



Kent County Preparedness Guide



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Preface

Why Prepare for Disaster?

Disasters can strike without warning, forcing you to go for days without the basic necessities or to evacuate your home. Relief workers will be on the scene following a disaster, but may not be able to reach you immediately.

We all need to be prepared. Knowing the steps to take during a disaster, whether flooding, tornados, hurricanes or another crisis—can greatly reduce the danger and distress you and your family may face. This guide will help you plan for a variety of emergency situations, preserve during them and recover afterward.

Contact the Kent County Office of Emergency Services to learn which disasters could strike our community. Use this information to help you prepare for and reduce the risks your family faces.

The Kent County Office of Emergency Services used FEMA and Positive Promotions: Emergency Preparedness Guide as reference points in completing this document.

Create a Plan

Creating a family emergency response plan can be the difference in response and recovery from an emergency. Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar to all family members and easily found.

Step 1: Planning

Put a plan together by discussing the questions below with your family, friends or household to start your emergency plan.

- How will I receive emergency alerts and warnings?
- What is my shelter plan?
- What is my evacuation route?
- What is my family/household communication plan?
- Do I need to update my emergency preparedness kit?



Step 2: Consider specific needs in your household.

As you prepare your plan, tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of children, businesses, pets or specific needs like operating medical equipment. Create you own personal network for specific areas where you need assistance. Keep in mind some of these factors when developing your plan:

- Different ages of members within your household.
- Responsibilities for assisting others.
- Locations frequented.
- Dietary needs.
- Medical needs, including prescriptions and equipment.
- Disabilities or access and functional needs including devices and equipment.
- Languages spoken.
- Cultural and religious considerations.
- Pets or service animals.
- Households with school-aged children.

Step 3: Creating the Basic Emergency Plan

Having a plan is one of the most important steps you can take in disaster preparedness. Knowing what to do and how to do it can help your family manage disasters with less worry, fear, and uncertainty.

- Decide what you and your family would do in each potential emergency.
- Draw a floor plan of your home showing escape routes.
- Choose a place away from your neighborhood where family members can meet in case you are separated and cannot return home due to a disaster.
- Identify a friend or relative who lives out of the area for family members to contact if you are separated.
- Post emergency numbers by every phone and teach children how and when to dial 911.
- Know how to shut of the water, gas, and electricity at the main switches in your home.
- Plan to help the elderly or disabled neighbors in a disaster.
- Check that your insurance policies are up-to-date and provide good coverage.



Step 3: Create a Family Emergency Plan

Household Information

Home Phone #	
Address	

Family Members

Name	Phone Number	Address

Important Medical & Other Information

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Pets

Dogs Name	Cats Name	Other

Emergency Contacts

Name	Phone Number	Address



Build A Kit

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water, and other supplies to last for several days. A disaster supplies kit is a collection of basic items your household may need on the event of an emergency.

Make sure your emergency kit is stocked with the items on the checklist below.

Basic Disaster Supplies Kit

To assemble your kit, store items in airtight plastic bags and put your entire disaster-supply kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items.

- Water: 1 Gallon per person per day for several days, for drinking and sanitation.
- Food: At least a several-day supply of non-perishable food.
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert.
- Flashlight
- First aid kit
- Extra batteries
- Whistle: Signal for help
- Dust Mask: To help filter contaminated air.
- Plastic sheeting, scissors and or duct tape (to shelter in place).
- Moist towelettes, garbage bags, and plastic ties (for personal sanitation).
- Multi-purpose tool
- Hand sanitizer and sanitation wipes.

Additional Emergency Supplies

Consider adding the following items to your emergency supply kit based on your individual needs.

- Prescription Medications: About half of all Americans take prescription medicine every day. An emergency can make it difficult for them to refill their prescription or to find an open pharmacy. Organize and protect your prescriptions, over-the-counter-drugs, and vitamins to prepare for an emergency.
- Non-prescription medications such as pain relievers, antidiarrhea, and antacids.
- Prescription eyeglasses and contact lens solution.
- Infant formula, bottles, diapers, and diaper rash cream.



- Cash or traveler's checks.
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container.
- Feminine supplies and personal hygiene items.
- Complete change of clothing appropriate for your climate and sturdy shoes.
- Matches or lighter in a waterproof container.

