

This material is placed here so that the citizens of Sikeston and the surrounding area may have a guide to assist them in planning for an emergency and then coping with that emergency after it occurs. This is not meant to replace a common sense approach to dealing with specific problems. However, it is meant to give you a base on which you can prepare for your specific needs. It also is meant to give you alternatives to assist you in your daily living if and when the normal methods are no longer available.

Disasters do occur. We live in an area that is prone to tornadoes. The New Madrid earthquake produced the most violent series of earthquakes in North America with its epicenter about 20 miles from here. The late seventies saw

severe winter weather in this area. Basic services were next to impossible to obtain because of blocked roads. Numerous power outages occurred because of the demand for heat. Every day trucks and trains carry thousands of tons of hazardous material through this area. These are just a few of the reasons why you need to have an emergency plan in your home, and why the City of Sikeston, Department of Public Safety has a disaster plan to assist you.

Members of the Sikeston Department of Public Safety are committed to the health and welfare of its citizens. The information contained in this pamphlet is based upon our experiences of what went right and what went wrong in prior disasters as well as pulling from the experiences of those persons that have experienced similar situations in other parts of the country.

Please feel free to copy or print this information and use it as a guide to develop an emergency plan for you and your family. Keep it in a place that you will be able to readily find it. Do not wait until the disaster occurs. Updates will be posted from time to time on the City's web site. Please keep your plan up to date.

What type of disasters could occur in Sikeston?

Sikeston is prone to the natural disasters of tornadoes, earthquakes, winter storms and localized flooding. The proximity of I-55, I-57 and Highway 60, as well as the railway increase the risk for man-made disasters such as hazardous material spills, fire and explosion due to the materials that are transported. All citizens of the United States are at risk for a terrorist attack with Sikeston being more at risk because of the infrastructure that is vital to the Midwest.



Why should I prepare for a disaster?

The chaos and suffering of the citizens of New Orleans following Hurricane Katrina is a prime

example of citizens not being prepared. Unlike Hurricane Katrina, however, we will not have

two or three days advanced notice prior to a disaster striking. At most, we will get a few hours for a tornado or flood. There will be no advance notice in the event of an earthquake. Even with the best preventive plans, there are those disasters in which the governments will be reactionary. It is better to be self-sufficient for three to five days and only need supplies for one, rather than not to prepare and get no help for two or three days, as we saw in New Orleans.

Will our police and fire department not be there for us?

The Sikeston Department of Public Safety has a response plan in place that will utilize on duty and off duty officers to perform the emergency services that are necessary. There is a compliment of officers on duty to respond to fire and police emergency calls that normally occur. However, a disaster, such as an earthquake, will quickly overwhelm the ability of the department to readily respond with its on duty assignment. In addition, it is not known how many of its off duty officers may be injured or otherwise unable to come to work.

There are numerous reasons why that a rapid emergency response, or even non-emergency response may be delayed. It is not possible

to know what extent the roads may be damaged, blocked by power lines, trees or other debris. Fire or police stations could be damaged, hindering the response of assigned equipment or personnel.

The state and federal governments have response plans in place. However, it takes time for them to respond once they have been notified. In addition, they are responsible for a much greater area and Sikeston may or may not be its top priority.

Therefore, it is prudent that people should prepare themselves to be self-sufficient for at least three to five days. This includes stock-piling food, water, clothes, first-aid items and other essentials so that you and your family will not have to depend upon outside assistance that may not be available. It also means that you must remember to rotate those items that have an expiration date, such as food and water.



How do I prepare?

Review the needs of your family. Get the supplies that your family will need and put them in a kit. Designate a storage area in your home that is out of the way, but is in a place that you will remember where the kit is, and remember to check on it. Make sure that you have enough supplies for at least three days and preferably five.

What should I store?

