

TOWN OF SUNDERLAND



EMERGENCY PLANNING GUIDE



Being prepared to protect you and your family....



Introduction

The focus of this guide is to provide Sunderland citizens with basic information and resources regarding emergencies. This guide provides information so you can prepare NOW as well as in the event an emergency happens. Disasters can happen anytime, with or without warning.

Our goal is to continue to seek and develop strategies, policies, partnerships and plans to facilitate a comprehensive response to any and all emergencies that may arise.

The committee would like to thank Sheriff Frederick MacDonald and the Franklin County Jail for printing this guide.

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Disclaimer: This Emergency Planning Guide is intended solely for the purpose of providing the public with general health-related information and convenient access to data resources.

Some photos courtesy of FEMA.

Compiled from information from Meriden, CT, State of Connecticut and Vermont. FEMA, MEMA and MDPH



IMPORTANT NUMBERS

Emergency: Fire/Police/Medical	911
Poison Control	1.800.222.1222
Police Dispatch	413.625.8200
Fire Dispatch	413.625.8200
Board of Health	413.665.1441
Building Department	413.665.1433
Highway Department	413.665.1460

Schools:	
Superintendent	413.665.1155
Elementary School	413.665.1151

Utilities:	
Western Massachusetts Electric	800-286-2000
Comcast	880.286.2000
Verizon	888.633.4266
Water District	413.537.5030
Sewer	413.665.1441

Local TV and Radio:	
Local Access	Channel 15 Website: townofsunderland.us
Radio Stations	WHAI 98.3, WHMP 99.3, 95.3, 102, 93.1, 1240AM, 1400, 1430
Television Stations	Channels 3, 22 and 40



Why prepare for disasters?

History has proven that the better prepared you and your family are BEFORE an emergency, the better you are able to deal with an emergency when it happens. This is not to say that because you are prepared nothing “bad” is going to happen, but that you now have “a plan” on how you are going to respond. This guide provides information to help you deal with a variety of emergency situations.

Emergency Preparedness is a tool.

Planning in advance of any “emergency” helps lessen the impact of the emergency on people, property, and the community we live in. Planning reduces panic.

By planning before an emergency, you will have the best possible answers and choices all ready for you to review and select from.

Town, State, and possibly Federal resources could be initially overwhelmed and you might need to rely on your own emergency plan.

What does the “Emergency Preparedness Guide” Do?

This guide will give some of the basic elements for you to consider, review and implement when developing your own emergency plan for you and your family. We have looked at the best practices and placed them in a “booklet” for you and your family.

READ this booklet and develop a **Family Emergency Plan of Action**. **KEEP** this book handy and **REVIEW** it with all family members. Keep it **UPDATED** with any new information, whether it be phone numbers, medications, doctors numbers, etc.

Please note Western Massachusetts Electric Company has a Medical Alert System which helps customers who may be dependent upon electrically operated life-support equipment. They will specially code your account and contact you if they become aware of a significant storm that may cause power outages. They can not guarantee uninterrupted service but they can help you better prepare. Please call 800-286-2000. This needs to be done as soon as possible.

This information booklet could make the difference between life and death.



Emergency Preparedness Supply Kit

In the event of an emergency, you should plan on taking care of yourself and your loved ones until help arrives or until it is safe to travel again. Your **Emergency Preparedness Supply Kit** should include the following items for you and your family. Plan on having enough of each item for a minimum 3 day supply.

Additionally, plan to update your kit every 6 months. As a reminder, use the beginning and ending of Daylight Savings Time (twice a year) to replace the water supply and other perishable food items that will expire in your kit.

Home Emergency Kit

- ☐ Battery powered radio/flashlight-extra batteries, self powered flashlight and radio
- ☐ Bottled water-1 gallon per day per person.
- ☐ Canned food-that does not need refrigeration.
- ☐ A can opener-non electric.
- ☐ Eating utensils/disposable cups and plates.
- ☐ Blankets/hats/gloves.
- ☐ Writing instruments and paper.
- ☐ First Aid Kit with manual.
- ☐ Pocket knife.
- ☐ Fire extinguisher.
- ☐ Cell phone.
- ☐ Small hand tools-hammer/pliers/duct tape.
- ☐ Soap and paper towels.
- ☐ Household bleach.
- ☐ Toilet paper and waterless hand cleaner.
- ☐ Medical information.
- ☐ Personal contact info-phone numbers.
- ☐ Disposable N95 Personal Protection Masks.
- ☐ Prescription drugs.
- ☐ Personal care items-sanitary napkins, etc.
- ☐ Matches-waterproof.

Additional items you may want:

- | | |
|-----------------------------|-------------------------------|
| ✓ Plastic bags. | Eye glasses (extra pair). |
| ✓ Paper cups. | Contact lenses and supplies. |
| ✓ Needles and thread. | Personal identification. |
| ✓ Pre-moistened towelettes. | Pet supplies. |
| ✓ Disposable diapers. | Pet: ID/inoculations/carrier. |



Car Emergency Kit

- ❑ Booster cables.
- ❑ Maps, shovels, road flares.
- ❑ Tire repair kit and pump.
- ❑ Spare tire.
- ❑ Fire extinguisher (ABC type).(5 all Purpose)
- ❑ Blankets/hats/gloves.
- ❑ Non-perishable food.
- ❑ First aid kit with manual.
- ❑ Flashlight.
- ❑ Fix-A-Flat.
- ❑ Maps.
- ❑ Comfortable warm clothing.
- ❑ Portable fire extinguisher.
- ❑ First aid kit.
- ❑ Empty gas can.
- ❑ Blanket.
- ❑ White cloth to signal distress.
- ❑ Registration.
- ❑ Proof of insurance.
- ❑ Flares.

If you need to relocate (leave your residence), be sure to take both your Home Emergency Kit and your Car Emergency Kit with you.





Anthrax

What is Anthrax?

Anthrax is a disease caused by a bacterium.

Types of Anthrax.

There are 3 types of Anthrax.

Skin/Respiratory/Digestive

Is Anthrax contagious?

NO!

What is the threat from Anthrax?

The Centers for Disease Control places agents into three categories: A, B, and C.

Anthrax is category A.

Category A indicates that the agent 1) poses the greatest possible threat on public health, 2) might spread quickly, 3) requires a great deal of planning in order to protect the public health.

What are the signs that you have been exposed?

1. Skin contact-small sore that turns into blister, then into skin ulcer with black center.
The sore, blister and ulcer do not hurt.
2. Ingestion-Nausea, loss of appetite, bloody diarrhea, and fever, followed by bad stomach pain.



Anthrax continued

3. Inhaled-cold and flu like symptoms, sore throat, mild fever and muscle aches.
Progresses to cough, chest discomfort, shortness of breath, tiredness and muscle aches. (not to be confused with the common cold symptoms)

How can you prepare?

