

Be *ready* in 4 Easy Steps

- 1 Stay Informed - Sign up for Alert Montgomery to receive emergency notices and instructions
- 2 Identify Your Support Network
- 3 Make a Plan
- 4 Make a Kit

Important Links

Check out the links below for more information on emergency preparedness.

MONTGOMERY COUNTY	
Montgomery County, MD	www.montgomerycountymd.gov/OEMHS
Police Department	www.mymcpnews.com
Fire Department	www.montgomerycountymd.gov/FireRescue
County Health and Human Services	www.montgomerycountymd.gov/hhs
ADDITIONAL RESOURCES	
American Red Cross	www.redcross.org
Centers for Disease Control and Prevention	www.cdc.gov
Disaster Assistance	www.disasterassistance.gov
Federal Emergency Management Agency	www.fema.gov
U.S. Department of Homeland Security	www.ready.gov
Humane Society of the United States (for pet preparedness)	www.hsus.org/disaster

Important County Phone Numbers

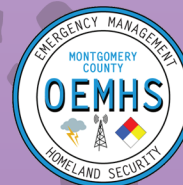
EMERGENCY	
Police	911
Fire	911
Ambulance	911
NON-EMERGENCY	
Police	301.279.8000
Report Crime Tips	800.492.TIPS (8477)
Mont. County Government	311
Poison Control	800.222.1222
UTILITIES	
PEPCO	877.737.2662
BG&E	877.778.2222
First Energy	800.255.3443
WSSC	301.206.9772
Washington Gas	703.750.1000

Montgomery County OnDemand

	Follow us to receive Montgomery County OEMHS updates and information	www.twitter.com/ReadyMontgomery
	Like us for preparedness information and office updates	www.facebook.com/MCOEMHS
	Video by Montgomery County Government	www.youtube.com/user/montgomerycountymd
	Alert Montgomery - Register to receive emergency alerts	https://alert.montgomerycountymd.gov

If you are unable to access a computer and would like more information, contact 311 or 240-777-0311 (TTY 240-777-3556).

During emergencies, listen to your radio for Emergency Broadcast System information on WTOP (FM-103.5) and WMAL (AM-630).



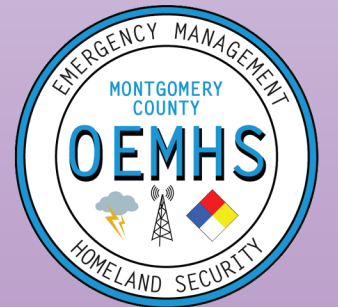
ARE YOU READY?

www.MontgomeryCountyMD.gov/OEMHS



Senior Preparedness

Get Ready in 4 Easy Steps!



Prepared by the
**Montgomery County Office of
 Emergency Management and Homeland Security**
www.MontgomeryCountyMD.gov/OEMHS



1 Stay Informed - Sign up for Alerts!

Sign up for **Alert Montgomery** to receive alerts. Go to: Alert.MontgomeryCountyMd.gov. Stay informed about severe weather, major traffic disruptions, significant power outages, and flooded areas. This is a free service, but check with your wireless plan to determine if text charges apply.

2 Identify Your Support Network

Going through an emergency alone is difficult. Ask at least two people to be your support network—family members, friends, neighbors, caregivers, coworkers, or community/church group members. Ask your emergency support network to:

- Stay in contact with you during an emergency
- Keep a spare set of your keys
- Know where to find your emergency supply kit
- Know how to operate any special medical or mobility equipment you may have
- Help you evacuate or shelter in place in an emergency

Support Network Contacts:

Get a local and an out-of-state friend or relative that you and your support network can contact to stay informed about you. In emergencies, local phones may not connect and long-distance calls may work better.

<i>In-Town Contact (Primary)</i>	<i>In-Town Contact (Alternate)</i>
Name:	Name:
Phone:	Phone:
Address:	Address:
Alternate Phone:	Alternate Phone:
Email:	Email:

3 Make a Plan

Have a written plan that you and your support network can keep in an easily accessible location. Include in your plan:

- List of your medications (type/dose)
- Special medical conditions
- Eyeglass prescription
- Blood type
- Communication device/equipment
- Health insurance
- Doctors/Specialists (contact information)
- Pharmacist (contact information)

Sheltering

For people who have to evacuate and have no other place to stay, county emergency shelters may be set up. Listen to the radio for shelter locations. To find an accessible shelter near you during an emergency, call 311.

Ask someone in your support network to go with you to the shelter.

Shelters will generally provide the following:

- Basic meals and water
- Cots for sleeping and sitting
- Running water for personal hygiene
- First aid and non-emergency health services
- In-shelter security

Shelters DO NOT have special equipment (e.g., oxygen, mobility aids, and batteries). Be prepared to bring your own.

<i>Out-of-Town Contact (Primary)</i>	<i>Out-of-Town Contact (Alternate)</i>
Name:	Name:
Phone:	Phone:
Address:	Address:
Alternate Phone:	Alternate Phone:
Email:	Email:

Transportation

In some cases, you will need to evacuate during an emergency and public transportation may not be running. Work with your support network to determine transportation options.

For more information on how to plan for emergencies, please visit www.montgomerycountymd.gov/oemhs/plan

4 Prepare a Kit

Assemble an emergency kit using supplies you will need to survive for 72 hours. Keep your kit readily available to help you shelter in place in your home or evacuate quickly. Your personal emergency supply kit should include:



For more information on what to include in your kit, visit www.montgomerycountymd.gov/MakeAKit.

