

View of Rocks Bridge from West Newbury towards Merrimac - circa 1879

2008 EMERGENCY PUBLIC INFORMATION CALENDAR
for Neighbors of Seabrook Station in Massachusetts

DO NOT DISCARD. SAVE FOR USE DURING AN EMERGENCY.

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Important Telephone Numbers

For Help During an Emergency

Remember, *in a public emergency do not use your telephone except to request help if you need it.* For information, listen to your local Emergency Alert System radio station. It is important to leave telephone lines open and emergency workers available for people who need immediate help.

- Amesbury (978)-388-8155
- (TTY) (978)-388-8170
- Merrimac (978)-346-8752
- Newbury (978)-465-3737
- Newburyport (978)-465-4424
- (TTY) (978)-462-8754
- Salisbury (978)-465-0543
- West Newbury (978)-363-2388
- (TTY) (978)-363-2416

- Massachusetts Emergency Management Agency
- Region I Emergency Operations Center . . . (978)-328-1500
- (TTY) (978)-328-1543
- Public Information 1-800-982-6846

For Emergency Planning Information in Advance

- Amesbury (978)-388-8155
- Merrimac (978)-346-8752
- Newbury (978)-462-4440
- Newburyport (978)-465-4424
- Salisbury (978)-465-0543
- West Newbury (978)-363-1103

Seabrook Station

Non-Emergency Information Hotline 1-800-774-4771

You can call this number any time of the day or night for recorded information about what is happening at the plant.

2008 Emergency Public Information

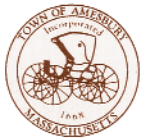
Being Prepared Begins in our Community

An emergency response plan has been developed for your safety in partnership with the Emergency Management Directors in Amesbury, Merrimac, Newbury, Newburyport, Salisbury, and West Newbury. They work continually with fire, police, other public safety organizations, and dedicated volunteers throughout the year to ensure that

your community is prepared to respond to an emergency at Seabrook Station, or in any emergency. Please give them your support by reading the information in this calendar, learning what is planned for your community, and developing an emergency plan for your family.

If you have questions about emergency management in your community, please call your Emergency Management Director at the telephone numbers listed on page 1.

Become a Partner in Public Safety—Be Prepared!



City of Amesbury
Donald Swenson, Emergency Management Director



City of Newburyport
Raymond Goodwin, Emergency Management Director



Town of Merrimac
Ralph Spencer, Emergency Management Director



Town of Salisbury
Robert Cook, Emergency Management Director



Town of Newbury
Michael Reilly, Emergency Management Director
Andy Avelis, Asst. Emergency Management Director



Town of West Newbury
Scott Berkenbush, Emergency Management Director

A message to neighbors of Seabrook Station

The Commonwealth of Massachusetts has a policy on emergency planning:

- **First**, each and every human life is of equal and inestimable value;
- **Second**, during an emergency, the Commonwealth of Massachusetts will make every effort and exhaust every resource, public and private, to save lives, reduce injury and suffering, and protect people from exposure to harm;
- **Third**, during an emergency, protective action judgements will be made on the basis of human need. There is no such thing as an acceptable level of death, injury or suffering.

Please read this calendar and keep it in a safe and handy place.

How You Will Be Notified of an Emergency

If there is an emergency requiring public notification, you will be alerted by one or more of the following warning signals:

- Outdoor sirens would sound a loud, steady tone lasting 3 to 5 minutes.
- Emergency workers would help to notify the handicapped.
- A message will be provided on TTY (teletypewriter) for persons who have registered with emergency management officials.
- The U.S.Coast Guard would alert ocean boaters. Sirens would alert boaters on the Merrimack River.
- Channels 16 and 22 on marine radio would also give boaters information.
- Outdoor sirens would alert people at the beaches and the Parker River National Wildlife Refuge. The U.S.Department of the Interior would also alert people at the refuge.

If you hear any of these signals, tune to one of the Emergency Alert System stations immediately. DO NOT use the telephone unless you need special assistance.

Check with your neighbors, especially the elderly or those who have difficulty hearing or seeing, to make sure they have received the warning and know what to do.

Emergency Information

- This **important** information is provided to you as a public service by the Massachusetts Emergency Management Agency, the Massachusetts Department of Public Health, and Seabrook Station together with the local emergency management organizations. It tells you what to do in the event of an emergency at Seabrook Station.
- Some of this information would also be useful in other emergencies requiring public notification and possible public response. Such emergencies may include train derailments, chemical spills, floods, hurricanes, and tornadoes.
- The Family Emergency Planning Guide tear-out located at the rear of the calendar can be copied

and stored in additional locations and/or provided to family members.

Are you in the Emergency Planning Zone?

The area approximately 10 miles around Seabrook Station is called the Emergency Planning Zone. Plans have been developed for warning and protecting people within this 10-mile area.

Communities in the Emergency Planning Zone are: **Amesbury, Merrimac, Newbury, Newburyport, Salisbury, and West Newbury.**

Emergency Alert System (EAS)

When you are alerted by the warning signal, you should tune to your local Emergency Alert System (EAS) station for emergency instructions. EAS is the direct link between you and the people responsible for your safety. Instructions may be given to you at any hour, day or night, and will include recommendations as to what you should do for your protection. Follow instructions carefully. Do not worry if you miss the beginning of an emergency broadcast. Information will be provided regularly.

Local EAS Stations on The Air 24 Hours a Day

Boston	93.7 FM
Haverhill	92.5 FM
Newburyport	1450 AM

In case of an emergency always stay tuned to an Emergency Alert System station for your area.

Emergency Classifications

If an emergency is declared at Seabrook Station, it would be categorized into one of four emergency levels.

- **Unusual Event:** This means a minor problem has occurred at the plant. It may involve hazardous weather or an equipment problem. Public officials would be notified, but there would be no need to sound the warning signals. People in the area would not need to take any special actions.
- **Alert:** This could affect plant safety but it is not expected to require any special actions by residents. Public officials would be notified. They would watch the situation and be ready to act if it got worse. As a precaution, public officials may mobilize transportation resources. They may

transfer school children to host facilities outside the area and clear state parks and waterways. Radio or news broadcasts would inform the public of these actions.

- **Site Area Emergency:** This means a more serious problem has occurred. A small release of radioactive materials from the plant is possible. State and local officials would keep persons in the area fully informed about any necessary actions through Emergency Alert System radio stations. As a precaution, state officials would move school children to host facilities outside the area if this had not already been done. Other precautions would be called for by state officials, as needed.

- **General Emergency:** This is the most serious type of emergency. It could involve serious damage at the plant and the release of radioactive materials. State officials might order persons in some areas to shelter-in-place or to evacuate to a safer location. Warning signals would notify persons in the area. Special instructions would be issued over the Emergency Alert System radio stations.