There is a Vaccine. If it was determined that Anthrax was released by a terrorist, then people exposed would get the vaccine preventive medicine.

If Exposed?

If you think you have been exposed to Anthrax contact your physician and local law enforcement authorities for assistance. Early treatment is important!

How is Anthrax Treated?

Treatment after exposure usually is in the form of antibiotics.



Bioterrorism

What is Bioterrorism?

Bioterrorism is the intentional release of a biological agent or substance that is meant to make people ill.

What are examples of Bioterrorism?

Anthrax, Botulism, Smallpox, Tularemia, and Viral Hemorrhagic Fever.

How can you prepare?

Always be on your guard and note all suspicious activity that is taking place. Notify proper authorities of suspicious packages or activity occurring in your surroundings. Frequently wash your hands with soap and water.

What should you do if exposed?

Stay calm and contact emergency personnel for assistance and guidance. Follow guidelines described by emergency medical personnel and public health officials. Limit contact with others if contagious agent is suspected.

If not exposed, what should you do if you are instructed to Shelter in Place?

When asked to “shelter in place,” the authorities have determined that you are safer in your own home, work site or school, etc. than in a public place.

Have a pre-determined area to go.

Locate your Emergency Preparedness Supply Kit and double check the contents in an effort to be ready if needed for use.

Keep in radio/TV contact with Public Health Broadcasts and follow their directions.



Chemical Emergencies

In the event of a Chemical Emergency

Follow “Shelter in Place” Instructions

- Go inside immediately.
- Turn on the radio or television and listen for instructions.
- Stay inside your home or building.
- Close windows and doors.
- Turn off air conditioners and heating system blowers.
- Close fireplace dampers.
- Gather flashlight, food, water, medicines, duct tape, towels, plastic sheeting, battery operated radio, and cordless telephone, if available.
- Go to an inside area or room and seal cracks and openings using duct tape and plastic.
- Stay still and quiet to minimize air use.
- If you smell a chemical or anything unusual, dampen a towel and breathe through it.
- If children are at school they will be protected. Do not travel to the school for them.
- Stay tuned to a radio or TV station for further instructions or for the “All Clear” to be issued.

After the “All Clear” has been sounded: Open doors and windows and air out the house.

If you are away from home, go to a shopping center or public building for shelter and wait for instructions for shelter or evacuation.

Warnings

Warnings and Emergency Action Instructions will be issued by the Town of Sunderland Public Information Officer. Information will be on the Connect CTY (emergency call back), local channel 15, web site; www.townofsunderland.us and radio/TV stations listed under Important Numbers.



Chemical Emergencies continued

Shelter in Place

Disasters and/or emergencies can occur at any time or anywhere. One of the basic safety techniques you can use to protect you and your family is “Shelter in Place”. “Shelter in Place” means to seek immediate shelter and remain inside rather than evacuate. This basic safety technique can save your family’s life during emergencies such as chemical releases and weapons of mass destruction incidents (nerve agent, radiological and biological). However, there might be times when you must evacuate from the building you are in. Some of the examples are: you have sufficient notice of a potential hazard and you can evacuate safely; you are in a mobile home or similar structure during tornado and/or thunderstorms; the structure you are in is flooded, on fire, or in danger of collapsing, and/or you are told to evacuate by public safety officials.

Planning for an Emergency

“Shelter in Place” for chemical incidents, major fire with hazardous smoke and weapons of destruction incidents:

- Study your surroundings for fixed and mobile sources of hazardous materials.
- Learn about any Emergency Alert Warning Systems where you live and work.
- Prepare a “Shelter in Place” kit appropriate for the type(s) of emergencies that could occur near you. Check the kit every six months to make sure all the supplies are still there and that they are fresh.
- Find out which radio stations, television and cable channels in your area broadcast emergency information.
- Learn CPR and first aid.
- For a place to shelter, select a room in your house that has few or no windows. The room should have a telephone, although you should use it only for emergency calls. If you use it otherwise, you might be taking up a line needed by emergency response officials.
- Make sure all family members know what to do in a chemical emergency, whether they are at home, school, work or outdoors.
- Review your plan periodically and conduct drills.



Chemical Emergencies continued

Assemble your own “Shelter in Place” kit to aid you when the need arises. A simple kit can be assembled relatively inexpensively (usually under \$50.00) with the following items:

- A roll of plastic sheeting precut to fit any windows in the room.
- A roll of duct tape.
- Bath towels to place under any openings in doorways (dampen towels first).
- A battery-operated radio, with extra batteries, tuned to the local Emergency Alert Station (EAS).
- Bottled water and some sort of snack food.

What should I do if I am told to “Shelter in Place”?

- “Shelter in Place” can be done at home, school or work.
- Quickly bring everyone inside including pets.
- Do not go outdoors unless absolutely necessary. If so, limit time spent outdoors and cover your mouth and nose with a damp cloth or towel. When returning indoors, leave outer clothing outside. Wash your face and hands with mild soap and lukewarm water.
- Close all doors to the outside and close and lock all windows (windows sometimes seal better when locked)
- Turn off all air conditioners, fans, ventilation, and heating systems.
- Close all internal doors as soon as possible.
- Designate an interior room for shelter and be prepared to seal windows, doors and air vents with duct tape or plastic.
- Use a wet towel to seal door bottoms.
- Use duct tape, plastic wrap or aluminum foil to cover and seal bathroom exhaust fan grills, range vents, dryer vents and other openings to the outside to the extent possible.
- Close all fireplace dampers.
- Use the telephone only for emergency calls.
- Stay tuned to the radio or TV for detailed instructions.



Chemical Emergencies continued

- Begin storing water in closed containers for future drinking and cooking.
- If necessary, children in affected schools will be sheltered there. Parents should not try to pick them up unless advised to do so.
- Remain sheltered until local authorities announce the emergency is over.

Warnings

Warnings/Emergency Action instructions will be issued by the Town of Sunderland Public Information Officer. Information will be on Connect CTY (emergency call back), the local channel 15, web site; www.townofsunderland.us and radio/TV stations listed under Important Numbers.



Crime Prevention

Crime Prevention

Personal Protection when in Public

In most cases, you are in control of the circumstances in which you place yourself. Just being aware that you are a potential victim of a crime is the first step toward prevention.

