

TRAINER BOROUGH

EMERGENCY PREPAREDNESS GUIDE



**TRAINER
PENNSYLVANIA**
est. 1919

**Featuring Shelter-in-Place Information
Evacuation Information, Routes & Centers**

Trainer, Pennsylvania

Trainer is a 1.4 square mile borough in Delaware County, Pennsylvania. The population was 1,839 at the 2020 census. The borough was named after David Trainer, a wealthy textile manufacturer.

The borough of Trainer was originally part of Lower Chichester Township and was incorporated as a borough in 1919.

Trainer is located in southern Delaware County at on the northwest bank of the Delaware River. It is bordered to the southwest by the borough of Marcus Hook, to the west by the community of Linwood in Lower Chichester Township, to the north by Upper Chichester Township, to the east by the city of Chester, and to the south across the Delaware River by Gloucester County, New Jersey. Stoney Creek passes through the borough toward the Delaware River.

U.S. Route 13 (Post Road) crosses the borough, leading northeast through Chester 18 miles (29 km) to Philadelphia and southwest 10 miles (16 km) to Wilmington, Delaware.



Trainer is home to many businesses along with 185,000 BPD Monroe oil refinery owned by Delta Airlines. The shore of the Delaware River is heavily industrialized and is an extension of the Port of Chester. The Stoney Creek Secondary rail yard and rail line runs the length of the borough near the river and

the Northeast corridor of the AMTRK line intersects the borough on its way to Philadelphia to the north and Washington DC to the south.



A Letter from Trainer Council

The safety of Trainer residents is a top priority for each member of Trainer Borough Council. There are any number of potential threats to our health and safety every day.

To help ensure the safety of the community and provide for a fast, efficient and effective response in case of an emergency event, the borough has established a program to review and revise the borough Emergency Management Plan.

Whether we are dealing with extreme heat or a winter storm, a potential hurricane, a missing person an industrial event or a hazardous materials event the boroughs program has looked at the potential risk and the means to respond and mitigate an event.

Borough police and fire officials, council members and our neighboring communities have not only looked at response but our ability to work together to assist each other to foster community safety. This Emergency Preparedness Guide is a part of that program. It is a resource designed to provide residents with the information they need to prepare for all types of emergencies. We encourage our families and individuals to review this guide and to have a personal emergency plan in place, which includes a plan for sheltering or evacuating, for family pets or family members that may need assistance, a supply kit and a plan to coordinate notification and communication with family members. The time to prepare for an emergency is before it happens.

Council also urges all residents to register for the CodeRED notification system which is a free alert system utilized by the borough that will provide a message in case of an emergency. To register, go to the borough web-site at <https://www.trainerboro.com/> - and click on the CodeRED photo.

We hope you find the Guide useful – please consider discussing what to do in the event of an emergency with your family and plan to help ensure you, your family, friends and neighbors are safe. Keep this guide handy for your family's sake.

REPORTING an EMERGENCY

In the event of an Emergency Requiring
POLICE, FIRE DEPARTMENT or AMBULANCE:

Call 911

Your Emergency Plan

Talk with your family about emergencies; what to do, how to find each other, and how to stay in contact during an emergency. Be ready to shelter for at least 72 hours. If officials tell you, be ready to evacuate.

Decide on two places where household members should meet after an emergency. One should be right outside or close to your home, and the other should be outside your neighborhood, away from the area.

Practice getting out of your house from different entrances and getting to your meeting places. Ask an out of state friend or relative to be emergency contact for your family. If local phone circuits are busy, long-distance calls may be easier to make.

Make necessary plans for seniors, those with disabilities and non-English speakers. Give **EVERYONE** in your house a copy of your emergency plan and contact information to keep on their person.

CodeRED Emergency Notifications

In an emergency, an effective mass notification system protects individuals and provides important information quickly and efficiently. Trainer's **CodeRED** emergency notification system can reach borough residents in minutes, ensuring inclement weather advisories, missing persons alerts, evacuation notices and more are quickly shared.

To register for **CodeRED**, go to the Trainer Borough website at <https://trainerboro.com> and click on the **CodeRED** icon to register for Borough notifications.



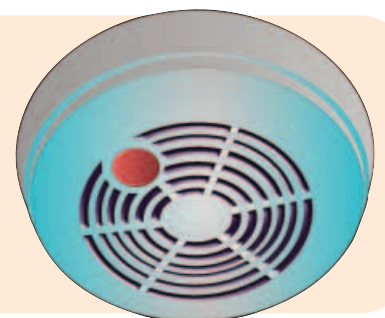
Stay informed and aware regarding:

- *Missing children or missing persons*
- *Criminal activity*
- *Fires*
- *Utility outages*
- *Road closures*
- *Various threats to people, property or the environment*
- *News alerts*
- *Event reminders*
- *General information*



Change Your Batteries Twice a Year Around Daylight Savings Time:

- Change smoke alarm batteries and Carbon Monoxide Detector (*CO Detector*) batteries.
- Update emergency plan and contact information.
- Check the food and batteries in your emergency supply kits.



Evacuate or Shelter-In-Place

Should I Evacuate or Shelter-In-Place?

In the event an emergency situation arises, emergency personnel will instruct the community to either evacuate the area or remain indoors - "Shelter-In-Place."

As a precautionary action, an evacuation will allow residents to travel away from danger. In the majority of hazardous material emergencies, it is best to Shelter-In-Place.

Evacuate

In an emergency situation emergency officials may ask you to evacuate to protect yourselves and your families. Evacuating means leaving the area that is affected by the potential hazard. If asked to evacuate, do the following:

- Remain calm.
- Listen carefully to the instructions and be sure you are being asked to evacuate.
- If told to evacuate, do so!
- Only call 911 to report an immediate life threatening situation.
- Secure your home as you would for a three-day trip.
- Close and lock windows and doors.
- Turn off all fans, heating & cooling units.
- Bring pets indoors and leave food and water for them in the event you are unable to bring them to a shelter.
- Keep vehicle windows and vents closed while evacuating.
- DO NOT go to your children's school. They will probably be evacuated by the time you get there.
- Follow instructions of emergency personnel along evacuation routes.
- Listen carefully to WHYH 90.9 FM, WMGK 102.9 FM, NOAA Weather Radio All Hazards or your TV for further instructions from officials.

Items to Bring:

-Please review "Family Evacuation Supply Kit" located on page 5.

Leave contact information. If possible, call ahead or text friends and family with contact information, cell phone number(s), your destination and who's leaving with you.

