Home Emergency Plans

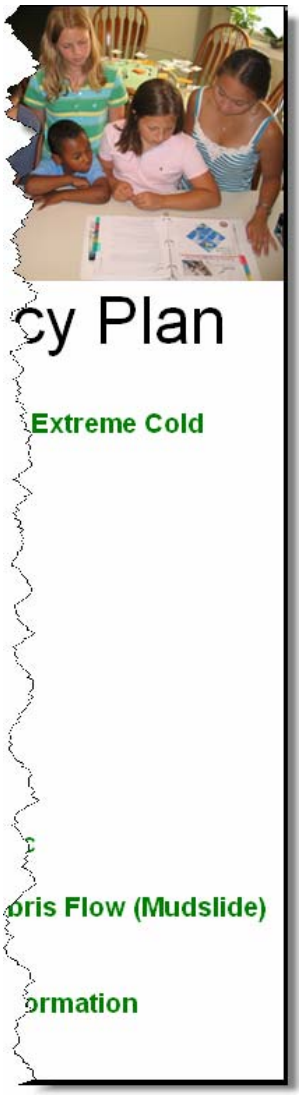
June 2007

Ready.Gov

- Prepare
- Plan
- Stay Informed

Family Emergency Plan

Book Tabs



1
1. Winter Storms and Extreme Cold
2. Thunderstorms

2
3. Floods
4. Hurricanes
5. Tornadoes

3
6. Extreme Heat
7. Fires
8. Explosions

4
9. Wildfires
10. Nuclear Threat
11. Radiation Threat

5
12. Biological Threat
13. Chemical Threat

6
14. Influenza Pandemic
15. Earthquakes
16. Landslide and Debris Flow (Mudslide)
17. Tsunamis
18. Volcanoes

7
19. State and Local Information

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Family Emergency Plan

Make sure your family has a plan in case of an emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, where you will go and what you will do in an emergency. Keep a copy of this plan in your emergency supply kit or another safe place where you can access it in the event of a disaster.

Out-of-Town Contact Name: _____ Telephone Number: _____

Email: _____

Neighborhood Meeting Place: _____ Telephone Number: _____

Regional Meeting Place: _____ Telephone Number: _____

Evacuation Location: _____ Telephone Number: _____

Fill out the following information for each family member and keep it up to date.

Name: _____ Social Security Number: _____
Date of Birth: _____ Important Medical Information: _____

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Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans that you and your family need to know about.

Work Location One
Address: _____
Phone Number: _____
Evacuation Location: _____

Work Location Two
Address: _____
Phone Number: _____
Evacuation Location: _____

Work Location Three
Address: _____
Phone Number: _____
Evacuation Location: _____

Other place you frequent
Address: _____
Phone Number: _____
Evacuation Location: _____

School Location One
Address: _____
Phone Number: _____
Evacuation Location: _____

School Location Two
Address: _____
Phone Number: _____
Evacuation Location: _____

School Location Three
Address: _____
Phone Number: _____
Evacuation Location: _____

Other place you frequent
Address: _____
Phone Number: _____
Evacuation Location: _____

Important Information	Name	Telephone Number	Policy Number
Doctor(s):			
Other:			
Pharmacist:			
Medical Insurance:			
Homeowners/Rental Insurance:			
Veterinarian/Kennel (for pets):			

Dial 911 for Emergencies

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Family Emergency Plan

Make sure your family has a plan in case of an emergency. Fill out these cards and give one to each member of your family to make sure they know who to call and where to meet in case of an emergency.

ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

Family Emergency Plan

EMERGENCY CONTACT NAME:
TELEPHONE:

OUT-OF-TOWN CONTACT NAME:
TELEPHONE:

NEIGHBORHOOD MEETING PLACE:
TELEPHONE:

OTHER IMPORTANT INFORMATION:

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DIAL 911 FOR EMERGENCIES

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ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

Family Emergency Plan

EMERGENCY CONTACT NAME:
TELEPHONE:

OUT-OF-TOWN CONTACT NAME:
TELEPHONE:

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OTHER IMPORTANT INFORMATION:

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DIAL 911 FOR EMERGENCIES

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OUT-OF-TOWN CONTACT NAME:
TELEPHONE:

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TELEPHONE:

OTHER IMPORTANT INFORMATION:

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DIAL 911 FOR EMERGENCIES

ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

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EMERGENCY CONTACT NAME:
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TELEPHONE:

NEIGHBORHOOD MEETING PLACE:
TELEPHONE:

OTHER IMPORTANT INFORMATION:

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DIAL 911 FOR EMERGENCIES

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When preparing for a possible emergency situation, it's best to think first about the basics of survival: **fresh water**, **food**, **clean air** and **warmth**.

Recommended Items to Include in a Basic Emergency Supply Kit:

- **Water**, one gallon of water per person per day for at least three days, for drinking and sanitation
- **Food**, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- **First aid kit**
- Whistle to signal for help
- **Dust mask**, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps

Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children

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Water

- One gallon of water per person per day, for drinking and sanitation.
- Children, nursing mothers, and sick people may need more water.
- If you live in a warm weather climate more water may be necessary.
- Store water tightly in clean plastic containers such as soft drink bottles.
- Keep *at least* a three-day supply of water per person.

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Food

- Store *at least* a three-day supply of non-perishable food.
- Select foods that require no refrigeration, preparation or cooking and little or no water.
- Pack a manual can opener and eating utensils.
- Avoid salty foods, as they will make you thirsty.
- Choose foods your family will eat.
  - Ready-to-eat canned meats, fruits and vegetables
  - Protein or fruit bars
  - Dry cereal or granola
  - Peanut butter
  - Dried fruit
  - Nuts
  - Crackers
  - Canned juices
  - Non-perishable pasteurized milk
  - High energy foods
  - Vitamins
  - Food for infants
  - Comfort/stress foods

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Clean Air

Some potential emergencies could send tiny microscopic "junk" into the air. For example flooding could create airborne mold which could make you sick and an explosion may release very fine debris that can cause lung damage. A biological terrorist attack may release germs that can make you sick if inhaled or absorbed through open cuts. Many of these agents can only hurt you if they get into your body, so think about creating a barrier between yourself and any contamination.

Nose and Mouth Protection

Face masks or dense-weave cotton material, that snugly covers your nose and mouth and is specifically fit for each member of the family. Do whatever you can to make the best fit possible for children.

Be prepared to improvise with what you have on hand to protect your nose, mouth, eyes and cuts in your skin. Anything that fits snugly over your nose and mouth, including any dense-weave cotton material, can help filter contaminants in an emergency. It is very important that most of the air you breathe comes through the mask or cloth, not around it.

Do whatever you can to make the best fit possible for children. There are also a variety of face masks readily available in hardware stores that are rated based on how small a particle they can filter in an industrial setting.

Given the different types of emergencies that could occur, there is not one solution for creating a barrier between yourself and any contamination in the air. For instance, simple cloth face masks can filter some of the airborne "junk" or germs you might breathe into your body, but will probably not protect you from chemical gases. Still, something over your nose and mouth in an emergency is better than nothing. Limiting how much "junk" gets into your body may impact whether or not you get sick or develop disease.

Other Barriers

- Heavyweight plastic garbage bags or plastic sheeting
- Duct tape
- Scissors

There are circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as "shelter-in-place," is a matter of survival. You can use these things to tape up windows, doors and air vents if you need to seal off a room from outside contamination. Consider precutting and labeling these materials. Anything you can do in advance will save time when it counts.

Use available information to assess the situation. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you can use these things to tape up windows, doors and air vents if you need to seal off a room. Read more: Deciding to Stay or Go.

HEPA (High Efficiency Particulate Air Filtration) Filter Fans

Once you have sealed a room with plastic sheeting and duct tape you may have created a better barrier between you and any contaminants that may be outside. However, no seal is perfect and some leakage is likely. In addition to which, you may find yourself in a space that is already contaminated to some degree.

Consider a portable air purifier, with a HEPA filter, to help remove contaminants from the room where you are sheltering. These highly efficient filters have small sieves that can capture very tiny particles, including some biological agents. Once trapped within a HEPA filter contaminants cannot get into your body and make you sick. While these filters are excellent at filtering dander, dust, molds, smoke, biological agents and other contaminants, they will not stop chemical gases.

Some people, particularly those with severe allergies and asthma, use HEPA filters in masks, portable air purifiers as well as in larger home or industrial models to continuously filter the air.

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First Aid Kit

In any emergency a family member or you yourself may be cut, burned or suffer other injuries. If you have these basic supplies you are better prepared to help your loved ones when they are hurt. Remember, many injuries are not life threatening and do not require immediate medical attention. Knowing how to treat minor injuries can make a difference in an emergency. Consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection and assist in decontamination.

