

Family Emergency Preparedness



**Community Outreach-
Operation Preparedness**

This booklet is meant to give you basic information to prepare for and survive in an emergency. Most of this information will help you during many kinds of emergencies such as coastal storms, winter storms, loss of electricity or floods. The most important things to remember are to have an emergency plan and an emergency supply kit.

How do I prepare my family for an emergency?

Family Emergency Plan

Set up a plan of action for your family. The most important factor is to stay calm. Have practice drills. Practice makes perfect and helps reduce confusion. Revise your plans if you change jobs, schools or move. Listen to updated news bulletins.

Family Emergency Meeting Place

Select two safe places for your family to meet if separated. These places may be within your home, an outdoor landing or a neighbor's house. Community facilities such as schools, libraries or churches may be appropriate meeting places (see page 13).

Take First Aid and CPR Classes

Learn how to take care of yourself and others in case of an emergency. If there is a major disaster, the hospitals will treat the most serious injury cases. Know how to handle less serious medical emergencies to save lives.



Prepare a Family Emergency Kit

- Battery operated radio, flashlights - at least two (with extra batteries)
- First Aid kit (for both home and auto)
- Bottled water (one gallon per day per adult)
- Non-perishable food (canned goods, crackers, peanut butter, can opener)
- Prescription drugs
- Non-prescription drugs (aspirin, sinus medicine)
- Get cash
- Tools and supplies (duct tape, screwdrivers, hammer, vise grip pliers, knife)
- Non-prescription drugs (aspirin, sinus medicine)
- Sanitation supplies (soap, toilet paper, waterless hand cleaner, baby wipes, feminine products)
- Clothing & bedding (warm clothing, blankets)
- Baby necessities (diapers, formula, baby aspirin)
- Entertainment (especially helpful for small children - coloring books, small travel games, playing cards, paperback books)
- Important family documents (marriage, birth certificates, social security cards)



For a more detailed list, contact your local American Red Cross or Emergency Management Agency.

Delaware Storm, Hurricane and Inland Flood Information

Watch and Warning...Know the Difference

A WATCH issued for your area means that you could experience a storm or hurricane within 36 hours. This watch should trigger your family's disaster plan and protective measures should be initiated, especially those actions that require extra time, such as securing a boat, leaving a barrier island, etc.

A FLOOD WARNING issued for your area means that moderate or severe flooding is occurring, is imminent or is expected within the next 12 hours.

A HURRICANE WARNING is issued when sustained winds of at least 74 mph are expected within 24 hours. Once this warning has been issued, your family should be in the process of completing your family disaster plan and decide the safest location to be during the storm.

Primary Emergency Alerting System (EAS) Stations

Sussex County	WZBH	93.5 FM
	WSSR	900 AM
New Castle County	WSTW	93.7 FM
	WDEL	1150 AM
Kent County	WDSD	92.9 FM
	WDOV	1410 AM

Traffic Advisory Radio Station

Statewide	WTMC	1380 AM
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Before the Storm

Plan and Prepare

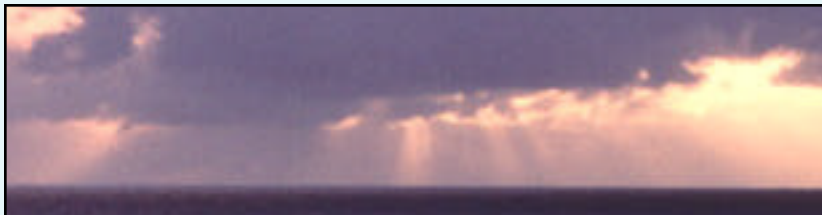
- Listen to local radio, TV or NOAA Weather Radio Station and stay informed.
- Keep portable radio and flashlight on hand and have fresh batteries.
- Clear yard of all loose objects.
- Move boats to safe harbor and fasten securely.
Do not stay on boat.
- Store drinking water in clean containers.
- Get cash.
- Plan your evacuation route, know where to go, and fill your car's gas tank.
- Work with your neighbors - check on elderly or those with special needs.
- If not evacuating and storm hits, gather your family in a safe room.
- Notify family members where you are relocating, if asked to leave the area.
- If ordered to evacuate -- Obey immediately!
Turn off water, gas and electricity.
- Take identification to re-enter the area after emergency (drivers license, utility bill, tax bill).
- Take important papers and medications.
- Develop plans for your pets (most shelters will not accept pets).



