

ARE YOU READY?



Citizen's Guide to Emergency Preparedness

Carroll County, Maryland





Ready

Family Emergency Plan



FEMA

Prepare. Plan. Stay Informed. ®



Make sure your family has a plan in case of an emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, where you will go and what you will do in an emergency. Keep a copy of this plan in your emergency supply kit or another safe place where you can access it in the event of a disaster.

Out-of-Town Contact Name: _____

Telephone Number: _____

Email: _____

Neighborhood Meeting Place: _____

Telephone Number: _____

Regional Meeting Place: _____

Telephone Number: _____

Evacuation Location: _____

Telephone Number: _____

Fill out the following information for each family member and keep it up to date.

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans that you and your family need to know about.

Work Location One

Address: _____

Phone Number: _____

Evacuation Location: _____

School Location One

Address: _____

Phone Number: _____

Evacuation Location: _____

Work Location Two

Address: _____

Phone Number: _____

Evacuation Location: _____

School Location Two

Address: _____

Phone Number: _____

Evacuation Location: _____

Work Location Three

Address: _____

Phone Number: _____

Evacuation Location: _____

School Location Three

Address: _____

Phone Number: _____

Evacuation Location: _____

Other place you frequent

Address: _____

Phone Number: _____

Evacuation Location: _____

Other place you frequent

Address: _____

Phone Number: _____

Evacuation Location: _____

Important Information	Name	Telephone Number	Policy Number
Doctor(s):			
Other:			
Pharmacist:			
Medical Insurance:			
Homeowners/Rental Insurance:			
Veterinarian/Kennel (for pets):			

Dial 911 for Emergencies

Dear Citizens,

We all know that the world we live in continues to change. Since September 11, 2001 we have all become more aware of the dangers among us, more sensitive to the possibility of terrorism, and more cognizant of the need to plan for disasters, both natural and man-made.

Disaster preparedness is necessary, and it works. Carroll County Emergency Management reviews and revises the county's plans for emergency response and recovery, and works closely with members of the emergency response community to establish sound disaster response plans. We provide information to the public about how to prepare for an emergency, as well as about how to get help and information during emergencies. We also continue to work closely on planning initiatives with the Department of Homeland Security and the Maryland Emergency Management Agency.

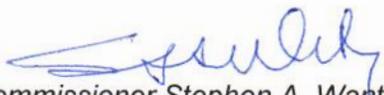
Clearly, we all have a responsibility for the safety of our community, neighbors and families. To protect ourselves and our families during a disaster, we must each have a plan that will reduce the impact of emergencies that are unexpected as well as those with warning. We urge you to take the opportunity to review your preparations and create a plan that will serve your family's needs. For additional information on how to prepare a family emergency plan please refer to <http://www.ready.gov>.

Should you desire more information on disaster preparation or wish to volunteer to make your community better prepared, please contact the Department of Public Safety, Emergency Management at 410-386-2296.

Sincerely,

The Board of County Commissioners

The Board of County Commissioners



Commissioner Stephen A. Wantz, District 1



Commissioner C. Richard Weaver, District 2



Commissioner Dennis E. Frazier, District 3



Commissioner Richard S. Rothschild, District 4



Commissioner Doug Howard, District 5

Carroll County, Maryland Citizen's Guide to Emergency Preparedness

A disaster can strike quickly and without warning. If you and your family are affected by a disaster, you will need to be able to adapt to the conditions resulting from the emergency. This guide has been designed to help you, and your family, stay safe during an emergency. Please familiarize yourself with the following information before any type of natural or man-made disaster occurs. Doing so will allow you to take necessary actions to maintain your health and personal safety.

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Preparing for an Emergency

Planning for any emergency requires considering the likely scenarios that could result when things that you rely on daily – such as electricity, water, heat, air conditioning, telephone service, and transportation – are temporarily disrupted or are lost for a considerable amount of time.

Consequently, you should have food, water, and other essential goods to get you through the emergency, a plan for how you and your loved ones will be able to stay in touch if you are separated when a disaster occurs, a plan for what you will need to do to shelter-in-place and a plan for evacuating your home. Many things may affect the plans you develop, including storage space, any medical or special needs of members of your family, the number of people in your household and the resources that are readily available to you.

It is important to meet with your family and take steps together to be ready before a disaster occurs. By working together and planning beforehand to address potential problems, getting through an emergency situation can be much easier and safer.

Get a Kit – page 1

Develop a Family Communications Plan – page 4

Create a Plan to Shelter-in-Place – page 4

Create a Plan to Evacuate – page 5

Be Informed about what might happen – page 8

Get a Kit

The following checklist includes some basic items that should be included in your Emergency Supplies Kit. Your kit may include additional items, depending on the needs of your family. Don't forget to include items for your pets.

- Keep these items in one easy-to-carry container such as a plastic storage bin, backpack, or duffel bag and store it in a convenient place.
- Consider two kits, one containing items that will help you stay in your home and weather the emergency on your own and another smaller version that you can easily take with you should you need to evacuate your home.
- Remember to change the stored water and rotate the food supplies every six months (place dates on the containers).
- Check the supplies and re-evaluate your needs every year.
- Consult your physician or pharmacist about storing medications, and maintain a current list of your family's prescription needs.

Water, (1) gallon of water per person per day for at least (3) days, for drinking and sanitation

- Avoid using containers that will break, such as glass bottles.

Food, at least a (3) day supply of non-perishable, shelf-stable food that requires no refrigeration and little to no water to prepare. Examples include:

- Ready to eat canned meats, fruits and vegetables
- Canned or boxed juices
- Non-perishable pasteurized milk
- Protein or fruit bars



- Dried fruit
- Nuts
- Crackers
- Peanut butter
- Vitamins
- Dry cereal or granola
- Condiments, like sugar, salt and pepper
- Formula/food for infants
- Food for special dietary needs

Can opener (non-electric)

Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert

- Extra batteries for both

Flashlight and extra batteries

First aid kit

- Non-latex gloves
- Absorbent compress dressings (5 x 9 inches)
- Adhesive bandages (assorted sizes)
- Adhesive cloth tape (10 yards x 1 inch)
- Antibiotic ointment
- Antiseptic wipe packets
- Aspirin or non-aspirin pain reliever
- Blanket (space blanket)
- Breathing barrier (with one-way valve)
- Instant cold compress
- Hydrocortisone ointment
- Scissors
- Roller bandage (3 inches wide)
- Roller bandage (4 inches wide)
- Sterile gauze pads (assorted sizes)
- Oral thermometer (non-mercury/non-glass)
- Triangular bandages
- Tweezers
- First aid instruction booklet

Medical equipment & assistive devices

- Glasses and/or contact lens supplies
- Dentures
- Prescription medications
- Hearing aids

Whistle, to signal for help, dust masks, plastic sheeting, duct tape, moist towelettes or hand sanitizer, garbage bags and plastic ties for personal sanitation, feminine hygiene supplies and Other personal hygiene items.

