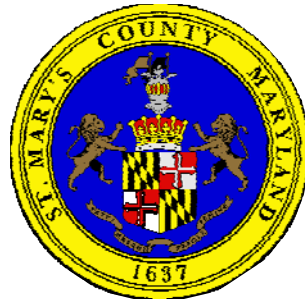


St. Mary's County, Maryland

Citizens Are Ready for an Emergency



An all hazards guide to
preparing for emergency
events.

Be Aware, Be Prepared!
St Mary's County Department of Public Safety

A Message from the St. Mary's County Commissioners:

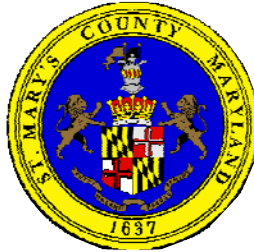
Francis Jack Russell, President

Kenneth R. Dement

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Thomas A. Mattingly, Sr.

Daniel H. Raley



Dear St. Mary's County Citizens:

We live in a different world today than we did prior to September 11, 2001, and subsequent terrorist threats. We are more aware of our vulnerabilities, more appreciative of our freedoms, and more conscience of our responsibility for the safety of our families, friends and neighbors.

St. Mary's County has an emergency response plan to address many different types of emergencies that can occur without warning and affect our lives by disabling areas of our County. We know that being prepared for emergencies can help save lives, reduce the impact an emergency has on our lives, and help us deal with the stress that can be generated during an emergency situation.

We **CARE** about our residents and want to make sure that our **Citizens Are Ready** for an **Emergency**. That is why we have created this guide to help you prepare yourself and your loved ones in the event of an emergency. It provides useful information and resources for most emergency situations.

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GET A KIT, MAKE A PLAN, BE INFORMED

A disaster can strike quickly and without warning, causing you to evacuate your home or forcing you to take shelter in your home. If a disaster strikes, basic services may not be available. By developing a Family Emergency Plan, getting through an emergency situation can be much easier.

Your family may not be together when disaster strikes, so it is important to plan in advance: how you will contact one another; how you will get back together; and what you will do in different situations.

Family Emergency Plan

- It may be easier to make a long-distance phone call than to call across town, so an **out-of-town contact** may be in a better position to communicate among separated family members.
- Be sure every member of your family **knows the phone number** and has **coins** or a **prepaid phone card** to call the emergency contact.

You may have trouble getting through, or the telephone (and/cell phone) system may be down altogether, but be patient.

Emergency Information

See page 16 for what kinds of disasters, both natural and man-made, are most likely to occur in St. Mary's County. See page 6 for different ways you can get Emergency Information during an event.

Emergency Plans

You may also want to **inquire about emergency plans** at places where your family spends time: **work, daycare** and **school**. If no plans exist, consider volunteering to help create one. Talk to your neighbors about how you can work together in the event of an emergency. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead and communicate with others in advance.

Recommended Items to Include in a Basic Emergency Supply Kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation.
- Food, at least a three-day supply of non-perishable food.
- Battery-powered or hand crank radio and a Weather Radio (available in

department stores and electronic stores) with tone alert and extra batteries for both.

- Flashlight and extra batteries.
- First aid kit.
- Whistle to signal for help.
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place.
- Moist towelettes, garbage bags and plastic ties for personal sanitation.
- Wrench or pliers to turn off utilities.
- Can opener for food (if kit contains canned food).
- Local maps.

Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses.
- Infant formula and diapers.
- Pet food and extra water for your pet.
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container.
- Cash or traveler's checks and change.
- Emergency reference material such as a first aid book and/or this *CARE Guide*.
- Sleeping bag or warm blanket for each person. Consider additional bedding if an emergency occurs in the winter.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing for colder seasons.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, 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.*
- Fire Extinguisher.
- Matches in a waterproof container.
- Feminine supplies and personal hygiene items.
- Mess kits, paper cups, plates and plastic utensils, paper towels.
- Paper and pencil.
- Books, games, puzzles or other activities for children.



EMERGENCY INFORMATION

Getting information during an emergency is vital, especially if evacuation may be required. In the event of a County declared emergency, information will be provided through as many different formats as possible. The County will provide information through the following venues:

The **Code Red® Emergency Notification System** utilizes a high speed telephone calling system capable of delivering customized pre-recorded messages directly to homes and businesses at the rate of up to 60,000 calls per hour. Citizens can ensure that their phones are registered, add new phones, and/or change their information through the county website at:

<http://www.co.saint-marys.md.us/emergencycodered.asp>.

Listen to the following **radio stations**:

WYRX 97.7 FM WKIK 102.9 FM
WSMD 98.3 FM WTOP 103.5 FM
WRAR 105.5 FM WPTX 1690 AM
WGRQ 95.9 FM WGOP 540 AM
WPRS 104.1 FM WKIK 1560 AM
WNNT 100.9 FM

Check the **county website**:

www.co.saint-marys.md.us

Watch County cable **Channel 95**

Watch the Weather Channel on Ch. 40 for local information

During county declared emergencies

Call the **Emergency Information Hotline**
at 301-475-4911.

For additional information about emergency
preparedness call The
Department of Public Safety at
301-475-4200 Option 6 then Option 3.

**If you have a true emergency and need assistance call
9-1-1.**

SPECIAL NEEDS

St Mary's County Special Needs Registry can provide assistance during emergencies to individuals who may need help during an evacuation. If you or a family member need assistance contact the Department of Public Safety, Department of Aging, Health Department, or Social Services for assistance in obtaining and completing the registry form. *See page 46 for contact numbers.* All information collected is confidential and will only be shared with emergency responding departments during an emergency event.

Individuals that have special needs or disabilities should:

- Create a support network to help in an emergency.
- Tell these people where you keep your emergency supplies.
- Give one member of your support network a key to your house or apartment.
- Sign up for the Special Needs Registry.
- Wear medical alert tags or bracelets to help identify your disability.
- If you are dependent on dialysis or other life sustaining treatment, know the location and availability of more than one facility.
- Show others how to operate your wheelchair.
- Know the size and weight of your wheelchair, in addition to whether or not it is collapsible, in case it has to be transported.

Additional Supplies for People with Disabilities:

- Prescription medicines, list of medications including dosage, list of any allergies.
- Extra eyeglasses and hearing-aid batteries.
- Extra wheelchair batteries, oxygen.
- Keep a list of the style and serial number of medical devices.
- Medical insurance and Medicare cards.
- List of doctors, relatives or friends who should be notified if you are hurt.

The completion of the registry form is merely to assist with an emergency response and in no way guarantees an emergency response or special priority during an emergency or disaster. In the event of an emergency or disaster, Public Safety will prioritize the use of pertinent county resources in accordance with county policy.

EMERGENCY SHELTERS

During emergencies, St Mary's County Department of Public Safety may open public shelters for citizens who may be required to evacuate their homes or workplaces.

St Mary's County Shelters are located in public schools. The three primary shelters are the area High Schools; Chopticon, Great Mills, and Leonardtown High Schools. Different shelters can be opened depending upon the emergency. To find out which shelters have been opened, listen to the radio, watch Channel 95, check the county website and/or call the emergency information hotline at 301-475-4911. *For more information on Emergency Information see page 6.*

The American Red Cross, Health Department, Department of Social Services, St. Mary's County Public Schools, and Department of Aging staff the shelters to provide services for sheltered citizens.

Make plans to have your pets cared for while you are in the shelter as they are not allowed in public shelters. St Mary's County Emergency Pet Shelter is located at the St Mary's County Fairgrounds. For more information on pet sheltering see pages 14 and 15. Only service animals are allowed in the Leonardtown High School shelter, **** remember to bring food for your service animal to the shelter****



What to bring with you to public shelters

- Be sure to bring food if you require special diet foods, as food may not be readily available at the Shelter.
- Infant formula/food/diapers.
- Medical equipment—wheelchair, glasses, dentures, eye care supplies etc.
- ****Have a 2 week supply of your prescription medications****
Prescription medications will not be supplied in shelters, you must bring your own.
- Sleeping bags, blankets, pillows, folding chairs. Bedding is not provided in public shelters.
- Personal hygiene items and changes of clothing.
- Entertainment items—cards, games, etc.

IN-PLACE SHELTERING

Many emergency situations occur without warning, but still require emergency protective actions to take place. Chemical accidents are good examples of incidents that happen without warning. In the event of a chemical incident, you may be asked to take shelter within your home. There are precautions you must take in making your home safe. To reduce the possibility of chemical vapors entering your home you should take the following precautions:



Close and lock all windows. Seal gaps under doorways and windows with wet towels or 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.
- Remain in protected interior areas of your home and stay tuned to radio or television so that you will be informed when it is safe to leave your home.
- Have building superintendents set all ventilation systems at 100% recirculation so that no outside air is drawn into the structure.

