

# **2016-2017 Emergency Planning Guide for Citizens**

## **EMERGENCY PLANNING GUIDE**

### **INTRODUCTION:**

This Emergency Planning Guide is designed to help you prepare for severe weather events or other disaster. It is Bay Aging's goal to have well prepared and informed citizens to properly prepare their home and family in case of emergency.

The following information is for your use and protection. Please take this seriously and become familiar with the contents. We all have a responsibility to be prepared and to follow through in case of a disaster.

**This guide is for information and planning purposes only.**

## **EMERGENCY PLANNING GUIDE**

### **Severe Storms: Blizzard/ Hurricane/Ice Storm/Tornado/Tropical Depression/ Other Disaster**

Severe storms, including blizzards, hurricanes, ice storms, tornados, tropical depressions, may bring heavy downpours, high wind and hail, which can cause flooding, roof leaks, broken windows, toppled trees and light poles and assorted forms of water damage. Widespread power outages usually accompany these storms. In addition, the Middle Peninsula and Northern Neck communities are especially susceptible to flooding and storm surges. Other “un-natural” disasters have been rare in our country, but are possible.

**CELL PHONES – Keep them fully charged!**

Listen to the following **local RADIO STATIONS**

**KEEP BATTERIES FOR YOUR RADIO(S)**

- WXGM AM 1420 or FM 99.1
- WKEZ FM 94
- WQSF FM 96
- 2WD FM102
- WKWI FM 101.7
- WIGO FM 101
- WNNT FM 107.5
- WRAR FM 105.5
- WTYD FM 92.3 (Williamsburg)
- WBQK FM 107.9 (Williamsburg)

Watch **YOUR LOCAL TELEVISION STATION(S)**

Should evacuations become necessary, warnings and evacuation instructions will be broadcast over the radio and local television stations.

Sheriff departments, assisted by fire and rescue departments, may use mobile loudspeakers to ensure that residents in threatened areas receive evacuation warnings.

**See page 19 for a listing of television stations.**

## EMERGENCY PLANNING GUIDE

### SAFFIR/SIMPSON HURRICANE SCALE – Understand What The Categories Mean

**Category 1:** Surge – 4 to 5 feet Winds – 74 to 95 mph

No real damage to building structures. Damage primarily to unanchored mobile homes, shrubbery and trees. Some coastal flooding and minor pier damage.

**Category 2:** Surge – 6 to 8 feet Winds – 96 to 110 mph

Some roofing, door and window damage. Considerable damage to vegetation and mobile homes. Flooding damages piers; small craft in unprotected moorings may break loose.

**Category 3:** Surge – 9 to 12 feet Winds – 111 to 130 mph

Some structural damage to small homes and utility buildings. Mobile homes destroyed. Flooding near the coast destroys smaller structures; larger structures damaged by floating debris. Terrain may be flooded well inland.

**Category 4:** Surge 13 to 18 feet Winds – 131 to 155 mph

More extensive structural failures; some complete roof failure on small homes. Major erosion of beach areas. Terrain may be flooded well inland.

**Category 5:** Surge 19+ feet Winds – 156+ mph

Complete roof failure on many homes and industrial buildings. Some complete building failures; small utility buildings blown over or away. Flooding causes major damage to lower floors of all structures near the shoreline. Massive evacuation of residential areas may be required.

**Hurricane WATCH:** issued when hurricane conditions are forecast for an area within the next 36 hours. A WATCH triggers your emergency disaster plan and begin protecting property and buildings from the storm.

**Hurricane WARNING:** issued when sustained winds of 74 mph or greater are forecast for an area within the next 24 hours.

**Evacuation Routes:** Become familiar with your evacuation routes.

Middle Peninsula – residents evacuate using Route 17 NORTH to Route 33W to 64W or as otherwise directed

Northern Neck – residents evacuate using Route 17 to FREDERICKSBURG

**Residents should evacuate if:**

- advised to leave by officials
- live in a storm surge zone
- live in low-lying or flood zone areas
- live in a manufactured home or recreational vehicle
- require respirator or other electric dependent medical equipment
- medications that require refrigeration

## EMERGENCY PLANNING GUIDE

### PERSONAL/FAMILY EMERGENCY PREPAREDNESS

**FUEL! Is your vehicle's gas tank full? Is your generator's tank full?  
Do you have enough fuel to keep your generator going?**

