

Lincoln, MA

**Local Emergency Planning Committee
(LEPC)
&
Emergency Management
Agency (EMA)**



**COMMUNITY
EMERGENCY
PREPAREDNESS
&
RESPONSE GUIDE**

In any emergency the first line of defense to minimize the impact and extent of an emergency, is the 'ordinary people.' What they do, how they do it, and when they do it, will depend on how prepared they are.

Introduction

This Guide was created to assist Lincoln residents in preparing their own emergency plans.

It is neither perfect nor complete. Some of the suggestions and tips may not be practical for some people. Other people may find it has missed some important points.

It does not cover comprehensive lists that other agencies such as the American Red Cross have developed.

It is meant to be a starting point, a tool to start the process and think about important emergency issues. It is not meant to frighten or worry anyone. It is an educational tool. Just as we teach our young children how and when to call 911, or have school fire drills, or we check for exits at hotels or large arenas, we hope this Guide will be used in the same way.

This Guide is a fluid document. It is designed to have pages added to it. As new information comes in and as events warrant, we will create new pages will be available on the website.

You can also add your own pages. Perhaps sketches of where your utility shut-off valves are. Telephone numbers and contacts. Use it as your base document.

We welcome suggestions and corrections.

Emergency Preparedness & Response Guide.

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Lincoln Community Action Program

CAP

Lincoln's federally mandated **Local Emergency Planning Committee (LEPC)** and our **Emergency Management Agency (EMA)** has been working very hard to prepare Lincoln for all emergencies.

Long before the events of the Tsunami and Katrina, Lincoln recognized the potential devastation an extraordinary emergency could wreak on our town. In 2002, the LEPC created a Community Action Program (CAP), which builds on the partnership between emergency responders, support staff, Lincoln residents, and the Lincoln business community.

Knowing that during an emergency, 1st responders and support personnel are charged with the safety of everyone in Lincoln - the **CAP** philosophy acknowledges that we all, whether we live or work in Lincoln, have an obligation to do everything we can to minimize risk during an emergency.

The **LEPC** asks that you join in this partnership by creating your own personal emergency **PLAN**.

By taking the time to do such a simple thing, someday, your plan might not only be responsible for saving your life but the life of a first responder.

Don't put it off. Do it today!

In addition to the town's plans and encouraging our community members to create their own plans, Lincoln LEPC has joined Acton, Concord, Wayland, Sudbury and Weston in a regional emergency planning effort to pool resources and exchange ideas.

The Lincoln LEPC has also sponsored the Citizens Emergency Response Team Program.

Citizens Emergency Response Teams

Lincoln LEPC **C**ommunity **A**ction **P**rogram has put in place the federal government's **CERT** program.

The **Citizens Emergency Response Team (CERT)** program trains volunteers to assist emergency agencies for a variety of functions.

In Lincoln, **CERT** volunteers would only be used if, during an extraordinary emergency, all resources, including mutual aid, were exhausted.

The Current Teams Are:

- Medical Response Corp
- Emergency Shelter Team
- Seniors and Special Needs Team
- Emergency Animal Rescue Team
- General Support Team

The LEPC hopes that these volunteers will never be needed but is grateful for their willingness to train and be ready if an extraordinary event occurs.

If you think you would like to join CERT please contact us. For more information about the Lincoln **CERT** program, please email:

grayfran@lincolntown.org or call

Frank Gray, CERT Coordinator and LEPC Chair
at 781-259-8114

For more information

Visit Lincoln's LEPC web site at:

http://www.lincolntown.org/fire_dept/lepc.htm

Lincoln's UNIFIED 9-1-1 PROTOCOL

Give 9-1-1 Dispatchers "L I P" (see below)

WHEN REPORTING AN EMERGENCY

FIRST: If possible, remove yourself from the emergency.

Dial 911

Give information in the following order:

Location: Exact location in this order
Lincoln, Address or Landmark
In a building - floor level; room number
Best entrance if known.

Identity: Your name and relationship to
the location or individual and
call back phone number.

Problem: Brief, exact description of the Incident.
What has happened?
What you know. NOT what you think.

You May Be Asked:

If a Medical Emergency:

Do not hang up.
Questions will be asked based on
L.I.P. (info you first gave)
Instructions may be given to you.

