

Emergency Preparedness in Leisure World of Maryland

Why be prepared?

The geographic area that includes Leisure World is subject to natural events that can create emergencies. In the past several years, Maryland has been subject to the effects of an earthquake, snowmageddon, hurricanes, tornadoes, a dereacho, extreme heat, and extreme cold. These conditions have often impacted on the health and safety of Leisure World residents.

The population of Leisure World exceeds 8,000. The two clubhouses are not intended for the shelter of 8,000+ residents during an emergency. Any evacuation would be handled by the Red Cross, Montgomery County, or other personnel from outside the community. If a disaster occurs in Leisure World, first responders may not be able to get to you immediately, or they may need to focus their efforts elsewhere. **Thus, it behooves residents to take some personal responsibility and initiative in being prepared.** The following emergency preparedness information is included to assist residents develop their home emergency preparedness plan, provides the essential items to include in developing home, car, work and pets emergency supply kits, and provides additional sources of information on emergency preparedness.

Leisure World is comprised of several different types of housing, making responses to an emergency vary from Mutual to Mutual. The Leisure World Emergency Preparedness Advisory Committee has recommended that each Mutual develop an Emergency Preparedness plan. Your personal emergency preparedness plan should be coordinated with your Mutual's plan. If your Mutual is part of the Mutual Readiness Program, consider joining your neighbors in sharing personal information that could be vitally important for you or your neighbors in the event of an emergency. Various types of emergencies require different responses. However, there are common sense approaches to preparing for emergencies. Here, they are classed as:

- What you should do on a daily basis
- What supplies you should have on hand
 - For home
 - For your car

- For your office
- For your pet (s)
- What you should do if ordered to shelter in place
- What you should do if ordered to evacuate

What are the desired future conditions?

It is hoped that increased awareness of the need to be prepared will be an incentive for residents to develop emergency preparedness plans and keep them updated for their residences, autos, offices, and pets, as appropriate.

It is hoped that residents will use this information to increase their awareness of their need to be prepared and ready to react to incidents that may impact on their health and safety.

It is hoped that this increased readiness would play a major role in the outcome of incidents that require county, state or other assistance from outside the community.

It is hoped that being prepared will reduce residents' fears, anxieties, and losses that can accompany emergencies

What you should do on a daily basis

- Shut off water to appliances when going on vacation
- Unplug appliances when not in use
- Don't start appliances before leaving the house
- Close the door when going to sleep
- Be aware of anyone who may need extra help in an emergency
- Arrange for someone to check up on you regularly
- Get a Lifeline system if you are living alone

- Get a File of Life if you do not have one already (available free of charge at the Med-Star Medical Center)
- Teach anyone who may be assisting you how to operate any necessary equipment
- Keep emergency and relative contact numbers next to the telephone and in your contact list if you have a cell phone
- Know how to turn off the main water and main electrical supplies to your home
- Best radio and TV stations for emergency information
- Location of all your important papers best kept in a fire-proof safe or safe-deposit box
- Names and doses of all your medications
- Basic first aid
- Use perishable food from the fridge first and freezer second
- Have at least one corded phone for use when the electrical power is down
- Check smoke detectors and replace any that are over 10 years old

What supplies you should have on hand

For home

This kit provides for the basic essentials needed in event that an emergency situation may require that you remain in your home (shelter-in-place) until advised that the incident is over. This kit is also your "Grab and Go " kit if you are

ordered to evacuate your home. All items listed should be planned for a 3-5 day period.

- Water—One gallon per person daily —A case of 24—16 ounce bottles contains 3 gallons
- Non-perishables—Canned or packaged food
- Clothing—At least one complete change of clothing, including underwear/socks/shoes per person
- Medications—Supplies of over-the-counter and prescription medications for three to five days
- Flashlight, portable radio and/or TV and extra batteries
- Manual can opener, plastic plates, spoons, forks, knives and napkins
- Hygiene items—soap, hand towels, facial tissues, toilet paper, toothpaste and toothbrush
- First aid kit and manual
- Include other items in this kit that you consider essential to your health and safety.
- Review contents of this kit quarterly, update and replace as necessary

For your car

More Leisure World residents are still working away from the home and spending more time in their cars. Emergencies can happen at any time and help may not be available immediately, especially if you are in your car. The following list provides the basic essentials needed for an emergency in your car.