Residents who have special transportation needs should make arrangements with neighbors or inform their local emergency personnel as a means of planning.

Shelter-In-Place

Remain indoors until given official notice.

Plan Ahead! Residents should already have access to a battery operated radio, a flashlight, and fresh batteries.

A sudden emergency involving chemicals, or hazardous materials, may not allow time to evacuate. A sudden emergency will force emergency officials to ask you to take immediate action to protect yourselves and your families. They will ask you to Shelter-in-Place, which means protecting yourself where you are and remaining in place until given further instructions or emergency officials give the all clear. If you are asked to shelter-in-place, do the following:

- Remain calm.
- Go inside if you are outdoors.
- Only call 911 to report an immediate life threatening situation.
- Children in schools or day care centers will take shelter where they are located and will stay indoors.
- Close all windows and doors. Tape cracks for extra protection.
- Close all vents on cooling, heating or ventilating systems.
- Cover cracks under doors with damp towels or masking tape.
- If you have a fireplace, put out the fire and close the damper.
- Move to an interior room or hallway with no openings to the outside.
- Keep pets indoors.
- Listen carefully to WHYH 90.9 FM, WMGK 102.9 FM, NOAA Weather Radio All Hazards or your TV for further instructions from officials.
- If you are in a car, close windows and vents.
- Do not drive through barricades or off-limit areas.
- Don't come out unless told to do so by radio, TV, news, or emergency officials.

Family Shelter-In-Place Supply Kit



There are six basics that you should stock for your shelter supply kit: water, food, clothing and bedding, first aid supplies, tools and emergency supplies, and special items. Keep these items in a waterproof container that can be easily transported from your home to your car and your safe place. Assemble your kit now to allow for immediate action during an emergency. Your family's supply kit should include at least a three-day supply of:

- **Water** - One to three gallons of water per person per day
- **Non-perishable food** - Select food items that are compact and lightweight. Include:
 - Ready-to-eat canned meats, fruits & vegetables
 - Canned juices
 - High energy foods
 - Vitamins
 - Comfort goods
 - Condiments
 - Food for infant
- **Tools and emergency supplies**
 - Mess kits, paper cups, plates & plastic utensils
 - Emergency preparedness guide
 - Battery-operated radio and extra batteries
 - Flashlight and extra batteries
 - Cash or traveler's checks, change
 - Non-electric can opener, utility knife
 - Fire extinguisher: small canister ABC-type
 - Small tent
 - Shut-off wrench (*to turn off household gas and water*), *pliers, tape, paper & pencil*
 - Compass
 - Matches in a waterproof container

- Aluminum foil and plastic sheeting
- Plastic storage containers
- Signal flare, and whistle
- Needles, thread
- Medicine dropper
- Sanitation supplies
- PennDot travel map

• **Clothing and bedding** -Include at least one complete change of clothing and footwear per person and the following weather-appropriate items:

- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves
- Thermal underwear
- Sunglasses

• **First aid supplies** - Assemble a first aid kit for your home and one for each car

• **Special Items**

- Infant and medical supplies: Remember supplies for family members with special requirements, such as infants, elderly or disabled persons and persons taking medications.
- Entertainment -games and books
- Wills, insurance policies, contracts, deeds, stocks and bonds
- Passports, social security cards and immunization records
- Bank account numbers
- Credit & ATM card account numbers and company addresses
- Inventory of valuable household goods and important telephone numbers
- Family documents (birth, marriage and death certificates)

Kids Stuff

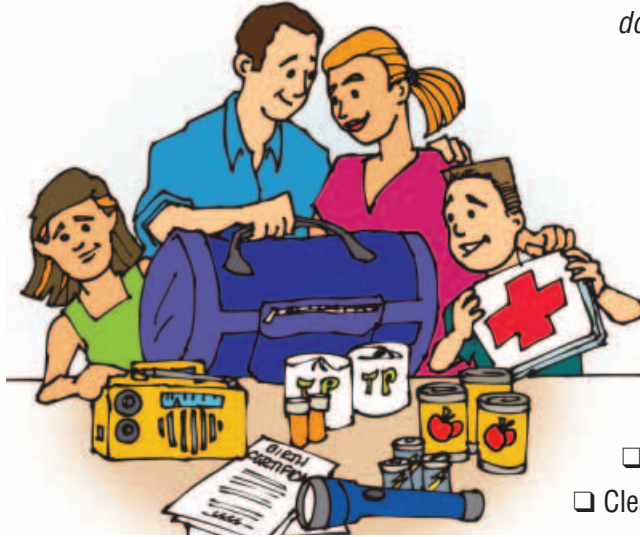
- Let the kids create their own "Fun Stuff" pack.
- Allow them to choose small toys and action figures, a stuffed animal, story books, coloring and activity books, a deck of cards or other items to keep them occupied.



Family Evacuation Supply Kit

Prepare an Evacuation Bag for your family. It will consist of things you'll need if asked to evacuate. Your supplies should be easy to carry. You can use a backpack or small wheeled suitcase. Keep your Evacuation Bag in easily accessible place. Here's what you should bring:

- Contact and meeting place information
- Important documents - *Copies of insurance cards/policies, photo ID's, birth certificates, deeds and proof of address in a waterproof container*
- Extra set of car and house keys
- Credit and ATM cards
- Cash - *In small denominations*
- Bottled Water
- Food - *Such as non-perishable energy bars*
- Radio - *self charging is recommended*
- Flashlight & extra batteries
- First-aid kit
- Small regional map
- Sturdy shoes
- Lightweight rain gear
- Medications - *Be sure to refill medications before they expire. Keep a list of the medications that each household member takes, why they take them and their dosage. Keep copies of all prescriptions and your doctors' and pharmacist's contact information*
- Personal care items - *Such as hand sanitizer, feminine products, toothbrush and toothpaste, paper towels, toilet paper and wipes*
- Child care supplies - *Diapers, ointments, nursing supplies etc.*
- Blankets/sleeping bags
- Cleaning supplies



Family Communication & Evacuation Plan

Setting up a communication plan ahead of time will help ensure you and your family can connect with each other as easily and quickly as possible.

- Designate a family member or friend who lives outside your area to serve as a family point of contact. (After an emergency, it's often easier to call long distance than within the affected area.)
- Make sure that all family members know who this person is and how to contact him/her.
- After a disaster or evacuation, all family members should make contact with the designated individual. Try choosing a certain time for everyone to check in.