After the Storm

Re-Entry and Recovery

- Have identification for re-entering the area.
- Keep listening to radio, TV or NOAA Weather Radio station for public service announcements.
- Wait until an area is declared safe before entering.
- If in a shelter, do not leave until shelter manager announces it is safe.
- Avoid loose or dangling wires and report them immediately to your power company.
- Do not enter home if there is an odor of gas; report immediately.
- Report broken sewer or water mains to appropriate utility department.
- Do not drink or prepare food with tap water until you are certain it is safe.
- If power has been off, check refrigerated food for spoilage. If spoilage is suspected, dispose of food.
- Do not walk or drive through standing water. Standing water may be electrically charged from underground or downed power lines. Remember: moving water only 6 inches deep can sweep you off your feet. Stay on firm ground.
- Only use phones for essential calls.
- Avoid using candles or other open flames.
- Do not enter buildings that have been flooded until foundations have been inspected.
- Place tarps over holes in roof to prevent further damage.
- Be careful when cutting fallen or leaning trees.



Terrorist Threat

Basic rules during a terrorist attack

1. DO NOT PANIC! Remain calm and proceed with your prepared plan of action.
2. DO NOT CALL 911, unless otherwise indicated in this booklet. This number is reserved for **emergencies**. Listen to the radio or television stations to keep you abreast of what to do. Remember, if you have cable television, you will need to turn to a local news channel.
3. DO NOT make non-emergency telephone calls during an event. It will tie up the telephone lines and hamper rescue efforts.

What types of terrorist attacks can happen and what should I do?



Bomb Threat

Before: Keep a pad and pen near each phone. Be aware of things that are out of place or do not belong.

During: Take notes during call. Listen for caller's emotion, background noises, accent. Call 911. Follow the instructions of

law enforcement personnel. Stay calm.

After: Cooperate with the police investigation and follow their instructions.

Hijacking Threat

Before: Be alert when traveling. Be aware of events and circumstances at home, where you are traveling to and around the world.

During: Be prepared to act against hijackers. Remember descriptions, names and accents.

After: Cooperate with law enforcement.



Water Supply Threat

Before: Buy water supply for at least 3 days. (1 gal./day/adult)

During: Use bottled water. For additional water, get water from toilet tanks, cisterns, etc. Boiling water for at least five minutes will purify it.



Biological or Chemical Threat

Before: Know how to Shelter in Place (see page 10). Have a plan and materials in place for you and your family.

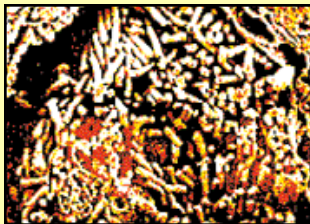
During: Evacuate or Shelter in Place as instructed by officials. If evacuating, decontaminate if instructed and follow up with medical care, if necessary. Remain in your shelter until released by officials. Follow all instructions.

After: Decontaminate if indicated. Gently, but thoroughly wash all areas of your body with soap and warm water to prevent absorption into your skin. Also wash clothes with a detergent. Seek follow-up medical care.

Biological, Chemical and Explosives Threat:

Watch for suspicious letters or packages - names misspelled, stains, postmark different than return address, marked Personal or Confidential or a lot of postage stamps. Watch for misshaped packages, use of too much tape or packages that have wires sticking out or leaky contents.

1. Each home should have a few gallon size sealable bags and a few large trash bags available.
2. **DO NOT OPEN** the envelope or package if you suspect anthrax or other threatening substances.
 - Place the envelope or package in a sealable bag or trash bag.
 - Call 911 to report.
3. If the package was opened and it contains a threatening note and/or a powdery substance:
 - Place the envelope or package and contents in a sealable bag or trash bag.
 - Call 911 to report.
 - Isolate everyone that was in the room at the time the envelope or package was opened.
 - Turn off air conditioning or heating (blowers).
 - Evacuate your home of all other people (those not in the room when the envelope was opened).
4. **DO NOT OPEN** a package that you think might contain explosives.
 - Leave the area immediately, take everyone with you.
 - Call 911 to report.
5. Beware of unattended packages in public areas that could contain explosives, biological substances or dangerous chemicals.
 - **DO NOT APPROACH.**
 - If person in area exhibits distress **DO NOT APPROACH.**
 - You should leave the area.
 - Call 911 and describe the situation.

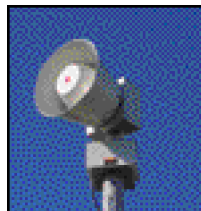


How Do I Make Decisions In Time Of Disaster?

Should I shelter in Place or Evacuate?

If you are told to Shelter in Place:

- Pick a room to house the family.
- Turn off air conditioning.
- Close vents and fireplace flues.
- Seal doors with duct tape and plastic.
- Have food, water and medications for three days.
- **DO NOT** go to the basement, chemicals are heavier than air and will settle there, also this area may flood.



If you are told to Evacuate:

- Pack enough medications, infant and elderly supplies for 3 days.
- **LEAVE YOUR HOUSE** and follow evacuation instructions from local authorities.
- Exercise your pet plan.
- Go to a shelter.

What should I do if there is a nuclear power plant emergency?

