



Town of Sudbury Emergency Preparedness Handbook

Town website: <https://sudbury.ma.us>
Sign up for Sudbury emergency notifications
<https://sudbury.ma.us/r911>



Sudbury Fire Station #1

Emergency Contact Family Information

Out of area contact:

Name _____

Address _____

Phone # Day _____

Phone # Night _____

Cell # _____

Local contact:

Name _____

Address _____

Phone # _____

Nearest relative:

Name _____

Phone # _____

Address _____

Family work numbers:

Father _____

Mother _____

Other _____

Other _____

Household children's schools:

1) Name of school _____

Address _____

Phone number _____

2) Name of school _____

Address _____

Phone number _____

3) Name of school _____

Address _____

Phone number _____

Town offices & other

important information:

Emergency911

Police(978) 443-1042

Fire(978) 440-5310

Poison Control(800) 222-1212

Health Dept(978) 440-5479

Town Clerk(978) 639-3351

Doctor _____

Pediatrician _____

Pharmacy _____

Medical insurance _____

Medical insurance ID # _____

Home insurance _____

Auto insurance _____

Table of Contents

Emergency Contact Family Information	2
A Brief Word from the Town of Sudbury Fire Chief/ Emergency Manager	4
Reasons for Family Preparedness	5
Possible Hazards Sudbury May Encounter	6
Preparing Your Family	7 - 9
Create a Plan	7
Prepare a Disaster Kit	7 - 8
Gather Information	9
Family Emergency Communications Plan	10
Emergency Evacuation (2 Types)	11
<i>Type 1</i>	
Planning for Evacuation	11
What To Do If Asked/Told to Evacuate.....	12
<i>Type 2</i>	
Shelter in Place	13
Preparedness for Populations with Unique Needs	14 - 15
Making Your Home Safe	16 - 17
Utility Shut-Off and Safety	18
Helpful Tips to Protect Your Animals	18 - 19
After a Disaster	20 - 21
Maintaining Your Plan	21
Emergency Preparedness Education Community Emergency Response Team (CERT)	21
Resources and Links	22
Call for Medical Reserve Corps (MRC) Volunteers	23

A brief word from Sudbury's Emergency Manager, Fire Chief, John Whalen

January 1, 2019

Dear Sudbury residents:

In a continuing effort to provide meaningful and user-friendly documents to residents, I am pleased to present the first edition of the Town of Sudbury's Emergency Preparedness Handbook.

This Handbook contains useful information and resources to help residents successfully plan for an emergency event. Included please find a one-page Emergency Reference Guide specific to Sudbury. This guide is designed to be removed and hung on your fridge or inside a cabinet near your phone.

It is our hope that all Sudbury residents take a proactive approach to Family Emergency Planning. You can sign up for the Town of Sudbury's Emergency Notifications at <https://sudbury.ma.us/r911>.

Sincerely,

John M. Whalen

John M. Whalen
Town of Sudbury Fire Chief
Emergency Management Director

REASONS FOR FAMILY PREPAREDNESS

In a disaster or emergency, you may need to survive on your own for some time before outside help is available. Basic services such as electricity, gas, water, sewage treatment, and telephones may be cut off for several days, or even weeks. Preparedness means having your own supply of water, food, medications and emergency supplies for a period ranging anywhere from a few days to several weeks. You may need to evacuate at a moment's notice, taking only essentials with you, without the opportunity to shop or search for the supplies you need. Assembling items you may need in a disaster or emergency ahead of time is essential to your family's disaster plan.

This Emergency Handbook prepared by the Town of Sudbury is designed to help residents learn how to protect themselves and their families against all types of potential hazards. It can be used as a reference resource or as a step-by-step manual. The focus of the content is on how to develop, practice, and maintain emergency plans that reflect what must be done before, during, and after a disaster to protect people and their property. Also included is information on how to assemble an emergency supply kit that contains the necessary food, water, medications and other supplies sufficient for individuals and their families and pets to survive following a disaster in the event they must rely on their own resources.