If it is a Road Emergency:

Obvious injuries?
Is there fire? Smoke and its color?
Explosion?
Is a truck involved? Shape of truck?
Markings/placards on truck: color,
shape? Any obvious liquids leaking?
Obvious vapor?
Odd or distinctive smell?

If it is a Building Emergency:

Are there any injuries?
Is everyone out of the danger area and
how do you know? Where did they go?
Is the incident inside a building or outside?
A fire? An explosion?
Odd or distinctive smell?
Do you know of any hazardous materials?
Where are those hazards in the building?

MORE COMMUNICATION INFORMATION

DURING A MAJOR EMERGENCY

DO NOT CALL 911 unless lives are in danger.

The 911 system in a major emergency can be brought down by too many calls. Informational numbers concerning power outages, water problems, etc., will be established for the community during major emergencies.

Out-of-State Contact: Be sure everyone in your emergency plan knows your Out-of-State Contact Telephone Number. Be sure the Contact knows his/her role.

During a major emergency, circuits within the state and possibly the region could be busy. It may be possible to reach someone out-of-state. If people in your plan become separated they may be able to call your designated contact and that person can relay important information.

REPORTING ANY EMERGENCY

BY CELL PHONE: 9-1-1 calls made from a cell phone will go to one of three 9-1-1 wireless answering Public Safety Answering Point (PSAP)

- Northampton
- Framingham
- MiddleBorough

When the call is transferred to the PSAP, for which the emergency is accruing, it will display on the Automatic Numbering Location/Database Management System screen as a WPH 1 or WPH 2.

- wireless phase-1
- wireless phase-2

EXPLAIN:

WPH 1- Cell site

WPH 2- Latitude and Longitude

9-1-1 PSAPs have the ability to pin point a caller's location by showing the latitude and longitude. This will give the PSAP operator the caller's location with a certain distance, and is updated every 10 seconds.

ENHANCED 9-1-1: Lincoln phones, except cell phones as previously noted, are tied to an Enhanced 9-1-1 system that identifies the origin, or 'address', of a call. It DOES NOT identify where in the building the call is coming from. This is important in buildings like the Middle School. Giving precise location within the building is important information to give to the dispatcher.

CORDLESS PHONES: Remember that if the power goes out, cordless phones or phones tied to an electrically dependent base will not work. Either have a spare corded type phone available to test your cordless or base operated phone to be sure it can be directly connected to a phone jack and by-pass the electrical base. **CELL PHONES:** Are an important alternate communication. However, during emergency situations cell signals may not always work from your location. **KEEP THEM CHARGED.**

What is a Good Plan?

A good plan is relevant to your concerns and needs. It is simple, clear, and *flexible*. It is important to review it periodically and any changes must be made KNOWN to everyone involved. And most important, the plan needs to be UNDERSTOOD by everyone involved in it.

In a major emergency you will not have time to look for your plan, find phone numbers, etc. Small wallet sized cards with important contact numbers and meeting place information should be given to everyone in your plan.

If you have au pairs, a nanny, or a housekeeper, they should know the plan. If English is not their first language, be sure they understand how they fit into your plan. You should also know their contact number.

Having a good plan could save your life, the people and pets you care about, and the life of a 1st Responder.

Things to Consider:

911: Use only to report life-threatening emergencies. In many major emergencies **911** systems go down from overload.

Cell Phones: Emergency calls to **911** by cell go through State Police dispatch, not to Lincoln direct.

LIP: Teach everyone included in your plan how to give **911** dispatchers LIP (Location, Identification and Problem).

Talk: Be sure everyone included in your plan knows the plan. Know workplace plans, school plans, after school programs' plans, and elderly relatives' plans.

Plans: Plans should include all types of emergencies, from Floods to Avian Flu outbreaks. Good Plans cover all types of emergencies and are simple as well as flexible.

Children: Whether your children are heading off to college, camp or abroad, be sure there are emergency procedures in place. Ensure that your children know what to do if something happens where they are or at home while they are away.

Your Emergency Plan Should Include:

Pets: Include your pets in your plans. Put together supplies for pets. Water, food, medication and inoculation papers.

Contacts: Have a contact outside of Massachusetts and if possible outside of the region that everyone in your plan knows they should call if they become separated or cannot get to your designated meeting point. Be sure the contact understands their role in your plan.