What to Do When Told to Shelter-in-Place

You may be instructed to shelter-in-place, which means you should immediately go indoors. If you are already inside, stay there. Often, sheltering-in-place provides the best protection. If a shelter-in-place message is given for your community over the Emergency Alert System radio station, you should do the following:

- Go indoors and close all doors and windows.
- Turn off all window fans, air conditioners, clothes dryers, kitchen and bath exhaust fans, and other sources of outside air.
- Continue to listen to your EAS station for official messages and instructions.
- Keep pets indoors.
- If you have livestock, shelter them too. Give them stored feed and water from a covered source.
- Stay inside until officials say otherwise. If you must go outside, cover your nose and mouth with a folded, damp cloth. Persons with respiratory disorders should not go out at all.
- If you are traveling in a motor vehicle in the affected area, close the windows and air vents and turn off the heater. Keep the radio tuned to an EAS station.
- Persons without a place to stay should leave the area immediately.
- If sheltering-in-place is recommended during school hours, children will be sheltered right in the school building and cared for by school personnel.
- DO NOT use your telephone unless you need special assistance.

**Remember, tune in to the one of the Emergency Alert System Stations at:
93.7 FM, 92.5 FM or 1450 AM
for latest information.**

What to Do When Told to Evacuate

If an evacuation is necessary, public safety officials will tell you over the Emergency Alert System radio station what to do. DO NOT evacuate unless directed to do so by public safety officials.

- Gather all persons in the house together.
- DO NOT try to pick up children at their schools. They will be taken to designated host schools outside the area where you may pick them up later (see page 34 for map to host schools).
- Household members outside the area may be advised not to return during an evacuation. They will be directed to the reception center where they can join you.
- DO NOT call your local fire or police departments for information. Emergency workers will need their telephone lines for emergency use. If you need special help, call your local Emergency Management Office at the emergency number listed on page 1.
- The Commissioner of Public Health may recommend that evacuating individuals, who have elected to do so, ingest potassium iodide.
- Stay tuned to your Emergency Alert System radio station.

What to Do as You Leave

- Turn off lights and unnecessary appliances.
- Close and lock windows and doors.
- Check with neighbors to see if they need assistance. Offer to share transportation, if you can.
- If you need a ride, try to get one with neighbors.
- If you cannot get a ride, use the maps on pages 35-40 to locate the emergency bus route nearest

you. Buses will pick you up along the bus routes shown on those maps. If you cannot get to a bus route, contact your local Emergency Management Office at the emergency number listed on page 1. Emergency workers will arrange transportation for you.

- If you have livestock, shelter them. Leave them a three-day supply of stored feed and water that has been protected from possible contamination.

How to Travel

- While traveling in the car, keep all windows and vents closed until you have left the Emergency Planning Zone.
- Keep the car radio tuned to an Emergency Alert System station.
- Drive out of the area along one of the routes shown on pages 33 and 34.

Some Things to Take With You

Just take essential items that you would need. You could be away from home for a few hours to a few days. These are suggestions that apply to any type of emergency evacuation.

- This calendar.
- Clothing for several days.
- Toilet articles (soap, toothbrush, toothpaste, shampoo, etc.).
- Prescription medicines, medical equipment and important medical records.
- Special dietary foods.
- Baby supplies.

- Blankets, pillows, and towels (if you will stay at a public mass care shelter).
- Identification (drivers license) and important papers.
- Checkbook, credit card, and cash.

About Your Pets

Only service animals will be allowed inside the reception center and mass care shelters. You could take your pets with you if you planned to stay with friends or relatives. Do not leave your pets behind. Arrange for their evacuation in advance. See the Personal Planning Guide (page 45) for more information about evacuating pets.

Reception Center

A Reception Center is available to assist evacuees. The reception center for your city or town is outside the 10-mile Emergency Planning Zone (See page 33 for reception center location).

At the center, you will be registered and checked for contamination. Emergency workers will decontaminate and care for anyone needing this type of assistance. You will be able to receive information about the location of other members of your family who have already registered at the reception center. If you need a place to stay you will be directed to a mass care shelter that will provide meals and lodging.

The reception center and mass care shelters are handicap accessible. If you have additional needs, officials will assist you. If you can, you may want to stay with friends or relatives until the emergency is over.

Plans for Children in Day Care Centers

Early in an emergency, day care centers will be closed. Parents will be notified by telephone, if possible, and asked to pick up their children. Any children not picked up will be taken to a host school outside the emergency planning zone (see list of host facilities), where their [parents can pick them up](#).

In a sudden, serious emergency, children will be taken directly to the reception cen-

ter for monitoring and, if necessary, decontamination. Then they would be taken to their predesignated facility where you could pick them up.

Parents should be sure to listen to their local Emergency Alert System radio station to confirm this information at the time of an emergency.

Plans for Children in Schools

Early in an emergency, school children will be moved to designated host facilities outside the emergency planning zone. (See list of host facilities). **Do not try to pick up your children at their school or phone the school. The phone lines would be needed for emergency use.** Instead, meet them at their host schools. Children

who live inside the area, but go to school outside the area, will be held at the school until their parents pick them up.

If an emergency existed before the start of the school day, school would be canceled as it is when there is a danger of a winter storm.

List of Host Facilities

If your children attend:

Amesbury Schools
and Daycares

Salisbury Schools*
and Daycares

Merrimac Schools**
and Daycares

West Newbury Schools
and Daycares

Newburyport Schools
and Daycares

Newbury Schools
and Daycares

Pick them up at:

Methuen High School
1 Ranger Road
Methuen,MA

Marsh Grammar School
309 Pelham Street
Methuen,MA

Dewing Elementary School
1469 Andover Street (Route 133)
Tewksbury,MA

Tewksbury High School
320 Pleasant Street
Tewksbury,MA

Minuteman Regional High School
Marrett Road (off Route 2A West)
Lexington,MA

Wakefield High School
60 Farm Street
Wakefield,MA

See page 34 for map to host schools.

*Students who reside in Salisbury and attend Triton Regional Schools will be transferred to the Marsh Grammar School in Methuen

**Students who reside in Merrimac and attend Pentucket Regional Schools will be transferred to the Tewksbury High School.

Remember, tune in to the one of the Emergency Alert System Stations at: 93.7 FM, 92.5 FM or 1450 AM for latest information.

Evacuation Route Descriptions

NOTE: *The use of these suggested main roads will expedite the movement of evacuation traffic away from Seabrook Station.*

Amesbury

North: Route 107A North (South Hampton Road) to Route 108 South to Haverhill to Route 110 eastbound to the Masconomet Regional School.

East of Market St./South of Elm St.: Route 110 West to I-495 South to Exit 42B, Route 114 East to I-95 North to Exit 51, Endicott Road eastbound to the Masconomet Regional School.

West of Main St.: Hillside Ave. South, across Route 110 to I-495 South to Exit 42B, Route 114 East to I-95 North to Exit 51, Endicott Road eastbound to the Masconomet Regional School.

West of Hillside Ave.: Route 110 West to Merrimac. Left on Broad Street to I-495 South to Exit 42B, Route 114 East to I-95 North to Exit 51, Endicott Road eastbound to the Masconomet Regional School.

