Colby, Swiss, Parmesan, Provolone, Romano)



Grated Parmesan, Romano, or combination (in can or jar)



Butter or margarine



Opened fruit juices



Opened canned fruits



Jelly, relish, taco sauce, mustard, ketchup, olives, pickles



Worcestershire, soy, barbecue, and Hoisin sauces



Peanut butter



Opened vinegar-based dressings



Bread, rolls, cakes, muffins, quick breads, tortillas



Breakfast foods (waffles, pancakes, bagels)



Fruit pies



Fresh mushrooms, herbs, and spices



Uncut raw vegetables and fruit



REFREEZE FOOD THAT STILL CONTAINS ICE CRYSTALS OR IS AT 40°F OR BELOW.



Fill a mug or plastic storage container with water and freeze it. After it is frozen, place a quarter on top. If the power goes out, you can tell if the food is still frozen and the quarter is on top, or if the quarter sank, meaning food has thawed and is unsafe to eat.



EMERGENCY PREPAREDNESS for the workplace



Know alerts and/or alarms used in your workplace



Regularly inspect **fire extinguishers** and advertise their location with floor and wall signs



Install **eyewash stations** close to eye hazard work areas

SDS

Keep **Safety Data Sheets** updated and posted



Keep first aid supplies stocked and updated. Mark locations with easily visible signs

POST

- Emergency numbers
- GPS
- Coordinates
- Assembly Locations



Know natural disaster shelter locations



Plan for alternative communication methods

Plan for emergency vehicle traffic



Use floor tape and shapes to mark aisles and emergency exits



Post **evacuation route** maps for your building and stage regular drills

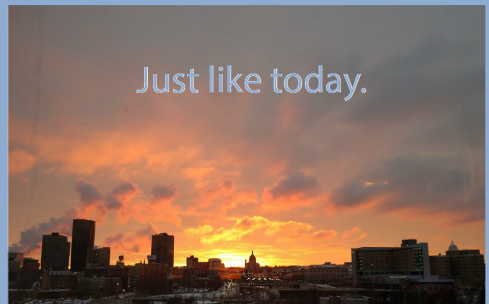
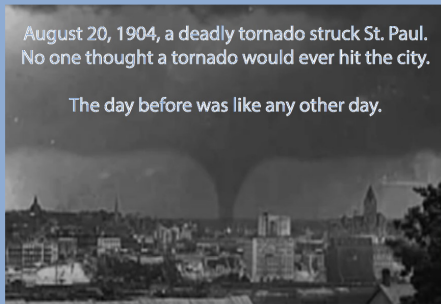
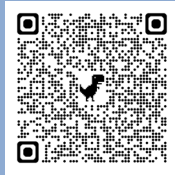
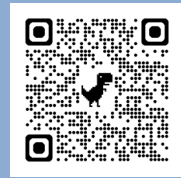
Inspect **spill kits** regularly



Replace damaged protective equipment



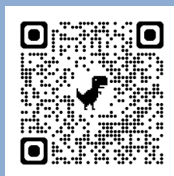
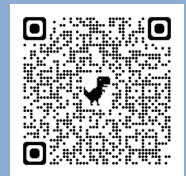
Disaster Safety for People with Disabilities



Preparedness Information in Your Language



City of Saint Paul
Multi-Lingual
Snow Emergency
Information



Ready in Your Language