

# **CITIZEN'S GUIDE TO EMERGENCIES**

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**WHAT TO DO DURING AN EMERGENCY**

**SOMERSET COUNTY DEPARTMENT OF  
EMERGENCY SERVICES**  
11916 Somerset Ave., Princess Anne, MD, 21853





The Somerset County Department of Emergency Services is pleased to provide you with a copy of this “Citizen’s Guide to Emergencies”. This guide includes helpful information designed to assist you in preparing you and your family for emergencies.

Citizens are usually the first ones to witness an event, and are first on the scene. With the information in this guide, you will be better prepared in the event of an emergency. Planning for any emergency can significantly reduce the risk of injury or damage to your property.

Somerset County Emergency Services encourages all of our citizens to prepare themselves in the event of an emergency. During major emergencies it may take up to three days before emergency responders can reach every area of the county.

We are available to provide additional emergency preparedness information and welcome invitations to make presentations to local groups or civic organizations. We can also display and distribute information at your events or activities. Please call 410-651-3457 to schedule a display or presentation.

Please read this guide and implement the steps outlined to make your home and family safer. Help us in our emergency preparedness efforts; planning now will save lives and property.

As always, please follow the direction of your public safety officials. For emergency press releases and action messages, tune to local media. For additional information, please follow us on Facebook ([www.facebook.com/somersetems](https://www.facebook.com/somersetems)) or go to our website ([www.somerset911.org](http://www.somerset911.org)).



Alternate format is available upon request. Contact the Office of Emergency Management at

410-651-3457 or [someset911.org](http://someset911.org). TTY users, please call via Maryland Relay 7-1-1.

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For additional information and updates, please visit Somerset County Emergency Services on Facebook and our website.



# USING THIS GUIDE

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**For life threatening emergencies, call 9-1-1 immediately!**

**This is a quick reference guide when time is of the essence.**

**Guide Sections:**

**Preparedness  
Essentials: Red**

**Natural Hazards: Green**

**Man-made Hazards:  
Orange**

**Follow specific instructions given by officials.**

**Use reliable news sources and mass notification systems for further information.**

**These are guidelines for immediate action considerations.**

**Use your best judgment when choosing the best action for you.**



# PREPAREDNESS 101

**Preparing yourself, your family, and your community for emergencies will increase your chances of success when emergencies and disasters occur.**

- **Be proactive by preparing in advance of emergencies**
- **Make an emergency plan and practice it with your family and friends**
- **Build go-kits for each family member; don't forget about your pets too!**
- **Take action by protecting yourself, your family, and your community**
- **Talk to your schools, work places, and family care facilities to understand their emergency plans and policies**
- **Consider keeping a go-kit at work and in your car**
- **Know your evacuation routes and plans**
- **Understand "shelter-in-place" and when to do it (see page 5 for details)**
- **Register for and understand emergency notification systems (see page 7 for details)**

## EMERGENCY PREPAREDNESS KIT / GO-KIT

**Creating an emergency preparedness kit, also known as a go-kit, for your family will aid in eliminating stress when disasters occur. Go-kits are simply pre-stocked bags, boxes or buckets that can be picked up and taken anywhere in the event of a quick evacuation during an emergency. The idea is to stock these kits with your family's essential items. A go-kit can be purchased from some retail stores or online, but by creating one unique to your family, you will have all necessary items when sheltering-in-place or evacuating. Consider the following suggestions for your emergency preparedness kit / go-kit:**

- ✓ **Water for yourself, family members, and pets**
- ✓ **Food: non-perishable and compact**
- ✓ **Flashlight, radio**
- ✓ **Change of clothes, extra blankets**
- ✓ **First aid supplies**
- ✓ **Copies of prescriptions, extra medications**
- ✓ **Whistle**
- ✓ **Batteries**
- ✓ **Copies of identification cards, social security cards, insurance documents, etc.**

**For additional information and updates, please visit Somerset County Emergency Services on Facebook and our website.**



# SHELTER-IN-PLACE

When emergencies occur, officials may issue shelter-in-place or evacuation orders. Although these orders can be issued for various emergencies, it is important to know and practice the difference in these protective actions.