Possible Hazards Sudbury May Encounter

Civil disorder

Dam failure

Drought

Earthquakes

Extreme cold

Extreme heat

Floods

Forest fires

Hazardous material

Hurricanes

Ice hazards

Lightning Strike

Nor'easters

Pandemic (especially flu)

Power outages

Terrorism

Thunderstorms

Tornados

Transportation emergencies

Utility emergencies

Water supply emergencies

Winter storms

CREATE A PLAN

Note: It is important to plan for either of the following situations:

Shelter in place: (Please refer to emergency evacuation, page 12)

At times during emergencies it is safer to stay home and shelter at home.

Be sure to:

- Assure that your entire family knows and understands your household emergency plan
- Talk about how you will reach each other in different emergencies
- Think about making an out-of-town family member or friend a point of contact should you get separated for any reason.

Home evacuation: (Please refer to emergency evacuation, page 12)

Town shelter: In an emergency the town of Sudbury utilizes the Fairbank Community Center as an Emergency Shelter, located at 40 Fairbank Road, Sudbury, MA. The phone number is (978) 443-3055.

Sign up for Sudbury emergency phone/email notifications:

<https://sudbury.ma.us/r911>



PREPARE A DISASTER KIT

Every family should have an “All Hazards” Disaster Supply Kit. Regardless of the season, your family could become isolated in your home for up to a week without power. Below are some suggestions of items you may want to include in your kit. It is best to keep items in a waterproof, portable container. Every kit will differ, depending upon the items your family considers essential. Check expiration dates and rotate on a regular basis.

72-Hour Supply Kit

- 1-2 Gallons of water per person/per day should be stored for sanitation and drinking
 - Method of water purification
 - Food
 - Warmth and Shelter
 - Windproof/Waterproof matches
 - Second method to start a fire
 - Tent/Shelter
 - Wool-blend Blanket
 - Sleeping Bag
 - Emergency reflective blanket
 - Lightweight stove and fuel
 - Hand and body warm packs
 - Poncho
 - Light Sources
 - Flashlights with batteries
 - Candles
 - Light Sticks
 - Tools
 - Pocket Knife
 - Shovel
 - Hatchet or Axe
 - Sewing kit
 - 50-foot nylon rope
 - First Aid
 - First Aid Kit and Supplies
 - Burn gel and dressings
 - Bottle of potassium iodide tablets
 - Communications
 - Radio with batteries/radio with alternate power source
 - Whistle with neck cord
 - Personal Sanitation
 - Personal Comfort kit (include soap, toothbrush/toothpaste, comb, tissues, sanitary napkins, razor, and other needed items)
 - Extra clothing
 - A complete outfit of appropriate clothing for each family member. Include socks, underwear, hats, gloves and sturdy shoes
 - Money (at least \$50 in small bills)
 - Stress relievers (Games, books, hard candy)
 - Important documents (birth certificates, wills, insurance forms, marriage license)
- For children:
- Small toys, coloring books/ paper, crayons/ markers, security blanket/ stuffed animals.

Canned goods and nonperishable foods that do not need cooking:

- Canned meats, fish, fruits, vegetables, soups, puddings, & fruit juices
- Dried fruits & nuts
- Bread, cookies and crackers
- Peanut butter (or soy butter) and jelly

Additional items

- Extra food
- Extra batteries
- Insect repellent, sunblock
- Portable toilet
- Medication
- Portable containers
- Durable, water resistant duffle bags or backpacks
- All-purpose cleaner with broom, sponge, mop, bucket

GATHER INFORMATION

It is important to stay calm during an emergency. In the case of an actual emergency the Town of Sudbury will make available information to all residents through the following media:

Town-wide Emergency Notification System – Reverse 911

This is a phone-based notification system that allows the Town to contact residents and notify them of an emergency in a relatively quick timeframe. To sign up for the notification system for phone or text alerts, please visit:

Town of Sudbury website: www.sudbury.ma.us

Emergency notification sign up: <https://sudbury.ma.us/r911>

This takes you to Blackboard Connect for Sudbury. Follow on-screen instructions. It takes approximately 5 minutes to complete the registration.



