PENNSYLVANIA EMERGENCY PREPAREDNESS GUIDE

Plan ahead. Be prepared.

www.ReadyPA.org
1-888-973-2397

Ready® PA

Table of Contents

TABLE OF CONTENTS . . . . . Page **2**

INTRODUCTION . . . . . Page **3**

TOP 10 EMERGENCIES . . . . . Page **3-5**
Floods • Fires • Winter Storms • Tropical Storms, Tornadoes and Thunderstorms • Influenza (Flu) Pandemic • Hazardous Material Incidents • Earthquakes and Landslides • Nuclear Threat • Dam Failures • Terrorism

BE PREPARED – MAKE A PLAN . . . . . Page **6**
How to Make a Family Emergency Plan

HOME EMERGENCY KIT CHECKLIST . . . . . Page **7-9**
Additional Special Items

BE PREPARED IN YOUR VEHICLE . . . . . Page **10**
How to Prepare

VEHICLE EMERGENCY CHECKLIST . . . . . Page **11**

BE PREPARED AT WORK . . . . . Page **11**
How to Prepare

WORK EMERGENCY CHECKLIST . . . . . Page **11**

PLANNING FOR SPECIAL NEEDS . . . . . Page **12-17**
Planning For Older Pennsylvanians and People with Special Medical Needs • Planning For People with Disabilities • Planning For People who are Deaf or Hard of Hearing • Planning For People with Intellectual Disabilities • Planning For People who are Blind or Have Visual Disabilities • Planning for Children • People who can Help • Planning For Pets, Service Animals and Livestock

AFTER AN EMERGENCY . . . . . Page **18**

EMERGENCY PREPAREDNESS CONTACT INFORMATION . . . . . Page **19-20**
Emergency Management Agency/Department of Health Contact List

EMERGENCY PLAN FORM . . . . . Page **21-23**
Emergency Contact Form • Allergy and Doctor Form • Persons with Disabilities

Why Prepare Now For Emergencies?

Emergency workers will help after a disaster strikes, but they may not be able to reach everyone right away. That's why it's so important to be ready to survive on your own for at least three days during an emergency. This may mean having another place to stay, extra food, water, first-aid and other basic needs. We can't control natural disasters, emergencies, or terrorist attacks, but we can be ready for them and know what to do to take care of ourselves and our loved ones. This guide will help you become better prepared by learning about:

- **Different kinds of emergencies**
- **How to create emergency plans and kits for your home, your vehicle and your workplace**
- **How to plan ahead if you have a special need**

Top 10 Possible Emergencies

#1 FLOODS

Flooding is the most common natural disaster in Pennsylvania and can happen in different ways. Some floods start slowly during a long period of rain, or if warm air follows heavy snow fall. Others, like flash floods, can happen very quickly. Even small streams and dry creek beds can overflow to create flooding.

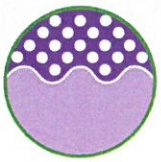
No matter where you live, you should always be ready for a flood emergency. Learn how to prepare for floods and what to do if a flash flood happens, whether you're at home, in your car or at work, at www.readypa.org.

#2 FIRES

Fires can spread quickly, so they can become life threatening in two minutes and destroy a home in as little as five minutes. As the fire burns, poisonous gases are sent into the air that can make you feel drowsy and less in control of your thinking and movements. The top reason people die in fires is from smoke inhalation (breathing in smoke), not burns.

Learn how you can help prepare for and prevent a fire emergency at www.readypa.org.

#3 WINTER STORMS



The National Weather Service refers to winter storms as the "deceptive killers" because most deaths aren't a direct result of the storms. People are injured or killed in traffic accidents on icy roads or suffer from hypothermia (low body temperature) due to being cold for a long period of time. Another major danger with winter storms is that they can knock out power.

Learn how to prepare for winter weather before it hits, visit www.readypa.org.

#4 TROPICAL STORMS, TORNADOES AND THUNDERSTORMS

Tropical storms, tornadoes and thunderstorms can cause a lot of damage and very dangerous weather emergencies. Tropical storms bring high winds and sometimes serious flooding. Violent tornadoes can happen suddenly and without warning — sometimes you can't see them until a funnel cloud shows up. Thunderstorms bring dangerous lightning, one of the main causes of weather-related deaths in the United States each year.

Learn how to prepare yourself and your family for the dangers you face from tropical storms, tornadoes and thunderstorms at www.readypa.org.

#5 INFLUENZA (FLU) PANDEMIC

Like the seasonal flu many people get every year, pandemic flu spreads by sick people coughing or sneezing and touching surfaces like doorknobs, elevator buttons, etc. Unlike seasonal flu, people will have little or no protection against the new flu virus which causes a pandemic, and many more people will get sick. When flu pandemics happen, they will likely go on for a while and cover a lot of area, causing changes in many parts of our everyday lives, including schools, work, transportation and other public services. During a flu pandemic, healthy people may have a higher risk for serious illness or complications.

Learn what you should do to prepare for a Flu Pandemic at www.readypa.org and help keep you and your loved ones safe and healthy.

#6 HAZARDOUS MATERIAL INCIDENTS

Hazardous materials are substances (like chemicals, liquids or gases) that if released or misused can pose a threat to the environment or people's health. Because hazardous materials are moved along our roadways, railways, waterways and pipelines every day, a hazardous material incident can happen anywhere and you need to be prepared in case an incident happens near you.