**Shelter-in-place directs individuals to use the nearest suitable physical structure as refuge from a hazardous outdoor or atmospheric threat. Shelter-in-place may be the only immediate option that is viable for certain threats, such as a no-notice toxic hazard or civil unrest.**

- Sometimes the safest thing to do is stay inside
- Stay tuned to mass notification systems for the most updated information (see page 7)
- Specific shelter-in-place actions are listed under each hazard in this guide
- Wait until "all clear" message is received before going outside

## IMPORTANT NUMBERS

**Crisfield Police**

**410-968-1323**

**Princess Anne Police**

**410-651-1822**

**Somerset County Sheriff**

**410-651-9225**

**Maryland State Police**

**443-260-3700**

**Choptank Electric Outages**

**1-800-410-4790**

**Delmarva Power Outages**

**1-800-898-8045**

**Animal Control**

**410-651-0986**

**Commission on Aging (MAC)**

**410-651-3400**

**Health Department**

**443-523-1700**

**Planning and Zoning**

**410-651-1424**

**Public Schools**

**410-651-1616**

**Social Services**

**410-677-4200**

**Crisfield City Hall**

**410-968-1333**

**Town of Princess Anne**

**410-651-1818**



# EVACUATE

**You may be asked to evacuate your home or workplace due to a natural or man-made threat. Evacuation may be necessary to protect and sustain life. If you have pets, pre-determine a pet-loving relative or hotel that is a safe distance away from the incident. Consider the following checklist to safely evacuate yourself and your family.**



- ✓ **If you do not own a vehicle, make transportation arrangements in advance**
- ✓ **Know primary and back up routes to your pre-determined destination**
- ✓ **Communicate your intentions to friends and family**
- ✓ **Take only essentials (go-kit, etc.) to save time and space**
- ✓ **If you are instructed to evacuate, do not wait, get on the road!**
- ✓ **Quickly secure your home, unplug appliances, lock doors, etc.**
- ✓ **Keep vehicle's gas tanks full or fill up as soon as possible**
- ✓ **Take one vehicle and travel in daylight hours, if possible**
- ✓ **Avoid downed power lines and flooded roads; do not drive through deep water**
- ✓ **Expect heavy traffic, some roads may be closed**
- ✓ **Follow directions from officials and stay tuned to the radio for updates**



**For additional information and updates, please visit Somerset County Emergency Services on Facebook and our website.**



# EMERGENCY ALERTS

Officials may utilize several different methods to alert you and your community about an impending threat or ongoing emergency. Click the icons below for more information.



**Wireless Emergency Alerts** are issued by the State and will appear on your smartphone, similar to a text message, but have a unique sound to gain your attention. Click [here](#) for a preview.

- Free, no need to subscribe
- Issued for three categories: Imminent Threats, AMBER, Presidential
- Received based on your location relative to the emergency

Somerset County Emergency Services utilizes the **CodeRED** emergency notification system, which can contact citizens and businesses quickly in case of an emergency.

- Sent via voice, text, or email
- Landlines are automatically subscribed, other modes must be opted into
- Emergency messages will come from: 855-969-4636 or "Emergency Comm"
- General messages will come from: 866-419-5000 or "ECN Community"
- To subscribe, go to our website and click on the CodeRed icon or call 410-651-3457 for assistance.



Somerset County Emergency Services maintains a presence on **Facebook**. On this social media platform, you can find information ranging from upcoming events to real-time emergency updates and notifications.

For additional information and updates, please visit Somerset County Emergency Services on Facebook and our website.





# EMERGENCY COMMUNICATIONS

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## EMERGENCY ALERT SYSTEM (EAS)

**RADIO: WQHQ-FM 104.7 – WSCL-FM 89.5 – WQJZ-FM 97.1**

**TV: WBOC-TV 16 – WMDT-TV 47**

## NOAA WEATHER RADIO

**SALISBURY 162.475**

## ALERT SIRENS

**IF THE POSSIBILITY OF DANGER EXISTS, YOUR FIRE SIREN WILL SOUND A STEADY, TWO (2) MINUTE ALERT. THIS ALARM MEANS TO TURN ON YOUR RADIO AND/OR TELEVISION TO YOUR LOCAL CHANNEL FOR INFORMATION BROADCASTS. THIS IS A DIFFERENT TONE THAN THE NORMAL VOLUNTEER FIRE COMPANY ALERT. THESE SIRENS ARE TESTED THE FIRST MONDAY OF EVERY MONTH AT 7:00 P.M.**



