

INTRODUCTION

Life is full of unforeseen and unpredictable events that can injure or kill people and damage or destroy property. We don't know when emergencies or disasters will occur, but if we plan ahead and know what to do before disasters happen, we'll be better prepared to face them. This planning is called **EMERGENCY PREPAREDNESS**.

Emergency preparedness is a responsibility that begins with each individual.

Steps you can take to keep your family safe during emergencies include: building an emergency supply kit and making a family emergency plan.

Families who have an emergency plan are better able to cope. The goal of emergency planning is to help your family stay safe in the event of an emergency.

Each family is different. This means each family's emergency plan will be different too. You may need to consider special needs of:

- Infants and young children
- Older people
- Family members with disabilities.

It's best to involve all family members in your planning. Start by having a family discussion about being prepared for an emergency. Important Numbers to Have Available:

Gas Co _____
Phone # _____

EMERGENCY 911
Northampton County
Emergency Operations Center
(757) 678-0442
(757) 678-0486
Northampton Sheriff's Office
(757) 678-0458
(757) 678-0490
Poison Control
1-800-222-1222
American Red Cross
(757) 442-4750
Community (Exmore) VFC
(757) 442-7813
Cheriton VFC
(757) 331-1555
Cape Charles VFC
(757) 331-2826
Northampton (Nassawadox) F&R
(757) 442-9365
Eastville VFC
(757) 678-7503
Cape Charles RS
(757) 331-2392
Northampton EMS (Machipongo)
(757) 678-0411

BE PREPARED

Disasters often happen without much warning. Your family needs to be prepared and organized. It is important to remain calm during a crisis. By remaining calm, you can make clear and concise decisions during the emergency. Being prepared can reduce fear, anxiety, and losses that accompany disasters. People can also reduce the impact of disasters (flood proofing, elevating a home or moving out of harm's way, and securing items) and sometimes avoid danger completely.

1. Set up a family meeting. Discuss emergencies that could occur. Explain to young children the dangers involved. Know the vulnerability of your home, as far as, storm surge, flooding and wind.
2. Locate the safest room or area in your home.
3. Post emergency numbers by the phone and make sure children know how to call 911 in case of an emergency.
4. Discuss a meeting place should you not be allowed to go home.
5. Determine your route should you need to evacuate.
6. Have an out-of-town contact person to reach after a disaster. Often times it is easier to call long distance after a disaster. This would be a central contact person for everyone in the family.
7. Have an emergency plan for your pets. Pets are not allowed in public shelters. Please make the necessary arrangements in advance so they will be safe and secure.

8. Make a visual and written inventory of your personal belongings and property. Have appraisals done for jewelry, antiques, etc. Keep them in a safe place.

9. Review your insurance coverage. Homeowner's insurance does not usually cover flood damage.

10. Assemble an Emergency Supply Kit.

11. Maintain your plan. Review every six months with family members. Check expiration dates in your supply kits.

12. Take First Aid, CPR and other preparedness classes offered in the community. Ask about the Eastern Shore CERT Team.

EMERGENCY SUPPLY KIT



- Water: at least 1 gallon daily per person for 3 to 7 days
- Food: at least enough for 3 to 7 days
- Non-perishable items, canned food & juices
- Foods for infants or the elderly
- High energy snack foods
- Non-electric can opener
- Cooking tools & fuel
- Paper plates & plastic utensils
- Bedding, blankets, and pillows
- Clothing including rain gear, boots, etc.
- First aid kit, medicines, and any prescriptions
- Special need items for infants and the elderly
- Personal hygiene items
- Flashlight and extra batteries
- Battery operated radio and NOAA weather radio
- Cash (Banks and/or ATMs may not be available)
- Keys (extra set to home and vehicle)
- Toys, books & games to keep busy
- Important documents including picture identification
- Basic tool set
- Keep vehicles full of fuel
- Make sure pet information is together including immunization records, medications, food, leash and carrier

FAMILY DISASTER PLAN

Whether you decide to evacuate or stay in your home, to ride out a storm, you must get your family together to develop a family disaster plan.

There simply won't be time to think of everything when a storm gets close.

Step 1: Respect Nature

Weather events, such as hurricanes, are powerful and dangerous. Having a healthy respect for hurricanes, tornados, winter storms and severe weather in general is the first step to being prepared.

Step 2: Decide Whether to Go or Stay You must first decide if you will evacuate your home or stay and ride out the storm.