Learn how to prepare and what to do during a Hazardous Materials Incident at www.readypa.org.

#7 EARTHQUAKES AND LANDSLIDES

Earthquakes and landslides are destructive natural disasters. An earthquake is the sudden, fast shaking of the earth caused by the breaking and shifting of rock deep underground. If an earthquake happens in an area with a lot of people, it can cause many deaths and injuries. Although most people usually think

of our country's west coast when they think of earthquakes, there are actually 45 states and territories throughout the United States (including Pennsylvania) that are at risk.

Landslides happen in all 50 states. During a landslide, large amounts of rock, earth or other items move down a slope (hillside, mountain, etc.). They can be started by storms, earthquakes, fires and man-made construction. Landslides can move quickly, striking with little or no warning at very fast speeds. They also can move several miles from where they start, growing in size as they pick up trees, boulders, cars and other materials.

Because of how fast and suddenly earthquakes and landslides happen, it is important for you and your family to be prepared ahead of time. Find out how at www.readypa.org.

#8 NUCLEAR THREAT

Nuclear power plants use nuclear heat to turn water into steam, which makes electricity. Although the federal Nuclear Regulatory Commission (NRC) closely watches these plants, accidents are possible. An accident could mean dangerous levels of radiation, which could affect the health and safety of the people living near the nuclear power plant. Although the risk of an accident isn't high, knowing how to act during a nuclear emergency can reduce your risk of injury.

Residents living within 10 miles of a nuclear power plant should be aware of the evacuation routes set up for their area and have an emergency plan in place.

Learn how to prepare for a nuclear facility incident at www.readypa.org.

#9 DAM FAILURES

When a dam fails, huge amounts of water go downstream with great force. Dam failures can happen with little warning, sometimes within hours of the first signs of failure. There are nearly 80,000 dams in the United States, and about one-third of these create a "high" or "significant" hazard to your life and property if there's failure. But if you are prepared for what to do during a dam failure, you can greatly lower the risk to you and your family.

Learn how to prepare for a Dam Failure at www.readypa.org.

#10 TERRORISM

Terrorism is defined as the use of violence and intimidation to achieve a goal. Terrorists typically plan their attacks in a way that gets the greatest publicity (news coverage) for their causes and creates massive fear among the public. Acts of terrorism include threats of terrorism; assassination (killing) of important people; kidnappings; hijackings (taking over a vehicle); bomb scares and bombings; cyber attacks (computer-based); and the use of chemical, biological, nuclear and radiological weapons.

Terrorism is a criminal act that is planned in advance. To stop this, we all need to be aware and take steps to prepare in advance. Learn how at www.readypa.org.

Be Prepared At Home

If an emergency happens, it's important to have a plan of action for you and your family. Creating an emergency contact list, making a plan for your family and having an emergency kit on hand are the most important things you can do to be prepared.

HOW TO MAKE A FAMILY EMERGENCY PLAN

Your family may not be together when an emergency happens, so it is important to know how you will contact one another, how you will get back together and what you will do in case of an emergency. Below are tips to help you make an emergency plan for your family. Remember, your emergency plan should be looked at and updated several times a year.

1. Meet with family members and talk about the dangers of different emergencies, including things like floods, severe weather, nuclear accidents and flu pandemics.
2. Discuss how you and your family will respond to each possible emergency.
3. If your family is not together when an emergency happens, discuss ahead of time who will pick up the children or others who depend on you as well as where you will meet if an evacuation is ordered. You should plan to meet as far away from the danger area as possible.
4. Discuss what to do in case the power is out or someone is hurt.
5. Draw a floor plan (map) of your home. List escape routes from each room.
6. Learn how to turn off the water, gas and electricity at main switches in your home. If for any reason you turn off natural gas service to your home, call your gas company to have it turned back on when the emergency is over. Do not try to restore service yourself.
7. Put emergency contact numbers near all telephones. Pre-program emergency numbers into phones with auto-dial features.
8. Teach children how and when to dial 9-1-1 to get help during an emergency.
9. Teach children how to make a telephone call to a trusted friend or relative if they are not with you during an emergency. Because it is often easier to call long-distance numbers during an emergency than local numbers, one of your emergency contacts should be from outside your area.
10. Tell family members to turn on the radio, the weather radio or television for emergency information.
11. Pick two meeting places — a place near your home and a place outside your neighborhood — in case you cannot return home after an emergency.
12. Take a basic first aid and CPR class. Contact the American Red Cross for more information at: www.redcross.org or call: 1-800-REDCROSS (1-800-733-2767). Community Emergency Response Team (CERT) training is also available through the Pennsylvania Emergency Management Agency (PEMA) at 717-651-2141.
13. Keep important family documents and recent photos (including photos of pets) in a waterproof and fireproof safe. Inexpensive safes can be bought at most hardware stores. Every year, photocopy the front and back of the cards in your wallet and place a copy in your safe and in your emergency kit.