# PREPARING YOUR HOME FOR AN EMERGENCY

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## SUPPLY CHECKLISTS

### BASIC SUPPLY KIT

**Water – (one gallon of water per person per day for drinking and sanitation)**

**Children, nursing mothers, sick people need more water**

**Warm weather will require more water**

**Store water in tightly sealed, clean plastic containers**

**Food – (at least three day supply of non-perishable food)**

**Select food that requires no refrigeration, preparation or cooking**

**Choose foods your family will eat**

**Ready-to-eat canned meats, fruits, vegetables and dried fruit**

**Protein or fruit bars**

**Dry cereals**

**Peanut butter**

**Nuts, crackers, cookies**

**Canned or carton juices**

**Manual can opener for food (if using canned goods for food)**

**Battery powered flashlight with extra batteries**

**First aid kit**

**Whistle (to signal for help)**

**Dust masks or cotton t-shirt (to help filter the air)**

**Moist towelettes for sanitation**

**Wrench or pliers (to turn off utilities)**

**Plastic sheeting, tarps and duct tape for sheltering in place**

**Garbage bags and plastic ties for personal sanitation and refuse**

**Infant/baby formula and diapers (if applicable)**

### Clothing and Bedding

**During cold weather, you must consider the possibility of the power being out for an extended period of time. Rethink your clothing and bedding supplies to account for growing children and other family changes.**

**One complete change of warm clothing and shoes per person, including:**

- **A jacket or coat**
- **Long pants**
- **A long sleeve shirt**
- **Sturdy shoes**



- A hat and gloves
- A sleeping bag or warm blanket for each person

**Other items to consider adding to your supply kit**

- Emergency reference material such as a first aid book or a print out of this information
- Rain gear
- Mess kits, paper cups, plates and plastic utensils
- Cash or traveler's checks, change
- Paper towels
- Fire extinguisher
- Tent
- Compass
- Matches in a waterproof container
- Signal flare
- Paper, pencil
- Medicine dropper
- Feminine supplies
- Personal hygiene items
- Disinfectant
- Household chlorine bleach

**You can use bleach as a disinfectant (diluted nine parts water to one part bleach), or in an emergency you can also use it to purify. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.**

**Important Family Documents**

**Keep copies of important family records such as insurance policies, identification, medical records and bank account records in a waterproof, portable container.**

**This information was obtained from Ready America. You can visit their website and download other useful information: [www.ready.gov](http://www.ready.gov).**



# WRITING YOUR FAMILY EMERGENCY PLAN

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## **Make An Emergency Information List**

**Include:**

- **Medical and emergency contact information**
- **Emergency out-of-town contacts**
- **Names and numbers of everyone involved in your Emergency Plan**
- **Name and number of a relative or friend who lives more than 100 miles away from you**
- **If you have a communication disability, make sure your emergency information list notes the best way to communicate with you.**

## **Fill Out a Medical Information List**

**Include:**

- **Medical providers**
- **Medications you use**
- **Adaptive equipment and/or body system support equipment you use**
- **Allergies and sensitivities**
- **Communication and cognitive difficulties**
- **Attach copies of health insurance cards and related information to your medical information list**
- **Keep at least a seven-day supply of essential medication(s) with you at all times**
- **Have extra copies of prescriptions**
- **Talk with your doctor or pharmacist about what you should do if you do not have enough medicine after a disaster. Also, find out the shelf life of your medication(s) and the storage temperature it needs.**

## **Be Safe at Home**

- **Install at least one smoke detector on each level of your home, outside of sleeping areas**
- **Find the location of utility cutoff valves and switches. Become familiar with how to operate them**

For additional information and updates, please visit Somerset County Emergency Services on Facebook and our website.



- Identify as many exits as possible (but at least two) from each room and from the building you are in
- Make a floor plan of your home. Include your primary escape routes
- Practice using different ways out of a building, especially if you are above the first floor in a building with many stories
- Decide what type of equipment you will need for assistance during an evacuation
- Be ready to give brief, clear, specific instructions and directions to rescue personnel
- If you do not drive, talk with your friends and family about how you will leave the area if authorities advise an evacuation
- Ask your local emergency management office if transportation services are available for people with your disability during an emergency evacuation. Find out how to arrange to get this service
- Become familiar with the emergency or disaster evacuation plan for your office, school or any other location where you spend a lot of time
- Choose an alternate place to stay
- Have a care plan for your pet

### **Special Considerations for Emergency Preparedness – Pets**

#### **What to do for your pets in an emergency:**

- Include your pets in your family emergency plan
- Pets are permitted at the Washington High School shelter

#### **Recommended items for a pet emergency supply kit:**

- A carrier for each pet
- ID tags, photos, vaccination records and registration papers
- Medications with refill information (if applicable)
- Muzzle and leash
- Extra supplies of food
- Abundant supply of clean water
- Bowls for food/water
- Can opener (if needed for canned food)
- Trash bags, disinfectant, blankets, towels and other supplies needed for pet waste



# DROUGHT

A drought is caused when there is a significant amount of below average precipitation over a given amount of time. Droughts can impact Somerset County at any time of the year. Droughts may result in water shortages which can cause harmful impacts on vegetation, animals, and populations. Although there will not be shelter-in-place or evacuation orders issued during droughts, there are preventative steps you can consider to help conserve water.

