

A Message from Town Council:

Educating our families on how best to prepare and handle a natural disaster, large and small emergencies, or unexpected attack on our country is crucial. Although we cannot always prevent emergencies there are some things we can do to help our families get through them.

You need to know there are well developed and rehearsed emergency response plans at all levels of government. These plans are reviewed by council, our emergency responders, and our local police. Our Chief of Police is our emergency management coordinator.

In the case of an emergency your family's cooperation and preparedness is of utmost importance. This pamphlet, designed by the Commonwealth of Pennsylvania, gives you information on how to respond in an emergency and help you and your family prepare your home in case of disaster.

Thank you in advance for your cooperation and willingness to prepare. Help to keep our community safe.

Best Wishes,



Robert J. Powers
Town Council President

Town of McCandless
Emergency Services

Dial 9-1-1

Non-Emergency
Call (412) 473-3000

Use **9-1-1** when you need **emergency** or **immediate** police, fire or EMS response

The prominent display on buildings and houses of street numbers assists emergency services in locating you.

While we can't control natural disasters, emergencies or unexpected attacks, we can be prepared, and we can protect ourselves and our families. In this guide, you'll learn some of the fundamentals of being prepared if an emergency strikes, including:

- The different types of emergencies that may affect you and your community, how you'll be notified of an event and what plans are in place to deal with these events.
- How to create an emergency plan.
- How to prepare an emergency kit.
- How Pennsylvania's emergency broadcast warning system is utilized in the event of an emergency.

For further information on what to do in the event of an emergency, visit www.homelandsecurity.state.pa.us, www.pema.state.pa.us or www.health.state.pa.us.

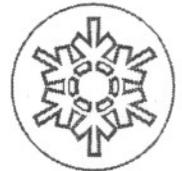
All communities are vulnerable to a variety of natural hazards, such as severe weather, including thunderstorms, flash flooding, snowstorms and tornadoes. It is important for you to understand the difference between a watch and a warning for severe weather.

- A severe storm watch means that severe weather may develop.
- A severe weather warning means a storm has developed and is on its way — take cover or seek safe shelter immediately.

The safest place to ride out any storm is inside a secure building or well-built home.

Listen to weather updates and stay informed. Be ready to evacuate if necessary. Keep away from windows and doors. Have an emergency kit ready.

Blizzards: Weather forecasts often provide ample warning to prepare for an impending blizzard. In this event, candles, flashlights, a battery-operated radio, cellular telephones, and if possible, a generator, are highly beneficial because electricity and telephone services may be disrupted for several days or weeks.



Plan ahead for winter traveling:

- Keep your gas tank near full to avoid ice in the tank and fuel lines.
 - Let someone know your timetable and primary and alternate routes.
- If caught in a vehicle:**
- Stay in your car or truck; disorientation occurs quickly in wind-driven snow and cold.
 - Run the motor about ten minutes each hour for heat. Open the window a little for fresh air to avoid carbon monoxide poisoning. Make sure the exhaust pipe is not blocked.
 - Make yourself visible to rescuers. Turn on the dome light at night when running the engine. Tie a colored cloth (preferably red) to your antenna or door. Raise the hood to indicate trouble after snow stops falling.
 - Exercise from time to time by vigorously moving arms, legs, fingers and toes to keep blood circulating and to keep warm.

Plan ahead for winter storms at home:

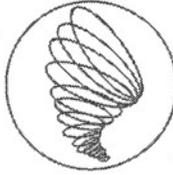
Inside your home or other building:

- Stay inside. When using alternative heat from a fireplace, wood stove, space heater, etc., use fire safeguards and properly ventilate to avoid carbon monoxide poisoning. Carbon monoxide gas is colorless and odorless!
- If you have no heat: Close off unneeded rooms. Stuff towels or rags in the cracks under doors. Cover windows at night.
- Eat and drink. Food provides the body with energy for producing its own heat. Keep the body replenished with fluids to prevent dehydration.
- Wear layers of loose-fitting, lightweight, warm clothing. Remove layers to avoid overheating, perspiration and subsequent chill.

