



Citizens Guide to Emergency Planning

Allegheny County

LEPC



The Allegheny County Local Emergency Planning Committee (LEPC)/ Citizen Corps Council (CCC) is a broad-based dynamic planning group. The United States Congress established the Local Emergency Planning Committee in 1987 in the Superfund Amendments and Re-Authorization Act (SARA) Title III (Emergency Planning and Community Right-to-Know Act of 1986). In January of 2006, at the request of the Allegheny County Department of Emergency Services, the county LEPC assumed the role of Allegheny County CCC. The group is composed of business leaders, elected officials, representatives of environmental groups, public safety officials, medical and health personnel, media executives, school system officials, and representatives of human/social services agencies and departments, many of whom generously volunteer their time and services.

The LEPC's primary responsibilities are as follows:

- Develop plans and programs to mitigate the effects of hazardous materials releases in the community.
- Provide support for the county's five fully trained and equipped Hazardous Materials Teams.
- Develop training programs and exercises.
- Provide a forum to spread knowledge and public awareness of relevant chemical hazards.

Hazardous materials include toxic chemicals, radioactive materials, infectious substances, and hazardous wastes. An accidental hazardous material release can occur whenever hazardous materials are manufactured, used, stored, or transported. A release might also be the result of terrorist activities. Regardless of the cause, such releases can affect the nearby population and contaminate critical or sensitive environmental areas. Facilities that use, manufacture, or store hazardous materials in Allegheny County must comply with SARA Title III and the Commonwealth's reporting requirements under the Hazardous Materials Emergency Planning and Response Act (1990-65). The community right-to-know reporting requirements keep communities aware of the presence and release of chemicals at individual facilities.

A sign language version of the content of this guide is available on the allegheny county emergency services website.

www.alleghenycounty.us/emergency-services



The CCC's mission is to harness the power of every individual through education, training, and volunteer service to make communities safer, stronger, and better prepared to respond to the threats of terrorism, crime, public health issues, and disasters of all kinds.

The CCC's primary responsibilities are as follows:

- Promote and strengthen the CCC's programs at the community level. These programs include:
 - » Volunteers in Police Service programs
 - » Medical Reserve Corps units
 - » Community Emergency Response Teams
 - » Neighborhood Watch groups
- Provide opportunities for special skills and interests.
- Develop targeted outreach for the community, including special needs groups.
- Provide opportunities for training in first aid and emergency preparedness.
- Organize special projects and community events.
- Encourage cooperation and collaboration among community leaders.
- Capture best practices and report accomplishments.
- Create opportunities for all residents to participate.

The LEPC/CCC meets at the Allegheny County Emergency Management Office, 400 North Lexington Street, in Pittsburgh's Point Breeze area. The meetings are open to the public, and all interested parties are encouraged to attend. Please watch the Allegheny County Emergency Services website (www.alleghenycounty.us/emergency-services) for notices of upcoming meetings.

The National Terrorism Advisory System (NTAS) replaces the color-coded Homeland Security Advisory System (HSAS). This new system will more effectively communicate information about terrorist threats by providing timely, detailed information to the public, government agencies, first responders, airports and other transportation hubs, and the private sector. It recognizes that Americans all share responsibility for the nation's security and should always be aware of the heightened risk of terrorist attack in the United States and what they should do.

NTAS Alerts

After reviewing the available information, the Secretary of Homeland Security will decide, in coordination with other federal entities, whether an NTAS Alert should be issued. NTAS Alerts will only be issued when credible information is available. These alerts will include a clear statement that there is an **imminent threat** or **elevated threat**. Using available information, the alerts will provide a concise summary of the potential threat, information about actions being taken to ensure public safety, and recommended steps that individuals, communities, businesses, and governments can take to help prevent, mitigate, or respond to the threat.

The NTAS Alerts will be based on the nature of the threat: in some cases, alerts will be sent directly to law enforcement or affected areas of the private sector, while in others, alerts will be issued more broadly to the American people through both official and media channels.

NTAS Alerts contain a **sunset provision** indicating a specific date when the alert expires—there will not be a constant NTAS Alert or blanket warning that there is an overarching threat. If threat information changes for an alert, the Secretary of Homeland Security may announce an updated NTAS Alert. All changes, including the announcement that cancels an NTAS Alert, will be distributed the same way as the original alert.

The NTAS Alert – How can you help?

Each alert provides information to the public about the threat, including, if available, the geographic region, mode of transportation, or critical infrastructure potentially affected by the threat, as well as protective actions being taken by authorities, and steps that individuals and communities can take to protect themselves and their families and help prevent, mitigate, or respond to the threat.

Citizens should report suspicious activity to their local law enforcement authorities. The “If You See Something, Say Something™” campaign across the United States encourages all citizens to be vigilant for indicators of potential terrorist activity, and to follow NTAS Alerts for information about threats in specific places or for individuals exhibiting certain types of suspicious activity.

