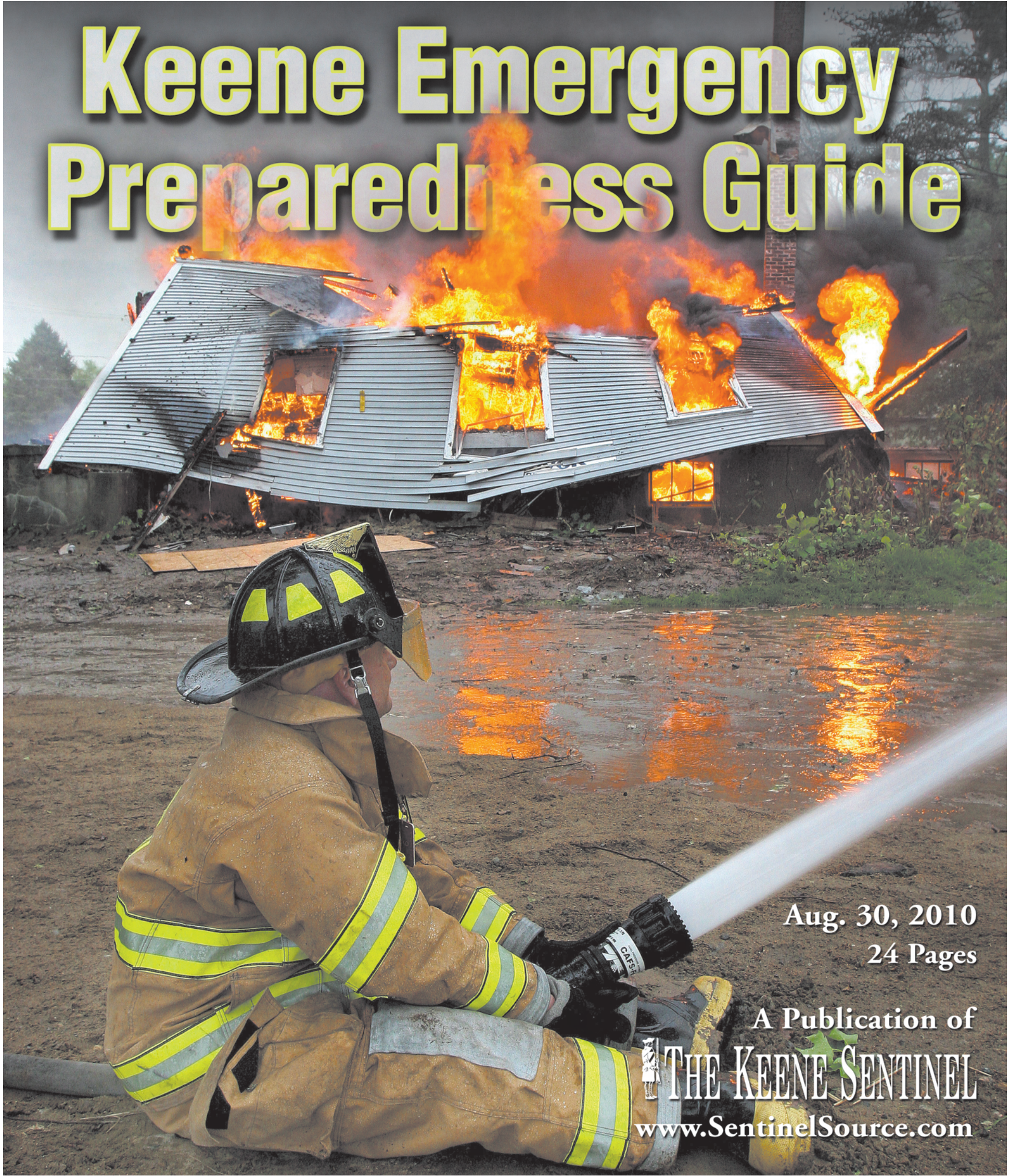


Keene Emergency Preparedness Guide



Aug. 30, 2010

24 Pages

A Publication of

 THE KEENE SENTINEL

www.SentinelSource.com

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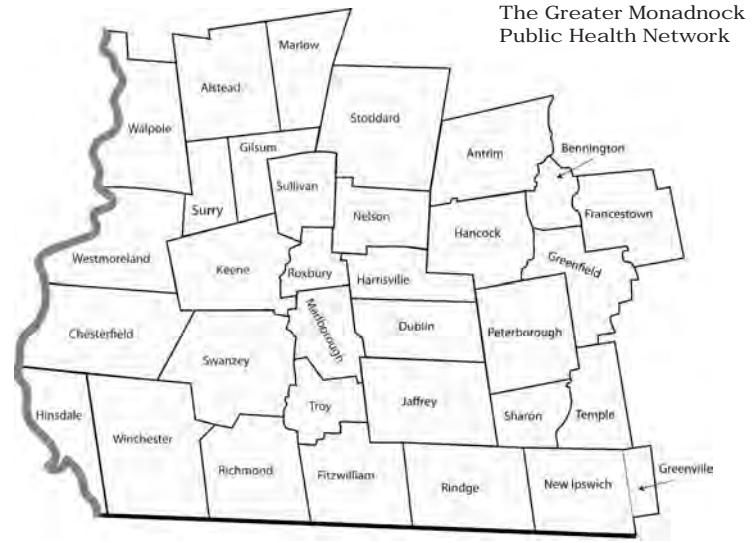
Cover Photo by Michael Moore
 Cover Design by Robert Farnsworth

About The Greater Monadnock Public Health Network

The Greater Monadnock Public Health Network (GMPHN) is one of 15 public health networks in the state of New Hampshire. The GMPHN serves all of Cheshire County and the 10 western-most towns in Hillsborough County (a total of 33 municipalities). The GMPHN is responsible for maintaining the regional public health emergency preparedness and response plan, and plays a key role in responding to public health emergencies and incidents in the region. During the 2009-2010 H1N1 flu season, the GMPHN, in conjunction with regional partners, organized 94 clinics and administered over 7,000 doses of H1N1 vaccine throughout the Monadnock area.

