

Carroll County

ARE YOU

READY?



**NEW
AND UPDATED!
2020**

**Citizen's Guide to
Emergency Preparedness**

Carroll County, Maryland

The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact Gina Valentine, The Americans with Disabilities Act Coordinator, 410.386.3800, 1.888.302.8978, MD Relay 7-1-1 / 1.800.735.2258 or email gvalentine@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.

Dear Neighbors,

Thank you for taking the time to read this guide. Learning what to do before, during, and after an emergency can save your life and property. This guide offers a wide variety of information to help you successfully take action during both natural and man-made emergencies.

Recent experiences with hurricanes, tornados, winter storms and severe weather show that emergencies in Carroll County have the potential to occur without warning and can be devastating. Being prepared for emergencies is the responsibility of everyone in the community, including government, businesses, neighborhoods, and individuals. When everyone takes preparedness seriously, the entire community is stronger and better able to respond to and recover from an emergency.

To protect ourselves and our families during a disaster, it is imperative for each of us to have a plan to diminish the impact of emergencies occurring with or without warning. Please read this guide and implement the outlined steps to make your home and family more secure. Please help us in our emergency preparedness efforts as planning now may save lives and property. In the event of an emergency, always follow the direction of public safety responders and tune to local media for our emergency press releases and action messages. For additional information on how to prepare a home emergency plan, refer to <http://ready.gov>.

We are happy to recommend our county emergency management professionals who can provide additional emergency preparedness information and will welcome invitations to make presentations to local groups or civic organizations. Should you desire additional disaster preparedness information or wish to volunteer to make our community better prepared, please contact the Carroll County Department of Public Safety, Emergency Management at 410-386-2296.

We hope this guide is a useful resource for you, your family, and our community.

Sincerely,

THE BOARD OF COUNTY COMMISSIONERS OF CARROLL COUNTY



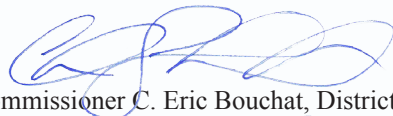
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Preparing for an Emergency

Planning for any emergency requires considering the likely scenarios that could result when things that you rely on daily – such as electricity, water, and transportation – are temporarily disrupted or are lost for a considerable amount of time. Being prepared can lessen effects that come with disasters. Planning with all members of your family is crucial to ensuring everyone is ready for a disaster. Key steps to successfully be prepared are as follows:

- 1 Register to receive emergency notifications through Carroll Alert.
- 2 Develop a family emergency and communications plan.
- 3 Create an emergency supply kit.
- 4 Create Shelter-in-Place and Evacuation Plans.



CARROLL ALERT

Carroll Alert is Carroll County's mass notification system, used in cases when significant hazards to life and property appear. This system is not for general government notifications or other "everyday" events, but is reserved for events with higher risk to the safety and well-being of those in the affected area. When residents sign up, they can receive emergency alerts via text message, phone call, and/or email.

In the graphic to the right you can find out what types of notifications you can expect from the Carroll Alert system when you sign up. For more information about Carroll Alert and to opt-in to receive the mentioned messages, go to carrollalert.org or scan the QR code with your phone to be taken to the sign-up page.

RACK CARDS detailing the Carroll Alert sign-up process can be found at the Carroll County Government Office Building, Carroll County Public Libraries, Senior Centers, Sheriff's Office, Human Services Programs, Inc., Municipal Police Departments and Local Volunteer Fire Companies.

ARE YOU PREPARED?

IF WE
CAN'T
REACH
YOU



WE
CAN'T
ALERT
YOU

Carroll County Dept. of Public Safety is proud to provide a county-wide mass notification system, known as Carroll Alert. This system is able to send emergency information in the event of significant hazards to life and property specific to Carroll County, MD. After registration, alerts will be sent to the public with safety instructions and notices of nearby incidents that could impact the receiver of the message.

WHAT ALERTS WILL I GET?



EVACUATION



SHELTER IN
PLACE



HAZARDOUS
MATERIALS



POLICE ACTIVITY



MISSING
PERSON



DAM
EMERGENCY

HOW CAN I BE REACHED?



VOICE CALL



TEXT
MESSAGE



EMAIL



MOBILE
APP

Sign up using your smartphone by taking a picture of our QR code below.



Please note that not all smartphones will automatically direct you to the registration page. You may need to download an application for reading QR codes.

2 Develop a Family Emergency Plan

There may be a possibility that your family could be separated when an emergency or disaster strikes, so it's important to plan for how you will contact one another and review what you will do in different situations.

- Consider a plan where each family member calls, emails, or sends a text message to the same individual (friend or relative) during an emergency.
- Consider using an out-of-town contact instead of someone nearby.
- Develop an emergency contact list with the selected individuals your family wishes to contact and make copies so that all members can carry it on their person.
- Remember that text messages may go through even when the phone system is overloaded.
- Determine the best evacuation routes from your home as well as the best exits in your home.
- Establish multiple meeting places so that your family can regroup if separated during an emergency.
- You can find a ready to fill out sample Family Emergency Communications Plan at www.ready.gov.



PRACTICE! PRACTICE! PRACTICE!

Hold frequent family meetings to discuss your plan and practice drills.

Keeping Children Calm

Parents and caretakers should have patience and understanding towards a child who is having difficulty coping with an emergency. Young children can feel vulnerable and frightened during these situations. It is important to consider how your children might react in a disaster and how the crisis could affect their emotional and physical well-being. Here is a list of tips to help you keep children calm during any incident:

- Involve children in emergency planning, such as checking supplies in your emergency supply kit.
- Be sure to have entertainment available such as board games, books, and hobby items.
- Have their favorite toy, stuffed animal or blanket nearby to help children feel more secure.
- Help reduce your children's fears by remaining calm yourself.
- Be alert for symptoms of anxiety such as stomachaches, headaches, irritability, agitation, inattention/poor focus, fear and sadness.
- Repeatedly reassure your children and address their concerns.
- Encourage them to talk and ask questions, but limit discussion to basic facts.
- Be honest with children about the associated dangers of the emergency. Reassure them that you are focused on their safety.



3

Create an Emergency Supply Kit

The following checklists include some basic items that should be included in your Emergency Supplies Kit. Your kit may include additional items, depending on the needs of your family.



Household Checklist

- 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
- Prescription medications and glasses
- Whistle to signal for help
- Matches in a waterproof container
- Fire extinguisher
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Household chlorine bleach and medicine dropper (When diluted nine parts water to one-part bleach, bleach can be used as a disinfectant. Do not use scented, color safe or bleaches with added cleaners.)
- Personal hygiene products
- Garbage bags and plastic ties for personal sanitation
- Extra clothing and shoes
- Sleeping bag and blanket
- Multi-purpose tool and scissors
- Can opener for food (if kit contains canned food)
- Electronic chargers
- Extra cash
- Local maps

Consider the needs of all family members and add these supplies if applicable to you:

- Medical supplies (ex: hearing aids, medicine dropper)
- Infant supplies (ex: food, bottles, formula and diapers)
- Entertainment for children (ex: puzzles, games, coloring book)



Car Checklist

- Spare tire, wheel wrench and tripod jack
- Jumper cables, tool kit or a multipurpose utility tool
- Flashlight, extra batteries and car charger for cell phone
- Reflective triangles, flares, fire extinguisher
- First aid kit and a compass
- Water, one gallon of water per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply, non-perishable
- Reflective vest in case you need to walk to get help as well as a rain poncho
- Identification



Important Document Checklist

- Emergency Contact Information
- Medication list and pertinent medical information
- Proof of address, deed/lease to home
- Social Security cards
- Passports, birth certificates
- Insurance policies
- Bank account records

4



Create a Plan to Shelter-in-place

There may be some situations, depending on your circumstances and the nature of the emergency, when it is best to stay where you are by “sheltering in place.” If you are told to shelter in place, you can utilize the supplies contained in your emergency supplies kit to help you remain safe and as comfortable as possible in your home. Stay indoors and go to an area of the house that is appropriate based on the danger until authorities say it is safe to do otherwise.

- Close and lock all windows and doors.
- Seal all gaps around windows and under doorways with wet towels or thick tape.
- Close all fireplace dampers.
- Turn off all ventilation systems.
- Listen for information via radio, TV, Internet and Carroll Alert.



Create a Plan to Evacuate

There may be other times where you may need to evacuate your home, workplace or school. An evacuation may occur because of a fire, flooding, hazardous materials incidents, or other emergencies. If an evacuation is called for in your neighborhood, information will be provided by local officials through Carroll Alert, radio, television, social media and other methods. Carroll County Government and other agencies may set up an emergency shelter, if necessary. The amount of time you must be evacuated will depend on the hazard. Many disasters allow no time for people to gather necessities, which is why planning is essential. Here is a list of guidelines and tips to help you and your family plan for a potential evacuation:



- Choose several destinations in different locations, so you have options and know the evacuation routes ahead of time.
- Make sure you have reliable transportation. If you do not, make plans with relatives, friends or neighbors.
- Take your emergency supply kit and pet emergency kit if necessary.
- Put your Family Communications Plan into effect.
- Listen for information via radio, TV, Internet, and Carroll Alert.
- Leave early to avoid traffic or severe weather.
- Before leaving your home, lock all doors and windows, and unplug appliances.
- Follow recommended evacuation routes.
- Plan for the possibility that an evacuation may result in you and your family members being separated.
- Emergency shelters may be set up. Listen for important information and location.

Individuals with Access and Functional Needs Must Have a Plan

For elderly individuals or those who have physical, medical, sensory and cognitive disabilities, emergencies pose a unique challenge. These individuals, or their caregivers, must plan to address their specific needs before emergencies occur. There are many actions that people with disabilities, their family or caregivers can take to benefit them when disaster strikes!



Develop a Personal Support Network

Often known as a “self-help team,” these networks can help you identify and get the resources you need to prepare for emergencies as well as assist you after an emergency happens.

Your network should include the places where you spend most of your time such as your home, school, workplace or other sites. Members within your network should be individuals you trust to help you in times of crisis such as relatives, neighbors, friends or co-workers.

Those in your network should understand your capabilities and needs and be able to help you without problems. Your network should include a minimum of three people. Never rely on only one person!



COMPLETE A PERSONAL ASSESSMENT

Determine what you will be able to do for yourself and what assistance you may need before, during and after a disaster.

