

WELLNESS WEEK • 2022

CONNECT THE DOTS

SEPTEMBER 19 - 23

#OUWellnessWeek22

Emergency Preparedness



CAPTAIN DALTON JACKSON; OCEM

DIRECTOR OF EMERGENCY PREPAREDNESS FOR HSC

EMAIL: DALTON-JACKSON@OUHSC.EDU

OFFICE PHONE: 405 271-6963

Phone Numbers to Know

	NORMAN	OUHSC	TULSA
Campus Police	911	405-271-4911	918-660-3333
Fire Marshal	405-325-2983	405-271-5522	918-660-3878
EHSO	405-325-5147	405-271-3000	918-660-3878
Facilities Mngt.	405-325-3060	405-271-2121	918-660-3555
Parking Office	405-325-3311	405-271-2121	

<https://hr.ou.edu/Emergency-Preparedness>

Emergency Communication System

The ECS has the ability to send you voice messages, emails, and text alerts about hazards that may, or have the potential, to affect the University.

Messages are also sent to the various University website, Facebook pages and twitter accounts and digital signage.

You should keep your information up to date to insure you receive the latest messages.

The ECS will not be used to promote activities on campus, only hazards.

www.one.ou.edu – *Click your avatar in the upper right corner to view or change your setting*

www.ouhsc.edu/ecs/

www.ou.edu/tulsa/ecs --*select your appropriate campus*

Oklahoma Weather

- ❖ Winter: snow, ice, below zero wind chills, high winds, power outages.
 - ❖ Summer: heat, humidity, high winds, drought.
 - ❖ Fall and Spring: wind, rain, thunderstorms, flash-flooding, damaging hail, severe temperature swings, lightning and tornados.
-



Watch vs. Warning



Watch or Warning?

WATCH	WARNING
<ul style="list-style-type: none">• Conditions favorable for development• Issued up to 6 hours in advance of severe storms	<ul style="list-style-type: none">• Severe weather forming and/or detected by radar or has been observed to be occurring• Issued a few minutes to up to 1 hour before severe storms impact a given location

 weather.gov/mob

 National Weather Service Mobile

 @NWSMobile

Tornado Safety Guidelines

away from home

GETTING THE WARNING

- Have 3 ways to get a warning
- Watch the skies for developing thunderstorms

YOU ARE RESPONSIBLE FOR YOUR SAFETY!

- Don't depend on someone to tell you when to shelter
- If a warning is issued or you feel threatened, take cover quickly!

FINDING SHELTER

- A storm shelter or above ground safe room is best
- Otherwise, go to the lowest floor of a sturdy building
- Put as many walls between you and the outside as possible
- Stay away from outside walls, doors and windows
- Cover yourself or get under something to avoid flying/falling debris
- It is not safe to drive when a tornado is nearby or in a tornado warning

Flooding

Flooding kills more people than all other weather events combined.


Don't drive into standing water, turn around don't drown

If you are driving stay on higher ground and wait for the water to dissipate.



Fire

If you discover a fire **outside a building**

- Call Campus Police or dial 911
 - DO NOT activate the building fire alarm system.
- 

Fire

If you discover a fire **inside** a building

Immediately implement:

Alarm: Activate a pull station to set off the building fire alarm. Call 911.

Evacuate: Evacuate the building.

Confine while evacuating: Try to confine the fire by closing all doors and windows to trap the fire and slow its progress.

Rescue: Rescue anyone in danger from the fire if it does not jeopardize your own life.



Fire

If you are trapped in a room, or otherwise unable to leave

- Wet and place cloth material around and under the door to prevent smoke from entering the room.
- Close as many doors as possible between you and the fire.
- Be prepared to signal someone outside, but **DO NOT BREAK GLASS** until absolutely necessary (outside smoke may be drawn into the room).

Fire

Using a fire extinguisher:

The P.A.S.S. method:

Pull the safety pin from the handle.

Aim the extinguisher at the base of the fire.

Squeeze the trigger handle.

Sweep from side to side to side at the base of the fire.



Active Shooter Event

An active shooter event involves one or more persons engaged in killing or attempting to kill multiple people in an area occupied by multiple unrelated individuals.

In the U.S.A. the average active shooter event last between 5-8 minutes(there are exceptions)

It takes an average of 3-5 minutes before the first Law Enforcement Officers arrive on scene

RUN, HIDE, FIGHT SUMMARY

RUN (AVOID)


- If there is an escape path, run out of building to a safe location.
- Leave personal belongings behind.
- Take others with you, but do not stay behind because others refuse to go.
- Prevent others from entering the area.
- Call 911 when safe to do so.

RUN, HIDE, FIGHT SUMMARY

HIDE (DENY Access)

- Lock doors and/or barricade with heavy furniture
- Turn off lights
- Silence electronic devices
- Remain silent

YOUR HIDING PLACE SHOULD:

- Be out of the shooter's view
 - Provide you protection if shots are fired
 - Not trap or restrict your movement
- 

RUN, HIDE, FIGHT SUMMARY

FIGHT (DEFEND)

- As a last resort, if confronted by the shooter you should consider disrupting or incapacitating the shooter by using aggressive force.
- Use objects located in your environment (i.e., scissors, fire extinguishers, chairs, etc.).
- Commit to your actions.