Step 3: Make a Personal Plan

Step 4: Prepare Your Property in Advance

The time to begin acquiring shutters and protection for your home is now.

Identify loose items located outside that should be brought inside before a storm, such as lawn furniture, grills, toys, yard equipment, etc.

Step 5: Compile a Emergency Supply Kit (up to 14 days of supplies)

Step 5: Rehearse Your Plan

The best plan in the world won't do you or your family much good if no one can remember it.

Step 6: Watch Weather Reports Closely

Storms and weather fronts, especially tornados and hurricanes, can move very quickly. As a hurricane or other storms move closer to your area, begin monitoring the weather reports every hour.

Step 7: Take Action

Good judgment and early action are everyone's responsibility.

CITIZEN ALERT SYSTEM



Get alerted about emergencies, weather and other important community news by signing up for our Emergency Alert Program. This emergency notification system enables the County to provide you with critical information quickly in a variety of situations, such as severe weather,

unexpected road closures, missing persons, and evacuation of buildings or neighborhoods.

You will receive time-sensitive messages wherever you specify, such as your home, cell, or business phone, email, text messages, hearing impaired receiving devices, and more. You pick where, you pick how. This system will allow County officials to send important emergency messages to your landline telephone. If you see a call on your caller ID from Northampton County, please do not hang up. These messages could contain important life saving information. Go to www.northampton-ems.org to register.

EASTERN SHORE CERT



The CERT training program prepares citizens and communities to take a more active role in emergency preparedness.

CERT participants are trained and maintained as part of a neighborhood or workplace response team. CERT training can give you the basic skills needed immediately following a major disaster, when emergency services may not be available and when residents may have to rely on each other for life-saving and life-sustaining needs.

Citizens will learn how to provide help for their family and neighbors in emergency situations -- whether caused by terrorism, technological disasters or severe weather.

Participants will learn about disaster preparedness and response, basic fire safety, first aid, search and rescue techniques, and terrorism preparedness.

The 20 hour program consists of both lecture and practical exercises. The training can be brought to your organization if you have ten or more people interested.

The CERT program is being funded through a grant administered by the Virginia Department of Emergency Management and donations from local business and community partners.

Want to learn more and help form a team?

If you would like to have a class for your organization or register for the next community class, call J.J. Justis at (757) 787-5880 Ext. 278 or

(757)824-5616 Ext.

EVACUATION



An evacuation order is an order issued by the local government advising everyone in a particular area to evacuate. Evacuation orders will be announced on local radio stations.

Plan to EVACUATE IF:

- You are advised to leave.
- You live in a mobile home.
- You live on the coastline, on a barrier island, or in a low-lying flood prone area.

There are several levels of evacuation:

Partial:

- All islands (not just barrier islands)
- Waterfront properties including creeks and canals
- All low lying areas adjacent to marshes and wetlands
- Flood prone areas including rainfall flooding prone areas
- Mobile & manufactured type homes or substandard housing
- Zones as identified.

Full:

- Entire County

Voluntary:

- Local government officials strongly recommend that citizens located in specified evacuation zones relocate to a safer location.

Mandatory:

- Local government officials order citizens in specified evacuation zones to relocate to a safer location. This evacuation order would apply to the general public. Essential personnel, i.e. public safety officials, disaster response personnel, etc. are exceptions but would be expected to eventually seek adequate shelter before the onset of the storm. Citizens that refuse to evacuate will not be arrested nor removed forcibly from their homes. However, emergency personnel will not be answering emergency calls when winds are 50+ mph and citizens should not expect assistance if they have refused evacuation.

SHELTER INFORMATION

Northampton County has one primary shelter and three secondary shelters.

Shelters will be open on an "as needed" basis. Shelter openings will be announced on local radio stations.

Primary Shelter:

Northampton High School
16041 Courthouse Road
Eastville, VA

Secondary Shelters:

Kiptopeke Elementary School
24023 Fairview Road
Cape Charles, VA

Ocohanock Elementary School
4208 Seaside Road
Exmore, VA

Northampton Middle School
7247 Young Street
Machipongo, VA

Shelter Guidelines

- Everyone must have a picture identification and sign in upon arrival to the shelter.
- Please bring bedding items, personal hygiene items, food, bottled water, special food if needed, baby items, change of clothing, quiet items such as reading materials and games, and medications. No pets allowed in the shelter. You should be self sustaining for three days.
- You will be responsible for your personal items. The shelter is not responsible for lost or stolen items.
- Parents are responsible for controlling the actions of their children.
- Children are not to be left unattended.
- If you have a medical condition and/or take prescription medication, please notify the shelter at the time of registration.
- Noise levels should be kept to a minimum at all times. Everyone needs to be courteous to others.
- No pets, no smoking (inside), no drugs or alcohol, and no weapons of any kind are allowed in the shelter.
- If these guidelines are not followed, you may be asked to leave the shelter.

