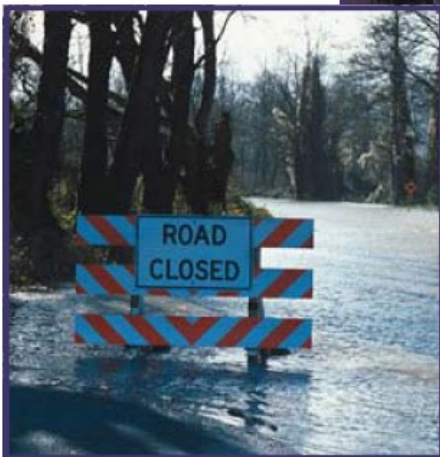




Family Emergency Preparedness



The 2011 Cecil County Family Emergency Preparedness Guide was developed by the Cecil County Department of Emergency Services in collaboration with the Cecil County Health Department and Exelon Nuclear.

Dear Cecil County Resident,

The Cecil County Department of Emergency Services is pleased to provide you with a copy of this Family Emergency Preparedness Guide. The Guide includes helpful information designed to prepare you and your family for emergencies.

The Guide includes the following: preparing your home for an emergency; a special needs survey; writing a family emergency plan; special considerations during emergencies; preparing for a terrorist attack; preparing for a chemical emergency; sheltering -in- place and evacuation; nuclear power plant emergencies; and important contact information.

Assessments of actual incidents reveal that citizens are often the first ones to witness an event, and are first on the scene. With the information in this book, 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.

The Family Emergency Preparedness Guide was developed by the Department of Emergency Services, in collaboration with the Cecil County Health Department and Exelon Nuclear. This Guide heralds the beginning of a new and revitalized emergency management initiative in Cecil County. By partnering with our citizens and other emergency response agencies, we strive to make you and your families better prepared in the event of an emergency.

Please read the 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.

**Sincerely,
Richard Brooks III, Director
Department of Emergency Services**

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IMPORTANT CONTACT INFORMATION

FOR EMERGENCIES DIAL 9-1-1

| | | |
|--|---------------------|---|
| American Red Cross | 410-398-2470 | www.redcross.org |
| Cecil County Board of Education | 410-996-5400 | www.ccps.org |
| Cecil County Commissioners Office | 410-996-5201 | www.ccgov.org |
| Cecil County Department of Aging | 410-996-5295 | www.ccgov.org |
| Cecil County Department of Emergency Services | 410-996-5350 | www.ccdes.org |
| Cecil County Department of Public Works | 410-996-5265 | www.ccgov.org |
| Cecil County Department of Social Services cecil.htm | 410-996-0100 | www.dhr.state.md.us/ |
| Cecil County Health Department | 410-996-5550 | www.cecilcountyhealth.org |
| Cecil County SPCA | 410-398-9555 | www.cecilcountyspca.org |
| Conowingo Dam Information | 410-457-2525 | |
| Maryland Department of the Environment | 800-633-6101 | www.mde.state.md.us |
| Poison Control (Non-emergency) | 800-222-1222 | www.mdpoison.com |
| Union Hospital | 410-398-4000 | www.uhcc.com |

Law Enforcement Agency's NON EMERGENCY Numbers

| | | |
|--------------------------------|--------------|--|
| Maryland State Police | | www.mdsp.maryland.gov |
| North East Barrack | 410-996-7800 | |
| JFK Highway Barrack | 410-378-3186 | |
| Cecil County Sheriff's Office | 410-996-5500 | www.cecilcountysheriff.org |
| Elkton Police Department | 410-398-4200 | www.townofelkton.org |
| North East Police Department | 410-287-5996 | www.northeastmd.org |
| Perryville Police Department | 410-642-3725 | www.perryvillemd.org |
| Port Deposit Police Department | 410-378-2129 | www.portdeposit.org |
| Rising Sun Police Department | 410-658-4101 | www.risingsunmd.com |