Complete change of clothing, including but not limited to:

- Long sleeved shirt
- Long pants
- Sturdy shoes
- Gloves
- Rain gear

Sleeping bag or warm blanket for each person

Household chlorine bleach and medicine dropper

- When diluted nine parts water to one part bleach can be used as a disinfectant. Or, in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water.
- Do not use scented, color safe or bleaches with added cleaners.



Local maps

Cash or traveler's checks and change

Important family documents – keep copies in a waterproof, portable container

- Insurance policies
- Bank account records
- Identification
- List of qualified interpreters if you speak American Sign Language

Books, games, puzzles, other quiet activities for children

Tools & supplies

- Extra batteries – assorted sizes. Remember to include batteries for hearing aids and other battery operated medical or assistive devices.
- Plastic ware, paper plates and napkins
- Paper towels
- Utility knife
- Fire extinguisher
- Small shovel
- Wrench
- Pliers
- Matches in a waterproof container
- Paper and pen/pencil
- Cell phone charger

DON'T FORGET! Items for your pet

- ✓ Food and Water (in addition to the water listed above)
- ✓ Bowls
- ✓ Pet carrier- Large enough for your pet to stand, turn around and lie down
- ✓ Up-to-date vaccination/medical records, identification, license/rabies tags
- ✓ Picture of your pet
- ✓ Cleaning supplies:
 - Trash bags
 - Towels/paper towels
 - Waste disposal supplies
 - Blankets
 - Pet first aid book/kit
 - Medications



You should also put together an Emergency Supplies Kit for your vehicle.

Items you may want to include:

- ✓ Flashlight and batteries
- ✓ Tools for minor repairs
- ✓ Jumper cables
- ✓ Work gloves
- ✓ Warning triangles
- ✓ First aid kit
- ✓ Bottled water
- ✓ Non-perishable food items
- ✓ Important phone numbers
- ✓ Maps of areas you travel
- ✓ Paper and pen/pencil
- ✓ Shovel
- ✓ Rain gear
- ✓ Extra clothes and shoes
- ✓ Blanket
- ✓ Cell phone charger for vehicle
- ✓ Ice scraper or brush
- ✓ Traction mats/chains or cat litter/sand for better traction in ice/snow



Develop a Family Communications Plan



Your family may not be together when an emergency or disaster strikes, so plan for how you will contact one another and review what you will do in different situations.

- Consider a plan where each family member calls, emails or sends a text message to the same friend or relative in the event of an emergency.
- It may be easier to make a long-distance phone call than to call across town, so consider using an out-of-town contact instead of someone nearby.
- Be sure that each family member knows the phone number or email of the emergency contact and has the means (cell phone, prepaid card, change) to make the phone call or send the email or text message.
- Remember that text messages may go through even when the phone system is overloaded.

You can find a ready to fill out sample Family Emergency Communications Plan at www.ready.gov.

Create a Plan to Shelter-in-Place

There may be situations, depending on your circumstances and the nature of the disaster, when it's simply best to stay where you are and avoid any uncertainty outside by "sheltering in place."

The length of time you will need to shelter-in-place may be short, such as during a tornado warning, or long, such as during a winter storm or a pandemic. During these times, you can utilize the supplies contained in your emergency supplies kit (page 1) to help you remain safe and as comfortable as possible in your home.

Sometimes, a hazardous materials accident or chemical release may cause the immediate need for residents to shelter in place. Local emergency officials will broadcast the need to shelter-in-place through radio and TV broadcasts, social media outlets and other emergency communications methods. In this case, take the following extra precautions to reduce the possibility of chemical vapors entering your home:

- Close and lock all windows. Seal gaps under doorways and windows with wet towels, duct tape, or similar thick tape.
- Seal any gaps around window air conditioning units, bathroom and kitchen exhaust fan grills, and stove and dryer vents with tape and plastic sheeting, wax paper, or aluminum wrap.
- Close all fireplace dampers.

- Close as many doors as possible.
- Turn off all ventilation systems, including furnaces, air conditioners, vents, and fans.
- Close all drapes, curtains, and shades if local authorities warn of potential explosions.
 - Stay away from windows to prevent injury.
- It is important that you stay in shelter until local authorities say it is safe to leave. Listen to the radio, watch TV or monitor the Internet for information and instructions from local authorities.

Create a Plan to Evacuate

Other times, a dangerous situation may cause the need for you to evacuate your home, workplace or school. Evacuation may be required because of fire, flooding, hazardous materials incidents or other accidents. In some circumstances, local officials decide that the hazards facing the community are serious and require mandatory evacuations. In others, evacuations are advised or households decide to evacuate to avoid situations they believe are potentially dangerous. When community evacuations become necessary local officials will provide information to the public through the media and other emergency warning methods.

The amount of time you have to leave your home, workplace or school will depend on the hazard. Many disasters allow no time for people to gather even the most basic necessities, which is why planning ahead is essential. Plan how you will assemble your family and supplies and anticipate where you will go for different situations. Choose several destinations in different directions so you have options in an emergency and know the evacuation routes to get to those destinations.

- If an evacuation is called for in your neighborhood, you will be given specific information through the Emergency Alert System, radio, television, and local officials. Government agencies and the Red Cross, among others, will provide emergency shelter if necessary.
- Put your Family Communications Plan (page 4) into effect. Listen to a battery-operated radio for official information and instructions.
- All family members should wear clothing appropriate for existing or forecasted conditions.
- Before leaving your home, lock all doors and windows. If there is time, unplug appliances.
- Let your out-of-state contact know where you are going. Always follow specific evacuation routes.

Plan ahead of time for how you will evacuate family members who may have special needs, such as those who have mobility problems, those who rely on medical equipment, and those who may have any disability or condition that may make evacuation more complicated.

Also, plan for the possibility that an evacuation may be necessary while you and your family members are in different locations – like during the day when many people are at work or at school. Talk to your child’s school about the emergency plans that are in place.