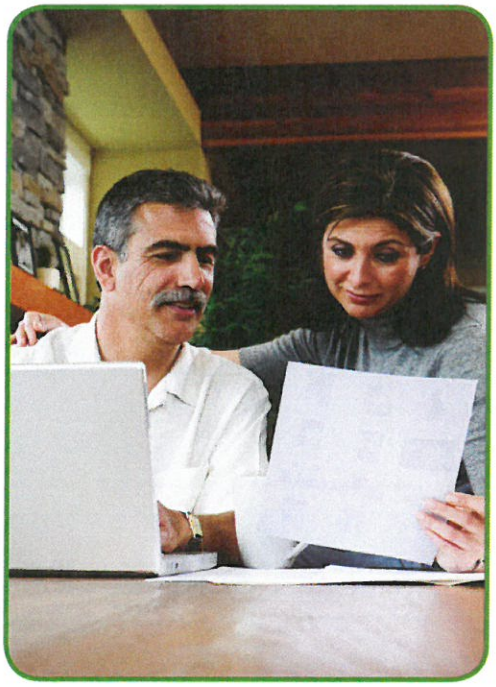
Home Emergency Kit Checklist

Your home emergency kit should have food, bottled water and supplies to live on for at least three days or longer. Keep your emergency kit in the same place in your home and in an easy-to-carry container in case you need to leave quickly. Make sure that all family members know where the emergency kit is kept.

Below is a checklist of items that you should include in your emergency kit. As you start your kit, include items that best suit your family's unique needs.

- ☐ Bottled water — every person in your family needs at least one gallon each day for drinking and bathing for at least three days
- ☐ At least a three-day supply of foods that won't spoil
- ☐ Battery-powered radio and extra batteries
- ☐ Flashlight and extra batteries
- ☐ First aid kit
  - Sterile adhesive bandages (different sizes)
  - Gauze pads
  - Hypoallergenic adhesive tape
  - Antibacterial wet wipes
  - Antiseptic spray/antibiotic ointment
  - Rubbing alcohol
  - Hydrogen peroxide
  - Latex gloves
  - Scissors
  - Tweezers
  - Safety pins (different sizes)
  - Cold pack
  - Non-breakable thermometer
  - Wooden tongue depressors
  - Cotton-tipped applicator sticks
  - Petroleum jelly or other lubricant
  - Eye wash
  - Aspirin and non-aspirin pain reliever
  - Antacid
  - Laxative
  - Anti-diarrhea medication
  - Emetic (to induce vomiting)
  - Smelling salts
  - Snake bite kit
- ☐ Sturdy shoes or work boots
- ☐ Heavy socks (at least two pairs)
- ☐ Hats and gloves
- ☐ Extra clothing and blankets
- ☐ Rain gear
- ☐ Cash — because ATMs may not work during an emergency

- [ ] Tools and supplies
  - Case/nylon bag/fanny pack
  - Mess kits or paper cups, plates, plastic utensils
  - Non-electric can opener
  - Propane cooking stove
  - Pot and pan for cooking
  - Aluminum foil
  - Multi-purpose tool/utility knife
  - Small fire extinguisher
  - Paper and pencil/pen
  - Tent
  - Plastic sheeting and duct tape to shelter-in-place (to be used when directed)
  - Pliers/wrenches
  - Pry bar
  - Compass
  - Light sticks
  - Signal flare
  - Whistle
  - Needles and thread
  - Scissors
  - Matches in a water-proof container or bag
  - Plastic storage containers or plastic storage bags
  - Medicine dropper
  - Dust mask (for dust/debris)
  - Hard hat
  - Work gloves
  - Battery-powered fan



- [ ] Extra keys for car and house
- [ ] Nylon cord
- [ ] Portable generator, if possible
- [ ] Spray paint
- [ ] Toilet paper/facial tissues/paper towels
- [ ] Wet wipes
- [ ] Personal hygiene items — toothbrush, toothpaste, deodorant, etc.
- [ ] Feminine supplies
- [ ] Plastic garbage bags and ties
- [ ] Disinfectant
- [ ] Soap
- [ ] Towels/washcloths
- [ ] Household chlorine bleach
- [ ] Small shovel
- [ ] Plastic bucket with tight lid (indoor toilet)

ADDITIONAL SPECIAL ITEMS

For Children:

- Baby formula/food for at least three days
- Diapers for at least three days
- Bottles for at least three days
- Powdered milk for at least three days
- Medications for at least one week
- Games/activities
- Special toy(s) for comfort
- Wet wipes
- Extra sets of clothing (check sizes every three months)
- Anti-rash ointment
- Emergency contact information in case you are separated from loved ones during an emergency
- Blankets

For Adults:

- One-week minimum supply of any prescription drugs (heart, high blood pressure, insulin, etc.)
- Denture needs
- Contact lenses and supplies
- Extra eyeglasses
- Playing cards and books
- Lip balm and sunscreen

For People with Special Needs and Older Pennsylvanians:

- One-week minimum supply of prescription medications and dosage information (including inhalers, insulin, etc.)
- Medical equipment and information on how it's used
- Extra eyeglasses, contacts and hearing aids
- Extra batteries for medical equipment (hearing aids, wheelchairs, portable oxygen units, etc.)