#### 3 Actions You Should Take to Prepare Your Home and Family in Emergencies

##### **1 – Put a Kit Together**

- Have at least **3 days of supplies** in an easy-carry kit with additional supplies on hand.
- **Water** – One gallon per person per day.
- **Food** – Nonperishable foods that require no refrigeration, preparation, cooking and little or no water. (energy bars, ready to eat soup, peanut butter, etc.)
- **Medicine** – Place your medication bottles in a ziplock bag, along with a personal medication record, and a first aid kit.
- **Flashlight and Radio** – hand-crank; have extra batteries with you.
- **Cell Phone** – Keep your cell phone charged; don't forget your battery charger.
- **Tools** – Wrench, can opener, screwdriver, hammer, pliers, knife, duct tape, plastic sheeting, garbage bags/ties, eating utensils, pencils, paper.
- **Clothing and Bedding** – A change of clothing for everyone in your family, sturdy shoes, gloves and jacket if necessary; two blankets or one sleeping bag per person.
- **Personal Items** – Copies of important papers, identification cards, insurance policies, birth certificates, passports, etc.; eyeglasses, contact lenses and solutions, hearing aids and extra batteries; an up to date list of all medications (med name, dosage, physician's name and phone number); comfort items such as books and toys if needed.
- **Sanitary Supplies** – You may need toilet paper, towelettes, feminine supplies, personal hygiene items, diapers, Depends, bleach.
- **Money** – Have cash (ATM's and credit cards won't work if power is out).
- **Contact Information** – Carry a current list of family phone numbers and email addresses, including someone out of the area who may be contacted if need be.
- **Pet Supplies** – For each pet include food, water, a collar/leash/cage/carrying case, litter box or plastic bags, ID tags, any medications and vaccination information. Remember to check with your local emergency shelters **BEFORE** you need to evacuate to find out if you can bring your pets – **MOST EMERGENCY SHELTERS WILL ONLY ALLOW SERVICE ANIMALS.**
- **Alternative Sources of Light and Heat** – Candles, small propane tanks and cookers (camping style – Coleman type cookers).
- Tape does not prevent windows from breaking. If you want to cover your windows, use 5/8" marine plywood, but to fit and install.
- Plan to bring in all outdoor furniture, decorations, garbage cans and anything else that is not tied down.
- Determine how and where to secure your boat, canoe, kayak, etc.

# EMERGENCY PLANNING GUIDE

## 2 – Make a Plan

**Planning ahead will help you have the best possible response to a disaster.**

- *Do you live in a “low ground area”, in an area that is prone to flooding, or in an identified “flood plain”?*
  - *Flood insurance is the only way to financially protect your property or business from flood damage. To learn more visit [www.floodsmart.gov](http://www.floodsmart.gov) or call 1.800.427.2419.*
- *Where will you meet your family?*
- *Do you know how and when to shut off utilities such as electricity, water and gas?*
- *Do you know where your fire extinguisher is located and how to use it?*
- *Does a friend or family member know how to contact you?*
- *Do you have any family members with special needs (wheelchair bound, requires oxygen, blind or vision impaired, deaf or hearing impaired, etc.)*
- *Have you included your pets in your emergency plan?*
- *Do you have a list of pet friendly hotels?*
- *Are you familiar with your community’s evacuation routes?*

## 3 – Be Informed

- The better informed you are, the more effective you will be with your family, neighbors and community.
- Share your knowledge with your family, household and neighbors ... encourage them to be prepared and informed.
- Give blood. Blood is needed all the time, but especially in times of emergency.

## IMPORTANT TELEPHONE NUMBERS

Your county’s  
office of emergency services \_\_\_\_\_  
non-emergency sheriff’s office \_\_\_\_\_  
Your local radio station \_\_\_\_\_  
Your local Red Cross office \_\_\_\_\_

Dominion Virginia Power: 1.888.667.3000  
Virginia Department of Emergency Management: 1.866.782.3470  
Virginia Department of Transportation (road conditions): 511 or 1.800.367.ROAD  
FEMA National Flood Insurance Program: 1.800.427.4661  
FEMA Disaster Assistance Hotline (after emergency only): 1.800.621.FEMA

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### **911**

Call 911 for Extreme Emergencies – Call 911 when you or someone else is in immediate danger, needs immediate medical assistance or sees or experiences a crime.