Meeting Place: Designate a meeting place in case you get separated.

Evacuation: If an evacuation is ordered, follow the instructions carefully (i.e. Going in the wrong direction, into a toxic cloud could kill you). Have supplies readily available to take, take important papers, and take your pets.

Sheltering In Place: Everyone should know how to shut off heat, air-conditioning, flues and vents. Have designated safe rooms. One room up: Most chemicals are heavier than air so the higher a safe room the better in most chemical emergencies. One room down: Tornado you should go to the basement.

On the Road:

- Keep your gas tank full.
- Keep road maps in your car.
- Keep emergency kits in your car, including contact numbers.
- Keep emergency animal kits in your car if your pet frequently travels around town with you. This should include copies of vaccinations, food, water, etc.
- If caught out in a toxic event stay upstream, upwind and uphill. Go at least 10 city blocks, further in many incidents. If right in the midst of a toxic vapor cloud, travel cross wind. Keep your windows shut, heat or air-conditioning off.

Supplies for home and car: At a minimum you should have a battery operated radio, flashlight, batteries, food, water, half a tank of gas and cash.

A GOOD PLAN HAS CONTIGENCIES FOR ALL TYPES OF EMERGENCIES.

More about Supplies:

How much food and water to have on hand varies a great deal. Experts recommend different amounts for different types of disasters. Weather events – 3 to five days supply; Pandemic Avian Flu – the recommendations vary greatly. Some say two weeks, other experts say three months.

You need to do your own research and make your own determination. But something to consider:

Unlike hurricane events where food and water might take a little more than a week to start flowing into impacted areas, in an Avian Flu Pandemic, as people who move and distribute the products become ill, food and other staples will become scarcer as time goes by.

It is probably better to store staples to meet the worse case scenario, such as a pandemic.

There are many web sites that list types of foods, shelf life and storage protocols. We encourage you to visit them.

Other types of supplies also differ according to the incident. Again, Avian Flu has a specific list of items. Things like Surgical/Respiratory masks, unscented bleach, rubber gloves are more important in a Flu Pandemic than in a blizzard.

The American Red Cross, The Center for Disease Control (CDC), Federal Emergency Management Agency (FEMA) all have recommendations that you should consider.

More on Sheltering In Place

What this means depends on the type of emergency. Storms, whether a blizzard or hurricane generally means hunkering down until the storm passes. In a tornado, you should seek shelter in a safe place - below ground if possible. In a chemical spill or accident, seek shelter in a safe room as high as possible.

In an Avian Flu Pandemic, sheltering in place will be the equivalent of social distancing. Limiting your exposure to groups of people. Perhaps home schooling children, working from home if possible. Eliminating all types of group activities.

Some Emergency Do and Don'ts

DO

- Do have at least one out-of-state contact. If circuits are busy you stand a better chance of reaching someone further away.
- Do have a regular cord phone. Cordless phones that depend on an electrical base may not work if power is out.
- Do include your pets in your plan. If you must leave your home in an emergency: Take your pets.
- Do have an emergency 'go' kit ready. Collecting flashlights, batteries, first aid kits, clocks, radio, important papers, etc. in the midst of an emergency is not a good idea. Most people have gym bags, fishing boxes, etc., why not an emergency 'go' kit?
- Do follow the directions of your Public Safety officials.
- Do keep your photo negatives in a watertight envelope along with your important papers in your 'go' kit. Photo albums are the number one possessions that people regret losing.
- Do store water and food for an extended period of time.
- Do keep a wallet-sized list of your contact info and meeting places with you at all times.
- Do have extra cell phone batteries.
- Do keep gas in your car.
- Do keep cash on hand.
- Do review your plan and kit seasonally.
- Do have enough medicine.
- Do communicate to your family, friends, coworkers, and neighbors about emergency preparedness.
- Do share resources and car pool in major emergency evacuations Do stop and think and use common sense in an emergency.

