



### Montgomery County Board of Commissioners

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### Acknowledgements

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# EMERGENCY PREPAREDNESS

# GUIDE



For the Residents of Montgomery County





*A message from LEPC Chairman Steven Wittmer:*

In this new era of heightened awareness to public health and public safety dangers, it is essential for Montgomery County residents and their families to properly prepare for a natural disaster, large-scale emergency or unexpected terrorist attack that may occur. Emergencies can not always be prevented, but there are many steps that county residents can do to prepare and minimize health and safety risks to themselves and their families.

To achieve this goal, local Police and Fire Departments, municipal emergency planning committees, Montgomery County Department of Public Safety, Montgomery County Health Department, Montgomery County Sheriff's Department, Montgomery County Planning Commission, Montgomery County Medical Reserve Corps, PA Emergency Management Agency, PA Department of Health and numerous private organizations and federal agencies have developed and practiced various plans to offer support and protection to residents during times of need. Professional and volunteer emergency responders using the National Incident Management System and Incident Command System spend many hours practicing and training to protect and serve County residents.

However, residents of Montgomery County must understand that it is imperative that emergency preparedness must start at home within one's own family. This resident brochure adapted from the PA Emergency Preparedness Guide provides essential information on emergency response and will assist you and your family to prepare for and endure natural and man-made disasters.

After reading this guide, residents should be well informed and prepared to protect themselves and their families and assist with those in the community unable to provide for their own protection. With the available wide-spread support network, Montgomery County residents can feel confident and ready to handle most any emergent situation that may be presented.

Sincerely,

Steven Wittmer, *Chairman*  
Local Emergency Planning Committee  
Montgomery County, PA

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# INTRODUCTION

While we can't control natural disasters, emergencies, or surprise attacks, we can be prepared, and we can protect ourselves and our families. If a major disaster occurs in Pennsylvania, you must be ready to survive on your own for at least 3 days. In this guide, you will learn how to be prepared by learning about:

- Different types of emergencies.
- How to create an emergency plan and kit.
- Pennsylvania's emergency alert system.

For more information go to: [www.readymontco.montcopa.org](http://www.readymontco.montcopa.org)  
[www.health.state.pa.us](http://www.health.state.pa.us)  
[www.pema.state.pa.us](http://www.pema.state.pa.us)  
[www.dps.montcopa.org](http://www.dps.montcopa.org)

# TYPES OF EMERGENCIES

## Severe Weather

It is important to understand the difference between a severe weather "watch" and "warning." The safest place to be during any storm is inside a secure building or well-built home.

**SEVERE STORM WATCH** means that severe weather is possible.

**SEVERE WEATHER WARNING** means a storm is on its way—take cover or seek safe shelter right away.

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

1. Listen to radio or TV weather updates and stay informed.
2. Be ready to leave your home if necessary.
3. Stay away from windows and doors.
4. Listen to a weather radio, if you have one.
5. Have an emergency kit ready.

## Blizzards and Winter Storms

*Plan ahead for winter traveling:*

- Keep your gas tank near full.
- Let someone know where you are going, and when you should arrive.



*If caught in a car or truck during a bad storm:*

- Stay in your car or truck.
- 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 (with snow).
- Make yourself visible to rescuers.
- Turn on the flashers and 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 only after snow stops falling.

- Exercise from time to time by moving arms, legs, fingers, and toes very fast to keep blood moving and to keep warm.
- Have an emergency kit in your car or truck.

#### *Inside your home or other building:*

- Stay inside.
- When heating your home from a fireplace, wood stove, space heater, etc., remember to properly ventilate to avoid carbon monoxide poisoning. Carbon monoxide gas is colorless, odorless, and tasteless.
- If you have no heat:
  - Close off unneeded rooms.
  - Stuff towels or rags in the cracks under doors.
  - Cover windows at night.
- Eat food for energy and drink plenty of water.
- Wear layers of loose-fitting, lightweight, and warm clothing.

#### *Make a Winter Emergency Car Kit*

- |   |  |
|---|--|
| <input type="checkbox"/> Blankets/sleeping bags                           | <input type="checkbox"/> Water stored in clean plastic containers—one gallon per day per person for at least three days—for drinking/cleaning purposes |
| <input type="checkbox"/> High-calorie, nonperishable food/drinks          | <input type="checkbox"/> Utility knife   |
| <input type="checkbox"/> Shovel   | <input type="checkbox"/> Bag of sand or cat litter in case your car or truck gets stuck in ice or snow   |
| <input type="checkbox"/> Tow rope   | <input type="checkbox"/> Tool kit  |
| <input type="checkbox"/> Flashlight with extra batteries                  | <input type="checkbox"/> Duct tape   |
| <input type="checkbox"/> Windshield scraper and brush                     | <input type="checkbox"/> Compass and road maps   |
| <input type="checkbox"/> Booster cables (commonly known as jumper cables) | <input type="checkbox"/> Books, puzzles, games for children  |
| <input type="checkbox"/> First-aid kit                                    | <input type="checkbox"/> Extra medication  |
| <input type="checkbox"/> Extra clothing in case you get wet               |  |

