

# North Carolina Storm Preparedness

## Three-Day Disaster Supplies Kit

The best time to assemble a three-day disaster supplies kit is well before you will ever need it. Most people already have these items around the house and it is a matter of assembling them now before an evacuation order is issued.

Start with an easy to carry, watertight container — a large plastic trash can will do, or line a sturdy cardboard box with a couple of trash bags. Next gather up the following items and place them in your kit:

### Essentials

- Water — 1 gallon per person per day (a week's supply of water is preferable)
- Water purification kit or bleach
- First aid kit and first aid book
- Pre-cooked, non-perishable foods, such as canned meats, granola bars, instant soup, cereals, etc.
- Baby supplies: formula, bottle, pacifier, soap, baby powder, clothing, blankets, baby wipes, disposable diapers, canned food and juices
- Non-electric can opener
- Anti-bacterial hand wipes or gel
- Blanket or sleeping bag per person
- Shampoo
- Toothpaste and toothbrushes
- Portable radio or portable TV and extra batteries
- Flashlight and extra batteries
- Essential medications
- Extra pair of eyeglasses
- Extra house and car keys
- Fire extinguisher — ABC-type
- Food, water, leash and carrier for pets
- Cash and change
- Feminine hygiene supplies
- Seasonal change of clothing including sturdy shoes
- Toilet paper

### Sanitation Supplies

- Large plastic trash bags for waste, tarps and rain ponchos
- Large trash cans
- Bar soap and liquid detergent
- Household bleach
- Rubber gloves

Stocking up now on emergency supplies can add to your family's safety and comfort during and after a disaster. Store enough supplies for at least three days, preferably seven days.



# Landslides and Mudslides

Debris flows, mudslides, mud flows, rock falls and rock slides are all types of landslides. Scientists have correlated a high likelihood of debris flows being triggered when more than five inches of rain falls in western North Carolina in a 24-hour period. Debris flows are a fast moving type of landslide that usually travel along stream channels below steep mountain slopes. They are also more common where new construction has recently exposed steep slopes.

Landslides and mudslides usually strike with little or no warning during periods of heavy rainfall. The force of rocks and soil or a flowing river of mud can devastate anything in its path, picking up trees, cars and other materials along the way. Because of the likelihood of heavy rains during the June to November hurricane season, western North Carolinians should watch hurricane storm tracks carefully. The storm track could include western North Carolina, and this could lead to a possibility of landslides or mudslides. Even if a hurricane is downgraded to a tropical storm, the heavy rainfall can quickly swell rivers, streams and creeks and cause potential mud or landslides in the mountains.



### Landslide Warning Signs

- Look inside:
- Doors or windows stick or jam for the first time.
  - New cracks appear in drywall, plaster, tile, brick or foundations.
- Look outside:
- Outside walls, walks, or stairs begin pulling away from the building.
  - Slowly developing, widening cracks appear on the ground or on paved areas such as streets or driveways.
  - Underground utility lines break.
  - Bulging ground appears at the base of a slope.
  - Water breaks through the ground surface in new locations.
  - Fences, retaining walls, utility poles or trees tilt or move.
  - You hear a faint rumbling sound that increases in volume as the landslide nears.

### What to Do if You Suspect Imminent Debris Flow Danger

If you are in areas susceptible to debris flows, leave if it is safe to do so. If you cannot leave the house, move to an upper floor and take cover under a desk, table or other piece of sturdy furniture.

Stay alert and awake. Many debris-flow fatalities occur when people are sleeping. Listen to a NOAA weather radio or a portable, battery-powered radio or television for warnings of intense rainfall. Be aware that intense, short bursts of rain may be particularly dangerous, especially after longer periods of heavy rainfall. As the rainfall amounts reach or exceed five inches in 24 hours, evacuate if it is safe to do so. Emergency officials may also advise you of when you should evacuate.