Make a Winter Emergency Car Kit

- | | | | |
|-----------------------------------|-------------------------------------|--------------------------------|-------------------------|
| • Blankets/sleeping bags | • High-calorie, non-perishable food | • Shovel | • Tow rope |
| • Flashlight with extra batteries | • Extra clothing to keep dry | • Windshield scraper and brush | • Booster cables |
| • First-aid kit | • Sack of sand (or cat litter) | • Tool kit | • Water container |
| • Utility knife | | | • Compass and road maps |

Tornadoes: If you receive a tornado warning, seek shelter immediately. If you are in your car, stop. Get out and lie flat, face-down in a low area. Cover your head and wait for the tornado to pass. At home, go to the basement, storm shelter or rooms near the center of the house. In a high-rise or other public building, move to the interior, preferably a stairwell or hallway.



Flash Flooding: Move immediately and quickly to higher ground. The force of six inches of swiftly moving water can knock people off of their feet! If



floodwaters rise around your car, get out and move to higher ground immediately.

Cars can be easily swept away in just two feet of moving water.

OTHER TYPES OF EMERGENCIES

A **biological threat** can be the deliberate or accidental release of germs or other biological substances that can make you sick. Many agents must be inhaled, enter through a cut in the skin or be eaten to make you sick. Some biological agents, such as anthrax, are not contagious. Others, like the smallpox virus, can result in diseases you can catch from other people.



A **chemical threat** can be the deliberate or accidental release of a toxic gas, liquid or solid that can poison people and the environment. Chemical agents can be released deliberately by bombs; sprayed from aircraft, boats or vehicles; or used as a liquid. **Hazardous chemical spills also can be accidental**, such as the spilling of household products like bleach or a release of hazardous waste. Chemical hazards can have an immediate effect or may take hours or even days before they take effect.

In the event of a threat, public health officials may not immediately be able to provide information on what you should do. It may take time to determine exactly what the illness is, how it should be treated, and who is in danger. However, you should watch TV, listen to the radio, or check the Internet for official news following the event to determine:

- The level of danger
- What health effects may exist
- Where to get medications or vaccines, if necessary
- Where to go for medical help or shelter.



A **radiological threat** can include an emergency at a nuclear power plant, the use of a small nuclear weapon or the setting off of a "dirty bomb." Residents living within a 10-mile radius of a nuclear power plant should be aware of the evacuation routes established for their area. A dirty bomb contains an explosive that would scatter radioactive material over a targeted area.

In the event of a radiological event, think about shielding, distance and time.

- **Shielding:** If you have a thick shield between yourself and the radioactive materials, more of the radiation will be absorbed by it, and you will be exposed to less.
- **Distance:** The farther away you are from the blast and the fallout, the lower your exposure.
- **Time:** Minimizing time spent exposed also will reduce your risk.



OTHER TERRORISTIC THREATS

Other terroristic threats may include explosions, snipers, Internet viruses, etc. Visit www.homelandsecurity.state.pa.us, www.bt.cdc.gov, www.pema.state.pa.us or www.health.state.pa.us for more information.

If you suspect terroristic activity, please submit these criminal/terrorist tips to the State Police Terrorism Tipline at 1-888-292-1919 or e-mail sp-intelligence@state.pa.us.

WATCH AND LISTEN

As with any emergency, local authorities may not be able to immediately provide information on what is happening and what you should do. However, you should watch TV, listen to the radio, or check the Internet often for official news and information as it becomes available. In the Commonwealth, we use the Emergency Alert System (EAS) during emergencies. When the decision is made to activate the EAS, original programming will be interrupted and an emergency message will be broadcast. It is important that you listen to these instructions.

If you need to get out of the surrounding area or are directed to evacuate, do so immediately and:

- Take your Emergency Kit.
- Travel on routes specified by local authorities.

If you are instructed to stay inside and not to evacuate (Shelter-in-Place):

- Close and lock windows and doors.
- Turn off ventilation systems, water and gas.
- Seal gaps under doorways and windows with duct tape.
- If you suspect chemical or biological agents have entered your house, move to a safe room in the interior of the house on a higher floor if possible. Many harmful agents that could enter a house will fall and accumulate at lower levels.
- If harmful vapors do enter the house, covering your nose and mouth with a cloth can provide minimal breathing protection.
- Stay inside until authorities say it is safe.