RETURNING HOME

Returning home after a storm can be very stressful. You may have to "rough it" for a few days or even a few weeks. It may take time for things to return to full service. Debris and fallen trees will need to be removed, as well as, the possibility of downed electrical

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www.co.northampton.va.us
www.northampton-ems.org

- Make sure your emergency supply kit is well stocked.
- Keep your radio on for up-to-date information.
- Report any major damage to the EOC. Take pictures or video before you start clean-up.
- Only drive when necessary.
- Stay clear of downed electrical lines. They could still be energized.
- Check all propane gas lines.
- Open doors and windows to ventilate any areas that may have had flood damage.

Tune In for More Information WESR 103.3 FM & 1330 AM

Emergency Management personnel will be releasing official press releases to the public via local media. These releases will only be updated as conditions warrant and not on every hour. It is important that you have access to this information.

- Always have a battery operated radio with extra batteries in the event we lose electricity.
- A NOAA weather radio is also a valuable resource. With these inexpensive home receivers, you can receive emergency weather alerts even in the middle of the night when your television and entertainment radios are turned off. The information broadcast comes from the National Weather Service in Wakefield. The Emergency Alert System (EAS) also provides crucial information to the public regarding severe weather events, as well as, national security threats and Amber Alerts regarding missing children.

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SPECIAL CARE FOR CHILDREN

It is important for parents and other caregivers to understand what is causing a child's anxieties and fears. Following a disaster, children are most afraid that:

- The event will happen again.
- Someone close to them will be killed or injured.
- They will be left alone or separated from their family.

Things to do:

- Encourage your children to talk and listen to their concerns.
- Calmly provide factual information about the disaster and plans for insuring their ongoing safety.
- Involve your children in updating your family disaster plan and emergency supply kit.
- Spend extra time with your children.
- Re-establish daily routines for work, school, play, meals and rest. Emergencies might require special assistance for a member of your household. Contact your local emergency manager in advance to learn about special transportation, how to notify first responders to your needs, and your local emergency plan. Also contact home health care provider, local health department, Area Agency on Aging, Social Services or your primary caregiver. Special needs include, but are not limited to:
 - Senior citizens who feel they might need assistance during an emergency.
 - Disabled family members who need assistance.
 - Medical conditions that require special care, equipment or transportation

SPECIAL NEEDS CARE FOR SENIORS

If the need for evacuation exists, please make sure you have the necessary medications in your possession. It is recommended that you have a two-week supply. It would also be a good idea if you had a spare set of eye glasses and hearing aid batteries (if applicable). If you do not drive, pre-arrange for a ride to the shelter with a nearby neighbor or relative. There are several programs for seniors on the Eastern Shore. Check your local organization

to see if they will arrange for transportation.

PEOPLE WITH DISABILITIES

This information is designed to help people who have physical, visual, auditory, or cognitive disabilities prepare for natural disasters and their consequences. Anyone who has a disability or anyone who works with, lives with, or assists a person with a disability can also use this information.

Ten important steps are listed below:

1. Know what kinds of disasters could happen and consider what your environment might look like after one occurs. Certain resources or utilities may not be available and conditions could hamper your independence.
2. Complete a personal assessment. Decide what you will be able to do for yourself and what assistance you may need before, during and after a disaster (based on the disrupted environment, your capabilities and your limitations).
3. Create a personal support network of family, friends, relatives, neighbors, roommates and co-workers who could assist you at a moment's notice. Discuss your special needs with them, including evacuation plans and medical information lists.
4. Make an emergency information list so others will know whom to call if they find you unconscious, unable to speak or if they need to help you evacuate quickly. Include the names and numbers of out-of-town contacts, as well as everyone in your network.
5. Compile a medical information list that contains the names and numbers of your doctors, your medications, dosage instructions and any existing conditions. Make note of your adaptive equipment, allergies, and any communication difficulties you may have.
6. Keep at least a seven-day supply of medications on hand. Ask your doctor or pharmacist what you should do if you cannot immediately get more. If you undergo treatments administered by a clinic or hospital, ask your provider how to prepare for the disruption caused by a disaster.
7. Install at least one smoke alarm on each level of your home and test them once a month. Know the location of main utility cutoff valves and learn how and when to

disconnect them during an emergency. Identify evacuation routes and safe places to go during a disaster.