For Pets/Service Animals:

- At least three days' worth of pet food, bottled water and supplies for your service animal or pet
- Medications and medical records
- Pet first aid kit
- Extra leash and collar with ID tags
- Dishes/bowls
- Cat litter/pan
- Copies of licenses
- Name and phone number of veterinarian
- Microchip or tattoo number
- Toys
- Treats
- Bedding
- Paper towels and clean-up bags

Important Documents Folder in Water-Proof Container:

- Recent family photos including photos of pets
- Copies of Medicare/Medicaid and health insurance cards
- Copies of birth certificates
- Copies of drivers' licenses
- Copies of homeowner and car insurance policies
- Bank account numbers
- Cash
- Local and state maps
- Pre-paid phone cards

Be Prepared in Your Vehicle

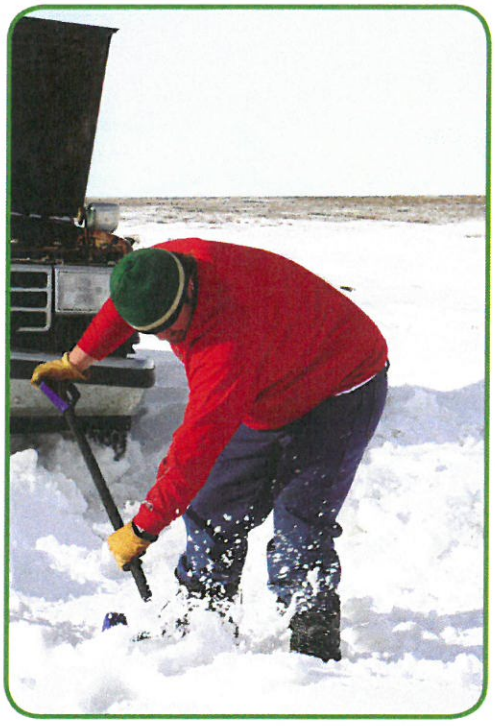
To be able to act quickly in any disaster, your emergency planning should cover every possibility. Many times, an emergency may happen while you're driving, or you may need to evacuate (leave) at a moment's notice. If this happens, it's important to have an emergency plan for your vehicle.

HOW TO PREPARE FOR AN EMERGENCY IN YOUR VEHICLE

1. Keep a kit of emergency supplies in your car. This kit should have food, water, first aid supplies and other supplies. Find a complete checklist of emergency supply items for your vehicle below.
2. Have your emergency plan ready for communicating and getting back together with your family if you are separated during a disaster.
3. Keep a full tank of gas in your car if an evacuation seems possible or likely. Gas stations may be closed in emergencies and unable to pump gas during power outages. Plan to take one car per family to reduce traffic and delays on the roads.
4. If you are evacuating in your vehicle:
    - Leave early enough so that you are not trapped by severe weather or poor air quality.
    - Follow recommended evacuation routes (avoid shortcuts as they may be blocked).
    - Watch out for downed power lines and washed-out roads and bridges. **Never drive into flooded areas.**

Vehicle Emergency Kit Checklist

- ☐ Flashlight and batteries
- ☐ Battery-operated radio
- ☐ Jumper cables
- ☐ Extra cell phone batteries and charger
- ☐ Snow shovel
- ☐ Matches and candles
- ☐ First aid supplies
- ☐ Blanket, extra warm clothing, gloves and boots
- ☐ Ice scraper
- ☐ Sand
- ☐ Bottled water and foods that won't spoil
- ☐ Anything else you may need for others in the vehicle (special medication, baby supplies, pet food, etc.)



Be Prepared at Work

Emergencies can strike anyone, anytime, anywhere. If a disaster should happen while you're at work, you need to have a plan.

HOW TO PREPARE FOR AN EMERGENCY AT THE WORKPLACE

1. Know your workplace emergency plan and alert system.
2. Participate in fire drills and don't ignore fire alarms.
3. Make sure you know how to get to stair exits.
4. Know who your office fire marshals are.
5. Keep an emergency supply kit (see below) at your workplace.
6. Know locations of common emergency equipment, including:
    - AEDs (Automated External Defibrillators)
    - First aid kit
7. Take first aid and CPR classes.

Work Emergency Kit Checklist

Talk to your co-workers about what emergency supplies the company can provide, if any, and which ones you should consider keeping on hand. Recommended emergency supplies include the following:

- ☐ Bottled water — Each person needs at least one gallon every day for drinking and bathing
- ☐ Food — at least a three-day supply of foods that won't spoil
- ☐ Battery-powered radio and extra batteries
- ☐ Flashlight and extra batteries
- ☐ First aid kit
- ☐ Whistle to signal for help
- ☐ Dust or filter masks
- ☐ Wet wipes
- ☐ Wrench or pliers to turn off utilities
- ☐ Manual can opener for food (if kit contains canned food)
- ☐ Plastic sheeting and duct tape to "seal the room," to use when directed
- ☐ Garbage bags and plastic ties

Planning for Special Needs

Some people may need extra planning before an emergency to make sure special needs are met when an emergency happens. This includes, but isn't limited to, young children, older Pennsylvanians and people who have special medical needs. This section will also help you plan for the needs of your pets, service animals and livestock.

PLANNING FOR OLDER PENNSYLVANIANS AND PEOPLE WITH SPECIAL MEDICAL NEEDS

Medications

- Always have at least a three-day supply or more of all of your medicines.
- Store your medicines in one place in their original containers.
- Have a list of all of your medicines and include the name, dose, how often you take it and the name of the doctor prescribing it.

Medical Supplies

- If you use medical supplies such as bandages, ostomy bags or syringes, have an extra three-day supply available.

