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**• I have placed my Planning for Emergencies booklet**

**• If Sirens are sounded, tune in to one of the local radio or television stations listed on page 4 of this booklet**

**• My child's/children's school reception center is located**

\_\_\_\_\_   
*(refer to map)*

**• My Emergency Planning Area is #**

\_\_\_\_\_   
*(refer to map)*

**Please place the attached magnet on your refrigerator**

# THE NEED FOR Emergency Preparedness

Please read this booklet, ask others in your family to read it and put it in **a place where you can find it**. We—the companies and agencies that are developing and improving these plans—are doing so in an effort to protect residents in the event of any man-made or natural hazard. We will work diligently to improve and update these plans for your health and safety.

New York State  
Disaster Preparedness Commission  
Orange County  
Putnam County  
Rockland County  
Westchester County  
Entergy Nuclear Northeast  
Con Edison  
American Red Cross

To be sure that your family is fully prepared for any type of emergency you should:

- Have members of your family read this booklet.
- Be sure that you keep on hand a portable radio with extra batteries, a flashlight, a first-aid kit, a list of important papers and other items you should take with you. Use the checklists on pages 15 and 16 to help you prepare!

For non-emergency questions and general information concerning these preparations, please call the appropriate toll-free number.

**Westchester County**..... (800) 942-1452  
**Putnam County**..... (800) 942-1457  
**Rockland County**..... (800) 942-1450  
(Telecommunications device for the deaf) . . . (845) 364-8946  
**Orange County**..... (800) 942-7136

Do not call these numbers in an emergency, tune in to your EAS station. (listed on page 4)

To prepare for an emergency at the Indian Point nuclear power plants you should:

- Find your reception center (listed on the enclosed map) if you should have to leave home. If you have a friend or relative outside the 10-mile planning area with whom you can stay during an emergency, consider making those arrangements now. If not, the location of a temporary shelter where you can stay during an emergency can be obtained at the reception center.
- Mail the enclosed card if you would need help during an emergency because of a physical disability, advanced age or other special considerations. Also, send in the card if you know of others in your neighborhood who would need such attention.
- During an emergency at the Indian Point nuclear power plants, the news media will announce a public inquiry telephone number to call if you hear reports in conflict with official information about any actions you should take.
- The Emergency “911” telephone system should NOT be used to contact local officials during an emergency at the Indian Point nuclear power plants.

# How Would You Know **THERE IS AN EMERGENCY AT INDIAN POINT?**

## Sirens

Special sirens have been installed around Indian Point to alert people in the area to an emergency that could require them to take action. The sirens are only a signal to turn on an Emergency Alert System (EAS) station for more information.

The sirens are loud, high-pitched alarms. Unlike fire sirens, these special sirens would be sounded for three-to-five minutes without interruption.

In some areas where sirens may not be heard, police car public address systems or special single-station alert radios will be used to notify residents of an emergency. People in these areas have been told how to obtain these radios. For visitors and those not familiar with the area, information on what to do in an emergency has been posted in parks and other public places. Boaters, commercial river traffic and people fishing on the Hudson River will be notified by the U.S. Coast Guard in an emergency.

If you hear a steady, three- to five-minute siren sound or are alerted by police, turn on your radio to an EAS station. These stations will provide information about the nature of the emergency and the protective actions you should take. Stay tuned to an EAS station and follow official instructions carefully until you hear that the emergency has ended.

### False Siren Activations

A siren may sound when it is not supposed to—a false alarm. If you hear a steady, uninterrupted siren sounding for three-to-five minutes, and there is **no** EAS message on the radio within several minutes, there is no emergency at the Indian Point nuclear power plants.

