

# “COMMITMENT TO COMMUNITY”

## Ready Apache County! Register NOW!

Apache County’s Emergency Notification System attempts to contact local residents and businesses via recorded phone messages, text messages or e-mail messages when there is an emergency or disaster in their area. An Emergency Services Organization will attempt to inform the residents and businesses of the emergency and provide information about necessary actions, such as evacuations. The Emergency Notification System is intended solely for individuals who live, work, or go to school in the Apache County area.

The registration allows a person to specify a location and phone number that will be called if the Ready Apache County system is activated in that area. The person registering for the emergency notification system is able to select how they receive their notifications, such as cell phone, text message, land line, or email.

**To sign up for Ready Apache County, go to [www.co.apache.az.us](http://www.co.apache.az.us) and under informational links, click on Ready Apache County.**

**Steps to register for Ready Apache County:** Click on Sign up

**Sign Up:** You will then be asked to select a username and password, and to complete the user account setup. Remember to write down your user name and password and answers to your security questions, and keep them in a safe place.

**My Profile:** You will need to select two options, such as text and email, save and continue registration.

**My Locations:** When asked for location name, type in where you will be receiving the notifications; such as home, or work. When typing in address, do not use a PO Box. Type in a physical address.

**My Information:** If you or a member of your family has access/functional needs, please select which need applies. This will assist the first responders to better assist you during an emergency.

**My Alert Subscriptions:** Choose what you want to be informed about by clicking the box.

**My Profile:** This will be a summary of your successful registration.

**Review the information you entered:** You may edit your information if you found any errors.



May 2018

Apache County Emergency Management

Apache County Public Health Services District  
Office of Emergency Preparedness

Little Colorado Behavioral Health Service

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## Understanding Wildfire Warnings, Watches and Behavior

### Red Flag Warning:

**Take Action.** Be extremely careful with open flames. NWS issues a Red Flag Warning, in conjunction with land management agencies, to alert land managers to an ongoing or imminent critical fire weather pattern. NWS issues a Red Flag Warning when fire conditions are ongoing or expected to occur within the next 24 hours.

### Fire Weather Watch:

**Be Prepared.** A Watch alerts land managers that upcoming weather conditions could result in critical fire weather conditions, which are expected to develop in the next 12 to 48 hours, but not more than 72 hours. In cases of dry lightning, a Fire Weather Watch may be issued for the next 12 hours.

### Extreme Fire Behavior:

This alert implies a wildfire likely to rage out of control. It is often hard to predict these fires because such they behave erratically, sometimes dangerously. One or more of the following criteria must be met:

- Moving fast: High rate of spread
- Prolific crowning and/or spotting
- Presence of fire whirls
- Strong convection column



## When Is A Fire Weather Watch and a Red Flag Warning Issued?

A Fire Weather Watch or Red Flag Warning is issued when the combination of dry fuels and weather conditions support extreme fire danger. These products are written for land and fire managers to highlight the increased fire danger.

Each NWS office creates local criteria for fire weather watches and red flag warnings. The criteria for northern Illinois and northwest Indiana include:

1. Sustained 20 foot winds of 20 mph or higher.
2. Afternoon relative humidity less than 25%.
3. 10 hour fuel moisture at 8% or less for one day.

A Fire Weather Watch is issued up to 72 hours before the above conditions are expected to occur.

A Red Flag Warning is issued when the conditions above are expected to occur or are occurring within the next 24 hours.



## Wildfire season is here. Are you prepared?

The U.S. Fire Administration (USFA) is sharing key steps to staying safe during this dangerous season. Follow these tips to reduce your risk from wildfire.

Each of us can play a role in making our communities safer from wildfire. Your local fire department is the best place to start. Meet with firefighters to ask questions and get information.

### Preparation

- Make a plan. Find the best two evacuation routes from your home and from your community. Know how you will use them.
- Practice your plan with everyone in your family. If you have a pet, include a leash or carrier in your planning. Practice using both evacuation routes in case one is blocked by smoke or fire.
- Have a communications plan for your family members in case you aren't together during an evacuation.
- Make an emergency bag. Put essential personal items in the bag so they'll be ready to grab and go. Include your pet supplies.
- Know ahead of time how you will receive emergency information from officials in your community. In a wildfire, follow their evacuation instructions.

### • Sign up for Ready Apache County!

### Protection

- Keep your roof, rain gutters, deck, and yard clean and green.
- Make a safety zone up to 100 feet around your home by clearing dry leaves, pine needles, branches, and other plant debris.
- Put anything that can burn, such as woodpiles, propane tanks, etc., at least 100 feet away from your home.
- Choose patio furniture and other outdoor items with fire safety in mind.
- Make sure your house number can be easily seen from the road.



