

# Sirens and the Emergency Alert System

*The Emergency Alert System will provide you with official information in case of tornadoes, floods, earthquakes, acts of terrorism, nuclear power plant accidents or other emergencies.*

Sirens would sound in your community if there were an emergency. The sirens would make a steady three-to-five-minute sound. If you hear this signal, **turn on your radio immediately and tune to 97.5 FM.** This station would broadcast an emergency message indicating the type of emergency. Radio announcements would tell you what to do. Staying tuned to the radio might be all you would need to do. Or, you might be told to take other action.

Fire and police officers would also help to notify those with individualized needs. (See back cover or tear-off Annual Emergency Help Survey.)

Boaters in the area would be alerted by the U.S. Coast Guard. Channels 16 and 22 on marine radio would also give boaters information.

The sirens would also be able to broadcast special emergency messages to alert people at the beaches.

If you hear a siren, go indoors. Go inside your home or any nearby building. Tune to the Emergency Alert System (EAS) station 97.5 FM; this station would broadcast an emergency message.

In case of an emergency, always stay tuned to the EAS station. You may be told to take different actions if emergency conditions change.

Each of the 121 sirens is tested silently every two weeks to verify its ability to operate. Siren system activation equipment is tested on a similarly frequent basis. Periodically the entire siren system will be sounded throughout the 10-mile EPZ to demonstrate the sound people would hear from the sirens.

**Note: Do not use the phone or cell phone unless absolutely necessary. Leave the lines open for emergency personnel.**

## Emergency Alert System Station

**If you hear a steady siren—three to five minutes—please tune to the Emergency Alert System radio station at once for emergency instructions.**

**97.5 FM**

## Unintentional Siren Activation

An unintentional siren sounding could occur due to a siren malfunction or other problem. If a siren sounds, residents should tune to the EAS station. If the sirens were sounded unintentionally, you would be notified via a regular news broadcast. EAS tones and messages would only be used in the event of an actual emergency.

**Visit our Web Site for additional emergency preparedness information at:**

**[www.readynh.gov](http://www.readynh.gov)**

## Local Siren Use

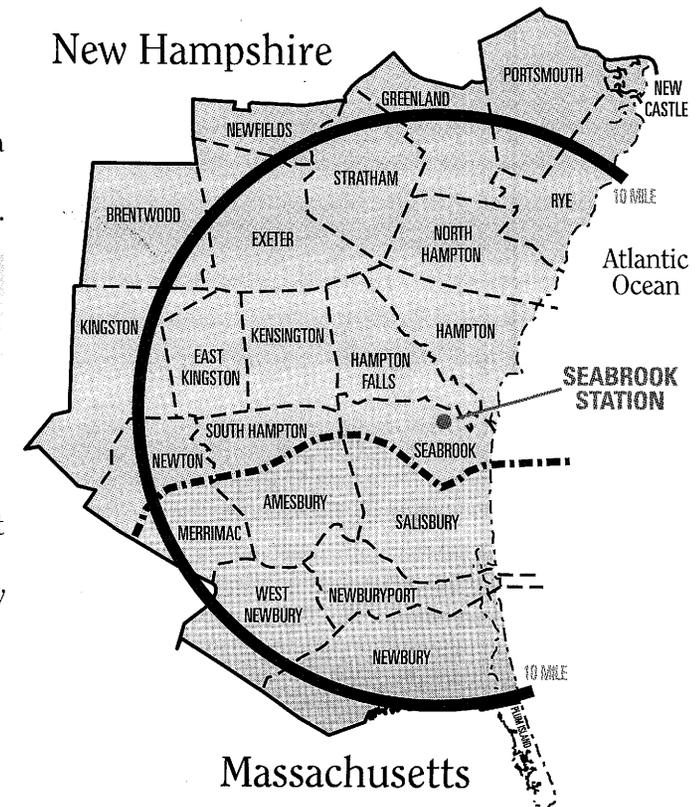
In addition to the three-to-five minute steady tone that would sound for an emergency at Seabrook Station, other siren tones may be used by your local emergency officials. These other siren tones may be sounded during local emergencies and/or testing.

## Mobile Phones and Landlines

Sign up for Seabrook Station EPZ Alerts at:  
<https://public.coderedweb.com/cne/bf065f487535>

## The 10-Mile Emergency Planning Zone

The area approximately 10 miles around Seabrook Station is called the Emergency Planning Zone. There is an emergency plan for each community inside this zone; however, it is not likely that everyone within the 10-mile zone would need to take action in an emergency. The areas affected would depend on the weather and the kind of accident. State public safety and health officials would continually review the situation and would decide the best actions to protect you. In case of an emergency, listen to the EAS radio station for specific instructions for your community.



# Emergency Plan for Your Support Network

## Plan Ahead

Everyone in your support network should know what to do in an emergency. Go over the information in this calendar together. Decide who would pick up school children at their reception center, where to meet if you were apart in an emergency, and so on. Be sure children know what to do if they are alone and the sirens sound. Talk with your friends and neighbors so you can help each other if necessary.

It is a good idea to keep some things safe and handy in case of emergency: portable radio, flashlight and extra batteries; important papers; medicines, required diet foods and first-aid items; extra supplies for babies and pets; bottled water; non-perishable foods; cash; and cell phone. Keep your car in good running order with your gas tank at least half full.

- Prepare an emergency plan now, just as you have a family plan for what to do if there is a fire in your home.

- Read the information in this calendar carefully with your family. It has been prepared to help you respond if there is an emergency at Seabrook Station; as well as other emergencies.
- Locate the designated evacuation route listed for your community. Check this information with your evacuation map.
- If you think transportation could be a problem during an evacuation, check with neighbors to see if you can ride with one of them in the event of an emergency. As a backup, check the Important Emergency Operations Center Phone Numbers listed for your community on page 2 of this calendar.
- Plan now to stay with a friend or relative outside the emergency planning zone, if an evacuation is recommended. If that is not possible, go to your designated reception center. This calendar contains a map with directions to your reception center.