Intravenous (IV) and Feeding Tube Equipment

- Know if your infusion pump has battery back-up and how long it will last in an emergency.
- Ask your home care provider how to infuse without electricity in case of a power outage.
- Have written operating instructions attached to all equipment.

Oxygen and Breathing Equipment

- If you use oxygen, have an emergency supply (for three days or more).
- Oxygen tanks should be firmly braced so they do not fall over. Check with your medical supply company regarding bracing directions.
- If you use breathing equipment, have a three-day supply or more of tubing, solutions, medications, etc.

Electrically Powered Medical Equipment

- For all medical equipment needing electrical power such as beds, breathing equipment or infusion pumps, check with your medical supply company and get information regarding a back-up power source, such as a battery or generator.
- Check with your local utility company to determine that back-up equipment is properly installed.

Emergency "Go Bag"

Have a bag packed at all times in the event you need to leave your home with:

- A medication list.
- Medical supplies for at least three days.
- Copies of important medical papers such as insurance cards, Advanced Directive, Power of Attorney, etc.
- When you leave your home, be sure to take refrigerated medications and solutions.

PLANNING FOR PEOPLE WITH DISABILITIES

Medical Supplies

- If you use a battery-operated wheelchair, life-support system or other powered equipment, call your power company before an outage happens. Many utility companies keep a list and map of the locations of power-dependent customers in case of an emergency. Ask them what other options are available in your area. Contact the customer service department of your local utility companies to learn if this service is available in your community.
- If you use a motorized wheelchair or scooter, have an extra battery. A car battery also can be used with a wheelchair, but will not last as long as a wheelchair's battery. If possible, store a lightweight manual wheelchair for backup.

ASSISTING PEOPLE WITH DISABILITIES IN A DISASTER

- People with disabilities often need more time than others to make necessary arrangements during an emergency.
- Because disaster warnings are often given by audible (easy to hear) methods such as sirens and radio announcements, people who are deaf or hard of hearing may not receive early disaster warnings and emergency instructions. Be their source of emergency information as it comes over the radio or television.
- Some people with vision disabilities, especially older people, may not want to leave their home when the evacuation notice comes from a stranger.
- A service animal can become confused or disoriented in a disaster. People who are blind or partially sighted may have to depend on others to lead them, as well as their service animal, to safety during a disaster.
- Service animals are allowed to stay in emergency shelters with owners. Check with your local American Red Cross chapter or your emergency management officials for more information.
- People with mobility disabilities are often worried about being dropped when being lifted or carried. Find out the best way to move someone in a wheelchair and what exit routes from buildings are best.
- Some people with intellectual disabilities may be unable to understand the emergency and could become disoriented or confused about the proper way to react.
- Many respiratory illnesses can be made worse by stress. In an emergency, oxygen and respiratory equipment may not be readily available.
- People with epilepsy, Parkinson's disease and other conditions often have very strict medicine needs that cannot be interrupted without serious consequences. Some may be unable to communicate this information in an emergency.

PLANNING FOR PEOPLE WHO ARE DEAF OR HARD OF HEARING

Medical Supplies

- Have extra batteries for hearing aids and implants and keep them in your emergency kit supplies.
- Maintain TTY batteries (consult manual).
- Store extra batteries for your TTY and light phone signaler. Check the manual for proper battery maintenance.
- Store hearing aid(s) in the same location so they can quickly be found and used during a disaster.
  - For example, consider keeping them in a water-proof container by your bedside, attached to the nightstand or bedpost with string or velcro. Missing or damaged hearing aids will be hard to replace or fix immediately after a major disaster.

Communication

- Determine how you will communicate with emergency personnel if there is no interpreter or if you do not have your hearing aid(s). Keep extra paper and pens in your emergency kit.
- Consider carrying a pre-printed copy of key phrase messages with you such as 'I speak American Sign Language (ASL) and need an ASL interpreter,' 'I do not write or read English." "If you make announcements, I will need to have them written or signed."
- Install both audible (easy to hear) and visual smoke alarms that are battery-operated.

PLANNING FOR PEOPLE WITH INTELLECTUAL DISABILITIES

Before, During and After a Disaster

- Practice what to do during and after a disaster. Practice leaving places where you spend time (job, home, school, etc.) until you are sure you know what to do during and after a disaster.
- Keep a written emergency plan with you and in several locations. Make sure your emergency plan is easy to read and understand.
- After a disaster, information often comes at you quickly. Think through ways to do things you will need to do after a disaster. A small tape recorder, calendar with room for notes, to do lists, etc., will help you remember things.
- Give copies of your written emergency plan to the people in your personal support network.

Communication

- Think through what a rescuer might need to know about you and be ready to say it briefly, or keep a written copy with you that says things like:
  - "I cannot read. I enhance my hearing with another communication device. I can point to simple pictures or key words, which you will find in my wallet or emergency supply kit."
  - "I may have difficulty understanding what you are telling me, please speak slowly and use simple language."
  - "I forget easily. Please write down information for me."

PLANNING FOR PEOPLE WHO ARE BLIND OR HAVE VISUAL DISABILITIES

Medical Supplies

- If you use a cane, keep extras in the same location at your job, home, school, volunteer site, etc. to help you move around.
- Keep a spare cane in your emergency kit.
- If helpful, mark emergency supplies with large print, fluorescent tape or Braille.