- Stay alert to your surroundings and the people around you.
- Don't use unfamiliar shortcuts to save time; plan a safe route and stick to it.
- Lock your car and close your windows-even if you're gone only a few minutes. Lock your valuables in the trunk.
- When waiting for public transportation or rides from friends, do so in a well-lit place.
- Teach your children to ask a store clerk for help should they become separated from you while shopping. Children should never go to a parking lot or to your car alone.
- Avoid carrying large amount of cash. Use checks and credit cards, when possible, to pay for purchases.
- If your credit cards are lost, stolen or misused, notify the issuers immediately.
- Shop before dark if possible.
- Never park in unlit lots or areas.
- Have your packages delivered whenever possible.
- Carry your purse under your arm.
- Keep wallet inside a jacket pocket.
- Purses and wallets might become targets for crime in crowded shopping areas and public transportation.
- Be careful using outside ATM's at night or in unfamiliar surroundings.
- When walking, walk in the middle of the sidewalk and walk towards oncoming traffic.
- If you wear a purse with a shoulder strap, be prepared to let go if snatched. Keep your hands as free as possible.



Crime Prevention continued

- Keep your car in good working order and keep the gas tank at least half full.
- When you approach your parked vehicle, visually check the area around the vehicle for any suspicious persons or activity. If you observe anything suspicious, walk to where there are other people and call the police.
- Have your keys ready when approaching your vehicle to reduce the time needed to enter.
- When operating your vehicle, keep the doors locked and the windows rolled up.
- When stopped at a traffic light or in traffic, allow space between you and the vehicle in front of you so you can drive away if necessary.
- If someone approaches your car and attempts to enter, blow your horn to attract attention and drive away.
- If affordable, have cell phone with you.
- If you are being followed, don't drive home. Go to police headquarters or the nearest fire station and blow your horn. You might also drive to the nearest gas station or other business where you are safe, and call the police. Do not leave the car unless you are certain you can get inside a building safely.

Carry the following items in your car:

- Flashlight.
- Fix-A-Flat.
- Maps.
- Comfortable warm clothing.
- Portable fire extinguisher.
- First aid kit.
- Empty gas can.
- Blanket.
- White cloth to signal distress.
- Registration.
- Proof of insurance.
- Flares.



Crime Prevention continued

In a Building:

- Avoid isolated corridors or hallways.
- Be extra careful in stairwells and isolated or poorly lit areas.
- Avoid entering an elevator which is occupied by only one person-and that person is a stranger.
- In an elevator, stand near the controls and locate the emergency button.
- When using stairwells, make wide turns when going around corners.

Home and Property Protection

The key to home and property protection is the concept of target hardening. The methods are simple-**Lock it Up, Light it Up and Put it Away**, with the goal of making your home or property an undesirable target. It is the “**look**” that counts more than anything. Next, it is the “**difficulty**.” And last, it is whether or not it is “**worth it**” in the thief’s eye.

The “Look:”

If it looks like someone’s home, they’ll go elsewhere. Burglars don’t want to be seen or caught; or worse, injured by an angry or frightened homeowner. That’s why over 70% of all burglaries occur during the day, when people are likely to be at work and the kids are in school.

- Keep radio or TV on.
- Keep several lights on, some upstairs and some downstairs-even during the day. It may look like someone is home. If you use light timers, have them go on and off at different times.
- When possible, keep a car parked in the driveway of your home.
- Don’t give burglars a place to hide. Keep shrubs trimmed low. Make sure there are no shrubs in front of a window that a burglar could use to hide and gain entry.



Crime Prevention continued

- Keep lights on outside or use motion detectors. Not only do motion detectors light the area when motion is detected, but they might also startle the burglar causing him to run away.
- Any type of fencing gives an unwelcome look to a burglar, not to mention making it more difficult for the burglar to gain entrance to your yard.
- Prison surveys of burglars indicate that a good alarm system is the best deterrent.

The Difficulty:

Studies indicate that if you can keep a burglar out for at least four minutes, he will give up and go somewhere else.

- Install good deadbolt locks on exterior doors and use them. Make sure your door jams are in good shape.
- If your windows are closed and locked, the noise of breaking glass will tend to make your home less desirable. Never leave windows open on the lower level when you leave, even for a short while.
- If you can afford it, install a good alarm system from a reputable company.

Is it Worth it?

This applies to any situation, not just burglaries. If something is in plain sight, a thief will take a bigger risk to get it.

- Hide your valuables in a place burglars are not likely to look (not in your master bedroom).
- Don't flash money, or leave things in plain sight whether it's in your home, car, or while shopping.



Crime Prevention continued

Terrorism-What You Can Do To Help?

Terrorism is the unlawful use of force or violence against persons or property to intimidate or coerce a government or its citizens to further certain political or social objectives. Law enforcement generally recognizes two types of terrorism: domestic and international. Domestic terrorism is based and executed in the United States by our own citizens without foreign direction. International terrorism, which is connected to foreign governments or groups, transcends our national boundaries. Terrorist acts against U.S. Citizens can occur anywhere in the world.

Be Alert and Report:

- Surveillance- Are you aware of anyone video/digitally recording or monitoring activities, taking notes, using cameras, making maps, using binoculars, etc., near key facilities?
- Suspicious Questioning-Are you aware of anyone attempting to gain information in person, on the phone, by email, etc., regarding a key facility or about the people who work there?
- Test of Security-Are you aware of any attempts to penetrate or test physical security or procedures at a key facility or event?
- Acquiring Supplies-Are you aware of anyone attempting to improperly acquire explosives, weapons, ammunition, dangerous chemicals, uniforms, badges, flight manuals, access cards, or identification for a key facility or event, or to legally obtain items under suspicious circumstances that could be used in a terrorist attack?
- Suspicious Persons-Are you aware of anyone who does not appear to belong in the workplace, neighborhood, business establishment, or near a key facility or event?
- Dry Runs-Have you observed any behavior that appears to be preparation for a terrorist act, such as mapping out routes, playing out scenarios with other people, timing traffic lights or traffic flow or other such suspicious activities?
- Deploying Assets-Have you observed abandoned vehicles, stockpiling of suspicious materials or persons being deployed near a key facility or event?
- Hate Crimes-Hate crimes against individuals or groups based on religion, race, or ethnicity might rise to the level of terrorist acts and should be reported immediately.

For additional advice on crime prevention, contact the
Sunderland Police Department: 413.665.7036



Evacuation

What do you mean by an Evacuation?

Basically, there will be times when you and your family would need to leave the immediate area and seek shelter elsewhere. During an evacuation, local authorities have determined that it is unsafe for you to remain in the area and you need to relocate and find shelter outside the “unsafe” area.

How long will the evacuation be for?

Sometimes evacuations are for a short period of time (overturned chemical truck) to long periods of time (hurricanes) when essential services have been disrupted and need to be restored.

How can you prepare?

- If you have a car, be sure to keep the tank at least half full.
- Have a family plan in advance where you and your family might stay (relocate) (i.e. relatives, friends, hotel) outside the “unsafe” area.
- Locate your Emergency Preparedness Supply Kit and double check the contents so as to be ready to use it.
- Keep in radio contact with local broadcasts. They will give you instructions for both evacuation and return policies.
- If it is a school evacuation, review and understand the school policy on where the children will be relocated.
- Remember, depending on the incident, schools might use “protect in place,” meaning they have determined that it is safer to have students remain in school then to venture outside.