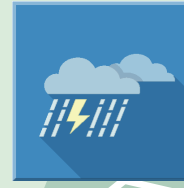
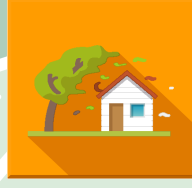
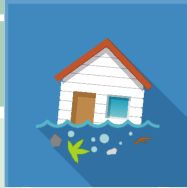
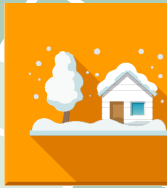
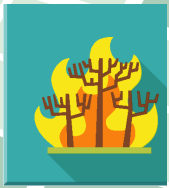
Identify your capabilities and limitations.

Make a list of your needs and your resources for meeting them in an emergency.

Below is a list of some questions to think about when completing your personal assessment:

-  Do you need assistance with personal health care, such as bathing and taking medication?
-  Do you have equipment that depends on electricity? If so, do you have a safe alternative power supply?
-  Do you need a specially equipped vehicle or accessible transportation?
-  Will you be able to evacuate a building independently?
-  Will you be able to communicate with emergency services independently?
-  What will you do if ramps are damaged or exits such as elevators are disabled?
-  Will you be able to care for your service animal (feed, shelter, medication and first aid, etc.) during and after a disaster?
-  If you use a mobility aid, such as a wheelchair, are all exits from your home accessible?

Develop an Emergency Plan



Identify the hazards likely to affect your home and community.

Make an emergency supply kit and include items that address your specific needs (refer to page 3.)



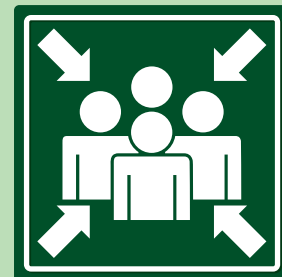
Establish a means of communications with an out-of-town contact instead of someone nearby.



Keep your records in a waterproof container with your emergency supplies, so you can take it in case you must evacuate.



Determine all possible evacuation routes available in your area/home.



Determine a location where you will meet with those in your personal support network after an emergency or evacuation.

PET Preparedness

A significant number of families have pets and they are a part of the family. They need to be ready for a disaster too: take simple steps now so they are prepared.



How to Prepare Before a Disaster

Not all shelters will accept pets, plan in advance for shelter options that will work for both you and your pets.



Develop a buddy system with neighbors or friends to make sure that someone is available to care for your pets if you are unable to do so.



Assemble an emergency kit for your pet.



Large Animals

* Feed, supplements, and water for seven days (7)

* Medications and veterinary records

* First Aid Kit

* Leg wraps and quilts

* Dry bedding

* Flashlight with batteries

* Waste disposal supplies

* Leather gloves

* Grooming brushes

* Hoof supplies: rasp, picks, knives

* Non-nylon halters and leads

* Nose leads and rope

What Goes in Your Pet Emergency Kit:



- * Food and water for three days (3)
- * Bowls, manual can opener
- * Medicines, medical records, and first aid kit
- * Crate or pet carrier
- * A picture of you and your pet
- * Important documents, registrations and vaccinations
- * Familiar items: favorite toys, treats and bedding
- * Plastic bags/litter for cleaning up after your pet

What to Do During a Disaster

Bring your pet inside immediately

Separate dogs and cats. Anxiety may affect their behavior

Feed them moist or canned food so they will need less water to drink.

Have extra newspapers for sanitary reasons.



Pet Preparedness

In an emergency, your pets will be dependent on you more than ever; therefore, your family must include them into your emergency plan to ensure their safety. If you abandon your pets during times of crisis, they may become lost, injured or worse. Don't let your pets be an afterthought! Incorporate your furry friends into your family's preparedness plans today.

- Identify which friends, relatives, boarding facilities, animal shelters or veterinarians can care for your pet during an emergency. Prepare a list with phone numbers.
- Make an evacuation plan for you and your pets. Not all shelters will accept pets, so plan for shelter options that will work for both you and your pets.
- Assemble an emergency kit for your pet.
- If you have not done so already, consider having your pet microchipped.
- Make sure that your pets' vaccinations are current and that they're wearing collars with up-to-date identification. Many pet shelters require proof of current vaccinations to reduce the spread of diseases.
- Obtain an emergency pet rescue sticker to communicate the presence of your pet in your home to emergency service personnel. These stickers are free and can be picked up at the Humane Society of Carroll County, at any of their outreach events, or outreach events held by the Carroll County Fire Prevention Ambassadors.

**In case of emergency
PLEASE SAVE
OUR PETS!**

Dogs Cats Birds
Other



Large Animals and Live Stock

If you have large animals or livestock such as horses, cattle, sheep, goats, pigs or chickens on your property, be sure to prepare them before a disaster just as you would with household pets. Large animals and livestock must be considered when preparing for emergencies due to their size, shelter, and transportation needs.

- Ensure all animals have some form of identification.
- Evaluate the stability and safety of barns and other structures that house your animals.
- Remove debris and dead tree limbs from nearby pastures.
- Determine all evacuation routes from your property.
- Develop an evacuation plan for all your animals and practice the plan.
- Evacuate animals when possible.
- Be sure to have vehicles and trailers readily available that can transport large animals.
- If evacuating is not feasible, determine the safest shelter option depending on the emergency or turn them outside.
- Take inventory of all species, number and locations of your animals.

Ensure your livestock have the following help to combat cold-weather risk:

- Dry bedding to insulate sensitive areas on your animals such as udders, genitals and legs from the wind and frozen ground.
- Sufficient food and water.

Make Your Business Resilient

Roughly 40 to 60 percent of small businesses never reopen their doors following a disaster. But you can.



How to Be Prepared



Make an evacuation plan and exercise it regularly



Know how you'll notify your employees, customers, and stakeholders of an emergency



Have redundancy for key resources like power, equipment, and supplies



Create a Business Continuity Plan to become operational again quickly

Be Prepared for Everyday Disasters



Burst pipes



Server failure



Fires



Flu

Have a Continuity Plan



1 in 5 companies spend no time maintaining their plan.



Following a disaster, 90% of smaller companies fail within a year unless they can resume operations within 5 days.



Meanwhile, 20% of larger companies spend over 10 days per month on their continuity plans.

Disaster Recovery Plan:

IMPORTANT RECORDS



Insurance policies, contracts, employee records

IT REDUNDANCY



Installation disks, software licensing keys, hardware inventory with serial numbers, and equipment

EMERGENCY SUPPLIES



Cash, water, first aid kit, paper towels, garbage bags, battery-powered radio, 3-day supply of non-perishable food, etc.

Emergency Kits for Employees

Encourage your employees to have grab-and-go emergency kits at the office, in the event of a disaster during the work day:



Include a small first aid kit, cash, energy bars, bottle of water, phone charger, etc.

Chapter 2

Natural Emergencies



BE READY! FLOODS

DURING

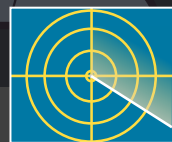
Unplug appliances to prevent electrical shock when power comes back on.

Do NOT drive or walk across flooded roads. Cars and people can be swept away.

Gather emergency supplies and follow local radio or TV updates.

WEATHER ALERT!

RECOGNIZE FLOOD RISK



- Identify flood-prone or landslide-prone areas near you.
- Know your community's warning signals, evacuation routes, and emergency shelter locations.
- Know flood evacuation routes near you.

When power lines are down, water is in your home, or before you evacuate, TURN OFF gas, power, and water.

Tie down or bring outdoor items inside.

Throw away items that cannot be disinfected, like wall coverings, cloth, rugs, and drywall.

PRACTICE SAFE HYGIENE



Wash hands with soap and water to help prevent germs.



Listen for information from your local officials on how to safely use water to drink, cook, or clean.

AFTER

Use fans, air conditioning units, and dehumidifiers for drying.

For cleanup, wear rubber boots and plastic gloves.

Clean walls, hard floors, and other surfaces with soap and water. Use a mixture of 1 cup bleach and 1 gallon water to disinfect.

Caution! Flood water may contain trash.







For more information visit <http://emergency.cdc.gov/disasters/floods/>








Flooding

Flooding is a rise of water along a stream, river or low lying area. Flooding can develop anywhere; therefore, no one is in a flood-proof area. Flooding can occur over several days or develop rapidly, which is also known as a “Flash Flood.”






BEFORE FLOODING

-  Avoid building in a floodplain.
-  Review your family emergency/communications plan.
-  Review your evacuation routes.
-  If possible, construct barriers to stop floodwater from entering the building and seal walls in basements with waterproofing compounds.

DURING FLOODING

-  **Turn Around, Don't Drown!** Avoid driving through a flooded roadway. The depth of the flood is not always known, and/or the road may fail when driven on.
-  Never attempt to cross, swim or play in flood waters. You may not be able to determine how fast the water is moving or if debris is present under the surface.
-  Avoid floodwaters entirely; water may be contaminated by hazardous materials such as gasoline or sewage and may be electrically charged by downed wires.
-  Immediately move to higher ground and away from the source of flooding.
-  If your vehicle is trapped in moving water, then stay inside. If water is rising inside the vehicle, carefully exit on to the roof.

AFTER FLOODING

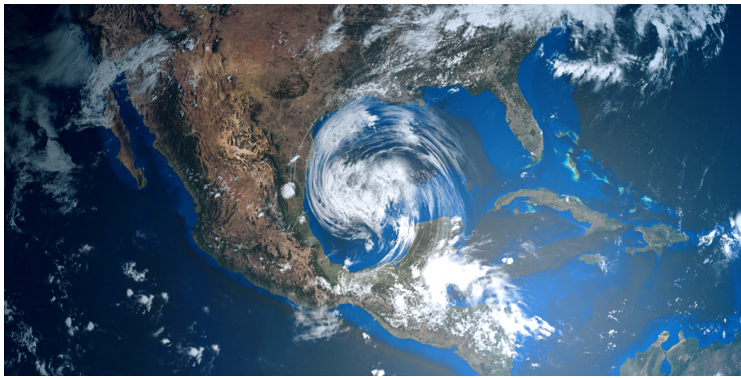
-  Return home only when authorities indicate it is safe.
-  Use extreme caution in areas where flood waters have receded. There may be hidden damage to buildings or roadways, **particularly in foundations.**
-  Stay out of any building if floodwaters surround it.
-  If fresh or canned foods have been in contact with flood waters, throw them out.
-  Take steps to reduce your risk for future floods.



