



ABINGTON BOARD OF HEALTH
ABINGTON FIRE DEPARTMENT
MEDICAL RESERVE CORPS

PLYMOUTH COUNTY PUBLIC HEALTH EMERGENCY PREPAREDNESS COALITION

EMERGENCY PREPAREDNESS

bringing care home since 1920

Be Prepared For The Unexpected

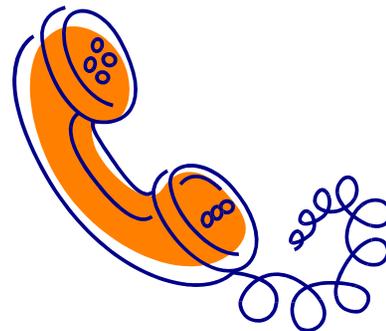
***THERE MAY BE LITTLE
OR
NO WARNING !***

IDENTIFYING THREATS

- Consider all the potential emergencies that could occur in your town
 - What has happened in the past?
 - What is likely to happen in the future?
 - What would the impact be on your community?

UTILITY FAILURES

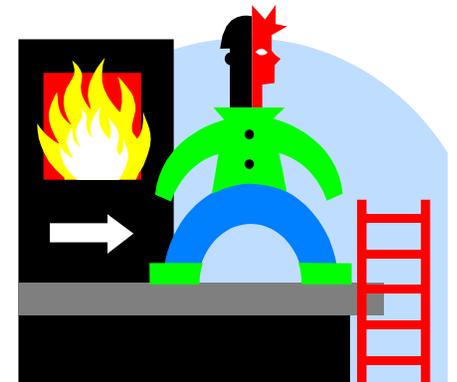
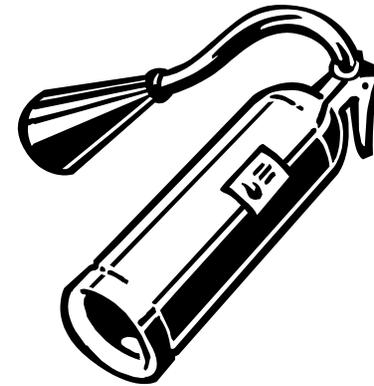
- Electrical
- Telephone/Communications



FIRE

Building or Home

- Add Fire Extinguishers
 - Learn where to place them
 - Learn how to use them
 - Avoid long term use of extension cords



WEATHER EMERGENCIES

- Hurricane/High Winds
- Snow and Ice/Severe Cold
- Severe Heat and Humidity



SEVERE HEAT OR COLD



Cooling
Centers

Space Heater
Safety



COMMUNITY EMERGENCIES

- Airplane/Auto/Bus/Train Crash
- Gas Leak
- Hazardous Material
- Flooding
- Earthquake



OTHER POSSIBLE DISASTERS

- Terrorist Attacks
- Nuclear Power Plant Emergency
- Chemical Weapons
- Biological Warfare
- Pandemic



KEY DISASTER ELEMENTS

- They are relatively unexpected
- Emergency Personnel may be overwhelmed
- Lives, health and the environment are endangered

Everyone who sees or experiences a disaster is affected by it in some way.



INFRASTRUCTURE DAMAGE

- Electrically Disrupted
- Cable TV and Internet may be out
- Cell Phones may be out
- Roads blocked or closed

Think about what could be the results for your family, business and neighborhood.

AS A RESIDENT.....

*YOU HAVE A CRITICAL ROLE TO
PLAY IN HELPING YOURSELF AND
YOUR COMMUNITY!!!!*



*Volunteer and become a member of your
Regional Medical Reserve Corp*



THE GOVERNMENT'S ROLE

- Government Has A Responsibility To:
 - Develop, test and refine emergency plans
 - Ensure emergency responders have adequate skills and resources
 - Provide services to protect and assist citizens

THE PUBLIC'S ROLE

- Learn emergency preparedness
- Train, practice skills and your plans
- Network, help others, volunteer
- Give feedback to community
- Report suspicious activity

Be prepared; local responders may be delayed in reaching you.

PREPARE FOR AN EMERGENCY



- Post Emergency Numbers
 - **911** for Police, Fire or Ambulance
 - Sign up for NIXLE
 - refer to Emergency Preparedness brochure
 - Other important contacts



EMERGENCY CONTACT

- Determine your emergency contact
 - Preferably an out of town family member or friend



Emergency Meeting Place

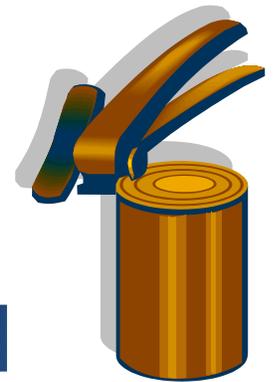
- Designate an emergency meeting place for your family if you are unable to return home
- Having predetermined meeting places will save time and minimize confusion

CHOOSE 2 PLACES TO MEET

- Right outside your home, in case of an emergency, such as a fire.
- Outside your neighborhood, in case you cannot return home or are asked to evacuate your neighborhood.

