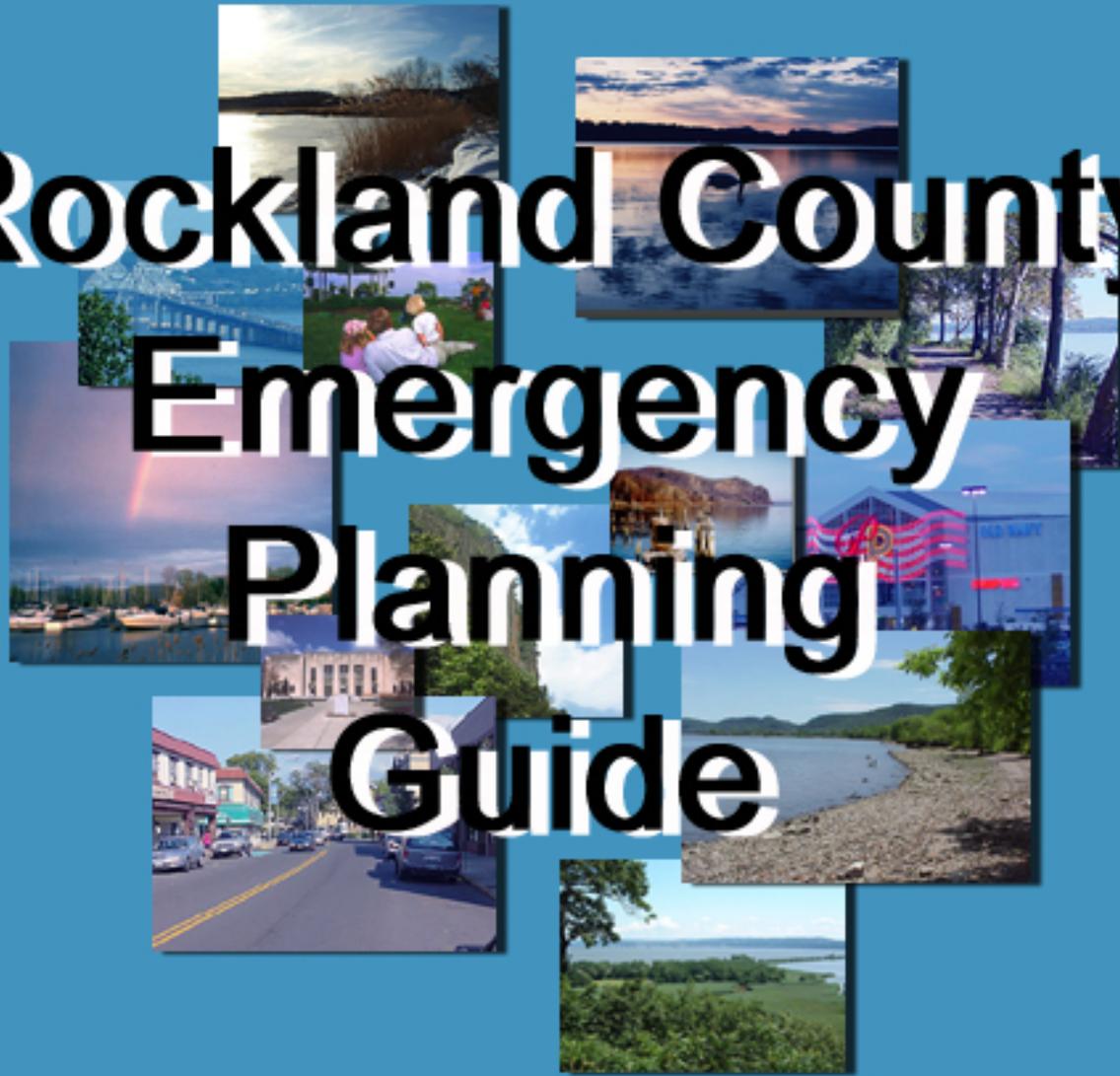


Rockland County Emergency Planning Guide



Emergency **WEATHER** Information

HURRICANES

Hurricanes, tropical cyclones with torrential rains and sustained winds of 74 miles per hour or greater, blow in a counter-clockwise direction around a center “eye.” Hurricane winds can exceed 155 miles per hour and severely affect areas hundreds of miles inland.