Town Halls

| | | |
|---------------------------|--------------|--|
| Cecilton Town Hall | 410-275-2692 | www.dol.net/~ceciltonmd |
| Charlestown Town Hall | 410-287-6173 | www.charlestownmd.org |
| Chesapeake City Town Hall | 410-885-5298 | www.chesapeakecity.com |
| Elkton Town Hall | 410-398-0970 | www.townofelkton.org |
| North East Town Hall | 410-287-5801 | www.northeastmd.org |
| Perryville Town Hall | 410-642-6066 | www.perryvillemd.org |
| Port Deposit Town Hall | 410-378-2121 | www.portdeposit.org |
| Rising Sun Town Hall | 410-658-5353 | www.risingsunmd.com |

PREPARING YOUR HOME FOR AN EMERGENCY

Plan

9

You can do this!

Collect these nine essential items to help you shelter-in-place in the event of an emergency.

Start here

1 Water



One gallon per person, per day for three days.

2 Food



Non-perishables such as canned or packaged food.

3 Clothes



One change of clothes and footwear per person.

4 Medications



Three days' worth of prescription medications.

5 Flashlight



A bright flashlight and extra batteries.

6 Can Opener



Manual can opener in case there's no electric power.

7 Radio



Battery-powered radio and extra batteries.

8 Hygiene Items



Basics like soap, toilet paper and a toothbrush.

9 First Aid



Basics like antiseptic, bandages, and non-prescription medicines.

Done!

PREPARING YOUR HOME FOR AN EMERGENCY Cont'd

OTHER ITEMS TO CONSIDER FOR YOUR KIT: Water:

- 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 water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.*

Food:

- Store *at least* a three-day supply of non-perishable food.
- Select foods that require no refrigeration, preparation or cooking and little or no water.
- Choose foods your family will eat.
- Ready-to-eat canned meats, fruits vegetables, and dried fruit
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Nuts
- Crackers
- Canned juices, Non-perishable pasteurized milk
- Vitamins
- Food for infants
- Comfort foods

IMPORTANT FAMILY DOCUMENTS

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



KNOW YOUR EAS STATIONS

(Emergency Alert Stations)

WXCX 103.7 FM

WBAL 1090 AM

WOEL 89.9 FM

WJSS 1330 AM

WAMD 970 AM

Emergency Special Needs Survey

In order to determine special needs of county residents during an emergency, please complete the questionnaire below. Information received through the Emergency Needs Survey will be maintained in a confidential database in the Emergency Operations Center. If you have any questions about this form please call the Cecil County Department of Emergency Services at (410) 996-5350.

Check the box beside those items which apply to you or anyone living in your home. Please mark **ALL** boxes that apply to any person who lives in your home.

- Has a hearing, vision, or speech disability. PLEASE DESCRIBE _____
- Cannot walk without assistance. PLEASE DESCRIBE (include cane, walker, or wheel chair usage) _____
- Cannot understand English and no one nearby to interpret. List language (s) spoken: _____
- Needs transportation in order to evacuate. (Please include number in household) _____
- Needs a special vehicle (ambulance, wheelchair accessible van, etc) in order to evacuate. PLEASE DESCRIBE _____
- Other needs (animals, other medical needs, special considerations) _____

If you checked off any items showing that you or someone in your household needs help during an emergency, please fill out the following:

PLEASE PRINT

Name(s): _____ Street Address: _____

City: _____ State: _____ Zip Code: _____

Telephone Number: _____ Is it unlisted? YES NO

(Fold Here)



MAIL TO:

Cecil County Department of Emergency Services
107 Chesapeake Blvd., Suite 108
Elkton, MD 21921

WRITING YOUR FAMILY EMERGENCY PLAN

Emergency Plan Checklist For Your Family

As you finish each part of your plan, note the date in the space provided below. Review and update this plan annually.

Make An Emergency Information List.

Date Completed: _____

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.

Date Completed: _____

Include:

- Medical providers
- Medications you use
- Adaptive equipment and/or body system support equipment you use
- Allergies and sensitivities
- Communication or 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 medications 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 and the storage temperature it needs.

Be Safe at Home.

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

In an EMERGENCY DIAL 911

**Even in a wide area disaster always DIAL 911 in an emergency.
if you think you can handle it, still DIAL 911.**

Time is critical, waiting is always the wrong choice in an emergency, DIAL 911.