Contact Name (Local)

Phone Number

Location

1) _____	_____	_____
2) _____	_____	_____
3) _____	_____	_____

Contact Name (Out of Area)

Phone Number

Location

1) _____	_____	_____
2) _____	_____	_____
3) _____	_____	_____

Residents Awareness & Emergency Preparedness Guide

Make sure your family has an emergency plan. The time to create your plan is BEFORE an emergency occurs. Decide NOW where you will go and what you will do in an emergency situation.

Keep a copy of this plan in your emergency supply kit or another safe place where you can access it in the event of a disaster.

Family Emergency Plan

Use this sheet to record important contact and health information for your family.

Make copies of your plan and share it with close friends, family members, teachers and caregivers.



The _____ **Family of** _____

Print Your Family Name Clearly Street Address

_____ Home Phone Number

City, State & Zip

CUT THIS PAGE FROM BOOKLET AND MAKE A COPY FOR EACH MEMBER OF YOUR FAMILY

1

Family Members ENTIRE Name	Medication(s)/Frequency
Relationship (<i>Mother, Father, Son, Daughter, etc.</i>)	Date of Birth
Daytime Phone	Cellular
email	Allergies and/or Important Health Information

2

Family Members ENTIRE Name	Medication(s)/Frequency
Relationship (<i>Mother, Father, Son, Daughter, etc.</i>)	Date of Birth
Daytime Phone	Cellular
email	Allergies and/or Important Health Information

3

Family Members ENTIRE Name	Medication(s)/Frequency
Relationship (<i>Mother, Father, Son, Daughter, etc.</i>)	Date of Birth
Daytime Phone	Cellular
email	Allergies and/or Important Health Information

4

Family Members ENTIRE Name	Medication(s)/Frequency
Relationship (<i>Mother, Father, Son, Daughter, etc.</i>)	Date of Birth
Daytime Phone	Cellular
email	Allergies and/or Important Health Information

Continued on the reverse.
If you require more space, please staple additional sheets to this primary sheet.

Always Dial 911 in the Event of an Emergency

5

Family Members ENTIRE Name _____

 Relationship (*Mother, Father, Son, Daughter, etc.*) _____ Date of Birth _____

 Daytime Phone _____ Cellular _____

 email _____

Medication(s)/Frequency _____

 Allergies and/or Important Health Information _____

Emergency Contacts

Local Contact Full Name _____ Address _____
 Home Phone _____ Work Phone _____ Cellular _____ email _____



Out-of-Town Contact Full Name _____ Address _____
 Home Phone _____ Work Phone _____ Cellular _____ email _____

Workplace & School



Family Member _____ Workplace/School Name _____
 Workplace/School Address _____ Main Number _____

Family Member _____ Workplace/School Name _____
 Workplace/School Address _____ Main Number _____

Family Member _____ Workplace/School Name _____
 Workplace/School Address _____ Main Number _____

Family Member _____ Workplace/School Name _____
 Workplace/School Address _____ Main Number _____

Family Member _____ Workplace/School Name _____
 Workplace/School Address _____ Main Number _____

Family Member _____ Workplace/School Name _____
 Workplace/School Address _____ Main Number _____

Emergency Meeting Place

Name of Location 1 _____
 Address _____

Name of Location 2 _____
 Address _____



Doctor/Insurance Information

Primary Care Physician _____
 Primary Care Physician Phone Number _____
 Family Health Insurance Provider _____ Policy Number _____
 Health Insurance Provider's Phone Number _____



Important Items to Have & Remember

Self Charging Radio

An Emergency Crank Radio can run off regular power, normal batteries, its own rechargeable batteries, and - if all else fails - you turn the handle to generate and store power.

These radios are tuned to receive 24 hour weather information as well as AM, FM, and NOAA All Hazard Radio. This is a great radio for any type of disaster situation, or for regular use. They are a "must have" for any family emergency kit.



Prescription Medications

Don't forget to keep a supply of any needed prescription drugs including syringes on hand. At least a two week supply is recommended if not more.

During a large scale emergency, travel to a pharmacy may not be possible.

Keeping an ample supply on hand could mean the difference between life or death.



Pet Supplies

Bring a bowl for food and water. At least a 1 week supply of water, pet food, medications or any other consumable supplies for your pet. A cat litter box, litter and bags for waste.

In addition bring a leash for pets with collars. Make sure pets are identified with appropriate tags where applicable.



Home Fire Safety

If the event of a fire, you may have less than 3 minutes to get out of your home. Talk about what you should do to be safe. Make sure everyone in your home knows what to do if there is a fire.

Smoke and Carbon Monoxide Alarms

Smoke alarms should be on every level of your home and inside and outside sleeping areas. Smoke alarms should be tested each month.

Escape Plan

Is there a fire escape plan that shows 2 ways out of every room? Does everyone know where the safe meeting place is outside the home? Has everyone living in the house practiced the escape plan 2 times a year?

Curious Kids

Children are sometimes curious about fire. If you have children in your home, lock up any items that can be used to start a fire (matches, lighters, cigarettes, etc.) and make sure children cannot reach candles.

Fire Extinguishers

Only use extinguishers for small fires that do not put you at risk and only after you have called 911. Make sure you are familiar with the extinguisher before you need to use it.

Remember P A S S



Pull - with the nozzle pointing away from you, pull the pin straight out.

Aim - with the fire in front of you aim at the base of the fire, keeping your back to the exit.

