

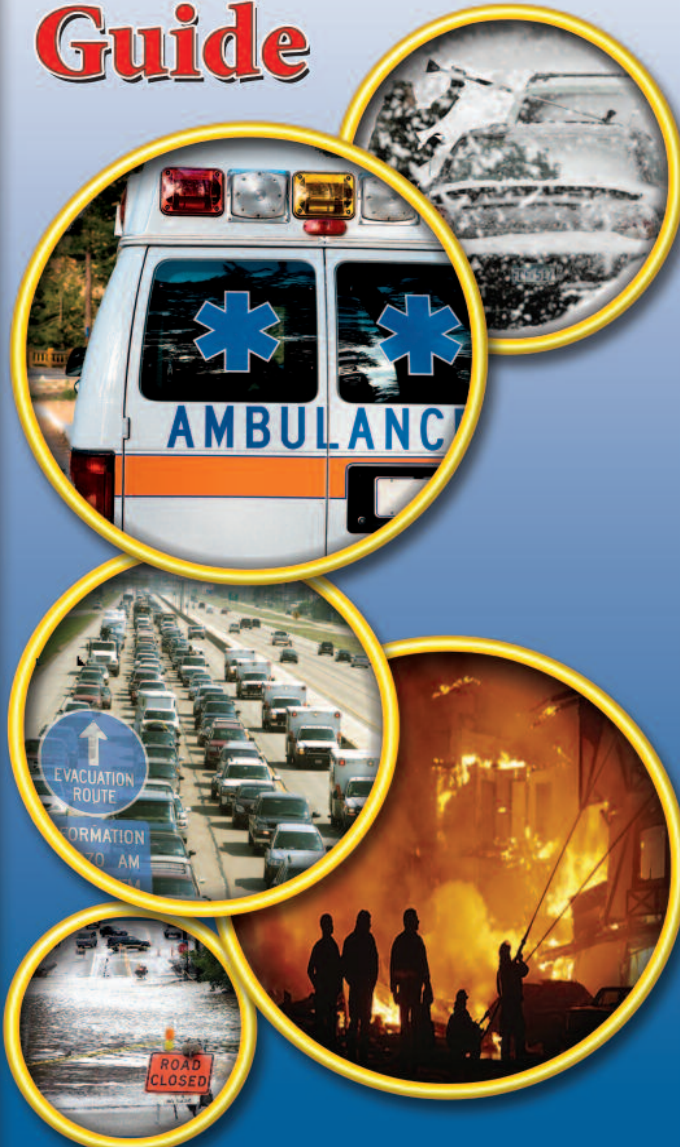
Your State Senator
XX District



District Office Info



Pennsylvania Emergency Preparedness Guide



Compliments of
Your State Senator
XXXXX
XX District

Are you prepared in the event of a natural or man-made disaster? Emergencies can strike without warning and the key to handling them is preparation. Education and preparation can save your life and the lives of your loved ones. It is important for you to talk to your family, including your children, about how to respond in the event of an emergency.

The following information will help you to be better prepared to handle an emergency.

Create an Emergency Plan

- Discuss how your family will respond to different types of emergencies.
- Draw a floor plan of your home and mark the emergency exits.
- Create an emergency contact list with important phone numbers, including local contacts and a contact outside your immediate area.
- Pick a friend or relative who everyone will call if separated during an emergency.
- Create an evacuation plan designating who will be in charge and where everyone will meet.
- Pick two meeting places, one near your home and a place outside your neighborhood in case you cannot return after an emergency.
- Keep family records in a waterproof and fireproof safe.
- Prepare an emergency kit.



Prepare an Emergency Kit

Emergency kits contain items to help you and your family endure an emergency. Kits should contain water, food, a first aid kit, clothing, bedding, tools, supplies and any other items you may need. The kit should be in a portable container such as a large covered trash can, a duffle bag or a backpack. It is ideal to keep a smaller version of this kit in your car at all times.

- **Water** - Store one gallon of water per person per day. A three-day supply should be available at all times (replenish every 6 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 (replenish every 6 months).
- **First Aid Kit** - Each emergency kit should contain a first aid kit with ample supplies.
- **Clothing and Bedding** - Include at least one complete change of clothing and one pair of sturdy footwear per person.
- **Tools and Supplies** - Some examples of items to include are plastic utensils, paper plates and cups, batteries, flashlights, portable battery-powered radios, pens and paper, can opener, utility knife, tent, duct tape, signal flare, compass, pliers, gloves, matches, lighter, needles and thread, and plastic storage containers.
- **Special Items** - Some family members have special needs such as supplies for infants, including diapers, formula, bottles and powdered milk; supplies for adults, including prescription drugs, denture needs, eyeglasses, contact lenses and important legal documents; and supplies for pets, including medical records, collar, leash, food and water.

For more detailed information on preparing an emergency kit, visit the following websites:



www.pema.state.pa.us
www.homelandsecurity.state.pa.us
www.health.state.pa.us

National Terrorism Advisory System

The National Terrorism Advisory System, or NTAS, replaces the color-coded Homeland Security Advisory System (HSAS). This new system will more effectively communicate information about terrorist threats by providing timely, detailed information to the public, government agencies, first responders, airports and other transportation hubs, and the private sector.

It recognizes that Americans all share responsibility for the nation's security, and should always be aware of the heightened risk of terrorist attack in the United States and what they should do.

NTAS Alerts

Imminent Threat Alert

Warns of a credible, specific, and impending terrorist threat against the United States.

Elevated Threat Alert

Warns of a credible terrorist threat against the United States.

