

**PENNSYLVANIA
EMERGENCY
PREPAREDNESS
GUIDE**



A Message from Governor Edward G. Rendell:

At this critical time, educating Pennsylvania's families on how to best prepare for a natural disaster, large-scale emergency or unexpected attack means more than anything. Although we cannot always prevent emergencies, there are many things we can do as individuals, employees, families and organizations.

You need to know there are well-developed and well practiced emergency response plans at all levels of government. Emergency responders, both paid, and volunteer, are part of a National Incident Management System that requires countless hours of training and practice to provide a seamless response to citizens across Pennsylvania and the entire United States. This system includes all of the resources available to governments at local, state and federal levels.

At the core of this effort is the important issue of citizen preparedness. This guide provides tips on how to respond in an emergency and will help you and your family prepare your home in case of disaster. Many of the ideas discussed will be beneficial to you before, during and after an emergency.

When you have finished reading this guide, you should be well informed and ready to protect yourself, your family, your neighbors and your community.

With Best Wishes,

A handwritten signature in black ink that reads "Edward G. Rendell". The signature is written in a cursive, slightly stylized font.

Edward G. Rendell

While we can't control natural disasters, emergencies or unexpected attacks, we can be prepared, and we can protect ourselves and our families. If a major disaster occurs in the Commonwealth, citizens must be prepared to survive on their own for a minimum of 72 hours. In this guide, you'll learn some of the fundamentals of being prepared if an emergency strikes, including:

- The different types of emergencies that may affect you and your community, how you'll be notified of an event and what plans are in place to deal with these events.
- How to prepare an emergency kit.
- How Pennsylvania's emergency alert system is used in the event of an emergency.
- How to get involved.
- How to create an emergency plan.

For further information on what to do in the event of an emergency, visit: www.homelandsecurity.state.pa.us, www.pema.state.pa.us, www.ready.gov or www.health.state.pa.us.

All communities are vulnerable to a variety of natural hazards, such as severe weather, including thunderstorms, flash flooding, snowstorms and tornadoes. It is important for you to understand the difference between a **watch** and a **warning** for severe weather.

- A severe storm **watch** means that severe weather may develop.
- A severe weather **warning** means a storm has developed and is on its way — take cover or seek safe shelter immediately.
- The safest place to ride out any storm is inside a secure building or well-built home.

There are simple steps you can follow to stay safe during most types of severe weather.

1. Listen to weather updates and stay informed
2. Be ready to evacuate if necessary
3. Keep away from windows and doors
4. Consider buying a weather radio
5. Have an emergency kit ready

Plan ahead for winter traveling:

- Keep your gas tank near full to avoid ice in the tank and fuel lines.
 - Let someone know your timetable and primary and alternate routes.
- If caught in a vehicle:**
- Stay in your car or truck; disorientation occurs quickly in wind-driven snow and cold.
 - Run the motor about ten minutes each hour for heat. Open the window a little for fresh air to avoid carbon monoxide poisoning. Make sure the exhaust pipe is not blocked.
 - Make yourself visible to rescuers. Turn on the dome light at night when running the engine. Tie a colored cloth (preferably red) to your antenna or door. Raise the hood to indicate trouble after snow stops falling.
 - Exercise from time to time by vigorously moving arms, legs, fingers and toes to keep blood circulating and to keep warm.

Plan ahead for winter storms at home:

- Inside your home or other building:**
- Stay inside. When using alternative heat from a fireplace, wood stove, space heater, etc., use fire safeguards and properly ventilate to avoid carbon monoxide poisoning. Carbon monoxide gas is colorless and odorless!
 - If you have no heat: Close off unneeded rooms. Stuff towels or rags in the cracks under doors. Cover windows at night.
 - Eat and drink. Food provides the body with energy for producing its own heat. Keep the body replenished with fluids to prevent dehydration.
 - Wear layers of loose-fitting, lightweight, warm clothing. Remove layers to avoid overheating, perspiration and subsequent chill.

Make a Winter Emergency Car Kit

Water- store in clean containers, one gallon of water per person per day, for a minimum of three days for drinking and sanitation purposes. If you live in a warm climate more water may be necessary.

- Blankets/sleeping bags
- High-calorie, non-perishable food and drinks
- Shovel
- Flashlight with extra batteries
- Windshield scraper and brush
- Booster cables
- First-aid kit
- Extra clothing to keep dry
- Utility knife
- Sack of sand (or cat litter)
- Tool kit
- Compass and road maps
- Books, puzzles, games for children
- Extra medication

TYPES OF EMERGENCIES

Evacuations: There may be conditions in which you decide to leave on your own, or there may be situations when you are ordered to leave. Plan in advance how you will assemble your family and anticipate where you will go. Choose several destinations in different directions so you have options in an emergency. If you have a car, keep at least a half tank of gas in it at all times. Become familiar with alternate routes as well as other means of transportation out of your area. If you do not have a car, plan how you will leave if you have to. Take your emergency supply kit, unless you have reason to believe it has been contaminated, and lock the door behind you. Take pets with you if you are told to evacuate; however, if you are going to a public shelter, keep in mind that they may not be allowed inside. If you believe the air may be contaminated, drive with your windows and vents closed and keep the air conditioning and heater turned off.