Sudbury Cable Access Channels: www.sudburytv.org Comcast/Xfinity channels 8 & 9, Verizon channels 31 & 32

Local Television Stations: WBZ Channel 4, WCVB Channel 5, WHDH Channel 7
NBC Boston Channel 10 Cable (8, 15, or 60 over the air), WFXT Channel 25

Local Radio Stations: WTAG AM 580, WBZ AM 1030, WSRS FM 96.1

Local Newspapers: Sudbury Town Crier, MetroWest Daily News, Boston Globe

Sudbury Emergency Shelter: (978) 443- 3055

NOAA Weather Radio Frequencies (for warnings/alerts on an emergency weather radio, available on Amazon/retailers for purchase, broadcasting weather information 24 hours a day/7 days a week)

Worcester (WXL93 162.550) Boston (KHB35 162.475) Providence (WXJ39 162.400)

** It is important to note that depending upon the scope of the emergency, directives may be dictated by the appropriate Town of Sudbury department (Fire, Police, DPW, and Emergency Management) or the Massachusetts Emergency Management Agency (MEMA) or Federal Emergency Management Agency (FEMA). During an emergency, it is important to follow their instruction and advice.

FAMILY EMERGENCY COMMUNICATIONS PLAN

Develop a Family Emergency Communications Plan in case family members are separated from one another during an emergency (a real possibility during the day when adults are at work and children are at school).

This plan should also address reuniting after the immediate crisis has passed.

Ask an out-of-state relative or a friend to serve as the Family Emergency Communications Plan contact person. During and immediately after a disaster occurs, it is often easier to access a long-distance telephone number than a local one. So, calling outside a disaster area is often easier than calling into or within the same area. Texts can often be transmitted successfully when cellular phone calls fail, so try texting if calls don't connect.

Make sure everyone knows the name, address and telephone number of the Family Emergency Communications Plan contact person.

Designate two meeting areas for family members – one within your community (your primary location), and one outside of your community (your alternate location).

Sometimes an emergency could impact your neighborhood or small section of the community, so a second location outside of your community would be more accessible to all family members.

Be familiar with the Emergency Plans at your children's school as well as your place of business.

A Family Emergency Communications Plan can help reassure everyone's safety and minimize the stress associated with emergencies.

LINK for Emergency Family Plan:

https://www.ready.gov/sites/default/files/FamEmePlan_2013.pdf

EMERGENCY EVACUATION

PLANNING FOR AN EVACUATION

During an emergency, always follow the direction of your local Public Safety Officials to know which evacuation routes and shelters will be utilized during that particular emergency. If you do not have personal transportation, make arrangements with friends or your local government.

Those requiring specific assistance during times of emergency, such as transportation or alternative forms of communication, should notify the Sudbury Fire Department Non-Emergency number at (978) 440- 5310

Develop a Family Emergency Communications Plan. (See Page 10) As part of your Family Emergency Communications Plan, designate a meeting destination if you must leave the community. In your planning, consider different scales of evacuation – neighborhood, town, county, etc.

Assemble a Disaster 72-Hour Supply Kit (See page 8) as well as an evacuation supply kit for you and your pets (GO-BAG). Keep your car fueled if evacuation seems likely. Gas stations may be closed during an emergency or unable to pump gas. Know how to shut off your home's electricity, gas and water supplies at main switches and valves. You may want to do so prior to evacuating your home.

After meeting your family needs, please check on elderly or disabled neighbors.

WHAT TO DO IF ASKED/TOLD TO EVACUATE

- Gather all persons in the household together.
- Do not pick up children at school unless instructed to do so. Schools have their own Emergency Plans and children may be taken to a pre-designated site.
- Household members located outside the area may be advised not to return to their residence or community during an evacuation. They may be directed to a reception center or mass care shelter where you can be reunited.
- Do not call your local fire or police departments for information.