You should make an emergency kit. A trash can with a lid, plastic totes or similar water proof, insect resistant and rodent proof container should be used. Ideally, it should be large enough to store all of your items. However, space limitations may require you to have two smaller containers. Please review the following few pages and make your emergency kit based on these suggestions.

Water- You will need at least three gallons of water per person. (One gallon per person per day) You will need to store more water in the summer months. Use clean, plastic, fiberglass or enamel-lined metal containers. Do not use glass.

Food- You will need enough food for at least three to five days for each person. Items such as canned

meats, vegetables and fruits or other ready to eat foods are ideal for storing. Canned milk and canned juices are good supplies to keep on hand, as well as peanut butter, granola bars and other high energy foods. Baby formula and baby food are necessary if you have an infant. Rotate the food in your storage with the food in your pantry, so that your supplies stay fresh.

If you have pets, remember to stock plenty of pet food and additional water for them.



Sikeston MO - 1986

HYGIENE SUPPLIES

- | | |
|-------------------------------|-------------------------------------|
| _____ soap and hand sanitizer | _____ toilet paper and paper towels |
| _____ garbage bags | _____ toothpaste and tooth brushes |
| _____ shampoo and deodorant | _____ feminine supplies |
| _____ diapers, if needed | _____ comb and brush |
| _____ disinfectant | _____ household chlorine bleach |

TOOLS AND SUPPLIES

- | | |
|---|---|
| _____ manual can opener | _____ plates, utensils and cups |
| _____ flashlight with extra batteries | _____ battery powered radio with extra batteries |
| _____ matches in a waterproof container | _____ fire extinguisher |
| _____ plastic sheeting and duct tape | _____ dust masks or cotton cloths (help filter air) |
| _____ pliers and wrench to shut off gas and water | _____ scissors |
| _____ needles and thread | _____ whistle |
| _____ compass and local map | _____ paper and pencils |
| _____ blankets and/or sleeping bags | _____ change of clothes to match season |
| _____ sturdy shoes or boots | _____ rain gear |

_____ outerwear that matches season

_____ cash or traveler's checks
and coins

_____ first aid kit

_____ important family
documents

_____ tent

Do not store prescription medication

The following should be in your first aid kit:

_____ sterile bandages and gauze
of assorted size

_____ adhesive tape

_____ elastic bandages

_____ aspirin

_____ cough syrup

_____ antihistamine tablets

_____ decongestant tablets

_____ antacid

_____ anti-diarrhea medication

_____ mercury-free
thermometer

_____ small scissors, tweezers and safety
pins

_____ alcohol wipes

_____ iodine or hydrogen peroxide

_____ sting and bite ointment

_____ disposable gloves

_____ cotton balls

_____ a list of family members'
allergies, health conditions and medicines.

PERSONAL DOCUMENTS

_____ driver's license and other
identification cards

_____ social security cards

_____ passports

_____ health insurance cards

_____ immunization records

_____ marriage, birth and death
certificates

_____ record of bank accounts

_____ credit cards

_____ insurance policies

_____ a list of personal property

_____ wills, contracts and deeds

_____ record of stocks, bonds or
retirement accounts

How about my vehicle, should I have supplies in it?

You should keep supplies that will help you in case you get stranded on the roadside. You should keep jumper cables, flares and seasonal items such as blankets. Make sure that you have a good flashlight with extra batteries. **It is not safe to carry extra gasoline cans in your car.** Do not let your gas tank get below one-half. Make sure that your home emergency kit is ready and can be loaded into your car.

MAKE YOUR HOME SAFE

FIRE SAFETY

Make your home as safe as possible. Ensure that you have smoke detectors properly installed. Check their operation monthly. Change the batteries twice annually. You should have at least one ABC rated fire extinguisher. Install it near an escape path.

Make sure that there are two escape routes from your home. If your home has a second floor, install an approved fire escape. Make sure that everyone knows where these are and knows how and can use them. A fire escape made from chain may not be feasible for young children or senior citizens.

Make sure that you have a meeting point both outside and inside the house. Everyone, including guests, must know where these are.