Tornadoes:

- **In Homes**, the basement offers the greatest safety. Seek shelter under sturdy furniture if possible. In homes without basements, take cover in the center part of the house, on the lowest floor, in a small room such as a closet or bathroom. Keep away from the windows.
- **In Shopping Centers**, go to a designated shelter area (not to your parked car).
- **In Office Buildings**, go to an interior hallway on the lowest floor, or to the designated shelter area.
- **In Schools**, follow advance plans to a designated shelter area, usually an interior hallway on the lowest floor. If the building is not



of reinforced construction, go to a nearby one that is, or take cover outside on low, protected ground. Stay out of auditoriums, gymnasiums, and other structures with wide, free span roofs.

- **In Automobiles**, leave your car and seek shelter in a nearby building, or lie flat in a nearby ditch or ravine.
- **Mobile Homes** are particularly vulnerable and should be evacuated. Trailer parks should have a community storm shelter and a warden to monitor broadcasts throughout the severe storm emergency. If there is no shelter nearby, leave the trailer and take cover on low, protected ground.
- Tornado Watch means conditions are favorable for tornadoes in and close to the watch area.
- Tornado Warning means a tornado has been detected by Doppler Radar and/or has been sighted.

Flash Flood Safety Rules:

- Go to high ground immediately.
- Get out of areas subject to flooding. This includes dips, low spots, canyons, washes, etc.
- Avoid already flooded and high velocity flow areas. Do not attempt to cross a flowing stream on foot where water is above your knees.
- Never drive through flooded areas or standing water. Shallow, swiftly flowing water can wash a car from a roadway. Also, the roadbed may not be intact under the water.
- If the vehicle stalls, abandon it immediately and seek higher ground, rapidly rising water may



engulf the vehicle and its occupants and sweep them away.

- Be especially cautious at night when it's harder to recognize flood dangers.
- Do not camp or park your vehicle along streams and washes, particularly during threatening conditions.

A Flash Flood Watch

means that flash flooding is a possibility, not a certainty along small streams and rivers.

A Flash Flood Warning

means that flash flooding is imminent or occurring.

stand on end, lightning may be about to strike you. Drop to your knees and bend forward, putting your hands on your knees. Do not lie flat on the ground.

A Severe Thunderstorm Watch

means that conditions are favorable for severe thunderstorms in and close to the watch area.

A Severe Thunderstorm Warning

means that thunderstorm winds are expected to exceed 57 mph and/or large hail of 3/4 inch or greater is expected.

Thunderstorm Safety Rules:

- If you plan to be outdoors, check the latest weather forecast and keep a weather eye on the sky. The signs of an impending storm include; dark, thickening clouds, lightning, increasing wind, darkening skies, listen to your NOAA Weather Radio, AM FM radio, or television for the latest weather information.
- When a thunderstorm threatens, get inside a home, a large building, or an automobile, (not a convertible). Do not use the telephone except for emergencies.
- If you are caught outside, do not stand underneath a tall isolated tree or a telephone pole. Avoid projecting above the surrounding landscape. For example, don't stand on a hilltop. In a forest, seek shelter in a low area under a thick growth of small trees. In open areas, go to a low place, such as a ravine or valley.
- Get off or away from open water, tractors, and other metal farm equipment or small metal vehicles, such as motorcycles, bicycles, golf carts, etc. Put down golf clubs and take off golf shoes. Stay away from wire fences, clotheslines, metal pipes, and rails. If you are in a group in the open, spread out, keeping people several yards apart.
- Remember, lightning may strike some miles from the parent cloud. Precautions should be taken even though the thunderstorm is not directly overhead. If you are caught in a level field or prairie far from shelter, and if you feel your hair



OTHER TYPES OF EMERGENCIES

A **biological threat** can be the deliberate or accidental 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, are not contagious. Others, like the smallpox virus, can result in diseases you can catch from other people.



A **chemical threat** can be the deliberate or accidental release of a toxic gas, liquid or solid that can poison people and the environment. Chemical agents can be released deliberately by bombs; sprayed from aircraft, boats or vehicles; or used as a liquid. **Hazardous chemical spills also can be accidental**, such as the spilling of household products like bleach or a release of hazardous waste. Chemical hazards can have an immediate effect or may take hours or even days before they take effect.



A **radiological threat** can include an emergency at a nuclear power plant, the use of a small nuclear weapon or a "dirty bomb" explosion. A dirty bomb contains an explosive that would scatter radioactive material over a targeted area, which is known as the "fallout".