Emergency workers will need their telephone lines open for emergency use.

If you need special help, contact the non-emergency line at the Sudbury Fire Department at 978-440-5310. Stay tuned to your Emergency Alert System (EAS) radio stations.

- Turn off lights and unnecessary appliances. If a hard freeze is likely during your absence, take actions needed to prevent damage to water pipes, such as turn off the water main, drain faucets or leave dripping, flush toilets, turn off inside valves for external faucets and open outside faucets to drain.

- Close and lock windows and doors.
- Check with neighbors to see if they need assistance.
- Consider sharing transportation.
- If unable to take them with you, shelter your livestock, leaving at least a three-day supply of stored food and water that is protected from possible contamination.

SHELTER-IN-PLACE

Sheltering-in-place is a standard protective action utilized in emergencies during an accident or event in which hazardous materials have been released into the atmosphere. You may be instructed by local officials to “Shelter-in-Place” to reduce your exposure to some type of hazardous materials in the air. The purpose is to create as airtight as possible enclosures to prevent the hazardous material from reaching the enclosure’s occupants. The following are steps to be taken only when instructed to “Shelter-in-Place”, not to be completed ahead of time:

- You should immediately go indoors. Keep children and pets indoors.
- Close and lock all doors and windows. Locking is preferred since it generally ensures that the door or window is shut tight.
- Turn off air handling systems such as window fans, kitchen and bath exhaust fans, air conditioners, and other sources of outside air. Shut off clothes dryers and seal exhaust vents with plastic and duct tape.
- Close the fireplace flue if it is not in use. (A structure with a burning fire in the fireplace is not a good candidate for sheltering-in-place.)
- Seal off any cracks that could cause leakage from the outside such as with a damp towel at door jams.
- If you have livestock, shelter them, also. Provide them with stored feed and water from a covered source.
- Go to an above ground room with the fewest windows and doors. (A below ground room during a tornado or hurricane.)
- If Sheltering-in-Place is recommended during school hours, children will be sheltered in their school building and cared for by school personnel. When the emergency is over, you will be directed where and when to pick them up.

IF TRAVELING WHEN SHELTERING-IN-PLACE IS ORDERED

- If you are traveling in a motor vehicle, close the windows and air vents.
- Turn off the heater and air conditioner. Keep the radio tuned to an
- Emergency Alert System (EAS) station for the official messages and instructions.
- Go inside a nearby building. If none is available, leave the area immediately.
- Stay inside your vehicle or building until officials say otherwise.
- Do not use your telephone unless in need of special assistance.
- Do not call '911' unless it is a true emergency.

PREPAREDNESS FOR POPULATIONS WITH UNIQUE NEEDS

For many of the citizens in Massachusetts who have physical, medical, sensory or cognitive disabilities, as well as the elderly and other populations with unique needs, emergencies can present real challenges.

- Create a disaster supply kit. Depending upon your needs, you may want to include extra eyeglasses, hearing aid batteries, wheel chair batteries, oxygen, the style and serial number of your medical devices, a list of your medications, including dosage, a list of your allergies, medical insurance information and medical cards. If you utilize a manual wheelchair, include heavy gloves to help make your way over glass and debris. (See pages 8 & 9).
- Make an Emergency Plan. Create a Family Emergency Communications Plan. (See page 11). If you receive regular support services from a provider or Personal Care Attendant (PCA), speak with them about their disaster plans and their services during times of emergency. Work with them to identify back-up services.

