Planning ahead and following the rules set forth by the Shawnee National Forest is a great way to prevent injury. However, if an emergency situation should arise…

1.) Stay Calm.
2.) Identify if it’s a life threatening or non-life threatening situation. (Call for help or find the nearest hospital, sheriff’s department, etc.)
3.) React to the situation in an appropriate, common sense manner.

If you have any questions or would like more information, please feel free to contact any of our Shawnee National Forest offices below:

**Supervisor’s Office**
50 Highway 145 South
Harrisburg, IL  62946
800-699-6637 OR 618-253-7114

**Hidden Springs Ranger District**
602 N. First St.
Vienna, IL  62995
618-658-2111

**Mississippi Bluffs Ranger District**
521 N. Main St.
Jonesboro, IL  62952
618-833-8576

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**EMERGENCY INFORMATION**

Do you know what to do in an emergency? This brochure offers emergency contact phone numbers as well as basic First Aid information. Please take this opportunity (prior to your recreational event) and read the information provided. And remember… SAFETY FIRST!

9/2010
The Shawnee National Forest takes great pride in maintaining our forests to ensure the safety of all our visitors. We have identified potential risks and hazards that may, unexpectedly, be encountered by Forest visitors. These risks include:

- Ice Storms
- Flooding
- Flash Flooding
- Tornadoes
- Strong Winds
- Wildfires
- Hazardous Trees
- Storms/Lightning
- Earthquakes
- Remoteness (Wilderness Areas)
- Gun-Hunting Seasons

Think about these risks and how you would react to each one. Especially if you are unfamiliar with the weather here in the Midwest, please keep in mind the conditions can change at any time.

Prior to, and during your adventure into the Shawnee, it’s always a great idea to:

1.) Let someone know where you are and what route(s) you plan to take.
2.) Check the local weather forecast.
3.) Review emergency phone numbers for the area(s) you plan to travel.
4.) Carry a GPS unit, compass & map.
5.) Carry basic first aid essentials.
6.) Carry rain gear & extra clothing.
7.) Check your cell phone service often. (Please Note: A good majority of the Shawnee National Forest has little or no cell phone service.)
8.) Depending on your recreational activity, ALWAYS BE PREPARED!

In the event of an emergency, call 911!

The following is a list of emergency phone numbers for areas throughout the Shawnee…

**WEATHER**

- Paducah 270-744-6331
- St. Louis 636-441-8467

**HOSPITALS**

- Harrisburg Medical Center 618-253-7671
- Heartland Regional Medical Center (Marion) 618-997-5341
- Western Baptist (Paducah) 270-575-2100
- Lourdes (Paducah) 270-444-2444

Carbondale Memorial 618-549-0721
- Massac Memorial (Metropolis) 618-524-2176
- St. Francis (Cape Girardeau) 573-331-5110 or 573-331-3000
- South East (Cape Girardeau) 573-334-4822
- Union County (Anna) 618-833-4511
- St. Joseph’s (Murphysboro) 618-684-3156

**STATE POLICE**

- Carmi 618-382-1911
- DuQuoin 618-542-2400 or 618-542-2171
- Ullin 618-845-3737 or 618-845-3740

**LOCAL SHERIFF’S OFFICES**

- Alexander County 618-734-2141
- Gallatin County 618-269-3137
- Hardin County 618-287-2271
- Jackson County 618-684-2177
- Johnson County 618-658-8264
- Massac County 618-524-2912
- Pope County 618-683-4321
- Pulaski County 618-748-9374
- Randolph County 618-826-5484
- Saline County 618-252-7813 or 618-252-8661
- Union County 618-833-5500
- Williamson County 618-993-2011