

Arizona Department of Health Services Wildfire Emergency Response Plan



May 2006

1.0 Goals of Plan:

- 1) Limit the adverse physical and behavioral health effects from a wildfire
- 2) Protection of the public from sources of contaminated food and water
- 3) Enable hospitals and healthcare facilities to prepare for an evacuation or possible increase in patients.

2.0 Authorities:

The following examples of some applicable authorities are in their entirety at:

<http://www.azleg.state.az.us/arizonarevisedstatutes.asp>

ARS §35-192

Authorization for Declaration of a Disaster...

A. The governor may declare an emergency arising from such major disasters as provided in this section and incur liabilities therefore, regardless of whether or not the legislature is in session.

B. When the governor, or the director of the division of emergency management in the department of emergency and military affairs pursuant to section 26-303, subsection H, determines that a contingency or disaster so justifies, and declares an emergency, specific liabilities and expenses provided for in this section are authorized to be incurred against and to be paid as claims against the state from unrestricted monies from the general fund to mitigate and meet contingencies and emergencies arising from:

5. Wild land fires, but only after all necessary authorizations under section 37-623.02 (Emergencies; prohibiting fireworks; liabilities and expenses; fire suppression revolving fund) are exhausted.

ARS §36-136

Powers and Duties of the Director

A.4. Administer and enforce the laws relating to health and sanitation and the rules of the department.

D. The director may delegate to a local health department, county environmental department or public health services district any functions, powers or duties that the director believes can be competently, efficiently and properly performed by the local health department, county environmental department or public health services district if:

1. The director or superintendent of the local health agency, environmental agency or public health services district is willing to accept the delegation and agrees to perform or exercise the functions, powers and duties conferred in accordance with the standards of performance established by the director.

2. Monies appropriated or otherwise made available to the department for distribution to or division among counties or public health services districts for local health work may be allocated or reallocated in a manner designed to assure the accomplishment of recognized local public

health activities and delegated functions, powers and duties in accordance with applicable standards of performance. Whenever in the director's opinion there is cause, the director may terminate all or a part of any such delegation and may reallocate all or a part of any funds that may have been conditioned on the further performance of the functions, powers or duties conferred.

H. The director shall, by rule:

8. Define and prescribe reasonably necessary measures concerning sewage and excreta disposal, garbage and trash collection, storage and disposal, and water supply for recreational and summer camps, campgrounds, motels, tourist courts, trailer coach parks and hotels. The rules shall prescribe minimum standards for preparation of food in community kitchens, adequacy of excreta disposal, garbage and trash collection, storage and disposal and water supply for recreational and summer camps, campgrounds, motels, tourist courts, trailer coach parks and hotels and shall provide for inspection of such premises and for abatement as public nuisances of any premises or facilities that do not comply with the rules.

ARS §36-787

Public Health Authority during a State of Emergency or State of War Emergency

A.7. Granting temporary waivers of health care institution licensure requirements necessary for implementation of any measures required to adequately address the state of emergency or state of war emergency

ARS §36-910

Seizure

A. When the director finds or has probable cause to believe that any food is adulterated or misbranded within the meaning of this article as to be dangerous or fraudulent, he shall affix to such food or its container a tag or other appropriate marking, giving notice that such food is, or is suspected of being, adulterated or misbranded and has been detained or embargoed, and warning all persons not to remove or dispose of such food by sale or otherwise until permission for removal or disposal is given by the director or the court. It is unlawful for any person to remove or dispose of such detained or embargoed food by sale or otherwise without such permission.

ARS §36-601

Public Nuisances Dangerous to Public Health

A. The following conditions are specifically declared public nuisances dangerous to the public health: 1. Any condition or place in populous areas which constitutes a breeding place for flies, rodents, mosquitoes, and other insects which are capable of carrying and transmitting disease-causing organisms to any person or persons.

ARS §36-602

Abatement of nuisances, sources of filth and causes of sickness; civil penalty, property assessment procedure

A. Notwithstanding any other provision of this title, when a nuisance, source of filth or cause of sickness exists on private property, the county board of health, the local health department, the county environmental department or the public health service district shall order the owner or

occupant to remove it within twenty-four hours at the expense of the owner or occupant. The order may be delivered to the owner or occupant personally, or left at the owner or occupant's usual place of abode or served on the owner or occupant in the same manner as provided for service of process under the Arizona rules of civil procedure. If the order is not complied with, the board or department may impose a civil penalty pursuant to section 36-183.04 and shall cause the nuisance, source of filth or cause of sickness to be removed, and expenses of removal shall be paid by the owner, occupant or other person who caused the nuisance, source of filth or cause of sickness.

3.0 Roles and Responsibilities:

The Arizona Department of Health Services (ADHS) will:

- Serve as a technical resource in public and environmental health matters such as air quality, safe food and water, proper sanitation, vector control and communicable disease prevention
- Support the local health department(s) by identifying and brokering resources related to hospital and healthcare systems and emergency medical services
- Coordinate emergency behavioral health services
- Provide interpretation of air quality data from the Arizona Department of Environmental Quality (ADEQ) relating to public health
- Place a Department Liaison at the State Emergency Operations Center (SEOC)
- Provide a Public Information Officer to craft (in conjunction with the local health departments) various health messages for the State Emergency Operations Center's Joint Information Center (JIC)
- Coordinate with the Centers for Disease Control and Prevention

4.0 Concept of Operations:

The purpose of this plan is to provide more detailed response activities that support and are an extension of Appendix 1 to Emergency Support Function #4 – Wildland Fire of the State Emergency Response and Recovery Plan (SERRP). The Arizona Department of Health Services (ADHS) is considered a support agency in this response.

Wildfire Planning and Response

The planning and response for managing wildfires covers a wide variety of areas. Managing the fire and avoiding smoke inhalation are just the beginning of the issues that can be present. During the fire, there may be power outages resulting in the loss of water supply, e.g. wells and other systems having electrical pumps and the inability to keep foods at the proper temperature. Prolonged circumstances such as this as well as the possible need for evacuation soon affect general sanitation needs. Furthermore, once the fire has passed, there is a potential for increased erosion and subsequent flooding as well as contamination of the water supply.

Interagency Cooperation

Due to the close linkage of environmental and public health impacts following a wildfire, there are several areas in which ADHS works closely with the Arizona Department of Environmental Quality (ADEQ).