**If you HEAR a three- to five-minute SIREN**

**Turn to an Emergency Alert System (EAS) station for official information concerning the emergency. EAS stations are listed on Page 4.**

**If told by an EAS message to stay indoors, remain in your home or place of business. For details, see Page 6.**

**If told by an EAS message to leave the area, please see Page 6 for detailed information.**

**Please don't use the telephone, except to call for help, so lines will not be overloaded.**

**Sirens are tested quarterly to ensure their ability to operate.**

### Siren Tests

The sirens are tested four times a year:

- Two full sound-level equipment tests, each completed in a day and announced through local newspapers and radio stations
- Two lower sound-level equipment tests, each conducted over several days

# HOW WOULD YOU KNOW There Is An Emergency At Indian Point?

## Emergency Alert System

Official information on emergencies and how you should respond will be broadcast on the Emergency Alert System (EAS). The primary EAS stations serving this area include:

### AM Stations

WFAN-AM	660 kHz	New York
WABC-AM	770 kHz	New York
WCBS-AM	880 kHz	New York
WRKL-AM	910 kHz	Pomona
WTBQ-AM	1110 kHz	Florida
WGNY-AM	1200 kHz	Newburgh
WFAS-AM	1230 kHz	White Plains
WRCR-AM	1300 kHz	Nanuet
WALL-AM	1340 kHz	Middletown
WLNA-AM	1420 kHz	Peekskill

### FM Stations

WRRV-FM	92.7 MHz	Middletown
WQXR-FM	96.3 MHz	New York
WHUD-FM	100.7 MHz	Peekskill
WGNY-FM	103.1 MHz	Newburgh
WFAS-FM	103.9 MHz	White Plains
WAXB-FM	105.5 MHz	Patterson
WZZN-FM	106.3 MHz	Mount Kisco
WXPS-FM	107.1 MHz	Hawthorne

### Television Stations

WCBS-TV	Ch 2 TV	New York
WNBC-TV	Ch 4 TV	New York
WABC-TV	Ch 7 TV	New York
NEWS 12	Ch12 CABLE	Westchester

## Emergency Planning

County and state officials have developed detailed response plans for the area within 10 miles of the Indian Point plants to prevent or minimize radiation exposure to the public in an accident. This area is called the Emergency Planning Zone (EPZ). It is divided into smaller sections called Emergency Response Planning Areas (ERPAs).

Each planning area has evacuation routes and reception centers, as well as plans for schools and other special facilities such as hospitals, nursing homes and group homes.

Please use the map in the front of this book to find the number of your planning area and the evacuation route and reception center designated for your area.

## Emergency Classifications

The federal government established four classes to describe emergencies at nuclear power plants. In order from the least to the most serious, they are:

- An **Unusual Event** indicates a potential problem with operation of the plant. Emergency officials are notified, but no public action is required.
- An **Alert** indicates an event that could reduce the plant's level of safety but would not require public action. Any release of radioactivity would be a small fraction of federal protective action guidelines.

- A **Site Area Emergency** indicates a problem that substantially reduces the plant's level of safety. Releases of radioactivity outside the plant site would not be expected to exceed federal protective action guidelines.
- A **General Emergency** indicates a problem affecting the plant safety systems that could lead to a release of radioactivity that would exceed federal protective action guidelines outside the plant site.

# WHAT IS RADIATION?

**Radiation is one of the most widely studied and best understood processes in all of nature**

**L**ike light, heat or radio waves, radiation is a form of energy. Almost everything around us is radioactive: the soil, the rocks, the rivers and oceans, the foods we eat and the water we drink, even our own bodies. In the century since radiation was discovered, it has become one of the most widely studied and best understood processes in all of nature.

We can easily detect and measure radiation with instruments that can find even a few radioactive atoms among billions of non-radioactive ones. We measure radiation exposure

in units called millirems. A millirem measures the effect of radiation on our bodies, just as degrees measure temperature and inches measure distance.

The average Hudson Valley resident receives about 360 millirem per year, or about 1 millirem a day, from the natural environment and man-made sources. Natural radiation accounts for about 85 percent (300 millirem) of our total radiation exposure. The rest comes from X-rays and medical procedures, as well as from consumer products such as smoke detectors and color televisions. Normal operation of nuclear power plants is a minor factor in radiation exposure. Even the people who live nearest Indian Point receive only about 1 millirem a year from the plants there.

How much radiation is hazardous? Very large exposures, above 100,000 millirem, can be harmful if received in a day or less. Some scientists feel that any amount of radiation, no matter how small, carries some risk, so radiation protection standards are set well below these levels.