- Find out which reception center your school-aged children will be taken to in an emergency. If you don't already know, call your child's school.
- Keep a supply of batteries on hand for your flashlight and radio.
- Keep an extra set of car keys handy.
- Websites for additional information:  
[www.ready.gov](http://www.ready.gov)  
[www.redcross.org](http://www.redcross.org)  
[www.readynh.gov](http://www.readynh.gov)
- Sign up for Seabrook Station EPZ Alerts at:  
<https://public.coderedweb.com/cne/bf065f487535>

## How to Shelter-In-Place

- Go inside and stay there.
- If you must go outside (for example, to bring in a child playing outside), cover your nose and mouth with a folded, damp cloth. Go back inside as soon as you can.
- Change clothes if you go outside. Seal clothes in a plastic bag.
- Close all doors and windows leading outside.
- Turn off all fans, air conditioners, clothes dryers, kitchen and bath exhaust fans, and other sources of outside air.
- Continue to monitor the EAS station, 97.5 FM.
- Keep pets inside.
- If you have livestock, shelter them too. Give them stored feed and water from a covered source.
- Do not use the telephone except for emergencies.
- Do not use fireplaces or wood stoves. Let fires burn down. Close the dampers after fires are out.
- If you are not at home, take the best available shelter.
- If you are in your car, close the windows and air vents, and turn off the heater or air conditioner. Turn on "recycle air" option if available.
- Stay indoors until you receive official notice that it is safe to go outside.
- If sheltering-in-place is recommended during school hours, children will be sheltered right in the school building and cared for by school personnel.

**Remember—stay tuned to the Emergency Alert System station, 97.5 FM, for latest information.**

# If You Are Advised to Evacuate

In an emergency, you might be advised to evacuate. This means to leave the area. You should follow the instructions given on the EAS station. If you were at work outside the evacuation area but live inside it, you would go home first to pick up family members and get things you would need.

Do not try to take all of your belongings with you; take what you will need. You could be away from home for a few hours to a few days. Take these things, if you can:

- This calendar
- Extra clothing
- Personal items (eyeglasses, dentures)
- Toiletries (soap, toothbrush, toothpaste)
- Medical supplies (first aid kit, medicine, prescriptions, and medical insurance card)
- Medical equipment (life support equipment and any other assistive equipment you use)
- Baby supplies
- Blankets, pillows, and towels (if you will stay at a public mass care center)
- Checkbook, credit card and cash
- Driver's license or identification

Note: Alcoholic drinks and recreational drugs are not allowed at reception centers or mass care centers.

**Plan to spend a minimum of three days away from home. Lock up your home.**

## What to Do as You Leave

- Turn off the lights and your household appliances.
- Leave your refrigerator and freezer on.
- Lock your windows and doors.

## Information for Farmers

Information is available to help farmers plan how to protect livestock and crops in an emergency. You can access an information book at [http://www.nh.gov/divisions/animal\\_industry/documents/RERPEmerInfoforFarmersFoodProcessorsandDistributors.pdf](http://www.nh.gov/divisions/animal_industry/documents/RERPEmerInfoforFarmersFoodProcessorsandDistributors.pdf), or you can call the New Hampshire Department of Agriculture, Markets, and Food at 603-271-2404.

## What to Do with Pets and Livestock

If you go, they go. Do not leave your pets behind. Arrange for their evacuation in advance. See *Plan in Advance to Evacuate Your Pets* on page 3 for more information.

If you can, shelter livestock, especially dairy cattle. Give them stored feed and water. See "Information for Farmers" above.

**For more information on disaster preparedness for pets:**  
[www.hsus.org/hsus\\_field/hsus\\_disaster\\_center/resources/](http://www.hsus.org/hsus_field/hsus_disaster_center/resources/)

## How to Travel

- Use only one car (or other vehicle) per family.
- Keep the car windows and vents closed, if practical.
- Keep the car radio tuned to the EAS station, 97.5 FM.

- Drive out of the area along one of the routes described on pages 32-35. Other routes may be suggested on the radio because of conditions at the time. Follow the EAS instructions.

## Where to Go

There is a reception center for each community in the 10-mile Emergency Planning Zone. Each reception center is outside the 10-mile zone. These reception centers are listed on page 36. At your reception center you could:

- Register in order to track those who had been to the reception center.
- Leave messages for family members and get general information on the emergency.
- Be referred to a public mass care center operated by the American Red Cross if you need a place to stay. The care center would provide temporary housing, food, clothing, and other aid.
- If necessary, be monitored for the presence of radioactive contamination (if any) and have any such contamination removed.

**Go in your car to a friend or relative outside the Emergency Planning Zone or to the reception center identified in this calendar, where you will receive further directions.**

## If You Have School/Day Care Children

During an emergency, precautionary actions could be taken to ensure the safety and security of school and day care children. These actions could include school/day care closing or precautionary evacuation of schools/day cares. This could occur before actions were needed by the general public. If an emergency existed before the start of the school day, schools/day cares could be closed. If schools/day cares were in session, staff/visitors and students/day care children could be evacuated. If so, local school officials and/or day care

operators would take the students/children to the reception center assigned to their facility. The reception center is the same as the reception center for the community in which the facility is located (see the list of reception centers on page 36). Parents should meet their children at the reception center. To help evacuation proceed quickly and smoothly, parents are encouraged to go directly to the reception center to pick up their children and **not** to the local school building or day care center. A few schools, however, do have a

pickup location that does not interfere with evacuation vehicles. Check with school administrators in advance for that information. Listen to radio broadcasts (97.5 FM) for the status of the transfer of school/day care children to reception centers. **Do not try to call the school or day care.** The telephone lines would be needed for official business.

## If You Have Individualized Needs

**If your neighbor has low vision, is blind, is deaf, hard-of-hearing, or cognitively impaired, please check to see if they know about the emergency and provide any assistance possible.**

### Good Neighbor Assistance

- If your neighbors, relatives or co-workers might need help in evacuating, please check on them before you leave. Do not use the telephone unless it is the only practical way to check.
- If they need help you cannot give, call (603) 271-2231. Emergency workers will provide aid.

### Patients in Hospitals and Nursing Homes

Hospital and nursing home patients would be taken to medical or nursing facilities beyond the 10-mile zone, where they would receive the care they need.

During an emergency, you could learn where a patient would be taken by calling the N.H. Department of Safety, Homeland Security and Emergency Management information line number 1 (800) 458-2407.

### People at Beaches

In an emergency, the Hampton and Seabrook beaches could be closed. People at the beach should leave those areas and go back to their lodgings or homes. No one else should go to the beaches. This action could be taken as a precaution, even if no emergency actions were needed by the general public. Sirens would tell people at the beaches about the emergency.

### People in Need of Transportation

Buses would take people who do not have cars to the reception center for their city or town. Information on bus pick-up points is on pages 37-53 of this calendar.