Students in School

In the event of a county emergency, or ordered evacuation, parents should listen to local radio and television stations or check the county and/or school website (www.smcps.org) for announcements about changes in school closings or openings. Parents may pick up their children from school during the day, but during a crisis the best place for children may be the school itself. Unless an evacuation of a school is ordered, students will be kept at school until they can be safely transported home on normal bus routes.

During an emergency you may have to evacuate quickly so be sure to keep your emergency kit in a place that is easy to access.

EVACUATION

Evacuation, as a protective action, is more common than you think. Hundreds of times each year, transportation or industrial accidents release harmful chemicals that force nearby residents to leave their homes. Fires and floods force people from their homes even more often, and almost every year residents along some areas of the Gulf and Atlantic coasts must evacuate for approaching hurricanes. Evacuation planning has been ongoing for many years across the country, in Maryland, and in St. Mary's County.

If an evacuation is called for in your neighborhood:



- Put your Family Disaster Plan into effect.
- Listen to a battery-operated radio for official instructions. You should check for emergency information from St Mary's County Government through radio, television, and websites.
- Before leaving your home, lock the doors and windows. If there is time, unplug appliances, turn off natural gas, propane, water, electricity, and leave a note stating where you can be located.
- Always follow specific evacuation routes. **DO NOT** take short cuts. They may be blocked.

Before returning home:

- Continue to listen to the radio for information and instructions. **DO NOT** return home until county officials say it is safe.
- Check for damage in your home. Immediately notify your gas company if you smell or locate a leak.
- Notify SMECO of downed power lines. (*contact info on page 46*)
- Follow health department instructions on using food items after a disaster.
- If appliances are wet, turn off the main electrical power switch.
- After the emergency has passed, call family and friends to let them know you are safe.

POWER OUTAGES



Disruption of electrical service can occur as a result of many things, including lightning, high winds, ice and heavy snow, and equipment failure. For the most part, service is normally restored within a short period. However, major power outages can happen for extended periods from time to time. When power is lost, you should:

Check to see if your neighbors have power. It may only be in your home, a blown fuse, or a tripped circuit. If your neighbors are also without service, call SMECO. If you must go outside to assess the situation, take a flashlight and watch for downed power lines that can still be energized. If downed lines are located, **DON'T** go near them or touch anything that they may be in contact with. Report downed power lines immediately.

Turn off major appliances. Leave just a couple of light switches on in the home and the front porch light. When major appliances (refrigerators, electric water heaters, air conditioners and pumps) are left on, they could overload electric lines when power is restored causing a second outage or a power surge in the house that could cause a fire.

Keep refrigerator and freezer doors closed. Food can be kept cold enough for a day or two, if the doors are kept closed. During the winter, you may be able to store some items outside in a proper container. If temperatures are below freezing, it's possible to freeze water outside in containers and place them inside your refrigerator to help keep food cold. Try to consume perishable foods first. Some partially frozen foods can be refrozen as long as they contain ice crystals or are no warmer than 40 degrees Fahrenheit. Consider purchasing a thermometer for both the refrigerator and freezer. Don't refreeze seafood, poultry, ice cream, cream sauces, or anything susceptible to spoilage. *When in doubt...throw it out.*

During times of prolonged outages, St Mary's County Government may provide dry ice at designated locations (*see pages 24-25 for the Emergency Preparedness Map*); bring an ice cooler or suitable container to transport it back home. As a rule of thumb, 25 pounds of

dry ice will keep a 10-cubic-foot freezer at the proper temperature (32 degrees F) for three to four days.

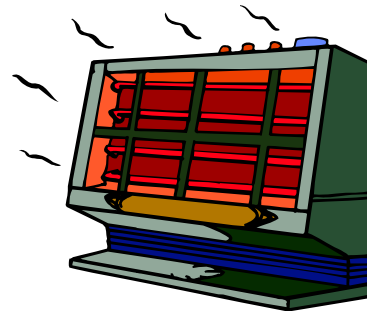


Flashlights or battery-operated lanterns should be used to illuminate the home. Candles and kerosene lanterns are not recommended for lighting because of the inherent fire safety hazards and fumes.

Portable emergency generators can be used to provide limited electrical power during an outage. But, take care to ensure that they do not pose a threat to you and your family. Never fuel or run a portable generator in the home or garage, as gas-powered generators pose a serious fire and carbon monoxide threat. Generators should be installed in compliance with your local utility's guidelines. Make sure the generator is equipped with a double-throw transfer switch that protects your equipment and prevents feedback on power lines. Always operate according to the manufacturer's instructions. For additional information on the proper use of emergency generators, call SMECO.

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.



Water heaters that are drained to prevent damage from freezing must have their power circuit shut off as well. Failure to do so could result in loss of the heating element when power is restored. **Never** turn on a water heater unless the tank is full.

Plumbing can freeze when power is lost during cold weather periods. Drain pumps, supply lines, water heaters, boilers and traps in drains of tubs, sinks, toilets, washing machines, and dishwashers. To avoid major flooding when temperatures rise, turn off supply lines to outside spigots.

Emergency Tip

You should have at least one traditionally wired landline phone, as cordless or cellular phones may not work in an emergency.

Life support equipment required for family members who depend on these devices (respirators, ventilators, oxygen

equipment or other life-sustaining devices) should be listed with SMECO, with your doctor's approval. You should have a contingency plan that always includes an alternate power source for the device and relocating the person.

Fallen Trees are the primary cause of power outages in St. Mary's County. SMECO has regularly scheduled programs for trimming trees. When planting and/or trimming trees on your property, always seek professional help in trimming limbs or branches that are close to power lines.

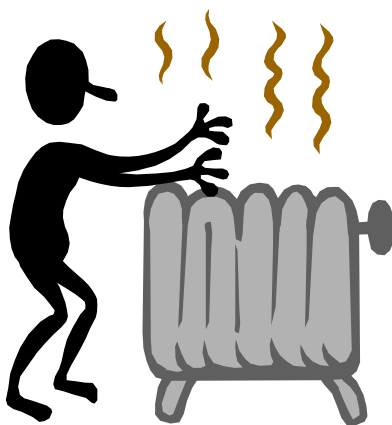


Keeping Warm

Select a single room in the home in which the entire family can live; ideally a room which gets sunlight during daylight hours. 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. Wear layers of clothing, including sweaters and coats, which entraps warm air and helps to maintain body heat for longer periods. For homes with natural gas heaters, keep meters and vents clear of ice and snow.

Safety Note

Never use gas ovens, stovetops, charcoal or propane grills to heat your home. They pose a serious threat of fire and creation of poisonous carbon monoxide. Kerosene heaters should always be used in a well-ventilated room, and never refueled inside the home or in an attached garage. When removing ashes from the fireplace, make sure that the ashes have been cooled, and are placed in a metal container outside and away from the home.



SMECO
Customer Service
1-888-440-3311
To Report Outages call
1-877-747-6326
To see a live outage map go to:
<http://outage.smeco.coop/>

PET PREPAREDNESS

If you are like millions of animal owners nationwide, your pet is an important member of your household. The likelihood that you and your animals will survive an emergency such as a fire or flood, tornado or terrorist attack depends largely on emergency planning done today. Some of the things you can do to prepare for the unexpected, such as assembling an **animal emergency supply kit** and developing a pet care buddy system, are the same for any emergency. Whether you decide to stay put in an emergency or evacuate to a safer location, you will need to make plans in advance for your pets. Keep in mind that what's best for you is typically what's best for your animals.

If you must evacuate, take your pets with you if possible. However, if you are going to a public shelter, it is important to understand that animals are not allowed inside with the exception of service animals. Plan in advance for shelter alternatives that will work for both you and your pets.



St Mary's County Emergency Animal Shelter is located at the Fairgrounds across from Leonardtown High School. The Emergency Animal Shelter will be opened anytime Emergency Shelters are opened for county residents. You can bring your pet to the Fairgrounds or they can be picked up as you enter the emergency shelters. Animal Wardens and Animal Welfare Volunteers will pick up your pet from the shelters and issue you and your pet a matching tag. After the emergency situation is over you can claim your pet using the tag issued when you and your pet entered the shelters.

Make a back-up emergency plan in case you can't care for your animals yourself. Develop a buddy system with neighbors, friends and relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so. Be prepared to improvise and use what you have on hand to make it on your own for at least three days, maybe longer.

Just as you do with your family's emergency supply kit, think first about the basics for survival, particularly food and water. Consider two kits. In one, put everything you and your pets will need to stay where you are. The other should be a lightweight, smaller version you can take with you if you and your pets have to get away. Plus, be sure to review your kits regularly to ensure that their contents, especially foods and medicines, are fresh.

Items you should have in your kit include:

- **Food.** Keep at least three days of food in an airtight, waterproof container.
- **Water.** Store at least three days of water specifically for your pets in

addition to water you need for yourself and your family.