The GMPHN is housed by Cheshire Medical Center and in collaboration with Cheshire County is financed under an agreement with the State of New Hampshire's Department of Health and Human Services – Division of Public Health Services with funds provided by the Centers for Disease Control and Prevention.

The GMPHN encourages all residents in the Monadnock area to be prepared for an emergency. In the past few years, incidents like the 2005 Airstead floods and the 2008 winter ice storm have demonstrated that disasters can strike close to home. The following information can help you and your family be better prepared for an emergency.



Continued on Page 19



Photo by MICHAEL MOORE / Sentinel Staff

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The City of Keene Fire Department responds to many emergency calls each year in Keene and in surrounding towns. Whether an incident involves fire response, emergency medical assistance, Motor vehicle crashes, hazardous materials or technical rescue the Keene Fire Department stands ready to respond.

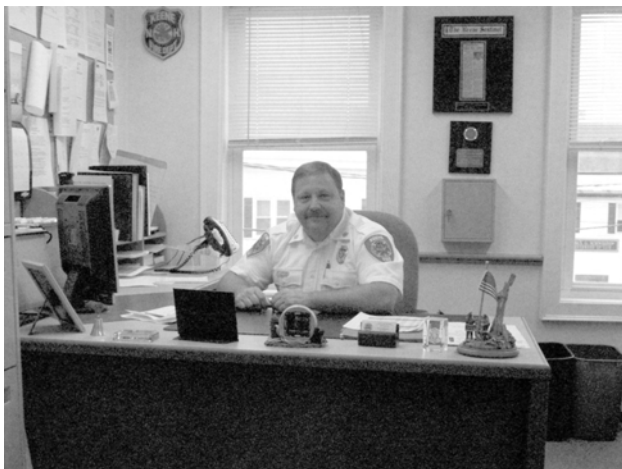
Working cooperatively with New Hampshire Bureau of Emergency Management and other local organizations the City of Keene has developed this informational guide for your use.

The City of Keene maintains comprehensive emergency plans to protect the lives of residents, visitors, property, and the environment within our community and region. These plans take an all hazards approach to the community health and safety, and cover natural and man-made disasters, even including weapons of mass destruction (WMD).

Each department within the City of Keene as well as health organizations throughout our region continually evaluate their ability to respond in the event of an emergency or a planned health event. Through the support of the City Administration, the City Council, the citizens of Keene and surrounding towns we are prepared to respond to any type of emergency situation.

The emergency management organization of the City of Keene takes every opportunity to train and drill to assure its readiness in the event of an emergency. Being familiar with the plans and identifying resources will enhance our ability to mitigate an emergency situation. Handling the floods of 2005, the recent ice storms, excessive heat events and the H1N1 virus, the area organizations have gained experience and confidence and readied for an emergency event if and when it may occur

Please share this guide with your family and friends because knowing what to do in an emergency might save your life or the life of a loved one.



Gary P. Lamoureux
Fire Chief
Emergency Management Director

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Fire Department Headquarters

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The Keene Police Department responds to many types of emergency situations within the City of Keene on a daily basis. Whether minor in scope, or a major event, this may be one of the most important events a person or a community can experience.

Working cooperatively with the Keene Fire Department and the New Hampshire Office of Emergency Management, the City of Keene has developed this informational supplement for your use. The information contained within may assist you if you are confronted with an emergency in your home, place of business, or while you are traveling. One of the most important things to know, if you find yourself in an emergency situation, is what to do prior to the arrival of trained emergency personnel.

Also included within are phone numbers and web sites that can provide you with information on topics that may prove beneficial to you in helping you prepare for any type of emergency.

The Keene Police and Fire Departments have been trained to respond to all types of emergencies. Take some time to educate yourself so you are better prepared to deal with an emergency when and if it presents in your life. Being prepared can help save lives.

Sincerely,

A handwritten signature in black ink, appearing to read "K. Meola".

Kenneth J. Meola
Police Chief



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When we hear a siren, or see the lights from various fire, ambulance and police vehicles, we are reminded of the frequency of emergency situations. Because everyday, members of the Fire and Keene Police Departments respond to a multitude of calls that range from minor events to life threatening accidents. But all too often, we think it can't happen to us. This is understandable, but if it does, then how we act until emergency personnel arrive, will be instrumental in saving lives.



Keene is not immune to the possibility of major weather related disasters. Tornadoes, hurricanes, flooding, severe snow and ice storms have all occurred in southwest New Hampshire. Fortunately, Keene is well prepared to handle such extreme weather conditions, but in doing so, we have learned that it is equally as important for all Keene citizens to know what to do until help arrives.

The following Emergency Preparedness Guide serves as an informational supplement in this regard. It is intended to advise everyone, private citizen and corporate entity alike, about the resources that exist and what each of us can do to be better prepared to cope with extreme conditions.

Please take a few minutes out of your busy schedule to become familiar with this information and share what you have learned with your family and friends. Because knowing what to do in an emergency, may make all the difference in your and your family's safety.

John A. MacLean
City Manager



Get Out Safely!