### People with Disabilities/ Individualized Needs

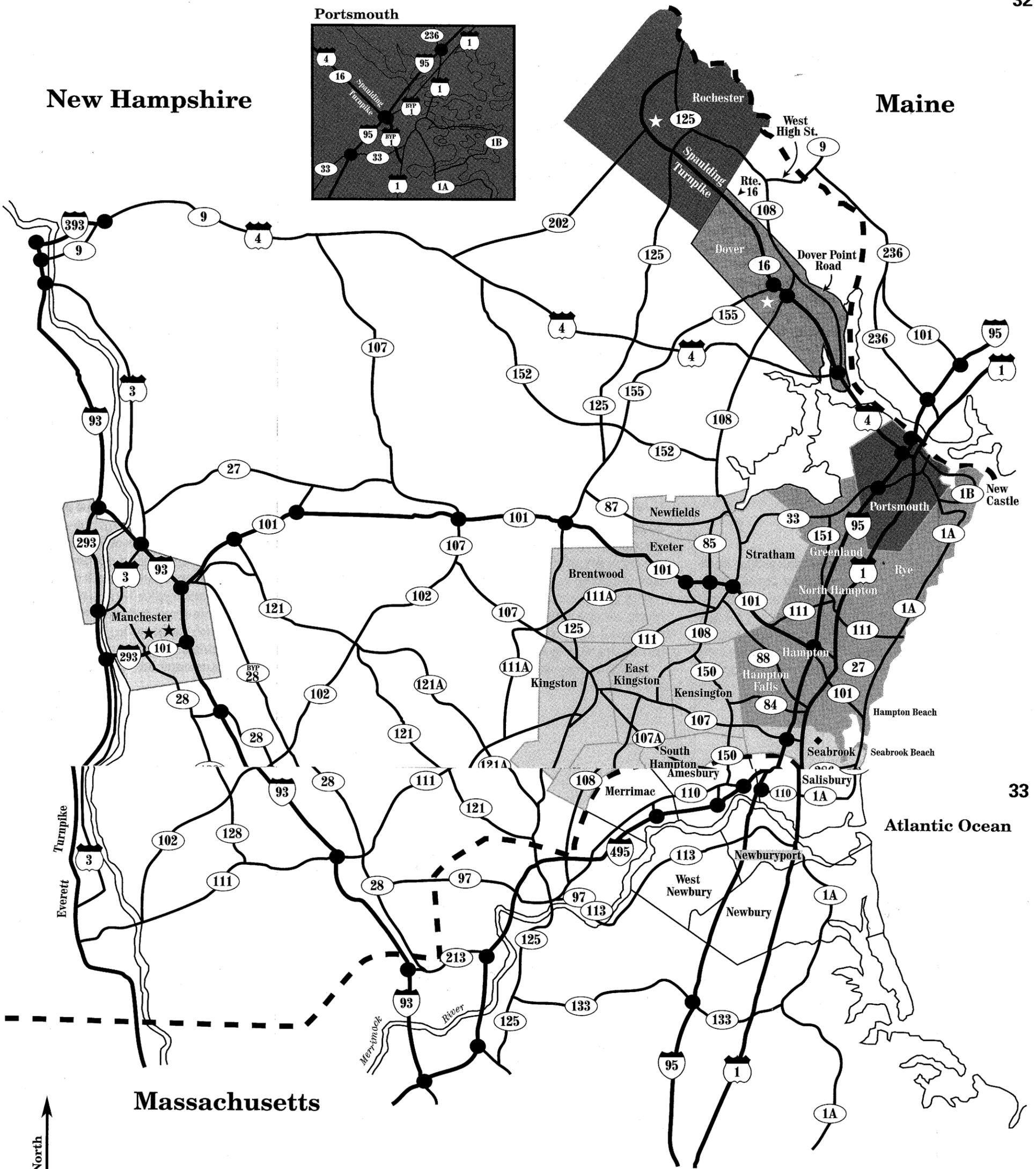
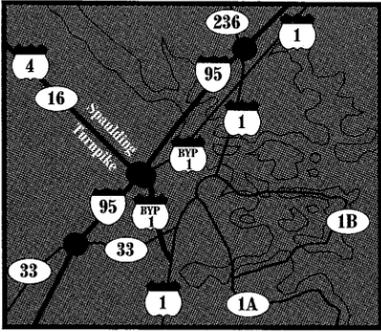
People with disabilities/individualized needs, who registered with the N.H. Department of Safety, Homeland Security and Emergency Management this year, would be notified by local emergency workers. If help were still needed, they would be taken to facilities beyond the 10-mile zone for special aid. Anyone who had not already asked the N.H. Department of Safety, Homeland Security and Emergency Management for emergency assistance could get help by calling their local emergency operations center. (See page 2 for a list of emergency operations center phone numbers.)

**If you have disabilities/individualized needs, please fill out and return the enclosed Annual Emergency Help Survey on the back cover of this calendar as soon as possible. The information will be kept confidential and used for emergency planning only. Even if you have sent in a help survey in the past, a new survey should be sent in each year.**

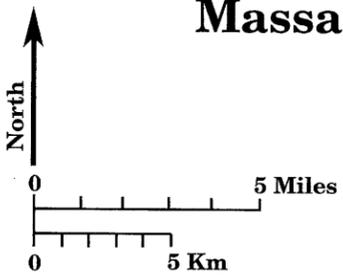
New Hampshire

Maine

Portsmouth

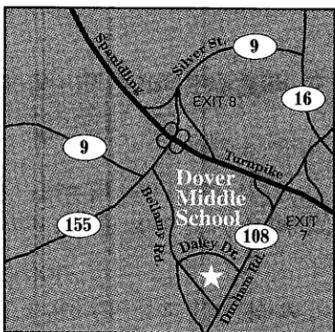


Massachusetts

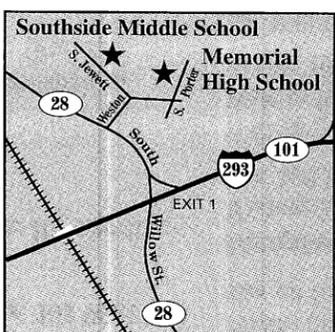


★ Reception Center

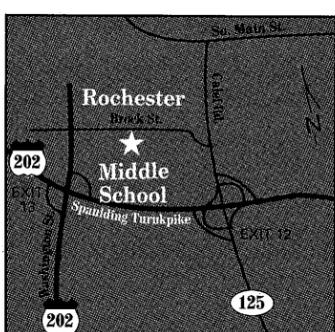
Reception Centers



Dover



Manchester



Rochester

Your community and the city where your reception center is located are the same color

# Evacuation Routes

## Brentwood

North Rd. West to Rte. 125 North to Rte. 101 West to Manchester.

