
Town of Lincoln

Emergency Preparedness Guide



Town of Lincoln Safety Committee
February 2009

Acknowledgments

The focus of this guide is to provide Lincoln residents with basic information and resources regarding emergencies. This guide provides information so you can prepare **now** as well as in the event an emergency happens. You may wish to copy this information for an out-of-town vacation home if you have one. Just remember to get your local phone numbers.

The Safety Committee's goal in printing and providing this emergency guide is to continue to provide excellent customer service for our residents; so all residents can feel value for their tax dollars. The Safety Committee mission statement is ***"To ensure the safety and well being for those using town facilities."*** The 2009 Safety Committee members who worked diligently to provide this emergency preparedness guide to the public are listed below:

2009 Safety Committee Members

Lisa Goodwin, Town Manager & Town Clerk/Office Manager
Gilberte Mayo, Administrative Assistant/Treasurer
David Lloyd, Public Works Director/Transfer Station Director
William Flagg, Police Chief
Phillip Dawson, Jr., Fire Chief
Ruth Birtz, Tax Assessor/Economic Development Specialist
Jerry Davis, Code Enforcement Officer
Linda Morrill, Library Director
Ronald Weatherbee, Cemetery/Parks & Recreation Director

A special thank you is extended to the Penobscot County Local Emergency Planning Committee in conjunction with the Penobscot County Emergency Management Agency for their generous donation for printing this document.

Note: The Town of Lincoln Emergency Preparedness Guide is brought to you with information that was copied, and adapted to our use, from various sources including: City of Meriden, CT Emergency Planning Guide, American Red Cross, Maine Emergency Management Agency, and other websites and sources. A special "thank you" is extended to Tracie York, Counter Clerk, who typed and set the guide as presented.

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Town Of Lincoln Emergency Preparedness Guide

www.lincolmaine.org

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Emergency Numbers And Other Emergency Preparedness Information

Local Emergency Numbers

| | |
|-----------|-----|
| Ambulance | 911 |
| Fire | 911 |
| Police | 911 |

Local Non-Emergency Numbers

| | | |
|-------------------|--------------|--|
| Hospital | 794-3321 | www.pvhhealthcare.org |
| Fire | 794-2221 | |
| Police | 794-2221 | |
| Water District | 794-2921 | |
| Sanitary District | 794-8244 | |
| Bangor Hydro | | |
| (Toll Free) | 800-499-6600 | www.bhe.com |
| (Power Outage) | 800-440-1111 | |

Penobscot County Emergency Management Agency

207-945-4750

<http://ema.penobscot-county.net>

Red Cross

207-941-2903

www.pinetree.redcross.org

Maine Emergency Management Agency

800-452-8735

www.maine.gov/mema

Poison Control

800-222-1222

www.1-800-222-1222.info

Maine 211 Agency

877-463-6207

www.211maine.org

Television Stations

Lincoln Public Access
Channel 5 cable
207-794-3004

WLBZ (NBC)
Channels: 2 broadcast, 3
cable
207-794-4821
www.wlbz2.com

WABI (CBS)
Channels: 5 broadcast, 6
cable
207-947-8321
www.wabi.tv

WVII (ABC)
Channels: 7 broadcast, 8
cable
207-945-6457 ext 3122
www.wvii.com

WMEB (PBS)
Channels: 12 broadcast &
cable
207-941-1010
www.mpbn.net

WGBR (WB)
Channels: 33 UHF, 9 cable
207-947-3300
www.wgbr.com

Newspapers & Magazines

Bangor Daily News
800-432-7964
www.bangornews.com

The Weekly
www.bangornews.com/weekly/

Lincoln News
207-794-6532

Bangor Metro
207-941-1300
www.bangormetro.com

Bangor Area Radio Stations

| Frequency | Web Address | Telephone # |
|------------------|-------------------------|--------------------|
| 88.5 FM | www.whcf.cc | 207-947-2751 |
| 89.3 FM | | 207-941-7176 |
| 90.9 FM | www.mpbc.org | 207-9411010 |
| 91.9 FM | www.umaine.edu/wmeh/ | 207-581-2332 |
| 92.9 FM | www.wezq-fm.com | 207-989-5631 |
| 94.5 FM | | 207-667-7573 |
| 95.7 FM | www.wwmj-fm.com | 207-9895631 |
| 97.1 FM | www.b97hits.com | 207-947-9100 |
| 100.3 FM | www.zoneradio.com | 207-990-2800 |
| 102.1 FM | | 207-368-1021 |
| 103.1 FM | | 207-564-2642 |
| 103.9 FM | www.thevoiceofmaine.com | 207-942-3311 |
| 104.7FM | | 207-989-7364 |
| 105.1 FM | | 207-623-9000 |
| 105.7 FM | www.whmx.com | 207-947-2751 |
| 106.5 FM | www.wqcb-fm.com | 207-989-5631 |
| 107.3 FM | www.wbzn-fm.com | 207-989-5631 |
| 620 AM | www.zoneradio.com | 207-990-2800 |
| 910 AM | | 207-947-9100 |
| 1370 AM | | 207-989-5631 |



Introduction

Why prepare for disasters?

History has proven that the better prepared you and your family is before an emergency, the better you are able to deal with an emergency when it happens. This is not to say that because you are prepared nothing “**bad**” is going to happen, but that you now have “**a plan**” on how you are going to respond. This guide provides information to help you deal with a variety of emergency situations.

Emergency Preparedness is a tool

Planning in advance of any emergency helps lessen the impact of the emergency on people, property and the community in which we live. Planning will reduce the panic.

By planning before an emergency you will have the best possible choices and answers all ready for you to review and select from.

Town, state and possibly federal resources could be initially overwhelmed and you may need to rely on your own emergency plan.