Visit www.dhs.gov/sec-something-say-something to learn more about the campaign.

Alert Announcements

NTAS Alerts will be issued through state, local, and tribal partners; the news media; and directly to the public via the following channels:

- The official DHS NTAS webpage—www.dhs.gov/alerts
- Email signup—www.dhs.gov/alerts
- Social media
 - » Facebook—facebook.com/NTASAlerts
 - » Twitter—www.twitter.com/NTASAlerts
- Data feeds, web widgets and graphics—www.dhs.gov/alerts

The public can also expect to see alerts in places, both public and private, such as transit hubs, airports, and government buildings.

The **NTAS Public Guide** can be found at
www.dhs.gov/xlibrary/assets/ntas/ntas-public-guide.pdf

Emergency Alert System

“This is a test of the Emergency Alert System—this is only a test...”

You will occasionally hear or see these words on your local broadcast station, satellite radio, direct-broadcast satellite, or cable system. The Emergency Alert System (EAS) is designed to provide the federal, state and local governments with a means to address the American people in the event of an emergency.

The Commonwealth of Pennsylvania and Allegheny County Emergency Management use the EAS structure to relay local emergency messages via broadcast stations, cable, and wireless cable systems. The primary EAS stations in Allegheny County and surrounding areas are:

KDKA Radio 1020 AM KDKA Television Channel 2

Many communities in Allegheny County rely on volunteer fire departments for fire protection. These departments are usually notified by an outdoor warning siren. These sirens have several different tones. If you hear a tone that is not the normal fire siren, tune in to the EAS for further instructions.

NOAA Weather Radio All Hazards

National Oceanic and Atmospheric Administration (NOAA) Weather Radio (NWR) All Hazards is a nationwide network of radio stations broadcasting continuous weather information directly from the nearest National Weather Service office. NWR broadcasts official Weather Service warnings, watches, forecasts, and other hazard information 24 hours a day, 7 days a week.

Working with the Federal Communication Commission’s (FCC) Emergency Alert System, NWR is an “All Hazards” radio network, making it your single source for comprehensive weather and emergency information. In conjunction with federal, state, and local Emergency Managers and other public officials, NWR also broadcasts warning and post-event information for all types of hazards—including natural, environmental, and public safety.

NWR requires a special radio receiver or scanner capable of picking up the signal. Broadcasts are found in the VHF public service band at these seven frequencies (MHz): 162.400, 162.425, 162.450, 162.475, 162.500, 162.525, and 162.550.

When to Call 911

- Remember to call 911 only if you have an emergency!
- Call 911 when you need immediate assistance from police, fire, or emergency medical services (EMS).
- Know the non-emergency telephone numbers for your community for routine incidents.

Non-emergency Numbers:

- **Police:** _____
- **Fire:** _____
- **Ambulance:** _____
- **Public Works:** _____
- **Hospital:** _____

HAZARDOUS MATERIALS TEAMS

LEPC Supports The Allegheny County HAZMAT Teams

Five hazardous materials (HAZMAT) units are strategically placed throughout Allegheny County. All are fully certified by the Pennsylvania Emergency Management Agency (PEMA). All of the teams are on call 24 hours a day and dispatched by Allegheny County 911 at the request of the local fire department.

TEAM 410 serves the City of Pittsburgh. The Pittsburgh Hazardous Materials Team responds to incidents throughout the city from stations located in Shadyside, Manchester, and Downtown.



TEAM 420 serves the Northeast and Northwest areas of the county. The HAZMAT vehicle is housed at the Highland Hose Fire Department Station #280.



TEAM 430 serves the North Hills section of the county. The HAZMAT vehicle is housed at the Allegheny County Fire Academy, North Park.



TEAM 440 serves the Eastern area of the county. The HAZMAT vehicle is housed at the Forest Hills Volunteer Fire Department.



TEAM 450 serves the South Hills area of the county. The HAZMAT vehicles are housed at the Whitehall and Broughton Volunteer Fire Departments.