### Evacuations

- Have a plan and share it with family members.
- Know where you will go. (Choose several places to go so you have options.)
- Always keep at least a half tank of gas in your car. Learn different routes as well as other kinds of transportation out of your area (bus, taxi, etc.).
- If you do not have a car, plan ahead of time how you will leave the area. Take your emergency supply kit and lock the door behind you.
- Take pets with you; but, if you are going to a public shelter, they may not be allowed inside.
- If you believe the air may be unsafe, drive or ride with your windows and vents closed and keep the air conditioning and heater turned off.

### Tornadoes

- **In Homes**, go to the basement if possible. Seek shelter under sturdy furniture. In homes without basements, take cover on the bottom floor in the middle of the house, in a small room such as a closet or bathroom. Keep away from windows and do not open them.
- **In Shopping Centers**, go to a designated shelter area (not to your parked car).

- **In Office Buildings**, go to an inside hallway on the lowest floor or to the designated shelter area.
- **In Schools**, go to a designated shelter area, usually an inside hallway on the bottom floor. Stay out of auditoriums, gymnasiums, and other large rooms.
- **In Automobiles**, leave your car and seek shelter in a nearby building or lie flat in a nearby ditch.
- **Mobile Homes** should be evacuated. Mobile home parks should have a community storm shelter. If there is no shelter nearby, leave the mobile home and take cover in a nearby ditch.

**TORNADO WATCH** means a tornado is possible in or near the watch area.

**TORNADO WARNING** means a tornado has been found by Doppler Radar and/or has been sighted.

### Flash Floods

- Go to higher ground right away.
- Get out of areas where flooding is known to happen. This includes dips, low spots, canyons, etc.
- Avoid flooded areas and fast moving water. Do not attempt to cross a flowing stream on foot where water is above your ankles.
- Never drive through flooded areas or standing water. Shallow, swift moving water can move a car from a roadway, and into deeper water.
- If the vehicle stalls, get out right away and seek higher ground. Fast rising water may cover the vehicle and its passengers and sweep them away.
- Be very careful at night when it's harder to see flooded areas.
- Do not camp or park your vehicle along streams.



**FLASH FLOOD WATCH** means that flash flooding is possible along small streams and rivers.

**FLASH FLOOD WARNING** means that flash flooding is happening or will happen soon.

### Thunderstorms

- If you plan to be outdoors, check the latest weather report and keep an eye on the sky. The signs of a storm include: dark thickening clouds; lightning; and increasing wind.
- Listen to your NOAA (National Oceanic & Atmospheric Administration) Weather Radio, AM-FM radio, or television for the latest weather information.
- When a thunderstorm threatens, go inside a home, a large building, or an automobile.
- Do not use the telephone except for emergencies.
- Do not stand underneath trees or telephone poles.
- Do not stand on top of a hill. 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 valley.
- Get off or away from open water.
- Get off and away from tractors and other metal farm equipment, and small metal vehicles, such as motorcycles, bicycles, golf carts, etc.
- Put down golf clubs and take off metal spiked golf shoes.
- Stay away from wire fences, clotheslines, metal pipes, and rails.

**SEVERE THUNDERSTORM WATCH** means that severe thunderstorms are possible in and close to the watch area.

**SEVERE THUNDERSTORM WARNING** means that thunderstorm winds are expected to exceed 57 mph and/or large hail is expected.

- If you are in a group in the open, spread out, keeping people several yards apart.
- Remember, lightning may strike miles from the storm cloud. Care should be taken even though the thunderstorm is not directly overhead. If you are caught in a level field far from shelter and feel your hair stand on end, lightning may be about to strike you. Squat down on the balls of your feet and tuck your head down. Do not lie flat on the ground.

## Fires

- Fires can spread quickly and become life threatening in two minutes.
- Fires can destroy a home in five minutes.
- Fires release poisonous gases into the air which can cause drowsiness and loss of control.
- People die in fires mainly from breathing in smoke (not by burns).
- Prevent and prepare for fire emergencies at [www.readypa.org](http://www.readypa.org).

## Earthquakes and Landslides

- Earthquakes and landslides are destructive natural disasters.
- Earthquakes cause an immediate shaking of the ground as a result of breaking and shifting underground bedrock.
- Earthquakes happening in densely populated areas can cause many deaths and injuries.
- Earthquakes are not limited to the west coast. Forty-five (45) states including Pennsylvania are at risk.
- Landslides occur when large amounts of rock and soil move down a slope. It happens in all 50 states.
- Landslides are caused by earthquakes, storms, fires and man-made construction.
- Landslides move quickly and occur with little or no warning.
- They can move several miles from where they start and grow in size as they pick up trees, boulders, cars and other materials.
- Due to the sudden and tremendous impact of earthquakes and landslides, it is important for you and your family to be prepared.

