

September 2018

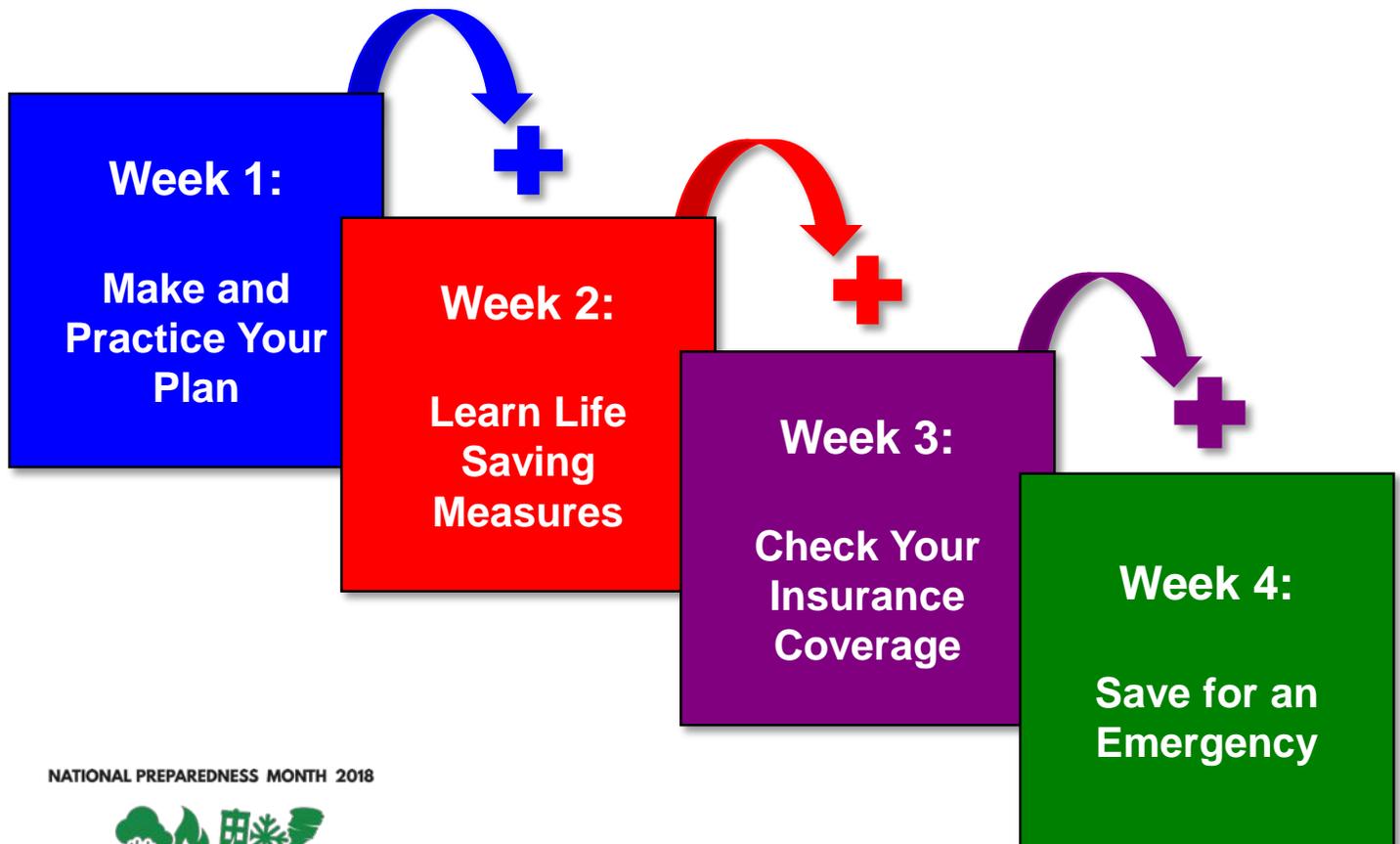
National Preparedness Month

Disasters Happen. Prepare Now. Learn How.



Recent hurricanes and seemingly never-ending wildfires serve as reminders of the need to prepare for all types of disasters. Flooding, severe storms, high wind events, blizzards and man-made emergencies may impact our region. Take time this September to review and improve your disaster preparedness.

Throughout the month of September, we will share tips and guidance to assist you with your emergency preparedness goals.



NATIONAL PREPAREDNESS MONTH 2018



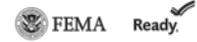
PREPARE NOW **LEARN HOW**



Allegany County, Maryland
Department of Emergency Services



PREPARE NOW LEARN HOW



Week 1: September 1-8 Make and Practice Your Plan

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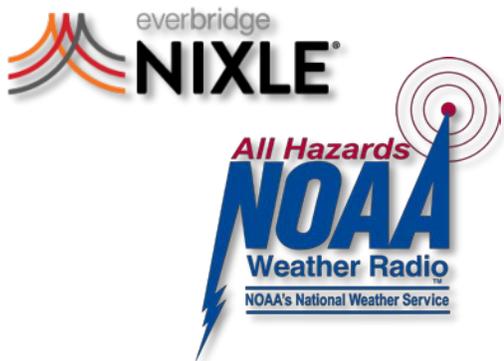


Make an Emergency Plan:

Your family may not be together when a disaster happens. Make an Emergency Plan that includes how your family members will contact one another and establish a family meeting place that everyone is familiar with and is easy to find. Practice your plan so all family members understand what they need to do in an emergency situation. Visit Ready.gov at <https://www.ready.gov/make-a-plan> for tips and tools to help with your planning process.