How to Evacuate:

- Follow your family emergency plan and be sure all family members are familiar with it.
- Take your Emergency Preparedness Supply Kit with you in case you need it.
- Wear appropriate clothing for the time of year.
- Notify family members that you need to relocate and where they can reach you.
- Keep in radio contact with your local stations for RETURN instructions.
- Secure your home, lock and secure all windows and doors.
- Due to power surges and uncertainty, unplug all appliances.
- If you have lost power and there will be freezing temperatures, take steps to secure your home from frozen pipes. Your plumber can give the best answers that suit your home.
- Follow the designated evacuation routes given to you by your local authorities.



Fire Safety

Pre-planning for fire safety can not be overstated. Most deaths from fire result from smoke inhalation, NOT the fire. Once the fire has begun it can consume your home in minutes, NOT hours. The fire and smoke can cause you to become disoriented and result in blocked exit doors preventing you and your family from leaving the house to seek safety outside.

Planning BEFORE a fire happens can significantly improve you and your family's chances of surviving a fire. The following life-saving tips provided below have proven to be invaluable BEFORE and DURING a fire.

BEFORE	DURING
<input type="checkbox"/> Install smoke detectors and carbon monoxide (replace the batteries twice a year). Test the unit monthly	<input type="checkbox"/> When a fire happens, stay low to the floor; smoke is less dense at floor level.
<input type="checkbox"/> Make a plan on how you would escape from each room of your house.	<input type="checkbox"/> Instruct everyone to leave the house immediately.
<input type="checkbox"/> Pick a designated place away from the house where you will all meet.	<input type="checkbox"/> Check all doors before opening them to see if they're hot. If hot, do not open; seek another escape route.
<input type="checkbox"/> Annually clean your fireplace chimney. Check your chimney flues and clean as needed.	<input type="checkbox"/> Use the stairs to exit or a window if you have to; leave immediately.
<input type="checkbox"/> Annually have your heat system (boiler, furnace) serviced and cleaned.	<input type="checkbox"/> Close doors behind you as you leave each room; to slow the spread of the fire.
<input type="checkbox"/> Discard all faulty appliances and damaged extension cords.	<input type="checkbox"/> Exit the house and go to neighbor's house to call 911.
<input type="checkbox"/> Do not smoke in bed or let children play with matches.	<input type="checkbox"/> Do NOT go back into a burning building once you have exited.
<input type="checkbox"/> All open flames (candles and fires in the fireplace) should NOT be left unattended.	<input type="checkbox"/> Meet house members at the pre-determined location outside.
<input type="checkbox"/> Do not overload electrical circuits.	<input type="checkbox"/> Ask your local building/fire officials when it is safe to re-enter.
<input type="checkbox"/> Have flashlights and batteries on all floors.	<input type="checkbox"/> Check all food products (see section on Utility Outages.) Call Health Department for food safety concerns.
<input type="checkbox"/> Purchase ABC Fire extinguishers	

Call Sunderland Fire Department for additional advice 413.665.2465



Floods

We all have seen pictures of the devastation that floods can cause. You cannot stop the flood water from coming, but you CAN prepare in advance how you and your family will plan for it.

Flood Insurance: Record-keeping and photos of your possessions combined with flood insurance is a great way to prepare. If you lose records of your possessions, photos and videos will help you when you file an insurance claim under your flood insurance policy.

How can you prepare?

In addition to having flood insurance, you can prepare in other ways to limit the impact the floodwaters have on you and your family.

- ✓ See section on **UTILITY OUTAGES** for your Emergency Preparedness Supply Kit.
- ✓ Review your Family Emergency Plan and be sure all family members are familiar with it.
- ✓ Installation of quality sump pump* with back-up power is a must.
- ✓ Make a list of all items currently in contact with your basement floor, furnace, boiler, hot water heater, appliances, electrical outlets, etc. Once the list is complete, begin to elevate (raise) these items a minimum of 12" above the basement floor level. Seek the services of professionals to do this and check with the Building Inspector for code compliance.
- ✓ Install backflow preventors as well on sewer lines, etc. to prevent contaminated water from coming into your home through the plumbing.

When flooding occurs:

- Do not drive on flooded roads or bridges. Just one foot of moving water can move most cars off the road.
- Do not walk through or allow children to play in floodwaters. These waters might be contaminated and as little as six inches of fast moving floodwater can sweep a person off his or her feet.
- Listen on your local radio station/television for weather updates, flood watches and warnings and when you might be able to return if evacuated.
- If asked to evacuate, comply as soon as possible and take your Emergency Preparedness Supply Kit with you.
- When evacuating contact outside family members and let them know you are evacuating and where you and your family are going.

* Sump pump: A sump pump is a device generally located in the basement of your home or business and is located in a "pit" below the floor level. The pit is designed to be the low point to where the water flows or is piped. When the pump "senses" water in the pit (flooding) the pump turns on and pumps the excess water to the outside of the home through a pipe connected to the pump.



Hazardous Materials

The Town of Sunderland covers 14 square miles with a population of 3,777.

The town is located in a valley between two mountain ranges, a river and is intersected by Route 116 and Route 47. The northern end of town has railroad tracks, Cranberry Pond and Chard Pond.

In the event of a Hazardous Chemical release, a 911 call will activate the fire department. Depending on release (size, type, location, weather conditions, etc.), additional support services including local police, Mass. State Police, Commonwealth of Mass. Department of Environmental Protection, etc. might be required.

Do not approach any suspicious liquid, etc.; call 911 and report your observation. Be sure to locate yourself away from the direction of the release and “upwind” of the release as soon as possible.

See section of Chemical Emergencies with Shelter in Place description and explanation.



Hurricanes

Hurricanes present a real threat to coastal areas and can travel inland and create additional destruction, injury and death. Hurricanes are destructive storms that affect the United States from June 1st through November 30th.

What is a Hurricane?

A hurricane is described as an intense tropical weather system of strong thunderstorms with a well-defined surface circulation and maximum sustained winds of 74 mph or higher.

What concerns or hazards do hurricanes pose?

- ❑ **Storm Surge (Coastal Areas)** is when water is pushed to the shore, thus raising the normal height of the tide, which can increase the water level 15” higher than normal causing severe flooding.
- ❑ **Inland Flooding** is a great concern particularly when it has been recorded that inland flooding accounts for more than half of the deaths associated with tropical cyclones in the United States.
- ❑ **High Winds** can damage or destroy property and inflict injury or death to the citizens through debris such as building material of roofing, siding, outdoor furniture or equipment etc., that are picked up by the strong winds and hurtled with great force. Additionally, people can suffer additional injury and death due to collapsing buildings.
- ❑ **Tornadoes** can be produced by hurricanes and can produce additional destructiveness. (See section on Tornadoes.)
- ❑ **Microburst** is a very localized column of sinking air producing damaging divergent and straight-line winds at the surface that are similar to but distinguishable from tornadoes which generally have convergent damage.