TERMS TO KNOW

Flood or Flash Flood Watch - flooding or flash flooding is possible in your area.











Flood or Flash Flood Warning - flooding is expected or is already taking place in your area.







Hurricanes

Hurricanes are storms that form over the ocean and move towards the land that have reached constant wind speeds of 74 miles per hour or more. These winds blow in a large spiral around a relatively calm center known as the “eye.” The “eye” is generally 20 to 30 miles wide, and the storm may extend outward 400 miles. Threats that result from hurricanes include high winds, heavy rainfall, storm surge, and flooding.



BEFORE A HURRICANE

-  Turn on your TV or radio to receive the latest weather updates or emergency instructions.
-  Restock on essential items for at least three days, such as nonperishable foods, water, medications, flashlight, batteries, cash, and first aid supplies.
-  Ready your emergency supply kit.
-  Review your family emergency and communications plan.
-  Review evacuation routes.
-  Make sure emergency equipment such as cell phones, flashlights, generators, and a battery-powered NOAA weather radio is in working condition and is charged.
-  Turn your refrigerator or freezer to the coldest setting and only open when necessary. This will help to ensure food will not spoil fast.
-  Bring in all loose, lightweight objects from outside (e.g., furniture, garbage cans, grills); anchor objects that are unsafe or not easily moveable (e.g., propane tanks).
-  Trim trees and shrubbery close to your home.
-  Fully fuel and service your vehicles and ready your vehicle’s emergency supply kit.

DURING A HURRICANE

-  Listen to your TV or radio to receive the latest weather updates or emergency instructions.
-  If advised to evacuate, do so immediately.
-  If sheltering-in-place, move to a small interior windowless room or hallway on the lowest floor not subject to flooding.
-  Be alert for the “eye” of the storm. It may seem like the storm is over but after the eye passes, the winds will change direction and quickly return to hurricane force.

AFTER A HURRICANE

-  Continue to listen to your TV or radio for informational updates.
-  If evacuated return home only when authorities indicate it is safe and do not enter your home if you find damage to it. Call a building inspector to make sure it is safe.

Category	Wind Speed (mph)	Damage at Landfall	Storm Surge (feet)
1	74-95	Minimal	4-5
2	96-110	Moderate	6-8
3	111-130	Extensive	9-12
4	131-155	Extreme	13-18
5	> 155	Catastrophic	19+

TERMS TO KNOW

Hurricane or Tropical Storm Watch - Hurricane conditions are possible within the specified area. The watch is issued 48 hours in advance of anticipated onset of tropical-storm-force winds.






Hurricane or Tropical Storm Warning - Hurricane conditions are expected in the specified area. The warning is issued 36 hours in advance of anticipated onset of tropical-storm-force winds.






Thunderstorms & Lightning

Thunderstorms are storms characterized by the presence of lightning and its acoustic effect on the Earth's atmosphere, known as thunder. These storms often occur suddenly and can present a variety of hazards in addition to lightning such as heavy rains, hail, and wind. Thunderstorms are a common hazard in Carroll County.

BEFORE A THUNDERSTORM

-  Review your family emergency and communications plan.
-  Postpone outdoor activities.
-  Unplug electronic devices and appliances.
-  Secure outdoor objects.
-  Consider purchasing surge protectors or lightning protection systems to protect your home and electronics.

DURING A THUNDERSTORM




-  **When thunder roars, go indoors!** A sturdy building or hard top vehicle are the safest places in thunderstorms.
-  Listen to your TV or radio to receive the latest weather updates or emergency instructions.
-  Avoid using landline phones or running water.

TERMS TO KNOW

Severe Thunderstorm Watch - Severe thunderstorms are possible in and near the watch area. Stay informed and be ready to act if a severe thunderstorm warning is issued.

Severe Thunderstorm Warning - Severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property. Take shelter in a sturdy building. Get out of mobile homes that can blow over in high winds.






AFTER A THUNDERSTORM

-  Listen to authorities and weather forecasts for information on potential flash flooding.
-  Wait 30 minutes after the storm to resume outdoor activities.
-  Do not call 9-1-1 to report a power outage or wires down unless the situation poses an immediate threat to life or safety. Avoid downed power lines and instead call your electricity provider:

Potomac Edison: 1-888-LIGHTS (1-888-544-4877)

BG&E: 877-778-2222

Understanding Severe Thunderstorm Risk Categories

THUNDERSTORMS (no label)	1 - MARGINAL (MRGL)	2 - SLIGHT (SLGT)	3 - ENHANCED (ENH)	4 - MODERATE (MDT)	5 - HIGH (HIGH)
No severe* thunderstorms expected	Isolated severe thunderstorms possible	Scattered severe storms possible	Numerous severe storms possible	Widespread severe storms likely	Widespread severe storms expected
Lightning/flooding threats exist with all thunderstorms	Limited in duration and/or coverage and/or intensity	Short-lived and/or not widespread, isolated intense storms possible	More persistent and/or widespread, a few intense	Long-lived, widespread and intense	Long-lived, very widespread and particularly intense
					






* NWS defines a severe thunderstorm as measured wind gusts to at least 58 mph, and/or hail to at least one inch in diameter, and/or a tornado. All thunderstorm categories imply lightning and the potential for flooding. Categories are also tied to the probability of a severe weather event within 25 miles of your location.



National Weather Service
www.spc.noaa.gov



Tips for lightning safety:





-  Avoid natural lightning rods such as a tall, isolated tree in an open area.
-  If caught outside seek shelter in low areas such as a ravine or valley.
-  If in a forest, seek low areas under a thick growth of small trees.
-  If in open water, get to land and seek shelter immediately.
-  Avoid contact with anything metal.



Tornadoes

A tornado is a violently rotating, funnel-shaped cloud that extends to the ground with winds that can reach 200+ miles per hour. Damage paths can extend one mile wide and be 50 miles long. Tornadoes can accompany thunderstorms, or hurricanes as they move onto land. Some tornadoes are visible, while rain or nearby low-hanging clouds obscure others. Occasionally, tornadoes develop so rapidly that little to no warning is possible.





BEFORE A TORNADO

-  Turn on your TV or radio to receive the latest weather updates or emergency instructions.
-  Ready your emergency supply kit.
-  Review your family emergency and communications plan.
-  Be alert for dark, greenish skies, rotation in the cloud base, whirling debris, and a loud, continuous roar similar to a freight train.






Enhanced Fujita Scale

EF-0	65–85 mph winds
EF-1	86–110 mph
EF-2	111–135 mph
EF-3	136–165 mph
EF-4	166–200 mph
EF-5	>200 mph





DURING A TORNADO

-  Go to an interior room, bathroom, basement or the lowest level of the building, away from outside walls, corners, windows, and doors.
-  If possible, take cover under a sturdy object such as a table.
-  Take a battery-operated radio with you so you can listen for official information.
-  Watch out for flying debris, which can cause fatalities and other severe injuries.

If you are not in or near a sturdy building:

-  Immediately get into a vehicle, buckle your seat belt and try to drive to the closest sturdy shelter.
-  To take shelter in a vehicle, buckle the seat belt and cover your head with your arms and another cushion if possible. Mobile homes are NOT safe during tornadoes, get out and seek sturdier shelter.
-  If you are caught outside lie in an area noticeably lower than the level of the roadway and cover your head with your arms.
-  Do not get under an overpass or bridge. You are safer in a low, flat location.
-  Never attempt to out-drive a tornado.

AFTER A TORNADO

-  Continue to listen to your TV or radio to receive the latest weather updates or emergency instructions.
-  If you are trapped, cover your mouth with a cloth or mask to avoid breathing dust. Try to send a text, bang on a pipe or wall, or use a whistle instead of shouting.
-  Stay clear of fallen power lines.
-  Do not enter damaged buildings until you are told that they are safe.

TERMS TO KNOW

Tornado Watch - Weather conditions are capable of producing tornadoes.

Tornado Warning - A tornado is occurring or will occur shortly. **SEEK SHELTER NOW!**



Winter Storms and Extreme Cold

Winter storms and extreme cold can occur throughout the winter months in Carroll County. Severe winter storm conditions typically are a result of “Nor’easters,” which have the power to bring tropical storm or hurricane force winds. In addition to freezing temperatures and winds, many winter storms are accompanied by heavy snow, ice, sleet, and freezing rain. Severe winter weather has the potential to knock out heat, power, and communications services to your home or office, sometimes for extended periods of time.

BEFORE WINTER STORMS AND EXTREME COLD

- ☞ Turn on your TV or radio to receive the latest weather updates or emergency instructions.
- ☞ Pre-treat your walkways and driveway with rock salt to mitigate the potential for ice formation.
- ☞ Add rock salt, snow shovels, and blankets to your emergency supply kit.
- ☞ Update your vehicle’s emergency supply kit with winter gear.
- ☞ Learn the signs and basic treatment for frostbite and hypothermia. For more information: <https://www.cdc.gov/disasters/winter/staysafe/hypothermia.html>

DURING WINTER STORMS AND EXTREME COLD

- ❄ Stay indoors if possible.
- ❄ If using an alternate heat source, make sure it is properly ventilated to avoid carbon monoxide poisoning. Always follow manufacturer’s instructions.
- ❄ Be alert for signs of frostbite and hypothermia.
- ❄ Check on your neighbors. Both the elderly and young children are at increased risk during winter storms and extreme cold.

Limit your time outdoors. If you must go out:

- ❄ Wear several layers of clothing to maintain body heat.
- ❄ Walk carefully on snowy, icy, walkways.
- ❄ Avoid overexertion when shoveling snow. Overexertion can bring on a heart attack—a major cause of death in the winter. Use caution, take breaks, push the snow instead of lifting it when possible, and lift lighter loads.
- ❄ Keep dry. Change wet clothing frequently to prevent a loss of body heat. Wet clothing loses all its insulating value and transmits heat rapidly.

Only drive if it is necessary. If you must drive:

- ❄ Travel during the day.
- ❄ Avoid traveling alone.
- ❄ Keep others informed of your schedule.
- ❄ Stay on main roads and avoid back road shortcuts.