**DO NOT call 911 for non-emergencies or to report a power outage.**

### **211 – Virginia Disaster Recovery**

During times of disaster, 2-1-1 VIRGINIA will provide an additional channel of communication for the citizens of Virginia. Working with local and state emergency management and disaster response officials, 2-1-1 VIRGINIA will provide –

- Accurate and up-to-date information on community and regional response.
- Volunteer and donation coordination.
- Crisis intervention and human services coordination.
- Access to disaster support services during the entire recovery process.

## EMERGENCY PLANNING GUIDE



We **LOVE** our pets so make sure your beloved companions have a disaster supply kit too!

Your kit should include the following items:

- Identification tags on collars
- Medications, immunization records
- First aid kit
- Sturdy leashes, muzzles, harnesses, carriers or cages to transport pets safely
- Carriers should be large enough for the pet to stand comfortably, turn around and lie down
- Include blankets or towels for bedding and warmth
- Current photos of you with your pets in case they get lost
- Food, drinking water, bowls, cat litter/pan and can opener
- Information on feeding schedules, medical conditions, behavior problems
- Name of your veterinarian
- Pet beds and toys—if easily transportable
- Treats



Find out **AHEAD OF TIME** if your local evacuation shelter accepts animals and what type.

Middle Peninsula: 800.693.6109  
Northern Neck: 800.493.0238  
[www.bayaging.org](http://www.bayaging.org)



## EMERGENCY PLANNING GUIDE

### Other Possible Scenarios

#### Probability #1

**Power Failure.** Low impact (1-8 hours). Will affect employees and telecommunications. No relocation necessary unless heating/cooling/lighting/safety concerns affect the workplace environment dramatically.

**Telecommunications Failure.** Low impact (1-8 hours). Will affect employees. Notify cable/communications company(s). No relocation necessary.

Appropriate staff can work onsite to serve walk in clients without internet/phone capabilities with limitations, using written forms and hard copy files.

#### Probability #2

**Water/Sewer Leak.** Low-medium impact (1day-5 days). Will affect employees, possible work interruption. Notify building management immediately. If required, internally relocate staff to work stations out of affected area (may necessitate shared work areas); assure working order of equipment and connectivity of data ports. Assess damages, notify insurance company, repair/replace furniture/fixtures. Many employees have the ability to work from home over the Internet, using their personal computers.

#### Probability #3

**Fire.** Medium impact (2 days-4 weeks). Will affect employees, visitors, building, telecommunications, possible work interruption. Call 911, evacuate building and notify building management. Possible relocation. Confirm that employees and visitors on site have left the building. Secure medical treatment for any injuries. After incident, notify insurance company, assess damage, clean-up and repair/replace furniture/fixtures if possible. If relocation is necessary, secure a temporary location, contact all providers to restart service at new location, arrange for furniture to be delivered to new location (if not already furnished), and communicate to all employees who are to report to work, when and where.

**Hazard Materials Release.** Low impact (1 day-5 days). Will affect employees, and visitors, possible work interruption. Evacuate building, send employees home, assess any injuries and obtain medical help if needed. Notify employees of time period to stay away from office and when to return to work.

*Possible Scenarios continued on next page*



## EMERGENCY PLANNING GUIDE

### Other Possible Scenarios

#### Probability #4

**Personal Assault Threat.** Low impact. Will affect employees and visitors. Call 911 if assault has occurred. If a threat has occurred anywhere in the building, the office will be locked-down. Continue coordination with police.

**Bomb Threat.** Low impact. Will affect employees and visitors. Call 911, evacuate building. Employees will gather away from the building at a safe distance.

**Protests.** Low impact. Will affect employees & visitors. Call 911, lockdown office. Employees may need to work from home.

#### Probability #5

**Explosion and/or structural collapse.** High impact (2 weeks-1 year). Will affect employees, visitors, building, work interruption. Call 911, evacuate building. Account for all employees and visitors, assess any injuries and obtain medical help if needed. After incident, notify insurance company, relocate, assess damage, clean up and repair/replace furniture/fixtures if possible. Secure long term temporary location, contact all providers to restart service at new location, arrange for furniture to be delivered to new location (if not already furnished), communicate to all employees who is to report to work, when and where.

#### Probability #6

**Flood.** Moderate-high impact (1 month-1 year). Will affect employees, visitors, building, work interruption. Call 911, evacuate building. Account for all employees and visitors, assess any injuries and obtain medical help if needed. After incident, relocate, assess damage, clean-up and repair/replace furniture/fixtures if possible. Secure long term temporary location, contact all providers to restart service at new location, arrange for furniture to be delivered to new location (if not already furnished), communicate to all employees who is to report to work, when and where.