Merrimac

East of Church St.: Route 110 to Broad Street to I-495 South to Exit 42B, Route 114 East to I-95 North to Exit 51, Endicott Road eastbound to the Masconomet Regional School.

West of Church St.: Route 110 West to I-495 South to Exit 42B, Route 114 East to I-95 North to Exit 51, Endicott Road eastbound to the Masconomet Regional School.

Newbury

Plum Island (Due to bridge closure over Parker River, follow detour signs to Route 1): Plum Island Turnpike West, turn left on Ocean Avenue,

Newbury, continued

south to Rolfe's Lane to Hanover Street to Route 1 South to Route 97 West to Washington Street, then to Endicott Road westbound to the Masconomet Regional School.

Inland including Byfield: Route 1 South to Route 97 West to Washington Street, then to Endicott Road westbound to the Masconomet Regional School.

Or I-95 South to Exit 51, Endicott Road eastbound to the Masconomet Regional School.

Newburyport

Plum Island (Due to bridge closure over Parker River, follow detour signs to Route 1): Plum Island Turnpike West, turn left on Ocean Avenue, south to Rolfe's Lane to Hanover Street to Route 1 South to Route 97 West to Washington Street, then to Endicott Road westbound to the Masconomet Regional School.

East of State Street: Route 1 South to Route 97 West to Washington Street, then to Endicott Road westbound to the Masconomet Regional School.

Between Broad & State Streets: Low Street to Graf Road south to Scotland Road to I-95 South to Exit 51, Endicott Road eastbound to Masconomet Regional School.

West of Broad Street: High Street (Route 113) West to I-95 South to Exit 51, Endicott Road eastbound to the Masconomet Regional School.

Salisbury

Salisbury Beach: Route 1A South (which becomes Beach Road), across Route 1 to Route 110 West to I-95 South to Exit 51, Endicott Road eastbound to the Masconomet Regional School.

South of Beach Road: Route 1 South to Route 97 West to Washington Street, then to Endicott Road westbound to the Masconomet Regional School.

North of Beach Road: Route 1 South to Route 110 West to I-95 South to Exit 51, Endicott Road eastbound to the Masconomet Regional School.

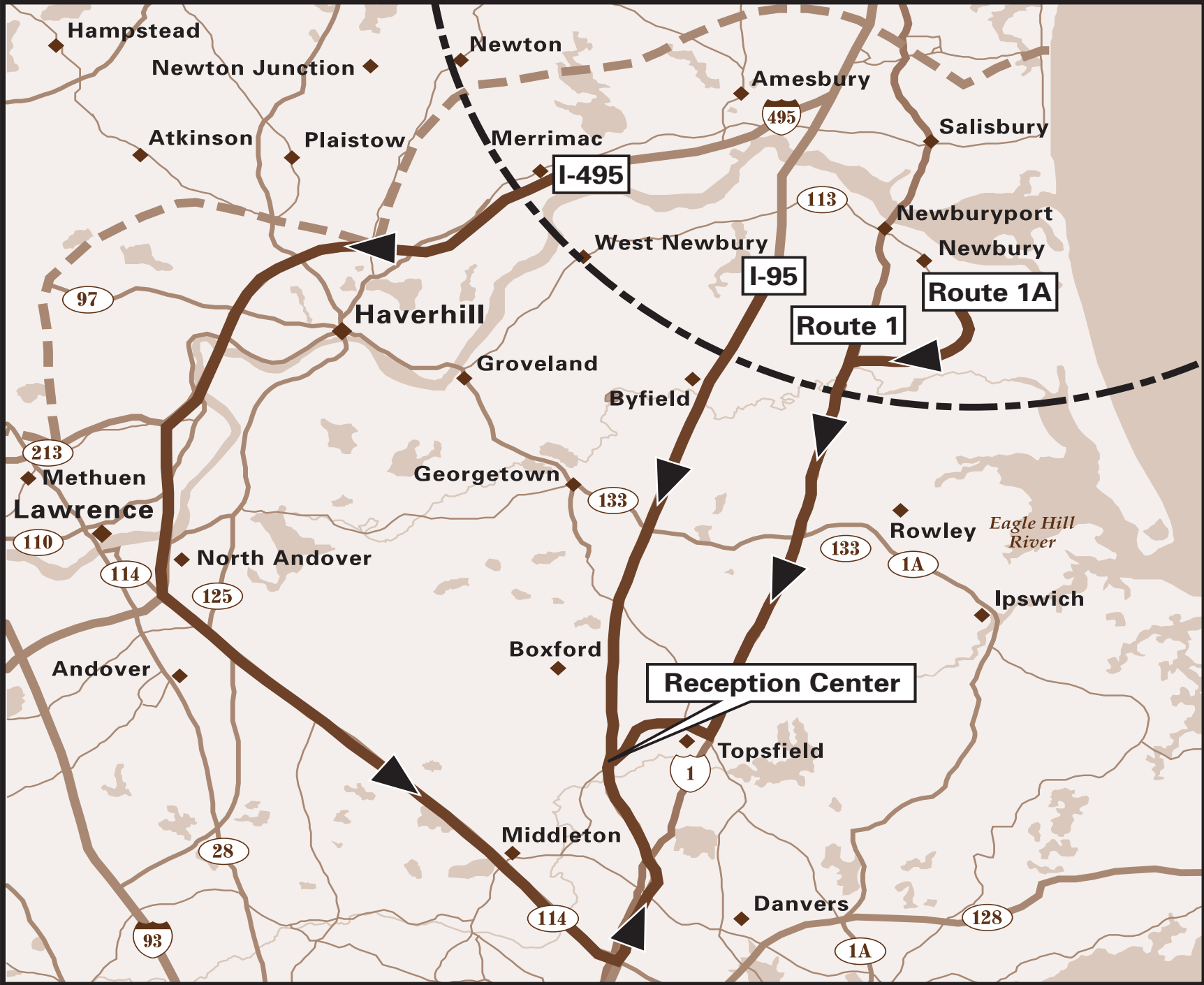
West Newbury

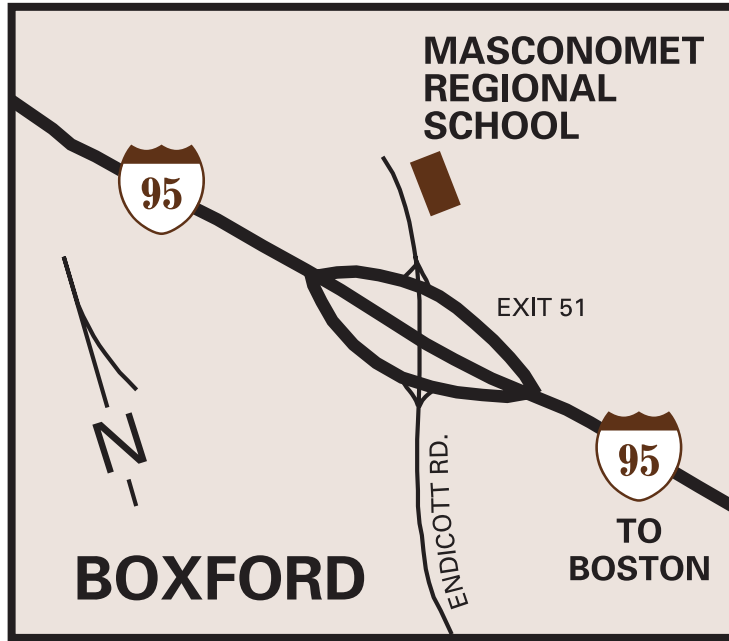
North: Route 113 West (Main Street) to Groveland to Route 97 North/113 West to I-495 South to Exit 42B, Route 114 East to I-95 North to Exit 51, Endicott Road eastbound to the Masconomet Regional School.