SPECIAL CONSIDERATIONS FOR EMERGENCY PREPAREDNESS

What To Do For Pets In Emergencies

- If you must evacuate, take your pets with you if possible. However, if you are going to a public shelter, it is important to understand that animals may not be allowed inside. Plan in advance for shelter alternatives that will work for both you and your pets.
- Make a back-up emergency plan in case you can't care for your animals yourself. Develop a buddy system with neighbors, friends and relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so.

Recommended Items For Your Pet

Take your pets with you, but understand that only service animals may be permitted in public shelters. Plan how you will care for your pets in an emergency.

- Have an airline-approved carrier for each dog or cat, or other pets, with ID and photo of you with your pet.
- Have all vaccination records, registrations, special needs list, sufficient medicines and a muzzle/leash in a water proof container.
- An extra supply of pet food (3 days).
- Plenty of clean water(3 days).
- Bowls, can opener, kitchen trash bags, bleach, blankets, towels, paper towels, and other waste disposal supplies.
- Familiar items like toys, treats, bedding or one of your socks. These can help reduce stress for your animal.

Now is the time to plan for your pets. Your pets' requirements may be different, you'll want to talk to your veterinarian about what you need in the way of emergency supplies that will best serve your pet.

For more information about how to prepare, visit www.ready.gov or call 1-800-BE-READY.

Individuals With Special Needs

Individuals with special needs because of medical or mobility conditions, age or disability should seek assistance in pre-planning for emergencies from the following sources:

**Department of
Emergency Services**
410-996-5350

**Senior Services &
Community Transit**
410-996-5295

**Cecil County
Health Department**
410-996-5112

Independent Study Courses

To obtain independent study course on emergency preparedness write to:

Emergency Management Institute
16825 S. Seton Ave.,
Emmitsburg, MD 21727

(301) 447-1000
Admissions Fax: (301) 447-1658



SPECIAL CONSIDERATIONS FOR EMERGENCY PREPAREDNESS Cont'd**What To Do When Electrical Power Is Lost**

- **Check to see if your neighbors have power.** Your loss of power could be caused by a blown fuse or tripped circuit. Report any downed power lines immediately.
- **Turn off all major appliances.** Only leave a few light switches on in the home.
- **Have a plan to keep food cold.** Food can be kept cold for 1 to 2 days if the doors to the refrigerator and freezer are kept closed. During prolonged power outages you may have to take other measures such as freezing water outside to place in your refrigerator or checking to see if your power company is providing dry ice.
- **Use flashlights and battery powered lanterns to illuminate the home.** Candles and kerosene heaters present a dangerous fire hazard.
- **Purchase a portable emergency generator.** Such a generator can provide limited electrical power during an outage. Ensure safe operation by following the user manual and consulting with your power company.
- **Keep your car fuel tank at least ¾ full at all times.** Power outages can affect gasoline pumping stations.
- **If you have a well, use alternate sources of water.** Water systems with electrical pumps will not operate when the power is out.
- **Be prepared for gas appliances to be inoperable.** Some appliances require electricity for ignition or valve operation.
- **Shut off the power circuit to your water heater** if the tank has been drained.
- **Drain pumps, supply lines, water heaters, boilers and traps in tubs, sinks, commodes, washers and dishwashers.** Plumbing can freeze when power is lost during cold weather.
- **Have a contingency plan for those with life support equipment.** Decide upon an alternate power source for the device and method of relocating the person.

PREPARING FOR A TERRORIST ATTACK

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 causes.

High-risk targets include military and civilian government facilities, international airports, large cities and high-profile landmarks. Terrorists might also target large public gatherings, water and food supplies, utilities, and corporate centers. Furthermore, terrorists are capable of spreading fear by sending explosives or chemical and biological agents through the mail.

In the immediate area of a terrorist event, you would need to rely on police, fire and other officials for instructions. However, you can prepare in much the same way you would prepare for other crisis events.