#### Probability #7

**Wind Damage.** Low-medium impact (1 day-2 weeks). Will affect employees, building, possible work interruption. Notify 911, evacuate building as required to safe locations, assess any injuries and obtain medical assistance as needed. Possible relocation, clean up, repair/replace furniture/fixtures. If required, internally relocate staff to work stations out of affected area (may necessitate shared work areas). Assess damage, notify insurance company, repair/replace furniture/fixtures.

## **EMERGENCY PLANNING GUIDE**

### **What to do in case of a Tornado**

1. **DO NOT PANIC.** Remain calm and listen to instructions. Do not attempt to salvage anything since the time delay can result in injury.
2. Go directly to an enclosed, windowless area in the center of the building – away from glass and on the lowest floor possible.
3. Crouch down and cover your head.
4. Interior stairwells are usually good places to take shelter, and if not crowded, allow you to get to a lower level quickly.
5. Stay off elevators as you could be trapped in them if the power is lost.
6. Secure medical attention as needed.

### **What to do in case of an Earthquake**

1. **DO NOT PANIC.** Remain calm and listen to instructions. Do not attempt to salvage anything since the time delay can result in injury.
2. Drop down onto your hands and knees **BEFORE** the earthquake knocks you down. This position protects you from falling but also allows you to move if necessary.
3. Cover your head and neck – preferably your entire body if possible – under a sturdy table or desk.
4. If there is no shelter nearby, only then should you get down near an interior wall or next to low lying furniture that won't fall on you, and cover your head and neck with your arms and hands.
5. Hold on to your shelter or your head and neck until the shaking stops.
6. Be prepared to move with your shelter if the shaking shifts it around.
7. Secure medical attention as needed.

### **What to do in case of a Fire**

#### **Discovering Party:**

1. Call 911.
2. Close all doors leading to fire. Isolate area and prevent spread of smoke.
3. **DO NOT PANIC.** Remain calm and listen to instructions. Do not attempt to salvage anything since the time delay can result in injury.
4. **DO NOT OPEN HOT DOORS.** Before opening any door, touch it near the top to see if it is hot.
5. **DO NOT BREAK WINDOWS.** Oxygen feeds fire.
6. Evacuate.
7. Do not assist firefighters unless asked to do so. Don't be a spectator. Move away from the problem area and to the assembly area.
8. Secure medical attention as needed.

## EMERGENCY PLANNING GUIDE

### Small Fires:

1. If small, put out the fire using a fire extinguisher in that area, but only if it is safe to do so and if you are trained to do so.
2. **DO NOT RISK SAFETY WITH FUTILE ATTEMPTS TO PUT OUT A FIRE.**

### What to do in case of an Explosion

Falling aircraft, chemical accidents or leaking gas could all be the cause of life-endangering explosions on or near the premises.

- Stay away from windows and glass.
- Don't light matches.

In case of explosion in the house or other building:

- Leave the building.
- To avoid toxic fumes, move crosswind, **NEVER** up or down-wind.
- Do not take time to gather personal belongings.
- Help administer first aid, if trained.
- Sound fire alarm and call fire department, if necessary.
- **DO NOT** go back into the building until given permission.

### What to do in case of a Bomb Threat

1. If you receive a bomb threat, you ask and record the answers to the following questions:
  - a. When is the bomb going to explode?
  - b. Where is the bomb right now?
  - c. What does it look like and what kind of bomb is it?
  - d. What will cause it to explode?
  - e. Why did you place the bomb?
  - f. What is your name and address?
2. Call the police.
3. As instructed by your supervisor or LEAD person, evacuate building.
4. Do not leave the area or return to the building until instructed to do so. Do not touch suspected bomb or unfamiliar objects. Do not operate any electronic device, such as a two-way radio or cellular phone.
5. In conjunction with the police, direct a search of the building. If a suspicious object has been located or if evacuation is necessary order all personnel to evacuate. Be sure to check ALL rooms including restrooms.

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### Hazardous Materials

If contamination occurs:

- Remove clothing and shoes from exposed individual. Store clothing in plastic or metal containers for proper disposal.
- If chemical could be activated by water, **do not use water**. Follow special decontamination procedures.
- If chemical cannot be activated by water, wash entire body thoroughly and flush eyes well, if exposed.
- Seek medical care immediately.

