

Emergency Preparedness Guide



Lancaster, Massachusetts



To all Lancaster Residents,

This guide has been prepared to provide helpful information on what to do during various emergencies. All the information in this guide pertains to all residents, while information with a blue-tinted background is especially pertinent for residents with disabilities. Any page that has text with a blue-tinted background will have a  symbol in the top corner of the page.

Color Code

Blue Shade - Residents with disabilities 

Blue - Web/ Interactive links

This guide includes information developed for the Town of Lancaster, in addition to excerpts of content sourced from various existing resources that are listed on the inside back cover.

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Telephone Numbers

Emergency

- Emergency Police/ Fire/ Ambulance..... 911
- Fire Department..... (978) 368-4003
- Suicide and Crisis Lifeline..... 988
- Police Department..... (978) 365-6308
- Highway Division..... (978) 365-2272

Hospitals

- Clinton Hospital, Clinton (978) 368-3000
- Health Alliance Hospital, Leominster.... (978) 466-2000
- St Vincent Hospital, Worcester..... (508) 363-5000
- UMass Memorial Hospital, Worcester.. (508) 334-1000
- Marlborough Hospital, Marlborough..... (508) 481-5000
- Emerson Hospital, Concord..... (978) 369-1400
- Nashoba Valley Medical Ctr., Ayer..... (978) 784-9000
- Heywood Hospital, Gardner..... (978) 632-3420

Utilities

- Lancaster Water Division..... (978) 365-2412 Ext. 1202
- National Grid..... (800) 322-3223
- Unitil..... (888) 301-7700

Silent Call Procedure

If unable to speak, call 9-1-1 and then:

Press

- 1** If you need police
- 2** If you need fire
- 3** If you need an ambulance

If the 9-1-1 dispatcher asks questions, press

- 4** For YES
- 5** For NO

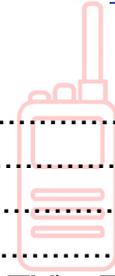
Emergency Alert Notifications

Town Website:

Lancaster..... www.ci.lancaster.ma.us

Local Media References:

- WTAG..... 580 AM 94.9 FM
- WRKO..... 680 AM
- WBZ..... 1030 AM
- WSRS..... 96.1 FM
- Local Cable Access (SLCTV) - TV Channel 8 (public)
- Local Cable Access (SLCTV) - TV Channel 22 (gov)



Be sure to have a battery-operated or hand crank radio for use in an emergency. You can also use your car radio (*run your vehicle outside, not in a garage*).

Code Red Emergency Notification System (Reverse 911)

Lancaster’s emergency notification system allows residents to receive neighborhood-specific emergency notifications issued by the town’s public safety agencies. These can be sent via phone, e-mail, or text message. Scan or click the QR code below to enroll.



Emergency Dispensing Site

As part of the town’s emergency plan, the Mary Rowlandson Elementary School at 103 Hollywood Dr, Lancaster, MA 01523, is designated as the site for citizens to receive mass vaccinations or medications as determined by the nature of a public health concern.



Make Sure We Can Find You

In an emergency, time can be a critical factor for survival. If you need emergency services at YOUR residence, make sure you have a street number clearly visible to responders - day or night! See www.lancasterfd.net for more information.

What Is Mass 2-1-1?

MEMA and United Way of Massachusetts continue to promote Mass 2-1-1 as the Commonwealth's primary telephone info call center during times of emergency. This easy-to-remember 2-1-1 telephone number will be utilized as a 24/ 7 resource for human service and Public Safety response planning agencies. It was designed to reduce the number of non-emergency calls made to 911.



Helpful Emergency Preparedness Web Links

- The American Red Cross..... www.redcross.org
- Ready America..... www.ready.gov
- MA Emergency Mgmt. Agency..... www.mass.gov/mema
- Federal Emergency Mgmt. Agency..... www.FEMA.org
- Lancaster Fire Department..... www.lancasterfd.net
- Town of Lancaster Web Site..... www.ci.lancaster.ma.us
- Mass 211 Web site..... www.mass211.org

Make A Personal Plan

No one knows your situation better than you. So, you are in the best position to plan.