People with Disabilities

- Create a support network of people who can help you in a disaster. Keep a contact list in a watertight container in your Emergency Kit or on your electronic devices.
- Inform your support network where you keep your emergency supplies. You may want to consider giving a trusted member a key to your house or apartment.
- Plan ahead for accessible transportation that you may need for evacuation or getting around during or after a disaster. Check with local transit providers as well as with the Kent County Office of Emergency Services for assistance.
- If you are on dialysis or other life-sustaining medical treatment, know the location and availability of more than one facility that can help you.
- If you use medical equipment in your home that requires electricity, talk to your doctor or health care provider about what you may be able to do to keep it running during a power outage. You can also ask your power provider to put you on a list for priority power restoration.
- About half of all Americans take prescription medicine every day. An emergency can make it difficult for them to refill their prescription or to find an open pharmacy. Organize and protect your prescriptions, over-the-counter drugs, and vitamins to prepare for an emergency.
- Wear medical alert tags or bracelets.
- If you have a communication disability, consider carrying printed cards or storing information on your devices to inform first responders and others how to communicate with you.
- If you use assistive technologies, plan how you will evacuate with the devices or how you will replace equipment if lost or destroyed.
- Plan for children and adults who may have difficulty in unfamiliar or chaotic environments. Consider your service or support animal or pets and plan for food, water, and essential supplies. If you need to evacuate, you will need to know whether your shelter allows pets or not, since some shelters only allow service or support animals. The Kent County, MD Shelter does not allow pets.



- Keep a list of the nearest medical facilities, local hospitals and nearest accessible transportation.

Tips for Medications

- Talk with your doctor or pharmacist about how you can create an emergency supply of medicines.
- Keep a list of prescription medicines. Include information about your diagnosis, dosage, frequency, medical supply needs and allergies.
- Store extra nonprescription drugs, like pain and fever relievers, antihistamines and antidiarrheal medicines.
- Have a cooler and chemical ice packs available to chill medicines that need to be refrigerated.

Tips for People who are Deaf or Hard of Hearing

- Weather radio (with text display and a flashing alert).
- Extra hearing-aid batteries.
- Pen and paper (in case you have to communicate with someone who does not know sign language).
- Battery operated lantern to enable communication by sign language or lip reading, especially when the power is out and it's dark.

Tips for People who are Blind or have Low Vision

- Mark emergency supplies with Braille labels or large print. Keep a list of your emergency supplies and where you bought them on a portable flash drive or, make an audio file.

Tips for People with a Mobility Disability

- If you use a power wheelchair have a lightweight manual chair available as a backup if possible.
- Show others how to assemble, disassemble and operate your wheelchair.
- Purchase an extra battery for a power wheelchair or other battery-operated medical or assistive technology devices. If you can't purchase an extra battery, find out what agencies, organizations, or local charitable groups can help you buy one. Keep extra batteries charged at all times.
- Consider keeping a patch kit or can of sealant for flat tires and/or extra inner tube if wheelchair or scooter is not puncture proof.



- Keep an extra mobility device such as a cane or walker if you use one.
- Keep a potable air pump for wheelchair tires.
- Communicate with neighbors who can assist you if you need to evacuate your home or a building.

Tips for Individuals with Alzheimer's & Related Dementia

- Do not leave the person alone. Even those who aren't prone to wandering off, may do so in unfamiliar environments or situations.
- If evacuating, help manage the change in environment by bringing a pillow and that is kept in a safe place where you can access it.
- Keep communication devices for your particular needs, such as braille or deafblind communications devices as part of your emergency supply kit.

Tips for People with Speech Disability

- If you use an augmentative communications device or other assistive technologies plan, how will you evacuate with the devices or how will you replace equipment if it is lost or destroyed? Keep model information and note where the equipment came from (Medicaid, Medicare, private insurance, etc.).
- Plan how you will communicate with others if your equipment is not working, including laminated cards with phrases and/or pictogram.

Individuals with Intellectual or Developmental Disabilities

- Keep handheld electronic devices charged and loaded with videos and activities.
- Purchase spare chargers for electronic devices and keep them charged.
- Include sheets and twine or a small pop-up tent (to decrease visual stimulation in a busy room or to provide instant privacy).
- Consider a pair of noise-canceling headphones to decrease auditory stimuli.
- Have comfort snacks available, a blanket or other comforting items.
- When at a shelter, try to stay away from exits and choose a quiet corner.
- If there is an episode of agitation, respond to the emotions being expressed. For example, say "You're frightened and want to go home. It's ok, I'm right here for you."

Additional Items

- Several Days supply of prescription medicines.
- A list of all the medications, dosage, and allergies.
- Extra eyeglasses, contacts, hearing aids and batteries.



