



Centre Region
Council
of Governments



Family Emergency Preparedness Guide

Emergency preparedness begins at home.

Centre Region Ready
www.crcog.net/EM

A Message from the Centre Region COG Chair

The time to prepare for an emergency is now.

We simply cannot stress these words enough. On behalf of the six member municipalities of the Centre Region Council of Governments (COG), I am pleased to provide this informational guide to you. The COG has prepared this guide to help residents properly prepare for a disaster, whether that disaster is man-made or natural in scope. We urge you to take the material in this booklet seriously and to place it in a location that is readily accessible in a time of need.

In an emergency, government resources may be stretched. This booklet contains useful phone numbers and information that will help ensure your family is protected. Remember: the best time to prepare is before a disaster strikes.

David Fryer, Chair,
Centre Region Council of Governments

(reprinted 06/30/10)

*The Centre Region Council of Governments is composed of
elected officials from the following municipalities:*

State College Borough

College Township

Ferguson Township

Halfmoon Township

Harris Township

Patton Township

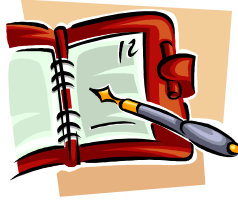
Centre Region Ready

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Personal Emergency Planning: Know Your Emergency Plan

Planning for an emergency in advance can minimize fear and stress. The following activities can help you and your family prepare for an emergency.

Create a Plan

- Meet with your family to discuss possible emergencies and how you will respond.
- Draw a floor plan of your home and mark two escape routes from each room.
- Post emergency telephone numbers near telephones.
- Conduct a home hazard hunt and look for items that may cause injury.
- Purchase a weather alert radio.

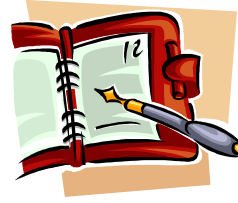
Practice

- Practice drills for each potential emergency, physically going through the movements.
- Learn how to turn off the water, gas and electricity at main switches. **DO NOT** practice turning off gas lines as they need to be turned back on by a professional, which may take awhile.

Plan to Reunite After an Emergency

- Choose one local and one out-of-state relative or friend for family members to call if separated by an emergency. All family members should know who the contacts are, their phone numbers and how to call them. These contacts can help family members know where the others are and how to reach them.

Personal Emergency Planning: Know Your Emergency Plan



Plan to Reunite After an Emergency

- Choose two meeting places to reunite after an emergency. One should be near your home and the other should be outside your neighborhood in case you cannot return home after the emergency.

Emergency Alert System

Notification of an evacuation will begin with an activation of the Emergency Alert System (EAS) and repeated announcements on all radio and television stations. You may also receive an automated message on your home phone through Centre County's CodeRed emergency notification system.

If a notification to evacuate comes, **DO NOT DELAY**. Do not try to take unnecessary items. Remember, material items can be replaced. Your life cannot.



Personal Emergency Planning: Create a First Aid Kit

A first aid kit should be created for your home and one for each car in your family. It should include the following:

- (20) adhesive bandages, various sizes
- (1) 5" x 9" sterile dressing
- (1) conforming roller gauze bandages
- (2) triangular bandages
- (2) 3 x 3 sterile gauze pads
- (2) 4 x 4 sterile gauze pads
- (1) roll 3" cohesive bandages
- (2) germicidal hand wipes or waterless alcohol-based sanitizer
- (6) antiseptic wipes
- (2) pair large medical grade non-latex gloves
- Adhesive tape, 2" width
- Anti-bacterial ointment
- Cold pack
- Scissors (small, personal)
- Tweezers
- CPR breathing barrier, such as a face shield

Personal Emergency Planning: Create a 72 Hour Kit



WATER: One gallon per person per day for three days

FOOD: Minimal - preferably non-cook, lightweight, palatable; can opener, cooking and eating utensils, pots, plates, cups