The federal government limits exposure to the public from normal operation of nuclear power plants to 100 millirem a year. The U.S. Environmental Protection Agency recommends taking action to protect the public from receiving more than 1,000 millirem from nuclear accidents.

## **Radiation Protection**

Nuclear power plants have many safety systems and a containment building designed to prevent the release of harmful amounts of radioactive material in an accident. Radiation levels are constantly monitored both inside and outside the Indian Point nuclear facilities.

If an accident were to occur, radioactive material would most likely move with the speed and direction of the wind. Teams of specially trained personnel would gather more detailed readings all around the plant. Although unlikely, if an accident were serious enough to potentially result in exposure to the public of 1,000 millirem or more, state and county plans call for taking protective actions, such as sheltering indoors or evacuating.

Three factors to minimize radiation exposure—time, distance and shielding—form the basis for these protective actions.

- If you limit the time you are around a source of radiation, you will limit the amount of exposure you receive.
- By increasing the distance between you and the source of radiation, you reduce the strength of the radiation and the resulting exposure.
- If a heavy, dense material is between you and the radiation source, it will shield you from some or all of the radiation, reducing your exposure.

# AN EMERGENCY AT INDIAN POINT What To Do

## Sheltering

Sheltering is one protective action that might be recommended in an emergency to provide a physical barrier between you and the hazard. If you are told to take shelter (remain indoors), stay calm and do the following:

- Stay tuned to an Emergency Alert System (EAS) station.
- Keep your family and pets inside the house.
- Close all outside doors and windows.
- Turn off fans, furnaces, air conditioners and other

ventilation systems.

- Put out fires in fireplaces. Close dampers after fireplaces cool.
- Don't use the telephone, except to call for help, so lines will not be overloaded.
- Stay off the roads. Unless told to leave the area, you will be safer staying inside.

## Evacuation

If it is necessary to evacuate an area to separate you from the hazard, you will be informed by an announcement on your EAS station. The message, and other news reports, will include any special instructions for a particular situation. If you are advised to evacuate, follow instructions promptly and carefully.

- Remain calm—you will have ample time to leave.
- Ignore all rumors. Stay tuned to an EAS station for official instructions.
- Don't use the telephone, so lines will not be overloaded.
- Gather the items you would need for a three-day visit, including:
  - Clothing
  - Blankets or sleeping bags
  - Prescription medicines, if needed
  - Personal items, like shaving kits, soap and cosmetics
  - Formula and other needs for infants and children
  - Checkbook, credit cards and important papers
  - A portable radio, flashlight and batteries
  - This booklet (or phone book)
- Offer a ride to anyone you know who may not have a car.
- Close the windows and air vents of your car, and do not operate the air conditioner until you have left the emergency area.
- Follow the recommended evacuation routes. Shortcuts may be blocked!
- If you do not have a ride, and EAS announcements say emergency buses serving your area are operating, walk to

the nearest emergency bus pickup point listed on the back of the map in this booklet.

**NOTE:** For sanitation and safety reasons, family pets will not be allowed in public shelters. Pets may stay in your car, and outside areas may be available for pet feeding and exercise. Plan to bring pet food and other pet supplies with you.

For nuclear emergencies at the Indian Point nuclear power plants, designated Reception Centers and evacuation routes have been identified. Please refer to the map in this booklet for further information.

- Families going to the home of a friend or relative outside the emergency planning zone can use a Reception Center as a meeting place and message center.
- If you cannot stay at the home of a friend or relative, you will be assigned to a nearby Congregate Care Center (temporary shelter).
- Congregate Care Centers will be professionally staffed by the American Red Cross and will offer food, medical care, communications, sleeping and sanitation facilities.
- No firearms, alcoholic beverages or illegal drugs will be allowed.

DO NOT enter areas in which people have been told to stay indoors—or evacuate—until you have heard an EAS message that states all is clear and emergency workers have removed roadblocks.