- A backup supply of oxygen.
- A list of the style and serial number of medical devices (including special instructions for operating your equipment if needed).
- Copies of insurance and Medicare cards.
- Contact information for doctors, relatives or friends who should be notified if you are hurt.

Preparing Your Pets for Disasters

Your pets are important members of your family. This is why they should be included in your family's emergency plan. To prepare for the unexpected, keep your pets in mind as you follow these tips:

- Make a plan
- Build a pet emergency kit.
- Stay informed.

Make a Plan

If you have a plan in place for you and your pets you will likely encounter less difficulty, stress, and worry when you need to make a decision during an emergency.

Things to Include in Your Plan

- **Know what to do with your pet during an evacuation:** Many public shelters and hotels do not allow pets inside. Know a safe place where you can take your pets before disasters and emergencies happen. The Kent County, MD Shelter does not allow pets.
- **Develop a buddy system:** Plan with neighbors, friends or relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so.
- **Have copies of your pet's vaccination record, and make sure your pet is microchipped:** Keep your address and phone number up-to-date and include an emergency contact outside of your immediate area.
- **Keep contact information for your local emergency management office or animal control office and shelters** on hand in case you become separated from your pet.



Build a Kit for Your Pet

Just as you do with your family's emergency supply kit, think first about the basics for survival. Review your kit regularly to ensure that their contents are fresh.

Items to Include in Your Pet Emergency Kit

- **Food and Water:** Keep several days' supply of both. Keep food in an airtight, waterproof container, and have a water bowl to use.
- **Medicine:** Keep an extra supply of the medicine your pet takes on a regular basis in a waterproof container.
- **First Aid Kit:** Include items appropriate for your pet's emergency medical needs.
- **Backup Collar w/ ID Tague and Harness or Leash:** Have copies of your pet's registration information in a waterproof container and available electronically.
- **Traveling:** Crate or sturdy carrier.
- **Grooming Items:** Pet shampoo and other items, in case your pet needs some cleaning up.
- **A Picture of You and Your Pet Together:** If you become separated from your pet, a picture will help you document ownership and allow others to assist you in identifying your pet.
- **Sanitation-Needs:** Include pet litter and litter box, trash bags and other items to provide for your pet's sanitation needs.
- **Familiar Items:** Put favorite toys, treats, and/or bedding in your kit to reduce stress for your pets.

Stay Informed

Stay informed of current conditions and know how you will receive emergency alerts and warnings. Always bring your pets indoors at the first sign or warning of a storm. For more information about how to prepare your pets, visit www.Ready.gov/pets.

When Disaster Strikes

In Case of Evacuation

In a disaster situation, it may be necessary to evacuate your home for several days or longer. Because disasters can strike with little or no warning and are so unpredictable, you should be prepared at a moment's notice. Knowing beforehand the steps to take in case of an evacuation can make a big difference.



- Learn the emergency, evacuation and shelter plans for the disasters likely to happen in your area.
- Plan how you will and where you will go if you must evacuate. Have alternatives, such as a motel or a friend's home, in different directions so you have options during an emergency.
- Find your child's school evacuation policy.
- Check that your disaster supply kit is assembled and ready to go.
- Keep your vehicle's gas tank full. Fuel may be in short supply during a disaster.

When Authorities Tell You to Evacuate

- Bring your disaster supply kit.
- Wear sturdy shoes and clothing.
- Unplug home electronics.
- Lock all doors and windows.
- Turn off the main switches and valves for gas, water, and electricity, if instructed.
- Inform a friend or relative of your route.
- Follow recommended evacuation routes. Watch for wash-out bridges and roads, flooded areas and downed power lines.

Pets

- Pets should not be left behind during a disaster, but do not risk your own safety attempting to find them if you must evacuate quickly.
- Attach ID tags to your pet with your name, phone number and address.
- Remember that most emergency shelters do not allow pets (except service animals).
- Make a list of pet shelters and of hotels that permit animals in the area where you plan to go.
- Put together a pet emergency supply kit for your pet. Include things like a first aid kit, food dishes, a litter box, a leash or pet carrier, medication, food, veterinary records and water.

If You are Going to a Public Shelter

- Be aware that alcoholic beverages, pets, and weapons are not allowed in public shelters.
- Practice patience and cooperation. Sharing space with many others can be a challenge.
- Stay in the shelter until authorities advise you it is safe to leave.



Managing a Disaster at Home

Although you may not be asked to evacuate—and even if you are—disasters can isolate you from outside, help and make it necessary for you to care for yourself for days at a time. Your disaster-supply kit will contain many of the tools and supplies you need. Here are other ways to use and manage the resources you have at your home.