Pennsylvania's Advisory System

The Pennsylvania Advisory System is designed as a simple way to communicate information regarding the risk of terrorist activity. It provides warnings through a set of color-coded "Threat Conditions" that change to reflect current risk. There are five alert stages that range from green for low risk to red for severe risk. A specific color-coded threat condition may be assigned for the entire nation or may be different for areas of the country. Threat conditions also may be different for certain industrial facilities such as power plants or chemical factories. You can always find the most up-to-date information on threat conditions on the Pennsylvania Homeland Security website located at www.homelandsecurity.state.pa.us.

In Pennsylvania, the nine Regional Counter Terrorism Task Forces, Pennsylvania Emergency Management Agency and the Pennsylvania Department of Health will coordinate any actions by government, businesses and volunteer organizations in response to changes in threat conditions. Below are examples of actions the state will take at each threat level and steps you need to take to better protect yourself, your family and your home.

SEVERE

Red — The state may restrict transportation and access to critical locations.

You must adhere to the restrictions announced by authorities and prepare to evacuate, if instructed. Stay alert for emergency messages.

HIGH

Orange — The state may activate Emergency Operations Centers and begin to restrict access to some critical locations.

You should review your emergency communications plan with your family and monitor the news for further information and instructions.

ELEVATED

Yellow — The state will increase surveillance at critical locations such as power plants, bridges and tunnels.

You should develop alternative routes for travel between work, home and school. Prepare to assist the elderly or those with special needs.

GUARDED

Blue — The state will put key emergency response personnel on stand-by and provide information to the public as needed.

You should be alert for and report any suspicious activity to the proper authorities. Review your emergency kit and replace outdated items.

LOW

Green — The state will continue to develop and refine emergency response plans and conduct training exercises.

You should develop an emergency communications plan and stock an emergency kit.

EMERGENCY PREPAREDNESS FOR SPECIAL POPULATIONS

Elderly or People with Disabilities

An elderly person or a person with disabilities may face some challenges if an emergency strikes. If these people learn about the challenges that they may face and are prepared ahead of time, they will be better able to cope with the disaster and recover from it more quickly.

Establish a Personal Support Network

The best way to prepare is to establish a personal support network. A personal support network is made up of individuals who will check with you in an emergency to ensure you are fine and to give assistance if needed. This network can consist of friends, roommates, family members, relatives, personal attendants, co-workers and neighbors.

You and your personal support network should notify each other when you are going out of town and when you will return, and learn about each other's needs and how to help each other in an emergency. You could be responsible for food supplies and preparation, organizing neighborhood watch meetings, interpreting, etc.



Medical Emergency Supplies

For your safety and comfort, you need to have emergency supplies packed and ready in one place before disaster hits. You should assemble enough supplies to last for at least three days.

- Assemble the supplies you would need in an evacuation, both medical and general supplies, including prescription medication (check expiration dates).
- Store them in an easy-to-carry container, such as a backpack or duffel bag.
- Be sure your bag has an ID tag.
- Label any equipment, such as wheelchairs, canes or walkers that you would need.

Traveling

When staying in hotels/motels, identify yourself to registration desk staff as a person who will need assistance in an emergency, and state the type of assistance you may need.

Health Card

- An emergency health information card communicates to rescuers what they need to know about you if they find you unconscious or incoherent, or if they need to quickly help evacuate you.
- An emergency health information card should contain information about medications, equipment you use, allergies and sensitivities, communication difficulties you may have, preferred treatment, treatment-medical providers, and important contact people.
- Make multiple copies of this card to keep in emergency supply kits, car, work, wallet (behind driver's license or primary identification card), wheelchair pack, etc.

NEIGHBORS HELPING NEIGHBORS

Working with neighbors in an emergency can save lives and property. Meet with your neighbors to plan how you could work together until help arrives. If you're a member of a neighborhood organization, such as a home association or crime watch group, introduce emergency preparedness as a new activity. Know your neighbors' special skills and consider how you could help those with special needs, such as people with disabilities and elderly persons. For more information, visit www.pema.state.pa.us, www.homelandsecurity.state.pa.us or www.health.state.pa.us.

Infants, Toddlers and Children

Infants and toddlers require special attention immediately after disasters.