Hurricanes are rated on a 1-5 scale, with 1 being the weakest. Category 3, 4, and 5 hurricanes are considered major storms.

Saffir–Simpson Hurricane Scale

Category	Damage	Winds	Storm Surge
1	Minimal	74-95 mph	4-5 ft.
2	Moderate	96-110 mph	6-8 ft.
3	Extensive	111-130 mph	9-12 ft.
4	Extreme	131-155 mph	13-18 ft.
5	Catastrophic	156 mph	18 ft. +

What Should You Do?

- Listen for information and instructions on radio, television newscasts or NOAA Weather Radio.
- Inventory personal property. Secure all essential records and valuable documents in a safe, water-tight place.
- Get together with family members to talk about what needs to be done.
- Moor your boat securely.
- Shutter, board or tape windows.
- Refill prescription medications, secure credit cards and cash.
- If your job requires you to work during a storm, make sure that at least one adult will be with children, the elderly or those with special needs.

Hurricane Terms

Hurricane Watch: Issued for coastal areas when there is a threat of a hurricane to a specific area, generally within 36 hours.

Hurricane Warning: Issued when hurricane conditions are expected in a specific coastal area in 24 hours or less. Hurricane conditions include sustained winds of at least 74 miles per hour and/or dangerous high tides.

- Prepare to bring inside lawn furniture and other loose, lightweight objects, such as garbage cans, garden tools, propane grills and children’s toys.
- Check batteries and stock up on canned foods, first aid supplies, drinking water and medications.
- Make arrangements for pets. Pets may not be allowed into public shelters for health reasons. Contact your local humane society for additional information.
- Review procedure on how to shut off utilities. Know where gas pilots are located and how heating and air conditioning systems work.
- Fuel your car, review evacuation routes and be prepared to evacuate upon the recommendation of your local emergency management office.

THUNDERSTORMS

Thunderstorms can happen at any time. Severe thunderstorms can bring heavy rains, hail, high winds, lightning and local flooding. When severe thunderstorms threaten your area, listen to your local radio or TV station. These stations will provide updated information.

What Should You Do:

- Get inside a home, large building or car (not a convertible).
- Do not use the telephone, except for emergencies.

Thunderstorm Terms

Severe Thunderstorm Watch: Conditions are right for a severe thunderstorm.

Severe Thunderstorm Warning: A severe storm has been observed or has been detected by radar.

- Do not use bathtubs, water faucets and sinks. Metal pipes can conduct electricity.
- A car offers some protection from lightning, but can be a dangerous place to be during a flash flood or tornado.

If you are outside and there is no time to reach a safe building or car, follow these rules:

- Do not stand under a tall tree in an open area, on a hilltop, in an open field or on a beach.
- Get away from open water.
- Get away from tractors and other metal farm equipment.
- Get away from motorcycles, bicycles, golf carts and scooters. Do not hold metal objects, such as golf clubs.

FLOODING

Floods are the most common and widespread of all natural hazards. Some floods develop over a period of days, but flash floods can result in raging water in just a few minutes.

What Should You Do?

- Listen to a radio or television station in your area. These stations will provide updated information and tell you what to do.
- Keep a stock of food that requires no cooking or refrigeration. Store drinking water in clean, closed containers.
- Keep a portable, battery-operated radio and flashlights in working order; stock extra batteries. Have first aid supplies and any medicines your family may need.
- Learn your community's flood evacuation routes and where to find high ground.