## Threats

**A BIOLOGICAL THREAT** is when germs, viruses, or other things are in the air. These can make you sick by breathing the air, entering through a cut in the skin, or be stuck on food that is eaten. Some biological materials, such as anthrax, cannot pass from person to person. Others, like the smallpox virus or the flu, can be passed from person to person.

**A CHEMICAL THREAT** is the release of a toxic gas, liquid, or solid that can poison people and the environment. Chemicals can be released by bombs; sprayed from aircraft, boats, or vehicles; or used to poison water supplies. Hazardous chemical spills can also be accidental, such as the spilling of household products like bleach or a release of chemicals being moved by train or truck. Chemical hazards can affect you right away 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 is an explosive that scatters radioactive matter in the general area.

People living within a 10-mile radius of a nuclear power plant should know the evacuation routes for their area.

In the event of a radiological event, think about shielding, distance, and time.

- **Shielding:** a thick shield between yourself and the radioactive materials, limits your exposure to the radiation.
- **Distance:** the farther away you are from the blast that includes radiation, the lower your risk of exposure.
- **Time:** limiting time spent in the area will reduce your risk.

**OTHER TERRORIST THREATS** may include explosions, snipers, internet viruses, etc.

For more information visit: [www.bt.cdc.gov](http://www.bt.cdc.gov)

[www.readymontco.montcopa.org](http://www.readymontco.montcopa.org)

[www.health.state.pa.us](http://www.health.state.pa.us)

[www.health.montcopa.org](http://www.health.montcopa.org)

If you suspect terrorist activity, please contact the **State Police Terrorism Tipline** at 1.888.292.1919 or e-mail [sp-intelligence@state.pa.us](mailto:sp-intelligence@state.pa.us).

*If you are told to leave, do it right away and:*

- Take your Emergency Kit.
- Travel on roads identified by local authorities.

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

- Close and lock windows and doors.
- Turn off ventilation systems such as air conditioners.
- If the outside air is unsafe to breathe, seal gaps under doorways and windows with duct tape.



## BE INFORMED

Local authorities may not be able to give information right away on what is happening and what you should do.

In Pennsylvania, authorities use the Emergency Alert System (EAS) during emergencies. When the decision is made to start the EAS, TV and radio programs will be interrupted and an emergency message will be broadcast on the TV and radio. It is important that you listen to and follow the instructions.

*Tune in to  
the following  
media outlets*

- KYW – 1060 AM
- WHYY – 91 FM
- Local news broadcast
- Local cable station emergency alerting system

- If you think chemical or biological materials may have entered your house, move to a safe room in the interior of the house on a higher floor if possible. Many harmful things that could enter a house will fall and build up at lower levels.
- If harmful materials do enter the house, cover your nose and mouth with a cloth to provide some breathing protection for your lungs.
- Stay inside until authorities say it is safe.

## Influenza (Flu) Pandemic

An influenza (flu) pandemic is a worldwide outbreak of a new flu virus that can spread easily from person to person. Flu pandemics are usually spread by sick people passing germs through coughing, sneezing, or touching clean surfaces. Due to the newness of the disease, many people will have little or no immunity to the virus.

Usually, pandemics have been seen every 10 to 15 years with a severe pandemic occurring every 30 to 40 years. This timeline is based on past flu pandemics and does not serve as a measure of when to expect the next flu pandemic.

### What To Expect

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

- Hospitals and doctors' offices may be full with sick patients or people who think they might be sick.
- Schools and businesses may close to keep the virus from spreading or because too many people are sick at home.
- Necessary supplies and services may become limited or unavailable.
- Travel and public gatherings may be limited, or even cancelled, to slow the virus from spreading.
- Montgomery County Health Department officials may suggest ways to slow down the spread of disease such as isolation (keeping the ill from the well) or quarantine (keeping susceptible persons who may develop illness from the well population).
- Due to the newness of the virus, manufacturers may not have a vaccine developed, which helps prevent the influenza virus, or may not be able to

make enough to vaccinate everyone.

- Antiviral medicines that treat the influenza virus, may be in limited supply and may be reserved for the most severe cases of the virus.
- If vaccines or antiviral medicines are available, you should follow the directions that will be provided by Montgomery County Health Department or the Pennsylvania Department of Health.
- There is no way to determine how long a pandemic could last. Officials generally expect to see waves of illness spread over months or even years.



Montgomery County Points of Dispensing (PODs) are locations where large numbers of people receive medication or vaccination due to natural disease or terrorist attack. See the enclosed map on pages 10 and 11.

### What To Do

Every person in Pennsylvania has an important role to play in preparing for a flu pandemic. There are many simple things you can do.

