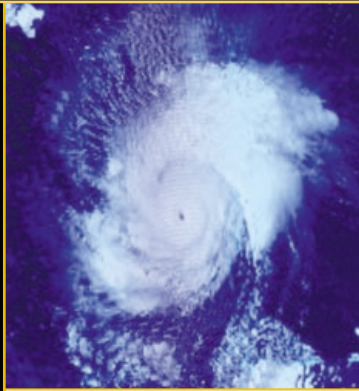


October 2005



OFFICIAL EMERGENCY PREPAREDNESS GUIDE FOR ORANGE COUNTY, NEW YORK

# WILL YOU BE PREPARED?



**Edward A. Diana**  
County Executive

Orange County Government  
255 Main Street  
Goshen, New York 10924  
845-291-3199

**800-942-7136**  
[www.orangecountygov.com](http://www.orangecountygov.com)



# BE READY!

# Emergency Preparedness

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Orange County Department of Emergency Services  
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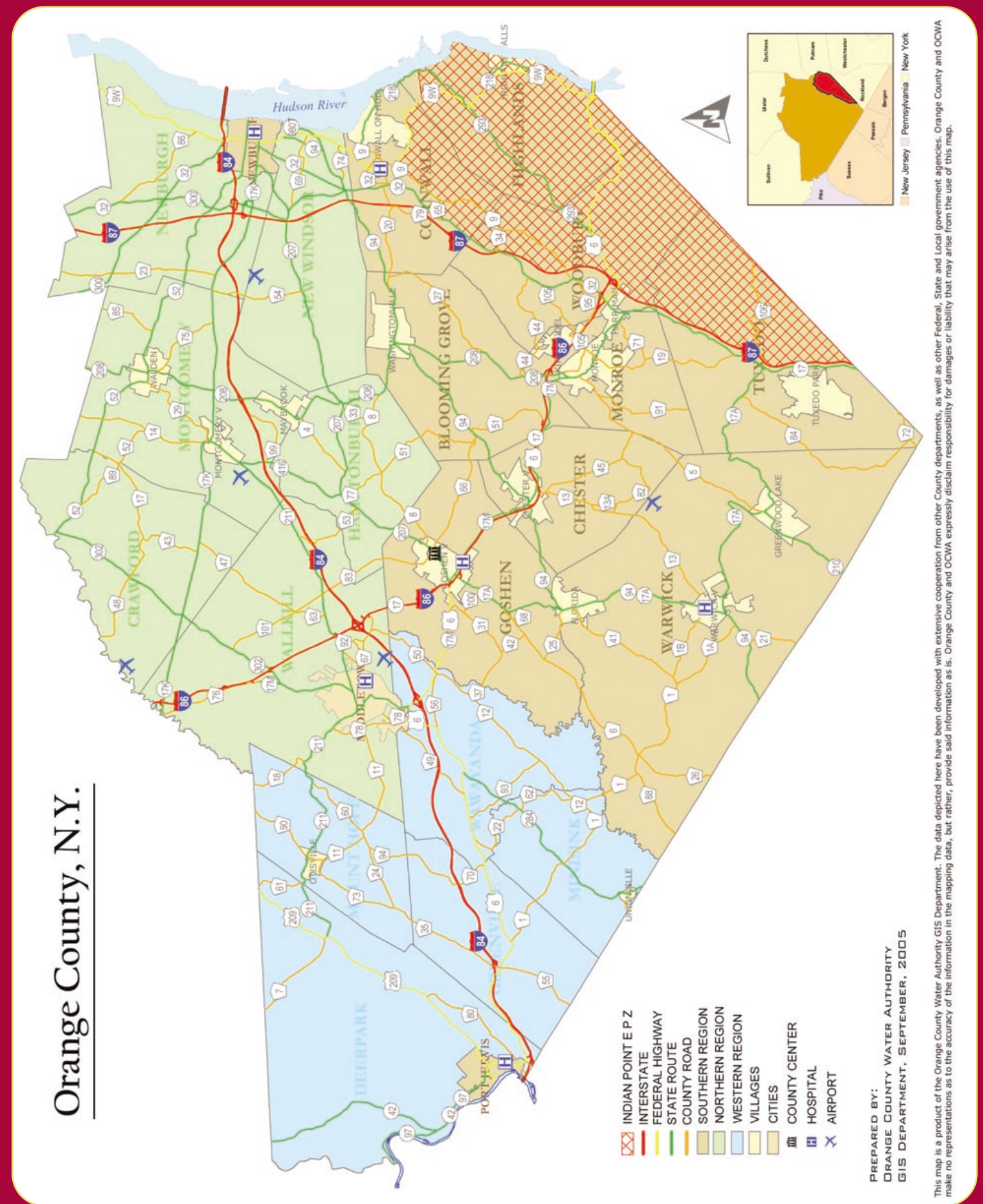
**Emergency Alert System (EAS):**  
 The Emergency Alert System will interrupt regular broadcasts of radio stations with important emergency information. If you are aware of an ongoing or potential emergency situation, please stay tuned to an EAS radio station to keep up to date on important information. Stay informed... current information is the key to life saving decisions.

**Primary Station:**  
**WHUD 100.7 FM**

Numerous Secondary Stations will also carry the message.

- |                      |                     |
|----------------------|---------------------|
| <b>WGNY 103.1 FM</b> | <b>WLNA 1420 AM</b> |
| <b>WRRV 92.7 FM</b>  | <b>WALL 1340 AM</b> |
| <b>WSPK 104.7 FM</b> | <b>WCBS 880 AM</b>  |
| <b>WTBQ 110 AM</b>   | <b>WABC 770 AM</b>  |

**Keep a battery operated radio ready.**



### SANITATION

- \_ Toilet paper, towelettes, soap, liquid detergent
- \_ Feminine supplies
- \_ Personal hygiene items
- \_ Plastic garbage bags, ties
- \_ Small shovel
- \_ Plastic bucket with tight lid
- \_ Disinfectant
- \_ Household chlorine bleach

### CLOTHING AND BEDDING

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

- \_ Sturdy shoes or work boots
- \_ Rain gear
- \_ Blankets or sleeping bags
- \_ Hat and gloves
- \_ Thermal underwear and clothing for layering
- \_ Sunglasses

### FOR ADULTS

- \_ Heart and high blood pressure medications
- \_ Insulin
- \_ Prescription drugs
- \_ Denture needs
- \_ Contact lenses and supplies
- \_ Extra eye glasses

### FOR BABIES

- \_ Formula
- \_ Diapers
- \_ Bottles
- \_ Powdered milk
- \_ Medications

Include: special items for family members with special needs such as infants, elderly or disabled individuals.