**Or.** South Rd. or Rte. 111A West to Rte. 107 North to Rte. 101 West to Manchester.

## East Kingston

Rte. 107 North to Rte. 111 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.

## Exeter

**North:** Rte. 108 North (Portsmouth Ave.) to Rte. 152 West to U.S. Rte. 4 West to I-393 to I-93 South to I-293 South to Exit 1/South Willow St. (Rte. 28) in Manchester.

**Or.** Rte. 85 North (Newfields Rd.) to Rte. 87 West to Rte. 125 North to Rte. 152 West. Then U.S. Rte. 4 West to I-393 to I-93 South to I-293 South to Exit 1/South Willow St. (Rte. 28) in Manchester.

**South:** Rte. 111 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.

**Or.** Rte. 108 South to Rte. 107 North to Rte. 111 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.

**West:** Rte. 111A West to Rte. 107 North to Rte. 101 West to Manchester.

## Greenland

Rte. 33 East to I-95 North. Exit I-95 at Spaulding Tpk. (Rte. 16) North to Rte. 108 South (Exit 7) in Dover.

## Hampton

### **Hampton Beach (residents) and North Beach:**

Rte. 1A North to Rte. 27 West to Rte. 101 West to I-95 North. Exit I-95 at Spaulding Tpk. (Rte. 16) North or stay on I-95 to Maine.

### **Hampton Beach (residents) and North Beach:**

If using Spaulding Tpk. (Rte. 16), take Tpk. North to Rte. 108 South (Exit 7) in Dover.

If staying on I-95, go to Maine Rte. 236 North to Rte. 9 West to West High St. (right at light/sign for Rochester) to Rte. 108 South to Dover.

**Or.** Rte. 1A North to Rte. 111 West, across U.S. Rte. 1, to Rte. 151 North to Rte. 33 East to I-95 North. Exit I-95 at Spaulding Tpk. (Rte. 16) North or stay on I-95 to Maine.

If using Spaulding Tpk. (Rte. 16), take Tpk. North to Rte. 108 South (Exit 7) in Dover.

If staying on I-95, go to Maine Rte. 236 North to Rte. 9 West to West High St. (right at light/sign for Rochester) to Rte. 108 South to Dover.

### **Hampton Beach (visitors only):**

Rte. 1A North (Ocean Blvd.), left on Highland Ave., to Rte. 101 West to Manchester.

**Or.** Rte. 1A North to Rte. 27 West to I-95 North to U.S. Rte. 4 West to I-393 to I-93 South to I-293 South to Exit 1/South Willow St. (Rte. 28) in Manchester.

**Or.** Rte. 1A North to Rte. 111 West to Rte. 151 North to Rte. 33 East to I-95 North. Then Rte. 4 West to I-393 to I-93 South to I-293 South to Exit 1/South Willow St. (Rte. 28) in Manchester.

**Or.** Rte. 1A North to South Rd. West to West Rd. Go north on West Rd. to Washington Rd. West to U.S. Rte. 1 North to Rte. 1 Bypass to Portsmouth traffic circle to U.S. Rte. 4 West. Then I-393 to I-93 South to I-293 South to Exit 1/South Willow St. (Rte. 28) in Manchester.

**Or.** Rte. 1A North to Washington Rd. to Lang Rd. North to U.S. Rte. 1 North to Rte. 1 Bypass to Portsmouth traffic circle to U.S. Rte. 4 West. Then I-393 to I-93 South to I-293 South to Exit 1/South Willow St. (Rte. 28) in Manchester.

### **Inland Hampton:**

**East of I-95:** Rte. 27 West to Rte. 101 West to I-95 North. Exit I-95 at Spaulding Tpk. (Rte. 16) North or stay on I-95 to Maine.

If using Spaulding Tpk. (Rte. 16), take Tpk. North to Rte. 108 South (Exit 7) in Dover.

If staying on I-95, go to Maine Rte. 236 North to Rte. 9 West to West High St. (right at light/sign for Rochester) to Rte. 108 South to Dover.

**Or.** U.S. Rte. 1 North to Rte. 1 Bypass to Portsmouth traffic circle to Spaulding Tpk. (Rte. 16), take Tpk. North to Rte. 108 South (Exit 7) in Dover.

**Or.** U.S. Rte. 1 North to Breakfast Hill Rd. West to Rte. 151 North to Rte. 33 East to I-95 North. Exit I-95 at Spaulding Tpk. (Rte. 16) North or stay on I-95 to Maine.

If using Spaulding Tpk. (Rte. 16), take Tpk. North to Rte. 108 South (Exit 7) in Dover.

If staying on I-95, go to Maine Rte. 236 North to Rte. 9 West to West High St. (right at light/sign for Rochester) to Rte. 108 South to Dover.

**West of I-95:** Rte. 27 West to Rte. 108 North (Portsmouth Ave.) to Dover.

## Hampton Falls

Rte. 84 West to Rte. 150 North to Rte. 108 North through Exeter (right on High St., left on Portsmouth Ave.) to Dover.

**Or.** Rte. 88 West via Holland Way to Route 108 North (Portsmouth Ave.) to Dover.

## Kensington

**North:** Rte. 150 North to Rte. 108 South to Rte. 107 North to Rte. 111 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.

**South:** Rte. 107 North to Rte. 111 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.

## Kingston

Rte. 111 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.

## New Castle

Take Rte. 1B east to Portsmouth. Turn RIGHT on Marcy St. Turn LEFT on Pleasant St. Turn LEFT on Congress St. Turn RIGHT on Maplewood Ave. Turn LEFT on Cutts St. Turn RIGHT onto ramp for Route 1-Bypass (South/West). At the traffic circle, take the FIRST exit (SR 16, Spaulding Turnpike). Exit Spaulding Turnpike at Exit 7 (Route 108 South), Dover.

## Newfields

Rte. 87 West to Rte. 125 North to Rte. 152 West to U.S. Rte. 4 West to I-393 to I-93 South to I-293 South to Exit 1/South Willow St. (Rte. 28) in Manchester.

## Newton

Rte. 108 South to Rte. 110 East to I-495 South. Then Rte. 213 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.

## North Hampton

**East of U.S. Rte. 1:** Rte. 111 West (Atlantic Ave.), across U.S. Rte 1 to Rte. 151 North to Rte. 33 East to I-95 North to Spaulding Tpk. (Rte. 16) North to Rte. 108 South (Exit 7) in Dover.

**Or.** Mill Rd. North to Washington Rd. West to U.S. Rte. 1 North. Then Rte. 1 Bypass to Portsmouth traffic circle to Spaulding Tpk. (Rte. 16) North to Rte. 108 South (Exit 7) in Dover.

