

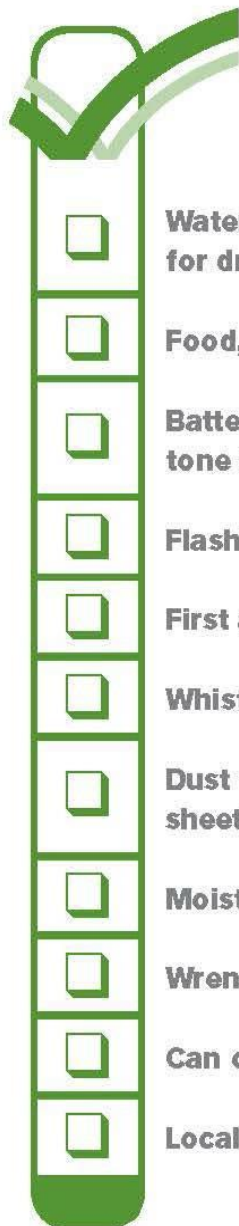
Okinawa

Emergency Action Guide



Emergency Kit

Before an emergency happens, be sure to sit down with your family and decide how you will get in contact with each other, where you will go, and what you will do in an emergency. Write down where your family spends the most time, such as work, school, and other places you frequent. Schools, daycare providers, workplaces, and apartment buildings should all have site-specific emergency plans that you and your family need to know about.



Recommended Items to Include in a Basic Emergency Supply Kit:

Water, one gallon of water per person per day for at least three 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 and extra batteries for both

Flashlight and extra batteries

First aid kit

Whistle to signal for help

Dust mask, to help filter contaminated air and 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

Can opener for food (if kit contains canned food)

Local maps

Emergency Kit

Additionally, your family plan should address:

Escape Routes, Family Communications, Utility Shut-off and Safety, Insurance and Vital Records, Safety Skills, and Caring for Animals



Additional Items to Consider Adding to an Emergency Supply Kit:

- ☐ **Prescription medications and glasses**
- ☐ **Infant formula and diapers**
- ☐ **Pet food and extra water for your pet**
- ☐ **Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container**
- ☐ **Cash or traveler's checks and change**
- ☐ **Emergency reference material such as a first aid book or information from www.ready.gov**
- ☐ **Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.**
- ☐ **Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.**
- ☐ **Household chlorine bleach and medicine dropper** – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- ☐ **Fire Extinguisher**
- ☐ **Matches in a waterproof container**
- ☐ **Feminine supplies and personal hygiene items**
- ☐ **Mess kits, paper cups, plates and plastic utensils, paper towels**
- ☐ **Paper and pencil**
- ☐ **Books, games, puzzles or other activities for children**

THUNDERSTORMS AND LIGHTNING



What is a Thunderstorm? A thunderstorm is formed from a combination of moisture, rapidly rising warm air, and a force capable of lifting air such as a warm or cold front, a sea breeze, or a mountain.

What is lightning? Lightning is an electrical discharge that results from the buildup of positive and negative charges within a thunderstorm. When the buildup becomes strong enough, lightning appears as a bolt. If you can hear thunder, you are close enough to the storm to be struck by lightning.

THUNDERSTORM AND LIGHTNING FACTS

Thunderstorm:

- Thunderstorms may occur singularly, in clusters, or in lines.
- Thunderstorms are classified severe if they produce hail at least $\frac{3}{4}$ of an inch in diameter, have winds of at least 58 miles per hour or higher, or if they produce a tornado.
- All thunderstorms contain lightning. The rapid heating and cooling of air near the lightning causes thunder.

Lightning:

- A bolt of lightning reaches a temperature approaching 50,000 degrees Fahrenheit in a split second.
- It is a myth that lightning never strikes twice in the same place. In fact, lightning will strike several times in the same place in the course of one discharge.
- Thousands of people are killed world-wide. 75-100 Americans are killed each year by lightning.

KNOW THE TERMS

Severe Thunderstorm Watch- Severe thunderstorms are possible in and near the watch area. Stay informed and be ready to act if a severe thunderstorm warning is issued.

Severe Thunderstorm Warning- Severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property.

WARNING AND DANGER SIGNS

- Look for darkening skies, flashes of light, the sound of thunder, or increasing wind.

DANGER ZONES



ACTIONS TO CONSIDER



BEFORE:

- Secure objects such as lawn furniture and take light objects inside.
- Survey around your home and remove dead or rotting trees and branches that could fall and cause injury and damage.
- Bring small outdoor pets inside and ensure livestock have secure shelter.

DURING:

If Indoors

- Do not handle any electrical equipment or corded telephones because lightning could follow the wire. Television sets are particularly dangerous at this time.
- Avoid bathtubs, water faucets, and sinks because metal pipes can transmit electricity.
- Turn off your air conditioner
- Draw blinds and shades over the windows.

If Outdoors

- Find shelter immediately. Attempt to get into a building or vehicle. If no structure is available, get to an open space and squat low to the ground as quickly as possible.
- If you are in the woods, find an area protected by a low clump of trees- never stand underneath a single large tree in the open.
- Avoid tall structures such as towers, fences, telephone lines, or power lines.
- Stay away from natural lightning rods such as golf clubs, tractors, fishing rods, bicycles etc.

If in a Vehicle

- Pull safely onto the shoulder of the road away from any trees that could possibly fall on your vehicle, turn on your emergency flashers and stay in your vehicle.

AFTER:

- On base: call a dispatcher. To contact Kadena AB from a DSN: 634-6011 and cellphone dial: 098-934-5911. Camp Foster DSN: 645-0025 or cellphone: 098-893-7911 to report life-threatening emergencies only, not damage or power outages.
- Help your neighbors who may require special assistance- infants, elderly, and people with disabilities.
- Drive only as necessary. Debris and washed out roads may make driving dangerous.
- Report property damage to your insurance agent immediately.

What to Do if Someone is Struck By Lightning

People struck by lightning carry no electrical charge and can be handled safely. Have someone call an emergency dispatcher. Look for burns where lightning entered and exited the body and provided first aid. If the strike caused the victim's heart and breathing to stop, provide CPR until medical professionals arrive and take over.



Contact your local or Installation's Office of Emergency Management for more information.



TYPHOONS

- Between June 1st and November 30th, Okinawa is in typhoon season. This means it is the most likely time for a typhoon to occur. During the remaining months, it is likely, but not entirely out of the picture. A typhoon, like a hurricane, is formed through a process called Tropical Cyclogenesis. Tropical cyclones feed off of heat which is released when humid air rises off of the ocean's surface into the atmosphere. Typhoons are unique in the aspect that they have a "warm core" where as other storms have a "cold core" as they feed off cold air. There are numerous conditions that need to be obtained before a typhoon can form. The area surrounding Okinawa is prime breeding ground for these storms with the high humidity and water temperatures. There are various threats associated with typhoons. Typhoon winds can soar to extreme levels which can send debris flying through the air. Storm surges may also become prevalent, raising water levels and further intensifying waves cause by high winds.

For information on local TCCOR conditions, please go to:
<http://www.shogunweather.com> or visit Kadena's Facebook page.

KNOW THE TERMS

Tropical Depression-A rotary circulation of clouds with winds up to 38 miles per hour.

Tropical Storm - A rotary circulation of clouds with winds between 39-73 miles per hour.

Hurricane/Typhoon Watch - Issued when there is a threat of hurricane conditions within 36 hours or less.

Hurricane/Typhoon Warning - Issued when hurricane conditions are expected in 24 hours or less.

Storm Surge - A huge dome of water pushed on shore by either a hurricane or typhoon. When coupled with high tide, the storm surge will be the tide and surge combined

DANGER ZONES

- Tropical areas of the western Pacific, including Hawaii, Guam, American Samoa, Saipan, and Okinawa.
- Low lying areas along the coastline





ACTIONS TO CONSIDER

BEFORE:

- Bring in outdoor objects and anchor objects that cannot be brought inside.
- Secure your home by closing and boarding up windows and removing outside antennas.
- Turn refrigerator and freezer to coldest settings. Open only when absolutely necessary and close quickly.
- Store drinking water in disinfected bathtubs, jugs, bottles, and cooking pots.
- Review evacuation plan and assemble your emergency supply kit.
- Secure boats /water equipment or move to a designated safe place. Use ropes or tie down straps to secure boats to trailers. Use tie-downs to anchor boat trailers and/or RVs to the ground or structures.
- Make a record of your personal property. Take photos or video of the exterior and interior of your home, including personal belongings. Store the documents in a safe place. If directed to evacuate, take the documents with you.

DURING:

- Listen to AFN or log onto Kadena's Facebook page for progress reports.
- Take refuge in a small interior room, closet or hallway in your residence. If in a multiple story building, go to the first or second floors and stay in interior rooms away from windows.
- Stay inside and away from windows, skylights and glass doors.
- Keep curtains and blinds closed.
- Do not go outside when the eye passes over. Winds and rain will soon resume

AFTER:

- If in a safe location, stay there until directed by local authorities that it is safe to leave.
- If you evacuated your community, do not return until authorities say it is safe.
- Tune into AFN for information about caring for your household, where to find medical help and how to apply for assistance.
- Do not drink or prepare food with tap water until notified that it is safe.
- Talk to your children about what happened and what they can do to help.
- Stay away from downed power lines and report them to the power company.
- Enter your home with caution. Beware of insects and animals driven to higher ground by the floodwaters.
- Open windows and doors to ventilate and dry your home.
- Drive only if absolutely necessary and avoid flooded roads and washed-out bridges.
- Report property damage to your insurance agent immediately.

****NOTE: Tornadoes and flooding can also occur during this event. Please review information on "tornadoes" and "floods".**

Contact your local or Installation's Office of Emergency Management for more information.



Tropical Cyclone Conditions of Readiness (TCCOR)

- No matter which installation you are on, you are likely to see some type of TCCOR signs posted on the main entrances of public facilities. These notices serve as warnings to potential hazards and give you timeframes to anticipate when the weather will go from bad to worse, and then when you can expect it to clear and start the recovery process. These TCCORs are designed to keep you safe. Please follow the instructions closely, and if you are not sure what to do, you can call one of the numbers at the back of this guide.

TROPICAL CYCLONE CONDITION OF READINESS

18TH WING COMMANDER HAS DIRECTED

TCCOR 4

WINDS OF 50 KNOTS (58 MPH) SUSTAINED OR GREATER ARE **POSSIBLE** WITHIN 72 HOURS

ACTIONS

Obtain emergency supplies
Have 72 hours of food and water on hand
Review all TCCOR Checklists and Actions

REFERENCE: USOP 13-4001, Tropical Cyclone Conditions of Readiness, 1 Nov 2013



TROPICAL CYCLONE CONDITION OF READINESS

18TH WING COMMANDER HAS DIRECTED


TCCOR 3

WINDS OF 50 KNOTS (58 MPH) SUSTAINED OR GREATER ARE **POSSIBLE** WITHIN 48 HOURS

COMPLETE ALL PREVIOUS TCCOR CHECKLIST

Housing Residents WUE	Facility Managers WUE
<ul style="list-style-type: none"> Remove/Secure All outdoor/balcony items Fill vehicle and get gas tanks Use unsecured furniture and equipment Clear debris from gutters, down drains, and ditches Clear debris from gutters, down drains, and ditches Clear debris from gutters, down drains, and ditches Clear debris from gutters, down drains, and ditches Clear debris from gutters, down drains, and ditches Clear debris from gutters, down drains, and ditches 	<ul style="list-style-type: none"> Lock outdoor doors and windows Remove items from roof Check structural integrity Check structural integrity Check structural integrity Check structural integrity Check structural integrity Check structural integrity Check structural integrity Check structural integrity

REFERENCE: USOP 13-4001, Tropical Cyclone Conditions of Readiness, 1 Nov 2013



TROPICAL CYCLONE CONDITION OF READINESS

18TH WING COMMANDER HAS DIRECTED


TCCOR 2

WINDS OF 50 KNOTS (58 MPH) SUSTAINED OR GREATER ARE **ANTICIPATED** WITHIN 24 HOURS

COMPLETE ALL PREVIOUS TCCOR CHECKLIST

Housing Residents WUE	Facility Managers WUE
<ul style="list-style-type: none"> Continue securing outside items Be prepared to cover broken windows Secure door sills Secure door sills Secure door sills Secure door sills Secure door sills Secure door sills Secure door sills Secure door sills 	<ul style="list-style-type: none"> Secure all loose items in your area Secure all loose items in your area Secure all loose items in your area Secure all loose items in your area Secure all loose items in your area Secure all loose items in your area Secure all loose items in your area Secure all loose items in your area Secure all loose items in your area Secure all loose items in your area

REFERENCE: USOP 13-4001, Tropical Cyclone Conditions of Readiness, 1 Nov 2013



TROPICAL CYCLONE CONDITION OF READINESS

18TH WING COMMANDER HAS DIRECTED

TCCOR 1


WINDS OF 50 KNOTS (58 MPH) SUSTAINED OR GREATER ARE **ANTICIPATED** WITHIN 12 HOURS

ACTIONS

Move sensitive items away from windows or cover them with plastic
Tape windows without [WUE](#) if winds forecast to exceed 100 knots (115 mph)

Housing Residents WUE	Facility Managers WUE
<ul style="list-style-type: none"> Fill bathtub with water Turn refrigerator/freezer to highest setting Move sensitive items away from windows 	<ul style="list-style-type: none"> Complete all checklist items Secure all loose items in your area Secure all loose items in your area Secure all loose items in your area Secure all loose items in your area Secure all loose items in your area Secure all loose items in your area Secure all loose items in your area Secure all loose items in your area Secure all loose items in your area

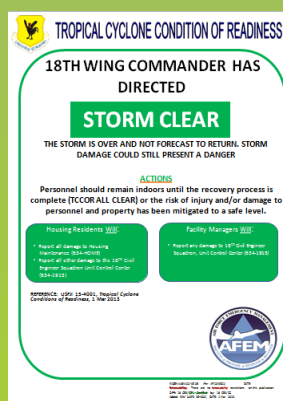
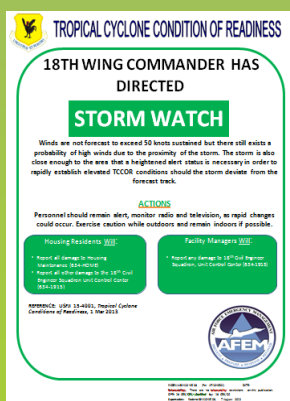
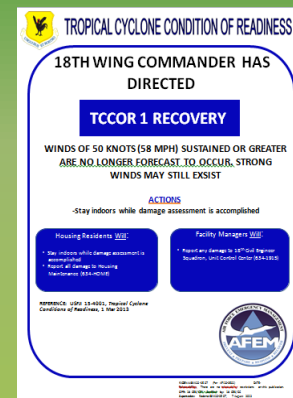
REFERENCE: USOP 13-4001, Tropical Cyclone Conditions of Readiness, 1 Nov 2013



- TCCOR 4-** Winds of 50 knots sustained or greater are possible within 72 hours
 - Obtain emergency supplies. Have 72 hours of food and water on hand. Review all TCCOR checklists and actions.
- TCCOR 3-** Winds of 50 knots sustained or greater are possible within 48 hours.
 - Remove or secure all outdoor/balcony items. Fill vehicle tanks. Keep important documents safe/accessible. Clean debris from gutters, storm drains, sidewalks, and ditches near your quarters. Low lying area residents relocate vehicles to higher ground.
- TCCOR 2-** Winds of 50 knots sustained or greater are anticipated within 24 hours.
 - Continue securing outside items. Be prepared to cover broken windows. Sandbag door sills (available at Eagle Hardware and various locations around Kadena AB).
- TCCOR 1-** Winds of 50 knots sustained or greater are anticipated within 12 hours.
 - Move sensitive items away from windows or cover with plastic. Fill bathtub with water, turn refrigerator/freezer to highest settings, keep children home from DoDDs schools if called prior to 0500, move sensitive items away from windows.