STUDENTS IN SCHOOL

In the event of a local or national emergency, or ordered evacuation, parents should listen to local radio and television stations for announcements about school closings, delays or modified openings. Parents can also access this information online at www.carrollk12.org. Parents may pick up their children from school during the day, but during a crisis the safest place for children may be the school itself. Wait for instructions. Do not go to the school to pick up your children – this may jeopardize your safety and that of your child. Unless an evacuation of the school is ordered, students will be kept at school until they can be safely transported home on normal bus routes.

Public Emergency Shelters

When conditions warrant, Carroll County Government may establish community-based emergency shelters for local residents who may be required to evacuate their homes or workplaces. Shelters are set up at locations where residents can seek refuge, as well as sleep and eat. The Carroll County Department of Social Services operates shelters with the assistance of the American Red Cross, the Carroll County Health Department, and Carroll County Public Schools. Information about the locations of shelters is issued via radio, television, social media (Facebook and Twitter), and by calling the county's 24-hour emergency information line at 1-888-5-GET-EOC (1-888-543-8362).

Individuals needing shelter should bring the following with them:

- a sleeping bag or bed roll
- a change of clothing
- bathing and sanitary supplies
- prescriptions and other medical needs
- denture and eye care supplies
- any special dietary supplies or requirements

Individuals who require assistance with activities of daily living must have their caregiver accompany them and remain with them at the shelter. Note that with the exception of service animals, pets are not permitted in shelters.

What to Do for Pets in Emergencies

Emergency planning should involve all members of the family, including pets. If your family must relocate to a shelter, your pet may not be allowed to stay in the shelter with you. Making arrangements for alternative pet care before a disaster occurs is important, and in a widespread disaster could save your pet's life. Locate a friend or relative who is able to board your animal, or a kennel that accepts pets during emergencies.

Prepare a disaster kit for your pet utilizing the list provided in the Get A Kit section of this booklet (page 1). Take your pet's disaster kit with you if you and your pet need to leave your home.

As a last resort, you may have to leave your pet at home. Find a confined area inside the home, preferably away from windows. Leave plenty of clean water and food to sustain your pet while you are away.

For more information on emergency preparedness for your pets, call The Humane Society of Carroll County at 410-848-4810 or 410-875-5379.



What to Do When Electrical Power is Lost

Disruption of electrical service can occur as a result of many things, including lightning, high winds, ice and heavy snow, and equipment failure. Usually service is restored in a short period of time. However, major power outages can happen for extended periods of time as well.

- Check to see if your neighbors have power. The power outage may only be affecting your home, or may be a blown fuse or a tripped circuit. If your neighbors are also without service, call your local power company. If you must go outside to assess the situation, take a flashlight and watch for downed power lines that could still be energized. If downed lines are located, do not go near them or touch anything that they may be in contact with. Report downed power lines immediately to your electrical supplier (see inside of the back cover for contact information).
- If you lose power, use flashlights. Do not use candles or kerosene lamps - they can create a safety hazard.
- During a power outage, turn off all appliances, including your furnace, air conditioner, and water heater to avoid overloading circuits. Leave one lamp on so you will know when your service is restored.
- Portable emergency generators can be used to provide limited electrical power during an outage, but you must take care to ensure that they do not pose a threat to you or your family. Never fuel or run a portable generator in the home or garage, as gas-powered generators pose a serious carbon monoxide threat. Always operate according to the manufacturer's instructions. For additional information on the proper use of emergency generators, call your local power company.
- To protect your food, keep refrigerator and freezer doors closed as much as possible. Food can stay frozen for 36 hours or more in a freezer if you keep the door closed. Consider freezing containers of water ahead of time. The blocks of ice will help keep your food frozen longer. For more information on keeping food safe during a power outage, visit www.usda.gov.
- Remember: when in doubt...throw it out.
- Water systems with electric pumps, such as wells or cisterns, will not operate when the power is out. Use alternate sources of water until power is restored.
- Gas appliances may not work if the electricity is off because the equipment may require electricity for ignition or valve operation.
- Make provisions for special needs family members such as the elderly, disabled, medically affected, or infants. If you or a member of your family is dependent on electric-powered medical equipment (respirator, ventilator, oxygen equipment, etc.) you will need to seek alternate arrangements in the event of an outage. You should make appropriate arrangements such as having a portable generator, battery backup and a contingency plan that includes identifying places where to go for shelter or care in extreme emergencies. Check with your electricity provider for information on how to prepare – go to www.bge.com or www.firstenergy.com to find out more.



Be Informed About What Might Happen

Hazard Information

In order to be best prepared for many kinds of emergencies, you should learn about what kinds of hazardous events are most likely to happen where you live. Both natural and man-made disasters can affect Carroll County. Review the information in the following sections for more information about the various types of hazards that might affect you and your family.

Natural Emergencies



Hurricanes

A hurricane is a tropical storm with winds that have reached a constant speed of 74 miles per hour or more. Hurricane winds blow in a large spiral around a relative calm center known as the “eye.” The “eye” is generally 20 to 30 miles wide, and the storm may extend outward 400 miles. August and September are peak months during hurricane season, which lasts from June 1 through November 30. Most often, Carroll County is affected by hurricanes that have been downgraded to tropical storm or tropical depression status after making landfall further south.

Coastlines often suffer the most from the impacts of hurricanes and tropical storms. However, areas well inland – like Carroll County – also can be significantly affected. Heavy rains sometimes cause severe flooding and gusty winds, and tornadoes can cause moderate to major structural damage and can down power lines and trees.



Floods

Floods are one of the most common hazards in the United States, and while some floods develop slowly, others can develop within a few minutes. Flooding can occur no matter where you live. Even very small streams, gullies, creeks, culverts, dry streambeds, or low-lying ground can flood. There is no such thing as a “flood proof” area; any area can flood, even high ground. Some floods take days to develop, but flash floods can result in raging waters very quickly. If you live in an area that has high risk from flooding:

- Avoid building in a floodplain
- Elevate the furnace, water heater and electric panel in your home
- Consider installing **check valves** to prevent flood water from backing up into the drains of your home.
- If feasible, construct barriers to stop floodwater from entering the building and seal walls in basements with waterproofing compounds.

Never walk or drive through floodwaters. If your car stalls on a flooded roadway, abandon it and move to higher ground.

