

>>> EMERGENCY ACTIONS <<<<<



BUILDING EVACUATION

In the event that a fire alarm sounds, follow your building's designated evacuation route.

- Remain calm and orderly.
- Walk quickly to the nearest safe exit.
- Do NOT use elevators.
- Do NOT re-enter the building unless directed to by emergency responders.



ACTIVE SHOOTER

When a hostile person(s) is actively causing deadly harm or the imminent threat of deadly harm, the City recommends the following precautions:

- **Dial 9-1-1.** Report your location and situation.
- Evacuate the building if you can do so safely.

If you cannot safely evacuate the building, lock yourself in the room you are in and:

- Do not stay in an open hallway or common area.
- Do not sound the fire alarm (a fire alarm requires everyone to evacuate which would place people in more danger).
- Lock windows. Close blinds or curtains. Turn off lights.
- Stay away from windows and doors.
- Stay calm and be as quiet as possible.
- Switch cell phones to silent or vibrate.



SHELTER-IN-PLACE

Sheltering-in-place may be required temporarily in order to prevent or reduce exposure to hazardous outdoor atmospheres, such as an incident involving a hazardous materials release. If you remain in your room, consider the following:

- Do not allow anyone to exit the facility.
- Secure all openings including windows and doors with towels to hinder airflow into the room.
- Turn off heating and air conditioners.
- Do not use elevators. Elevator movement may pump outside air into the building.
- Stay Put, Stay Tuned–Stay in your room or designated shelter until advised to leave; Stay tuned to local television, radio, and/or local government information sources for further direction.



CITY OF ALEXANDRIA EMERGENCY ACTION TIPS

ESSENTIAL NUMBERS

Emergency: 9-1-1

Police (Non-Emergency): 703.746.4444

Fire Department: 703.746.5200

Animal Control: 703.746.4774

Poison Control: 703.894.1858

WHERE TO GET EMERGENCY INFORMATION

To Sign Up for City of Alexandria Alerts:

www.alexandriava.gov/eNews

City of Alexandria's Website:

www.alexandriava.gov

City of Alexandria's Office of Emergency Management:

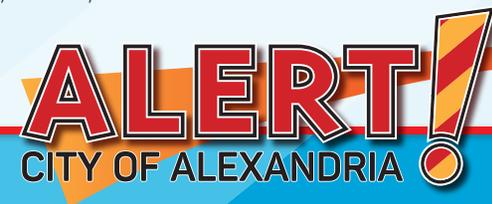
www.alexandriava.gov/EmergencyManagement

National Weather Service:

www.weather.gov/lwx/

WTOP Radio:

FM: 103.5, 103.9, 107.7; AM: 1050



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MEDICAL EMERGENCY

For all life threatening emergencies, dial 9-1-1. Public safety will dispatch an ambulance and other emergency services as necessary.

In many instances, the 911 operator will be able to provide basic, and sometimes life-saving instructions for the various illnesses or injuries. Remain calm and follow the 911 operator's instructions carefully prior to the arrival of medical assistance.

In a major disaster or emergency, Emergency Medical Services (EMS) may not be immediately available. In such circumstances, basic first aid may prevent further injury or death.

FIRST AID ADMINISTRATION

The following are some fundamental principles of medical assistance. They should only be used by those who have been trained to use these techniques or in extreme circumstances where EMS is not available.

Head, Neck, or Spinal Injuries: In the event of a traumatic injury to the head, neck, or spine it is critical to not move the victim to prevent additional damage to the vulnerable neck or spine. Follow the steps below to prevent further neck or spine injury:

- Do not move the victim's head, neck, or spine.
- Provide support to the head and neck in its current position by placing pillows or other supports on both sides to prevent the head or neck from moving.
- If any traumatic wounds are present, follow the Basic Wound Care instructions below.

Basic Wound Care: To manage a traumatic injury resulting in excessive blood loss, take the following steps:

- Take proper safety precautions and utilize clean exam gloves and a face mask, if available, to prevent fluid cross-contamination.
- Take the gloved hand and place it directly over the wound, using firm but not excessive pressure to slow the bleeding.
- If a sterile gauze or other dressing material is available, place this over the wound.
- If blood seeps through the first dressing, simply add an additional dressing. Do not remove the previous dressing. Maintain steady pressure over the wound.
- If sterile bandaging material is available, utilize this to wrap a wounded extremity, applying firm but not excessive pressure.
- Place the patient flat on their back and continue to hold pressure on the wound until emergency personnel arrive.



SEVERE WEATHER/TORNADO

In the event of a tornado, seek shelter in the lowest possible level of the building you are in. Stay away from windows and doors. Items to consider during a Severe Weather/Tornado Warning:

- Close room/hallway doors as a shield from flying debris.
- Stay away from windows.
- Seek shelter in interior rooms, such as bathrooms, if possible.
- Use telephones for emergency calls only.
- Stay calm and alert.
- **Dial 9-1-1** to report injuries and emergencies caused by the storm.



EARTHQUAKE

Earthquakes are rare events in Virginia, but not unprecedented. Consider the following if an earthquake occurs:

- Take Cover. Duck under a sturdy desk or table or stand in the doorway of the bathroom or closet.
- If that is not possible, seek cover against an interior wall and protect your head and neck with your arms.
- Avoid danger spots near windows, hanging objects, mirrors, or tall unsecured furniture.
- Remain in place until the ground stops shaking and it is safe to evacuate.



FLOODING

Localized flooding can occur in certain areas of the City following severe weather and heavy rainfall. Consider the following when the potential for flooding can occur:

- If life safety is a concern, **dial 9-1-1**.
- Do not attempt to drive through or cross flowing bodies of water! This is the primary cause of injury or death associated with flooding events.
- Turn off electrical devices when near flood waters. Electrocutation is the second most common cause of injury and death during flooding events.

RECEIVE EMERGENCY ALERTS FOR LOCATIONS YOU CARE ABOUT.

Sign up and customize your City of Alexandria Alerts:

www.alexandriava.gov/eNews