



Latah County Idaho
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JANUARY 2023
 NEWSLETTER

2023 CALENDAR

February 1st
 CERT Training –
 Team Operations at
 6:30 pm in the
 Latah County
 Fairgrounds
 Classroom

Preparing for an Active Shooter & Water Needs and Storage

Recent national tragedies remind us that the risk of an active shooter anywhere is real. Taking a few steps now can help you react quickly when every second counts. An active shooter is an individual engaged in attempting to kill people in a confined space or populated area. Active shooters typically use firearms and have no pattern to their selection of victims.

It can happen anywhere and anytime.



If you see suspicious activity, let an authority know right away.

Many places, such as houses of worship, workplaces, and schools, have plans in place to help you respond safely. Ask about these plans and get familiar with them. If you participate in an active shooter drill, talk with your family about what you learned and how to apply it to other locations.

When you visit a building such as a shopping mall or healthcare facility, take time to identify two nearby exits. Get in the habit of doing this.

Map out places to hide. In rooms without windows, behind solid doors with locks, under desks, or behind heavy furniture such as large filing cabinets can make good hiding places.

Sign up for active shooter, first aid, and tourniquet training. Learn how to help others by taking FEMA's You Are the Help Until Help Arrives course. Learn more at ready.gov/until-help-arrives.

Take an Active Role in Your Safety. Download the FEMA Mobile app to get more information on preparing for active shooters and other disasters and notifications of active alerts in your area.

IF YOU ARE INVOLVED IN AN ACTIVE SHOOTER INCIDENT

See something, say something.



Learn first aid skills so you can help others.

Before you run, know the exits.



Help law enforcement.

Find a place to hide.



Seek help to cope with trauma.



Run



Hide



Fight

RUN. Getting away from the shooter or shooters is the top priority. Leave your things behind and run away. If safe to do so, warn others nearby. Call 911 when you are safe. Describe each shooter, their locations. And weapons.

HIDE. If you cannot get away safely, find a place to hide. Get out of the shooter's view and stay very quiet. Silence your electronic devices and make sure they won't vibrate. Lock and block doors, close blinds, and turn off the lights. Do not hide in groups – spread out along walls or hide separately to make it more difficult for the shooter. Try to communicate with police silently – such as through text messages or by putting a sign in an exterior window. Stay in place until law enforcement gives you notice that all immediate danger is clear.

Survive DURING

FIGHT. Your last resort when you are in immediate danger is to defend yourself. Commit to your actions and act aggressively to stop the shooter. Ambushing the shooter together with makeshift weapons such as chairs, fire extinguishers, scissors, and books can distract and disarm the shooter.



Keep hands visible and empty.

Know that law enforcement's first task is to end the incident. They may have to pass injured persons along the way.

Follow law enforcement's instructions and evacuate in the direction they tell you to.

Consider seeking professional help for you and your family to cope with the long-term effect of trauma.

WATER WATER WATER

Humans are made up of 65% water and need water after 3 days or we will perish. Water flows through the blood, carrying oxygen and nutrients to cells and flushing wastes out of our bodies. It cushions our joints and soft tissues. Without water as a routine part of our intake, we cannot digest or absorb food.



For an emergency, you should keep and store **2 weeks' worth of water**. For each person in your household, you need **1 gallon of water per day per person**. Individual needs vary depending on age, health, physical condition, activity, diet, and climate so you may need to factor in more than 1 gallon a day. For two weeks, you will need at least 14 gallons of water per person for your 2 weeks of emergency supplies.

Untreated water can make you very sick. It may contain toxic chemicals, heavy metals, and viruses/bacteria. Boiling, disinfecting, and filtering are different methods used to purify your water supply if it is not deemed safe to drink. Water contaminated with fuel or toxic chemicals will NOT be made safe by boiling or disinfection. Use a different source of water if you suspect contamination.

Here are some additional tips: never ration drinking water unless ordered to do so by authorities – drink the amount you need today and try to find more tomorrow, drink water that you know is not contaminated first, and do NOT drink carbonated or caffeinated beverages instead of drinking water as they will dehydrate the body which increases the need for drinking water.

If you must prepare your own containers of water, purchase food-grade water storage containers that are BPA free. Before filling with chlorinated water, thoroughly clean the containers with dishwashing soap and sanitize the bottles by cleaning with a solution of one teaspoon of non-scented liquid household chlorine bleach to a quart of water. Water that has not been commercially bottled should be replaced every six months.

Treat water of uncertain quality before using it for drinking, food washing or preparation, washing dishes, brushing teeth, or making ice. Before treating, let any suspended particles settle to the bottom or strain them through coffee filters or layers of clean cloth. Label containers as "drinking water" and include storage date. Use opaque or translucent containers and keep them away from sunlight.

Boiling is the safest method. In a large pot or kettle, bring water to a rolling boil for one full minute. Let the water cool and add oxygen (and flavor) back by pouring the water back and forth between two clean containers. Boiling and chlorination (disinfection) will kill most microbes in the water.

Disinfection

To disinfect, add the amount of bleach suggested for the amount of water. Stir, let stand for 30 minutes, and store the disinfected water in clean, sanitized containers with airtight lids.

Water	NaOCl	Bleach
1 Liter	1 %	10 Drops
1 Gallon		40 Drops
1 Liter	4-6%	2 Drops
1 Gallon		8 Drops
1 Liter	7-10%	1 Drop
1 Gallon		4 Drops

Distillation will remove microbes (germs) that resist boiling and chlorination as well as heavy metals, salts, and other chemicals. You boil water and then collect only the vapor that condenses. Tie a cup to a pot's lid so the cup is right-side up when the lid is upside-down and not in the water. Boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.