



Purpose of Resource Guide:

To provide the GME learner with support and resources in the event of a disaster. This guide is a living document that will focus on various forms of disaster response and relief systems within the Rio Grande Valley and beyond.

Disaster:

Merriam-Webster defines disaster as a sudden [calamitous](#) event bringing great damage, loss, or destruction. A disaster can come in many forms: Geophysical (e.g. **Earthquakes**, Landslides, **Tsunamis** and Volcanic Activity), Hydrological (e.g. Avalanches and **Floods**), Climatological (e.g. Extreme Temperatures, Drought and Wildfires, Meteorological (e.g. **Cyclones** and Storms/Wave Surges), Biological (e.g. Disease Epidemics and **Insect/Animal Plagues**)

When a disaster occurs, those who are impacted may be left feeling lost and uncertain in terms of what to do or who to call for support. This living resource guide was created in the hope that it would reduce stress and uncertainty during a disaster by providing you a list of numbers, websites and reading material from various local and government response agencies.

Disaster Response/Relief (Winter Weather):

A response/relief effort consists of emergency services and public assistance during or immediately after a disaster in order to save lives, reduce health impacts, ensure public safety and meet the basic subsistence needs of the people affected.

In the event of extreme winter weather, you may refer to following response systems/agencies for support:



<https://www.ready.gov/winter-weather>

Stay Safe During Winter Weather:

Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.

Stay off roads if at all possible. If trapped in your car, then stay inside.

Limit your time outside. If you need to go outside, then wear layers of warm clothing. Watch for signs of frostbite and hypothermia.

Reduce the risk of a heart attack by avoiding overexertion when shoveling snow and walking in the snow.

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.

Associated Content:

- [Winter Safety Social Media Toolkit](#)
- [Winter Storm Information Sheet](#) (PDF)
- [National Weather Service](#)
- [American Red Cross](#)
- [When The Sky Turns Gray - Animated](#) (Video)

General Information:

- Make a plan to connect before a [#WinterStorm](#) by text, e-mail, social media & cell: www.ready.gov/plan [#WinterSafety](#)
- Learn how to stay safe before, during, & after winter storms & extreme cold by visiting: www.ready.gov/winter [#WinterSafety](#)

- Talk with your family about how to get prepared for extreme [#cold](#) weather: www.ready.gov/kids/know-the-facts/winter-storms-extreme-cold
- Before a winter storm, know what to do “When the Sky Turns Gray.” Watch this: www.youtube.com/watch?v=XVpGJ_Xl_w #WinterSafety
- Follow weather alerts in up to 5 locations using the [@fema](#) app. Learn more: <https://youtu.be/DtF18YHjG-I> #WinterSafety
- Stay safe during winter weather. Monitor weather alerts and have a preparedness kit ready. www.ready.gov/kit #WinterSafety
- Prepare for winter storms and cold weather with the kids by playing the disaster master game: www.ready.gov/kids/games. Password hint: SLEET
- Snow Prep tips: check on neighbors, charge cell phones, find flashlights (check batteries) and follow local officials online. #WinterSafety
- Talk to your job **before** it snows about weather policies and procedures. #WinterSafety

Emergency Kit:

- Include enough food, water, meds & anything used daily in your emergency kit to last for at least 72 hrs [#WinterSafety](#)
- Before a #WinterStorm: Have emergency supplies ready in your home; when the storm hits, stay put and off the roads. #WinterSafety
- [#Winter](#) is just around the corner. Get prepared by updating your emergency kit: www.ready.gov/kit #WinterSafety
- Get ahead of [#Winter](#) storms by making sure your emergency kit for your car is fully stocked: www.ready.gov/car #WinterSafety
- Keep water, non-perishable food, and an extra set of warm clothes in the car in case you get stranded during winter weather. #WinterSafety
- Prepare for [#winter](#) by keeping an emergency supply kit in your car with these extras:
 - Jumper cables
 - Flares or reflective triangle
 - Ice scraper
 - Car cell phone charger
 - Cat litter or sand for better tire traction
 - More: www.ready.gov/car #WinterSafety

Outdoors & Traveling:

- Cold can kill. Dress in layers, cover skin and limit time outside. www.ready.gov/winter #WinterSafety
- Shoveling snow can be a health risk, so remember to take it easy. Learn more at <http://weather.gov/winter> #WinterSafety
- Stay off icy roads when #WinterStorm advisories & watches are issued. #WinterSafety
- #WinterWeather travel tip: follow directions from local officials & build an emergency car kit. More tips www.ready.gov/winter
- Stay off roads during & after a #WinterStorm. If you must drive "Don't Crowd the Plow!" #WinterSafety
- Hitting the road this winter? An emergency kit for your car might come in handy when you least expect it! #WinterSafety
- Prepare your car for winter: keep your gas tank near full to help avoid ice in the tank and fuel lines. #WinterSafety
- Ice and snow, take it slow—slower speed, slower acceleration, slower steering, and slower braking. #WinterSafety
- #SnowStorm tip: clear snow & ice off of fire hydrants so fire departments can gain access.
- Layers of loose-fitting, lightweight clothing will keep you warmer than one bulky sweater. #WinterSafety
- When it's freezing limit time outside and check on your neighbors! #WinterSafety
- Freezing temperatures increase #frostbite risk. Learn the warning signs of frostbite: www.cdc.gov/disasters/winter #WinterSafety
- Many people die each year from heart attacks brought on by shoveling snow. Pace yourself & get your neighbors involved. #WinterSafety
- Do your part to keep everyone safe on the roads this winter. Learn more at <http://weather.gov/winter> #WinterSafety

Pets:

- #WinterSafety Tip: Bring your furry friends inside when temperatures take a dip! More pet prep tips: www.ready.gov/pets
- Tip: Wipe dog's paws after each trip outside. Ice-melting chemicals or rock salt can cause irritation, sickness or be fatal #WinterSafety
- #WinterSafety Tip: Bring your furry friends inside when temperatures take a dip! More pet prep tips: www.ready.gov/pets
- Your pet may think antifreeze is sweet, but it can be deadly. Find out more: www.humanesociety.org/animals/resources/tips/antifreeze.html #WinterSafety

Heating Safety:

- Space heaters cause 1/3 of home heating fires and 4/5 home heating fires deaths. Protect your family with tips from USFA <http://www.nfpa.org/public-education/by-topic/top-causes-of-fire/heating> #WinterSafety
- Heating is the 2nd leading cause of home fires after cooking. Get #WinterSafety tips from USFA www.usfa.fema.gov/prevention/outreach/heating.html
- Shivering, memory loss, and slurred speech signs of hypothermia. Learn the other signs here: www.cdc.gov/disasters/winter/index.html #WinterSafety
- Staying warm with a space heater? Make sure it has an auto shut-off in case it tips over. Check a family/friends today #
- Winter fires can be deadly. When using your fireplace always keep a metal or heat tempered screen around it to stay safe. #WinterSafety
- Keep anything that can burn at least 3 feet away from a fireplace, wood stove, or space heater. #WinterSafety
- Watch this short video from @usfa to learn how to prevent portable heater fires in your home this #Winter: <http://www.youtube.com/watch?v=9AMQ1ASnmNU>
- If you're running a portable generator, you need to have a working Carbon Monoxide alarm in your home. #WinterSafety
- #WinterSafety Tip: NEVER use a generator, camp stove, charcoal grill, gasoline or propane heater indoors.
- NEVER heat a home by using the stovetop or oven. #WinterSafety
- Keep generators outside at least 20 feet away from doors, windows, and vents to avoid accidental CO poisoning. #WinterSafety

- Wear layered clothing and use blankets to stay warm during a #WinterStorm. #WinterSafety
- Heating equipment is a leading cause of home fire deaths in the U.S. How to keep safe: www.nfpa.org/public-education/by-topic/top-causes-of-fire/heating #WinterSafety

Power Outage Safety:

- [#WinterStorms](#) can cause power outages. Share these tips and prepare now: www.ready.gov/power-outages
- Make a plan to check on neighbors if extreme cold or winter weather knocks out your power. [#WinterSafety](#)
- Get the kids involved in preparing for power outages before winter weather: www.ready.gov/kids/know-the-facts/blackouts #WinterSafety
- Power Outage tip: Dim the brightness in your cell phone settings to save battery life. #WinterSafety
- Need to take shelter in extreme cold? Contact your local Office of Emergency Management to find a warming center near you: www.fema.gov/emergency-management-agencies #WinterSafety



Disaster Response/Relief (Flood or Fire):

A response/relief effort consists of emergency services and public assistance during or immediately after a disaster in order to save lives, reduce health impacts, ensure public safety and meet the basic subsistence needs of the people affected.