Steps to take in the event of an attack:

- **Remain calm and patient.**
- **Listen to your local Emergency Alert System stations** for directions from local officials.
- **If the disaster occurs near you, check for injuries.** Give First Aid and get help for seriously injured people. (Before rendering First Aid be sure victim is not contaminated. Avoid direct contact if contamination is suspected.)
- **If the disaster occurs near your home while you are there, check for damage using a flashlight.** Do not light matches or candles or turn on electrical switches. Check for fires, fire hazards and other household hazards. Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows, and get everyone outside quickly.
- **Shut off any other damaged utilities.**
- **Confine or secure your pets.**
- **Contact your family.** Do not use the telephone again unless it is a life-threatening emergency.
- **Check on your neighbors,** especially those who are elderly or disabled.

PREPARING FOR A TERRORIST ATTACK CONT'D

Source: www.Ready.gov

Identifying Suspicious Packages & Envelopes

Inappropriate or unusual labeling

- Excessive postage
- Handwritten or poorly typed addresses
- Misspellings of common words
- Strange return address or no return address
- Incorrect titles or title without a name
- Not addressed to a specific person
- Marked with restrictions, such as "Personal," "Confidential," or "Do not x-ray"
- Marked with any threatening language
- Postmarked from a city or state that does not match the return address

Appearance

- Powdery substance felt through or appearing on the package or envelope
- Oily stains, discolorations, or odor
- Lopsided or uneven envelope
- Excessive packaging material such as masking tape, string, etc.

Other suspicious signs

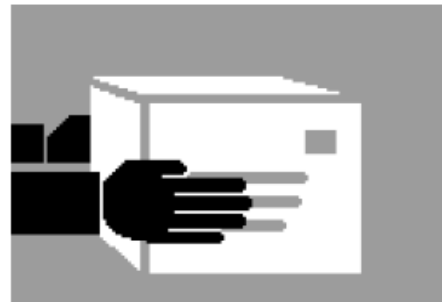
- Excessive weight
- Ticking sound
- Protruding wires or aluminum foil

If a package or envelope appears suspicious, **DO NOT OPEN IT! Contact the proper authorities.**

To report suspicious activity that is non-emergency in nature call:

The Maryland Coordination and Analysis Center
at 800-492-8477

Or The Maryland Emergency Management Agency
at 877-MEMA-USA.



PREPARING FOR A CHEMICAL EMERGENCY

Questions About Chemical Emergencies:

Q: Why are there so many incidents involving hazardous materials in industries?

A: There are not, really. Far more incidents occur at home, at the office or in transit than occur at business facilities which manufacture or use hazardous materials. You may hear about industrial incidents because they have the potential to affect many people. Since these incidents are relatively rare, especially considering the frequency of other hazards like auto accidents or acts of violence, they capture our curiosity and make the headlines.

Q: Why do we even have hazardous materials, and, how are they used?

A: Because as consumers, we want the products that are made from these materials. We have lighter, more efficient vehicles, lifesaving medicines, wrinkle free clothing and flame-retardant plastics because of the hazardous chemicals necessary in their manufacturing.

Q: What is being done to reduce the impact of a chemical spill?

A: Your emergency services agencies, law enforcement, fire and EMS have training in response to chemical incidents. Additionally, Cecil County's Department of Emergency Services has a response plan that is coordinated with other area departments in addition to municipal, state and federal response plans. All of these plans and responders work with industries to reduce the impact of potential chemical releases.

What to do During a Chemical Emergency

Depending on the situation, emergency personnel could ask you to Shelter in Place or Evacuate. Stay calm. Familiarize yourself with this booklet so you will be better prepared. If your neighbors are elderly, disabled or have small children, they may need your assistance. It is critical you monitor your local Emergency Alert System (EAS) Stations for the latest information and official instructions. With a relatively minor chemical incident, you should go indoors unless otherwise directed by emergency personnel. Remain inside until local officials report conditions are all clear.

If you are home...

- Close all doors and windows, placing damp towels around any sills or openings.
- Turn off your heating or air system. Close all vents.
- Do not use your fireplace and make sure to close the dampers.