- If you have limited mobility or are disabled, you may be able to register with the Lancaster Fire Department or office of emergency services for special assistance. If you use eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries, or oxygen, be sure you always have extras in your home. If you use an electric wheelchair or scooter, consider keeping your old, unpowered model around for emergency use.
- If you receive health care services at home, undergo routine treatments administered by a clinic or hospital, etc., ask your health provider about emergency procedures. For example, if you depend on electric power for home dialysis or infusion, you'll want to know your options for temporary emergency power, or, in the case of home infusion, you may want to discuss having a backup drip system.

- Develop a "Family/ Friends Emergency Communication Plan" in case family members and loved ones are separated during an emergency, and have a plan for getting back together.
- Ask someone out-of-state to be your "emergency contact". After a disaster, it is often easier to call long distance. Make sure everyone knows the name, address, and phone number of the contact.



- Set up a Medical ID on your mobile phone, indicating which people to contact in the event of an emergency. Use this QR code for instructions:



Shelter Information

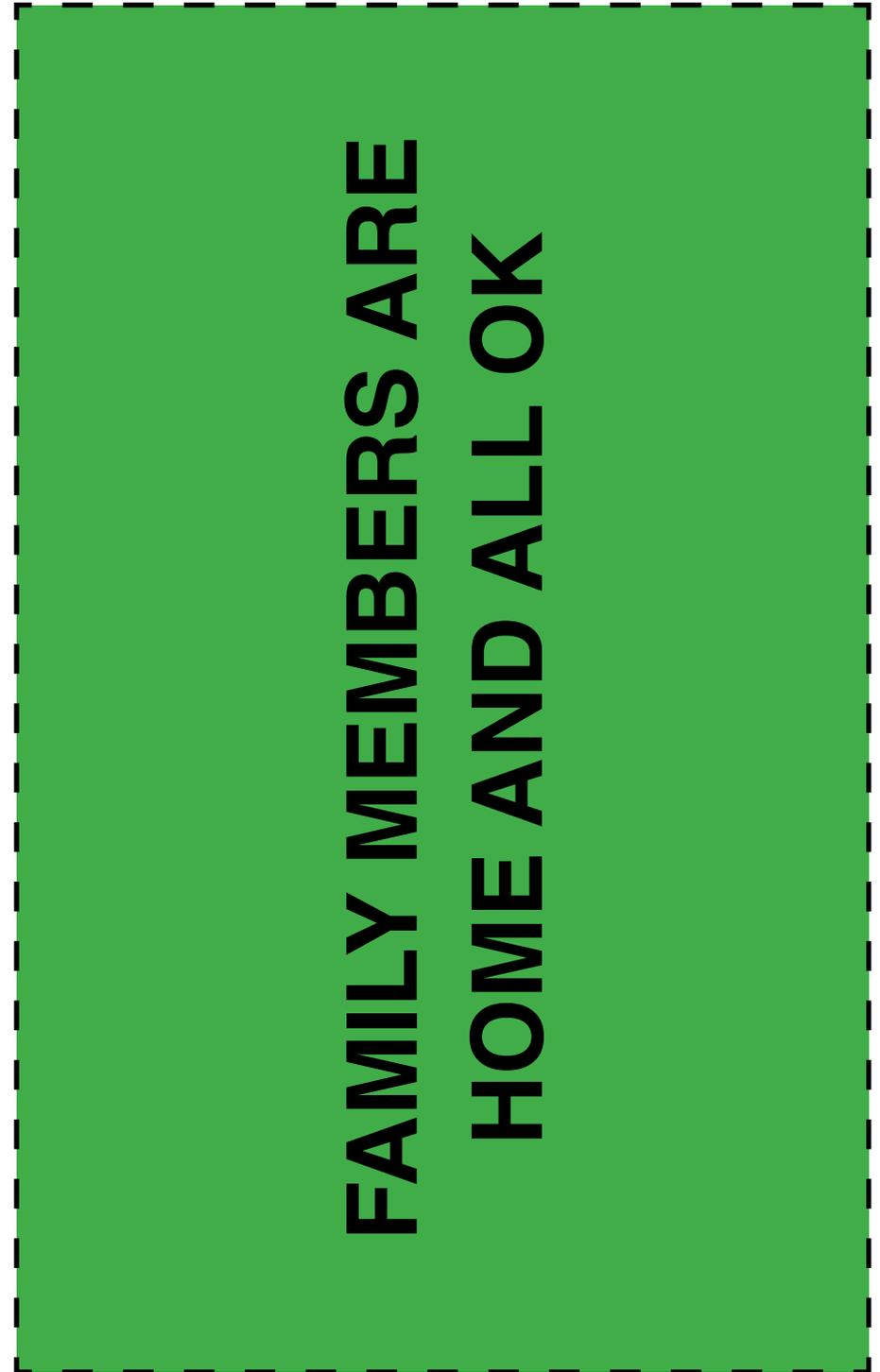
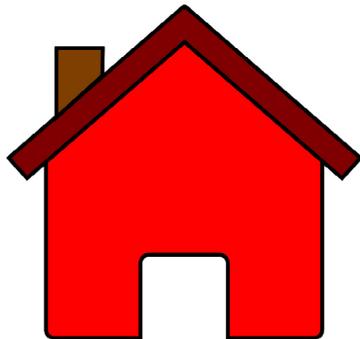
If a shelter is to be opened during a disaster or other emergency, the Town of Lancaster has identified the following shelter location:

**Mary Rowlandson Elementary School
103 Hollywood Dr, Lancaster, MA 01523**

The Town of Lancaster will notify you if the shelter is activated/ opened during emergencies. You will also be able to check on the Town's website, or by calling (978) 368-1380.

Whether you decide to stay in your home or evacuate, the following procedure will assist public safety personnel during a crisis. You can use the colored pages in this booklet.

FAMILY MEMBERS ARE HOME AND ALL OK	GREEN CARD IN A STREET-FACING WINDOW
FAMILY MEMBERS HOME AND NEED ASSISTANCE	RED CARD IN A STREET-FACING WINDOW



FAMILY MEMBERS ARE HOME AND NEED ASSISTANCE

Emergency Contact Information

- Have a plan ready before a disaster happens
- Keep family and friends' contact information readily available
- Make sure emergency contacts are aware of your plan

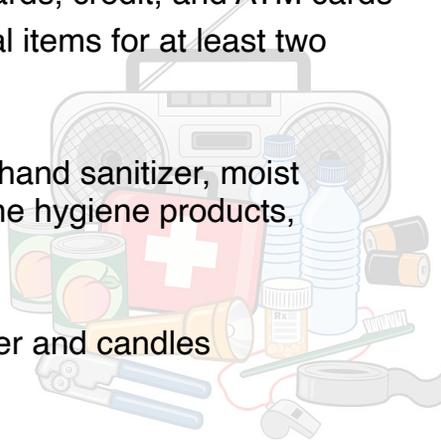
CONTACTS	NAME	NUMBER
Local Emergency Contact (neighbor, closest family)		
Out of Town Emergency Contact		
Preferred Hospital		
Family Doctor		
Pediatrician		
Poison Control Center		1-800-222-1222
Pharmacy		
Employer Contact & Emergency Information		
School Contact & Emergency Information		
Religious Organization Contact		
Veterinarian		
Medical Equipment Supply Information (oxygen etc.)		

UTILITY	LOCATION OF HOUSE SHUT-OFFS
Water	
Gas	
Electric	
Oil Burner Shutoff	



Emergency Supply List For A Potential Disaster

- Three-day supply of non-perishable food per person, and a manual can opener
- Three-day water supply (one gallon of water per person, per day)
- Portable battery-powered AM/ FM radio or television, flashlight and extra batteries, and cell phone charger.
- Cash and coins or traveler’s checks on hand as credit cards may be unusable (we recommend you keep at least \$50-\$100 on hand)
- Photocopies of identification cards, credit, and ATM cards
- Medications/ essential personal items for at least two weeks
- First aid kit and manual
- Sanitation and hygiene items (hand sanitizer, moist towelettes, toilet paper, feminine hygiene products, personal underwear, etc.)
- Plastic bags for waste
- Matches in waterproof container and candles
- Whistle
- Extra clothing and blankets
- Kitchen supplies and cooking utensils
- Special needs items such as eyeglasses, contact lens solution, hearing aid batteries, mobility devices (cane, wheelchair, walker, etc.)
- Reading materials and simple games
- For families with newborns or expecting, two weeks supply of baby formula, food, diapers, bottles, and pacifiers
- Tools, food, water, and supplies for pets or service animals, a regional map, and other items to meet your unique family needs