# An Emergency At Indian Point **WHAT TO DO**

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## Schools

While not all situations would require action by children in school, in some emergencies one or more of the following actions might be taken:

- If county emergency officials decide that children would be safer going home immediately, the schools's regular early dismissal plan would be used.
- If county emergency officials decide that it would be safer to remain indoors, students and school personnel will stay in their school buildings and await further instructions.
- If the emergency requires evacuation, students and school personnel would be taken by bus to a designated school reception center outside the area. A list of schools and the reception center for each is on the back of the map found inside the front cover of this booklet.

During an emergency, official announcements will include information on any actions being taken for your children's safety.

County planning, training, and emergency exercises have demonstrated that decision makers are extremely sensitive about the safety of our school children. Should an evacuation be necessary, it would be implemented early in an event, and conducted in a safe, efficient, and timely fashion. To accomplish an orderly evacuation it is imperative that parents not respond to their children's schools, but rather to the designated School Reception Centers. Actions other than those recommended by officials could delay the evacuation process and impact the health, safety and welfare of the public.

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## People with Disabilities

Special provisions have been made for people who may not be able to leave their homes on their own because of physical disabilities, confinement or advanced age. **If you have a physical disability (or if you know of people in the area who may not be able to fill out the card for themselves), please fill out the advance registration card at the end of this booklet now and mail it.**

Officials will use the cards to compile a confidential list of area residents with disabilities. This will enable officials to

make arrangements for the disabled to be picked up and transported to reception centers or other designated facilities in the event of an evacuation or to notify them to stay indoors if that is the recommended action.

Sending in this card now is important for meeting the special needs of the disabled.

**Even if you mailed in a card last year, please mail a card this year to keep our records up to date.**

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## Agricultural Products and Gardens

In an emergency, the agricultural community and backyard gardeners would receive instructions from the New York State Department of Agriculture and Markets on protection of crops, livestock and produce. These instructions may include:

- Placing livestock on stored feed, protected water and under shelter, if possible; lactating animals should be taken care of first.
- Covering outdoor feed and water containers.
- Washing produce from gardens and removing outer leaves before using.
- Wearing protective clothing, such as clothing used for pesticide applications, when working outdoors.

# Emergency **WEATHER** Information

## HURRICANES

Hurricanes, tropical cyclones with torrential rains and sustained winds of 74 miles per hour or greater, blow in a counter-clockwise direction around a center “eye.” Hurricane winds can exceed 155 miles per hour and severely affect areas hundreds of miles inland.

Hurricanes are rated on a 1-5 scale, with 1 being the weakest. Category 3, 4, and 5 hurricanes are considered major storms.

### Saffir–Simpson Hurricane Scale

Category	Damage	Winds	Storm Surge
1	Minimal	74-95 mph	4-5 ft.
2	Moderate	96-110 mph	6-8 ft.
3	Extensive	111-130 mph	9-12 ft.
4	Extreme	131-155 mph	13-18 ft.
5	Catastrophic	156 mph	18 ft. +

### What Should You Do?

- Listen for information and instructions on radio, television newscasts or NOAA Weather Radio.
- Inventory personal property. Secure all essential records and valuable documents in a safe, water-tight place.
- Get together with family members to talk about what needs to be done.
- Moor your boat securely.
- Shutter, board or tape windows.
- Refill prescription medications, secure credit cards and cash.
- If your job requires you to work during a storm, make sure that at least one adult will be with children, the elderly or those with special needs.

### Hurricane Terms

**Hurricane Watch:** Issued for coastal areas when there is a threat of a hurricane to a specific area, generally within 36 hours.

**Hurricane Warning:** Issued when hurricane conditions are expected in a specific coastal area in 24 hours or less. Hurricane conditions include sustained winds of at least 74 miles per hour and/or dangerous high tides.

- Prepare to bring inside lawn furniture and other loose, lightweight objects, such as garbage cans, garden tools, propane grills and children’s toys.
- Check batteries and stock up on canned foods, first aid supplies, drinking water and medications.
- Make arrangements for pets. Pets may not be allowed into public shelters for health reasons. Contact your local humane society for additional information.
- Review procedure on how to shut off utilities. Know where gas pilots are located and how heating and air conditioning systems work.
- Fuel your car, review evacuation routes and be prepared to evacuate upon the recommendation of your local emergency management office.