8. Complete a summary checklist to make sure your personal disaster plan is comprehensive. Be sure to include your medical needs, evacuation routes, care plans for your service animals, an alternative place to stay, etc.

9. Keep a disaster supply kit in your home, car, workplace or anywhere you may spend your time.

10. Make your home or office safer by checking hallways, stairwells, doorways, windows and other areas for hazards that may keep you from safely leaving a building during an emergency.

PET SAFETY PLAN



- Public shelters cannot accept pets; therefore, it is very important that you prepare for your pet's safety during an emergency.
- Call a boarding facility, your veterinarian, animal facility, or family member to make arrangements for your pet prior to any event.

Safety Tips

- Don't leave your pet loose outside during a disaster or emergency. Animals turned loose to fend for themselves are likely to become victims of exposure, starvation, predators, contaminated food or water, or accidents. Leaving dogs tied or chained outside in a disaster is a death sentence. Because they become disoriented and fearful, they may attack people who approach them.
- Make sure your pet's vaccinations are current—particularly for rabies—and that your animal has a proper fitting collar with license and rabies tags.
- Take photographs of your pet for identification, in case you are separated.
- Make an emergency supply kit for your pet. Include a carrier or crate, leash, food bowls and food for several days, water, medical records including immunizations, medications, information on

feeding and medication schedules, pet toys and blanket to reduce stress.

Northampton County Animal Control 678-0458
Eastern Shore Animal Shelter 787-7091
SPCA—Eastern Shore 787-7385

POWER OUTAGE



- Turn off the TV & computer to prevent damage when the power comes back on. Consider leaving a light to alert you when power is restored.
- Move items closer together in the refrigerator to slow warming during a long term outage.
- If the outage is a lengthy one eat perishable foods first. Then use foods from the freezer, and then canned or packaged goods with a long shelf life.
- Do not open the refrigerator or freezer unless necessary. In general if food in the refrigerator gets above 40 F, throw them out to prevent food related illnesses.
- Secure "survival candles" so they will not tip over and start a fire.

GENERATOR SAFETY

- Generators, if not properly installed, can cause harm to electrical power restoration crews, emergency personnel and the general public.
- It is critical that your generator be totally connected within the electrical system of your home. This means that it has to be completely isolated from your power service provider's transmission and distribution system. If not, your electricity could travel through your service panel and energize wires from the street. Improperly installed generators can cause life threatening situations for the power crews.
- It is also very important that your generator operate outside your home to avoid carbon monoxide poisoning.
- If you are using a standby generator, plug appliances directly into the generator. Do not attempt to energize them through your household

wiring.

- If you plan to install a standby generator, have a licensed electrician install it and have it inspected. You must use proper devices to isolate your wiring from your service provider. Double check your generator to see what it is energizing. If you accidentally energize your service provider's equipment, disconnect the generator and notify them immediately.
- Also, know the rated voltage of the appliances and how much electrical load your generator can carry. Never exceed the maximum load.

If you experience an outage or need to report damaged or downed lines you can call the following:

THUNDERSTORM



- Thunderstorms can occur any time of day year round, but are most common in the summer afternoons and evenings. All thunderstorms produce lightning, which can be deadly. Virginia averages 35 to 45 thunderstorm days per year.
- **Severe Thunderstorm Watch:** conditions are favorable for the formation of a severe thunderstorm. The National Weather Service (NWS) considers a thunderstorm severe if it produces hail at least three-quarters of an inch in diameter, produces a tornado or has winds of 58 mph or higher.
- **Severe Thunderstorm Warning:** a severe thunderstorm has been sighted or has been indicated on NWS Doppler radar.

Safety Tips:

- Find shelter immediately—lightning can travel up to 15 miles away from a storm. Sturdy buildings are the safest place to be or hardtop vehicle with closed windows.
- Avoid solitary trees, sheds, tents, picnic shelters, baseball dugouts, goal posts and bleachers—they don't have adequate protection and even attract lightning strikes due to their metal construction.
- Get out of water and find shelter.
- Boats do not protect you from lightning. Boats protrude from

the flat surface of the water and provide a target for lightning.

TORNADO

A tornado is a rapidly spinning, fast-moving, funnel-shaped cloud. Most tornadoes occur during late spring and summer, in late afternoon. But they can strike anywhere, at any time.