Water

- Water is crucial for health and survival. If a disaster is imminent, fill pitchers, jars, buckets, water bottles and your bathtub in case your community water supply is shut off.
- If your drinking water supply is running low, use water from ice cube trays, the water heater, and the toilet tanks (but not the bowls). It is not safe to use the water from radiators, waterbeds or swimming pools.
- Minimize the amount of water your body needs by reducing the amount of activity and staying cool. Drink what you need each day and look for more water the next day.

Food

- Ration food supplies for everyone except children and pregnant women. Most people can survive easily on half the normal amount.
- Avoid eating food from dented or swollen cans or food that looks and/or smells abnormal.
- Use pre-prepared formula for babies.

Power Outage

- Practice energy conservation to help your power company avoid rolling blackouts.
- Always keep your car's fuel tank at least half full—gas stations use electricity to operate pumps.
- Know how to manually release your electric garage door.
- Protect your computer with a surge protector.
- If the power goes out, check your fuse box or circuit breaker, or contact neighbors to see if the outage is limited to your home.
- Turn off the computers, televisions, and appliances you were using when the power went off. Leave one light turned on so you know when the power is restored.



- Avoid opening the refrigerator and freezer doors. Food will remain fresh for up to four hours after the power goes off. If you know power outages may happen, freeze water in plastic bottles to keep food cool longer.
- If the outage is expected to last for several days or more, consider relocating to a shelter or friend's home.

Using a Generator

- If you plan to use a generator, operate it outside and away from windows—not in the basement or garage. Do not hook it up directly to your home's wiring. Instead connect the equipment and appliances you want to power directly to the outlets of the generator. Use a battery-powered or battery-backup carbon monoxide detector in your home.



What to do After the Disaster

Whether returning home or venturing outside for the first time, beware of new dangers that may have arisen because of the disaster. You may experience washed out roads, downed power lines, contaminated drinking water or other hazards. Report problems promptly to local officials so that corrective measures can be taken.

Inspect Your Home for Damage

- Look for structural damage, loose or damaged electrical wires, and gas leaks before re-entering your home. If you doubt the safety of the structure, contact a professional before entering.
- Do not enter a fire-damaged house until authorities have inspected it.
- Check the refrigerator and discard spoiled food.
- Contact your insurance agent.

Help Children Cope

- A child can be traumatized by a disaster whether it is experienced firsthand, seen on television or learned about through adults. Monitor the nature and quantity of disaster related programming your children are exposed to and contact the school to determine how teachers are dealing with the situation.
- If your children have questions about the disaster, answer them truthfully, but don't allow the subject to dominate your conversations. Provide reassuring words and affection.



Dealing with Specific Disasters

Having an emergency plan and a disaster-supply kit will help you manage in almost any kind of crisis, whether natural or manmade. However, each situation requires specific kinds of preparation and action. In Maryland we are susceptible to several hazards including, but not limited to Thunderstorms, Floods, Hurricanes, Tornadoes, Extreme Temperatures, and Terrorist Attacks. For these disasters we may see in Maryland, please see the following tips for each event.

How close is the Storm? To determine how close a thunderstorm is, count the seconds between the lightning flash and the next rumble of thunder. Divide that number by five. The answer is the number of miles away the lightning strike was.

Thunderstorms

About 10 percent of the thunderstorms that occur annually in the United States are classified as severe. Even those that are not can still be dangerous. Lightning in particular is a threat, though it may seem that a thunderstorm is miles away.

- **Severe Thunderstorm Watch:** Severe thunderstorms are likely to occur.
- **Severe Thunderstorm Warning:** Severe thunderstorms have been spotted, and people in the path of the storm are in danger.

Before Thunderstorms Strike

- Cut down dead trees and clear branches from around your house.
- Secure loose outdoor objects such as patio furniture.
- Shutter the windows and secure doors.

During a Thunderstorm

- Get or stay inside if, after seeing lightning you cannot count to 30 before hearing thunder.
- Avoid plumbing: Do not shower or bathe, wash hands or do dishes.
- If indoors, avoid running water or using landline phones. Cell phones are OK to use during a storm.
- Unplug electronics and turn off air conditioners.
- If outside in a forest, take shelter under a thick growth of small trees.



- If outside in an open area, take shelter in a car or move to a low spot such as a ravine or valley—but beware of flash flooding.
- Never stand under a tall, isolated tree, on a hilltop, in an open field, on the beach or near open water.
- Stay away from metal equipment and apparatus such as fences, tractors, pipes and bicycles.
- If swimming or boating, get out of the water immediately and take shelter. Do not drive through flooded roadways.