If you are outside and cannot go indoors...

- Stay upwind, if possible, and stay out of low areas; or move crosswind so the wind blows from your left or right but not in your face or from behind.
- In a chemical incident, you may be directed to leave and given specific route instructions. If no route is given, use the shortest path out of the area.

Please read the shelter in place and evacuation procedures on the next page for more information.

SHELTER IN PLACE OR EVACUATION?

Source: www.Ready.gov

Shelter-In-Place

Whether you are at home, work or elsewhere, there may be situations when it's simply best to stay where you are and avoid any uncertainty outside.

There are other circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside is a matter of survival. This process is known as "shelter-in-place." Use available information to assess the situation. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to take this kind of action.

Shelter-in-place procedures:

- Bring your family and pets inside.
- Lock doors, close windows, air vents and fireplace dampers.
- Turn off fans, air conditioning and forced air heating systems.
- Take your emergency supply kit unless you have reason to believe it has been contaminated.
- Go into an interior room with few windows, if possible.
- Seal all windows, doors and air vents with plastic sheeting and duct tape. Consider measuring and cutting the sheeting in advance to save time.
- Be prepared to improvise and use what you have on hand to seal gaps so that you create a barrier between yourself and any contamination.
- Local authorities may not immediately be able to 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 instructions as they become available.

Evacuation

There may be conditions under which you will decide to get away, or there may be situations when you are ordered to leave. Plan how you will assemble your family and anticipate where you will go. Choose several destinations in different directions so you have options in an emergency.

Create an evacuation plan:

- Plan places where your family will meet, both within and outside of your immediate neighborhood.
- If you have a car, keep a 3/4 tank of gas in it at all times in case you need to evacuate.
- Become familiar with alternate routes and other means of transportation out of your area.
- If you do not have a car, plan how you will leave if you have to.
- Take your emergency supply kit unless you have reason to believe it has been contaminated.
- Lock the door behind you.
- Take your pets with you, but understand that only service animals may be permitted in public shelters.
- Plan how you will care for your pets in an emergency.

Learn how and when to turn off utilities:

- Locate the electric, gas and water shut-off valves.
- Keep necessary tools near gas and water shut-off valves.
- Teach family members how to turn off utilities.
- If you turn the gas off, a professional must turn it back on. Do not attempt to do this yourself.

NUCLEAR POWER PLANT EMERGENCIES

Located in nearby Pennsylvania, is the Peach Bottom Atomic Power Station. The nuclear power plant has two electric generating units, both considered nuclear power plants. In a typical plant, coal, oil or gas is burned in a furnace. The heat changes water to high-pressure steam. It rushes against the blades of a machine called a turbine. The turbine turns a large magnet inside a coil or wire. The magnet and coil are called the generator. They make electricity for our homes, schools, businesses and factories.

Power plants of this nature operate safely throughout the United States and provide more than 20 percent of the nation's electrical power. Cecil County, in cooperation with the utility and state and federal government agencies has developed emergency response plans for use in the event of a nuclear power plant accident.

There are two "emergency planning zones" defined in planning for a nuclear incident. One covers an area within a ten-mile radius of the plant where it is possible that people could be harmed by direct radiation exposure. The second zone covers a 50-mile radius where radioactive materials may contaminate water supplies, food crops and livestock. If an emergency results in a release of radioactive material to the environment, you will be advised if you need to take actions to protect your family, animals and agricultural products.

If You Hear an Emergency Siren (3 Minute Steady Tone)

PUBLIC NOTIFICATION...

Cecil County has a network of sirens located within the 10 mile Emergency Planning Zone for Peach Bottom Atomic Power Station. While the sounding of the sirens is most commonly used for radiological emergencies, Cecil County may choose to activate the sirens for other reason such as flooding, severe weather, or terrorism.

WHAT THE SIRENS MEAN...

In an emergency, County officials will sound a **steady 3-minute siren tone**. County emergency services may also use loudspeakers and door-to-door notification. The siren is a signal for you to tune your radio to your local Emergency Alert System (EAS) station and listen for emergency instructions.