### DISASTER PET SUPPLIES

- \_ Make plans now on what to do with your pet in the event you have to leave your home. Pets are not permitted in public shelters.
- \_ Medications and medical and vaccination records and a first-aid kit (stored in a waterproof container)
- \_ Sturdy leashes, harnesses and/or carriers to transport pets safely and ensure animals cannot escape
- \_ Current photos of your pets
- \_ Food, potable water, bowls, cat litter/pan and can opener
- \_ Information on feeding schedules, medical conditions, behavior problems and the name and phone number of your veterinarian
- \_ Pet beds and toys, if easily transportable

### ENTERTAINMENT

- \_ Games for children; books for adults

### IMPORTANT FAMILY DOCUMENTS

Keep these records in a waterproof, portable container.

- \_ Wills, insurance policies, contracts, deeds, stocks and bonds
- \_ Passports, Social Security cards, immunization records
- \_ Bank account numbers
- \_ Credit card account numbers and companies
- \_ Inventory of valuable household goods, important telephone numbers
- \_ Family records (birth, marriage, death certificates)

Note: Originals of the above items should be stored in a bank safe deposit box, copies in your home storage container.



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## A MESSAGE FROM THE COUNTY EXECUTIVE



County Executive,  
Edward Diana

Any Emergency, be it a natural disaster such as a flood or winter storm, a power outage or a terrorist act... can occur quickly and without warning. There are some simple things that we can do as individuals, families and organizations to be ready when disaster strikes.

That's exactly why we created this handbook for you... to make sure that you, your family and your colleagues know what to do when an emergency strikes.

The County of Orange has developed comprehensive emergency plans designed to protect our residents during an emergency situation. With that said, every community's level of preparedness begins with you, the community member. Make sure you have your emergency supplies readily available in your home or at work. Involve your loved ones, coworkers and neighbors in your emergency planning efforts and make sure you practice your plans regularly.

I sincerely hope that you and your family will use the information found within this brochure to be ready for an emergency situation. Together, our planning efforts will ensure Orange County is prepared for the unexpected.

Edward A. Diana  
County Executive

*"The County of Orange has developed comprehensive emergency plans designed to protect our residents from nearly every emergency situation. I sincerely hope that you and your family will use the information found within this handbook to be ready for an emergency situation."*

*Edward A. Diana,  
County Executive*

# FAMILY EMERGENCY RESPONSE TIPS

Prepare a household disaster plan for your family and loved ones.

- Learn the warning signals and evacuation plans of your community.
- Know the Emergency Alert System radio and television stations in your area that will carry official information
- Pick two places to meet: a spot outside your home for an emergency, such as a fire, and a place away from your neighborhood in case you cannot return home.
- Designate an out-of-area friend or relative whom separated family members should call to report their whereabouts. Make certain all family members have the phone number.
- Make a plan now for what to do with your pets if you need to evacuate.
- Check your home and property for potential hazards to see what actions need to be taken to ensure your safety and to protect your belongings.

- Check your insurance coverage. Flood damage is not usually covered by homeowners insurance. Inventory household items with photographs.
- Install safety features in your residence such as smoke detectors and fire extinguishes.
- Know how and when to turn off water, gas and electricity in your home.
- Know where the designated shelters are within your community and how to get to them.
- Determine if your family has any special needs and develop a plan for meeting those needs. For example: If you have a family member on a life-support system, does your electric utility know about it?
- Post emergency telephone numbers by phones.
- Teach all family members, including children, how and when to call 911 or your local EMS phone number.

## Remember these important tips when designating emergency contacts:

- Make sure everyone knows the address and phone number of your pre-determined meeting place.
- Designate an out-of-state friend or relative that household members can call if separated during a disaster. If New York phone circuits are busy, this out-of-state contact may be an important way of communicating between household members. When local phone circuits are busy, long-distance calls may be easier to make.
- Ensure that household members have a copy of your Household Disaster Plan to keep in their wallets and backpacks.



County Executive Diana meets with NYS Police Major John Melville and State Police Helicopter Pilot John Harrington prior to assessing damages from flooding.

## EMERGENCY CHECKLIST

Remember to make plans now for the special needs of your family members. **Infants, the elderly, and persons with disabilities** need the same planning as everyone else, and sometimes a little more, to be prepared for an emergency.

### SUPPLIES

Disaster Supplies Kit — Checklist

Basic supplies that should be stocked in your home: water, food, first-aid supplies, clothing and bedding, tools and emergency supplies and special items. Keep the items you will most likely need during an evacuation in an easy to carry container such as a large covered trash container, camping backpack or duffel bag. Keep a smaller version of the disaster supplies kit in the trunk of your car.

### WATER TREATMENT — HOW TO STORE WATER

Store your water in thoroughly washed, plastic, glass, fiberglass or enamel-lined metal containers. Never use a container that has held toxic substances. Plastic containers, such as soft drink bottles, are best. You also can purchase food-grade plastic buckets or drums. replace water every six months.

### WATER TREATMENT — BOILING

Boiling is the safest method of purifying water. Bring water to a rolling boil for 3-5 minutes. Let the water cool before drinking. Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers

### WATER — AN ABSOLUTE NECESSITY

Having an ample supply of clean water is a top priority in an emergency. Plan to store two gallons of water per person per day, one gallon for drinking and one gallon for washing. A normally active person needs to drink at least two quarts of water each day. During the hot summer months, the amount can double. Children, nursing mothers and ill persons will need even more. You should store at least a two week supply of water for each member of your family.