Tropical Cyclone Conditions of Readiness (TCCOR)



- **TCCOR 1 Caution-** Winds of 35-49 knots sustained are occurring.
 - All non-essential travel is suspended. Non-essential personnel should remain indoors. Pick up children from CDC's/SAP within 1 hour. Monitor weather information sources for changes in TCCOR.
- **TCCOR 1 Emergency-** Winds of 50 knots sustained or greater are occurring.
 - All personnel should remain indoors and stay away from windows. Monitor AFN for emergency actions or changes in TCCOR. Report all damage to Kadena Housing Maintenance at 634-HOME(098-961-4663).
- **TCCOR 1 Recovery-** Winds of 50 knots sustained or greater are no longer forecast to occur. Strong winds may still exist.
 - Stay indoors while damage assessment is accomplished. Report all damage to Housing Maintenance at 634-HOME (098-961-4663)
- **Storm Clear-** The storm is over and not forecast to return. Storm damage could present a danger.
 - Personnel should remain indoors until the recovery process is complete or the risk of injury/damage to personnel and property has been mitigated to a safe level.
- **Storm Watch-** Winds are not forecast to exceed 50 knots sustained but there still exists a probability of high winds due to the proximity of the storm. It is also close enough that a heightened alert status is necessary should the storm deviate from the forecast track.
 - Remain alert and monitor the radio. Exercise caution while outdoors.



Tropical Cyclone Conditions of Readiness (TCCOR)

AFTER A TYPHOON:

Be aware that there may be glass, debris, power lines, fires, and potentially harmful items displaced from the typhoon. You should not leave your safe area until notified by authorities that it is safe to do so. You must allow recovery personnel to do their job safely and efficiently. When unauthorized personnel are out roaming the streets and taking in the damage, they endanger both themselves and the recovery crews. Please stay put until told to leave, unless you have an emergency. When you are finally authorized to leave your safe area, use extreme caution. Check the area around your quarters, and help your neighbors as well, especially families of deployed members. Be sure to check common areas where children play. Base recovery crews check these areas, but it is always a good idea to double check just in case something was overlooked.

After a storm is no longer any threat, we will resume TCCOR 4. when the next storm is in close enough proximity to warrant a change in TCCOR, we most often will go to STORM WATCH. This allows for flexibility to resume TCCOR 4 if the storm turns out to not be a threat, or to assume TCCOR 3 if it is.

Contact your local or Installation's Office of Emergency Management for more information.

TSUNAMIS



What is a Tsunami? A tsunami is a series of destructive waves generated by an undersea disturbance such as an earthquake.

TSUNAMI FACTS

- The North Sumatra Earthquake (December 26, 2004), triggered a tsunami that killed nearly 300,000 people from over 55 countries. It also effected five million people, leaving over one million homeless. The waves were reportedly over 80 feet high.
- As the tsunami nears the coastline, it may grow to great height and smash into the shore, causing great destruction.
- Tsunamis can originate hundreds or even thousands of miles away from coastal areas. Local geography may intensify the effect of a tsunami.
- Although most tsunami waves are less than 10 feet, tsunamis reaching heights greater than 100 feet have been recorded.
- Tsunamis arrive as a series of successive crests (high water levels) and troughs (low water levels). These successive crests and troughs can occur anywhere from 5 to 90 minutes apart. They usually occur 10 to 45 minutes apart and the wave speed in the open ocean will average 450 miles per hour.
- Since 1945, more people have been killed as a result of tsunamis than as a direct result of an earthquake's ground shaking. Most deaths during a tsunami are a result of drowning.
- Tsunamis most frequently come onshore as a rapidly rising turbulent surge of water choked with debris.

KNOW THE TERMS

Tsunami Advisory - An earthquake has occurred which might generate a tsunami. Hourly bulletins advising of the situation will be issued.

Tsunami Watch - A tsunami was or may have been generated, but is at least two hours away. Prepare for possible evacuation if the watch is upgrade to a warning.

Tsunami Warning - A tsunami was or may have been generated, which could cause damage. People within the warned area are strongly advised to evacuate.

DANGER ZONES

- Areas less than 50 feet above sea level and within one mile of the shoreline.
- Tsunamis can strike anywhere along most of the Okinawan coastline.

WARNING AND DANGER SIGNS

- Tsunamis may be caused by an underwater disturbance or an earthquake. People living along the coast should consider an earthquake or a sizable ground rumbling a warning signal.
- A noticeable rise or fall in coastal waters.

ACTIONS TO CONSIDER



BEFORE:

- Avoid living within several hundred feet of the coastline.
- Make a list of items to bring inside in the event of a tsunami advisory.
- Assemble an emergency supply kit.
- Follow flood preparedness precautions.
- Have an engineer check your residence and advice on ways to make it more resistant to tsunami water.

DURING:

- Find protection for you and your family when an earthquake strikes. When the shaking stops, gather your family members and evacuate quickly to higher ground away from the coast. Leave everything else behind. A tsunami may be coming in minutes.
- Avoid downed power lines and stay away from buildings and bridges from which heavy objects might fall during an aftershock.
- If you hear an official tsunami warning or detect signs of a tsunami, evacuate at once to higher ground.
- Stay away from the beach. If you can see the wave you are too close to escape.
- Do not assume that when the first wave passes, the danger is over. Additional waves may follow.

AFTER:

- Provide first aid and CPR if trained to do so.
- Return home only after authorities advise it is safe to do so.
- Stay out of your residence if water remains around it. Tsunami waters, like flood waters, can undermine foundations, causing buildings to sink, floors to crack, or walls to collapse.
- Watch out for animals, especially poisonous snakes that may have come into buildings with the water.
- Open the windows and doors to help dry the residence.
- Shovel mud while it is still moist to give walls and floors an opportunity to dry.
- Report property damage to your insurance agent immediately.



Contact your local or Installation's Office of Emergency Management for more information.

EARTHQUAKES

What is a Earthquake? An earthquake is a sudden, rapid shaking of the earth caused by the breaking and shifting of rock beneath the earth's surface.

EARTHQUAKE FACTS

- Earthquakes strike suddenly, without warning, and can occur any time of the year; day or night.
- On a yearly basis, 70-75 damaging earthquakes occur throughout the world.
- Ground movement during an earthquake is seldom the direct cause of death or injury. Most earthquake-related casualties result from collapsing walls, flying glass, and falling objects. Most injuries occur when people are hit by flying objects when entering into or exiting from buildings.

KNOW THE TERMS

- The formation of earthquakes is the collision or shifting of rocks along the earth's surface layer. Caused by convergent boundaries colliding with one another and the pressure of the rocks that cannot sustain the force of the shifting, causing them to shift or crack.

DANGER ZONES

- Okinawa is a moderate risk for earthquakes
- The greatest danger exists directly outside buildings, at exits, and along exterior walls.

BEFORE:

- Fasten shelves securely to walls. Store breakable items (bottled food, glass, china, etc.) in low, closed cabinets with latches.
- Hang heavy items (pictures, mirrors, etc.) away from beds, couches, and anywhere people sit.
- Brace overhead light fixtures.
- Install flexible pipe fittings to minimize breakage of gas and water lines.
- Secure your water heater by strapping it to the wall studs and bolting it to the floor.
- Store flammable products securely in closed cabinets with latches on the bottom shelves.
- Choose a safe place in every room (e.g., under a sturdy table or against an inside wall) where nothing can fall on you.

DURING:

If Indoors:

- Drop, cover, and hold on. Move only a few steps to a nearby safe place.
- Stay indoors until the shaking stops and you are sure it is safe to exit.
- If you are in a high rise building, do not use the elevators.
- Stay away from glass, windows, outside doors and walls, and anything that could fall such as lighting fixtures or furniture.
- If you are in bed, stay there. Hold on and protect your head with a pillow. If there is a heavy light fixture that could fall on you, move to the nearest safe place.
- Use a doorway for shelter only if it is in close proximity to you and if you know it is strongly supported and load bearing.

EARTHQUAKES

DURING:

If Outdoors

- Move into the open, away from buildings, streetlights, and utility wires.
- Once in the open, stay there until the shaking stops.

If in a Vehicle

- Stop as quickly and safely as possible, and then remain in your vehicle.
- Avoid stopping near or under buildings, trees, overpasses, and utility wires.
- Proceed cautiously once the earthquake has stopped, watching for road and bridge damage.

If Trapped Under Debris

- Do not light a match or lighter.
- Do not move about or kick up dust.
- Cover your mouth with fabric or clothing.
- Tap on a pipe or wall so rescuers can locate you or use a whistle if one is available.
- Shout only as a last resort - shouting can cause you to inhale dangerous amounts of dust.

AFTER:

- Provide first aid and CPR if trained to do so.
- After-shocks can occur in the first hours, days, weeks or even months after the quake. They can cause further damage to weakened buildings, so proceed with caution.
- Be aware that some earthquakes are actually foreshocks - a larger earthquake might occur.
- Open cabinets cautiously. Beware of objects that can fall off shelves.
- Be aware of possible tsunamis if you live near the coast.
- Pets' behavior may change dramatically after an earthquake. Normally quiet and friendly cats and dogs may become aggressive or defensive. Leash dogs and place them in a fenced yard.

EXTREME HEAT



What is an Extreme Heat? Temperatures that hover 10 degrees or more above the average high temperature for the region and last for several weeks are defined as extreme heat.

TSUNAMI FACTS

- Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.
- Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children, and those who are sick or overweight are more likely to succumb to extreme heat.
- Conditions that can induce heat-related illnesses include stagnant atmospheric conditions and poor air quality. Consequently, people living in urban areas may be at greater risk from the effects of a prolonged heat wave than those living in rural areas. Also, asphalt and concrete store heat longer and gradually release heat at night, which can produce higher nighttime temperatures known as the "urban heat island effect."

KNOW THE TERMS

Heat Wave - Prolonged period of excessive heat often combined with excessive humidity.

Heat Index - A number in degrees Fahrenheit that tells how hot it feels when relative humidity is added to the air temperature. Exposure to full sunshine can increase the heat index by 15 degrees.

Heat Cramps - Muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are often the first signal that the body is having trouble with the heat.

KNOW THE TERMS

Heat Exhaustion - Typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.

Heat Stroke - A life-threatening condition. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Another term for heat stroke is sun stroke.



ACTIONS TO CONSIDER

BEFORE:

- Install window air conditioners snugly; insulate if necessary.
- Check air-conditioning ducts for proper insulation.
- Install temporary window reflectors (for use between windows and drapes), such as aluminum foil-covered cardboard, to reflect heat back outside.
- Weather-strip doors and sills to keep cool air in.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers. (Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.)
- Keep storm windows up all year

DURING:

- Stay indoors as much as possible and limit exposure to the sun.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities. Circulating air can cool the body by increasing the perspiration rate of evaporation.
- Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- Drink plenty of water. Persons who have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- Limit intake of alcoholic beverages.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible.
- Protect face and head by wearing a wide brimmed hat.
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Never leave children or pets alone in closed vehicles.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks

AFTER:

- Notify friends or family of your condition.
- Monitor local radio and television stations for the latest information.
- Help a neighbor who may require special assistance such as large families, children, elderly and individuals with special needs.

Contact your local or Installation's Office of Emergency Management for more information.



MAJOR ACCIDENTS

What is considered a Major Accident? A major accident is any accident serious enough to warrant response by the installation disaster response force (DRF). These differ from the day-to-day emergencies handled by local emergency responders. A major accident may involve one or more of the following: aircraft accident/incident, toxic materials, hazardous substances, explosives, etc.

FOUR PHASES OF RESPONSE

- **Notification** - The installation is notified of an actual or potential major accident. Evacuation is started (if necessary), the DRF is alerted, and higher headquarters and local civilian authorities are notified.
- **Response** - The Initial Response Element (IRE) responds to the accident scene to establish command and control. They immediately begin life-saving actions, rescue, mitigation, and containment actions. Evacuation is continued if needed.
- **Withdrawal** - Occurs when the emergency response forces are in imminent danger or if further actions are futile. Withdrawal can be immediate or planned.
- **Recovery** - Restores the area and operations to normal pre-accident conditions.





ACTIONS TO CONSIDER

BEFORE:

- Research the most common major accidents in your area.
- Understand the threats in your area and how best to react in times of crises.
- Create an evacuation plan for your family and have a backup route in mind.
- Determine an out-of-town relative that family members can use as a contact if separated.
- Determine a safe shelter for animals and livestock.
- Assemble an emergency supply kit.

DURING:

- Listen to the local radio or television stations for detailed information and instructions.
- Evacuate immediately or shelter-in-place as directed.
- Provide first aid and CPR if you are trained to do so.
- Report the incident to local authorities.
- Stay away from the accident area unless you are involved in the recovery process.

AFTER:

- Stay away from the accident area; there may be unknown dangers at or near the scene.
- Listen to local radio or television stations for the latest emergency information.
- Help a neighbor who may require special assistance - large families, children, elderly, and individuals with disabilities.
- Notify friends or family of your condition.
- Use phone services sparingly.
- If you were directed to evacuate, do not return home until local authorities give the all clear.
- If gas or vapors could have entered the building, take shallow breaths through a cloth or a towel. Avoid eating or drinking food or water that may be contaminated.

DID YOU KNOW...

In October of 1986 the Emergency Planning and Community Right-to-Know Act (EPCRA) was signed into law. This act was passed so individuals could obtain information about chemicals that are manufactured, stored, used, and released within their community.

Contact your local or Installation's Office of Emergency Management for more information.

HAZARDOUS MATERIALS



What are Hazardous Materials? Hazardous materials are materials that because of quantity, properties or packaging, may endanger life or property.

HOUSEHOLD CHEMICAL EMERGENCIES

- Never mix household hazardous chemicals or waste with other products. Incompatible chemicals such as chlorine bleach and ammonia may adversely react, ignite, or explode.
- Never use hair spray, cleaning solutions, paint products, or pesticides near an open flame (e.g., pilot light, lighted candle, fireplace, wood burning stove, etc.). Although you may not be able to see or smell them, vapor particles in the air could catch fire or explode.
- Get out of your home immediately if there is any danger of fire or an explosion. Do not waste time collecting belongings or calling the fire department. Once you are safe, call the fire department from outside the home using a cellular phone or a neighbor's phone. Stay upwind and away from the residence to avoid breathing toxic fumes.
- Call 911 for your installation, Okinawa Naval Hospital emergency room, public health, fire department, or pharmacy to receive emergency advice if someone has been exposed to a household chemical. Have any containers of the substance readily available in order to provide requested information.
- Take immediate action if the chemical gets into the eyes. Delaying first aid can greatly increase the likelihood of injury. Flush the eyes with clear water for a minimum of 15 minutes, unless authorities instruct otherwise.
- Discard clothing that may have been contaminated. Some chemicals may not wash out completely.