- Your preparedness kit should include enough baby formula, baby food, diapers, bottles, toys and games to keep small infants safe and comfortable after a disaster.
- If children are at preschool, daycare or school, it is important that parents or guardians know the emergency procedures of the school. Review and update information on your child's emergency card.
- Make sure you authorize someone nearby to pick up your children from school in case you are unable to travel to the school after a disaster.
- Parents should inform neighbors when their children are home alone so neighbors could take care of them in the event of a major disaster.



Effective ways to deal with children after an emergency event:

- Encourage children to talk about their fears. Let them ask questions and describe how they're feeling. Listen to what they say, as a family group when possible.
- Reassure them with love. Tell them they are safe, everything will be all right and life will return to normal again.
- Keep them informed, in simple language, about what is happening.
- Emphasize that they are not responsible for what happened.
- Hold and hug them frequently.
- Encourage them to return to school and discuss problems with teachers and to resume playing games, riding bikes and other such activities.

Pets or Livestock

When preparing for a potential emergency, don't forget to include pets and livestock. Here are some ideas for preparing to protect your animals during a disaster:

- Talk to your veterinarian about evacuation and emergency care for your animals.
- Identify an emergency animal shelter location nearby: kennels, adjoining farms, state and local fairgrounds, etc.
- Get to know the policies and staff of your local animal control authority, as well as the local animal non-profit rescue and care groups.
- Ask neighbors and friends to evacuate your animals if a disaster strikes when you are away.
- License your companion animals; make sure your animals can be easily identified so they can be reunited with you after the disaster; and keep all vaccinations current. Take pictures of you with your animal(s) to show proof of ownership if you are separated during a disaster.
- Have a copy of your pets' and livestock's medical records on hand.
- 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, as well as a designated person who will unlock gates and doors and make your facility easily accessible to emergency personnel. Make sure that everyone who lives, works or boards at your barn is familiar with the plan.



If you must leave animals behind, post a highly visible sign (either on a window or a door) letting rescue workers know the breed and number of animals which remain. Leave plenty of food and water.

If your animal becomes lost, immediately call or visit the nearest animal shelter or emergency command post.

If you find a lost animal, notify the local animal shelter as soon as possible and be prepared to give a full description of the animal (i.e., color, breed, sex) and its location.

BE PREPARED

If an emergency strikes, it's important to have a plan of action for you and your family. Creating an emergency contact list, a written plan for your family, and having an emergency kit on hand are key for being prepared and maintaining control in times of crisis. For more information, visit www.pema.state.pa.us, www.homelandsecurity.state.pa.us or www.health.state.pa.us.

Create an Emergency Contact List

Ask several relatives or friends who live outside your immediate area to act as a clearinghouse 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 within the area. All family members should know to call the contact person to report their location and condition. Once contact is made, have the contact person relay messages to your other friends and relatives outside the disaster area. This will help to reduce calling into and out of the affected area once the phones are working.



Create an Emergency Plan

1. Meet with household members and discuss the dangers of possible emergency events, including fire, severe weather, hazardous spills and terrorism.
2. Discuss how you and your family will respond to each possible emergency.
3. If family members are at different locations when an emergency starts, discuss in advance who will pick up the children and where you will meet if an evacuation is declared. You should plan to meet well outside the danger area, probably at a relative's home.
4. Discuss what to do in case of power outages or personal injuries.
5. Draw a floor plan of your home. Mark escape routes from each room.
6. Learn how to turn off the water, gas and electricity at main switches. If for any reason you turn off natural gas service to your home, call your gas company to restore service. Do not attempt to restore service yourself.
7. Post emergency contact numbers near all telephones. Pre-program emergency numbers into phones with auto-dial capabilities.

8. Teach children how and when to dial 9-1-1 to get emergency assistance.
9. Teach children how to make long-distance telephone calls.
10. Pick a friend or relative that all family members will call if separated (it is often easier to call out-of-state during an emergency than within the affected area).
11. Instruct household members to turn on the radio or television for emergency information.
12. Pick two meeting places: a place near your home and a place outside your neighborhood in case you cannot return home after an emergency.
13. Take a Basic First Aid and CPR class. Contact the American Red Cross for more information.
14. Keep family records in a waterproof and fireproof safe. Inexpensive models can be purchased at most hardware stores.