Air quality – Upon request from the affected county or counties, ADEQ can establish mobile air monitoring stations that measure the amount of particulates (PM₁₀) generated from the smoke. Particulates of interest are those that are ten microns or smaller due to the fact that these are the size of particles that easily enter the interior of the lungs. Under Arizona Administrative Code (R-18-2-220), ADEQ has established Alert, Warning, Emergency and Significant Harm levels of PM₁₀ based on 24-hour averages. There is also the ADEQ Hazardous Air Response Team (HART) that takes on-the-spot readings of particulates. ADHS assists ADEQ in this process by providing interpretation of the test results into the potential impacts upon public health. (See Appendix A for a relational chart that correlates the Air Quality Index (AQI) with possible health effects.) ADHS receives the air quality results and forwards them to the Incident Log at the State Emergency Operations Center (SEOC) and other partners.

Water quality – ADEQ regulates community water systems in the State of Arizona, unless this function is delegated to the county. Part of the aftermath of a wildfire is its impact upon the supply of safe drinking water. The heat from the fire itself may have damaged water systems and chemicals or water used to control the fire may have entered the water supply. ADEQ provides public information regarding proper procedures of how to disinfect water by boiling and using chlorine. Although ADEQ does not regulate private wells, ADEQ serves as a resource to inform well owners of how to take samples from their systems for testing and the use of interim disinfection methods. (See Appendix B) ADHS assists ADEQ in promoting community awareness of having a safe drinking water supply following a fire.

Waste – The remains of a fire such as wood ash, fire retardant and other burned materials often require special handling during cleanup. ADEQ provides technical assistance and expertise to federal, state and local on-scene responders on safe handling, removal and disposal procedures for hazardous materials. After the fire, ADEQ monitors water quality in streams affected by run-off and erosion, helps prepare grant assistance for revegetation efforts on private lands and works with local governments to facilitate removal of burned trees and debris.

ADHS Public Health Incident Management System

Under this plan, ADHS will utilize its incident command system, the Public Health Incident Command System (PHIMS), to manage the incident. (See Appendix C) The ADHS PHIMS response system is compliant with the National Incident Management System (NIMS) and is divided into four functional areas: Operations, Planning, Logistics and Finance.

The Operations Section functions specific to this incident will include the following:

Operations Communication Group will:

- Prepare environmental and public health messages for the public and healthcare practitioners covering a wide variety of public health issues such as:
 - air quality
 - general sanitation
 - safe food
 - water supply
 - vectors
 - animals (possible zoonotic diseases)
- Use technical information provided by ADHS subject matter experts to create scripts for the ADHS 24-Hour Information line and website
- Prepare public education materials such as public health brochures

Operations Environmental Health group will:

- Provide technical information related to public health issues such as the effects of air quality, having a source of potable water, safe food for consumption and maintaining sanitary conditions
- Interpret air quality data
- Assist the local health departments with the inspection of restaurants and retail food establishments
- Give guidance and recommendations on food storage, food safety and other environmental issues to the State Prison kitchens as well as Assisted Living and Group Homes within the affected area
- Ensure inspection of various shelters for sanitation and cleanliness
- Provide support to the Arizona Department of Environmental Quality and the local health departments to advise on safe drinking water and community water systems

Operations Behavioral Health Group:

Regardless of the number of people impacted by a fire, those that are involved experience some stress associated with the incident. An important component of a response to a fire is the inclusion of behavioral health services for first responders and the public. Depending upon the size, location and severity of the fire, each incident will require its own behavioral health response plan. Here are some probable response activities that might be needed:

- Transport of hospitalized patients to psychiatric facilities located outside of the fire zone
- Relocation and evacuation of group homes
- Daily crisis briefing with providers to oversee patient issues
- Identification of enrolled mentally ill clients in the shelters
- Consistent access to medication for clients displaced to other areas
- Assignment of mental health counseling teams to shelters
- Critical incident stress debriefing to first responders
- Dispatch crisis teams to staff help centers

- Provide behavioral health staff on vans used to transport residents to view their properties after the fire

Operations Hospital and Healthcare Group

- Coordinate with the Licensing and Certification Group to support group homes, assisted living facilities, hospitals, community health centers, Indian Health Service (IHS) facilities and other healthcare facilities regarding public health issues
- Provide information regarding available resources (e.g. bed availability) for hospitals, community health centers and other healthcare facilities that are located in the evacuation area
- Identify available emergency medical services

Operations Licensing Group

- Coordinate with county public health departments to identify special needs and other supervised care facilities that may need to be evacuated or sheltered-in-place
- Grant temporary waiver of health care institution licensing requirements necessary for shelter-in-place, evacuation or receiving of additional patients from other evacuated facilities

The following Operations activities may or may not be needed in response to a wildfire. These groups are not listed on the PHIMS chart but can easily be activated.

- Application of vector control measures as needed (Vector Activities Group)
- Tracking of epidemiological data (Epidemiology Group)
- Provide laboratory services (Laboratory Group)
- Work with county health department to provide immunizations such as tetanus (Immunizations Group)

The Planning Section will:

- Maintain the PHIMS Chart
- Generate the Incident Action Plan (IAP)
- Collect information and compile daily/weekly Situation Reports
- Prepare daily/weekly Governor's Reports
- Create GIS maps as needed

The Logistics Section will handle the following:

- Set up (as needed) the Health Emergency Operations Center (HEOC)
- Send blast-faxes and other alerts and notifications through the HAN and EMS system
- Use scripts and written materials from the PHIMS Communications Group, maintain and update as necessary the ADHS 24-hour recorded Information line (in both English and Spanish) and ADHS website
- Track volunteers
- Obtain the number of webpage hits to specific ADHS information pages

- Obtain the number of callers to the 24-hour recorded information line

The Finance Section will:

- Track hours spent on Wildfire activities
- Assist with budgeting for the response
- Obtain contracts and procure needed items.

After the Wildfire (Mitigation) – Depending upon the severity and duration of the fire and upon request from the community, the ADHS Office of Environmental Health has the ability to conduct a public health risk assessment of the affected area(s). Human exposure routes that can be investigated include inhalation, ingestion or dermal exposure.

APPENDIX A

Visibility in Miles	Air Quality Index	Health Category	Health Effects
10 +	0 — 50	Good	None.
5 — 10	51 — 100	Moderate	Unusually sensitive people should consider reducing prolonged or heavy exertion.
3 — 5	101 — 150	Unhealthy for Sensitive Groups	People with heart or lung disease, older adults, and children should reduce prolonged or heavy exertion.
1.5 — 3	151 — 200	Unhealthy	People with heart or lung disease, older adults, and children should avoid prolonged or heavy exertion. Everyone else should reduce prolonged or heavy exertion.
1 — 1.5	201 — 300	Very Unhealthy	People with heart or lung disease, older adults, and children should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.
1 or less	301 — 500	Hazardous	Everyone should avoid all physical activity outdoors; people with heart or lung disease, older adults, and children should remain indoors and keep activity levels low.