In the event of a radiological event, think about shielding, distance and time. Residents living within a 10-mile radius of a nuclear power plant should be aware of the evacuation routes established for their area.



- **Shielding:** If you have a thick shield between yourself and the radioactive materials, more of the radiation will be absorbed by it, and you will be exposed to less.
- **Distance:** The farther away you are from the blast and the fallout, the lower your exposure.
- **Time:** Minimizing time spent exposed also will reduce your risk.

In the event of a threat, public health officials may not immediately be able to provide information on what you should do. It may 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 following the event to determine:

- The level of danger
- What health effects may exist
- Where to get medications or vaccines, if necessary
- Where to go for medical help or shelter

OTHER TERRORIST THREATS

Other terrorist threats may include explosions, snipers, Internet viruses, etc. Visit:

www.homelandsecurity.state.pa.us, www.bt.cdc.gov,
www.pema.state.pa.us, www.ready.gov or
www.health.state.pa.us for more information.

If you suspect terrorist activity, please contact the the State Police Terrorism Tipline at 1-888-292-1919 or e-mail: sp-intelligence@state.pa.us.

WATCH AND LISTEN

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.

In the Commonwealth, we use the Emergency Alert System (EAS) during emergencies. When the decision is made to activate the EAS, original programming will be interrupted and an emergency message will be broadcast. It is important that you listen to these instructions.

If you need to get out of the surrounding area or are directed to evacuate, do so immediately and:

- Take your Emergency Kit.
- Travel on routes specified by local authorities.

If you are instructed to stay inside and not to evacuate (Shelter-in-Place):

- Close and lock windows and doors.
- Turn off ventilation systems, water and gas.
- Seal gaps under doorways and windows with duct tape.
- If you suspect chemical or biological agents have entered your house, move to a safe room in the interior of the house on a higher floor if possible. Many harmful agents that could enter a house will fall and accumulate at lower levels.
- If harmful vapors do enter the house, covering your nose and mouth with a cloth can provide minimal breathing protection.
- Stay inside until authorities say it is safe.

THE HOMELAND SECURITY ADVISORY

The Homeland Security Advisory System is designed as a simple way to communicate information regarding the risk of terrorist activity. It provides warnings through a set of color-coded “Threat Conditions” that change to reflect current risk. There are five alert stages that range from green for low risk to red for severe risk. A specific color-coded threat condition may be assigned for the entire nation or may be different for areas of the country. Threat conditions also may be different for certain industries such as power plants, airports, transportation centers, or chemical factories. You can always find the most up-to-date information on threat conditions on the Pennsylvania Homeland Security website located at: www.homelandsecurity.state.pa.us.

In Pennsylvania, the Pennsylvania Emergency Management Agency (PEMA) with guidance from the Pennsylvania Homeland Security who will coordinate any actions by government, businesses and volunteer organizations in response to changes in threat conditions. In addition, PEMA will notify appropriate state agencies and organizations such as the nine Regional Counter Terrorism Task Forces, County Emergency Management Coordinators, and the

County 911 Communications Centers of changes in the threat levels. Below are examples of actions the state will take at each threat level and steps you need to take to better protect yourself, your family, and your home.

SEVERE

SEVERE RISK OF
TERRORIST ATTACKS

Red—The state may restrict transportation and access to critical locations.

You must adhere to the restrictions announced by authorities and prepare to evacuate, if instructed. Stay alert for emergency messages.

HIGH

HIGH RISK OF
TERRORIST ATTACKS

Orange—The state may activate Emergency Operations Centers and begin to restrict access to some critical locations.

You should review your emergency communications plan with your family and monitor the news for further information and instructions.

ELEVATED

SIGNIFICANT RISK OF
TERRORIST ATTACKS

Yellow —The state will increase surveillance at critical locations such as power plants, bridges and tunnels.

You should develop alternative routes for travel between work, home and school. Be prepared to assist and/or offer assistance to those with special needs and people who are older.

GUARDED

GENERAL RISK OF
TERRORIST ATTACKS

Blue—The state will put key emergency response personnel on stand-by and provide information to the public as needed.

You should be alert for and report any suspicious activity to the proper authorities. Review your emergency kit and replace outdated items.

LOW

LOW RISK OF
TERRORIST ATTACKS

Green—The state will continue to develop and refine emergency response plans and conduct training exercises.

You should develop an emergency communications plan and stock an emergency kit.

Pandemic influenza

An influenza (flu) pandemic is a worldwide outbreak of a new flu virus that can spread easily from person to person. Like the seasonal flu many people experience every year, pandemic flu will probably spread by infected people coughing or sneezing and by touching an infected surface. Unlike seasonal flu, people will have little immunity to the new flu virus that causes a pandemic. Many more people will get sick.