Hurricanes continued

How are they measured?

The chart below indicates the different levels of “strength” that hurricanes are measured. CAT 1 being the lowest and CAT 5 the highest.

Saffir-Simpson Scale

CAT #	Wind Speed-MPH	Destructive capability/impact on property and people
CAT 1	74-95	No real building damage. Damage to unanchored mobile homes. Sign damage possible. Minor coastal flooding and property damage.
CAT 2	96-110	Storm surge generally 6-8 feet above normal. Some roofing material, door, and window damage of buildings. Considerable damage to shrubbery and trees with some trees blown down. Considerable damage to mobile homes, poorly constructed signs and piers. Coastal and low-lying escape routes flood 2-4 hours before arrival of the hurricane center. Small craft in unprotected anchorage’s break moorings.
CAT 3	111-130	Storm surge generally 9-12 feet above normal. Some structural damage to small residences and utility buildings with a minor amount of curtainwall failures. Damage to shrubbery and trees with foliage blown off trees and large trees blown down. Mobile homes and poorly constructed signs are destroyed. Low-lying escapes routes are cut by rising water 3-5 hours before the arrival of the center of the hurricane. Flooding near the coast destroys smaller structures with larger structures damaged by battering from floating debris. Terrain continuously lower than 5 ft above mean sea level might be flooded inland 8 miles (13 km) or more. Evacuation of low-lying residences with several blocks of the shoreline might be required.
CAT 4	131-155	Storm surge generally 13-18 feet above normal. More extensive curainwall failures with some complete roof structure failures on small residences. Shrubs, trees, and all signs are blown down. Complete destruction of mobile homes. Extensive damage to doors and windows. Low-lying escape routes might be cut by rising water 3-5 hours before arrival of the center of the hurricane. Major damage to lower floors of structures near the shore. Terrain lower than 10 feet above sea level might be flooded requiring massive evacuation of residential areas as far inland as 6 miles (10 km).
CAT 5	156+	Storm surge generally greater than 18 feet above normal. Complete roof failure on many residences and industrial buildings. Some complete building failures with small utility buildings blown over or away. All shrubs, trees, signs blown down. Complete destruction of mobile homes. Severe and extensive window and door damage. Low-lying escape routes are cut by rising water 3-5 hours before arrival of the center of the hurricane. Major damage to lower floors of all structures located less than 15 feet above sea level and within 500 yards of the shoreline. Massive evacuation of residential areas on low ground within 5-10 miles (8-16 km) of the shoreline might be required.



Hurricanes continued

Hurricane Watch: What does a hurricane watch mean to me and my family?

- 🚩 A hurricane watch indicates there is a threat of hurricane conditions within 24-36 hours. You **should begin** to decide whether you plan to leave the area, review your family's Emergency Plan and Emergency Supply Kit.

Hurricane Warning: What does a hurricane warning mean to me and my family?

- 🚩 A hurricane warning indicates that hurricane conditions (winds of 74 miles per hour or greater) are expected in 24 hours or less. You **should complete** all preparations and you decide the safest location to "weather the storm." (e.g. in your own home, condo., apt., local emergency shelter or a safe inland location.)

How do you and your family prepare?

Be prepared to use your Family Evacuation Plan if need be and remember, if you need to evacuate, take your Emergency Preparedness Supply Kit with you. Follow your plan and proceed to your pre-arranged destination. Keep your radio or television tuned to the local emergency station for updates on the storm.

Don't forget to make arrangements BEFORE the emergency for your pets, which could include a shelter just for animals. Make those plans (for your pets) BEFORE the emergency happens. Contact local animal shelters or humane society for guidance.

- ✓ Review the plan with ALL family members BEFORE the emergency happens. Your plan should include an Emergency Communication Plan. This Communication Plan (number and names of family members) will enable you to coordinate your messages when you are not together.
- ✓ Check your Emergency Preparedness Supply Kit.
- ✓ Be sure your car has a full tank of gas.
- ✓ Secure all outside lawn furniture, store equipment indoors if possible.
- ✓ Continuously listen on your local radio station/television station for weather updates. Double check that you have fresh batteries for your battery powered radio and/or TV.
- ✓ Check supply of clean drinking water.



Local Shelters

When we refer to local shelters, we are talking about “community shelter.” Shelters that will be set up for Sunderland residents in one or more locations in response to an emergency.

When shelters are opened, information will be given on Connect CTY, the web site (www.townofsunderland.us), Channel 15, and the radio/TV stations listed under Important Numbers.

Remember to bring your **Emergency Preparedness Supply Kit** with you to the shelter.

Note: Pets are NOT allowed in shelters unless they are service animals, example: a dog specially trained to assist a person who has lost their eyes sight. Contact your local animal hospitals BEFORE an incident to find out what options you have to “shelter” your pet.

Emergency notification system will alert residents.



Nuclear Bomb Threat (Radiation)

As with all nuclear explosions, the energy that is emitted is radiation. It is this energy (radiation) that is dangerous. The energy (radiation), when it comes in contact with the human body, is very disruptive and harmful. The longer you are exposed to the radiation, the greater the risk and the greater the harmful effects on your body cells.

Radiation can not be seen, smelled or detected by any of the other senses.

Your best protection against exposure to this energy is increasing the following three (3):

- ✓ Time,
- ✓ Distance,
- ✓ Shielding,

Time: How do we minimize our exposure by using TIME? Radioactivity loses strength over time. The less exposure (length of time) we are being exposed to the radiation, the less energy (radiation) we will receive thus the less body cell damage.

Distance: The greater the distance between you and the radiation the less radiation you will receive thus less body cell damage.

Shielding: An additional way to reducing your exposure to radiation is to place heavy, dense material between you and the radiation. Buildings might offer significant protection during a radiation release.

When authorities have announced that there has been a release of radiation and you have been advised to remain home, FEMA (Federal Emergency Management Association) recommends the following:

- ✓ Bring pets inside.
- ✓ Close and lock windows and doors.
- ✓ Turn off air conditioning, vents, fans, and furnace.
- ✓ Close fireplace dampers.
- ✓ Go to the basement or other underground area.
- ✓ Stay inside until authorities say it is safe.
- ✓ If you must go out, cover your mouth and nose.

If outside and you are coming in:

- ✓ Shower and change your clothes and shoes.
- ✓ Put items worn outside in a plastic bag and seal it.

If advised to evacuate:

- ✓ Listen to a radio or television for information on evacuation routes, temporary shelters and procedures.
- ✓ Complete the checklist above, except for proceeding to the basement.
- ✓ Take YOUR **Emergency Preparedness Supply Kit** with you.