Emergency Supply Checklist

Be prepared to help yourself. In a large disaster it may take days for help to arrive. Prepare a basic disaster kit to provide essential equipment. Recommended supplies include:

- Water—1 gallon of water per person per day for at least 3 days for drinking and sanitation
- Food—at least a 3-day supply of non-perishable food per person
- Battery-powered or hand-crank radio
- NOAA weather radio with tone alert
- Extra batteries for radio
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust masks or cotton t-shirt to help filter contaminated air
- Plastic sheeting and duct tape for temporary window and roof repair and shelter-in-place
- Moist towelettes for sanitation
- Garbage bags and plastic ties for personal sanitation
- Crescent wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps
- Prescription medications and eyeglasses
- Infant formula and diapers
- Pet food and extra water for pets
- Important family documents (identification, insurance policies, bank records, etc.) in a waterproof portable container
- Cash or traveler's checks, change
- Emergency reference material such as a first aid book
- Sleeping bag or warm blanket for each person
- One complete change of warm clothing for each person including a long sleeve shirt, long pants, sturdy shoes, jacket or coat, hat and gloves, rain gear, and any other clothing that may be appropriate for your climate.
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Disinfectant
- Household chlorine bleach and a medicine dropper (bleach can be used as a disinfectant when diluted 9 parts water to 1 part bleach; in an emergency, bleach can be used to treat water by using 16 drops of regular household liquid bleach per gallon of water)
- Other items to consider adding to your supply kit:
 - Tent
 - Compass
 - Knife
 - Scissors
 - Signal flare

When to Stay Put

The term “shelter-in-place” means to seek immediate shelter and remain there during an emergency rather than evacuating the area. There are occasions when it is safer to stay where you are.

Unless instructed to evacuate, sheltering in a pre-determined safe location in your home or place of work is the preferred method of safely waiting out a hazardous materials release. In such situations, sheltering in place usually lasts no more than 1–2 hours and preparations, made in advance, can ensure that waiting out the event is as comfortable as possible.

The decision to either shelter-in-place or evacuate is made by local emergency officials in cooperation with the chemical experts. If you live near a chemical facility, it is a good idea to make contact with the proper authorities at the facility to find out what chemicals they may have on hand and what plans are in place to handle a chemical spill. In many cases, facilities have procedures in place to notify you in the event of a chemical release.

If you are asked to shelter-in-place because of a hazardous materials release, you should:

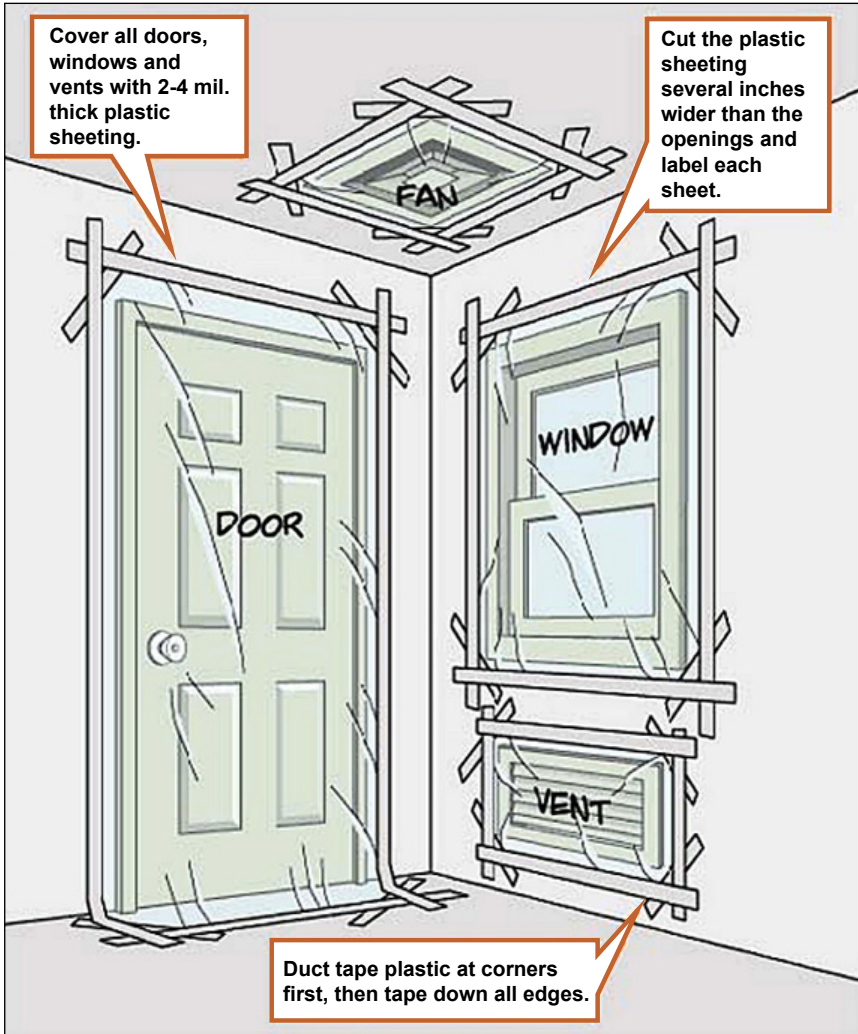
- Remain calm
- Go inside immediately (an interior room without windows is preferable)
- Call 911 only if you are reporting an immediate life-threatening situation
- Close all windows and doors
- Place pre-cut plastic sheeting over windows and tape in place
- Close all outside air vents
- Turn off cooling, heating or ventilating systems
- Cover cracks under doors with damp towels
- If you have a fireplace, put out the fire and close the damper
- Tape cracks and other openings such as electrical outlets and cable television outlets for extra protection
- Keep pets indoors
- Listen for instructions from emergency officials on a portable radio

An active shooter incident is another situation in which sheltering-in-place may be advisable. An active shooter is a person who appears to be actively engaged in killing or attempting to kill people in a populated area, typically with a firearm. There may be no pattern or method to their selection of victims.