Install Carbon Monoxide detectors as per manufacturer's instructions for installation, testing and maintenance.

Know the difference between the sound your carbon monoxide detector makes and the one your smoke alarms makes. They each warn against different threats. Your response to each will be different.

EARTHQUAKE

You cannot make your home earthquake proof, but you can make it more resistant to seismic shocks and make it safer for you while inside. Here is a list of things that you can do to make sure that your home is safer.

- Place beds away from windows.
- Install safety film on windows to prevent shattering.
- Place heavy objects closer to the floor
- If you must hang heavy items, do not hang them above or near chairs, beds, sofas or places where children play.
- Put strong latches on cabinets
- Secure items such as television sets, radios and other appliances.
- Replace your rigid waterlines with flexible lines.
- If you have gas appliances, use flexible lines for their supply.
- Strap water heaters and similar appliances so that they do not fall over.
- Identify places in your home that can make a shelter in case of earthquake such as sturdy tables, places next to an inside wall or in a doorway.

Develop a family escape plan. Escape plans always include a meeting point outside your residence. Have two escape paths for each room, a primary and a secondary. Make sure that everyone can

easily unlock and open the windows and doors that are designated for escape. If your doors or windows have security bars, they must be equipped with a quick release mechanism. In case of a fire, or if structural damage has occurred to the building, do not use the elevator.

Make sure that you have a meeting point. Your meeting point should be an area outside of the home, but also in a clear area that is safe from falling debris. Everyone in your home should know where the meeting point is, including your guests.



TORNADO

Most of the safeguards that you install in your home for an earthquake are equally effective in a tornado. You want to secure and store objects as described in the section covering earthquakes. In addition to having to watch for falling objects, you also are in danger of being hit by flying objects. If you have a basement, go there. Otherwise, get in the interior part of the house, such as closets or small hallways, and away from windows and doors.



HAZARDOUS MATERIAL SPILL OR LEAK

The Sikeston Department of Public Safety is the hub of a Regional Hazardous Material Team. Its members are trained to handle all types these events. The first priority of the Department is to ensure that safety and well-being Sikeston's citizens and visitors. Should a hazardous material event occur, please listen to the local radio and television stations, as well as the City's weather warning system. Instructions will be given to you, using these media.

Should a hazardous material event occur, listed below is the safest course of action:

- Do not drive through any clouds of material or smoke.
- Stay away from the haz-mat site.

- Listen to the news for instructions.
- Follow the instructions that are given.
- If you are told to remain in your home, make sure that all windows and doors are closed. If you are told to turn off your air conditioner and heater, do so.
- Do not come outside unless you are told to do so. If you are told to leave your home, leave as quickly and orderly as possible.



WINTER STORMS

With the past few years of warmer winters, it is easy to get complacent with the weather, and develop the attitude that down here we don't have winter storms. Those that were around in the late '60s through the early '80s can testify that Sikeston is prone to winter storms that are capable of shutting down entire areas. Weather is cyclical and we will be experiencing this type of weather again.

Learn the difference between watch and warning. A **watch** means that conditions are such that a winter storm

warning may occur. A **warning** means that the storm is approaching and will strike.

Like all other disasters, preparation prior to the event is the best precaution. Winterize your home by ensuring you have sufficient insulation in your walls and attic. Have storm windows installed and weather-strip the doors. Wrap pipes with insulation to keep them from freezing. Old newspapers will work well for pipe insulation, as well. If you rent, ask your landlord about these changes. Make sure that your car is winterized. Get a tune up and have the anti-freeze checked or replaced prior to winter.

Keep extra fuel on hand. However, use extreme caution when burning fuel in a building. The heater must be well ventilated or it will create an asphyxiation hazard. Keep all combustibles away from the heat source.