*Five ways to protect yourself and your family:*

1. Cover your mouth and nose with a tissue when you cough or sneeze.
2. Avoid touching your face, especially your eyes, nose, and mouth.
3. Wash hands frequently with soap and warm water or use an alcohol-based hand sanitizer.
4. Be sure to keep frequently used surfaces clean.
5. Stay home if you are sick.

*Other important actions that you can take are:*

- Stay healthy by eating a balanced diet, getting regular exercise, and getting plenty of rest.
- Get a yearly flu shot, especially if you are at risk for flu-related problems.
- Discuss health concerns with your doctor.
- Plan to help your family, friends, and neighbors, especially those who live alone or may need help in an emergency.
- Stay informed about a flu pandemic and things you can do to prepare.
- Follow public health advice regarding school closures, avoiding crowds, and other ways to keep the virus from spreading.
- Make an emergency supply kit for your home. Be prepared in case you get sick and need to stay home for a long period of time; have a supply of over-the-counter medicines, alcohol-based hand cleaners, tissues, and other related items that will be useful and help avoid the need to make trips out in public while you are sick and contagious.

# PROTECTING LOVED ONES

## Individuals with Functional Needs

A person with functional need may face some challenges if an emergency happens. If people learn about these challenges before an emergency happens, they can be ready to cope with the disaster and recover from it more quickly. Many people may not feel comfortable or be able to safely use ordinary resources during a disaster and recovery.

*A functional need may include, but is not limited to:*

- physical disability
- mental illness
- developmental disability
- limited English or are non-English speaking
- have service animals and/or pets
- older people
- children
- those who have medical needs

### Establish a Personal Support Network

The best way to prepare is to have a personal support network. A personal support network is made up of people who will check on you in an emergency to make sure you are fine and to help you if needed. This network can include 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. Also, 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, language interpretation, etc.

### Medical Emergency Supplies

For your safety and comfort, you need to have emergency supplies packed and ready before a disaster hits. You should have enough supplies on hand to last for at least three days.

- Gather both medical and general supplies, including prescription medication (check expiration dates).
- Store supplies in an easy-to-carry container, such as a backpack or duffel bag or plastic container. Be sure your bag has a tag that has your name and contact information.
- Put your name on any equipment, such as wheelchairs, canes, or walkers that you would need.

### Traveling

When staying in hotels/motels, let the registration desk staff know you are 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 tells rescuers what they need to know about you.
- An emergency health information card should contain information about medications, equipment you use, allergies and sensitivities, communication problems you may have, preferred treatment, medical providers, and important contact information.

- Make multiple copies of this card to keep in your emergency supply kits, car, work, wallet/purse (behind driver's license or identification card), wheelchair, etc.
- If you have a cell phone, don't forget to put ICE in your contact list. ICE stands for "In Case of Emergency" and is being used worldwide for people to show who should be contacted in an emergency. Emergency personnel 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.

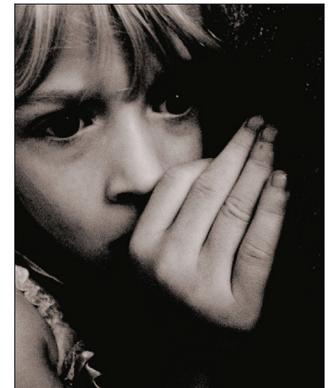
## Infants, Toddlers, and Children

### Infants and Toddlers Require Special Attention Right 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 let neighbors know 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:*