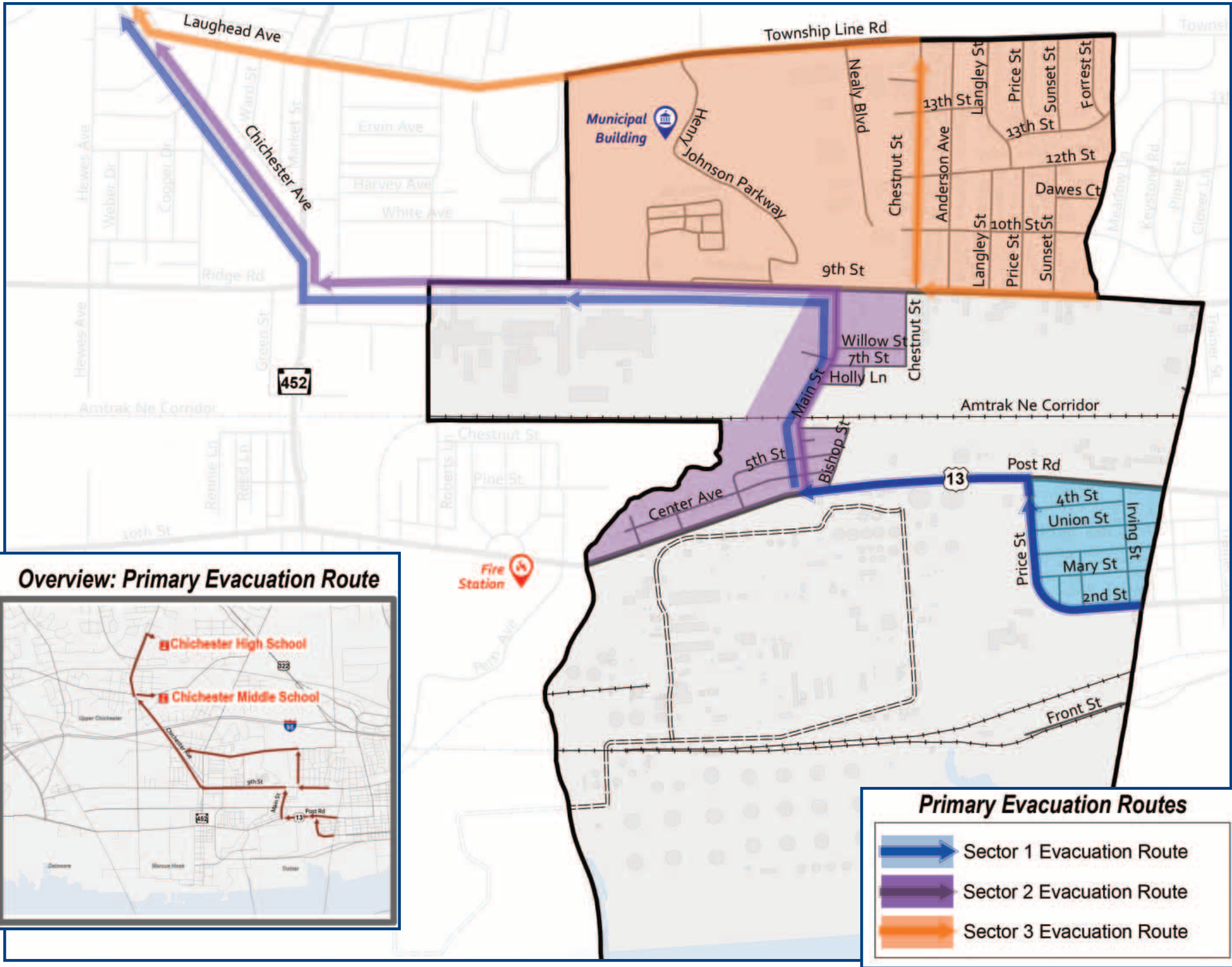
Squeeze - squeeze the extinguisher lever slowly and evenly.

Sweep - sweep the nozzle from side to side, moving in slowly until the fire is out.

Fire is FAST and DEADLY!

There is little time! In less than 30 seconds a small flame can get completely out of control. It only takes minutes for thick black smoke to fill a house or for it to be engulfed in flames. Most deadly fires occur in the home when people are asleep. If you wake up to a fire, you won't have time to grab valuables because fire spreads too quickly and the smoke is too thick. There is only time to escape.

Trainer Borough Evacuation Routes



Evacuation Routes – Primary and Secondary

The Primary and Secondary evacuation routes are set to allow residents to move quickly and safely to the designated sheltering points – Chichester Middle School and Chichester High School – by the most direct route.

There are any number of events that could call for an evacuation of residents. The event may encompass most or a certain sector of the borough. Information will be given through the CodeRED Alert system or by door-to-door or roving announcement.

If asked to evacuate, please do so as quickly and safely as possible. Please understand evacuation routes could change depending on the event. Trainer Police will direct residents to the alternate route, as needed.

Sector 1 – Primary Route – 2nd Street to 4th Street - to Post Road – to Main Street – right on Main Street to 9th Street – left on 9th Street to a right on Route 452 and left onto Chichester Avenue.

Secondary Route – Post Road through Marcus Hook to a right on Blueball Avenue to Chichester Avenue.

Sector 2 – Primary Route – Pennsylvania Avenue to Smith Street along Post Road (south of the bridge) – Main Street to a right on Post Road – to a right on Route 452 to Chichester Avenue.

Secondary Route – Main Street to a left 9th Street to a right on Blueball Avenue to Chichester Avenue.

Sector 2 – Primary Route – Holly Lane and north of the bridge - Main Street to a left 9th Street to a right on Blueball Avenue to Chichester Avenue.

Secondary Route – Main Street to a right on Post Road through Marcus Hook to a right on Blueball Avenue to Chichester Avenue.

Sector 3 – Primary Route – North of 9th Street to Township Line Road – to a left Township Line Road to Chichester Avenue.

Secondary Route – to a right 9th Street to either a right on Route 452 or Hewes Avenue or Blueball Avenue to Chichester Avenue.

Plan accordingly – where will you evacuate to – the Middle School, the High School, to a friend or relatives’ home? Do you need transportation? Who should you call to tell them you are evacuating and where you’re going to be?

Stay tuned for additional information.

Primary Evacuation Routes

- Sector 1 Evacuation Route
- Sector 2 Evacuation Route
- Sector 3 Evacuation Route

Public Safety Information

How to Prevent Identity Theft

Identity (ID) theft happens when someone steals your personal information and uses it for financial or other gains.

Keep your social security number safe. Do not put your social security card in your wallet, and do not share your social security number unless absolutely necessary for work or financial purposes. If you throw away documents with your social security number on them, shred them first.

Do not share personal information like your birth date or bank account number unless absolutely necessary. If you throw away documents with your personal information on them, shred them first.

Bring your mail in every day to keep personal information or credit applications from sitting in your mailbox.

Password protect all technology (laptops, smart phones, wi-fi) and install trusted antivirus and anti-spyware on your computer, and never download anything from a source you don't trust.

Keeping Your Home Safe

Most burglars or intruders look for homes that appear easy to burglarize – if your home looks unoccupied, unsecured, or unprotected, you might be at risk. To protect your home, take a look at all your entry points and consider how your home looks to outsiders.

All doors should be secured with deadbolt locks rather than springlatch locks. Make sure your doors are always locked, even if you are away for just a few minutes. Ensure all of your windows and sliding glass doors have locks that are up-to-date. Reinforce sliding windows and doors with wooden dowels or steel bars where you can.