- Complete a Personal Assessment of what you can do for yourself and what assistance you may need in an emergency. Consider the environment during and after an event, your capabilities, and possible barriers.
- Create a ‘Personal Support Network’ or ‘Self-Help Team’ who can help identify and acquire resources, and assist you before, during and after the emergency. Your Team should include roommates, relatives, friends, neighbors and co-workers because disasters may strike when you are at home, school, the workplace, a volunteer site, or wherever you spend a lot of time.
- Teach others on your Team to operate any special equipment you might utilize, as well as where you keep your emergency supplies.
- If asked to evacuate, inform your Team where you are staying. (A public shelter, relative, friend, hotel, etc.).
- Find the location of the main utility cutoff valves and switches in your home and learn how and when to disconnect them during an emergency.
- Become informed. Learn your area’s vulnerabilities, as well as Sudbury’s Emergency Management Plans, including potential evacuation routes and accessible shelter locations.
- Learn about Sudbury’s Alerting/Warning Systems.
- Some communities have developed procedures for people with disabilities to register for specific alert and notification systems, transportation assistance, and other programs. Contact the Sudbury Health Department to learn more about Sudbury’s Special Populations Registry. All information gathered through the program will be kept confidential and used only in case of emergency.
- Wear medical alert tags or bracelets to help identify your disability or health condition.
- Label any special equipment including wheel chairs, walkers or canes with your contact information.
- Most individuals who normally live independently should be able to function well at a universal public shelter. Individuals requiring higher levels of medical support or assistance might be transferred to a higher-level care shelter where they can receive a higher level of support.
- While at a shelter, please ask disaster personnel for any accommodation you require.

MAKING YOUR HOME SAFE

Make sure all your equipment and hazard detector devices are approved and certified by a nationally recognized testing institute, such as Underwriters Laboratory (UL). Follow the manufacturer's instructions for the proper use, installation, maintenance and testing procedures.

SMOKE DETECTORS

Have a minimum of one (1) smoke detector installed on each level of your home (including the basement) and outside each sleeping area. Test each detector monthly.

Develop a schedule for replacing all batteries twice a year or sooner (if needed), choosing the same days each year; such as the days we move the clocks forward/backwards, New Year's Day, etc.

CARBON MONOXIDE DETECTORS

Have at least one (1) Carbon Monoxide (CO) detector on each habitable floor of your home, and within ten (10) feet of each sleeping area. Do not place a CO detector in a garage, furnace room, or near a stove or fireplace. Doing so may cause high incidents of false alarms. Do not place CO detectors near open windows or doors, excessively hot, cold, or damp areas and 'dead-air spaces' such as corners of rooms and peaks of ceilings. Doing so may minimize the effectiveness of the detector. Be able to differentiate between the alarm sounds of your Smoke and Carbon Monoxide detectors.

Develop a schedule for replacing all batteries twice a year or sooner (if needed), choosing the same days each year; such as the days we move the clocks forward/backwards, New Year's Day, etc.

FIRE ESCAPE PLAN

Have at least two (2) escape paths from each room. Never use an elevator during a fire. Make sure everyone can easily unlock and open doors utilized in the escape plan. If you must go through a smoky area, crawl. The coolest, cleanest air will be up to 18” from the ground.

Designate a family meeting area located a safe distance from the house. Safely leave the building before contacting the fire department. Never return into a burning structure.

Practice your Fire Escape Plan at least twice a year. For assistance in designing your own plan, visit ‘Family Fun’ with Sparky the Fire Dog on the National Fire Protection Association webpage: www.NFPA.org

Parents with children should attend a Fire Safety Day in Sudbury or visit the local fire station to help promote fire safety.

FIRE EXTINGUISHERS

- Have at least one (1) multi-purpose (ABC) fire extinguisher located near an escape path.
- Ensure that the fire extinguisher is cared for and maintained properly according to manufacturer’s instructions which you should keep with your extinguisher.
- Ensure everyone understands how to properly and safely use the extinguisher. Even though extinguishers come in several shapes and sizes, they all operate in a similar manner. An easy acronym for fire extinguisher use: PASS (Pull, Aim, Squeeze and Sweep).
- Recharge or replace all fire extinguishers immediately after use, regardless of how much or little they were used.

EMPOWER YOURSELF

Immediately following a disaster, emergency crews cannot respond everywhere at once. You could be the difference between life and death for someone close to you. Make it a practice to check on elderly neighbors and those with disabilities. Get yourself some invaluable training on life-saving techniques. Check a few of the resources available to you on pages 22 & 23 of this handbook.