Emergency Preparedness Guide

This guide will give some of the basic elements for you to consider, review and implement when developing your own emergency plan for you and your family. We have looked at the best practices and placed them in a “booklet” for your use.

Read this booklet and develop a **Family Emergency Plan of Action**. **Keep** this booklet handy and **review** it with all family members. Keep it **updated** with any new information whether it is phone numbers, medications, doctor’s numbers, etc.

Emergencies that occur on school property will be handled by school and public safety personnel. Contact your local school authority for further information.

If you feel in need of assistance, please feel free to contact the Lincoln Police Department or the Lincoln Fire Department at 794-2221.



Local Shelters

When we refer to local shelters we are talking about “community shelters”, shelters that will be set up for Lincoln residents in one or more locations in response to an emergency.

The Town of Lincoln has not designated any particular location as a primary community shelter. When the town opens a shelter, there will be announcements on local radio & TV stations, as well as the Town of Lincoln web site and local newspapers. Please refer to the listing of local media stations and newspapers in the front of this guide. If other shelters are needed, the public will be informed.

Remember to bring your **Emergency Preparedness Supply Kit** with you to the shelter.

Note: **Pets** are **not** allowed in shelters unless they are service animals, such as a dog especially trained to assist a person who is hearing or sight impaired. Contact your local animal hospitals or humane societies **before** an emergency to find what options you have to shelter your pet. Please refer to the Pet Care section of this guide for information about what to do with your pets.

Listen to a radio or television for information on temporary shelters or ones that the Red Cross will be setting up. The Red Cross “is a humanitarian organization led by volunteers dedicated to providing relief to victims of disasters and help people prevent, prepare for, and respond to emergencies.”

Emergency Preparedness Supply Lists

In the event of an emergency you should plan on taking care of yourself and your loved ones until help arrives or it is safe to travel again. This guide outlines the basic items that should be included in the home or office emergency preparedness survival kit: water, food, first aid kits, tools and supplies, clothing and bedding, special personal items and an **evacuation vehicle kit**. Your **Emergency Preparedness Supply Lists** should include the following items. You should plan on having enough of each item for a minimum of 3 days.

Additionally, plan to update your kit every 6 months. As a reminder, use the beginning and ending of Daylight Savings Time (twice a year) to replace the water supply and any other perishable food in your kit that has expired.

Water

A healthy individual normally needs to drink at least 2 quarts of water a day. A good rule of thumb is 4 quarts (a gallon) of water per person, per day. This will allow water for washing, etc. A 3-day supply for each person is highly recommended.

If your supply of water is used up or not available and you are not sure of the usability of the water you have, you can use some measures to purify your water during an emergency. You can heat the water and boil it for at least one full minute. This will effectively disinfect it. After it has cooled, pour it into a clean storage container and vigorously agitate. This will add oxygen back to the water and it will taste better. Another option is to put 2 drops of unscented household bleach in one gallon of water and mix well. Allow to stand for at least one hour before using. Commercial purification tablets can also be used. Simply follow the manufacturer's instructions to disinfect water. Here are some additional tips:

- Children, nursing mothers and ill persons will require more water per day
- Never ration water except in the most dire of circumstances
- Drink the amount you need and try to find more for the next day
- Minimize the amount you need by reducing activity level

- Store water only in thoroughly clean plastic, glass, fiberglass or coated metal containers
- Never use a container that has held a toxic substance
- Replenish your stored water supply every 6 months

Food

For your emergency food supply, select items that require no refrigeration, minimal preparation/cooking and little or no water. If food must be heated, pack a can of Sterno for use indoors or use a barbecue, charcoal grill or camp stove outdoors. Store at least a three-day supply of non-perishable food per person. The following are some suggestions:

- Ready to eat meats, fruits, vegetables
- Canned juices, milk, soup
- Sugar, salt, pepper, spices
- Peanut butter, jelly, trail mix, granola bars, graham & regular crackers
- Baby food, special dietary foods for elderly or ill persons
- Instant coffee/tea, hot chocolate
- Cookies, candy, nuts

Remember to have a manual can opener as well as extra water for instant/dried items. In an emergency situation, use perishable foods in the refrigerator first, then from the freezer. Use non-perishable foods last. With no power, refrigerator contents will stay cool for about five hours and freezer contents will stay frozen for about a day and a half. Keep refrigerator & freezer doors closed as much as possible. You can also cover refrigerator/freezer with blankets to extend the time period of use.

A good rule of thumb for food storage rotation is as follows:

Every 6 months: Powdered milk, dried fruit, crackers, potatoes

Every 12 months: Canned meats, condensed soup, canned fruits, juices & vegetables, ready-to-eat cereals, peanut butter, jelly/jams, candy, nuts

First Aid Kit

A basic first aid kit and manual should be on hand. Necessary prescription drugs should be kept with the individual, with at least a three-day supply available. Diabetics that use insulin should keep a small-insulated bag on hand. This can be filled with ice to keep the medication cool for some period during an emergency. In addition to your basic first aid kit you should have the following on hand:

- Painkillers (aspirin/acetaminophen)
- Anti-diarrhea medication
- Antacids
- Laxatives
- Allergy medication
- Sunscreen
- Epi-pen, if needed
- Thermometer
- Rubber Gloves
- Face Masks

Tools & Supplies

The following is a list of recommended items to have on hand:

- Plastic storage containers
- Paper cups, plates, plastic utensils
- Toilet paper, hand wipes & paper towels
- Personal care items (sanitary napkins, disposable diapers)
- Waterless hand cleaner
- Soap, liquid detergent
- Unscented household bleach
- Mosquito repellent
- Needles & thread
- Paper, pencil/pens
- Local map (to find shelters)
- Battery operated radio & flashlight
- Extra batteries
- Lantern, camp stove, fuel, candles ****Be Sure To Use Proper Ventilation When Using These Items****
- Matches in waterproof container/cigarette lighter

