

## NATURAL AND MAN-MADE EMERGENCIES AND DISASTERS.

### PREPARATION

(EMD paper on preparation for incidents and emergencies)

When dealing with emergencies and disasters, first- responders (That is fire, EMS, law enforcement), emergency managers and other people who deal in disaster response think in terms of four stages:

Preparation- Things you can do to protect yourself and your family before an incident occurs.

Response- Actions to take during an incident.

Recovery- Cautions and recommendations on actions following an incident.

Mitigation- Using “lessons learned” from an incident to better prepare for the next one.

This document will summarize some actions you can take prior to any incident to minimize the impact on you and your family. Sources of this information:

Green Mountain Power pamphlet- “Be Safe in a Storm”. Contact Green Mountain Power for a copy.

American Red Cross- “Your Family Disaster Supplies Kit” pamphlet and checklist Pamphlet L-154: go to <http://www.kidsource.com/kidsource/content/prepared.html> for a copy.

Vermont Division of Emergency Management and Homeland Security (DEMHS)- “Family Emergency Preparedness” pocket-sized booklet. Contact DEMHS at 1-800-347-0488 for a copy of this comprehensive booklet.

This paper is not intended to be a complete description of preparation. It will describe some of the steps to take with emphasis on situations we have seen here in Strafford, ranging from Tropical Storm Irene to local flooding, winter ice storms and extended power outages.

We recommend the above sources of detailed information, checklists and plans. Copies of the DEMHS booklet are available at the town office and the Strafford Post Office.

In developing a “Kit” for preparation for a range of emergencies, a short list of items includes:

A battery-powered flashlight (s), with spare batteries

A portable radio with spare batteries

Food that doesn’t need refrigeration

A manual can opener

A telephone that doesn’t need commercial power to function.

Bottled water – three day supply for each person- one gallon per person per day

Basic First Aid Kit

A supply of prescription medications

Fire extinguisher

A small supply of cash

Other steps that can be taken well ahead of any disaster or incident:

A 220v/110v generator- contact your electrician for safe installation. This will allow you to power your water pump and selected electrical appliances, etc. Generators range from small portable units of 2-4 KW to larger units designed to power an entire home. Fuels include gas, gasoline, and Diesel fuel. There are many cautions regarding generators and your electrician can help you plan a safe and effective system.

A scanning radio (Scanner)- available from many sources on line. These radios can be programmed for all the public safety channels and weather channels in our area. The scanner will need to have battery backup capability and will need to be one that receives “analog” radio signals. You may also want to consider an FRS portable radio to monitor local communications during an event.

A family communications plan- Designate a family member located outside of New England as a common contact point for family members to call. This will allow you to confirm the safety or situation of those relatives who may be in the impacted area.

Transportation- If there is a pending incident or weather event, make sure your automobiles gas tanks are full as well as your generator fuel supplies and fuel sources for heating your homes in the winter. Have extra sets of car keys.

Sheltering- Know the locations of the town American Red Cross shelters;

Barrett Hall- generator, kitchen, dining, handicapped access and overnight capability.

Tyson Gym- generator, overnight capability, toilets/showers, limited kitchen and limited handicapped access.

Newton School- generator, toilets, handicapped access, limited overnight capability.

United Church of Strafford- Kitchen, dining, handicapped access and limited overnight capability. The church does not have a generator backup.

Shelter Resources- We have cots, blankets, some pillows available in both Tyson Gym and the town garage.

Advanced warning- We recommend that you sign up for “VAlert”. We have the capability to send a message to all telephones in Strafford as well as Email and text messages in

advance of an incident. In addition, VTAlert gives you access to Vermont Emergency Management advanced weather and other alerts and warnings. [www.vtalert.gov](http://www.vtalert.gov) - The menu allows you to sign up for the type of information that will be helpful to you. During an incident, access to VTAlert will depend on availability of power and telephone services.

Monitoring TV and radio stations will help keep you current on the developing situation.

Family medical issues- if you have a family member who would be at risk in the event of a prolonged power and telephone outage, please contact the Strafford Fire Department/ FAST Squad:

Needing transportation in the event of an evacuation.

Using oxygen.

Need a supply of medications.

Pets and animals- Please make advanced arrangements for sheltering your pets and animals. Red Cross shelters limit animal access to service animals.

List of emergency/contact telephone numbers;

Town office (Emergency Operations Center for Strafford)- 765 4411

Town Constable Ed Eastman- 765 4083

Emergency- 9-1-1

Orange County Sheriff- 802 685 4875

Vermont State Police- 802 234 9933

GMP Outage- 888 835 4672

Town Garage- 765 4550

Again, this is a summary of actions you should plan to take in advance of any incident or emergency. The documents listed on page 1 will provide more detailed information as well as additional recommendations for preparation.

Remember, disasters and emergencies can happen at any time, and without warning. Our history shows that no Vermont community is immune to the effects of a disaster. We are in Hurricane season now and winter is on the horizon, so it is important to take steps now to prepare.

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