## Building



- Take short showers – only turn water on to get wet, then again to rinse off
- Avoid letting the water run while washing hands and brushing teeth
- Operate dishwashers only when they are full
- Use clothes washers only when they are loaded fully and select the smallest water level possible

## Vehicle



- Avoid washing your vehicle
- Perform seasonal maintenance on your vehicle
- Keep a go-kit with emergency supplies, like water, in your vehicle
- Know your routes, especially when traveling secluded areas
- Communicate travel plans with family and friends

## Outdoors



- Avoid overwatering your lawn and pools
- If necessary, only water plants in several short sessions, rather than one long one
- In extreme conditions, allow lawns to dry in favor of preserving trees and large bushes
- Avoid leaving sprinklers or hoses unattended



Educate children about efficient ways to save water

Frequently check on older adults and individuals with disabilities



Limit bathing pets until the drought has passed

Stay tuned to reliable news sources for drought updates





# EARTHQUAKE

Earthquakes occur when rocks under the Earth's surface break apart, causing rapid vibrations and shaking of the Earth. Earthquakes can happen in Somerset County at any time, without warning. When they occur, the shaking usually lasts less than a minute, but aftershocks can follow for hours or days. There will be no time to evacuate when an earthquake occurs.

If you experience an earthquake and are located in...

## Building



- Drop to the ground on your hands and knees
- Cover your head and neck with your arms
- Crawl away from falling objects to safety
- Hold on to a sturdy sheltering object
- Stay where you are until the earthquake has passed

## Vehicle



- Stop your vehicle as quickly as possible
- Avoid stopping near buildings, trees, wires, or bridges
- Proceed with caution when the earthquake has passed
- Avoid objects and infrastructure that may be weakened
- Watch for foreign objects in roadways

## Outdoors



- Move away from buildings, trees, wires, or other structures that may collapse
- Drop to the ground on your hands and knees
- Cover your head and neck with your arms
- Crawl away from falling objects
- Stay where you are until the earthquake has passed



Practice earthquake drills with children *before* an earthquake strikes

Lock wheels, bend over, protect your head, and remain seated



Shelter pets with you on the ground, under a sturdy object, if possible

Stay tuned to reliable news sources for emergency information updates



For additional information and updates, please visit Somerset County Emergency Services on Facebook and our website.



# EXTREME COLD

Extremely cold weather can occur throughout the winter months in Somerset County. Individuals exposed to extremely cold conditions for prolonged periods of time may be at risk of frostbite and/or hypothermia. These are serious illnesses that can cause hospitalization or death. During extremely cold periods, stay indoors for as much time as possible.

Protective actions you can take in other locations are...



## Building

- Store several days' worth of non-perishable food, bottled water, and medications
- Keep fireplaces and wood-burning stoves clean
- Never leave space heaters unattended
- Confirm smoke and carbon monoxide detectors are working properly



## Vehicle

- Keep an emergency kit in your vehicle for easy access
- Keep an extra blanket, pair of gloves, and hat in your vehicle
- Fully winterize your vehicle prior to extreme cold
- Keep your gas tank at least half full
- Call 9-1-1 at the first sign of frostbite or hypothermia



## Outdoors

- Layer clothing and wear a hat, mittens, and scarf
- Avoid getting wet or wearing cotton materials, if possible
- Wear waterproof shoes or boots
- Drink plenty of water and avoid caffeine or alcohol
- Call 9-1-1 at the first sign of frostbite or hypothermia



Ensure children do not stay outside for prolonged periods of time

Individuals with disabilities and older adults are more vulnerable to the cold



Keep pets indoors and consider their feet when walking outside

Stay tuned to reliable news sources for winter weather updates



For additional information and updates, please visit Somerset County Emergency Services on Facebook and our website.





# EXTREME HEAT

Extreme heat can occur throughout the summer months in Somerset County. Extreme heat has the potential to harmfully impact the body by pushing it to its limits. Individuals exposed to extreme heat can suffer heat-related illnesses which require immediate medical attention. Individuals are advised to spend as much time as possible indoors when extreme heat conditions persist.

Protective actions you can take in other locations are...



## Building

- Visit an air-conditioned location at least once per day
- Electric fans provide comfort, but are not enough to prevent heat-related illnesses
- Take a cool shower or bath to cool off
- Eat light, regular meals
- Frequently check on friends and neighbors without air conditioning



## Vehicle

- NEVER leave any person, child, or animal unattended in a vehicle
- Allow extra time to cool down your vehicle prior to entering
- Keep a go-kit with emergency supplies, like water, in your vehicle
- Communicate travel plans with family and friends



## Outdoors

- Dress in loose-fitting, lightweight, light-colored clothes
- Protect your face and head from the sun by wearing a brimmed hat
- Avoid strenuous work during the hottest times of the day
- Drink more fluids, regardless of activity level



Ensure children are properly hydrated and spending adequate time indoors

Individuals with disabilities and older adults are more vulnerable to the heat



Keep pets indoors and consider their feet when walking outside

Stay tuned to reliable news sources for updates about weather conditions



For additional information and updates, please visit Somerset County Emergency Services on Facebook and our website.