In the event of an active shooter incident, you should:

- If a safe path is available, escape or evacuate the area, but only if you are certain that you know the location of the shooter
- If you are unable to flee safely, shelter-in-place in a room that is out of the shooter’s sight and can be easily secured
- Lock or barricade the door
- Turn off lights and close the blinds
- Mute cell phones or other devices that make noise and remain completely silent
- Stay away from windows and doors
- Don’t open the door for anyone unless you are certain you are not endangering yourself or others in the room
- Stay in the room until you get official clearance from law enforcement officers

SHELTER-IN-PLACE



Hazardous materials release protection measures.

Note that school and day care center staff members are trained to protect children and will institute shelter-in-place procedures where they are located.

When to Leave the Area

You may be asked to evacuate if an emergency situation has the potential to put your life in danger. This decision is made only after thorough consideration of the risks, and when it is deemed to be absolutely necessary. You may be given little notice, so be prepared. If you are asked to evacuate, do the following:

- Pack only what you must.
- **Take only essentials.**
 - » Clothing
 - » Medicines
 - » Blankets
 - » Baby supplies
 - » Flashlight
 - » Portable radio
 - » Cash and checkbook
- Secure your home.
- Shut off utilities if instructed to do so.
- Follow evacuation routes.
- Use the telephone only for life threatening emergencies.
- Keep car windows closed and radio on.
- Avoid driving through vapor clouds or dense smoke
- **Return home only when told it is safe to do so.**

If you must evacuate your home, it may be days before you can return. In addition, many of the stores in your area may be closed. Once you leave, you may not be able to get supplies for some time, so it is important that you be prepared.

CHILDREN AT SCHOOL

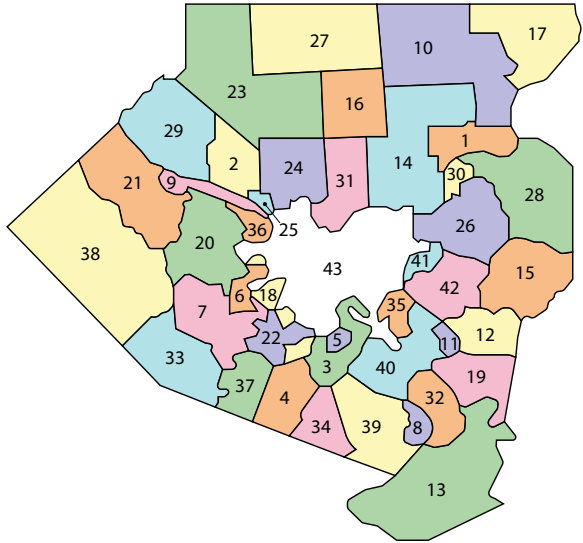
Every school in every district must develop emergency procedures for evacuation, transportation, and reunification sites for each school building. Be familiar with these plans.

- Different school districts may have unique procedures for handling emergencies including early dismissals. Familiarize yourself with the established procedures for your school district and be prepared to comply with them.
- Review your school's safety issues and emergency procedures. Take advantage of your school's open house to ask questions and discuss procedures with teachers and school administrators.
- Be aware that, when it is necessary to dismiss children early, local radio stations are notified and the school's PTA telephone trees are activated.
- Keep the school's personal student data/questionnaire for your child up to date with current emergency notification information.

Allegheny County School Districts

1. Allegheny Valley
2. Avonworth
3. Baldwin-Whitehall
4. Bethel Park
5. Brentwood Borough
6. Carlynton
7. Chartiers Valley
8. Clairton City
9. Cornell
10. Deer Lakes
11. Duquesne City
12. East Allegheny
13. Elizabeth Forward
14. Fox Chapel Area
15. Gateway
16. Hampton Twp.
17. Highlands
18. Keystone Oaks
19. McKeesport Area
20. Montour
21. Moon Area
22. Mt. Lebanon

- | | | |
|---------------------|------------------------|-------------------------------|
| 23. North Allegheny | 31. Shaler Area | 38. West Allegheny |
| 24. North Hills | 32. South Allegheny | 39. West Jefferson Hills |
| 25. Northgate | 33. South Fayette Twp. | 40. West Mifflin Area |
| 26. Penn Hills | 34. South Park | 41. Wilkinsburg |
| 27. Pine-Richland | 35. Steel Valley | 42. Woodland Hills |
| 28. Plum Borough | 36. Sto-Rox | 43. Pittsburgh Public Schools |
| 29. Quaker Valley | 37. Upper St. Clair | |
| 30. Riverview | | |



School Phone Numbers

Main Number: _____

Principal's Office: _____

School Security: _____

Parent Network Numbers: _____

PEOPLE WITH SPECIAL NEEDS

People with disabilities, the elderly, and infants all have special needs, so it is important to plan on how to address those needs in an emergency situation. Prepare a list of the following items and store it near your emergency supplies.