Emergency Supply List For A Potential Disaster (Continued)

- Expect power outages and lack of gasoline - if a generator is in use, keep it outdoors
- At the time of notification of a disaster - fill a tub, sink, and several containers with water to flush toilets in the event water supplies are interrupted. Use QR code to view a video on how to flush a toilet using a bucket:



It is possible that you will not have heat during or after a disaster. Think about your clothing and bedding needs. Be sure to include one set of the following for each person:

- Jacket or coat
- Long pants and long sleeve shirt
- Sturdy shoes
- Hat, mittens/ gloves, scarf
- Sleeping bag or warm blanket



Supplies for your vehicle include:

- Flashlight, extra batteries, and maps
- First aid kit and manual
- Charging brick and USB cables for mobile phones.
- Tire repair kit, booster/jumper cables, pump, and flares
- Bottled water and non-perishable food
- Seasonal supplies:
 - Winter: blanket, hat, mittens, shovel, sand, tire chains, windshield scraper, fluorescent distress flag
 - Summer: sunscreen lotion (SPF 15 or greater), shade items (umbrella, a wide-brimmed hat, etc.)

This is a minimum list of supplies that should be considered in a possible natural disaster.

Supplies If You Evacuate

Every household should pack a “Go Bag” - a collection of items you may need during an evacuation. Items should be packed in a sturdy, easy-to-carry container (backpack, wheeled suitcase, etc.) and should be easily accessible at all times of the year.

- **All applicable items in the *emergency supply list for a potential disaster* on pages 12-13**
- Copies of your essential documents in a waterproof and portable container (insurance cards, photo IDs, proof of address, etc.)
- Extra set of car and house keys
- Keep a list of emergency contacts and the medications and prescription numbers each member of your household takes, why they take them, and their dosages
- If you store extra medication in your Go Bag, be sure to refill it before it expires
- Contact and meeting place information for your household
- Child care supplies or other special care items
- Pet supplies
- Extra pair of prescription glasses
- Compact rain slicker & good pair of walking shoes
- Disposable dust/ protective masks



Supplies If You Stay At Home (Shelter In Place)

If you have to stay at home or “shelter in place”, keep enough supplies in your home to survive on your own, for at least three days. If possible, keep these materials in an easily accessible, separate container or special cupboard. You should indicate to your household members that these supplies are for emergencies only. Check expiration dates of food and update your kits when you change your clock during daylight-savings time.

- **All applicable items in the *emergency supply list for a potential disaster* on pages 12-13**
- List of current medications
- NOAA Weather Radio with tone alert
- Iodine tablets or one quart of unscented bleach (for disinfecting water ONLY if directed to do so by health officials) and eyedropper (for adding bleach to water)
- Battery-operated phone
- Child care supplies or other special care items
- Cash or traveler’s checks
- Emergency contact list
- Light sticks
- Plastic sheeting and duct tape for contaminated air during shelter-in-place
- Wrench or pliers to turn off utilities



Emergency Kit Checklist



3 days of nonperishable/ non-cook food water
(1 gal. per day per person), medication



flashlight, battery operated radio, extra batteries



first aid kit, cash, cell phone and charger



ID cards, information: (Dr., meds, allergies), family/ friends
contacts, toothbrush/ toothpaste, blanket and washcloth



clothes and baby or pet supplies if you need them

DISASTER PREPAREDNESS: The likelihood that you will recover from an emergency tomorrow often depends on the planning and preparation done today. This list may help you get through the first 3 days, after a disaster. It is a starting point, as individual needs vary depending upon circumstances. For additional information, visit: www.Ready.gov

Region 1, SOS Secrets of Survivors

Vital Records

(Store copies in a Ziploc bag or waterproof container)



Birth Certificate



Family photo with Pets



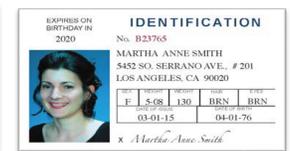
Marriage Certificate



Medicare Card



Social Security Card



Identification Card



Guardianship/Conservatorship

Keeping New England Prepared
FEMA Region 1 National Preparedness Division
www.fema.gov/region-i-national-preparedness-0
Phone: 877-336-2734

Other stored documents include wills, power of attorney documents, deeds, credit cards, bank information, and tax records. Also include the names and numbers of everyone in your support network, as well as medical providers.