Flooding Terms

Flood Forecasts mean rainfall may be heavy enough to cause rivers to overflow their banks, or melting snow may be mixing with rainfall to produce similar effects.

Flood Warning or Forecasts of Impending Floods

describe the affected river, lake or tidewater, the severity of flooding (minor, moderate, or major) and when and where the flooding will begin.

Flash Flood Watches mean heavy rains (that may cause sudden flash flooding in specified areas) may occur. Understand that a flash flood can occur without a visible sign of rainfall in your area. Be alert to a possible emergency that will require immediate action.

Flash Flood Warnings mean flash flooding is occurring or imminent along certain streams and designated areas. Move to high ground immediately.

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Emergency **WEATHER** Information

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- If instructed, turn off utilities at the main switches or valves. Disconnect electrical appliances, but do not touch any electrical equipment if you are wet or standing in water.
 - If your car stalls in a flooded area, abandon it! You and your car could be swept away.
- ### What To Do After The Flood?
- Before entering a building, check for structural damage.
 - Upon entering the building, use a battery-powered flashlight.
 - Watch for electrical shorts and live wires before making certain the main power switch is off.
 - Throw out any medicine or food that has had contact with flood water.
 - DO NOT handle electrical equipment in wet areas.
 - Report broken utility lines to police, fire and other appropriate agencies.

WINTER STORMS

What Should You Do?

- Listen to a local radio or television station or NOAA Weather Radio. They will provide updates on weather conditions.
 - Keep a battery-powered portable radio in working order; keep extra batteries.
 - Have flashlights, battery powered lamps and extra batteries.
 - Keep antifreeze in your car's radiator.
 - Carry a winter car kit that includes the following:
 - Flashlight
 - Tow chain or rope
 - Shovel
 - Bag of sand or salt
 - Extra mittens, gloves, hats, boots
 - Windshield scraper
 - Blanket
 - Emergency flares
- If a blizzard traps you in your car:
- Pull off the highway, stay calm and remain in your vehicle.
 - Do not set out on foot. A building may seem close but be too far to walk in a deep snow.
 - Set your hazard lights to “flashing” and hang a cloth or distress flag from the window or radio antenna.
 - If you run your car engine to keep warm, open a

Winter Storm Terms

Winter Weather Advisory: Winter weather conditions, such as cold, ice or snow, are expected to delay travel, cause major problems or create other types of dangerous conditions.

Winter Storm Watch: Usually issued 24 hours before the start of the event. Means potential exists for six-inch accumulations or more of snow or ice.

Winter Storm Warning: Usually issued within 12 hours of the start of the event. Means the occurrence of heavy snow, sleet or freezing rain is expected.

Blizzard Warning: Heavy snow, high winds and dangerously low temperatures are expected. Blizzards can cause severe weather conditions, such as zero visibility and life-threatening wind chill.

window slightly for ventilation. This will protect you from possible carbon monoxide poisoning.

Keep snow cleared away from the exhaust pipe.

- Be careful not to use up battery power. Balance the use of radio, heat and lights.
- In extreme cold, use road maps, seat covers and floor mats for warmth. Use your coat as a blanket.

HEATWAVES

Heat can affect anyone. However, it is more likely to affect your children, elderly people and people with health problems. For instance, people with a medical condition that causes poor blood circulation and those who take medications to get rid of water from the body (diuretics) or for certain skin conditions may be more susceptible. Consult with a physician if you have any questions about how your medication may affect your ability to tolerate heat.

What Should You Do?