Right now, there is no immediate threat of a flu pandemic in Pennsylvania or the United States. However, Pennsylvania is taking an aggressive approach to preparing for the possibility of a pandemic flu outbreak in humans or animals sometime in the future.

What to expect

A flu pandemic could affect our daily lives in many ways.

- Hospitals and doctors might be overwhelmed with sick patients.
- Schools and businesses might close to keep the virus from spreading or because too many people are sick.
- Essential supplies and services may become limited or unavailable.
- Travel and public gatherings might be limited to keep the virus from spreading.
- Public health officials may suggest using isolation or quarantine measures to control the spread of infection.
- There may not be a vaccine to protect people against the pandemic flu.
- Antiviral medicines may be in limited supply.
- If vaccines or antiviral medicines are available, you may be asked to go to a certain community location to get vaccinated or receive the medicine.
- The pandemic could last a long time.

Sometimes, there are several waves of illness that occur over a series of months or even more than a year.

What to do

Every Pennsylvanian has an important role to play in preparing for a flu pandemic. There are many simple things you can do. Many of these tips are useful for other emergency situations as well.

- Make an emergency supply kit for your home.
- Practice good hygiene.
 - Wash your hands frequently.
 - Cover your nose and mouth when coughing or sneezing.
 - Regularly clean surfaces that are touched by multiple people.
- Stay home from work or school when you are sick.
- Stay healthy by eating a balanced diet, getting regular exercise and getting sufficient rest.
- Get a yearly flu vaccination, especially if you are at high risk for flu complications.
- Discuss individual health concerns with your doctor.
- Plan to help your family, friends and neighbors, especially those who live alone or may need assistance in an emergency.
- Stay informed about pandemic flu and things you can do to prepare.

Learn More at the Pennsylvania Pandemic Preparedness website:

www.pandemicflu.state.pa.us

EMERGENCY PREPAREDNESS FOR SPECIAL POPULATIONS

Older and/or People with Disabilities

A person with a special need may face some challenges if an emergency strikes. If people learn about these challenges in advance of an emergency they can be prepared ahead of time, and will be better able to cope with the disaster and recover from it more quickly.

Special populations can be anyone that may face challenges or have difficulties if an emergency strikes. Many people may not feel comfortable or are unable to safely use standard resources available during a disaster and recovery. This



may include, but not be limited to; anyone who has any type of physical disability; mental illness or developmental disability; have limited or are non-English speaking; have service animals and/or pets; older people; children; or have medical needs.

Establish a Personal Support Network

The best way to prepare is to establish a personal support network. A personal support network is made up of individuals who will check with you in an emergency to ensure you are fine and to give assistance if needed. This network can consist of friends, roommates, family members, relatives, personal attendants, co-workers and neighbors.

You and your personal support network should notify each other when you are going out of town and when you will return, and learn about each other's needs and how to help each other in an emergency. You could be responsible for food supplies and preparation, organizing neighborhood watch meetings, interpreting, etc.

Medical Emergency Supplies

For your safety and comfort, you need to have emergency supplies packed and ready in one place before disaster hits. You should assemble enough supplies to last for at least three days.

- Assemble the supplies you need in an evacuation, both medical and general supplies, including prescription medication (check expiration dates).
- Store them in an easy-to-carry container, such as a backpack or duffel bag.
- Be sure your bag has an ID tag.
- Label any equipment, such as wheelchairs, canes or walkers that you would need.

Traveling

When staying in hotels/motels, identify yourself to registration desk staff as a person who will need assistance in an emergency, and state the type of assistance you may need.

Health Card or Medic Alert Tag

- An emergency health information card communicates to rescuers what they need to know about you if they find you unconscious or incoherent, or if they need to quickly help evacuate you.

- An emergency health information card should contain information about medications, equipment you use, allergies and sensitivities, communication difficulties you may have, preferred treatment, treatment-medical providers, and important contact people.
- Make multiple copies of this card to keep in emergency supply kits, car, work, wallet (behind driver's license or primary identification card), wheelchair pack, etc.
- If you have a cell phone, don't forget to put ICE in your contact list. ICE stands for "In Case of an Emergency" and is being used worldwide for individuals to show who should be contacted in an emergency. First Responders may look through a contact list but not know who to call. ICE followed by a name and phone number will give them the information they need. ICETEXT followed by a name and phone number will let responders know they need to send a text message to that contact.

NEIGHBORS HELPING NEIGHBORS

Working with neighbors in an emergency can save lives and property. Meet with your neighbors to plan how you could work together until help arrives. If you're a member of a neighborhood organization, such as a home owners association or crime watch group, introduce emergency preparedness as a new activity. Encourage your neighborhood to take training, such as the Community Emergency Response Team (CERT) training to better assist your community with its preparedness efforts. Know your neighbors' special skills and consider how you could help those with special needs, such as people with disabilities and older persons. For more information, visit: www.pema.state.pa.us, www.homelandsecurity.state.pa.us or www.health.state.pa.us.