A Factsheet on Fire Escape Planning

More than 4,000 Americans die each year in fires, and 20,000 are injured. Deaths resulting from failed emergency escapes are particularly avoidable. The U. S. Fire Administration (USFA), a part of the U. S. Department of Homeland Security, believes that having a sound escape plan will greatly reduce fire deaths and protect you and your family's safety if a fire occurs.

HAVE A SOUND FIRE ESCAPE PLAN

In the event of a fire, remember - time is the biggest enemy and every second counts! Escape plans help you get out of your home quickly. In less than 30 seconds a small flame can get completely out of control and turn into a major fire. It only takes minutes for a house to fill with thick black smoke and become engulfed in flames.

SPECIAL CONSIDERATIONS

PRACTICE ESCAPING FROM EVERY ROOM IN THE HOME

Practice escape plans every month. The best plans have two ways to get out of each room. If the primary way is blocked by fire or smoke, you will need a second way out. A secondary route might be a window onto an adjacent roof or a collapsible ladder - evaluated by a nationally recognized laboratory such as Underwriters Laboratories (UL) - for escape from upper story windows. Make sure that windows are not stuck, screens can be taken out quickly and that security bars can be properly opened. Also, practice feeling your way out of the house in the dark or with your eyes closed.

SECURITY BARS REQUIRE SPECIAL PRECAUTIONS

Security bars may help to keep your family safe from intruders, but they can also trap you in a deadly fire! Windows and doors with security

bars must have quick release devices to allow them to be opened immediately in an emergency. Make sure everyone in the family understands and practices how to properly operate and open locked or barred doors and windows.

IMMEDIATELY LEAVE THE HOME

When a fire occurs, do not waste any time saving property. Take the safest exit route, but if you must escape through smoke, remember to crawl low, under the smoke and keep your mouth covered. The smoke contains toxic gases which can disorient you or, at worst, overcome you.

NEVER OPEN DOORS THAT ARE HOT TO THE TOUCH

When you come to a closed door, use the back of your hand to feel the top of the door, the doorknob, and the crack between the door and door frame to make sure that fire is not on the other side. If it feels hot, use your secondary escape route. Even if the door feels cool, open it carefully. Brace your shoulder against the door and open it slowly. If heat and smoke come in, slam the door and make sure it is securely closed, then use your alternate escape route.

DESIGNATE A MEETING PLACE OUTSIDE AND TAKE ATTENDANCE

Designate a meeting location away from the home, but not necessarily across the street. For example, meet

under a specific tree or at the end of the driveway or front sidewalk to make sure everyone has gotten out safely and no one will be hurt looking for someone who is already safe. Designate one person to go to a neighbor's home to phone the fire department.

ONCE OUT, STAY OUT

Remember to escape first, then notify the fire department using the 911 system or proper local emergency number in your area. Never go back into a burning building for any reason. Teach children not to hide from firefighters. If someone is missing, tell the firefighters. They are equipped to perform rescues safely.

Finally, having working smoke alarms installed on every level of your home dramatically increases your chances of survival. Smoke alarm batteries need to be tested every month and changed with new ones at least once a year. Also, consider replacing the entire smoke alarm every ten years, or as the manufacturer guidelines recommend.

For more information contact:

The U. S. Fire Administration
16825 South Seton Avenue
Emmitsburg, MD 21727

OR

Visit the USFA Web site:
www.usfa.fema.gov



Homeland Security



Exposing an Invisible Killer

A Factsheet on the Dangers of Carbon Monoxide

Each year in America, unintentional carbon monoxide (CO) poisoning claims more than 400 lives and sends another 20,000 people to hospital emergency rooms for treatment.

The U. S. Fire Administration (USFA) and the National Association of Home Builders (NAHB) would like you to know that there are simple steps you can take to protect yourself from deadly carbon monoxide fumes.

UNDERSTANDING THE RISK

WHAT IS CARBON MONOXIDE?

Carbon monoxide is an odorless, colorless and toxic gas. Because it is impossible to see, taste or smell the toxic fumes, CO can kill you before you are aware it is in your home. At lower levels of exposure, CO causes mild effects that are often mistaken for the flu. These symptoms include headaches, dizziness, disorientation, nausea and fatigue. The effects of CO exposure can vary greatly from person to person depending on age, overall health and the concentration and length of exposure.

WHERE DOES CARBON MONOXIDE COME FROM?

CO gas can come from several sources: gas-fired appliances, charcoal grills, wood-burning furnaces or fireplaces and motor vehicles.

WHO IS AT RISK?

Everyone is at risk for CO poisoning. Medical experts believe that unborn babies, infants, children, senior citizens and people with heart or lung problems are at even greater risk for CO poisoning.

WHAT ACTIONS DO I TAKE IF MY CARBON MONOXIDE ALARM GOES OFF?

What you need to do if your carbon monoxide alarm goes off depends on whether anyone is feeling ill or not.

IF NO ONE IS FEELING ILL:

1. Silence the alarm.
2. Turn off all appliances and sources of combustion (i.e. furnace and fireplace).
3. Ventilate the house with fresh air by opening doors and windows.
4. Call a qualified professional to investigate the source of the possible CO buildup.

IF ILLNESS IS A FACTOR:

1. Evacuate all occupants immediately.
2. Determine how many occupants are ill and determine their symptoms.
3. Call your local emergency number and when relaying information to the dispatcher, include the number of people feeling ill.
4. Do not re-enter the home without the approval of a fire department representative.
5. Call a qualified professional to repair the source of the CO.