### FOOD

Store at least a three day supply of non-perishable food for each person. Select foods that do not require 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
- \_ Juices — canned, powdered or crystallized
- \_ Soups — bouillon cubes or dried soups in a cup
- \_ Smoked or dried meats such as beef jerky
- \_ Milk — powdered or canned
- \_ Vitamins
- \_ Stress foods — sugar cookies, hard candy
- \_ High-energy foods — peanut butter, nuts, trail mix, etc.
- \_ Staples — sugar, salt, pepper

### NON-PRESCRIPTION MEDICATIONS

- \_ Aspirin or non-aspirin pain reliever
- \_ Anti-diarrhea medication
- \_ Antacid
- \_ Eye wash
- \_ Rubbing alcohol
- \_ Antiseptic or hydrogen peroxide

### 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 in assorted sizes
- \_ 2-inch sterile gauze pads (8-12)
- \_ 3-inch sterile gauze pads (8-12)
- \_ Hypoallergenic adhesive tape
- \_ Moistened towelettes (8-10 packages)
- \_ 2 and 3-inch sterile roller bandages (3 rolls each)
- \_ Scissors
- \_ Tweezers
- \_ Needle
- \_ Safety-razor blade

### DISASTER SUPPLIES AND TOOLS

- \_ Bar of soap
- \_ Triangular bandages
- \_ Antiseptic spray
- \_ Thermometer
- \_ Assorted sizes of safety pins
- \_ Cleansing agents
- \_ Latex gloves
- \_ Paper cups, plates and plastic utensils
- \_ Emergency Preparedness Plan for Families
- \_ Battery operated radio with NOAA Weather Band and extra batteries
- \_ Flashlight and extra batteries
- \_ Cash or traveler's checks, change
- \_ Extra set of car/vehicle keys
- \_ Non-electric can opener
- \_ Utility knife
- \_ Fire extinguisher ABC type
- \_ Tent
- \_ Pliers
- \_ Tape
- \_ Compass
- \_ Matches in a waterproof container
- \_ Aluminum foil
- \_ Plastic storage containers
- \_ Whistle
- \_ Signal flare
- \_ Papers, pencils
- \_ Needles, thread
- \_ Medicine dropper
- \_ Whistle
- \_ Shut-off wrench for gas and water
- \_ Plastic sheeting
- \_ Dust mask and work gloves
- \_ Leaf and lawn bags

# IMPORTANT INFORMATION

U.S. Department of Homeland Security (DHS):	<b>1-800-BE-READY (1-800-237-3239)</b>	<a href="http://www.ready.gov">www.ready.gov</a>
US Centers for Disease Control & Prevention (CDC):	<b>1-800-311-3435</b>	<a href="http://www.cdc.gov">www.cdc.gov</a>
US Department of Energy (DOE):	<b>1-800-DIAL DOE (1-800-342-5363)</b>	<a href="http://www.energy.gov">www.energy.gov</a>
US Environmental Protection Agency (EPA):	<b>1-800-424-8802</b>	<a href="http://www.epa.gov">www.epa.gov</a>
National Weather Service (NWS):		<a href="http://www.weather.gov">www.weather.gov</a>
American Red Cross (ARC):	<b>1-877-733-2767</b>	<a href="http://www.redcross.org">www.redcross.org</a>
Orange County Chapter of American Red Cross	<b>845-294-9785</b>	<a href="http://www.nyredcross.org">www.nyredcross.org</a>
US Centers for Disease Control & Prevention (CDC)		<a href="http://www.cdc.gov">www.cdc.gov</a>
New York State		<a href="http://www.state.ny.us">www.state.ny.us</a>
Federal Emergency Management Agency		<a href="http://www.fema.gov">www.fema.gov</a>
Department of Homeland Security		<a href="http://www.dhs.gov">www.dhs.gov</a>
National Health Information Center	<b>1-800-336-4797</b>	
Poison Control	<b>1-800-222-1222</b>	
Orange County Sheriff's Department	<b>845-291-4033</b>	
Orange County Department of Emergency Services	<b>845-291-3001 / 1-800-942-7136</b>	
Orange County Department of Social Services	<b>845-291-4000</b>	
Orange County Department of Health	<b>845-291-2332</b>	
Orange County Mental Health Department	<b>845-291-2600</b>	
Orange County Office of the Aging	<b>845-291-2150</b>	
Orange County Youth Bureau	<b>845-291-2394</b>	
Orange County Public Information Line	<b>845-294-1504</b>	



**IN CASE OF AN EMERGENCY  
DIAL 911**  
From Your Home or Cell Phone

# WHAT TO HAVE IN YOUR HAND EMERGENCY KIT

Every household should consider assembling an **Emergency Kit** – a collection of items you may need in the event of an evacuation. Each household members **Emergency Kit** should be packed in a sturdy, easy-to-carry container such as a backpack or suitcase on wheels. The **Emergency Kit** should be easily accessible if you have to leave your home in a hurry. Make sure it is ready to go at all times of the year.

**Include:**

- Copies of your important documents in a waterproof and portable container (insurance cards, birth certificates, deeds, photo IDs, etc.)
- Extra set of car and house keys
- Credit and ATM cards and cash, especially in small denominations.
- Bottled water and non-perishable food such as energy or granola bars
- Flashlight, battery-operated AM/FM radio and extra batteries. You can also buy wind-up radios that do not require batteries at retail stores.
- Medication for at least one week and other essential personal items. Be sure to change medications before they expire. Keep a list of the medications each member of your household takes and their dosages, or copies of all your prescription slips.
- First-aid kit
- Sturdy, comfortable shoes, lightweight raingear and a mylar blanket
- Contact and meeting place information for your household, and a small regional map
- Child care supplies or other special care items

**OUT OF AREA CONTACTS**

Name: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_  
 Day: ( ) \_\_\_\_\_  
 Evening: ( ) \_\_\_\_\_  
 Cell: ( ) \_\_\_\_\_  
 Email: \_\_\_\_\_

**LOCAL CONTACTS**

Name: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_  
 Day: ( ) \_\_\_\_\_  
 Evening: ( ) \_\_\_\_\_  
 Cell: ( ) \_\_\_\_\_  
 Email: \_\_\_\_\_

**NEAREST RELATIVES**

Name: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_  
 Day: ( ) \_\_\_\_\_  
 Evening: ( ) \_\_\_\_\_  
 Cell: ( ) \_\_\_\_\_  
 Email: \_\_\_\_\_

**FAMILY WORK NUMBERS**

Father: ( ) \_\_\_\_\_  
 Mother: ( ) \_\_\_\_\_  
 Other: ( ) \_\_\_\_\_

**EMERGENCY SERVICES**

Local Police: ( ) \_\_\_\_\_  
 Fire Dept: ( ) \_\_\_\_\_  
 Hospital: ( ) \_\_\_\_\_

**FAMILY PHYSICIANS**

Name: ( ) \_\_\_\_\_  
 Phone: ( ) \_\_\_\_\_  
 Name: ( ) \_\_\_\_\_  
 Phone: ( ) \_\_\_\_\_

**INSURANCE POLICY NUMBERS**

\_\_\_\_\_  
 \_\_\_\_\_

# FIRE SAFETY Tips

- Buy and carefully maintain a quality smoke detector. Change battery annually and test monthly.
- Inspect your home to eliminate or control fire hazards.
- Install at least one 5-pound A-B-C type fire extinguisher in the home and teach family members how to use them.
- Establish a well-planned escape route with the entire family.
- Hold practice fire drills until all family members are thoroughly familiar with the plan.
- If you have an older home, have the wiring checked by a qualified electrician to make sure it meets current building codes.
- Have your chimney and fireplace cleaned and inspected yearly for creosote build-up, cracks, crumbling bricks or mortar and any obstructions.
- Keep storage areas clean and tidy.
- Keep curtains, towels and potholders away from hot surfaces.
- Store solvents and flammable cleaners away from heat sources. Never keep gasoline in the house.
- Inspect extension cords for frayed or exposed wires or loose plugs.
- Keep an eye on your cooking and stay in the kitchen.
- Wear short or close-fitting sleeves when cooking. Loose clothing can catch fire.