Disability Indicator Form

The disability indicator program is voluntary for residents of the community. The disability indicator form was created by a group of several different organizations representing the mobility, hearing, speech, and sight-impaired communities.

The information provided on the disability indicator form enables a unique code to appear on the 911 call takers screen which alerts them that a person residing at that address may require special assistance during an emergency.

It is a standardized form created to encourage participation from all persons with disabilities. There is an extensive range of disabilities and medical conditions. The disability indicator categories listed on the form may be considered too broad for some. However, information requested on the form must remain sensitive to those who may not wish to provide detailed information.



Information on the disability form is confidential.

Please Note: It is essential to submit a new disability indicator form upon change of service provider, telephone number, or address.

To access and print the disability indicator form, scan QR code or visit:

<https://www.mass.gov/doc/disability-indicator-form/download>



Lancaster Evacuation Assistance: Special Needs Registration

Last Name: _____ First Name: _____

DOB: ____ / ____ / ____ Sex: _____

Street: _____ Apt/Lot #: _____

City: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

I Require Transportation Assistance Yes No

Living Situation: Alone Relative Other

Single Family Mobile Home

APT/Condo, Complex Name: _____

Care Taker: _____

Hospice, Team: _____

Home Health: _____

Do You Have a Pet? Yes No

Arrangements for pet completed Yes No

Special Need (Check all that Apply)

- None
- Dialysis, where _____
- Diabetes/Insulin Dependent
- Walker
- Cane
- Stroke Treatment
- Hearing Impaired
- Mental Health Impaired
- Bed-ridden
- Feeding Tube
- Electricity dependent, why _____
- Oxygen _____ LPM
- Other _____
- Kidney Disease
- Geri Chair
- High Blood Pressure
- Heart Disease
- Sight Impaired
- Memory Impaired
- Cancer
- Incontinence
- Ventilator
- Service Dog
- Wheelchair User
- COPD



Lancaster Evacuation Assistance: Special Needs Registration (Continued)

Emergency Contacts

Name: _____ Phone: _____

Name: _____ Phone: _____

Prearranged: Hospital Nursing Home Assisted Living

Name: _____ Phone: _____

Doctor's Name: _____ Phone: _____

By signing this form I give my authorization for the medical information contained herein to be released to the local health department, emergency management, local fire department, and receiving facilities to evaluate my needs and provide emergency transportation and sheltering. The information contained here will be kept confidential.

Signature: _____ Date: _____

Official Use Only

Transport to:

General Shelter Special Needs Shelter Other

Type of Transport:

Own vehicle Van/Bus Wheelchair-Only Stretcher

Ambulance

Fire Dist: _____ Grid: _____ Evac Level: _____

Shelter Code: _____ Shelter Name: _____

Complete both sides of this form and return to:

Lancaster Fire Department
1055 Main Street, Lancaster, MA 01523

Emergency Readiness Checklist

Use this four-page form to (1) organize your emergency preparations, and (2) keep a record of your current medications. You may want to give a copy to your main contact person or caregiver, if you have one. Do not forget to review and update this information often - at least every two or three months.

STEP 1: KNOW THE BASICS

- _____ The most essential disaster issues in my area
- _____ The recommended life-saving responses for disasters that could strike with little or no warning.
- _____ Learn about community response plans, evacuation plans, and designated emergency shelters. If there were an evacuation order, the recommended route from where I live. My evacuation transportation options. The location of the nearest emergency shelter.
- _____ The location of shut-off valves for my household utilities (gas, electricity, water) and how to use them (keep any tools you need near the shut-off valves). Turn off utilities only if you suspect the lines are damaged, you suspect a leak, or if local officials instruct you to do so.
- _____ Designate an out-of-area emergency contact, in case local phone service is disrupted. Make sure my loved ones know the emergency communications plan.
- _____ Make it a point to meet my neighbors, in case we need to help one another in an emergency.

STEP 2: HAVE ESSENTIAL EMERGENCY SUPPLIES READY

- _____ *"Stay at Home/ Shelter in Place" Emergency Supplies* - pull these items together for quick, easy access in your home; have quantities to last at least three days; rotate any items with expiration or "use by" dates.