Things you should have:

- Two pairs of Latex, or other **sterile gloves** (if you are allergic to Latex).
- **Sterile dressings** to stop bleeding.
- **Cleansing agent**/soap and antibiotic towelettes to disinfect.
- **Antibiotic ointment** to prevent infection.
- **Burn ointment** to prevent infection.
- **Adhesive bandages** in a variety of sizes.
- **Eye wash solution** to flush the eyes or as general decontaminant.
- **Thermometer** (Read more: Biological Threat)
- **Prescription medications** you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- **Prescribed medical supplies** such as glucose and blood pressure monitoring equipment and supplies.

Things it may be good to have:

- Cell Phone
- Scissors
- Tweezers
- Tube of petroleum jelly or other lubricant

Non-prescription drugs:

- Aspirin or nonaspirin pain reliever

- Anti-diarrhea medication
- Antacid (for upset stomach)
- Laxative

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Unique Family Needs

Remember the unique needs of your family members when making your emergency supply kit and family emergency plan.

For Baby:

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications
- Moist towelettes
- Diaper rash ointment

For Adults:

- Ask your doctor about storing prescription medications such as heart and high blood pressure medication, insulin and other prescription drugs.
- Denture needs
- Contact lenses and supplies
- Extra eye glasses

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Seniors

Each person's needs and abilities are unique, but every individual can take important steps to prepare for all kinds of emergencies and put plans in place. By evaluating your own personal needs and making an emergency plan, you can be better prepared for any situation. A commitment to planning today will help you prepare for any emergency situation. Preparing makes sense. Get ready now.

- Consider how a disaster might affect your individual needs.
- Plan to make it on your own, at least for a period of time. It's possible that you will not have access to a medical facility or even a drugstore.
- Identify what kind of resources you use on a daily basis and what you might do if they are limited or not available.
- Get an emergency supply kit.
- If you must evacuate, take your pets with you, if possible. However, if you are going to a public shelter, it is important to understand that animals may not be allowed inside.
- Plan in advance for shelter alternatives that will work for both you and your pets; consider loved ones or friends outside of your immediate area who would be willing to host you and your pets in an emergency.

Create a Support Network

- If you anticipate needing assistance during a disaster talk to family, friends and others who will be part of your personal support network.
- Write down and share each aspect of your emergency plan with everyone in your support network.
- Make sure everyone knows how you plan to evacuate your home or workplace and where you will go in case of a disaster.
- Make sure that someone in your local network has an extra key to your home and knows where you keep your emergency supplies.
- Teach those who will help you how to use any lifesaving equipment, administer medicine in case of an emergency.
- Practice your plan with those who have agreed to be part of your network.

Additional Supplies and Documents:

Medications and Medical Supplies

If you take medicine or use a medical treatment on a daily basis, be sure you have what you need to make it on your own for at least a week, maybe longer.

- Make a list of prescription medicines including dosage, treatment and allergy information.
- Talk to your pharmacist or doctor about what else you need to prepare.
- If you undergo routine treatments administered by a clinic or hospital or if you receive regular services such as home health care, treatment or transportation, talk to your service provider about their emergency plans. Work with them to identify back-up service providers and incorporate them into your personal support network.
- Consider other personal needs such as eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries, and oxygen.

Emergency Documents

Include copies of important documents in your emergency supply kits such as family records, medical records, wills, deeds, social security number, charge and bank accounts information and tax records.

- Have copies of your medical insurance and Medicare cards readily available.
- Keep a list of the style and serial number of medical devices or other life-sustaining devices. Include operating information and instructions.
- Make sure that a friend or family member has copies of these documents.
- Include the names and contact information of your support network, as well as your medical providers.
- If you have a communication disability, make sure your emergency information notes the best way to communicate with you.
- Keep these documents in a water proof container for quick and easy access.

More Information

For more information on special needs, see Disaster Preparedness For People With Disabilities from FEMA, and Disaster Preparedness for Seniors by Seniors from the Red Cross.

Keep in mind a disaster can disrupt mail service for days or even weeks. Consider direct deposit by calling the *Go Direct* toll-free helpline at (800) 333-1795 or sign up at www.GoDirect.gov. Sponsored by U.S. Department of the Treasury and the Federal Reserve Banks, this option will ensure you get your social security or SSI payment on time each month.

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Disabled And Special Needs

For People with Disabilities:

- Create a support network to help in an emergency.
- Tell these people where you keep your emergency supplies.
- Give one member of your support network a key to your house or apartment.
- Contact your city or county government's emergency information management office. Many local offices keep lists of people with disabilities so they can be located quickly in a sudden emergency.
- Wear medical alert tags or bracelets to help identify your disability.
- If you are dependent on dialysis or other life sustaining treatment, know the location and availability of more than one facility.
- Show others how to operate your wheelchair.
- Know the size and weight of your wheelchair, in addition to whether or not it is collapsible, in case it has to be transported.
- *Additional Supplies for People with Disabilities:*
  - Prescription medicines, list of medications including dosage, list of any allergies.
  - Extra eyeglasses and hearing-aid batteries.
  - Extra wheelchair batteries, oxygen.
  - Keep a list of the style and serial number of medical devices.
  - Medical insurance and Medicare cards.
  - List of doctors, relatives or friends who should be notified if you are hurt.

More Information

For information and tools related to emergency preparedness for persons with disabilities see the Interagency Coordinating Council on Emergency Preparedness for Individuals with Disabilities' Resource Center.

Keep in mind a disaster can disrupt mail service for days or even weeks. Consider direct deposit by calling the *Go Direct* toll-free helpline at (800) 333-1795 or sign up at www.GoDirect.gov. Sponsored by U.S. Department of the Treasury and the Federal Reserve Banks, this option will ensure you get your social security or SSI payment on time each month.

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Pets

Preparing Your Pets for Emergencies Makes Sense. Get Ready Now.

If you are like millions of animal owners nationwide, your pet is an important member of your household. The likelihood that you and your animals will survive an emergency such as a fire or flood, tornado or terrorist attack depends largely on emergency planning done today. Some of the things you can do to prepare for the unexpected, such as assembling an animal emergency supply kit and developing a pet care buddy system, are the same for any emergency. Whether you decide to stay put in an emergency or evacuate to a safer location, you will need to make plans in advance for your pets. Keep in mind that what's best for you is typically what's best for your animals.

If you must evacuate, take your pets with you if possible. However, if you are going to a public shelter, it is important to understand that animals may not be allowed inside. Plan in advance for shelter alternatives that will work for both you and your pets.

Make a back-up emergency plan in case you can't care for your animals yourself. Develop a buddy system with neighbors, friends and relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so. Be prepared to improvise and use what you have on hand to make it on your own for at least three days, maybe longer.

Preparing for Your Pets Makes Sense. **Get Ready Now.**

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- Plan
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Family Emergency Plan

1. Winter Storms and Extreme Cold
2. Thunderstorms

www.ct.gov/demhs

Connecticut Department of Emergency Management and Homeland Security

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Winter Storms And Extreme Cold

While the danger from winter weather varies across the country, nearly all Americans, regardless of where they live, are likely to face some type of severe winter weather at some point in their lives. That could mean snow or subfreezing temperatures, as well as strong winds or even ice or heavy rain storms. One of the primary concerns is the winter weather's ability to knock out heat, power and communications services to your home or office, sometimes for days at a time.

Prepare for Winter Weather

- Make sure your home is well insulated and that you have weather stripping around your doors and window sills to keep the warm air inside.
- Familiarize yourself with the terms that are used to identify winter weather.
  - **Freezing Rain** creates a coating of ice on roads and walkways.
  - **Sleet** is rain that turns to ice pellets before reaching the ground. Sleet also causes roads to freeze and become slippery.
  - **Winter Weather Advisory** means cold, ice and snow are expected.
  - **Winter Storm Watch** means severe weather such as heavy snow or ice is possible in the next day or two.
  - **Winter Storm Warning** means severe winter conditions have begun or will begin very soon.
  - **Blizzard Warning** means heavy snow and strong winds will produce a blinding snow, near zero visibility, deep drifts and life-threatening wind chill.
  - **Frost/Freeze Warning** means below freezing temperatures are expected.
- Thoroughly check and update your family's emergency supply kit [link to Ready at www.ready.gov] before winter approaches.
- Include adequate clothing and blankets to keep you warm.
- If you have a car, fill the gas tank in case you have to leave.
- Visit NOAA Watch for more weather-related information.

Make a Plan

- Plan to stay inside and make it on your own, at least for a period of time.
- If you have a wood burning fire place, consider storing wood to keep you warm if winter weather

knocks out your heat.

Stay Informed

- Listen to NOAA Weather Radio to stay informed of winter weather watches and warnings.
- Also monitor commercial radio, television and the Internet. For a full description of what to listen for, and an explanation of different weather terms, refer to the NWS guide.
- Keep in mind that during a severe winter storm it could be hours, or even days, before emergency personnel are able to reach you.

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Thunderstorms And Lightning

In the United States lightning kills 300 people and injures 80 on average, each year. All thunderstorms produce lightning and all have the potential for danger. Those dangers can include tornadoes, strong winds, hail, wildfires and flash flooding, which is responsible for more fatalities than any other thunderstorm-related hazard.

