



U.S. AIR FORCE **EMERGENCY NOTIFICATION SIGNALS**

IF YOU HEAR

DISASTER
WARNING



3-5 Minute Steady Tone

ATTACK
WARNING



3-5 Minute Wavering Tone

SHOOTER
WARNING



Lockdown
Lockdown [Location]
Lockdown

Phrase Repeats 3 Times

ALL CLEAR



Voice Announcement

THIS INDICATES

A Disaster/Incident
is Imminent or
in Progress

An Attack/Hostile Act
is Imminent or
in Progress

Active Shooter Incident
is in Progress

Immediate Disaster
or Threat has Ended

INDIVIDUAL ACTIONS

Be Alert
Take Cover or Evacuate to Safety
Follow Instructions
Account for Personnel

Be Alert
Execute Security Measures
Follow Instructions
Account for Personnel

Remain Calm
Implement Lockdown Procedures
Based on Your Location

Remain Alert
Account for Personnel
Report Hazards, Injuries,
and Damage



June 2016

MISAWA



35th Fighter Wing Misawa AB, Japan

EMERGENCY MANAGEMENT

Prevent Prepare Respond Recover



FLOODS

There are few places on Earth where people do not need to be concerned about flooding, and Misawa is not one of them. Floods occur when water overflows, or inundates land that is normally dry. Most floods can take hours or days to develop giving people time to evacuate, however flash floods can happen much quicker and can severely endanger residents if they are unprepared. In the United States, floods cause the highest number of weather related deaths.

Some basic safety tips for floods are:

- ◇ Turn around, Don't Drown! If you see a flooded road or water running over the path ahead of you, don't risk it. Turn around and find another path.
- ◇ Avoid walking or driving through flooded waters. Six inches of running water can knock a person down, and two feet can sweep your vehicle away.
- ◇ If there is a chance of flash flooding, move immediately to higher ground or evacuate the area completely.
- ◇ If floodwaters rise around your car but the water is not moving, abandon the car and move to higher ground. Do not leave the car and enter moving water.
- ◇ Avoid camping or parking along streams, rivers, and creeks during heavy rainfall. These areas can flood quickly and with little warning

Pay attention to weather updates in your area.

If you have a Flood Watch stay tuned to the

radio or TV for updates. If your in the area of a Flood Warning, move to high ground and evacuate if directed! Have a Flood Plan!



CBRN Defense Survival Skills Course

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To Schedule, contact your local unit scheduler or EM Representatives.



There's An App For That

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Go to your app store and search/download **"Air Force Be Ready"** to have all your preparedness checklists ready in your hand.



Emergency Numbers

On Base: 911
Off Base: 0176-53-1911
L.E. Desk: 226-4358



June 2015

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EMERGENCY KIT

A vehicle disaster supply kit should not vary too much from your home kit, the main difference between them is size. This kind of kit will work well incase your vehicle gets stranded because of flood waters.

Some key items that everyone should keep in their vehicles for emergencies are:

- ◇ A road flare (not just a good idea, it's the law)
- ◇ Snacks
- ◇ Thermal blankets
- ◇ A few bottles of water
- ◇ Flashlight
- ◇ Basic tool kit
- ◇ Jumper cables



Having any of these items could save your life or someone you know and it brings you one step closer to being prepared for the worst!

HAVE A FLOOD PLAN!

Having a Flood Plan can be the difference between a stressful time or a smooth operation. Your plan doesn't have to be complicated, in fact it shouldn't. Simple plans are more likely to work and they are easier for children to comprehend and remember in a stressful situation. You should start off by knowing your flood risk and consider buying flood insurance. Your plan should include the who, what, when, and where.



Who: this portion should be who is included in your plan: children, significant other, pets or even your next door neighbor.

What: the actions that will be taken, like collecting your important documents or grabbing the emergency kit you've made.

When: this portion is very broad and can be anything like knowing phone numbers when something happens or knowing ways to stay informed on what is going on.