FIRST AID: Personal medications, first aid kit, emergency guide

CLOTHING: One change of clothing, extra shoes

BEDDING: Sleeping bags, blankets, tarp

PERSONAL: Toothbrushes, toothpaste, shampoo and hygiene items

SANITATION: Airtight bucket or portable toilet, toilet paper, newspaper, soap, towel, disinfectant, trash bags, bleach **SHELTER:** Tent or tarp, rope

FUEL: Cooking, light and heat

TOOLS: Pocket knife, small tools, axe, pointed shovel

LIGHT: Flashlights, batteries, candles, water-proof matches

COMMUNICATION: Radio, batteries

PAPERS AND KEYS: All important family documents

MONEY: Cash, quarters for phone and credit cards

***NOTE:** Store the items you will most likely need during an evacuation in an easy-to-carry container. Possible containers include a large trash container or a duffle bag.*

Water Storage Tips



Store at least one gallon of water per day for each person in your household, and have a two week supply of water for each household member. People in hot environments, extremely physically active people, nursing mothers, children and ill people will need more water.

The average person needs to drink at least eight glasses of water each day; however, four glasses a day is ok for a short period. Water is also necessary for food preparation and sanitation. Towelettes, wash rags and alcohol can also be used for sanitation.

Store water in thoroughly washed plastic containers. Soft drink bottles work well. Avoid using containers that will decompose or break, such as milk cartons or glass bottles.

Use rope to join your water containers in case you are displaced from your home in an emergency. The rope allows you to carry the bottles around your neck. Keep your water supply away from sun, heat, gasoline and pesticides.

In the event of an emergency, you can also utilize alternative water sources, such as the hot water tank, the water in your pipes and the untreated water in the reservoir tank of your toilet (not the bowl.)

To purify water, boil it for ten minutes or chlorinate it by adding four drops of bleach per quart of water.

Remember to rotate your water supply every six months.

Food Storage Tips



If activity is reduced, healthy people can survive on half their usual food intake for an extended period of time. Unlike water, food can be rationed, except to children and pregnant women. Remember to store food your family will eat.

Store at least a three day supply of non-perishable food in a dry place where the temperature is not above 70° F and not below freezing. Store food in tightly closed cans or metal containers so the food stays as fresh as possible and animals cannot eat it.

Select foods that require no refrigeration, preparation, cooking and little or no water. If you must heat your food, pack a can of Sterno.

Select food items high in calories and nutrition, which are also compact and lightweight.

Remember to label food items with content and date. Use stored foods before they go bad and replace them with fresh supplies. Rotate food storage very six months.

Suggested food items include the following:

- Ready-to-eat canned meats, soups, fruits and vegetables
- Canned juices and canned milk
- Staples - flour, cornmeal, beans, sugar and salt
- Vitamins
- High energy foods - peanut butter, jelly, granola bars, trail mix, crackers.



Preparation Tips for Disabled/Special Needs Individuals

People with disabilities should take extra precautions when preparing for a disaster. One of the most important things you can do is have a buddy, someone who can help you evacuate and take care of you. During an emergency, your usual caregiver may not be able to help you. Make sure your buddy knows how to operate any medical equipment you use and understands your medical needs.

Extra supplies people with disabilities and special needs may require are:

- Prescription medications, a record of when and how much of the medicine you should receive and the condition the medication is treating
- Prosthetic devices
- List of style and serial numbers of medical devices
- Extra eye glasses and a record of the prescription
- Emergency medical certification
- Extra oxygen
- Extra pillows and bedding
- Medical insurance and Medicare cards
- Back-up power supplies or generators for heat or air-conditioning
- Extra wheelchair batteries
- Hearing aids and batteries.

Preparation Tips for Children



Children experience trauma and fear during a natural disaster. If they know what to do because they have practiced family disaster drills, they should be calmer. When parents are calm, children calm down more quickly.

- Develop and practice a family disaster plan
- Teach children how to recognize danger signals
- Explain how to call for help (9-1-1)
- Help children memorize important family information
- Include children's toys and special foods in your 72-hour kit

Parents can help minimize their children's fears after a disaster.