APPENDIX B

Resources for wildfire smoke health effects and water quality:

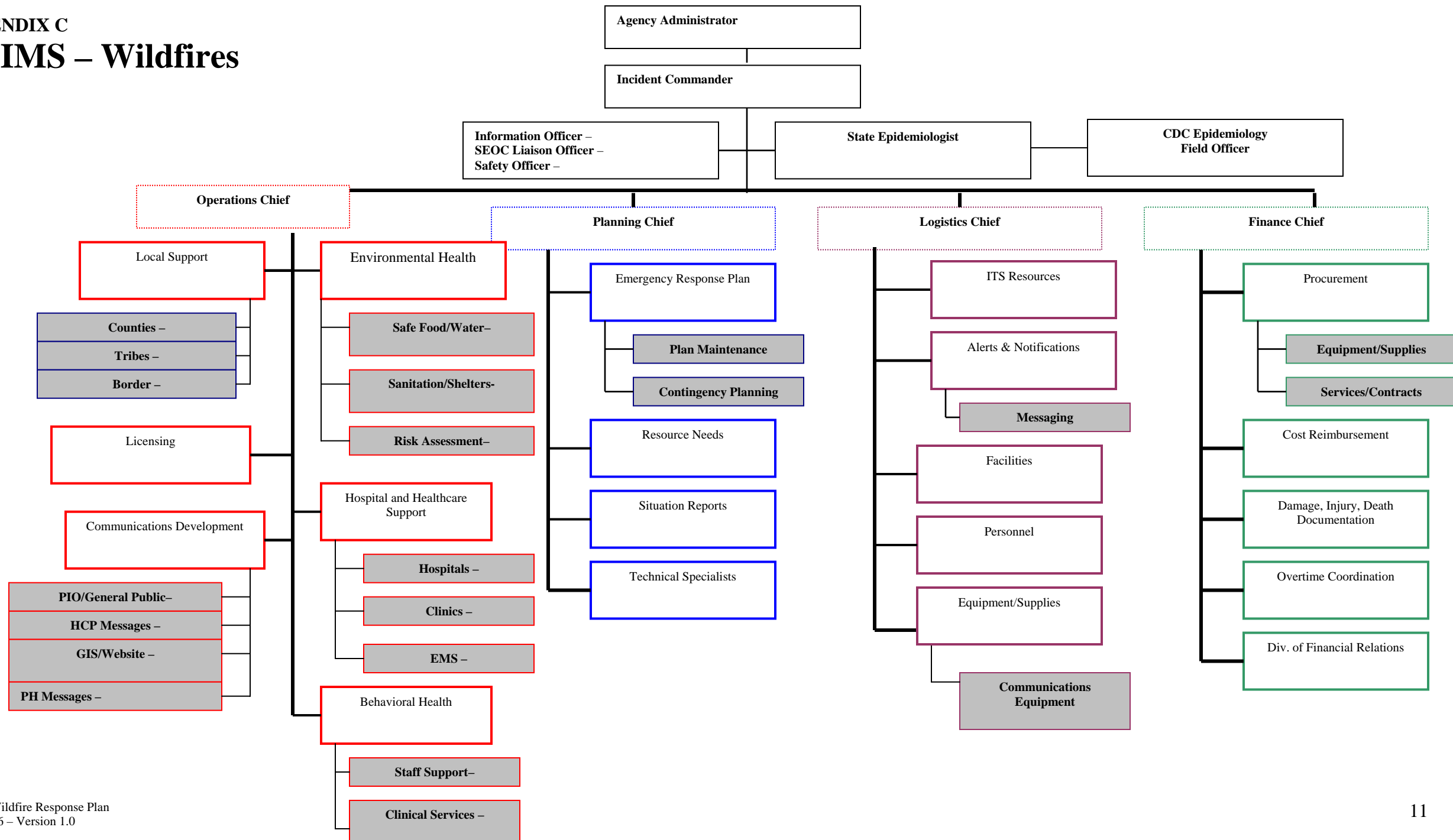
- Wildfire Smoke: A Guide for Public Health
<http://www.epa.gov/ttn/amtic/files/ambient/smoke/wildgd.pdf>
- Wildfire Smoke and Your Health www.azdeq.gov/function/about/wildfire.html
This fact sheet is prepared by the air program of the U.S. Forest Service
- The Arizona Department of Environmental Quality (ADEQ) has produced a fact sheet entitled Water Quality Concerns from Wildfire
www.azdeq.gov/environ/water/dw/download/wildfires.pdf

The fact sheet covers questions about drinking water quality and safe operation of community water systems and private wells after a fire. ADEQ does not regulate private wells but provides the water to chlorine ratio for disinfection of water ranging from 5 to 50,000 gallons.

- ADEQ Disinfection or General Dilution Guidelines (Boiling or using chlorine solution)
<http://www.azdeq.gov/environ/water/dw/download/disinfec.pdf>
- ADEQ Private Wells After the Fire brochure
<http://www.azdeq.gov/environ/water/dw/download/privatewells.pdf>

This brochure highlights the potential impacts to a well system after a fire and the resulting effects it may have on water quality. Steps on how to submit a sample for laboratory testing are covered as are procedures to disinfect water from the well until sample results are known.

APPENDIX C
PHIMS – Wildfires



APPENDIX D

Sample Press Releases:

1. Health Threat from Wildfire Smoke (information taken from the CDC website)
<http://www.bt.cdc.gov/firesafety/wildfires/index.asp>

2. Safe Water Supply During and After a Fire (basic water use and disinfection information taken from CDC website, flooding page).
<http://www.bt.cdc.gov/disasters/floods/recovery.asp#water>

3. Food Safety During and After a Fire
(specific fire information regarding safe food was found at the following USDA link)
http://www.fsis.usda.gov/Fact_Sheets/keeping_food_Safe_during_an_emergency/index.asp

4. Necessary Items for Evacuation or Shelter in Place
From: 5 Ways to Save Your Papers in a Natural Disaster
<http://www.moneycentral.msn.com/content/Insurance/Insureyourhome/P95328.asp>
and both ADHS fire brochures listed in Appendix E

5. Recovering Emotionally From a Fire
From: Picking up the Pieces after a Fire – Red Cross
http://www.redcross.org/services/disaster/0,1082,0_569_,00.html



***Division of Public Health Services
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SAMPLE NEWS RELEASE

FOR IMMEDIATE RELEASE – _____

Contact: Michael Murphy, ADHS Public Information: (602) 542-1001

Health Threat from Wildfire Smoke

Smoke from wildfires is a mixture of gases and fine particles from burning trees and other plant materials. Smoke can hurt your eyes, irritate your respiratory system, and worsen chronic heart and lung diseases.