- Safety light sticks/utility liquid candles
- Compass, flares, whistle
- Fire extinguisher
- Pliers, hammer & nails, crowbar, crescent wrench, duct tape
- Hand saw, pocket knife, shovel, rope
- Plastic sheeting
- Plastic garbage bags (for personal sanitation)
- Plastic bucket with tight lid

Clothing & Bedding

A complete change of clothes and footwear per person should be kept available. In addition, keep the following on hand:

- Shoes or work boots
- Rain gear
- Hat & gloves
- Thermal underwear
- Sweaters & jackets
- Sleeping bag or 2 blankets

Special Personal Items

Keep important family papers, records and documents in a waterproof, portable container or in a bank safety deposit box. It is also a good idea to keep copies of ID documents in another location, for example with relatives out of state. The following is a recommended list of items to have on hand:

- House/car keys
- Cell phone & charger
- Eyeglasses/contacts with supplies
- Personal ID, passports, birth certificates
- Health cards & health information
- Bank account numbers/credit card numbers
- Small amount of cash
- Family member contact numbers
- Family photos

Evacuation Vehicle Kit

The following is a list of items that is recommended to have in your vehicle in case you have to leave your residence:

- Booster cables
- Tire repair kit & pump
- Spare tire
- Fire extinguisher (ABC type)
- Maps, shovels, road flares
- Blankets, hats, gloves
- Non-perishable food items
- First aid kit with manual



Evacuation Plans

When community evacuations become necessary, local officials provide information to the public through the media. In some circumstances, other warning methods, such as sirens or telephone calls, also are used. Additionally, there may be circumstances under which you and your family feel threatened or endangered and you need to leave your home, school or workplace to avoid these situations.

The amount of time you have to leave will depend on the hazard. If the event is a weather condition, such as a hurricane that can be monitored, you might have a day or two to get ready. However, many disasters allow no time for people to gather even the most basic necessities, which is why planning ahead, is essential.

Evacuation: More common than you realize

Evacuations are more common than many people realize. Hundreds of times each year, transportation and industrial accidents release harmful substances, forcing thousands of people to leave their homes. Fires and floods cause evacuations even more frequently. Almost every year, people along the Gulf and Atlantic coasts evacuate in the face of approaching hurricanes.

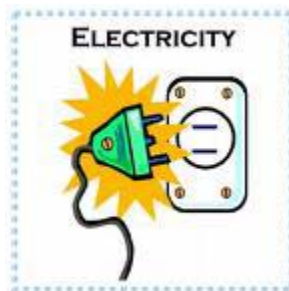
Always evacuate your home if you are advised to do so. It is recommended that you post your evacuation plans near the front door of your home before leaving. Ask local authorities about emergency evacuation routes and see if maps are available with evacuation routes marked.



Evacuation Guidelines

Always keep a full tank of gas in your car if an evacuation seems likely. Gas stations may be closed during emergencies and unable to pump gas during power outages. Plan to take one vehicle per family to reduce congestion and delay. Make transportation arrangements with friends or your local government agency if you do not own a vehicle, and designate an off-site meeting place. Listen to a battery-powered or hand-crank radio and follow local evacuation instructions. Gather your family and go immediately if you are instructed to evacuate. Leave early enough to avoid being trapped by severe weather. Follow recommended evacuation routes and do not take shortcuts as they may be blocked. Be alert for washed-out roads and bridges, **do not** drive into flooded areas, and stay away from downed power lines.

If time allows, gather your **Emergency Preparedness Supply Kit**. Wear sturdy shoes and clothing that provides some protection, such as long pants, long-sleeved shirts and a cap. Secure your home before leaving by closing and locking doors and windows. Unplug electrical equipment, such as radios, televisions and small appliances. Leave freezers and refrigerators plugged in unless there is a risk of flooding. It is always recommended to let others know where you are going.





Floods

Keeping a record and photos of your possessions, combined with flood insurance are a great way to prepare for a flood. In addition, you can prepare in other ways to limit the impact floodwaters can have on you and your family.

- Installation of a quality sump pump with backup power is a must.
- After making a list of all items currently on your basement floor, check with local building officials for code compliance and have a professional elevate these items a minimum of 12" above the basement floor.
- Install backflow preventers also on sewer lines, etc. to prevent contaminated water from coming back into your home through the plumbing.

When flooding occurs, **do not** drive on flooded roads or bridges. Just one foot of moving water can take most cars off the road. **Do not** walk through or allow children to play in floodwaters, as these may be contaminated. As little as six inches of moving water has enough force to sweep a person off their feet. Listen to your local radio/TV stations for weather updates, if/when to evacuate, and when to return. Remember to take your **Emergency Preparedness Supply Kit** and to contact your family outside of the area as to your travel plans.

Hurricanes

Hurricanes are intense tropical weather systems that pose a real threat to coastal areas. They can also travel inland and create destruction, injury and even death. These potentially devastating storms usually affect the United States from June through November.

Hurricanes create hazards such as tide surges and flooding which are major source of deaths associated with hurricanes. High winds and tornadoes cause particular concern because of the debris that can be picked up and hurtled with enough force to cause injury or death.

When hurricanes are indicated, it is important to be aware of weather reports of hurricane watches or warnings, and to plan accordingly. A **hurricane watch** is announced when there is a threat of hurricane conditions within 24-36 hours. You should begin to decide whether you plan to leave the area and review your family's emergency plan and **Emergency Preparedness Supply Kit**.

A **hurricane warning** is issued when hurricane conditions (winds of 74 miles per hour or greater) are expected within 24 hours or less. You should complete all preparations and you should decide the safest location to "weather the storm" (i.e.: in your own home, local emergency shelter or a safe inland location).