Oppressive Heat-Hyperthermia

High heat combined with high humidity can be very stressful and dangerous to people exposed to it for long periods of time. The body needs to cool down and does so by perspiring (sweating). If this cool-down is slowed or stopped by oppressive heat and humidity, the result can be serious and often deadly. Symptoms of hyperthermia (sun exposure) with heat cramps, heat exhaustion and heat stroke can lead to possible death. The best prevention is not putting yourself in a situation where hyperthermia might develop.

Sunburn (over exposure to sunlight) can range from red skin to blisters requiring possible medical attention.

Heat Cramps result in spasms in the legs and abdominal muscles, which can be painful. Massaging or firm pressure on the area of the spasms can help to relieve them. Ingestion of water might be needed at this time. Watch for signs of nausea if nausea is present, discontinue.

Heat Exhaustion symptoms of heavy sweating, general feeling of weakness, skin is cold to the touch, person appears pale and clammy. Pulse is weak. Fainting and vomiting not uncommon. Move person to cool area out of the sun, possibly to an air-conditioned area. Drink small amounts of water. If nausea occurs followed by vomiting, seek medical attention.

Heat Stroke is very serious with body temperature of 106 degrees or higher, with hot, dry skin, and a rapid pulse rate with possible unconsciousness. Lack of sweating evident. If these conditions are noted, immediate medical attention is needed. Call 911 and move the person to cool environment if possible. Do not give fluids at this time. Any delay in treatment could result in injury or death.

During oppressive heat conditions, remember to take care of yourself and your family by:

- ✓ Drinking plenty of fluids.
- ✓ Drink on a regular basis; not just when you get thirsty.
- ✓ Don't drink liquids that contain caffeine, alcohol and/or large amount of sugar which can cause your body to lose more body liquid.
- ✓ You might need to replace salts and minerals lost during heavy sweating. These are necessary for good body function. If you have to exert yourself (exercise or work related duties), increase your fluid, salt and minerals intake. Consult with your doctors as to the best way to supplement your loss of these body necessities.
- ✓ Wear lightweight clothing and clothing that is light in color. Lighter colors reflect the sunlight and thus retain less heat. Clothing should be loose fitting so as to permit better perspiration.
- ✓ Remember to wear sunscreen on all exposed parts of your body before venturing out in the sun.



Oppressive Heat continued

- ✓ Sunscreen of SPF 15 or higher is adequate for this job. You might need to reapply the sunscreen more than once during the day to receive adequate protection for the harmful rays of the sun.
- ✓ Wear sunglasses to protect your eyes.
- ✓ Wear a hat to cover head and shade your neckline.
- ✓ If you can, conduct your outside activities in the shade if possible.
- ✓ If you have to work or exert yourself outside, adjust your activities (slow down) to make sure you don't become overheated.
- ✓ Notify family members of your whereabouts if you are planning strenuous activities and when you plan on returning home.
- ✓ Keep an eye on the elderly by calling or stopping in to check on them. Do this several times a day if they are without air-conditioning.
- ✓ When oppressive heat continues for a prolonged period, staying inside in an air-conditioned environment is your best bet.
- ✓ Local malls and shops that are air-conditioned might be your best alternative to seek refuge if your home or place of residence does not have air-conditioning.



Pandemic Flu

What is Pandemic Flu?

A flu pandemic is a world wide outbreak that occurs when a new influenza virus causes serious human illness and spreads easily from person to person.

Seasonal flu is a contagious respiratory illness caused by influenza viruses. Seasonal flu's are not as serious as a pandemic flu.

The effect of influenza on communities will be prolonged-weeks to months-when compared to other disasters.

Is there is a vaccine?

The vaccine would have to be developed for the specific strain of influenza. Antivirals' may be available to reduce severe illness and/or death from the specific viral strain.

How can we prepare?

In community settings, the best way to reduce the number of persons likely to get the pandemic flu is:

1. Decrease the potential for contact:
 - Obey travel advisories.
 - Limit public transportation.
 - Avoid public gatherings.
 - Stay at home.
2. Decrease the potential for infection:
 - Cover your cough/sneeze.
 - About to sneeze or cough?
 - Use a tissue or cover up or into your elbow/upper arm
 - Put into the trash
 - Wash your hands!
 - Wash your hands often and well.
 - Use warm water.
 - Moisten hands/apply soap.
 - Rub hands together for at least 20 seconds.
 - Rinse thoroughly.
 - Dry hands.



Pandemic Flu continued

- Use a tissue and discard appropriately.
- Wear masks in public.
- Stay at home if you are sick.
- Put tissues in the trash.

Where can I find information on Pandemic Flu?

- www.pandemicflu.gov
- www.mass.gov/dph/flu or call Massachusetts Department of Public Health at 617.983.6800



Bird Flu

Many birds around the world are getting sick from H5N1 Avian Influenza. This is known as “bird flu.”

Experts think the bird flu will come to the United States. It is not here now.

Bird flu is not the same thing as “pandemic flu.”

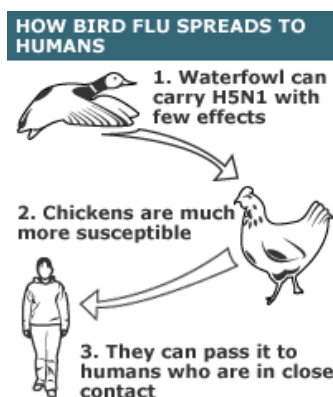
- Pandemic flu would make lots of people sick all over the world.
- It would spread easily from one person to another.
- Bird flu does not do that.
- Bird flu would have to change form to become pandemic flu. We don’t know if this will ever happen.

Bird flu is hard for people to catch:

- Most people who become sick with bird flu came into contact with sick chickens or ducks and touched them with bare hands.
- You could also get bird flu by touching things that had droppings from sick or dead birds on them.
- Meat that has been cooked all the way through cannot give you bird flu.

Even though bird flu isn’t here right now, you should never touch wild birds with your bare hands.

- Birds can carry many kinds of germs that can make us sick.
- A bird could look fine and still be sick.
- If you **MUST** handle a sick or dead bird, wear gloves and wash you hands afterwards.
- Don’t walk barefooted where there are bird droppings.
- If you are worried about swimming, swim at a regulated beach, where water tests are done. Water tests check to be sure the water is not polluted from human, farm or animal waste.



Pet Care

When planning for emergencies don't forget about your pets. You need to plan BEFORE an emergency on how to best protect your pets during an emergency.

Make an emergency Grab & Go Kit for your pet(s). If you need to evacuate, with a Pet Grab & Go Kit, you will be able to quickly leave with all your pets care items. Remember you need to plan for a minimum of three (3) days of food and supplies for your pet.