Some Emergency Do and Don't

DON'T

- Don't call 911 unless there is a life-threatening emergency. 911 can be brought down by too many calls.
- Don't go anywhere except to your designated meeting place after escaping from an emergency scene. You do not want fire or police personnel risking their lives searching for you because they don't know you got out safely.
- Don't have pre-determined evacuation routes. In a HAZMAT incident, the direction of the wind and weather conditions will dictate which way to go.
- Don't leave your pets behind.
- Don't drink, eat, or smoke anything, during an emergency from a chemical source or unknown explosion until you are out of harm's way.
- Don't go to an emergency scene.
- Don't travel down wind of a chemical incident.
- Don't have long conversations on your cell phone it will quickly deplete your batteries and you may not be in a position to recharge it.
- Don't leave behind any food, water, medicine, clothing, etc. you might need when going to a shelter.
- Don't go to a shelter without your pets.
- Don't make assumptions.
- Don't panic. In an emergency take a moment to think before you act.

Emergency Plans for the Home

- Know the risks in your community.
- Have a plan and practice it. Review it periodically.
- If you are a working parent or pet owner, form a neighborhood emergency cooperative with neighbors you trust to help your children and/or pets if an emergency occurs when you are not home. Incorporate them into your plans.
- Make sure everyone knows the plan and understand his or her responsibilities. Be sure people know of changes to the plan.
- Know all the plans of all the places where your family members regularly attend.
- Practice evacuating your home from different exits.
- Have a system in place to verify everyone is out of the house.
- Have a designated meeting place.
- Have an out-of-state (and if possible out-of-region) contact.
- Have an emergency kit for you and your pets ready to take with you if you have to evacuate. Include emergency contacts, medicines and important papers.
- Have a notification sheet ready, encased in a protective clear film, giving your address and name and stating that all persons and pets have left the home. List the number of adults, children and pets, and the location of your designated meeting place which any plan should have. And an out-of-state contact number. This notification sheet should be ready to be easily but securely attached to your outside front door for emergency responders to see. (THIS STEP COULD SAVE A FIRST RESPONDER'S LIFE).
- Have a plan for sheltering in-place. Identify the rooms that are most appropriate for each type of emergency. If chemical: Close or cover all vents, including fireplace, stove, dryer, etc. Shut off air conditioning or heat/furnace and gas. Shut doors, window and any drafts. Go UP to your safe room.
- In a case of sheltering in-place, if possible have materials and supplies stored in your designated safe room. You should have a working battery operated radio, flash lights, extra batteries, clock, phone, food and water including for pets, clothing and bedding, first aid kit, medicines, a make-shift sanitation system, fun diversions for children and adults, duct tape, plastic, etc.
- Keep a full tank of gas.
- Make sure you keep a list of Medications that your family takes.

Emergency Plans for your Business

- Have a plan and practice it. Review it periodically.
- Make sure all employees, especially new ones know the plan and understand their responsibilities. Be sure everyone knows about changes to the plan.
- Have an emergency coordinator, and several alternates in case someone becomes incapacitated or is not there on a given day.
- Have a system in place to keep track of who is in the office.
- If possible identify people with medical problems.
- Have a system in place to help disabled workers.
- Practice evacuating from different exits. Know those exits.
- Have a system in place to verify everyone is out of the office.
- Have a designated meeting place.
- Have an out-of-state (out-of-region if possible) contact.
- Work with your local fire department and LEPC to identify hazardous materials that might be in your office even if you do not fall under the required reporting regulations.
- Have an emergency packet ready to take out of the building. Include emergency contacts for every employee; with medical needs noted if employees are willing to list them. The top sheet in this packet, encased in a protective clear film, should be a notification that all persons have left the office; the address of the office; the number of people that left; a contact phone number; and the location of the designated meeting place.
- The top sheet of your emergency packet should be easily but securely attached to the office outside door for emergency responders to see (THIS STEP COULD SAVE A FIRST RESPONDER'S LIFE).
- Have a plan for sheltering in-place.
- In a case of sheltering in-place, have materials and supplies stored in a designated safe area on site. Know how to shut down air-conditioning; heat, etc. shut all windows doors and drafts. Close any vents. At a minimum have a working battery operated radio, flash lights, extra batteries, clock, phone, food and water, first aid kit, make-shift sanitation system, duct tape, plastic, etc.

