Your Best Protection
Is Preparation

There are many types of emergencies. This Guide offers information about those that are large-scale disasters, specifically power outages and acts of terrorism involving radiological, biological, and chemical agents.

If such a disaster occurs, you may be asked by authorities to take one of two different actions: SHELTER IN PLACE (remain in your home or workplace), or EVACUATE (leave your home or workplace). In either case, it is important that you and your family have an EMERGENCY PREPARATION PLAN.

The American Red Cross provides all the information you need to make your Emergency Preparation plan. You can call the Red Cross at (781) 665-1351 or visit their Web site at www.redcross.org. In the meantime, it makes good sense to put together some emergency supplies for your home, workplace, and car.

YOUR EMERGENCY SUPPLIES SHOULD INCLUDE:

- Water – one gallon per person per day in plastic containers, 3 days supply
- Food – one week supply that doesn’t require refrigeration, cooking & little or no water; a manual can opener, and eating utensils
- Change of clothes and footwear, toiletries, sleeping bag for each person
- A battery powered or wind-up radio
- Flashlights with fresh batteries
- A first aid kit, including emergency medications
- A cell phone (make sure it’s charged)
- Trash bags, duct tape, sheets of plastic, disposable gloves, wrench to turn off household gas and water, whistle
- Cash, change, list of credit cards
- Important family documents in waterproof container
- Use insect repellent. Read and follow product instructions.

PUBLIC HEALTH AND SAFETY PHONE NUMBERS

- Police – Fire – E.M.S. 911
- American Red Cross Melrose: (781) 665-1351
- Centers for Disease Control and Prevention: (800) 438-3339
- Massachusetts Emergency Management: (508) 230-2000
- Melrose Emergency Management: (781) 979-4111
- Melrose Health Department: (781) 979-4130
- Regional Poison Control Centers: (617) 222-1222 TV: (888) 244-5113
- Contact Melrose Emergency Management about our Community Emergency Response Team (CERT).

Contact your local health department for additional information on WNV.

Write down important numbers and keep them close. These include friends and family home and cellular numbers, your doctor or dentist, and your child’s school.

YOUR OWN IMPORTANT NUMBERS

Pets are part of your family. It is important to make plans for them before an emergency.

- Contacts of your veterinarian in case you become separated.
- Include pet supplies in your Emergency Kit including medical records, medications, leash/collar, current photograph, and/or carrier, current photo in case they get lost, food, additional water bottle, cat litter, pain, manual can opener
- Have written information on feeding schedules, medical conditions, and name/phone number of your veterinarian in case you need to foster or board your pets.
- Make sure all pets have secure collars with up-to-date identification.
- Include pet supplies in your Emergency Kit including medical records, medications, leash/collar, current photograph, and/or carrier, current photo in case they get lost, food, additional water bottle, cat litter, pain, manual can opener
- Contact hotels outside your immediate area to check policies on pet restrictions such as numbers, size, etc.

In the event of an evacuation, you will be notified by school authorities where and when your child can be picked up, so make certain the school has a way of reaching you. Radio or television stations may also carry instructions. Finally, make sure your child has identification and phone numbers to reach family or friends.

SHELTER IN PLACE: Protecting Yourself at Home or Work

In the event of a radiological, chemical, or biological emergency, authorities may direct you to SHELTER IN PLACE or EVACUATE. The term “SHELTER In Place” means remaining inside your home or place of work and protecting yourself there.

If emergency officials advise you to Shelter In Place:

1. Stay calm and patient.
2. Bring children and pets indoors immediately.
3. Close and lock all windows and outside doors.
4. Turn off all fans, heating and air conditioning systems.
5. If you have a fireplace, close the damper.
6. Gather your disaster supplies and battery powered radio.
7. Go to a small interior room, ideally without windows and with a hard-wired telephone. In case of a chemical threat, a room above ground is preferable because some chemicals are heavier than air and may seep into the basement even if the windows are closed.
8. Use duct tape (wet towels if you are out of duct tape) to seal doors, exhaust fans, vents, and windows.
9. Listen to the radio or TV for emergency instructions and SHELTER IN PLACE until you are told all is safe.