- Water for one to three days—Eight-16-ounce bottles contain a gallon.
- Non-perishable food for one to three days
- First aid kit and manual
- Two-three day-supply of prescription and over-the-counter medications
- Two flashlights and extra batteries
- Flares, jumper cables, tire gauge, jack
- Cell phone and important contacts
- Routine car maintenance up-to-date
- Fuel tank at least half full
- Blanket, snow shovel, other seasonal items such as a bag of sand or rock salt during the winter season
- Solid piece of red or white material to attach to your car to signal you need help

- Include other items that you consider essential to your health and safety
- Review kit supplies quarterly and update when necessary

For your office

More residents of Leisure World are continuing to work away from home. Especially during the winter season, we are all familiar with travel problems associated with snow and other winter conditions. The following are tips on what you might want to have on hand at an office in case of an emergency.

- Bottled water for one to three days—eight-16-ounce bottles of water contain one gallon.
- Non-perishable food such as granola bars for one to three days
- A flashlight, portable radio with alarm and extra batteries
- A casual change of clothing and comfortable walking shoes
- Prescription and over the counter medications for one to three days
- A cell phone and key phone numbers
- Include additional items that you consider are essential for your health and safety
- Review kit supplies quarterly and update when necessary

For your pet(s)

The following provides some suggestions for what might be in your pet's emergency supply kit.

- Water for at least three days for each pet
- At least three days of food for each pet in airtight, waterproof containers
- Medications for your pet for at least three days in a waterproof container as well as medical records
- A first aid kit for your pet. Most kits include cotton bandage roll, tape, antibiotic ointment and flea and tick prevention medications. Ask your veterinarian if other items are also appropriate.
- A collar with ID tag, harness or leash

- A crate or other pet carrier in case evacuation is ordered. The crate should be large enough for your pet to stand, move around, and lie down.
- Sanitation supplies for your pet. Suggestions include litter and a litter box if appropriate, newspaper, paper towels, plastic trash bags, and household chlorine bleach
- A picture of you and your pet together. If you become separated, the picture will help you document ownership and allow others to assist you in identifying your pet,
- Put toys, treats, and bedding in the kit
- Include additional items to this kit that you consider essential for your pet's health and safety
- Review this kit when you review your Home Disaster and Emergency Supply Kit

What you should do if ordered to shelter in place

- Close and stay away from all windows
- Close all fireplace dampers and vents
- Do not leave your unit until you are told that it is safe to do so
- Be prepared to stay in your home for 3-5 days and use the supplies in your home emergency kit as needed

What you should do if ordered to evacuate

- Listen for specific instructions before leaving your home. If instructed to go to a specific place, go directly there. Take enough medication to last 3-5 days
- Take copies of all your prescriptions
- Take cash, charge cards, driver's license, medical insurance and Medicare cards

- Take extra eyeglasses and hearing aid batteries
- Take your first aid kit
- Take clean clothing, comfortable shoes, and personal hygiene supplies
- Lock your doors

If you feel that you have an emergency situation, call 911. You should also have on hand the following telephone numbers:

- Your doctor's office
- Security Gate (Main Gate) 301-598-1044
- PEPCO power outages 1-877-737-2662 or the main gate
(301-598-1044) if you do not
have a PEPCO account
- Washington Gas Emergency 1-800-750-1400
- Poison Control Center 1-800-222-1222
- WSSC Water Emergency 391-206-4002 or the main gate if
you do not have an account
- MedStar Health--emergency 301-598-1590

Other sources of information about emergency preparedness

Web sites

- www.redcross.org

- www.fema.gov
- www6.Montgomerycountymd.gov
- www.lwmc.com
- www.ready.gov
- www.cdc.gov

When there is a weather situation or other type of emergency situation in the community, management will post recorded messages on 301-598-1313 and 301-598-1000. Information will also be posted on Comcast channels 972 and 974. Residents of high rise buildings should contact their property manager's office for recorded updates on emergency situations affecting their particular building.

Tips for preparing for an emergency situation will also be broadcast on radio (WTOP—103.5 FM) and local TV stations.

This information does not cover every possible emergency. It is meant to provide residents with basic preparedness guidelines which, when combined with any specific instructions given by your Mutual and/or professional personnel, should make you more secure in a crisis situation.

The technology for preparing for emergencies evolves over time as does expert thinking about how best to respond to emergencies. The Leisure World Emergency Preparedness Advisory Committee prepares articles for publication in the Leisure World News. These articles typically present current information on emergency preparedness and reminders of how to respond to emergencies. These articles are compiled in the Leisure World Emergency Preparedness Information Guide located in the Leisure World library found in Clubhouse I.