

BE PREPARED

DON'T BE SCARED

FOR A DISASTER

During

Spring, Summer, Winter and Fall
EMERGENCY KITS FOR ANY DISASTER

IMPORTANT PHONE NUMBERS

GETTING INFORMATION

WHERE TO FIND MEDICAL CARE

BE SAFE

MUNICIPAL PHONE NUMBERS



Franklin County
Emergency Management Agency
140 Main Street, Suite 1
Farmington ME 04938

Phone: 207-778-5892

FAX: 207-778-5894

E-Mail

thardy@fncome.com

otoothaker@fncome.com

Take Control in an Emergency

You may not control whether a flood happens or if a chemical truck turn over near your home or office. But you can stay in control of your actions by planning ahead and how your family will deal with an emergency. Having a plan to follow can go a long way to making an emergency less scary.

Prepare for Spring

Spring is mud and “frost heave” season. We’re also accustomed to thinking of Spring as “flood season” in Maine. Although floods can come any time, in the late winter and early Spring. We have snow, frozen ground, no leaves on the trees and ice in rivers, all of which increase the risk of flooding when Spring rains arrive.

Flash flood Safety Tips

- Never Drive a car into a flooded roadway.
- Keep away from streams during heavy rainfall events. Swiftly moving water is extremely powerful and can easily overpower a person.
- Do not attempt boating in flood waters. The power of the water and debris being swept along, make this dangerous.
- Obey all road blocks and barriers. Flood waters may have undercut the road surface or left debris in the roadway.
- If you live in a flood prone area, have a plan in case the water starts rising quickly.



PREPARE FOR SUMMER

Summer in Maine is too short, but glorious. It also brings risks with it, heat, severe storms, or lightning strikes.



THUNDER STORMS

- If you see storm clouds or hear thunder, go inside right away.
- Lightning always accompanies a thunderstorm and lightning can strike the same place twice.
- Don't use electrical equipment or use a telephone during a thunder storm.
- If you are traveling stay in your automobile.
- If you are out doors when a storm strikes, best protection is to crouch in the open, keep twice as far from isolated trees as the tree is high.



EXTREME HEAT

Even though we do not get many days of extreme heat in Maine, we do get some. It is important to pay attention to weather predictions that call extended days of high heat and humidity.



- Stay indoors as much as possible.
- Eat well balanced meals, and drink plenty of water.
- Check on family, friends and neighbors.
- Never leave CHILDREN OR PETS in a closed vehicles.
- Make sure pets have plenty of water.
- Close drapes or cover windows to keep heat out. Install temporary window reflectors (for use between windows and drapes), such as aluminum foil-covered cardboard, to reflect heat back outside.

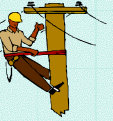
Prepare for Winter

Winter in Maine is beautiful, but sometimes cruel. As we prepare for Winter storms and chills, remember that winter can also bring violent storms, unexpected thaws and flooding as well as snow and ice.



Winter Storms and Power outages

- Listen to weather reports. Take storm warnings seriously.
- Make sure you have extra batteries for your radio and flashlight.
- Have food and water on hand, as well as any medicines you or your family may need. Check fuel for camp stoves or propane for the gas grill. (Do not use in doors).
- Have extra blankets or sleeping bags.
- If you have a generator make sure you have fuel and it's in good running condition. (DONOT USE IN GARAGE OR CELLAR, EVER)
- If you have an elderly neighbor, friend, or relative make sure they are Ok.



Prepare for Fall

Fall in Maine is beautiful with changing of the foliage. It is also a good time to inventory your home for the up coming winter months.



- Update family disaster plan
- Clean chimneys
- Have propane tanks filled for back up cooking when power goes out
- Clean wood stoves and change furnace filters
- Check back up supplies ,(water, non perishable foods etc.)
- Weather-strip windows and doors.
- Check Smoke Alarms, change batteries, if you have Fire extinguishers, make sure everyone knows how to use them.
- Post Emergency telephone #'s near your phone

YOUR DISASTER EMERGENCY KIT

Because everyday life may be different during a emergency situation and services could be disrupted, make sure you have these items in your emergency preparedness kit.