After reviewing the available information, the Secretary of Homeland Security will decide, in coordination with other Federal entities, whether an NTAS Alert should be issued.

NTAS Alerts will only be issued when credible information is available.

These alerts will include a clear statement that there is an imminent threat or elevated threat. Using available information, the alerts will provide a concise summary of the potential threat, information about actions being taken to ensure public safety, and recommended steps that individuals, communities, businesses and governments can take to help prevent, mitigate or respond to the threat.

The NTAS Alerts will be based on the nature of the threat: in some cases, alerts will be sent directly to law enforcement or affected areas of the private sector, while in others, alerts will be issued more broadly to the American people through both official and media channels.

Sunset Provision

An individual threat alert is issued for a specific time period and then automatically expires. It may be extended if new information becomes available or the threat evolves.

NTAS Alerts contain a sunset provision indicating a specific date when the alert expires - there will not be a constant NTAS Alert or blanket warning that there is an overarching threat. If threat information changes for an alert, the Secretary of Homeland Security may announce an updated NTAS Alert. All changes, including the announcement that cancels an NTAS Alert, will be distributed the same way as the original alert.

Terrorist Attacks

Local and/or national authorities may not be able to immediately provide information on what to do in the wake of a terrorist attack. In the event of an attack:

- Constantly remain alert to your surroundings.
- Continuously check the television, radio and Internet for news updates.
- Avoid travel unless instructed to evacuate.

If You Are Instructed To Evacuate

- Follow specified evacuation routes.
- Take your emergency kit.



Technological Hazards Emergency

In the event of a chemical, biological or radiological emergency:

- If you are instructed to stay inside, close and lock windows and doors.
- Turn off ventilation systems, water and gas.
- Seal gaps under doorways and windows with tape.
- If you suspect chemical or biological agents have entered your house, go to an interior room in the house on a higher floor if possible. Most harmful vapors will fall and accumulate at lower levels.
- If harmful vapors do enter the house, cover your nose and mouth with a damp cloth.
- Stay inside until emergency authorities say it is safe.
- If you are directed to evacuate your house, do so according to official instructions available on your TV or radio. When leaving, close and lock all windows and doors, close fireplace dampers, turn off fans, heat/air conditioning, water, gas and electric. Post a note telling others when you left, where you are going and contact information.

Biological Threat - A deliberate or accidental release of germs or other biological substances can make you sick. Many agents must be inhaled, enter through a cut in the skin or be eaten to make you sick. Some biological agents, like anthrax, are not contagious. Others, like smallpox virus, can result in diseases you can catch from other people.



Chemical Threat - A deliberate or accidental release of toxic gas, liquid, or solid, can poison people and the environment. Chemical agents can be released deliberately by bombs, sprayed from aircraft, boats or

vehicles, or used as a liquid. Hazardous chemical spills can also be accidental, such as the spilling of household products like bleach or a release of hazardous waste.

Radiological Threat - A deliberate or accidental release of radiation from a nuclear power plant, a small nuclear weapon or a "dirty bomb." Residents living within a 10-mile radius of a nuclear power plant should be aware of the evacuation routes established for their area. The important factors of protection during a radiological event are shielding (having a thick shield between you and the radiation), distance (the farther away, the better) and time (minimizing the time spent exposed reduces risks).



If you suspect terroristic activity, please submit any criminal/terrorist tips to the State Police Terrorism Tipline at 1-888-292-1919 or online at www.psp.state.pa.us.

Fire Emergency

In the event of a fire, remember the following:

- Stay low to the floor and exit immediately.
- Cover nose and mouth with a wet cloth.
- Use the palm of your hand to feel the lower, middle and upper parts of a closed door. If the door is hot, find another way out; if the door is cool, go through and exit.
- Stay below the smoke and poisonous gases at all times.

Structure Collapse

In the event you are trapped under debris:

- Use a flashlight.
- Stay in one area and cover your mouth with a piece of cloth.
- Tap on a wall so rescuers can hear you, or use a whistle if possible. Shouting may cause inhalation of dangerous fumes and dust.
- Help other victims.
- Inexperienced people should not attempt to rescue others in a collapsed building.

Weather Emergency

It is important for citizens to understand the difference between a **storm watch** and a **storm warning**.

- A **storm watch** means that severe weather may develop.
- A **storm warning** means that severe weather has developed and is on its way - take safety precautions and seek shelter immediately.

The safest place to be in a severe storm is inside a secure building or well-built home. Be aware of downed trees and power lines. If you see downed power lines, stay clear of them and contact your local power company. In the event the power goes out/a power failure/phone service outage during a blizzard, having candles, flashlights, a battery-operated radio and cellular phones can be beneficial. If possible, use a generator to supply emergency power.

After an Emergency Occurs

- Remain calm and stay tuned to your local emergency station and follow the advice of trained professionals.
- If possible, restrict travel so emergency vehicles have easier access to the roads.
- If you have evacuated, do not return home until instructed to by emergency officials.
- Unplug computers, televisions and other electronic equipment to prevent damage in the event of a power surge upon restoration of electricity.
- Do not use your stove to heat your home - it could result in a fire or fatal gas leak.
- Do not call 911 to ask about a power outage. Instead, use a battery-powered radio for news updates or call the service number for your electric provider.



How Can I Help Others?

- Donate blood to the Red Cross.
- Contact local relief agencies and ask how you can help.
- Complete a Basic First Aid and CPR class.
- Join or form a neighborhood watch program.

For additional information on protecting yourself and your family in the event of an emergency, visit any of the following websites:

www.homelandsecurity.state.pa.us
www.pema.state.pa.us
www.health.state.pa.us
www.fema.gov
www.redcross.org