How to tell if smoke is affecting you

Smoke can cause—

- Coughing
- A scratchy throat
- Irritated sinuses
- Shortness of breath
- Chest pain
- Headaches
- Stinging eyes
- A runny nose

If you have heart or lung disease, smoke might make your symptoms worse.

People who have heart disease might experience—

- Chest pain
- Rapid heartbeat
- Shortness of breath
- Fatigue

Smoke may worsen symptoms for people who have pre-existing respiratory conditions, such as respiratory allergies, asthma, and chronic obstructive pulmonary disease (COPD), in the following ways:

- Inability to breathe normally
- Cough with or without mucus
- Chest discomfort
- Wheezing and shortness of breath

When smoke levels are high enough, even healthy people may experience some of these symptoms.

Know whether you are at risk

If you have heart or lung disease, such as congestive heart failure, angina, COPD, emphysema, or asthma, you are at higher risk of having health problems than healthy people.

Older adults are more likely to be affected by smoke, possibly because they are more likely to have heart or lung diseases than younger people.

Children are more likely to be affected by health threats from smoke because their airways are still developing and because they breathe more air per pound of body weight than adults. Children also are more likely to be active outdoors.

Protect yourself

Limit your exposure to smoke. Following are ways to protect your health:

Pay attention to local air quality reports. Listen and watch for news or health warnings about smoke. A common measurement used to categorize the severity of the smoke in the air is the Environmental Protection Agency's Air Quality Index (AQI). Also pay attention to public health messages about taking additional safety measures.

Refer to visibility guides if they are available. Not every community has a monitor that measures the amount of particles that are in the air. In the western part of the United States, some communities have guidelines to help people estimate AQI based on how far they can see.

If you are advised to stay indoors, keep indoor air as clean as possible. Keep windows and doors closed unless it is extremely hot outside. Run an air conditioner if you have one, but keep the fresh-air intake closed and the filter clean to prevent outdoor smoke from getting inside. If you do not have an air conditioner and it is too warm to stay inside with the windows closed, seek shelter elsewhere.

Use a high-efficiency particulate air (HEPA) filter to reduce breathing problems. A HEPA filter may reduce the number of irritating fine particles in indoor air.

Do not add to indoor pollution. When smoke levels are high, do not use anything that burns, such as candles, fireplaces, or gas stoves. Do not vacuum, because vacuuming stirs up particles already inside your home. Do not smoke, because smoking puts even more pollution into the air.

If you have asthma or another lung disease, follow your doctor’s advice about medicines and about your respiratory management plan. Call your doctor if your symptoms worsen.

Dust masks are not enough. Paper “comfort” or “dust” masks commonly found at hardware stores are designed to trap large particles, such as sawdust. These masks will not protect your lungs from smoke.

For more information about health and safety during a fire, please visit the Arizona Department of Health Services’ Web site at www.azdhs.gov or call the State Public Health Information line at (602) 364-4500 or statewide toll-free at (800) 314-9243.



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Contact: Michael Murphy, ADHS Public Information: (602) 542-1001

Safe Water Supply During and After a Wildfire

Water for Drinking, Cooking, and Personal Hygiene

Safe water for drinking, cooking, and personal hygiene includes bottled, boiled, or treated water. Your local county health department or the Arizona Department of Environmental Quality has made specific recommendations for boiling or treating water in your area. If you get your water from a cistern or a well, please follow the information released concerning the disinfection of cisterns or wells. If you do not get your water from a cistern or a well, follow these general rules concerning water for drinking, cooking, and personal hygiene.

- Do not use contaminated water to wash dishes, brush your teeth, wash and prepare food, wash your hands, make ice, or make baby formula. If possible, use baby formula that does not need to have water added. You can use an alcohol-based hand sanitizer to wash your hands.
- If you use bottled water, be sure it came from a safe source. If you do not know that the water came from a safe source, you should boil or treat it before you use it. Use only bottled, boiled, or treated water until your supply is tested and found safe.
- Boiling water, when practical, is the preferred way to kill harmful bacteria and parasites. Bringing water to a rolling boil for 1 minute will kill most organisms.
- When boiling water is not practical, you can treat water with chlorine tablets, iodine tablets, or unscented household chlorine bleach (5.25% sodium hypochlorite):
 - If you use chlorine tablets or iodine tablets, follow the directions that come with the tablets.
 - If you use household chlorine bleach, add 1/8 teaspoon (~0.75 mL) of bleach per gallon of water if the water is clear. For cloudy water, add ¼ teaspoon (~1.50 mL) of bleach per gallon. Mix the solution thoroughly and let it stand for about 30 minutes before using it.

Note: Treating water with chlorine tablets, iodine tablets, or liquid bleach will not kill parasitic organisms.

Use a bleach solution to rinse water containers before reusing them. Use water storage tanks and other types of containers with caution. For example, fire truck storage tanks and previously used cans or bottles may be contaminated with microbes or chemicals. Do not rely on untested devices for decontaminating water.

For more information about health and safety during a wildfire, please visit the Arizona Department of Health Services' Web site at www.azdhs.gov or call the State Public Health Information line at (602) 364-4500 or statewide toll-free at (800) 314-9243.



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Contact: Michael Murphy, ADHS Public Information: (602) 542-1001

Food Safety During and After a Fire

**Prior to evacuation or during power outage-
Frozen and refrigerated foods:**

If there is time prior to evacuation and your refrigerator or freezer may be without power for a long period:

- Divide your frozen foods among friends' freezers if they have electricity;
- Seek freezer space in a store, church, school, or commercial freezer that has electrical service; or
- Use dry ice – 25 pounds of dry ice will keep a 10-cubic-foot freezer below freezing for 3-4 days. (Exercise care when handling dry ice, because it freezes everything it touches. Wear dry, heavy gloves to avoid injury.)

Thawed food can usually be eaten or refrozen if it is still "refrigerator cold," or if it still contains ice crystals. To be safe, remember, "When in doubt, throw it out." Discard any food that has been at room temperature for two hours or more, and any food that has an unusual odor, color, or texture.

Your refrigerator will keep foods cool for about 4 hours without power if it is unopened. Add block or dry ice to your refrigerator if the electricity will be off longer than 4 hours.

After the Fire:

Discard food that has been near a fire. Food exposed to fire can be damaged by the heat of the fire, smoke fumes, and chemicals used to fight the fire. Food in cans or jars may appear to be okay, but the heat from a fire can activate food spoilage bacteria. If the heat is extreme, the cans or jars themselves can split or rupture, rendering the food unsafe.