# FLOODING

Flooding can occur at any time of the year in Somerset County. Flooding is extremely dangerous and can happen very quickly with little warning. When flooding occurs, it can cause a just a few inches or several feet of water. Flooding can be a result of heavy rain, tropical storms, hurricanes, storm surge, or dams overflowing. Flooding occurs quickly and may require evacuation.

If you are alerted of a Flash Flood Warning and are located in...



## Building

- Be prepared to shelter-in-place or evacuate if necessary
- Secure your home
- Bring in outdoor furniture, move essential items to an upper floor
- Turn off utilities at the main switch, if instructed to do so
- Return home only when authorities say it is safe
- Be cautious at night



## Vehicle

- Turn around, don't drown!
- Reroute your travel away from the source of flooding
- Just one foot of water can carry your vehicle away
- Do not cross flooded bridges or roadways
- If water rises around your vehicle but the water is not moving, exit the vehicle to higher ground



## Outdoors

- Immediately move to higher ground and away from the source of flooding
- It only takes six inches of water to knock a person off their feet
- Do not attempt to cross flooded walkways, streams/rivers, or sidewalks
- Do not enter moving water
- Do not camp in dry stream beds



Account for children and keep them with you until the flooding has passed

Assist older adults and individuals with disabilities



Bring pets inside or evacuate with you until the flooding has passed

Stay tuned to news stations and weather radios for reports of flooding



For additional information and updates, please visit Somerset County Emergency Services on Facebook and our website.



# HURRICANE/TROPICAL STORM

Hurricanes and tropical storms can produce high winds, heavy rainfall, storm surge, coastal and inland flooding, rip currents, and tornadoes. Hurricane season runs from June 1 to November 30 each year. Prior to hurricane season, it is important to review your family plans, such as evacuation and communication plans, and refresh your go-kit. If evacuation orders are issued, visit the evacuation page (page 6).

If you choose not to evacuate and find yourself in...



## Building

- Close storm shutters, stay away from windows
- Prior to power loss, turn your freezer and refrigerator to the coldest setting
- Charge cell phones in case of power loss
- Shelter-in-place until further notice
- Go to a pre-selected room to seek shelter above ground level



## Vehicle

- Stock your vehicle with an emergency kit and spare clothes
- Keep the gas tank at least half full
- Do not drive through flooded roadways
- Evacuate when officials say to do so
- Do not cross flooded bridges or roadways



## Outdoors

- Stay indoors as much as possible
- Avoid entering flood water
- Watch out for debris and downed power lines
- Seek shelter
- Use judgment when considering outdoor activities
- Stay away from tidal inundation areas and beaches
- Avoid low-lying areas that regularly flood



Bring any special items your child may have to make them feel comforted

Assist older adults and individuals with disabilities



Bring pets indoors or with you when evacuating

Stay tuned to reliable news sources for updates on the storm



For additional information and updates, please visit Somerset County Emergency Services on Facebook and our website.



# SEVERE WEATHER/TORNADO

Severe weather and tornadoes can strike at any time. It is important to heed all warnings from officials. These storms have the potential to bring hail, rain, strong winds, and lightning. Lightning is hotter than the surface of the sun and has the potential to extend 10 miles out from a thunderstorm. Tornadoes are very dangerous and can pack wind speeds in excess of 150 miles per hour.

If you are instructed to shelter-in-place and you are located in...



## Building

- Avoid contact with electrical equipment or cords
- Avoid contact with plumbing
- Stay indoors, away from windows and doors
- Seek shelter in an interior room, such as a closet, bathroom, or basement, if possible
- Get to the ground and cover your head and neck



## Vehicle

- Safely exit the roadway and park, if possible
- Stay in the vehicle and turn on the emergency flashers
- Avoid touching metal inside and outside of the vehicle
- Remember! Rubber tires do not provide protection from lightning
- Do not drive through flooded roadways



## Outdoors

- Postpone outdoor activities
- Move indoors as soon as you see or hear lightning
- If you are in a forest, seek shelter in a low area under a thick growth of small trees
- In an open area, go to a low place like a valley
- In water, get to land and find shelter immediately



Account for children and shelter them with you until the storm passes

Assist older adults and individuals with disabilities



Bring pets inside and shelter them with you until the storms passes

Stay tuned to reliable news sources for weather updates



For additional information and updates, please visit Somerset County Emergency Services on Facebook and our website.