DANGER ZONES

- A hazardous materials accident can occur anywhere. Communities located near chemical manufacturing plants are particularly at risk. However, hazardous materials are transported on our roadways, railways, and waterways daily so any area is vulnerable to an accident.

DID YOU KNOW...

Most victims of chemical accidents are injured at home.





ACTIONS TO CONSIDER

BEFORE:

- Determine evacuation routes and be ready to evacuate should an incident occur.
- Determine if your community has a warning system.
- Assemble an emergency supply kit.
- Determine the best place in your home to shelter if you are directed to shelter-in-place.
- Develop a family communications plan and ensure all family members know how to use it if you were to become separated.
- Keep fire extinguishers in your home and vehicle.
- Post emergency contact numbers (e.g., poison control, hospital emergency room, local pharmacy, etc.) by the telephone

DURING:

- Listen to AFN for detailed information and instructions.
- Stay away from the area to minimize the risk of contamination.
- Stay upstream, uphill, and upwind. In general, try to go at least one-half mile from the danger area.
- Stop and seek shelter in a permanent building if you are in a vehicle. If you must remain in your vehicle, keep windows and vents closed and shut off the air conditioner or heater.

IF DIRECTED TO SHELTER-IN-PLACE

- Bring pets inside. Fill up sanitized bathtubs and/or large sanitized containers for an additional water supply and turn off the intake valve to the house.
- Close and lock all exterior doors and windows. Close vents, fireplace dampers, and as many interior doors as possible. Turn off air conditioners, furnaces, and ventilation systems.
- Find a room that is above ground and has the fewest openings to outside. If gas or vapors have entered the building, take shallow breaths through a cloth or a towel.
- Avoid eating or drinking any food or water that may be contaminated.

AFTER:

- Act quickly if you have come into contact with or have been exposed to hazardous chemicals. Follow decontamination instructions from local authorities. You may be advised to take a thorough shower or you may be advised to stay away from water and follow other procedures.
- Seek medical treatment for unusual symptoms as soon as possible.
- Place exposed clothing and shoes in tightly sealed containers. Do not allow them to contact other materials. Call local authorities to determine proper disposal.
- Advise everyone who comes in contact with you that you may have been exposed to a toxic substance.
- Report any lingering vapors or other hazards to your local emergency services office.
- Do not return to the area, if you were directed to evacuate, until authorities give the all clear.
- Listen to local radio or television stations for the latest updates.

Contact your local or Installation's Office of Emergency Management for more information.



ACTIVE SHOOTER

What is an Active Shooter? An active shooter is an individual actively engaged in killing or attempting to kill people, most often in populated areas. In most cases, active shooters use firearms and there is no pattern or method to their selection of victims. In some cases, active shooters use improvised explosive devices to create additional victims and to impede first responders.

ACTIVE SHOOTER FACTS

- Fairchild AFB, Former Airman killed four and wounded 23 with a semi-automatic rifle.
- Eglin AFB: Estranged husband confronts hospital staff with hunting rifle at spouse's work center.
- McGuire AFB: Mentally unstable retiree kills one.
- Moody AFB: NCO fires at wife's alleged boyfriend with handgun.
- Fort Bragg, NCO killed one and wounded 18 with semi-automatic rifle.
- Fort Dix, six homegrown "radical Islamist" planned to storm base with automatic rifles.
- Fort Hood, Active Duty Major killed 14 and wounded 43 with pistol.

KNOW THE TERMS

Lockdown - An announcement used on Air Force installations as a security measure to confine and restrict movement. All individuals, including military uniformed services, federal employees, contractors, dependents, or other people on an installation as a guest are required to restrict their movement when lockdown is declared. During lockdown, no person may enter or exit another area until the all clear is broadcasted; unless movement is required to escape from a dangerous place or situation.

DID YOU KNOW...

The first law enforcement officers to arrive to the scene will not stop to help injured persons. Expect rescue teams comprised of additional officers and emergency medical personnel to follow the initial officers. These rescue teams will treat and remove any injured persons. They may also call upon able-bodied individuals to assist in removing the wounded from the premises.





ACTIONS TO CONSIDER

BEFORE:

- Assemble an emergency supply kit for your vehicle and workplace.
- Be aware of your surroundings and any possible dangers.
- Determine if your community has a warning system.
- Take note of the two nearest exits in any facility you visit.
- Know the evacuation plan for your workplace.
- Leave an area if you feel uncomfortable or if something does not seem right.
- Develop a family communications plan and ensure all family members know how to use it if you were to become separated.

DURING:

- How you respond to an active shooter will be determined by the specific circumstances of the encounter. If you find yourself involved in an active shooter situation, remain calm, quickly determine the most reasonable way to protect your own life, and use these guidelines to help you survive.

Outside the Immediate Incident Area:

- Stay away from the incident area; there may be unknown dangers at or near the scene.
- Listen to local radio, television stations, and/or the installation's warning and notification system for the latest information.
- If announced, execute lockdown procedures at your location.
- Do not allow individuals to enter or exit the area during lockdown until the all clear is announced. Movement within the area (e.g. inside a facility) is permitted.
- Use phone services sparingly so they remain open for emergency responders.

Inside the Immediate Incident Area:

EVACUATE:

- If an escape route is accessible, evacuate the immediate area.
- Leave your belongings behind.
- Help others evacuate, if possible.
- Evacuate even if others will not agree to follow you.
- Call 911 (or equivalent) when you are safe. Stay on the phone until the operator ends the call. Once evacuated, prevent others from entering the area.
- Follow any law enforcement instructions.
- If in view of or approaching law enforcement personnel, keep your hands visible.
- Do not attempt to move wounded individuals.

HIDE OUT:

- If evacuation is not possible, find a place to hide.
- Your hiding place should be where you are less likely to be found by the active shooter, provide you protection, and not restrict your options for movement.
- If possible, lock the door and/or block the door with heavy furniture. Turn off any lights.
- Remain quiet and silence any devices (e.g. a cell phone) that may give away your hiding place.
- If safe to do so, call 911 (or equivalent) to alert law enforcement. Stay on the phone until the operator ends the call.



ACTIONS TO CONSIDER

Inside the Immediate Incident Area:

TAKE ACTION AGAINST SHOOTER:

- As a last resort, and only when your life is in imminent danger, attempt to disrupt and/ or incapacitate the shooter.
- Personnel should use whatever means possible to overpower the subject to save further lives.
- Use the minimum force necessary to subdue the shooter, however, deadly force is authorized when an individual reasonably believes they or others in the area are in immediate danger of death or serious bodily harm.

Information to Provide to Law Enforcement:

- Number of active shooters, if more than one.
- Location of the shooter(s).
- Physical description of shooter(s).
- Time you observed the shooter(s).
- Number and type of weapons held by the shooter(s).
- Number of potential victims at the location.

When Law Enforcement Arrives:

- Law enforcement's purpose is to stop the active shooter as soon as possible.
- Officers will proceed directly to the area in which the last shots were heard and will not stop to help injured persons until the shooter is neutralized.
- Remain calm and follow instructions.
- Place any items in your hands on the ground.
- Immediately raise your hands and spread your fingers.
- Keep hands visible at all times.
- Do not impede law enforcement officers' movements, such as holding on to them for safety.
- Provide any information that may assist them in countering the threat.
- Avoid pointing, screaming, and/or yelling.
- Do not stop to ask officers for help or directions when evacuating, just proceed in the direction they instruct you to go.
- Move quickly to the assembly point.
- Expect to stay at the assembly point until the situation is under control.
- Know that you might be interviewed by law enforcement.
- Do not leave the assembly point until instructed by law enforcement.

AFTER:

- Stay away from the incident area.
- Listen to local radio, television stations, and/ or the installation's warning and notification system for the latest information.
- Notify your friends and/or family of your condition.
- Use phone services sparingly so they remain open for emergency responders.
- Know and recognize the signs of incident related stress. Seek assistance as needed.

Contact your local or Installation's Office of Emergency Management for more information.

EMERGENCY PHONE NUMBERS

Kadena Air Base:

Off Base Emergency Number Dial 1-1-9

From a Cell: 098-934-5911

On Base Emergency (DSN) Dial 9-1-1

Camp Foster:

Off Base Emergency Number Dial 1-1-9

From a Cell: 098-893-7911

On Base Emergency (DSN) Dial 9-1-1

Emergency Management:

Kadena Emergency Management- 634-4404 Standby #- 090-7585-4162

MCIPAC Emergency Management- 645-7607

Command Fleet Activities, Okinawa Emergency Management- 634-9338

DoDD Schools Contact Information

SCHOOL	PHONE NUMBER
Amelia Earhart Inter School (AEIS)	634-1380/1344/1329
Bechtel Elementary School (BES)	622-7504/7423
Bob Hope Primary School (BHPS)	634-0093/0094
Kadena Elementary School (KES)	634-3441/1550
Kadena Middle School (KMS)	634-0217
Kadena High School	634-1216/1712
Killen Elementary School (ECK)	645-7760/9172/7890
Kinser Elementary School (KSES)	637-3008/3422/1630
Kubasaki High School (KHS)	645-4876/3728
Lester Middle School (LMS)	645-7787/2674/2124
Ryukyu Middle School (RMS)	634-4849
Stearley Heights Elem School (SHES)	634-0646/4523/4524
Zukeran Elementary School (ZES)	645-2064/5392/2576
Law Enforcement Desk	634-2475
Personnel	644-5851
DSO-District Superintendent Office	634-1204
DSO Business Manager	634-5598
Area Office - Director	644-5878
Jose Dominguez- Distr. Secretary	632-7383
Leo Cedeno- Distr. Registrar	634-8995
EDIS	634-2740/2747
Safety Transportation Office- Kadena	634-2740/2747
Bus Barn - Camp Foster	645-2360/2431
IDEA Int'l Distance Ed of Alaska	632-6627

EMERGENCY PHONE NUMBERS

Kadena Air Base

NAME	CONTACT INFORMATION
Kadena Emergency Operations Center (EOC)	DSN: 634-1800
Weather	DSN: 634-3140 (KAB) opt #3
Public Affairs	DSN: 634-3813
Wing Safety	
Red Cross	DSN: 634-1294

Kadena Air Base UCC's

18 Aeromedical Evacuation Squadron (AES)	DSN: 634-8257
18 Aircraft Maintenance Squadron (AMXS)	DSN: 634-6744
18 Civil Engineer Group (CEG)	DSN: 634-1915
18 Component Maintenance Squadron (CMS)	DSN: 632-9673
18 Contracting Squadron (CONS)	DSN: 634-3615
18 Comptroller Squadron (CPTS)	DSN: 634-7508
18 Communications Squadron (CS)	DSN: 634-1588
18 Equipment Maintenance Squadron (EMS)	DSN: 634-3058
18 Force Support Squadron (FSS)	DSN: 632-5800
18 Force Support Squadron Okuma	DSN: 631-1812/1870
18 Logistics Readiness Squadron (LRS)	DSN: 634-3773
18 Medical Group (MDG)	DSN: 630-4535
18 Mission Support Group (MSG)	DSN: 634-4859
18 Munitions Squadron (MUNS)	DSN: 632-5130
18 Maintenance Group (MXG)	DSN: 634-3900
18 Operations Support Squadron (OSS)	DSN: 634-4942
18 Security Forces Squadron (SFS)	DSN: 634-4942
31 Rescue Squadron (RQS)	DSN: 634-3252
33 Rescue Squadron (RQS)	DSN: 634-9779
44/67 Fighter Squadron (FS)	DSN: 634-1871
82 Reconnaissance Squadron (RS)	DSN: 634-8645
353 Special Operations Group (SOG)	DSN: 630-9080
390 Intelligence Squadron (IS)	DSN: 634-8629
623 Air Control Flight (ACF)	DSN: 634-3888
718 Aircraft Maintenance Squadron	DSN: 634-9053
909 Air Refueling Squadron (ARS)	DSN: 634-9027
961 Airborne Air Control Squadron	DSN: 634-6135

EMERGENCY PHONE NUMBERS

Marine Corps Bases

NAME	DSN
Fire/Medical/Police	DSN: 9-1-1
G3 Operations	DSN: 645-7222
Emergency Management	DSN: 645-7607
Command/Base Operations Center	Primary DSN: 645-0262 Alternate DSN: 645-8133
Air Traffic Control	DSN: 636-3141
FE Damage Control Center (DCC)	DSN: 636-2117
FE Service Call Desk	DSN: 645-7294 After Duty Hours: 645-1509
NCIS	DSN: 645-0213
Explosive Ordnance Disposal (EOD)	DSN: 645-3298 After Duty Hours: 080-2701-1626
Facility Maintenance	DSN: 645-7504
Public Affairs	DSN: 645-1089
GME Transportation	DSN: 645-3056
Safety	DSN: 645-2651
Weather	DSN: 634-3437
American Red Cross	DSN: 645-3800/3801 After Duty Hours: 225-6802
Armed Forces Network	DSN: 645-7451

Marine Corps Bases Installation Emergency Operations Centers

Camp Schwab	Primary DSN: 625-1053 Alternate DSN: 625-8231
Camp Hansen	Primary DSN: 623-4525
Camp Guard Camp Courtney	Primary DSN: 622-1023 Alternate DSN: 622-7145
MCAS Futenma	Primary DSN: 636-3100
Camp Kinser	Primary DSN: 637-1700 Alternate DSN: 637-3500
Chaplain	Primary DSN: 645-2644

EMERGENCY PHONE NUMBERS

Command Fleet Activities, Okinawa

NAME	DSN
Emergency Operations Center	DSN: 634-9338/9323/9304
Emergency Management	DSN: 634-9338
White Beach Dispatch	DSN: 622-1410

FAMILY ACCOUNTABILITY WEBSITES

Available to families of each service is an online accountability system. The purpose of the system is for a member to update their status, or to check on members and their families if they are in an area affected by a disaster. To register, just log on and follow the steps.