## THUNDERSTORMS

Thunderstorms can happen at any time. Severe thunderstorms can bring heavy rains, hail, high winds, lightning and local flooding. When severe thunderstorms threaten your area, listen to your local radio or TV station. These stations will provide updated information.

### What Should You Do:

- Get inside a home, large building or car (not a convertible).
- Do not use the telephone, except for emergencies.

### Thunderstorm Terms

**Severe Thunderstorm Watch:** Conditions are right for a severe thunderstorm.

**Severe Thunderstorm Warning:** A severe storm has been observed or has been detected by radar.

- Do not use bathtubs, water faucets and sinks. Metal pipes can conduct electricity.
- A car offers some protection from lightning, but can be a dangerous place to be during a flash flood or tornado.

If you are outside and there is no time to reach a safe building or car, follow these rules:

- Do not stand under a tall tree in an open area, on a hilltop, in an open field or on a beach.
- Get away from open water.
- Get away from tractors and other metal farm equipment.
- Get away from motorcycles, bicycles, golf carts and scooters. Do not hold metal objects, such as golf clubs.

## FLOODING

Floods are the most common and widespread of all natural hazards. Some floods develop over a period of days, but flash floods can result in raging water in just a few minutes.

### What Should You Do?

- Listen to a radio or television station in your area. These stations will provide updated information and tell you what to do.
- Keep a stock of food that requires no cooking or refrigeration. Store drinking water in clean, closed containers.
- Keep a portable, battery-operated radio and flashlights in working order; stock extra batteries. Have first aid supplies and any medicines your family may need.
- Learn your community's flood evacuation routes and where to find high ground.

### Flooding Terms

**Flood Forecasts** mean rainfall may be heavy enough to cause rivers to overflow their banks, or melting snow may be mixing with rainfall to produce similar effects.

#### **Flood Warning or Forecasts of Impending Floods**

describe the affected river, lake or tidewater, the severity of flooding (minor, moderate, or major) and when and where the flooding will begin.

**Flash Flood Watches** mean heavy rains (that may cause sudden flash flooding in specified areas) may occur. Understand that a flash flood can occur without a visible sign of rainfall in your area. Be alert to a possible emergency that will require immediate action.

**Flash Flood Warnings** mean flash flooding is occurring or imminent along certain streams and designated areas. Move to high ground immediately.

*continued on next page*

# Emergency **WEATHER** Information

*continued from previous page*

- If instructed, turn off utilities at the main switches or valves. Disconnect electrical appliances, but do not touch any electrical equipment if you are wet or standing in water.
  - If your car stalls in a flooded area, abandon it! You and your car could be swept away.
- ### What To Do After The Flood?
- Before entering a building, check for structural damage.
  - Upon entering the building, use a battery-powered flashlight.
  - Watch for electrical shorts and live wires before making certain the main power switch is off.
  - Throw out any medicine or food that has had contact with flood water.
  - DO NOT handle electrical equipment in wet areas.
  - Report broken utility lines to police, fire and other appropriate agencies.

## WINTER STORMS

### What Should You Do?

- Listen to a local radio or television station or NOAA Weather Radio. They will provide updates on weather conditions.
  - Keep a battery-powered portable radio in working order; keep extra batteries.
  - Have flashlights, battery powered lamps and extra batteries.
  - Keep antifreeze in your car's radiator.
  - Carry a winter car kit that includes the following:
    - Flashlight
    - Tow chain or rope
    - Shovel
    - Bag of sand or salt
    - Extra mittens, gloves, hats, boots
    - Windshield scraper
    - Blanket
    - Emergency flares
- If a blizzard traps you in your car:
- Pull off the highway, stay calm and remain in your vehicle.
  - Do not set out on foot. A building may seem close but be too far to walk in a deep snow.
  - Set your hazard lights to “flashing” and hang a cloth or distress flag from the window or radio antenna.
  - If you run your car engine to keep warm, open a

### Winter Storm Terms

**Winter Weather Advisory:** Winter weather conditions, such as cold, ice or snow, are expected to delay travel, cause major problems or create other types of dangerous conditions.