Alternate Mobility Cues

- If you have low vision, place battery-operated security lights in each room, to light your way. These lights plug into electrical wall outlets and light up automatically if there is a loss of power. They will, depending on type, continue to operate automatically for one to six hours and can be turned off manually and used as a short-lasting flashlight.
- Store high-powered flashlights with wide beams and extra batteries.
- If you wear soft contact lenses that have to be cleaned using electricity, you should have another way to clean them during a power outage.
- Service animals may become confused, panicked, frightened or disoriented during and after a disaster. Keep them safely confined or securely leashed or harnessed. A leash/harness is an important item for managing a nervous or upset animal. Be prepared to use other ways to move around until your service animal has calmed down.
- Plan for possibly losing the auditory (hearing) clues you usually rely on after a major disaster. An example would be audible street crossings, etc.

PLANNING FOR CHILDREN

- Make sure your emergency kit includes enough baby formula, baby food, diapers, bottles, toys and games to keep your children safe and comfortable after a disaster.
- If children go to preschool, daycare or school, it is important for parents or guardians to know the school's emergency plan. Review and update information on your child's emergency card often.
- Allow a trusted friend or relative that lives near you to pick up your children from school in case you are unable to travel to the school after a disaster.
- Tell trusted neighbors when your children are home alone so they can take care of them if you are not there when a disaster happens.

PEOPLE WHO CAN HELP

- An important part of being prepared for a disaster is planning ahead with family, friends and neighbors. Know who could walk to your home to help you if other kinds of transportation, like public buses, are not working.
- Talk about your disaster plans with your home healthcare provider.
- Ask your local fire department or emergency management agency if they keep a list of people with special medical needs. If they do, make sure the information they have for you is up-to-date.
- If you need electricity for your medical equipment, notify your local power company before a disaster strikes. Some companies will first help those with special medical needs during a disaster.
- Keep a list (names and phone numbers) of people who can help:
  - Family or friends
  - Neighbors
  - Doctor/homecare provider
  - Pharmacy
  - Local hospital
  - Medical suppliers

PLANNING FOR PETS, SERVICE ANIMALS AND LIVESTOCK

If you have pets, service animals or livestock, it's important to include them in your emergency planning. As you begin to think about disaster preparedness for your animals, keep in mind what's best for you is usually what's best for your animals. If you evacuate your home, DO NOT leave animals behind. However, because many public shelters will not allow any pets inside except for service animals, you should plan ahead for different shelter options that will work for both you and your pets. Below are some guidelines to help you prepare to meet the needs of your pets, service animals and livestock during an emergency.

- For pets and service animals, include the following items in your emergency supply kit:
  - Enough pet food and bottled water for at least three days (one to two weeks if possible)
  - Medicines
  - Veterinary records for each of your pets (including a note that allows rescuers to give your pet medical treatment if needed)
  - Registration and/or adoption papers
  - Emergency contacts
  - Cat litter/pan or bags
  - Manual (non-electric) can opener
  - Food dishes and water bowls
  - Spoon
  - Pet first aid kit
  - Cloth or thermal blanket
  - Collar and leash with tags
  - Treats and favorite toy(s)

- Talk to your veterinarian about evacuation and emergency care for your animals.
- Develop a buddy system with trusted neighbors, friends and relatives to make sure that someone is able to care for or move your pets if you are unable to do so.
- For public health reasons, many emergency shelters cannot take pets. As you prepare your emergency plan, make sure you find an emergency animal shelter in your area (kennels, nearby farms, state and local fairgrounds, Pennsylvania State Animal Response Team, etc.).
- Know ahead of time which hotels will accept pets.
- Have a portable crate, collar and leash ready for your pets.
- Keep all vaccinations (shots) up to date.
- Make sure you have more than one way to identify your pets (like having a dog license **and** microchip). Identification tags should be up-to-date and securely fastened to your pet's collar. If possible, also attach the address and/or phone number of your evacuation site. You may also want to have your veterinarian give your pets microchips and/or tattoos as a more permanent way to identify them.
- Have a copy of medical records and a list of necessary medicines on hand. Make different lists for each of your pets.
- If you must leave animals behind, place a sign high on your house (like a window or door) that will be easy for rescuers to see. Make sure the sign includes the type and number of animals which remain. Leave plenty of food and water with feeding instructions for rescuers. Keep the animals in the safest part of your home for the type of emergency you are experiencing. For example, if flooding is likely do not keep your animals in the basement.

Livestock

- Prepare an evacuation plan for livestock. Your plan should include a list of resources such as trucks, trailers, pasture and/or feed which might be needed in an evacuation. The plan should also list a person or persons (along with their phone numbers) who will be able to unlock gates and doors and make it easy for emergency workers to reach your animals.
- Have halters and lead straps available.
- Have a copy of medical records and a list of necessary medicines on hand. Make different lists for each animal.
- If you must leave animals behind, place a sign high on the building (like a window or door) that will be easy for rescuers to see. Make sure the sign includes the type and number of the animals which remain. Leave plenty of food and water with feeding instructions for rescuers.

More Information

- For groups whose needs may not be met by traditional service providers, they can reach out to the Pennsylvania State Animal Response Team. For more information visit, http://sart.psu.edu/.