Lightning's risk to individuals and property is increased because of its unpredictability. It often strikes outside of heavy rain and may occur as far as 10 miles away from any rainfall. Most lightning deaths and injuries occur when people are caught outdoors in the summer months during the afternoon and evening.

Preparing for a Thunderstorm and Lightning

- Familiarize yourself with the terms that are used to identify a thunderstorm hazard, including understanding the difference between a severe thunderstorm watch and a severe thunderstorm warning.
- A thunder storm watch means there is a possibility of a thunderstorm in your area.
- A thunder storm warning means a thunderstorm is occurring or will likely occur soon. If you are advised to take shelter so immediately.
- Get an emergency supply kit.
- Remove dead or rotting trees and branches that could fall and cause injury or damage during a severe thunderstorm.
- Use the 30/30 lightning safety rule. If you see lightning and you cannot count to 30 before hearing thunder, go indoors. Then stay indoors for 30 minutes after hearing the last clap of thunder.
- Visit NOAA Watch for more weather-related information.

Have a Thunderstorm Plan

- If a thunderstorm is likely in your area, postpone outdoor activities.
- Secure outdoor objects that could blow away or cause damage.
- Shutter windows and secure outside doors. If shutters are not available, close window blinds, shades, or curtains.
- Avoid showering or bathing during a thunderstorm. Plumbing and bathroom fixtures can conduct

electricity.

- Watch for darkening skies, lightning, increasing winds.
- Listen to NOAA Weather Radio for information.
- Go quickly inside a home, building, or hard top automobile, if possible.
- If shelter is not available go to the lowest area nearby and make yourself the smallest target possible but do not lie flat on the ground.
- If on open water, get to land and shelter immediately.
- Things to avoid include:
  - Tall, isolated tree in an open area.
  - Hilltops, open fields, the beach, a boat on the water, isolated sheds or other small structures in open areas.
  - Anything metal—tractors, farm equipment, motorcycles, golf carts, golf clubs, and bicycles

Stay Informed

- Local authorities may not immediately be able to provide information on what is happening and what you should do. However, you should listen to your battery operated or hand crank NOAA Weather Radio, watch TV, listen to the radio or check the Internet often for official news and instructions as they become available.
- Do not use electrical items such as computers or television sets as power surges from lightning can cause serious damage.
- A corded telephone should only be used in an emergency, but cordless phones and cell phones are safe to use. For more information about NOAA Weather Radio visit http://www.nws.noaa.gov/nwr.

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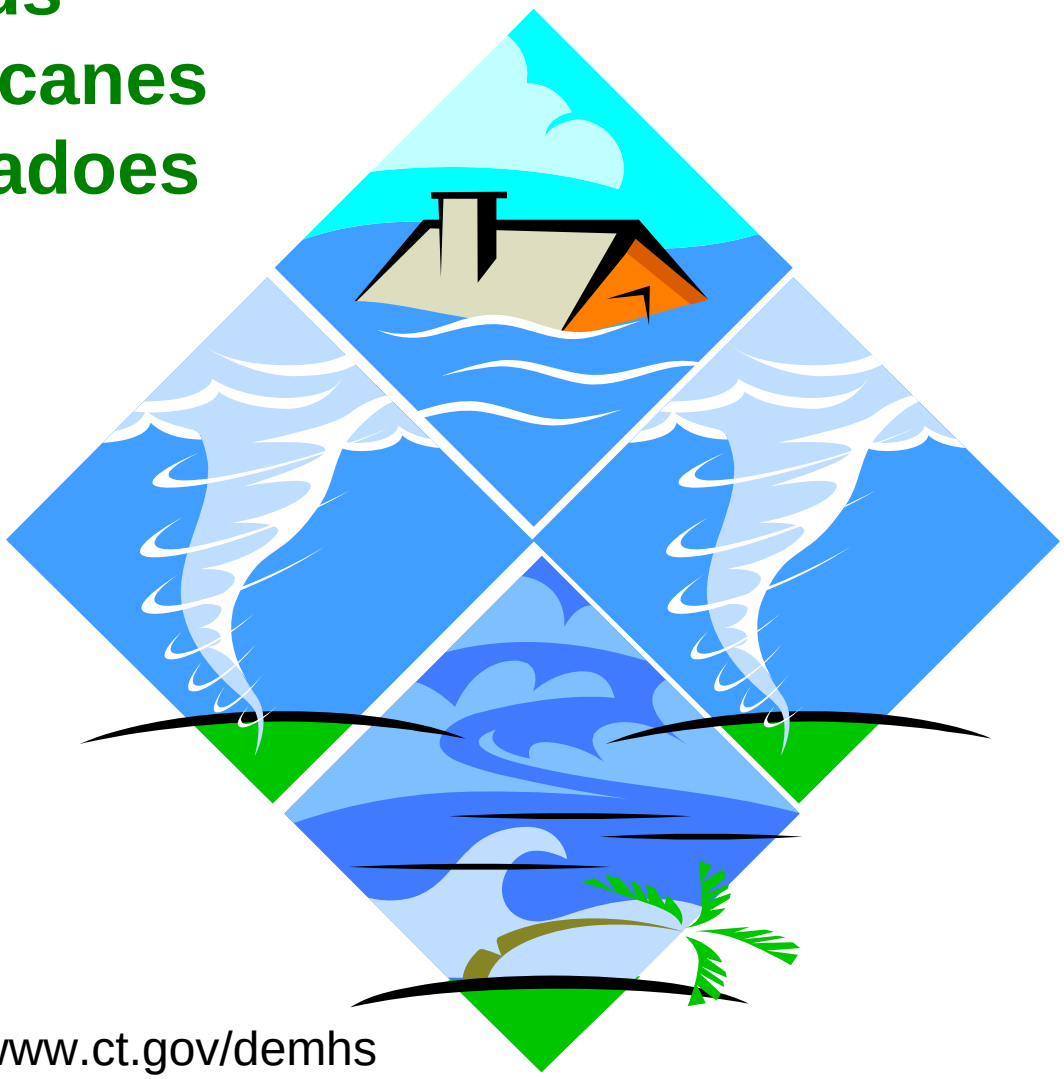
- Plan
- Stay Informed

Family Emergency Plan

3. **Floods**
4. **Hurricanes**
5. **Tornadoes**



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Floods

Flooding is the nation's most common natural disaster. Flooding can happen in every U.S. state and territory. However, all floods are not alike. Some can develop slowly during an extended period of rain, or in a warming trend following a heavy snow. Others, such as flash floods, can occur quickly, even without any visible signs of rain. Be prepared for flooding no matter where you live, but particularly if you are in a low-lying area, near water or downstream from a dam. Even a very small stream or dry creek bed can overflow and create flooding.

Prepare for Flooding

- Elevate the furnace, water heater, and electric panel in your home if you live in an area that has a high flood risk.
- Consider installing "check valves" to prevent flood water from backing up into the drains of your home.
- If feasible, construct barriers to stop floodwater from entering the building and seal walls in basements with waterproofing compounds.
- Property insurance does not typically cover flood damage. Talk to your insurance provider about your policy and consider if you need additional coverage.
- Get a kit of emergency supplies and prepare a portable kit in case you have to evacuate.
- Familiarize yourself with the terms that are used to identify a thunderstorm hazard, including understanding the difference between a severe thunderstorm watch and a severe thunderstorm warning.
    - A **flood watch** or **flash flood watch** means there is a possibility of flooding or a flash flood in your area.
        - Be prepared to evacuate.
        - If time allows, bring in outside furniture and move your valuables to higher places in your home.
        - Unplug electrical appliances, moving them to higher levels, if possible. However, do not touch an electric appliance if you are wet or standing in water.
        - If you have a car, fill the gas tank in case you have to evacuate.
    - A **flood warning** means a flood is occurring or will likely occur soon. If you are advised to evacuate do so immediately.

  - A **flash flood warning** means a flash flood is occurring. Seek higher ground immediately; do not wait for instructions.

- Visit NOAA Watch for more weather-related information.

Plan to Evacuate

- Plan how you will leave and where you will go if you are advised to evacuate.
- If you do not have a car, plan alternate means of evacuating.
- Plan places where your family will meet, both within and outside of your immediate neighborhood.
- Identify several places you could go in an emergency, a friend's home in another town, a motel or public shelter.
- If you have a car, keep a half tank of gas in it at all times in case you need to evacuate.
- Become familiar with alternate routes and other means of transportation out of your area.
- Take your emergency supply kit.
- Lock the door behind you.
- Listen to NOAA Weather Radio for information.
- Take your pets with you, but understand that only service animals may be permitted in public shelters. Plan how you will care for your pets in an emergency.

  If time allows:
  - Call or email the "out-of-state" contact in your family communications plan.
  - Tell them where you are going.
  - Leave a note telling others when you left and where you are going.
  - Check with neighbors who may need a ride.

- Do not walk through moving water, if possible. Look for areas where the water is not moving. What might seem like a small amount of moving water can easily knock you down.
- Do not drive into flooded areas. If your vehicle becomes surrounded by rising water, get out quickly and move to higher ground, if possible.