Fire Safety

The importance of pre-planning for fire safety cannot be overstated. Most deaths from fire result from smoke inhalation **not** the fire. Once the fire has begun it can consume your home in minutes **not** hours. The fire and smoke can cause you to become disoriented and result in blocked exit doors, preventing you and your family from leaving the house to seek safety outside.

Planning **Before** a fire happens can significantly improve your family's chances of survival in the case of a fire. The life saving tips provided below has proven invaluable **Before** and **During** a fire.

Before A Fire

- Install smoke detectors, test once a month, replace batteries once a year
- Make a plan of escape for each room of your house
- Take an inventory using a digital or regular camera of all contents of your home and store off-site
- Designate a meeting place away from the house
- Clean your fireplace chimney once a year
- Have your furnace/boiler heating system serviced/cleaned once a year
- Be sure to use proper ventilation with all heating sources
- Discard all faulty appliances and damaged extension cords
- Do not smoke in bed
- No unattended open flames (candles, fireplace, etc.)
- Do not overload electrical circuits
- Have flashlights and batteries on all floors of the house
- Provide escape ladders and practice using them
- Purchase ABC Fire extinguishers and teach family members how to use them
- Do not let children play with matches
- Instruct family in proper usage of 911 emergency system
- Contact the Lincoln Fire Department for a free chimney inspection – 794-2221

During/After A Fire

- Stay low to the floor where smoke is less dense
- Instruct everyone to leave the house immediately
- Check all doors before opening – if hot, do not open
- Leave immediately, even if you have to use a window or stairs
- Close doors behind you as you exit each room, as this will slow the spread of the fire
- Go to a neighbor's house and call 911
- Do not go back into a burning building
- Meet family members at the pre-arranged meeting place
- Ask local fire officials when it is safe to re-enter
- Check all food products (see section on Power Outages)
- Notify your insurance company/agency immediately
- Document all losses due to the fire, wait for agent's OK to discard damaged items

For additional advice and information on Fire Safety and Prevention, contact the Lincoln Fire Department at 794-2221.



Pet Care

When planning for emergencies don't forget about your pets. You need to plan **before** an emergency how to best protect your pets during an emergency.

Make an emergency **Grab & Go** kit for your pets. If you need to evacuate, you will be able to quickly leave with all of your pet care items. Remember you need to plan for a minimum of 3 days of food and supplies for your pets. Also important to remember is that your pets should be wearing current ID collar tags at all times.

If possible take your pets with you when you evacuate. Your pets can be hurt or become casualties themselves if left behind. Remember that most public shelters for people **do not** allow pets unless they are service animals. You need to make plans **before** an emergency as to where and how your pet will be cared for (i.e. private pet care agency, family or friends, etc.). There is also a web site www.petswelcome.com, which provides a listing of hotels that welcome pets and their owners.

Pet Grab & Go Kit

- Canned/dry food
- Disinfectant
- Bottled water
- Prescription drugs
- Special diet foods/supplements
- Favorite toy
- Spare leashes
- Can opener (hand operated)
- Plastic bags for waste
- Latex (vinyl) gloves
- Vaccination record
- Pet ID (collar tag)
- Cat litter/tray
- Blanket



Winter Storms And Extreme Cold

The best course of action for a winter storm is to be prepared before the storm strikes. Primary concerns at home and at work during a storm are the potential loss of heat, power, telephone service and a shortage of supplies if storm conditions continue for more than a day. Stay inside to conserve heat. If your heat source runs out, close off unneeded rooms, cover windows at night and stuff towels or rags in cracks under doors. Remember to eat and drink, as this provides the body with energy and keeps it hydrated. Wear layers of loose-fitting, lightweight, warm clothing. Remove layers as needed to avoid overheating, sweating and subsequent chill. Having the following items available will also help you be prepared for a winter storm.

- Flashlight & extra batteries
- Battery-powered NOAA Weather Radio and portable radio for emergency information. These may be your only links to the outside
- Extra food & water. High-energy food, such as dried fruit or candy, and food requiring no cooking or refrigeration is best.
- Extra medicine and baby items
- First-aid supplies
- Heating fuel since carriers may not reach you for days after a severe winter storm
- Emergency heating sources, such as fireplace, wood stove or space heater. (Be sure to have proper ventilation and use all heating sources properly to prevent a fire. Do not use charcoal inside your house, even temporarily. Charcoal produces deadly carbon monoxide gas that can kill you)
- Fire extinguisher and smoke detector - test units regularly

When venturing outdoors, dress warmly with layers of water repellent outerwear, a warm hat, gloves and a scarf to cover exposed skin from the elements. Keep dry; stay hydrated and stretch out before strenuous activity. Pace yourself and don't over extend yourself physically. If you feel unusually cold (frostbite or hypothermia) return indoors immediately and seek medical help.

Frostbite

Frostbite occurs when body parts are frozen due to exposure to severe cold or by contact with extremely cold objects. It most often affects the nose, ears, cheeks, chin, fingers and toes. Frostbite can cause permanent damage, with the most severe cases resulting in amputation. Frostbite occurs more often from touching cold metal objects than from exposure to cold air. This is due to heat being rapidly transferred from skin to metal. Severe frostbite results in blistering that usually takes about ten days to subside. Once damaged, tissues will always be more susceptible to frostbite.

- **Symptoms** of frostbite include redness or pain in any skin area, white or grayish-yellow skin, numbness, or skin that feels unusually firm or waxy.
- **First Aid** begins with moving the person into a warm room as soon as possible, not letting them walk on frostbitten feet or toes as this causes more damage. Warm the affected area(s) gradually with body heat, without rubbing or massaging at all. To prevent burning, do not use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Get medical attention!