## WHAT TO DO DURING A FIRE

Remain CALM, but take IMMEDIATE action

### IF IT IS A HOME OR HIGH-RISE FIRE

- If you smell smoke or the smoke detector goes off, call the fire department (9-1-1) and activate the nearest pull-station.
- If your clothes catch fire — **STOP-DROP-ROLL** — until the fire is out.
- Before you open the door, feel the door by using the back of your hand. If the door is hot or warm, do not open the door.
- If the door is cool, open it just a little to check the hallway.
- If there is no smoke in the hallway, leave and close the door. Go directly to the stairs to leave.
- If you can't escape, use wet towels or tape to seal the door and any room supply vent.
- If you have a balcony and there is no fire below it, go out.
- If there is fire below, go to the window. Do not open the window, but stay near the window.
- If there is no fire below, go to the window and open it. Stay near the open window.
- Hang a blanket or a towel out of the window to let people know that you are there and need help.
- Be calm and wait for someone to rescue you.
- **NEVER USE THE ELEVATOR.**

### IF IT'S A COOKING FIRE

- Call the fire department immediately.
- Slide a pan lid over flames to smother a grease or oil fire, then turn off the heat and leave the lid in place until the pan cools. Never carry the pan outside.
- Extinguish other food fires with baking soda. Never use water or flour on cooking fires.
- Keep the oven door shut and turn off the heat to smother an oven or broiler fire.

# Biological & Chemical Weapons

Biological weapons are germs such as anthrax and smallpox that can cause illness and death. Chemical agents are poisonous materials that have toxic effects on people. In general, you should respond as follows to any biological or chemical attack:

**If you are caught outside in an open and unprotected area**, seek shelter as quickly as possible. Attempt to get up-wind of the contaminated area so that the wind is blowing the contamination away from you.

**If you are indoors get your disaster kit** and go to an internal room, preferably one with windows. Turn off all ventilation, including furnaces, air conditioners and fans. Seal the room with plastic sheeting and duct tape. Remain in the room and monitor new broadcasts for further instructions.

## Anthrax

A bacteria commonly found in nature, it can be used as a weapon in highly concentrated form.

Anthrax spores are invisible, odorless and tasteless and an amount smaller than a spec of dust can make a person ill. Anthrax is not contagious. The illness cannot be transmitted from person to person. The disease can be treated with antibiotics. To be effective, treatment should be initiated early. If left untreated, the disease can be fatal. There are three ways a person can be affected by anthrax.

**Cutaneous Anthrax-** Spores enter the body through a cut in the skin, producing a local infection. At first, the infection may resemble an insect bite but, within days, develops into an open sore with a black sore with a black center.

**Intestinal Anthrax-** Infection results from eating the meat of an infected animal. Infection causes inflammation of the intestines leading to vomiting of blood and severe diarrhea.

**Inhalation Anthrax-** This is the most life threatening form of anthrax. It is caused by breathing in the spores, leading to an infection in the lungs. Illness usually appears from one to seven days after exposure. Initial symptoms include those associated with a cold or flu, but can get worse and lead to respiratory failure, shock and often death. Early treatment can prevent death.

## Smallpox

Smallpox is a serious, contagious, sometimes fatal disease caused by a virus. Smallpox is usually spread by direct and prolonged face-to-face contact with an infectious person but can also be spread through direct contact with infected body fluids or contaminated objects such as bedding or clothing.

Symptoms include high fever, fatigue and aches. These are followed by a rash that resembles tiny pus-filled blisters, usually beginning at the same time and having the same look, on the face, arms and legs.

Although there is no specific cure for smallpox disease it may be prevented through the use of a vaccine, even if it

### Point of Distribution

In the event of a public health emergency requiring the distribution of medication, Orange County will establish Points of Distribution (PODs) in appropriate locations. The operation of PODs will be a joint effort by the Office of the County Executive, the County Department of Health, the Department of Emergency Services, the Department of Mental Health, and the Sheriff's Office. Clinical staffing of PODs will include staff medical professionals and volunteers from the Orange County Medical Reserve Corps.

Should the need arise we will alert you where to go through the Emergency Alert System.

is administered several days after being exposed. Routine smallpox vaccination for the general public was discontinued in the early 1970s and individuals previously vaccinated are not considered protected. State and local public health authorities are prepared to conduct vaccination clinics should it become necessary.

## Chemical Agents

A variety of chemicals that can take a solid, liquid or gaseous form and can have a toxic effect on people, animals or plants.

Chemical agents can be released by bombs; sprayed from aircraft, boats or vehicles; or used as a liquid. All forms can create a hazard. They may be colorless or odorless. They can have an immediate effect or may take hours or even days before they take effect. While they can be lethal, they are difficult to deliver in lethal doses. The availability of antidotes depends on the specific chemical agent.

**IF YOU SEE  
SOMETHING,  
SAY  
SOMETHING!**



Call Immediately:  
**866-SAFE NYS**  
Report anything suspicious

# In Case of an ATTACK

The greatest concerns posed by a terrorist attack involve the use of biological and chemical agents and radioactive materials. In the event of such an attack, listen to the radio or television for instructions on what actions to take. You may be told to evacuate the area, to seek shelter in a designated location or to take immediate shelter where you are.

## Seek Immediate Professional Medical Help

If you are exposed to contamination, seek immediate medical attention from a qualified professional. If such assistance is not available, decontaminate yourself.

In New York and all across America, medical and emergency response authorities are taking steps to strengthen our defenses against any possible attack. These include updating emergency response plans; expanding emergency response training and staffing; vaccinating critical personnel; and updating and increasing the availability of emergency response equipment. Vaccines and antibiotics are being stockpiled. Research into strategies to clean up and neutralize these materials has been accelerated.