Stay Informed

- Local authorities may not immediately be able to provide information on what is happening and what you should do. However, you should listen to NOAA Weather Radio, watch TV, listen to the radio or check the Internet often for official news and instructions as they become available.
- If it has been raining hard for several hours or if it has been raining steadily for days there may be the potential for flooding. Use common sense and available information. If water is rising quickly or you see a moving wall of mud or debris, immediately move to higher ground.
- Stay out of flood waters, if possible. The water may be contaminated or electrically charged.

However, should you find yourself trapped in your vehicle in rising water get out immediately and seek higher ground.

- Stay away from downed power lines to avoid the risk of electric shock or electrocution.
- Do not return to your home until local authorities say it is safe. Even after flood waters recede, roads may be weakened and could collapse. Buildings may be unstable, and drinking water may be contaminated. Use common sense and exercise caution.

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Hurricanes

Hurricanes are severe tropical storms that form in the southern Atlantic Ocean, Caribbean Sea, Gulf of Mexico, and in the eastern Pacific Ocean. Scientists can now predict hurricanes, but people who live in coastal communities should plan what they will do if they are told to evacuate.

Prepare for Hurricanes

- Get a kit of emergency supplies and prepare a portable kit in case you have to evacuate.
- Familiarize yourself with the terms that are used to identify a hurricane.
  - A **hurricane watch** means a hurricane is possible in your area. Be prepared to evacuate. Monitor local radio and television news outlets or listen to NOAA Weather Radio for the latest developments.
  - A **hurricane warning** is when a hurricane is expected in your area. If local authorities advise you to evacuate, leave immediately.
- Prepare to secure your property.
  - Cover all of your home's windows with pre-cut ply wood or hurricane shutters to protect your windows from high winds.
  - Plan to bring in all outdoor furniture, decorations, garbage cans and anything else that is not tied down.
  - Keep all trees and shrubs well trimmed.
- If you have a car, fill the gas tank in case you have to evacuate.

Plan to Evacuate

- Plan how you will leave and where you will go if you are advised to evacuate.
- If you do not have a car, plan alternate means of evacuating.
- Plan places where your family will meet, both within and outside of your immediate neighborhood.
- Identify several places you could go in an emergency, a friend's home in another town, a motel or public shelter.
- If you have a car, keep a half tank of gas in it at all times in case you need to evacuate.
- Become familiar with alternate routes and other means of transportation out of your area.
- Take your emergency supply kit.

- Lock the door behind you.
- Take your pets with you, but understand that only service animals may be permitted in public shelters. Plan how you will care for your pets in an emergency.

  If time allows:

  - Call or email the "out-of-state" contact in your family communications plan.
  - Tell them where you are going.
  - Leave a note telling others when you left and where you are going.
  - Check with neighbors who may need a ride.

- If you are not able to evacuate, stay indoors away from all windows. Take shelter in an interior room with no windows if possible. Be aware that there may be a sudden lull in the storm as the eye of the hurricane moves over. Stay in your shelter until local authorities say it is safe.

Stay informed

- Local authorities may not immediately be able to provide information on what is happening and what you should do. However, you should listen to NOAA Weather Radio, watch TV, listen to the radio or check the Internet often for official news and instructions as they become available.
- Stay out of flood waters, if possible. The water may be contaminated or electrically charged. However, should you find yourself trapped in your vehicle in rising water get out immediately and seek higher ground.
- Be alert for tornadoes and flooding. If you see a funnel cloud or if local authorities issue a tornado warning take shelter underground, if possible or in an interior room away from windows. If waters are rising quickly or local authorities issue a floor of flash flood warning, seek higher ground.
- Stay away from downed power lines to avoid the risk of electric shock or electrocution.
- Do not return to your home until local authorities say it is safe. Even after the hurricane and after flood waters recede, roads may be weakened and could collapse. Buildings may be unstable, and drinking water may be contaminated. Use common sense and exercise caution.

For more information on hurricane preparedness and how to protect your property from hurricane damage visit:

- National Hurricane Center
- Federal Emergency Management Agency
- National Oceanic and Atmospheric Administration (NOAA)
- Your State's Preparedness Organizations

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Tornadoes

Tornadoes are nature's most violent storms. They can appear suddenly without warning and can be invisible until dust and debris are picked up or a funnel cloud appears. Planning and practicing specifically **how** and **where** you take shelter is a matter of survival. Be prepared to act quickly. Keep in mind that while tornadoes are more common in the Midwest, Southeast and Southwest, they can occur in any state and at any time of the year, making advance preparation vitally important.

Prepare for a Tornado

- Familiarize yourself with the terms that are used to identify a tornado hazard.
  - A **tornado watch** means a tornado is possible in your area. You should monitor NOAA Weather Radio local radio and television news outlets for the latest developments.
  - A **tornado warning** is when a tornado is actually occurring, take shelter immediately.
- Determine in advance where you will take shelter in case of a tornado warning.
  - Storm cellars or basements provide the best protection.
  - If underground shelter is not available, go into an interior room or hallway on the lowest floor possible.
  - In a high-rise building, go to a small interior room or hallway on the lowest floor possible.
  - Stay away from windows, doors and outside walls. Go to the center of the room. Stay away from corners because they attract debris.
  - A vehicle, trailer or mobile home does not provide good protection. Plan to go quickly to a building with a strong foundation, if possible.
  - If shelter is not available, lie flat in a ditch or other low-lying area. Do not get under an overpass or bridge. You are safer in a low, flat location.
  - Plan to stay in the shelter location until the danger has passed.
- Get a kit of emergency supplies. Store it in your shelter location.
- Visit NOAA Watch for more weather-related information.

Plan to Take Shelter

- If local authorities issue a tornado warning or if you see a funnel cloud. Take shelter immediately.
- Local authorities may not immediately be able to provide information on what is happening and

what you should do. However, you should listen to NOAA Weather Radio, watch TV, listen to the radio or check the Internet often for official news and instructions as they become available.
- Stay in the shelter location until the danger has passed.

Stay Informed

- After a tornado be sure to remain out of damaged buildings and stay clear of downed power lines.
- Help injured or trapped people. Check on others who may require special assistance, such as the elderly, children and people with disabilities.
- Local authorities may not immediately be able to provide information on what is happening and what you should do. However, you should listen to NOAA Weather Radio, watch TV, listen to the radio or check the Internet often for official news and instructions as they become available.

For more information on tornado risk areas and details on how to identify the safest place in your home to take shelter see "Are you Ready?" from the Federal Emergency Management Agency. or Disaster Safety from the Red Cross.

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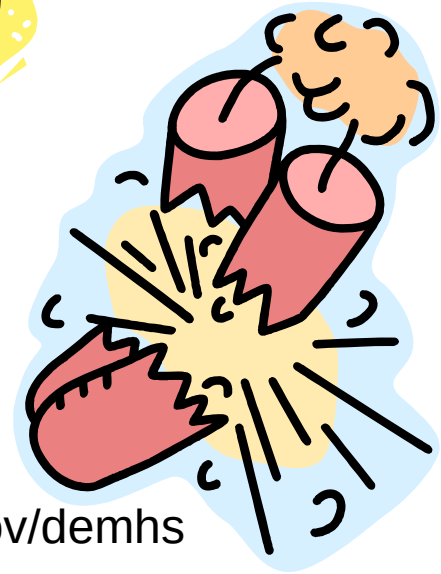
- Plan
- Stay Informed

Family Emergency Plan

6. Extreme Heat
7. Fires
8. Explosions



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Extreme Heat

A heat wave is an extended period of extreme heat, and is often accompanied by high humidity. These conditions can be dangerous and even life-threatening for humans who don't take the proper precautions.

- Prepare for a heat wave by checking to see if your home's cooling system is working properly.
- Make sure your home is well insulated and that you have weather stripping around your doors and window sills to keep the cool air inside.
- Plan on being inside a cool building during the hottest time of the day.
- Avoid strenuous outdoor activities.
- Make sure you remain properly hydrated by drinking plenty of water and limiting intake of alcoholic beverages.
- Eat light, well-balanced meals.
- Dress in light, loose-fitting clothing.
- Never leave children or pets alone in a closed vehicle.
- Visit NOAA Watch for more weather-related information.

Stay informed about the types of medical conditions that can result from heat waves, and the proper First Aid measures that should be taken.

For more specific information, please refer to http://www.fema.gov/areyouready/heat.shtm.

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Fires

Each year, more than 4,000 Americans die and more than 20,000 are injured in fires, many of which could be prevented. Direct property loss due to fires is estimated at $10 billion annually.

To protect yourself, it is important to understand the basic characteristics of fire. Fire spreads quickly; there is no time to gather valuables or make a phone call. In just two minutes, a fire can become life-threatening. In five minutes, a residence can be engulfed in flames.