Or Church Street or Bridge Street across Rocks Village Bridge to Route 110 West to I-495 South to Exit 42B, Route 114 East to I-95 North to Exit 51, Endicott Road eastbound to the Masconomet Regional School.

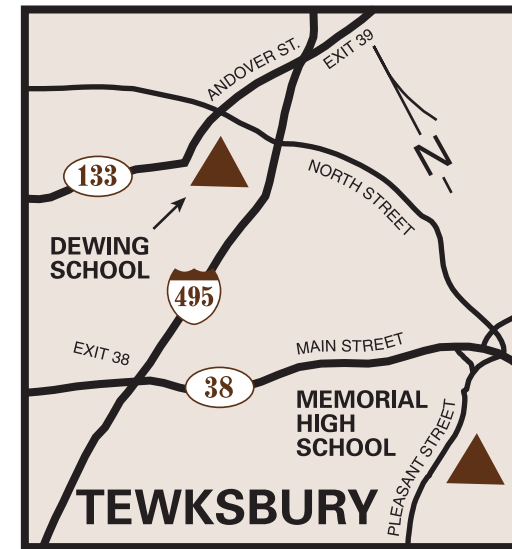
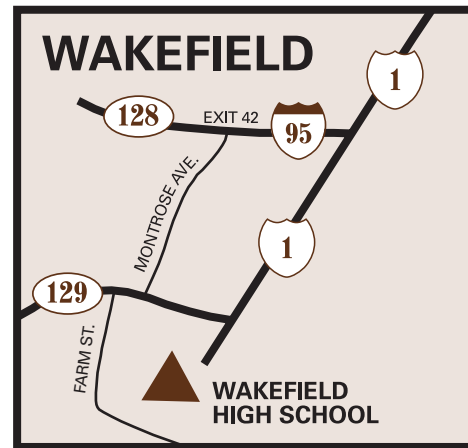
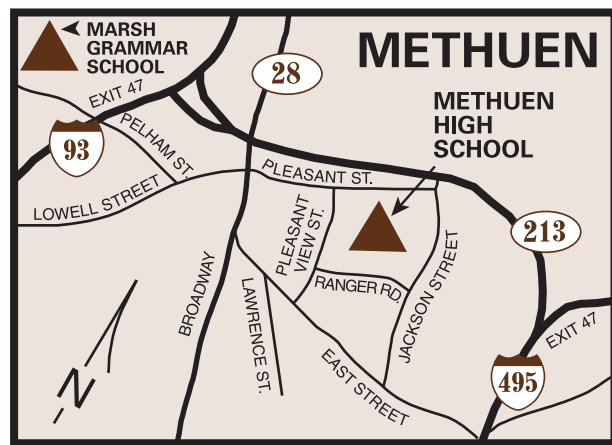
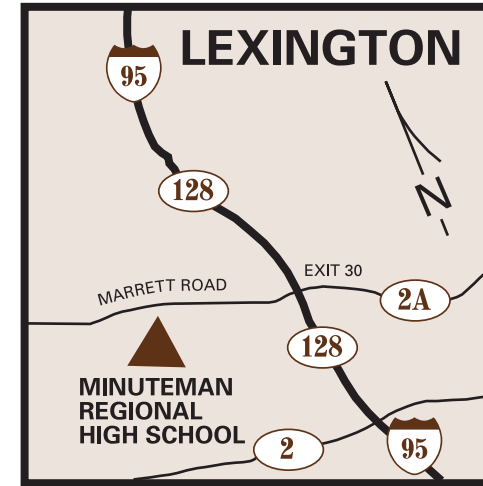
South: South Street East to I-95 South to Exit 51, Endicott Road eastbound to the Masconomet Regional School.

Evacuation Route Map





-  EVACUATE TO BOXFORD MASCONOMET REGIONAL SCHOOL
-  HOST SCHOOL
-  RECEPTION CENTER



Amesbury

Emergency Bus Information

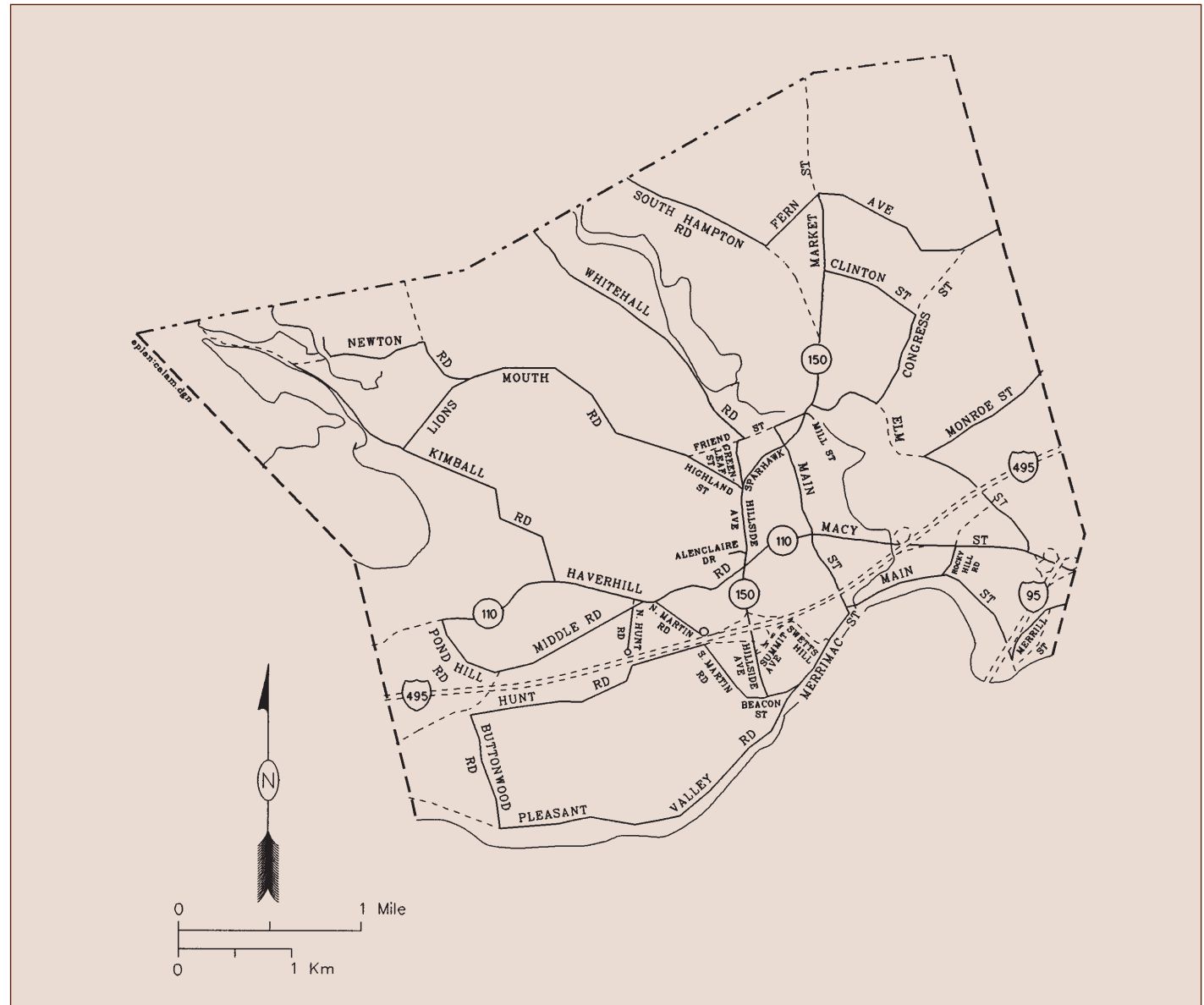
To get a ride in an emergency, walk to one of the routes shown as a solid line.