If the heat goes off, close off unused rooms. Use bed clothing or heavy material to seal off any drafts. Dress in layers of lightweight clothing. Keep your hands and feet warm. Wear a hat. To help prevent hypothermia, do not sleep for long periods. If you are with someone else, sleep in shifts. Do light exercises to warm up, but avoid sweating or getting chilled.

Some other common sense tips to remember are:

- Stay indoors unless it is absolutely necessary that you go outside.

- Eat regularly so that your body will be able to produce energy to keep you warm.
- Lower the thermostat to conserve fuel.

If you must go out, take thermal blankets and extra clothing with you. If you get stuck while out, remain in your car. Keep a cell phone with you so that you can call for help. Attach a brightly colored cloth or other brightly colored object to the exterior of the car so that rescuers can find you. **DO NOT RUN THE ENGINE** for more than ten minutes per hour. This will conserve fuel, but will also prevent carbon monoxide build up.



TERRORIST ATTACK

Sikeston is probably not a primary target for a terrorist attack. However, with its proximity to St. Louis and Memphis, Paducah with its nuclear processing plant, and the Mississippi and Ohio Rivers, Sikeston could very easily be a secondary target, or a target of convenience, should an attack on one of the previously mentioned targets fail. Should a terrorist attack occur, you will be instructed as to what actions to take. Typically, the same safeguards that

apply to hazardous material incidents will apply to a terrorist attack

The best protection that you have against a terrorist attack is for you to remain alert. This is especially true if you are in a major airport. Do not leave your shopping bags, brief cases, luggage or other personal property unattended. **DO NOT IGNORE SUSPICIOUS BEHAVIOR.** Report any suspicious behavior to the proper authorities.

AFTER AN EVENT

Should I stay or leave my home?

Your family plan should include provisions that include staying in your home, as well as leaving. City of Sikeston officials will make the decision to issue an evacuation order, or to shelter-in-place, that is, remain in your home. This order will be issued via the communication means available, which includes; radio, cable television, weather warning sirens, loud speakers on police cars or other available means. These decisions are made with the best interest of the citizens. Please abide by these requests.

If you leave, place a note on the kitchen table with the names of the persons that have evacuated, your destination and a contact phone number where you can be reached. In addition, write down the names of members of your family that you cannot find. Rescue teams may enter your home, and this will prevent them from searching unnecessarily. It will also help the department to maintain accountability of persons that are found and to whom and where to send them.

If I am told to evacuate, where will I go?

Every effort will be made by the local authorities to have a safe and orderly evacuation route to a safe area as early as possible. This may be to a shelter located in the city, or it may be to a city or town away from the affected areas. Once this information is broadcast, please follow the instructions. Do not take short cuts, or follow routes that are not part of the designated route. This will only congest traffic and will delay your departure. You could face criminal penalties.

What if the authorities do not give me instructions on how to leave?

If for some reason the authorities cannot give you instructions concerning evacuation and it is necessary to leave, you must make this decision on your own. First of all, determine where you are going, how you will get there and what you will need to take with you. Choose several different destinations in various directions.

Get maps and determine your routes and alternate routes. This is best determined prior to an emergency. It can be part of your emergency kit, or kept in an area that is easily accessible. Write down your destinations and the directions you are going to travel, as well as the roads and alternate roads you plan on taking. This may save precious time should you need to leave in a hurry. It will also help to keep you from becoming overwhelmed while trying to cope with the direct effects of the disaster and get your family organized to evacuate. This will be especially true if you cannot locate all of your family members.

If you own a car, do not let the tank get below one-half of a tank. If you are told to evacuate, do so immediately, following the instructions of the authorities. If you do not own a car, attempt to make arrangements with a neighbor for a ride.

Is there anything else I need to do?

You should try to tell someone that you can trust, where you are going. Leave the information on the kitchen table, as previously written. Turn off the water, gas and electricity to your home, if so instructed. Take your emergency kit with you. Lock your home.

What if the bridges are out?