Heat and smoke from fire can be more dangerous than the flames. Inhaling the super-hot air can sear your lungs. Fire produces poisonous gases that make you disoriented and drowsy. Instead of being awakened by a fire, you may fall into a deeper sleep. Asphyxiation is the leading cause of fire deaths, exceeding burns by a three-to-one ratio.

Take Protective Measures

Before a Fire

Smoke Alarms

- Install smoke alarms. Properly working smoke alarms decrease your chances of dying in a fire by half.
- Place smoke alarms on every level of your residence. Place them outside bedrooms on the ceiling or high on the wall (4 to 12 inches from ceiling), at the top of open stairways, or at the bottom of enclosed stairs and near (but not in) the kitchen.
- Test and clean smoke alarms once a month and replace batteries at least once a year. Replace smoke alarms once every 10 years.

Planning Your Escape

- Review escape routes with your family. Practice escaping from each room.
- Make sure windows are not nailed or painted shut. Make sure security gratings on windows have a fire safety opening feature so they can be easily opened from the inside.
- Consider escape ladders if your residence has more than one level, and ensure that burglar bars and

other antitheft mechanisms that block outside window entry are easily opened from the inside.
- Teach family members to stay low to the floor (where the air is safer in a fire) when escaping from a fire.

Preventing fire

Cooking

- Cooking is the leading cause of home fires in the U.S. It is also the leading cause of fire injuries.
- Deaths due to fires caused by cooking are particularly preventable.
- Never leave cooking unattended. A serious fire can start in just seconds.
- Always wear short, tight-fitting sleeves when cooking.
- Keep towels, pot holders and curtains away from flames and heating elements.
- Clean cooking surfaces regularly to prevent grease buildup which can ignite.
- If a fire breaks out while cooking, put a lid on the pan to smother it. Never throw water on a grease fire.
- Heat oil gradually to avoid burns from spattering grease. Use extra caution when preparing deep-fried foods.
- Never use the range or oven to heat your home.
- Double-check the kitchen before you go to bed or leave the house. Make sure all small appliances are turned off.

Flammable Items

- Never use gasoline, benzine, naptha, or similar flammable liquids indoors.
- Store flammable liquids in approved containers in well-ventilated storage areas.
- Never smoke near flammable liquids.
- Discard all rags or materials that have been soaked in flammable liquids after you have used them. Safely discard them outdoors in a metal container.
- Insulate chimneys and place spark arresters on top. The chimney should be at least three feet higher than the roof. Remove branches hanging above and around the chimney.

Heating Sources

- Be careful when using alternative heating sources.
- Check with your local fire department on the legality of using kerosene heaters in your community. Be sure to fill kerosene heaters outside, and be sure they have cooled.
- Place heaters at least three feet away from flammable materials. Make sure the floor and nearby walls are properly insulated.

- Use only the type of fuel designated for your unit and follow manufacturer's instructions.
- Store ashes in a metal container outside and away from your residence.
- Keep open flames away from walls, furniture, drapery, and flammable items.
- Keep a screen in front of the fireplace.
- Have heating units inspected and cleaned annually by a certified specialist.

Matches and Smoking

- Keep matches and lighters up high, away from children, and, if possible, in a locked cabinet.
- Never smoke in bed or when drowsy or medicated. Provide smokers with deep, sturdy ashtrays. Douse cigarette and cigar butts with water before disposal.

Electrical Wiring

- Have the electrical wiring in your residence checked by an electrician.
- Inspect extension cords for frayed or exposed wires or loose plugs.
- Make sure outlets have cover plates and no exposed wiring.
- Make sure wiring does not run under rugs, over nails, or across high-traffic areas.
- Do not overload extension cords or outlets. If you need to plug in two or three appliances, get a UL-approved unit with built-in circuit breakers to prevent sparks and short circuits.
- Make sure insulation does not touch bare electrical wiring.

Other

- Sleep with your door closed.
- Install A-B-C-type fire extinguishers in your residence and teach family members how to use them.
- Consider installing an automatic fire sprinkler system in your residence.
- Ask your local fire department to inspect your residence for fire safety and prevention.

During a Fire

To escape a fire, you should:

- Check closed doors for heat before you open them. If you are escaping through a closed door, use the back of your hand to feel the top of the door, the doorknob, and the crack between the door and door frame before you open it. Never use the palm of your hand or fingers to test for heat - burning those areas could impair your ability to escape a fire (i.e., ladders and crawling).
    - **Hot Door**
      Do not open. Escape through a window. If you cannot escape, hang a white or light-colored sheet outside the window, alerting fire fighters to your presence.

- **Cool Door**
  Open slowly and ensure fire and/or smoke is not blocking your escape route. If your escape route is blocked, shut the door immediately and use an alternate escape route, such as a window. If clear, leave immediately through the door and close it behind you. Be prepared to crawl. Smoke and heat rise. The air is clearer and cooler near the floor.

- Crawl low under any smoke to your exit - heavy smoke and poisonous gases collect first along the ceiling.
- Close doors behind you as you escape to delay the spread of the fire.
- Stay out once you are safely out. Do not reenter. Call 9-1-1.

After a Fire

The following are guidelines for different circumstances in the period following a fire:

- If you are with burn victims, or are a burn victim yourself, call 9-1-1; cool and cover burns to reduce chance of further injury or infection.
- If you detect heat or smoke when entering a damaged building, evacuate immediately.
- If you are a tenant, contact the landlord.
- If you have a safe or strong box, do not try to open it. It can hold intense heat for several hours. If the door is opened before the box has cooled, the contents could burst into flames.
- If you must leave your home because a building inspector says the building is unsafe, ask someone you trust to watch the property during your absence.

For More Information

If you require more information about any of these topics, go to the U.S. Fire Administration's website at http://www.usfa.fema.gov.

The following are resources that may be helpful.

- Visit NOAA Watch for more weather-related information.
- FEMA Publications:

  After the Fire: Returning to Normal. FA 046. This 16-page booklet provides information about recovering from a fire, including what to do during the first 24 hours, insurance considerations, valuing your property, replacement of valuable documents, salvage hints, fire department operations, and more.

  Smoke Alarms: What You Need to Know. FA 250 This brochure describes the types of smoke

alarms available for residential use and the appropriate placement and maintenance of the alarms.

Protecting Your Family From Fire. FA 130. This pamphlet was written to provide the information you need to decide what you must do to protect your family from fire. Topics include children, sleepwear, older adults, smoke detectors, escape plans, and residential sprinklers.

Fire Risks for the Hard of Hearing. FA 202; Fire Risks for the Older Adult. FA 203; Fire Risks for the Mobility Impaired. FA 204; Fire Risks for the Blind or Visually Impaired. FA 205 These reports address preparation for fire risks for populations with special challenges.

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Explosions

If There is an Explosion

- **Take shelter** against your desk or a sturdy table.
- **Exit** the building ASAP.
- **Do not** use elevators.
- **Check** for fire and other hazards.
- **Take** your emergency supply kit if time allows.

If There is a Fire

- **Exit** the building ASAP.
- **Crawl** low if there is smoke
- Use a wet cloth, if possible, to **cover** your nose and mouth.
- Use the back of your hand to **feel** the upper, lower, and middle parts of closed doors.
- If the door **is not hot**, brace yourself against it and open slowly.
- If the door **is hot**, do not open it. Look for another way out.
- **Do not use** elevators
- If you catch fire, do not run. **Stop-drop-and-roll** to put out the fire.
- If you are at home, go to a previously designated **meeting place**.
- Account for your **family** members and carefully **supervise** small children.
- **Never** go back into a burning building.

If You Are Trapped in Debris

- If possible, **use a flashlight** to signal your location to rescuers.
- **Avoid** unnecessary movement so that you don't kick up dust.
- **Cover your nose and mouth** with anything you have on hand. (Dense-weave cotton material can act as a good filter. Try to breathe through the material.)
- **Tap** on a **pipe or wall** so that rescuers can hear where you are.
- If possible, **use a whistle** to signal rescuers.
- Shout **only as** a last resort. **Shouting can cause a person to inhale dangerous amounts of dust**.

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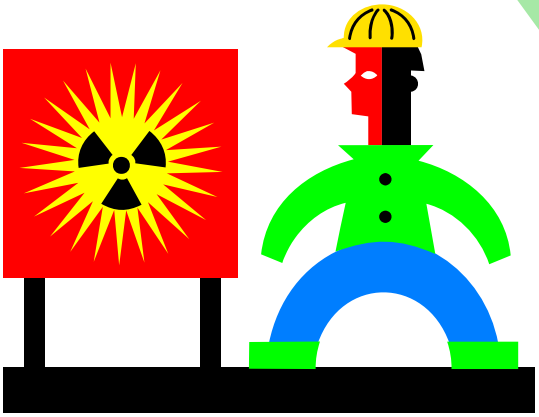
- Plan
- Stay Informed

Family Emergency Plan

9. Wildfires
10. Nuclear Threat
11. Radiation Threat



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Wildfires

If you live where there is an abundance of plants and other vegetation that can easily catch fire, you may be vulnerable to wildfires.