Please see page 15 for a list of supplies



_____ “Evacuation/ Go Bag” Emergency Supplies - have a backpack or bag (preferably one with rollers) that has room for many of the “stay at home/shelter in place” items, and is also ready to go with the supplies listed on page 14.

Additional Precautions

- _____ A gas tank kept at least half full
- _____ An emergency supply of pet food
- _____ Spare hearing aid batteries

STEP 3: MAKE A PERSONAL PLAN

_____ If I have any special needs, do I have a plan for meeting them in an emergency?

- _____ Mobility issues?
- _____ Reliance on medical equipment that requires electric power?
- _____ Incontinence supplies?
- _____ Other: _____

_____ If I live in a senior living community, am I familiar with its emergency planning and procedures?

_____ If I am receiving home health services, have I discussed emergency procedures with my home health provider?

CONSIDERATIONS FOR PERSONS WITH DISABILITIES

- Learn what to do in case of power outages and personal injuries. Know how to connect and start a backup power supply for essential medical equipment.
- Consider getting a medical alert system that will allow you to call for help if you are immobilized in an emergency. Most alert systems require a working phone line, so have a backup plan, such as a cell phone or pager, if the regular landlines are disrupted.
- If you use an electric wheelchair or scooter, have a manual wheelchair for backup.
- Teach those who may need to assist in an emergency how to operate necessary equipment. Also, label equipment and attach laminated instructions for equipment use.
- Store backup equipment (mobility, medical, etc.) at your neighbor’s home, school, or your workplace.
- Arrange for more than one person from your support network to check on you in an emergency, so there is at least one backup if the primary person cannot.
- If you are vision impaired, deaf, or hard of hearing, plan ahead for someone to convey essential emergency info to you if you cannot use the TV or radio.
- If you use a personal care attendant from an agency, check if the agency has special provisions for emergencies.
- If you live in an apartment, ask the manager to identify and mark accessible exits and access to all areas designated for emergency shelter or safe rooms. Ask about plans for alerting and evacuating those with sensory disabilities.
- Have a cell phone with a portable charger. If you are unable to get out of a building, you can let someone know where you are and guide them to you. Keep the numbers you may need to call with you if the 9-1-1 emergency number is overloaded.



There are special considerations for the evacuation of persons with disabilities. Persons with a disability should consider how their particular disability may impact their ability to evacuate.

- People with mobility impairments need to know if there is a usable circulation (evacuation) path. If not, alternate routes and methods of evacuation should be put into place. If elevation differences are involved, an elevator, a stair descent device, or a carry method might be involved. Some evacuation devices and methods may require the assistance of others, such as a companion, a co-worker, a building staff member, or emergency personnel.
- People with hearing impairments may not be able to hear alarms and voice announcements that warn of danger and need to evacuate. Visual notification systems such as flashing strobe lights may be in place in newer buildings. Personal notification devices, email, TTY phone communications, and TV with closed captioning are alternative methods of notification.
- Sight impaired individuals may require properly located tactile signs to mark exits. If Braille or tactile signs are not in place, persons with visual impairment should have an evacuation method in place that provides appropriate assistance.



Scan QR Code Below for Evacuation Guide for People with Disabilities

In all cases, evacuation plans are most effective when developed in advance, practiced regularly, and consider the needs of all individuals involved.

Scan this QR code to view an in-depth guide with further information on building evacuation.



Preparing for Storms, Hazards, and Extreme Situations

Wildfire:

Although residents may not know it, the town of **Lancaster is more susceptible to wildfire than any other community in Massachusetts** and is comparable to some California and Colorado locations, according to the Montachusett Regional Planning Commission.



Prepare for wildfires:

- Sign up for emergency alerts and notifications. Download the [FEMA app](#), and monitor the air quality in your location.
- Make an emergency plan that everyone in your household understands.
- Strengthen your home:
 - Use fire-resistant materials to build, renovate or make repairs to your home.
 - Find an outdoor water source with a hose that can reach any area of your property.
 - Create a [fire-resistant zone](#) that is free of leaves, debris or flammable materials and is at least thirty feet from your home.
 - Designate a room that can be closed off from outside air. Close all doors and windows. Set up a portable air cleaner to keep indoor pollution levels low during smoky conditions.
- Know your evacuation route and follow the instructions from local authorities, and have a “go-bag” prepared.