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 at the Masconomet Regional School in Boxford.

Evacuation Route Descriptions

Emergency buses would be available if evacuation should be necessary for your city or town. If you need a ride, a bus would take you to your reception center. Additional bus information could be given on the Emergency Alert System.



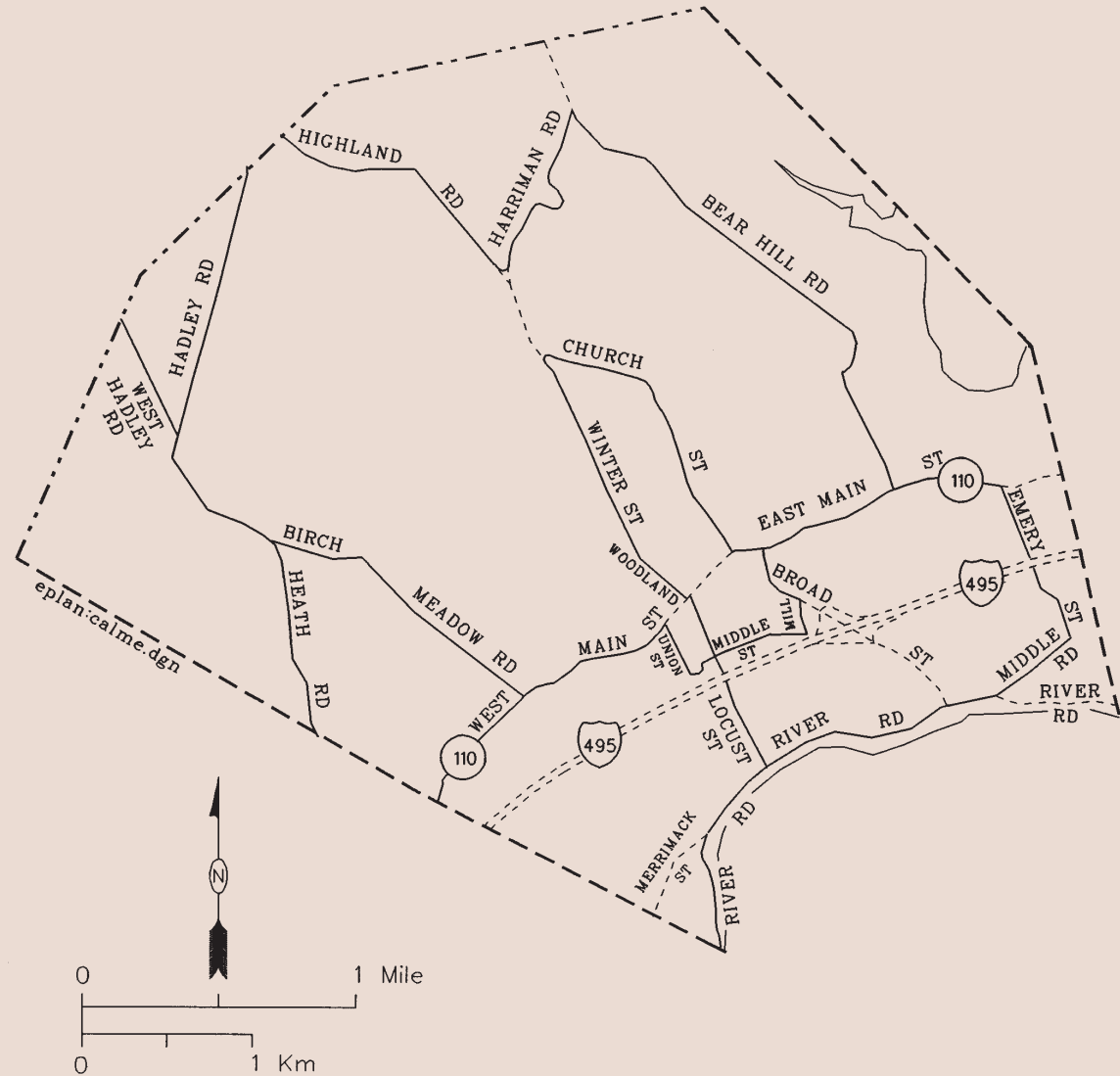
Merrimac

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 at the Masconomet Regional School in Boxford.



Newbury

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 at Masconomet Regional School in Boxford.