Infants, Toddlers and Children

Infants and toddlers require special attention immediately after disasters.

- Your preparedness kit should include enough baby formula, baby food, diapers, bottles, toys and games to keep small infants safe and comfortable after a disaster.
- If children are at preschool, daycare or school, it is important that parents or guardians know the emergency procedures of the school. Review and update information on your child's emergency card as needed.
- Make sure you authorize someone nearby to pick up your children from school in case you are unable to travel to the school after a disaster.
- Parents should inform neighbors when their children are home alone so neighbors could take care of them in the event of a major disaster.



Effective ways to deal with children after an emergency event:

- Encourage children to talk about their fears. Let them ask questions and describe how they're feeling. Listen to what they say, as a family group when possible.
- Reassure them with love. Tell them they are safe, everything will be all right and life will return to normal again.
- Keep them informed, in simple language, about what is happening.
- Emphasize that they are not responsible for what happened.
- Hold and hug them frequently.
- Encourage them to return to school and discuss problems with teachers and to resume playing games, riding bikes and other such activities.

Pets or Livestock

When preparing for a potential emergency, don't forget to include pets and livestock. Here are some ideas for preparing to protect your animals during a disaster:

- Talk to your veterinarian about evacuation and emergency care for your animals.
- Identify an emergency animal shelter location nearby: kennels, adjoining farms, state and local fairgrounds, County Animal Response Team (CART), etc. Know which hotels will accept pets. Get to know the policies and staff of your local animal control authority, as well as the local animal non-profit rescue and care groups including the Pennsylvania State Animal Response Team (PASART) and your CART.
- Ask neighbors and friends to evacuate your animals if a disaster strikes when you are away.
- Have a portable crate available for cats or small dogs and a leash available for larger dogs. For livestock, have halters and lead straps available. Make sure that your animals trust this person before an emergency, and that this person knows where to find the crates and leashes, etc. Agree on a post-emergency meeting place before the emergency happens.
- License your companion animals; make sure your animals can be easily identified so they can be reunited with you after the disaster; and keep all vaccinations current.
- Consider microchips and/or tattoos as permanent identification. Take pictures of you with your



animal(s) to show proof of ownership if you are separated during a disaster.

- Have a record of the number of the rabies tag, license, microchip, or tattoo with you for proof of ownership.
- Have a copy of your pets' and livestock's medical records and list of necessary medications on hand.
- Have a travel bag for your pets ready and in your car in case your pets must be evacuated. The bag should include, at minimum, several days worth of food and water, dishes/bowls, bedding, toys, treats, an extra leash and collar, a litter pan for cats, a pet first aid kit, identification information, paper towels, clean-up bags, and any medications your pets need.
- Prepare an evacuation plan for livestock. Your plan should include a list of resources such as trucks, trailers, pasture and/or feed which might be needed in an evacuation, as well as a designated person who will unlock gates and doors and make your facility easily accessible to emergency personnel. Make sure that everyone who lives, works or boards at your barn is familiar with the plan.

If you must leave animals behind, post a highly visible sign (either on a window or a door) letting rescue workers know the breed and number of animals which remain. Leave plenty of food and water with care instructions. If your animal becomes lost, immediately call or visit the nearest animal shelter or emergency command post.

If you find a lost animal, notify the local animal shelter as soon as possible and be prepared to give a full description of the animal (i.e., color, breed, sex) and its location. For more information visit: www.pasart.org

BE PREPARED

If an emergency strikes, it's important to have a plan of action for you and your family. Creating an emergency contact list, a written plan for your family, and having an emergency kit on hand are key for being prepared and maintaining control in times of crisis. For more information, visit: www.pema.state.pa.us, www.homelandsecurity.state.pa.us, www.ready.gov or www.health.state.pa.us.

Create an Emergency Contact List

Ask several relatives or friends who live outside your immediate area to act as a clearinghouse for information about you and your family after a disaster. It is often easier to place an out-of-state long distance call from a disaster area than to call within the area. All family members should know to call the contact person to report their location and condition. Once contact is made, have the contact person relay messages to your other friends and relatives outside the disaster area. This will help to reduce calling into and out of the affected area once the phones are working.



Create an Emergency Plan

1. Meet with household members and discuss the dangers of possible emergency events, including fire, severe weather, hazardous spills and terrorism.
2. Discuss how you and your family will respond to each possible emergency.
3. If family members are at different locations when an emergency starts, discuss in advance who will pick up the children and where you will meet if an evacuation is declared. You should plan to meet well outside the danger area, probably at a relative's home.
4. Discuss what to do in case of power outages or personal injuries.
5. Draw a floor plan of your home. Mark escape routes from each room.
6. Learn how to turn off the water, gas and electricity at main switches. If for any reason you turn off natural gas service to your home, call your gas company to restore service. Do not attempt to restore service yourself.
7. Post emergency contact numbers near all telephones. Pre-program emergency numbers into phones with auto-dial capabilities.