After a flood:

- Return home only when authorities indicate it is safe.
- Avoid floodwaters; water may be contaminated by oil, gasoline or raw sewage.
- Use extreme caution when entering buildings; there may be hidden damage, *particularly in foundations*.
- Be aware of areas where floodwaters have receded. Roads may have weakened and could collapse under the weight of a car.
- Stay out of any building if it is surrounded by floodwaters.

TERMS TO KNOW

Flood or Flash Flood Watch – flooding or flash flooding is possible for your area.

Flood or Flash Flood Warning – flooding is expected or is already taking place in your area.



Thunderstorms

Thunderstorms often come up suddenly and can present a variety of hazards – including power outages – caused by lightning, heavy rains, hail and wind. Such storms are common in Carroll County. They usually take place in the late spring, summer or early fall, but they can happen any time of year. Thunderstorms are sometimes even associated with snow showers. About 2,000 thunderstorms are in progress around the world at any given moment with lightning striking about 100 times every second. And yes, lightning can, and does, strike twice! Each year lightning kills 80 - 100 people and injures hundreds more. Thunderstorms and lightning are very common for Maryland.

If a thunderstorm and lightning are occurring in your area, you should:

- Avoid contact with corded phones and devices including those plugged into electric for recharging. Cordless and wireless phones not connected to wall outlets are OK to use.
- Avoid contact with electrical equipment or cords. Unplug appliances and other electrical items such as computers and turn off air conditioners. Power surges from lightning can cause serious damage.
- Avoid contact with plumbing. Do not wash your hands, do not take a shower, do not wash dishes, and do not do laundry. Plumbing and bathroom fixtures can conduct electricity.
- Stay away from windows and doors, and stay off porches.

If you are caught outside when a thunderstorm takes place:

- Avoid natural lightning rods such as a tall, isolated tree in an open area.
- Avoid hilltops, open fields, the beach or a boat on the water.
- Take shelter in a sturdy building. Avoid isolated sheds or other small structures in open areas.
- Avoid contact with anything metal—tractors, farm equipment, motorcycles, golf carts, golf clubs, and bicycles.

If you are driving:

- Try to safely exit the roadway and park.
- Stay in the vehicle and turn on the emergency flashers until the heavy rain ends.
- Avoid touching metal or other surfaces that conduct electricity in and outside the vehicle.

TERMS TO KNOW:

Severe Thunderstorm Watch – issued when conditions are favorable for the development of severe thunderstorms in and close to the watch area

Severe Thunderstorm Warning – issued when a severe thunderstorm is indicated by radar or a spotter reports a severe thunderstorm. People in the affected area should seek safe shelter immediately.



Tornadoes

A tornado appears as a rotating, funnel-shaped cloud that extends from a thunderstorm to the ground with whirling winds that can reach 300 miles per hour. Damage paths can be in excess of one mile wide and 50 miles long. Some tornadoes are clearly visible, while rain or nearby low-hanging clouds obscure others. Occasionally, tornadoes develop so rapidly that little, if any, advance warning is possible. Tornadoes generally occur near the trailing edge of a thunderstorm. Many hit in sparsely populated rural areas and cause little or no damage or casualties.

Carroll County has experienced almost 20 recorded tornadoes over the past 40 years. The most common time of year for tornadoes to occur in Carroll County is April through November, and most occur between the hours of 3 p.m. and 9 p.m.

If you see a tornado or hear a tornado warning for your area and you are in your home or another building:

- Go to the basement or lowest level of the building.
 - Interior rooms are preferred, away from outside walls, corners, windows and doors.
- Take a battery operated radio with you so you can listen for official information.
- If possible, take shelter under something sturdy.
- Stay away from windows and doors.

If you are not in a sturdy building, there is no single research-based recommendation for what last-resort action to take because many factors can affect your decision. Possible actions include:

- Immediately get into a vehicle, buckle your seat belt and try to drive to the closest sturdy shelter. If your vehicle is hit by flying debris while you are driving, pull over and park.
- Take cover in a stationary vehicle. Put the seat belt on and cover your head with your arms and a blanket, coat or other cushion if possible.
- Lie in an area noticeably lower than the level of the roadway and cover your head with your arms and a blanket, coat or other cushion if possible.

In **ALL** situations:

- Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.
- Do not get under an overpass or bridge. You are safer in a low, flat location.
- NEVER try to out-drive a tornado.

TERMS TO KNOW:

Tornado Watch – issued when conditions are favorable for the development of tornadoes in and close to the watch area.

Tornado Warning – issued when a tornado is indicated by radar or sighted by spotters. People in the affected area should seek safe shelter immediately.



Winter Storms and Extreme Cold

Snow totals in Carroll County can vary greatly from one season to the next. Many winter storms are accompanied by low temperatures and sometimes, strong winds, ice, sleet, and freezing rain. Heavy snowfall, extreme cold and ice can become dangerous. Severe winter weather has the potential to knock out heat, power, and communications services to your home or office, sometimes for extended periods of time.

During winter storms:

- Stay indoors if possible.
- If using an alternate heat source, make sure it is properly ventilated. Always follow manufacturer's instructions.
- Eat and drink regularly.
- Wear several layers of clothing to maintain body heat.
- If you must go out:
 - Walk carefully on snowy, icy, walkways.
 - Avoid overexertion when shoveling snow. Overexertion can bring on a heart attack—a major cause of death in the winter. Use caution, take breaks, push the snow instead of lifting it when possible, and lift lighter loads.
 - Keep dry. Change wet clothing frequently to prevent a loss of body heat. Wet clothing loses all of its insulating value and transmits heat rapidly.
- Drive only if it is absolutely necessary. If you must drive:
 - Travel during the day.
 - Don't travel alone.
 - Keep others informed of your schedule.
 - Stay on main roads and avoid back road shortcuts.

TERMS TO KNOW:

Winter Storm Watch – adverse winter weather is possible in the watch area

Winter Storm Warning – adverse winter weather is expected to occur or is already occurring in the warning area

Blizzard Warning – sustained winds or frequent gusts of up to 35 mph or greater, considerable falling snow and/or blowing snow, reduced visibility to less than ¼ mile for three hours or more.

Wind Chill – the apparent temperature felt on the exposed human body owing to the combination of temperature and wind speed

Wind Chill Watch - Conditions are favorable for colder than normal wind chill temperatures
Wind Chill Advisory – Dangerous wind chills, reaching -5F to -20F for a period of time, are imminent or very probable.