**West of U.S. Rte. 1:** Rte. 151 North to Rte. 33 East to I-95 North to Spaulding Tpk. (Rte. 16) North to Rte.

108 South (Exit 7) in Dover.

## Portsmouth

**South:** U.S. Rte. 1 North to Rte. 1 Bypass to Portsmouth traffic circle to Spaulding Tpk. (Rte. 16) North to Rochester (Exit 12) to Rte. 125 North to Brock St. (left turn at 1st traffic light).

**East:** Take Middle Street (US 1) South. Turn RIGHT on Greenleaf Ave. Turn RIGHT on Route 1-Bypass. At the traffic circle, take the SECOND exit (SR 16, Spaulding turnpike). Exit Spaulding Turnpike at Exit 12 (Route 125 North) to Brock Street (left at first light).

**West:** Woodbury Ave. North. Left at shopping mall light to stay on Woodbury, to Spaulding Tpk. (Rte. 16) North to Rochester (Exit 12) to Rte. 125 North to Brock St. (left turn at 1st traffic light).

## Rye

**North of Rye Harbor State Park:** Rte. 1A North (Sagamore Rd. in Portsmouth to Miller Ave.) to Middle St. (U.S. Rte. 1 North), which becomes Maplewood Ave., to Woodbury Ave. North. Left at shopping mall light to stay on Woodbury, to Spaulding Tpk. (Rte. 16) North to Rte. 108 South (Exit 7) in Dover.

**South of Park:** Grove Rd. West to Washington Rd. West (left at fork) to U.S. Rte. 1 North to Rte. 1 Bypass to Portsmouth traffic circle to Spaulding Tpk. (Rte. 16) North to Rte. 108 South (Exit 7) in Dover.

## Seabrook

**Beach:** Rte. 286 West to Forest St. to I-95 South to I-495 South. Then Rte. 213 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.

**Inland:** Rte. 107 (New Zealand Rd.) to I-95 South to I-495 South. Then Rte. 213 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.

## South Hampton

Hilldale Ave. West or Rte. 107A North, to Rte. 108 South to Rte. 110 East to I-495 South. Then Rte. 213 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.

## Stratham

Rte. 108 North to U.S. Rte. 4 West to I-393 to I-93 South to I-293 South to Exit 1/South Willow St. (Rte. 28) in Manchester.

**Or.** Rte. 108 North to Rte. 152 West to U.S. Rte. 4 West to I-393 to I-93 South to I-293 South to Exit 1/South Willow St. (Rte. 28) in Manchester.

## Emergency Buses

Emergency buses would be available if evacuation should be necessary for your community. If you need a ride, a bus would take you to your reception center.

In most communities, buses would pick up riders along special routes. The EAS radio station would tell you when buses would start running in your community. Announcements would be made when buses were about to stop running in each community.

If you thought you had missed the last bus, you would call the local Emergency Operations Center for your community (see page 2 of this calendar).

Turn to the bus route map for your community on the following pages. Find the route or pickup point that is closest to your home. Mark the map where you catch the bus. Make sure everyone in your family knows where they can catch the bus.

**Remember that other bus route information could be given on regular news broadcasts.**

# Kinds of Emergencies

Whenever an emergency happens at a nuclear power plant, the event is put into one of four classes. You may hear these terms during emergency broadcast messages:

## Unusual Event

A minor event has taken place. No release of radioactive matter is expected. Federal, state and local officials would be notified. Seabrook Station plant staff would respond to the event. You would not have to do anything.

## Alert

This is also a minor event. Small amounts of radioactive matter could be released. Federal, state and local officials would be notified. The sirens may be sounded. Special emergency facilities would be opened, and plant conditions would be monitored. A media center would give regular information to the press. Hampton and Seabrook beaches could be closed. You would not have to do anything else except stay tuned to the EAS station, 97.5 FM.

## Site Area Emergency

This is a more serious event. Radioactive matter could be released. Federal, state and local officials would be notified. All emergency facilities would be operating. Emergency workers would be ready to do their jobs.

The sirens would be sounded. Hampton and Seabrook beaches would be closed. The Coast Guard would alert boaters to leave the area. Communities could be told to shelter-in-place. School children could be evacuated as a precaution. Tune your radio to the EAS station, 97.5 FM.

## General Emergency

This kind of event is classed as the most serious. Radioactive matter could go well beyond the plant site. Federal, state and local officials would be notified. All emergency facilities would be in full operation.

## General Emergency continues...

Emergency workers would be ready to help the public. The sirens would be sounded. Beaches would be closed. The Coast Guard would alert boaters to leave the area. Be prepared to take action such as sheltering-in-place or evacuating. School children could be evacuated as a precaution before any evacuation of the general public. Farmers should be ready to shelter livestock and give them stored feed and water. Tune your radio to the EAS station, 97.5 FM.

## Emergency Plan Testing

To make sure that the emergency plans work well, they are tested regularly. This testing is called an "exercise." Seabrook Station workers and public officials simulate a serious problem. They go through the emergency actions in the plan. You can usually read about these tests in the newspaper before they take place.

## What to do in Advance

- Look on the chart at the right for the name of your community. Find the name and address of your reception center in the second column and put a circle around it.
- Find your community on the evacuation route lists on pages 34-35 and put a circle around it.
- Read the suggested evacuation routes. Mark on the map the route or routes that you would use to leave the area. Copy the route or routes onto the family information form on page 3.
- Find the small map that shows the location of your reception center and put a circle around it. Become familiar with the area. Write the name and address of your reception center on the family information form on page 3.

- If your children go to school or day care in a community other than your own, look on the chart below for the reception center for their school. (It is the same as the reception center for the community in which the school is located.) Put a circle around it. Write the name and address on your family information form. Find the small map that shows the location of this reception center and put a circle around it. You would pick your children up there if they had been evacuated.
- Make sure every member of your family knows where your reception center is.