- specialized medical equipment and supplies.
- current prescriptions and dosages.
- names and telephone numbers for your doctors.
- detailed information about your medical conditions.

Also give a copy of this information to a trusted and reliable individual.

Allegheny County Special Needs Registry

Any Allegheny County resident who requires additional assistance due to special needs during a police, fire, or medical emergency may submit information, changes or corrections to the Allegheny County Special Needs Registry at this email address:

ACESSpecialNeeds@alleghenycounty.us

or by phoning the office during the hours of 8:30 AM to 4:30 PM, Monday through Friday, at:

412-473-1000 (Voice Only)

412-473-3056 (TTY/TDD Only)

or by writing to:

Emergency Services
Attn: **Special Needs Registry**
400 North Lexington Street, Suite 200
Pittsburgh, PA 15208-2521

For more information on the Special Needs Registry, go to:

www.alleghenycounty.us/specialneedsregistry.aspx

Registration is voluntary.

Transportation

Things to consider regarding transportation for individuals with special needs:

- Who can you call for help?
- Do you require additional or special vehicles?
- Does your community have special transportation provision?
- Can you register with your community?

Medications

Have a 5-day supply on hand in an easy-to-take pouch or container.

Special Dietary

Keep an adequate supply of special foods and liquids on hand.

Other tips

Keep a small cooler with a 10-pound bag of ice available for medications and special dietary needs.

If you must evacuate your home it may be days before you can return. In addition, many of the stores in your area may be closed. Once you leave, you may not be able to get supplies for some time, so it is important that you be prepared.

Terrorism is the use of force or violence against persons or property in violation of the criminal laws of the United States for purposes of intimidation, coercion, or ransom. Terrorists often use threats to create fear among the public, to try to convince citizens that their government is powerless to prevent terrorism, and to get immediate publicity for their causes.

In Pennsylvania, nine Regional Counter-Terrorism Task Forces are in place to prepare the Commonwealth against terrorism. In our area, a dedicated group of emergency response professionals meets monthly to coordinate plans and integrate resources. The participants include representatives of local, state, and federal agencies. These meetings have strengthened our mutual aid networks and contributed to the improvement of emergency response in the 13-county region. This group, known as Region 13, also provides equipment and training for our first responders.

The Pennsylvania State Police, Bureau of Criminal Investigation has established an email address and a toll-free telephone number to allow members of the public to contact the State Police Intelligence Section with information relative to Pennsylvania's Homeland Security. The public is encouraged to use the email or toll-free telephone number to report suspicious individuals or activity that may be directly or indirectly associated with terrorist or terroristic activity. Individuals reporting information will not be re-contacted in all cases. In emergency situations, citizens should phone local law enforcement rather than use the terrorism tip line.

Pennsylvania State Police, Bureau of Criminal Investigation Report Homeland Security or Terrorism Tips

Web: www.psp.pa.gov

Email: sp-intelligence@pa.gov

Phone: 1-888-292-1919

- Be alert and aware of the surrounding area. The very nature of terrorism suggests that there may be little or no warning.
- Take precautions when traveling.
 - » Be aware of conspicuous or unusual behavior.
 - » Do not accept packages from strangers.
 - » Do not leave luggage unattended.
- Learn where emergency exits are located.
 - » Think ahead about evacuating buildings, subways, or congested public areas.
 - » Learn where staircases are located.
- Notice your immediate surroundings. Be aware of heavy or breakable objects that could move, fall, or break in an explosion.
- Listen to the Emergency Alert System (EAS) broadcasts via radio or television.

IF YOU SEE SOMETHING, SAY SOMETHING

“If You See Something, Say Something™” is a national campaign that raises public awareness of the indicators of terrorism and terrorism-related crime, as well as the importance of reporting suspicious activity to state and local law enforcement.

Across the nation, we’re all part of communities and we share everyday moments with our neighbors, colleagues, family, and friends. But your everyday is different than your neighbor’s—filled with the moments that make it uniquely yours. So if you see something you know shouldn’t be there, or someone’s behavior doesn’t seem quite right, say something. Because only you know what’s supposed to be in your everyday.