Where: the place where you (and anyone else in your plan) will rendezvous, shelter, or evacuate to if needed.

Helpful Websites

USAF Be Ready:
www.beready.af.mil

FEMA:
www.fema.gov
www.ready.gov
www.disasterassistance.gov

Red Cross:
<http://arcbrcr.org>

Contact Information

Readiness & Emergency
Management Flight
35 CES/CEX

Building 793, Room 112
DSN: 315-226-2031
Commercial: 011-81-176-2031



April 2016

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緊急用供給キット

災害は警告もなく、準備する時間さえ与えずにいつでも起こります。各々が災害に対処する計画や、緊急用供給キットを持つことは重要なことです。緊急用供給キットは、災害時にあなたの家族が必要とする基本的なアイテムを集めたものです。緊急用供給キットに何を入れるかを計画したり、構想したりする時、最低でも72時間使用するように準備されていなければなりません。何かを始めるときに難しいのは、どこから手をつけるかです。たいていの人は、機能的なキットを作るためには、市場に出回る最も大きく、そして最も高級な製品が入っていないといけないと考えるかもしれませんが、しかし実際には基本的な緊急用供給キットは、あなたの家にすでにある大体のもので安く作れるのです。

まずはバッグ作りから始めてみましょう。（すぐ手にできて運べるもの） その「To Go」バッグの中には、最低でも次のようなものが入っていることが望まれます。

- ◇ くさらない食物。（缶切りも忘れずに！）
- ◇ 水（一人当たり一日3.8リットルと考える）
- ◇ 予備の電池と懐中電灯
- ◇ 救急セット
- ◇ 重要な書類のコピー（出生証明書、結婚証明書、保険書類）
- ◇ 携帯電話用の予備の充電器（インバーター、太陽光充電器）
- ◇ 調理用具
- ◇ 子供用おもちゃやゲーム
- ◇ ポケットナイフ
- ◇ 着替え
- ◇ 現金 ドルと円両方（停電時はATMは使えない）
- ◇ キャンドル
- ◇ マッチ
- ◇ 個人的衛生アイテム
- ◇



一度基本的なものを集めたら、後はあなたの住んでいる場所の危険要素に対応するように広げて集めていけば良いのです。三沢基地に加えるのに良いアイテムは次のようなものです：保温用具一式、ブランケット、マスク、クランクラジオ、薬、お菓子、ペットフード、その土地の地図。

CBRN ディフェンス サ
バイバル スキル コース
* (CBRN=Chemical(化学
的) Biological (生物学的)
Radiological (放射能的)
Nuclear (核兵器的))

CBRN は米軍人には全員毎年必須であり、民間人にはきわめて重要だということを覚えておいてください。予定を立てるには、地元のスケジュール管理者やEM代表者に連絡してください。



準備ブース

4月30日、海軍の危機管理課と空軍の危機管理課がレッドクロスに参加します。私たちはBXの廊下に午前9時から午後5時までです。ぜひ参加して、緊急用供給キットを作る機会を得ましょう。



緊急時電話番号

オンベース: 911
オフベース: 0176-53-1911
L.E. デスク: 226-4358



April 2016

MISAWA



35th Fighter Wing Misawa AB, Japan

EMERGENCY MANAGEMENT

Prevent Prepare Respond Recover



車の緊急用供給キット

車の緊急用供給キットは、家庭用のキットと大きく異なってはいけません。これら二つの主な違いは大きさです。皆さんが緊急対策用に車に積んでおくべき重要なアイテムは次のようなものです。

- ◇ 発炎筒（便利だけでなく、法律で決まっています）
- ◇ お菓子
- ◇ 保温用ブランケット
- ◇ 何本かのペットボトルの水
- ◇ 懐中電灯
- ◇ 基本的な工具
- ◇ ブースターケーブル



家庭用キットと同じように、皆さんが持つておくべきものもありますが、各々のニーズに応じて自由に必要なものを加えてください。

計画を持って!