City/Town	Reception Center
Brentwood	<b>Memorial High School, South Porter Street, Manchester</b>  <b>or the adjacent Southside Middle School, South Jewett Street, Manchester</b>
East Kingston	
Exeter	
Kensington	
Kingston	
Newfields	
Newton	
Seabrook	
South Hampton	
Stratham	
Greenland	<b>Dover Middle School, Daley Drive (off Route 108), Dover</b>
Hampton*	
Hampton Falls	
New Castle	
North Hampton	
Rye	
<i>* Visitors to Hampton Beach go to the Memorial High School reception center in Manchester.</i>	
Portsmouth	<b>Rochester Middle School, Brock Street, Rochester</b>

# Hampton Falls

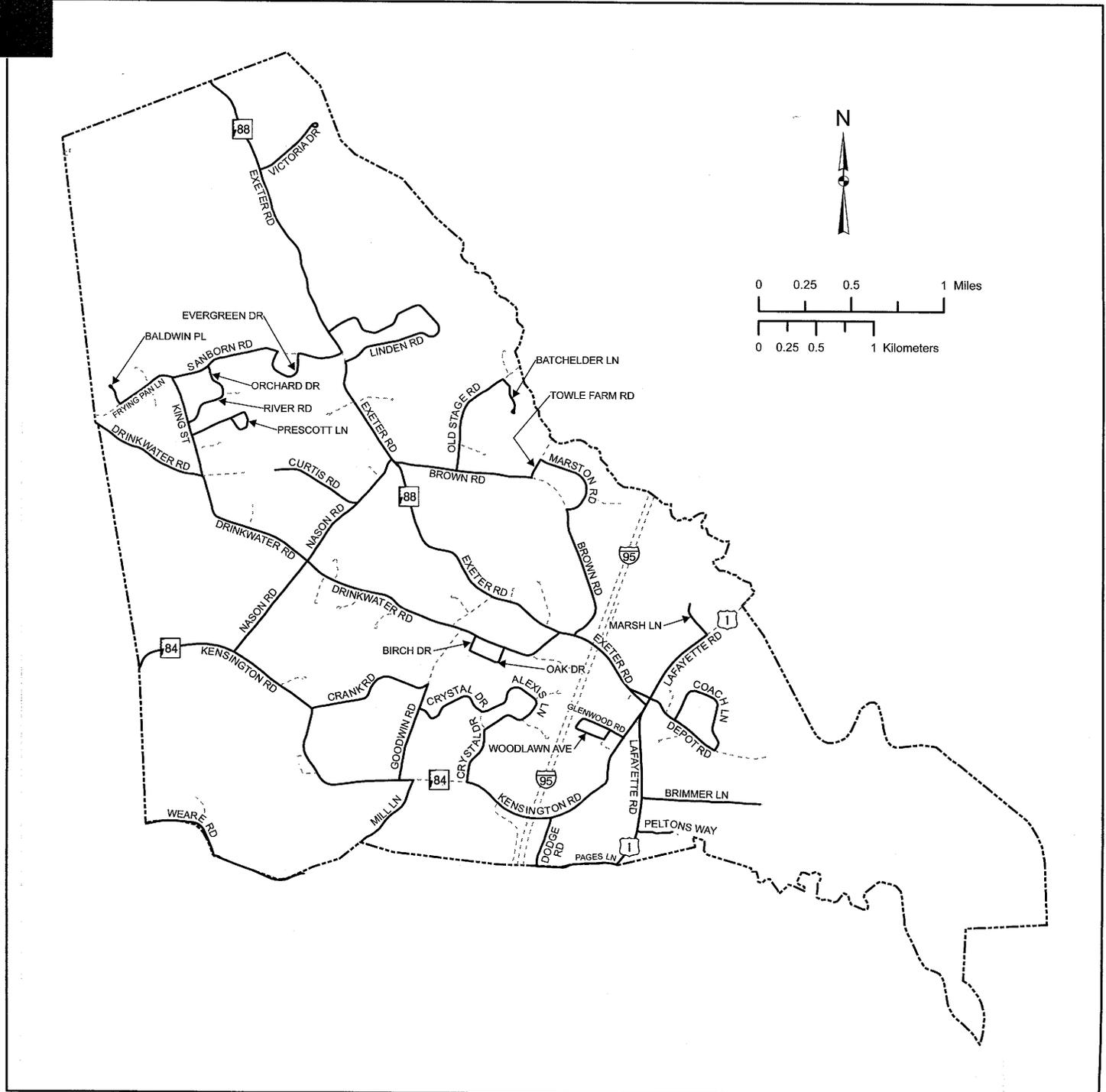
## Emergency Bus Information

To get a ride in an emergency, walk to one of the routes shown as a *solid line*.

Buses will pick up riders anywhere along these routes.

If a bus is full, another will come along.

Buses will take riders to the reception center in *Dover*.



# About Seabrook Station and Radiation

## Q. What is radiation?

**A.** Radiation is a form of energy that is all around us. Radar, radiowaves, microwaves, ultraviolet (sun) rays and X-rays are all forms of radiation. Some radiation is energy-released from radioactive matter. Radioactive matter is present in the fuel in nuclear power plants.

People must take care to avoid too much exposure to most kinds of radiation. One class of radiation can cause changes in the atoms that make up the human body. This class includes ultraviolet rays, X-rays and radiation from radioactive matter. As with other types of radiation, care must be taken to protect people. People should limit their sunbathing, the number of X-rays they receive and their contact with highly radioactive matter.

## Q. Where does radiation come from?

**A.** Most radiation comes from natural sources. This is called background radiation. Rocks, water, the sun and objects in space give off radiation. The ground we walk on, the buildings we live in, and nearly everything we touch contains some radioactive matter. The food we eat and the air we breathe give off radiation. Even our bodies are mildly radioactive.

Some radiation also comes from man-made sources. Man-made radiation comes from things like medical, industrial and dental X-rays. It also comes from items such as the mantles in camping lanterns, some kinds of smoke detectors and wood stoves. Some radiation comes from nuclear and even coal-fired power plants that generate electricity also.

The amount of radiation that a person gets is measured in "millirem." (See the chart at right.) This chart shows the average amount of some types of radiation received by the general public in one year. You can see from the

chart that a nuclear power plant adds very little to how much radiation we receive.

## Q. What kind of protection does a nuclear power plant offer?

**A.** A commercial nuclear power plant in the U.S. has a series of barriers to keep radiation inside the plant.

The nuclear fuel is in pellet form. The pellets are put into long metal tubes. The metal tubes are bundled together. These bundles are placed in water inside the reactor vessel, which is steel eight inches thick and is lined with stainless steel. The reactor vessel is inside the containment building.

Seabrook's containment building is one of the strongest in the U.S. It is called a double containment. This is because it has two steel-and-concrete domes with a five-foot airspace in between. The first dome is of steel and concrete four and one-half feet thick. The outer dome is 15 inches thick. In addition, there is a steel containment liner three-eighths of an inch thick. The containment could withstand the crash of a fighter bomber jet. It could also withstand an earthquake right under the building or other natural disasters.