In the event of a flood or fire, you may refer to following response systems/agencies for support:

Need	Response System/Agency
Rescue	911 (Emergency) Local Fire Department
Medical Care	911(Emergency) Primary Care Physician or Virtual Visit benefit, provided by Blue Cross and Blue Shield of Texas (BCBSTX) and powered by MDLIVE [®] , you can get care from a board-certified doctor 24/7. Call for an appointment now at 1-888-680-8646
Relocation Provision Temporary Shelter Provision Food and Water	American Red Cross 1-866-526-8300 Salvation Army 214-274-0518 211 (Resources) Auntbertha.com (Resources)
Mental Health	Disaster Stress Hotline 1-800-985-5990 Public Health Emergency http://www.phe.gov/about/oem/recovery/Pages/coping.aspx The Disaster Distress Helpline, 1-800-985-5990 , is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.
Financial Assistance Insurance Information Support Resources	www.FEMA.gov https://www.disasterassistance.gov https://www.ready.gov/be-informed

Family Communication Plan:

Family Communication Plan for Parents

https://www.ready.gov/sites/default/files/2020-03/ready_family-communications-plan_parents.pdf

Family Communication Plan for Kids

https://www.ready.gov/sites/default/files/2020-03/ready_family-communications-plan_kids.pdf

Family Communication Plan Fillable Card

https://www.ready.gov/sites/default/files/2020-03/family-communication-plan_fillable-card.pdf

Emergency Supply List

https://www.ready.gov/sites/default/files/2020-03/ready_emergency-supply-kit-checklist.pdf

Emergency Checklist for Parents

https://www.ready.gov/sites/default/files/2020-04/emergency-checklist_parents.pdf

General Brochure

<https://www.ready.gov/sites/default/files/2020-04/preparing-makes-sense.pdf>

Insurance Discussion Coverage Form

<https://www.ready.gov/sites/default/files/2020-07/business-insurance-discussion-form.pdf>

Flood Insurance

<https://www.fema.gov/flood-insurance>



Local Emergency Management Information:



Texas Division of Emergency Management
Location: Texas
Department of Public Safety
5805 North Lamar Blvd.
Austin, Texas 78752-4422
Mail: P O Box 4087 Austin, Texas
78773-0001
www.txdps.state.tx.us/dem

Cameron County Homeland Security & Emergency Management
1100 East Monroe Street
Brownsville, Texas 78520
(956) 547-7000
www.co.cameron.tx.us



Resource Guides:



Are You Ready?

An In-Depth Guide to Citizen Preparedness

<https://www.ready.gov/sites/default/files/2020-08/are-you-ready-guide.pdf>

Tips for Survivors

https://store.samhsa.gov/product/Tips-for-Survivors-of-a-Disaster-or-Other-Traumatic-Event-/sma17-5047?referer=from_search_result



Videos:

<https://www.ready.gov/videos>

PSA: Floods Don't Plan Ahead; You Can (30 seconds)

<https://youtu.be/qjWj1RwPU8Y>

Flood Risk Myth

<https://youtu.be/TSW7Uh5kyeA>

National Preparedness Month: Prepared Not Scared (Gulf States)

<https://youtu.be/TGugMLYZv5w>

References

Merriam-Webster. (n.d.). Disaster. In *Merriam-Webster.com dictionary*. Retrieved August 3, 2020, from <https://www.merriam-webster.com/dictionary/disaster>

Disaster Management. (2020, July 23). *Physiopedia*. Retrieved 01:43, August 4, 2020 from https://www.physio-pedia.com/index.php?title=Disaster_Management&oldid=244541

<http://www.phe.gov/about/oem/recovery/Pages/resources.aspx>

<https://www.ready.gov/winter-weather>