Sirens are located in New Castle and Kent counties in Delaware. There are 37 sirens; they are tested four times a year. If the siren is sounded, there are two distinct sounds:

1. Growl: used for testing only; sounds like an animal.
No action required by residents.
2. Steady blast: sounds for 3-5 seconds. Go inside your home. **Tune to local EAS stations for information** (see page 4).

In New Castle and Kent counties, a portion of the population lives and works within a 10-mile radius of nuclear power plant sites in New Jersey. The Delaware Emergency Management Agency (DEMA), County Emergency Management Agencies and PSEG Nuclear, LLC, provide safety education and information for those within the 10-mile zone.

Should I buy a protective gas mask or a biological suit?



NO! In order for a protective gas mask to work, you will have to have it on when the attack occurs. Putting it on afterwards does no good. The biological suit is the same. The biological suit can cause serious injury or even death, if you are not properly trained in its use.

What should I do and who should I contact if we see someone acting strangely?

Get as much information as you can - height, weight, identifying marks, clothes, license plate number, model, make and color of car, direction traveling, etc. and call local law enforcement authorities.

Where would I go if there is a terrorist attack?

Biological/Chemical Threat - Shelter in Place. Stay at your location until you have been cleared to leave.

Bomb Threat. Evacuate your family to the Family Emergency Meeting Place.

If I need a shelter, where are they located?

Listen to the local radio stations or watch local television stations. They will tell you where to go. Shelters will have first aid for the less severely injured patients.



American Red Cross

What if someone is injured, should we go to the hospital?

Unless an injury is life threatening, you should:

- Be prepared to take care of minor injuries for up to 72 hours.
- Have First Aid kits and know how to use them properly.
- If you need additional medical care, you should call your local doctor or hospital. Listen to your local radio station for further information on health facilities.
- Be aware that shelters will have first aid for less severely injured patients.
- Expect that hospitals will be tending to those with life threatening injuries. You will save time (and lives) by handling injuries as listed above.

Listen to local radio or television stations for appropriate actions. In the case of a biological/chemical event, hospitals could be sealed to protect their existing patients from contamination.



Emergency Contact Information

Dr. _____ **Phone #** _____

Hospital _____

Name: _____ **Work Phone #** _____

Cell Phone # _____

Name: _____ **Work Phone #** _____

Cell Phone # _____

Name: _____ **Work Phone #** _____

Cell Phone # _____

Name: _____ **Work Phone #** _____

Cell Phone # _____

Meeting place _____

Alternative meeting place _____

Make a copy and keep with you.

Cut Here

Community Outreach - Operation Preparedness

To schedule a family disaster preparedness presentation
CALL 1-800-815-LINK (5465)



INTERESTED IN VOLUNTEERING?

The volunteer programs listed below offer a wide variety of volunteer opportunities. They are funded by the Corporation for National and Community Service, and sponsored by Delaware Health and Social Services and First State Community Action Agency. For more information about volunteer opportunities, contact the agencies listed below.

VOLUNTEER TODAY!

Call the Delaware Senior Corps

Retired and Senior Volunteer Program (RSVP)

New Castle Co.	302-577-4965 #201	smartin@state.de.us
Kent Co.	302-734-1200 #129	rsvp@modern_maturity.org
Sussex Co.	302-856-5815	mhook@state.de.us

Foster Grandparent Program (FGP)

Statewide	302-739-4456	swojcieszyn@state.de.us
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Senior Companion Program (SCP)

Statewide	1-800-372-2240	rfisher@firststatecaa.org
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AmeriCorps

Statewide	302-577-4965 # 227	bdeldo@state.de.us
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Sites for more information on any of the subjects:

Emergency Management Web Sites

New Castle - www.nccpd.com/em_preparedness.html

Kent - www.co.kent.de.us/epo_info.html

Sussex - www.co.sussex.de.us/depts/EOC/index.html

www.cdc.gov (Center For Disease Control)

www.fema.gov

www.state.de.us/dema

www.joinseniorservice.org

www.redcross.org

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Terrorism: what should I do?
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First State
COMMUNITY ACTION AGENCY
People Helping People Build Community

Important Telephone Numbers For Delaware

Delaware Emergency Management Agency	302-659-3362
In-State Toll Free	877-729-3362
Kent County Emergency Management	302/735-3463
New Castle Emergency Management	302/573-2855
Sussex County Emergency Management	302/855-7801
Wilmington Emergency Management	302/571-4430
American Red Cross	800-777-6620
Blood Bank, eastern shore	1-888-8-BLOOD-8
Conectiv	800-375-7117
Delaware Electric Cooperative	302-349-9009
Emergency	911
Cell Phone for Stranded Vehicles	#77
Delaware State Police	
New Castle	1-302-573-2800
Kent	1-302-739-4525
Sussex	1-302-856-5355
Volunteerism	1-800-815-5465