

# 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	
<b>Montgomery County, MD</b>	<a href="http://www.montgomerycountymd.gov/OEMHS">www.montgomerycountymd.gov/OEMHS</a>
<b>Police Department</b>	<a href="http://www.mymcpnews.com">www.mymcpnews.com</a>
<b>Fire Department</b>	<a href="http://www.montgomerycountymd.gov/FireRescue">www.montgomerycountymd.gov/FireRescue</a>
<b>County Health and Human Services</b>	<a href="http://www.montgomerycountymd.gov/hhs">www.montgomerycountymd.gov/hhs</a>
ADDITIONAL RESOURCES	
<b>American Red Cross</b>	<a href="http://www.redcross.org">www.redcross.org</a>
<b>Centers for Disease Control and Prevention</b>	<a href="http://www.cdc.gov">www.cdc.gov</a>
<b>Disaster Help</b>	<a href="http://www.disasterhelp.gov">www.disasterhelp.gov</a>
<b>Federal Emergency Management Agency</b>	<a href="http://www.fema.gov">www.fema.gov</a>
<b>U.S. Department of Homeland Security</b>	<a href="http://www.ready.gov">www.ready.gov</a>
<b>Humane Society of the United States (for pet preparedness)</b>	<a href="http://www.hsus.org/disaster">www.hsus.org/disaster</a>

## 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

	Subscribe to receive Montgomery County Public Information Office reports	<a href="http://www.twitter.com/MontgomeryCoMD">@MontgomeryCoMD</a>
	Keywords: Montgomery County Government	<a href="http://www.facebook.com/pages/Montgomery-County-MD-Office-of-Emergency-Management-Homeland-Security">www.facebook.com/pages/Montgomery-County-MD-Office-of-Emergency-Management-Homeland-Security</a>
	Video by Montgomery County Government	<a href="http://www.youtube.com/user/montgomerycountymd">www.youtube.com/user/montgomerycountymd</a>
	<b>Alert!Montgomery</b> - Register to receive emergency alerts	<a href="https://alert.montgomerycountymd.gov">https://alert.montgomerycountymd.gov</a>

For more information on Emergency Preparedness if you do not have access to a computer, 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](http://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](http://www.MontgomeryCountyMD.gov/OEMHS)



# 1 Stay Informed - Sign up for Alerts!

Sign up for Alert! **Montgomery** to receive alerts. Go to: [Alert.MontgomeryCountyMd.gov](http://Alert.MontgomeryCountyMd.gov), [REDACTED]

[REDACTED] Be 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.

Follow us on Twitter! Subscribe to @MontgomeryCoMD to receive county information during emergencies.

# 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.

In-Town Contact (Primary)	In-Town Contact (Alternate)
Name:	Name:
Phone:	Phone:
Address:	Address:
Alternate Phone:	Alternate Phone:
Email:	Email:

Out-of-Town Contact (Primary)	Out-of-Town Contact (Alternate)
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 easy-to-access 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.

### 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.

# 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 evacuating quickly. Your personal emergency supply kit should include:



For more information on what to include in your kit, visit [www.montgomerycountymd.gov/MakeAKit](http://www.montgomerycountymd.gov/MakeAKit).



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