PROTECT YOURSELF AND YOUR FAMILY FROM CO POISONING

- Install at least one carbon monoxide alarm with an audible warning signal evaluated by a nationally recognized laboratory, such as Underwriters Laboratories (UL), near the sleeping areas and outside individual bedrooms. Carbon monoxide alarms measure levels of CO over time and are designed

to sound an alarm before an average, healthy adult would experience symptoms. It is very possible that you may not be experiencing symptoms when you hear the alarm. This does not mean that CO is not present.

- Have a qualified professional check all fuel burning appliances, furnaces, venting and chimney systems at least once a year.
- Never use your range or oven to help heat your home and never use a charcoal grill or hibachi in your home or garage.
- Never keep a car running in a garage. Even if the garage doors are open, normal circulation will not provide enough fresh air to reliably prevent a dangerous buildup of CO.
- When purchasing an existing home, have a qualified technician evaluate the integrity of the heating and cooking systems, as well as the sealed spaces between the garage and house. The presence of a carbon monoxide alarm in your home can save your life in the event of CO buildup.

For more information contact:

The U. S. Fire Administration
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Visit the USFA Web site:
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Fire Safety Tips for Your Home

Smoke Alarms



- Place properly installed and maintained smoke alarms **both inside and outside** of sleeping areas and on every level of your home.
- Interconnected smoke alarms are best because if one sounds, they all sound.
- Get smoke alarms that can sound fast. Because both ionization and photoelectric smoke alarms are better at detecting distinctly different, yet potentially fatal fires, and because no one can predict what type of fire might start in a home, the USFA recommends that every residence and place where people sleep be equipped with a) both ionization **and** photoelectric smoke alarms, **or** b) dual sensor smoke alarms (which contain both ionization and photoelectric smoke sensors).
- Test smoke alarms monthly and change alkaline batteries at least once every year, or as instructed. You can use a date you already know, like your birthday or when you change your clocks as a reminder.
- Consider buying a long-life (lithium) battery-powered smoke alarm, which may last up to ten years with no battery change.
- Install smoke alarms away from air vents.
- Install smoke alarms on the ceiling or wall, at least 4 inches from corners or according to manufacturer's instructions.
- If a smoke alarm sounds during normal cooking or when bathing, press the hush button if the smoke alarm has one. Open the door or window or fan the area with a towel to get the air moving. **Do not** disable the smoke alarm or take out the batteries. If this happens often, the smoke alarm will need to be relocated.
- To view smoke alarm guidelines for your state, obtain the ***Install. Inspect. Protect. Campaign's*** "State-by-State Smoke Alarm Guide" at www.usfa.dhs.gov/smokealarms.



Cooking Safety

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? By following a few safety tips you can prevent these fires.

"COOK WITH CAUTION"

- » Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- » Stay in the kitchen while you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- » If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- » Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

IF YOU HAVE A COOKING FIRE...

- » Just get out! When you leave, close the door behind you to help contain the fire.
- » Call **9-1-1** or the local emergency number after you leave.
- » If you try to fight the fire, be sure others are getting out and you have a clear way out.
- » Keep a lid nearby when you're cooking to smother small grease fires. Smother the fire by sliding the lid over the pan and turn off the stovetop. Leave the pan covered until it is completely cooled.
- » For an oven fire turn off the heat and keep the door closed.



Have a "kid-free zone" of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.

FACTS

- ❗ The leading cause of fires in the kitchen is unattended cooking.
- ❗ Most cooking fires in the home involve the stovetop.



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A Season for Sharing in Fire Safety

A Factsheet on Holiday Fire Prevention

Each year fires occurring during the holiday season claim the lives of over 400 Americans, injure 1,650 more, and cause over \$990 million in damage.

According to the U. S. Fire Administration (USFA), there are simple life-saving steps you can take to ensure a safe and happy holiday. By following some of the outlined precautionary tips, individuals can greatly reduce their chances of becoming a holiday fire casualty.

PREVENTING CHRISTMAS TREE FIRES

Special fire safety precautions need to be taken when keeping a live tree in the house. A burning tree can rapidly fill a room with fire and deadly gases.

SELECTING A TREE FOR THE HOLIDAY

Needles on fresh trees should be green and hard to pull back from the branches, and the needle should not break if the tree has been freshly cut. The trunk should be sticky to the touch. Old trees can be identified by bouncing the tree trunk on the ground. If many needles fall off, the tree has been cut too long, has probably dried out, and is a fire hazard.

CARING FOR YOUR TREE

Do not place your tree close to a heat source, including a fireplace or heat vent. The heat will dry out the tree, causing it to be more easily ignited by heat, flame or sparks. Be careful not to drop or flick cigarette ashes near a tree. Do not put your live tree up too early or leave it up for longer than two weeks. Keep the tree stand filled with water at all times.

DISPOSING OF YOUR TREE

Never put tree branches or needles in a fireplace or woodburning stove. When the tree becomes dry, discard it promptly. The best way to dispose of your tree is by taking it to a recycling center or having it hauled away by a community pick-up service.

HOLIDAY LIGHTS

MAINTAIN YOUR HOLIDAY LIGHTS

Inspect holiday lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear before putting them up. Use only lighting listed by an approved testing laboratory.

DO NOT OVERLOAD ELECTRICAL OUTLETS

Do not link more than three light strands, unless the directions indicate it is safe. Connect strings of lights to an extension cord before plugging the cord into the outlet. Make sure to periodically check the wires - they should not be warm to the touch.

DO NOT LEAVE HOLIDAY LIGHTS ON UNATTENDED

HOLIDAY DECORATIONS

USE ONLY NONFLAMMABLE DECORATIONS

All decorations should be nonflammable or flame-retardant and placed away from heat vents.