- **Medicines and medical records.** Keep an extra supply of medicines your pet takes on a regular basis in a waterproof container.
- **First aid kit.** Talk to your veterinarian about what is most appropriate for your pet's emergency medical needs. Most kits should include cotton bandage rolls, bandage tape and scissors; antibiotic ointment; flea and tick prevention; latex gloves, isopropyl alcohol and saline solution. Include a pet first aid reference book.
- **Collar with ID tag, harness or leash.** Your pet should wear a collar with its rabies tag and identification at all times. Include a backup leash, collar and ID tag in your pet's emergency supply kit. In addition, place copies of your pet's registration information, adoption papers, vaccination documents and medical records in a clean plastic bag or waterproof container and also add them to your kit. You should also consider talking with your veterinarian about permanent identification such as microchipping, and enrolling your pet in a recovery database.
- **Crate or other pet carrier.** If you need to evacuate in an emergency situation take your pets and animals with you provided that it is practical to do so. In many cases, your ability to do so will be aided by having a sturdy, safe, comfortable crate or carrier ready for transporting your pet. The carrier should be large enough for your pet to stand, turn around and lie down.
- **Sanitation.** Include pet litter and litter box if appropriate, newspapers, paper towels, plastic trash bags and household chlorine bleach to provide for your pet's sanitation needs. You can use bleach as a disinfectant (dilute nine parts water to one part bleach), or in an emergency you can also use it to purify water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented or color safe bleaches, or those with added cleaners.
- **A picture of you and your pet together.** If you become separated from your pet during an emergency, a picture of you and your pet together will help you document ownership and allow others to assist you in identifying your pet. Include detailed information about species, breed, age, sex, color and distinguishing characteristics.
- **Familiar items.** Put favorite toys, treats or bedding in your kit. Familiar items can help reduce stress for your pet.
- **Service Animals** are allowed in shelters. If you wish to bring a service animal with you into a shelter please go to the *Leonardtwn High School Emergency Shelter*. Do not forget to bring food for your animal as it will not be supplied.



HAZARDS IN ST. MARY'S COUNTY

Some of the things you can do to prepare for the unexpected, such as making an emergency supply kit and developing a family communications plan, are the same for both a natural or man-made emergency.



However, there are important differences among potential emergencies that will impact the decisions you make and the actions you take. Learn more about the potential emergencies that could happen where you live and the appropriate way to respond to them.

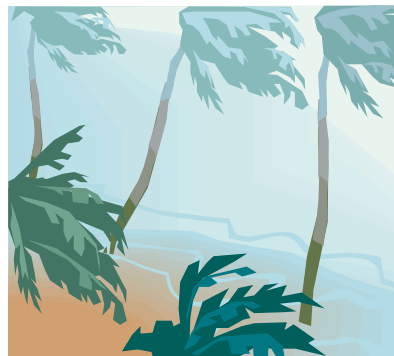
In addition, learn about the emergency plans that have been established in St Mary's County, at your place of work, schools, day care, etc.



Emergency preparedness is no longer the sole concern of earthquake prone Californians and those who live in the part of the country known as "Tornado Alley." For Americans, preparedness must now account for man-made disasters as well as natural ones. Knowing what to do during an emergency is an important part of being prepared and may make all the difference when seconds count.

Hazards that could affect St Mary's County include:

Biological Threats,
Chemical Threats,
Droughts,
Explosions,
Extreme Heat,
Fires and Wildfires,
Floods,
Hurricanes and Tropical Storms,
Influenza Pandemic,
Calvert Cliffs Nuclear Power Plant,
Thunderstorms,
Tornadoes; and
Winter Storms and Extreme Cold.



The following pages will describe the above listed threats and tell you how to *Be Aware and Be Prepared* to respond during emergency events.

BIOLOGICAL THREAT

A biological attack is the deliberate release of germs or other biological substances that 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, such as anthrax, do not cause contagious diseases. Others, like the smallpox virus, can result in diseases you can catch from other people.



If There is a Biological Threat

Unlike an explosion, a biological attack may or may not be immediately obvious. While it is possible that you will see signs of a biological attack, as was sometimes the case with the anthrax mailings, it is perhaps more likely that local health care workers will report a pattern of unusual illness or there will be a wave of sick people seeking emergency medical attention. You will probably learn of the danger through an emergency radio or TV broadcast. You might get a telephone call or emergency response workers may come to your door.

In the event of a biological attack, public health officials may not immediately be able to provide information on what you should do. It will take time to determine exactly what the illness is, how it should be treated, and who is in danger. However, you should watch TV, listen to the radio, or check the Internet for official news including the following:

- Are you in the group or area authorities consider in danger?
- What are the signs and symptoms of the disease?
- Are medications or vaccines being distributed?
- Where? Who should get them?

Where should you seek emergency medical care if you become sick?

During a declared biological emergency:

1. If a **family member becomes sick**, it is important to be **suspicious**.
2. **Do not assume**, however, that you should go to a hospital emergency room or that any illness is the **result of the biological attack**. Symptoms of

Biological Threat cont.

many common illnesses may overlap.

3. Use common sense, practice good hygiene and cleanliness to **avoid spreading germs**, and **seek medical advice**.
4. Consider if you are in the group or area authorities believe to be in danger.

If your symptoms match those described and you are in the group considered at risk, immediately seek emergency medical attention.

If you are potentially exposed:

1. Follow instructions of doctors and other public health officials.
2. If the disease is **contagious** expect to receive **medical evaluation and treatment**. You may be advised to stay away from others or even be deliberately **quarantined**.

For non-contagious diseases, expect to receive medical evaluation and treatment.

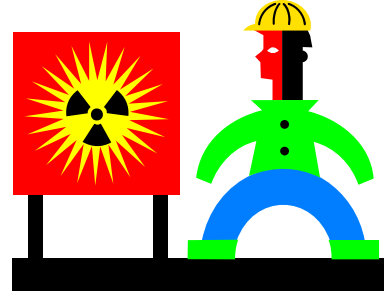
If you become aware of an unusual and suspicious substance nearby:

1. Quickly get away.
2. **Protect yourself. Cover your mouth and nose** with layers of fabric that can filter the air but still allow breathing. Examples include two to three layers of cotton such as a t-shirt, handkerchief or towel. Otherwise, several layers of tissue or paper towels may help.
3. **Wash** with soap and water.
4. **Contact authorities.**
5. Watch TV, listen to the radio, or check the Internet for **official news and information** including what the signs and symptoms of the disease are, if medications or vaccinations are being distributed and where you should seek medical attention if you become sick. *See page 6 for Emergency Information.*
6. **If you become sick seek emergency medical attention.**



CALVERT CLIFFS NUCLEAR POWER PLANT (CCNPP)

No matter how unlikely the chances of an emergency, nuclear power plants are required to have emergency plans to handle any incident. Constellation Energy has an emergency response plan for Calvert Cliffs Nuclear Power Plant. The plans are approved by local, state, and federal government agencies and are tested regularly in emergency drills. Because Calvert Cliffs is located within a 10 miles radius of St. Mary's County, emergency drills and procedures are included in the St. Mary's County Emergency Operations Plan.



Sirens and the Alert Notification System

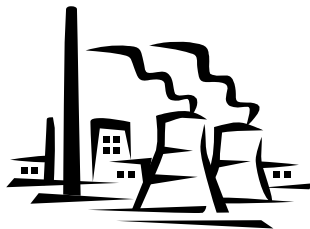
In an emergency, Constellation Energy would inform state and county officials at once. County officials would activate the siren alerting system within a 10-mile radius of the power plant.

What to do if you hear a siren

- Stay Calm. Don't panic.
- Check it out. The siren could be only a test, or it could be an accidental or faulty sounding.
- If you are not sure, assume it is real.
- Seek Emergency Information through Radio, TV, and/or webpages. *See page 6 for Emergency Information.*

Siren Testing

Calvert Cliffs Nuclear Power Plant conducts regular tests of emergency response sirens in St. Mary's County to ensure the sirens are functioning properly. The test sound lasts 30 seconds to one minute. A full three minute siren test is conducted annually on the first Monday in November at noon. The St. Mary's County Department of Public Safety conducts a take cover test, consisting of 12 short siren sounds, on the first Saturday of each month at noon.



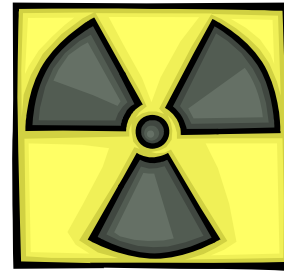
Radio Notification

Following an emergency siren alert, repeated messages broadcast on the Emergency Alert System (EAS) would tell you what to do. Also, police, fire departments and government agencies spread emergency instructions by the Emergency Reverse Notification System, mobile public address (PA) systems, bullhorns, and even knocking on doors.

CCNPP cont.

Emergency Classifications

If an emergency were to occur at a nuclear facility, it would be classified on one of four levels. This four-level emergency classification system has been established by the US Nuclear Regulatory Commission.