Listen for any unusual sounds that might indicate moving debris, such as trees cracking or boulders knocking together. A trickle of flowing mud or debris may precede larger landslides.

If you are near a stream or channel, be alert for any sudden increase or decrease in water flow and for a change from clear to muddy water. Such changes may indicate landslide activity upstream, so be prepared to move quickly. Don't delay! Save yourself, not your belongings.

Be especially alert when driving. Embankments along roadsides are particularly susceptible to landslides. Watch the road for collapsed pavement, mud, fallen rocks and other indications of possible debris flows. Stay away from streams, creeks and drainages.

If outdoors, try and get out of the path of the landslide or mudflow. Run toward the highest ground at a right angle to the flow. If rocks and other debris are approaching, run for the nearest shelter such as a group of trees or a building. If escape is not possible, curl into a tight ball and protect your head.

### If You Evacuate

- Take your disaster supplies kit
- Have a place to go — home of a family member or friend, motel or shelter. When possible, evacuating within your county reduces the chance of being stranded in traffic and shortens your time to return home. Before a storm threatens, contact your county emergency management office for local evacuation information. (See phone numbers at far right.)
- Notify family or friends of your plans, when you are leaving and where you are going.
- Fill your car with gas. Taking only the vehicle you will need to get you and your family to safety reduces the amount of traffic on the roads.
- Bring extra cash. Banks may be closed, ATMs may not work.
- Enact your pet plan. State health regulations prohibit pets in public shelters. Before a storm threatens, contact your veterinarian or local humane society for information on preparing your pets for an emergency.
- Bring important family documents in a waterproof container.
- Secure your home.
- Bring toys, books and games for entertainment.
- Bring pillows and blankets. Also bring rain gear and sturdy shoes.
- Map out your route. Be familiar with your area's evacuation routes.
- Don't panic, arrive safely at your destination.
- After the threat listen to local officials for the all clear.
- Don't drive on flooded roads.



### If You Stay Home

- Have your disaster supplies kit handy, including pet supplies.
- Stock extra supplies. Batteries, water and canned food.
- You need to store at least a three-day supply of water for each person in your household. Stored water should be changed every six months. Get more information at [www.redcross.org](http://www.redcross.org).
- Secure your home. Board up windows and secure lawn furniture, mowers, hanging plants, trash cans and other loose items in the yard.
- Fill your car with gas.
- Check on your neighbors, particularly the elderly or disabled.
- Use your NOAA weather radio. Stay alert to weather advisories.
- After the threat listen to local officials for the all clear.

### What About Pets You Evacuate?

Pets are not allowed in public shelters for health and space reasons, so arrangements need to be made in advance for your pets. In the event of a disaster, if you must evacuate, the most important thing you can do for your pets is to evacuate them too. Pets are not allowed at most hotels and motels in North Carolina, so emergency arrangements for them may require careful planning.

- Make sure that your pets are current on their vaccinations. Pet shelters may require proof of vaccines.
- Keep a collar with identification on your pet and have a leash on hand to control your pet.
- Have a properly-sized pet carrier for each animal to stand and turn around.
- Animals brought to a pet shelter are required to have: proper identification collar and rabies tag, proper identification on all belongings, a carrier or cage, a leash, an ample supply of food, water and food bowls, any necessary medications, specific care instructions and newspapers or trash bags for clean-up.

### Pet Disaster Supply Kit

- Proper identification including immunization records
- Ample supply of food and water
- A carrier or cage
- Medications
- Muzzle, collar and leash