- Slow down. Strenuous activities should be reduced, eliminated, or rescheduled to the coolest time of the day. Individuals at risk should stay in the coolest available place, not necessarily indoors.
- Dress for summer. Lightweight, light-colored clothing reflects heat and sunlight and helps your body maintain normal temperatures.
- Put less fuel on your inner fires. Foods (such as proteins) that increase metabolic heat production also increase water loss.
- Drink plenty of water or other non-alcoholic fluids. Your body needs water to keep cool. Drink plenty of fluids, even if you don't feel thirsty.
- Persons who (1) have epilepsy or heart, kidney or liver disease, (2) are on fluid-restrictive diets or (3) have a problem with fluid retention should consult a physician before increasing their consumption of fluids.
- Do not drink alcoholic beverages.
- Do not take salt tablets unless specified by a physician.
- Persons on salt restrictive diets should consult a physician before increasing their salt intake.
- Spend more time in air-conditioned places. Air conditioning in homes and other buildings markedly reduces danger from the heat. If you cannot afford an air conditioner, spending some

Heatwave Terms

Heat Wave: A prolonged period of excessive heat and humidity. The National Weather Service steps up its procedures to alert the public during these periods of excessive heat and humidity.

Heat Index: A number in degrees Fahrenheit (F) that tells how hot it really feels when relative humidity is added to the actual air temperature. Exposure to full sunshine can increase the heat index by 15F.

Heat Cramps: Heat cramps are muscular pains and spasms due to heavy exertion. They usually involve the abdominal muscles or legs. It is generally thought that the loss of water from heavy sweating causes the cramps.

Heat Exhaustion: Heat exhaustion typically occurs when people exercise heavily or work in a warm humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.

Heat Stroke: Heat stroke is life-threatening. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

Sunstroke: Another term for heat stroke.

- time each day (during hot weather) in an air-conditioned environment affords some protection.
- Don't get too much sun. Sunburn makes the job of heat dissipation that much more difficult.

Emergency **WEATHER** Information

TORNADOS

A tornado is a violent storm with whirling winds of up to 300 miles per hour. A tornado spins like a top and may sound like the roaring of an airliner or train.

You will be alerted of a tornado by your local EAS station. Tune to a local station, which will provide updated information and tell you what to do.

What Should You Do?

- If you are at home—Go to a corner of your basement and take cover under something sturdy. If your home has no basement, take cover in a small room (such as a closet or bathroom) or under sturdy furniture on the lowest floor in the center part of the house. Stay away from windows.
- Do not remain in a trailer or mobile home if a

Tornado Terms

Tornado Watch: A tornado may occur in or near your area.

Tornado Warning: An actual tornado has been seen or has been shown by radar. If a tornado warning is given for your area, take shelter immediately.

tornado is approaching; take cover elsewhere in a nearby shelter or lie flat in the nearest ditch, ravine, or depression.

- If you are in a building—Go to an inside hallway on the lowest floor or to a designated area.
- If you are outside—Take cover and lie flat in the nearest ditch and cover your head with your arms.

POWER OUTAGES

A power outage can be caused by storm activity or equipment failures or when a tree, animal or other object comes into contact with an electrical line. Once located, trouble spots can be isolated and repaired, enabling service to be restored.

What Should You Do?

Here are some suggestions to make your situation easier and safer to deal with while your power company is working to restore your service:

- Check with your neighbors. If you are the only one without power or only a few appliances won't work, check to see if a fuse is blown or a circuit breaker is tripped.
- Contact your local utility company to report downed power lines, gas leaks or other dangerous conditions.

- Listen to newscasts on a battery-operated radio. During major power disruptions, announcers often will broadcast reports on the extent of the trouble and the approximate time electric service will be restored.
- Turn off major appliances that should not be in operation when the power comes back on. Do leave a light on so you'll know when normal service has been restored. Do not use appliances if light is dim, indicating low voltage.
- Open refrigerators and freezers as infrequently as possible. Food will keep for hours if door opening is kept to a minimum. If the outage is lengthy, contact a dry ice distributor.
- Stay away from downed lines and never touch them under any circumstances.

Emergency Preparedness **INFORMATION**

FIRE



What Should You Do?