Wind Chill Warning – Extreme wind chills, reaching -20F or lower for a period of time, that are life-threatening, are imminent or already occurring.

Keeping Warm and Safe

Sometimes extended power outages may cause a loss of heat for families that use electric appliances to heat their homes. If you need to stay warm:

- Select a single room in the home in which the entire family can live; ideally a room that gets sunlight during daylight hours.
- Wear several layers of clothing to maintain body heat.
- Use fireplaces and wood-burning stoves with care and **always supervise them when burning.** Make sure the fireplace is in proper working condition and has been inspected before use. Ensure that ashes have cooled before removing them from the fireplace or woodstove and place them in a metal container away from the home.
- Kerosene heaters should always be used in a well-ventilated room, and never refueled inside the home or in an attached garage.
- Keep all types of heaters at least 3 feet away from items that can burn.

NEVER use gas ovens, stovetops or grills to heat your home. They pose a serious fire and carbon monoxide threat.

During periods of extreme cold, warming centers may be opened in strategic locations throughout the County to provide residents with a place to seek refuge from severely cold conditions. Information about warming center locations and hours will be provided to the community via radio, television, social media and other appropriate media outlets.

Snow Removal in Carroll County

Each year, the Bureau of Roads Operations receives calls from residents curious about the best ways to remove snow from their driveways. Believe it or not, the best possible scenario is for you to wait until County roads crews have had an opportunity to plow the roads in your neighborhood or development. Once the roads have been plowed, it makes it easier for you to remove snow not only from your driveway, but also any remaining snow pushed off from the snow plow.



If you cannot wait until the snow can be removed by the County, here are some tips for you to remember:

- Toss snow to the left of your driveway as you face your house. By doing this, your pile will not get pushed back in front of the entrance to your driveway. You will still get some snow in your driveway, but not as much.
- Clear a path along the road to the right of your driveway again as you face your house. When the snow plow comes through, any snow that is still in its plow will be dumped in that path
- instead of in your driveway. You will still get some snow in your driveway, but not as much.

- When snow begins to accumulate the Bureau of Roads Operations sends out plows to manage 50 separate routes. Some of those routes are strictly subdivisions, so neighborhood roads are not forgotten.
- As the storm progresses, County Roads crews are plowing and treating roads until the snow stops falling. Once the snow stops, it takes another eight hours for all the roads to be plowed at least once.
- Keep in mind, it takes longer for roads to be cleared if high winds occur or there is an unusual amount of snowfall.
- While all roads crews are as conscientious and careful as possible, from time to time a plow will accidentally knock over a mailbox. If this should happen to you, please report it to the County's Bureau of Roads Operations at 410-386-6717.
- Please do not park along the roads and streets. Parked cars slow down the plowing process.



Heat Waves

Severe heat, often combined with high humidity during the summer, can create serious health risks. The elderly, infants, and those with certain chronic illnesses, such as asthma, are particularly at risk, especially if air conditioning is not available.

During periods with extreme heat:

- Slow down. Strenuous activities should be reduced, eliminated, or rescheduled to the coolest time of the day.
- Dress for the weather. Loose, lightweight, light-colored clothing reflects heat and sunlight and helps the body maintain normal temperatures.
- Drink plenty of water, even if you do not feel thirsty. Avoid drinks with sugar, caffeine or alcohol.
- Spend more time in air-conditioned places.
- Limit the amount of time you spend in the sun

During heat waves, cooling centers may be opened in strategic locations throughout the County to provide residents with a place to seek refuge from severe heat. Information about cooling center locations and hours will be provided to the community via radio, television, social media and other appropriate media outlets.

TERMS TO KNOW:

Heat Index – a measure of how hot it really feels when the relative humidity is combined with the actual air temperature

Heat Advisory – issued when a heat index value of between 105F and 110F is expected for at least three hours

Excessive Heat Watch – issued when conditions are favorable for an excessive heat event in the next 24 to 72 hours.

Excessive Heat Warning – issued when a heat index value of 110F or greater is expected within the next 12 to 24 hours.



Infectious Diseases

There are many infectious diseases that can affect you and your family. Some common and some less common infectious diseases include:

Flu (Influenza) – Seasonal flu is a respiratory illness caused by flu viruses. About 5-20% of people in the United States get the flu each year.

- Flu season usually starts in the fall and peaks in January or February. Children, seniors, and people with health issues are at highest risk of getting the flu, getting very sick from the flu, and even dying from flu-related causes.

Getting the flu vaccine is your best protection against seasonal flu. Everyone 6 months and older should get the flu vaccine every year, unless they have a medical reason they cannot.

- The flu vaccine is safe and changes every year to fight new flu viruses.
- Non-seasonal flu viruses such as H7N9 and H5N1 (avian flu) and H3N2v (swine flu) usually infect animals. However, some people who have close contact with animals have caught these flu viruses, and in a few cases have passed the virus to another person. Some of these non-seasonal flu viruses are similar to seasonal flu, while others are more deadly. Vaccines are in development for some types of non-seasonal flu.
- For more information, visit www.flu.gov

Measles – Measles is a very contagious respiratory disease. It spreads through the air when an infected person coughs or sneezes. The virus can live for up to two hours on a surface or in the air, so you can catch measles even after an infected person has left a room.

- Measles causes a fever (often high), cough, runny nose, and red eyes, with a rash. Babies, children under 5, and adults over 20 are at higher risk of complications from measles.
- Common measles complications include ear infections and diarrhea. Serious complications include pneumonia, deafness, or brain damage; 1 or 2 out of 1,000 people with measles will die.
- Measles can be prevented with the safe, effective measles, mumps, and rubella (MMR) vaccine.
- The United States has experienced many small and a few larger measles outbreaks in the past several years. Measles is still common in some countries in Europe, Asia, the Pacific, and Africa. Travelers with measles continue to bring the disease into the United States. Measles can spread in the United States when it reaches groups of unvaccinated people.
- For more information: <http://www.cdc.gov/measles/>

MERS – Middle East Respiratory Syndrome (MERS) is a respiratory illness caused by a virus. Most people with MERS get very sick, with fever, cough and shortness of breath. About 3-4 out of every 10 patients with MERS die.