Hypothermia

Hypothermia occurs when the body cannot maintain its core temperature. Hypothermia can occur from exposure to cold weather and from exposure to cool temperatures (above 40° F) if a person becomes chilled from rain, sweat, or submersion in cold water.

- **Symptoms** of early hypothermia include shivering, blue lips and fingers, and poor coordination. Moderate hypothermia is indicated by mental impairment, confusion and inability to take precautions from the cold, heart slowdown and slow breathing. Severe hypothermia symptoms are unconsciousness, difficulty locating pulse, no shivering or detectable breathing.
- **First aid** begins with calling 911 or the local emergency ambulance number 911, then carefully moving victim to shelter and keeping them awake. Remove wet clothing and wrap in warm covers. Re-warm neck, chest, abdomen and groin – but not extremities – by applying direct body heat or using safe heating devices. Give warm, sweet drinks, but

only if victim is conscious. Monitor breathing and administer artificial respiration if necessary.

Winterize your home to make your fuel supply last longer by insulating walls and attics, caulking and weather-stripping doors and windows, and installing storm windows or covering windows with plastic. Insulate pipes with insulation or newspapers and plastic and allow faucets to drip a little during cold weather to avoid freezing. Know how to shut off water valves in case pipes freeze. If pipes do freeze, remove any insulation or layers of newspapers and wrap pipes in rags. Completely open all faucets and pour hot water over the pipes, starting where they were most exposed to the cold (or where the cold was most likely to penetrate).

To winterize your barn, shed or other structure that may shelter your livestock or equipment, clear rain gutters, repair roof leaks and cut away branches that could fall during a storm. It is also advisable to have the roofs of these buildings checked for strength to withstand heavy accumulation of snow, etc. Completely check and winterize your vehicle before the winter season begins. Keep your gas tank near full to avoid ice in the tank and fuel lines. Before leaving home, check the latest weather reports and plan your travel to avoid the storm! Try not to travel alone and be sure to let someone know your timetable and primary and alternate routes. If you have to stop your car in a storm, stay in your vehicle. Disorientation happens quickly in wind-driven snow and cold. Run the motor about ten minutes each hour for heat. To avoid carbon monoxide poisoning, open a window for fresh air and make sure the exhaust pipe is not blocked. Exercise from time to time by vigorously moving arms, legs, fingers and toes to keep blood circulating and to keep warm. To make yourself visible to rescuers, turn on the dome light at night when running the engine, tie a cloth (preferably red) to the antenna or door, and after snow stops falling raise the hood indicating trouble.





Winter Storm Vehicle Kit

If stranded in a remote area, stomp large block letters in an open area spelling out HELP or SOS and line with rocks or limbs to allow rescuers to see you. Along with following these tips, you should carry a **Winter Storm Vehicle Kit** in your car:

- Blankets and/or sleeping bags
- Flashlight with extra batteries
- First-aid kit
- Knife
- High-calorie, non-perishable food
- Extra clothing to keep dry
- Water container & smaller can with water-proof matches to melt snow
- Sack of sand or cat litter
- Shovel
- Windshield scraper/brush
- Tool kit
- Tow rope
- Booster Cables

Power Outages

Remember that **all** downed electric utility lines are assumed to be “**live**”, meaning they might still have electricity running through them. Do not under any circumstance touch or try to move these wires. Severe injury or death can occur. If you notice a downed line, call 911.

If you lose power, disconnect (unplug from the wall) all sensitive equipment (TV/microwaves, computers and other electronics). This will ensure that when the power does come back on, the initial surge of electricity will not damage or destroy the equipment. Leave a light in the “on” position in the rooms you are in. When the power comes back on you will know right away by the light coming back on. Follow the same procedure in the room you are sleeping in so you will be sure to know when the power comes back on.

If you are planning to have a generator installed in your home so you can generate your own electricity temporarily when there is a power outage, seek a licensed electrician to do the installation. If installed improperly, you could “**energize**” the line when you start your generator and electrocute the utility worker who is trying to restore your service by sending electricity “**backwards**” through the line. Be sure the generator is properly vented and make sure to read, understand and follow all safety information while operating your generator.

If you need to leave your home because of the lack of utilities, follow the Evacuation information in this booklet.

If an electrical power line falls on your car and traps you inside, do not attempt to exit the car unless it is on fire. Remain calm and wait for emergency personnel. If you do need to exit the vehicle, use extreme caution, jump clear of it and land on two feet. Be sure that no part of your body is in contact with the car and the ground **at the same time**. Once you have landed on two feet, walk away from the vehicle by “**shuffling**” your feet, with your feet close together, to minimize the path of electric current and to avoid the possibility of electric shock.