AFTER WINTER STORMS AND EXTREME COLD

- 🏠 Assist neighbors who may need assistance, such as the elderly, people with infants or those with access or functional needs.
- 🏠 Avoid overexertion when removing snow.
- 🏠 Wear several layers of clothing when outdoors.
- 🏠 Be alert for signs of frostbite and hypothermia.
- 🏠 Watch out for “Black Ice,” which is patchy ice on roadways that cannot easily be seen. Despite roadways having been cleared of snow following a storm, any water left on the roadways may freeze again, resulting in a clear sheet of ice.

Keeping Safe and Warm During Extended Power Outage

Extended power outages may cause a loss of heat for families that use electric appliances to heat their homes. If you need to stay warm:

Select a single room in the home in which the entire family can group together; ideally a room that gets sunlight.

Wear several layers of clothing to maintain body heat.

Use fireplaces and wood-burning stoves with care and **always supervise them when burning.**

Kerosene heaters should always be used in a well-ventilated room, and never refueled inside the home/attached garage.

Keep all types of heaters at least 3 feet away from items that can burn.

Never use gas ovens, stovetops, or grills to heat your home. They pose a fire and carbon monoxide hazard.

Warming Centers

During periods of extreme cold, warming centers may be opened in strategic locations throughout Carroll County to provide residents with a place to seek refuge from severely cold conditions. Information about warming center locations and hours will be provided to the community via radio, television, social media and other appropriate media outlets.



If your heating goes out:

- Close doors to unoccupied rooms to avoid wasting heat.
- Close blinds or curtains to keep in some heat.
- Eat and drink. Food provides the body with energy for producing its own heat. Drink lots of water and other noncaffeinated, non-alcoholic drinks to prevent dehydration.
- Wear layers of loose-fitting, lightweight, warm clothing. Remove layers to avoid overheating, perspiration and subsequent chill.

BUILDING AN EMERGENCY SUPPLY KIT FOR YOUR CAR

WHY?
BECAUSE YOU NEVER KNOW WHEN YOU WILL ENCOUNTER WINTER WEATHER OR AN EMERGENCY ROAD CLOSURE.

- CELL PHONE, CHARGER
- FIRST AID KIT
- JUMPER CABLES
- FLARES
- WATER, SNACKS
- FULL TANK OF GAS
- FLASHLIGHT
- TOW ROPE
- BOOTS, GLOVES, WARM CLOTHES
- BLANKET
- SHOVEL, ICE SCRAPER, SNOW BRUSH
- BAG OF SAND OR CAT LITTER
- TIRE CHAINS OR SNOW TIRES

Source: How to Prepare for a Winter Storm, America's PrepareAthon!, www.ready.gov/prepare

If your vehicle becomes stuck during a winter storm:

- Carefully check your vehicle's exhaust and clear it of any snow and/or ice. This will prevent carbon monoxide from leaking into the passenger cabin when running the engine.
- Run the engine for about 10 minutes each hour for heat.
- Crack the window slightly to allow fresh air into the cabin while running the engine for heat.
- Turn on dome light at night when running engine to allow rescuers to see you.
- If possible, tie a bright colored piece of fabric to antenna or door to signal for help.



Carroll County Snow Removal

Primary county roads and major residential neighborhood streets are the concentrated areas that are plowed first.

If you do not live on a primary county road or major residential street, please remain patient until County roads crews have had an opportunity to plow the roads in your neighborhood.

If you cannot wait until the County can remove the snow, here are some tips for you to remember:

Whenever possible, please park your vehicle(s) in your driveway and not on the road.

If you park at the end of the driveway, please be certain that the vehicle does not hang out into the road. This will ensure that road crews can maneuver through the streets without obstruction.

Parking vehicles in the street during and after a snow event is the most common cause of delays in clearing the road. If the road is free of vehicles, the County can perform their normal operations and will not need to repeat routes after the storm.

When clearing your driveway, please throw the snow to the right side of the driveway (as you work down from your house to the roadway, facing the street). This will reduce the amount of snow that is pushed into your driveway when the plows pass through your neighborhood.

Remember, it is unlawful to throw snow into the roadway. This is dangerous and will cause additional delays in the snow removal operation.



TERMS TO KNOW

Winter Storm Watch – Snow, sleet, or ice possible. Issued 12 to 36 hours in advance of a potential severe storm.

Winter Storm Warning – Snow, sleet or ice expected. Confidence is high that a winter storm will produce heavy snow, sleet, or freezing rain and cause significant impacts.

Winter Weather Advisory – Winter weather conditions are expected to cause significant inconveniences and may be hazardous.

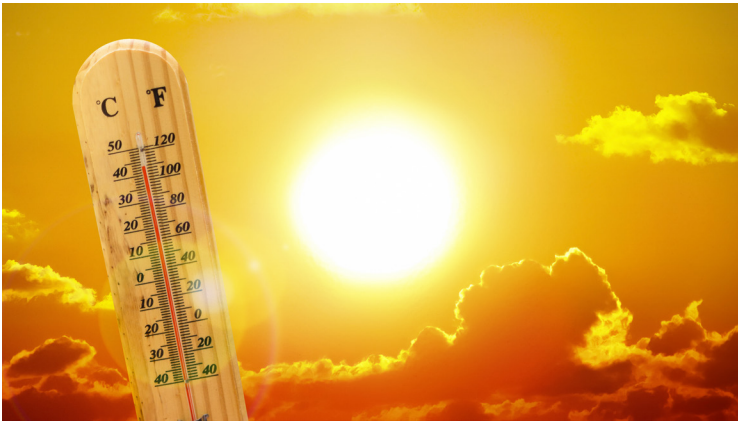
Blizzard Warning – Sustained winds or frequent gusts to 35 miles per hour or greater and considerable amounts of falling or blowing snow are expected to prevail for a period of 3 hours or more.

Freezing Rain – Rain that freezes when it hits the ground; creating a coating of ice on roads, walkways, trees and power lines.

Sleet – Rain that turns to ice pellets before reaching the ground. Sleet also causes moisture on roads to freeze and become slippery.

Wind Chill - A measure of how cold people feel due to the combined effect of wind and cold temperatures.





Extreme Heat

Severe heat, often combined with high humidity during the summer, can create serious health risks. The elderly, infants, and those with certain chronic illnesses, such as asthma, are particularly at risk, especially if air conditioning is not available.

BEFORE EXTREME HEAT

- Turn on your TV or radio to receive the latest weather updates or emergency instructions.
- Learn of the places in your community where you can seek refuge from the heat.
- Prepare your home for the heat by using cooling measures such as:
 - Cover windows with drapes or shades.
 - Use window reflectors, such as aluminum foil, to reflect heat outside.
 - Use attic fans to clear hot air.
- If your home does not have central air conditioning, install window air conditioners and insulate around them.
- Learn the signs and basic treatment of heat cramps, heat exhaustion, and heat stroke. For more information: <https://www.cdc.gov/disasters/extremeheat/warning.html>

DURING EXTREME HEAT

- Avoid overexertion. Strenuous activities should be reduced, eliminated, or rescheduled to the coolest time of the day.
- Wear loose, lightweight, light-colored clothing to reflect heat and sunlight and help to maintain normal body temperatures.

- Drink plenty of water, even if you do not feel thirsty. Avoid drinks with sugar, caffeine or alcohol.
- Be alert for signs of heat cramps, heat exhaustion, and heat stroke.
- Check on your neighbors. The elderly and young children are at higher risk during extreme heat events.
- Limit time outdoors and spend more time in air conditioned places. If you cannot find immediate air conditioning, find a shaded area.
- Do not use electric fans when the temperature outside is more than 95 degrees, as this could increase the risk of heat-related illnesses.

Never leave adults, children or pets in vehicles!

AFTER EXTREME HEAT

- Assist neighbors who may need assistance, such as the elderly, people with infants or those with access or functional needs.
- Avoid overexertion when outdoors.
- Drink plenty of water to avoid dehydration.
- Wear loose, lightweight, light colored clothing when outdoors.

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses 		<h2>CALL 9-1-1</h2> <ul style="list-style-type: none"> • Take immediate action to cool the person until help arrives

The background of the slide is a vibrant, blue-toned microscopic scene filled with various types of microorganisms. In the foreground, a large, detailed red virus with numerous spike-like protrusions is the central focus. Surrounding it are many other smaller, diverse organisms, including spherical bacteria, elongated bacilli, and complex, multi-lobed structures, all rendered in shades of red, green, and blue. The overall effect is a dense, colorful field of life at the cellular level.

Chapter 3:

Technological & Other Hazards

FOOD SAFETY BEFORE, DURING AND AFTER A POWER OUTAGE

Know how to keep food safe before during and after emergencies. Hurricanes, tornadoes, winter weather and other events may cause power outages. Follow these tips to help minimize food loss and reduce your risk of foodborne illness.

BEFORE

PLAN AHEAD (IF YOU CAN) ...

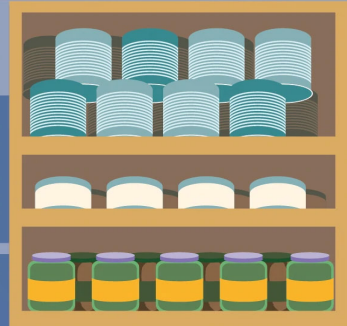


Put **appliance thermometers** in your refrigerator and freezer.

Keep **freezer 0°F** or below



Group foods together in the freezer to help food stay colder longer.



Store nonperishable foods on higher shelves to avoid flood water.



Freeze **containers of water and gel packs** to help keep food cold if the power goes out.

Refrigerator **40°F** or below

Freeze refrigerated items such as leftovers, milk, and fresh meat and poultry that you do not need immediately.

If you think power will be out for an extended period of time, buy **dry or block ice** to keep the fridge or freezer cold.



DURING

WHILE THE POWER IS OUT ...



Keep the refrigerator and freezer doors closed **to maintain cold temperature.**



IF DOORS STAY CLOSED ...

... a full freezer will hold its temperature for

48 HOURS

24 HOURS

if half-full

... a fridge will keep food safe for

4 HOURS

AFTER

ONCE THE POWER IS BACK ON ...

WHEN IN DOUBT, THROW IT OUT!



Check the temperature inside of your refrigerator and freezer. If they're still at safe temperatures, your food should be fine.



Never taste food to **determine its safety!**

WHAT CAN I KEEP?