Sign up for Alerts and Warnings:

The Maryland Emergency Management Agency (MEMA) provides an alert and warning mobile app available from the iPhone App Store and Google Play. <https://mema.maryland.gov/Pages/mdprepares.aspx> provides information on the mobile apps' services. Allegany County also provides an alert service to citizens via Nixle alerts; visit www.alleganygov.org and select "Services" to sign-up for public safety alerts. Consider obtaining a battery-operated NOAA Weather Radio, too – in addition to critical weather safety alerts and warnings, NOAA also transmits civil emergency information.



Learn the evacuation routes in your area:

Determine several ways to evacuate your area in case of an emergency situation. Learn which alternative routes may be available from your location in case a major highway is closed during a disaster.



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Week 2: September 9-15
Learn Life Saving Measures
FIRE

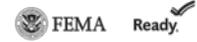
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Disasters Happen

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Every year, U.S. fire departments respond to hundreds of thousands of home structure fires, resulting in thousands of civilian injuries and deaths and billions of dollars in direct damages.

SMOKE DETECTORS SAVE LIVES

*“Working smoke alarms cut the risk of dying in reported home fires in **half.**” www.nfpa.org*



- A properly installed smoke alarm can alert you and your family to a fire, 24 hours a day, seven days a week.
- Install smoke alarms on every level of your home, including the basement. The U.S. Fire Administration also recommends installing smoke alarms inside every bedroom and outside each sleeping area.
- Smoke alarms should be installed away from the kitchen to prevent false alarms; they should be at least 10 feet from a cooking appliance.
- Purchase smoke alarms with a 10-year battery; test the smoke alarm at least once per month.

Most Home Fires Occur in the Kitchen

- Stay in the kitchen when you are frying, grilling or broiling food.
- Keep anything that can catch fire (oven mitts, food packaging, wooden utensils, etc.) away from the stovetop.
- Establish a “kid-and-pet-free zone” of at least three feet around the stove.
- Wear short, close-fitting or tightly rolled sleeves when cooking.
- If you are sleepy or have consumed alcohol, don’t use the oven or stovetop.

For more fire prevention tips visit the National Fire Protection Association at:
<https://www.nfpa.org/Public-Education/Resources/Safety-tip-sheets>

Smoking and Fire Safety

- Smoke outside. Most deaths result from fires that started in living rooms, family rooms, dens and bedrooms.
- If you are sleepy, have been drinking, or have taken medicine that makes you drowsy, put the cigarette out. **NEVER SMOKE IN BED.**
- Keep cigarettes, lighters and matches out of the reach of children.
- Never smoke in a home where oxygen is used, even if it is turned off. Oxygen can be explosive and makes the fire burn hotter and faster.



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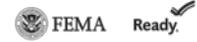
Week 2: September 9-15
Learn Life Saving Measures
FLOOD



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Each year, more deaths occur due to flooding than from any other storm related hazard. Many of the deaths occur in automobiles as they are swept down-stream.

Play it safe: **TURN AROUND, DON'T DROWN.**

Flood Watch:	Flooding is possible.
Flash Flood Watch:	Be prepared to move to higher ground.
Flood Warning:	Flood is occurring; if asked to evacuate, do so immediately.
Flash Flood Warning:	Flash flood is occurring; seek higher ground immediately.

DURING A FLOOD

- Listen to NOAA Weather Radio, commercial radio or television for information.
- If you must prepare to evacuate, secure your home. Turn off utilities at the main switches and valves if instructed to do so. Disconnect electrical appliances but do not touch electrical equipment if you are wet or standing in water.
- Do not walk through moving water. Six inches of moving water can sweep you off your feet. If you have to walk in water, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you.

AFTER A FLOOD

- Listen for news reports to learn if the water supply is safe to drink.
- Avoid floodwaters; water may be contaminated with oil, gasoline or raw sewage and may be electrically charged from downed power lines. Stay away from downed power lines and report them to the power company.
- Return home only when authorities indicate it is safe. Stay out of any building if it is surrounded by floodwaters. Use extreme caution when re-entering buildings.
- Service damaged septic tanks, pits, cesspools, etc. as soon as possible. Clean and disinfect everything that got wet.