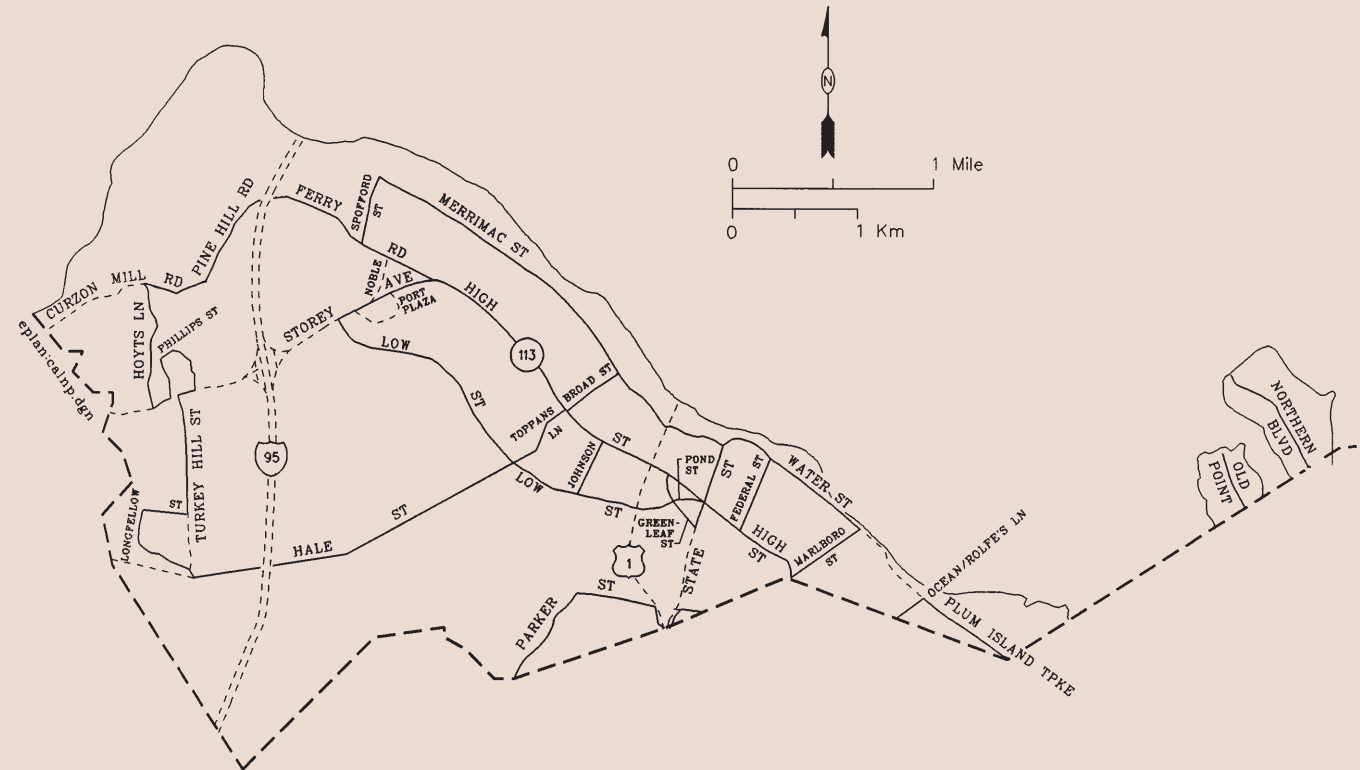
Newburyport

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 at Masconomet Regional School in Boxford.



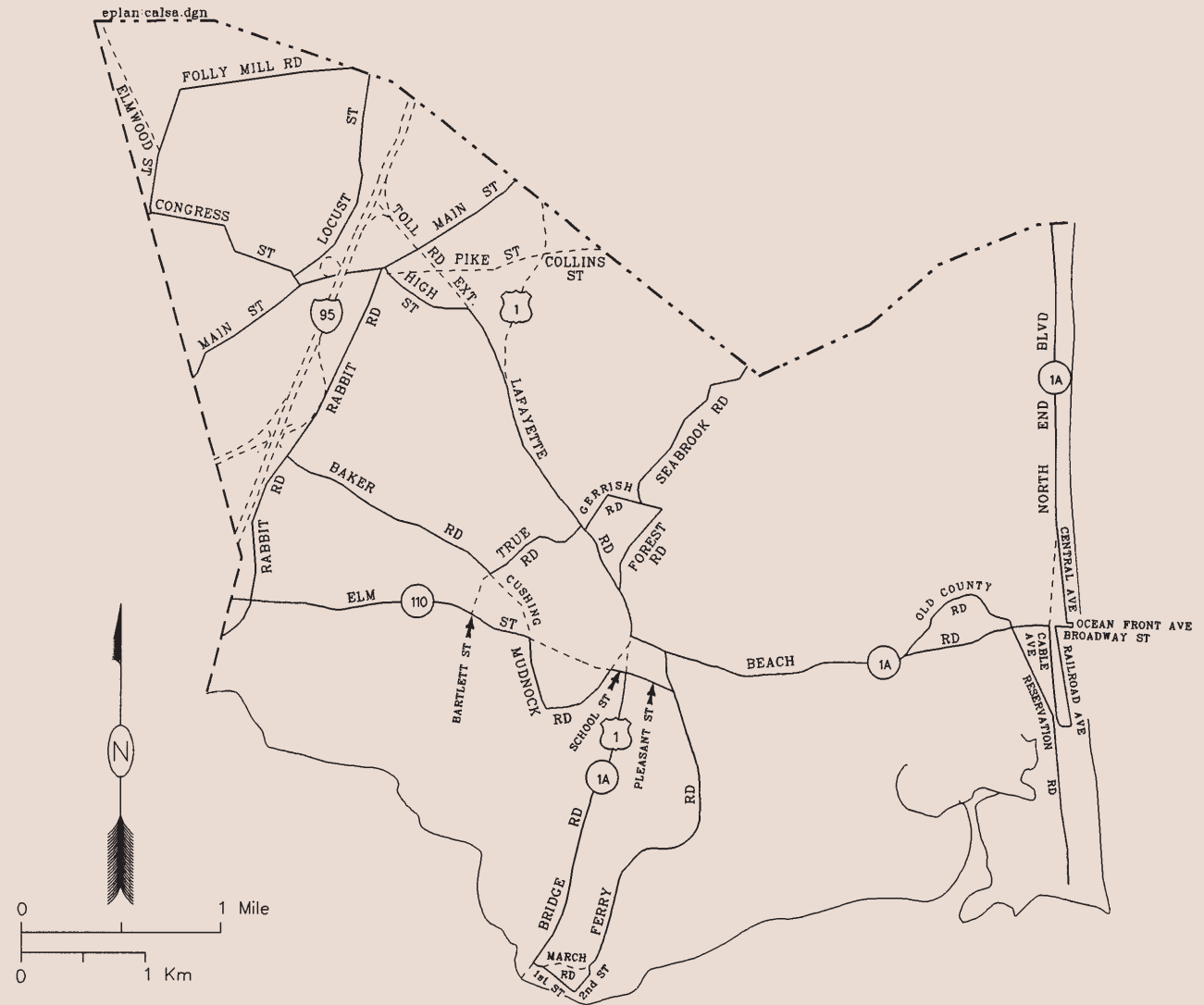
Salisbury

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 at the Masconomet Regional School in Boxford.