UTILITY SHUT-OFF AND SAFETY

In the event of a disaster, you may be instructed to shut off the utility service at your home. Below is some general guidance for shutting off utility service. You should modify the information provided to reflect your shut off requirements as directed by your utility company. Please refer to the utility company directly with any questions regarding when utilities will be restored during a power outage.

Natural Gas

Natural gas leaks and explosions are responsible for a significant number of fires following disasters. It is vital that all household members know how to shut off natural gas. If you smell gas or hear a blowing or hissing noise, open a window and get everyone out quickly. Turn off the gas, using the outside main valve if you can, and call the gas company from a neighbor's home.

CAUTION – NEVER attempt to turn the gas back on yourself. Only a qualified professional may turn your gas back on. Contact your gas provider to turn gas back on.

Electricity

Electrical sparks have the potential of igniting natural gas if it is leaking. Teach all responsible household members the location of your electrical circuit box and how to shut off the electricity. **FOR YOUR SAFETY:** Always shut off all individual circuits before shutting off the main circuit breaker.

NOTE: If you use a generator, be sure that the connections to the street electrical supply wires have been disconnected. It is strongly recommended that you have a professional electrician do this type of work.

HELPFUL TIPS TO PROTECT YOUR ANIMALS

- Take your household pets with you during an evacuation. Pets left behind can be injured, lost or killed during an emergency, or in its aftermath. Pet owners should include their animals in their Family Disaster Planning.

- The Town of Sudbury allows pets to accompany their owners to the Town Emergency Shelter at the Fairbanks Community Center. Dogs must be on a leash and cats and other small animals in a cage/ pet carrier. Consider making plans ahead of time to take your pet to stay with relatives, friends or at a kennel outside the affected area.

- Know the locations of pet-friendly hotels and motels.
- Prepare a list of boarding facilities and veterinarians who could shelter your animals in an emergency; include 24-hour phone numbers.

Pet owners must provide documentation of rabies vaccination of pets when arriving at the emergency town shelter. Be sure to bring your pets' prescriptions/medications, and copies of vaccination/medical records as well as your veterinarian's phone number.

- Prepare an emergency kit for your pets. Include a photo of yourself with your pet, collars and leashes, a three-to-five-day supply of food, a can opener, bottles of water, bowls, litter boxes and plastic bags, and a week's supply of medications (with instructions) in case you and your pet are separated.

- Make sure your pets wear collars with current license and rabies tags, and identification tags that include information on your location during the emergency.

- Birds should be transported in a secure travel cage or carrier. During warm weather, carry a plant mister to mist the birds' feathers periodically. Do not put water inside the carrier during transport. Provide a few slices of fresh fruits and vegetables with high water content. Have a photo with you and your bird and leg band for identification. If the carrier does not have a perch, line it with paper towels or paper bags and change them frequently. Try to keep the carrier in a quiet area. Do not let the birds out of the cage or carrier.

- Exotic and dangerous pets are generally dealt with on a case-by-case basis to ensure that they are handled, transported and cared for by properly trained personnel and at an appropriate facility. For the safety of their animals, owners of these pets should have advanced planning preparations ready for their pet's special needs.

AFTER A DISASTER

ASSESSMENT AND CLEAN UP

- If you have been evacuated, do not return to your home until directed to do so by state or local officials.
- Keep tuned to local Media for information about such things as caring for your household, where to find medical help, and applying for financial assistance.
- Do not become a spectator. Unnecessary travel into impacted areas could hinder the efforts of Public Safety officials.
- Drive only when and where necessary. Streets may be filled with debris or flooded. Roads are closed for your protection in that they are impassable or may be weakened and could collapse.
- Upon returning, do not turn on any electronic equipment until the electricity has been safely restored.
- Be sure to check all electronic equipment for water damage. If you are uncertain, throw them away. It is better to be safe than risk electrocution.
- **Watch for loose or dangling power lines. Assume any downed wire is a live wire! Be careful when clearing fallen trees with a chainsaw.**
- Use caution if there is structural damage to your home or downed trees in the yard.
- If Public Safety officials determine it is safe, open doors and windows to ventilate your home.
- Limit your use of the telephone, utilizing it only for emergency calls.
- Use bottled water until local officials have determined the safety of the water supply.
- Guard against spoiled food. If the power was disrupted, food in the refrigerator may have spoiled. Freezers can keep food for several days, if unopened.
- Do not refreeze food once it begins to thaw.
- Use generators outdoors, in well ventilated areas.
- For specific assessment and clean-up remedies, contact the appropriate Town of Sudbury Departments.