►STAY CALM

►**CHECK IT OUT**, it could be a test. Siren soundings only occur during a pre-announced test. You will be notified in advance of a siren sounding.

►**DO NOT USE THE TELEPHONE** unless you are reporting a fire, police or medical emergency or to notify the County that you need special assistance.

►**TUNE TO YOUR LOCAL EMERGENCY ALERT SYSTEM (EAS) STATION** and listen for instructions. If you do not hear emergency announcements, it is probably a test, but listen to the radio to be sure.

KNOW YOUR EAS STATIONS

WXCX 103.7 FM

WBAL 1090 AM

WOEL 89.9 FM

WJSS 1330 AM

WAMD 970 AM

Frequently Asked Questions

Q: What is radiation?

A: Radiation from nuclear power plants is made by particles or rays, which come from the centers of atoms. Low levels of radiation are measured in a unit called millirem. The sun gives us 50 millirem a year. Another 50 comes from air, buildings and the ground. Our food and water add about 25 more millirem. On average, a person receives about 360 millirem per year. This amount does not threaten anyone's health. Radon from the earth can increase this average. People who live outside of nuclear power plants rarely get more than 1 additional millirem a year. It would take 20 years to get as much radiation as in a single dental x-ray.

Q: What happens if radiation is released?

A: Federal authorities performed a study to estimate the effect of a serious accident. They established a 10-mile zone and a 50-mile zone around the power plants. In the 10-mile zone, it is vital to protect the public from radiation that could be released into the air or water. The public can be protected by sheltering (staying indoors) or evacuating (leaving the area). These actions are explained in this brochure. In the 50-mile zone, the main concern is to protect the public from eating or drinking things that may have been affected by a release of radiation. People may be told to drink bottled water and wash fresh fruits and vegetables.

Q: How does radiation effect us?

A: The effect of radiation depends on the kinds of particles or rays, the length of time exposed, how much of the body is exposed and how much radioactive material stays in the body. If the amount of radiation is large enough, the body's cells can be damaged. If the damage is minor or occurs slowly, the body can usually repair itself. If the damage is major, recovery may not be possible.

Q: How is radiation detected?

A: Since radiation cannot be seen, felt, heard, tasted or smelled, special instruments detect and measure it. The radiation around Peach Bottom Atomic Power Station is constantly measured.

Q: Are nuclear power plants safe?

A: Safety comes first in all nuclear power plants. The reactor will shut down using automatic safety devices. If one does not work, another will take its place. Although accidents are possible, redundant safety features are built in to reduce the effects of an accident. Peach Bottom has an excellent safety record.

NUCLEAR POWER PLANT EMERGENCIES CONT'D

Where to Go

When you hear the sirens sound, listen to your local Emergency Alert System radio station for instructions. If told to shelter, follow the instructions in this brochure. If told to evacuate, follow major roads out of the affected area. If you need temporary accommodations, respond to either Perryville High School or Rising Sun High School. The map on the following page shows the evacuation routes. At these locations, you will be monitored for radioactive contamination and provided with a temporary place to stay. If you do not have transportation, contact the County at (410) 996-5350 or (410) 658-4041 x5350 for help.



If Your Children are in School

Special provisions have been made for sheltering or evacuating your children. If school is in session and evacuation is recommended, children at Conowingo Elementary will be transported to Calvert Elementary. They will remain there until you are able to pick them up.

If your children attend school outside the 10-mile emergency planning zone (EPZ), but live inside the EPZ, they will not be sent home if shelter or evacuation is recommended. They will remain at the facility they attend, under supervision, until you are able to pick them up.

Emergency Planning Zone (EPZ) Evacuation

- LEGEND**
- EPZ Zone 6
 - EPZ Zone 7



INFLUENZA

Flu refers to illnesses caused by a number of different influenza viruses. Flu can cause a range of symptoms and effects, from mild to lethal.

Most healthy people recover from the flu without problems, but certain people are at high risk for serious complications.

Currently, in the U.S., epidemiologists at the Centers for Disease Control (CDC) work with states to collect, compile and analyze reports of flu outbreaks.