If possible, take your pet(s) with you when you evacuate. Your pets can be hurt or become casualties themselves if left behind. Remember, most public shelters for people DO NOT allow pets unless they are service animals. You need to make plans BEFORE an emergency on where and how your pet will be cared for, private pet care agency, family friends, etc. There is also a website www.petswelcome.com which provides a listing of hotels that welcome pets and their owners.

For additional information please see www.fema.gov for pet care.

Pet Emergency “Grab and Go Kit”

<ul style="list-style-type: none">Favorite canned and dry foodCan opener (hand operated)Special diet foods/supplementsBottled WaterFavorite ToyPrescription DrugsSpare Leashes	<ul style="list-style-type: none">DisinfectantPlastic bags for wasteLatex (vinyl) glovesVaccination RecordPet ID (collar tag)Cat Litter/TrayBlanket
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Smallpox

What is Smallpox?

Smallpox is a serious disease caused by a virus. Though Smallpox was eliminated in the population 1980, there has been concern that terrorists might use Smallpox as a weapon. It can be fatal.

Is Smallpox contagious? YES!

What are the signs that you have been exposed?

Though similar to chicken pox, Smallpox symptoms include high fever, head and body aches, and sometimes vomiting. These symptoms are followed by a rash, which changes into raised bumps (located on the extremities and face. The “bumps” appear at the same time and have a sunken hard center like a “bellybutton.”

How do you become exposed?

Smallpox is spread by contact with an infected person. This exposure could be through contaminated clothing, face to face contact, body fluids or contaminated objects.

Remember: Just one case of Smallpox is considered a Public Health Emergency.

What is the Government doing?

In order to prepare, the U.S. government has proposed and funded efforts to:

1. Designated teams to “treat” those affected by intentional acts.
2. Develop enough vaccine to vaccinate everyone if need be.

How can you prepare?

There is a vaccine. In the event of a confirmed case of Smallpox, the Smallpox vaccine would be offered to the public. Certain individuals and military personnel have received the vaccine.

If exposed?

If you think you have been exposed to Smallpox: 1. stay home 2. call your physician. You may contact the DPH website; www.mass.gov/dph/

How is Smallpox treated?

Prevention can be achieved through the use of the Smallpox vaccine. Currently there is NO proven treatment for Smallpox. Individuals can benefit from supportive care through fever control medicine, intravenous fluids and antibiotics for infection that might occur in addition to Smallpox virus.



Smallpox continued

Be Prepared!

When there has been a confirmed case of Smallpox, Federal, State, and local officials will make public announcements as to what you need to do. Listen and follow these instructions! You will be instructed as to when, where and how to respond as a citizen.



Tornado Safety

A tornado is very violent storm with winds that rotate in a funnel shape. These violent storms extend from the base of a thundercloud to the ground when it makes landfall. They are usually dark gray in color and when they approach you their identifying “sound” has been described as a roaring airplane or locomotive train.

Generally, advanced warning is short, so the need to be prepared BEFORE is critical!

Notification of a tornado in the area is divided into two forms: tornado watches and/or warnings.

Tornado Watch indicates that the weather conditions support the formation of a tornado and that the public needs to remain alert. Keep listening to the radio and/or your local television station for updates until the storm passes. Keep a watchful eye on the skies to the south and southwest for tornado like formations, funnel clouds. If you see a forming funnel cloud, report it to the police department and seek cover.

Tornado Warning indicates that a tornado has been seen or radar has depicted one and it may strike your community.

During a tornado, your best protection from flying debris, falling objects or being just blown away is an underground shelter. If you have one, instruct family members to go to it immediately and bring with you to the shelter your

EMERGENCY PREPAREDNESS SUPPLY KIT.



Utility Outages

Food Safety

The sudden loss of electrical power can be a cause great concern not only for safety regarding downed power lines, but also for those who use medical devices (life sustaining pumps, monitors, etc.), that require electricity to operate. Additional considerations are for food being stored in refrigerators and freezers.

When the power goes out, avoid opening and closing the refrigerators and freezers. This helps keep the food contents inside colder for a longer period of time.

Refrigerators last approximately a couple of hours. If it appears that the electrical outage will last longer than 4 hours (call the utility company and ask for an estimate when power is going to be restored), you can pack the refrigerator and its contents with ice. Remember: You only need to maintain your refrigerator temperature of 40 degrees or cooler and your freezer should keep your food frozen. Any perishable food that has been “out of temp” for 4 hours or more should be discarded in the trash.

Freezers last approximately 24-48 hours. Note: foods found under 40 degrees and still have ice crystals can be re-frozen.

- ✓ Have a couple of inexpensive styrofoam coolers in storage. These can be used to temporarily store food when ice is used.
- ✓ Use a food thermometer to determine temperatures of individual food items.
- ✓ Keep thermometers in your refrigerator and freezer so you can track the temperature of the units.



Utility Outages continued

What Refrigerated Foods should you keep after a power outage?

Dairy/Eggs/Cheese	Food still cold; held at 40 degrees F or above less than 2 hours	Held above 40 degrees F over 2 hours
Milk, cream, sour cream, buttermilk, evaporated milk, yogurt	Keep	Discard
Butter, margarine	Keep	Keep
Baby formula opened	Keep	Discard
Eggs, egg dishes, custards, puddings	Keep	Discard
Hard & processed cheese	Keep	Keep
Soft cheeses, cottage cheese	Keep	Discard
Fruits & Vegetables	-----	-----
Fruit juices, opened; canned fruits, opened fresh fruit	Keep	Discard after 6 hours
Baked potatoes	Keep	Discard
Fresh mushrooms, herbs, spices	Keep	Keep
Garlic, chopped in oil or butter	Keep	Discard
Meat, Poultry, Seafood	-----	-----
Fresh or left over meat, poultry, fish or seafood	Keep	Discard
Lunchmeats, hotdogs, bacon, Sausage, dried beef	Keep	Discard
Canned meats (NOT labeled Keep Refrigerated after opening)	Keep	Discard
Canned hams labeled "Keep Refrigerated"	Keep	Discard



Utility Outages continued

Refrigerated Foods continued

Item	Food still cold; held at 40 degrees F or above less than 2 hours	Held above 40 degrees F over 2 hours
Mixed Dishes, Side Dishes	-----	-----
Casseroles, soups, stews, pizza with meat	Keep	Discard
Meat, tuna, shrimp, chicken, egg salad	Keep	Discard
Cooked pasta, pasta salads with mayonnaise or vinegar base	Keep	Discard
Gravy, stuffing	Keep	Discard
Pies, Breads	-----	-----
Cream or cheese filled pastries and pies	Keep	Discard
Fruit pies	Keep	Keep
Bread rolls, cakes, muffins, quick bread	Keep	Keep
Refrigerator biscuits, rolls, cookie dough	Keep	Discard
Sauces, Spreads, Jams	-----	-----
Mayonnaise, tarter sauce, horse radish	Keep	Discard if above 50 degree F for over 8 hours
Opened salad dressing, jelly, relish, taco and barbecue sauce, mustard, catsup, olives	Keep	Keep

* Reprinted from U.S. Department of Agriculture, Food Safety and Inspection Service, "Help, Power Outage!" Food News for Consumers, Summer 1989.