**Winter Storm Watch:** Usually issued 24 hours before the start of the event. Means potential exists for six-inch accumulations or more of snow or ice.

**Winter Storm Warning:** Usually issued within 12 hours of the start of the event. Means the occurrence of heavy snow, sleet or freezing rain is expected.

**Blizzard Warning:** Heavy snow, high winds and dangerously low temperatures are expected. Blizzards can cause severe weather conditions, such as zero visibility and life-threatening wind chill.

window slightly for ventilation. This will protect you from possible carbon monoxide poisoning.

Keep snow cleared away from the exhaust pipe.

- Be careful not to use up battery power. Balance the use of radio, heat and lights.
- In extreme cold, use road maps, seat covers and floor mats for warmth. Use your coat as a blanket.

## HEATWAVES

Heat can affect anyone. However, it is more likely to affect your children, elderly people and people with health problems. For instance, people with a medical condition that causes poor blood circulation and those who take medications to get rid of water from the body (diuretics) or for certain skin conditions may be more susceptible. Consult with a physician if you have any questions about how your medication may affect your ability to tolerate heat.

### What Should You Do?

- Slow down. Strenuous activities should be reduced, eliminated, or rescheduled to the coolest time of the day. Individuals at risk should stay in the coolest available place, not necessarily indoors.
- Dress for summer. Lightweight, light-colored clothing reflects heat and sunlight and helps your body maintain normal temperatures.
- Put less fuel on your inner fires. Foods (such as proteins) that increase metabolic heat production also increase water loss.
- Drink plenty of water or other non-alcoholic fluids. Your body needs water to keep cool. Drink plenty of fluids, even if you don't feel thirsty.
- Persons who (1) have epilepsy or heart, kidney or liver disease, (2) are on fluid-restrictive diets or (3) have a problem with fluid retention should consult a physician before increasing their consumption of fluids.
- Do not drink alcoholic beverages.
- Do not take salt tablets unless specified by a physician.
- Persons on salt restrictive diets should consult a physician before increasing their salt intake.
- Spend more time in air-conditioned places. Air conditioning in homes and other buildings markedly reduces danger from the heat. If you cannot afford an air conditioner, spending some

### Heatwave Terms

**Heat Wave:** A prolonged period of excessive heat and humidity. The National Weather Service steps up its procedures to alert the public during these periods of excessive heat and humidity.

**Heat Index:** A number in degrees Fahrenheit (F) that tells how hot it really feels when relative humidity is added to the actual air temperature. Exposure to full sunshine can increase the heat index by 15F.

**Heat Cramps:** Heat cramps are muscular pains and spasms due to heavy exertion. They usually involve the abdominal muscles or legs. It is generally thought that the loss of water from heavy sweating causes the cramps.

**Heat Exhaustion:** Heat exhaustion typically occurs when people exercise heavily or work in a warm humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.

**Heat Stroke:** Heat stroke is life-threatening. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

**Sunstroke:** Another term for heat stroke.

- time each day (during hot weather) in an air-conditioned environment affords some protection.
- Don't get too much sun. Sunburn makes the job of heat dissipation that much more difficult.

# Emergency **WEATHER** Information

## TORNADOS

A tornado is a violent storm with whirling winds of up to 300 miles per hour. A tornado spins like a top and may sound like the roaring of an airliner or train.

You will be alerted of a tornado by your local EAS station. Tune to a local station, which will provide updated information and tell you what to do.

### What Should You Do?

- If you are at home—Go to a corner of your basement and take cover under something sturdy. If your home has no basement, take cover in a small room (such as a closet or bathroom) or under sturdy furniture on the lowest floor in the center part of the house. Stay away from windows.
- Do not remain in a trailer or mobile home if a

### Tornado Terms

**Tornado Watch:** A tornado may occur in or near your area.

**Tornado Warning:** An actual tornado has been seen or has been shown by radar. If a tornado warning is given for your area, take shelter immediately.

tornado is approaching; take cover elsewhere in a nearby shelter or lie flat in the nearest ditch, ravine, or depression.