## IF HELP IS NOT AVAILABLE DECONTAMINATE YOURSELF

- Remove all clothing and other items in contact with the body.
- Do not pull items of clothing over the head. Cut them off, if necessary.
- Place removed clothing in a plastic bag and seal it tightly.
- Remove eyeglasses or contact lenses.\* Place glasses in a pan of 10 parts water to 1 part household bleach for 5 minutes, then rinse thoroughly with clean water. Dispose of contact lenses.
- Flush your eyes with lots of water.
- Gently wash your face and hair with soap and water, then rinse thoroughly.
- Gently wash other parts of your body that have been exposed to contamination with a cloth soaked in soapy water. Do not scrub or scrape harshly. Rinse with clear water.
- Change into clean clothes that have been in a closet or drawer and have not been exposed to contamination.

# Radioactive Materials & Nuclear Terrorism

The possibility of a terrorist attack using radioactive materials is no longer unthinkable. Possibilities include an attack on nuclear power plants, the use of a small nuclear weapon and the setting off of a “dirty bomb” Residents living within the Emergency Planning Zone of a nuclear power plant have received instructions on how to respond to an emergency at the plant. They should follow those instructions. All other residents should listen for instructions from emergency management officials. A dirty bomb contains an explosive that would scatter radioactive material over the target area. If a dirty bomb is used by a terrorist, you should leave the area as quickly as possible. Injuries sustained in the blast should be treated first followed by an assessment by emergency workers to determine if you are contaminated. If emergency facilities are not readily available, treat any injuries with standard first aid and follow the preceding instructions for dealing with contamination. In the event of an attack using a nuclear weapon, remember these three principles to protect yourself:

**Distance** – Get as far away from the area of the blast as quickly as possible. If possible, move upwind from the blast area.

**Shielding** – The more heavy, dense materials (concrete, bricks, earth, etc.) between you and fallout from the weapon, the better. An under ground area, such as a basement, offers better protection from radioactive fallout than an upper floor area.

**Time** – Radiation exposure from radioactive fallout poses the greatest threat immediately after the blast. It diminishes significantly with time.

# Weather Related Terms

**Advisory** Highlights special weather conditions that are less serious than a warning. They are for events that may cause significant inconvenience, and if caution is not exercised, it could lead to situations that may threaten life and/or property.

**Blizzard Warning** Issued for winter storms with sustained or frequent winds of 35 mph or higher with considerable falling and/or blowing snow that frequently reduces visibility to 1/4 of a mile or less. These conditions are expected to prevail for a minimum of 3 hours.

**Civil Emergency Message** A message issued by the National Weather Service in coordination with Federal, state or local government to warn the general public of a non-weather related time-critical emergency which threatens life or property, e.g. nuclear accident, toxic chemical spill, etc.

**Excessive Heat Warning** Issued within 12 hours of the onset of the following criteria: heat index of at least 105°F for more than 3 hours per day for 2 consecutive days, or heat index more than 115°F for any period of time.

**Excessive Heat Watch** Issued when heat indices in excess of 105°F (41°C) during the day combined with nighttime low temperatures of 80°F (27°C) or higher are forecast to occur for two consecutive days.

**Flash Flood Warning** Issued to inform the public, emergency management, and other cooperating agencies that flash flooding is in progress, imminent, or highly likely.

**Flash Flood Watch** Issued to indicate current or developing hydrologic conditions that are favorable for flash flooding in and close to the watch area, but the occurrence is neither certain or imminent.

**Flood Warning** Issued by the NWS to inform the public of flooding along larger streams in which there is a serious threat to life or property.

**Frostbite** Human tissue damage caused by exposure to intense cold.

**Heat Exhaustion** A mild form of heat stroke, characterized by faintness, dizziness, and heavy sweating.

**Heat Stroke** A condition resulting from excessive exposure to intense heat, characterized by high fever, collapse, and sometimes convulsions or coma.

**Heat Wave** A period of abnormally and uncomfortably hot and unusually humid weather. Typically a heat wave lasts two or more days.

**Hurricane Warning** A warning that sustained winds 74 mph or higher associated with a hurricane are expected in a specified coastal area in 24 hours or less. A hurricane warning can remain in effect when dangerously high water or a combination of dangerously high water and exceptionally high waves continue, even though winds may be less than hurricane force.

**Hurricane Watch** An announcement of specific coastal areas that a hurricane or an incipient hurricane condition poses a possible threat, generally within 36 hours

**Hypothermia** A rapid, progressive mental and physical collapse that accompanies the lowering of body temperature.

**Ozone Advisory** It is issued by the Department of Natural Resources (DNR) through the National Weather Service when ozone levels reach 100. Ozone levels above 100 are unhealthy for people with heat and/or respiratory ailments.

**Severe Thunderstorm Warning** This is issued when either a severe thunderstorm is indicated by the WSR-88D radar or a spotter reports a thunderstorm producing hail 3/4 inch or larger in diameter and/or winds equal or exceed 58 miles an hour; therefore, people in the affected area should seek safe shelter immediately. Severe thunderstorms can produce tornadoes with little or no advance warning. They are usually issued for a duration of one hour.

**Severe Thunderstorm Watch** This is issued when conditions are favorable for the development of severe thunderstorms in and close to the watch area. A severe thunderstorm by definition is a thunderstorm that produces 3/4 inch hail or larger in diameter and/or winds equal or exceed 58 miles an hour. They are usually issued for a duration of 4 to 8 hours.

**Tornado Warning** This is issued when a tornado is indicated by the WSR-88D radar or sighted by spotters; therefore, people in the affected area should seek safe shelter immediately. They are usually issued for a duration of around 30 minutes.

**Tornado Watch** This is issued when conditions are favorable for the development of tornadoes in and close to the watch area. Their size can vary depending on the weather situation. They are usually issued for a duration of 4 to 8 hours.

**Tropical Storm Warning** A warning that sustained winds within the range of 39 to 73 mph associated with a tropical cyclone are expected in a specified coastal area within 24 hours or less.

**Tropical Storm Watch** An announcement that a tropical storm poses or tropical storm conditions pose a threat to coastal areas generally within 36 hours. A tropical storm watch should normally not be issued if the system is forecast to attain hurricane strength.

**Warning** A warning is issued when a hazardous weather or hydrologic event is occurring, is imminent, or has a very high probability of occurring. A warning is used for conditions posing a threat to life or property.

