

**PENNSYLVANIA
EMERGENCY
PREPAREDNESS
GUIDE**

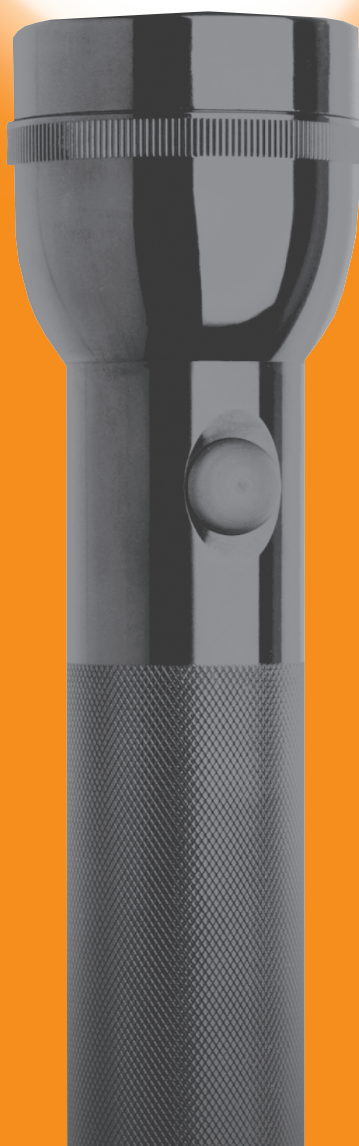


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INTRODUCTION

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.readypa.org
- www.health.state.pa.us
- www.pema.state.pa.us

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:

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

- Blankets/sleeping bags
- High-calorie, non-perishable food/drinks
- Shovel
- Tow rope
- Flashlight with extra batteries
- Windshield scraper and brush
- Booster cables (commonly known as jumper cables)
- First-aid kit
- Extra clothing in case you get wet
- Water – store in clean plastic containers. You should have enough water so that each person has one gallon per day for at least three days for drinking and cleaning purposes
- Utility knife
- Bag of sand or cat litter in case your car or truck gets stuck in ice or snow
- Tool kit
- Duct tape
- Compass and road maps
- Books, puzzles, games for children
- Extra medication

TYPES OF EMERGENCIES

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.

Tornado:

- **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 Flood:

- 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.

Thunderstorm:

- 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.

OTHER TYPES OF EMERGENCIES

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

4 Type of Emergencies

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

Other terrorist threats may include explosions, snipers, Internet viruses, etc. Visit: www.bt.cdc.gov, www.readypa.org 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.

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

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.

under doorways and windows with duct tape.

- 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.
- Public health officials may suggest ways to slow down the spread of the virus such as isolation (keeping the ill from the well) or quarantine (keeping the suspected ill 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 the local 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.

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.

Learn More at the Pennsylvania Department of Health website: www.health.state.pa.us

EMERGENCY PREPAREDNESS FOR 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 home owners 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.readypa.org or www.ready.gov

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. Pre-program emergency numbers into phones with auto-dial features.
8. Teach children how and when to dial 9-1-1 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 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.

BE PREPARED

Make a Plan, Have a Kit, Stay Informed

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.readypa.org or www.ready.gov

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/>

PREPARE AN EMERGENCY SUPPLY KIT

There are 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, battery powered radio, batteries, and special items. The items you need in case of an evacuation should be kept in an easy-to-carry container such as a large plastic container with a lid, a backpack or a duffel bag. You should also keep a smaller version of a disaster supply kit in your car and at work. Below are some items from each of the basic categories which you may want to consider. For more information, visit: www.readypa.org or www.ready.gov

Water

Store one gallon of water per person per day in plastic containers.

- Have a three-day supply (check the containers 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 a water-proof bag.

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

Special Items

When planning, remember 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/books
- 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 and 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, and identification cards in a waterproof pouch
- Personal hygiene items and feminine supplies

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

For Pets

- Medications, copies of licenses and medical records
- Pet first aid kit
- Extra leash and collar
- Food and water dishes/bowls
- Cat litter/pan
- Copies of licenses
- Current photo in case pets 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 rotate 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
- Boxed, powdered, or canned milk, requiring no refrigeration
- Baby formula/food
- Sugar cookies
- Hard candy
- Sugar
- Salt and pepper
- Canned, boxed, powdered, or crystallized juices
- Smoked or dried meats such as beef jerky
- Vitamins
- High energy foods such as peanut butter, nuts, trail mix