- Two weeks worth of food for you and your family. Foods like canned meats and fish, beans, soups, fruits, and dry goods like flour, and sugar are good choices.
- Water stored , plan one gallon for each person for each day, for up to 2 weeks.
- Two weeks worth of prescription medicines. and medicines such as ibuprofen,(Tylenal) for each person in the house for fever and pain.
- Cell phone and charger.
- Disinfectants and chorine bleach.
- Dehydration solution, for example Pedialyte for kids. Gatorade for adults and teens.
- Flashlights, potable radios and extra batteries.
- Extra blankets and clothing to keep warm

REHYDRATION SOLUTIONS FOR ADULTS AND TEENS.

- 4 Cups of Clean Water , 2 Tablespoons of sugar, 1/2 Tea-spoon of salt
- Mix all the ingredients until the sugar disappears. You can drink the solution at room temperature. Please note **DO NOT BOIL** the solution because that will reduce the solution's helpfulness.

WHERE TO FIND EMERGENCY MEDICAL CARE

HOSPITALS AND MEDICAL CENTERS

Franklin Memorial Hospital207-778-6031
111 Franklin Health Commons
Farmington ME 04938
Hotline Number207-779-3147
E-Mail <http://www.fchn.org>

Mt. Abram Regional Health Center (Kingfield)
25 Depot Street
Kingfield ME 04947.....207-265-4555
[Http://www.healthreachchc.org/Kingfield/index.html](http://www.healthreachchc.org/Kingfield/index.html)

Rangeley Region Health Center
42 Dallas Hill Rd.
Rangeley ME 04970.....207-864-3303
[Http://www.healthreachchc.org/Rangeley/index.html](http://www.healthreachchc.org/Rangeley/index.html)

Strong Health Center
177 North Main Street
Strong ME 04983.....207-684-4010
[Http://www.healthreachchc.org/Strong/index/html](http://www.healthreachchc.org/Strong/index/html)

Western Maine Family Health Center (WMFHC)
80 Main Street, Central Plaza
Livermore Falls ME 04254.....207-897-4345
[Http://www.healthreachchc.org/Western/index.html](http://www.healthreachchc.org/Western/index.html)

Wilton Family Practice
(a part of Pine Tree Medical Associates)
Rts. 2 & 4
Wilton ME 04294.....207-645-4577

MUNICIPAL TELEPHONE NUMBERS

TOWN	TELEPHONE
Avon	639-5326
Carrabassett Valley	235-2646
Carthage	562-8874
Chesterville	778-2433
Coplin PLT.	246-5141
Dallas Plantation	864-5991
Eustis/Stratton	246-4401
Farmington	778-6538
Industry	778-5050
Jay	897-6785
Kingfield	265-4637
New Sharon	778-4046
New Vineyard	652-2222
Phillips	639-3561
Rangeley	864-3326
Rangeley Plantation	864-3426
Sandy River Plt.	864-2234
Strong	684-4002
Temple	778-6680
Weld	585-2348
Wilton	645-4961

IMPORTANT PHONE NUMBERS

The following are numbers for non-emergency calls and can provide disaster related assistance and preparedness information.

YOUR OWN IMPORTANT NUMBERS

Write down important numbers and keep them close
These include friends and family members also ones that live out of state, home and cellular numbers
Your doctor or clinic, and your children's school.

GETTING INFORMATION

Local radio and television stations, as well as a number of web sites, will provide information during an Emergency Situation. In some instances, specific emergency instructions will be broadcast by:

Local Radio Station, Farmington...WKTJ.... FM99.3

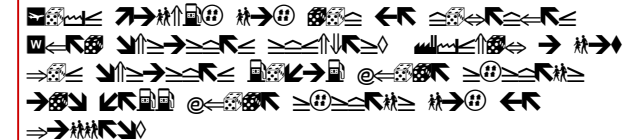
Mount Blue TV Station Channel 11

Radio Station Franklin County...WTOS... FMI05.1

During a emergency situation instructions may include ways to protect your health, as well as closing of schools and businesses, and canceling events. In Maine, we do get some. It is important to pay attention to weather predictions that call extended days of high heat and humidity.

PREPARE TODAY BECAUSE IN MAINE THE UNEXPECTED HAPPENS.

COMMUNICATION PLAN



Plan how you will contact one another and what you will do.

Establish an out-of-town contact, perhaps a relative or friend.

Establish a meeting place outside your neighborhood, perhaps a family member or friend.

Make sure everyone has the contact numbers and addresses of the out-of-town contact and meeting place.

Make sure family members have each other's contact numbers at work, school, daycare, etc.

Keep phone numbers up to date.