**Watch** A watch is used when the risk of a hazardous weather or hydrologic event has increased significantly, but its occurrence, location, and/or timing is still uncertain. It is intended to provide enough lead time so that those who need to set their plans in motion can do so.

**Wind Chill Warning** The National Weather Service issues this product when the wind chill is life threatening.

**Winter Storm Warning** This product is issued by the National Weather Service when a winter storm is producing or is forecast to produce heavy snow or significant ice accumulations.

**Winter Storm Watch** This product is issued by the National Weather Service when there is a potential for heavy snow or significant ice accumulations, usually at least 24 to 36 hours in advance.



# Severe Weather Conditions

FLOODING • HIGH WINDS • TORNADOES • WINTER STORMS/EXTREME COLD • HEAT • HURRICANES

## Flooding

### During The Flood

- Monitor the National Oceanic & Atmospheric Administration's (NOAA) Weather Radio or your local radio and TV station broadcasts for information.
- If local officials advise evacuation, do so promptly.
- If directed to a specific location, go there.
- Know where the shelters are located.
- Bring outside possessions inside the house or tie them down securely. This includes lawn furniture, garbage cans, and other movable objects.
- If there is time, move essential items and furniture to upper floors in the house. Disconnect electrical appliances that cannot be moved. DO NOT touch them if you are wet or standing in water.
- If you are told to shut off water, gas, or electrical services before leaving, do so.
- Secure your home: lock all doors and windows.

### Travel With Care

- Leave early to avoid being marooned on flooded roads.
- Make sure you have enough fuel for your car.
- Follow recommended routes. DO NOT sightsee.
- As you travel, monitor NOAA Weather Radio and local radio broadcasts for the latest information.
- Watch for washed-out roads, earth-slides, broken water or sewer mains, loose or downed electrical wires, and falling or fallen objects.
- Watch for areas where rivers or streams may suddenly rise and flood, such as highway dips, bridges, and low areas.
- DO NOT attempt to drive over a flooded road. Turn around and go another way.
- DO NOT underestimate the destructive power of fast-

moving water. Two feet of fast-moving flood water will float your car. Water moving at two miles per hour can sweep cars off a road or bridge.

- If you are in your car and water begins to rise rapidly around you, abandon the vehicle immediately.

### After The Flood

- Listen to the radio or TV for instructions from local officials.
- Wait until an area has been declared safe before entering it. Be careful driving, since roads may be damaged and power lines may be down.
- Before entering a building, check for structural damage. Turn off any outside gas lines at the meter or tank. Let the building air out to remove foul odors or escaping gas.
- Upon entering the building, use a battery-powered flashlight. DO NOT use an open flame as a source of light. Gas may be trapped inside.
- When inspecting the building, wear rubber boots and gloves.
- Watch for electrical shorts and live wires before making certain the main power switch is off.
- DO NOT turn on electrical appliances until an electrician has checked the system and appliances.
- Throw out any medicine or food that has had contact with flood waters.
- Test drinking water for portability. Wells should be pumped out and water tested for drinking.
- If the public water system is declared "unsafe" by health officials, water for drinking and cooking should be boiled vigorously for 10 minutes.
- Shovel out mud with special attention to cleaning heating and plumbing systems.
- Flooded basements should be drained and cleaned as

# Hazardous Material Accidents

As many as 500,000 products pose physical or health hazards and can be defined as hazardous materials. Accidents involving toxic substances have occurred in communities all across the country. Chemical plants, rail cars, certain businesses and tankers on the roads and waterways all pose the risk for an accident involving a dangerous chemical substance.

## Getting Prepared

- Find out if you live near an area where hazardous materials are used or stored, such as a propane dealer or packing warehouse.
- Determine how close you are to rail or roadways that may have a hazardous spill such as I-84, the New York State Thruway or I-86.
- Be prepared to evacuate if asked to do so.

## During a Hazardous Material Incident

- If you are a witness, call 9-1-1 or your local fire department.
- Stay away from the incident site by at least one mile to minimize the risk of contamination.
- If you are in a car, close windows and shut off ventilation.
- Evacuate if you are told to do so.
- If local officials say there is time, close all windows, shut vents, and turn off attic fans and other ventilation systems to minimize contamination. But only if there is time.
- If you are unable to evacuate and you suspect gas or vapor contamination, take shallow breaths through a cloth or towel.
- Remember, stay out of the area, avoid contact with any spilled materials, airborne mist or solid chemical deposits. Do not eat or drink food or water that may have been contaminated.

## After a Hazardous Material Incident

- Call 9-1-1 if you have any unusual medical symptoms. Do not go to a medical facility because if you are contaminated, you may spread the contamination. By calling 9-1-1, your local emergency response personnel can better assess your needs and help you.

- If unable to evacuate and you suspect contamination, remove all clothing and shower thoroughly.
- Place exposed clothing and shoes in tightly sealed containers without allowing them to contact other materials: get directions for proper disposal.
- Call 9-1-1 if you think you've been exposed.
- If you've been evacuated, return home only when directed to do so.
- Upon returning home, ventilate the house.
- Report lingering vapors or other hazards.

## If You Need to Evacuate

- Listen to a battery powered radio for the location of emergency shelters. Follow instructions from local officials.
- Wear protective clothing and sturdy shoes.
- Take your disaster supplies kit.
- Lock your house.
- Use travel routes specified by local officials.



Orange County HazMat Team



# INDIAN POINT Emergency Planning

## Evacuation

Residents may be asked to evacuate along designated evacuation routes to pre-determined reception centers. Residents should become familiar with these evacuation routes and reception centers. If you have elderly family members or those with special needs who may need additional assistance, please make proper arrangements for a safe evacuation. Should evacuation become necessary, all school children in the EPZ will be relocated to the school reception center at South Junior High School, in the City of Newburgh.

If you live within the EPZ, you should have received a booklet in the mail with this information. Please call the Orange County Division of Emergency Management at **1-800-942-7136** if you would like to receive a booklet.

### Potassium Iodide - KI

If people are instructed to evacuate, they most likely will be instructed to take Potassium Iodide (KI). Six Facts about KI

**What is it?** KI is an over-the-counter drug that can protect one part of the body – your thyroid – if you are exposed to one form of radiation, radioactive iodine.

**How does it work?** KI fills your thyroid so that it cannot absorb any radioactive iodine. Each dose lasts approximately 24 hours.

**How much do I take?** The dose is one 130 mg pill per person over 1 year of age regardless of size, age or weight. The recommended dose for children less than 1 year of age is 65 mg – one half of one KI tablet.