One of the most dangerous elements of a fire is sometimes not the fire itself, but toxic fumes released from burning materials. Discard any raw food or food in permeable packaging—

cardboard, plastic wrap, screw-topped jars, bottles, etc.—stored outside the refrigerator. Food stored in refrigerators or freezers can also become contaminated by fumes. The refrigerator seal isn't airtight and fumes can get inside. Chemicals used to fight the fire contain toxic materials and can contaminate food and cookware. Food that is exposed to chemicals should be thrown away—the chemicals cannot be washed off the food. This includes food stored at room temperature, such as fruits and vegetables, as well as food stored in permeable containers like cardboard and screw-topped jars and bottles. Cookware exposed to fire-fighting chemicals can be decontaminated by washing in soap and hot water. Then submerge for 15 minutes in a solution of 1 teaspoon chlorine bleach per quart of water.

For more information about health and safety following a wildfire or power outage, please visit the Arizona Department of Health Services' Web site at www.azdhs.gov or call the State Public Health Information line at (602) 364-4500 or statewide toll-free at (800) 314-9243.

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Contact: Michael Murphy, ADHS Public Information: (602) 542-1001

Necessary Items for Evacuation or Shelter in Place

Shelter in Place

If you are asked to shelter in place, here are some items that you may want to assemble in the event of a power outage, disruption in your water supply or general emergency.

Food Supplies:

- Crackers
- Dried Fruit
- Dry cereal/granola
- Peanut butter or nuts
- Protein/fruit bars
- Canned food and juices
- Bottled Water
- Jarred baby food/formula
- Pet food

Medical and health supplies:

- Medical supplies (i.e. bandages or a thermometer)
- Medicines (prescribed and over the counter)
- Pets' medicine
- Soap and alcohol-based hand sanitizer
- Tissue and disposable diapers

Emergency supplies;

- Batteries
- Battery-powered lantern

- Battery-powered radio
- Flashlight
- Manual can opener
- Power generator

Evacuation

If you are asked to evacuate, the following items should be considered in your belongings.

It is important to know that it is possible to reproduce most documents. However, if not already in a bank safe deposit box, the following documents should be carried with you:

- Driver's License
- Government Issued ID
- Insurance Policies
- Military Discharge
- Passports
- Birth, Death and Marriage certificates
- Social Security or Medicare cards
- Credit cards
- Titles or Deeds
- Stocks and Bonds
- Income Tax records
- Citizenship papers
- Mortgage papers

Other items to bring with you:

- Medicines and prescriptions
- First aid kit
- Pet supplies
- Battery-powered radio
- Extra set of keys
- Extra pair of eyeglasses
- 3-day supply of water and food
- Special items for infants, elderly and disabled family members

For more information about health and safety during shelter in place or an evacuation, please visit the Arizona Department of Health Services' Web site at www.azdhs.gov or call the State Public Health Information line at (602) 364-4500 or statewide toll-free at (800) 314-9243.

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Contact: Michael Murphy, ADHS Public Information: (602) 542-1001

Recovering Emotionally After a Wildfire

Your own and your family's emotional care and recovery are just as important as rebuilding a home and healing physical injuries.

You may be surprised at how you and others may feel after a disaster. Disasters can stir up many different feelings and thoughts. People may experience fear concerning their safety or that of a loved one, shock, disbelief, grief, anger and guilt. Memory problems, anxiety and/or depression are also possible after experiencing a disaster.

Disasters are upsetting experiences for everyone involved. Children, senior citizens, people with disabilities and people for whom English is not their first language are especially at risk. Children may become afraid and some elderly people may seem disoriented at first. People with disabilities may require additional assistance. It is important to let children and elderly people know that they are safe and that you will help them find a safe place to stay.

It is also important that you try to talk with them in a calm way. When disaster strikes, a child's view of the world as a safe and predictable place is temporarily lost. Children become afraid that the event will happen again and that they or their family may be injured or killed. The damage, injuries and deaths that can result from an unexpected or uncontrollable event are difficult for most children to understand. How a parent or other adult reacts to a child following any traumatic event can help children recover more quickly and more completely. Children of different ages react in different ways to trauma. Your local Red Cross can provide a variety of materials to help children cope with disaster.

Some basic steps you can take to meet physical and emotional needs-

- Try to return to as many of your personal and family routines as possible.
- Get rest and drink plenty of water.

- Limit your exposure to the sights and sounds of disaster, especially on television, the radio and in the newspapers.
- Focus on the positive.
- Recognize your own feelings.
- Reach out and accept help from others.
- Do something you enjoy. Do something as a family that you have all enjoyed in the past.
- Stay connected with your family and/or other support systems.
- Realize that, sometimes, recovery can take time.

If you have more questions or observe unusual behavior in your children, which you think may be caused by a reaction to the disaster, contact your local Red Cross chapter, child's counselor or community professional for additional information and help.

For more information about recovering emotionally from a wildfire, please visit the Arizona Department of Health Services' Web site at www.azdhs.gov or call the State Public Health Information line at (602) 364-4500 or statewide toll-free at (800) 314-9243.

APPENDIX E
ADHS Resources

Fire Brochures created by the Office of Environmental Health

- What to Do During a Fire brochure
- What to Do After a Fire brochure

APPENDIX F
Arizona Department of Environmental Quality (ADEQ) Smoke Advisory Information

- ADEQ Health Watch Bulletin
- Sample graph of one-hour average of PM₁₀

Evacuation of your pets. As soon as you hear you may have to evacuate, move larger animals to safety, confine pets into the house, and have leashes, carriers, trailers, and medicines ready. Evacuate your pets with you. If you are headed for a hotel, call ahead and ask if they will wave “no-pet” policies.



If you are unable to keep your pets with you and need to find temporary housing for your pets, contact your county health department or local humane societies.

Crowded Settings and Your Health

Minimize the spread of disease

- ⊗ Wash hands & use hand sanitizers frequently
- ⊗ Cover coughs & sneezes
- ⊗ Wear hard soled shoes to avoid wounds and infections, i.e. tetanus
- ⊗ **DO NOT** share things such as food, drinks, utensils, and pillows *even with family members*



Maintain good general health

- ⊗ Drink and cook with bottled water unless officials have determined that the tap water is safe for use
- ⊗ Stay active and talk to each other about your experiences
- ⊗ Follow the advisories from health officials

For additional information, please visit

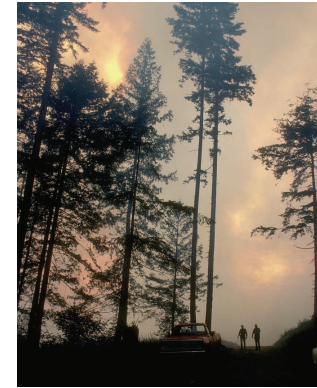
Arizona 2-1-1 Online at www.az211.gov
or contact Office of Environmental Health, Arizona Department of Health Services

150 N 18th Ave, Suite 430, Phoenix, AZ 85007
Phone: (602) 364-3118; Web: www.azdhs.gov

Visibility in Miles	Air Quality Index	Health Category	Health Effects
10 +	0- 50	Good	None
5- 10	51- 100	Moderate	Unusually sensitive people should consider reducing prolonged or heavy exertion.
3- 5	101- 150	Unhealthy for Sensitive Groups	People with heart or lung disease, older adults, and children should reduce prolonged or heavy exertion.
1.5- 3	151- 200	Unhealthy	People with heart or lung disease, older adults, and children should avoid prolonged or heavy exertion. Everyone else should reduce prolonged or heavy exertion.
1- 1.5	201- 300	Very Unhealthy	People with heart or lung disease, older adults, and children should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.
1 or less	301- 500	Hazardous	Everyone should avoid all physical activity outdoors; people with heart or lung disease, older adults, and children should remain indoors and keep activity levels low.