## EMERGENCY PLANNING GUIDE

### First Aid at a Glance

AILMENT	SIGNS AND SYMPTOMS	FIRST AID
Poison	Symptoms vary greatly. Aids to determine whether poison was swallowed: a. Information from victim or observer b. Presence of poison container c. Condition of victim (sudden onset of pain or illness) d. Burns around lips e. Breath order f. Pupils	<b>First aid for conscious victim:</b> 1. Seek medical assistance by calling the poison control center or emergency number 2. If victim is conscious and not having convulsions, dilute the poison by having the victim drink a glass of water or milk Discontinue if it makes victim nauseated 3. Save the label or container of the suspected poison <b>First aid for unconscious victim:</b> 1. Maintain an open airway 2. Call poison control or emergency number 3. Administer artificial respiration and CPR, if indicated 4. Save the container of any suspected poison 5. Do not give fluids 6. Do not induce vomiting. If the victim is vomiting, position him on his side so that the material drains out of the mouth
Shock	1. Skin pale or bluish, cold to touch and possibly moist and clammy 2. Victim weak 3. Rapid pulse (over 100) 4. Rate of breathing usually increase, may be shallow or deep and irregular	Keep victim lying down. Cover only enough to keep from losing body heat. Obtain medical help as soon as possible.
Fractures and Dislocations	1. Pain and tenderness 2. May have difficulty moving injured part 3. Obvious deformities, swelling and discoloration	Keep broken bone ends and adjacent joints from moving and give care for shock. Do not move unless absolutely necessary.
Burns	Skin is: 1. Red – 1 <sup>st</sup> degree 2. Blistered – 2 <sup>nd</sup> degree 3. Charred – 3 <sup>rd</sup> degree	Pain of first-degree and of a small second-degree burn can be relieved by excluding air. Wrap burn in loose dry dressing. <b>Do not remove.</b>
Heart Attack	Two principal symptoms: 1. Acute pain in chest, upper abdomen or down left arm and shoulder 2. Extreme shortness of breath	Call for medical help. If not breathing, give artificial respiration. Give prescribed medication, if any. Do not give liquids to unconscious victim.
Unconscious	Unresponsive	1. Call for medical help 2. If breathing stops, give artificial respiration or CPR as needed 3. Never give an unconscious person food or liquids
Choking	Inability to cough, breath or speak	If airway is obstructed, administer abdominal thrusts to remove object. <b>ALWAYS</b> seek medical help as soon as possible, even though relief is obtained

## **EMERGENCY PLANNING GUIDE**

### **Fire Prevention**

#### **Fire Extinguishers:**

Where potential for fire is especially high, such as supply rooms and kitchen area, install the correct fire department recommended/approved fire extinguishers.

#### **Paper:**

Do not accumulate large quantities of discarded files or other paper trash in your home.

#### **Solvents:**

Do not store large quantities of any flammable solvent, or other combustible fluids. Limit yourself to a short-term supply and store it in a safe and cool location.

#### **Electrical Appliances:**

Keep electrical appliances in good repair.

#### **Smoke Alarms and Sprinkler Systems:**

Install equipment as advised and specified by your local fire department.

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### SHELTER INFORMATION

#### County Disaster Contact Information

Charles City - <http://co.charles-city.va.us>  
County Administrator/ Emergency Services Number 804-652-4701

Essex Co. - [www.essex-virginia.org](http://www.essex-virginia.org)  
Emergency Services - 804-443-5108 or 804-443-4519

Gloucester – [www.co.gloucester.va.us](http://www.co.gloucester.va.us)  
[Emergency Services -804-693-1390](http://www.co.gloucester.va.us/emergency-services)

James City - [www.jccegov.com/EOC/index.html](http://www.jccegov.com/EOC/index.html)  
Emergency Services – 757-875-2424

K & Q – [www.kingandqueenco.net/html/Govt/emserv.html](http://www.kingandqueenco.net/html/Govt/emserv.html)  
Emergency Services - 804-785-4420

King William – [www.kingwilliamcounty.us](http://www.kingwilliamcounty.us)  
Emergency Services – 804-769-3011

Lancaster - <http://lancova.com>  
Emergency Services – 804-462-5129

Mathews - [www.co.mathews.va.us](http://www.co.mathews.va.us)  
Emergency Services 804-725-7172

Middlesex – [www.co.middlesex.va.us](http://www.co.middlesex.va.us)  
Emergency Services – 804-758-4715

New Kent - <http://nkfr.net/community/community-updates/detail/2011-hurricane-preparedness>  
Emergency Services – 804-966-9500

