

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.

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 _____

Important Phone Nos.




FOLD HERE - OUTSIDE

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: _____



FOLD HERE - INSIDE



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:

FredrickCountyMD.gov/READY

RedCross.org

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:



Citizen 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"

WINTER STORMS PREPAREDNESS

Frederick County is at risk for these types of severe weather during the winter months:

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



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.

Winter Weather Advisory

This product is issued by the National Weather Service when a low pressure system produces a combination of winter weather (snow, freezing rain, sleet, etc.) that present a hazard, but does not meet warning criteria.

Snow Advisory

This product is issued by the National Weather Service when a low pressure system produces snow that may cause significant inconveniences, but do not meet warning criteria and if caution is not exercised could lead to life threatening situations. The advisory criteria varies from area to area. If the forecaster feels that it is warranted, he or she can issue it for amounts less than the minimum criteria. For example, it may be issued for the first snow of the season or when snow has not fallen in long while.

Winter Storm Watch

This product is issued by the National Weather Service when there is a potential for heavy snow or significant ice accumulations, usually at least 24 to 36 hours in advance. The criteria for this watch can vary from place to place.

Winter Storm Warning

This product is issued by the National Weather Service when a winter storm is producing or is forecast to produce heavy snow or significant ice accumulations. The criteria for this warning can vary from place to place.

Blizzard Watch

means winds greater than 35 miles per hour (30 kn; 56 km/h), mixed with falling or blowing snow, and visibilities of 1/4 miles (0.4 km) or less is forecast for a period of 3 hours or more. A blizzard watch is issued 36 to 12 hours before an expected blizzard event

Blizzard Warning

Issued for winter storms with sustained or frequent winds of 35 mph or higher with considerable falling and/or blowing snow that frequently reduces visibility to 1/4 of a mile or less. These conditions are expected to prevail for a minimum of 3 hours.

Wind Chill Advisory

The National Weather Service issues this product when the wind chill could be life threatening if action is not taken. The criteria for this warning varies from state to state.

Wind Chill Watch

is issued when the wind chill could reach dangerous levels within the next 12 to 48 hours. The exact definition required to issue a watch varies from state to state, but if forecasters believe conditions are favorable for life-threatening wind chills, a watch will be issued.

Wind Chill Warning

The National Weather Service issues this product when the wind chill is life threatening. The criteria for this warning varies from state to state

Freezing Rain Advisory

Issued when freezing rain or freezing drizzle is forecast but a significant accumulation is not expected. However, even small amounts of freezing rain or freezing drizzle may cause significant travel problems.

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



WINTER HAZARDS

Hazards associated with winter involve dangers due to exposure to cold, snow, sleet, ice, and wind chill.

Snow: Many of the major winter storms that affect Maryland are known as “Nor’easters” because they are accompanied by strong northeast winds. The storms often form in the Gulf of Mexico, intensify, and move up the coast. High pressure systems over the Maritime Provinces of Canada deliver the cold air to Nor’easters that result in winter precipitation. The heaviest snow with a Nor’easter often occurs in a band 50 to 100 miles wide. Precipitation along this band typically changes from snow in the west to a transition area of freezing rain and sleet then finally to rain in the east. Counties west of the Chesapeake Bay are more likely to experience snow or mixed precipitation. Eastern Shore counties are more likely to experience rain, as warmer easterly winds off the ocean erode the cold air dam. Allegany and Garrett Counties experience the highest risk for snow. Washington, Frederick, Carroll, and Baltimore Counties and Baltimore City are at a medium-high snow risk. The four contiguous counties on the lower Eastern Shore, (Dorchester, Somerset, Worcester, and Wicomico) have a low risk for snow. The NWS issues winter storm warnings when snowfall is expected to accumulate more than 4 inches in 12 hours. Severe snow storms can significantly slow traffic and commerce, causing power outages, disrupting communications, and causing buildings to collapse.

Ice: A “pure ice” storm is rare in Maryland, where near freezing temperatures are more likely to produce a mix of rain, freezing rain, sleet, and snow. Freezing rain is rain that falls onto a surface with a temperature below freezing, causing it to form a coating or glaze of ice.