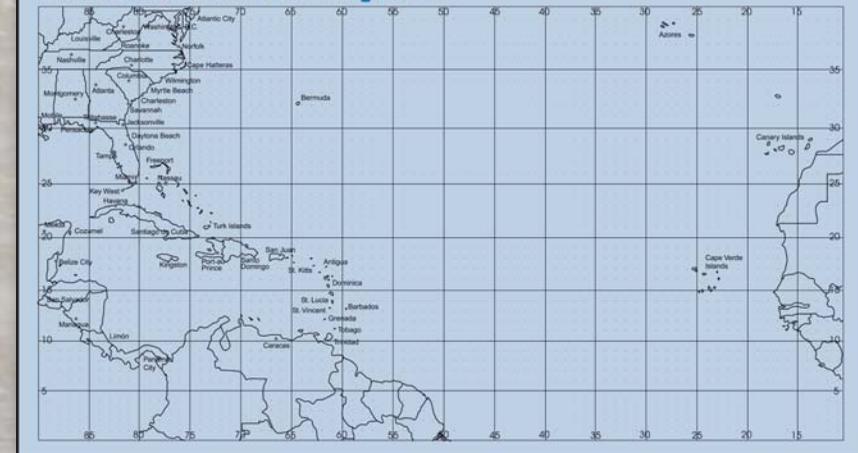


### NC Emergency Alert System Stations

The following radio stations are key participants in the North Carolina Emergency Alert System. They broadcast emergency information throughout the state, as do numerous other radio and television stations.

|                           |       |          |
|---------------------------|-------|----------|
| Asheville-Black Mountain  | WMIT  | 106.9 FM |
| Asheville-Black Mountain  | WKSF  | 99.9 FM  |
| Charlotte                 | WLNC  | 107.9 FM |
| Charlotte                 | WSOC  | 103.7 FM |
| Columbia (Tyrrell County) | WRSF  | 105.7 FM |
| Columbia (Tyrrell County) | WERX  | 102.5 FM |
| Fayetteville-Lumberton    | WQSM  | 98.1 FM  |
| Fayetteville-Lumberton    | WKML  | 95.7 FM  |
| Goldsboro-Wilson          | WRDU  | 106.1 FM |
| Goldsboro-Wilson          | WYMY  | 96.9 FM  |
| Raleigh-Durham            | WQDR  | 94.7 FM  |
| Raleigh-Durham            | WDCG  | 105.1 FM |
| Statesville-N. Wilkesboro | W FMX | 105.7 FM |
| Statesville-N. Wilkesboro | WKBC  | 97.3 FM  |
| Winston Salem-Burlington  | WKXU  | 101.1 FM |
| Winston Salem-Burlington  | WTQR  | 104.1 FM |
| Washington-Kinston        | WERO  | 93.3 FM  |
| Washington-Kinston        | WRNS  | 95.1 FM  |
| Wilmington-Jacksonville   | WMNX  | 97.3 FM  |
| Wilmington-Jacksonville   | WKOO  | 98.7 FM  |