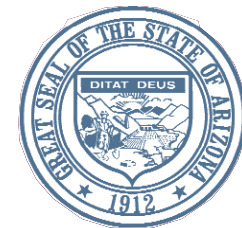


What to Do During a Fire



Natural disasters like forest fires can be stressful and chaotic times, having a checklist or plan in place can greatly relieve some of the pressures and allow you to focus on protecting the health and safety of you and your household. This brochure provides information that maybe helpful in organizing your family’s plan.

Remember that you are not alone when disaster strikes. Your neighbors, your community, local fire departments, your county and the agencies of the State of Arizona are available to give you aid and comfort to the best of their abilities.



This brochure was produced by the Office of Environmental Health, Arizona Department of Health Services

What to Do During a Fire

Wildfire Smoke and Your Health

Wildfire smoke is a mixture of small particles, gases and water vapor. The main concern for your health is from the small particles. The average diameter of human hair is 30 times bigger than the small particles.

How can wildfire smoke affect my health?

These small particles can cause burning eyes, running nose, scratchy throat, headaches, and illness, i.e. bronchitis. They can also worsen chronic heart and lung disease, i.e. asthma.



What can I do to protect my family's health?

Pay attention to local air quality reports. Stay alert to news coverage or health warnings related to smoke.

Use visibility guides. Use the following table to evaluate air quality conditions, identify health effects, and determine the exertion levels based on the visibility range.

Use common sense. If it looks smoky outside, it is probably not a good time for outdoor activities.

If you are advised to stay indoors, keep your windows and doors closed. Run your air conditioner with the air intake closed and a clean filter. Devices with HEPA filters can reduce the indoor pollution. Don't use devices that generate ozone, which pollutes even more.

Do not add to indoor air pollution. Don't use anything that burns, even candles. Don't vacuum or smoke.

Dust masks aren't enough!

Common masks will not protect your lungs from small particles in smoke. HEPA masks may filter out the small particles but are not suitable for people with lung diseases. Those with lung diseases should follow your respiratory management plan. Call your doctor if symptoms worsen.



Stay Alert!

Stay tuned to your local news, TV and radio stations for updated information. There will be 30-second broadcasts by emergency officials through the Emergency Alert System (EAS). Regular radio programming will be interrupted on all local channels as often as necessary.



If the Fire is Near.....

Actions to help to lessen the impact of a fire

Food supplies

- Crackers
- Dried fruit
- Dry cereal/granola
- Peanut butter or nuts
- Protein/fruit bars
- Canned foods/juices
- Bottled water
- Jarred baby food/formula
- Pet food

Food safety

In the event of lost power

- Frozen food is good for 24 hours, possibly up to 72 hours
- Refrigerated food is usually only good for up to 4 hours

Medical and health supplies

- Medical supplies, i.e. bandages or a thermometer
- Medicines (prescribed and over the counter)
- Pets' medicine
- Soap and alcohol-based hand sanitizer
- Tissue and disposable diapers

Emergency supplies



- Batteries
- Battery-powered lantern
- Battery-powered radio
- Flashlight
- Manual can opener
- Power generator

If advised to evacuate, do so immediately!

Get Ready, Get Set, Go!

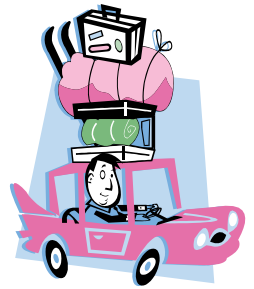
Get ready

Create a family disaster plan. Use the buddy system—everyone has a “buddy” that they are responsible to know his/her plans and whereabouts. Have a meeting point identified before leaving. Identify an out of town relative you can use as a message board, in case you can't make it to the designated meeting place.

Get Set

Start packing your check list

- Identification
- Cash, credit card & checks
- Medical insurance cards
- Medicine & prescriptions
- First aid kit
- Insurance policies
- Pet supplies
- Battery-powered radio
- Extra sets of keys
- Extra pair of eyeglasses
- 3-day supply of water & food
- Special items for infants, elderly & disabled family members



GO!

- ⊗ Drive with your headlights on so others can see you through the smoke
- ⊗ Keep windows rolled up to prevent embers from igniting your car's interior
- ⊗ Choose the safest route, constantly watching for changes in speed and direction of the fire and smoke

Get Your Pets and Animals Ready

Pay attention to your animals' health. Small particles can also cause problems for animals. Don't force your animals to run or work in smoky conditions.

Identification. Make sure ID tags are up-to-date and securely fastened to your animals. Have a current picture of your animal readily available

Residual Fire Retardant

To clean, simply hose off surfaces that have red pigment. You may notice some residual red fire

retardant on your property. Fire retardant is a mixture of water, fertilizer, and a red pigment. It won't harm your children or pets if contacting the retardant before washing it.



Documents and Records

Here is a **Checklist** of documents you may need to replace if they are destroyed or missing.

- | | |
|---|--|
| <input type="checkbox"/> Birth certificates | <input type="checkbox"/> School records |
| <input type="checkbox"/> Passports | <input type="checkbox"/> Title to deeds |
| <input type="checkbox"/> Driver's licenses | <input type="checkbox"/> Military discharge papers |
| <input type="checkbox"/> Social Security cards | <input type="checkbox"/> Stocks and bonds |
| <input type="checkbox"/> Citizenship records | <input type="checkbox"/> Automobile titles |
| <input type="checkbox"/> Credit cards | <input type="checkbox"/> Warranties |
| <input type="checkbox"/> Checkbooks/statements | <input type="checkbox"/> Wills |
| <input type="checkbox"/> Medical Records | <input type="checkbox"/> Military identification cards |
| <input type="checkbox"/> Medical insurance cards | <input type="checkbox"/> Bank books |
| <input type="checkbox"/> Insurance policies | <input type="checkbox"/> Payment books |
| <input type="checkbox"/> Income tax records | <input type="checkbox"/> Animal registration papers |
| <input type="checkbox"/> Marriage/divorce papers | |
| <input type="checkbox"/> Prepaid burial contracts | |

Social services and welfare clients: notify your caseworkers if identification cards for check cashing, medical care or food stamps have been destroyed.

