10 THINGS TO KNOW IN AN EMERGENCY
WHY EMERGENCY PREPAREDNESS?

- Emergencies can happen at any time and at any location.
- Knowing in advance how you will respond to any hazard is fundamental to your safety during an emergency.
- Safety is everyone’s responsibility.
KNOW YOUR **SPACE, EQUIPMENT, AND CONTACTS**

Know your Facility:
- Building name and/or address
- Exit routes
- Areas of rescue assistance
- Shelter in place locations
- Building Evacuation Locations: [https://uvaemergency.virginia.edu/emergency-procedures/building-evacuation-locations](https://uvaemergency.virginia.edu/emergency-procedures/building-evacuation-locations)

Situations can change during an emergency. Consider alternatives for exit routes and shelter in place locations for all facilities you frequent.
KNOW YOUR SPACE, EQUIPMENT, AND CONTACTS

Prepare an Emergency Kit:

- Flashlight/extra batteries
- First aid supplies
- Dust mask
- Poncho
- Copies of important documents
- Moist towelettes
- Medications/prescriptions
- Spare glasses
- Bottles of water
- Non-perishable snacks
- Cash

Source: NBC Washington
KNOW YOUR SPACE, EQUIPMENT, AND CONTACTS

Keep Emergency Contacts:

• Personal
  • Spouse/significant other
  • Emergency contact
  • RA/Roommate
  • Out-of-area contact

• Professional
  • Manager
  • Colleagues
  • Interdependent organization
  • Residents/Resident Director
Blue Light Phones

- Located throughout Grounds, UVA garages, and surrounding neighborhoods
- Connect you directly to UVA Police or 9-1-1
- More information/map: https://safetyandsecurity.virginia.edu/safety-technology/emergency-phone-program
KNOW YOUR SAFETY RESOURCES

UVA's Mobile Safety App
Guardian

- Access Safety Resources all in one place
- Text your concerns to UVA Police, even anonymously
- Request Virtual Escort for you and your friends
- Receive Targeted Alerts based on your location

https://safetyandsecurity.virginia.edu/mobile-safety-app
Ambassadors
Services include:
• Walking, bicycle and vehicle patrols
• Stationary positions within the patrol zone
• Walking escorts
• Provide information and directions
• Identify individuals in distress or in need of assistance
• Alert police to hazards, medical emergencies or other possible criminal activity
• Engage members of the community in conversations about safety and prevention
KNOW YOUR SAFETY RESOURCES

Late Night Travel

- Awareness of your surroundings
- Use the buddy system
- Be aware of suspicious activity
- Be familiar with UTS OnDemand
- Practice ride share safety
KNOW HOW YOU WILL HEAR ABOUT AN EMERGENCY

UVA Alerts: https://uvaemergency.virginia.edu/uva-alerts

- Activated for imminent threats to safety on University Grounds or proximate areas.

- Email
- Text Message (Opt-In)
- Twitter (@UVA_EM, @UVAPolice)
- UVA/UVAEM Webpages
- Desktops (including all classroom/UVA Health-branded computers)
- Digital Screens
- Outdoor Siren/PA
- VOCERA Badge/App
KNOW HOW YOU WILL HEAR ABOUT AN EMERGENCY

Opting-In to Text Alerts

• Students/Faculty/Staff: Visit https://uvaemergency.virginia.edu/uva-alerts
• Parents/Visitors/Public: Text “UVA” to 226787
Outdoor Siren

- Activated for three scenarios: Tests, Active Attackers, and Tornadoes
- When activated, immediately check your cell phone, email, or UVAEM website (virginia.edu/emergency) for more information.
KNOW HOW YOU WILL GET HELP

Calling/Texting 9-1-1

- For any type of emergency, call 9-1-1.
  - Stay calm
  - Give your name, address, and nature of emergency
  - Stay on the line until you’re told to hang up
  - Answer questions as clearly as possible – help is on the way
KNOW HOW YOU WILL EVACUATE

DO

• Secure hazardous materials
• Take wallet/ID, keys, cell phone, emergency kit
• Close doors
• Walk to exits in an orderly manner
• Assist persons with disabilities/special needs
• Move to area of refuge if unable to exit
• Report to assembly area

DO NOT

• Lock doors
• Waste time gathering belongings
• Run
• Use elevators
• Go home/to vehicle without checking in at assembly area
KNOW HOW YOU WILL SHELTER-IN-PLACE