EVALUATION: Prepare a “Grab and Go” EMERGENCY KIT

In some emergencies, you may be asked to evacuate. You’ll want an easy-to-carry container (backpack, small suitcase) with adequate emergency supplies kept in a convenient location. Include prescriptions, personal hygiene items, cash, personal & financial documents and a change of clothes. Be sure that everyone has a list of important phone numbers. Decide on two alternative places to meet in case you become separated.

For more information on West Nile Virus visit: http://www.cdc.gov/ncidod/dvbid/westnile/index.htm

West Nile Virus (WNV) is an illness that can be spread to humans through mosquito bites. According to the Centers for Disease Control (CDC), the best way to avoid WNV is to prevent mosquito bites.

Checklist for fighting the bite:
- Use insect repellent. Read and follow product instructions. Do not apply DEET containing repellent to children younger than 2 months of age.
- Avoid going outside at dusk & dawn when mosquitoes are most active.
- Wear long sleeve shirts and long pants when you must be outside during hours of the day that mosquitoes are active.
- Drain standing water around the house including gutters, flower pots, tires, containers, and wheelbarrows to prevent mosquito breeding areas. Maintain swimming pools.
- Repair tears in screens on windows and doors.
- Symptoms of WNV are similar to flu symptoms and can include fever, severe headache, and body aches. Seek medical attention if symptoms exist for additional information on WNV visit the CDC website at: http://www.cdc.gov/ncidod/dvbid/westnile/index.htm

When Your Child is at School

Every school has an emergency plan that includes evacuation destinations. Call your child’s school now to find the location and write it down here.

West Nile Virus Fighting the Bite

Your Own Important Numbers

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Where to Find Emergency Medical Care

HOSPITALS

Lawrence Memorial Hospital
(781) 360-6000
780 Green Ave.
Medford, MA 02155
www.hallmarkhealth.org

Melrose-Wakefield Hospital
(781) 979-1000
165 Lebanon Street
Melrose, MA 02176
www.hallmarkhealth.org

Whidden Hospital
(617) 381-7200
655 Garwood St.
Everett, MA 02149
www.challengerhospital.com

Call 9-1-1 in the event of a serious, life-threatening emergency.

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West Nile Virus FIGHTING THE BITE:

PETS AND DISASTER: BE PREPARED

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- Have written information on feeding schedules, medical conditions, and name/phone number of your veterinarian in case you need to foster or board your pets.
- Make sure all pets have secure collars with up-to-date identification.
- Include pet supplies in your Emergency Kit including medical records, medications, leash/collar, current photograph, and/or carrier, current photo in case they get lost, food, additional water bottle, cat litter, pain, manual can opener
- Contact hotels outside your immediate area to check policies on pet restrictions such as numbers, size, etc.
- Ask if “no pet” policies are waived in an evacuation.
- Call emergency shelters in advance to confirm arrangements.
- Ask friends and family outside your immediate area if they could shelter your pet.
In the event of a

Power Outage

Power outages can be caused by weather, accidents, circuit overloads or other emergency situations. They can happen at any time. Planning ahead will help you and your family to stay safe.

Ways to Prepare:
- Know the location of your fuse box or circuit board.
- Know how to reset a circuit or change a fuse.
- Know how to manually override your garage door opener.
- Be sure that you have all the items listed in the EMERGENCY SUPPLIES kit section.
- Know the number for the local power utility company.

(See page 4 for information on which to call and how to prepare your home for an outage.)

Response During an Outage:
- Determine if the outage is widespread by checking with neighbors.
- Do not call 911 to ask about the power outage. Listen to local radio stations on your battery operated radio for updates and instructions. You can also call the power utility number listed above for instructions.
- Keep refrigerator and freezer doors closed as much as possible.
- Unplug major appliances and electronic equipment to prevent damage by “power surge” when power is restored.
- Protect computers and other electronic items with battery back up surge protectors.
- If it is cold, dress in layers and wear a hat.

To limit the amount of radiation you are exposed to:
- Minimize the amount of time you spend near the source of radiation.
- Maximize your distance from the source.
- Increase the shielding between you and the radiation. Shielding is a protective barrier between a person and the source of radiation. Shielding could range from a plate glass window to several feet of concrete.

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