If You are About to be Struck By Lightning

- Feeling your hair stand on end means lightning is about to strike nearby. Make yourself into a small target.
- Squat down on the balls of your feet, do not lie flat on the ground.
- Place your hands over your ears and tuck your head between your knees.

Floods

Floods occur regularly across the country, causing evacuations, widespread damage, and even death. Those living near waterways or other low-lying areas are most at risk, but anyone in a community is susceptible to flooding and can be affected. Hazards range from potentially deadly flash flooding to water contamination due to broken gasoline or sewer lines.

- **Flood Watch:** Flooding is possible within 12 to 36 hours.
- **Flash Flood Watch:** Flash flooding is possible and could occur without warning. Prepare to move to higher ground if you are at risk.
- **Flood Warning:** Flooding is or soon will be occurring. Evacuate immediately if advised.
- **Flash Flood Warning:** Flash flooding is occurring. Move to higher ground at once if you are at risk.

Before a Flood

- Consider purchasing flood insurance through the National Flood Insurance Program. Regular homeowners insurance does not cover flood losses.
- Know how to get to higher ground from your home.
- Learn your community's flood evacuation routes.



- Ask local officials how you can protect your home.

Protecting Your Property

- If your home is prone to flooding, move your furnace, water heater and electric panel to higher floors.
- Install “check valves” in sewer traps to prevent water from backing up into your house.
- Waterproof your basement wall to stop seepage.
- Build barriers such as flood walls or levees to keep out flood water.
- Store insurance policies, deeds, and other records in a safe-deposit box.

During a Flood

- Stay tuned to the radio or TV for updates.
- Watch for flash flooding. This can occur without rain clouds or rain in the immediate areas.
- Avoid low-lying areas such as canyons and drainage channels.
- Never walk through moving water more than 6 inches deep.
- Do not drive through flooded areas.
- If your vehicle stalls in water, exit it and move to higher ground.
- Evacuate if instructed to by authorities and return home only when they say it is safe.
 - **Cars can be swept away in just 1 foot of water**

After a Flood

- Be careful in areas where flood waters have receded.
- Watch for downed electrical lines and weakened roads and bridges.
- Stay out of flooded buildings.
- Use caution when entering damaged structures. Their foundations may have been weakened.
- Avoid coming into contact with flood water, it may be contaminated. Wash your hands if they get wet.
- Discard any food that has been in contact with flood water.



Hurricanes

Hurricanes are tropical cyclones that threaten areas of the United States along the Atlantic and Pacific coastlines and the Gulf of Mexico. They can cause extensive damage from winds, flooding and even tornadoes. The hurricane season extends from June to November, and peaks from mid-August to late October.

- **Hurricane Watch:** Hurricane conditions are possible within 48 hours.
- **Hurricane Warning:** A hurricane is expected within 36 hours.
- **Storm Surge:** A dome of water pushed ashore by hurricane-force winds.
- **Storm Tide:** A storm surge combined with the normal tide.

During a Hurricane Threat

- Stay tuned to radio and TV for updates.
- Shutter or board windows in your home.
- Secure outdoor objects or bring them inside.
- Stock up on food and water in case you must take shelter in your home.
- Fuel up your car in case an evacuation is ordered.
- Turn off utilities at the main valves or switches if instructed to evacuate.
- Hurricane winds will range from 74 mph to 150 mph.

Hurricane Evacuation

Evacuate before you are told to do so if:

- You live in a mobile home.
- You live in a high-rise.
- You live on the coast or near the water.
- You feel you may be in danger.

If an evacuation is ordered:

- Leave at once.
- Bring your disaster-supply kit.
- Follow advised evacuation routes.
- Keep away from coastal areas or inland water.
- Let others know your plans.



During a Hurricane

- Take refuge on the ground floor in a small room or hallway.
- Get under a table or similar strong object.
- Keep away from windows and glass doors.
- Let others know your plans.

After a Hurricane

- Remain in a secure location until you are notified it is safe to leave.
- Do not drive unless necessary.
- Do not drink tap water until authorities say it's safe.
- Stay away from waterways until potential flooding has passed.
- Report downed power lines and broken gas and sewer mains to officials.
- Inspect your home for damage.
- Report damage to your insurance agent.

Tornadoes

Tornadoes are violent, rotating storms with winds that can reach 300 miles per hour. The product of thunderstorms and sometimes hurricanes, they can be highly destructive. Injuries and /or deaths from tornadoes most often are due to collapsed buildings, flying objects, or people caught trying to outrun the funnel cloud.