- If you are in a building—Go to an inside hallway on the lowest floor or to a designated area.
- If you are outside—Take cover and lie flat in the nearest ditch and cover your head with your arms.

## POWER OUTAGES

A power outage can be caused by storm activity or equipment failures or when a tree, animal or other object comes into contact with an electrical line. Once located, trouble spots can be isolated and repaired, enabling service to be restored.

### What Should You Do?

Here are some suggestions to make your situation easier and safer to deal with while your power company is working to restore your service:

- Check with your neighbors. If you are the only one without power or only a few appliances won't work, check to see if a fuse is blown or a circuit breaker is tripped.
- Contact your local utility company to report downed power lines, gas leaks or other dangerous conditions.

- Listen to newscasts on a battery-operated radio. During major power disruptions, announcers often will broadcast reports on the extent of the trouble and the approximate time electric service will be restored.
- Turn off major appliances that should not be in operation when the power comes back on. Do leave a light on so you'll know when normal service has been restored. Do not use appliances if light is dim, indicating low voltage.
- Open refrigerators and freezers as infrequently as possible. Food will keep for hours if door opening is kept to a minimum. If the outage is lengthy, contact a dry ice distributor.
- Stay away from downed lines and never touch them under any circumstances.

# Emergency Preparedness **INFORMATION**

## FIRE



### What Should You Do?

- Plan two escape routes out of each room.
- Practice fire drills at least twice a year.
- Teach family members to stay low to the ground when escaping from a fire. Teach family members never to open doors that are hot. In a fire, feel the bottom of the door with the palm of your hand. If it is hot, do not open the door. Find another way out.
- Install smoke detectors on every level of your home. Clean and test them at least once a month. Change batteries at least once a year.
- Keep a whistle in each bedroom to awaken your household in case of fire.
- Check electrical outlets. Do not overload outlets.
- Purchase and learn how to use a fire extinguisher (5 lb., A-B-C type).
- Have a collapsible ladder on each upper floor of your house.
- Consider installing home sprinklers.

## HAZARDOUS MATERIALS



### What You Should Do:

- If you witness a hazardous-materials incident, call your local emergency notification number.
- Stay away from the scene of the incident.
- Stay upwind from an incident.
- Never breathe fumes, smoke or vapors, even if they do not have an odor.
- If you are in a car, close windows and shut off ventilation.
- Avoid contact with any spilled materials, airborne mist or condensed solid chemical deposits.
- Do not eat any foods or drink any water that may have been contaminated.
- Listen to your local radio station for further information.
- Carefully read all product-warning labels and directions.

# EMERGENCY Preparedness Information

## EMERGENCY MEDICAL SERVICES



### What Should you Do:

- Learn the phone number for your area to access emergency medical assistance. Enhanced 911 emergency access **IS** available in all areas. Post the emergency number on all the phones in your home so visitors, babysitters and others know how to get help.
- “Phone First!” If you become aware of someone needing emergency medical assistance, **immediately** call 911 or your local seven digit emergency access number to get help on the way. Do not waste valuable time trying to assist the patient **before** calling.
- **After** calling for help, assist the patient if you can. Do not move the patient unless they are in immediate danger. It is usually best to wait for trained help to arrive before moving injured patients from automobiles, stairwells, roadways and similar situations.
- Learn CPR (cardiopulmonary resuscitation). Thousands of victims of choking and medical emergencies have been saved by friends, family members and strangers through CPR. It works! Contact your local American Red Cross or American Heart Association chapter.
- Purchase or assemble a first aid kit for your home and automobile. The kit, at a minimum, should contain such items as sterile adhesive bandages, sterile gauze pads, adhesive tape, scissors, sterile roller bandage, antiseptic, moist cleaning towelettes, triangular bandages, latex or plastic gloves and chemical ice packs.
- Always wear your seatbelt when riding in a car and a bicycle helmet when cycling. Place children in a secured and approved car seat. These preventive measures save thousands of lives every year.

# Emergency Preparedness CHECKLIST

## Prepare now for a sudden emergency

Learn how to protect yourself and cope with disaster by planning ahead. This checklist, provided by the American Red Cross, will help you get started. Discuss these ideas with your family, then prepare an emergency plan. Post the plan where everyone will see it—on the refrigerator or bulletin board.

