

## North Lake — Middle Island Emergency/Disaster Plan

The floods of 2019 emphasized our need for written plans to address emergencies and disasters, such as, floods/high water, tornados, railroad-related events, and medical emergencies. We also have special challenges related to our location, i.e., only one exit, the railroad tracks and a gate.

**CCEMA** —The Cass County Emergency Management Agency, located in Weeping Water, NE, is our official contact for all emergencies, both natural and man-made. 402-267-6765

An inter-lake **Community Emergency Response Team (CERT)** is being trained on procedures established by FEMA and CCEMA. In the case of an emergency, CERT members may need community volunteers to help before first responders arrive and with post-recovery efforts.

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### GENERAL INFORMATION

#### Communication - For Information and Updates for Residents

##### NL-MI Emergency Facebook (FB) Group page.

- Cell phones will be the most reliable form of communication in case of loss of power and/or wi-fi access. A Smart phone with the Facebook App will be needed for access the Facebook Group page. This FB Group page will only be used for emergency information and allows for two-way communication. It is NOT to be an on-going community forum. If you know of a neighbor who does not have that access please keep them informed of on-going updates.
- Information may also be available through Lamb Reality, CCEMA, commercial radio and TV.

**AlertSense** is the CCEMA official alert and notification system.

- We encourage people to register for this service as another source of information.
- <https://public.alertsense.com/SignUp/?regionid=1374>

**Cass County NE Emergency Management** Facebook Page provides on-going reports for our area.

#### Security

- The CERT Team will immediately establish appropriate security measures to ensure only approved persons are allowed into the lake areas.

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#### **\*\*First Steps after an Emergency\*\***

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|--------------------------------|--|
| ❖ Take care of yourself        | ❖ Observe and note structural or natural damage                  |
| ❖ Take care of your family     | ❖ Report to designated assembly area, if it is a lake-wide event |
| ❖ Check on immediate neighbors | • Middle Island:   |
|                                | • The Bridge   |
|                                | • North Lake:  |
|                                | • Beer Bottle Beach  |

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**Note:** Siren use is controlled by CCEMA. They activate it for tornado warnings. Only other use: mandatory evacuations.

Attached is the MI-NL Emergency Plan. Included are first-steps and follow-up procedures if a disaster strikes as well as a guide for treating medical emergencies should one arise.

## High Water/Flooding

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### As Water Continues to Rise:

#### CERT Team:

- Communicate with CCEMA and/or County Sheriff to clarify process/evacuation plans
- Check with Round-the-Bend to assure their parking lot is available, if needed, for boat, extra car storage.
- Check that high water markers are in place and easily visible
- Check dike continually for breaches
- Set up teams to monitor water levels
- Locate sandbags to be filled.
- Determine when sandbagging should be done.

#### Residents:

- Have a personal evacuation kit ready to go
- Have a plan for removing boats, extra cars, etc. when necessary
- Be prepared to volunteer to help with sandbagging, if able
- Join and Check **NL-MI Emergency** Group FaceBook (FB) page
- Check in with neighbors who may need help or are unable to access updates

**Cass County Emergency Management Agency communicates with the Sheriff's Office re: evacuation**

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### On-going Communication

- BBB Assembly Point Updates on NL-MI Emergency FB Page: CERT Team/designee
- Water levels at Louisville, NE  
<https://water.weather.gov/ahps2/hydrograph.php?wfo=oax&gage=loun1>
- Water levels at Ashland, NE  
<https://water.weather.gov/ahps2/hydrograph.php?wfo=oax&gage=astn1>

### Security: CERT Team

- Gather items needed for Security checkpoint by mailboxes (signs, saw horses, blinking lights)
- Activate checkpoint when necessary

### Assembly: Beer Bottle Beach

#### CERT Team:

- Assemble at BBB to assess needs and develop plan.
- Determine if community volunteers are needed and how to use

#### Residents:

- Check-in at BBB

### Evacuations: Determined by CCEMA, Enforced by the Sheriff's Department

- **Voluntary:** Strongly recommended.
- **Mandated:** ***Siren activated***. Residents are to Leave

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**Sandbagging: CERT team will organize.**

## Tornadoes / High Winds

### Prior to Emergency: CERT Team

- Identify homes on lake with either storm cellars or basement crawl space as shelters
- Publish and continue to update list of available shelters on lake websites
- Educate residents as to steps to take if a tornado warning is issued
  - Go to closest available shelter, or
  - Go to lowest interior room
  - Stay away from doors and windows
  - Stay indoors or find a low ditch or gully away from trees to lie in
  - Have an emergency kit available and take with you
  - Shield your head from flying debris

### Residents:

- Be prepared to take cover when siren sounds
- Identify possible storm shelter from a neighbor

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### Immediately After an Event:

#### Residents:

- Check for family members and neighbors who may need immediate help
- Assess any immediate danger
- If able, report to designated meeting place to report and determine next steps
  - North Lake: BBB
  - Middle Island: The Bridge