Utility Outages continued

Frozen Foods-What frozen food should you keep after a power outage?

Meat and Mixed Dishes	Still Contains Ice Crystals Not above 40 degrees	Thawed held above 40 degrees for over 2 hours
Beef, veal, lamb, pork, poultry, ground meat and poultry	Refreeze	Discard
Casseroles with meat, pasta, rice, egg, or cheese base, stew, soups, convenience foods, pizza	Refreeze	Discard
Dairy	-----	-----
Milk	Refreeze, might lose some quality	Discard
Egg products	Refreeze, might lose some quality	Discard
Ice cream, frozen yogurt	Discard	Discard
Cheese (soft and semi soft) cream filled ricotta	Refreeze, might lose some quality	Discard
Hard cheese (Cheddar, Swiss, Parmesan)	Refreeze	Refreeze
Fruits and Vegetables	-----	-----
Fruit juice	Refreeze	Refreeze, discard if mold, yeast smell or sliminess develops
Home or commercially packaged fruit	Refreeze will change texture & flavor	Refreeze, discard if mold, yeast smell or sliminess develops
Vegetable juices	Refreeze	Discard if Above 50 degrees F for over 8 hours
Home or commercially packaged or blanched vegetables	Refreeze will change texture & flavor	Discard if Above 50 degrees F for over 8 hours
Baked Goods, Baking Ingredients	-----	-----
Flour, cornmeal, nuts	Refreeze	Refreeze
Pie crusts, bread, muffins, cakes (no custard fillings)	Refreeze	Refreeze
Cakes, pies, pastries with custard or cheese filling, cheese cake	Refreeze	Discard
Commercial and homemade bread dough	Refreeze, might lose some quality	Refreeze, considerable quality loss

For additional advice or information on food protection, contact the
Sunderland Board of Health at 413.665.1441.



Utility Outages continued

Personal Safety

Remember that ALL downed electric utility lines are assumed to be “live,” meaning they might still have electricity running through them.

Do not under any circumstance touch or try to move these wires. Severe injury or death may occur.

If you notice a downed electric utility line, call the utility company as soon as possible.

If you are planning to have a generator installed in your home so you can generate your own electricity temporarily when there is a power outage, seek a licensed electrician to do the installation.

If installed improperly, you could “energize” the line when you start your generator and electrocute the utility worker who is trying to restore your service by sending electricity “backwards” through the electrical lines connected to your house.

If you lose power, disconnect (remove the power plug from the wall receptacle) all sensitive equipment (TV/microwaves, etc.). This will insure that when the power does come back on the initial surge of electricity will not damage or destroy the equipment.

Leave a light in the “on” position in the room or rooms you are in. When the power comes back on you will know right away by the light coming on. Do the same in your bedroom so you will notice when the power comes on while you are sleeping.

If you need to leave your home because of the lack of utilities, follow the “Evacuation” information in this booklet.

If an electrical power line falls on your car and traps you inside, do not attempt to exit the car unless it is on fire. Remain calm and wait for emergency personnel. If you do need to exit the vehicle, use extreme caution. When exiting the vehicle, jump clear of it and land on two feet. Be sure when exiting the vehicle that no part of your body is in contact with the car and the ground at the same time.

Once you have landed on two feet, walk away from the vehicle by “shuffling” your feet, with your feet close together to minimize the path of electric current and to avoid the possibility of electric shock.



Winter Safety (Snow and Ice)

History has proven that winter storms can be a serious concern to both personal wellbeing and property. The combination of low temperatures with blowing snow and ice can make for extremely dangerous conditions. Planning and preparing for a storm will make the difference between a good outcome and an outcome that is not so good!

Start with winterizing your home. Seal all holes and cracks to prevent any heat loss. Insulate your attic floor with insulation (cover the complete depth of the floor lumber) and walls if you can. Caulk and seal all windows. Replace all broken or defective glass.

Have your heating systems checked and serviced by a professional. If you use your fireplace, have your chimney checked and cleaned yearly.

Do not use charcoal inside your house even for temporary heat. Charcoal produces deadly carbon monoxide gas that can kill you.

Make sure if you purchase small portable heaters, kerosene or propane heaters you check with the Fire Department to make sure they meet code. Proper installation is a must.

When venturing OUTDOORS:

- ✓ Dress warmly, with loose fitting clothing, in layers with water repellant outer clothing. Wear a warm hat and good quality gloves when venturing outside.
- ✓ Remember to cover your mouth and nose with a scarf.
- ✓ Keep dry.
- ✓ Don't over extend yourself physically. Pace yourself, since snow removal can be very strenuous. If you have a heart condition, check with your doctor prior to engaging in this activity.
- ✓ Stretch out before engaging in heavy exercises.
- ✓ Take frequent breaks.
- ✓ Keep hydrated. (drink non-alcoholic liquids),
- ✓ If you feel unusually cold (Frostbite* or Hypothermia**), return immediately to a warm environment (indoors) to warm up and seek immediate medical attention.
- ✓ Cover exposed skin from the elements (wind and cold).
- ✓ When you need to remove snow yourself, remove it in small amounts, instead of waiting until all the snow falls and in short periods of time. Take frequent breaks.

Note: Let people know where you're planning to go outside. but not in a public place, cross country skiing, etc. and when you plan on returning.

* Frostbite: What is frostbite: This is when the temperature of your skin is so low (because of exposure to low temperatures), it begins to freeze, which can result in partial and or permanent damage.



Winter Safety continued

Signs of frostbite include a numb feeling and a white or pale appearance in the fingers, toes, nose and/or ear lobes.

Signs of Hypothermia include slow speech, shivering uncontrollably, drowsiness and exhaustion.



Family Emergency Health Information

Name	DOB	Blood Type	Allergies	Physician	Medical Conditions	Current Medications and Dosage



Family Contact Information

Family Member	E-Mail Mom, Dad, Sister, Brother, Uncle, Aunt, etc.	Work Phone	Home Phone	Cell Phone
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Your Emergency Contact Person (outside of the town)*

Person* Central Call	E-Mail Relation	Work Phone	Home Phone	Cell Phone

*A designated person with whom all family members are familiar and know how to contact. This person is outside the affected area, possibly in another state. This “central” call person will be contacted by ALL family members reporting their condition and status so other family members will know they are well.