Northumberland - [www.co.northumberland.va.us/](http://www.co.northumberland.va.us/)  
Emergency Services – 804-580-7666 – Sheriff's office (non-emergency #) 804-580-5221

Richmond Co. - [www.co.richmond.va.us/](http://www.co.richmond.va.us/)  
Emergency Services – 804- 333-5089

Westmoreland Co - [www.westmoreland-county.org/index.php?p=govt](http://www.westmoreland-county.org/index.php?p=govt)  
Emergency Services -804-493-0130

## EMERGENCY PLANNING GUIDE

### **YOUR PERSONAL MEDICATION RECORD** (from SeniorNavigator)

Name: \_\_\_\_\_ Male Female

911 Address: \_\_\_\_\_  
House # & Street Name Town County

Social Security #: \_\_\_\_\_ - \_\_\_\_ - \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Month Day Year

#### Emergency Contacts:

1) Name: \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_

911 Address: \_\_\_\_\_  
House # & Street Name Town/County State

Work Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_

2) Name: \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_

911 Address: \_\_\_\_\_  
House # & Street Name Town/County State

Work Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_

Primary Care Physician: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_

Specialist: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_

#### Medications: Include over the counter meds and herbals:

Medication Name: \_\_\_\_\_ Dosage: \_\_\_\_\_ Frequency: \_\_\_\_\_

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Blood Type: \_\_\_\_\_

Recent Surgeries: \_\_\_\_\_ Date: \_\_\_\_\_

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Religion: \_\_\_\_\_ Church: \_\_\_\_\_

Pastor: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_

Living Will on file at: \_\_\_\_\_

Are you an organ donor? YES NO

*(continued on next page)*



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### YOUR PERSONAL MEDICATION RECORD

**Medical Conditions: Place a ✓ by all that apply.**

No Known Medical Conditions

Abnormal EKG

Adrenal Insufficiency

Alzheimer's Disease/Dementia

Angina

Anemia

Asthma

Bleeding Disorder

Cancer – Type:

\_\_\_\_\_

Cataracts

Coronary Bypass Graft

Defibrillator

Diabetes

Dialysis

Glaucoma

Hearing Impaired

Heart Attack

Heart Valve Prosthesis

High Blood Pressure

High Cholesterol

Low Blood Sugar

Lymphomas

Pacemaker

Renal Failure

Seizure Disorder

Stroke

Thyroid Disorder

Vision Impaired

Other: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Allergies: Place a ✓ by all that apply.**

No Known Allergies

Aspirin

Codeine

Environmental

Latex

Lidocaine

Penicillin

Sulfa

X-Ray Dyes

Other: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Medical Insurance:**

Medical Insurance Company: \_\_\_\_\_

Policy #: \_\_\_\_\_

Other Medical Insurance: \_\_\_\_\_

Policy #: \_\_\_\_\_

Medicaid #: \_\_\_\_\_

Medicare #: \_\_\_\_\_

**Other information about you that would be helpful for others to know in an emergency:**

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

## **EMERGENCY PLANNING GUIDE**

**NOTES:**

# EMERGENCY PLANNING GUIDE

Please note: If you have any questions about being open/closed ~ Please call your supervisor.

County	Television Stations	Radio		Web site	Facebook	Twitter
		AM Stations	FM Stations			
Charles City	Richmond 6 - 8 - 12	WRVA - 1140	K-95 103.7 94			
Essex			WRAR 105.5			
Gloucester			WXGM 99.1			
King & Queen	Richmond 6 - 8 - 12		WRAR 105.5	Call 769-3011 for broadcast message of closings		
King William	Richmond 12					
Lancaster	Richmond 6 - 8		WKWI 101.7			
Mathews			WXGM 99.1			
Middlesex	Richmond 12		WXGM 99.1 WKWI 101.7			
New Kent	Richmond 6 - 8 - 12				New Kent County	nikcounty
Northumberland			WRAR 105.5 WKWI 101.7			
Richmond			WRAR 105.5 WNNT 107.7			
Williamsburg, City	Norfolk 3 - 10 - 13	WMBG 740 WDCT 1310	92.9 97.3 94.1	williamsburgva.gov Emergency Preparedness Page	City of Williamsburg	williamsburggov
Westmoreland	Richmond 6 - 8 - 12		WRAR 105.5			

James City County Radio Stations: WTYD 92.3 and WBQK 107.9