NEVER PUT WRAPPING PAPER IN A FIREPLACE

It can result in a very large fire, throwing off dangerous sparks and embers that may result in a chimney fire.

ARTIFICIAL CHRISTMAS TREES

If you are using a metallic or artificial tree, make sure it is flame retardant.

CANDLE CARE

AVOID USING LIT CANDLES

If you do use them, make sure they are in stable holders and place them where they cannot be easily knocked down. Never leave the house with candles burning.

NEVER PUT LIT CANDLES ON A TREE

Do not go near a Christmas tree with an open flame - candles, lighters or matches.

Finally, as in every season, have working smoke alarms installed on every level of your home, test them monthly and keep them clean and equipped with fresh batteries at all times. Know when and how to call for help. And remember to practice your home escape plan.



For more information contact:

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or

Visit the USFA Web site:
www.usfa.fema.gov



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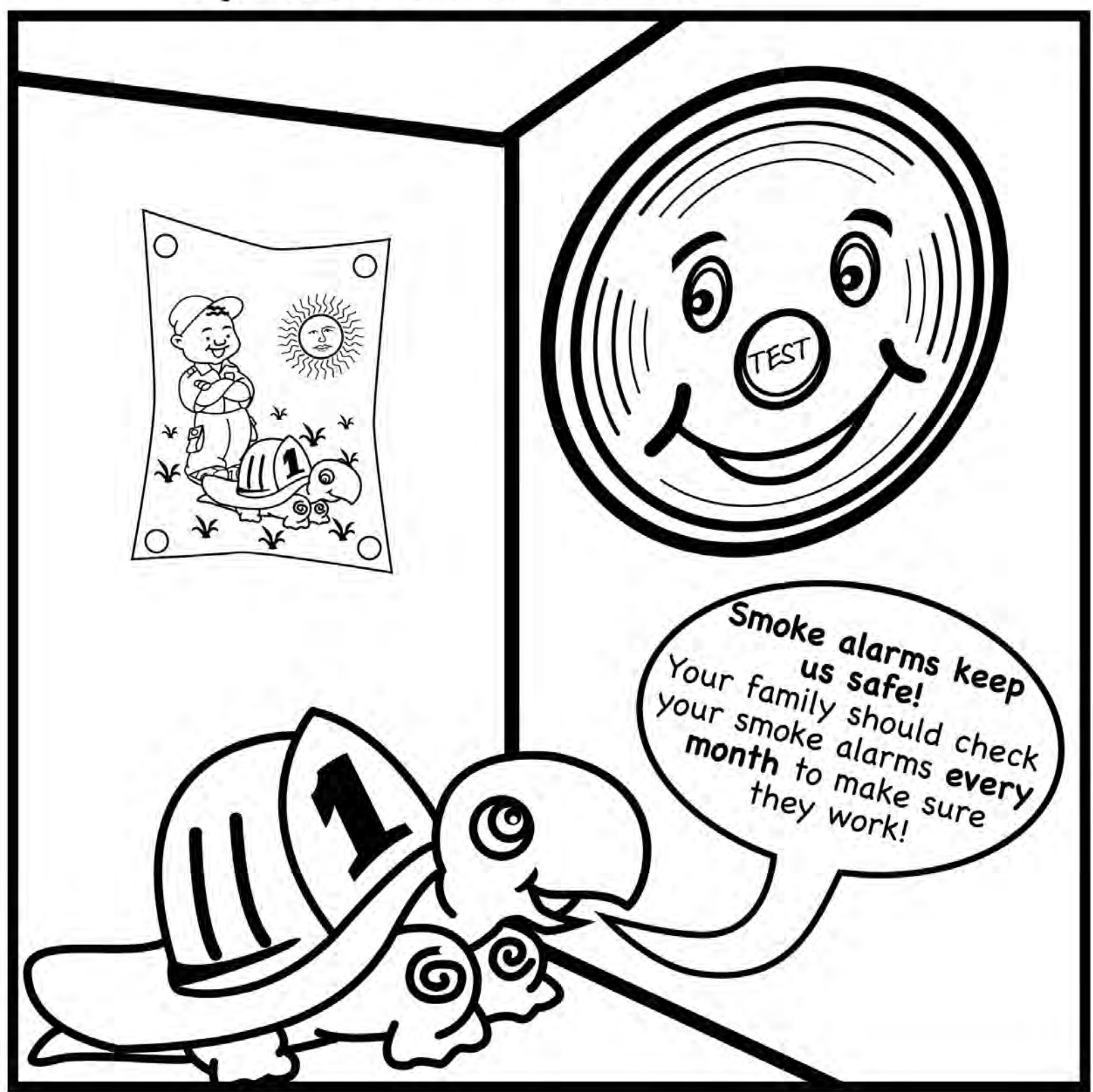
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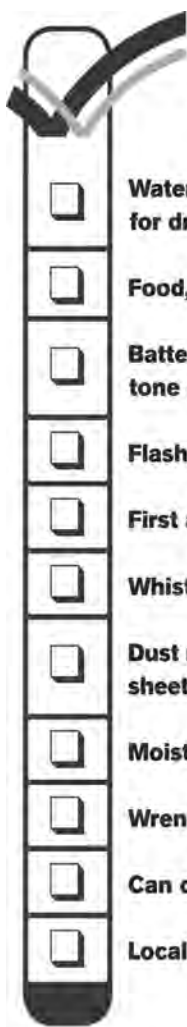


Install. Inspect. Protect.
Smoke alarms save lives.