- **Unusual Event** - The least serious of the four levels. Because of strict federal laws, any event out of the ordinary is reported to federal, state, and local authorities. The event poses no danger to the public or to the plant employees. State and county emergency officials are notified in case the situation worsens. No response by county or state agencies or the public is necessary.
- **Alert** - This level of emergency would be declared if an actual or possible reduction of plant safety has occurred. State and county emergency officials would be notified and kept up to date. State emergency agencies would recommend public action. The purpose of the Alert classification is to ensure that additional emergency response personnel are ready to respond if necessary.
- **Site Emergency** - At this level, significant problems at the plant have worsened to the point that a radioactive release to the air or water is possible. During a Site Emergency, state and county Emergency Operations Centers would be staffed. Precautionary measures such as the closing of parks and schools might be required. The sirens would likely be sounded, alerting you to listen to the radio for instructions and further important information.
- **General Emergency** - The most serious of the four levels. This classification means numerous safety systems have failed. These conditions would likely lead to the release or threat of release of radiation. State and county emergency officials would direct protective actions for residents living near the plant. People in the affected areas would be instructed to take shelter indoors or to evacuate.

Taking Shelter

Sheltering is one protective action that county and state officials might order in a nuclear power plant emergency. *Refer to pages 8 and 9 for Emergency Shelters and In-Place Sheltering.*

Taking Potassium Iodine (KI)

Potassium Iodine, also known as KI, can be used as an additional protective measure in the event of a radiation emergency.

State and local officials will announce when the public should take KI in repeated emergency broadcast messages.



KI is a nonprescription medication that blocks the uptake of radioactive iodine by the thyroid gland. KI does not protect a person or the thyroid from direct exposure to radiation. Taking KI only saturates the thyroid with non-radioactive iodine.

For most individuals, KI is safe. However, adverse reactions are possible in persons having existing thyroid conditions and those with an allergy to iodine. Anyone considering the use of KI should consult with their healthcare provider. Follow the directions for storage and use included with the product.

KI has been pre-distributed to schools located within the 10-mile radius of the nuclear power plant. Parents/Guardians must provide consent forms before distribution to students. St. Mary's County residents living within 10 miles of Calvert Cliffs may obtain KI by contacting the St. Mary's County Health Department. *See pg 46 for contact numbers.*

Protecting Livestock and Crops

If an accident at a CCNPP resulted in a release of radioactive material, the St. Mary's County Department of Public Safety, Emergency Management Division, in coordination with the agriculture extension agent would provide information on how to protect livestock and crops.

To protect your livestock:

- Take care of milk-producing livestock first.
- Remove grazing animals from pasture and shelter them.
- Cover supplies of feed and water (i.e. cisterns), if possible.
- Use only stored feed when available.
- If you must evacuate, provide plenty of food and water for your animals. Make sure shelters are well ventilated during hot weather. Farmers would have the opportunity to return to their farms for livestock care under the supervision of county emergency workers.



To protect your crops:

- Unharvested crops are hard to protect. If time and weather conditions permit, normal harvesting and processing might still be possible. Do not attempt to harvest or process crops when protective actions, such as sheltering or evacuation, have been advised for you and your family.
- Cover harvested crops, if possible, or store inside.
 - Wash, scrub, peel, or shell fresh vegetables and fruits before eating.
 - Do not process or distribute agricultural products until they have been sampled by government officials and found to be free of contamination.



Frequently Asked Questions About

CCNPP cont.

Radiation

What is radiation?

Radiation is energy given off by atoms in the form of particles or waves. An operating nuclear power plant produces radiation that is basically no different from nature's radiation, which is with us through everyday life in the air we breathe, the food we eat, the water we drink, the ground we walk on, and even in our bodies.

How is radiation detected?

You can't see, hear, feel, taste, or smell radiation, but special meters can easily detect it. The radiation levels around nuclear power plants are continuously checked. In the event of an accident, the public would be told what to do to minimize exposure to radiation.



What's the risk from exposure to radiation?

The harm that can come from radiation depends on several things: the kind of rays and particles that strike you; the length of time you are exposed; the parts of your body exposed; and the amount of radioactive material that enters your body through eating or breathing.

For more information on nuclear energy:

<http://www.nrc.gov/>; www.calvertcliffs.com, or

write to:



The Nuclear Energy Institute
1776 I Street, NW
Washington, DC 20006-3708



CHEMICAL THREAT

A chemical attack is the deliberate release of a toxic gas, liquid or solid that can poison people and the environment.

Possible Signs of Chemical Threat



- Many people suffer from watery eyes, twitching, choking, have trouble breathing or lose coordination.
- Many sick or dead birds, fish or small animals are also cause for suspicion.

If You See Signs of Chemical Attack: Find Clean Air Quickly

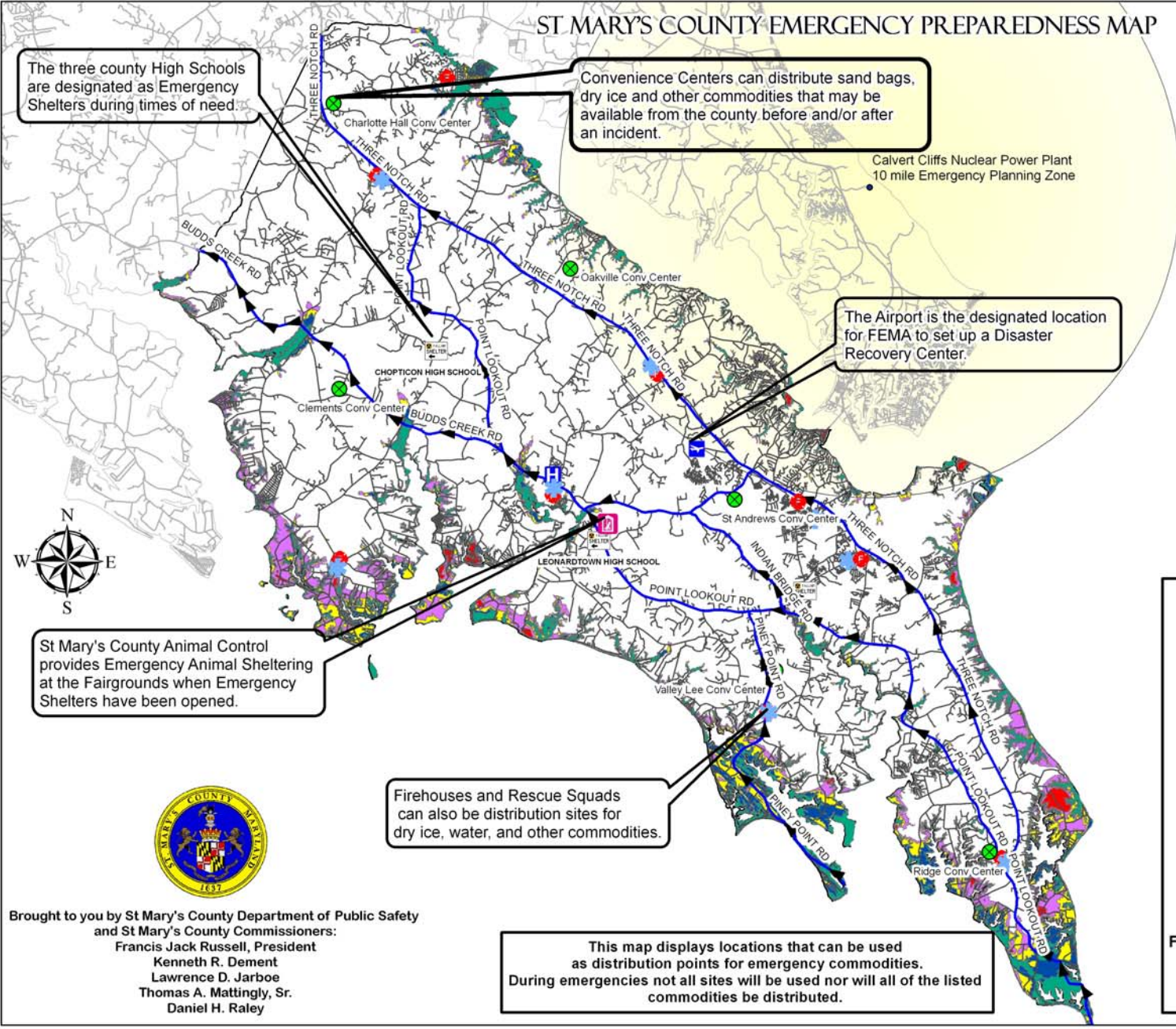
- Quickly try to **define the impacted area** or where the chemical is coming from, if possible.
- Take immediate action to **get away**.
- If the chemical is inside a building where you are, get out of the building without passing through the contaminated area, if possible.
- If you can't get out of the building or find clean air without passing through the area where you see signs of a chemical attack, it may be better to move as far away as possible and shelter-in-place.
- If you are outside, quickly decide what is the fastest way to find clean air. Consider if you can get out of the area or if you should go inside the closest building and "shelter-in-place."