If you were not a casualty of the event, this is the time to not become one. If you are not sure if a bridge is safe to cross, do not cross it. The newer bridges are built to seismic standards. However, the older bridges are not. If the bridge appears to be separated from the approach, or appears damaged, stay off. Choose an alternate route.

If water is running over the roadway, do not guess at its depth. If the water is deep enough that you cannot see the road, it is too deep to drive through, even if you have a four-wheel drive. Remember that rescue crews may be delayed in assisting you, as they are going to be assigned to search and rescue operations in and around the City.

I have my emergency kit and my emergency plan ready. Can I do anything to make my home safer?

The best way to protect yourself is to make your home safe from a natural disaster. Tornadoes and earthquakes are the two most severe threats that we face

in the Sikeston area. It is best to make your home as safe as possible from these threats.

What if I am outside?

If you are outside, move away from buildings, trees, street lights, power poles and lines. Drop to the ground. Do not leave until the shaking stops.

What if I am in my car?

Stop as soon as you safely can, but in a clear location. Stay in the car with your seat belt fastened.

What about the lake?

If you are near a body of water, move to higher ground.

Are there any general safety rules to remember about earthquakes?

Most of it is common sense. Remember that earthquakes makes things fall, so your greatest hazard will be from falling objects. A few simple rules to remember are:

- Move away from windows.
- Do not use elevators for any reason.
- Stay indoors.
- If you do leave a building, move away from it as quickly as possible.
- Do not leave your place until the shaking stops.
- Do not use candles, matches, cigarette lighters or open flames due to gas leaks.



How about water and gas lines?

These lines are buried underground. Both can be dangerous. When water is escaping under pressure it can undermine streets and sidewalks. The surface may look solid, but can give way with no warning with the additional weight of a car, or even a person. If you know that there is a water leak in an area, find a different route. Also, keep a water shut-off wrench in your home. It can save additional damage and inconvenience by allowing you to shut the water off, should a rupture occur inside or under your home.

Gas lines present another problem. A gas leak will create a fire and an explosion hazard far away from the leak site. Natural gas without the odorant added, cannot be smelled, making it imperative that people presume gas is present. It is essential that all pilot lights be turned off, the gas turned off and no open flames used until the authorities have checked for leaks.

Will my phones work?

Your home telephone may or may not work. Whether your home phone works or not is dependant upon many factors, including the continuity of the wires from the telephone switch office to your home, and the ability for the telephone

switching office to receive and send the information that is meant for your phone.

If your home phone does work, use it sparingly, as the phone system will probably be taxed to its capacity. Limit your calls to those which are necessary.

Your cell phone does not depend upon a direct wired connection. If the towers and transmitters are intact your cell phone should work. However, like wired phones, the system has a capacity. When it is reached it locks up the system. Limit your calls to only those which are necessary. Do not use your cell phone for chit chat.

How do I get help if my phones do not work?

First of all, in the event of a disaster, the Sikeston Department of Public Safety will be conducting a methodical search of those areas that are affected. If you are trapped, or otherwise not able to get out, give first aid to those that need it. Make yourself as comfortable as possible, and wait for help. Check your phones periodically to see if service has been restored.

Public Safety facilities will be staffed with personnel should city wide phone services be incapacitated. Should those buildings be damaged or not inhabitable, the next level of staging will occur at our public school facilities. You may have to walk or send runners to these locations to get help. These are pre-designated areas and maybe changed if they pose a danger or exposure to the disaster event.

The fire trucks, police cars and officers are equipped with radios. They will help you or call for assistance, if your needs are beyond their capabilities. Please do not ask them to make personal radio transmissions that are not an emergency.

Being safe in a disaster usually depends upon each individual keeping calm and using a common-sense approach to actions. Be prepared to take care of yourself and your neighbors. Do not expect help for at least three to five days. Follow any instructions that are given to you. Most of all, be helpful to each other.