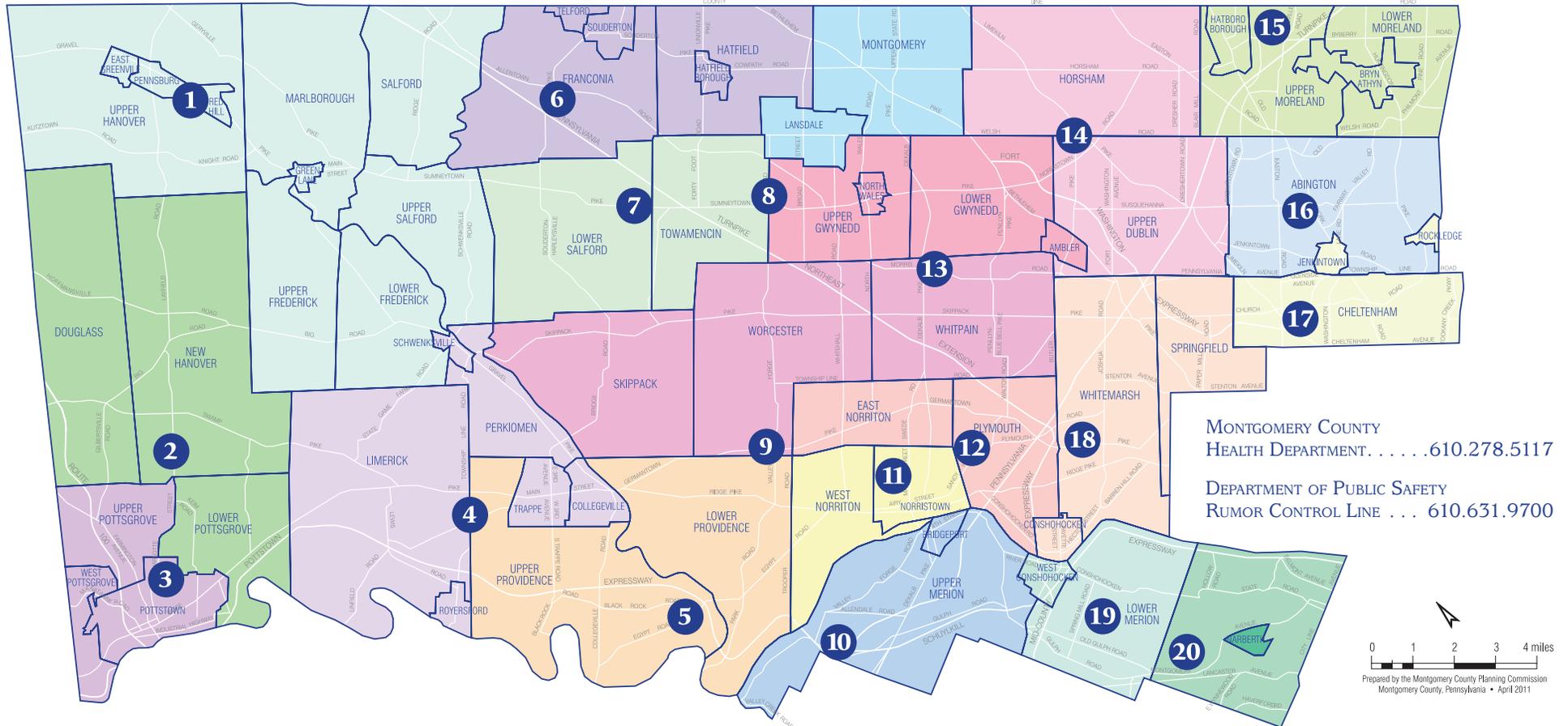
- Help children talk about their fears. Let them ask questions and describe how they are feeling. Listen to what they say, as a family group, when possible.
- Reassure them with love. Tell them they are safe, everything will be all right and life will return to normal again.
- Keep them informed, in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



## 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 homeowners association or crime watch group, introduce emergency preparedness as a new activity. Encourage your neighborhood to take training, such as Community Emergency Response Team (CERT), to better assist your community with its preparedness efforts. Know your neighbors' special skills and think about how you could help those with functional needs, such as people with disabilities and older persons. For more information, visit [www.readymontco.montcopa.org](http://www.readymontco.montcopa.org) or [www.ready.gov](http://www.ready.gov).

# Points of Dispensing (POD\*) Sites in Montgomery County



\*A local Point of Dispensing (POD) site is opened during emergency situations such as natural disasters, outbreaks or bioterrorism attacks. It is set up quickly to provide medicine or vaccines to large numbers of people. The free medications delivered from the federal Strategic National Stockpile to the POD are meant to prevent disease. PODs are not clinics or intended to treat the ill or injured. PODs can be arranged as walk-in or drive-thru sites and can support a population between 20,000–40,000+. All PODs may not operate at once. The POD assigned to your residence may not be in use when others are being activated. During times of emergency access the media outlets for updated information on where to report.

- |   |  |   |  |
|---|--|---|--|
| 1 <i>Upper Perk High School</i><br>2 Walt Road<br>Pennsburg PA 18073                    | 6 <i>Franconia Mennonite Church</i><br>613 Harleysville Pike<br>Telford PA 18969                 | 11 <i>Norristown Area High School</i><br>1900 Eagle Drive<br>Norristown PA 19401                        | 16 <i>Abington High School</i><br>970 Highland Avenue<br>Abington PA 19001                         |
| 2 <i>Hope Community Church</i><br>2732 North Charlotte Street<br>Gilbertsville PA 19525 | 7 <i>BranchCreek Community Church</i><br>100 Main Street<br>Harleysville PA 19438                | 12 <i>Center for Technical Studies-Central Montco</i><br>821 Plymouth Road<br>Plymouth Meeting PA 19462 | 17 <i>Cheltenham High School</i><br>500 Rices Mill Road<br>Wyncote PA 19095                        |
| 3 <i>Pottstown High School</i><br>750 North Washington Street<br>Pottstown PA 19464     | 8 <i>North Penn High School</i><br>1340 South Valley Forge Road<br>Lansdale PA 19446             | 13 <i>Montgomery County Community College-Main Campus</i><br>240 DeKalb Pike<br>Blue Bell PA 19422      | 18 <i>Plymouth Whitemarsh High School</i><br>201 East Germantown Pike<br>Plymouth Meeting PA 19462 |
| 4 <i>Spring Valley YMCA</i><br>19 West Linfield-Trappe Road<br>Limerick PA 19468        | 9 <i>Fairview Village Church of Nazarene</i><br>3044 West Germantown Pike<br>Eagleville PA 19403 | 14 <i>Congregation Beth Or</i><br>239 East Welsh Road<br>Ambler PA 19002                                | 19 <i>Harrilton High School</i><br>600 North Ithan Avenue<br>Rosemont PA 19010                     |
| 5 <i>Oaks Fire Company</i><br>260 Green Tree Road<br>Oaks PA 19456                      | 10 <i>Valley Forge Convention Complex</i><br>1160 1st Avenue<br>King of Prussia PA 19406         | 15 <i>Upper Moreland Intermediate Unit</i><br>3990 Orangemans Road<br>Hatboro PA 19040                  | 20 <i>Lower Merion High School</i><br>315 East Montgomery Avenue<br>Ardmore PA 19003               |