After an Emergency

After an emergency is over, there can still be danger. When you plan what you will do before and during a disaster, be sure to include a plan for afterward as well. What you do next can save your life and the lives of others:

- Stay calm. Help family members or neighbors who may need help.
- Check the area around you for safety. In the case of biological, chemical or radiological threats, listen for instructions on local radio or television stations about safe places to go.
- Some natural hazards, like severe storms or earthquakes, may continue to happen over the next several days. Continue to be careful and follow safety instructions.
- Stay tuned to your local emergency station. Information may change quickly after a major disaster, so listen regularly for updates. If the power is still out, listen to a battery-powered radio, television or car radio.
- Wash small wounds with soap and water. To help prevent infection, use bandages and replace them if they become dirty, damaged or soaked through with water.
- Unless told by officials to evacuate your area, stay off the roads so that emergency vehicles (like ambulances and fire trucks) can quickly get where they need to go.
- Avoid using the telephone (cellular or landlines) if a large number of homes in your area have been affected by a disaster. Emergency responders need to have the telephone lines available so they can quickly help people. During the immediate post-disaster time period, only use the telephone to report life-threatening conditions and to call your out-of-town emergency contact.
- Turn off sensitive electrical equipment such as computers, DVD players and televisions to prevent them from being damaged when electricity is restored. You should also turn off major electrical and gas appliances (like stoves, refrigerators and washing machines) that were on when the power went off to help prevent power surges when electricity comes back on.
- Keep your refrigerator and freezer doors closed as much as possible to keep in cold. The Centers for Disease Control and Prevention has more information on food and water safety after a disaster.
- Do not use the stove to heat your home — this can cause a fire or deadly gas leak.
- Use extreme caution when driving. If traffic signals are out, treat each signal as a stop sign — come to a full stop at every intersection and look around you before driving through it.
- DO NOT call 9-1-1 to ask about a power outage or to get other information about the emergency. Even during or after a disaster, 9-1-1 should only be used for emergencies. In case of a power outage, use battery-operated equipment to listen to news and radio stations for updates.

CHILDREN NEED ATTENTION AFTER AN EMERGENCY

- Encourage children to talk about their fears. Let them ask questions and tell you how they're feeling. Listen to what they say, as a family when possible.
- Reassure them with love.
- Reassure them that they are safe and answer their questions honestly.
- Tell them, in simple language, what is happening. Tell them that they are not responsible for what happened. Limit the amount of news they hear on the radio or see on the TV.
- Hold and hug them often.
- When they go back to school, encourage them to also talk about their problems with teachers or school counselors and to play games, ride bikes and do all of the other things they did before the disaster.

Important Contact Information

In an emergency, call 9-1-1

There are many things you can do to help your family and community be prepared for a public health emergency. To learn more, call the Pennsylvania Department of Health (DOH) at 1-877-PA-HEALTH, 1-877-724-3258, visit www.health.state.pa.us or contact your county/municipal health department listed below:

- Pennsylvania ReadyPA line: 1-888-9-ReadyPA,1-888-973-2397, www.readypa.org
- Pennsylvania Department of Health: 1-877-PA-HEALTH, 1-877-724-3258, www.health.state.pa.us
- Pennsylvania Emergency Management Agency: www.pema.state.pa.us
- American Red Cross: 1-800-435-7669, www.redcross.org
- Ready America: www.ready.gov
- Pennsylvania Poison Control Centers: 1-800-222-1222

Emergency Management Agency (EMA)/Department of Health (DOH) Contact List

It is important to know who in your community will be able to help you during a disaster, particularly if you have special needs. Your county emergency management agency can help you get ready for emergencies before they happen.

Emergency Contact List (form to be filled out)

Create an Emergency Contact List. Ask several friends or family members who live outside your area to act as an emergency contact for information about you and your family after a disaster. It is often easier to place an out-of-state, long distance call from a disaster area than to call other people within the area. All of your family members should know to call the contact person to tell them where they are and how they are. In turn, you should have your contact person get in touch with your other friends and family. This will also help to limit the number of calls that are coming into and out of a disaster area after the phones start working again.

- Page 20 — County contact information
- Page 21-23 — Special needs emergency plan template

EMA/DOH Contact List

It is important to know who in your community will be able to help you during a disaster, particularly if you have special needs. Your county emergency management agency can help you get ready for emergencies before they happen:

Adams County
717-334-8603
Allegheny County
412-473-2550
Armstrong County
724-548-3431
Beaver County
724-775-1700
Bedford County
814-623-9528
Berks County
610-374-4800
Blair County
814-940-5900
Bradford County
570-265-5022
Bucks County
215-340-8700
Butler County
724-284-5211
Cambria County
814-472-2050
Cameron County
814-486-9352
Carbon County
570-325-3097
Centre County
814-355-6745
Chester County
610-344-5000
Clarion County
814-226-6631
Clearfield County
814-765-5357
Clinton County
570-893-4090
ext 209
Columbia County
570-389-5720
Crawford County
814-724-2552
Cumberland County
717-240-6400
Dauphin County
717-558-6800
Delaware County
610-565-8700
Elk County
814-776-5314
Erie County
814-451-7920
Fayette County
724-430-1277
Forest County
814-755-3541
Franklin County
717-264-2813
Fulton County
717-485-3201
Greene County
724-627-5387
Huntingdon County
814-643-6613/6617
Indiana County
724-349-9300
Jefferson County
814-849-5052
Juniata County
717-436-7730
Lackawanna County
570-961-5511
Lancaster County
717-664-1200
Lawrence County
724-656-4927
ext 3701
Lebanon County
717-272-7621
Lehigh County
610-782-4600
Luzerne County
570-820-4400
Lycoming County
570-433-9063
ext 4732
McKean County
814-887-5070
ext 13
Mercer County
724-662-6100
ext 2442
Mifflin County
717-248-9645/9607
Monroe County
570-992-4113
Montgomery County
610-631-6530
Montour County
570-271-3047
Northampton County
610-746-3194
ext 226
Northumberland County
570-988-4217
Perry County
717-582-2131
ext 2256
Philadelphia County
215-686-1450
Pike County
570-296-6714
Pittsburgh, City of
412-255-2633
Potter County
814-274-8900
Schuylkill County
570-622-3739
Snyder County
570-372-0535
Somerset County
814-445-1515/1516
Sullivan County
570-946-5010
Susquehanna County
570-278-4600
ext 250
Tioga County
570-724-9110
Union County
570-523-3201
Venango County
814-677-0325
Warren County
814-563-2220
Washington County
724-228-6911
Wayne County
570-253-1622
Westmoreland County
724-600-7301
Wyoming County
570-836-2828
York County
717-840-2990

Pennsylvania's public health network consists of 60 State Health Centers and 10 County and Municipal Health Departments. For public health preparedness information, call your designated health department listed below.
1-877-PA-HEALTH
(1-877-724-3258)

Allegheny County Health Department
412-578-8026
Allentown Bureau of Health
610-437-7760
Bethlehem Health Bureau
610-865-7087
Bucks County Department of Health
215-345-3318
Chester County Health Department
610-344-6225
Erie County Department of Health
814-451-6700
Montgomery County Health Department
610-278-5117
Philadelphia Department of Public Health
215-685-5670
Wilkes-Barre City Health Department
570-208-4268
York City Bureau of Health
717-849-2252/2299

EMERGENCY PLAN FOR PEOPLE WITH DISABILITIES AND OLDER PENNSYLVANIANS

Ready.PA
Plan ahead. Be prepared.

Make sure you and your family and friends have a plan in case of an emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, what mobility and/or medication issues will need to be dealt with and what you will do in an emergency. Keep a copy of this plan in your emergency supply kit or another safe place where you can find it quickly during a disaster.

EMERGENCY CONTACTS

First Contact Name

Telephone Number

Email

Relationship

Second Contact Name

Telephone Number

Email

Relationship

SPECIAL MEDICAL NEEDS OR DISABILITIES (Like diabetes, epilepsy, heart conditions, high blood pressure, etc.)

Special Medical Needs / Disability

Special Medical Needs / Disability

Special Medical Needs / Disability

Special Medical Needs / Disability

MEDICATIONS

Name of Medication

Reason for Taking

Dose and How Often it's Taken

Name of Medication

Reason for Taking

Dose and How Often it's Taken

Name of Medication

Reason for Taking

Dose and How Often it's Taken

Name of Medication

Reason for Taking

Dose and How Often it's Taken

DIAL 911 FOR EMERGENCIES

EMERGENCY PLAN FOR PEOPLE WITH DISABILITIES AND OLDER PENNSYLVANIANS

Ready.PA
Plan ahead. Be prepared.

ALLERGIES

Allergy	Allergy
What Happens	What Happens
Allergy	Allergy
What Happens	What Happens

MEDICAL EQUIPMENT USED (This may include wheelchair, crutches, home dialysis, respirator, oxygen, etc.)

Type of Equipment	Type of Equipment
Type of Equipment	Type of Equipment

IMPORTANT INFORMATION:	TELEPHONE NUMBER	POLICY NUMBER (if needed)
Doctor's Name		
Other Doctor		
Pharmacist		
Medical Insurance		
Homeowners / Rental Insurance		
Veterinarian / Kennel (For Pets)		

DIAL 911 FOR EMERGENCIES

EMERGENCY PLAN FOR PEOPLE WITH DISABILITIES AND OLDER PENNSYLVANIANS

Ready.PA
Plan ahead. Be prepared.

Make sure you and your family and friends have a plan in case of an emergency. Fill out these cards and give one to each of them to make sure they know who to call and what steps to take in case of an emergency.

EMERGENCY PLAN

Ready.PA

First Contact Name _____ Telephone _____

Second Contact Name _____ Telephone _____

Doctor _____ Telephone _____

Special Medical Needs / Disabilities _____

DIAL 911 FOR EMERGENCIES

IMPORTANT MEDICAL INFORMATION

Medications _____

Allergies _____

Equipment Used _____

FOLD HERE

EMERGENCY PLAN

Ready.PA

First Contact Name _____ Telephone _____

Second Contact Name _____ Telephone _____

Doctor _____ Telephone _____

Special Medical Needs / Disabilities _____

DIAL 911 FOR EMERGENCIES

IMPORTANT MEDICAL INFORMATION

Medications _____

Allergies _____

Equipment Used _____

pennsylvania

"This publication was supported by Grant/Cooperative Agreement Number 1H75TP000361-01 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC."

Ready PA

Plan ahead. Be prepared.

www.ReadyPA.org
1-888-973-2397