計画を持つことは、災害時にストレスの多い時間になるのかそれとも円滑な作業になるのかの違いを生みます。あなたの計画は複雑になる必要はなく、実際に複雑であってはいけません。簡易的な計画はうまくいく可能性が高く、ストレスの多い環境下でも子どもたちが理解し、覚えることもより簡単になります。あなたの計画には誰が、何を、いつ、どこでするのが含まれていなければなりません。



誰: 「誰が」の分野は、誰があなたの計画に含まれているかです: 子ども、重要な他者、ペット、あるいは隣人など。

何を: 重要な書類を集めたり、あなたが作った緊急対策用キットを持っていったりというような行動がとられるだろう。

いつ: 何かが起こったときに誰に連絡するのか、何が起きているのか情報を入手する方法を知っておくことなど、「いつ」の分野は多岐に渡ります。

どこで: あなたが（そしてあなたの計画の中に入っている人が）集合する場所、収容施設や必要であれば避難できる場所。

関連サイト

USAF Be Ready:

www.beready.af.mil

FEMA:

www.fema.gov

www.ready.gov

www.disasterassistance.gov

Red Cross:

<http://arcbrcr.org>

Contact Information

Readiness & Emergency
Management Flight
(即応危機管理課)
35 CES/CEX

Building 793, Room 112

DSN: 315-226-2031

Commercial: 011-81-176-2031



April 2016

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EMERGENCY MANAGEMENT

Prevent Prepare Respond Recover



EMERGENCY SUPPLY KITS

Disasters can strike anywhere, at any time, with little to no warning and even less time to prepare. It is important for everyone to have a plan and an emergency supply kit. An emergency supply kit is a collection of basic items your household may need in the event of an emergency. When planning and building your kits, be prepared to use them for a MINIMUM of 72 hours. The hardest part of any new process is figuring out where to begin. Most individuals believe that in order to be a functional kit, it must have the biggest and most expensive products on the market. A basic kit can actually be made cheaply with most of the items already being found around your home.

Start with a sturdy bag (something that can be picked up and carried). Inside your "To-Go" bag, it is recommended to have the following items at a minimum:

- ◇ Nonperishable food (don't forget the can opener!)
- ◇ Water (plan for 1 gallon per person per day)
- ◇ Flashlight with extra batteries
- ◇ First-aid kit
- ◇ Copy of important documents (birth certificates, marriage certificates, insurance paperwork)
- ◇ Extra charger for your cell phones (inverter or solar charger)
- ◇ Utensils
- ◇ Toys and games for kids
- ◇ A pocket knife
- ◇ Change of clothes
- ◇ Cash, US and YEN (no power = no ATM)
- ◇ Candles
- ◇ Matches
- ◇ Personal hygiene items



Once you have the basics down, expand and keep building it to meet your local hazards! Good items to add for Misawa AB: thermal kits, blankets, dust mask, crank radio, medications, snacks, pet food, and maps of the local area.

CBRN Defense Survival Skills Course

Remember, CBRN is an **annual requirement** for all Active Duty USAF and Emergency Essential civilians!

To schedule, contact your local unit scheduler or EM Representatives.



Preparation Booth

Join the Red Cross, Navy Emergency Management and AF Emergency Management on April 30th.

We will be at the BX breezeway from 0900 until 1700. Join us and get the opportunity to win an Emergency Supply kit.



Emergency Numbers

On Base: 911
Off Base: 0176-53-1911
L.E. Desk: 226-4358



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EMERGENCY MANAGEMENT

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VEHICLE EMERGENCY SUPPLY KITS

A vehicle disaster supply kit should not vary too much from your home kit, the main difference between them is size.

Some key items that everyone should keep in their vehicles for emergencies are:

- ◇ A road flare (not just a good idea, it's the law)
- ◇ Snacks
- ◇ Thermal blankets
- ◇ A few bottles of water
- ◇ Flashlight
- ◇ Basic tool kit
- ◇ Jumper cables



Just like with a home kit, these are basic items that everyone should have, but feel free to add more stuff based on your needs.