FEMA app



Creating a fire-resistant zone

Staying safe during wildfires:

- Be cautious when carrying flammable or combustible household products that can cause fires or explosions if handled wrong, such as aerosols, cooking oils, rubbing alcohol, and hand sanitizer.
- Pay attention to emergency alerts and notifications for information and instructions. Evacuate immediately if authorities tell you to do so!
- If trapped, call 9-1-1 and give your location, but be aware that emergency response could be delayed or impossible. Turn on lights to help rescuers find you.
- Use an N95 mask to limit smoke inhalation. Alternatively, limit your exposure to smoke by doing the following:
 - Choose a room to close off from outside air and set up a portable air cleaner or filter to keep the air in the room clean even when it is smoky in the rest of the building and outdoors.
 - Use high-efficiency filters in your central air conditioning system to capture fine particles from smoke. If your system has fresh air intake, set the system to “recirculate” mode, and close the outdoor intake damper.
 - If you are not ordered to evacuate but smoky conditions exist, stay inside in a safe location or go to a community building with lower smoke levels.

Returning home after wildfires:

- Do not return home until authorities say it is safe to do so.
- Avoid hot ash, charred trees, smoldering debris, and live embers. The ground may contain heat pockets that can burn you or spark another fire.
- When cleaning, wear protective clothing such as long-sleeved shirts, long pants, work gloves, and sturdy, thick-soled shoes.

- Use a respirator to limit your exposure, and use wet debris to minimize breathing dust particles. People with asthma, COPD, or other lung conditions should take precautions in areas with poor air quality, as it can worsen symptoms. Visit www.ready.gov/wildfires for more information on preparing for and staying safe during wildfires.

Power Outage:

- Use a cooler and ice packs if you use refrigerated medicines.
- Check the refrigerator temperature once power is restored. Dispose of perishables if the temperature is 40°F or higher.
- Determine whether the home phone will work in a power outage.
- Keep mobile phones and other battery-powered equipment charged, and keep gas tanks and cans full.



Lightning:

If you are inside:

- Avoid tubs, faucets, sinks, windows, and phones with cords.

If you are outside:

- Avoid metal and natural lightning rods such as tall trees.



Winter Storms/ Cold Weather:

Heavy snowfall and extreme cold can immobilize a region, resulting in isolation. Wear layers of loose, lightweight, warm clothes, rather than one heavy layer.



Hot Weather:

- Never leave anyone in a closed, parked car. Use sunscreen, drink water and eat small, frequent meals. Stay on the lowest floor inside and out of the sun.
- Move to a cool place at the first sign of dizziness, nausea, headaches, or cramps. Rest and stay hydrated.
- **Both the Lancaster Community Center and Thayer Memorial Library are good places if you need to get relief from extreme heat or cold conditions.**



Tornado:

Seek interior rooms on the lowest floor, basements, rooms, and halls with no outside walls, bathtubs, and spaces under stairs. Avoid windows, doors, and outside walls. Get under a sturdy item, such as a table, and protect your head. If in a vehicle, get inside the nearest sturdy structure, or lie flat in the nearest ditch if no structures are nearby.



Floods:

Be aware of flood hazards, especially if you live in a low-lying area, near water or downstream from a dam. Avoid moving water if you must walk in a flood area. Use a stick to test if the ground is firm enough to walk on. If a flood watch is issued, move essential items upstairs. Fill a clean bathtub with water in case water becomes contaminated or is shut off. Turn off your utilities at the main valves if instructed to do so. Do not touch electrical equipment if you are wet or standing in water.



Hurricane:

Stay informed of the path and anticipated arrival. Prepare for floods, high winds, and damage to buildings and landscapes. Move anything outside to a waterproof place. Cover windows with wood or masking tape. Fill a clean bathtub with water. Comply with local evacuation recommendations or orders!



Earthquake:

Avoid the outside of buildings, walls, power lines, trees, etc. If you are inside, stay there and:

- Get under a sturdy table and protect your head.
- If you are in a wheelchair, move to a doorway and lock the wheels. Moreover, cover your head with your arms.
- If you are in bed, cover your head with a pillow and stay put.
- If you are outside, stay away from the outside of buildings.
- If you are in a car, stop, park away from dangerous objects, and stay there until the quaking stops.