8. Teach children how and when to dial 9-1-1 to get emergency assistance.
9. Teach children how to make long-distance telephone calls.
10. Pick a friend or relative that all family members will call if separated (it is often easier to call out-of-state during an emergency than within the affected area).
11. Instruct household members to turn on the radio, the weather radio, or television for emergency information.
12. Pick two meeting places: a place near your home and a place outside your neighborhood in case you cannot return home after an emergency.
13. Take a Basic First Aid and CPR class. Contact the American Red Cross for more information.
14. Keep family records in a waterproof and fireproof safe. Inexpensive models can be purchased at most hardware stores.

Prepare an Emergency Kit

Often during an emergency, electricity, water, heat, air conditioning or telephone service may not work. Preparing an emergency kit ahead of time can save precious minutes in the event you must evacuate or go without electricity, heat or water for an extended period. You should consider including the following items in your emergency supply kit: at least a three-day supply of water (one gallon per person per day); non-perishable packaged or canned food that does not spoil quickly; blankets or bedding; a battery-powered radio with extra batteries; and a first aid kit and prescription medicines (check the expiration dates).



PREPARE AN EMERGENCY SUPPLY KIT

There are six basics you should have in your home in case of any emergency. They are: water, food, a first aid kit, clothing and bedding, tools and supplies, and special items. Items you would need in case of an evacuation should be kept in an easy-to-carry container such as a large covered trash container, a backpack or a duffel bag. You also should keep a smaller version of a disaster supply kit in your car. Below are listed some items from each of the basic categories which you may want to consider. For more information, visit: www.pema.state.pa.us, www.homelandsecurity.state.pa.us or www.health.state.pa.us.

Water

Store one gallon of water per person per day in plastic containers. Hot environments and intense physical activity can double that amount.

- Have a three-day supply (replace supply every six months).

Clothing and Bedding

Include at least one complete change of clothing and footwear per person. Long sleeved shirts and long pants are recommended. Clothing should be placed in water-proof bag.

- Sturdy shoes or work boots
- Heavy socks at least two pairs
- Blankets and/or sleeping bags (placed in water-proof bag)
- Thermal underwear
- Sunglasses
- Rain gear
- Hats and gloves

Special Items

Remember in your planning family members who have special needs; the young, old, and those with a disability requiring special assistance.

For Children

- Baby formula/food
- Diapers
- Bottles
- Powdered milk
- Medications
- Games/Activities
- Special toy for comfort
- Wet wipes
- Extra sets of clothing (check sizes every three months)
- Anti-rash ointment
- Emergency Contact information in case they are separated from parents/guardians

For Adults

- Prescription drugs, such as: heart, high blood pressure medication, respiratory inhalers and insulin
- Denture needs
- Contact lenses and supplies
- Extra eyeglasses
- Playing cards and books
- Important legal documents such as deed, insurance policies, identification cards in a waterproof pouch
- Feminine supplies
- Personal hygiene items

- Lip balm with sunscreen
- Recent pictures of family members and pets

For Pets

- Medications and medical records
- Pet first aid kit
- Extra leash and collar
- Food, water and dishes/bowls
- Cat litter/pan
- Copies of licenses
- Current photo in case they get lost
- Name and phone number of veterinarian
- Microchip or tattoo number
- Toys
- Treats
- Bedding
- Paper towels and clean-up bags
- Store at least a week's worth of food and water at home for your pets for an emergency and replace the food and water supply every six months.

Food

Store at least a three-day supply of non-perishable food for each person. Select foods that require no refrigeration, cooking or preparation. Select food items that are compact and lightweight and rotate the food supply every six months.

- Ready-to-eat canned meats, fruits and vegetables
- Soups, bouillon cubes or dried soups
- Milk—boxed powdered or canned, requiring no refrigeration
- Baby formula/food
- Sugar cookies
- Hard candy
- Sugar
- Salt
- Pepper
- Juices—canned, boxed, powdered or crystallized
- Smoked or dried meats such as beef jerky
- Vitamins
- High energy foods—peanut butter, nuts, trail mix

Tools and Supplies

- Case/nylon bag/fanny pack
- Mess kits or paper cups, plates, plastic utensils
- Battery- or gyro- operated radio and extra batteries
- Small fire extinguisher
- Flashlight and extra batteries
- Paper and pencil/pen
- Non-electric can opener
- Multi-purpose tool/utility knife
- Tent
- Plastic sheeting
- Duct tape
- Pliers
- Compass
- Signal flare
- Needles and thread
- Aluminum foil
- Water-proof Matches
- Shut-off wrench for gas and water
- Work gloves
- Plastic storage containers
- Medicine dropper
- Cash or travelers checks and change
- Dust mask (for dust/debris)
- Toilet paper
- Battery powered fan
- Extra keys for car and house
- Light sticks
- Map of local and out of state area
- Nylon cord
- Portable generator, if possible
- Pre-paid phone card
- Scissors
- Spray paint
- Propane cooking stove
- Pot and pan for cooking
- Wet wipes
- Ziploc bags
- Hard hat
- Pry bar
- Personal hygiene items
- Feminine supplies
- Disinfectant
- Plastic garbage bags and ties
- Soap
- Household chlorine bleach
- Small shovel (to dig toilet, etc.)
- Plastic bucket with tight lid (indoor toilet)