Birth/death records replacement assistance: visit www.azdhs.gov/vitalrcd/ or contact:

Arizona Department of Health Services
Office of Vital Records
1818 West Adams Street
Phoenix, AZ 85007
602-364-1300

Passport replacement assistance: call the U.S. Post Office at 1-800-275-8777.

Marriage/divorce records: call your county records department.

Social Security Card information: call the Social Security Administration at 1-800-772-1213.

Money Replacement

Damaged paper money or coins may be redeemable. Mail money via **registered mail, return receipt requested**. Contact:

Department of Treasury, Bureau of Engraving and Printing, Office of Currency Standards
1-866-575-2361; www.bep.treas.gov/section.cff/8/39

If your **U.S. Savings Bonds** are lost or damaged, contact the Federal Reserve Banks to request replacement instructions:

Federal Reserve Bank of Minneapolis
PO Box 9109
Minneapolis, MN 55480
1-800-553-2663



Temporary Housing

If your house is uninhabitable and you have no place to go, contact the American Red Cross by county:

Grand Canyon Chapter Apache, Coconino, Gila, La Paz, Maricopa, Mohave, Navajo, Pinal, Yavapai, Yuma
1-800-842-7349 or 602-336-6660
www.arc-grandcanyon.axxiportal.com/

Southern Arizona Chapter Cochise, Graham, Greenlee, Pima, Santa Cruz 1-800-341-6943 or 520-318-6740 <http://www.sazredcross.org/>

In Difficult Times...

During stressful times of loss uncertainties, having a shoulder to lean on can mean more than you can imagine. That is why the Arizona Department of Health Services has made available contact information for counseling services by county. Please feel free to contact them at:

Yuma, La Paz, Pinal, Gila Cenpatico Behavioral Health of Arizona 1-866-495-6738

Maricopa, Pima, Graham, Greenlee, Santa Cruz, Cochise Value Options (VO), Community Partnership of Southern Arizona (CPSA) 1-800-771-9889

Mohave, Coconino, Apache, Navajo, Yavapai Northern Arizona Behavioral Health Authority (NARBHA) 1-800-640-2123

Gila River Gila River Regional Behavioral Health Authority 602-528-7135

Pascua Yaqui Tribe Pascua Yaqui Regional Behavioral Health Authority 520-883-5000

For additional information, please visit:

Arizona 2-1-1 Online at www.az211.gov
or contact:

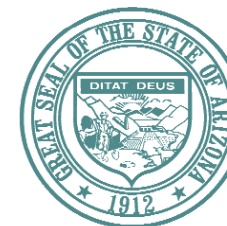
**Office of Environmental Health,
Arizona Department of Health Services**
150 N 18th Ave Suite 430 Phone: (602) 364-3118
Phoenix, Arizona 85007 Website: www.azdhs.gov

What to Do After a Fire



The State of Arizona and your local governments sincerely regret the terrible tragedy and loss you have experienced due to the fire.

Fires are very traumatic events. Most people have little experience dealing with the aftermath of a significant fire. This brochure includes information that may be helpful to you in this time of crisis. Remember that you are not alone when disaster strikes. Your neighbors, your community, local fire departments, your county and the agencies of the State of Arizona are available to provide you aid and comfort to the best of their abilities.



This brochure was produced by the Office of Environmental Health, Arizona Department of Health Services. Some of the contents of this brochure originally were prepared by Jefferson County, State of Colorado, and is used with permission.

What to do After a Fire

Look in the Yellow Pages under fire and water damage restoration. When severe damages occur to buildings, it may be worthwhile to have professionals provide estimates associated with cleaning up costs.

Check with your insurance company to determine whether this type of service is covered by your policy and if the insurer will either accept billing from the restoration company or will reimburse you.

Things to Consider...

Call Your Insurance Carrier Right Away

Don't settle claims or sign releases too quickly. Confirm they will take care of security matters, i.e., boarding up your property, or call your landlord, who can contact insurance carriers.

Take your time and make sure your agent knows of all your losses, since it may be difficult to recall everything at once. Much more laundry and cleaning might be necessary due to smoky odors and fine smoke particles than first expected.

Obtain a copy of the fire report from your local fire department, since it may be required by your insurance agent

Lost Power and Utilities



Don't attempt to turn on the gas yourself. Firefighters will immediately shut off gas and electricity. Utilities will remain off until the utility company determines it is safe to restore service.

Don't run wet appliances until a professional has checked them. Damage, improper grounding or short-circuiting may cause property damage or safety hazards. Thus, electrical service must be inspected before use.

Food and Water Safety

Keep cold foods cold. Closed freezers usually keep food frozen for at least 1 day, up to 3 days. The refrigerator portion is less able to keep foods cool.



If power remains off, wrap frozen items in blankets or newspapers, pack in boxes, and move to a locker or a friend's freezer as soon as possible.

Discard the food, if it may have been held above 41°F for more than 4 hours.

Make sure water is safe to drink. Boil your water unless your water company announces that water is safe to drink. Information regarding private wells is available at www.azdeq.gov/envirom/water/dw/download/privatewells.pdf

What to do for...

Water Damage

Check for water beneath vinyl flooring. It can cause odors, warp the supporting wood, and eventually cause the floor to lift. Call your flooring dealer for suggestions to remove or loosen the remaining adhesive without damaging the covering. After you remove the covering, let wood dry thoroughly before replacing.

Allow rugs and carpets to dry thoroughly. Lay them flat and expose to warm, dry, circulating air. Fans help speed drying. Even though the surface may appear dry, moisture remaining at the base of the tufts can cause a rug or carpet to rot. Clean dried throw rugs by beating, sweeping, or vacuuming, and then shampooing. For more information, call your carpet dealer or installer.

Assess damaged wood furniture & fixtures since they may be salvageable.

- Clean off mud & dirt. Scrub with a soft brush and mild cleaning solutions
- Wipe dry with a soft cloth
- Dry wood thoroughly to prevent mold and decay; don't dry in sun to prevent warping & twisting
- Open doors, windows and drawers; use a fan to circulate air
- Tips to remove white spots or film



– Rub the wood surface with a 4/0 steel wool pad dipped in liquid polishing wax. Wipe with a soft cloth and buff

– Rub wood surface with a cloth soaked in ½ cup house hold ammonia per ½ cup water solution; wipe dry and polish with wax, or rub with a cloth soaked in a solution of ½ cup linseed oil

To remove mildew stains from clothing, wash the stain with soap and water. Rinse and dry in the sun. If still stained, use lemon juice and salt; or try one tablespoon bleach to one pint lukewarm water. Test colored garments before using any treatment.