Chemical Exposure:

- Seek medical attention and drink only stored water.
- If outdoors, move as far away as possible upwind and uphill.
- If indoors, close doors and windows, shut off heating/ air conditioning and close fireplace dampers. Tape plastic over windows and use duct tape around windows and doors to make an unbroken seal. Tape over any vents and seal any electrical outlets or other openings.



Remove possible contamination by:

- Removing any exposed clothing as quickly as possible. Cut off clothing rather than pulling it over the head.
- Wash contaminants from your skin with large amounts of soap and water as quickly as possible. If your eyes are burning or vision is blurred, rinse your eyes with plain water for 10 to 15 minutes. If you wear contacts, remove them and put them with contaminated clothing - do not reuse them. If you wear glasses, decontaminate with bleach, then rinse and dry.
- Dispose of contaminated clothing. Wear gloves or use tongs to avoid touching contaminated areas and place clothes and anything that touches the clothes inside a plastic bag. Seal the bag and then seal the bag inside another plastic bag.

Emerging Infectious Diseases:

Preventing an emerging infectious disease:

- Ask your physician if your immunizations are up-to-date/ if you need additional vaccinations. Wear a face mask to reduce spreading/ coming in contact with contagious germs.



Preparing for an emerging infectious disease:

- Check for information; symptoms, areas in danger, if medications or vaccinations are being distributed and where to seek medical attention. Follow CDC instructions at <https://www.cdc.gov> or scan QR code.



Nuclear Explosion:

Remember the three protective factors: distance, shielding, and time. Radioactive fallout can be carried hundreds of miles.

If a nuclear attack warning is issued, take cover immediately as far below ground as possible or, if unable, in the center of a tall building, and stay there until instructed to do otherwise.

If you are caught outside and unable to get inside immediately:

- Do not look at the flash or fireball - it can blind you.
- Take cover behind anything that might offer protection.
- Lie flat on the ground and cover your head. If the explosion is some distance away, it could take 30 seconds or more for the blast wave to hit.
- Get clean as soon as possible to remove radioactive material.
- Remove clothing to keep radioactive material from spreading.
- If practical, place contaminated clothes in a plastic bag, seal it and place it as far from humans and animals as possible.
- When possible, take a shower with lots of soap and water and wash your hair with shampoo. Do not scrub or scratch your skin, and do not use conditioner since it will bind radioactive material to your hair. If you cannot shower, use a wipe or wet cloth to wipe your skin that was not covered by clothing.
- Gently blow your nose and wipe your eyelids, eyelashes, and ears with a clean wet cloth.





Massachusetts Office On Disability Emergency Preparedness Checklist

- Have a plan
- Make sure your plan is accessible to you
- Plan for those with disabilities
- Plan for pets and service animals
- Create a personal support network
- Build a shelter-in-place supply kit and an evacuation go-bag.
- Have a list of your medications
- Have two weeks supply of medicine in go-kit
- Have an emergency supply list
- Call 911 (if emergency)
- Sign up for emergency alerts
- Learn how to shelter in place
- A File of Life — keep updated and make sure it is visible (see page 24 of this guide).



Please visit www.mass.gov/mod/emergencyprep for more information on this topic.

Resources

- Emergency Preparedness - Massachusetts Office on Disability (MOD)
- Preparing for Disaster for People with Disabilities and other Special Needs - Federal Emergency Management Agency (FEMA) and American Red Cross
- Emergency Readiness for Older Adults and Caregivers - Administration on Aging, U.S. Department of Health and Human Services
- Preparedness Tips for People With Mobility Disabilities - American Public Health Association
- Home Health Care Information Book - Middlesex Heath Care at Home
- Disaster Preparedness Guide - South Wachusett Regional Emergency Planning Committee and Town of Sterling, Massachusetts Fire Department & Emergency Management
- Emergency Evacuation Planning Guide for People with Disabilities - National Fire Protection Association
- Montachusett Regional Planning Commission (MRPC)
- www.ready.gov

Lancaster Fire/ EMT:

(978) 368-4003 • 1055 Main Street

Lancaster Police:

(978) 365-6308 • 1053 Main Street

Lancaster Town Offices:

(978) 365-3326 • Prescott Building - 701 Main Street

<https://www.ci.lancaster.ma.us>