Planning for Children

- Be sure your children know your plan and important numbers and meeting places. Review it with them periodically
- Involve your children in the planning process. Have them make a list of what food to store. What toys or books to have. Have them make their own 'Go' kit.
- Be sure you know your child's school plans. (Lincoln Public Schools have developed extensive emergency plans coordinated with the Public Safety departments.)
- The Massachusetts Office of Children's Services has mandated that all Day Care and Pre-schools have emergency plans. Be sure they do and know what they are.
- Small, unlicensed childcare providers should also have emergency plans. Be sure they do and know what they are.
- Be sure the after school programs your children are involved with have emergency plans. If they don't, work with the program coordinators to develop plans. (I.e., How will kids who are dropped off at a ball field be transported to safety in an emergency? Where could they be quickly sheltered?)
- College or prep school kids should know your emergency information, and everyone should know the school and dorm's plans.
- Whether your children are heading off to college, camp or abroad, be sure there are emergency procedures in place. Ensure that your children know what to do if something happens where they are or at home while they are away.
- Be sure if changes are made to plans they know about those changes.

Planning for Elderly & Special Needs Individuals

- Be sure they know the plan, contacts and meeting places. If they do not live with you be sure they have a plan and you know it.
- Determine if you or your loved ones would have difficulty doing any of the tasks. If the answer is yes develop a solution. If you need help in coming up with a solution contact the Lincoln LEPC.
- Have a system in place to check that the elderly or special needs, whether family or neighbors, have heat or air conditioning in extreme conditions. Contact the Emergency Management or Fire Department if you think there is a problem.
- If you or a loved one is a resident of an assisted living facility or nursing home review the facility plans.
- If you or a loved one is undergoing a medical treatment (such as Chemotherapy) that could hinder your ability to deal with an emergency and you would like to be put on an emergency assistance list for the duration of the treatment please contact our LEPC Coordinator Frank Gray @ 781-259-8114.
- A Citizen Emergency Response Team (CERT) has been formed to address the emergency issues concerning the elderly and special needs, before, during and after emergencies. CERT Team Leader Frank Gray @ 781-259-8114 Please consider being part of this team.
- Be sure if changes are made to plans that everyone know about those changes.

WHY INCLUDE YOUR ANIMALS IN YOUR EMERGENCY PLANS.

SHIFTING POLICY - BACKGROUND: Following a train derailment several years ago, FEMA recognized that the majority of people in this country have pets, and most of these people consider their pets members of their family. For children and the elderly there is, in most cases, a serious emotional attachment to their pets, an attachment that can have physical ramifications. There are still others who depend on their livestock for their financial survival.

FEMA now has added a new directive: Pets should not be left behind in an evacuation. Livestock, when possible, should also be moved to safety. FEMA then went on to develop a protocol - Animals in Disaster.

The Commonwealth of Massachusetts picked up this ball and ran with it, creating the State of Massachusetts Animal Response Team. SMART's role is to act as a catalyst for local and/or regional jurisdictions to develop annexes to their emergency plans concerning animals in disasters. SMART will assist and coordinate resources if a jurisdiction exceeds its ability to handle evacuated animals.

Emergency Plans for Pets:

Whether it is a turtle or a toucan; dog or donkey; cat or canary, llama or lizard; - Include your pets in your emergency plans.

In an emergency evacuation, the State of Massachusetts, along with your Lincoln Emergency Officials, wants every pet owner to bring their pets with them. And if your pet is home alone while you work, make arrangements for a neighbor or friend to take your pet with them.

Even if your plans are not perfected, take your pets with you in an evacuation. LEART, the Lincoln Emergency Animal Response Team, has been established to help your pets and you. And the State has established SMART to assist if LEART is overwhelmed.

It is important for all of us to understand that the nature and scope of an emergency will determine any response team's capabilities, which underscore the need for each of us to have our own plans and supplies in place.

If you need to evacuate your home due to an emergency, whether it is to be just for 10 minutes or 10 hours, take your pets with you. Ten minutes in an emergency situation can become ten days and ten hours can become ten weeks. Do not leave your pets behind. Take your pets with you.

Making Emergency Plans for Pets

Know your pets hiding places.
Keep current on vaccinations for pets.
Have leashes and collars.

If you have birds, check with your vet about avian flu vaccination. There is a vaccine for the bird strain of avian flu.

If an avian flu is found in wild birds in this country, keep your cats indoors and dogs on leash so they do not come in contact with dead birds

Be sure you have proper identification on your pets. Microchips and tattoos are best, but at least tags.