### Atlantic Ocean Hurricane Tracking Chart



### County Emergency Coordinators

|                                  |              |
|----------------------------------|--------------|
| Alamance.....                    | 336-227-1365 |
| Alexander.....                   | 828-632-1139 |
| Alleghany.....                   | 336-372-6220 |
| Anson.....                       | 704-694-4972 |
| Ashe.....                        | 336-219-2521 |
| Avery.....                       | 828-733-8210 |
| Beaufort.....                    | 252-946-2046 |
| Bertie.....                      | 252-794-5300 |
| Bladen.....                      | 910-862-6760 |
| Brunswick.....                   | 910-253-4376 |
| Buncombe.....                    | 828-255-5638 |
| Burke.....                       | 828-433-6609 |
| Caldwell.....                    | 704-920-2143 |
| Camden.....                      | 828-757-1280 |
| Carroll.....                     | 252-335-4444 |
| Carteret.....                    | 252-728-8470 |
| Caswell.....                     | 336-694-5177 |
| Catawba.....                     | 828-465-8232 |
| Chatham.....                     | 919-542-2911 |
| Cherokee.....                    | 828-837-7352 |
| Chowan.....                      | 252-482-4365 |
| Clay.....                        | 828-389-9640 |
| Cleveland.....                   | 704-484-4841 |
| Columbus.....                    | 910-640-6610 |
| Craven.....                      | 252-636-6608 |
| Cumberland.....                  | 910-321-6736 |
| Currituck.....                   | 252-232-2115 |
| Dare.....                        | 252-473-3355 |
| Davidson.....                    | 336-242-2270 |
| Davie.....                       | 336-751-0879 |
| Duplin.....                      | 910-296-2160 |
| Durham.....                      | 919-560-0660 |
| E. Band of Cherokee Indians..... | 828-497-1831 |
| Edgecombe.....                   | 252-641-7843 |
| Forsyth.....                     | 336-767-6161 |
| Franklin.....                    | 919-496-5005 |
| Gaston.....                      | 704-866-5350 |
| Gates.....                       | 252-357-1394 |
| Graham.....                      | 828-479-7985 |
| Granville.....                   | 919-603-1310 |
| Greene.....                      | 252-747-2544 |
| Guilford.....                    | 336-373-2278 |
| Harnett.....                     | 910-893-7580 |
| Haywood.....                     | 828-456-2391 |
| Henderson.....                   | 828-697-4527 |
| Hertford.....                    | 252-358-7861 |
| High Point.....                  | 336-883-3111 |
| Hoke.....                        | 910-875-4126 |
| Hyde.....                        | 252-926-4178 |
| Iredell.....                     | 704-878-5353 |
| Jackson.....                     | 828-586-7508 |
| Johnston.....                    | 919-989-5050 |
| Jones.....                       | 252-448-1697 |
| Lee.....                         | 919-775-3941 |
| Lenoir.....                      | 252-559-6126 |
| Lincoln.....                     | 704-736-8660 |
| Macon.....                       | 828-349-2067 |
| Madison.....                     | 828-649-9608 |
| Martin.....                      | 252-792-5670 |
| McDowell.....                    | 828-652-3982 |
| Mecklenburg.....                 | 704-336-2412 |
| Mitchell.....                    | 828-688-2139 |
| Montgomery.....                  | 910-576-4221 |
| Moore.....                       | 910-947-6317 |
| Nash.....                        | 252-459-9805 |
| New Hanover.....                 | 910-341-4300 |
| Northampton.....                 | 252-534-6811 |
| Onslow.....                      | 910-347-4270 |
| Orange.....                      | 919-968-2050 |
| Pamlico.....                     | 252-745-4131 |
| Pasquotank.....                  | 252-335-4444 |
| Pender.....                      | 910-259-1210 |
| Perquimans.....                  | 252-426-7029 |
| Person.....                      | 336-597-4262 |
| Pitt.....                        | 252-902-3950 |
| Polk.....                        | 828-894-3067 |
| Randolph.....                    | 336-318-6911 |
| Richmond.....                    | 910-997-8238 |
| Robeson.....                     | 910-671-3150 |
| Rockingham.....                  | 336-634-3017 |
| Rowan.....                       | 704-638-9011 |
| Rutherford.....                  | 828-287-6075 |
| Sampson.....                     | 910-592-8996 |
| Scotland.....                    | 910-276-1317 |
| Stanly.....                      | 704-986-3650 |
| Stokes.....                      | 336-593-2811 |
| Surry.....                       | 336-783-9000 |
| Swain.....                       | 828-488-9134 |
| Transylvania.....                | 828-884-3188 |
| Tyrrell.....                     | 252-796-1371 |
| Union.....                       | 704-283-3536 |
| Vance.....                       | 252-438-8264 |
| Wake.....                        | 919-856-6480 |
| Warren.....                      | 252-257-2666 |
| Washington.....                  | 252-793-4114 |
| Watauga.....                     | 828-264-4235 |
| Wayne.....                       | 919-731-1416 |
| Wilkes.....                      | 336-651-7305 |
| Wilson.....                      | 252-399-2830 |
| Yadkin.....                      | 336-679-4232 |
| Yancey.....                      | 828-765-9436 |