## Create an Emergency Contact List

Ask several relatives or friends who live outside your immediate area to act as a point of contact 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. 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 ahead of time who will pick up the children and where you will meet if an evacuation is ordered. You should plan to meet well outside the danger area, possibly 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 in your home. 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. Preprogram emergency numbers into phones with auto-dial features.
8. Teach children how and when to dial 911 to get help during an emergency.
9. Teach children how to make a telephone call to a friend or relative if they are separated from you (it is often easier to call out-of-state during an emergency than within the affected area).
10. Instruct household members to turn on the radio, the weather radio or television for emergency information.
11. Pick two meeting places—a place near your home and a place outside your neighborhood—in case you cannot return home after an emergency.
12. Take a Basic First Aid and CPR class. Contact the American Red Cross for more information at [www.redcross.org](http://www.redcross.org) or call 1.800.REDCROSS (1.800.733.2767).
13. Keep family records in a waterproof and fireproof safe. Inexpensive safes can be purchased at most hardware stores. Every year, photocopy the front and back of your cards in your wallet and place a copy in your safe and in your emergency kit.

## 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 staff and policies 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.
- 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.
- Ask neighbors and friends to take your animals if a disaster strikes when you are away. 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 on 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 in case your pets must be evacuated. The bag should include: seven 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 easy to get to for 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 sign that is easy for rescuers to see (either on a window or a door). The sign should list the breed and number of animals that remain. Leave plenty of food, water, and care instructions.



If your animal becomes lost, call or visit the nearest animal shelter or emergency command post right away.

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 <http://sart.cas.psu.edu/>.



## Tools and Supplies

- |   |  |
|---|--|
| <input type="checkbox"/> Case/nylon bag/fanny pack                                    | <input type="checkbox"/> Dust mask (for dust/debris)                   |
| <input type="checkbox"/> Mess kits or paper cups, plates, plastic utensils            | <input type="checkbox"/> Toilet paper                                  |
| <input type="checkbox"/> Battery or crank radio and extra batteries                   | <input type="checkbox"/> Battery powered fan                           |
| <input type="checkbox"/> Small fire extinguisher                                      | <input type="checkbox"/> Extra keys for car and house                  |
| <input type="checkbox"/> Flashlight and extra batteries<br>(check every three months) | <input type="checkbox"/> Light sticks                                  |
| <input type="checkbox"/> Paper and pencil/pen   | <input type="checkbox"/> Map of local and out of state area            |
| <input type="checkbox"/> Nonelectric can opener                                       | <input type="checkbox"/> Nylon cord                                    |
| <input type="checkbox"/> Multipurpose tool/utility knife                              | <input type="checkbox"/> Portable generator, if possible               |
| <input type="checkbox"/> Tent   | <input type="checkbox"/> Prepaid phone card                            |
| <input type="checkbox"/> Plastic sheeting   | <input type="checkbox"/> Scissors                                      |
| <input type="checkbox"/> Duct tape  | <input type="checkbox"/> Spray paint                                   |
| <input type="checkbox"/> Pliers   | <input type="checkbox"/> Propane cooking stove                         |
| <input type="checkbox"/> Compass  | <input type="checkbox"/> Pot and pan for cooking                       |
| <input type="checkbox"/> Signal flare   | <input type="checkbox"/> Wet wipes                                     |
| <input type="checkbox"/> Needles and thread   | <input type="checkbox"/> Ziploc bags                                   |
| <input type="checkbox"/> Aluminum foil  | <input type="checkbox"/> Hard hat                                      |
| <input type="checkbox"/> Matches in water-proof container                             | <input type="checkbox"/> Pry bar                                       |
| <input type="checkbox"/> Shut-off wrench for gas and water                            | <input type="checkbox"/> Disinfectant                                  |
| <input type="checkbox"/> Leather work gloves  | <input type="checkbox"/> Plastic garbage bags and ties                 |
| <input type="checkbox"/> Plastic storage containers                                   | <input type="checkbox"/> Soap  |
| <input type="checkbox"/> Medicine dropper   | <input type="checkbox"/> Household chlorine bleach                     |
| <input type="checkbox"/> Cash or travelers checks and change                          | <input type="checkbox"/> Small shovel (to dig toilet, etc.)            |
|   | <input type="checkbox"/> 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:

- |   |  |
|---|--|
| <input type="checkbox"/> Moist towelettes                           | <input type="checkbox"/> Sterile adhesive bandages “Band-aids”<br>(assorted sizes) |
| <input type="checkbox"/> Nonbreakable thermometer                   | <input type="checkbox"/> Gauze pads (2- and 3-inch)                                |
| <input type="checkbox"/> Antiseptic spray                           | <input type="checkbox"/> Triangular bandages                                       |
| <input type="checkbox"/> Latex gloves                               | <input type="checkbox"/> Elastic bandages (2- and 3-inch)                          |
| <input type="checkbox"/> Petroleum jelly or other lubricant         | <input type="checkbox"/> Hypoallergenic adhesive tape                              |
| <input type="checkbox"/> Tongue blades and wooden applicator sticks | <input type="checkbox"/> Sterile roller bandages (2- and 3-inch)                   |
| <input type="checkbox"/> Aspirin and nonaspirin pain reliever       | <input type="checkbox"/> Scissors  |
| <input type="checkbox"/> Antacid                                    | <input type="checkbox"/> Tweezers  |
| <input type="checkbox"/> Laxative                                   | <input type="checkbox"/> Needle  |
| <input type="checkbox"/> Nonlatex gloves                            | <input type="checkbox"/> Safety razor  |
| <input type="checkbox"/> Eye wash                                   | <input type="checkbox"/> Safety pins (assorted sizes)                              |
| <input type="checkbox"/> Rubbing alcohol                            | <input type="checkbox"/> Snake bite kit  |
| <input type="checkbox"/> Antiseptic cleanser                        | <input type="checkbox"/> Cold pack   |
| <input type="checkbox"/> Anti-diarrhea medication                   | <input type="checkbox"/> Bar of soap or hand sanitizer                             |
| <input type="checkbox"/> Emetic medication (to induce vomiting)     |  |

# CALM AFTER THE STORM

## 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 emergency officials. Unless told to leave, avoid using the roads to allow emergency vehicles access to affected areas.

What you do next can save your life and the lives of others.

- Remain calm and help family members or neighbors who may be in extra danger 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.
- If the power is off, turn off sensitive electrical equipment such as computers, DVDs, 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 it cold.
- Do not use the stove to heat your home—this can cause a fire or expose you to dangerous fumes.
- 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.

## Be Involved . . .

### How Can I Help?

- Contact your local blood bank to find out how to donate blood or call 1-800-GIVE-LIFE or visit [redcrossblood.org](http://redcrossblood.org) or [give-life.org](http://give-life.org).
- 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) or for more information visit [www.readymontco.montcopa.org](http://www.readymontco.montcopa.org).
- Form a neighborhood watch program to be better prepared for possible future emergencies.
- Register to become a state disaster volunteer for the State Emergency Registry for Volunteers in Pennsylvania (SERVPA) at [www.serv.pa.gov](http://www.serv.pa.gov).



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

In a local disaster, telephone service may be unavailable. However, long-distance lines, because they are routed many different ways out of your community, may be open. You may be able to use the text message function on your cell phone when the voice function has a busy signal. Also, you should keep a phone that does not require electricity. A telephone land-line that has a cordless handset will not work if the electricity goes out.

**Meeting Points.** After a disaster, it may be impossible for family members to return home for different reasons. It is very important that you select a meeting point in the community where you can join the other members of your household.

## Emergency Contact Information

**IN AN EMERGENCY, CALL 911**

### Montgomery County Department of Public Safety

610.631.6500 • [www.dps.montcopa.org](http://www.dps.montcopa.org)

### Montgomery County Health Department

610.278.5117 • [www.health.montcopa.org](http://www.health.montcopa.org) • [www.readymontco.montcopa.org](http://www.readymontco.montcopa.org)

### Southeastern Pennsylvania Regional Task Force

[www.readynotifypa.org](http://www.readynotifypa.org)

### Pennsylvania Poison Control Centers

1.800.222.1222

### Tip Submission

Report criminal/terrorist tips immediately to 1.888.292.1919

### Pennsylvania ReadyPA Line

1-888-9-ReadyPA • 1.888.973.2397 • [www.readypa.org](http://www.readypa.org)

### Pennsylvania Department of Health

1-877-PA-HEALTH • 1.877.724.3258 • [www.health.state.pa.us](http://www.health.state.pa.us)

### Pennsylvania Emergency Management Agency

[www.pema.state.pa.us](http://www.pema.state.pa.us)

### American Red Cross

1.800.435.7669 • [www.redcross.org](http://www.redcross.org)

### Ready America

[www.ready.gov](http://www.ready.gov)

## Personal Emergency Information

Remove or copy this page and place it in a prominent area, like near a phone or the refrigerator. Retain this guide for future use. A good place to store this guide is in your emergency kit.