Prepare an Emergency Kit

Often during an emergency, electricity, water, heat, air conditioning or telephone service may not work. Preparing an emergency kit ahead of time can save precious minutes in the event you must evacuate or go without electricity, heat or water for an extended period. You should consider including the following items in your emergency kit (see page 8 for a complete list): at least a three-day supply of water (one gallon per person per day); non-perishable packaged or canned food; blankets or bedding; a battery-powered radio and batteries; and a first aid kit and prescription medicines (check the expiration dates).



PREPARE A DISASTER SUPPLIES KIT

There are six basics you should have in your home in case of any emergency. They are: water, food, a first aid kit, clothing and bedding, tools and supplies, and special items. Items you would need in case of an evacuation should be kept in an easy-to-carry container such as a large covered trash container, a backpack or a duffel bag. You also should keep a smaller version of a disaster supply kit in your car. Below are listed some items from each of the basic categories which you may want to consider. For more information, visit www.pema.state.pa.us, www.homelandsecurity.state.pa.us or www.health.state.pa.us.

Water

Store one gallon of water per person per day.

- Have a three-day supply (replace supply every six months).

Clothing and Bedding

Include at least one complete change of clothing and footwear per person.

- Sturdy shoes or work boots
- Blankets and/or sleeping bags
- Thermal underwear
- Sunglasses
- Rain gear
- Hats and gloves

Special Items

Remember family members with special needs such as infants and elderly or disabled individuals.

For Children

- Baby formula/food
- Diapers
- Bottles
- Powdered milk
- Medications
- Games/Activities

For Adults

- Prescription drugs
 - Heart and high blood pressure medications
 - Insulin
- Denture needs
- Contact lenses and supplies
- Extra eyeglasses
- Playing cards and books
- Important legal documents

For Pets

- Medications and medical records
- Food and water
- Cat litter/pan
- Copies of licenses
- Current photo in case they get lost
- Name and phone number of veterinarian

Food

Store at least a three-day supply of non-perishable food for each person. Select foods that require no refrigeration, cooking or preparation. Select food items that are compact and lightweight and rotate the food supply every six months.

- Ready-to-eat canned meats, fruits and vegetables
- Soups, bouillon cubes or dried soups
- Milk—boxed powdered or canned, requiring no refrigeration
- Baby formula/food
- Sugar cookies
- Hard candy
- Sugar
- Salt
- Pepper
- Juices—canned, boxed, powdered or crystallized
- Smoked or dried meats such as beef jerky
- Vitamins
- High energy foods—peanut butter, nuts, trail mix

Tools and Supplies

- Mess kits or paper cups, plates, plastic utensils
- Battery- or gyro- operated radio and extra batteries
- Small fire extinguisher
- Flashlight and extra batteries
- Paper and pencil/pen
- Non-electric can opener
- Utility knife
- Tent
- Plastic sheeting
- Duct tape
- Pliers
- Compass
- Signal flare
- Needles and thread
- Aluminum foil
- Matches
- Shut-off wrench for gas and water
- Work gloves
- Plastic storage containers

- Medicine dropper
- Cash or travelers checks and change
- Dust mask (for dust/debris)
- Toilet paper
- Personal hygiene items
- Feminine supplies
- Disinfectant
- Plastic garbage bags and ties
- Soap
- Household chlorine bleach
- Small shovel (to dig toilet, etc.)
- Plastic bucket with tight lid (indoor toilet)

First Aid Kit

You should have two first aid kits—one for your home and the other for your car. Each kit should include:

- Sterile adhesive bandages (assorted sizes)
- Gauze pads (2- and 3-inch)
- Triangular bandages
- Hypoallergenic adhesive tape
- Sterile roller bandages (2- and 3- inch)
- Scissors
- Tweezers
- Needle
- Safety razor blade
- Safety pins (assorted sizes)
- Bar of soap
- Moist towelettes
- Non-breakable thermometer
- Antiseptic spray
- Latex gloves
- Petroleum jelly or other lubricant
- Tongue blades and wooden applicator sticks
- Aspirin and non-aspirin pain reliever
- Antacid
- Laxative
- Eye wash
- Rubbing alcohol
- Antiseptic or hydrogen peroxide
- Anti-diarrhea medication
- Emetic (to induce vomiting)

AFTER AN EMERGENCY OCCURS

During and after an emergency, it is important to stay calm. Even after an event, there may still be many dangers. What seems like a safe distance or location may not be. Stay tuned to your local emergency station and follow the advice of trained professionals. Unless told to evacuate, avoid roads to allow emergency vehicles access. What you do next can save your life and the lives of others.