**What are the possible side effects to KI?** According to the FDA, the benefits of taking KI far exceed the risks. If you are allergic to iodine and cannot eat shellfish, you may experience side effects. If you have any questions, consult your physician before taking KI.

**How do I know when to take it?** If there is a radioactive radiological release requiring evacuation, an Emergency Alert System message will tell you what areas are being evacuated and request you to take KI.

### REMEMBER:

#### **KI is NOT an alternative to evacuation!**

KI only protects your thyroid from one form of radiation. Your best protection against the release of radiation is to leave the area if you are instructed to do so.

The Federal Government has established a 10 mile Emergency Planning Zone (EPZ) for the Indian Point Nuclear Energy Center in Buchanan, NY. A small portion of Orange County is located within this 10 mile zone. This is the area of Orange County closest to Indian Point and includes the Town of Highlands, United States Military Academy at West Point, southern part of the Town of Cornwall, eastern part of the Town of Woodbury, and the eastern portion of the Town of Tuxedo. If you live south of Cornwall and East of the Thruway, you are most likely in the EPZ. If you are not sure if you live in the EPZ, or need more specific information, please contact the Orange County Division of Emergency Management at 1-800-942-7136.

## Sirens

Emergency sirens are located throughout the Orange County section of the 10 mile Emergency Planning Zone. **These sirens will sound for three to five minutes without stopping should there be an emergency.**

If you hear a three to five minute siren, **stay CALM.** The siren is not a signal to evacuate. The siren means you should **tune into an Emergency Alert System Radio Station** and listen to the message. The broadcasts from these stations will inform you on what you should do.

It is important to note that the sirens are periodically tested to make sure they are working properly.



soon as possible. Structural damage can occur if drained too quickly. When surrounding waters have subsided, begin draining the basement in stages, about 1/3 of the water volume each day.

## The Hidden Danger- LOW WATER CROSSING

- Nearly half of all flash flood fatalities are vehicle related! When driving your automobile during flood conditions, look out for flooding at highway dips, bridges and low areas.
- Even the largest and heaviest of vehicles will float. Two feet of water will carry most cars away.
- As little as six inches of water may cause you to lose control of your vehicle. Do not drive through flowing water!
- A hidden danger awaits motorists where a road without a bridge dips across a creek bed.
- Motorists develop false confidence when they normally or frequently pass through a dry low-water crossing.
- Road beds may have been scoured or even washed away during flooding creating unsafe driving conditions.
- Those who repeatedly drive through flooded low-water crossings may not recognize the dangers of a small increase in the water level.
- Driving too fast through low water will cause the vehicle to hydroplane and lose contact with the road surface.
- Visibility is limited at night increasing the vulnerability of the driver to any hidden dangers.
- Heed all flood and flash flood watches and warnings.
- Remain aware of road conditions!

## High Winds

The safest place to be during high winds is indoors. Postpone outdoor activities if a wind advisory or high wind warning has been issued.

### If you are caught outside during high winds:

- Take cover next to a building or under a shelter.
- Stand clear of roadways or train tracks, as a gust may blow you into the path of an oncoming vehicle.
- Use hand rails where available on outdoor walkways and avoid other elevated areas such as roofs without adequate railing.
- Watch for flying debris. Tree limbs may break and street signs may become loose during strong wind gusts. Keep an eye toward nearby balconies for loose objects that may fall.

### In the event of a downed power line:

- Call for help. Report downed lines to your local utility emergency center and to the police. Do not try to free lines or to remove debris yourself.
- Avoid anything that may be touching downed lines, including vehicles or tree branches. Puddles and even wet or snow-covered ground can conduct electricity in some cases. Warn others to stay away.

- If you see someone who has been shocked who may be in direct or indirect contact with a power line, do not try to touch them. You may become a second victim. Get medical attention as quickly as possible by calling 911.
- If a line falls on your car, stay inside the vehicle. Take care not to touch any of the metal frame of your vehicle. Honk your horn, roll down the window and warn anyone who may approach of the danger. Ask someone to call the police. Do not exit the car until help arrives, unless it catches on fire. To exit, open the door, but do not step out. Jump, without touching any of the metal portions of the car's exterior, to safe ground and get quickly away.

### If you are driving:

- Keep both hands on the wheel and slow down.
- Watch for objects blowing across the roadway and into your path.
- Keep a safe distance from cars in adjacent lanes as strong gusts could push a car outside its lane of travel.
- Take extra care in a high-profile vehicle such as a truck, van, SUV, or when towing a trailer, as these are more prone to be pushed or even flipped by high wind gusts.
- If winds are severe enough to prevent safe driving, get onto the shoulder of the road and stop, making sure you are away from trees or other tall objects that could fall onto your vehicle. Stay in the car and turn on the hazard lights until the wind subsides.

## About Tornadoes

While tornadoes occur in many parts of the world, they are found most frequently in the United States. Tornadoes account for an average of 65 fatalities and 1,500 injuries nationwide each year.

Tornadoes are typically spawned by powerful thunderstorms, but sometimes accompany tropical storms and hurricanes as they move onto land. Most tornado-related damage results from high wind velocity and wind-blown debris, as well as large hail.

### What To Do If a Tornado Strikes

- Go to your basement or the lowest point of your residence. If an underground shelter is not available, move to a small interior room or hallway on the lowest floor and get under a sturdy piece of furniture. Put as many walls as possible between you and the outside.
- Stay away from windows.
- Get out of automobiles.
- Do not try to outrun a tornado in your car; leave it immediately for safe shelter.
- If you cannot find shelter, take cover in a ditch or other recessed area and cover your head with your hands.
- Be aware of flying debris.
- Mobile homes offer little protection from tornadoes. Leave a mobile home and go to the lowest floor of a nearby building or storm shelter.
- Avoid places with wide-span roofs, such as auditoriums, cafeterias, large hallways or shopping malls.

continued...



- An approaching cloud of debris can mark the location of a tornado even if a funnel is not visible.
- Before a tornado hits, the wind may die down and the air may become very still.
- Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

### After the Storm

- Watch out for fallen power lines and stay away from damaged areas.
- Listen to the radio for information and instructions.
- Help injured or trapped persons; give first aid when appropriate.
- Don't try to move the seriously injured unless they are in immediate danger of further injury.
- Call for help if needed.
- If you smell gas, do not turn on any appliances or switches. This includes using phones, flashlights or a cell phone.
- Clean up spilled medicines, bleaches, or gasoline or other flammable liquids immediately. Leave the buildings if you smell gas or chemical fumes.
- Take pictures of the damage — both to your home and its contents — for insurance purposes.