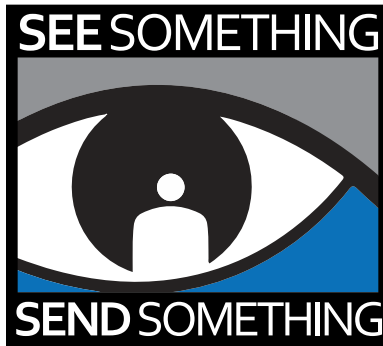
Informed, alert communities play a critical role in keeping our nation safe. “If You See Something, Say Something™” engages the public in protecting our homeland through awareness.

Go to www.dhs.gov/see-something-say-something for more information.

SEE SOMETHING SEND SOMETHING APP

See Something Send Something is the preeminent nationwide suspicious activity reporting (SAR) tool for citizens to help in the fight against terrorism. See Something Send Something has information to educate you on what to look for and when to submit suspicious activity reports along with how to receive important alerts. The SAR tool connects you to a nationwide network of Intelligence Centers by routing tips to the correct center for analysis.

Learn what to look for, stay informed, and act on your intuition with the official *See Something Send Something* app. For situations requiring an immediate response always call 911 or local police directly.



For more information and to download the app for Apple or Android, go to the App Store or GooglePlay.

Chemical releases or attacks can occur at facilities (fixed sites) or along transportation routes and can cause direct injuries and death, while also contaminating air, water, and soils. They can occur as a result of human activity, intentional or unintentional, and natural hazards. Natural disasters such as hurricanes, earthquakes, and floods can cause significant environmental damage and result in the unwanted release of pollutants into the air and water.

In a chemical release or attack, people and/or the environment can be poisoned by a toxic substance that is in a gas, liquid, or solid form. Chemical incidents are characterized by the rapid onset of medical symptoms.

- You may be exposed to a chemical in three ways:
 - » **Inhalation**—breathing the chemical
 - » **Ingestion**—swallowing contaminated food, water, or medication
 - » **Absorption**—touching the chemical or coming into contact with clothing or things that have touched the chemical
- Watch for signs and symptoms such as many people suffering from watering eyes, twitching, choking, trouble breathing, or losing coordination.
- Many sick or dead birds, fish, or small animals are also cause for suspicion.
- If you see signs of a chemical release or attack, quickly try to define the impacted area or where the chemical is coming from, if possible.
- Take immediate action to get away from any sign of a chemical release or attack.
- If the chemical is inside a building where you are located, exit the building, avoiding the contaminated area, if possible.

See also the **Shelter-In-Place** and **Evacuation** pages in this guide.

RADIOACTIVE EMERGENCIES



Radioactive emergencies can occur at a nuclear facility, during transportation of nuclear materials, or as a result of a terrorist attack.

The closest **nuclear facility** to Allegheny County is the Beaver Valley Power Station, which is located in Shippingport, Beaver County. Allegheny County is beyond the Beaver Valley Power Station's 10-mile emergency planning zone; however, in the event of an incident, Allegheny County will host displaced people within our county. A comprehensive emergency plan and special warning sirens are in

place to warn the general population of an incident.

According to the Nuclear Regulatory Commission, radioactive material has been **shipped** in the United States for more than 50 years with no occurrences of death or serious injury from exposure to the contents of these shipments. This has been accomplished through tough shipping and handling standards and enforcement over the years.

Today, there is another type of radiation threat, the radiological dispersion device (RDD). Commonly referred to as a **"dirty bomb"** an RDD uses common explosives to spread radioactive contamination over a targeted area. An RDD is not a nuclear device and does not create a nuclear blast. The force of the explosion and the resulting radioactive contamination will be localized. The blast will be obvious; however, the radiation it spreads is invisible. Symptoms of exposure, if any, may take days, weeks, or longer to appear.

If there is an RDD or radiation threat, follow these procedures:

- Limit your exposure, avoid breathing radioactive dust.
- Cover your nose and mouth with a cloth to reduce the risk of breathing in radioactive dust or smoke.
- Quickly go inside a building that has not been damaged by the explosion.
- Once inside, remove your outer layer of clothing and seal it in a plastic bag, if available, along with the cloth you used to cover your mouth. Removing outer clothes may eliminate up to 90 percent of radioactive dust.
- Put the plastic bag where others will not be exposed to it and keep it until authorities provide guidance on what to do with it.
- Shower with soap and water to remove remaining dust. If you are already inside, check your building for damage.
- If your building is stable, stay where you are.
- Close windows and doors; turn off air conditioners, heaters or other ventilation systems.
- Tune to local TV or radio, or check the Internet for official news and instructions.

To limit your exposure to radiation, think about more shielding, more distance and less time:

- **Time**—the less time spent exposed, the less your risk.
- **Distance**—the farther away you are from the blast and resulting fallout, the lower your exposure.
- **Shielding**—a thick shield between you and radioactive materials will absorb more radiation and thus reduce your exposure.