Make a Basic Emergency Supply Kit

(from FEMA's www.Ready.gov website)

Recommended Items to Include in a Basic Emergency Supply Kit:



Water, one gallon of water per person per day for at least three days, for drinking and sanitation

Food, at least a three-day supply of non-perishable food

Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both

Flashlight and extra batteries

First aid kit

Whistle to signal for help

Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place

Moist towelettes, garbage bags and plastic ties for personal sanitation

Wrench or pliers to turn off utilities

Can opener for food (if kit contains canned food)

Local maps

Make a Family Communications Plan

If you are separated and cannot get in touch with your family, each family member should call the same contact. Fill out the card below and give copies to all family members to keep with them. Identify:

- An emergency contact in your local area
- A contact out-of-state in case the emergency affects your local contact
- A neighborhood meeting place

Family Emergency Plan



EMERGENCY CONTACT NAME: _____

TELEPHONE: _____

OUT-OF-TOWN CONTACT NAME: _____

TELEPHONE: _____

NEIGHBORHOOD MEETING PLACE: _____

TELEPHONE: _____

OTHER IMPORTANT INFORMATION: _____

DIAL 911 FOR EMERGENCIES

Ready®

Make a Family Evacuation Plan

In an emergency, you may need to leave your home quickly. If you think you might need to evacuate, listen to the radio for more information. Make sure everyone knows:

- The best exits out of your home
- A neighborhood meeting place
- Local radio station
- Location of: your family's Grab Bag (with important items in case you cannot get back to your house for some time), fire extinguisher and first-aid kit
- A plan for pets in case you need to evacuate

Make a Plan for People with In-Home Care Needs

If you have a disability or might need special assistance during an emergency:

- Talk with a care provider about what should be done in an emergency
- Create a support network to help in an emergency:
- Tell them where you keep your emergency supplies
- Give one member a key to your house or apartment
- Contact your local Emergency Management Director (EMD) —Most keep lists of people with disabilities so they can be located quickly in a sudden emergency
- Wear medical alert tags or bracelets to help identify your disability
- If you are dependent on dialysis or other life sustaining treatment, know the location and availability of more than one facility
- If you use a wheelchair, show others how to operate your wheelchair. Know the size and weight of your wheelchair, in addition to whether or not it is collapsible, in case it has to be transported.

ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

Fire Safety Facts For People 50-Plus

Each year, approximately 1,100 Americans ages 65 and older die as a result of a home fire. Compared to the rest of the U. S. population:

- People between 65 and 74 are nearly **TWICE** as likely to die in a fire.
- People between 75 and 84 are nearly **FOUR** times as likely to die in a fire.
- People ages 85 and older are more than **FIVE** times as likely to die in a fire.

With a few simple steps, older people can dramatically reduce their risk of death and injury from fire. These facts, combined with the knowledge that adults ages 50 and older are entering and caring for this high risk group, inspired the U. S. Fire Administration (USFA), a division of the Federal Emergency Management Agency (FEMA) and part of the U.S. Department of Homeland Security, to develop a national public safety campaign for adults ages 50 and older, their families and caregivers. USFA encourages you to:

Prevent Fire. Save Lives.

For your well-being and others you love:

Practice fire-safe behaviors when smoking, cooking and heating. Maintain smoke alarms, develop and practice a fire escape plan, and if possible, install home fire sprinklers.

Smoke Safely

Sitting in your favorite chair and having a cigarette after dinner seems to some like a great way to relax – but cigarettes and relaxing can be a deadly mix. Falling asleep while smoking can ignite clothing, rugs and other materials used in upholstered furniture. Using alcohol and medications that make you sleepy compound this hazard.

Heat Your Home Safely

During winter months, December, January and February, there are more home fires than any other time of year. Heating devices like space heaters and wood stoves make homes comfortable, but should be used with extra caution. **Heating is the second leading cause of fire death and the third leading cause of injury to people ages 65 and older.**

Many of these deaths and injuries could be prevented with safe heating practices. So before

Careless smoking is the leading cause of fire deaths and the second leading cause of injuries among people ages 65 and older. Cigarettes when not properly extinguished continue to burn. When a resting cigarette is accidentally knocked over, it can smolder for hours before a flare-up occurs. Before you light your next cigarette, remember:

- Never smoke in bed.
- Put your cigarette or cigar out at the first sign of feeling drowsy while watching television or reading.
- Use deep ashtrays and put your cigarettes all the way out.
- Don't walk away from lit cigarettes and other smoking materials.

you grab a good book and cozy up to the fireplace, make sure you do the following:

- Keep fire in the fireplace by making sure you have a screen large enough to catch flying sparks and rolling logs.
- Space heaters need space. Keep flammable materials at least three feet away from heaters.
- When buying a space heater, look for a control feature that automatically shuts off the power if the heater falls over.



Plan ahead for your pets' safety, too

Make arrangements for your pets as part of your household disaster planning. If you must evacuate your home, Always take your pets with you. But remember pets will not be allowed in public emergency shelters.

BEFORE

Contact your local animal shelter, humane society, veterinarian or emergency management office for information on caring for pets in an emergency. Find out if there will be any shelters set-up to take pets in an emergency. Also, see if your veterinarian will accept your pet in an emergency.

Decide on safe locations in your house where you could leave your pet in an emergency.

You will need a pet carrier that allows your pet to stand up and turn around inside. Put familiar items such as the pet's normal bedding and favorite toys inside. Train your pet to become comfortable with the carrier. Use a variety

of training methods such as feeding it in the carrier or placing a favorite toy or blanket inside.

If your pet is on medication or a special diet, find out from your veterinarian what you should do in case you have to leave it alone for several days. Try to get an extra supply of medications.