## Winter Storms and Extreme Cold

Heavy snowfall and extreme cold can immobilize an entire region. The results can range from isolation to the havoc of cars and trucks sliding on icy highways.

### Be Prepared

- Know the terms used by weather forecasters.
- Purchase a weather alert radio as part of your emergency supplies.
- Keep rock salt to melt ice on walkways and sand to improve traction.
- Make sure you have sufficient heating fuel.
- Make sure you have enough water, food, personal hygiene items and medicines.
- Make sure you have an alternate heat source and a supply of fuel. Do not use portable gas heaters or charcoal grills for heating in closed areas.
- Install storm windows or cover windows with plastic.
- Insulate walls and attics.

- Caulk and weather strip doors and windows.
- Keep your car “winterized” with antifreeze.
- Use snow tires.

### During a Winter Storm

- Listen to the radio or television for weather reports and emergency information. Have a battery operated radio handy in case of a power outage.
- Wear several layers of loose fitting, light weight, warm clothing rather than one layer of heavy clothing.
- Wear mittens instead of gloves.
- Wear a hat — most body heat is lost through the top of the head.
- Avoid overexertion.
- Watch for signs of frostbite. If symptoms are detected, get medical help immediately.
- Watch for signs of hypothermia. If symptoms are detected, get medical help immediately.
- Conserve fuel if necessary by keeping your house cooler than normal.

### Caught in Your Car During a Blizzard

- Pull off the highway and set your hazard lights to flash. Hang a distress flag from the radio antenna.
- Run the engine and heater about ten minutes each hour to keep warm. While the engine is running, crack open a window. Keep the exhaust pipe free of snow.
- Exercise lightly to maintain body heat. Huddle with passengers to stay warm.
- Take turns sleeping.
- Be careful not to run the car battery down.
- If stranded in a remote rural or wilderness area, spread a large cloth over the snow to attract attention of rescue personnel.
- Once the blizzard passes, you may need to leave the car and proceed on foot, but only if you know where you are going and are reasonably sure you can safely reach your destination. Otherwise, stay put and wait for help.
- Do not use portable gas heaters or charcoal grills for heating in your vehicle or any closed area.

## Heat Safety

- Slow down on strenuous activity and exercise, especially during the sun's peak hours — 11 a.m. to 4 p.m. Exercise should be done in the early morning between 4-7a.m.
- Eat less protein and more fruits and vegetables. Protein produces and increases metabolic heat, which causes water loss. Eat small meals, but eat more often. Do not eat salty foods.
- If possible, stay out of the sun and stay in air-conditioning. However, if you must go outdoors, when in the sun wear sunscreen (at least SPF 15) and a hat to protect your face and head. Dress in lightweight, loose-fitting clothing that cover as much skin as possible.
- Drink plenty of fluids, particularly water (at least 2-4 glasses of water per hour during extreme heat), even if you do not feel thirsty. Your body needs water to keep

- cool. Avoid beverages containing alcohol or caffeine.
- Never leave children, pets, or those who require special care in a parked car or vehicle during periods of intense summer heat.
- Make a special effort to check on your neighbors during a heat wave, especially if they are elderly, have young children or have special needs.

### PEOPLE WHO SHOULD BE AWARE

- Elderly persons and small children are mostly affected.
- Persons with weight or alcohol problems are very susceptible to heat reactions.
- Persons on certain medications or drugs.

## Energy Conservation and Power Outages

Power outages are more likely to occur during warm weather, when utility usage is at its peak. To avoid putting a strain on the power grid, residents are urged to conserve energy to help prevent power disruptions.

- Set your air conditioner thermostat no lower than 78 degrees.
- Only use the air conditioner when you are home. If you want to cool your home before you return, set a timer to have it switch on no more than a half-hour before you arrive.



- Turn non-essential appliances off.
- Only use appliances that have heavy electrical loads early in the morning or very late at night.

## Hurricane Safety

- Develop a family plan for survival and property protection.
- If your residence is in a potential flood or storm surge zone, be prepared to evacuate when officials recommend it.
- Make arrangements now for elderly and others with special needs such as those who depend on electrical life support.
- Identify a friend or family member, from a non-threatened area, that you will keep informed about your family's plans.
- Plan what you will do with your pet. Inventory personal

- property; safely secure all records and valuable documents in a watertight place.
- Have materials available to protect your doors and windows.
- Have emergency cash or traveler's checks saved.
- If your job requires you to work during a storm, make sure that at least one adult will be with the children, elderly or those with special needs.
- Put together a family hurricane evacuation kit.

### Hurricane Warning

- Listen for weather updates and stay informed.
  - Keep a portable radio and flashlight on hand with fresh batteries.
  - Re-check all emergency supplies and equipment.
  - Clear your yard of all loose objects.
  - Moor your boat securely.
  - Store drinking water in clean containers
  - Shutter, board or tape all windows.
  - Plan a flood-free evacuation route, and know where to go.
  - If ordered to evacuate - COMPLY IMMEDIATELY! Take your HURRICANE EVACUATION KIT. Let your friends, family know where you are going.
- NO SMOKING, ALCOHOLIC BEVERAGES, WEAPONS OR PETS ARE ALLOWED IN PUBLIC SHELTERS.**

## Thunderstorms

**REMEMBER: IF YOU CAN HEAR THUNDER, YOU ARE CLOSE ENOUGH TO BE STRUCK BY LIGHTNING. GO TO SAFE SHELTER IMMEDIATELY.**

- Move to a sturdy building or car. **DO NOT** take shelter in small sheds, under isolated trees, near fences, poles or in convertible automobiles. Make sure you do not pick a place that is subject to flooding. If you are in the woods, take shelter under the **SHORTER** trees.
- Get out of boats and away from the water.
- If lightning occurs and sturdy shelter is not available, get inside a hard top automobile and keep the windows up.
- Stay away from telephone lines and metal pipes, which can conduct electricity. Unplug appliances not necessary for obtaining weather information. Turn off air conditioners, power can overload the compressors. Use phones only in an emergency.
- If you feel your skin tingle or your hair stand on end, squat low to the ground on the balls of your feet. Place your hands on your knees with your head between them. Make yourself the smallest target possible; minimize your contact with the ground.
- Get to higher ground if flash flooding or flooding is possible. **DO NOT** attempt to drive to safety. Most flash flooding deaths occur in automobiles.