The following foods are safe if held above 40 °F for more than 2 hours:



Hard cheeses (Cheddar, Colby, Swiss, Parmesan, Provolone, Romano)



Grated Parmesan, Romano, or combination (in can or jar)



Butter or margarine



Opened fruit juices



Opened canned fruits



Jelly, relish, taco sauce, mustard, ketchup, olives, pickles



Worcestershire, soy, barbecue, and Hoisin sauces



Peanut butter



Opened vinegar-based dressings



Bread, rolls, cakes, muffins, quick breads, tortillas



Breakfast foods (waffles, pancakes, bagels)



Fruit pies



Fresh mushrooms, herbs, and spices



Uncut raw vegetables and fruit

WHAT SHOULD I THROW OUT?



Meat, poultry or seafood products



Soft cheeses and shredded cheeses



Milk, cream, yogurt, and other dairy products



Opened baby formula



Eggs and egg products



Dough, cooked pasta



Cooked or cut produce



REFREEZE FOOD THAT STILL CONTAINS ICE CRYSTALS OR IS AT 40°F OR BELOW.



For more food safety tips, go to FoodSafety.gov



Power Outage

Disruption of electrical service can occur as a result of many things, including lightning, high winds, ice and heavy snow, and equipment failure. Usually, service is restored in a short period of time; however, major power outages can happen for extended periods of time as well. A power outage may disrupt communications, the economy, and public health and safety.

BEFORE A POWER OUTAGE

- Take an inventory of the items you need that rely on electricity.
- Talk to your doctor about a power outage plan for medical devices powered by electricity and refrigerated medicines.
- Consider the purchase of a generator and batteries as other alternatives for electrical power.
- Make sure all electronic devices such as cell phones, are fully charged.
- Be sure to have flashlights and batteries included in your emergency supply kit.

DURING A POWER OUTAGE

- Check to see if your neighbors have power. The power outage may only be affecting your home or may be a blown fuse or a tripped circuit. If your neighbors are also without service, call your local power company.
- Use flashlights. **DO NOT** use candles or kerosene lamps - they can create a safety hazard.
- Turn off all appliances, including your furnace, air conditioner, and water heater to avoid overloading circuits.

- Leave one lamp on so you will know when your service is restored.
- Portable emergency generators can be used to provide limited electrical power during an outage. **NEVER** fuel or run a portable generator inside a home, garage or other building, as gas-powered generators pose a carbon monoxide threat. Always operate according to the manufacturer's instructions.
- To protect your food, keep refrigerator and freezer doors closed as much as possible. Food can stay frozen for 36 hours or more in a full freezer if you keep the door closed. Consider freezing containers of water ahead of time. The blocks of ice will help keep your food frozen longer. For more information, please visit <https://www.fda.gov/food/buy-store-serve-safe-food/food-and-water-safety-during-power-outages-and-floods>.
- If necessary, use alternate sources of water until power is restored.

AFTER A POWER OUTAGE

- When in doubt, throw it out! Throw away any food that has been exposed to temperatures 40 degrees or higher for two hours or more.
- If the power outage lasts for more than a day, discard any refrigerated medications, unless the drug's label says otherwise. If a refrigerated drug is critical for life, consult a doctor or pharmacist for information on using it or receiving a new prescription as soon as possible.

DON'T FORGET...

Make provisions for special needs family members such as the elderly, disabled, medically affected, or infants.

If you or a member of your family is dependent on electric-powered medical equipment (respirator, ventilator, oxygen equipment, etc.) you will need to seek alternate arrangements in the event of an outage.

You should make appropriate arrangements such as having a portable generator, battery backup and a contingency plan that includes identifying places where to go for shelter or care in extreme emergencies.



Fire

Fires are one of the most common disasters to affect our community. House fires can develop rapidly, often harming life and property. But, unlike other disasters, most fires can be prevented with proper preparedness.

TO HELP PREVENT FIRES

- Regularly check electrical wiring and replace worn or frayed cords. Do not run extension cords under rugs.
- Do not overload circuits with too many appliances.
- Flammable liquids should be stored in approved containers. Never use flammable liquids indoors or near flames.
- Have fireplaces, furnaces, and stoves cleaned and inspected every year.
- When cooking, try to prevent grease from splashing and ensure you turn off all cooking appliances when finished.
- Do not use grills indoors or on balconies.
- Do not put paper, magazines, or other flammable materials near or on radiators, stoves, or fireplaces.
- If you are a smoker, try to smoke outdoors when you can. Use ashtrays when smoking indoors and ensure smoking materials are fully extinguished.
- Do not light candles near flammable objects such as table cloths and curtains.
- Ensure all candles are placed high enough so children and pets can not reach them and that they are extinguished when leaving your house or going to bed.

FIRE SAFETY

- Install smoke alarms inside and outside of each bedroom and on every floor of your home.

- Develop a safe escape route for your family in case of fire. Plan two ways of escape in the event one path is blocked by fire.
- Establish a meeting place outside for everyone.
- Conduct regular fire drills.
- Keep a fire extinguisher in your home.

IN CASE OF FIRE

- Stay low! If you are in bed, roll out and crawl on the floor under the smoke.
- Use the wall as a guide when escaping.
- Check the door for heat with the back of your hand before opening. Never open doors that are warm to the touch.
- If the door is hot or smoke is seeping underneath, seek another way out. If there is no second exit, place a blanket, towel, robe, or heavy clothing in the crack.
- Take short breaths and cover your nose and mouth with clothing or a towel to avoid breathing in fumes and smoke.
- While making your way out, you can signal to others in the home by pounding on walls or floors and shouting **"FIRE."**
- If firefighters are not at the scene, call or tell someone to call 911. **Do not go back inside to make the call!**
- If you have family or pets still inside your home, tell firefighters as soon as they arrive.



Smoke Alarms Tips:

- Check and replace batteries every six months. A good way to remember is to change the batteries every daylight savings time change. Some units will beep when the batteries need to be replaced.
- Clean the alarm regularly with a vacuum to keep out dust out
- Test the alarm monthly by pushing the test button
- Newer smoke alarms may have a 10-year battery that will not need to be replaced every six months. Make sure to check and see which type of smoke alarm you have, and always follow the manufacturer's instructions for battery replacement and testing.
- It is recommended that any type of smoke alarm be replaced every 10 years.
- Consider the needs of all members of your household. Install visual smoke alarms with audible or vibration alarms for any individuals in your family who are deaf or hard-of-hearing.

Fire Extinguishers:

Fire extinguishers are one element of a fire response plan, but the primary element is a safe escape. Use a portable fire extinguisher only when the fire is confined to a small area, not growing; all occupants have escaped; the fire department has been requested; and the room is not filled with smoke.

To operate a fire extinguisher, remember the word **PASS**:



- See <http://www.nfpa.org/public-education/by-topic/fire-and-life-safety-equipment/fire-extinguishers> for more information on fire extinguishers.



Carbon Monoxide

Known as the silent killer, Carbon Monoxide (CO) is an odorless, colorless, tasteless gas that is extremely dangerous. CO is produced when you burn fuels such as gasoline, natural gas, and propane. CO can build up indoors and poison people and animals who breathe it, potentially killing them in a short period of time. Protect yourself and your family from this silent killer by following these safety tips:

Before Carbon Monoxide Incidents/Exposures/Emergencies:

- Install CO detectors with battery backup inside and outside of each bedroom and on each floor of your home. For increased protection, establish interconnectivity between all monitors throughout your home so when one sounds, they all sound.
- Follow the manufacturer's instructions for placement and mounting height.
- Choose a CO detector that is listed by a qualified testing laboratory.
- Test CO detectors at least once a month; replace them according to the manufacturer's instructions.
- Have all your gas, oil, or coal-burning appliances serviced by a qualified technician every year.
- Make sure all gas appliances are vented properly.
- Never use a gas range or oven for heating purposes.
- Never burn charcoal indoors.
- Only use generators in a well-ventilated location outdoors. Never use a generator inside your home, basement, garage or closer than 20 feet from any window, door, or vent.
- If you need to run or warm a vehicle, remove it from the garage. Never run a vehicle or other fueled engine or motor indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not covered.

During Carbon Monoxide Incidents/Exposures/Emergencies:

- If the CO detector sounds, immediately exit the building to get outdoors for fresh air. Make sure all occupants inside have exited.
- Call 911 from a fresh air location and stay there until emergency personnel declares that it is safe to re-enter the building.
- During and after a snowstorm, make sure vents for the dryer, furnace, stove, fireplace, and your vehicle's exhaust pipe are clear of snow build-up.

After Carbon Monoxide Incidents/Exposures/Emergencies:

- Do not re-enter the structure until cleared to do so by emergency personnel.
- Maintain preventative measures to limit the possibility of a future carbon monoxide incident.

Fast Facts:

- According to the Centers for Disease Control and Prevention, more than 400 Americans die from unintentional CO poisoning not linked to fires, more than 20,000 visit the emergency room, and more than 4,000 are hospitalized.
- A small amount of CO can poison a person over a long period of time or large amount can poison someone over a short period of time.



Opioid Overdose

Drug overdose deaths have been on the rise in Carroll County and nationwide. Many of these deaths are related to opioid abuse. Opioids include prescription medications used to manage pain such as morphine, codeine, methadone, oxycodone, hydrocodone, fentanyl, hydromorphone, and buprenorphine, as well as illegal drugs such as heroin and other drugs combined with opioids such as fentanyl. Opioids negatively affect the area of the brainstem that regulates breathing, which causes a decrease in breathing, resulting in a lack of oxygen to the brain.