Air Force Personnel Accountability and Assessment System (AFPAAS):

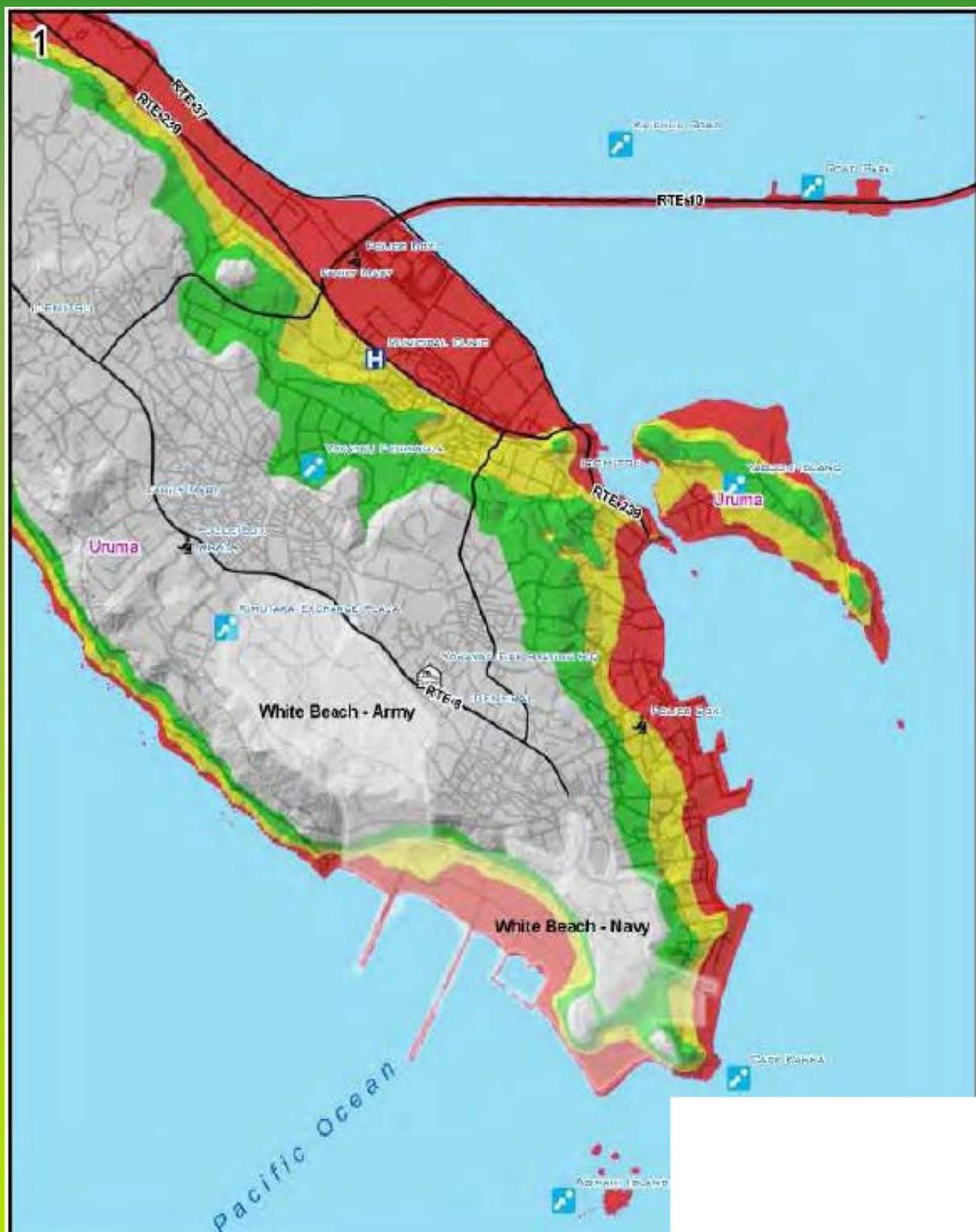
<https://afpaas.af.mil>

Navy Family Accountability and Assessment System (NFAAS):

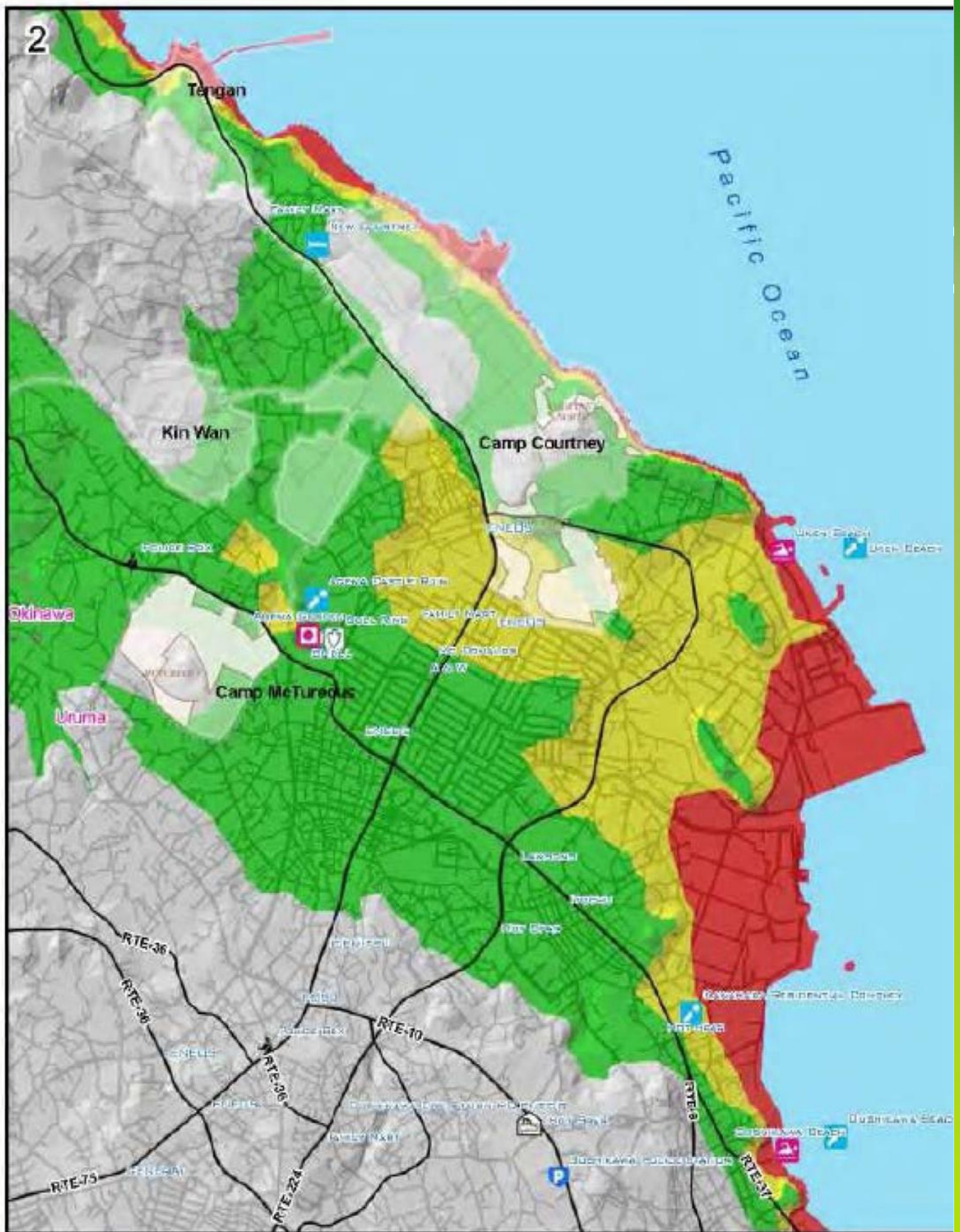
<https://navyfamily.navy.mil>

U.S. Army Disaster Personnel Accountability and Assessment System (ADPAAS):

<https://adpaas.army.mil>



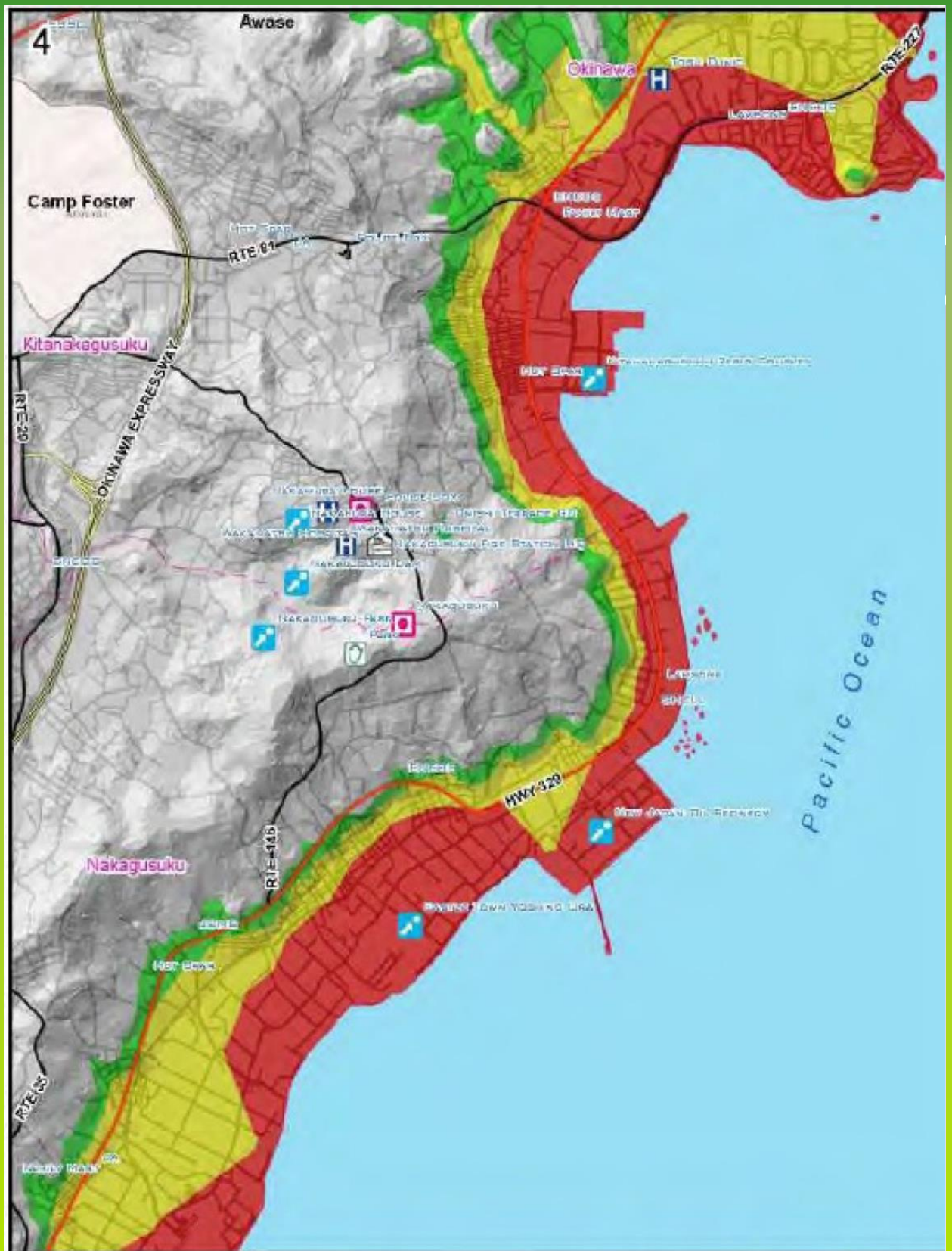
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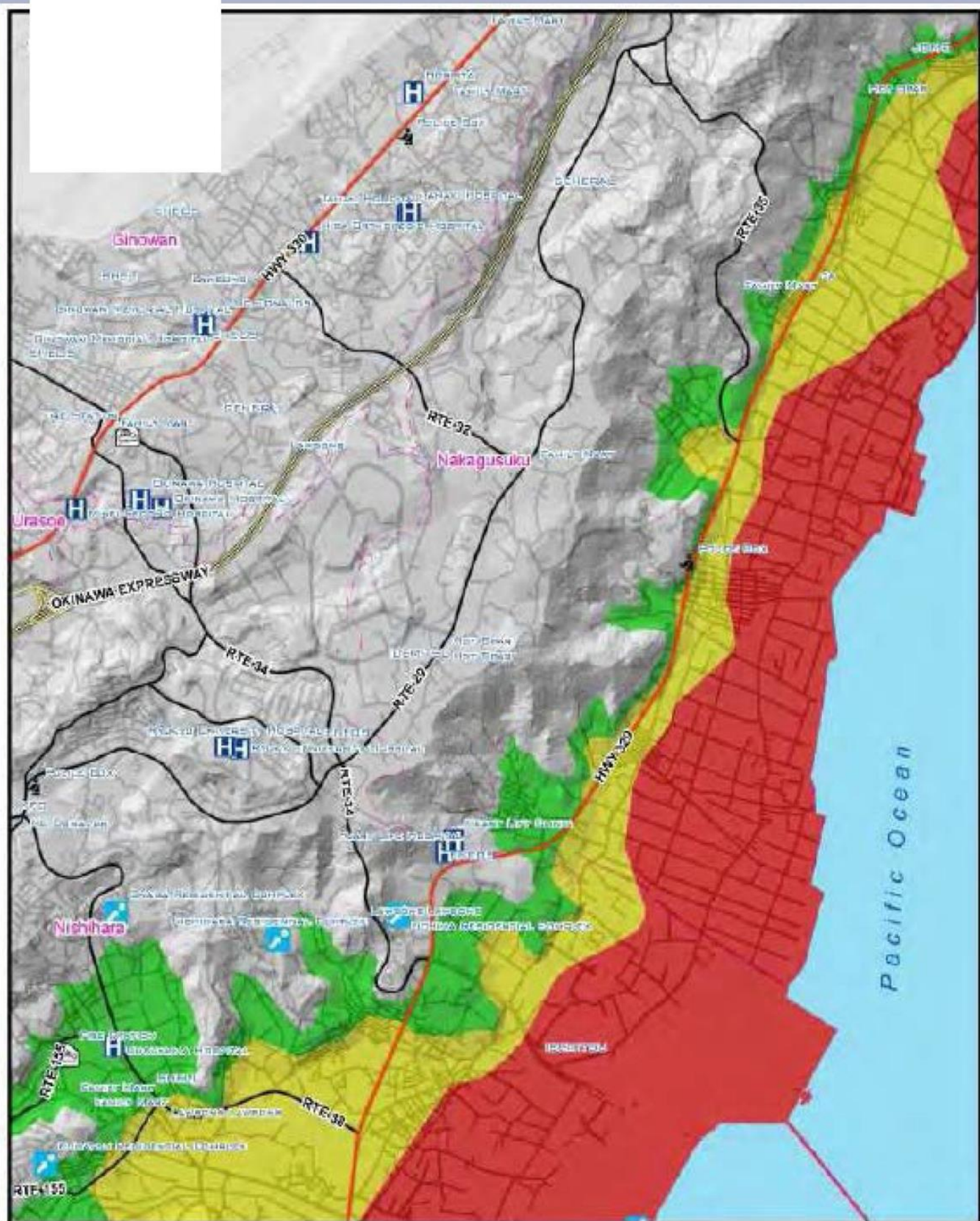


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- Airport
- Reservoir
- Gas Station
- Interpretive Point
- Beach
- Pier
- ▲ Memorial
- Park