HAVE A PLAN!

Having a plan can be the difference between a stressful time or a smooth operation. Your plan doesn't have to be complicated, in fact it shouldn't. Simple plans are more likely to work and they are easier for children to comprehend and remember in a stressful situation. Your plan should include the who, what, when, and where.



Who: This portion should be who is included in your plan: children, significant other, pets or even your next door neighbor.

What: The actions that will be taken, like collecting your important documents or grabbing the emergency kit you've made.

When: This portion is very broad and can be anything like knowing who to contact when something happens or knowing ways to stay informed on what is going on.

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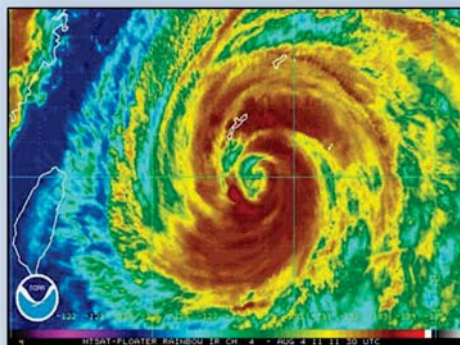
Prevent Prepare Respond Recover



TYPHOONS DEFINED

Typhoons are defined as tropical storms that occur in the Pacific Ocean, similar to how hurricanes are tropical storms that occur in the Atlantic Ocean. Typhoons have very strong winds, at least 58 miles per hour—that's strong enough to blow away children and pets, as well as make most small objects into dangerous projectiles!

Typhoons also bring with them heavy rain and low pressure, that combined with high winds causes a phenomena known as "storm surge" - a lifting of the ocean's normal water level. The stronger the storm, the bigger the lift, and greater the flooding!



In Japan, typhoon season lasts from 1 May until 31 October, so now is the time to



PREPARATION

Preparing for a Typhoon is similar to preparing for any natural disaster, with several additional considerations. As usual, you want to have a Disaster Supply Kit with at least the following:

- Three (3) days worth of water—remember, one gallon per person per day!
- Three (3) days of non-perishable food
- Flashlights and spare batteries
- First Aid Kit and prescription medication
- Cash, yen and dollars—no power means no ATM!

In addition to the Kit, you should remember the following:

- Avoid parking under trees
- Secure doors and windows
- Secure any loose outdoor objects that might become projectiles!



CBRN Defense Survival Skills Course

Remember, CBRN is an **annual requirement** for all Active Duty USAF and Emergency Essential Civilians!

Refer to AFI 10-2501 PACAF Supplement for additional information.

To Schedule, contact your local unit scheduler or EM Representatives.



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TCCOR

Military bases use a rating system called Tropical Cyclone Conditions of Readiness, or "TCCOR" to indicate time until Typhoons make landfall and the preparation actions that should be taken. These warnings are published using all the normal emergency channels such as: AFN, Misawa Facebook page, and AdHoc. Ensure you have access to at least two of these!

Misawa AB Tropical Cyclone Conditions of Readiness (TCCOR)