- Remain calm and assist family members or neighbors who may be vulnerable if exposed to extreme heat or cold.
- Locate a flashlight with batteries to use until power comes back on. Do not use candles — this can cause a fire.
- Turn off sensitive electrical equipment such as computers, VCRs and televisions to prevent damage when electricity is restored.
- Turn off major electrical and gas appliances that were on when the power went off. This will help to prevent power surges when electricity is restored.
- Keep your refrigerator and freezer doors closed as much as possible to keep in cold.
- Do not use the stove to heat your home — this can cause a fire or fatal gas leak.
- Use extreme caution when driving. If traffic signals are out, treat each signal as a stop sign — come to a complete stop at every intersection and look before you proceed.
- Do not call 911 to ask about a power outage. In case of a power outage, use battery-operated equipment to listen to news and radio stations for updates.



How Can I Help?

- Contact the American Red Cross to find out how to donate blood.
- Contact the relief agencies/organizations in your area to see what they may need, such as clothing or food.
- Take a Basic First Aid or CPR class.
- Consider joining a Community Emergency Response Team (CERT). Contact your county emergency management agency (listed on the back cover).
- Form a neighborhood watch program to be better prepared for potential future events.

Out-of-Area Contact is one of the most important concepts in your disaster plan. When disaster occurs, you will be concerned about the welfare of your loved ones.

In a disaster, local telephone service may be disrupted. However, long-distance lines, because they are routed many different ways out of your community, may be open. It also is important to remember that the telephone company's emergency telephone network is the pay telephone system. They will restore it before the rest of the system. So, if you have change to make a pay telephone call and an out-of-area contact, you may be able to communicate with loved ones in the disaster area indirectly through your out-of-area contact.

Meeting Points. After a disaster it may be impossible for family members to return home for one reason or another. It is very important that you select a meeting point in the community where you can join the members of your household.

EMERGENCY PREPAREDNESS INFORMATION

Remove and post this page in a prominent area, i.e., near phone or refrigerator.

Retain this guide for future use. A good place to store this guide is in your emergency kit.

Phone Numbers

Out-of-Area Contact

Name _____
City _____
State _____
Day _____
Evening _____
Cell _____

Local Contact

Name _____
City _____
State _____
Day _____
Evening _____
Cell _____

Nearest Relative

Name _____
City _____
State _____
Day _____
Evening _____
Cell _____

Family Work Numbers

Father _____
Mother _____
Other _____

Know your location when using a cell phone.

Local Police _____
Fire Department _____
Hospital _____

Utilities

Electric Co. _____
Gas Co. _____
Water Co. _____
Telephone Co. _____
Cable TV Co. _____

Family Physicians

Name _____
Phone _____
Name _____
Phone _____

Emergency Services

In a life-threatening emergency, dial 911.

Meeting Points Outside Your Home

Location 1. Right outside of your home.

Location 2. Away from your neighborhood, in case you cannot return home.

Address _____

Phone _____

Route to try first _____

Safe Room Inside Your Home

Our safe room is _____

Preparing for an Emergency

- Prepare a disaster supply kit for the home. Use the checklist as a guide.
- Create an Emergency Communications Plan and post this sheet in a prominent place.
- When in public places, locate stairways and emergency exits. Think ahead about how to evacuate a building, subway or congested public area in a hurry.
- Keep informed — listen to local radio or TV.

For the Latest Info...

Find up-to-the-minute preparedness information, the current security alert, resources and related links at: www.homelandsecurity.state.pa.us, www.pema.state.pa.us or www.health.state.pa.us.

How to Submit Criminal/Terroristic Tips...

The most effective way to report a tip regarding possible terrorist activity is to call the Pennsylvania State Police at 1-888-292-1919 or contact your local police department. In an emergency, however, call 911.