How to Prevent Opioid Misuse and Overdose

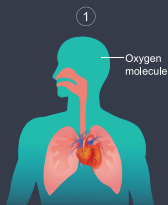
- Take medication only as prescribed; do not take more than instructed. Call a doctor if your pain worsens.
- Never mix pain medications with alcohol or sleeping medication.
- Store your medication in a safe place, out of the reach of children - preferably in a locked box and not in a medicine cabinet.
- Never use another person's prescription and never give your prescription medications to others.
- Dispose of unused medication promptly and at designated drop-off locations <http://www.clearthecabinet.com/secure-drop-box-locations/>

Be aware of the signs and symptoms of an Opioid Overdose:

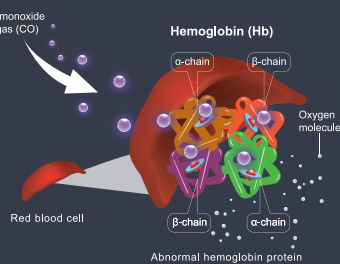
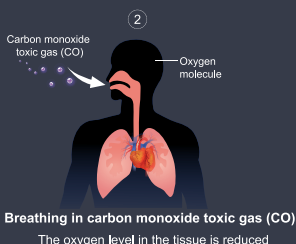
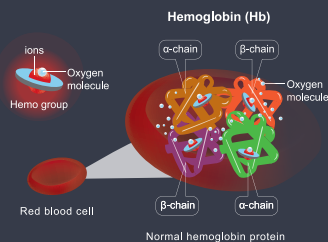
- Unconscious or altered mental status
- Labored, shallow, or difficult breathing
- Gurgling/Snoring respirations
- Blue lips, fingers, or face
- Cool and clammy skin
- Pinpoint pupils
- Limp body
- Vomiting
- Convulsions

Carbon monoxide poisoning

- The typically occurs from breathing in carbon monoxide toxic gas (CO) in to body large quantities.
- Often with symptoms headache, dizziness, weakness, vomiting, and loss of consciousness.



Red blood cells contain hemoglobin molecules that deliver oxygen to the tissues.



Naloxone

A medication called an opioid antagonist used to counter the effects of opioid overdose



Opioids Overdoses

When someone overdoses their breathing will be very slow or stopped and therefore result in death if left unattended.



Opioid Medications Overdose



During a suspected Opioid Overdose:

- Call 911 immediately - Maryland's Good Samaritan Law provides immunity for you and the overdose victim if you call for help. **Don't Run, Call 911!**
- Stay with the victim! Solicit a verbal response from the victim by calling their name or saying "Hey" and asking if they are "Okay."
- If they do not respond to the sound of your voice, solicit a pain response by rubbing the victim's sternum (breast-bone) or pinching their earlobe or shoulder.
- Assess their breathing by listening or looking for chest rise and fall. Check for a pulse to assess cardiac function.
- If available and trained properly, administer Naloxone (Narcan®, EVZIO®) to reverse the overdose. Anyone can obtain Naloxone at a Maryland pharmacy without a prescription.

OPERATION Save A Life

Operation Save a Life: Learn How to Administer Naloxone:

- Naloxone is a life-saving medication that can quickly reverse an opioid overdose.
- Anyone can be trained to use Naloxone for **FREE!** Training can be completed in 15 minutes and includes a Naloxone kit.
- For more information on Naloxone training, please visit <https://cchd.maryland.gov/behavioral-health/operation-save-a-life-naloxone-training/>



Good Samaritan Law

The Maryland Good Samaritan Law effective October 1, 2015, provides protection from arrest as well as prosecution for certain specific crimes and expands the charges from which people assisting in an emergency overdose situation are immune. If someone calls 911 in an effort to help during an overdose crisis, or they are experiencing an overdose, their parole and probation status will not be affected, and they will now not be arrested, charged, or prosecuted for:

- * Possession of a controlled dangerous substance
- * Possession or use of drug paraphernalia
- * Providing alcohol to minors



Infectious Diseases

Infectious diseases can be mild or serious. Many spread easily between people. Some start in animals or are spread by animals.

There are a lot of things you can do to help keep from getting sick with infectious diseases.

1. Wash your hands often and well. Hum “Happy Birthday” twice and make sure you wash the backs of your hands, between your fingers, and under your nails. If you can’t wash your hands, use sanitizer with at least 60% alcohol (look at the label).
2. Cover your mouth and nose with a tissue or the inside of your elbow when you cough or sneeze.
3. Avoid touching your eyes, nose or mouth. Germs spread when you touch something that is contaminated and then touch your eyes, nose, or mouth.
4. Avoid close contact with people who are sick.
5. Stay home when you are sick.
6. Wear face coverings and follow social distancing guidelines when recommended or required.
7. Clean frequently touched surfaces like phones, doorknobs, and counters often.
8. Practice other good health habits. Get plenty of sleep, stay active, manage your stress, drink plenty of fluids, and eat healthy foods.
9. Prevent mosquito and tick bites, which can spread disease.
10. Take care with animals. Enjoy wildlife at a distance, and avoid unfamiliar animals. Wash your hands after interacting with pets and report bites or scratches to your doctor.
11. Clean, separate, cook, and chill food properly to prevent food-borne illness.
12. Stay up-to-date on your vaccinations – both children and adults need vaccines.

Here are some quick facts on some infectious diseases we see in Carroll County:

Flu (Influenza)

- Flu is a common viral illness.
- Flu season usually starts in the fall and peaks in January or February. It can last into the spring.
- Symptoms include fever, chills, aches, cough, congestion, runny nose, headaches, and fatigue.
- The flu can cause serious illness. People die every year from the flu.
- Children, older adults, and people with health issues are at highest risk of serious illness and death from the flu.
- Getting the flu vaccine every year can help prevent the flu and complications.
- Everyone 6 months and older should get the flu vaccine every year, with rare exceptions.
- The flu vaccine is safe and changes every year to fight new flu viruses.
- Non-seasonal flu viruses such as H3N2v usually infect animals, but sometimes can infect people with mild to serious illness.

For updated local information and reliable resources, visit the Carroll County Flu Vaccination Planning Committee page at <https://cchd.maryland.gov/flu/>

COVID-19

- COVID-19 is a disease caused by a new coronavirus, SARS-CoV-2. This information is subject to change as we learn more about COVID-19 and how to prevent and treat it.
- COVID-19 is spread primarily when an infected person talks, sneezes, or coughs. It can be spread by people with no symptoms, or before they have symptoms.
- Symptoms are varied but can include cough, shortness of breath, fever, chills, new loss of taste or smell, sore throat, congestion, and nausea, vomiting, and diarrhea.
- Because it is a new disease, most people are susceptible to it.
- It may cause mild illness, but can also cause serious illness and death.
- Older adults, people with other medical conditions, and some racial and ethnic minority groups seem to be at higher risk of serious illness from COVID-19.
- Face coverings are important for slowing the spread of COVID-19.
- Social distancing (staying more than 6 feet away from people who are not in your household) can also reduce the risk of spreading COVID-19.

Chapter 3: Technological & Other Hazards

- People who are sick with COVID-19 must isolate from others to prevent others from getting sick. People who have been exposed to someone with COVID-19 while they are contagious must quarantine (stay separated from others in case you get sick) to protect others.

The Health Department, Carroll Hospital, Carroll County Government, and other community partners are working together to address COVID-19. Find updated local data, guidance, and other information on COVID-19:

<https://cchd.maryland.gov/covid-19/>

<https://www.carrollcountymd.gov/residents/county-spotlight/covid-19-information/>

<https://www.carrollcountymd.gov/residents/carroll-forward/>

Measles

- Measles is a very contagious respiratory disease.
- Measles causes a fever (often high), cough, runny nose, and red eyes, with a rash.
- Measles spreads through the air when an infected person coughs or sneezes.
- The virus can live for up to two hours on a surface or in the air, so you can catch measles even after an infected person has left a room.
- Babies, children under 5, and adults over 20 are at higher risk of complications from measles.
- Measles complications include ear infections, deafness, pneumonia, or brain damage.
- 1 or 2 out of 1,000 people with measles will die.
- Measles can be prevented with the safe, effective measles, mumps, and rubella (MMR) vaccine.

For more information: <http://www.cdc.gov/measles/>

Norovirus

- Noroviruses are very contagious viruses.
- Noroviruses cause stomach pain, nausea, diarrhea, and vomiting.
- Norovirus is the most common cause of foodborne disease outbreaks in the United States.
- You can get norovirus if you:
 - eat or drink food or water contaminated with norovirus.
 - touch surfaces or objects with norovirus on them and put your fingers in your mouth.
 - have direct contact with an infected person (caring for them, sharing food or utensils)
 - Norovirus illness can be serious, especially for young children and older adults.
 - The best ways to prevent norovirus are proper handwashing, surface cleaning, safe food handling, and not preparing food when you are sick.

For more information: <http://www.cdc.gov/norovirus/index.html>

Mosquito and Tick-related Illnesses

- Mosquitoes can spread illnesses such as West Nile Virus, Zika, and Chikungunya. Ticks can spread Lyme Disease and other illness.
- To prevent mosquito and tick-related illnesses, prevent insect bites.
- When outdoors, wear EPA-recommended insect repellent. Wear long sleeves and pants tucked into your socks.
- Limit mosquitoes in your yard by dumping standing water from gutters, flower pots, bird baths, small pools, and even tarps.
- Limit ticks in your yard by clearing tall grass and brush around your home and discouraging deer activity.
- If you develop symptoms such as fever, rash, aches, joint pain, fever, headache, or stiff neck after exposure or bites, contact your healthcare provider.

For more information, visit <https://cchd.maryland.gov/fight-the-bite/>

Rabies

- Any mammal can get rabies, but it is most common in raccoons, skunks, bats, foxes, and stray cats in Carroll County.
- Rabies is fatal if not treated.
- Do not approach, handle, or feed wild or stray animals.
- Keep your dogs, cats, and ferrets vaccinated against rabies and don't allow them to roam free outdoors.
- Cover garbage cans tightly and do not leave pet food outside.
- Teach children to stay away from wild animals and any animals that they do not know.
- Prevent bats from entering your home with window screens and chimney caps.
- If a wild or stray animal is sick, injured, or acting strangely, call Animal Control.
- If you or your pet have been bitten or scratched by a wild or stray animal, wash the area with soap and water for several minutes and call your physician or veterinarian.

Learn more at <https://www.cdc.gov/rabies/index.html>



Hazardous Materials

A hazardous material is any item or agent (biological, chemical, radiological, and/or explosive), which corrodes other materials, is easily ignited, is unstable when exposed to environmental factors, or is otherwise toxic. These materials have the potential to cause harm to humans, animals, or the environment when released. Hazardous materials are often transported by road, water, air, rail, and pipeline and are stored at fixed locations; therefore, it is important to understand and identify the different hazardous materials around you and your family.

Be aware! There are many common hazardous materials around you.

Cleaning Products:

- Bleach
- Ammonia
- Wood and metal polish and cleaners
- Tub, shower, toilet and tile cleaners
- Laundry detergent
- Pool chemicals

Beauty Products:

- Nail polish and remover
- Aerosol products for hair and perfume/cologne

Garden Products:

- Fertilizer
- Pesticides and Insecticides
- Herbicides

Garage:

- Gasoline, oil, diesel, and kerosene
- Batteries
- Paint thinners
- Lighter fluid

What is a biological emergency?