DO
• Secure hazardous materials
• Grab emergency kit (go bag)
• Move to shelter location
• Close and lock doors
• Turn off lights
• Put phones on silent
• Check in with family when safe to do so
• Remain sheltered until instructed it is safe to leave

DO NOT
• Leave doors open
• Waste time gathering belongings
• Run
• Stay on phone
KNOW YOUR
ACTIVE THREAT EMERGENCIES

Active Attacker
• RUN: Evacuate if a safe route is available.
  • Call 911 when safe to do so.
• HIDE: If it is unsafe to escape, hide in an area out of view.
  • Lock the door and block entry; stay behind solid objects away from door.
  • Turn off lights and computers; silence cell phones.
• FIGHT: Prepare to defend yourself if necessary.
Bomb Threats

- Remain calm and attempt to keep the caller on the line as long as possible to gather as much information as possible.
- Write down the caller's phone number; note any distinctive qualities about the caller's voice or background noise.
- Attempt to obtain information on the description, location, and time/method of detonation of the device.
- Call 911 as soon as the call has ended.
KNOW YOUR
ACTIVE THREAT EMERGENCIES

Suspicious Object
• Do not touch or disturb object.
• Call 911.
• Prepare to evacuate if instructed.

Suspicious Behavior
• Do not confront, stop, or apprehend the person.
• Note the person's description and suspicious activity.
• Call 911.
• Provide details on the person and his/her direction of travel.
Winter Weather

• Hazards: Poor road conditions, power outages, downed trees, structural damage

• Preparedness:
  • Monitor forecasts/alerts
  • Avoid travel
  • Anticipate power outages
  • Pack an emergency kit
  • Wear warm clothing, take breaks when shoveling
KNOW YOUR WEATHER EMERGENCIES

Severe Weather

• Hazards: Flooding, high winds, lightning, downed trees, power outages, poor visibility, structural damage

• Preparedness:
  • Monitor forecasts/alerts
  • Turn around, don’t drown
  • When thunder roars, go indoors
  • Seek shelter away from windows and in the lowest, most-interior room in the building
KNOW YOUR WEATHER EMERGENCIES

Staying Weather Aware

• Weather apps
  • Great for weather alerts!
  • Sources below are better for winter or severe storm forecasts.

• National Weather Service

• Local Media
  • NBC29
  • CBS19

• UVAEM Twitter
Know Your Fire, Hazardous Material, and Medical Emergencies

Fire

- Activate nearest fire alarm.
- Evacuate; if smoke is present, stay low to the floor.
- Watch out for falling debris; take cover and protect head.
- If you become trapped, tap on a wall or pipe to alert rescuers.
- Call 911 when safe to do so.
KNOW YOUR FIRE, HAZARDOUS MATERIAL, AND MEDICAL EMERGENCIES

Medical Emergencies

• Call 9-1-1 first, then find an AED
• AEDs located across Grounds https://uvaemergency.virginia.edu/resources/automated-external-defibrillator-program
• CPR classes available through the Medical Center’s Life Support Learning Center
KNOW HOW YOU WILL RECOVER AND KEEP INFORMED

• After an event, UVA will communicate official updates via:
  • UVA Alerts
  • UVA Emergency Website (virginia.edu/emergency)
  • University Hotlines (used primarily for winter weather operating modifications)
    • (434) 243-7669
    • (434) 924-7669
  • Other resources of information:
    • Local Media – television and radio stations
• Routinely exercise procedures – practice evacuating, sheltering-in-place, and taking alternative routes to class/work
• Fire Safety Training – UVA Environmental Health & Safety
• Active Attacker Training – Department of Safety and Security - Emergency Management / UVA Police Department / Threat Assessment
• Self-Defense Training – UVA Police Department
• CPR/AED Training – Medical Center Life Support Learning Center

• For other topics not listed, or additional information, contact UVA Emergency Management at uvaem@virginia.edu
THANK YOU!

- **UVA Emergency Management**
  - uvaem@virginia.edu
  - virginia.edu/emergency
  - @UVA_EM on Twitter

- **UVA Police Department**
  - police@virginia.edu
  - virginia.edu/uvapolic
  - @UVAPolice on Facebook, Twitter, and Instagram