Wildfire burned more than 5.5 million acres in the U.S. last year. Fire is everyone's fight. Get involved in community activities to prepare and protect your neighborhood today.

## Stage II Fire Restrictions will be effective May 4, 2018 at 12:01 AM

### APACHE COUNTY – STAGE II FIRE RESTRICTIONS

#### STAGE II: Fire Restrictions

##### The following acts are **prohibited** until further notice:

1. Building maintaining, attending, or using a fire, campfire, charcoal, coal, or wood stove including fires in developed campgrounds or improved sites.
2. Smoking, except within an enclosed vehicle or building.
3. Mechanical and Industrial Prohibitions
  - a. Operating any internal combustion engine other than exemption 7 below.
  - b. Welding, or operating acetylene or other torch with open flame.
  - c. Using an explosive.
4. Operating motorized vehicles off designated roads and trails.
5. Use of any and all fireworks.
6. Use of Tracer bullets and/or explosive targets.

##### **Exemptions: An exemption does not absolve an individual or organization from liability or responsibility for any fire started by the exempted activity.**

1. Persons with a written permit that specifically authorizes the otherwise prohibited act.
2. Industrial operations where specific operations and exemptions are identified and mitigation measures are implemented as outlined in an agency plan.
3. Persons operating internal combustion engines with spark arrestors such as lawnmowers and landscaping equipment in maintained landscaped space.
4. Welding, or operating acetylene or other torch with open flame in an enclosed or developed area designated for that purpose that is equipped with appropriate fire protection.
5. Persons using a device fueled solely by liquid petroleum or LPG fuels that can be turned on and off. Such devices can only be used in an area that is barren or cleared of all overhead and surrounding flammable materials within 3 feet of the device.
6. Operating generators with an approved spark arresting device within an enclosed vehicle or building or in an area that is barren or cleared of all overhead and surrounding flammable materials within three feet of the generator.
7. Operating motorized vehicles on designated roads and trails so long as you park in an area devoid of vegetation within 10 feet of the roadway.
8. Emergency repair of public utilities and railroads and mitigation measures are implemented as outlined in an agency plan.
9. Persons conducting activities in those designated areas where the activity is specifically authorized by written posted notice.
10. After coordination with the Emergency Management Director/Manager, any Federal, State, or local officer, or member of an organized rescue or firefighting force in the performance of an official duty.
11. All land within a town boundary is exempted unless otherwise stated by town ordinance.

For more preparedness information please visit any of the following websites:

[www.311info.net](http://www.311info.net)

<https://www.facebook.com/311infor.net>

<https://www.facebook.com/ApacheCountyEM>

<https://www.co.apache.az.us>



# MENTAL HEALTH MATTERS

Little Colorado Behavioral Health Centers

## *Do You Focus on Fitness #4Mind4Body?*

If you or someone you care about is in need of local behavioral health services, please contact Little Colorado Behavioral Health Centers (LCBHC) at 928-333-2683 (Springerville) or at 928-337-4301 (St. Johns). LCHBC is open Monday through Friday, 8:00 a.m. to 5:00 p.m., excluding major holidays. After hours, on weekends, and on major holidays a behavioral health professional is available for crisis services by calling either of the provided numbers.

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. So much of what we do physically impacts us mentally –it's important to pay attention to both your physical health and your mental health, which can help you achieve overall wellness and set you on a path to recovery.

This *May is Mental Health Month*; Little Colorado Behavioral Health Centers is raising awareness about the connection between physical health and mental health, through the theme *Fitness #4Mind4Body*. The campaign is meant to educate and inform individuals about how eating healthy foods, gut health, managing stress, exercising, and getting enough sleep can go a long way in making you healthy all around.

A healthy lifestyle can help to prevent the onset or worsening of mental health conditions like depression and anxiety, as well as heart disease, diabetes, obesity and other chronic health problems. It can also play a big role in helping people recover from these conditions. Taking good care of your body is part of a before Stage Four approach to mental health.

Getting the appropriate amount of exercise can help control weight, improve mental health, and help you live longer and healthier. Recent research is also connecting your nutrition and gut health with your mental health. Sleep also plays a critical role in all aspects of our life and overall health. Getting a good night's sleep is important to having enough physical and mental energy to take on daily responsibilities. And we all know that stress can have a huge impact on all aspects of our health, so it's important to take time to focus on stress-reducing activities like meditation or yoga.

Little Colorado Behavioral Health Centers wants everyone to know that mental illnesses are real, and recovery is always the goal. Living a healthy lifestyle may not be easy, but by looking at your overall health every day – both physically and mentally – you can go a long way in ensuring that you focus on your *Fitness #4Mind4Body*.

For more information, visit [www.mentalhealthamerica.net/may](http://www.mentalhealthamerica.net/may). (Copyright Mental Health America, April 17, 2018).