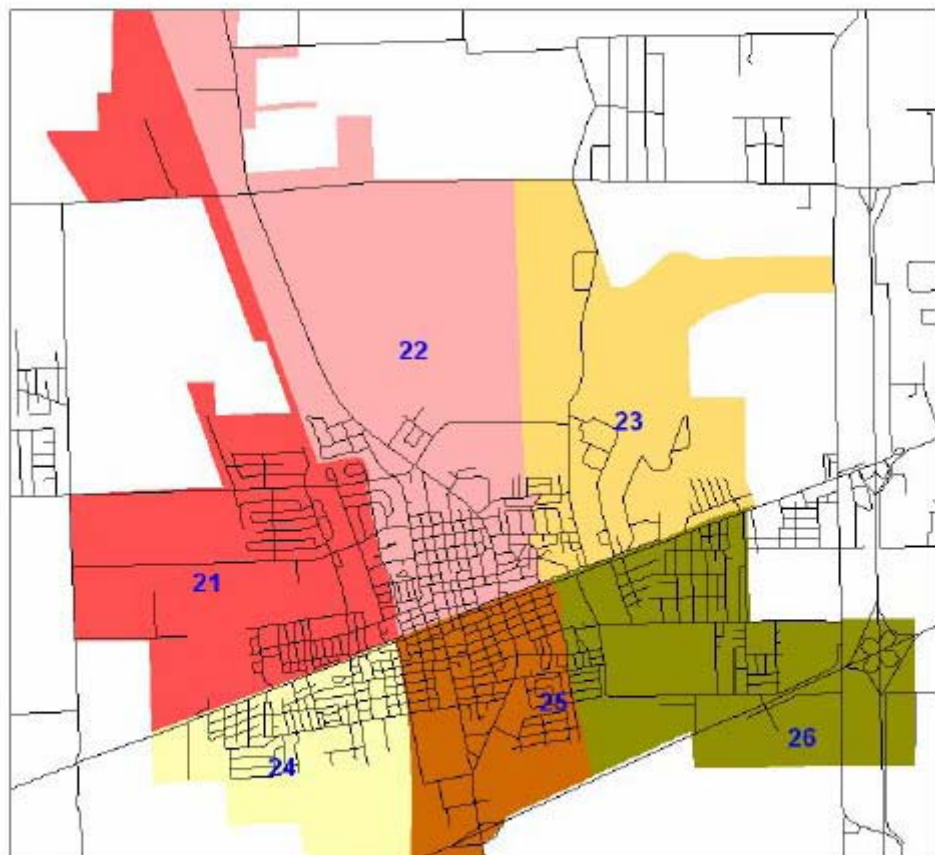
Where are the pre-designated areas?