Can you see entry points from the street? Burglars look for doors and windows that are blocked by trees or bushes so they can do their work undetected. If needed, trim shrubbery to keep your doors and windows exposed. Never leave a spare house key “hidden” outside your home. If needed, leave one with a trusted neighbor.

Make your home look occupied. Keep your TV or a small light on when you are away. If you are concerned about electricity costs, there are several inexpensive timers available that will keep your lights on for certain periods of the day.

Beware of what you share online. Burglars often check social media to find families that are away for extended periods of time. Make sure your privacy settings are up to date if you are posting vacation photos or itineraries.

Get a monitored alarm system that notifies local law enforcement when the alarm is triggered. Post notifications that you have an alarm system to discourage potential burglars.

Don't let packages linger at your door. If you are expecting a delivery while you are away, ask a neighbor if they can accept the package for you. Or, have the package delivered to a P.O. box or to your place of work.

Know who you let inside your home. Do not allow strangers in your home. Do not be embarrassed to ask service workers (plumbers, electricians, etc.) for their credentials before letting them inside.

Remind your kids that they should never allow someone into the house without you or a trusted adult present.

Active Intruder-Active Shooter

Delaware County Law Enforcement would like all citizens to be aware of what to do in the event they are caught in an Active Intruder/Shooter event.

An Active Intruder is an individual actively engaged in killing or attempting to kill people in a confined and populated area; in most cases, active intruders use firearms(s) and there is no pattern or method to their selection of victims.

These situations are unpredictable and evolve quickly. The immediate deployment of law enforcement is required to stop the shooting and mitigate the event.

Because these situations are often over fairly quickly, some even before law enforcement arrives on the scene, individuals must be prepared both mentally and physically to deal with the situation. Remember **Run if you can, Hide if you have to and Fight if necessary.**

Good practices for coping with an active shooter situation

- Be aware of your environment and any possible dangers
- Take note of the two nearest exits in any facility you visit
- Quickly determine the most reasonable way to protect your own life
- Remember others may follow your lead in an active shooter situation
- **Run:** Escape, if there is an accessible escape path, attempt to evacuate
- **Hide:** If evacuation is not possible, find a place to hide where the active shooter is less likely to find you. Lock the door or block the door with heavy furniture
- **Fight:** As a last resort, and only when your life is in imminent danger, attempt to disrupt and/or incapacitate the active shooter by acting as aggressively as possible against him/her, throwing items and improvising weapons, yelling. Commit to your actions
- Follow the instructions of any police officers

CALL 911 WHEN IT IS SAFE TO DO SO

Pet Emergency Plan



Plan Ahead and Keep Your Family Members, People AND Pets, Safe In an Emergency.

Remember: If It's NOT Safe for You, It's NOT Safe for Them!


Prepare for Times When You Can't Get Home

For your pet, an emergency can be something much less dramatic than a hurricane or earthquake. For them, anything that keeps you from getting to them could create a problem. Icy roads or a sudden health emergency can leave your pet stranded. If you are prepared for these simple emergencies, you'll also be prepared if a large disaster strikes.

An evacuation order may come, or a natural disaster may strike, when you're at work or out of the house for any reason. We recommend the following actions to make sure your pets are taken care of when you can't be there:

- Find a trusted neighbor and give them a key to your house. Make sure this person is comfortable and familiar with your pets.
- Make sure the neighbor knows your pets' whereabouts so time won't be wasted trying to find or catch your pet.
- Create a pet emergency/disaster kit and place it in a prominent place where your neighbor can find it.
- If the emergency involves evacuation, make arrangements well in advance for your neighbor to take your pets and meet you at a predetermined location.
- Ask if your pet sitting service will be available to help, but discuss this well in advance.

Disaster Supply Checklist

 Every member of your family should know what they need to take in the event of an evacuation. You also need to prepare supplies for your pet. Stock up on non-perishables well ahead of time, and have everything ready to go at a moment's notice. Keep everything accessible, stored in sturdy containers, such as a duffel bag or covered storage container, that can be carried easily.

If you reside in an area prone to seasonal disasters, such as flooding or hurricanes that might require evacuation, create a kit to keep in your car. In your pet disaster kit, you should include:

- Food and water for at least 1 week for each pet.
- Bowls and a manual can opener if you are packing canned pet food.
- Medications and medical records stored in a waterproof container and a first aid kit.
- Cat litter box, litter, garbage bags to collect all pets' waste and litter scoop.
- Sturdy leashes, harnesses, and carriers to transport pets safely and to ensure that your pets can't escape. Carriers should be large enough for the animal to stand comfortably, turn around and lie down (*your pet may have to stay in the carrier for hours at a time while you are away from home.*)
 - A secure cage with no loose objects inside it to accommodate smaller pets. These may require blankets or towels for bedding and warmth as well as other special items.
- Current photos and descriptions of your pets to help others identify them or prove that they are yours in case you and your pets become separated. Information about your pets' feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to board your pets or place them in foster care.
- Pet beds and pet toys to reduce stress. Newspaper and paper towels can be useful.



Take Your Pets When You Evacuate

Always take your pets when evacuating. Even if you think you may only be evacuating for a few hours, take your pets. Once you're gone, you may have no way of knowing how long you'll be away, and you may not be able to go back for your pets.

Animals left behind in a disaster can easily be injured, lost or worse. Left inside your home, a pet can escape through storm-damaged areas, such as broken windows. Animals turned loose to fend for themselves are likely to become victims of exposure, starvation, predators, contaminated food or water, or accidents. Leaving a pet tied outside during a disaster is a potential death sentence.

Don't wait for a mandatory evacuation order. Leave early if possible. An unnecessary trip is far better than waiting too long. If you wait to be evacuated by emergency officials, they may tell you to leave your pets behind.

Find a Safe Place Ahead of Time

Because evacuation shelters generally don't accept pets, except for service animals, you must plan ahead to make certain your family and pets will have a safe place to stay. Don't wait until disaster strikes to do your research.

- Check with friends, relatives or others outside your immediate area. Ask if they would be able to shelter you and your animals or just your animals, if necessary. You may need to house multiple pets at separate locations.
- Contact hotels and motels outside your immediate area to check policies on accepting type and number of pets. Many places waive "no pet" policies in an emergency. Call ahead for a reservation as soon as you think you might have to leave your home.
- Look for pet-friendly hotels online:
Dogfriendly.com • Doginmysuitcase.com • Pet-friendly-hotels.net • Pets-allowed-hotels.com • Petswelcome.com • Tripswithpets.com
- Make a list of boarding facilities, hotels and veterinary offices that might be able to shelter animals in disaster emergencies; include 24-hour telephone numbers. List your primary care veterinarian as well.