- Plan to evacuate.
- Get a kit of emergency supplies.
- Protect your property from wildfires. For information on protecting your property from wildfires, visit: Federal Emergency Management Agency or The American Red Cross.

Stay Informed

- Local authorities may not immediately be able to provide information on what is happening and what you should do. However, you should watch TV, listen to the radio or check the Internet often for official news and instructions as they become available.
- Do not return to your home until local authorities say it is safe. Use common sense and exercise caution.

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Nuclear Threat

A nuclear blast is an explosion with intense light and heat, a damaging pressure wave and widespread radioactive material that can contaminate the air, water and ground surfaces for miles around. **During a nuclear incident, it is important to avoid radioactive material, if possible.** While experts may predict at this time that a nuclear attack is less likely than other types, terrorism by its nature is unpredictable.

If there is advanced warning of an attack

Take cover immediately, as far below ground as possible, though any shield or shelter will help protect you from the immediate effects of the blast and the pressure wave.

If there is no warning

1. Quickly assess the situation.
2. Consider if you can get out of the area or if it would be better to go inside a building to limit the amount of radioactive material you are exposed to.
3. If you take shelter go as far below ground as possible, close windows and doors, turn off air conditioners, heaters or other ventilation systems. Stay where you are, watch TV, listen to the radio, or check the Internet for official news as it becomes available.
4. To limit the amount of radiation you are exposed to, think about shielding, distance and time.
   - **Shielding:** If you have a thick shield between yourself and the radioactive materials more of the radiation will be absorbed, and you will be exposed to less.
   - **Distance:** The farther away you are away from the blast and the fallout the lower your exposure.
   - **Time:** Minimizing time spent exposed will also reduce your risk.

Use **available information** to **assess the situation**. If there is a significant radiation threat, health care authorities may or may not advise you to take **potassium iodide**. Potassium iodide is the same stuff added to your table salt to make it iodized. It may or may not protect your thyroid gland, which is particularly vulnerable, from radioactive iodine exposure. Plan to **speak with your health care provider in advance** about what makes sense for your family.

For more information, see Potassium Iodide from Centers for Disease Control.

For more general information, see "Are you Ready?" from Federal Emergency Management Agency.

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Radiation Threat

A radiation threat, commonly referred to as a "dirty bomb" or "radiological dispersion device (RDD)", is the use of common explosives to spread radioactive materials over a targeted area. It is not a nuclear blast. The force of the explosion and radioactive contamination will be more localized. While the blast will be immediately obvious, the presence of radiation will not be clearly defined until trained personnel with specialized equipment are on the scene. As with any radiation, you want to try to **limit exposure**. It is important to avoid breathing radiological dust that may be released in the air.

If There is a Radiation Threat or "Dirty Bomb"

1. If you are outside and there is an explosion or authorities warn of a radiation release nearby, cover your nose and mouth and quickly go inside a building that has not been damaged. If you are already inside check to see if your building has been damaged. If your building is stable, stay where you are.

   Close windows and doors; turn off air conditioners, heaters or other ventilation systems.

2. If you are inside and there is an explosion near where you are or you are warned of a radiation release inside, cover nose and mouth and go outside immediately. Look for a building or other shelter that has not been damaged and quickly get inside.

   Once you are inside, close windows and doors; turn off air conditioners, heaters or other ventilation systems.

3. If you think you have been exposed to radiation, take off your clothes and wash as soon as possible.
4. Stay where you are, watch TV, listen to the radio, or check the Internet for official news as it becomes available.
5. Remember: To limit the amount of radiation you are exposed to, think about shielding, distance and time.

   - **Shielding:** If you have a thick shield between yourself and the radioactive materials more of the radiation will be absorbed, and you will be exposed to less.
   - **Distance:** The farther away you are away from the blast and the fallout the lower your

exposure.

- **Time:** Minimizing time spent exposed will also reduce your risk.

As with any emergency, local authorities may not be able to immediately provide information on what is happening and what you should do. However, you should watch TV, listen to the radio, or check the Internet often for official news and information as it becomes available.

For more general information, see "Are you Ready?" from Federal Emergency Management Agency.

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- Prepare
- Plan
- Stay Informed

Family Emergency Plan

12. Biological Threat
13. Chemical Threat

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Biological Threat

Overview

A biological attack is the deliberate release of germs or other biological substances that can make you sick. Many agents must be inhaled, enter through a cut in the skin or be eaten to make you sick. Some biological agents, such as anthrax, do not cause contagious diseases. Others, like the smallpox virus, can result in diseases you can catch from other people.

If There is a Biological Threat

Unlike an explosion, a biological attack may or may not be immediately obvious. While it is possible that you will see signs of a biological attack, as was sometimes the case with the anthrax mailings, it is perhaps more likely that local health care workers will report a pattern of unusual illness or there will be a wave of sick people seeking emergency medical attention. You will probably learn of the danger through an emergency radio or TV broadcast, or some other signal used in your community. You might get a telephone call or emergency response workers may come to your door.

In the event of a biological attack, public health officials may not immediately be able to provide information on what you should do. It will take time to determine exactly what the illness is, how it should be treated, and who is in danger. However, you should watch TV, listen to the radio, or check the Internet for official news including the following:

- Are you in the group or area authorities consider in danger?
- What are the signs and symptoms of the disease?
- Are medications or vaccines being distributed?
- Where? Who should get them?
- Where should you seek emergency medical care if you become sick?

During a declared biological emergency:

1. If a **family member becomes sick**, it is important to be **suspicious**.
2. **Do not assume**, however, that you should go to a hospital emergency room or that any illness is the **result of the biological attack**. Symptoms of many common illnesses may overlap.

3. Use common sense, practice good hygiene and cleanliness to **avoid spreading germs**, and **seek medical advice**.
4. Consider if you are in the group or area authorities believe to be in danger.
5. **If your symptoms match** those described and you are in the group considered **at risk**, immediately seek **emergency medical attention**.

If you are potentially exposed:

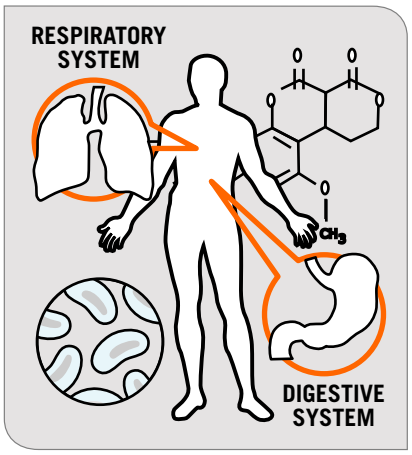
1. Follow instructions of doctors and other public health officials.
2. If the disease is **contagious** expect to receive **medical evaluation and treatment**. You may be advised to stay away from others or even deliberately **quarantined**.
3. For **non-contagious** diseases, expect to receive **medical evaluation and treatment**.

If you become aware of an unusual and suspicious substance nearby:

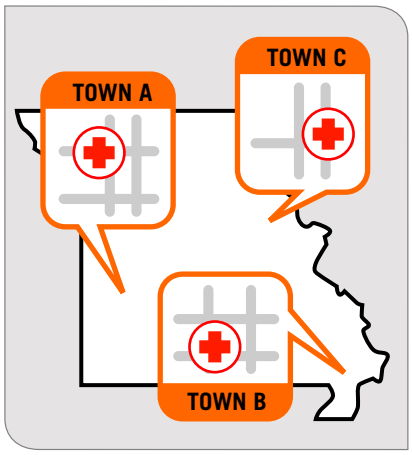
1. **Quickly get away.**
2. **Protect yourself**. **Cover your mouth and nose** with layers of fabric that can filter the air but still allow breathing. Examples include two to three layers of cotton such as a t-shirt, handkerchief or towel. Otherwise, several layers of tissue or paper towels may help.
3. **Wash** with soap and water.
4. **Contact authorities.**
5. Watch TV, listen to the radio, or check the Internet for **official news and information** including what the signs and symptoms of the disease are, if medications or vaccinations are being distributed and where you should seek medical attention if you become sick.
6. **If you become sick seek emergency medical attention.**

BE INFORMED

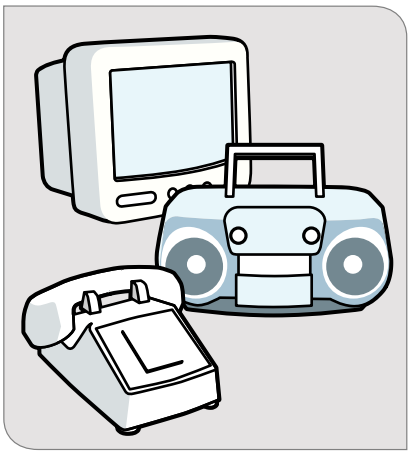
BIOLOGICAL THREAT



1. A biological attack is the release of germs or other biological substances. Many agents must be inhaled, enter through a cut in the skin or be eaten to make you sick. Some biological agents can cause contagious diseases, others do not.