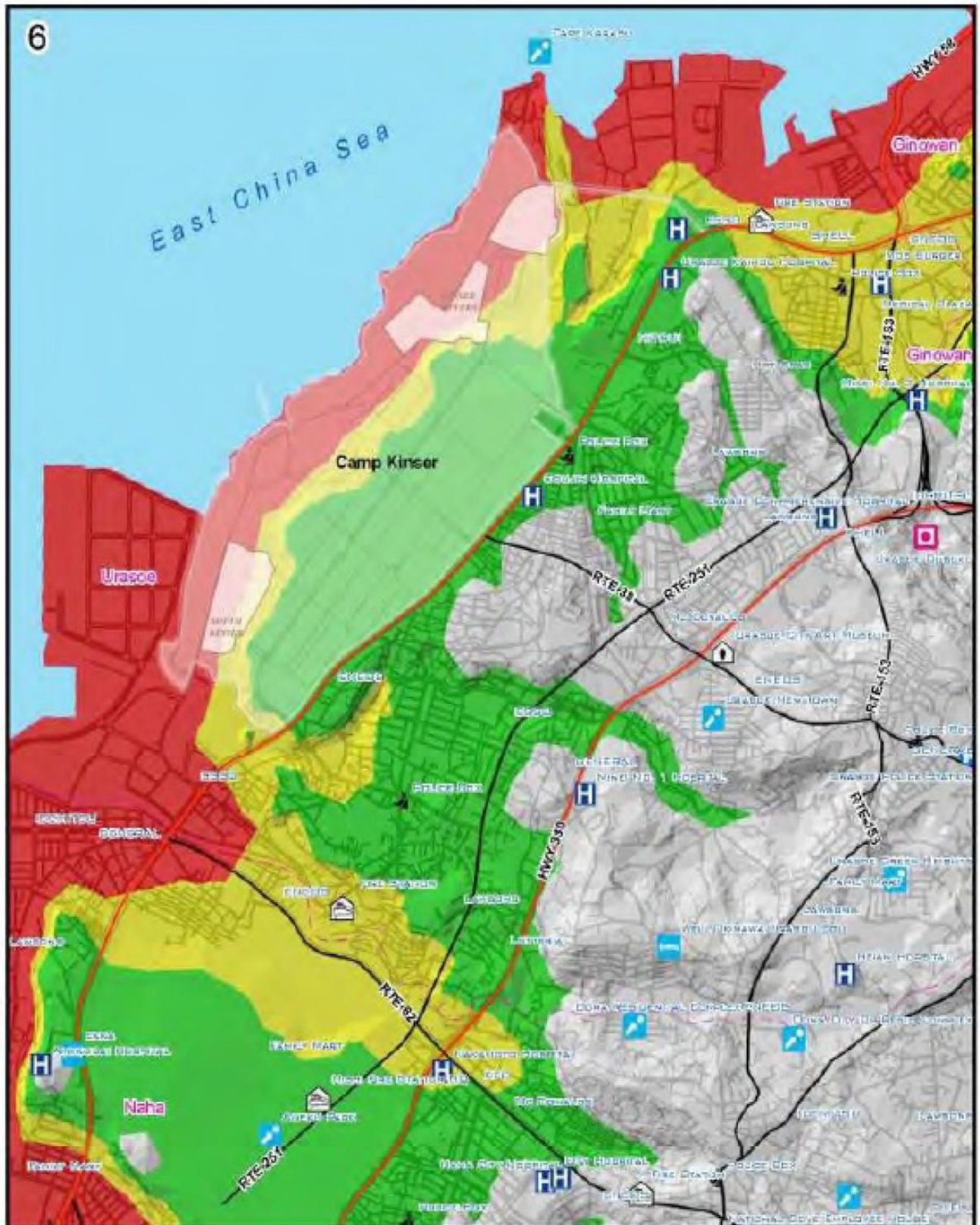




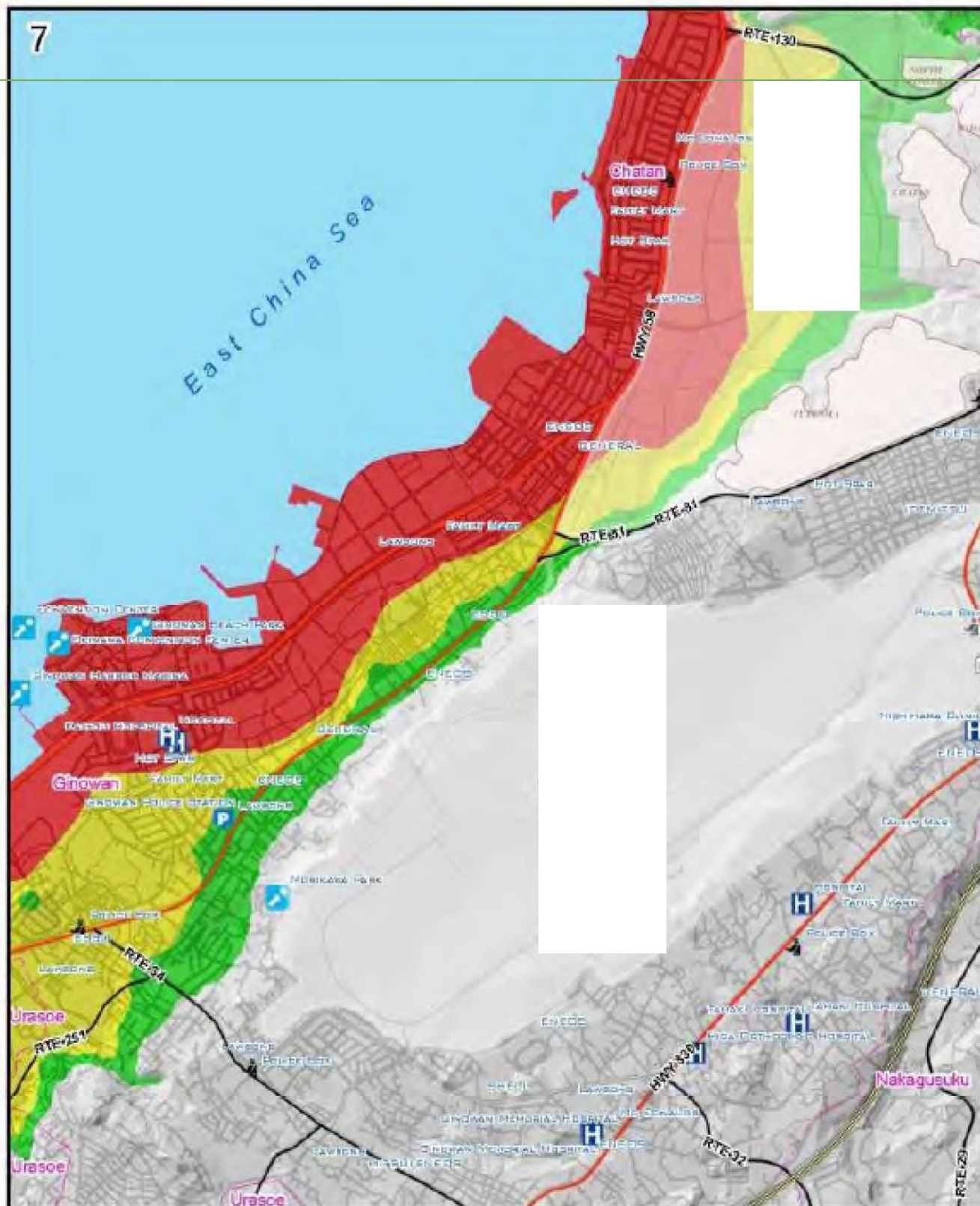


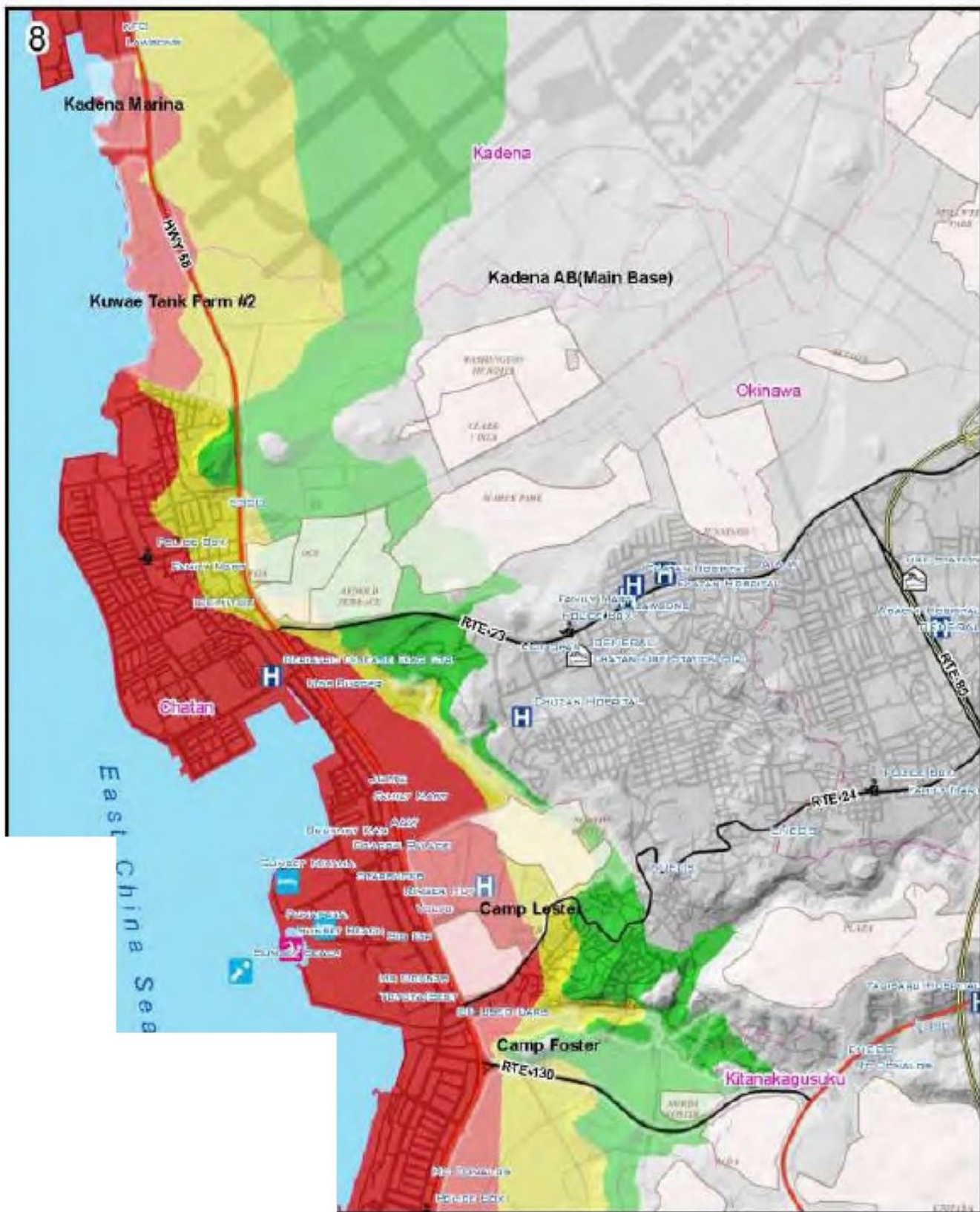
- Airport
- City Limits
- Area Under Construction
- Sea Wall