# WINTER STORM

Winter storms may bring heavy snow, ice, and/or freezing rain that can last for several days. Severe winter storm conditions typically are a result of “Nor’easters”, strong low pressure systems which have the power to bring tropical storm or hurricane force winds. When these winds are mixed with heavy ice, snow, and extremely cold temperatures, it can cause very dangerous conditions for individuals.

If you are riding out a winter storm and you are located in...



## Building

- Stay indoors as much as possible
- Do not use a generator, grill, or other gas burning device inside
- If your carbon monoxide alarm sounds, move quickly to fresh air
- Store several days' worth of non-perishable food and water
- Never leave space heaters unattended



## Vehicle

- Drive only if it is absolutely necessary
- If you must travel, do so during the day
- Keep an emergency kit in your vehicle
- Keep an extra blanket, hat, and mittens in your vehicle
- Keep the gas tank at least half full
- Call 9-1-1 at the first sign of frostbite or hypothermia



## Outdoors

- Cover exposed skin
- Wear several layers of loose-fitting, warm clothes
- Avoid overexertion
- Take breaks when shoveling snow
- Wear mittens and a hat
- Cover your mouth with a scarf to reduce heat loss
- Call 9-1-1 at the first sign of frostbite or hypothermia
- Keep clothes dry



Keep children indoors as much as possible; they are especially vulnerable

Check on older adults and individuals with disabilities



Bring pets inside until the storm has passed; limit their time outside

Stay tuned to reliable news sources for updates until storm has passed



For additional information and updates, please visit Somerset County Emergency Services on Facebook and our website.



# ACTIVE SHOOTER

An active shooter is an individual actively engaged in harming or attempting to harm people in a public place, workplace, or populated area. Active shooters may use a variety of firearms and there may not be a pattern or method to their selection of victims. Active shooter situations are unpredictable and evolve quickly. Individuals must be prepared mentally and physically to deal with an active shooter situation.

Consider these guidelines...

## Avoid

- Use escape route
- Leave belongings behind
- Evacuate regardless if others agree to follow
- Help others escape if possible
- Prevent others from entering area
- Keep your hands visible
- Follow instructions of any police officers
- Call 9-1-1 when you are safe

## Deny

- Find a place out of view that does not trap you
- Lock door and block door with heavy furniture
- Put cell phone on silent mode, turn off radios, TVs, etc.
- Hide behind large objects
- Remain quiet and calm
- Dial 9-1-1 if possible to alert police to shooters location

## Defend

- As a last resort or if your life is in imminent danger, attempt to disrupt or incapacitate the shooter
- Be aggressive!
- Use objects as improvised weapons
- Use loud verbal commands
- Commit 100% to your plan
- Once threat is mitigated, escape!

Officers may arrive with tactical gear and a variety of weapons

Follow officers' instructions; drop items, put your hands up, and keep visible

Do not grab or hold onto officers as they move towards exits

Provide critical information, i.e. number and description of shooter(s)

For additional information and updates, please visit Somerset County Emergency Services on Facebook and our website.



# BIOLOGICAL THREAT

The first evidence of a biological attack may be when you or others notice symptoms of the disease caused by exposure to an agent. In the event of a biological attack, public health officials may not immediately be able to provide information on what you should do. It will take time to determine exactly what the illness is, how it should be treated, and who is in danger.

Consider these guidelines...

## Learn More

- Follow official news sources to obtain information
- Gather information about signs and symptoms, areas affected, if medications are being distributed, and where you should seek medical attention if you become ill
- If you become aware of a suspicious substance, quickly get away!

## Mitigate

- Cover your mouth and nose with fabric or a facemask
- If you have been exposed, remove and bag clothes/items and follow instructions for proper disposal
- Wash yourself with soap and water and put on clean clothes
- Avoid crowds, wash hands frequently
- Do not share food and utensils

## Seek Treatment

- Contact authorities and seek immediate medical attention if your symptoms match those described and you are in a group considered at risk
- Follow instructions of doctors and public health officials
- Expect to receive an evaluation and treatment
- You may be advised to stay from others

Consider installing a High-Efficiency Particulate Air filter in your return duct

Follow basic public health procedures and medical protocols

Ensure you and your family have received all required immunizations

After the event, pay close attention to official instructions and warnings

For additional information and updates, please visit Somerset County Emergency Services on Facebook and our website.