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Week 2: September 9-15
Learn Life Saving Measures
UNTIL HELP ARRIVES

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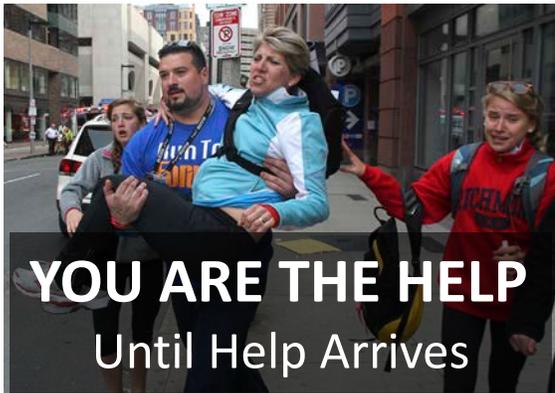
Learn five simple steps
that may save a life:

- ✓ Call 9-1-1
- ✓ Stay Safe
- ✓ Stop the Bleeding
- ✓ Position the Injured
- ✓ Provide Comfort

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When someone is injured, whether it is due to a single-vehicle accident or a mass casualty event, you may need to take action to assist injured persons until emergency responders arrive. The Federal Emergency Management Agency (FEMA) has developed a training program entitled "Until Help Arrives" which addresses the five main steps you can take to provide the right kind of assistance.

The information shared below is provided as an overview of the steps defined in the program. FEMA offers a web-based training program, which can be accessed by visiting:

<https://community.fema.gov/until-help-arrives>.

Step 1: Call 9-1-1. Provide specific information to the 9-1-1 Dispatcher concerning the location of the incident, the type and severity of the injuries, and any safety concerns about obvious dangers or ongoing threats.

Step 2: Stay Safe. Determine if you feel safe at the incident location. If not, decide if you can move the injured person to a safer location. If you can't move the person and you feel the location is dangerous, you must move to a safe place.

Step 3: Stop the Bleeding. Find the source of the bleeding. If you have something to put in between the blood and your hands (such as gloves, a cloth, a plastic bag), use it. Apply firm, steady pressure directly on the source of the bleeding. Push hard to stop or slow bleeding, even if it is painful to the injured.

Step 4: Position the Injured. When a person is conscious, allow them to position themselves; if they are struggling, assist them. Do not force them to lie down or sit up.

Step 5: Provide Comfort. Talk in a calm manner and let them know what happened, what is being done to assist them, and what will happen next. Keep them warm, offer a hand to hold, maintain eye contact, and be patient and understanding.



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Week 3: September 16-22
Check Your Insurance
Coverage

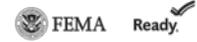
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Floods are the nation's most common and costly natural disaster, causing millions of dollars in damage every year. Just one inch of water in an average sized home can cause more than \$25,000 in damage. Homeowners and renters insurance does not typically cover flood damage. Your ability to recover from flood damage may be greatly improved by having the right type of insurance coverage.

The **National Flood Insurance Program** aims to reduce the impact of flooding on private and public structures by providing affordable insurance to businesses, property owners, and renters and encourages communities to adopt and enforce floodplain management regulations. These efforts help mitigate the effects of flooding on new and improved structures. Call your insurance agent today to ask about the National Flood Insurance Program. For more information, visit **FloodSmart.gov**.

FACT: Floods can happen anywhere - more than 20 percent of flood claims come from properties outside the high risk flood zone.

FACT: Most federal disaster assistance comes in the form of low-interest disaster loans from U.S. Small Business Administration (SBA) and you have to pay them back. FEMA offers disaster grants that don't need to be paid back, but this amount is often much less than what is needed to recover. A claim against your flood insurance policy often provides more funds for recovery than those you could qualify for from FEMA or the SBA - and you don't have to pay it back.

FACT: You may be required to have flood insurance. Congress has mandated federally regulated or insured lenders to require flood insurance on mortgaged properties that are located in areas at high risk of flooding. But even if your property is not in a high risk flood area, your mortgage lender may still require you to have flood insurance.



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Week 4: September 23-30 Save for an Emergency

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**Disasters
Happen**

PREPARE NOW **LEARN HOW**



Americans at all income levels have experienced the challenges of rebuilding their lives after a disaster or other emergency. In these stressful circumstances, having access to personal financial, insurance, medical, and other records is crucial for starting the process of recovery quickly and efficiently.



Taking the time now to collect and secure these critical records will give you peace of mind. In the event of an emergency, you will have the documentation needed to start the recovery process without delay.

- Gather financial and critical personal, household, and medical information.
- Consider saving money in an emergency savings account that could be used in any crisis.
- Keep a small amount of cash at home in a safe place. It is important to have small bills on hand because ATM's and credit cards may not work during a disaster when you need to purchase necessary supplies, fuel or food.
- Obtain property (homeowners or renters), health, and life insurance if you do not have them. Review existing policies for the amount and extent of coverage to ensure that what you have in place is what is required for you and your family. (Homeowners insurance does not typically cover flooding, so you may need to purchase flood insurance from the [National Flood Insurance Program.](#))



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