- Health officials first reported MERS in Saudi Arabia in September, 2012. So far, all cases of MERS have been linked to countries in and near the Arabian Peninsula. As of March, 2015, there have only been two cases of MERS in the United States, both imported from Saudi Arabia.
- MERS can spread through close contact, such as caring for or living with an infected person, but researchers studying MERS have not seen any ongoing spread of MERS in public.
- For more information <http://www.cdc.gov/coronavirus/MERS/about/index.html>

Norovirus – Norovirus is a very contagious virus that causes stomach pain, nausea, diarrhea, and vomiting. Norovirus illness can be serious, especially for young children and older adults.

- You can get norovirus from an infected person, by consuming contaminated food or water, or by touching contaminated surfaces. Anyone can be infected with norovirus and get sick. Also, you can have norovirus illness many times in your life.
- Norovirus is the most common cause of foodborne-disease outbreaks in the United States. The best way to help prevent norovirus is to practice proper hand washing and general cleanliness.
- For more information: <http://www.cdc.gov/norovirus/index.html>

Ebola – Ebola is a rare and deadly disease caused by infection with one of the Ebola virus strains. Ebola viruses are found in several African countries. The 2014 Ebola outbreak is the largest in history, affecting several countries in West Africa. As of March, 2015, two imported cases and two locally acquired cases in healthcare workers were reported in the United States.

- Ebola is spread by direct contact — such as through broken skin or through your mouth, eyes or nose — with the body fluids of a person who is sick with the disease and has symptoms. Ebola is not spread through the air or in water, or food legally sold in the United States. You can't catch Ebola from mosquitoes or other insects.
- The risk of catching Ebola in the U.S. is very low.
- For more information: <http://www.cdc.gov/vhf/ebola/index.html>

Tuberculosis (TB) - Tuberculosis (TB) is a disease caused by germs spread through the air when a person with TB of the lungs or throat coughs, sneezes, or speaks. TB usually affects the lungs, but it can also affect other parts of the body, such as the brain, the kidneys, or the spine. The general symptoms of TB include weakness, weight loss, fever, and night sweats. The symptoms of TB of the lungs also include coughing, chest pain, and coughing up blood.

- A person with TB can die if they do not get treatment. People who are more likely to get sick from TB include babies and young children, the elderly, people with medical conditions such as diabetes, cancer, and HIV, and people who inject illegal drugs.
- People can carry TB germs in their bodies but not get sick. This is called “latent” TB. They cannot spread the germs to others. However, they may develop TB disease in the future and may need to take medicine to prevent them from developing TB disease.
- People with active TB usually have symptoms of TB disease. People with TB disease of the lungs or throat can spread germs to others. They are prescribed drugs that can treat TB disease.
- For more information: <http://www.cdc.gov/tb/default.htm>

To learn more about other infectious diseases, visit www.cdc.gov.

A few simple healthy habits can help you prevent the spread of infectious diseases:

- ✓ Avoid close contact with people who are sick.
- ✓ If possible, stay home from work, school, and errands when you are sick. You will help keep others from catching your illness.
- ✓ Wash your hands often and well. Hum “Happy birthday” twice and make sure you wash the backs of your hands, between your fingers, and under your nails.
- ✓ If you can’t wash your hands, use sanitizer with at least 60% alcohol (look at the label).
- ✓ Cover your mouth and nose with a tissue or your elbow when coughing or sneezing.
- ✓ Avoid touching your eyes, nose or mouth. Germs spread when you touch something that is contaminated with germs and then touch your eyes, nose, or mouth.
- ✓ Practice other good health habits. Get plenty of sleep, stay active, manage your stress, drink plenty of fluids, and eat healthy foods.

For more tips on preventing the spread of infections: <http://www.cdc.gov/flu/protect/stopgerms.htm>

Technological and Man-Made Disasters



Fire

Fires are one of the most common disasters to affect our community.

To help prevent fires:

- Check electrical wiring and appliances and replace worn or frayed cords.
- Do not overload circuits with too many appliances.
- Do not string extension cords under rugs.
- Flammable liquids should be stored in approved containers. Never use flammable liquids indoors or near flames.
- Have fireplaces, furnaces, and stoves cleaned and inspected every year.
- Do not put paper, magazines, or other flammable materials on radiators, near stoves, or fireplaces.
- Do not use grills indoors or on balconies.

Fire Safety:

- ✓ Develop a safe escape route for your family in case of fire. Plan two ways of escape in the event one path is blocked by fire.
- ✓ Establish a meeting place outside for everyone.
- ✓ Conduct regular fire drills.
- ✓ Keep a fire extinguisher in your home. See <http://www.nfpa.org/safety-information/for-consumers/fire-and-safety-equipment/fire-extinguishers> for information about recommended types and sizes.

In case of a fire:

- Stay low. If you are in bed, roll out and crawl on the floor under the smoke.
- Crawl to the door, using the wall as a guide. Check the door for heat with the back of your hand before opening.
 - If the door is cool to the touch, open slowly so that it can be shut quickly if flames or smoke are on the other side.
 - If the door is hot or smoke is seeping underneath, do not open the door. Put a blanket, towel, robe, or heavy clothing in the crack.
- If you cannot exit through the door, use the wall as a guide and crawl to a window and open it. Take a sheet or large piece of cloth and wave it and shout for help if you are unable to climb out of the window to the ground to safety.
- Take short breaths and cover your nose and mouth with clothing or a towel to avoid breathing in fumes and smoke.
- Shout "**FIRE**" once outside the heavy smoke to signal to others. While still inside the house, you can signal to others in the home by pounding on walls or floors.
- Escape first. If firefighters are not at the scene, call or tell someone to call 911. ***Do not go back inside to make the call.***

Smoke Alarms

▶ Smoke alarms can warn that there is a fire, but you must maintain them if they are to work properly. Check and replace batteries every six months. A good way to remember is to change the batteries every daylight savings time change. Some units will beep when the batteries need to be replaced.

▶ Clean the alarm regularly to keep out dust that can damage the unit.

▶ Test the alarm monthly by pushing the test button.

▶ Newer smoke alarms may have a 10-year battery that will not need to be replaced every six months. Make sure to check and see which type of smoke alarm you have, and always follow the manufacturer's instructions for battery replacement and testing.

▶ It is recommended that any type of smoke alarm be replaced every 10 years.

▶ Take into account the needs of all members of your household. Install visual smoke alarms as well as audible versions if any individuals in your family are deaf or hard-of-hearing.





Hazardous Materials

A hazardous material is defined by law as, “any product that corrodes other materials, explodes or is easily ignited, reacts strongly with water, is unstable when exposed to heat or shock, or is otherwise toxic to humans, animals, or the environment.” Hazardous materials can include: explosives, flammable gases and liquids, poisons or poisonous gases, corrosives and caustics, nonflammable gases, oxidizers, water-reactive materials, and radioactive materials.