If You Think You Have Been Exposed to a Chemical

If your eyes are watering, your skin is stinging, and you are having trouble breathing, you may have been exposed to a chemical.

- If you think you may have been **exposed to a chemical, strip immediately and wash.**
- Look for a hose, fountain, or any source of **water**, and wash with **soap** if possible, being sure not to scrub the chemical into your skin.
- Seek emergency **medical attention.**

ST MARY'S COUNTY EMERGENCY PREPAREDNESS MAP



Legend

- Airport
- Convenience Centers
- High School / Emergency Shelters
- Emergency Animal Shelter
- Fire Department
- Rescue Squad
- Hospital
- Roads
- Evacuation Routes

Storm Surge

Storm Category (level above high tide)

- Category 1 (4 - 5ft.)
- Category 2 (6 - 8ft.)
- Category 3 (9 - 12ft.)
- Category 4 (13 - 18ft.)
- Category 5 (18ft or greater)

For Emergency Information Listen to the following radio stations:

- WYRX 97.7 FM WKIK 102.9 FM
- WSMD 98.3 FM WTOP 103.5 FM
- WRAR 105.5 FM WPTX 1690 AM
- WGRQ 95.9 FM WGOP 540 AM
- WPRS 104.1 FM WKIK 1560 AM
- WNNT 100.9 FM

Check the county website:
www.co.saint-marys.md.us

Watch cable Channel 95

During county declared emergencies
Call the Emergency Information Hotline
at 301-475-4911.

For additional information about emergency
preparedness call The
Department of Public Safety at
301-475-4200 Option 6 then Option 3.



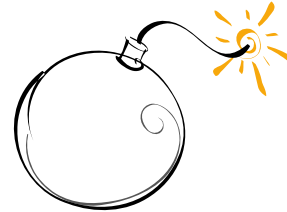
Brought to you by St Mary's County Department of Public Safety
and St Mary's County Commissioners:
Francis Jack Russell, President
Kenneth R. Dement
Lawrence D. Jarboe
Thomas A. Mattingly, Sr.
Daniel H. Raley

This map displays locations that can be used
as distribution points for emergency commodities.
During emergencies not all sites will be used nor will all of the listed
commodities be distributed.

EXPLOSIONS

If There is an Explosion

- Take shelter against your desk or a sturdy table.
- **Exit** the building ASAP.
- **Do not** use elevators.
- **Check** for fire and other hazards.
- **Take** your emergency supply kit if time allows.



If There is a Fire

- Exit the building ASAP.
- **Crawl** low if there is smoke
- Use a wet cloth, if possible, to **cover** your nose and mouth.
- Use the back of your hand to **feel** the upper, lower, and middle parts of closed doors.
- If the door **is not hot**, brace yourself against it and open slowly.
- If the door **is hot**, do not open it. Look for another way out.
- **Do not use** elevators
- If you catch fire, do not run. **Stop-drop-and-roll** to put out the fire.
- If you are at home, go to a previously designated **meeting place**.
- Account for your **family** members and carefully **supervise** small children.

Never go back into a burning building.

If You Are Trapped in Debris

- If possible, **use a flashlight** to signal your location to rescuers.
- **Avoid** unnecessary movement so that you don't kick up dust.
- **Cover your nose and mouth** with anything you have on hand. (Dense-weave cotton material can act as a good filter. Try to breathe through the material.)
- **Tap** on a **pipe or wall** so that rescuers can hear where you are.
- If possible, **use a whistle** to signal rescuers.
- Shout **only as** a last resort. **Shouting can cause a person to inhale dangerous amounts of dust.**

EXTREME HEAT

A heat wave is an extended period of extreme heat, and is often accompanied by high humidity. These conditions can be dangerous and even life-threatening for humans who don't take the proper precautions.

- Prepare for a heat wave by checking to see if your home's cooling system is working properly.
- Make sure your home is well insulated and that you have weather stripping around your doors and window sills to keep the cool air inside.
- Plan on being inside a cool building during the hottest time of the day.
- Avoid strenuous outdoor activities.
- Make sure you remain properly hydrated by drinking plenty of water and limiting intake of alcoholic beverages.
- Eat light, well-balanced meals.
- Dress in light, loose-fitting clothing.
- Never leave children or pets alone in a closed vehicle.
- Visit NOAA Watch (www.noaawatch.gov) for more weather-related information.

Stay informed about the types of medical conditions that can result from heat waves, and the proper First Aid measures that should be taken.



FIRES

Each year, more than 4,000 Americans die and more than 20,000 are injured in fires, many of which could be prevented. Direct property loss due to fires is estimated at \$10 billion annually.

To protect yourself, it is important to understand the basic characteristics of fire. Fire spreads quickly; there is no time to gather valuables or make a phone call. In just two minutes, a fire can become life-threatening. In five minutes, a residence can be engulfed in flames.



Heat and smoke from fire can be more dangerous than the flames. Inhaling the super-hot air can sear your lungs. Fire produces poisonous gases that make you disoriented and drowsy. Instead of being awakened by a fire, you may fall into a deeper sleep. Asphyxiation is the leading cause of fire deaths, exceeding burns by a three-to-one ratio.

Take Protective Measures

Before a Fire

Smoke Alarms

- Install smoke alarms. Properly working smoke alarms decrease your chances of dying in a fire by half.
- Place smoke alarms on every level of your residence. Place them outside bedrooms on the ceiling or high on the wall (4 to 12 inches from ceiling), at the top of open stairways, or at the bottom of enclosed stairs and near (but not in) the kitchen.
- Test and clean smoke alarms once a month and replace batteries at least once a year. Replace smoke alarms once every 10 years.

Planning Your Escape

- Review escape routes with your family. Practice escaping from each room.
- Make sure windows are not nailed or painted shut. Make sure security gratings on windows have a fire safety opening feature so they can be easily opened from the inside.

Fires cont.

- Consider escape ladders if your residence has more than one level, and ensure that burglar bars and other antitheft mechanisms that block outside window entry are easily opened from the inside.

Teach family members to stay low to the floor (where the air is safer in a fire) when escaping from a fire.

Preventing fire

Cooking



- Cooking is the leading cause of home fires in the U.S. It is also the leading cause of fire injuries.
- Deaths due to fires caused by cooking are particularly preventable.
- Never leave cooking unattended. A serious fire can start in just seconds.
- Always wear short, tight-fitting sleeves when cooking.
- Keep towels, pot holders and curtains away from flames and heating elements.
- Clean cooking surfaces regularly to prevent grease buildup which can ignite.
- If a fire breaks out while cooking, put a lid on the pan to smother it. Never throw water on a grease fire.
- Heat oil gradually to avoid burns from spattering grease. Use extra caution when preparing deep-fried foods.
- Never use the range or oven to heat your home.
- Double-check the kitchen before you go to bed or leave the house. Make sure all small appliances are turned off.



Flammable Items

- Never use gasoline, benzine, naphtha, or similar flammable liquids indoors.
- Store flammable liquids in approved containers in well-ventilated storage areas.
- Never smoke near flammable liquids.
- Discard all rags or materials that have been soaked in flammable liquids after you have used them. Safely discard them outdoors in a metal container.
- Insulate chimneys and place spark arresters on top. The chimney should be at least three feet higher than the roof. Remove branches hanging above and around the chimney.

Heating Sources

- Be careful when using alternative heating sources.
- Check with your local fire department on the legality of using kerosene heaters in your community. Be sure to fill kerosene heaters outside, and be sure they have cooled.
- Place heaters at least three feet away from flammable materials. Make sure the floor and nearby walls are properly insulated.
- Use only the type of fuel designated for your unit and follow manufacturer's instructions.
- Store ashes in a metal container outside and away from your residence.
- Keep open flames away from walls, furniture, drapery, and flammable items.
- Keep a screen in front of the fireplace.
- Have heating units inspected and cleaned annually by a certified specialist.

Matches and Smoking

- Keep matches and lighters up high, away from children, and, if possible, in a locked cabinet.
- Never smoke in bed or when drowsy or medicated. Provide smokers with deep, sturdy ashtrays. Douse cigarette and cigar butts with water before disposal.



Electrical Wiring

- Have the electrical wiring in your residence checked by an electrician.
- Inspect extension cords for frayed or exposed wires or loose plugs.
- Make sure outlets have cover plates and no exposed wiring.
- Make sure wiring does not run under rugs, over nails, or across high-traffic areas.
- Do not overload extension cords or outlets. If you need to plug in two or three appliances, get a UL-approved unit with built-in circuit breakers to prevent sparks and short circuits.
- Make sure insulation does not touch bare electrical wiring.

To escape a fire, you should:

Fires cont.