- **Tornado Watch:** Tornadoes are possible in the area. Stay tuned to Radio or TV and watch the sky.
- **Tornado Warning:** A tornado has been sighted. Take cover at once.

Preparing for a Tornado

- Designate a shelter area in your home. Basements or storm shelters are the safest. Otherwise, use an interior room or hallway on the ground floor.
- Practice getting to your home shelter area.
- If you live in a mobile home, find a nearby sturdy building where you can take shelter. Mobile homes offer little protection in a tornado.
- Contact your local emergency management agency to find out if there are any public safe rooms or shelters nearby.
- Know the locations of designated shelter areas, such as schools and shopping centers.



During a Tornado Watch

- Stay tuned to the radio or TV for updates.
- Be prepared to take shelter at any time, since some tornadoes develop so quickly that advance warning is impossible.
- Watch the sky for funnel-shaped clouds and pay attention to tornado danger signs:
 - Dark, greenish skies.
 - Large hail.
 - Loud roar that is similar to a freight train.
- Stay out of large, flat buildings with wide-open areas such as supermarkets or shopping malls.
- Stock your home shelter area with a flashlight, a battery-powered radio, extra batteries, water, and a first aid kit.

During a Tornado Warning

- Head for a designated shelter or a central area on the lowest floor of a nearby building.
- In a high-rise, get to the lowest floor possible and go into an interior room.
- Leave vehicles and mobile homes at once. Seek shelter in a sturdy building.
- If you are caught outside, lie flat in a ditch and cover your head. Do not get under bridges and underpasses.
- Never attempt to outrun a tornado.

After a Tornado

- Watch out for debris, especially broken glass and down power lines.
- Be careful when entering a tornado-damaged structure. Make sure the walls and roof are in place and the foundation is sound.

Extreme Temperatures

Cold snaps and heat waves can be a challenging and as deadly as any other natural disaster. You can best weather these times through preseason preparation and the right to know-how.

- **Freezing Rain:** Rain that freezes on contact with roads, trees, sidewalks, and other surfaces.
- **Sleet:** Rain that freezes before hitting the ground.



- **Winter Storm Watch:** A winter storm is possible in the area.
- **Blizzard Warning:** Winds or gusts of 35 mph or greater, along with snow, are expected to last 3 hours or more.
- **Winter Storm Warning:** A winter storm is occurring or will soon begin.
- **Frost/Freeze Warning:** Temperatures are expected to drop below freezing.
- **Heat Wave:** Period of extreme heat, usually accompanied by high humidity.
- **Heat Index:** The relative humidity added to the air temperature—how it feels.
- **Heat Cramps:** Muscle pains due to exertion—the first sign of heat related problems.
- **Heat Exhaustion:** A mild form of shock brought on by strenuous activity in the heat.
- **Heat Stroke:** A life-threatening condition occurring when the body's temperature control system shuts down. Brain damage or death can result if the body is not cooled down at once.

Winter

Preparing for a Winter Storm

- Stock up on food. Water, medicines, and heating fuel.
- Secure backup heat sources, such as kerosene heaters. Never use charcoal, gas, or propane heaters indoors.
- Buy bags of rock salt and sand for use on icy walkways.
- Weather strip windows and doors to help seal out the cold.

During and After a Winter Storm

- Conserve heating fuel by closing off unused rooms.
- Wear several layers of clothing and a hat outdoors. Cover your mouth with a scarf to protect your lungs.
- Don't overexert yourself while shoveling snow.
- Watch for signs of frostbite:
 - Loss of feeling along with paleness
 - Tip of nose
 - Fingers
 - Toes
 - Ear lobes
- Beware of Hypothermia
 - Signs include
 - Uncontrollable shivering



- Slurred speech
 - Drowsiness
 - Memory loss
 - Disorientation
- Avoid driving at night or alone. Notify others of your schedule and route.

If Your Vehicle is Stranded in a Blizzard

- Pull off the road and turn on your hazard lights.
- If no buildings are in sight, stay in your vehicle, where rescuers are more likely to find you.
- Wrap yourself in blankets or use seat covers, floor mats and maps.
- Run the engine for 10 minutes each hour to keep warm. Open a window slightly for ventilation.
- Balance use of the heater and lights to conserve the battery.
- If stuck in a remote location, spell “HELP” or “SOS” with rocks or branches.
- Tie a bright colored cloth, preferably red, to your antenna or door.
- Notify others your destination and route.