Watch versus Warning?

A tornado watch means there is the possibility of a tornado in the area. A tornado warning means a tornado has been sighted. Seek shelter immediately.

At home:

Go immediately to the basement. If there's no basement, go to the lowest floor. Stay in an inner room, away from windows and doors. Get beneath a sturdy piece of furniture, such as a desk or table.

Outdoors:

If there are no buildings nearby to shelter in, lie flat in a ditch. Cover your head with your arms and hands.

In a car:

Don't try to out-drive a tornado if it is close, if it is moving toward you or if there is traffic. Get out of the car immediately. Look for shelter or a ditch to lie flat in. Don't go beneath a bridge or highway overpass.

FLOODS

According to the National Weather Service, flash flooding is the No.1 weather-related killer in the United States, costing an average of \$3.7 billion annually. FEMA cites flooding as the cause of 90 percent of all natural disaster damage, excluding drought. Coastal floods occur along shorelines and are usually accompanied by high tides and strong winds during a tropical storm event. River floods happen near waterways that become inundated with heavy rainfall or melting snow upstream. Flash floods result from excessive rainfall in a short period of time, generally less than 6 hours, or a dam failure

Safety Tips

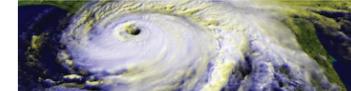
- Listen to weather bulletins and follow instructions given by local authorities.
- Know the location of evacuation shelters and safe evacuation routes.

• Don't drive into flooded areas. If floodwaters rise around your car or truck, get out immediately and climb to higher ground.

• Don't walk through moving water. Six inches of moving water can knock you off your feet. If you must walk in a flooded area, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you.

• Local, state and federal aid programs are not designed to restore your home to the way it was before the flood. Protect your home with insurance. Most homeowner insurance policies don't cover flood-incurred damages, but coverage is available. Contact your insurance agent and ask about flood insurance for your home and/or its contents

HURRICANE



Hurricanes are large cyclonic storms which usually develop over warm waters near the equator during the summer and fall. Hurricanes rotate counterclockwise and have sustained winds of 74 mph or greater. Hurricane season officially starts June 1 and carries through November, however, the peak threat for the United States is August through late October. On the average, there are (6) six Atlantic hurricanes predicted each year. With each storm, there is the threat of storm surges, floods, rip tides and tornadoes. The front right area of the storm path is typically where the most damage occurs. The hurricane loses its strength when it makes landfall. Hurricanes are rated using the Saffir-Simpson Hurricane Scale.

Saffir-Simpson Hurricane Scale Category Wind Prediction

- 1 74-95 mph Minimal Damage
- 2 96-110 mph Moderate Damage
- 3 111-130 mph Major Damage
- 4 131-155 mph Severe Damage
- 5 156+ mph Catastrophic Damage

The probability for at least one major Category 3, 4 or 5 hurricane landfall on the East Coast is 28 percent.

Advisory Description

Tropical Storm Watch Wind speeds of 39-73 mph are expected within 36 hrs.

Tropical Storm Warning Wind speeds of 39-73 mph are expected within 24 hrs.

Hurricane Watch Wind speeds of 74+ mph are expected within 36 hrs.

Hurricane Warning Wind speeds of 74+ mph are expected within 24 hrs.

STORM SURGE

Storm surge and storm tide can cause tremendous damage. Storm surge is a huge amount of water often 50 to 100 miles wide that comes across the coastline where the hurricane makes landfall. Storm surge is affected by the depth of the offshore water. During a hurricane, the shallower the water the higher the storm surge. Wave and current action associated with the tide also causes extensive damage. Water weighs approximately 1,700 pounds per cubic yard; extended pounding by frequent waves can demolish any structure not specifically designed to withstand such forces.

The currents, created by the tide, combine with the action of the waves to severely erode beaches and coastal highways. Many buildings withstand hurricane force winds until their foundations, undermined by erosion, are weakened and fail.

Safety Tips

- Minimize the distance you must travel to reach a safe location; the further you drive the higher the likelihood of encountering traffic congestion and other problems on the roadways.
- Prepare your home prior to leaving by boarding up doors and windows, securing or moving indoors all yard objects, and turning off all utilities.
- Before leaving, fill your car with gas and withdraw extra money from the ATM.
- Stay tuned to a local radio or television station and listen carefully for any advisories or specific instructions from local officials.