- Check closed doors for heat before you open them. If you are escaping through a closed door, use the back of your hand to feel the top of the door, the doorknob, and the crack between the door and door frame before you open it. Never use the palm of your hand or fingers to test for heat - burning those areas could impair your ability to escape a fire (i.e., ladders and crawling).
- **Hot Door**- Do not open. Escape through a window. If you cannot escape, hang a white or light-colored sheet outside the window, alerting fire fighters to your presence.
- **Cool Door**- Open slowly and ensure fire and/or smoke is not blocking your escape route. If your escape route is blocked, shut the door immediately and use an alternate escape route, such as a window. If clear, leave immediately through the door and close it behind you. Be prepared to crawl. Smoke and heat rise. The air is clearer and cooler near the floor.
- Crawl low under any smoke to your exit - heavy smoke and poisonous gases collect first along the ceiling.
- Close doors behind you as you escape to delay the spread of the fire.
- Stay out once you are safely out. Do not reenter. Call 9-1-1.

For more information about fire safety contact your local fire department. They can provide more helpful prevention information and tips. (*See pg 32-33*)



FIRE AND RESCUE VOLUNTEER SERVICES

Leonardtwn Volunteer Fire Department (Company 1)

22733 Lawrence Avenue

P.O. Box 50

Leonardtwn, Maryland 20650 (301) 475-8996 www.lvfd1.com

Mechanicsville Volunteer Fire Department (Company 2)

28165 Hills Club Road

P.O. Box 37

Mechanicsville, Maryland 20659 (301) 884-9818 www.mvfd.com

Mechanicsville Volunteer Fire Department (Station 22) Golden Beach

29848 Theresa Circle

Mechanicsville, Maryland 20659 (301) 290-0930

Bay District Volunteer Fire Department (Company 9)

45744 Fire Department Lane

P.O. Box 1440

California, Maryland 20619 (301) 863-8790 www.bdvfd.org

Bay District Volunteer Fire Department (Company 3)

46900 South Shangri-La Drive

Lexington Park, Maryland 20650 (301) 737-0654

Ridge Volunteer Fire Department (Company 4)

13820 Point Lookout Road

P.O. Box 520

Ridge, Maryland 20680 (301) 872-5571 www.ridgevfd.org

Seventh District Volunteer Fire Department (Company 5)

21660 Colton's Point Road

P.O. Box 206

Avenue, Maryland 20609 (301) 769-3600 www.sdvfd5.com

Second District Vol Fire Dept & Rescue Squad (Company 6)

45245 Drayden Road

P. O. Box 1

Valley Lee, Maryland 20692 (301) 994-0751 www.sdvfdrs.org

Hollywood Volunteer Fire Department (Company 7)

24801 Three Notch Road

P.O. Box 7

Hollywood, Maryland 20636 (301) 373-2900 www.hvfd7.com

**Do not call the fire department if you have an emergency
Call 9-1-1**

Fire and Rescue cont.

St. Mary's Ambulance & Rescue Assn.

P.O. Box 653
Leonardtown, MD 20650

Leonardtown Volunteer Rescue Squad (Company 19)

22855 Lawrence Avenue
P.O. Box 299
Leonardtown, MD 20650-0299 (301) 475-8509 www.lvrs.org

Mechanicsville Volunteer Rescue Squad (Company 29)

28120 Old Flora Corner Rd
P.O. Box 15
Mechanicsville, Md. 20659-0015 (301) 884-2900 www.co29.org

Lexington Park Volunteer Rescue Squad (Company 39)

21633 Great Mills Rd
P.O. Box 339
Lexington Park, MD 20653-0339 (301) 862-3331 www.lpvrs.org

Lexington Park Volunteer Rescue Squad (Station 38)

45945 Buck Hewitt Rd.
P.O. Box 339
Lexington Park, MD 20653-0339 (301) 863-9118

Ridge Volunteer Rescue Squad (Company 49)

16515 Three Notch Rd
P.O. Box 456
Ridge, Maryland 20680-0456 (301) 872-5970 www.rvrs.org

Seventh District Volunteer Rescue Squad (Company 59)

21530 Colton's Point Rd
P.O. Box 7
Avenue, MD 20609-0007 (301) 769-2287
<http://departments.firehouse.com/dept/AvenueMD>

Hollywood Volunteer Rescue Squad (Company 79)

43256 Rescue Lane
P.O. Box 79
Hollywood, Maryland 20636-0079 (301) 373-3131 www.hvrs.org

Advanced Life Support Unit

41550 Doctor's Crossing Way
P. O. Box 653
Leonardtown, MD 20650-0709 (301) 475-3474 www.smcals.org

**Do not call the rescue squad if you have an emergency
Call 9-1-1**

FLOODS

Flooding is the nation's most common natural disaster. Flooding can happen in every U.S. state and territory. However, all floods are not alike. Some can develop slowly during an extended period of rain, or in a warming trend following a heavy snow. Others, such as flash floods, can occur quickly, even without any visible signs of rain. Be prepared for flooding no matter where you live, but particularly if you are in a low-lying area, near water or downstream from a dam. Even a very small stream or dry creek bed can overflow and create flooding.

Prepare for Flooding

- Elevate the furnace, water heater, and electric panel in your home if you live in an area that has a high flood risk.
- 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.
- Property insurance does not typically cover flood damage. Talk to your insurance provider about your policy and consider if you need additional coverage.
- Get a kit of emergency supplies and prepare a portable kit in case you have to evacuate.
- Familiarize yourself with the terms that are used to identify a thunderstorm hazard, including understanding the difference between a severe thunderstorm watch and a severe thunderstorm warning.
- A **flood watch** or **flash flood watch** means there is a possibility of flooding or a flash flood in your area.
- Be prepared to evacuate.
- If time allows, bring in outside furniture and move your valuables to higher places in your home.
- Unplug electrical appliances, moving them to higher levels, if possible. However, do not touch an electric appliance if you are wet or standing in water.
- If you have a car, fill the gas tank in case you have to evacuate.
- A **flood warning** means a flood is occurring or will likely occur soon. If you are advised to evacuate do so immediately.
- A **flash flood warning** means a flash flood is occurring. Seek higher



Floods cont.

ground immediately; do not wait for instructions.



Plan to Evacuate

- Plan how you will leave and where you will go if you are advised to evacuate.
- If you do not have a car, plan alternate means of evacuating.
- Plan places where your family will meet, both within and outside of your immediate neighborhood.
- Identify several places you could go in an emergency, a friend's home in another town, a motel or public shelter.
- If you have a car, keep a half tank of gas in it at all times in case you need to evacuate.
- Become familiar with alternate routes and other means of transportation out of your area.
- Take your emergency supply kit.
- Lock the door behind you.
- Listen to NOAA Weather Radio for information. NOAA Radio can be purchased at any major department store or electronic store.
- Take your pets with you, the Emergency Pet Shelter is at the St Mary's County Fairgrounds. Service animals are allowed at the Leonardtown High School Emergency Shelter. *See pages 14 and 15 for Pet Preparedness.*

If time allows:

- Call or email the "out-of-state" contact in your family communications plan.
- Tell them where you are going.
- Leave a note on your door telling others when you left and where you are going.
- Check with neighbors who may need a ride.
- **Do not walk through moving water**, if possible. Look for areas where the water is not moving. What might seem like a small amount of moving water can easily knock you down.
- **Do not drive into flooded areas.** If your vehicle becomes surrounded by rising water, get out quickly and move to higher ground, if possible. **Water only 12 inches deep can displace 1500 lbs!**

Emergency Tip

If you have a well and are in a flood prone area it may be helpful to install a back flow valve. This will ensure that your well will not be contaminated by flood waters.

HURRICANES AND TROPICAL STORMS

Hurricanes are severe tropical storms that form in the southern Atlantic Ocean, Caribbean Sea, Gulf of Mexico, and in the eastern Pacific Ocean. Scientists can now predict hurricanes, but people who live in coastal communities should plan what they will do if they are told to evacuate.



Prepare for Hurricanes

- Get a kit of emergency supplies and prepare a portable kit in case you have to evacuate.
- Familiarize yourself with the terms that are used to identify a hurricane.
- A **hurricane watch** means a hurricane is possible in your area. Be prepared to evacuate. Monitor local radio and television news outlets or listen to NOAA Weather Radio for the latest developments.
- A **hurricane warning** is when a hurricane is expected in your area. If the county issues an evacuation order, leave immediately! The life you save may not only be your own but the lives of rescue workers trying to assist you!
- Prepare to secure your property.
- Cover all of your home's windows with pre-cut plywood or hurricane shutters to protect your windows from high winds.
- Plan to bring in all outdoor furniture, decorations, garbage cans and anything else that is not tied down. These items could become missiles!
- Keep all trees and shrubs well trimmed.
- **If you have a car, fill the gas tank in case you have to evacuate.**

Plan to Evacuate

- Plan how you will leave and where you will go if you are advised to evacuate.
- If you do not have a car, plan alternate means of evacuating.
- Plan places where your family will meet, both within and outside of your immediate neighborhood.
- Identify several places you could go in an emergency, a friend's home in another town, a motel or public shelter.
- If you have a car, keep a half tank of gas in it at all times in case you need to evacuate.
- Become familiar with alternate routes and other means of transportation out of your area.