6



Legend

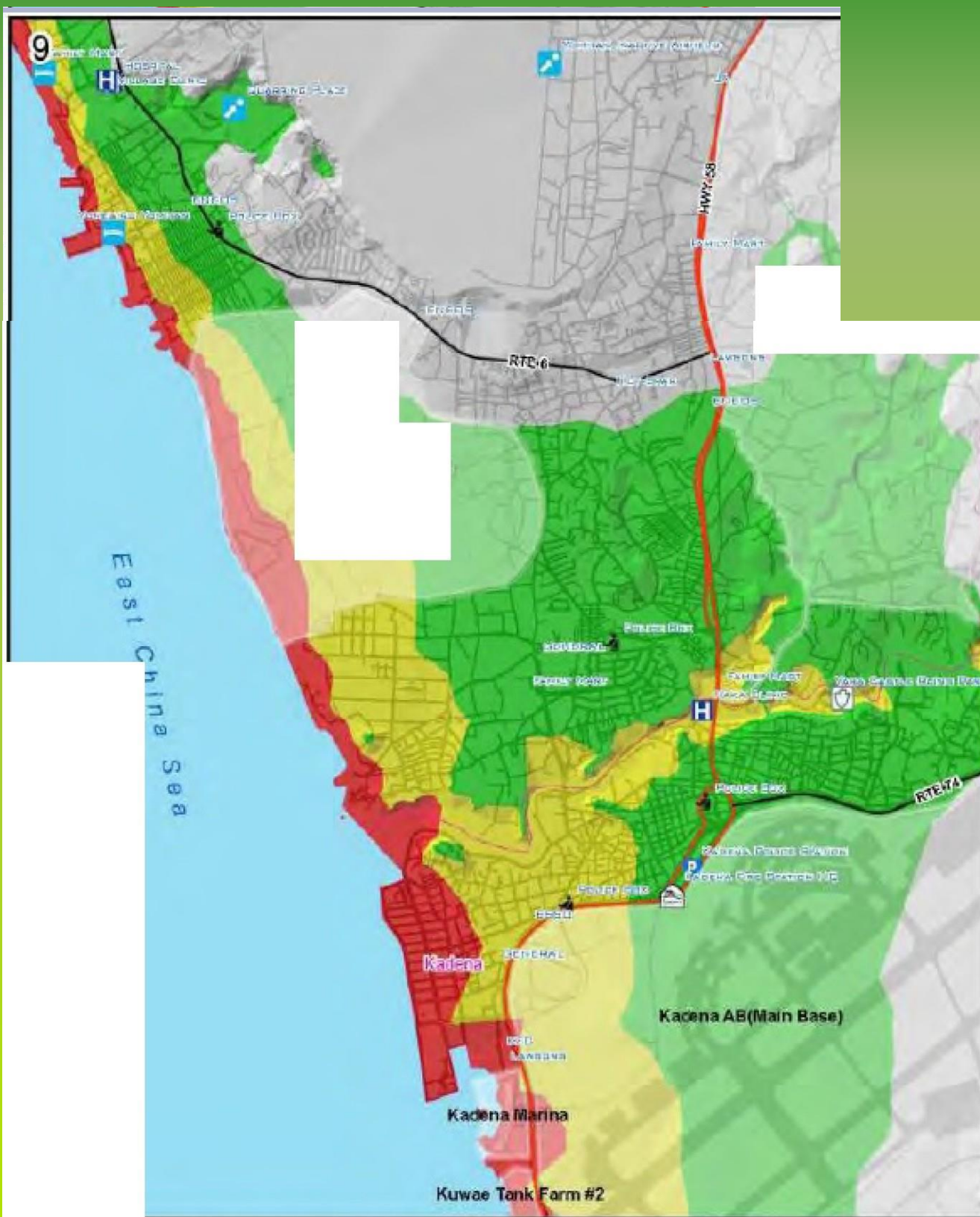


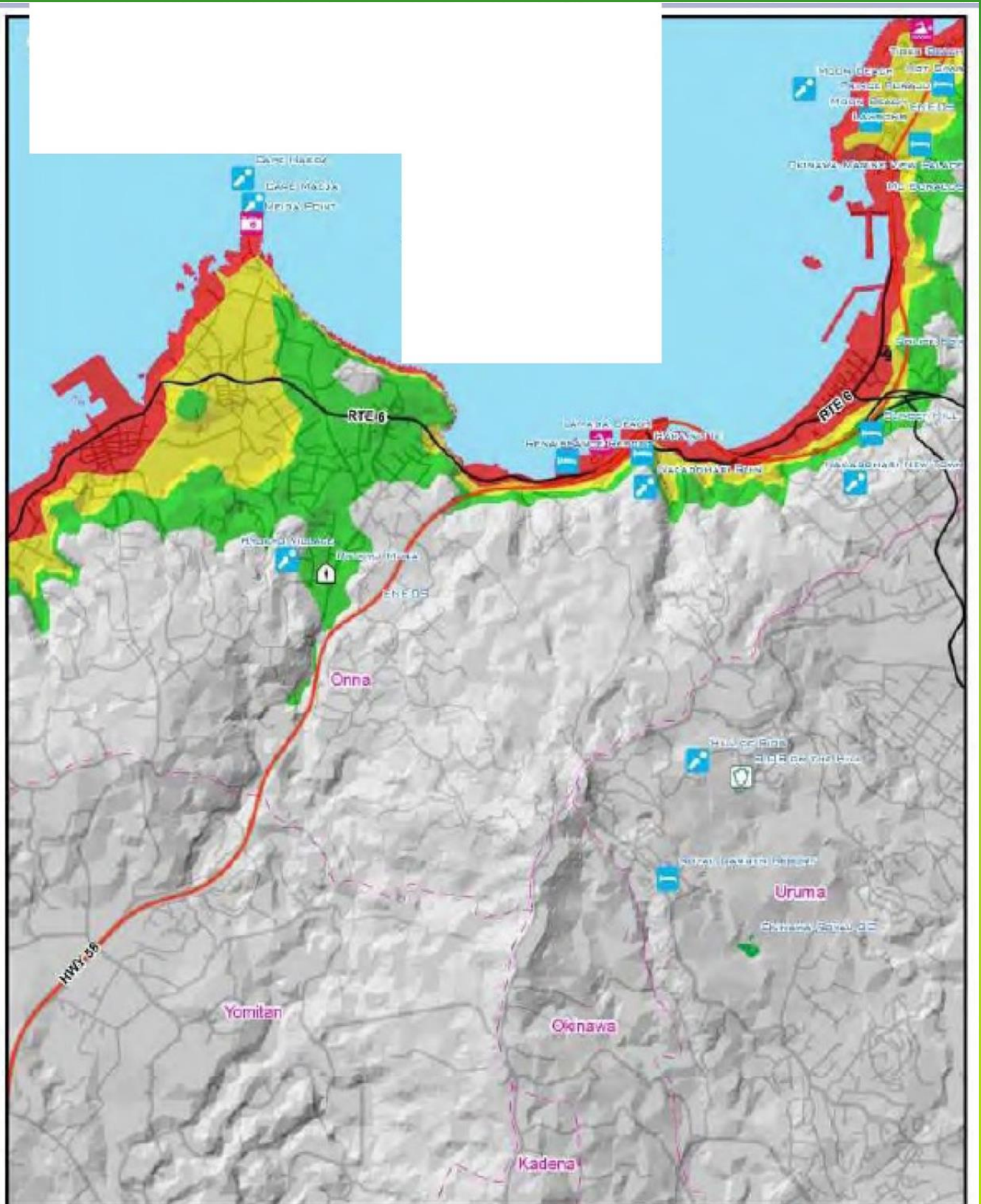


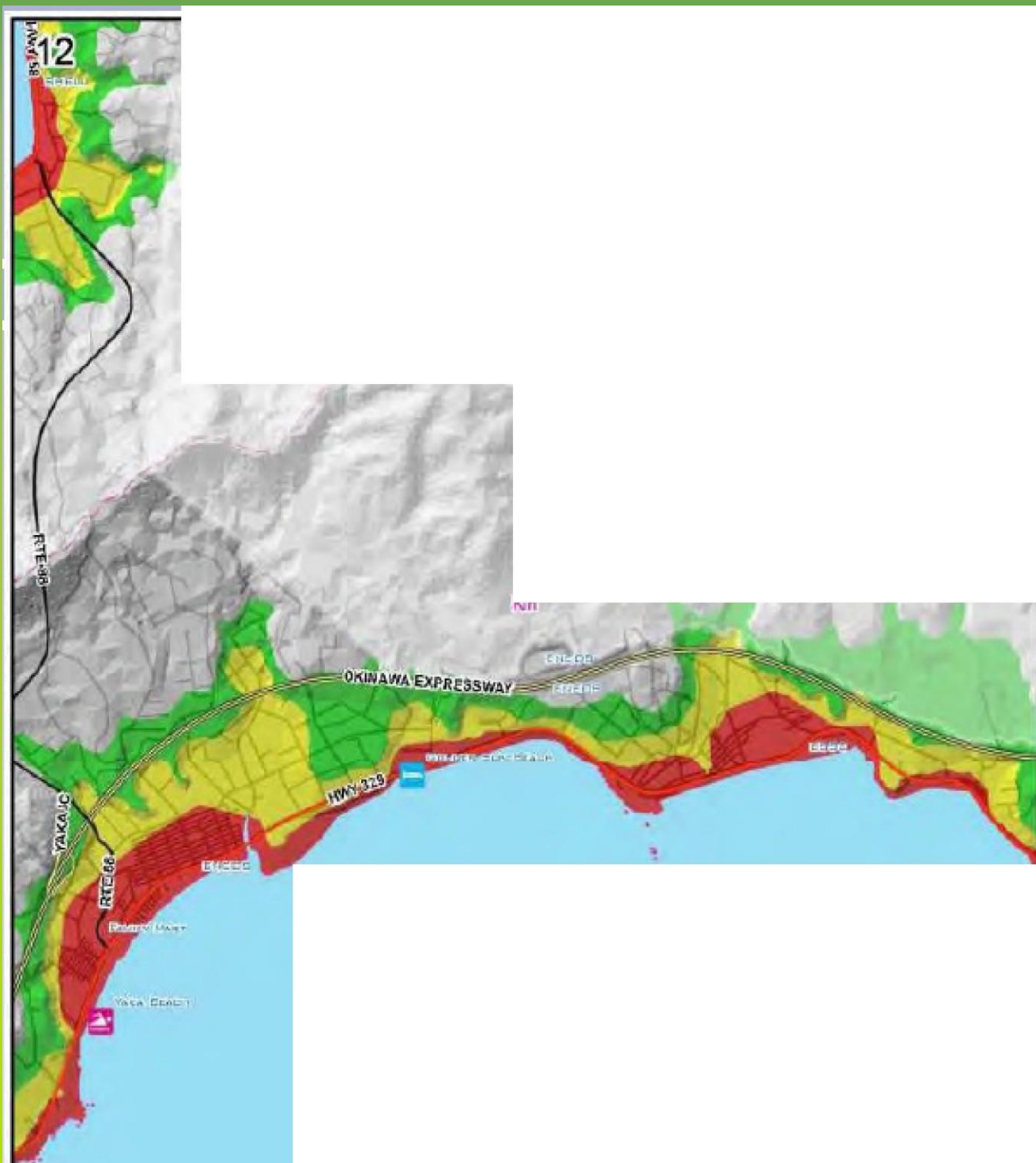
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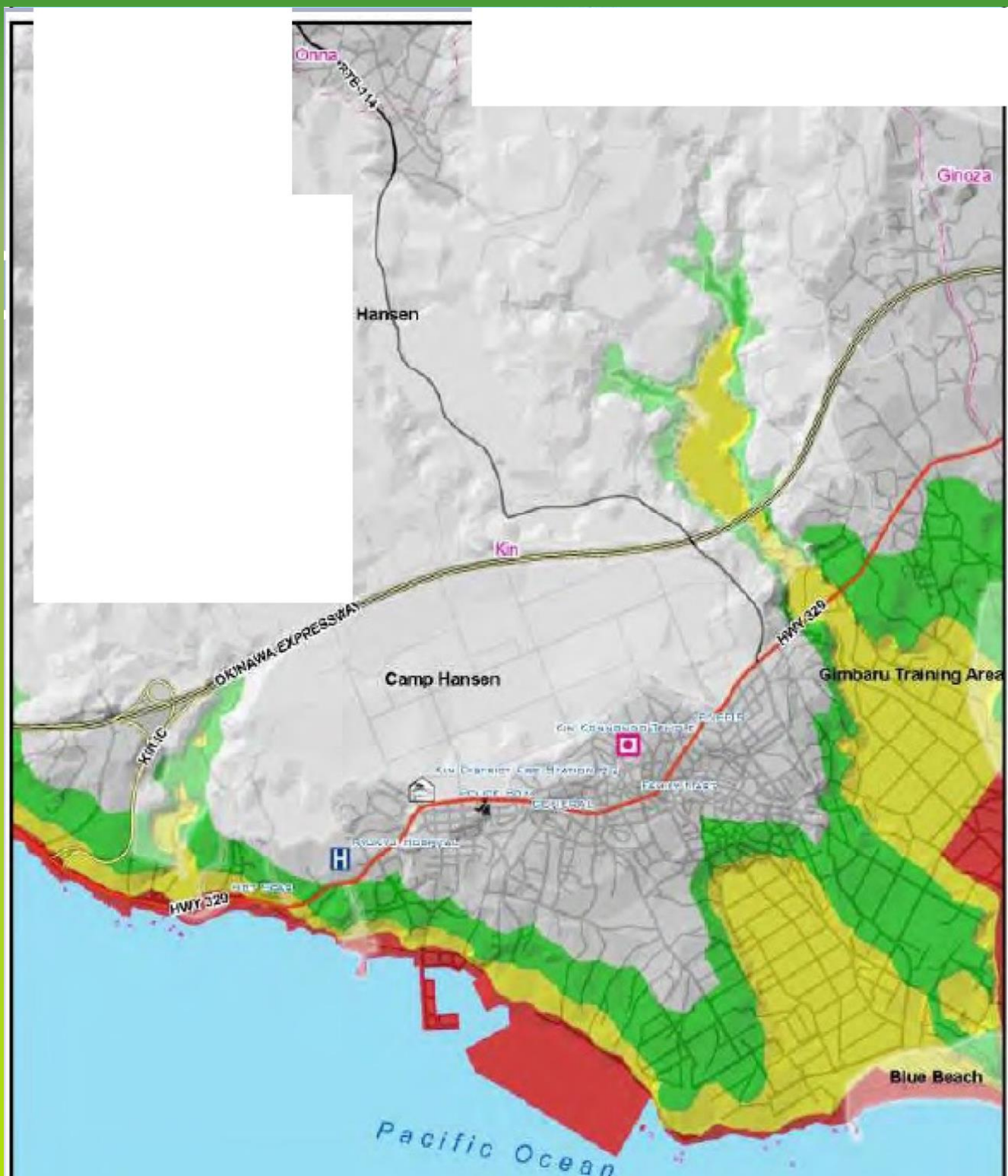
- Airport
- Aqueduct
- Airfield
- Beach

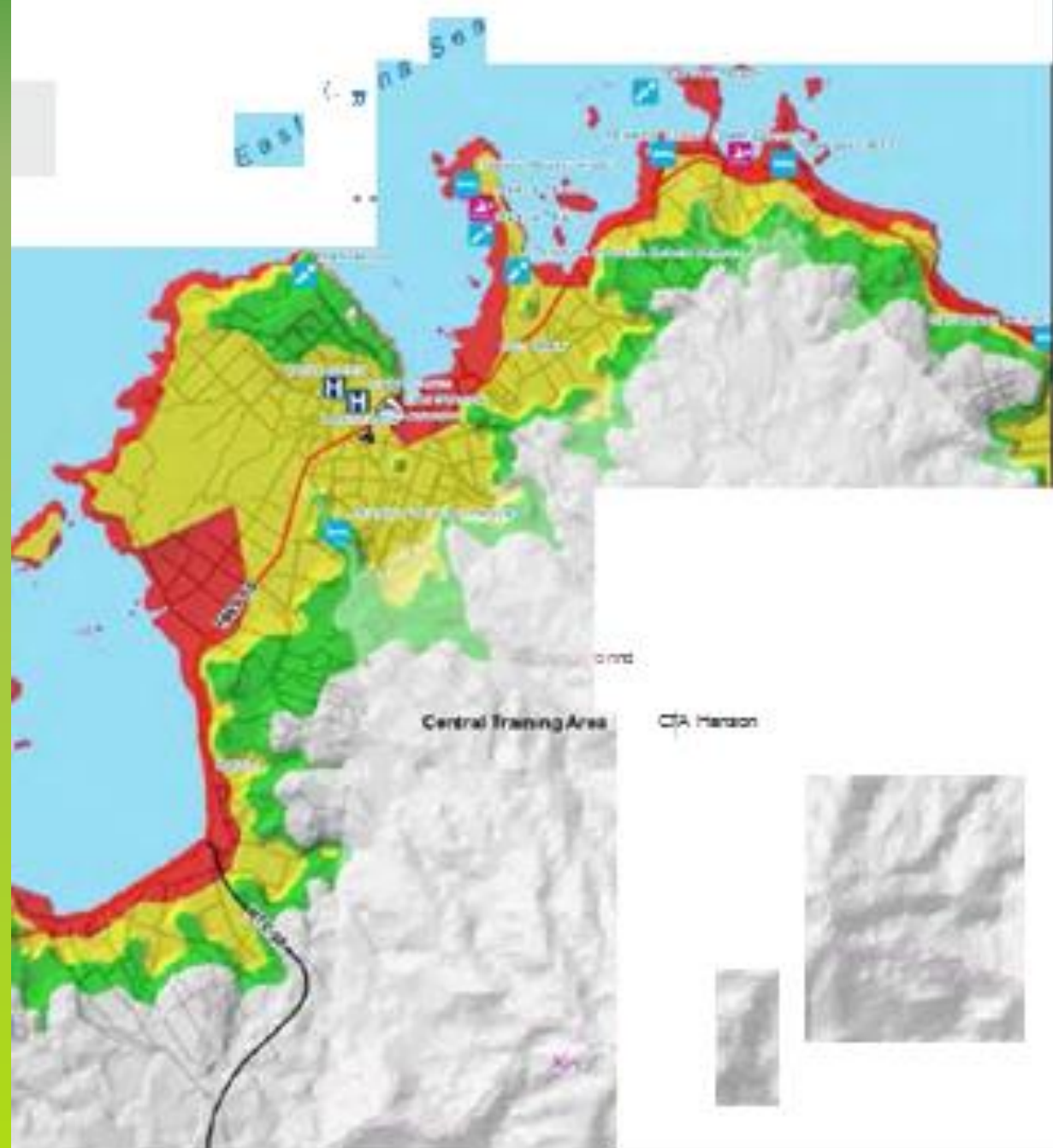
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Central Training Area