Tools and Supplies

- Case/nylon bag/fanny pack
- Mess kits or paper cups, plates, plastic utensils
- Battery or crank radio and extra batteries
- Small fire extinguisher
- Flashlight and extra batteries (check every three months)
- 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
- Matches in water-proof container
- Shut-off wrench for gas and water
- Leather 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
- 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 “Band-aids” (assorted sizes)
- Gauze pads (2 and 3-inch)
- Triangular bandages
- Elastic bandages (2 and 3-inch)
- Hypoallergenic adhesive tape
- Sterile roller bandages (2 and 3-inch)
- Scissors
- Tweezers
- Needle
- Safety razor
- Safety pins (assorted sizes)
- Snake bite kit
- Cold pack
- Bar of soap or hand sanitizer
- 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
- Non-latex gloves
- Eye wash
- Rubbing alcohol
- Antiseptic cleanser
- Anti-diarrhea medication
- Emetic medication (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 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, VCR, 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 9-1-1 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.
- 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 visit: www.readypa.org for more information.
- 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

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.

IMPORTANT CONTACT INFORMATION

IN AN EMERGENCY, CALL 911

Pennsylvania Poison Control Centers — 1-800-222-1222

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

Pennsylvania ReadyPA line — 1-888-9-ReadyPA, 1-888-9-732-3972, www.readypa.org

Pennsylvania Department of Health — 1-877-PA-HEALTH, 1-877-724-3258, www.health.state.pa.us

Pennsylvania Emergency Management Agency — www.pema.state.pa.us

American Red Cross — 1-800-435-7669, www.redcross.org

Ready America — www.ready.gov

For more information call your county emergency management agency listed below:

Adams County
717-334-8603

Allegheny County
412-473-2550

Armstrong County
724-548-3431

Beaver County
724-775-1700

Bedford County
814-623-9117

Berks County
610-374-4800

Blair County
814-940-5906

Bradford County
570-265-5022

Bucks County
215-340-8700

Butler County
724-284-5211

Cambria County
814-534-4342

Cameron County
814-486-9352

Carbon County
570-325-3097

Centre County
814-355-6745

Chester County
610-344-5000

Clarion County
814-226-6631

Clearfield County
814-765-5357

Clinton County
570-893-4090
ext 209

Columbia County
570-389-5720

Crawford County
814-724-2552

Cumberland County
717-240-6400

Dauphin County
717-558-6900

Delaware County
610-565-8700

Elk County
814-776-5314

Erie County
814-451-7911

Fayette County
724-430-1277

Forest County
814-755-3541

Franklin County
717-264-2813

Fulton County
717-485-3201

Greene County
724-627-5387

Huntingdon County
814-643-6613/6617

Indiana County
724-349-9300

Jefferson County
814-849-1617

Juniata County
717-436-7730

Lackawanna County
570-307-7300

Lancaster County
717-664-1200

Lawrence County
724-658-7485

Lebanon County
717-272-7621

Lehigh County
610-782-4600

Luzerne County
570-820-4400

Lycoming County
570-433-4461
ext 4732

McKean County
814-887-5070 ext 13

Mercer County
724-662-6100
ext 2442

Mifflin County
717-248-9645/9607

Monroe County
570-992-4113

Montgomery County
610-631-6500

Montour County
570-271-3047

Northampton County
610-746-3194
ext 226

Northumberland County
570-286-4807

Perry County
717-582-2131
ext 2256

Philadelphia County
215-686-2106

Pike County
570-296-6714

Pittsburgh, City of
412-255-2870

Potter County
814-274-8900

Schuylkill County
570-622-3739

Snyder County
570-372-0535

Somerset County
814-445-1515/1516

Sullivan County
570-946-5010

Susquehanna County
570-278-4600
ext 250

Tioga County
570-724-9110

Union County
570-523-3201

Venango County
814-677-7356

Warren County
814-563-2220

Washington County
724-228-6911

Wayne County
570-253-1622

Westmoreland County
724-600-7306

Wyoming County
570-836-2828

York County
717-840-2990

Pennsylvania's public health network consists of 60 State Health Centers and 10 County and Municipal Health Departments. For public health preparedness information, call your designated health department listed below.

1-877-PA-HEALTH
1-877-724-3258

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

EMERGENCY PREPAREDNESS INFORMATION

Remove and put this page 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

Out-of-Area Contact

Name _____
Address _____
City/State _____
Day _____
Evening _____
Cell _____
E-mail _____

Local Contact

Name _____
Address _____
City/State _____
Day _____
Evening _____
Cell _____
E-mail _____

Nearest Relative

Name _____
Address _____
City/State _____
Day _____
Evening _____
Cell _____
E-mail _____

Family Work Numbers

Father _____
Mother _____
Other _____
E-mail _____

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 _____
E-mail _____

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

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 www.health.state.pa.us

www.ready.gov or www.readypa.org

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.