# BOMB THREAT/EXPLOSION

Bomb threats and explosions can occur anywhere, at any time. There are many types of bombs and explosives which can be packaged, used, delivered, and detonated in a variety of ways. Bombs have been used to destroy financial, political, social, and religious institutions. Any person, facility, or event can become the target of a bombing.

Consider these guidelines...

## Before

- If you receive a bomb threat call, get as much information from the caller as possible and notify police immediately
- Look out for suspicious mail and packages
- Wash your hands if you handled suspicious mail
- Leave the area and section of any area that may contain a bomb

## During

- Stay under sturdy furniture until debris stops falling
- Exit the building; do not use elevators
- Do not stand in front of windows or glass
- Cover your mouth and nose; check for fires or other hazards
- If you are trapped, make noise to signal the rescue team

## After

- Seek medical attention
- There may be large numbers of casualties
- There may be significant damage to property; be careful
- Evacuate the area
- Clean up may take months
- Health and mental health resources may be strained or overwhelmed

There are many varieties of explosives and devices; stay alert

If you see something suspicious, say something to officials

Evacuate the area in case there are remaining threats

Aid individuals who may require additional assistance

For additional information and updates, please visit Somerset County Emergency Services on Facebook and our website.





# CYBER ATTACK

Cybersecurity involves protecting infrastructure by preventing, detecting, and responding to cyber incidents. Viruses can erase entire systems and intruders can break into systems, alter files, and use your computer or device to attack others or steal confidential information. Cyber threats can have wide-ranging effects on the individual, community, organizational, and national level.

In the event of a cyber attack, consider these guidelines...

## Before

- Do not click on suspicious links or pop-ups, open attachments, or respond to emails from strangers
- Only use secure, password protected networks
- Do not rely on one password for all devices and accounts
- Change passwords frequently
- Use anti-virus software and update as needed

## During

- If an attack occurs at work, contact your IT Department immediately
- Report sensitive information vulnerability to management
- Update virus definitions and perform a manual scan
- If an attack occurs at home, disconnect the device from internet

## After

- Ensure the incident has been reported to police and Federal agencies
- Contact banks and companies to close any compromised accounts
- Ensure an identity theft report is submitted to the Federal Trade Commission
- Contact additional agencies depending on what information was stolen

Cybercrime, hackers, and espionage can pose threats to National Security

Transportation, power, and other services may be disrupted

Compromised networks can allow data breaches and expose information

Personal devices such as computers, tablets, phones, etc. are at risk

For additional information and updates, please visit Somerset County Emergency Services on Facebook and our website.



# FIRE

Fires account for over 3,000 deaths in the United States each year according to the U.S. Fire Administration. Fires can start in a variety of ways and can happen anywhere, at any time with the right conditions. Escaping a fire as quickly as possible is always the number one objective. Have a plan, account for all family members, and evacuate.

Consider these guidelines if you see a fire or hear a fire alarm...



## Building

- Exit immediately, then call 9-1-1
- If there is a fire or smoke with no alarm, pull the fire alarm while exiting
- Close doors behind you and do not open doors that are warm or hot
- Know your exit routes and where your meeting location is
- Do not re-enter the building



## Vehicle

- Pull over as quickly as it is safe to do
- Once you have stopped, turn off the engine
- Get everyone out of the vehicle and assist children, older adults, and individuals with disabilities
- Move at least 100 feet away from the vehicle and call 9-1-1
- Never return to a burning vehicle



## Outdoors

- Evacuate the area
- Call 9-1-1; do not assume someone else already has
- If you are caught in a forest fire, head for the nearest water source or take cover in a low lying area and cover yourself with wet clothing or soil
- Cover your mouth and nose with fabric to avoid inhaling smoke



Communicate your evacuation plans and status with loved ones

Maintain a safe distance, embers can fuel more fires over a mile away



Account for children, older adults, individuals with disabilities, and pets

If your clothing catches on fire, STOP, DROP, and ROLL

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# HAZARDOUS MATERIALS INCIDENT

Hazardous Material (haz-mat) incidents can happen in a variety of ways. Haz-mat incidents can create a cloud of material in the sky, causing communities to be exposed to the chemical. Chemical spills have the potential to damage your lungs, skin, and eyes. Exposure to chemicals can require hospitalization or cause death. If you are asked to evacuate, visit the evacuation page (page 6).

If you are instructed to shelter-in-place and you are located in...