- Keep the family together, do not leave children with relatives or friends.
- Calmly and firmly explain the situation and your plans.
- Talk to your children at eye level
- Encourage children to talk about the disaster and ask questions.
- Include children in recovery activities by giving them those chores that will help them feel they are helping things get back to normal.
- Reassure children with firmness and love.
- Sympathize with and resolve their anxieties.



Preparation Tips for Pets

You need to have an emergency plan and kit for your pets. Red Cross shelters cannot accept pets because of health and safety regulations. Only service animals are allowed in the shelters.

Safe places to keep your pets are the following:

- Hotels and motels outside of your immediate area that accept pets.
- Homes of friends and relatives outside of the area
- Boarding facilities, veterinarians, or local animal shelters (last resort)
- Keep 24-hour phone numbers with the disaster supply kit for your pet.

Include these items in the disaster supply kit:

- Medications, medical records, pet first aid kit with first aid manual.
- Carriers and/or sturdy leashes or harnesses
- Food, can opener, potable water and bowls
- Cat litter pan, scoop and plastic bags for waste disposal.
- Remember to evacuate your pets when you leave.

Shelter In Place Tips



Shelter in place simply means **staying inside your home or business**. During an accidental release of toxic chemicals or emergencies involving hazardous materials where air quality may be threatened, sheltering in place keeps you inside a protected area and out of danger. If sheltering in place is necessary you will be notified by the Emergency Alert System.

If you are asked to shelter in place, take the following steps:

- If possible, bring outdoor pets inside.
- Close and lock all doors and windows to the outside.
- Turn off all heating/air conditioning systems and switch inlets or vents to the closed position. Close all fireplace dampers.
- Seal gaps around window-type air conditioners, fireplace dampers, doors and windows with plastic sheeting, wax paper or any other suitable material and tape.
- Seal bathroom exhaust fans or grills, range vents, dryer vents and any other opening to the best extent possible.
- Close drapes or shades over windows. Stay away from windows.
- Remain in place until you are told by police or fire officials or through radio or TV broadcasts that it is safe to leave.



Disaster Response Tips: Natural Gas Leaks

Emergency Control of Gas

- Check house piping, appliances and vents for damage.
- Check for fires or fire hazards.
- Do not use matches, lighters or other open flames
- Do not operate electrical switches, appliances or battery operated devices if you suspect natural gas leaks. This could create sparks that could ignite gas from broken lines.
- If gas line breakage is suspected, shut off the gas at the meter.
- Wear heavy shoes in all areas near broken glass or debris. Keep your head and face protected from falling debris.
- Turn on a battery-operated radio if no gas leaks are found or a car radio to receive disaster instructions.
- Do not use your telephone except in extreme emergency situations.

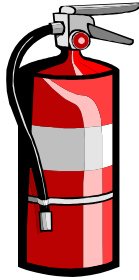
Disaster Response Tips: Terrorism



Terrorism is the use of force or violence against persons or property in violation of the criminal laws of the United States for purposes of intimidation, coercion or ransom. Terrorists often use threats to create fear among the public, to try to convince citizens that their government is powerless to prevent terrorism and to get immediate publicity for their cause.

Report any suspicious persons, packages, or equipment to local authorities. Take notes on suspicious activities or individuals and report them to the local authorities.

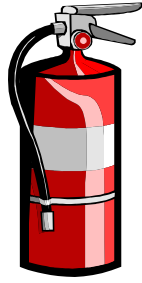
- When in a public building, or transportation conveyance, know where the nearest exits are and review emergency evacuation procedures.
- Keep fire extinguishers in working order.
- Do not use elevators during an explosion or fire.
- Review the basic emergency preparedness techniques listed in this booklet.
- Assist others who may need special care.



Disaster Response Tips: Fire Safety

Before a Fire

- Make sure your home is free of unnecessary combustible materials.
- Do not store flammable liquids inside the home.
- Do not run wires under carpets or rugs.
- Do not store matches or cigarette lighters where children can get them.
- Do not leave cooking unattended.
- If you smoke, do not smoke in bed or in other positions where you may doze.
- Always have two ways out of every room.
- Have a place to meet so no one tries to go back into a burning building to look for someone needlessly.
- Have fire extinguishers near the kitchen and the garage.
- Have escape ladders for all windows higher than eight feet off the ground.
- Install a smoke detector in every bedroom, in every hallway outside of a bedroom and at least one on every level of the house. Test the smoke detectors monthly. Change the batteries in the smoke detectors in the fall when you change your clocks.
- Plan and practice a family fire drill on the first of each month. A good plan will have a place to meet, two ways out of every room and escape ladders.