### Phone Numbers

#### Emergency Contacts

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Cell \_\_\_\_\_  
 E-Mail \_\_\_\_\_  
 Relationship \_\_\_\_\_  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Cell \_\_\_\_\_  
 E-Mail \_\_\_\_\_  
 Relationship \_\_\_\_\_

#### Family Work Numbers

Father \_\_\_\_\_  
 Mother \_\_\_\_\_  
 Other \_\_\_\_\_  
 Other \_\_\_\_\_  
 E-mail \_\_\_\_\_

#### Your Local Emergency Numbers

Local Police \_\_\_\_\_  
 Fire Department \_\_\_\_\_  
 Hospital \_\_\_\_\_  
 Veterinarian/Kennel \_\_\_\_\_

#### Utilities

Electric Co. \_\_\_\_\_  
 Gas Co. \_\_\_\_\_  
 Water Co. \_\_\_\_\_  
 Telephone Co. \_\_\_\_\_  
 Cable TV Co. \_\_\_\_\_

#### Family Physicians

Name \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Name \_\_\_\_\_  
 Phone \_\_\_\_\_

#### Special Medical Information

Disabilities \_\_\_\_\_  
 Medications \_\_\_\_\_  
 Prescriptions \_\_\_\_\_  
 Allergies \_\_\_\_\_

### Meeting Points

#### Inside Your Home

Safe Room \_\_\_\_\_

#### Outside Your Home

Safe Place \_\_\_\_\_

#### Your Local Emergency Shelter

Place \_\_\_\_\_  
 Address \_\_\_\_\_

### Preparing for an Emergency

- Prepare a disaster supply kit for the home.
- 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-date preparedness information, resources and related links at: [www.pema.state.pa.us](http://www.pema.state.pa.us)  
[www.health.state.pa.us](http://www.health.state.pa.us)  
[www.ready.gov](http://www.ready.gov)  
[www.readymontco.montcopa.org](http://www.readymontco.montcopa.org)

#### Submitting 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 a life-threatening  
 emergency, dial 911**



## Area Hospitals

**Abington Health Lansdale Hospital**  
100 Medical Campus Drive  
Lansdale, PA 19446  
215.368.2100 • fax 215.361.4935

**Abington Memorial Hospital**  
1200 Old York Road  
Abington, PA 19001  
215.481.2000

**Brooke Glen Behavioral Hospital**  
7170 Lafayette Avenue  
Fort Washington, PA 19034  
215.641.5300 • fax 215.641.6853

**Bryn Mawr Hospital**  
130 South Bryn Mawr Avenue  
Bryn Mawr, PA 19010  
610.526.3000

**Eagleville Hospital**  
100 Eagleville Road  
P.O. Box 45  
Eagleville, PA 19408  
610.539.6000

**Einstein Medical Center Montgomery\***  
559 W. Germantown Pike  
East Norriton, PA 19403  
484.622.1000

**Holy Redeemer Hospital  
& Medical Center**  
1648 Huntington Pike  
Meadowbrook, PA 19046  
215.947.3000

**The Horsham Clinic**  
722 East Butler Pike  
Ambler, PA 19002  
215.643.7800 • fax 215.654.1256

**Institutes for the Achievement  
of Human Potential**  
8801 Stenton Avenue  
Glenside, PA 19038  
215.233.2050

**Lankenau Hospital**  
100 Lancaster Avenue  
Wynnewood, PA 19096  
610.645.2000

**Mercy Suburban Hospital**  
2701 Dekalb Pike  
East Norriton, PA 19401  
610.278.2000 • fax 610.272.4642

**Montgomery Hospital\*\***  
1301 Powell Street  
Norristown, PA 19404  
610.270.2000

**MossRehab/Einstein at Elkins Park**  
60 East Township Line Road  
Elkins Park, PA 19027  
215.663.6000

**Norristown State Hospital**  
1001 Sterigere Street  
Norristown, PA 19401  
610.270.1000

**Pottstown Memorial Medical Center**  
1600 East High Street  
Pottstown, PA 19464  
610.327.7000

**Valley Forge Medical Center**  
1033 West Germantown Pike  
East Norriton, PA 19403  
610.539.8500 • fax 610.539.0910

\* (opening 9/29/2012)

\*\* (closing 9/29/2012)

**In the event of ANY Emergency  
in Montgomery County**

**CALL 911**

**FOR FIRE DEPARTMENT, POLICE,  
OR AMBULANCE CONTACT:**

**Montgomery County  
Department of Public Safety**

**50 Eagleville Road  
Eagleville, PA 19403-1425**

**610.631.6500 • fax 610.631.6536  
<http://www.dps.montcopa.org/dps>**