For additional information about how to prepare for hazards in your community, contact your local emergency management or civil defense office or American Red Cross chapter.

## Call Your Emergency Management Office or American Red Cross Chapter

- Find out which disasters could occur in your area.
- Ask how to prepare for each disaster.
- Ask how you would be warned of an emergency.
- Learn your community's evacuation routes.
- Ask about special assistance for elderly or disabled persons.
- Ask your workplace about emergency plans.
- Learn about emergency plans for your children's school or day care center.

## Create an Emergency Plan

- Meet with household members. Discuss with children the dangers of fire, severe weather, earthquakes and other emergencies.
- Discuss how to respond to each disaster that could occur.
- Discuss what to do about power outages and personal injuries.
- Draw a floor plan of your home. Mark two escape routes from each room.
- Learn how to turn off the water, gas and electricity at main switches.
- Post emergency telephone numbers near telephones.
- Teach children how and when to call police, fire and emergency medical services.
- Instruct household members to turn on the radio for emergency information.
- Pick one out-of-state and one local friend or relative for family members to call if separated by disaster (it is often easier to call out of state than within the affected area).
- Teach children how to make long distance telephone calls.

- Pick two meeting places:

- 1) A place near your home in case of a fire.
- 2) A place outside your neighborhood in case you cannot return home after a disaster.

- Take a basic first aid and CPR class.
- Keep family records in a water and fireproof container.

## Prepare an Emergency Kit

Assemble supplies you might need in an evacuation. Store them in an easy-to-carry container such as a backpack or duffle bag.

### Include:

- A supply of water (one gallon per person per day).  
Store water in sealed, unbreakable containers. Identify the storage date and replace the water every six months.
- A supply of non-perishable packaged or canned food and a non-electric can opener.
- A change of clothing, rain gear and sturdy shoes.
- Blankets or sleeping bags.
- A first aid kit and prescription medications.
- An extra pair of glasses.
- A battery-powered radio, flashlight and plenty of extra batteries.
- Credit cards and cash.
- An extra set of car keys.
- A list of family physicians.
- A list of important family information, including the style and serial number of medical devices such as pacemakers.
- Special items for infants and elderly or disabled family members.
- Photo identification.

## Home Hazard Hunt

In a disaster, ordinary items in the home can cause injury and damage. Anything that can move, fall, break or cause a fire is a potential hazard.

- Repair defective electrical wiring and leaky gas connections.
- Fasten shelves securely.
- Place large, heavy objects on lower shelves.
- Hang pictures and mirrors away from beds.
- Brace overhead light fixtures.
- Secure the water heater by strapping it to wall studs.

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# EMERGENCY PREPAREDNESS Checklist

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- Repair cracks in ceilings or foundations.
- Store weed killers, pesticides and flammable products away from heat sources.
- Place oily rags or waste in covered metal cans.
- Clean and repair chimneys, flue pipes, vent connectors and gas vents.

## **A Checklist for People with Mobility Problems**

- Ask about special assistance that may be available to you in an emergency. Many communities ask people with a disability to register, usually with the local fire department or emergency management office, so needed help can be provided quickly in an emergency.
- If you currently use a personal care attendant obtained from an agency, check to see if the agency has special provisions for emergencies (e.g., providing services at another location should an evacuation be ordered).

## **Create a Plan**

- Meet with household members or your personal care attendant. Discuss the dangers of fire, severe weather, earthquakes and other emergencies that might occur in your community.
- Learn what to do in case of power outages and personal injuries. Know how to connect or start a back-up power supply for essential medical equipment.
- If you or someone in your household uses a wheelchair, make more than one exit from your home wheelchair accessible in case the primary exit is blocked in a disaster.
- Teach those who may need to assist you in an emergency how to operate necessary equipment.
- Arrange for a relative or neighbor to check on you in an emergency.
- Consider getting a medical alert system that will allow you to call for help if you are immobilized in an emergency.
- Pick one out-of-state and one local friend or relative for family members to call if separated by a disaster.