Disaster Response Tips: Fire Safety

During a Fire

- If you are outside, stay outside. Do not re-enter the building until appropriate authorities have given permission.
- If you are inside, get out. Go to the nearest house or building and call 911. Report the address and type of fire.
- If you are inside and have time, make sure everyone is out.
- If there is smoke, get under the smoke, no matter how low it is, and get out of the building.
- If you cannot use the primary door or exit, stay low below the smoke and exit through a window. If unable to exit through the window, use clothes, sheets, pillows, etc. to stop smoke from entering the room. Open windows and yell or blow a whistle to get help.
- If you catch on fire, do not run. Stop where you are. Drop to the ground and cover your face. Roll over and over to smother the flames.
- In a public building, know two ways out. If you hear a fire alarm, immediately exit the building regardless of what you are doing.



Disaster Response Tips: Winter Storm

Before the Storm

- Arrange for an emergency heat supply in case of power failure.
- Emergency heat supplies should be properly ventilated. All generators should be used in a well ventilated exterior location.
- Prepare auto, battery-powered equipment, food, heating fuel and other supplies.
- Prepare a winter survival car kit to include the following items: blankets or sleeping bags, flares, high energy foods (candy, nuts, raisins), first aid kit, flashlights, extra clothing, knives, compass, candles and matches, maps, jumper cable, tow chain, shovel, windshield scraper, bag of sand and paper and a pen to leave a note in case you evacuate your car.
- Your car will help you keep warm, visible and alive if you get trapped in a winter storm. A lighted candle will help keep you from freezing, but remember to have a window open slightly for ventilation.
- Keep car fuel tank above half full.

During and After the Storm

- Dress warmly. Wear multiple layers of protective, loose-fitting clothing. Cover your mouth and nose to protect lungs from extremely cold air.
- Avoid travel. If you get stranded, stay in your vehicle and keep it ventilated.
- Avoid overexertion. Heart attacks are a major cause of death during and after winter storms. Shoveling snow or freeing stuck vehicles can be extremely hard work. Don't overdo it!
- Be prepared for isolation at home. Make sure you can survive for a week or two in case a storm isolates you.
- Bring your pets into a weather protected area.



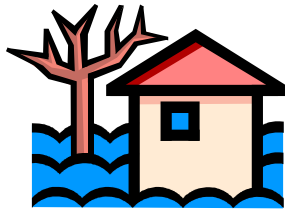
Disaster Response Tips: Hazardous Materials

Before

- Survey your home and premises to determine the types and amounts of hazardous materials on hand.
- Read labels and become familiar with the potential dangers of materials used in the home.
- Provide proper storage and safeguards for hazardous materials.
- Most household cleaning agents are hazardous materials.
- Sort through your storage containers. If you don't remember what is in them or cannot read the labels, dispose of the containers at a local household hazardous waste collection event. For safe disposal information, contact the Centre County Solid Waste Authority at 238-7005.

After

- Remember, personal safety is of the utmost importance. Do not allow yourself or others to become part of the problem by endangering lives or property in an effort to gather information or control the situation without professional help.
- Remain uphill and upwind from the source of hazardous material. Stay far away and restrict other unauthorized people from approaching the scene until professional responders arrive.



Disaster Response Tips: Flooding

Before the Flood

- Know the elevation of your property in relation to flood plains, streams and other waterways. Determine if your property may be flooded.
- Plan what to do and where to go in case of a flood.
- Store food, water and critical medical supplies.
- Fill your car with gas in case you have to evacuate.
- Move furniture and essential items to higher elevation, if time permits.
- Have a portable radio and flashlights with extra batteries.
- Open basement windows to equalize water pressure on foundations and walls.
- Secure your home.
- Consider flood insurance.