CONDITION	TIME/POTENTIAL	EMERGENCY MANAGEMENT RECOMMENDATIONS
TCCOR 5	96 hours prior to possible arrival of sustained 50 knot (58MPH) winds.	Check and update disaster kits and monitor emergency broadcasting stations.
TCCOR 4	72 hours prior to possible arrival of sustained 50 knot (58MPH) winds	Units take actions for warning notifications & prepare for UCC activation.
TCCOR 3	48 hours prior to possible arrival of sustained 50 knot (58MPH) winds	Consider closing schools, AAFES facilities, Post office & nonessential work centers.
TCCOR 2	24 hours prior to possible arrival of sustained 50 knot (58MPH) winds	Consider closing all facilities and sending all personnel except mission essential personnel home.
TCCOR 1	12 hours prior to possible arrival of sustained 50 knot (58MPH) winds	Consider closing all nonessential activities.
TCCOR 1C (Caution)	Winds of sustained 50 knots or greater to occur within the next 3 hours.	Contact Misawa AB Weather Flight to help make a determination of the storm's strength
TCCOR 1E (Emergency)	Winds of sustained 50 knots or greater are occurring.	Send all nonessential personnel home and ensure all DODD & AAFES facilities and nonessential work centers are closed.
TCCOR 1R (Recovery)	Destructive winds of sustained 50 knots are no longer occurring. All personnel, except pre-identified emergency essential recovery personnel, remain in quarters.	Delay major clean up efforts by military personnel until the winds have subsided to less than 20 knots sustained.
TCCOR Storm Watch	There is still a possibility of danger to personnel due to storm unpredictability or hazards created by high winds.	All units monitor the CAC channel, internet, email & AFN radio broadcasts.
All Clear	Hazardous conditions and winds are no longer present. Return to normal duties.	The wind speeds shown above for each TCCOR serve as a guide. Decisions on the TCCOR declaration rests with the 35 FW/CC based on wind speeds, weather forecast, operational/ mission concerns and the safety of all involved.

Helpful Websites

USAF Be Ready:

www.beready.af.mil

FEMA:

www.fema.gov

www.ready.gov

www.disasterassistance.gov

Red Cross:

<http://arcbrcr.org>

Contact Information

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Find us on Facebook!

www.facebook.com/MisawaEmergencyManagement



May 2016

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HYPOTHERMIA

Hypothermia is a potentially dangerous drop in body temperature, usually caused by prolonged exposure to cold temperatures. The risk of cold exposure increases during the winter months. But, if you're exposed to cold temperatures on a spring hike or capsized on a summer sail, you can also be at risk of hypothermia.

What Causes Hypothermia?

Cold exposure! When the balance between the body's heat production and heat loss tips toward heat loss for a prolonged period, hypothermia can occur. Accidental hypothermia usually happens after cold temperature exposure without enough warm, dry clothing for protection.



Milder environments can also lead to hypothermia, depending on a person's age, body mass, body fat, overall health, and length of time exposed to cold temperatures. A frail, older adult in a 60-degree house after a power outage can develop mild hypothermia overnight. Infants and babies sleeping in cold bedrooms are also at risk.

Other causes can include certain medical conditions such as diabetes and thyroid conditions, some medications, severe trauma, or using drugs or alcohol all increase the risk of hypothermia.

CBRN Defense Survival Skills Course

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SYMPTOMS OF HYPOTHERMIA

Hypothermia symptoms for children, adults, and the elderly:

- Shivering, which may stop as hypothermia progresses (shivering is actually a good sign that a person's heat regulation systems are still active.)
- Slow, shallow breathing
- Confusion and memory loss
- Drowsiness or exhaustion
- Slurred or mumbled speech
- Loss of coordination, fumbling hands, stumbling steps
- A slow, weak pulse
- In severe hypothermia, a person may be unconscious without obvious signs of breathing or a pulse

Hypothermia symptoms for infants include:

- Cold-to-touch, bright red skin
- Unusually low energy

Helpful Websites

USAF Be Ready:

www.beready.af.mil

FEMA:

www.fema.gov

www.ready.gov

www.disasterassistance.gov

Red Cross:

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IF MEDICAL CARE ISN'T AVAILABLE

- Remove any wet clothes, hats, gloves, shoes, and socks.
- Protect the person against wind, drafts, and further heat loss with warm, dry clothes and blankets.
- Move gently to a warm, dry shelter as soon as possible.
- Begin rewarming the person with extra clothing. Use warm blankets. Other helpful items for warming are: an electric blanket to the torso area and hot packs and heating pad on the torso, armpits, neck, and groin; however, these can cause burns to the skin. Use your own body heat if nothing else is available.
- Take the person's temperature if a thermometer is available.
- Offer warm liquids, but avoid alcohol and caffeine, which speed up heat loss. Don't try to give fluids to an unconscious person.