## Q. Can a nuclear power plant explode like an atom bomb?

**A.** Absolutely not. A nuclear explosion is impossible in a commercial nuclear power plant. A power plant doesn't contain the type of fuel in the amount which is needed to make atomic bombs.

## Q. What if there were a major accident at Seabrook Station?

**A.** In the event that all the safeguards failed, radiation could be released. That is why the emergency plan described in this calendar would be put into action to protect you.

## Q. Would there be any health effects from a major release of radiation?

**A.** It is well known that exposure to high levels of radiation may cause observable health effects. Possible

health effects from lower levels of radiation are unknown, and consequently the present philosophy of radiation safety is to avoid unnecessary radiation exposure. Most evidence shows that radiation doses in low levels do not cause observable health effects. However, they can increase the chance of health problems later in life. To be especially careful, sheltering-in-place and evacuation would be recommended if the public might be exposed to low levels of radiation, using the Environmental Protection Agency's protective action guidelines. This would protect you and your family with an ample margin of safety. Be sure to follow the instructions in this calendar and information provided on the Emergency Alert System.

## Sources and Amounts of Radiation

*(average amounts in millirem)*

Air-food-water	36/yr
The earth (Atlantic Coast)	16/yr
Indoor radon	200/yr*
Chest X-ray	15-20/test
Round-trip, coast-to-coast plane trip	4/trip
Living next to a nuclear power plant	Less than 1/yr

*\* Actual dose can vary greatly depending on such factors as how well a house is ventilated.*

**In an emergency, turn to the Emergency Alert System radio station:**

**97.5 FM**



## Security at Seabrook Station

***Nuclear power plants are the most secure industrial facilities in the United States. Since September 11, 2001, the nuclear energy industry has substantially enhanced security at nuclear plants. Security forces at nuclear plants have been increased, security perimeters have been extended and fortified, new vehicle barriers have been added, additional high-tech surveillance equipment has been installed, and appropriate cyber-security measures have been put in place. In addition to these measures, at Seabrook Station the State of New Hampshire has established buffer zones around the plant to prevent boaters and others on the local marshes from approaching too closely. Also, the Federal Aviation Administration has issued rules to instruct pilots not to hover, circle or linger around sensitive installations, including nuclear power plants. The U.S. Nuclear Regulatory Commission (NRC) holds nuclear power plants to the highest security standards of any American industry.***

NextEra Energy Resources Seabrook Station features some of the strongest structures in the world, a comprehensive security program, and a highly-experienced team of security professionals working hard to protect public health and safety. Seabrook Station works closely with local, state, and federal law enforcement officials ensuring the exchange of vital information and the ability to prepare for potential threats. In addition, law enforcement agencies regularly participate in training exercises with the plant.

Every nuclear power plant in the country has a detailed plan for responding in the event of an emergency. Seabrook Station's Emergency Response Organization (ERO) is made up of nuclear professionals able to respond immediately at any time in the unlikely event of a plant emergency. The ERO regularly conducts drills and exercises with local, county, state, and federal agencies ensuring emergency preparedness. Both the State of New Hampshire and the Commonwealth of Massachusetts administer comprehensive emergency plans

through their offices of emergency management. In fact, the communities surrounding Seabrook Station benefit by having this established emergency plan in place as it could be utilized for any emergency conditions.

Working cooperatively with local, state and federal agencies, Seabrook Station's top priority is always the protection of public health and safety.

# About Potassium Iodide (KI)

## What is potassium iodide?

Potassium iodide is a chemical compound that contains iodine, a chemical necessary for the normal functioning of the thyroid gland. It is known by its chemical symbol, KI. It is manufactured in pill form to be used to prevent the thyroid gland from absorbing a radioactive form of iodine that might be released during an accident at a nuclear power plant. It is intended to protect against thyroid cancer.

## How does it work?

KI protects the thyroid gland by satisfying its requirement for iodine. If someone were then exposed to radioactive iodine, it would not be absorbed by the gland. KI has no effect at all on the radiation itself. It does not provide protection for parts of the body other than the thyroid and it provides no protection against other forms of radiation. Evacuation remains the primary protective action during a radiological emergency.

## Who can take KI?

Most people can take KI without side effects, but it is a drug and you should consult your doctor before taking any medication. A small number of people could have side effects. Anyone who is allergic to iodine should not take it. People who are allergic to shellfish are likely to also be allergic to iodine.

## Where can I get KI?

KI is available free of charge from the State of New Hampshire to everyone who lives or works within the 10-mile Emergency Planning Zone around Seabrook

Station. Instructions for ordering KI for yourself and your family are contained in this calendar. It may also be purchased over-the-counter in some area pharmacies or ordered by telephone, mail or via the Internet from several sources.

## How will I know when to take it?

To be effective, KI should be taken immediately before or within a few hours after exposure to radiation. That recommendation would be immediately announced through the Emergency Alert System and the news media.

## What would happen if I took KI without direction from emergency officials?

Probably nothing. It is very unlikely that you would suffer any ill effects if you took KI because of a false alarm or "just in case" because you thought there was a radiological emergency underway.

## Should I have KI for my children?

Yes. Children are more susceptible to thyroid cancer than adults because they are growing rapidly. Doses should be given according to the child's weight or age, if possible. KI comes in 130 mg pills. Adults 18 years or older or adolescents weighing more than 150 lbs. should take one pill during a radiological release. Children aged 3-18 should take one-half a pill or 65 mg of KI. Children aged one month to three years should receive one-quarter of a pill or 32 mg and infants from birth through one month should receive one-eighth of a pill or 16 mg. The pills can be cut with a sharp knife and young children should receive their dose in milk, water, applesauce or pudding. However, in the event of an emergency, a child may be given a whole tablet.

## Where should I store KI?

Like any other medication, KI should be stored at room temperature away from moisture. It should also be kept in an accessible location so you can remember where it is and get to it in case of emergency. KI has a shelf life of five years.

## Who assumes legal responsibility of use of KI?

You do. The use of KI is voluntary. No one is required to accept it or use it. If you choose to accept KI from the state distribution program, you will be required to sign an informed consent form on which you state that you understand its use and potential risks.