Evacuation

- Listen to local radio or TV for weather information.
- If asked to evacuate, shut off main power switch, main gas valve and water valve. Follow local evacuation plan and routes.
- Do not attempt to drive over a flooded road—it may be washed out. While on the road, watch for possible flooding of bridges, dips and low areas.
- Watch out for damaged roads, slides and fallen wires.
- Drive slowly in water; use low gear.
- Abandon your vehicle immediately if it stalls and seek higher ground.
- Do not attempt to cross a stream on foot where water is above your knees.

**Disaster Response Tips:
Flooding**



After the Flood

- Remain away from the evacuated area until public health officials and building inspectors have given approval.
- Check for structural damage before entering.
- Make sure electricity is off; watch for electrical wires.
- Do not use open flame as a light source because of the possibility of escaping gas. Use flashlights.
- Do not use food contaminated by flood water.
- Test drinking water for suitability with test kits.
- Avoid walking in flood water. Do not let children play in flood water.



Disaster Response Tips: Pandemic Flu Planning

An influenza (flu) pandemic is a worldwide outbreak of a new flu virus that can spread easily from person to person. Like the seasonal flu many people experience each year, pandemic flu will probably spread by infected people coughing or sneezing and by touching an infected surface. Unlike seasonal flu, people will have little immunity to the new flu virus that causes a pandemic. Many more people will get sick.

Right now, there is no immediate threat of a flu pandemic in Pennsylvania or the United States. Pennsylvania and the Centre Region are taking an aggressive approach to preparing for the possibility of an outbreak in humans or animals.

What to Expect

- Hospitals and doctors might be overwhelmed with sick patients.
- Schools and businesses might close to keep the virus from spreading or because too many people are sick.
- Essential supplies and services may become limited or unavailable.
- Travel and public gatherings might be limited to keep the virus from spreading.
- Public health officials may suggest using isolation or quarantine measures to control the spread of infection.
- There may not be a vaccine to prevent people against the pandemic flu.

Disaster Response Tips: Pandemic Flu Planning



- Antiviral medicines may be in limited supply.
- If vaccines or antiviral medicines are available, you may be asked to go to a certain community location to get vaccinated or receive the medicine.
- The pandemic could last a long time. Sometimes there are smaller waves of illness that occur over a series of months or even more than a year.

What to Do

- Make an emergency supply kit for your home.
- Practice good hygiene: wash your hands frequently, cover your nose and mouth when coughing or sneezing, and regularly clean surfaces that are touched by multiple people.
- Stay home from work or school when you are sick.
- Stay healthy by eating a balanced diet, getting regular exercise and getting sufficient rest.
- Get a flu vaccination, especially if you are at high risk for flu complications
- Stay informed about pandemic flu and the things you can do to prepare.

Emergency Phone Numbers

Emergency Dial 9-1-1

Non-Emergency Dispatch Line..... (800) 479-0050

Centre Region Council of Governments

Centre Region COG (Main Office)..... (814) 231-3077

Centre Region Office of EM..... (814) 235-7838

Police, Fire, Ambulance

Alpha Fire Company (Main Station)..... (814) 237-5359

Boalsburg Fire Company (814) 466-7367

Centre Life Link EMS (814) 237-8163

Ferguson Township Police (814) 237-1172

Patton Township Police (814) 234-0273

Penn State Police (814) 863-1111

Port Matilda Fire Company (814) 692-4074

Port Matilda EMS (814) 692-1035

State College Police (814) 234-7150

Municipal Offices

College Township Municipal Office (814) 231-3021

Ferguson Township Municipal Office (814) 238-4651

Halfmoon Township Municipal Office (814) 692-9800

Harris Township Municipal Office (814) 466-6228

Patton Township Municipal Office (814) 234-0271

State College Municipal Office (814) 234-7110

Other Important Numbers

American Red Cross Local Office (814) 237-3162

National Weather Service, State College (814) 231-2408

Pennsylvania Poison Control Center (800) 222-1222

PennDOT, Travel Conditions Dial 511

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