Flu symptoms may include fever, coughing, sore throat, runny or stuffy nose, headaches, body aches, chills and fatigue.

Annual outbreaks of the seasonal flu usually occur during the late fall through early spring. Most people have natural immunity, and a seasonal flu vaccine is available. In a typical year, approximately 5 to 20 percent of the population gets the seasonal flu. Flu-related deaths range from 3,300 to 48,600 (average 23,600).

A flu pandemic occurs when a new influenza A virus emerges for which there is little or no immunity in the human population; the virus causes serious illness and spreads easily from person-to-person worldwide.

Vaccination

Vaccination is the best protection against contracting the flu. Some individuals may be able to receive flu vaccination at no or little cost.

Fluzone high-dose seasonal flu vaccine is for people 65 years and older.

Seasonal flu vaccines have a very good safety track record. Over the years, hundreds of millions of Americans have received seasonal flu vaccines.

If you need help paying for your child's flu vaccine, the Vaccines for Children (VFC) program can provide assistance.

People who are at high-risk for flu (children, seniors and people with certain health conditions) should also receive a pneumococcal vaccination.

FLU PREVENTION

CDC recommends a three-step approach to fighting influenza (flu). The first and most important step is to get a flu vaccination each year. But if you get the flu, there are prescription antiviral drugs that can treat your illness. Early treatment is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women. Finally, everyday preventive actions may slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu. This flyer contains information about everyday preventive actions.



How does the flu spread?

Flu viruses are thought to spread mainly from person to person through the coughing, sneezing, or touching of someone with the flu. Flu viruses also may spread when people touch something with flu virus on it and then touch their mouth, eyes, or nose. Many other viruses spread these ways too.

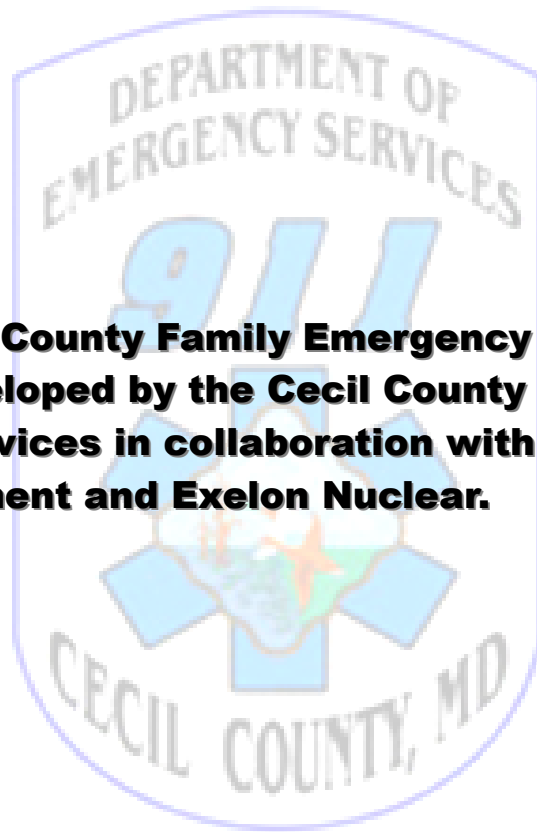
People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick.

What are everyday preventive actions?

Everyday preventive actions are steps that people can take to help slow the spread of germs that cause respiratory illness, like flu. These include the following personal and community actions:

- Cover your nose and mouth with a tissue when you cough or sneeze. This will block the spread of droplets from your mouth or nose that could contain germs.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you or your child gets sick with a respiratory illness, like flu, limit contact with others as much as possible to help prevent spreading illness. Stay home (or keep your child home) for at least 24 hours after fever is gone except to seek medical care or for other necessities. Fever should be gone without the use of a fever-reducing medicine.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.

Remember: Wash hands frequently during the day. Do not touch your mouth, nose or eyes. Clean surfaces frequently particularly after others have touched them.



The 2011 Cecil County Family Emergency Preparedness Guide was developed by the Cecil County Department of Emergency Services in collaboration with the Cecil County Health Department and Exelon Nuclear.

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