- Take your emergency supply kit.
- Lock the door behind you.
- Take your pets with you, the Emergency Pet Shelter is at the St Mary's County Fairgrounds. Service animals are allowed at the Leonardtown High School Emergency Shelter. *See pages 14 and 15 for Pet Preparedness.*

If time allows:

- Call or email the "out-of-state" contact in your family communications plan.
- Tell them where you are going.
- Leave a note telling others when you left and where you are going.
- Check with neighbors who may need a ride.

If you are not able to evacuate, stay indoors away from all windows. Take shelter in an interior room with no windows if possible. Be aware that there may be a sudden lull in the storm as the eye of the hurricane moves over. Stay in your shelter until local authorities say it is safe.

Stay informed

- Listen to NOAA Weather Radio, watch TV, listen to the radio or check the Internet often for official news and instructions as they become available. *See page 6 for Emergency Information.*
- Stay out of flood waters, if possible. The water may be contaminated or electrically charged. However, should you find yourself trapped in your vehicle in rising water get out immediately and seek higher ground.
- Be alert for tornadoes and flooding. If you see a funnel cloud or if the National Weather Service (NWS) issues a tornado warning take shelter underground, if possible or in an interior room away from windows. If waters are rising quickly or NWS issues a flood or flash flood warning, seek higher ground.
- Stay away from downed power lines to avoid the risk of electric shock or electrocution.
- Do not return to your home until county officials say it is safe. Even after the hurricane and after flood waters recede, roads may be weakened and could collapse. Buildings may be unstable, and drinking water may be contaminated. Use common sense and exercise caution.

Hurricane Categories on the Saffir-Simpson Scale

Category	Wind Speed MPH	Storm Surge feet
1	74-95	4-5
2	96-110	6-8
3	111-130	9-12
4	131-155	13-18
5	155 +	18+

Storm Surge: An abnormal rise in the lower level of the sea, produced by a hurricane or tropical storm.

Storm Tide: The actual sea level resulting from astronomical tide plus storm surge.

Tropical Depression: A tropical low pressure system in which the maximum sustained wind is 38 mph or less.

Tropical Storm: A tropical low-pressure system in which the maximum sustained surface wind ranges from 39-73 mph.

INFLUENZA PANDEMIC

A pandemic is a global disease outbreak. An influenza pandemic occurs when a new influenza A virus emerges for which there is little or no immunity in the human population and the virus begins to cause serious illness and then spreads easily person-to-person worldwide. The federal government, states, communities and industry are taking steps to prepare for and respond to an influenza pandemic.



If a pandemic occurs, it is likely to be a prolonged and widespread outbreak that could require temporary changes in many areas of society, such as schools, work, transportation and other public services. An informed and prepared public can take appropriate actions to decrease the risk during a pandemic. To be prepared for such an emergency, the U.S Department of Health and Human Services encourages individuals, businesses and communities to:

- Talk with St Mary's County Health Department and local health care providers, who can supply information about the signs and symptoms of a specific disease outbreak and recommend prevention and control actions.
- Adopt business/school practices that encourage sick employees/students to stay home and anticipate how to function with a significant portion of the workforce/school population absent due to illness or caring for ill family members.
- Practice good health habits, including eating a balanced diet, exercising daily, and getting sufficient rest. In addition, take common-sense steps to stop the spread of germs including frequent hand washing, covering coughs and sneezes and staying away from others as much as possible when you are sick.
- Stay informed about pandemic influenza and be prepared to respond. Consult www.pandemicflu.gov frequently for updates on national and international information on pandemic influenza.
- Visit www.smchd.org for more information.

THUNDERSTORMS AND LIGHTNING

In the United States lightning kills 300 people and injures 80 on average, each year. All thunderstorms produce lightning and all have the potential for danger. Those dangers can include tornadoes, strong winds, hail, wildfires and flash flooding, which is responsible for more fatalities than any other thunderstorm-related hazard. Most lightning deaths and injuries occur when people are caught outdoors in the summer months during the afternoon and evening.

Preparing for a Thunderstorm and Lightning

- Familiarize yourself with the terms that are used to identify a thunderstorm hazard, including understanding the difference between a severe thunderstorm watch and a severe thunderstorm warning.
- A *thunderstorm watch* means there is a possibility of a thunderstorm in your area.
- A *thunderstorm warning* means a thunderstorm is occurring or will likely occur soon. If you are advised to take shelter do so immediately.
- Remove dead or rotting trees and branches that could fall and cause injury or damage during a severe thunderstorm.
- Use the 30/30 lightning safety rule. If you see lightning and you cannot count to 30 before hearing thunder, go indoors. Then stay indoors for 30 minutes after hearing the last clap of thunder.

Have a Thunderstorm Plan

- If a thunderstorm is likely in your area, postpone outdoor activities.
- Secure outdoor objects that could blow away or cause damage.
- Shutter windows and secure outside doors. If shutters or plywood are not available, close window blinds, shades, or curtains.
- Avoid showering or bathing during a thunderstorm. Plumbing and bathroom fixtures can conduct electricity.
- Listen to NOAA Weather Radio for information.
- Go quickly inside a home, building, or hard top automobile, if possible.
- If shelter is not available go to the lowest area nearby and make yourself the smallest target possible but do not lie flat on the ground.
- If on open water, get to land and shelter immediately.
- Avoid tall, isolated trees in an open area.
- Avoid hilltops, open fields, the beach, a boat on the water, isolated sheds or other small structures in open areas.
- Avoid anything metal—tractors, farm equipment, motorcycles, golf carts, golf clubs, and bicycles.

TORNADOES

Prepare for a Tornado

- Familiarize yourself with the terms that are used to identify a tornado hazard.
- A **tornado watch** means a tornado is possible in your area. You should monitor NOAA Weather Radio local radio and television news outlets for the latest developments.
- A **tornado warning** is when a tornado is actually occurring, take shelter immediately.
- Determine in advance where you will take shelter in case of a tornado warning.
- Storm cellars or basements provide the best protection.
- If underground shelter is not available, go into an interior room or hallway on the lowest floor possible.
- In a high-rise building, go to a small interior room or hallway on the lowest floor possible.
- Stay away from windows, doors and outside walls. Go to the center of the room. Stay away from corners because they attract debris.
- A vehicle, trailer or mobile home does not provide good protection. Plan to go quickly to a building with a strong foundation, if possible.
- If shelter is not available, lie flat in a ditch or other low-lying area. Do not get under an overpass or bridge. You are safer in a low, flat location.
- Plan to stay in the shelter location until the danger has passed.
- Get a kit of emergency supplies. Store it in your shelter location.

Visit NOAA Watch for more weather-related information.

<http://www.noaawatch.gov/>



Fujita-Pearson Tornado Scale

Scale	Wind Speed
F-0	40-72
F-1	73-112
F-2	113-157
F-3	158-206
F-4	207-260
F-5	261-318

Plan to Take Shelter

- If local authorities issue a tornado warning or if you see a funnel cloud. **Take shelter immediately.**
- Listen to NOAA Weather Radio, watch TV, listen to the radio or check the Internet often for official news and instructions as they become available. *See page 6 for Emergency Information.*
- Stay in the shelter location until the danger has passed.

WINTER STORMS AND EXTREME COLD

While the danger from winter weather varies across the country, nearly all Americans, regardless of where they live, are likely to face some type of severe winter weather at some point in their lives. That could mean snow or subfreezing temperatures, as well as strong winds or even ice or heavy rain storms. One of the primary concerns is the winter weather's ability to knock out heat, power and communications services to your home or office, sometimes for days at a time.

Prepare for Winter Weather



- Make sure your home is well insulated and that you have weather stripping around your doors and window sills to keep the warm air inside.
- Familiarize yourself with the terms that are used to identify winter weather.
- **Freezing Rain** creates a coating of ice on roads and walkways.
- **Sleet** is rain that turns to ice pellets before reaching the ground. Sleet also causes roads to freeze and become slippery.
- **Winter Weather Advisory** means cold, ice and snow are expected.
- **Winter Storm Watch** means severe weather such as heavy snow or ice is possible in the next day or two.
- **Winter Storm Warning** means severe winter conditions have begun or will begin very soon.
- **Blizzard Warning** means heavy snow and strong winds will produce a blinding snow, near zero visibility, deep drifts and life-threatening wind chill.
- **Frost/Freeze Warning** means below freezing temperatures are expected.
- Thoroughly check and update your family's emergency supply kit before winter approaches.
- Include adequate clothing and blankets to keep you warm.
- If you have a car, fill the gas tank in case you have to leave.
- Visit NOAA Watch (<http://www.noaawatch.gov/>) for more weather-related information.