Bacteria, viruses and poisons made by bacteria cause biological emergencies. They can be sprayed into the air, used to contaminate food, and put into drinking water. Some types can also be spread by person-to-person contact.

During a biological emergency, local or state officials will inform you of the necessary steps you need to take to ensure your safety. If you feel sick, call your doctor right away. If you need immediate help, call 911. Important steps to follow if you are exposed:

- Take your clothes off and place them in a plastic bag.
- Put on clean clothes.
- Wash yourself with soap and water.
- If exposed during a large-scale biological event, you may be advised to evacuate or shelter-in-place.

What is a chemical emergency?

Chemical emergencies happen when the air is poisoned with harmful chemicals, or when chemicals contaminate food or drinking water. These chemicals can be breathed in, absorbed through the skin, or ingested by eating or drinking food or water.

During a chemical emergency, local or state officials will inform you of the necessary steps you need to take to ensure your safety. If you feel sick, call your doctor right away. If you need immediate help, call 911. Important steps to follow if you are exposed:

- Contact Poison Control Center immediately: 1-800-222-1222
- Take off your clothes and put them in a plastic bag.
- Put on clean clothes.
- Gently and thoroughly wash yourself with soap and water. **DO NOT** scrub your skin because the chemicals could cause more burning.
- If exposed during a large-scale biological event, you may be advised to evacuate or shelter-in-place.



What is a nuclear or radiological emergency?

Nuclear emergencies happen when radioactive or nuclear material is released, either accidentally or intentionally. Explosions can cause blinding light, heat, fires and dangerous radiation. A radiation emergency could include a nuclear power plant accident, and incident that involves nuclear weapons or detonation of explosives that contain radioactive materials (known as “Dirty Bombs”).

During a nuclear or radiological emergency, local and state officials will monitor the amount of radiation and determine the best course of action to ensure your safety. Be alert for emergency information from government officials. Important steps to follow:

Get Inside, Stay Inside, Stay Tuned!

- Get inside and move to the middle of the building or a basement, away from doors and windows. Close and lock all windows and doors.
- Do not come out until emergency officials say it is safe to do so.
- Wash or wipe exposed parts of your body with a damp cloth.
- Drink bottled water and only eat food in sealed containers.
- Depending on your location, you may be advised to evacuate.

Hazards related to nuclear emergencies:

Bright Flash: Can cause temporary blindness.

Blast Wave: Can cause injury, death, and damage to structures several miles from the explosion.

Radiation: Can damage cells of the body. Long exposures can cause radiation sickness.

Fire and Heat: Can cause severe burns.

Electromagnetic Pulse (EMP): Can disrupt and damage electrical power equipment and electronics several miles from explosions.

Fallout: Radioactive material, such as dirt and debris raining down from several miles up that can cause radiation sickness and burns.

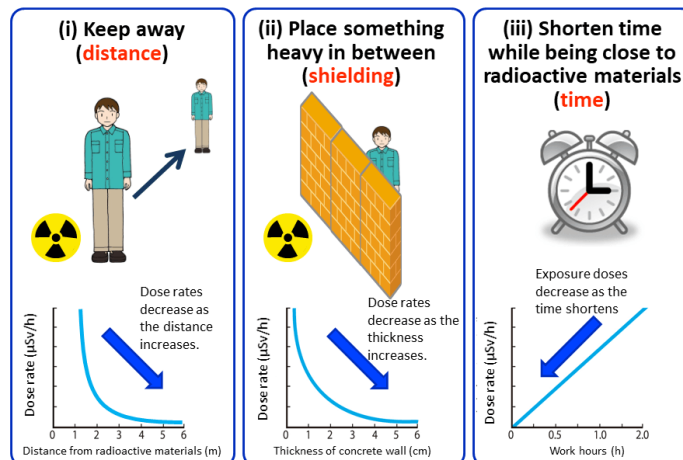
What is an explosive emergency?

Explosive emergencies happen by accident or when explosive material is packaged, delivered, and detonated to cause significant harm to bystanders or an intended target. Explosive devices have been utilized to attack political, social, religious, and financial institutions. Any individual, facility, or event can become the target of a bombing.

During an explosive emergency, there are several steps you need to take to help ensure your safety:

- If possible, take cover under a sturdy table or desk if objects are falling around you.
- Avoid using elevators.
- Stay low if there is smoke.
- If you are trapped under debris, whistle or loudly knock on surrounding objects such as pipes to signal your location. Only shout as a last resort to avoid inhaling dangerous dust and debris.
- Take short breaths and cover your nose and mouth with clothing or a towel to avoid breathing in dust, debris, fumes and smoke.
- Once you have evacuated, move far away from the building.

Dose Reduction Three Principles of Reduction of External Exposure





Suspicious Activity

The federal, state, or local government may call for a heightened state of alert on the part of local law enforcement and citizens. When on heightened alert, law enforcement agencies may add extra resources at several locations and communicate more frequently with federal, state, or other local law enforcement agencies. Citizens should also be alert and report any suspicious activity to police. Do not fail to act because you are not sure what you observe is worth reporting. ***If you see something, say something!*** If you suspect a crime is being, or about to be, committed, **call 911**. Stay calm and do not put yourself at risk. If the activity simply appears suspicious, call a non-emergency law enforcement number and describe the activity.

What activities should you report?

- A strange vehicle parked in your neighborhood for a long time.
- Recurring appearances of a strange vehicle or individual in your neighborhood.
- Strangers looking into houses and vehicles or knocking on doors.
- A person tampering with utility systems without an identifiable company vehicle or uniform.
- A large amount of traffic coming to an apartment or house.
- Homes or buildings where no owner or primary renter is apparent, and no home activities, yard work, painting, or maintenance seem to go on.
- Strange odors coming from houses or buildings.
- Door-to-door solicitors without proper identification or permits.
- Unauthorized people or visitors wandering in restricted/secure areas without an escort.
- A person who asks unusually specific questions about your workplace operations, security, or co-workers' habits.

Active Assailants

An active assailant is an individual actively engaged in killing or attempting to kill people in a confined and populated area, often using firearms, knives, or other weapons. Active assailant events are occurring with increasing frequency and are often unpredictable and evolve quickly. Therefore, it is important to understand how to recognize signs of potential active assailants and how to respond to these incidents to increase your likelihood of survival.

Before an active assailant incident:

Know your exits! Identify the nearest exits and have an escape path in mind anywhere you go.

Ensure your plan is understood by your family or anyone you may be with at the time.

During an active assailant incident:

AVOID

Have an escape route and plan in mind.

Leave your belongings behind.

Move away from the threat as quickly as possible

Call 911 when it is safe to do so.

DENY

Keep distance between you and the assailant

Block entry to your hiding place and close all blinds and turn off all lights.

Hide in an area out of the assailant's sight and turn the lights off

Avoid hiding in groups.

Silence all electronic devices.

DEFEND

As an absolute last resort when your life is in imminent danger.

Act as aggressively as possible, using improvised weapons like chairs, scissors, and fire extinguishers to cause severe or lethal injury to the shooter.

Throw items to distract and disarm the shooter.

After an active assailant incident:

Remain calm and follow all law enforcement instructions, give them details of the assailant if possible.

Do not be mistaken for the assailant! Keep hands visible and empty.

If possible and before first responders arrive, provide first aid to anyone injured by applying direct pressure to wounded areas and use tourniquets if you are trained to do so. **Do not put yourself in danger!**

Considering seeking professional help for you and your family to cope with possible long-term traumatic stress.

Continue to follow all law enforcement instruction.

Mental health counselors will be initially provided to help cope with the traumatic stress of the situation.

ACTIVE SHOOTER RESPONSE

LEARN HOW TO SURVIVE A SHOOTING EVENT



AVOID



DENY



DEFEND

CALL 911 ONLY WHEN IT'S SAFE TO DO SO



AVOID



HAVE AN ESCAPE PLAN



EVACUATE



LEAVE YOUR BELONGINGS



HELP OTHERS IF POSSIBLE



DO NOT MOVE WOUNDED PEOPLE



DENY



BE OUT FROM SHOOTER'S VIEW



LOCK DOORS AND BLOCK THEM WITH FURNITURE



KEEP YOUR OPTIONS FOR MOVEMENT



SILENCE PHONE



BE QUIET



DEFEND



ACT AGGRESSIVELY



INCAPACITATE THE ACTIVE SHOOTER



THROW OBJECTS



YELL AND CALL FOR HELP

FIGHT ONLY AS A LAST RESORT

BE PREPARED



CALL 911



CALL 911 WHEN YOU ARE SAFE



GIVE INFORMATIONS TO THE OPERATOR

WHEN LAW ENFORCEMENT ARRIVES



FOLLOW THE INSTRUCTIONS OF POLICE OFFICERS



DROP ANY OBJECT



KEEP HANDS VISIBLE



Cyberattacks

Cybersecurity involves preventing, detecting, and responding to cyberattacks that can put us, our families, and even our nation at risk. Learning about the ever-growing threats online and taking the necessary actions to protect ourselves is the first step in making the Internet a safer place for everyone. Cyberattacks are malicious attempts to gain unauthorized access or to damage computer information systems, network infrastructure or personal computer devices. These attacks can lead to a loss of money, theft of personal information, damage to personal reputation, and a threat to you and your family's safety.

How to protect yourself against cyberattacks:

- Ensure that operating systems and software remain up-to-date.
- Use strong passwords (12 characters or longer) and two-factor authentication (e.g., security questions for online logins).
- Use secure, password protected networks to connect to the Internet.
- Establish password protected WiFi for your home and office.
- Password protect all devices; never use the same password for different online logins.
- Do not click on links, advertisements, or open email attachments if you are unsure of the source.
- Never respond to strange emails.
- Ensure all URLs begin with "HTTPS"
- Utilize antivirus software, malware detection and firewalls to block threats.
- Backup data on local drives, external drives or cloud storage.

During a Cyberattack

- Immediately change all passwords for online logins.
- Scan your computer with antivirus and malware software to determine if it's infected.
- If you determine your computer is infected, disconnect your device and take it to a trained professional to scan and fix it.
- Ensure your software is up-to-date.
- Notify librarian, teacher or manager if using a computer in a public place.