- Plan two escape routes out of each room.
- Practice fire drills at least twice a year.
- Teach family members to stay low to the ground when escaping from a fire. Teach family members never to open doors that are hot. In a fire, feel the bottom of the door with the palm of your hand. If it is hot, do not open the door. Find another way out.
- Install smoke detectors on every level of your home. Clean and test them at least once a month. Change batteries at least once a year.
- Keep a whistle in each bedroom to awaken your household in case of fire.
- Check electrical outlets. Do not overload outlets.
- Purchase and learn how to use a fire extinguisher (5 lb., A-B-C type).
- Have a collapsible ladder on each upper floor of your house.
- Consider installing home sprinklers.

HAZARDOUS MATERIALS



What You Should Do:

- If you witness a hazardous-materials incident, call your local emergency notification number.
- Stay away from the scene of the incident.
- Stay upwind from an incident.
- Never breathe fumes, smoke or vapors, even if they do not have an odor.
- If you are in a car, close windows and shut off ventilation.
- Avoid contact with any spilled materials, airborne mist or condensed solid chemical deposits.
- Do not eat any foods or drink any water that may have been contaminated.
- Listen to your local radio station for further information.
- Carefully read all product-warning labels and directions.

EMERGENCY Preparedness Information

EMERGENCY MEDICAL SERVICES



What Should you Do:

- Learn the phone number for your area to access emergency medical assistance. Enhanced 911 emergency access **IS** available in all areas. Post the emergency number on all the phones in your home so visitors, babysitters and others know how to get help.
- “Phone First!” If you become aware of someone needing emergency medical assistance, **immediately** call 911 or your local seven digit emergency access number to get help on the way. Do not waste valuable time trying to assist the patient **before** calling.
- **After** calling for help, assist the patient if you can. Do not move the patient unless they are in immediate danger. It is usually best to wait for trained help to arrive before moving injured patients from automobiles, stairwells, roadways and similar situations.
- Learn CPR (cardiopulmonary resuscitation). Thousands of victims of choking and medical emergencies have been saved by friends, family members and strangers through CPR. It works! Contact your local American Red Cross or American Heart Association chapter.
- Purchase or assemble a first aid kit for your home and automobile. The kit, at a minimum, should contain such items as sterile adhesive bandages, sterile gauze pads, adhesive tape, scissors, sterile roller bandage, antiseptic, moist cleaning towelettes, triangular bandages, latex or plastic gloves and chemical ice packs.
- Always wear your seatbelt when riding in a car and a bicycle helmet when cycling. Place children in a secured and approved car seat. These preventive measures save thousands of lives every year.

Emergency Preparedness CHECKLIST

Prepare now for a sudden emergency

Learn how to protect yourself and cope with disaster by planning ahead. This checklist, provided by the American Red Cross, will help you get started. Discuss these ideas with your family, then prepare an emergency plan. Post the plan where everyone will see it—on the refrigerator or bulletin board.

For additional information about how to prepare for hazards in your community, contact your local emergency management or civil defense office or American Red Cross chapter.

Call Your Emergency Management Office or American Red Cross Chapter

- Find out which disasters could occur in your area.
- Ask how to prepare for each disaster.
- Ask how you would be warned of an emergency.
- Learn your community's evacuation routes.
- Ask about special assistance for elderly or disabled persons.
- Ask your workplace about emergency plans.
- Learn about emergency plans for your children's school or day care center.

Create an Emergency Plan

- Meet with household members. Discuss with children the dangers of fire, severe weather, earthquakes and other emergencies.
- Discuss how to respond to each disaster that could occur.
- Discuss what to do about power outages and personal injuries.
- Draw a floor plan of your home. Mark two escape routes from each room.
- Learn how to turn off the water, gas and electricity at main switches.
- Post emergency telephone numbers near telephones.
- Teach children how and when to call police, fire and emergency medical services.
- Instruct household members to turn on the radio for emergency information.
- Pick one out-of-state and one local friend or relative for family members to call if separated by disaster (it is often easier to call out of state than within the affected area).
- Teach children how to make long distance telephone calls.