Guide For Refrigerated Foods Kept After A Power Outage

| | Still Cold +40°F Less than 2 hrs | Above 40°F Over 2 Hours |
|--|---|--|
| Dairy/Eggs/Cheese | | |
| Milk, cream, sour cream, buttermilk, can milk, yogurt | Keep | Discard |
| Butter, margarine | Keep | Keep |
| Baby formula, opened | Keep | Discard |
| Eggs, egg dishes, custards, puddings | Keep | Discard |
| Hard & processed cheese | Keep | Keep |
| Soft cheeses, cottage cheese | Keep | Discard |
| Fruits & Vegetables | | |
| Fruit juices, opened; canned fruits, fresh fruit | Keep | Keep |
| Vegetables, cooked; vegetable juice, opened | Keep | Discard after 6 hours |
| Baked potatoes | Keep | Discard |
| Fresh mushrooms, herbs, spices | Keep | Keep |
| Garlic, chopped in oil or butter | Keep | Discard |
| Meat, Poultry, Seafood | | |
| Fresh or left over meat, poultry, fish or seafood | Keep | Discard |
| Lunchmeat, hotdogs, bacon, sausage, dried beef | Keep | Discard |
| Canned meats (not labeled Keep Refrigerated) | Keep | Discard |
| Canned hams labeled Keep Refrigerated | Keep | Discard |
| Mixed Dishes, Side Dishes | | |
| Casseroles, soups, stews, pizza with meat | Keep | Discard |
| Meat, tuna, shrimp, chicken, egg salad | Keep | Discard |
| Cooked pasta, pasta salads with mayo/ vinegar base | Keep | Discard |
| Gravy, stuffing | Keep | Discard |
| Pies, Breads | | |
| Cream or cheese filled pastries and pies | Keep | Discard |
| Fruit pies | Keep | Keep |
| Bread, rolls, cakes, muffins, quick bread | Keep | Keep |
| Refrigerated biscuits, rolls, cookie dough | Keep | Discard |
| Sauces, Spreads, Jams | | |
| Mayonnaise, tartar sauce, horseradish | Keep | Discard if over 50°F for 8 hours |
| Opened salad dressing, jelly, relish, taco and barbecue sauces, mustard, ketchup, olives | Keep | Keep |

Guide For Frozen Foods Kept After A Power Outage

| | Still Has Ice Crystals Not Over 40°F | Thawed – Above 40°F Over 2 Hours |
|---|---|---|
| Meat And Mixed Dishes | | |
| Beef, veal, lamb, pork, poultry, ground meat/ poultry | Refreeze | Discard |
| Casseroles with meat, pasta, rice, egg or cheese base, stews, soups, convenience foods, pizza | Refreeze | Discard |
| Dairy | | |
| Milk | Refreeze, loss of quality | Discard |
| Egg products | Refreeze | Discard |
| Ice cream, frozen yogurt | Discard | Discard |
| Cheese(soft and semi soft), cream filled ricotta | Refreeze, loss of quality | Discard |
| Hard cheese(cheddar, Swiss, parmesan) | Refreeze | Refreeze |
| Fruits & Vegetables | | |
| Fruit juice | Refreeze | Refreeze; discard if mold/ yeast smell or sliminess |
| Home or commercially packaged fruit | Refreeze, will change texture & flavor | Refreeze; discard if mold/ yeast smell or sliminess |
| Vegetable juice | Refreeze | Discard if above 50°F over 8 hrs |
| Home or commercially packaged or blanched vegetables | Refreeze, will change texture & flavor | Discard if above 50°F over 8 hrs |
| Baked Goods, Baking Ingredients | | |
| Flour, cornmeal, nuts | Refreeze | Refreeze |
| Pie crusts, breads, rolls, muffins, cakes (no custard fillings) | Refreeze | Refreeze |
| Cakes, pies, pastries with custard filling, cheese cake | Refreeze | Discard |
| Commercial and homemade bread dough | Refreeze, loss of quality | Refreeze, considerable quality loss |

Hazardous Materials

The Town of Lincoln covers 75 square miles of land with a population of slightly over 5200. The Fire Department has primary fire suppression responsibility for Lincoln as well as the neighboring community of Chester, which covers 25 square miles with a population of 550.

The combined area is accessible by three major roads, Routes 2, 6 and 155, as well as Interstate 95. The communities are also served by two railroads, the Springfield Terminal and New Brunswick Southard Railroads. The Springfield Railroad goes through the Town of Lincoln in three separate locations, Main Street in North Lincoln, West Broadway and Penobscot Valley Avenue. The Springfield Railroad primarily services Lincoln Paper and Tissue. While this accessibility is economically beneficial to the Town, it does pose a potential problem with accidental or intentional releases of hazardous materials particularly during transport.

In the event of a Hazardous Chemical release, a call to 911 will activate the local fire department. Depending on the release (type, size, location, weather conditions, etc.) additional support services may be called in to assist. Some of these would include local, county and state police, Maine DEP and Hazardous Materials Teams from Orono, as well as the East Millinocket Fire Department.

Do not approach any suspicious liquid or suspected hazardous material release. Instead, immediately call 911 and report your observations. Immediately locate yourself “**upwind**” of the incident location.



Chemical Emergencies

Disasters and/or emergencies can occur at any time or place. One of the basic safety techniques you can use to protect you and your family is **Shelter in Place**. This means to seek immediate shelter and remain inside rather than evacuate. This basic safety technique can save your family's life during emergencies such as chemical releases, major fires with hazardous smoke and weapons of mass destruction incidents.

When creating your **Shelter in Place Plan** with your family, the following are some helpful suggestions to consider. Study your surroundings for fixed and mobile sources of hazardous materials. Learn about any Emergency Alert Warning Systems where you live and work. Determine which radio stations and TV stations in your area broadcast emergency information. See the front of this guide for a listing of local radio and TV stations. Learn CPR and first aid. Remember that over-using the telephone during an emergency can take up a line needed by emergency response officials. Review your **Shelter in Place Plan** with your family and periodically conduct drills.

Shelter In Place Plan

- Go inside immediately
- Turn on the radio or TV and listen for instructions
- Stay inside your home or building
- Close doors and lock windows, as they may seal better when locked
- Close internal doors, as possible
- Seal bottoms of doors with wet towels
- Turn off air conditioners and heating system blowers
- Close fireplace dampers
- Gather flashlight, food, water, medicines, duct tape, towels, plastic sheeting, battery operated radio and cordless telephone, if available
- Go to an inside area or room and seal cracks and openings using duct tape and plastic
- Stay still and quiet to minimize air use
- If you smell a chemical or anything unusual, dampen a towel and breathe through it

- If children are at school, they will be protected. Do not travel to school for them
- Stay tuned to a radio or TV station for further instructions, or for the “All Clear” to be issued

Do not go outdoors unless absolutely necessary. If so, limit time spent outdoors and cover your mouth and nose with a damp cloth/towel. When returning indoors, leave outer clothing outside. Wash your face and hands with mild soap and lukewarm water.