Local authorities may not be able to immediately provide information on what is happening and what you should do.

See <http://emergency.cdc.gov/radiation/dirtybombs.asp> for more information.

See also the **Shelter-In-Place** and **Evacuation** pages in this guide.

BIOLOGICAL ATTACK

A biological attack is the release of germs or other biological substances. Many biological agents must be inhaled, enter through a cut in the skin, or be eaten to make you sick. Some agents can cause contagious diseases; others do not.

A biological attack may or may not be immediately obvious. While it is possible that you will see signs of a biological attack, it is perhaps more likely that local health care workers will report a pattern of unusual illness. Biological attacks are characterized by the onset of symptoms in hours to days.

You will probably learn of the danger through an emergency radio or TV broadcast. If you become aware of an unusual or suspicious release of an unknown substance near you, protect yourself.

- Get away from the substance as quickly as possible. You may be exposed to biological agents in three ways:
 - » Inhalation—cover your mouth and nose with layers of fabric that can filter the air but still allow breathing.
 - » Absorption—wash with soap and water.
 - » Ingestion—avoid eating and drinking in the contaminated area.
- At the time of a declared biological emergency, be suspicious but do not automatically assume that any illness that occurs is the result of the attack.
- Symptoms of many common illnesses may overlap.
- Use common sense, practice good hygiene and cleanliness to avoid spreading germs, and seek medical advice.

See also the [Shelter-In-Place](#) and [Evacuation](#) pages in this guide.



EXPLOSIONS

An explosion can be an isolated incident caused by an accident or an intentional act used to cause damage and injury or to disperse chemical, biological, or radiological materials. In either situation, be prepared to react quickly and take the following general steps:

- Take shelter under a desk or a sturdy table.
- Exit the building as soon as possible.
- Do not use elevators.
- Check for fire and other hazards.
- Take your emergency supply kit if time allows.

Fire

- Exit the building as soon as possible.
- Crawl low if there is smoke.
- If possible, use a wet cloth to cover your nose and mouth.
- Use the back of your hand to feel the upper, lower, and middle parts of closed doors.
- If the door is not hot, brace yourself against it and open slowly.
- If the door is hot, do not open it. Look for another way out.
- Do not use elevators.
- If you catch fire, do not run. Stop-drop-and-roll to put out the fire.
- If you are at home, go to a previously designated meeting place.
- Account for your family members and carefully supervise small children.
- Never go back into a burning building.

Trapped in Debris

- If possible, use a flashlight to signal your location to rescuers.
- Avoid unnecessary movement so that you don't kick up dust.
- Cover your nose and mouth with anything you have on hand. (Dense-weave cotton material can act as a good filter. Try to breathe through the material.)
- Tap on a pipe or a wall so that rescuers can hear where you are.
- If possible, use a whistle to signal rescuers.
- Shout only as a last resort. Shouting can cause a person to inhale dangerous amounts of dust.

See also the [Shelter-In-Place](#) and [Evacuation](#) tabs in this guide.

IMPORTANT TELEPHONE NUMBERS

Emergency (Fire, Police, Ambulance).....911

Allegheny County

- Civilian Corps Council.....(412) 473-2550
- Emergency Management.....(412) 473-2550
- Local Emergency Planning Committee (LEPC).....(412) 473-2550
- Police.....(412) 473-3000
- Veterans Affairs.....(412) 621-4357
- Pennsylvania Terrorism Tip Line.....(888) 292-1919
- Federal Bureau of Investigation.....(412) 432-4000

Abuse—Children

- Allegheny County Office of Children, Youth & Family.....(412) 473-2000
- Center for Victims.....(866) 644-2882
- PA DHS Child Line & Abuse Registry.....(800) 932-0313
- Family Resources.....(412) 363-1702

Abuse—Adults 18-60 with a Disability

- Adult Protective Services.....(800) 490-8505

Abuse—Domestic-Spouse

- Alle-Kiski Hope Center.....(888) 299-4673
- Center for Victims.....(866) 644-2882
- Crisis Center North.....(412) 362-5556
- Womanspace, East, inc.....(412) 765-2661
- Womanspace, Inc.—Emergency Shelter Services.....(412) 678-7831
- Women’s Center & Shelter of Greater Pittsburgh.....(412) 687-8005

Abuse—Senior Citizens

- Allegheny County Area Agency on Aging (Main Number).....(412) 350-5460
- Older Adult Protective Services.....(412) 350-6905
or.....(800) 344-4319

Deaf Interpreter

- Pittsburgh Hearing, Speech & Deaf Services (voice, TTY).....(412) 281-1375
- Sign Language Interpreting Professionals (SLIP).....(412) 400-2021