You May Have to Shelter-In-Place

If your family and pets must wait out an emergency at home, identify a safe area of your home where you can all stay. Close your windows and doors and follow the instructions in your Residents Awareness & Emergency Guide.

Bring pets inside as soon as local authorities signal an emergency. Keep pets under your direct control; if you have to evacuate, you won't have to spend time trying to find them. Keep dogs and cats on leashes or in carriers. Make sure they are wearing identification.

Once you designate a safe area in your home, store your personal and pet emergency supplies in that area. Include your pet's crate. Remember to use watertight containers.

Keep Your Pets ID Updated

Your pet should be wearing up-to-date identification at all times. Add your current cell phone number to your pet's tag. It may also be a good idea to include the phone number of a friend or relative outside your immediate area—if your pet is lost, you'll want to provide a number on the tag that will be answered even if you're away.

Boarding Facilities & Hotels

Facility/Hotel	Address	Phone
Alternate Facility/Hotel	Address	Phone

Veterinarian & Caregivers

Veterinarian/Caregiver	Address	Phone
Alternate Veterinarian/Caregiver	Address	Phone

Keep a copy of this plan in your emergency supply kit, your vehicle and with your trusted neighbor.

You can visit www.humanesociety.org for more information on how to prepare for your pet in an emergency.

Prepare for Cold Weather

The way to avoid cold weather issues is to plan for extreme cold before it arrives. **Don't get caught unprepared.**

Check the Forecast

Make checking the forecast part of your regular routine so you'll know when to expect cold weather.

Adjust Your Schedule

Adjust your schedule. If possible, adjust to avoid the coldest part of the day.

Protect Your Pets and Other Property

If you have pets, make sure they have plenty of food and water, and are not overly exposed to extreme cold.

Fill Up the Tank

Make sure your vehicle has at least a half a tank of gas during extreme cold situations so that you can stay warm if you become stranded.

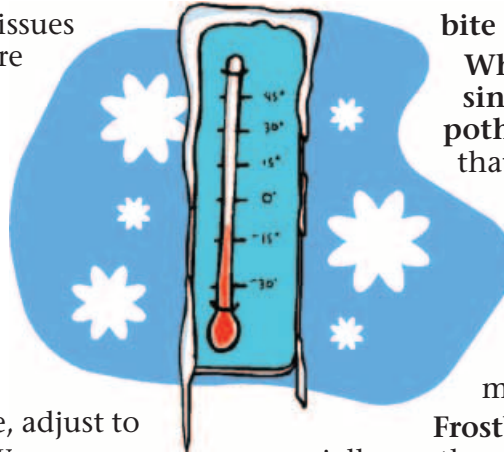
Dress For the Outdoors

Even if you don't think you'll be out much.

Update Your Winter Car Survival Kit: Make sure your car survival kit has the following:

- Jumper cables: flares or reflective triangle are great extras
- Flashlights
- First Aid Kit: Also check your purse or bag for essential medications
- Food: Consider having some non-perishable food or dry cereal and protein rich foods like nuts and energy bars available
- Shovel: To dig out, if needed
- Ice scraper:
- Clothes: Make sure you dress for the weather in warm clothes, gloves, hat, sturdy boots, jacket and an extra change of clothes for the cold
- Blankets or sleeping bags: If you get stranded, you'll be glad to have it
- Charged Cell Phone: Keep a spare charger in your car

If you or someone you care about must venture outdoors during extreme cold, dress in layers. Cover exposed skin to reduce your risk of frostbite or hypothermia. Try to seek shelter from the wind as much as possible while outside. Once inside again, change into dry clothing immediately if you are wet. Understand and **watch for frost-**



bite and hypothermia.

When your body temperature sinks below 96°F, you have **hypothermia**, a serious health hazard that occurs when body temperature is lowered to much. Get medical attention immediately. Move the victim inside to a heated location and begin warming the center of the body first. If the person is unconscious, administer CPR.

Frostbite can happen in minutes, especially on the extremities such as fingers, toes, nose and ears but can affect any area of exposed skin. If you suspect frostbite, immediately move inside to a heated location and begin warming the affected areas using warm water or body heat. Do not use hot water or radiant heat such as a fireplace since affected areas can be easily burned. Seek medical attention for severe frostbite.

Essential Tasks After it Warms Up

- **Check Your Pipes:** Your pipes may be frozen. Water pipes on exterior walls and in places that are subject to cold, like in the basement, attic, and under kitchen cabinets, freeze most often. Water expands as it freezes, causing pipes to burst. If they are frozen, first turn on the faucet. Water will drip as you warm the pipes. Heat the pipes using a space heater, heating pad, electric hair dryer, or hot water on a cloth. Never use an open flame. Continue until water pressure returns to normal or call a plumber if you have more issues.
- **Salt Your Walkways:** Once it warms up enough to go out, it's important to shovel the snow from your sidewalks and driveway or sprinkle salt if there is ice.. If there is a thick layer of snow on the ground you cannot move, salt the area so that the snow melts. You should also put down salt if there is ice on your stairs leading into your house--less than a quarter inch of ice can be dangerous!
- **Call Your Neighbors:** Check to see that your neighbors are okay after the storm, particularly seniors, disabled persons or others living alone. Carbon monoxide poisoning is one of the leading causes of death after storms, particularly when there are power outages.
- **Refill Your Supplies:** This storm may be over, but there might be another one soon. Every storm is different, so it is important to always be prepared.

Introduction to Petroleum Pipelines

In Delaware County there are 296 miles of transmission pipelines; part of the more than 200,000 miles of pipelines nationwide. These lines are tested, maintained and protected by various means including cleaning devices, diagnostic tools, cathodic protection, etc.. Importantly, since Americans consume massive quantities of fuels each day, pipelines are an essential component of our nation's critical transportation infrastructure.

Always Call 811 Before You Dig – It's the Law

One easy phone call to 811 starts the process to have underground pipelines and utility lines that may be present on a property accurately marked. When an 811 call is placed from anywhere in the country, it is routed to a state One Call Center. So you can dig safely, all affected pipeline and/or utility operators will contact you if the planned excavation could affect a buried line. More information about 811 is at www.call811.com.

