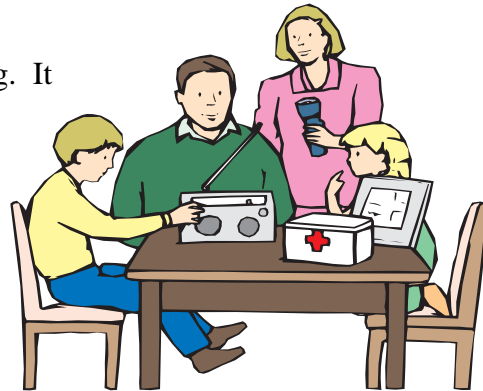


Are You Prepared for an Emergency?

Have a Plan

Emergency events can occur quickly and without warning. It is best to have a plan in place ahead of time. Planning for any emergency requires considering all likely scenarios that could result when things that you rely on daily - like electricity, water, heat, air conditioning, telephone service and transportation - are disrupted or lost for a considerable amount of time. Consequently, you should plan on having food, water, and other essentials to get you through the emergency.



Pack a Kit

Pack an emergency preparedness kit and store it in an easy-to-carry container in a convenient place. Put a smaller version in your car.

Plan for Your Pets

Emergency planning should include all members of your family, including pets. A disaster kit for your pets should include:

- ◆ pet carriers
- ◆ ID photos
- ◆ vaccination records
- ◆ food
- ◆ water
- ◆ bowls
- ◆ blankets
- ◆ waste disposal supplies



With the exception of service animals, most shelters do not accept pets, so prepare a list of kennels, friends and family members who may be able to care for your pet in an emergency. If your family must relocate to a shelter and there is no

place for your pet to go, confine your pet to a specific room in the house and provide plenty of food and water to sustain the animal while you are away.



Emergency Preparedness Kit Pack for 3-5 Days

- ◆ water (enough for one gallon per person per day)
- ◆ non-perishable food and a can opener
- ◆ first-aid supplies and medications
- ◆ clothing (include sturdy shoes and warm, waterproof garments) and bedding
- ◆ tools and emergency supplies (batteries, flashlight, battery-powered radio, duct tape, cash, waterproof matches)
- ◆ hygiene and toiletry items
- ◆ specialty items (baby items, emergency contact numbers, important documents)



Remember to change the stored water and rotate the food supplies every six months. Consult your physician or pharmacist about storing prescription medications, and maintain a list of your prescription needs.

Stay Informed

Getting information during an emergency situation is vital, especially at the height of the event when evacuation may be required, shelters may be opened, or schools may close. Radio and television stations provide the quickest means to obtain information. Have a battery-powered radio tuned to a local all-news or talk radio station.

Know These Numbers

Emergency: 911
Non-emergency: 703-691-2131
Anthrax Hotline: 703-246-3796
Public Information: 703-324-3185
(8 a.m. - 4:30 p.m., Mon. - Fri.)
Your local utility companies
Your children's school hotlines
Your family physicians



Prepare for Power Loss

In the event of a power loss, call your local power company. If you go outside to assess the situation, beware of downed power lines that could still be energized. Do not go near them or touch anything with which they may be in contact. Report downed power lines immediately.

Turn off all major appliances to avoid an overload when power is restored.

Keep food cold. Food can be kept cold for a day or two if the refrigerator doors are kept closed. If temperatures are below freezing, freeze water outside in containers and then place them inside your refrigerator.

Use flashlights or battery-operated lanterns to illuminate the home. Candles and kerosene lan-

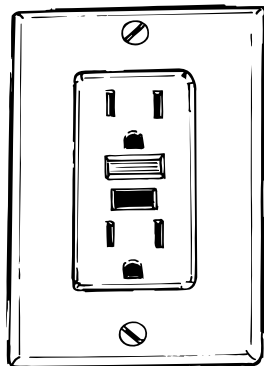
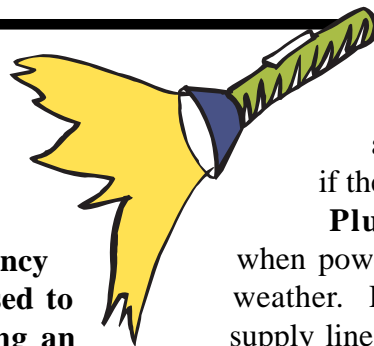
terns are not recommended for lighting because of the inherent fire safety hazards.

Portable emergency generators can be used to provide power during an outage.

Place them outside and use appropriate extension cords. Never fuel or run a portable generator in the home or garage, as gas-powered generators pose a serious fire and carbon monoxide threat. Make sure to

follow the manufacturer's guidelines.

Use alternate sources of water until power is restored. Water systems with electric pumps will not operate when the power is out.



Gas appliances may not work if the electricity is off.

Plumbing can freeze when power is lost during cold weather. Drain appliances and supply lines, and turn off supply lines to outside spigots.

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

Life support equipment should be listed with the power company, with your doctor's approval. You should have a contingency plan that includes an alternate power source and relocation of the person who needs the equipment.

Preparation for Chemical/Biological Emergencies

A major chemical or biological emergency can happen when hazardous amounts of toxins are released into the environment. You can be exposed to chemical and biological toxins in three ways:

- ◆ Inhaling them
- ◆ Swallowing contaminated food, water, or medication
- ◆ Touching or coming into contact with contaminated items

Many times you cannot see or smell anything unusual. In the event of an emergency, you will be notified by the authorities. You

may be told to evacuate, to shelter-in-place (stay indoors), or to go to a medical facility.

If you are told to shelter-in-place, take your children and pets indoors immediately. While gathering your family, you can provide a minimal amount of protection to your breathing by covering your mouth and nose with a damp cloth. You should also:

- ◆ Close all windows
- ◆ Turn off all fans, heating, and air conditioning systems
- ◆ Wet some towels and jam them in the crack under the doors

- ◆ Tape around the doors, windows, exhaust fans or vents
- ◆ Use plastic garbage bags to cover windows, outlets, and heat registers. If you are told there is a danger of explosion, close the window shades, blinds or curtains.
- ◆ Stay inside until you are told all is safe.

If you are told to evacuate, it is important to stay calm, listen carefully and follow all instructions.