PREPARE FOR AN EMERGENCY

- Water
 - 1 gallon per person per day (plan for 3 days)
- Food
 - Non-perishable and nutritious food
 - Don't forget a manual can opener!!



FOOD

- Choose foods your family will eat.
- Remember any special dietary needs.
- Avoid foods that will make you thirsty.
- Choose salt-free crackers, whole grain cereals and canned foods with high liquid content.

✓ Remember manual can opener

SOME FOOD SUGGESTIONS

- Ready-to-eat
canned meats, fruits,
vegetables
- Protein or fruit bars
- Dry cereal or
granola
- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Canned juices
- Non-perishable
pasteurized milk
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods

EMERGENCY DISASTER KIT

- First Aid Kit
 - Injuries are a common occurrence during a disaster
- Battery operated Radio or TV (crank)
- EMS
 - Radio Stations
 - TV Station

- Flashlights
 - Batteries
 - Eyeglasses
 - Hearing aids and extra batteries
 - Money
 - Toiletries
 - Extra clothing
 - Bedding (Air mattress)
 - Keep your gas tank full
 - Keep your cell phone charged
-
- Take photos of your belongings for insurance purposes

OTHER USEFUL ITEMS

Tools

- ✓ Screwdriver
- ✓ Hammer
- ✓ Rubber Mallet
- ✓ Duct Tape
- ✓ Wrenches
- ✓ Tarps

- Medications



- Keep at least 1 weeks supply of both prescription and non-prescription medications.
- Pharmacies may be closed after a disaster.

MEDICATIONS

- It is best if you are able to maintain at least a 7 to 14 day supply of essential medications
- An example of some essential medications are those used to treat:
 - Heart conditions
 - High blood pressure
 - Diabetes
 - Psychiatric conditions

Medications

“How should I store my medications?”

- *“Store medications in a cool, dry place away from children. Keep your drugs in the original containers and never mix different drugs together in the same bottle.”*



“What non-prescription medications should I have available in case of a disaster?”

- *“Make sure you have a supply of the non-prescription medications that you usually take, such as pain relievers, cough medicines, and stomach remedies.”*



“What if I run out of medication during a disaster?”

- *“Talk with your doctor or pharmacist about what you should do if you do not have enough medicine after a disaster and cannot immediately get what you need.”*



EMERGENCY DISPENSING SITE

The EDS site is a designated place where residents can receive medication, prophylactics and other needs assessment.

KNOW YOUR LOCATION:

Abington High School
201 Gliniewicz Way

OXYGEN

“What if I use oxygen at home?”



- *Let the Fire Department know you are on oxygen.*
- *Keep the oxygen company's phone number available and know their emergency protocol.*
- *Have a back-up oxygen tank*
- *Consider purchasing a small generator for emergencies*

BE PREPARED

- Complete a Personal Health Record
 - Medical History
 - Medications and dosages
 - Allergies
 - Contact Information
 - Doctors' names and numbers
 - Health insurance information

FORTIFY YOUR HOUSE

- Label circuit breakers in your house
- Put away outdoor furniture and other items
- Use your grills outdoors only
- Generators (portable vs built in)
 - Get a professional to install and wire
 - Proper ventilation is critical

SMOKE AND CO DETECTORS

- Add some battery powered smoke and CO detectors to your kit
- Be sure you hard wired detectors have working batteries
- Remember to change the batteries when you change your clocks.



POWER SOURCES

- Combination Power Packs
 - jump start a dead car battery
 - charge small electronic devices
- Manual Devices
 - crank

NATIONAL GRID

- Priority restoration customer eligibility
 - you or family member rely on electrically operated life-sustaining medical devices and are in immediate danger without.

– Obtain a form at:

www.nationalgridus.com/non_html/shared_life_sustaining.pdf

Mail to: National Grid
PO Box 960
Northboro, MA 01532-0960

PREPARE AN EVACUATION PLAN

- Where would you go if told to evacuate?
 - a friend or family member's home in another town
 - a motel
 - a shelter

KNOW WHERE YOUR SHELTERS ARE!!!

PRACTICE!!! PRACTICE!!!