#### CERT Team:

- Notify CCEMA/Sheriff
- Notify OPPD of any downed lines or power outages
- Identify anyone injured or needing medical attention
- Ascertain damage
- Assign house to house inspection and check on elderly/disabled residents
- Follow weather updates on radio
- Determine next steps
- Develop cleanup plan when safe

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### Ongoing Communication:

- Updates on MI-NL Emergency Facebook Page

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### Use of Warning Signals:

- Tornado warning is managed by CCEMA

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### Possible Equipment:

- Emergency kits with bandages, blankets, splints and antiseptic solutions
- Gloves
- Chain saws, saws
- Trailers to haul away debris

## RR Emergency/Spill

**Prior to:** No warning

**Immediately After:**

**Residents:**

- Asses yourself, family, neighbors (and pets) for injuries
- Dial 911 if immediate medical care is needed
- 817.867.6418 — Call RR Emergency Number to report
- Determine damage immediately around you – houses. Cars, Propane tanks,

**CERT team:**

- Contact RR: Is spill hazardous? Is evacuation needed?
- 402.267.6765 Contact Cass County Emergency Management
- Go to main entrance to determine whether it is open/available

**Security:**

- Set up security by mailboxes, if accessible
- After the spill is cleared, set up or maintain security.

**Assemble:**

**CERT Team:**

- Assemble at BBB to assess needs and develop plan.
- Determine if community volunteers are needed and how to use

**Residents:**

- Check-in at BBB

**Evacuation, if needed: RR determines whether materials are hazardous.**

- **CERT Team:** Coordinate with RR

**Non-hazardous, i.e., coal**

- Probably no immediate evacuation necessary
- medical emergency: call CCEMA for Medivac. 402.267.6765

**Hazardous:**

- Assemble at BBB for instructions
- Use of biking/hiking bridge,

**On-going Communication**

- BBB Assembly Point CERT Team member(s) will notify residents
- Updates on FB EM Page: CERT Team/designee

**Warning Signal:**

- Use of siren if emergency evacuation is required.

**Potential Equipment** that could be needed:

- Golf carts and ATV's, if main road is closed.
- Medical supplies
- Heliport if medical emergency: CCEMA

**Recovery/Clean-up:** RR responsibility

# Medical Emergency

## Prior to Emergency

### CERT team

- Make sure all medical boxes are stocked and replace any outdated products
- Prepare a list of medical people on site who might be of help
- Make a list of people trained in CPR

### Residents

- Know where First Aid Boxes and AED's are located
- Try to prevent accidents by properly storing equipment, maintaining property and educating all guests on the rules
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## Immediately After the Emergency

- **Call 911, if indicated**
- **Designate someone (relative, neighbor, friend or person below) to meet the 911squad at the gate and direct them to the location of the emergency.**

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## Possible Medical Emergencies and initial Treatments

### Cardiac

- Call for help
- Get AED
  - If conscious keep warm and calm
  - Apply AED and do as instructed
  - Give an aspirin, if available
  - Lay on hard surface and keep warm
  - Start CPR, if indicated

### Cut or Injury

- Ascertain the level of injury and call for help if needed
- Elevate injured area
- Apply pressure if bleeding
- Clean wound if possible
- Apply tourniquet for massive/profuse bleeding (TQs are located in trauma kit with AEDs)
- Apply pressure bandage for minor bleeding
- Treat for shock if indicated (legs above heart)
- If broken bone keep limb stable until medical personnel arrive
- Do not attempt to push bone back under skin

### Drowning

- Call for help
- Get person out of the water
- If unconscious start CPR
- Keep warm

### Burns

- **If Severe or 3<sup>rd</sup> Degree burn, Call 911**
- Cover with clean cloth and treat for shock
- **Do not soak in water or apply ice**
- Immerse in cold water until pain subsides
- **Do not apply ice**
- Cover with non-stick bandage

### **Stroke**

- **call 911**
- Note time (a drug can be given within 4.5 hours that may reverse or stop symptoms)
- Keep person awake
- Place in side lying position with head elevated
- Keep calm and warm
- Do not give food or fluids
- Initiate CPR, if indicated

### **Heat stroke**

- Get indoors to cool area
- Apply cool towels to body and place ice packs in armpits, neck back and groin areas
- Give fluids

## **First Aid / Tourniquet / Trauma Kits / AEDs**

### **Middle Island**

#2 Bailey  
#29 Bronson  
#34 Kramer  
# 47 Johnson  
AED #19 Harpster

### **North Lake**

Beer Bottle Beach  
#44 Ellsworth  
#59 Becker  
#105 Minardi  
AED Beer Bottle Beach  
AED #44 Ellsworth  
AED #86

### **Possible equipment needed:**

- blankets
- ice and ice packs
- splints

**Lists of medical personnel** on each lake who would be willing to assist to be updated annually and distributed to residents of each lake.

**List of people who would be willing to help out with emergencies** – make calls, go to gate to help 911 responders, etc. updated annually and distributed to residents of each lake.