2. A biological attack may or may not be immediately obvious. While it is possible that you will see signs of a biological attack it is perhaps more likely that local health care workers will report a pattern of unusual illness.



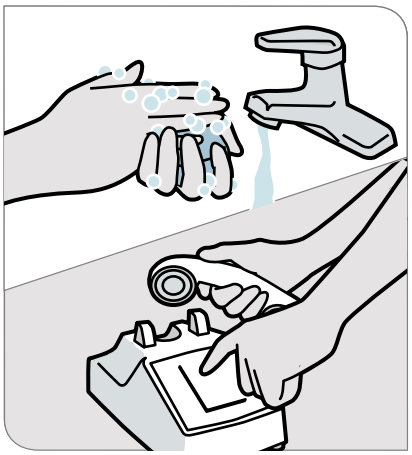
3. You will probably learn of the danger through an emergency radio or TV broadcast.

4. If you become aware of an unusual or suspicious release of an unknown substance nearby, it doesn't hurt to protect yourself.

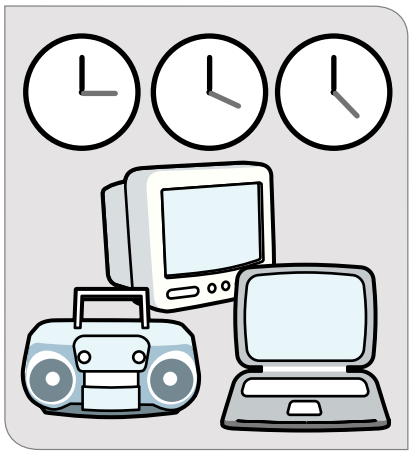
5. Get away from the substance as quickly as possible.

6. Cover your mouth and nose with layers of fabric that can filter the air but still allow breathing.

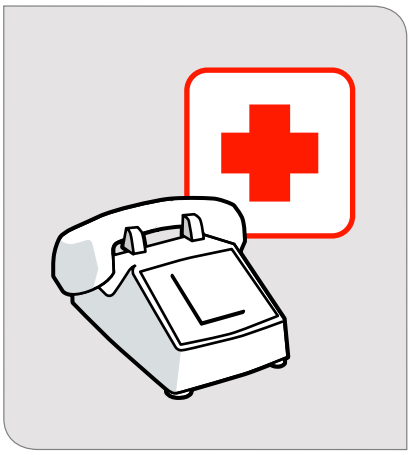
BIOLOGICAL THREAT



7. Wash with soap and water and contact authorities.



8. In the event of a biological attack, public health officials may not immediately be able to provide information on what you should do. However, you should watch TV, listen to the radio, or check the Internet for official news as it becomes available.



9. At the time of a declared biological emergency be suspicious, but do not automatically assume that any illness is the result of the attack. Symptoms of many common illnesses may overlap. Use common sense, practice good hygiene and cleanliness to avoid spreading germs, and seek medical advice.

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Biological Threat

Symptoms and Hygiene

Symptoms

If a family member develops any of the symptoms below, keep them separated from others if possible, practice good hygiene and cleanliness to avoid spreading germs, and seek medical advice.

- A temperature of more than 100 degrees
- Nausea and vomiting
- Stomachache
- Diarrhea
- Pale or flushed face
- Headache
- Cough
- Earache
- Thick discharge from nose
- Sore throat
- Rash or infection of the skin
- Red or pink eyes
- Loss of appetite
- Loss of energy or decreases in activity

Hygiene

If someone is sick, you should practice good hygiene and cleanliness to avoid spreading germs.

- Wash your hands with soap and water frequently.
- Do not share food or utensils.
- Cover your mouth and nose when coughing or sneezing.
- Consider having the sick person wear a face mask to avoid spreading germs.
- Plan to share health-related information with others, especially those who may need help understanding the situation and what specific actions to take.

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Chemical Threat

Overview

A chemical attack is the deliberate release of a toxic gas, liquid or solid that can poison people and the environment.

Possible Signs of Chemical Threat

- Many people suffering from watery eyes, twitching, choking, having trouble breathing or losing coordination.
- Many sick or dead birds, fish or small animals are also cause for suspicion.

If You See Signs of Chemical Attack: Find Clean Air Quickly

- Quickly try to **define the impacted area** or where the chemical is coming from, if possible.
- Take immediate action to **get away**.
- If the chemical is inside a building where you are, get out of the building without passing through the contaminated area, if possible.
- If you can't get out of the building or find clean air without passing through the area where you see signs of a chemical attack, it may be better to move as far away as possible and shelter-in-place.
- If you are outside, quickly decide what is the fastest way to find clean air. Consider if you can get out of the area or if you should go inside the closest building and "shelter-in-place."

If You Think You Have Been Exposed to a Chemical

If your eyes are watering, your skin is stinging, and you are having trouble breathing, you may have been exposed to a chemical.

- If you think you may have been **exposed to a chemical, strip immediately** and **wash**.
- Look for a hose, fountain, or any source of **water**, and wash with **soap** if possible, being sure not to scrub the chemical into your skin.
- Seek emergency **medical attention**.

For more information, see "Are you Ready?" from Federal Emergency Management Agency.

Ready.Gov

- Prepare
- Plan
- Stay Informed

Family Emergency Plan

14. Influenza Pandemic
15. Earthquakes
16. Landslide and Debris Flow (Mudslide)
17. Tsunamis
18. Volcanoes

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Influenza Pandemic

A pandemic is a global disease outbreak. An influenza pandemic occurs when a new influenza A virus emerges for which there is little or no immunity in the human population and the virus begins to cause serious illness and then spreads easily person-to-person worldwide. The federal government, states, communities and industry are taking steps to prepare for and respond to an influenza pandemic.

If a pandemic occurs, it is likely to be a prolonged and widespread outbreak that could require temporary changes in many areas of society, such as schools, work, transportation and other public services. An informed and prepared public can take appropriate actions to decrease their risk during a pandemic. To be prepared for such an emergency, the U.S Department of Health and Human Services encourages individuals, businesses and communities to:

- Talk with your local public health officials and health care providers, who can supply information about the signs and symptoms of a specific disease outbreak and recommend prevention and control actions.
- Adopt business/school practices that encourage sick employees/students to stay home and anticipate how to function with a significant portion of the workforce/school population absent due to illness or caring for ill family members.
- Practice good health habits, including eating a balanced diet, exercising daily, and getting sufficient rest. In addition, take common-sense steps to stop the spread of germs including frequent hand washing, covering coughs and sneezes and staying away from others as much as possible when you are sick.
- Stay informed about pandemic influenza and be prepared to respond. Consult www.pandemicflu.gov frequently for updates on national and international information on pandemic influenza.

More Information

For more information on preparing for and responding to an influenza pandemic visit the U.S Department of Health and Human Service's website at www.pandemicflu.gov.

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Earthquakes

While Earthquakes are sometimes believed to be a West Coast phenomenon, there are 45 states and territories throughout the United States that are at moderate to high risk from earthquakes. An earthquake is the sudden, rapid shaking of the Earth, caused by the braking and shifting of subterranean rock.

Since it is not possible to predict when an earthquake will occur, it is essential that you and your family are prepared ahead of time.

Prepare for Earthquakes

- Securely fasten shelves to walls.
- Keep large or heavy objects on lower shelves.
- Store breakable items in lower cabinets with doors and latches.
- Inspect and repair electrical wiring and gas connections; these can be potential fire hazards during an earthquake.
- Secure your water heater by strapping it to wall studs and bolting it to the floor.
- Check your home or building for structural defects and repair cracks in your ceiling and foundation.
- Keep toxic and flammable items securely stored in cabinets with doors and latches.
- Identify safe places in your home or office where you will ride out an earthquake. The best protection is under heavy furniture where you are protected from falling debris.
- Learn how to turn off electricity, gas and water.
- Get an emergency supply kit.

Plan to act Quickly

- During or immediately after an earthquake, the best protection is to get under heavy furniture, such as a desk, table or bench, staying away from large windows, mirrors or other glass.
- The greatest danger is directly outside buildings, at exits and along exterior walls, due to falling debris.
- If you are already outside, stay clear of buildings, power lines, overpasses and elevated expressways.
- Most deaths and injuries are due to falling walls, flying glass or debris.

- Expect aftershocks – smaller quakes (and sometimes larger ones) can often follow hours or days after the initial shake, causing further damage to weakened buildings and structures.
- Check for gas leaks – if you smell gas or hear a hissing or blowing noise, open a window and leave the building immediately; turn off the gas at the outside main valve, if possible and call the gas company.

Stay Informed

Local authorities may not immediately be able to provide information on what is happening and what you should do. However, you should watch TV, listen to the radio or check the Internet often for official news and instructions as they become available.

For further information on how to plan, prepare and stay informed about earthquakes, visit: Federal Emergency Management Agency or visit NOAA Watch for more weather-related information.