Remain sheltered until local authorities announce the emergency is over. After the All Clear has been sounded, open doors and windows to air out the house.

The Lincoln Police Department and/or the Lincoln Fire Department will issue warnings or Emergency Action instructions. Tune to your local media for these updates. See the front of this guide for a listing of local media stations.





Bioterrorism

What is Bioterrorism?

Bioterrorism is the intentional release of a biological agent or substance that is meant to make people ill. Examples could be Anthrax, Botulism, Smallpox, Tularemia and Viral Hemorrhagic Fever

How does a person get exposed?

Exposure can be through the skin, inhalation or ingestion, depending on the agent.

How can you prepare?

Always be on your guard and note all suspicious activity that is going on. Notify proper authorities of suspicious packages or activity occurring in your surroundings. Frequently wash your hands with soap and water.

What should you do if exposed?

Stay calm and contact emergency personnel for assistance and guidance. Follow guidelines described by emergency and medical professionals, and public health officials. Limit contact with others if contagious agent is suspected. If asked to Shelter in Place, follow the guidelines outlined in this planning guide.

Smallpox

What is Smallpox?

Smallpox is a serious disease caused by a virus. Though Smallpox was eliminated in 1980, there has been concern that terrorists might use Smallpox as a weapon. It can be fatal.

Is Smallpox contagious? YES!

What are the signs that you have been exposed?

Though similar to chicken pox, Smallpox symptoms include high fever, head and body aches and sometimes vomiting. These symptoms are followed by a rash, which changes into raised bumps located on the extremities and face. These bumps appear at the same time and have a sunken hard center like a “bellybutton”.

How do you become exposed?

Smallpox is spread by contact with an infected person. This exposure could be through contaminated clothing, face to face contact, body fluids or contaminated objects.

Remember: Just **one** case of Smallpox is considered a Public Health Emergency.

What is the Government doing?

In order to prepare, the U.S. government has proposed and funded efforts to designate teams to treat those affected by intentional acts and to develop enough vaccine to vaccinate everyone if need be.

How can you prepare?

There is a vaccine. In the event of a confirmed case of Smallpox, the Smallpox vaccine would be offered to the public. Certain individuals and military personnel have received the vaccine.

What do you do if you are exposed?

If you think you have been exposed to Smallpox contact your local law enforcement authorities for assistance and seek immediate medical attention. Early treatment is important!

How is Smallpox treated?

Prevention can be achieved through the use of the Smallpox vaccine. Currently there is NO proven treatment for Smallpox. Individuals can benefit from supportive care through fever control medicine, intravenous fluids and antibiotics for infections that might occur in addition to Smallpox virus.

Be Prepared!

When there has been a confirmed case of Smallpox, Federal, State and local officials will make public announcements as to what you need to do. Listen to and follow these instructions! You will be instructed as to when, where and how to respond as a citizen.



Pandemic Flu

What is Pandemic Flu?

A flu pandemic is a worldwide outbreak that occurs when a new influenza virus causes serious human illness and spreads easily from person to person.

Seasonal flu is a contagious respiratory illness caused by influenza viruses. Seasonal flu is not as serious as a pandemic flu.

Is there a Vaccine?

The vaccine would have to be developed for the specific strain of influenza. An antiviral may be available to reduce severe illness and/or death from the specific viral strain.

How can we Prepare?

In community settings, the best way to reduce the number of persons likely to get the pandemic flu is:

Decrease the potential for contact:

- Obey travel advisories
- Limit public transportation
- Avoid public gatherings
- Stay at home

Decrease the potential for infection:

- Cover your cough!
- Wash your hands
- Use a tissue and discard appropriately
- Wear masks in public
- Contact your local health care provider or hospital



Where can I find additional information on Pandemic Flu?

The following are Internet sites where you can find additional information and view updates on the status of the Pandemic Flu:

www.pandemicflu.gov

http://www.who.int/csr/disease/avian_influenza/en/index.html

www.maine-flu.gov

<http://www.cdc.gov/flu/avian/>

West Nile Virus

What is West Nile Virus?

West Nile virus is an illness spread by mosquitoes that has a mild form (West Nile fever) and a serious form (West Nile encephalitis or meningitis). The serious form causes swelling of the area around the brain or spinal cord. This disease has been identified for a long time in the Middle East and other parts of the Eastern Hemisphere. It has been identified in the Western Hemisphere since 1999.

Is there a vaccine for West Nile Virus?

There is no vaccine for humans for West Nile virus. At present, there have been no human cases of West Nile virus infection ever identified in Maine.

What can I do to reduce my risk of becoming infected with West Nile virus?

Insect repellants are an effective way to keep mosquitoes away from you and your family. Generally, the more active ingredient contained in a repellant, the longer it can protect you from mosquito bites. Choose a repellant that provides protection for the amount of time that you will be outdoors. Of the active ingredients registered with the EPA, DEET and Picaridin demonstrated a higher percentage of effectiveness. Products containing these active ingredients typically provide longer-lasting protection than others. Oil of lemon eucalyptus, a plant-based repellant, is also listed with the EPA. It provides protection similar to repellants with low concentrations of DEET.

To use repellants effectively, apply to exposed skin and clothing, avoiding the face and eyes. Repellants may irritate the eyes and mouth, so avoid applying to the hands of children. It is also recommended that repellants with DEET should not be used on infants less than 2 months old, and oil of lemon eucalyptus products should not be used on children under 3 years of age. Always read and follow the manufacturer's **directions for use** printed on the container.