Make sure your pet has a properly fitted collar that includes current license and rabies tags.

- Include an identification tag that has your name, address, and phone number.

- If your dog normally wears a chain link "choker" collar, have a leather or nylon collar available if you have to leave him alone for several days.

Keep your pet's shots current and know where the records are.

Most kennels require proof of current rabies and distemper vaccinations before accepting a pet.

Contact motels and hotels in communities outside of your area and find out if they will accept pets in an emergency.

When assembling emergency



supplies for the household, include items for pets.

- Extra food (The food should be dry and relatively unappealing to prevent overeating. Store the food in sturdy containers.)

- Kitty litter

- Large capacity self-feeder and water dispenser

- Extra medications
Trained Guide Dogs

In most states, trained guide dogs for the blind, hearing impaired or handicapped will be allowed to stay in emergency shelters with their owners. Check with local emergency management officials for more

information.

DURING

Bring your pets inside immediately.

Animals have instincts about severe weather changes and will often isolate themselves if they are afraid. Bringing them inside early can stop them from running away. Never leave a pet outside or tied up during a storm.

Separate dogs and cats.

Even if your dogs and cats normally get along, the anxiety of an emergency situation can cause pets to act irrationally.

Keep small pets away from cats and dogs.

If you evacuate and plan to take your pets, remember to bring your pet's medical records and medicines with your emergency supplies.

Birds

Birds must eat daily to survive. In an emergency, you may have to take your birds with you. Talk with your veterinarian or local pet store about special food dis-

persers that regulate the amount of food a bird is given. Make sure that the bird is caged and the cage is covered by a thin cloth or sheet to provide security and filtered light.

AFTER

If after a disaster you have to leave town, take your pets with you. Pets are unlikely to survive on their own.

In the first few days after the disaster, leash your pets when they go outside. Always maintain close contact. Familiar scents and landmarks may be altered and your pet may become confused and lost. Also, snakes and other dangerous animals may be brought into the area with flood areas. Downed power lines are a hazard.

The behavior of your pets may change after an emergency. Normally quiet and friendly pets may become aggressive or defensive. Watch animals closely. Leash dogs and place them in a fenced yard with access to shelter and water.

About The Greater Monadnock Public Health Network

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There are many resources to help you prepare before a disaster strikes and to provide you with timely information in the event of an emergency. Below is a list of helpful website links. The GMPHN recently launched a Twitter page to give Monadnock residents useful preparedness tips and keep them informed of any public health incident happening in the region.

Helpful Website Links:

Greater Monadnock Public Health Network

<http://co.cheshire.nh.us/PublicHealth>

ReadyMonadnock • <http://twitter.com/readymonadnock>

Ready NH • <http://www.nh.gov/readynh>

Ready (Federal site) • <http://www.ready.gov>

NH 2-1-1 • <http://www.211nh.org>

American Red Cross • <http://www.redcross.org>

American Red Cross Safe and Well List

<https://disastersafe.redcross.org>

American Red Cross – NH West Chapter

<http://www.newhampshirewest.redcross.org>

Centers for Disease Control and Prevention • <http://www.cdc.gov>

Flu.gov - One-stop access to US Government H1N1, avian and pandemic flu information. • <http://www.flu.gov>

State of New Hampshire • <http://www.nh.gov>

NH Department of Health and Human Services

<http://www.dhhs.state.nh.us>

NH Department of Safety / Homeland Security and

Emergency Management • <http://www.nh.gov/safety/divisions/hsem>

Continued on Page 22

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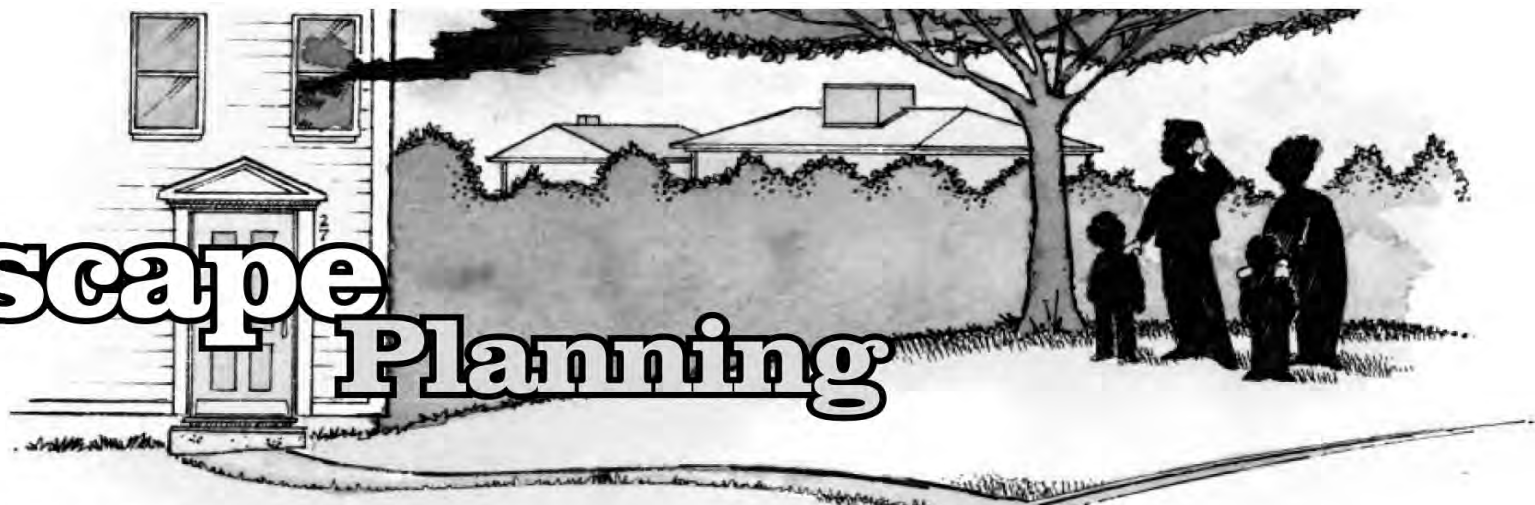
- Calendar of family events
- Articles by local experts
- Essays and feature stories
- Resource directories

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convenient pick up location.