Ginoza

OKINAWA EXPRESSWAY

HWY-329

GINOZA IC

F&E STATION SA

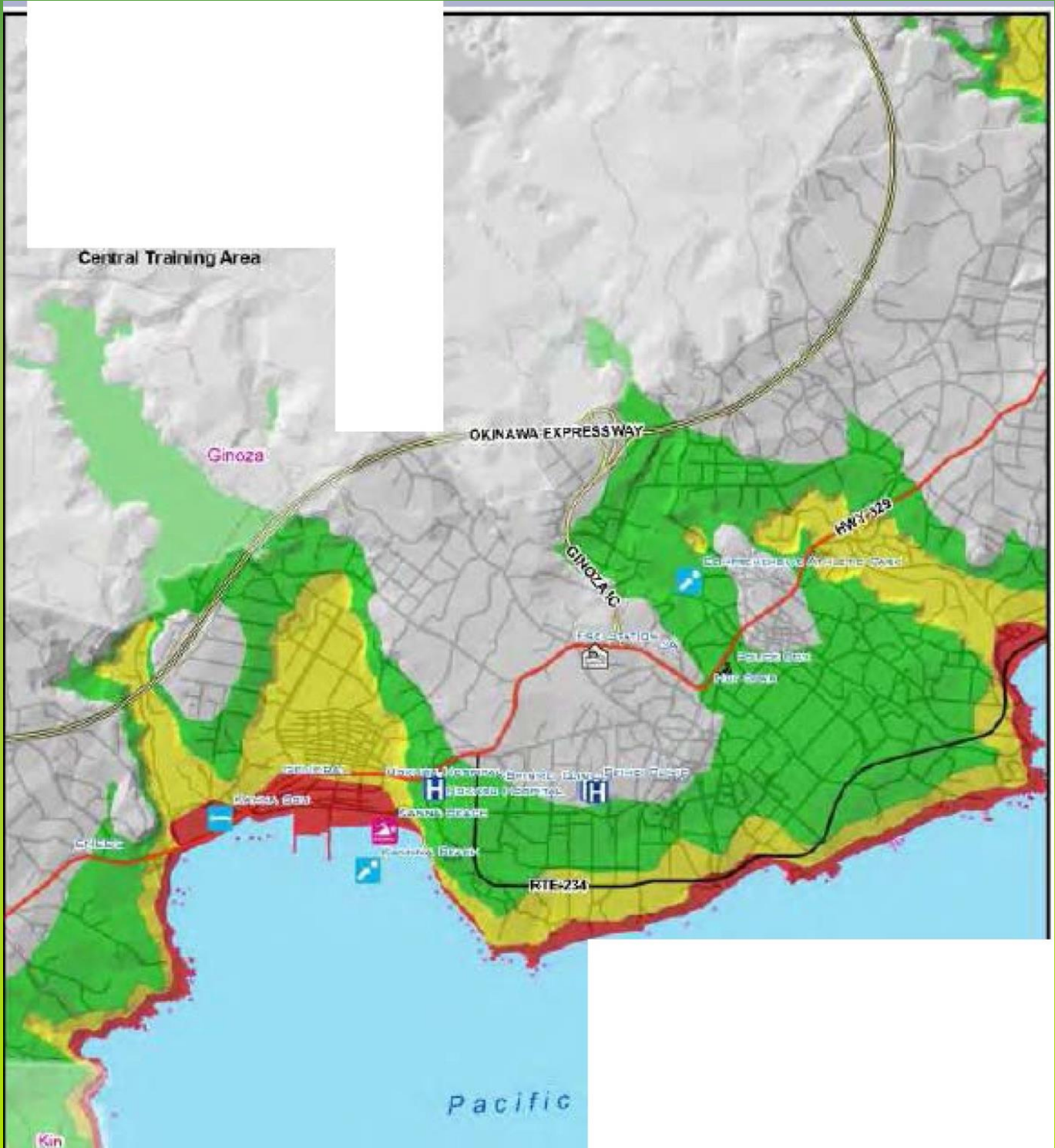
POLICE STATION
FIRE STATION

GINOZA BUS STATION
GINOZA HOSPITAL
GINOZA CHURCH
GINOZA GYM
GINOZA PARK

RTE-234

Pacific

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17

Central Training Area

Nago

HWY 329

Eastern Hill

Gallop Cove

St. George's Bay

RTN 13

RTN 12

RTN 11

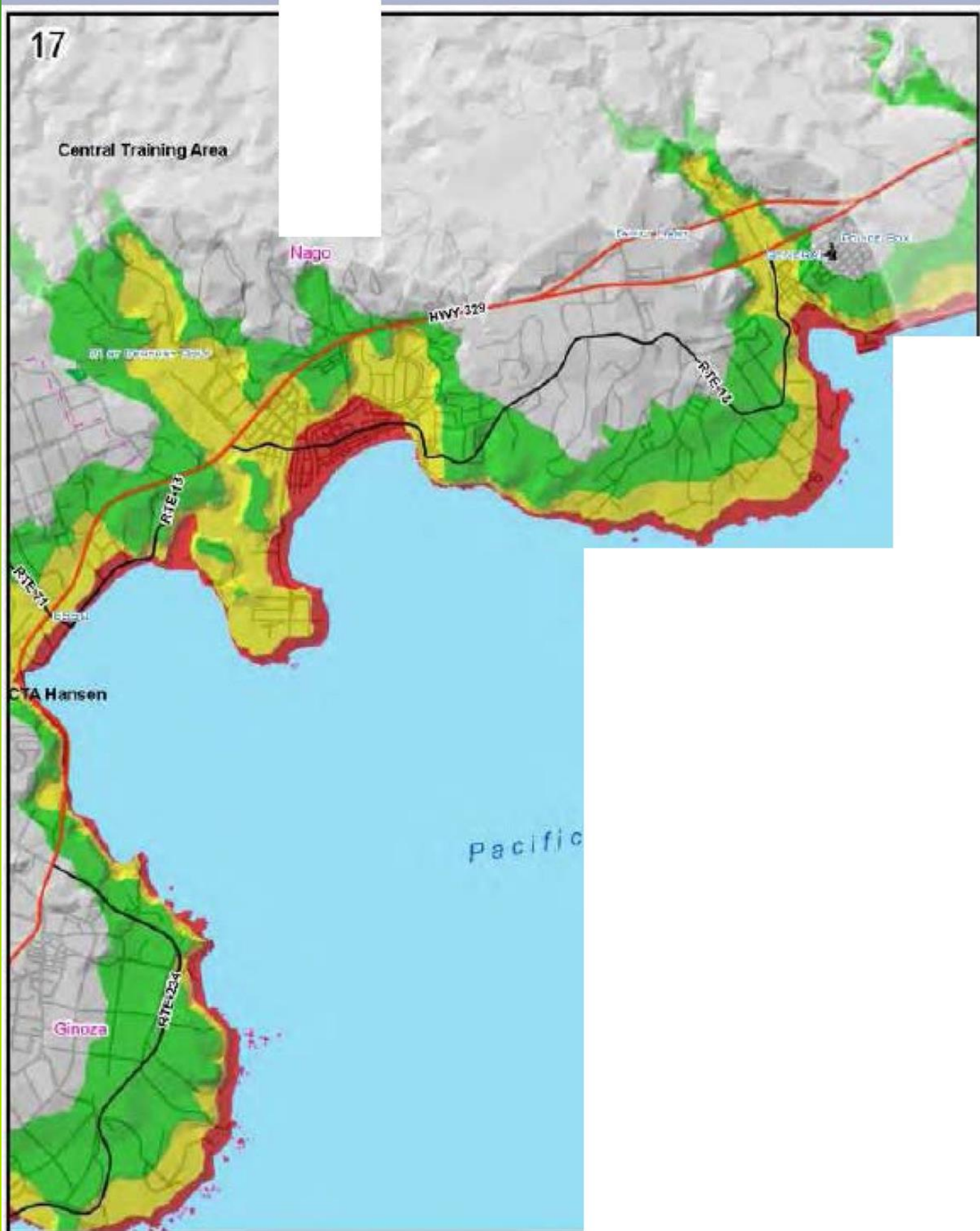
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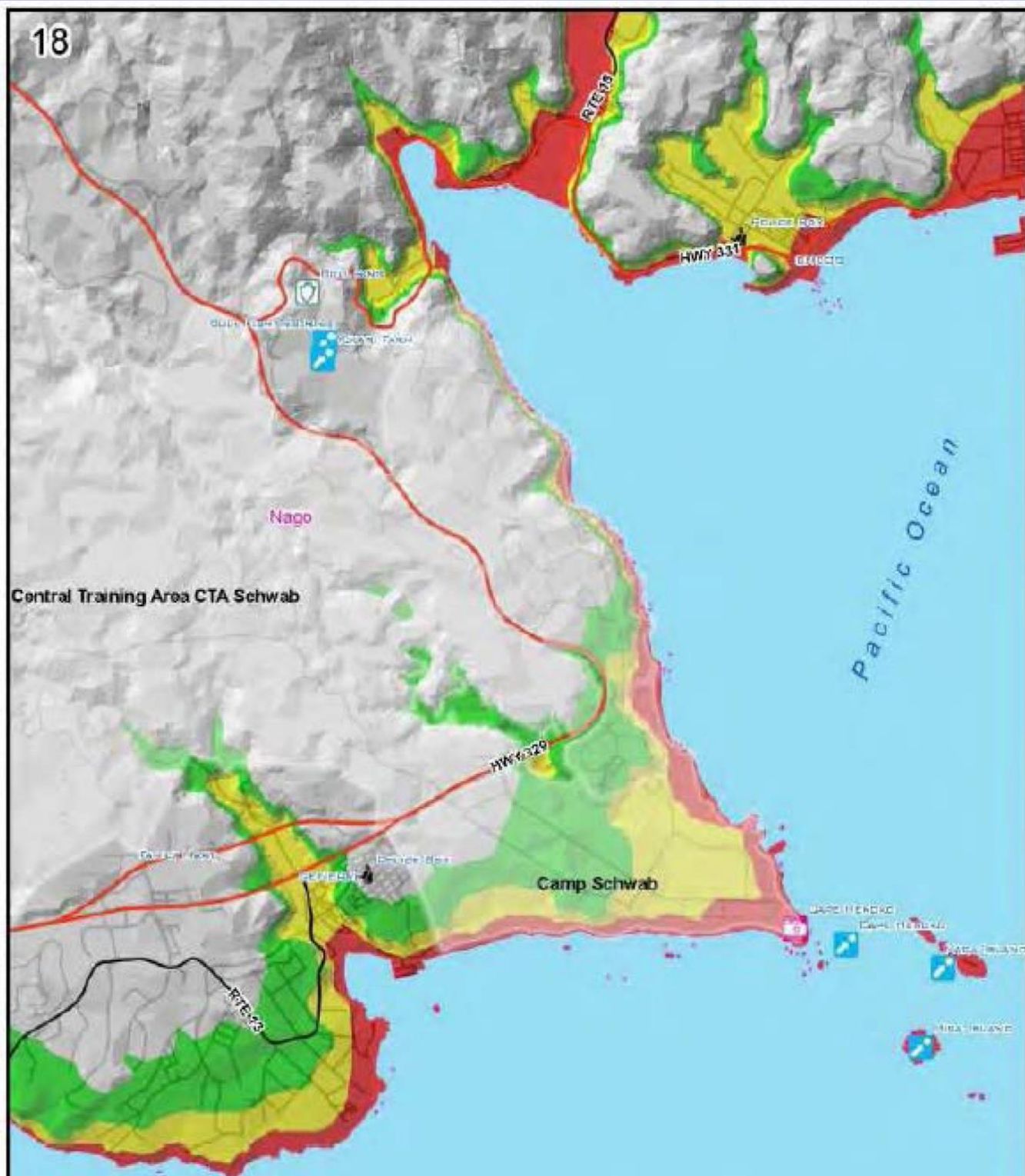
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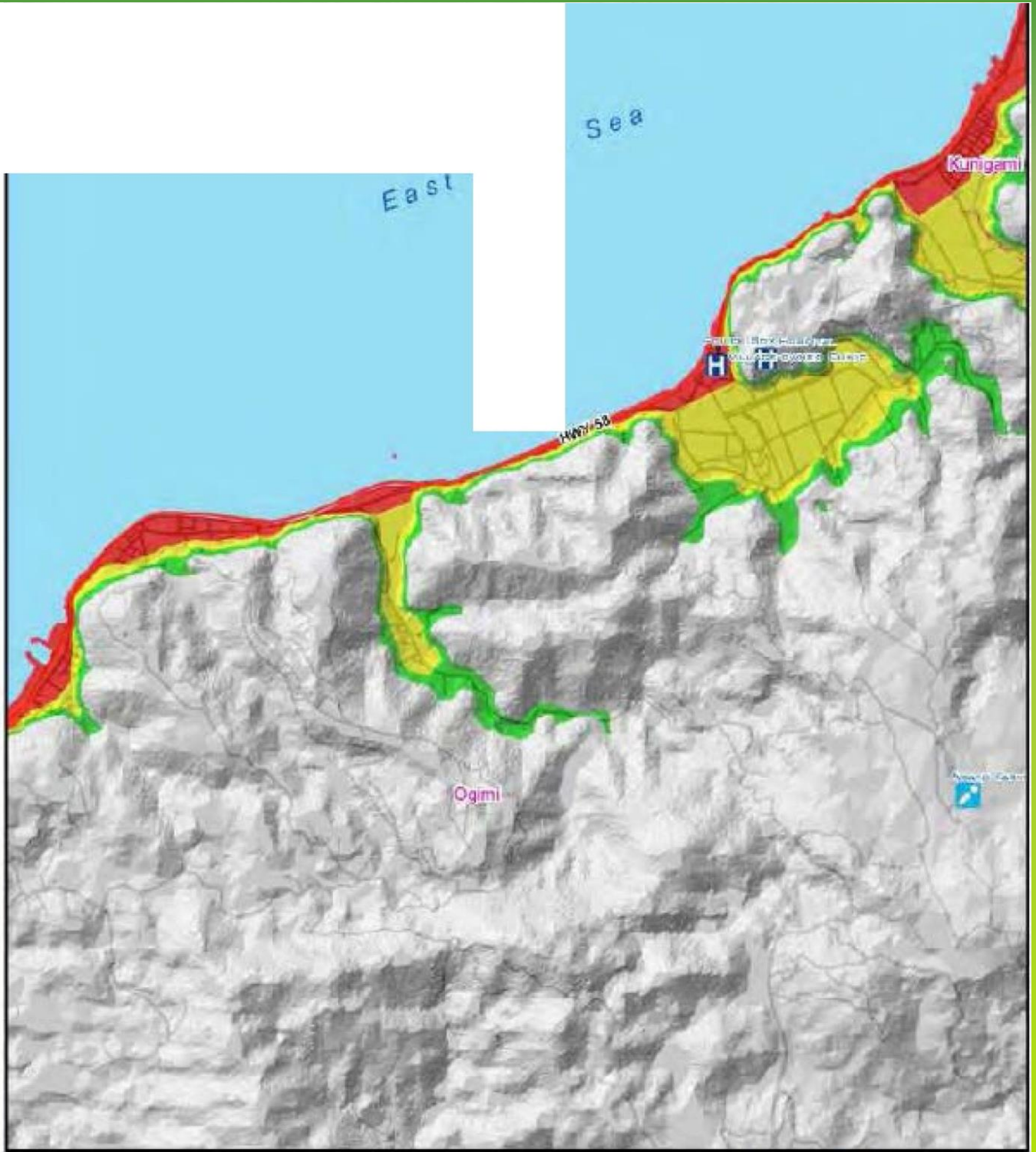
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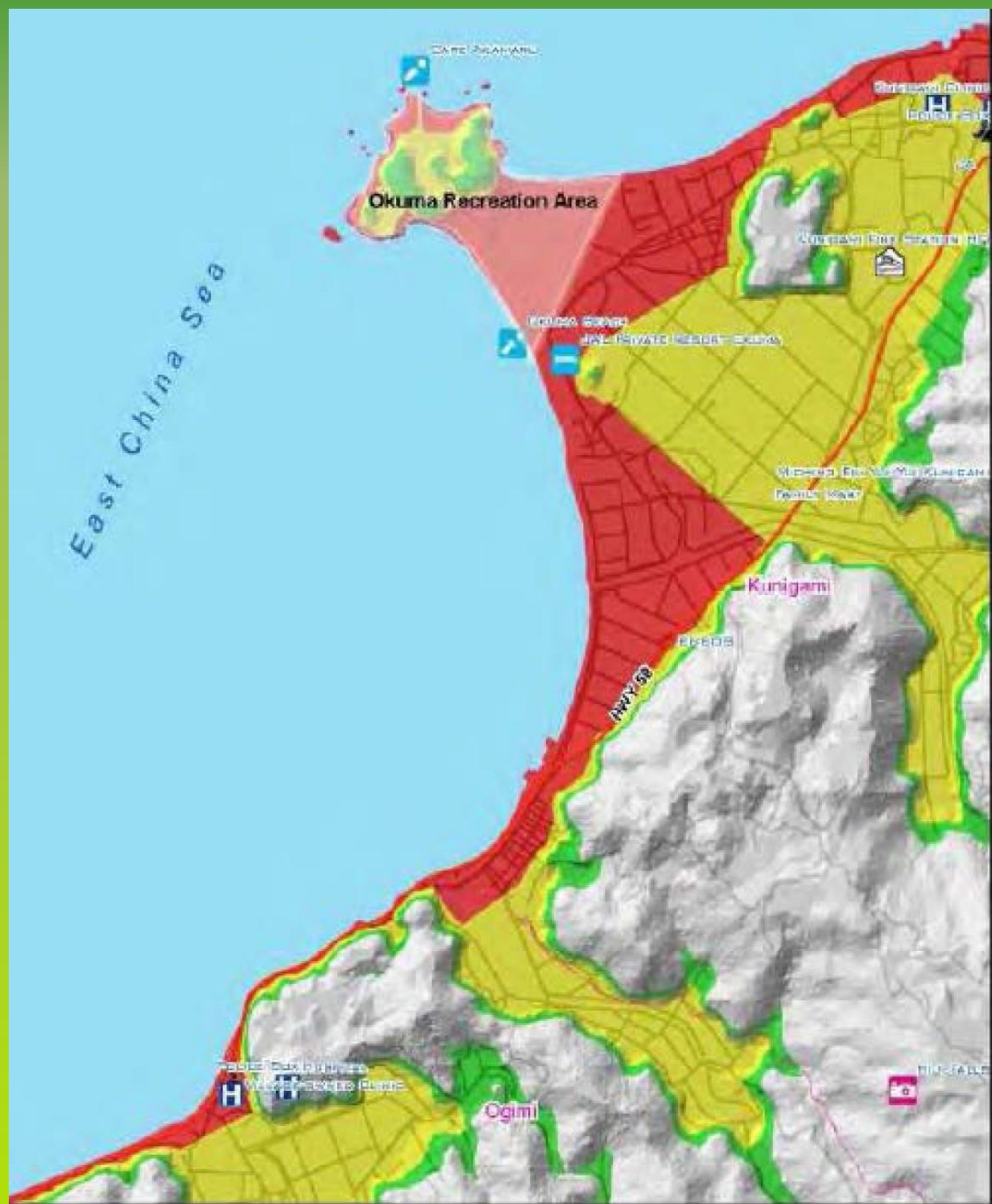
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21 Ogimi