MAINTAINING YOUR PLAN

Once you and your family have developed your plan, you need to practice and maintain it. For example, ask questions to make sure your family remembers meeting places, phone numbers, and safety rules. Conduct drills and create theoretical scenarios and see how family members respond.

Do not wait for a disaster or emergency to occur. Plan and prepare now so that when an unplanned disaster or emergency does occur, you and your family will be ready.

EMERGENCY PREPAREDNESS EDUCATION

Community Emergency Response Teams (CERT)

The Community Emergency Response Team (CERT) Program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. CERT members also are encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community. You can find out more about Sudbury's CERT: <https://sudbury.ma.us/cert/>

RESOURCES/LINKS

ONLINE RESOURCES:

Massachusetts Emergency Management Agency www.mass.gov/mema

Executive Office of Public Safety & Security www.mass.gov/eops

Department of Homeland Security www.dhs.gov

Federal Emergency Management Agency www.fema.gov

Are you Ready? www.Ready.gov

American Red Cross www.redcross.org

National Weather Service www.nws.noaa.gov

National Hurricane Center www.nhc.noaa.gov

Massachusetts Department of Public Health www.mass.gov/dph

State of Massachusetts Animal Response Team www.smart-mass.org

Community Emergency Response Team (CERT) <https://www.citizencorps.gov/cert/> or
<https://sudbury.ma.us/cert/>

Guide to Massachusetts State Services <http://www.sec.state.ma.us/cis/ciscig/guide.html>

Town of Sudbury <http://www.town.Sudbury.ma.us>

Region 4A Medical Reserve Corps <http://www.region4a-ma.org/MRC> or
www.sudbury.ma.us/mrc

Sudbury Public School System <http://www.sudbury.k12.ma.us/>

Lincoln Sudbury Regional High School <https://www.lsrhs.net/>

Central Massachusetts Disaster Animal Response Team www.cmdart.org

CALL FOR SUDBURY MEDICAL RESERVE CORPS (MRC) VOLUNTEERS

The Town of Sudbury, through the MRC Region 4A, has organized a Medical Reserve Corps to supplement existing Town resources during emergencies and times of need that may impact public health. The MRC is a volunteer group made up of both medical and non-medical persons who are willing to help in a public health emergency. Please consider volunteering to help your community, your family, and yourself. MRCs serve a critical function in communities, especially during emergencies when local resources may be quickly overwhelmed due to the scale and severity of the incident or disaster.

The following are some examples of how a MRC can assist during a public health emergency:

- Conduct a mass vaccination clinic
- Provide medical, public, and mental health support in the event of an influenza pandemic
- Help in a shelter in the event of a large scale natural disaster or fire

MRC volunteers will receive FREE training on a variety of subjects. **For medical professionals, many of the trainings will count toward Continuing Medical Education hours.**

For more information, please visit: <http://www.region4a-ma.org/MRC> or www.sudbury.ma.us/mrc

You may sign-up online. Your participation is invaluable in improving our preparedness for and response to future emergencies as well as promoting healthy living throughout the year in our community. We need your help to maintain this important volunteer organization in the Town of Sudbury. Should you have questions or comments please contact the Sudbury Board of Health Office at (978) 440-5479.

Sincerely,

Phyllis Schilp BSN, RN
Sudbury Health Department
Town Nurse