Make up a watertight information packet for *each* pet. Each packet should include:

- Your name, address, phone number
- Chip information or tattoo information
- Your pets' names
- A written description of your pets
- An out-of-state emergency contact number
- Current photos of your pets. (Have one showing distinctive markings if possible. One with you in it. One when pet doesn't look her best.)
- Current vaccination records
- Any special medical or feeding instructions

Keep a copy of all the packets with your important papers. The packets should be, in clear view, and firmly attached to your pets' crates and cages. Etch, scratch or write with indelible ink, your name, address, telephone number and pet's name directly on their crate of cage.

If you do not have crates or cages get them. If you can't afford them, call your local animal welfare organization, shelter or animal control officer to see if they can help you find one for free.

Firmly attach to their crates or cages an emergency kit including:

- Food and water (enough for at least three days)
- Bedding
- A piece of your clothing
- Any special medicines
- Copies of the information in the packet.
- A basic animal first aid kit
- Keep these thing altogether, with easy access, preferably near your kit.

If your pet is a frequent companion while driving around town or cross-country, keep these things in your car if you can, if not at least keep a copy of the packet and some food and water in the car.

If you work, ask a trusted neighbor who loves & knows animals if they would be willing to take your animals (and their emergency supplies) if an evacuation is called for and you are not home. If they agree, be sure they are familiar with your plans especially your contact.

Animal Shelter: The Lincoln Highway department will except your animals during a disaster. be sure to bring what ever food,cages,medication that your animal needs.

Types of Emergencies

Most of this Guide focuses on general preparation applicable to all types of emergencies that have the potential to impact the whole community.

However this section will focus on specific types of emergencies. Periodically, as new suggestions and information for certain types of emergencies emerge we will make them available for inclusion into this section of the Guide.

The following is a list of some emergencies, which may be covered as events warrant.

- Blizzards
- Thunder Storms
- Extreme Heat Waves
- Droughts
- Floods
- Tornados
- Hurricanes
- Chemical Spills
- Terrorist Attacks
- Earthquake
- Pandemics
- Rabies in Area
- Fire
- Lost Child or Alzheimer Family Member
- Dam Failure

Due to the rising concern, the first type of emergency we are including now is Pandemics.

A pandemic is any disease or condition that affects people in many countries at the same time.

What is Bird Flu?

The current H5N1 Bird Flu strain was a real threat in 2006. The impact of any future threat will be to the bird population and any person or animal that might come in contact with the live infected birds or raw infected carcasses. American poultry should be safe due to the extraordinary precautions and monitoring that is taking place. Also, poultry thoroughly cooked is safe to eat.

When and if bird flu is reported again in this country, we recommend keeping your cats indoors and your dogs on leash so they avoid any contact with sick birds. Bird owners can check with their vets about a bird vaccine that is available.

What is the Seasonal Flu?

Seasonal Flu is what we all deal with annually. The traditional flu vaccine is a mixture of modified and weakened strains of human-to-human flu viruses that researchers believe will be active in the upcoming flu season. Most traditional Seasonal Flu viruses are viral strains that we had some partial exposure to in prior years and to which we have some partial immunity or resistance.

What is a Flu Pandemic?

A Flu Pandemic can be any of the known or as yet unknown strains of a bird flu that has mutated and is easily transmitted from human to human. It is the ease of transmission that makes any flu so potentially deadly.

Officials are always concerned about flu, whether it is H5N1 or some mutation of a known strain. Experts believe that it is not a matter of 'if' but 'when' a Flu Pandemic will occur.

The development of this new strain of flu, called H5N1, which has not been around for over 80 years, is a concern since it has characteristics of the 1917-18 devastating Global Pandemic Flu virus (What is known as the 'Spanish' Flu Pandemic').

When (or if) the H5N1 strain will mutate to a strain that is easily spread between humans is unclear. Fortunately, right now, while it easily infects birds, human cases have been relatively few, which means that it is only spread between humans by very close, prolonged contact.

What is an Avian Flu Pandemic?

Only if H5N1 bird flu mutates so that it can be transmitted easily and broadly from human to human will we then be in what is commonly referred to as the "Avian Flu Pandemic". However, no one can say for sure if this will ever happen. Since this is a new strain, a vaccine for humans cannot be developed until the strain has actually mutated and is passing easily from human to human and then identified. It will take a minimum of six months to create and manufacture sufficient vaccine to counter the out-break. However, the country will not be able to manufacture enough vaccine for all Americans.