VT 800-765-9994
NH 603-352-6278

Escape Planning



Plan Ahead. If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.

SAFETY TIPS

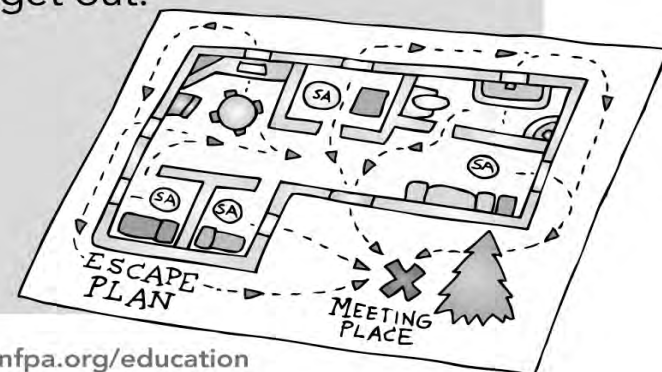
- »» DRAW a home escape plan and discuss it with everyone in your home.
- »» PRACTICE the plan at night and during the day with everyone in your home, twice a year.
- »» KNOW at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.
- »» HAVE an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
- »» PRACTICE using different ways out.
- »» TEACH children how to escape on their own in case you can't help them.
- »» CLOSE doors behind you as you leave.

IF THE ALARM SOUNDS...

- »» If the smoke alarm sounds, GET OUT AND STAY OUT. Never go back inside for people or pets.
- »» If you have to escape through smoke, GET LOW AND GO under the smoke to your way out.
- »» FEEL the knob and door before opening a door.
- »» CALL the fire department from outside your home.

FACTS

- ❗ According to an NFPA survey, only **one in four** Americans have actually developed and practiced a home fire escape plan.
- ❗ While **66%** of Americans have an escape plan in case of a fire, only **35%** of those have practiced it.
- ❗ **One-third** of American households who made an estimate thought they would have at least 6 minutes before a fire in their home would become life-threatening. The time available is often less. And only **8%** said their first thought on hearing a smoke alarm would be to get out!



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

www.nfpa.org/education

About The Greater Monadnock Public Health Network

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Contact the GMPHN for your free preparedness packet! This free packet includes:

- Preparing Makes Sense – Get Ready Now brochure
- Ready Emergency Supply List
- Preparing Your Pets for Emergencies Makes Sense brochure
- Preparing Makes Sense for Older Americans brochure
- Preparing Makes Sense for People with Disabilities and Special Needs brochure
- Preparing for an Emergency: The Smart Thing to Do brochure
- Greater Monadnock Public Health Network brochure
- Greater Monadnock Medical Reserve Corps brochure

Call 603-354-6836 or email gmphn@co.cheshire.nh.us to receive your free preparedness packet!

Are you interested in volunteering during a disaster? During a public health emergency, volunteers with all backgrounds and abilities are needed. It is important that volunteers have some training before an event, so they do not put themselves or others at risk. The Greater Monadnock Medical Reserve Corps (GMMRC) is a volunteer organization that helps respond to events in our region. The mission of the GMMRC is to engage health care professionals as well as non-medical personnel in helping the community prepare for, respond to, and mitigate emergencies, disasters and pressing public health needs by providing a group of readily trained and available volunteer professionals who supplement and assist local medical emergency response systems.

For more information contact:

- Director: James Hicks at 603-548-6439 or emergencygmt@townofnewipswich.com
- Director: Eileen Fernandes at 603-354-5454 x2130 or efernandes@cheshire-med.com
- Coordinator: Mary Fish at 603-731-3660 or gmmrc1@gmail.com

Credits: Information was compiled by Amanda Gaspard, Eileen Fernandes, Sylvie Rice, Bruce Bohannon and Pam Fortner; sources include FEMA, FEMA's Ready.gov site, NH DHHS, etc.

Appliance Fire Prevention and Home Fire Safety

About 3,500 Americans die each year in fires and about 20,000 are injured. You can stop the fire before it starts. Use this fact sheet to learn how to prevent a fire in your home and know what to do if you have a fire.

Stop an appliance fire before it starts:

- ▶ Immediately fix appliances or lamps that sputter or spark.
- ▶ Keep appliances away from wet areas, especially in the kitchen, bathroom, basement, and garage.
- ▶ If an appliance has a three-prong plug, never force it into a two-slot outlet or extension cord.
- ▶ Don't let children play near electric space heaters. Keep clothes, curtains, and other flammable items at least three (3) feet away from heaters.
- ▶ Never overload outlets or extension cords.
- ▶ Regularly check your extension cords to make sure the plastic is not worn away or coming apart at the ends and never use an extension cord as permanent wiring.
- ▶ Instead of a simple extension cord, get a laboratory-tested extension cord with built-in circuit breakers.
- ▶ Check your wiring on a regular basis. Look for outlets that don't work, light switches that are hot to the touch, and lights that flicker. This could mean there is something wrong and should be checked by an electrician.



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