Winterize Your Vehicle

- Check the wipers, battery, heater, defroster, ignition system, lights, oil and tire pressure.
- Consider purchasing snow tires or chains.
- Pack a winter emergency kit with a window scraper, blankets, battery-powered radio, flashlight, water, snack food, tow chain or rope, shovel and flares.

Summer

During a Heat Wave

- Stay indoors in the air conditioning as much as possible and in the shade if you go outside.
- If your home is not air conditioned, spend at least two hours daily at an air-conditioned mall, library or other public place.
- Wear sunscreen outside, along with light colored clothes that cover as much skin as possible.
- Drink water regularly, even if you are not thirsty. Limit alcohol and caffeine, which lead to dehydration.



- Never leave children or pets alone in the car.
- Avoid exertion during the hottest part of the day.
- Take a cool shower or bath

Fires

Every year, more than 350,000 homes in the United States are struck by fire. There are easy steps you can take to reduce the chance that your home will be damaged, or anyone injured in a blaze, whether it starts inside or outside of your home.

Practice Home Fire Safety

- Have smoke detectors and fire extinguishers on every level of your home.
- Test and clean smoke detectors monthly and replace the batteries at least twice a year.
- Check fire extinguisher pressure gauges monthly.
- Store matches and lighters out of sight and reach of children.
- Don't overload electrical outlets or run cords underneath rugs.
- Inspect electrical cords for damage and replace or repair as needed.
- Keep space heaters at least 3 feet from furniture and drapes.
- Clean the lint screen from your clothes dryer before each use.
- Have your furnace inspected every year. Change filters several times each year.
- Store flammable materials and chemicals safely away from sources of heat.
- Clean your fireplace, coal stove and wood stove chimneys every year.
- Thin bushes and trees within 30 feet of your home. Clear a wider area of dead wood and other fire fuels.
- Store firewood at least 30 feet from your home.
- Create a family fire escape plan that shows two ways out of every room and a family meeting place outside. Practice it at least twice a year.

Know What to Do in a Fire

- Get out fast and stay out. Crawl low under smoke.
- Call to report a fire only from outside of the burning building.
- If clothes catch fire, stop, drop to the floor or ground and roll. Cover your face with your hands.



If a Wildfire Threatens Your Home

- Shut off the gas at the meter.
- Hook up a garden hose and place lawn sprinklers on the roof.
- Wet or pull up vegetation within 15 feet of your home.
- Submerge water resistant valuables in a pool or pond.
- Move patio furniture inside.
- Close windows and doors.
- Prepare to evacuate immediately, if necessary. Park the car facing the escape route and leave the doors unlocked and the keys in the ignition.

Nuclear Power

Nuclear power plants are closely regulated and monitored for safe operation. However, accidents are possible. The greatest danger for nearby residents is exposure to high radiation levels. The best way to minimize exposure is to get away from the source of radiation, stay away until levels are reduced and/or shield yourself.

- Notification of Unusual Event

If You Live Within 50 Miles

- **Kent County is 41 miles away from the closest Nuclear Power Plant “Calvert Cliffs”.**
- Contact the power company that operates the nuclear plant for emergency information.
- Be familiar with your community’s warning system.
- Learn the evacuation plans for schools, nursing homes or other places where family members might be

Terrorist Attack

National security emergencies can include terrorist acts such as bombings, biological, or chemical. Although terrorists want to spread fear, the actual damage they cause can be reduced with preparedness and quick action.

If the U.S. Department of Homeland Security becomes aware of a credible terrorist threat in a community, the public will be alerted by local and federal officials. Heed their warnings and advice.



Raise Your Awareness

- Be aware of your surroundings. Note emergency exits and staircases.
- Leave the area if you feel something is wrong.
- Inform local authorities if you see suspicious packages, people behaving strangely, or someone using strange communications.
- Be aware of exits and hiding areas wherever you go.

In Case of an Explosion

- Watch for falling debris.
- Crawl beneath smoke and exit the area as quickly as possible.
- If you are trapped in debris, minimize your movements and cover your mouth with a cloth. Tap on a pipe or wall so rescuers can hear you. Do not use a match or a lighter.

In Case of a Biochemical Attack

- Evacuate if ordered by authorities.
- Stay tuned to radio or TV for updates.
- If not evacuating, take shelter in an interior room that can be easily sealed off with pre-cut plastic sheeting and duct tape that you have stored in this room.
- Turn off all air conditioning or heating system.
- Remain sheltered until advised that it is safe to leave.
- If caught outside, try to get upwind of the attack site and seek shelter as soon as possible.
- If in a vehicle, get inside a building if you can. If unable, roll up the windows, shut vents and turn off the engine.

