

### American Red Cross Emergency Contact Card

Get a kit. Make a plan. Be informed

**Directions:**

- Print out a card for every member of your household.
- Fill in your emergency contact information.
- Carry this card with you to reference in the event of a disaster or other emergency.

**Important Phone Nos.**

Health Care Provider: \_\_\_\_\_

Poison Control Center: 800-222-1222

Ambulance: Call 9-1-1 or \_\_\_\_\_

Fire Dept.: Call 9-1-1 or \_\_\_\_\_

Police: Call 9-1-1 or \_\_\_\_\_

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**Emergency Contact Card**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Home Address: \_\_\_\_\_

CUT HERE

**People to Call or Text in an Emergency**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Out-of-Area Contact Person: \_\_\_\_\_

Phone: \_\_\_\_\_

Meeting Place Outside of Neighborhood: \_\_\_\_\_

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### IN AN EMERGENCY ADDITIONAL INFORMATION CAN BE FOUND AT THESE SOURCES:

These sources provide information in the event of an emergency, which is one of the reasons it is very important to have a battery-powered radio. Check out these sources for information:

- [WFMD 930 AM](#)
- [WFRE 99.9 FM](#)
- [WAFY KEY 103.1 FM](#)
- [Frederick County Government - TV, Ch. 19](#)
- [Frederick County Public Schools - TV, Ch. 18](#)
- [City of Frederick, Ch. 99](#)
- [NBC 25 WHAG - TV](#)
- [The Frederick News-Post - www.newspost.com](#)

*For more information on disaster and emergency preparedness please visit:*

- [FrederickCountyMD.gov/READY](http://FrederickCountyMD.gov/READY)
- [RedCross.org](http://RedCross.org)
- [Ready.gov](http://Ready.gov)



It is also important to communicate with your family during emergencies. This Emergency Contact Card can assist in your family emergency communication plan:



### Citizens Corps Council/Voluntary Organizations Active in Disaster of Frederick County, MD

“Making our communities safer and better prepared to respond to any kind of disaster”

# EMERGENCY PREPAREDNESS MONTH

**Be prepared to receive and take action for these types of emergency alerts:**

#### Advisory

Highlights special conditions that are less serious than a warning. They are for events that may cause significant inconvenience, and if caution is not exercised, it could lead to situations that may threaten life and/or property.

#### Watch

A watch is used when the risk of a hazardous weather or hydrologic event has increased significantly, but its occurrence, location, and/or timing is still uncertain. It is intended to provide enough lead time so that those who need to set their plans in motion can do so.

#### Warning

A warning is issued when a hazardous weather or hydrologic event is occurring, is imminent, or has a very high probability of occurring. A warning is used for conditions posing a threat to life or property.

#### Statement

A statement provides follow-up information on watches and warnings.

#### National Terrorism Advisory System

The National Terrorism Advisory System, or NTAS, replaces the color-coded Homeland Security Advisory System (HSAS). This new system will more effectively communicate information about terrorist threats by providing timely, detailed information to the public, government agencies, first responders, airports and other transportation hubs, and the private sector. When there is credible information about a threat, an NTAS Alert will be shared with the American public. It may include specific information, if available, about the nature of the threat, including the geographic region, mode of transportation, or critical infrastructure potentially affected by the threat, as well as steps that individuals and communities can take to protect themselves and help prevent, mitigate or respond to the threat. The advisory will clearly indicate whether the threat is Elevated, if we have no specific information about the timing or location, or Imminent, if we believe the threat is impending or very soon.

#### Imminent Threat Alert

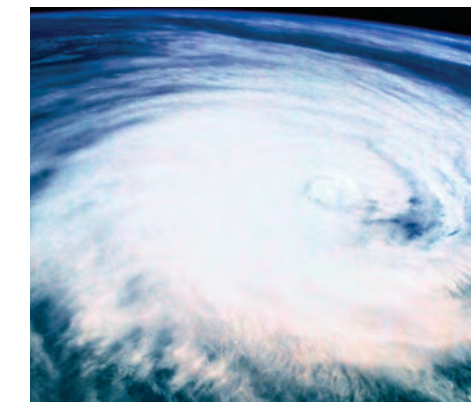
Warns of a credible, specific, and impending terrorist threat against the United States.

#### Elevated Threat Alert

Warns of a credible terrorist threat against the United States

It recognizes that Americans all share responsibility for the nation's security, and should always be aware of the heightened risk of terrorist attack in the United States and what they should do.

### Are you prepared for these warnings when issued? Do you have the following supplies and plans in place?



**At a minimum, have the basic supplies listed below.**

Keep supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate. • Water—one gallon per person, per day (3-day supply for evacuation, 2-week supply for home) • Food—non perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home) • Flashlight • Battery-powered or hand-crank radio (NOAA Weather Radio, if possible) • Extra batteries • First aid kit • Medications (7-day supply) and medical items • Multipurpose tool • Sanitation and personal hygiene items • Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies) • Cell phone with chargers • Family and emergency contact information • Extra cash • Emergency blanket • Map(s) of the area

**Consider the needs of all family members and add supplies to your kit.**

Suggested items to help meet additional needs are: • Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, cane) • Baby supplies (bottles,

formula, baby food, diapers) • Games and activities for children • Pet supplies (collar, leash, ID, food, carrier, bowl) • Two-way radios • Extra set of car keys and house keys • Manual can opener

**Meet with your family or household members.**

- ✳ Discuss how to prepare and respond to emergencies that are most likely to happen where you live, learn, work and play.
- ✳ Identify responsibilities for each member of your household and plan to work together as a team.

**Plan what to do in case you are separated during an emergency**

- ✳ Choose two places to meet:
  - Right outside your home in case of a sudden emergency, such as a fire
  - Outside your neighborhood, in case you cannot return home or are asked to evacuate
- ✳ Choose an out-of-area emergency contact person. It may be easier to text or call long distance if local phone lines are overloaded or out of service. Everyone should have emergency contact information in writing or programmed into their cell phones.

**Plan what to do if you have to evacuate**

- ✳ Decide where you would go and what route you would take to get there. You may choose to go to a hotel/motel, stay with friends or relatives in a safe location or go to an evacuation shelter if necessary.
- ✳ Practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on your map in case roads are impassable.
- ✳ Plan ahead for your pets. Keep a phone list of pet-friendly hotels/motels and animal shelters that are along your evacuation routes.