LOCAL EMERGENCY PLANNING COMMITTEE (LEPC)

In response to the requirements of the law and the needs of the community, the Local Emergency Planning Committee has worked to:

- Develop and keep current a comprehensive chemical emergency response plan for St. Mary's County. This plan identifies chemical hazards in the community and outlines procedures for response to accidental releases.
- Set up procedures to warn and, if necessary, evacuate the public in the event of an emergency.
- Collect and maintain hazardous chemical inventory reports from facilities subject to the Emergency Planning Community Right -to-Know Act.
- Receive information about accidental releases of hazardous chemicals and ensure that emergency response plans are followed by the responsible party when responding to such releases.
- Provide citizens and local government with information about hazardous chemicals and accidental releases of chemical in their communities.

In October 1986 the Superfund Amendments and Reauthorization Act (SARA) was signed into law. The act was to allow citizens and emergency responders with the Right to Know which chemicals exist within their communities. It mandated planning for chemical emergencies and established a chain of command to assure that the requirements were met.

LEPC includes fire departments, transportation industries, emergency planners, police, municipal government, county government, business, citizens, media, health care providers, federal government, and public information coordinator.

The Right to Know Act

Allows people within the community to review the businesses that have

chemicals within the county. The community member may set up an appointment to review the SARA Tier III records. If a business is not required to submit the information on a yearly basis, the community member can request that a business submit a special Tier II report.

LEPC's are responsible for making and having a plan for response to chemical emergencies. All plans must be reviewed and updated yearly by the LEPC and State Emergency Response Commission (SERC).

Who has to do Tier II Reporting?

Every facility that maintains over 10,000 pounds of a hazardous substance on site at any one time must file a Tier II Report Yearly. Tier II reports include name, amount stored, health risks, storage location and other information about storage of chemical(s). The reports are then sent to the SERC, LEPC and local Fire Departments. These reports are due by March 1 of every year.

Facilities are also responsible for reporting any release of a chemical within 2 hours of the incident. They must report this to the Maryland Department of Environment. At federal levels, reportable releases are if release enters a waterway, or when the reportable quantity is reached.

Farmer's Responsibility under SARA Title III

Farm facilities are not required to develop emergency response plans for their facilities under the current requirements of SARA Title III. However, they may be required by their insurance company or other OSHA regulations. Sara Title III, Section 304, covers emergency notification requirements when there is a release into the environment of any Hazardous or Extremely Hazardous Substance over the designated Reportable Quantity (RQ). If there is any danger of off site exposure YOU MUST REPORT THE INCIDENT.



HAZARDOUS MATERIALS

What are hazardous materials?

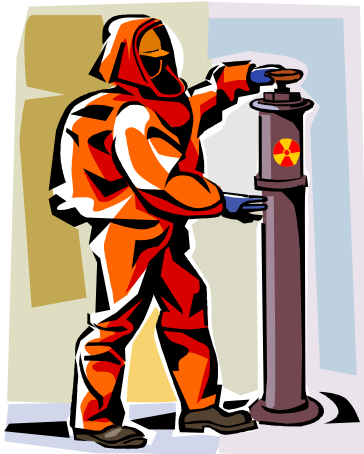
A hazardous material, by law, is “any product that corrodes other materials, explodes, or is easily ignited, reacts strongly with water, is unstable when exposed to heat or shock, or is otherwise toxic to humans, animals, or the environment.” Hazardous materials can include: explosives, flammable gases and liquids, poisons and 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 stored at fixed sites across the state. Hazardous materials pose a risk to life, health, and property if they are released. Service stations, chemical plants, farms, wastewater treatment plants, and hospitals are just some of the facilities that routinely store radioactive, flammable materials, and other hazardous substances.

If you are outside during a hazardous material incident, go indoors immediately. If you are in your car, turn off the heating and air conditioning systems. Roll up all windows. Evacuate immediately if you are told to do so. If you are asked to take shelter, follow the instructions under *In-place Sheltering on page 9*. After a hazardous material incident, don't go home until officials say it is safe. After returning home, open windows, vents, and fans to ventilate the house. If you or anything in your home has been exposed to hazardous materials, notify authorities and seek medical attention immediately. Follow guidance of the St.

Mary's County Health Department or Maryland Department of Agriculture for livestock and crops. See contact information on page 46.

To report a Hazardous Material Incident that poses a threat to health and safety, **call 9-1-1**. To report any other type of Hazardous Material Incident such as illegal hazardous material dumping call 301-475-8016 or call the Maryland Department of the Environment Emergency Response Division at **1-866-633-4686 (24 hour number)**.



PUBLIC SAFETY VOLUNTEERS

RACES

The Radio Amateur Civil Emergency Service (RACES) is a public service provided by a reserve (volunteer) group of Amateur Radio (Ham Radio) Operators that is administered by local, county and state emergency management agencies, and supported by the Federal Emergency Management Agency (FEMA).



RACES operators perform duties during all activations of the Emergency Operations Center and are credentialed to respond as a part of the Emergency Operations Plan. These communication operators provide or supplement communications during activations for Fire, Police, Rescue, County resources and Emergency Management when normal communication systems have sustained damage. Activation of RACES operators may be used for a wide variety of situations including tropical storms, hurricanes, tornadoes, technological and nuclear disasters.

If you are interested in becoming a part of this team and can donate one or two hours a month for training please contact Ray Brown at 301 481-8056 or kb3fww@arrl.net

CERT



CERT is a training program that prepares you to help yourself, your family, and your neighbors in the event of a disaster. During an incident, emergency services personnel may not be able to reach everyone right away. By getting trained in CERT, you will have the skills to help emergency responders save lives and protect property.

As a CERT member you can respond to disasters, participate in drills and exercises, and take additional training. CERT teams are known and trusted resources that support emergency responders and their communities.

Under the direction of local emergency responders, CERT Teams help provide critical support by giving immediate assistance to victims, providing damage assessment information, and organizing other volunteers at a disaster site. Volunteers trained in CERT also offer a potential workforce for performing duties such as shelter support, crowd control, and evacuations. The role of a CERT volunteer is to help themselves and to help others until trained emergency personnel arrive.

In addition to supporting emergency responders during a disaster, the CERT program builds strong working relationships between emergency responders and the people they serve. CERT teams also help the community year-round by helping with community emergency plans, neighborhood exercise, preparedness outreach, fire safety education, and workplace safety.

If you would be interested in joining a CERT Team please contact Stanley Williams, St Mary's County Emergency Services Coordinator at 301-475-4200 x2113 or Stanley.williams@co.saint-marys.md.us.

IMPORTANT PHONE NUMBERS

For Emergency Information Call 301 475 4911
Only activated during a County declared emergency
IN AN EMERGENCY, CALL 9-1-1

St Mary's County Government
301-475-4200

METCOM
301-373-4733

St. Mary's County Fire/EMS
301-475-8016

SMECO
301-475-5631

St. Mary's County Sheriff's Office
301-475-8008

Washington Gas
1-800-752-7520

Maryland State Police
301-475-8955

Poison Control Center
1-800-222-1222 or
1-800-492-2414

St. Mary's County Animal Control
301-475-4200 Ext. 2115

St. Mary's County Public Schools
301-475-5511

Maryland Relay Service
7-1-1 or **1-800-201-7165**

Social Services
240-895-7000

Walden Sierra, Inc (24 hour crisis
hotline)
301-863-6661

American Red Cross, Southern
Maryland
301-934-2066 or
1-888-276-2767

Department of Aging
301-475-4200 Ext. 1050

Health Department
301-475-4330

Department of Agriculture
301-475-8431

Verizon
301-954-6260 or
1-800-275-2355

Patuxent River Naval Air Station
On-base Emergencies
301-342-3911

Maryland Department of the
Environment
1-866-633-4686

On-base Non-Emergencies
301-342-3208 or
301-342-3218

St. Mary's County Dept of Public
Works and Transportation
301-863-8400

Fleet and Family Support
301-342-4911

Maryland State Highway
Administration
301-475-8035

Pax River NAS Emergency
Management
301-342-4256 or
301-342-6288

OTHER INFORMATION SOURCES

St Mary's County Dept of Public Safety

<http://www.co.saint-marys.md.us/emergencycomm/index.asp>

St Mary's County Public Schools

<http://www.smcps.org>

St Mary's County Health Department

<http://www.smchd.org>

Maryland Emergency Management Agency

<http://www.mema.state.md.us/MEMA/index.jsp>

Federal Emergency Management Agency

<http://www.fema.gov>

<http://www.ready.gov>

Center for Disease Control—Emergency Preparedness and Response

<http://www.bt.cdc.gov>

Maryland Department of Health and Mental Hygiene

<http://www.dhmh.state.md.us>

American Red Cross

<http://www.redcross.org>

Maryland Department of the Environment

<http://www.mde.state.md.us>

National Weather Service—Baltimore/Washington Forecast Area

<http://www.erh.noaa.gov/lwx/>

Maryland Department of Disabilities—Emergency Preparedness Division

<http://www.mdod.maryland.gov/resources.aspx?id=532>

Disability Preparedness Center

<http://www.disabilitypreparedness.org>

Southern Maryland Electric Cooperative

<http://www.smeco.coop>

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**Equal Opportunity County
Say No To Drugs**

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