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Landslide And Debris Flow (Mudslide)

Landslides, also known as mudslides and debris flow, occur in all U.S. states and territories, and can be caused by a variety of factors including earthquakes, storms and fires. Landslides can occur quickly, often with little notice, the best way to plan for a mudslide is to stay informed about changes in and around your home that could signal that a Landslides is likely to occur. Look for changes in landscape and water drainage, or new cracks in foundations and sidewalks.

- Prepare for landslides by following proper land-use procedures - avoid building near steep slopes or along natural erosion valleys.
- Consult a professional for advice on appropriate preventative measures for your home or business, such as flexible pipe fittings, which can better resist breakage.

Stay informed

Local authorities may not immediately be able to provide information on what is happening and what you should do. However, you should listen to NOAA Weather Radio, watch TV, listen to the radio or check the Internet often for official news and instructions as they become available.

For more detailed information on mudslides, see http://www.fema.gov/areyouready/landslide.shtm.

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Tsunamis

Tsunamis, also known as seismic sea waves, are most common along the Pacific coast, but can strike anywhere along the U.S. coastline. Tsunamis are enormous waves caused by an underground disturbance such as an earthquake. They can move hundreds of miles per hour, and hit land with waves topping 100 feet in height.

- Understanding the difference between the terms that identify a tsunami hazard: advisory, watch and warning. For a detailed explanation of these terms, see http://www.fema.gov/areyouready/tsunamis.shtm.
- Plan to act quickly. If you are in coastal waters and notice a dramatic recession of water from the shoreline you should heed nature's warning that a tsunami is approaching.
- Move inland immediately and do not return to the flooded and damaged areas until officials say it is safe to do so.
- If you are in coastal waters and notice a dramatic recession of water from the shoreline you should heed nature's warning that a tsunami is approaching.
- Visit NOAA Watch for more weather-related information.

Stay informed

Local authorities may not immediately be able to provide information on what is happening and what you should do. However, you should listen to NOAA Weather Radio, watch TV, listen to the radio or check the Internet often for official news and instructions as they become available.

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Volcanoes

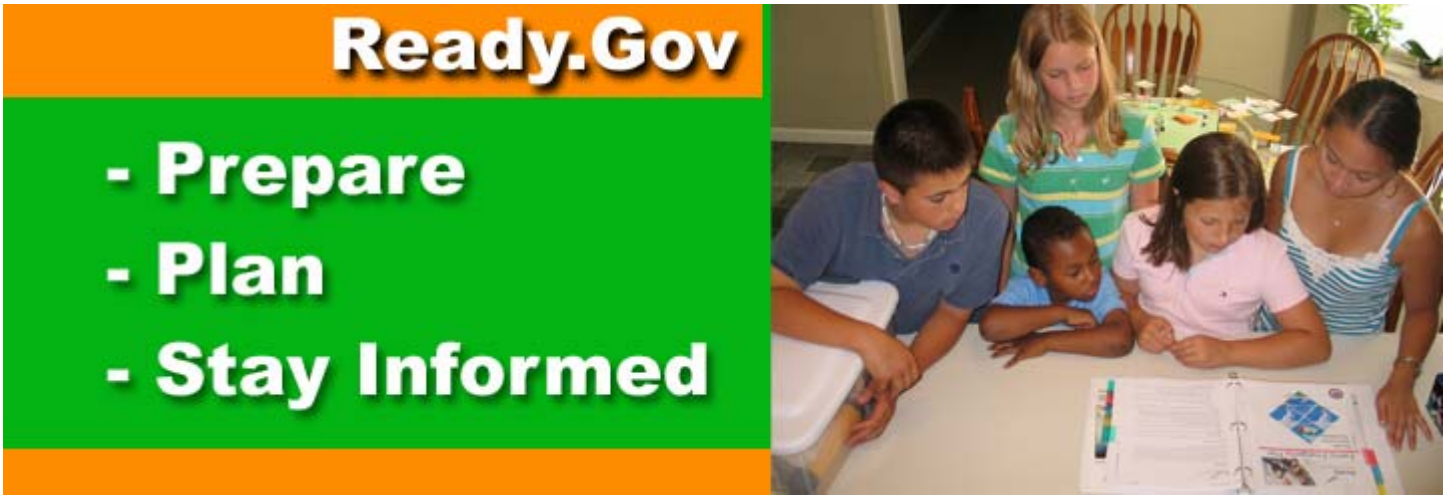
Potentially active volcanoes in the United States exist mainly in Hawaii, Alaska and the Pacific Northwest. When pressure builds up within a volcano's molten rock, it has the potential to erupt, sending forth lava flows, poisonous gases and flying rock and ash that can sometimes travel hundreds of miles downwind.

- Follow the instructions of local emergency officials.
- Knowing your community's warning systems and disaster plans, including evacuation routes.
- Plan to evacuate quickly and to take your portable emergency supply kit with you.
- Plan ahead by adding extra goggles and something to cover your nose and mouth to your emergency supply kit. Include something to cover your nose and mouth for every member of your family.
- If you are unable to evacuate, and in order to protect yourself from falling ash, you should remain indoors with doors, windows and ventilation closed until the ash settles.

Stay informed

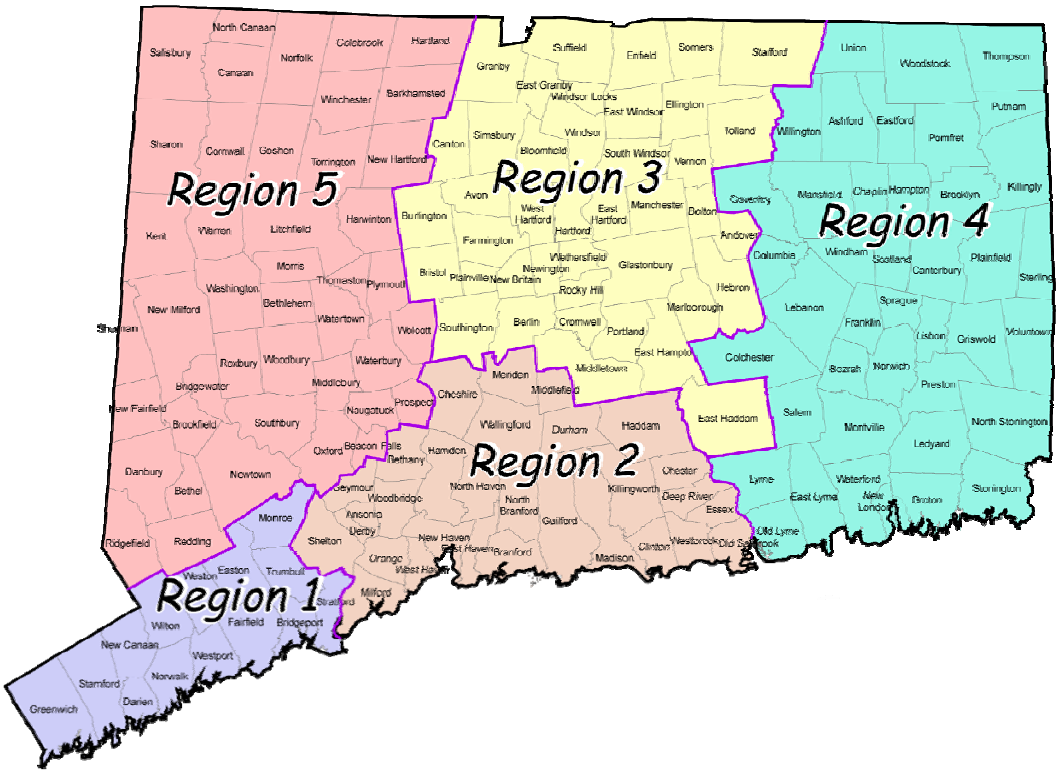
Local authorities may not immediately be able to provide information on what is happening and what you should do. However, you should listen to NOAA Weather Radio, watch TV, listen to the radio or check the Internet often for official news and instructions as they become available.

For additional information on dealing with volcanic eruptions, please see http://www.redcross.org/services/disaster/foreignmat/volcano.pdf and/or http://www.fema.gov/areyouready/volcanoes.shtm.



Family Emergency Plan

19.State and Local Information



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Local Information

Connecticut

Contact Information

Department of Emergency Management and Homeland Security
25 Sigourney Street – 6th FL
Hartford, CT 06106-5042
Local Phone: (860) 256-0800
Toll Free Phone: (800) 397-8876
http://www.ct.gov/demhs

Local Information

Middletown Department of Public Safety Division of Homeland Security
1111 Country Club Rd
PO Box 2794
Middletown, CT 06457
(860) 685-8274

City of New Haven
Chief Administrator's Office
165 Church Street
New Haven, CT 06510
(230) 946-6306

Citizen Corps

Get Involved in Preparing your Community. Citizen Corps, Homeland Security's grassroots effort, localizes preparedness messages and provides opportunities for citizens to get emergency response training; participate in community exercises; and volunteer to support local first responders. To learn more and to get involved, contact your nearest Citizen Corps Council by visiting www.citizencorps.gov.

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269 Maxim Road
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