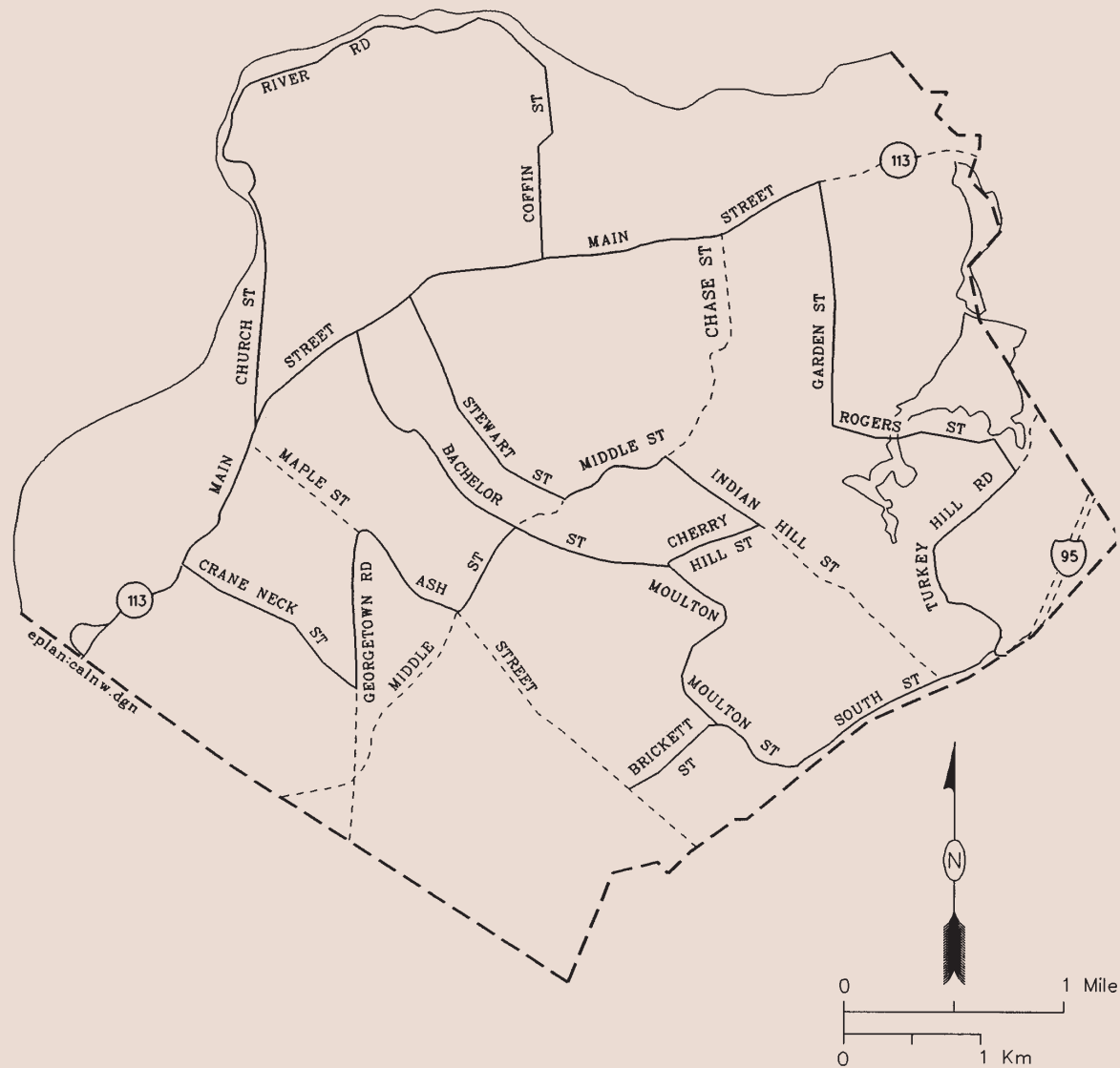
West Newbury

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 at the Masconomet Regional School in Boxford.



Plans for Special Groups

Patients in Hospitals and Nursing Homes

Hospital and nursing home patients who could not be released to their families would be taken to facilities beyond the 10-mile zone where they would receive the care they need. In the event of an evacuation, information about where patients have been moved would be provided as it becomes available.

People with Special Needs

Let your local Emergency Management Director know **in advance** if you need any special assistance during a public emergency. If you or someone in your household would need special help being notified of an emergency sheltering-in-place, evacuating, or staying in a mass care shelter, please let your Emergency Management Director

know immediately. Special help is available, but is best planned before an emergency happens. Please fill out the special needs card at the back of this booklet. **A new card should be sent in every year. ALL INFORMATION WILL BE KEPT STRICTLY CONFIDENTIAL.**

If you know someone who is blind or might have difficulty reading this calendar, please read it to them.

If you are deaf or hard of hearing and would need to be notified on a TTY (teletypewriter) of a public emergency, please notify your local Emergency Management office. You may use the special needs card at the back of this booklet.

If you have children who might be home alone, make sure they understand the information in this calendar and know what to do in an emergency. It is especially important that they know how to tune to their Emergency Alert System station.

People at the Beaches

In an emergency, the Salisbury and Plum Island beaches and the Parker River National Wildlife Refuge could be closed. People at the beaches or wildlife refuge should leave those areas and go back to their lodgings or homes. This action could be taken as a precaution even if no emergency actions were needed by the general public. Sirens would alert people at the beaches and the refuge to the emergency. The U.S. Department of the Interior personnel would also alert people at the refuge.

Boaters

Boaters on the ocean would be alerted by U.S. Coast Guard personnel. Sirens would alert boaters on the Merrimack River. Channels 16 and 22 on marine radio would give boaters information, in addition to the Emergency Alert System stations.

Siren Sounding

Emergency Plan Testing

To make sure that the emergency plan works well, it is tested regularly. This testing is called an exercise. Emergency workers and public officials simulate a serious problem and go through the emergency actions in the plan. You can read about these tests in the newspaper before they take place.

Siren Testing

Sirens are tested periodically. The date and time of any audible test is announced in advance in the local newspapers and on the radio.

Siren Sounding

Occasionally a siren or sirens may sound accidentally. If you hear a siren, tune immediately to your Emergency Alert System station for information: 92.5 FM, 93.7 FM and 1450 AM. If the sirens were sounded unintentionally, you would be notified via a regular news broadcast. EAS messages would only be used in the event of an actual emergency.

If you do not hear a message, you can call your local public officials (listed to the right). These are non-emergency numbers with representatives who will be able to tell you if there is an emergency associated with Seabrook Station.

Local Public Officials

Amesbury: (978)388-8166

Merrimac: (978)346-8321

Newbury: (978)465-3737

Newburyport: . . (978)465-4427

Salisbury: (978)465-3121

West Newbury: . (978)363-1213

Please do not use 911 to report an accidental siren activation.

About 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. And some radiation comes from nuclear and even coal fired power plants that generate electricity.

The amount of radiation that a person gets is measured in "millirem." See the chart on 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 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 safeguards failed, radiation could be released. Worldwide experience has shown this to be a very unlikely event. 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 and evacuation would be ordered if the public might be exposed to low levels of radiation, using the Environmental Protection Agency's protective action guidelines as recommendations. This would protect you and your family with an ample margin of safety. Be sure to follow the instructions in this calendar and 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 how well a house is ventilated.

Potassium Iodide (KI) and the Public

The Massachusetts Department of Public Health and the Massachusetts Emergency Management Agency want you to know about potassium iodide (KI). The Nuclear Regulatory Commission has made KI available to states for distribution within the 10-mile emergency planning zones of commercial nuclear power stations.

What is potassium iodide (KI)?

Potassium iodide is a drug that can protect the thyroid gland from radiation injury caused by radioactive iodine. The drug is approved for use by the U.S. Food and Drug Administration and is available over-the-counter.