Hazardous materials are transported by road, water, air, rail, and pipeline, and are stored at fixed sites across the state.

Hazardous materials pose a risk to life, health, and property if they are released. Hazards can occur during production, storage, transportation, use, or disposal. Service stations, chemical plants, farms, wastewater treatment plants, and hospitals are just some of the facilities that routinely store radioactive, flammable, or other hazardous materials.

Accidents involving hazardous materials may cause local officials to recommend that you and your family either **shelter-in-place (page 4)** or **evacuate (page 5)** to remain safe.

Terrorism

The events of September 11, 2001 and the subsequent anthrax mailings led most Americans to realize that terrorism is a threat we need to live with and a possibility for which we need to prepare. Terrorists can attempt to cause harm in multiple ways. Explosives, biological agents, chemicals, radiation are all possible terrorist weapons, and cyberterrorism continues to evolve as a significant threat.



Biological Emergencies

What is a biological emergency?

Bacteria, viruses and poisons made by bacteria cause biological emergencies. They can be sprayed into the air, used to contaminate food, and put into drinking water. Some types can also be spread by person-to-person contact.

What should I do DURING a biological emergency?

- Listen to a television, radio or emergency-alert system for instructions. Have a battery powered radio available, if needed. Officials will tell you whether to **SHELTER IN PLACE (page 4)** or **EVACUATE (page 5)**. They will tell you where you can go if you need to leave your home.

Will a biological emergency make me sick?

- You may not know right away if you were exposed to the germs or poisons that caused the emergency. Symptoms depend on the type of germ or poison that caused the emergency. Some common signs include trouble breathing and flu-like symptoms.

In case of a biological emergency, local or state officials will let you know what symptoms to look for.

If you feel sick, call your doctor right away. They may tell you to:

- Take your clothes off and put them in a plastic bag.
- Wash yourself with soap and water.
- Put on clean clothes.

What should I do AFTER a biological emergency?

- Continue to listen to the television, radio, emergency alert system and other media sources for instructions.



Chemical Emergencies

What is a chemical emergency?

Chemical emergencies happen when the air is poisoned with harmful chemicals, or when chemicals are used to contaminate food or drinking water. These chemicals can be breathed in, absorbed through the skin, or ingested by eating or drinking food or water.

What should I do DURING a chemical emergency?

- Listen to the television, radio, emergency-alert system and other media sources for instructions. Have a battery powered radio available, if needed. Officials will tell you whether to **SHELTER IN PLACE (page 4)** or **EVACUATE (page 5)**. They will tell you where to go if you need to leave your home.
- If you are told to **SHELTER IN PLACE**, you might be instructed to:
 - Turn off all ventilation systems. This includes furnaces, air conditioners, vents and fans.
 - Stay in an inside room with no windows. Make sure there is enough space for everyone in the room.
 - Seal the room openings with heavy-duty tape and plastic sheets. Room openings include doors and all vents.
- If you are caught in an unprotected area you should:
 - Try to get away from the affected area as quickly as possible.
 - Try to find shelter as soon as possible.

Will a chemical emergency make me sick?

- During a chemical emergency, you may have some of these symptoms:
 - Watery eyes
 - Trouble walking in a straight line
 - Burning feeling on your skin
 - Trouble breathing
 - Choking
 - Confusion
 - Twitching
- In case of a chemical emergency, local or state officials will tell you what symptoms to look for. If you feel sick, call your doctor right away. They may tell you to:
 - Take off your clothes and put them in a plastic bag.
 - Put on clean clothes.
 - Gently and thoroughly wash yourself with soap and water. Do NOT scrub your skin because the chemicals could cause more burning.

What should I do AFTER a chemical emergency?

- Continue to listen to the television, radio, emergency alert system and other media sources for instructions. If you think you have been exposed to a chemical agent, call your local health department or local police department.



Nuclear or Radiation Emergencies

What are nuclear or radiation emergencies?

Nuclear emergencies happen when radioactive or nuclear material explodes. These explosions can cause blinding light, heat, fires and dangerous radiation. A radiation emergency could include a nuclear power plant accident, or it could be an explosion from a “dirty bomb.” A “dirty bomb” is an explosive, like dynamite, that contains radioactive materials.

What should I do DURING a nuclear or radiation emergency?

- State and local authorities will monitor the amount of radiation and decide what to do. Listen to the radio, television, emergency-alert system and other media sources for instructions. Have a battery powered radio available if needed. Officials will tell you whether to **SHELTER IN PLACE (page 4)** or **EVACUATE (page 5)**.

Will a nuclear or radiation emergency make me sick?

- Dirty bombs probably do not have enough radiation to make you sick – the main danger is from the blast – but a large nuclear explosion could make you sick. It can take several hours to days for any signs to appear. Some people have no symptoms, while others have one or two symptoms. Some common symptoms include:
 - Reddening of the skin
 - Nausea and vomiting
 - Headache or Feeling very tired
 - Diarrhea
 - Sore mouth or bleeding gums

If you feel sick, call your doctor right away.

What should I do AFTER a nuclear or radiation emergency?

- If you are not close to the area where the explosion happened, you should go inside and listen to the radio, television, emergency-alert system and other media sources for instructions. If you are near the explosion and not hurt, you should:
 - Walk to the nearest building and go inside. Staying inside will reduce your exposure to radioactive material.
 - Take off your clothes and shoes as fast as you can and put them in a plastic bag. Seal the bag.
 - Take a shower or wash your skin as best you can with soap and water.
 - Listen to the radio, watch television or monitor other media outlets for information about what to do.



Cyberterrorism

Often times, we may not realize that our actions online might put us, our families, and even our country at risk. Learning about the dangers online and taking action to protect ourselves is the first step in making the Internet a safer place for everyone. Cybersecurity is a shared responsibility and we each have a role to play.

The extent, nature, and timing of cyber incidents are impossible to predict. There may or may not be any warning. Some cyber incidents take a long time (weeks, months or years) to be discovered and identified.