Sleet is defined as raindrops that freeze into ice pellets before reaching the ground. Sleet usually bounces when hitting a surface and typically does not stick to objects, though it can accumulate like snow and become a hazard to motorists. The term “ice storm” is used by the NWS to describe a storm that produces a significant accumulation of ice during a freezing rain event. An accumulation of a quarter inch or more of ice is termed “glaze” and can trigger a winter storm warning. Even small accumulations of ice can be hazardous, making walking and driving extremely dangerous. Significant accumulations of ice can down trees and utility lines, resulting in loss of power and communication. To produce this amount of ice, freezing rain usually has to fall for several hours. Generally, the pattern for frequency of ice events has western and central Maryland at a high to medium-high risk and southern Maryland and the Eastern Shore at a lower risk for ice events.

Extreme cold: NOAA defines extreme cold events as events with temperatures that are “much colder than normal for a given location,” based on the location’s climate zone. Exposure to extreme cold temperatures, even for a short period of time, can result in hypothermia, frostbite, or even death. Wind greatly increases the dangers of frostbite and hypothermia by drawing heat from the body, which decreases skin temperature and eventually body temperature. The windchill index attempts to quantify the cooling effect of wind with the actual outside air temperature to determine a wind-chill temperature that represents how cold people and animals feel, based on the rate of heat loss from exposed skin. A wind-chill index of minus 5 indicates that the combined effects of wind and temperature on exposed flesh are the same as if the air temperature alone were

5 degrees below zero, even though the actual temperature could be much higher. The NWS issues a wind-chill advisory when wind-chill temperatures are potentially hazardous, and a wind-chill warning when the situation can be life-threatening.

Winter Safety Tips

✓ Keep ahead of advancing winter weather by listening to the media and monitoring NOAA All Hazards Weather Radio.

✓ An ice storm will take down power lines, knocking out electricity. Check battery-powered equipment before the storm arrives.

✓ Check your food and stock an extra supply. Include food that requires no cooking in case of power failure. If there are infants or people who need medication, make sure you have a supply of the proper food and medicine. Make sure pets and animals have shelter and a water supply.

✓ If appropriate, check your supply of heating fuel. Fuel carriers may not be able to reach you due to closed roads.

✓ Be careful when using fireplaces, stoves, or space heaters. Proper ventilation is essential to avoid a deadly build-up of carbon monoxide. Don’t use charcoal inside as it gives off large amounts of carbon monoxide. Keep flammable material away from space heaters and do not overload electric circuits.

✓ Dress for the conditions when outdoors. Wear several layers of

lightweight, warm clothing; layers can be removed to prevent perspiring and subsequent chill. Outer garments should be tightly woven, waterproof and hooded. For the hands, mittens, snug at the wrists, offer better protection than fingered gloves.

✓ Don’t kill yourself shoveling snow. It is extremely hard work for anyone in less than prime physical condition. It can bring on a heart attack, a major cause of death during and after winter storms.

✓ Your automobile can be your best friend or worst enemy during winter storms. Get your car winterized before winter arrives. The following items should be checked: ignition system, cooling system, fuel system, battery, lights, tires, heater, brakes, wipers, defroster, oil, and exhaust system. Keep water out of your fuel tank by keeping it full.

✓ If you travel often during winter, carry a winter storm kit in your car. It should include: flashlight, windshield scraper, paper towels, extra clothes, matches/candles, booster cables, compass, maps, sand, chains, blankets, and high calorie non-perishable food and water.

✓ Winter travel by car is serious business. If the storm exceeds or tests your driving ability, seek available shelter immediately.

✓ Plan your travel. Try not to travel alone; drive in a convoy when possible.

✓ Drive carefully and defensively. Pump your breaks when trying to stop on snow or ice covered roads.