First Aid Kit

You should have two first aid kits—one for your home and the other for your car. Each kit should include:

- Sterile adhesive bandages (assorted sizes)
- Gauze pads (2- and 3-inch)
- Triangular bandages
- Hypoallergenic adhesive tape
- Sterile roller bandages (2- and 3- inch)
- Scissors
- Tweezers
- Needle
- Safety razor blade
- Safety pins (assorted sizes)
- Snake bite kit
- Cold pack
- Bar of soap
- Moist towelettes
- Non-breakable thermometer
- Antiseptic spray
- Latex gloves
- Petroleum jelly or other lubricant
- Tongue blades and wooden applicator sticks
- Aspirin and non-aspirin pain reliever
- Antacid
- Laxative
- Eye wash
- Rubbing alcohol
- Antiseptic or hydrogen peroxide
- Anti-diarrhea medication
- Emetic (to induce vomiting)

AFTER AN EMERGENCY OCCURS

During and after an emergency, it is important to stay calm. Even after an event, there may still be many dangers. What seems like a safe distance or location may not be. Stay tuned to your local emergency station and follow the advice of trained professionals. Unless told to evacuate, avoid roads to allow emergency vehicles access. What you do next can save your life and the lives of others.

- Remain calm and assist family members or neighbors who may be vulnerable if exposed to extreme heat or cold.
- Locate a flashlight with batteries to use until power comes back on. Do not use candles — this can cause a fire.
- Turn off sensitive electrical equipment such as computers, VCRs and televisions to prevent damage when electricity is restored.
- Turn off major electrical and gas appliances that were on when the power went off. This will help to prevent power surges when electricity is restored.
- Keep your refrigerator and freezer doors closed as much as possible to keep in cold.
- Do not use the stove to heat your home — this can cause a fire or fatal gas leak.
- Use extreme caution when driving. If traffic signals are out, treat each signal as a stop sign — come to a complete stop at every intersection and look before you proceed.
- Do not call 911 to ask about a power outage. In case of a power outage, use battery-operated equipment to listen to news and radio stations for updates.



How Can I Help?

- Contact the American Red Cross to find out how to donate blood.
- Contact the relief agencies/organizations in your area to see what they may need, such as clothing or food.
- Take a Basic First Aid or CPR class.
- Consider joining a Community Emergency Response Team (CERT) or County Animal Response Team (CART). Contact your county emergency management agency (listed on the back cover) for training.
- Form a neighborhood watch program to be better prepared for potential future events.
- Register to become a state disaster volunteer for the State Emergency Registry for Volunteers in Pennsylvania (SERVPA) at: www.serv.pa.gov

Out-of-Area Contact is one of the most important concepts in your disaster plan. When disaster occurs, you will be concerned about the welfare of your loved ones.

In a disaster, local telephone service may be disrupted. However, long-distance lines, because they are routed many different ways out of your community, may be open. It also is important to remember that the telephone company's emergency telephone network is the pay telephone system. They will restore it before the rest of the system. So, if you have change to make a pay telephone call and an out-of-area contact, you may be able to communicate with loved ones in the disaster area indirectly through your out-of-area contact.

Meeting Points. After a disaster it may be impossible for family members to return home for one reason or another. It is very important that you select a meeting point in the community where you can join the members of your household.

EMERGENCY PREPAREDNESS INFORMATION

Remove and post this page in a prominent area, i.e., near phone or refrigerator.

Retain this guide for future use. A good place to store this guide is in your emergency kit.

Phone Numbers

Out-of-Area Contact

Name _____
Address _____
State _____
Day _____
Evening _____
Cell _____

Local Contact

Name _____
Address _____
State _____
Day _____
Evening _____
Cell _____

Nearest Relative

Name _____
Address _____
State _____
Day _____
Evening _____
Cell _____

Family Work Numbers

Father _____
Mother _____
Other _____

Know your location when using a cell phone.

Local Police _____
Fire Department _____
Hospital _____

Utilities

Electric Co. _____
Gas Co. _____
Water Co. _____
Telephone Co. _____
Cable TV Co. _____

Family Physicians

Name _____
Phone _____
Name _____
Phone _____

Emergency Services

In a life-threatening emergency, dial 911.

