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.mymupnews.com

Fire Department
www.montgomerycountymd.gov/FireRescue

County Health and Human Services
www.montgomerycountymd.gov/health

ADDITIONAL RESOURCES
American Red Cross www.redcross.org
Centers for Disease Control and Prevention www.cdc.gov
Disaster Assistance www.disasterassistance.gov
Humane Society of the United States (for pet preparedness) www.hsus.org/disaster

Important County Phone Numbers

<table>
<thead>
<tr>
<th>EMERGENCY</th>
<th>911</th>
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<tbody>
<tr>
<td>Police</td>
<td>911</td>
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<tr>
<td>Fire</td>
<td>911</td>
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<tr>
<td>Ambulance</td>
<td>911</td>
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<table>
<thead>
<tr>
<th>NON-EMERGENCY</th>
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<tbody>
<tr>
<td>Police</td>
<td>301.279.8000</td>
</tr>
<tr>
<td>Report Crime Tips</td>
<td>800.492.TIPS (8477)</td>
</tr>
<tr>
<td>Mont. County Gov.</td>
<td>311</td>
</tr>
<tr>
<td>Poison Control</td>
<td>800.222.1222</td>
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<tr>
<th>UTILITIES</th>
<th></th>
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<tbody>
<tr>
<td>PEPCO</td>
<td>877.737.2662</td>
</tr>
<tr>
<td>BG&amp;E</td>
<td>877.778.2222</td>
</tr>
<tr>
<td>First Energy</td>
<td>800.255.3443</td>
</tr>
<tr>
<td>WSSC</td>
<td>301.206.9772</td>
</tr>
<tr>
<td>Washington Gas</td>
<td>703.750.1000</td>
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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/MOCOEHS

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 240-777-3590).
During emergencies, listen to your radio for Emergency Broadcast System information on WTOP (FM-103.5) and WMAL (AM-630).
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.

<table>
<thead>
<tr>
<th>In-Town Contact (Primary)</th>
<th>In-Town Contact (Alternate)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name:</td>
<td>Name:</td>
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<tr>
<td>Phone:</td>
<td>Phone:</td>
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<tr>
<td>Address:</td>
<td>Address:</td>
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<tr>
<td>Alternate Phone:</td>
<td>Alternate Phone:</td>
</tr>
<tr>
<td>Email:</td>
<td>Email:</td>
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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.

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:

- Water
- Food
- Clothes and Shoes
- Can Opener
- Radio and Batteries
- Flashlight and Batteries
- First Aid Kit
- Medications
- Hygiene Items
- Important Documents

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