EMERGENCY PREPAREDNESS

GUIDE

Montgomery County Board of Commissioners
  Joshua D. Shapiro, Chair
  Leslie S. Richards, Vice Chair
  Bruce L. Castor, Jr., Commissioner

Acknowledgements
  Thanks to the Pennsylvania Department of Health and the Montgomery County Departments of Health and Public Safety for the information used in this brochure. This brochure was developed in cooperation with the Montgomery County Planning Commission.
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 widespread 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
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, nonperishable 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 stored in clean plastic containers—one gallon per day per person for at least three days—for drinking/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

**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.

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 www.readymontco.montcopa.org www.health.state.pa.us 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.

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.
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 or www.ready.gov.
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.

<table>
<thead>
<tr>
<th></th>
<th>POD Name</th>
<th>Address</th>
<th>City</th>
<th>State</th>
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<tr>
<td>1</td>
<td>Upper Perk High School</td>
<td>2 Watt Road</td>
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<td>Hope Community Church</td>
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<td>Spring Valley YMCA</td>
<td>19 West Linfield-Trappe Road</td>
<td>Limerick</td>
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<td>5</td>
<td>Oaks Fire Company</td>
<td>260 Green Tree Road</td>
<td>Oaks</td>
<td>PA 19456</td>
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<td>6</td>
<td>Franconia Mennonite Church</td>
<td>613 Harleysville Pike</td>
<td>Harleysville</td>
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<td>7</td>
<td>Branch Creek Community Church</td>
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<td>King of Prussia</td>
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<td>821 Plymouth Road</td>
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<td>Ardmore</td>
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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 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/.
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. Visit www.readymontco.montcopa.org or www.ready.gov for more information.

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

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

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

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

For Pets
- 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

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First Aid Kit

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

- 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
- Nonelectric can opener
- Multipurpose tool/utility knife
- Tent
- Plastic sheeting
- Duct tape
- Pliers
- Compass
- Signal flare
- Tent
- 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
- Prepaid 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)
- 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
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.

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**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**

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**Special Medical Information**

**Disabilities**

**Medications**

**Prescriptions**

**Allergies**

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**Meeting Points**

**Inside Your Home**

*Safe Room*

**Outside Your Home**

*Safe Place*

**Your Local Emergency Shelter**

*Place*

**Address**

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**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.

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**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