If Exposed to Chemicals

- Quickly remove all clothing and items in contact with the body. Cut shirts off to avoid contact with the face.
- Flush eyes with water.
- Wash hands and face with soap and water. Use a soapy cloth to blot exposed skin. Rinse with clean water.
- Change into clean clothes.
- Seek medical help as soon as possible.

If Exposed to a Biological Attack

- Pay close attention to instructions from authorities.



- Cover your nose and mouth with layers of fabric that can filter air but allow breathing.
- Remove and bag clothes that may have come in contact with an infectious substance. Seek medical assistance.
- Seek immediate medical treatment if you notice symptoms of disease caused by the infectious substance used in the attack.

In Case if Nuclear Attack

- Take shelter even if you are many miles from the site of the explosion. Fallout is most dangerous in the first few hours after detonation.
- Inside a building, use a basement or underground area as shelter, or central room on the lowest floor.
- Stay tuned to radio or TV for updates.
- Remain in the shelter until authorities say it is safe to leave. This could be from days to weeks.

References

FEMA, <https://www.ready.gov/> Make a Kit, Make a Plan

Thybony, Erik. Positive Promotions, Inc. EMERGENCY Preparedness Guide/ What To Do When Disaster Threatens, October 2023.



**KENT COUNTY OFFICE OF EMERGENCY SERVICES
MEDICAL INFORMATION**

Dear Resident:

After you call 911, we know that life-threatening emergency medical information is difficult to remember, or you might be alone and unconscious or unable to provide valuable information. With your well-being in mind. We ask that you help us by filling out this form. We ask that you update the information requested as your medical needs change and duplicate this form as necessary. Please fill in information for each person residing in your home. **PLACE THIS FORM IN A ZIPLOCK BAG AND PUT IN THE FREEZER COMPARTMENT OF YOUR REFRIGERATOR.**

Person #1

Name: _____ Sex _____ DOB: ____/____/____ Weight _____

Address: _____ City: _____

Physician: _____ Phone: (____)-_____

In Case of Emergency Notify: _____ Phone: (____)-_____

Medical History:

Condition	Other Conditions List Below	Medical Orders Sustaining Life
<input type="checkbox"/> Cardiac	_____	MOLST: <input type="checkbox"/> Attempt CPR No CPR Options <input type="checkbox"/> A-1 <input type="checkbox"/> A-2 <input type="checkbox"/> B Intubate No Intubate Palliative DNR: <input type="checkbox"/> If DNR/MOLST orders are in effect, please place a copy in the bag with this form.
<input type="checkbox"/> Hypertension	_____	
<input type="checkbox"/> Respiratory	_____	
<input type="checkbox"/> Diabetes	_____	
<input type="checkbox"/> Seizure Disorder	_____	
<input type="checkbox"/> CVA/Stroke	_____	
<input type="checkbox"/> Cancer	_____	

Location of Medications: _____

Current Medications: _____

Allergies: _____

Please put additional information on the back of this form.



Person #2

Name: _____ Sex _____ DOB: ____/____/____ Weight _____

Address: _____ City: _____

Physician: _____ Phone: (____)-_____

In Case of Emergency Notify: _____ Phone: (____)-_____

Medical History:

Condition	Other Conditions List Below	Medical Orders Sustaining Life
<input type="checkbox"/> Cardiac	_____	MOLST: <input type="checkbox"/> Attempt CPR No CPR Options <input type="checkbox"/> A-1 <input type="checkbox"/> A-2 <input type="checkbox"/> B Intubate No Intubate Palliative DNR: <input type="checkbox"/> If DNR/MOLST orders are in effect, please place a copy in the bag with this form.
<input type="checkbox"/> Hypertension	_____	
<input type="checkbox"/> Respiratory	_____	
<input type="checkbox"/> Diabetes	_____	
<input type="checkbox"/> Seizure Disorder	_____	
<input type="checkbox"/> CVA/Stroke	_____	
<input type="checkbox"/> Cancer	_____	

Location of Medications: _____

Current Medications: _____

Allergies: _____

Please put additional information on the back of this form.

For more Information: Please Visit the Kent County Office of Emergency Services Website at: <https://www.kentcounty.com/oes/ems> or contact us below

Address: Kent County Office of Emergency Services

104 Vickers Drive Unit D Chestertown, MD 21620

Phone: (410)778-1241 Email: KentOES@kentgov.org