You can increase your chances of avoiding cyber risks by setting up the proper controls. The following are things you can do to protect yourself, your family, and your property before a cyber-incident occurs:

- Only connect to the Internet over secure, password-protected networks.
- Do not click on links or pop-ups, open attachments, or respond to emails from strangers.
- Always enter a URL by hand instead of following links if you are unsure of the sender.
- Do not respond to online requests for Personally Identifiable Information (PII); most organizations – banks, universities, companies, etc. – do not ask for your personal information over the Internet.
- Limit who you are sharing information with by reviewing the privacy settings on your social media accounts.
- Trust your gut; if you think an offer is too good to be true, then it probably is.
- Password protect all devices that connect to the Internet and user accounts.
- Do not use the same password twice; choose a password that means something to you and you only; change your passwords on a regular basis.
- If you see something suspicious, report it to the proper authorities.



Suspicious Activity

The federal, state, or local government may call for a heightened state of alert on the part of local law enforcement and citizens. When on heightened alert, law enforcement agencies may add extra patrols at a number of locations, increase staff, carry extra protective equipment, and communicate more frequently with federal, state, or other local law enforcement agencies.

Citizens should also be on alert and report any suspicious activity to police. Do not fail to act because you are not sure what you observe is worth reporting. If you suspect a crime is being, or about to be, committed, **call 911**. Stay calm and do not put yourself at risk. If the activity simply appears suspicious, call a non-emergency law enforcement number and describe the activity.

What types of activity should you report?

- A strange vehicle parked in your neighborhood for a long time.
- Recurring appearances of a strange vehicle in your neighborhood.
- Strangers looking into houses and vehicles, or knocking on doors.
- A person tampering with utility systems without an identifiable company vehicle or uniform.
- A large amount of traffic coming to an apartment or house.
- A house where extreme security measures are in force.
- Homes or buildings where no owner or primary renter is apparent, and no home activities, yard work, painting, or maintenance seem to go on.
- Strange odors coming from houses or buildings.
- Door-to-door solicitors without proper identification or permits.
- Persons standing around possibly as lookouts.
- Strangers who come around livestock or crops, or employee-only areas.
- A person who asks improper questions about your workplace operations, security, or co-workers' habits.

Tip 411 Anonymous Text Program

To send a confidential tip to the **Hampstead Police Department** send a text to 847411 and include "HPDTIPS" followed by your anonymous tip.

To send a confidential tip to the **Manchester Police Department** send a text to 847411 and include "MPDTIPS" followed by your anonymous tip.

To send a confidential tip to the **Westminster Police Department** send a text to 847411 and include "TIPWPD" followed by your anonymous tip.

Important Phone Numbers and Internet Resources

Organization	Phone Number	Website
Emergencies – Fire/EMS/Police	9-1-1	
Carroll County Emergency Communications Center	Non-Emergency, 410-386-2260	www.ccgovernment.carr.org/ccg/pubsafe/911.asp
Carroll County Emergency Information during community-wide emergencies	1-888-5-GET-EOC (1-888-543-8362)	
Carroll County Sheriff's Office	Non-Emergency, 410-386-2900	www.ccgovernment.carr.org/ccg/sheriff
FBI - Baltimore	410-265-8080	www.fbi.gov/baltimore
Maryland Tips Line – to report suspicious activity	1-800-492-TIPS (8477)	www.mcac.maryland.gov
Maryland State Fire Marshal	1-800-525-3124	www.mdsp.org/Organization/StateFireMarshal.aspx
Hampstead Police Department	410-239-8954	www.hampsteadmd.gov
Manchester Police Department	410-239-6900	www.manchestermd.gov
Sykesville Police Department	410-795-0757	www.sykesville.net
Taneytown Police Department	410-751-1150	www.taneytown.org/police_department.asp
Westminster Police Department	410-848-4646	www.westgov.com/165/Police
Maryland State Police – Westminster Barrack	410-386-3000	www.mdsp.org
Maryland Natural Resources Police	410-260-8880	http://dnr2.maryland.gov/nrp/Pages/home.aspx
Carroll County Bureau of Utilities	410-386-2164	www.ccgovernment.carr.org/ccg/util
Carroll County Health Department	800-966-3877/410-876-2152	www.carrollhealthdepartment.dhmh.md.gov
Carroll County Public Schools	410-751-3000	www.carrollk12.org
Carroll County Roads	410-386-6717	www.ccgovernment.carr.org/ccg/roads
Maryland Center for Missing Persons	1-800-637-5437	www.mdsp.org
Maryland Extension Service	410-386-2760	www.extension.umd.edu/carroll-county
Maryland State Highway Administration	410-582-5650/1-800-543-2515	www.roads.maryland.gov/Home.aspx
Maryland Relay Service	7-1-1/1-800-552-7724	www.doit.maryland.gov/mdrelay/Pages/default.aspx
Maryland Poison Center	1-800-222-1222	www.mdpoison.com
American Red Cross – Western Maryland Chapter	410-624-2040	www.redcross.org/gcr
United Way of Central Maryland	2-1-1/1-800-492-0618	www.uwcm.org/main
Comcast	1-800-934-6489	www.xfinity.comcast.net
Potomac Edison	1-888-LIGHTSS /(1-888-544-4877)	www.firstenergycorp.com/potomac_edison.html
BGE (gas leak or other emergency)	1-800-685-0123	www.bge.com
BGE (power outage or downed wire)	1-877-778-2222	
Verizon	1-800-837-4966	www.verizon.com

Plan to be Safe.

Plan 9

You can do this!

Collect these nine essential items to help you shelter-in-place in the event of an emergency.

Start here

1 Water



One gallon per person per day for three days.

2 Food



Non-perishables such as canned or packaged food.

3 Clothes



One change of clothes and footwear per person.

4 Medications



Three days' worth of prescription medications.

5 Flashlight



A bright flashlight and extra batteries.

6 Can Opener



Manual can opener in case there's no electric power.

7 Radio



Battery-powered radio and extra batteries.

8 Hygiene Items



Basics like soap, toilet paper and a toothbrush.

9 First Aid



Basics like antiseptic, bandages, and non-prescription medicines.

Done!

For more information about emergency preparedness, contact:

Carroll County	ccgovernment.carr.org
American Red Cross	redcross.org
Centers for Disease Control and Prevention	cdc.gov
Disaster Helpline	disasterhelp.gov
Federal Emergency Management Agency	fema.gov
U.S. Department of Homeland Security	ready.gov



If you don't have access to a computer and need information, call the Montgomery County Health and Human Services Information Line at 240-773-1245 and (TTY) 240-773-1295.

Alternative formats of this document are available upon request by calling 240-773-3038.