Disaster Relief

- American Red Cross.....(888) 217-9599
- Salvation Army.....(412) 466-1500

Drug, Alcohol Support

- Allegheny County Information Referral & Emergency Services (IRES).....(412) 350-4457
- re:solve Crisis Network.....(888) 796-8226
- Pittsburgh-Allegheny County Peer Support Warmline Service.....(866) 661-WARM (9276)

IMPORTANT TELEPHONE NUMBERS

Environmental Emergencies/Biological/Chemical

- Allegheny County Local Emergency Planning Committee (LEPC) (412) 473-2550
- Allegheny County Department of Emergency Services (412) 473-3000
- U.S. Coast Guard National Response Center—to report chemical release or maritime security incident (800) 424-8802
- PA Department of Environmental Protection (412) 442-4000
- Allegheny County Health Department..... (412) 687-2243

Health and Human Services—General Information

- PA Southwest 211.....211

Health

- Allegheny County Health Department..... (412) 687-2243

Homeless or Shelter Services (including domestic violence)

- Allegheny Link..... (866) 730-2368

Mental Health and/or Drug Abuse Crisis or Concern

- re:solve Crisis Network..... (888) 796-8226
- Allegheny County Information Referral & Emergency Services (IRES) (412) 350-4457

Pennsylvania Emergency Management Agency

- Emergency Operations Center..... (717) 651-2001

Poison

- Poison Center (Children’s Hospital)..... (412) 681-6669

Runaways

- National Runaway Safeline..... (800) Runaway
or..... (800) 786-2929
- Three Rivers Youth (412) 441-5020
- Family Links (866) 583-6003

Senior Resources

- Allegheny County Area Agency on Aging
Main Number (412) 350-5460
or (TTD)..... (412) 350-2727
To report neglect or abuse of older adults (412) 350-6905
or..... (800) 344-4319
- Meals on Wheels (888) 998-6325
- Social Security Administration (US Government) (800) 772-1213
or (TTD)..... (800) 325-0778

Victim Services/Support

- Center for Victims (412) 482-3240
- Pittsburgh Action Against Rape, Inc (412) 431-5665
or..... (866) 363-7273

IMPORTANT WEBSITES

Allegheny County



Allegheny County Emergency Services
www.alleghenycounty.us/emergency-services



Allegheny County EMS Council
www.acemscouncil.org



Emergency Medical Service Institute
www.emsi.org



American Red Cross (Southwestern PA)
swpa.redcross.org



Allegheny County Police
www.alleghenycounty.us/police



Allegheny County Health Department
www.achd.net

State of Pennsylvania



Pennsylvania State Police
www.psp.gov

Pennsylvania State Police Terrorism Email Address
sp-intelligence@state.pa.us



Pennsylvania Governor's Office of Homeland Security
www.homelandsecurity.pa.gov



Pennsylvania Emergency Management Agency
www.pema.pa.gov



Pennsylvania Department of Environmental Protection
www.dep.pa.gov

IMPORTANT WEBSITES

State of Pennsylvania



Pennsylvania Department of Health
www.health.pa.gov



Pennsylvania Department of Transportation (District 11)
www.penndot.gov

Federal Government



Citizen Corps
www.citizencorps.gov



U.S. Department of Homeland Security
www.dhs.gov



Ready.gov (U.S. DHS)
www.ready.gov



Federal Bureau of Investigation
www.fbi.gov



Federal Emergency Management Agency
www.fema.gov



U.S. Fire Administration
www.usfa.fema.gov



National Oceanic & Atmospheric Administration
www.noaa.gov



Centers for Disease Control and Prevention
www.cdc.gov



U.S. Environmental Protection Agency
www.epa.gov

FAMILY COMMUNICATION PLAN

Your family may not be together when disaster strikes, so plan how you will contact one another in the event of an emergency. Think about how you will communicate in different situations.

- Complete an emergency contact card for each family member (see sample below).
- **Pick a friend or relative who lives out-of-state for household members to notify that they are safe.**
- Have family members keep these contact cards handy in a wallet, purse, backpack, etc.
- Keep a copy of the completed contact card in your family disaster supplies kit.
- Send a copy of the completed contact card to your child's school to be kept on file there.
- Even though these important emergency contact numbers may be programmed into a cellular phone, it is important to have them in writing in case the cell phone is lost, broken, or has a dead battery.

Cut out and fold:

Other Important Phone Numbers and Information
<i>-- fold here --</i>
Contact Name:
Telephone:
Out-of-State Contact Name:
Telephone:
Neighborhood Meeting Place:
Meeting Place Telephone:

Cut out and fold:

ALLEGHENY COUNTY
LOCAL EMERGENCY PLANNING
COMMITTEE/CITIZEN CORPS COUNCIL

-- fold here --

EMERGENCY
Police • Medical • Fire
911