How does it work?

KI saturates the thyroid gland with stable (non-radioactive) iodine, to limit the amount of radioactive iodine that could be absorbed by the thyroid. During a radiological emergency, radioactive iodine could be released to the environment. Iodine concentrates in the thyroid gland. Breathing air or eating food contaminated with radioactive iodine can injure the thyroid and increase the risk of thyroid cancer.

Potassium iodide is only effective against exposure to radioactive iodine and only protects the thyroid gland. KI does not protect against other types of radioactivity that might be released during a nuclear emergency. Evacuation and sheltering-in-place are the primary means of protection. The use of KI is secondary to these protective measures.

Remember, evacuation is the most effective protective action.

When should I take KI?

KI should be taken shortly before or shortly after exposure to radioactive iodine to be most effective. Even if taken three to four hours after exposure, it would still reduce the amount of radioactive iodine absorbed by the thyroid and have a substantial effect. The protective effects of KI last approximately 24 hours. Emergency broadcasts over Emergency Alert System radio stations will tell people if the Massachusetts Department of Public Health advises them to take KI.

How much KI should I take or give to my children?

The presently available KI pills are 130-milligram scored tablets. In December 2001, the U.S. Food and Drug Administration published guidance on KI recommending the dosages shown below. These are the minimum effective doses; the Massachusetts Department of Public Health supports the use of one (1) 130-milligram tablet for children above three (3) years of age during an emergency. This is in agreement with U.S. Food and Drug Administration guidance.

If you are considering using KI in an emergency, you should discuss whether taking KI is right for you with your health care provider.

Information for Farmers

For information for farmers and food processors, contact:

Massachusetts Department of Public Health
Radiation Control Program
Schrafft Center, Suite 1M2A
529 Main Street
Charlestown, MA 02129
(617)242-3035

www.mass.gov/dph/rcp

How can I get potassium iodide?

It is prudent to have potassium iodide prior to an emergency. **Persons living within the 10-mile emergency planning zone may obtain potassium iodide free-of-charge from their local Board of Health.**

For members of the EPZ population instructed to evacuate and who have not obtained KI, distribution points will be set up at pre-identified KI Dispensing Sites located outside the EPZ. The two following sites have been set up for the Seabrook EPZ:

1. Danvers: Exit 50 off of Route I-95 South (Routes 1 & 62 towards Danvers/Middleton). Take the Route 62 East Danvers exit to the fire station at 430 Maple Street.
2. Lowell: Exit 38 off of Route I-495 South. Bear right onto Route 38 for about one-quarter mile, turn right onto Village Street. Cawley Memorial Stadium will be on your left.

Recommended Dosages of KI

Adults	130 mg
Children aged 3-18 Years	65 mg
Young children (one month to 3 years)	32 mg
Infants (birth through one month)	16 mg



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.

FPL Energy 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, state, and federal agencies ensuring emergency preparedness. Both the State of New Hampshire and the Commonwealth of Massachusetts admin-

ister 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.

Personal Planning Guide

Fill in these blanks now and go over this information with your family. Decide who would pick up school-age children at the host facility and where to meet if you were apart in an emergency. Be sure children know what to do if they are alone and the sirens sound. Talk to your neighbors so you can help each other if necessary.

It is a good idea to keep some things handy in case of an emergency: portable radio, flashlight, extra batteries. Keep your car in good running order and don't let the gas tank get too low.

This will all save time and avoid confusion in an emergency.

My best evacuation route is *(see pages 32-33)*:

My reception center is located at *(see Reception Center insert)*:

My school-age children will be taken to *(see page 31)*:

Prescription medicines I will need:

Important papers I will need:

I could get an emergency bus at *(see pages 35-40)*:

My local Emergency Management Office non-emergency number during regular business hours is *(see page 1)*:

My local Emergency Management Office emergency number is *(see page 1)*:

Places that will accept pets (motels/hotels, boarding facilities outside the Emergency Planning Zone):

Other things to remember:

Plan in Advance to Evacuate Your Pets

Since only service animals are allowed inside reception areas and mass care shelters, make a list of places that would accept your pets, such as boarding kennels, friends and relatives outside the affected area, or motels that accept pets.

Prepare an emergency kit for your pets, including collars and leashes, a three-day supply of food, bowls, litter boxes, photographs, and a week's supply of medications that your pets may be taking.

Make sure your pets wear collars with current license and rabies tags, and identification tags that include information on where you'll be staying.

Use a pet carrier for each of your pets to make transportation easier.

For more information on Disaster Preparedness for pets, visit the State of Massachusetts Animal Response Team (SMART) website at: www.smart-mass.org

**The MASSACHUSETTS PUBLIC INFORMATION PHONE NUMBER is 1-800-982-6846.
Additional public information can be found at: www.mass.gov/mema and www.mass.gov/dph/rcp**

If you would like...

additional copies of this calendar, please call or write to the Massachusetts Emergency Management Agency or contact your local Emergency Management Office.

MASSACHUSETTS EMERGENCY MANAGEMENT AGENCY

Region I Office

P.O. Box 116

Tewksbury, MA 01876-0116

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I LIVE IN THE TOWN OF:



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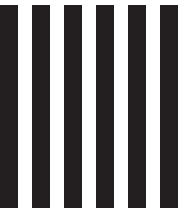
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For the Disabled, Handicapped and Those with Special Needs

Special provisions have been made to provide transportation for all persons with special needs. It is important that you make any special needs known beforehand. For example, special needs could include a walking disability, sight or hearing impairment or need for specialized medical equipment.

Contact your local Emergency Management Director or
MAIL IN this CONFIDENTIAL card.

MASSACHUSETTS EMERGENCY MANAGEMENT AGENCY

Region I Office
P.O. Box 116
Tewksbury, MA 01876-0116

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Special Needs Card



Would You Need Special Help in an Emergency?

If you have a disability that may cause you to need special help in an emergency, please fill out and return this card as soon as possible. If someone you know in the area would need special help in an emergency, urge him or her to complete and return this card. THIS INFORMATION WILL BE KEPT CONFIDENTIAL BY STATE AND LOCAL AUTHORITIES. This card will be forwarded to your local Emergency Management Director.





Please note: even if you sent in a Special Needs Card in the past, a new card should be sent in EACH YEAR.

Please tear along dotted line, seal closed with address facing out, and mail. No postage is necessary.

YES, I/This person will need help in the event of an emergency:

NAME _____
ADDRESS _____
CITY AND ZIP _____
PHONE _____
TTY _____





I consider myself to be:

-  Hearing Impaired
-  Sight Impaired
-  Wheelchair user
-  Confined to bed
- Other (specify) _____

Relative or person we can notify to help you in case of an emergency:

NAME _____
ADDRESS _____
PHONE (home) _____
PHONE (work) _____

Help needed:

-  Need a ride
-  Need a wheelchair accessible ride
-  Need an ambulance for transportation
-  Need individualized notification

Please note: even if you sent in a Special Needs Card in the past, a new card should be sent in EACH YEAR.