BOMB/WEAPON OF MASS DESTRUCTION

When a Bomb Threat is Received – Call Police

All threats should be taken very seriously and handled as if a device was present in the specific location mentioned by the person reporting the threat.

UNDER NO CIRCUMSTANCES SHOULD ANY THREAT BE IGNORED!



Go Bags

Go Bags are generally for a 24 hour period

Bug Out Bags are generally for 72 hours

These type of bags are used when staying at home is not an option(not safe to do so)

These type of situations are more than likely going to be very dynamic and require quick action to get out of the area as quickly as possible.

Each person in your household should have their own bag

Cost??? It all depends on what you include

Be ready to provide for yourself and Family members for at least 72 hours

[ready.gov/kit](https://www.ready.gov/kit)– website with some helpful information to help plan your go bags or kits



Recommended contents

Food and Water

Only a small amount; it's just to get you from home to a shelter. Pack snacks you like—they're good for morale. Set up a calendar alert so you can check expiration dates and replenish your supply.

Waterproof Map

Bring a map of the area where you live in case you get lost. Don't expect to have internet service on your phone.

N95 Masks

Unlike paper versions, these masks will protect your respiratory system from smoke and other airborne particles.

Cash in Small Bills

If the electricity is out, credit cards are useless. Stock up on \$1s and \$5s

Copies of Important Documents

Include birth certificates, Social Security cards, medical prescriptions, bank account info, and insurance policies. (You could also store this info on your phone.)

Cont.

Batteries (AA, 9volt, AAA, C, D, CR123)

Portable Cellphone Charger

Ideally solar

Matches

Go waterproof

Goggles

Gloves

Change of Clothes

Including socks, underwear, and perhaps a windbreaker

Water Purification Tablets

Emergency Radio

Preferably hand-crank or solar

Toilet Paper, personal toiletries

Pet Supplies

Leash, carrier, food, medication

Roll of Duct Tape

Mends everything

Medications.

Whistle

Pick a bright-colored one that floats

Home Disaster Kit



Water (one gallon per person per day for several days, for drinking and sanitation)

Food (at least a three-day supply of non-perishable food)

Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert

Flashlight

First aid kit

Extra batteries

Whistle (to signal for help)

Dust mask (to help filter contaminated air)

Plastic sheeting and duct tape (to **shelter in place**)

Moist towelettes, garbage bags and plastic ties (for personal sanitation)

Wrench or pliers (to **turn off utilities**)

Manual can opener (for food)

Local maps

Cell phone with chargers and a backup battery

Additional Emergency Supplies

Prescription medications. About half of all Americans take a prescription medicine every day. An emergency can make it difficult for them to refill their prescription or to find an open pharmacy. Organize and protect your prescriptions, over-the-counter drugs, and vitamins to prepare for an emergency.

Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives

Prescription eyeglasses and contact lens solution

Infant formula, bottles, diapers, wipes and diaper rash cream

Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container

Sleeping bag or warm blanket for each person

Complete change of clothing appropriate for your climate and sturdy shoes

Fire extinguisher

Feminine supplies and personal hygiene items

Mess kits, paper cups, plates, paper towels and plastic utensils

Paper and pencil

Books, games, puzzles or other activities for children

Pet food and extra water for your pet

Prepare Your Pets for Disasters



Have an evacuation plan for your pet. Many public shelters and hotels do not allow pets inside. Know a safe place where you can take your pets before disasters and emergencies happen.

Develop a buddy system. Plan with neighbors, friends or relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so.

Have your pet microchipped. Make sure to keep your address and phone number up-to-date and include contact information for an emergency contact outside of your immediate area.

Pets cont..

Food. Keep several days' supply of food in an airtight, waterproof container.

Water. Store a water bowl and several days' supply of water.

Medicine. Keep an extra supply of the medicine your pet takes on a regular basis in a waterproof container.

First aid kit. Talk to your veterinarian about what is most appropriate for your pet's emergency medical needs.

Collar with ID tag and a harness or leash. Include a backup leash, collar and ID tag. Have copies of your pet's registration information and other relevant documents in a waterproof container and available electronically.

Traveling bag, crate or sturdy carrier, ideally one for each pet.

Grooming items. Pet shampoo, conditioner and other items, in case your pet needs some cleaning up.

Sanitation needs. Include pet litter and litter box (if appropriate), newspapers, paper towels, plastic trash bags and household chlorine bleach to provide for your pet's sanitation needs.

A picture of you and your pet together. If you become separated from your pet during an emergency, a picture of you and your pet together will help you document ownership and allow others to assist you in identifying your pet.

Familiar items. Put favorite toys, treats or bedding in your kit. Familiar items can help reduce stress for your pet.

Exotic Pets. Understand that not all vets are trained in dealing with exotic pets. You may want to bring any additional records or information regarding your exotic pets.

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