NEVER mix chlorine bleach with anything other than water or laundry detergent. Chlorine bleach mixed with ammonia or other chemicals can result in toxic fumes with serious, potentially fatal results.

Fire and Ash Damage

Wet the ash before removing it to avoid creating a potentially harmful dust. Wood ash is a combination of nutrients and minerals left behind by burned wood. The ash from vegetation can be messy, but not harmful. However, ash from a home or garage that has burned may be harmful, because of chemicals and consumer products in the home or garage.

Wash cooking utensils, such as pots, pans, and flatware with soapy water, rinse, and polish with a fine powder cleanser. Clean copper and brass with salt sprinkled on a vinegar-saturated cloth.

Smoke Damage

Wash smoke odor and soot from clothing. This formula is safe for bleach-safe clothing:

- 4-6 teaspoons laundry detergent
- 1 cup household chlorine bleach
- 1 gallon water

Mix well; add clothes; rinse with clear water; and dry well.

Propane and Household Chemicals

Ensure that your propane tanks are secure and not leaking. Check to make sure the lines have not been damaged by fire. If the fire may have damaged the tank or lines, don't use the propane and call your propane service provider.

Properly dispose of household chemicals if the original containers or labels are damaged. Do not transfer chemicals to new containers.





DATE: February 13, 2005

CONTACT: Cortland Coleman, Director of Communications (602) 771-2215

ADEQ Issues Health Watch for Payson, Pine and Strawberry Due to Smoke from the February Fire

PHOENIX -- Arizona Department of Environmental Quality (ADEQ) Director Steve Owens said today that ADEQ has issued an air pollution Health Watch for Tuesday, February 14 for Payson, Pine and Strawberry in Gila County due to smoke from the February Fire.

ADEQ issues a Health Watch when pollution levels have reached a point at which people with respiratory or other health problems that make them more sensitive to air pollution need to be advised and limit their outdoor activity.

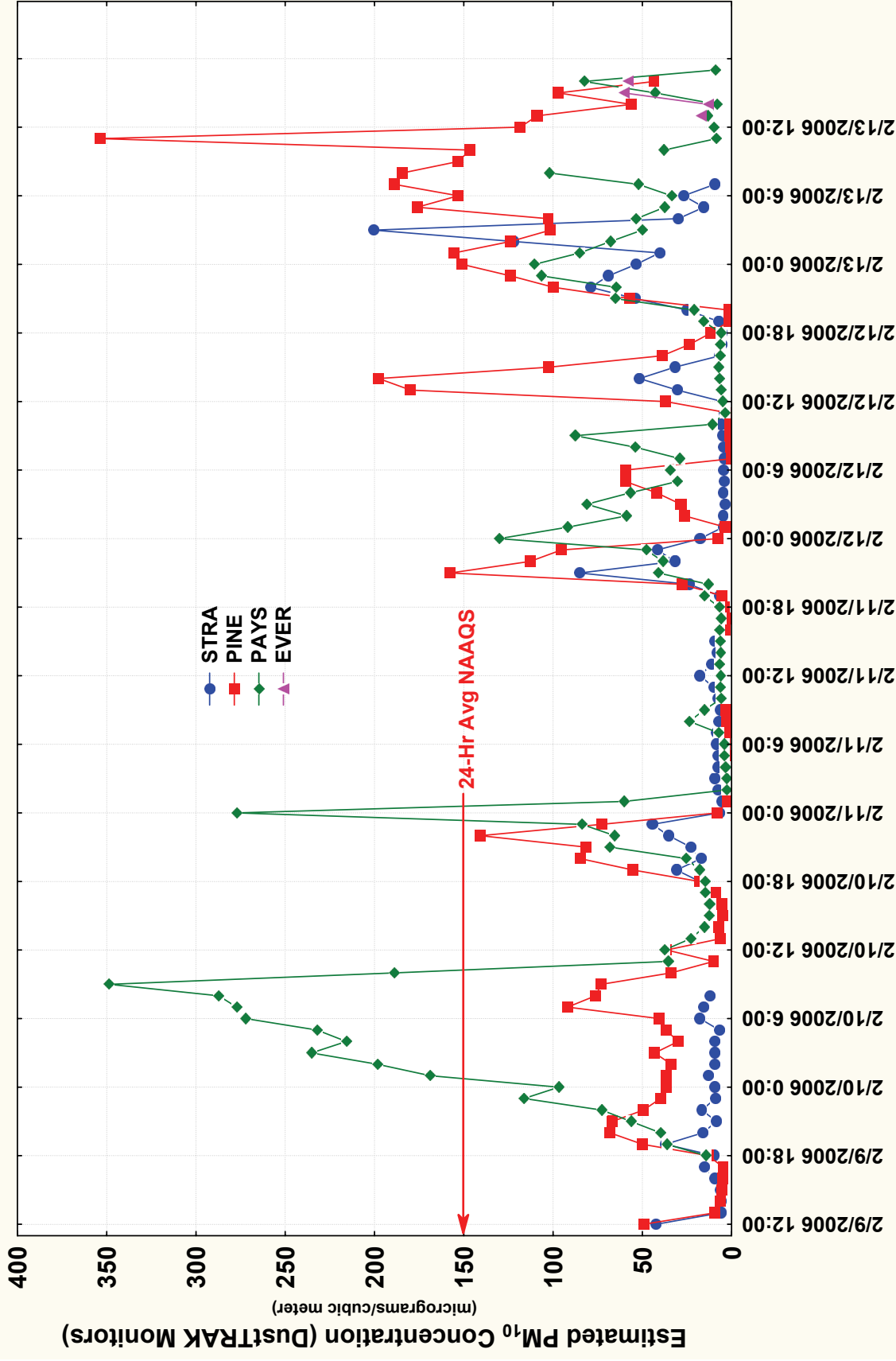
“We are issuing the Health Watch out of an abundance of caution,” Owens said.

“Residents with asthma or other respiratory problems, especially children and seniors, should consider taking precautions, such as remaining indoors or limiting their activity, especially if they smell or see smoke from the February fire.”

The highest concentrations of smoke will probably occur in the early morning hours, Owens added.

The February fire, caused by an abandoned campfire, broke out Monday, February 6.

FEBRUARY FIRE 1-HOUR AVERAGE PM₁₀ CONCENTRATIONS



(Monitors Started: 2/9-Strawberry, Pine, Payson, 2/13-East Verde)