- Pick two meeting places:

- 1) A place near your home in case of a fire.
- 2) A place outside your neighborhood in case you cannot return home after a disaster.

- Take a basic first aid and CPR class.
- Keep family records in a water and fireproof container.

Prepare an Emergency Kit

Assemble supplies you might need in an evacuation. Store them in an easy-to-carry container such as a backpack or duffel bag.

Include:

- A supply of water (one gallon per person per day).
Store water in sealed, unbreakable containers. Identify the storage date and replace the water every six months.
- A supply of non-perishable packaged or canned food and a non-electric can opener.
- A change of clothing, rain gear and sturdy shoes.
- Blankets or sleeping bags.
- A first aid kit and prescription medications.
- An extra pair of glasses.
- A battery-powered radio, flashlight and plenty of extra batteries.
- Credit cards and cash.
- An extra set of car keys.
- A list of family physicians.
- A list of important family information, including the style and serial number of medical devices such as pacemakers.
- Special items for infants and elderly or disabled family members.
- Photo identification.

Home Hazard Hunt

In a disaster, ordinary items in the home can cause injury and damage. Anything that can move, fall, break or cause a fire is a potential hazard.

- Repair defective electrical wiring and leaky gas connections.
- Fasten shelves securely.
- Place large, heavy objects on lower shelves.
- Hang pictures and mirrors away from beds.
- Brace overhead light fixtures.
- Secure the water heater by strapping it to wall studs.

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EMERGENCY PREPAREDNESS Checklist

continued from previous page

- Repair cracks in ceilings or foundations.
- Store weed killers, pesticides and flammable products away from heat sources.
- Place oily rags or waste in covered metal cans.
- Clean and repair chimneys, flue pipes, vent connectors and gas vents.

A Checklist for People with Mobility Problems

- Ask about special assistance that may be available to you in an emergency. Many communities ask people with a disability to register, usually with the local fire department or emergency management office, so needed help can be provided quickly in an emergency.
- If you currently use a personal care attendant obtained from an agency, check to see if the agency has special provisions for emergencies (e.g., providing services at another location should an evacuation be ordered).

Create a Plan

- Meet with household members or your personal care attendant. Discuss the dangers of fire, severe weather, earthquakes and other emergencies that might occur in your community.
- Learn what to do in case of power outages and personal injuries. Know how to connect or start a back-up power supply for essential medical equipment.
- If you or someone in your household uses a wheelchair, make more than one exit from your home wheelchair accessible in case the primary exit is blocked in a disaster.
- Teach those who may need to assist you in an emergency how to operate necessary equipment.
- Arrange for a relative or neighbor to check on you in an emergency.
- Consider getting a medical alert system that will allow you to call for help if you are immobilized in an emergency.
- Pick one out-of-state and one local friend or relative for family members to call if separated by a disaster.

Internet Resources for Emergency Planning

Emergency Planning

New York State Emergency Management Office
www.nysemo.state.ny.us

Federal Emergency Management Agency
www.fema.gov

Orange County
www.co.orange.ny.us

Putnam County
www.putnamcountyny.com

Rockland County
www.rocklandgov.com

Westchester County
www.westchestergov.com

Radiation

Health Physics Society
www.hps.org

U.S. Environmental Protection Agency
www.epa.gov

Nuclear Issues

International Atomic Energy Agency
www.iaea.or.at/worldatom

U.S. Department of Energy
www.energy.gov

U.S. Nuclear Regulatory Commission
www.nrc.gov

Radiation and Health

International Agency for Research on Cancer
www.iarc.fr

Radiation Effects Research Foundation
www.ref.or.jp/eigo/titles/radtoc.htm

National Institutes of Health
www.nih.gov

United Nations Scientific Committee
www.unscear.org

National Cancer Institute
www.nci.nih.gov

National Academies of Science
www.nationalacademies.org

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