**Remember, evacuation is the most effective protective action.**

## How Much KI To Take

	<u>DOSE</u>
Adults 18 Years and Older . . . . .	1 Tablet (130 mg)
Pregnant Or Nursing Women . . . . .	1/2 Tablet (65 mg)
Children Ages 3-18 Years Old . . . . . Or weighing less than 150 lbs.	1/2 Tablet* (65 mg)
Children 1 Month to 3-Years-Old . . . . .	1/4 Tablet*
Infants 1 Day to 1-Month-Old . . . . .	1/8 Tablet*

*\*NOTE: In an emergency situation where it is not possible to cut a tablet into these sizes, administer the complete 130-mg tablet. The benefits of doing so far outweigh the risks of overdosing!*

## Potassium Iodide (KI)



# Application Form

The Nuclear Regulatory Commission has enabled each individual who lives or works in an Emergency Planning Zone (EPZ) surrounding either Seabrook Station or Vermont Yankee to receive one, 130-mg tablet of potassium iodide from the State of New Hampshire to use in the event of a radiological emergency.

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_

Number Of Adults (130 mg): \_\_\_\_\_ Number Of Children (65 mg): \_\_\_\_\_

By completing and submitting this application to receive potassium iodide tablets from the State of New Hampshire, I understand the following:

- ▼ The use of potassium iodide is voluntary. I am not required to accept it or use it.
- ▼ Potassium iodide is NOT a substitute for evacuation. Evacuation is the most effective protective action in the event of a radiological emergency.
- ▼ Potassium iodide protects only the thyroid gland from only radioactive iodines. In a radiological release, I would still be vulnerable to possible exposure to other forms of radiation.
- ▼ Children under 14 years of age are most at risk from the effects of radioactive iodines on the thyroid gland.
- ▼ Although KI is generally safe, it can cause health risks in persons with existing thyroid conditions and those allergic to iodine or shellfish. Anyone considering using potassium iodide should consult with his/her health care provider.
- ▼ I assume full liability for using potassium iodide and for replacing the tablets when they expire.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Mail This Form To: New Hampshire Department of Health and Human Services  
Division of Public Health Services  
Bureau of Radiological Health  
29 Hazen Drive  
Concord, NH 03301-6527

More 

## Other Sources OF KI

Potassium iodide is a non-prescription medication that can be ordered from some local pharmacies, as well as from a number of firms that sell KI directly over the Internet, including the following:

**ThyroBlock Tablets**  
*mfg by Med Pointe Pharmaceuticals*

Major Surplus & Survival  
800-441-8855  
[www.majorsurplusnsurvival.com](http://www.majorsurplusnsurvival.com)

**IOSAT Tablets**  
*mfg by Anbex, Inc.*

Anbex, Inc.  
866-GOFORKI  
[www.anbex.com](http://www.anbex.com)

Drugstore.com  
[www.drugstore.com](http://www.drugstore.com)  
(search "Potassium Iodide")

**N.H. DEPARTMENT of SAFETY  
HOMELAND SECURITY and EMERGENCY MANAGEMENT**

110 Smokey Bear Blvd.  
Concord, NH 03301  
(mailing address: 33 Hazen Dr., Concord NH 03305)

www.nh.gov/safety/divisions/hsem

**PRESORT STD  
U.S. POSTAGE  
PAID  
PERMIT #1  
MANCHESTER, NH**

**IMPORTANT INFORMATION ENCLOSED!**

Please read and save this calendar for reference in an emergency.

This material is provided by Seabrook Station, in cooperation with the N.H. Department of Safety, Homeland Security and Emergency Management under the provisions of State Law RSA 107B.

 Printed on recycled paper.

**ACCESS AND FUNCTIONAL NEEDS CARD**

*This Information Will Be Kept Confidential- For State and Local Official Use Only*

**Do you require assistance in an emergency?** It is important that you make any access and functional needs known before- hand. If you have a need that may cause you to require additional assistance in an emergency, please fill out and return this card as soon as possible. If someone you know requires individual assistance during an emergency, please urge them to complete and return this card. **Even if you sent in an Access and Functional Needs Card in the past, a new card should be sent in each year.**

**Yes, I/this person will need assistance in an emergency:**

Name \_\_\_\_\_

Address/City/Zip \_\_\_\_\_

Phone (Home) \_\_\_\_\_

Cell \_\_\_\_\_

E-mail \_\_\_\_\_

**Relative/person we can notify to assist you in an emergency:**

Name \_\_\_\_\_

Address/City/Zip \_\_\_\_\_

Phone (Home) \_\_\_\_\_

Cell \_\_\_\_\_

Phone (Work) \_\_\_\_\_

**Below, please mark an "X" in EACH box that applies to your need:**

- Communication
- Supervision
- Transportation
  - I use an aid or device (i.e. for mobility, communication etc.)
  - I receive Personal Assistance Services
- Medical
- Maintaining Independence

- Individualized Notification
  - TTY Number \_\_\_\_\_
  - Evacuation assistance out of my home
- Sheltering- in- place assistance
- Other: \_\_\_\_\_

**Assistance Needed:**

- Transportation
  - Wheelchair accessible transportation
  - An ambulance
  - Bus transportation

**Service Animal Species** \_\_\_\_\_  
**Weight of animal** \_\_\_\_\_

N.H. DEPARTMENT of SAFETY  
HOMELAND SECURITY and EMERGENCY MANAGEMENT  
33 Hazen Drive  
Concord, NH 03305

# ANNUAL EMERGENCY HELP SURVEY

This survey is part of an annual program to identify persons who are unable to respond in their usual manner during an emergency. As indicated in the Emergency Public Information Calendar, you might be told to shelter or evacuate if there is an emergency at Seabrook Station or for other emergencies. The N.H. Department of Safety, Homeland Security and Emergency Management, in conjunction with your local emergency management officials, will use the survey information on this form to provide specialized, individual emergency assistance to persons residing near Seabrook Station.

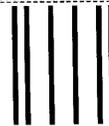
If you or someone you know needs individual help, it is important for you to let us know. Just fill in the information and return this form. If you have any questions concerning your need for individual help during an emergency or if you are concerned about someone you know who may need emergency help, call: N.H. Department of Safety, Homeland Security and Emergency Management at 1 (800) 852-3792 (voice only) or 911 (TDD/TTY).

Remember, in an emergency, you will be better prepared if you know how to help yourself and others, as well as how to receive help from others. This survey is conducted ANNUALLY. If you have previously filled out a form, PLEASE DO SO AGAIN. This will ensure that we have up to date information on your need for help. Thank you.

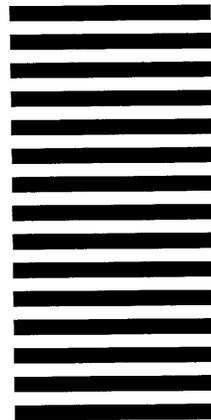
## THIS INFORMATION IS FOR OFFICIAL USE ONLY AND WILL BE KEPT CONFIDENTIAL

(PLEASE COMPLETE)

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