ENIYAMA INDUSTRIAL SCHOOL

Ipakko

Roadside Rest

YAMA SHOPS

RTE470

RTE431

Pacific Ocean

Higashi

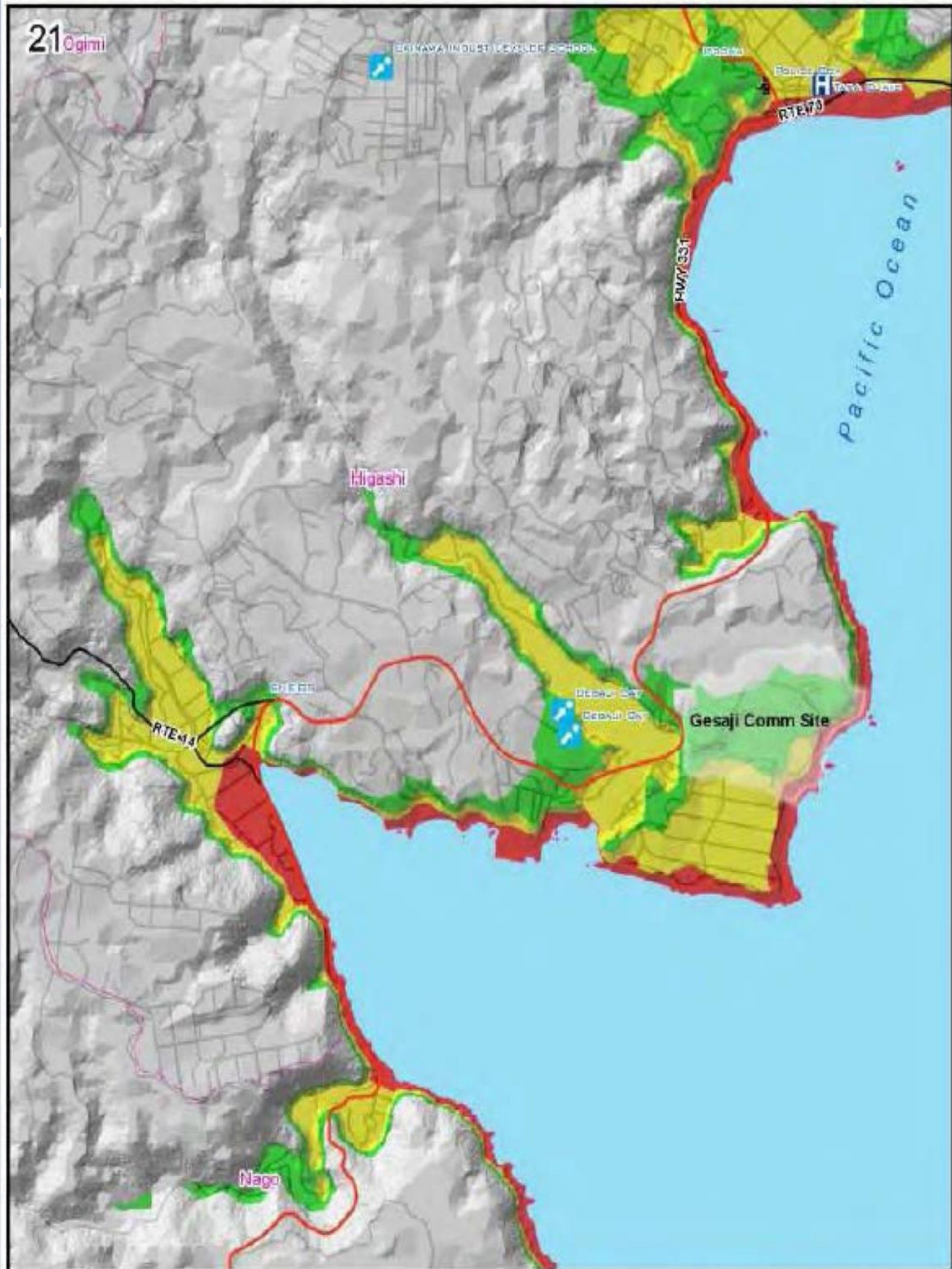
SEBEL

RTE414

DEKARI CITY
DEKARI CITY

Gesaji Comm Site

Nago



22



Joint Warfare Training Area

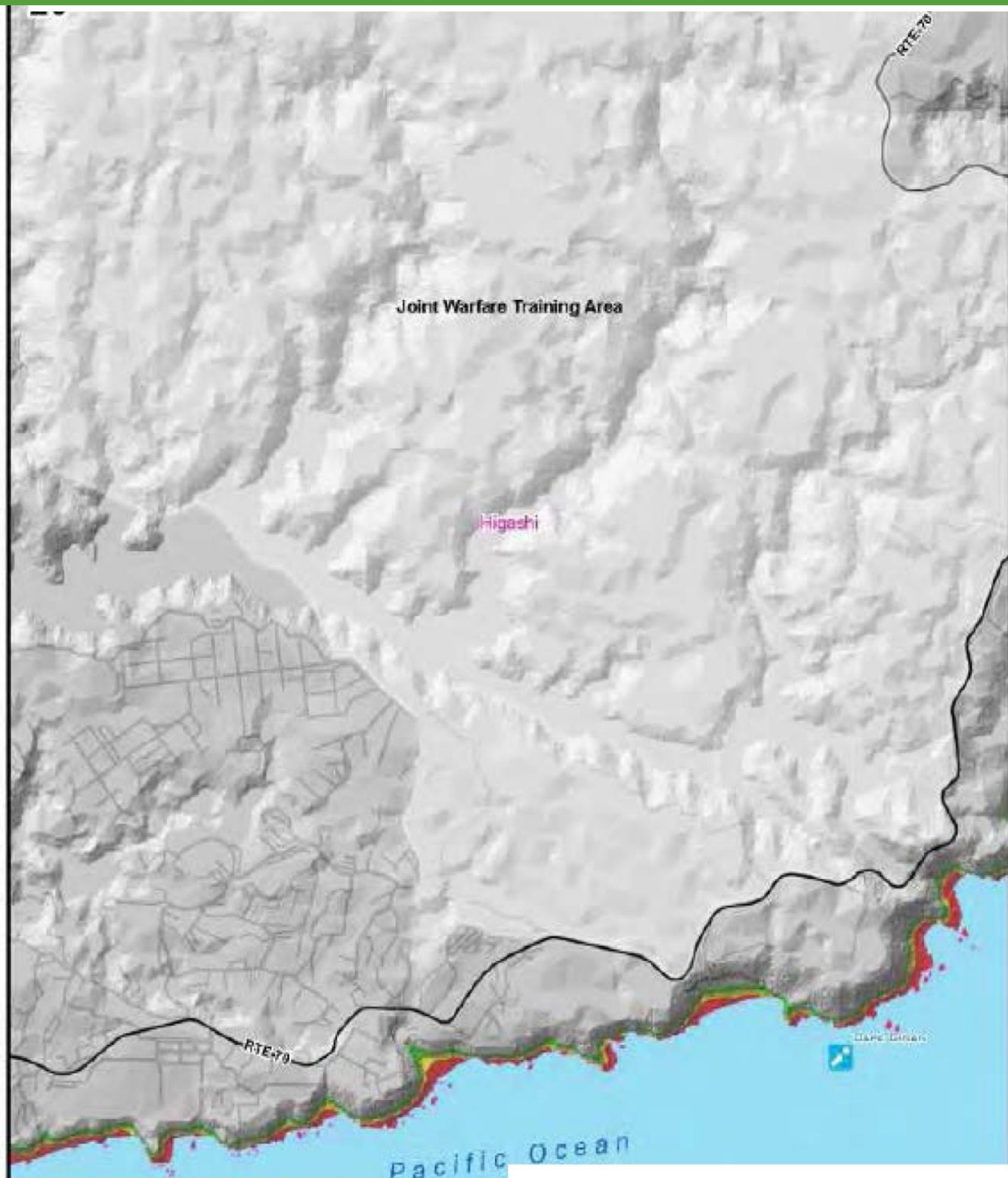
Higashi

RTE-70

RTE-70

CAPE GARDNER

Pacific Ocean



24

Joint Warfare Training Area

Kunigami

Higashi

Osaka (Miyakawa)

Pacific Ocean

RTE-10

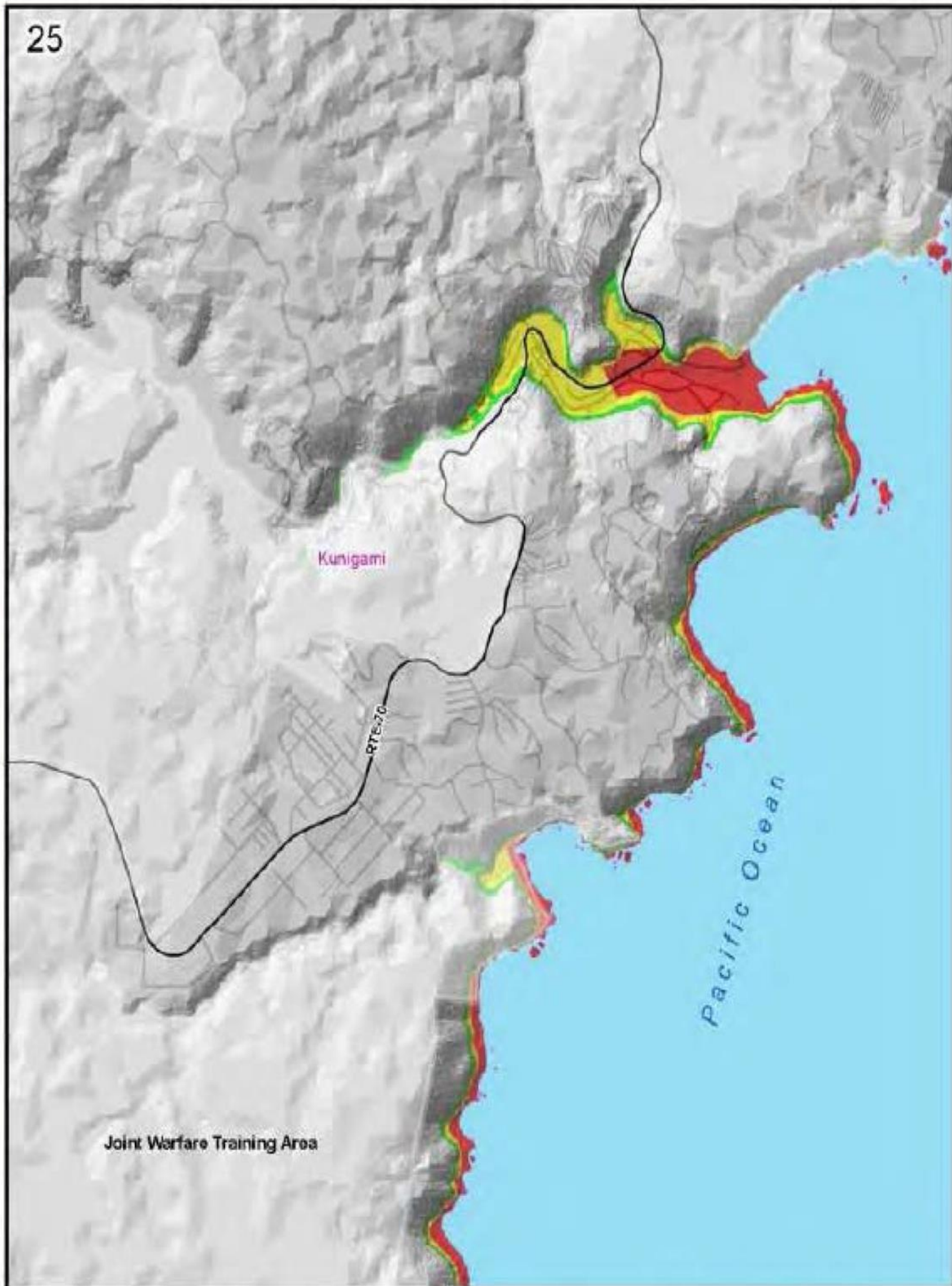
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Kunigami

Q78370

Joint Warfare Training Area

Pacific Ocean



Joint Warfare Training Area