Meeting Points Outside Your Home

Location 1. Right outside of your home.

Location 2. Away from your neighborhood, in case you cannot return home.

Address _____
Phone _____

Route to try first _____

Safe Room Inside Your Home

Our safe room is _____

Preparing for an Emergency

- Prepare a emergency supply kit for the home. Use the checklist as a guide.
- Create an Emergency Communications Plan and post this sheet in a prominent place.
- When in public places, locate stairways and emergency exits. Think ahead about how to evacuate a building, subway or congested public area in a hurry.
- Keep informed — listen to local radio or TV.

For the Latest Info...

Find up-to-the-minute preparedness information, the current security alert, resources and related links at: www.homelandsecurity.state.pa.us, www.pema.state.pa.us, www.ready.gov or www.health.state.pa.us.

How to Submit Criminal/Terrorist Tips...

The most effective way to report a tip regarding possible terrorist activity is to call the Pennsylvania State Police at 1-888-292-1919 or contact your local police department. In an emergency, however, call 911.

IMPORTANT CONTACT INFORMATION**IN AN EMERGENCY, CALL 911**

Tip Submission—Report criminal/terrorist tips immediately to:
1-888-292-1919 or email sp-intelligence@state.pa.us.

Ready America

www.ready.gov

Pennsylvania Homeland Security

www.homelandsecurity.state.pa.us

Pennsylvania Department of Health—1-877-PA-HEALTH

www.health.state.pa.us

Pennsylvania Emergency Management Agency

www.pema.state.pa.us

Pennsylvania Poison Control Centers—1-800-222-1222**American Red Cross**—1-800-435-7669

www.redcross.org

American Trauma Society—1-717-766-1616

Tell us what you think... We appreciate your feedback. Visit: www.health.state.pa.us and look for the emergency survey link.

For more information on local emergency management planning in your county, call:

Adams County 717-334-8603	Dauphin County 717-558-6800	Mercer County 724-662-6100	Venango County 814-677-7356	Westmoreland County 724-600-7305
Allegheny County 412-473-2550	Delaware County 610-565-8700	Mifflin County 717-248-9645/9607	Warren County 814-723-8478	Wyoming County 570-836-2828
Armstrong County 724-548-3431	Elk County 814-776-5314	Monroe County 570-992-4113	Washington County 724-228-6911	York County 717-840-2990
Beaver County 724-774-1049	Erie County 814-451-7911	Montgomery County 610-631-6530	Wayne County 570-253-1622	
Bedford County 814-623-9528	Fayette County 724-430-1277	Montour County 570-271-3047		
Berks County 610-374-4800	Forest County 814-755-3541	Northampton County 610-759-2600		
Blair County 814-940-5906	Franklin County 717-264-2813	Northumberland County 570-988-4217/4218		
Bradford County 570-265-5022	Fulton County 717-485-3201	Perry County 717-582-2131 x 2256		
Bucks County 215-340-8700	Greene County 724-627-5387	Philadelphia County 215-686-1104/1100		
Butler County 724-284-5211	Huntingdon County 814-643-6613/6617	Pike County 570-296-6714		
Cambria County 814-472-2050	Indiana County 724-349-9300	Pittsburgh, City of 412-255-2293		
Cameron County 814-486-1137 x 352	Jefferson County 814-849-5052	Potter County 814-274-8900		
Carbon County 570-325-3097	Juniata County 717-436-2181	Schuylkill County 570-622-3739		
Centre County 814-355-6745	Lackawanna County 570-961-5511	Snyder County 570-372-0826		
Chester County 610-344-5000	Lancaster County 717-664-1200	Somerset County 814-445-1515/16		
Clarion County 814-226-6631	Lawrence County 724-658-7485	Sullivan County 570-946-5010		
Clearfield County 814-765-5357	Lebanon County 717-272-7621	Susquehanna County 570-278-4600 x 250		
Clinton County 570-893-4090 x 209	Lehigh County 610-782-3073	Tioga County 570-724-9110		
Columbia County 570-389-5720	Luzerne County 570-820-4400	Union County 570-523-3201		
Crawford County 814-724-2548	Lycoming County 800-433-9063			
Cumberland County 717-240-6400	McKean County 814-887-5070			

Pennsylvania's public health network consists of 57 State Health Centers and 10 County and Municipal Health Departments. For public health preparedness information, call your designated health department listed below or otherwise, call **1-877-PA-HEALTH**.

Allegheny County Health Department
412-578-8026

Allentown Bureau of Health
610-437-7760

Bethlehem Health Bureau
610-865-7087

Bucks County Department of Health
215-345-3318

Chester County Health Department
610-344-6225

Erie County Department of Health
814-451-6700

Montgomery County Health Department
610-278-5117

Philadelphia Department of Public Health
215-685-5670

Wilkes-Barre City Health Department
570-208-4268

York City Bureau of Health
717-849-2252/2299