Because of the potential devastating impact on our society and the time lag in actually identifying when it has mutated, the Lincoln Board of Health and the Local Emergency Planning Committee are preparing now. We recommend that you do as well.

Public health measures and good hygiene practices can slow the spread of the disease and buy time for vaccine and antiviral medication development and production

At the onset of a declared pandemic the only defense will be the actions and precautions of individuals and communities.

What You Can Do Now

Get regular flu shots when they are available. Store food and water now for least one month. Rotate supplies appropriately.

Have vitamins and medicine now for least one month.

Have unscented bleach and water purifier tablets

Have pet supplies and pet medicine for one month.

Keep cash on hand

Keep gas in your car

Have emergency supplies and staples on hand.

*Have N95 masks

*Have rubber gloves to use for trips to the food stores etc.

*The masks and gloves are only good for one use and must be taken off carefully and discarded outside your home in a proper container to avoid exposure.

Remember, many of the above items may be hard to find once a pandemic emergency is declared. In an Avian Flu Pandemic, as people who move and distribute the products become ill, food and other staples will become scarcer as time goes by.

Planning Consideration

Designate one person to go out for supplies and do so no more than once a week.

Develop a home school strategy for your children.

Develop a work at home strategy if possible.

Consider 'social distancing' (staying away from crowded areas, theaters, etc.).

Use protective measures when out in public.

Base decisions on guidance from public health & school officials.

Stay in touch with your neighbors and health authorities so you can assist them or vice versa.

Avoid extreme social isolation.

Lincoln will be sending out more preparedness and response information and suggestions concerning Avian Flu Pandemic as it becomes available.

Websites

All Hazard Emergency Planning:

FEMA:

www.gov/areyouready/appendix_b.shtml

American Red Cross:

www.redcross.org

Disaster Planning for Animals:

American Veterinary Medical Association
Small and large pets and livestock

www.avma.org

American Veterinary Medical Foundation

All animals

www.avmf.org

American Association of Equine Practitioners

Horses

myhorsematters.com

Pandemic Flu Preparedness and Information:

Influenza Pandemic Planning A High Priority. Massachusetts
Department of Public Health Bureau of Communicable /
Disease Control and The Center for Emergency Preparedness.
<http://pandemicflu.gov/plan/statelocalchecklist.html>

Pandemic Flu Planning Checklist for Individuals and Families
<http://pandemicflu.gov/planguide>

Avian Flu: The Uncertain Threat. New York Times, Science
Times, March 28, 2006 page D1 <http://www.Newyorktimes.com>

The bird flu threat: How to protect yourself and your family.
January 7, 2006 www.newscientist.com

2006 World Health Organization, Frequently Asked Questions
about Avian Influenza (Bird Flu) <http://www.who.int/en>

Centers for Disease Control. Key facts about avian influenza
(Bird Flu) and Avian Influenza A.
(H5N1) virus, www.cdc.gov/flu/avian/gen-infor/facts.htm

Lincoln has implemented Connect-CTY to provide town officials the ability to communicate with all residents regarding time-sensitive matters, such as unforeseen events or emergencies. The Connect-CTY service allows emergency officials to send and track personalized voice messages to thousands of residents, businesses, and local officials in just minutes, through a single phone call. The service requires no additional hardware; it can be used from wherever they are located. The town also can track which numbers were reached with a report on the results of outgoing messages.

Primary residential and business phones in Lincoln will automatically be included in the system. However, residents must opt-in to have their e-mail address, cell phone and private (non published) phone numbers included for emergency notifications by visiting the Town of Lincoln Web site (www.lincolntown.org) and clicking on the link that says "SIGN UP NOW-SERVICE BY CONNECT- CTY" to enter additional information into the secure database. Those without Internet access can have their information added into the system by calling (781)259-8113. Residents with call blocking services can make sure to receive the town's time- sensitive calls by adding 781-259-8850 to their approved number list.

Residents without Internet access can have their information added into the database by Calling (781) 259-8113.

SIGN UP NOW
notification services by
CONNECT-CTY

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