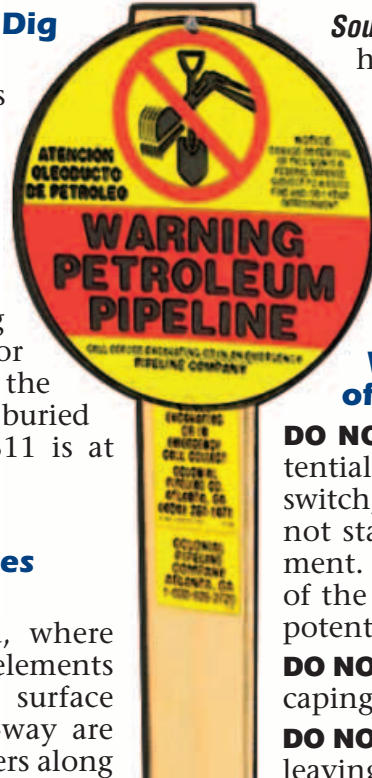
How To Know Where Pipelines Are Located

Most pipelines are underground, where they are more protected from the elements and minimize interference with surface uses. Even so, pipeline rights-of-way are clearly identified by pipeline markers along pipeline routes that identify the approximate—NOT EXACT—location of the pipeline. Every pipeline marker contains information identifying the company that operates the pipeline, the product transported, and a phone number that should be called in the event of an emergency. **Markers do not indicate pipeline burial depth, which will vary.** Markers are typically seen where a pipeline intersects a street, highway or railway. If you have any questions about pipeline operations or safety, start by **Calling The Phone Number On the Pipeline Marker.**

How Would You Recognize a Pipeline Leak?

The following may indicate a pipeline leak:

Sight: Liquid pools, discolored or abnormally dry soil/vegetation, continuous bubbling in wet or flooded areas, an oily sheen on water surfaces, and vaporous fogs or blowing dirt around a pipeline area can all be indicative of a pipeline leak. Dead or discolored plants in an otherwise healthy area of vegetation or frozen ground in warm weather are other possible signs.



Sound: Sound level can range from a quiet hissing or gurgling to a loud roar depending on the size of the leak.

Smell: An unusual smell, petroleum odor, or gaseous odor will sometimes accompany pipeline leaks but some substances may not be detected by smell.

What NOT to Do In The Event of a Leak

DO NOT cause any open flame or other potential source of ignition such as an electrical switch, vehicle ignition, light a match, etc. Do not start motor vehicles or electrical equipment. Do not ring doorbells to notify others of the leak. Knock with your hand to avoid potential sparks from knockers.

DO NOT come into direct contact with any escaping liquids or gases.

DO NOT drive into a leak or vapor cloud while leaving the area.

DO NOT attempt to operate any pipeline valves yourself. You may inadvertently route more product to the leak or cause a secondary incident.

DO NOT attempt to extinguish a petroleum product fire. Wait for local emergency responders and other professionals trained to deal with such emergencies.

Source: US Department of Transportation, Pipeline and Hazardous Material Safety Administration, (PHMSA), Association of Oil Pipelines (ACPL), American Petroleum Institute (API), Pipeline Association for Public Awareness (PAPA)

Utility Outages and Emergencies

In the event of a power outages or natural gas/electric emergencies here are a few important phone numbers and websites for PECO customers:

**Power outages or natural gas/electric emergencies:
1-800-841-4141**

**PECO Customer Service:
1-800-494-4000**

Customers also can access their account and report and check the status of an outage through the PECO website at www.peco.com and through the company's enhanced mobile website, PECO Smart Mobile On-the-Go.



An Exelon Company

Safety During and After a Power Outage

The recent onslaught of damaging storms have heightened the possibility of weather-related problems to contend with especially power outages. It's important to know what to do if the power goes out in your area, especially during a severe storm.



How to Prepare Before a Power Outage

Here are some measures you can take before the power goes out:

- Invest in flashlights, a battery-operated radio and clock, and extra batteries. Another handy device: a hand-crank radio, which can double as a flashlight and phone charger. Remember to check them occasionally to ensure they're all functioning.
- Always have bottled water available along with snacks and non-perishable foods.
- Consider installing alternative heating equipment (like a gas fireplace or wood-burning stove) in a well-ventilated space and have plenty of fuel on hand.
- If you have medication that needs to be refrigerated, remember to ask your pharmacist for information on storing it during a power outage.
- If you have an electric garage door – understand how to operate it manually.
- Consider a first aid kit and a manual can opener.
- Keep PECO's emergency telephone number, **1-800-841-4141**, handy with other emergency numbers near the telephone. Have at least one standard non-cordless telephone or a cellular phone available to make calls.

What to Do During a Power Outage

So the lights are out and you're home.

- If you're concerned about preserving the battery life of your flashlights, hand-crank flashlights are a good alternative (and a good backup).

- Don't open the refrigerator or freezer door if you can help it. Refrigerated food can stay cold (and safe for consumption) for up to 4 hours, while frozen food can last up to 48 hours if the freezer is densely packed (or 24 hours if it's less packed).
- To avoid a power surge when the electricity returns, turn off computers, TVs, and other nonessential electronics. Be sure to leave a light on so you'll know when the power is restored.
- If you have elderly or handicapped neighbors, help out by making sure they're safe, dressed warmly, and have food and water. If someone has medical equipment that requires electricity, call for help or get them to a place where the power is working.

What to Do After the Power's Been Restored

After a power outage it is best to avoid going outside, if possible. But, if you must, here are some tips to help keep you safe.

- Use extreme caution if you go outside to survey the damages after a storm. Remember that downed or hanging electrical wires can be hidden by fallen trees or other wreckage. Always assume that a downed line is a live line and highly dangerous.
- Check in with your neighbors, just as you would if the outage were still in effect.
- Use designated crosswalks and sidewalks if you have to get somewhere on foot. Roads can be slippery and cars may have difficulty stopping, so jaywalking can be dangerous.

During Colder Weather:

- If the indoor temperature drops to 55 degrees Fahrenheit or below, open your faucets slightly so that they constantly drip to prevent pipes from freezing.
- During the day, open your blinds to allow sun to warm the space.
- At night, cover your windows with drapes or blankets to minimize heat loss.
- If you have a fireplace, never use gasoline or other flammable liquids to start or quicken a fire. Always keep a screen around an open flame, and don't close the damper while ashes are still hot.
- Never use a gas range for room heating. This can be dangerous. Seek shelter at a warming center, or with a friend or family if necessary.
- Wear extra layers of clothing and a hat to prevent the loss of body heat.