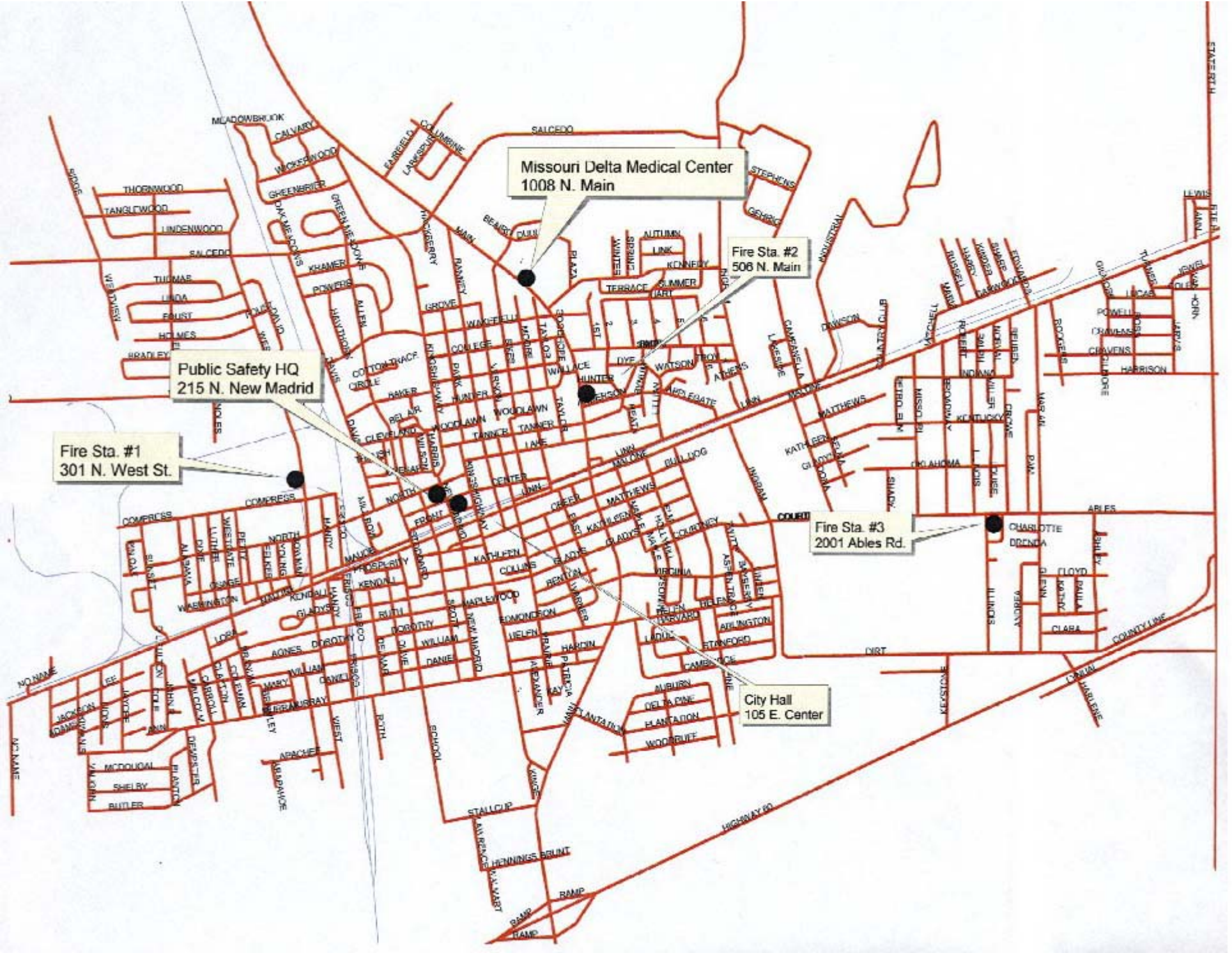
The pre-designated areas are the existing city buildings, including the three fire stations, public safety headquarters and city hall. (See attached map) However, it is possible that any of these buildings could be damaged beyond use. If this should occur, alternate location(s), will be announced using the available media. The pre-staged areas are:

- 1) Fire Station 1
301 N. West St.**
- 2) DPS Headquarters
215 N. New Madrid**
- 3) City Hall
105 E. Center**
- 4) Fire station 2
506 N. Main**
- 5) Fire Station 3
2001 Ables Rd**

Layer "C" (6 Police Beats)

- | | |
|---|---|
|  Zone 21 = SPD BEAT 1North
SFD STA. 1 |  Zone 24 = SPD BEAT 1South
SFD STA. 1 |
|  Zone 22 = SPD BEAT 2North
SFD STA. 2 |  Zone 25 = SPD BEAT 2South
SFD STA. 2 |
|  Zone 23 = SPD BEAT 3North
SFD STA. 3 |  Zone 26 = SPD BEAT 3South
SFD STA. 3 |





Missouri Delta Medical Center
1008 N. Main

Fire Sta. #2
508 N. Main

Public Safety HQ
215 N. New Madrid

Fire Sta. #1
301 N. West St.

Fire Sta. #3
2001 Ables Rd.

City Hall
105 E. Center