After a Cyberattack

- Your main priority is to report online crimes and protect your personal information and identity.
- Ensure the incident has been reported to local and federal agencies.
- Contact your financial institutions to notify them of a potential breach. Place holds on all accounts and close any unauthorized credit or charge accounts.
- Ensure any identity theft is reported to appropriate authorities.

Federal Trade Commission: <https://www.ftc.gov/>

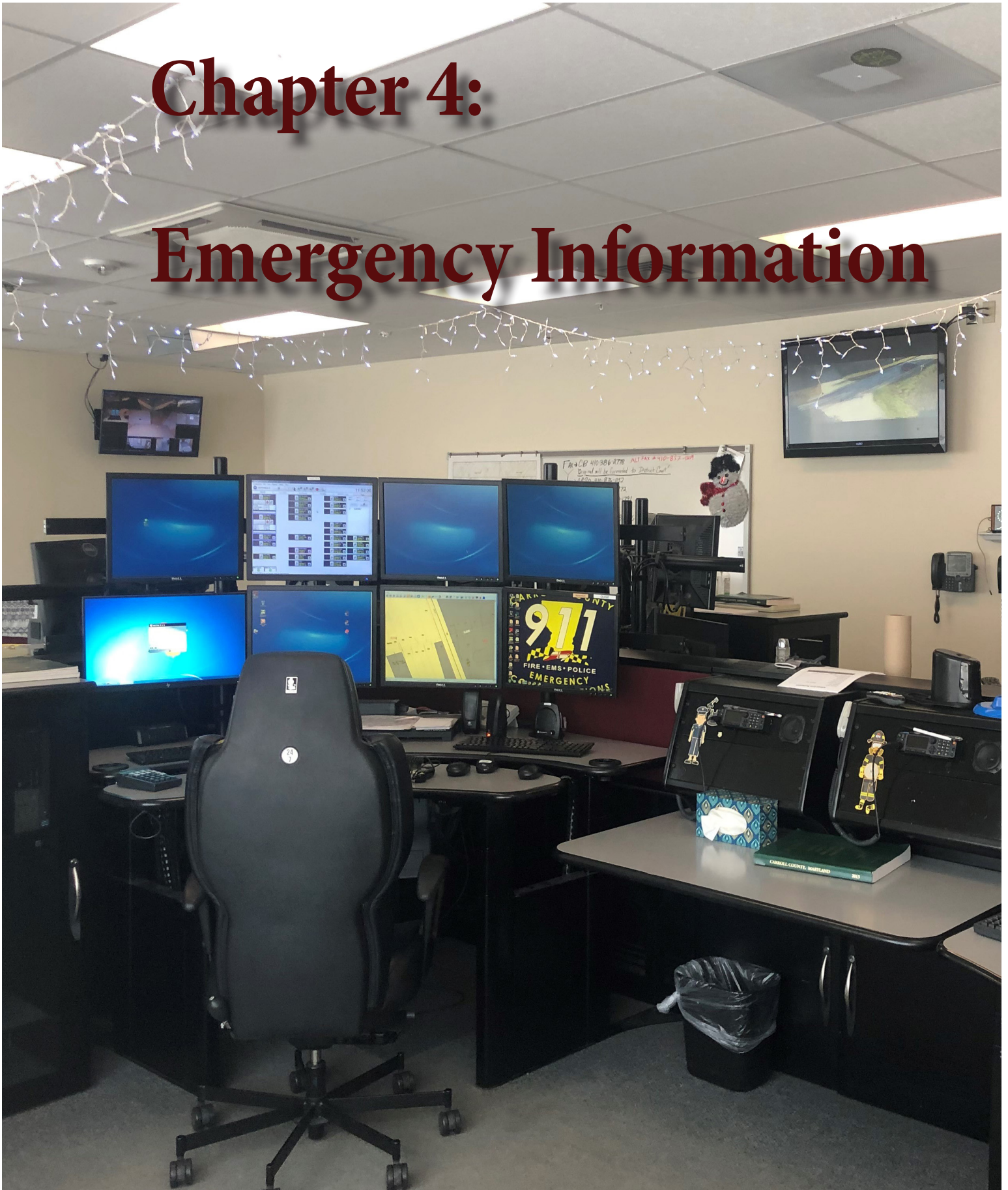
Office of Inspector General (OIG): <https://www.identitytheft.gov/>

Social Security Administration hotline: 1-800-269-0271

Contact additional agencies depending on what information has been stolen (e.g., Department of Motor Vehicles or insurance companies).



Chapter 4: Emergency Information



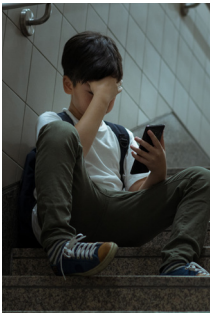


Call takers are trained, certified professionals who can help you during an emergency, but there are several steps you need to take to help them help you.

911 What's Your Emergency?

Tips for calling 911:

- Provide the call taker with the location, landmarks, or cross streets of the emergency, the phone number that you're calling from, and a brief description of what happened.
- Pay attention to the call taker's questions and respond clearly, answering all questions. 9-1-1 call takers are trained to ask the questions necessary to determine the type of medical, police, or fire response for your emergency.
- Help is already on the way as the call takers are still asking you questions.
- Be prepared for the call taker to give you immediate lifesaving instructions over the phone until help arrives. Do not hang up the phone until the call taker advises you to.
- If you dial 9-1-1 by mistake, stay on the line until a call taker answers and advise them that you contacted them by mistake. Otherwise, first responders may be sent unnecessarily to check on the disconnected call.



Teaching Children to Call 911:

- Do not use the term "nine – eleven" since there is no number 11 (eleven) on a phone's keypad. Instead, use "nine-one-one" (9-1-1).
- Explain the purpose of using the 9-1-1 system and define what an emergency is and is not by giving them examples of different types of emergencies.
 - **Fires**
 - **Unconscious**

- **Car accidents**
- **Crimes in progress (break-ins, muggings)**

- Advise them that safety is paramount, they should make sure they are safe before dialing 9-1-1. For example, in case of a fire, they should know to evacuate the building before calling.
- Ensure they know their correct address (House/apartment number, floor level, street, city, and zip-code).
- Instruct them to look at their surroundings when they are not home.
- If they dial 9-1-1 by mistake, instruct them to stay on the phone until a call taker answers and notify them that it was a mistake.
- Ensure they are able to carefully follow the call taker's directions. The call taker may give them special instructions during specific emergencies.
- Ensure they know how to properly use a landline and mobile phone.



Text-to-911 is the ability to send a text message to reach 911 call takers from your mobile phone or device. However, because voice calls to 911 provide more information to 911 call centers, you should always make a voice call to 911 during an emergency whenever possible.

If you're experiencing an emergency and are unable to place a voice call, you can send a text to 911.

Follow these steps to request emergency services:

- Enter 911 in the "To" line.
- Enter a brief message that includes the location of the emergency and type of service needed – police, fire or ambulance.
- Hit send.
- Respond to questions from the responding 911 call taker and follow the instructions he or she provides.

Tips for using text-to-911:

- If text-to-911 is temporarily unavailable, you should receive a "Bounce Back" message from your carrier letting you know to place a phone or relay call.
- Pictures and/or videos cannot be received by 911 via text.
- If you include another contact on your text it may not be received by 911.
- English is the preferred language for text; however, some limited translation services may be available.
- Text in short, simple messages; Do not use abbreviations or slang.
- **Do not text and drive.**

Emergency Contact Information

Organization	Phone Number	Websites
Carroll County Government	410-386-2400	https://www.carrollcountymd.gov/
Carroll County Emergency Communications	410-386-2260	https://www.carrollcountymd.gov/government/directory/public-safety/emergency-communications/
Carroll Co. Emergency Info during community-wide emergencies	1-888-5-GET-EOC (1-888-543-8362)	
Carroll County Emergency Management	410-386-2296	https://www.carrollcountymd.gov/government/directory/public-safety/emergency-management/
Carroll County Health Department	800-966-3877 410-876-2152	https://cchd.maryland.gov/
Carroll County Public Schools	410-751-3000	https://www.carrollk12.org/
Carroll County Sheriff's Office	410-386-2900	https://sheriff.carrollcountymd.gov/
Hampstead Town Police	410-239-8954	https://hampsteadmd.gov/
Manchester Town Police	410-239-6900	https://manchestermd.gov/police/
Mount Airy Town Police	301-703-1375	https://www.mountairymd.org/160/Police-Department
Sykesville Town Police	410-795-0757	https://www.townofsykesville.org/2161/Police-Department
Taneytown City Police	410-751-1150	http://www.taneytown.org/departments/police_department/index.php
Westminster City Police	410-848-4646	https://www.westminstermd.gov/165/Police
Maryland State Police – Westminster	410-386-3000	https://mdsp.maryland.gov/
FBI – Baltimore	410-265-8080	https://www.fbi.gov/baltimore/
Maryland Coordination and Analysis Center – TIPS Line to report suspicious activity	1-800-492-TIPS (8477)	http://www.mcac.maryland.gov/
Maryland Department of Natural Resources	877-620-8DNR (8367)	https://dnr.maryland.gov/
Maryland State Fire Marshall	410-653-8980 1-800-525-3124	https://mdsp.maryland.gov/firemarshal/Pages/StateFireMarshal.aspx
Maryland Center for Missing Persons	1-800-843-5678	http://www.mcac.maryland.gov/resources/MDMissing.html
Maryland State Highway Administration	410-582-5650	https://www.roads.maryland.gov/
Maryland Poison Center	1-800-222-1222	https://www.mdpoison.com/
Maryland Relay Service	7-1-1 1-800-543-2515	https://www.mdrealy.org/
BGE (Gas leak or other emergency)	1-877-778-7798 1-800-685-0123	https://www.bge.com/
BGE (Power outage or downed wire)	1-877-778-2222 1-800-685-0123	https://www.bge.com/
Potomac Edison	1-888-LIGHTSS (544-4877)	https://www.firstenergycorp.com/potomac_edison.html

Emergencies Dial 9-1-1



**Carroll County Government
Department of Public Safety**

225 N. Center Street, Westminster, Maryland

410-386-2400 • Maryland Relay: 7-1-1 (Relay TDD: 1-800-735-2258)

www.CarrollCountyMD.gov