Hot Weather Safety

During extremely hot and humid weather, your body's ability to cool itself is challenged. When the body heats too rapidly to cool itself, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises and one may experience a heat-related illness. It is important to know the symptoms of excessive heat exposure and the appropriate responses.

Heat cramps with muscle cramps and spasms usually in legs and abdomen may be the first sign of heat-related illness, and may lead to heat exhaustion or stroke. **Heat Exhaustion** could produce heavy sweating, weakness, possible muscle cramps, dizziness, and nausea. **Heat Stroke** symptoms include an altered mental state and one or more of the following symptoms: throbbing headache, confusion, nausea, dizziness, shallow breathing and a body temperature above 103°F, and possible loss of consciousness.

Make checking the forecast part of your regular routine. **The National Weather Service** provides warning of Excessive Heat Events.

Excessive Heat Watches: Be Prepared! Heat watches are issued when conditions are favorable for an excessive heat event in the next 24 to 72 hours.

Excessive Heat Warning or Heat Advisory: Take Action! A Heat Advisory is issued within 12 hours of the onset of extremely dangerous heat conditions.

Excessive Heat Outlooks: Issued when the potential exists for an excessive heat event in the next 3-7

days. An Outlook provides information to those who need considerable lead-time to prepare for the event.

What to Do during Excessive Heat

- Slow down: reduce, or reschedule strenuous activities until the coolest time of the day.
- Dress for summer. Wear lightweight, loose fitting, light-colored clothing to reflect heat.
- Eat light, cool, easy-to-digest foods such as fruit or salads. If you pack food, put it in a cooler or carry an ice pack.
- Drink plenty of water even if you don't feel thirsty.
- Use air conditioners or spend time in air-conditioned locations such as malls and libraries.
- Use portable electric fans to exhaust hot air from rooms or draw in cooler air.
- Minimize direct exposure to the sun. Sunburn reduces your body's ability to dissipate heat.
- Take a cool bath or shower.
- Do not take salt tablets unless specified by a physician.
- Check on older, sick, or frail people who may need help responding to the heat.
- Keep your children, disabled adults, and pets safe during tumultuous heat waves. Never leave children or pets in parked vehicles.
- Don't leave valuable electronic equipment, such as cell phones and iPads, sitting in hot cars.

Senior Citizens

Older adults are more vulnerable during a natural disaster for a multitude of reasons. Many face challenges associated with physical mobility, diminished senses, chronic health conditions, little or no support system, or social and economic limitations that impede their ability to prepare for disasters and respond and adapt during such events. According to Christopher Hansen, former Group Executive Officer for AARP, 71% of the victims of Hurricane Katrina were older than age 60 and 40% were over the age of 75.

While emergencies can occur quickly and without warning, planning and preparation that you do today will increase the likelihood of recovery if an emergency were to occur. Are you prepared in the event that basic services such as water, gas, electricity, and communication were disrupted?

The County of Delaware Services for the Aging (COSA) works closely with other county agencies to ensure older vulnerable adults are safe. COSA has worked with other agencies to develop a county-wide heat and cold weather plan, including extended hours at senior centers in the event of an extreme weather event. COSA hosts a weather line (610-872-1558) with recorded messages that include safety tips for summer and winter weather events and how to avoid heat and cold weather illnesses such as heat stroke and hypothermia.

COSA is Delaware County's Area Agency on Aging. COSA has over 30 programs of service for county residents age sixty or older. COSA is an information resource for persons of any age or income needing information on benefits and services available to older or disabled persons. For information on COSA's programs and services, call 610-490-1300 or visit www.delcosa.org

What to Do In Case of an EMERGENCY

During an emergency Trainer officials, police, emergency responders, and medical personnel will help ensure your safety – but first you need to know something is happening.

Tune In

Whether it's a severe storm, an Amber alert or a threat to your home or business – Delaware County residents now have an upgraded notification system where they can receive emergency notices through their phones, email and mobile devices.

Delaware County has established an enhanced emergency notification system – still called **Delco Alert** -- and urges all residents to register to receive alerts regarding a variety of announcements from severe weather to public health concerns.

The enhanced emergency notification system, called **Delaware County Community Alert System**, or **Delco Alert**, is an enhanced tool to ensure public safety at the highest level in the community.

Delco Alert is an information and warning system that will provide text messaging through email devices or cell phones for numerous types of events. These messages can be delivered to you wherever you may be with your wireless devices. The system allows multiple devices to be enrolled making it a perfect medium for making sure that all members of the family get important warnings as they come up. The system will be used by local municipalities and authorities, county, state and



federal agencies to communicate important information.

DelcoAlert continues to be a free service. It's simple to register. To sign up, residents can go the county website at www.co.delaware.pa.us and click on the yellow DelcoAlert icon. Residents can register for the alerts they are interested in, and the devices they want to include in the notification process. Subscribers can opt in and opt out at any time for the types of alerts they want to receive.

These systems provide information but **Delco Alert** provides messages which directly affect you the most.

Other communications systems that are available to you are:

- **The Emergency Alerting System** which comes over Television and Radio (Primary Source: WHYY 90.9 FM and WMGK 102.9 FM).

- **NOAA National Weather Service**
- All Hazards NOAA Weather Radio

Delaware County S.A.M.E. Code#






042045



- Local access cable channels for municipal and county government

NEED HELP?
DIAL 2-1-1

When you need assistance, figuring out where to turn can be overwhelming. Our multilingual call specialists are available 7 days a week 8 a.m. to 8 p.m. to connect you to thousands of resources for everyday needs and crisis situations, like:

-  Food and Housing
-  Child Care and Youth Programs
-  Physical and Mental Health Services
-  Job Search and Training Assistance
-  Disaster Services

Visit www.211sepa.org,
text 898-211 or dial 2-1-1.



TTY and language services are available.
2-1-1 is also in NJ, DE and other parts of PA.
Questions: info@211sepa.org or 866-964-7922

Monroe Energy – Fueling the Climb



Monroe Energy is proud to regularly partner with the Marcus Hook Trainer Fire Department. By sharing knowledge, resources, and response capabilities, both Monroe and our neighborhood are safer places to live, work, and raise our families.

With nearly 100 volunteer emergency responders, safe operations is our most important value. Both our refinery and pipeline division have been recognized numerous times, receiving the PA Governor's Award for Safety Excellence, the International Liquid Terminal Association's highest award, and most recently the American Fuel & Petrochemical Manufacturer's Distinguished Safety Award – their highest honor.



Reminder: Monroe tests our alarm system every Tuesday at 10:30 AM