## Building

- Close and lock doors and windows
- Close vents, fireplaces, dampers, and interior doors
- Turn off ventilation systems
- Shelter-in-place until further notice
- Go to a pre-selected room to seek shelter located above ground and with the fewest openings to the outside



## Vehicle

- Close your windows and car vents
- Turn off heat or air conditioning
- Reroute your travel to avoid the contaminated area
- Stop your travel and seek shelter in a permanent building



## Outdoors

- Seek shelter if possible
- Cover your mouth and nose with clothing or a mask
- Remove yourself from the area and head to safety
- Stay upstream, uphill, and upwind
- Stay away from exposed victims until the hazardous material has been identified



Account for children and keep them with you until the incident has passed

Assist older adults and individuals with disabilities



Bring pets inside until the incident has passed

Stay tuned to reliable news sources for updates until "all clear" is issued



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# NUCLEAR ATTACK

Modern nuclear weapons work by combining chemical explosives, nuclear fission, and nuclear fusion. The energy released by the weapon creates a fireball with extremely high temperature. Hazards created by the weapon include: air blast, extreme heat, initial radiation, ground shock, electro-magnetic pulse, and secondary radiation.

Consider these guidelines...



## Building

- You may only have seconds to take action
- Stay inside
- Get away from windows and towards the center of the building
- Take cover under a heavy desk or table
- Go to a basement, if possible
- Do not look at the flash of bright light from detonation
- Stay sheltered



## Vehicle

- Pull vehicle over as soon as possible
- Seek shelter in a sturdy structure
- If you find a shelter follow the building's instructions
- If you cannot find a shelter, lie flat on the ground in the lowest area you can find
- Do not look at the flash of bright light from detonation



## Outdoors

- Seek shelter in a sturdy structure
- If you find a shelter follow the building's instructions
- If you cannot find a shelter, lie flat on the ground in the lowest area you can find
- Do not look at the flash of bright light from detonation
- Sheltering from radiation and fall out is critical for up to two weeks

Food sources can be contaminated with radiation

Have essential supplies stocked to avoid going outside as much as possible

Be aware that communications may be affected by the event

Stay tuned to reliable news sources for updates



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# NUCLEAR POWER PLANT INCIDENT

Nuclear Power Plant incidents can cause radiation exposure. Exposure can be from the release of radioactive materials from the Plant into the environment, usually from a plume (cloud-like formation) of radioactive gases and particles. The major hazards in the vicinity of the plume are radiation exposure from the cloud and particles on the ground, and inhalation and ingestion of radioactive materials.

Consider these guidelines...

## Prepare

- Monitor TV and radio for updates
- Prepare for evacuation, have vehicle fueled and bags ready
- Have a plan for children, older adults, individuals with disabilities, and pets
- Use texts and emails to keep phone lines open for officials

## Shelter-in-Place



- Prepare the same way you would for sheltering-in-place during a storm or similar hazard
- Close windows and doors and turn off ventilation systems
- If instructed, cover windows with plastic and seal with tape
- Keep children and pets inside
- Do not evacuate unless instructed to do so

## Vehicle



- If instructed to evacuate, do so
- Understand the emergency plans of your family's school, nursing homes, and similar facilities
- Some evacuation plans involve moving people to reception sites
- Know where you are going and communicate your plan with family and loved ones

Farmers may be advised to take actions to protect farmland and livestock

Drinking water may not be contaminated, but surface water can be

Somerset County is within 50 miles of one nuclear power plants

Reference "Planning for Nuclear Incidents" on OEM's website

For additional information and updates, please visit Somerset County Emergency Services on Facebook and our website.



# RIOT/CIVIL UNREST

Riots and civil unrest are often the result of ideological conflict and may include protests, demonstrations, civil disobedience, and other forms of obstruction. Although many expressions of civil unrest are generally safe and legal, a civil unrest hazard occurs when the level of public disorder becomes a threat to health, safety, and property.

Consider these guidelines...



## Building

- Stock essential items such as water, food, and medical supplies
- Be prepared to evacuate quickly with your go-kit
- Lock doors, close windows, and move heavy furniture in front of entries to prevent intruders
- Do not go outside unless absolutely necessary, especially at night



## Vehicle

- Plan your route(s) and destination
- Avoid crowded areas and travel away from incident
- Keep doors and windows closed and locked
- Do not allow anyone to enter your vehicle
- Be prepared to escape by foot, if necessary
- Be aware that roads may be closed or blocked



## Outdoors

- Seek shelter if possible
- Avoid bridges, tunnels, and overpasses
- Do not make yourself a target; be discreet and keep moving away from the incident
- Keep situational awareness and control the distance between yourself and protesters
- Be prepared to defend yourself



Account for children and keep them with you until the incident has passed

Assist older adults and individuals with disabilities



Bring pets inside until the incident has passed or with you if you evacuate

Stay tuned to reliable news sources for updates until “all clear” is issued



For additional information and updates, please visit Somerset County Emergency Services on Facebook and our website.