EVACUATION

- How would you evacuate in an emergency?
 - Do you have transportation?
 - What about your pets?
 - Most shelters do not accept pets
 - If you must leave your pet behind, leave enough food/water for 2 days
 - Let shelter staff know you have a pet at home

EVACUATION

- Take your Emergency Disaster Kit
- Don't forget.....
 - Medications
 - Personal Health Record
 - Medical Insurance Cards
 - Personal Phone/Address Book
 - Other Important Documents
 - Birth Certificates
 - Passports/Visas
 - Will and Power of Attorney
 - Pet Vaccination/Documents

PETS – PLAN TO BRING

- ✓ Pet carrier
- ✓ Food
- ✓ Water
- ✓ Vaccination records
- ✓ Veterinarian contact information
- ✓ Paper or litter
- ✓ Leash
- ✓ Towels



EVACUATION CONSIDERATIONS

- **SHELTER IN PLACE VS EVACUATION**
 - WHERE WILL WE EVACUATE TO?
 - IS OUR DESIGNATED EVACUATION SPOT OPEN TO THE ELEMENTS?
 - HOW DO WE GET THERE?
 - ONCE WE HAVE ARRIVED, CAN WE MAKE CONTACT WITH INTERESTED STAKEHOLDERS?

DISASTER STRIKES AND I NEED TO EVACUATE...WHAT DO I DO?

The best way to get information is.....

- ✓ Work with local officials and organizations so you are fully networked in **BEFORE** the emergency!.
- ✓ Closely monitor local media sources
- ✓ Subscribe to Facebook, Twitter, and other social media sites that you have verified through research.
- ✓ Keep you own disaster plan up to date

DISASTER STRIKES!!



YOUR RESPONSE

YOU MAY OR MAY NOT GET ADVANCED WARNING OF AN EMERGENCY.

Your first notification of an emergency may be from your own sources or senses.....

- ✓ A friend calls you
- ✓ You **hear, see, or smell** something that indicates danger.

PROTECTIVE MEASURES

- **REMAIN CALM!**
- Assess the situation
 - ✓ Gather as much information as REASONABLY possible
 - ✓ Use your own common sense!
 - ✓ Don't overanalyze!
- **Decide To Stay Or Change Locations**
 - Critical early decision in disasters

SOURCES OF ALERT INFORMATION

- Website
- Facebook/Twitter
- Email
- Cable TV
- Text Messages
- Commercial TV/Radio
- Emergency Alert System
- **NOAA Weather Radio**
- Ham Radio
- Door to Door
- Emergency Vehicle PA System

NOAA WEATHER RADIO

- ✓ **Nationwide network of radio stations broadcasting continuous weather information from the National Weather Service.**
- ✓ **Also can be used to send out other information about other emergencies at request of Federal Authorities.**

REVERSE 911[®]

- Operated by the Sheriff's Department
- Messages originate at town level
- **Do NOT rely upon** Reverse 911 as your primary warning or source of information.



SHELTERING

- ▶ Shelter in place: sealing a room
 - Identify internal room
 - Stay for several hours
 - Store supplies
- ▶ Shelter for extended stay
 - Stay for several days or up to 2 weeks
 - Store emergency supplies
- ▶ Mass care or community shelter
 - **Take disaster kits**
 - Shelters provide limited supplies

What **NOT** To Do.....

- **Do NOT Call 9-1-1 or local/police/EMA to**
 - ✓ *ask when the power will be restored.....*
 - ✓ *Ask when the streets will be plowed, cleared, or otherwise opened.*
 - **OUR GUESS IS AS GOOD AS YOURS!**

WINTER EVACUATION AND IT IS SAFE TO DO SO.....

- ✓ **REMEMBER TO LEAVE A FEW INDOOR FAUCETS *DRIPPING*.**

- ❖ THIS WILL HELP PREVENT YOUR PIPES FROM FREEZING.



- ✓ SHUTTING THE WATER OFF AT YOUR HOUSE MASTER WATER SHUTOFF MAY RESULT IN THE WATER LINE FROM THE STREET TO THE HOUSE FREEZING AND RUPTURING.

RECOVERY

- Recovering from a disaster is usually a gradual process.
- Your first concern after a disaster is your family's health and safety.
 - Check for injuries
 - Be aware of new safety issues created by the disaster

SAFETY ISSUES

Different disasters create different safety issues.

- ***STAY ALERT***
- Impassable roads/Downed power lines
- Contaminated water
- Gas Leaks
- Damaged electrical wiring
- Structural damage to your home
- Broken glass
- Sanitation threats
- Report Damage/Debris to your insurance company

COPING WITH DISASTER

- Everyone who experiences a disaster is affected by it in some way.
- It is normal to feel anxious about your own safety and that of your family.



- Profound sadness, grief, and anger are normal reactions to an abnormal event.
- Acknowledging your feelings helps you recover.
- Accept help from community programs
 - American Red Cross
 - Salvation Army
 - Community organizations
 - Local volunteers

ARE YOU PREPARED?

- Plan
 - Emergency contact
 - Emergency meeting place
 - Emergency kit
- Respond
 - Keep informed
 - Evacuate
 - Stay calm
- Recover
 - Family health and safety
 - Community support

THANK YOU !!!

QUESTIONS ?