MEMBERS

- Frederick County Government
- Frederick Police Department
- Frederick Community Action Agency
- American Red Cross – Frederick County Chapter
- Frederick County Volunteer Fire and Rescue
- Religious Coalition for Emergency Human Needs
- Mental Health Association
- 2-1-1
- Evangelical Reformed United Church of Christ

Citizen 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”

Greetings,

The Frederick County Citizen Corps Council invites you to be an active participant in preparing our communities for disaster. It is our hope that this publication will provide some knowledge on how to become active in your personal preparations and perhaps even open some ideas on how you can help in other ways. Please take the time to discuss this information with your family and save it for future reference

Frederick County emergency services depend on each citizen to be their own first responder in times of disaster, no matter how large. In addition Frederick County has a strong volunteer response system and encourages all citizens to participate in these systems in any capacity possible.

In addition to the information in this publication our faith based organizations would also like to remind you of the following tips to assist your neighbors during winter emergencies:

NEIGHBOR HELPING NEIGHBOR

Every year, people are killed or seriously injured by severe weather. Be a good neighbor and make sure you and your family and our neighbors are prepared for winter storms.

What You Can and Should Do During a Severe Winter Storm to help those in your neighborhood who are disabled, homebound, elderly, or unable to assist themselves due to a medical condition:

- Neighbors are encouraged to call or stop by to briefly see if their neighbors are okay. Do they need any food? Extra blankets to keep warm or flashlights or batteries in case of a power outage?
- Neighbors can share milk, bread, and other food with one another. Or if snowbound, consider a neighborhood pot luck where everyone gets to bring whatever they can make with whatever they have at home. Nothing like a snow storm to force us to slow down.
- Some neighbors may consider purchasing or renting a snow blower or take turns blowing one side of the street or the other. Or take turns shoveling that elderly neighbor’s or single parent’s sidewalk. Imagine the goodwill that is created when a grateful neighbor opens their front door and sees that their sidewalk has already been cleared.
- One of the most caring acts a neighbor can do is encourage another neighbor not to drive in the bad weather. Why risk one’s life for milk or bread when another neighbor could share what they have? If you have a 4 wheel drive or an automobile that works well in the snow and you have experience with snow driving, consider asking your neighbors if they need anything when you go out driving.

There may be other types of assistance you can provide for individuals. Get to know your neighbors now and include them in your plans.

“Never doubt that a small group of thoughtful, committed citizens can change the world; Indeed it is the only thing that ever does.” --Margaret Mead

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Understanding Sheltering in Place and Evacuation:

In the extremely unlikely event a County evacuation order is issued, communication to the public is of the utmost importance. An evacuation order would specify the perimeters of the area to be evacuated as well as directing residents to available shelters. Residents of areas not in the defined area might be directed to stay where they are (shelter-in-place).

Frederick County has identified numerous facilities to serve as shelters. These locations are not published in advance as many factors will determine which shelter(s) would be opened. Some of these factors include the size and severity of the emergency, the location of the emergency and the numbers of people requiring shelter. All pre-designated shelters are ADA accessible. When the determination is made as to which shelter(s) to open, the community will be informed via traditional media outlets, the County’s website, County Cable Channel 19, Notify Me, and the County’s Public Information Line 301-600-3000.

Fortunately an incident in Frederick County that would require evacuation is very unlikely. However, you should still make sure you have a plan in place that will enable you to evacuate. It may be very difficult for the County to provide transportation in a large scale evacuation. Individuals are encouraged to make plans in advance in the event of an emergency where an evacuation is required. During an emergency, the County’s resources may be scarce.

During certain emergencies, local Authorities may ask or require you to shelter in place.

- Sheltering in place is taking immediate shelter wherever you are—at home, work, school or in between.
- Emergency personnel advise or require sheltering in place during rare instances when the safest action for you and others is to remain at your current location.
- These instances include events such as a gas leak, chemical spill or nuclear accident.
- Local officials or authorities on the scene are the best source of information for your particular situation. Following their instructions during a shelter-in-place emergency will help keep you and your loved ones safe.
- During a shelter-in-place emergency, authorities provide information on TV, the radio and other forms of electronic communication in order to help you understand how to remain safe.
- In spite of challenging circumstances, most individuals who have sheltered in place have successfully coped with the emergency. You can, too.