Consider some of the following preventative measures for you and your family. Place mosquito netting over infant carriers when you are outdoors with your infant. Stay indoors at dawn, dusk and in the early evening, which are prime mosquito biting times. Install or repair window and door screens so that mosquitoes cannot get in.

To help reduce the number of mosquitoes in outdoor areas where you work or play, drain sources of standing water. These areas would include water gardens, poorly adjusted or clogged gutters, discarded tires, pool covers and rain barrels. In this way you can reduce the number of places mosquitoes can breed, and ultimately the number of adult mosquitoes.

Contact your local health care provider or hospital for treatment and further information.



Oppressive Heat – Hyperthermia

High heat combined with high humidity can be very stressful and dangerous to people exposed to it for long periods of time. Your best bet during times of Oppressive Heat is to stay in areas that are air-conditioned, whether that is your home or local malls and shops. The body needs to cool down and does so by perspiring (sweating). If the cool down process is slowed or stopped by Oppressive Heat and Humidity, the result can be serious and often deadly. Symptoms of hyperthermia (sun exposure), with heat cramps, heat exhaustion or heat stroke can possibly lead to death.

Sunburn (over exposure to sunlight) can range from red skin to blisters requiring possible medical attention.

Heat Cramps result in spasms in the legs and abdominal muscles which can be painful. Massaging or firm pressure on the area of the spasms can help to relieve them. Ingestion of water may be needed at this time. Watch for signs of nausea. If nausea is present, discontinue water.

Heat Exhaustion symptoms include heavy sweating, general feeling of weakness, skin may be cold to the touch, pale and clammy and weak pulse. Fainting and vomiting is not uncommon. Move the person to a cool area out of the sun, if possible to an air-conditioned area. Drink small amounts of water. If nausea occurs followed by vomiting, seek medical attention.

Heat Stroke is very serious with a body temperature of 106 degrees or higher, with hot, dry skin and a rapid pulse rate with possible unconsciousness. Lack of sweating is evident. If these conditions are noted, immediate medical attention is needed. Call 911, and move the person to a cool environment if possible. Do not give fluids at this time. Any delay in treatment could result in injury or death.

During Oppressive Heat conditions remember to take care of yourself and your family by following these suggestions:

- Drink plenty of fluids on a regular basis, not just when you feel thirsty
- Avoid liquids with caffeine, alcohol or large amounts of sugar, as these may cause the body to lose more liquid
- You may need to replace salts and minerals lost during heavy sweating. These are necessary for good body function. If you have to exert yourself (exercise or work-related duties) increase your fluid intake, salt and minerals. Consult with your doctors as to the best way to supplement your loss of these necessary items (i.e. sports drinks, etc.)
- Wear lightweight, loose fitting clothing to permit better perspiration, and light-color clothing to reflect sunlight and retain less heat
- Remember to wear sunscreen on all exposed parts of your body before going out in the sun
- Sunscreen of SPF 15 or higher is adequate for this job. You should reapply often to avoid the harmful rays of the sun
- Wear sunglasses to protect your eyes
- Wear a hat to cover your head and shade your neckline
- If possible, conduct your outside activities in the shade
- If you must work outside, adjust your activities (slow down) to prevent overheating
- Notify family members of your whereabouts if you are planning strenuous activities and when you plan to return home
- Keep an eye on the elderly by calling or stopping in to check on them. Do this several times a day if they are without air-conditioning



Family Contact/Emergency Information

Purpose

This is a designated person that all family members are familiar with and know to contact as the central call in person. This person is outside the affected area, possibly in another state. **All** family members call this contact person reporting their condition and status so other family members will know they are ok.

Keep a copy of these information pages at home in your emergency kit. Another copy should be sent to another family member not in your location.

Emergency Contact Person

| Central Call Person | Home Phone | Cell Phone | Work Phone | E-Mail Address |
|---------------------|------------|------------|------------|----------------|
| | | | | |

Family Contact Numbers

| Family Member | Home Phone | Cell Phone | Work Phone | Email Address |
|---------------|------------|------------|------------|---------------|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

Family Health Information

Name Of Family Member _____

| Date Of Birth | Blood Type | Allergies | Physician | Medical Condition | Medicines & Dosages |
|----------------------|-------------------|------------------|------------------|--------------------------|--------------------------------|
| | | | | | |

Name Of Family Member _____

| Date Of Birth | Blood Type | Allergies | Physician | Medical Condition | Medicines & Dosages |
|----------------------|-------------------|------------------|------------------|--------------------------|--------------------------------|
| | | | | | |

Name Of Family Member _____

| Date Of Birth | Blood Type | Allergies | Physician | Medical Condition | Medicines & Dosages |
|----------------------|-------------------|------------------|------------------|--------------------------|--------------------------------|
| | | | | | |

Name Of Family Member _____

| Date Of Birth | Blood Type | Allergies | Physician | Medical Condition | Medicines & Dosages |
|----------------------|-------------------|------------------|------------------|--------------------------|--------------------------------|
| | | | | | |

Emergency Contact Information Form

Purpose

This form should be filled out and kept in a safe place or with another family member in a different location. Make sure to keep this form updated with current information.

| Personal Information | |
|---|--|
| Name: Last First MI | Telephone Number |
| Address: | |
| Description Of Home And Directions | |
| | |
| Physician Information | |
| Personal Physician | Address/Telephone |
| | |
| Medical Conditions (Voluntary) | |
| Condition(s): | Medications: |
| | |
| Family Emergency Contact Information | |
| Name: Address: Relationship: | Home Phone: Work Phone: Cell Phone: E-mail address: |
| Name: Address: Relationship: | Home Phone: Work Phone: Cell Phone: E-mail address: |
| Additional Information | |
| | |

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