

Shelter in Place

In recent years, officials have found that sheltering can be far more useful than evacuation when dealing with airborne hazards. Often, the early minutes and hours after the release of a hazardous material into the atmosphere are the worst possible time for the public to leave the relative safety of buildings, structures and vehicles.

If you hear the Civil Defense Red or Yellow Alert signals or the Radiological Emergency signal on the base, you should immediately shelter inside.

If at Home:

- Quickly bring everyone inside including pets.
- Close all doors to the outside, and all windows.
- Turn off all heating systems.
- Turn off air conditioners and close inlets.
- Close fireplace dampers and stove vents.
- Close as many interior doors as possible.
- Move to interior spaces, upper floors if possible.
- Seal any remaining cracks or openings.
- If needed, cover nose and mouth with a wet cloth.
- Tune into the Emergency Alert System (EAS).
- Stay off the phone. Someone may contact you.
- Wait for the all-clear signal before you go outside.

If in a vehicle:

- Stay in your car or truck.
- Close all windows, manual vents, air conditioning and ventilation systems.
- If possible, drive away from gas or smoke clouds.
- Follow the orders of law enforcement or public safety personnel directing traffic.
- Turn into the Emergency Alert System (EAS).
- Stay in your car or truck and wait for the all-clear signal before you leave your car or open windows or vents.

If you are on the base (and not in a vehicle):

- Take shelter in the nearest building.
- Listen to directions from personnel working in the building.

Important Phone Numbers

Base Closure Line: 860-694-4444
Base Operator: 860-694-4636
Base Locator: 860-694-3709
Duty Chaplain (Emergency): 860-694-3777
Fleet and Family Service Center: 860-694-3383
Navy-Marine Corps Relief: 860-694-3285
Navy Family Housing: 860-694-3851
Naval Ambulatory Care Clinic: 860-694-4123

Important Web Sites

SUBASE: www.subasenlon.navy.mil
NACC: <http://nhcne.med.navy.mil/groton/groton.asp>
Red Cross: www.redcross.org
FEMA: www.fema.gov
CT OEM: www.mil.state.ct.us/oem.htm
RI EMA: www.state.ri.us/riema
Homeland Security: www.dhs.gov/dhspublic/index.jsp

Emergency Alert System Stations

WTNH Ch 8, WLNE Ch 6 (ABC)
WVIT Ch 30, WJAR Ch 10 (NBC)
WFSB Ch 3, WPRI Ch 12 (CBS)
WTIC Ch 61, WNAC Ch 64 (FOX)
WBMW (106.5 FM) WNLC (98.7 FM)
WTYD (101 FM) WQGN (105.5 FM)

Local cable companies may vary exact channel number consult your local cable guide

Emergencies Dial 9-1-1

Family Disaster Plan

Emergency Meeting Place (outside home): _____

Meeting Place (outside neighborhood): _____

Meeting Place Phone: _____

Address: _____

Family Contact: _____

Phone (day): _____

Phone (evening): _____

U.S. Naval Submarine Base New London



Family Emergency Preparedness Guide

“Be Prepared” has been the Boy Scout motto since the organization’s inception in 1910 and the motto is one to which we should all adhere in today’s uncertain times. Being prepared does not mean being afraid. It means understanding the potential threats to you and your family’s safety and making plans in advance on how you will deal with problems and tragedies. SUBASE has developed this pamphlet to be a quick reference guide on preparing yourself for the unexpected. It does not provide everything you need, but with this and the information from other referenced sources, you can “be prepared.”

The basic components of being prepared include:

- Find out what could happen to you.
- Create a disaster plan.
- Practice and maintain your plan.
- Make a disaster supplies kit.
- Know your community evacuation plan.

Neighbors Helping Neighbors

Working with neighbors can save lives and property. Meet with your neighbors to plan how to work together after a disaster. If you’re a member of a neighborhood organization, introduce disaster preparedness as a new activity. Know your neighbors’ special skills and consider how you could help neighbors who have special needs, such as disabled and elderly persons. Make plans for childcare in case parents can’t get home.

Civil Defense Warning Signals

- Civil Defense Alert: A three to five minute steady blast.
- Civil Defense Attack Warning: A three-minute wavering tone or siren.

SUBASE Unique Warning Signals

- Emergency November radiological warning: A series of nine short blasts three times in succession.
- General Security Alert: A series of two three-second blasts every five seconds for a total of three minutes on the SUBASE whistle. Follow on instructions will be announced over the SUBASE public address system.
- All-clear: Three short blasts on the SUBASE whistle for three minutes.

The Civil Defense Alert and Attack Warning signals and the SUBASE Emergency November signal require you to shelter in place. Follow the directions provided on the public address system in the event of a General Security Alert.

Family Disaster Planning*

1. Find Out What Could Happen to You
 - Contact your local Red Cross chapter or emergency management office before a disaster occurs--be prepared to take notes.
 - Ask what types of disasters are most likely to happen. Request information on how to prepare for each.
 - Learn about your community's warning signals: what they sound like and what you should do when you hear them.
 - Ask about animal care after a disaster. Animals are not allowed inside emergency shelters because of health regulations.
 - Find out how to help elderly or disabled persons, if needed.
 - Find out about the disaster plans at your workplace, your children's school or day care center, and other places where your family spends time.

Family Disaster Planning* (Continued)

2. Create a Disaster Plan
 - Meet with your family and discuss why you need to prepare for disaster. Explain the dangers of fire, severe weather, and earthquakes to children. Plan to share responsibilities and work together.
 - Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
 - Pick two places to meet:
 - Right outside your home in case of a sudden emergency, like a fire.
 - Outside your neighborhood in case you can't return home. Everyone must know the address and phone number.
 - Ask an out-of-state friend to be your "family contact." After a disaster, it's often easier to call long distance. Other family members should call this person and tell them where they are. Everyone must know the phone number.
 - Discuss what to do in an evacuation. Plan how to take care of your pets.
3. Complete this Checklist:
 - Post emergency telephone numbers by phones (fire, police, ambulance, etc.).
 - Teach children how and when to call 9-1-1 or your local Emergency Medical Services number for emergency help.
 - Show each family member how and when to turn off the utilities (water, gas, and electricity) at the main switches.
 - Check if you have adequate insurance coverage.
 - Training each family member on how to use the fire extinguisher (ABC type), and show them where it's kept.
 - Install smoke detectors on each level of your home, especially near bedrooms.
 - Conduct a home hazard hunt.
 - Stock emergency supplies and assemble a Disaster Supplies Kit.
 - Take a Red Cross first aid and CPR class.
 - Determine the best escape routes from your home. Find two ways out of each room.
 - Find the safe places in your home for each type of disaster.

Family Disaster Planning* (Continued)

4. Practice and Maintain Your Plan
 - Quiz your kids every six months or so.
 - Conduct fire and emergency evacuations.
 - Replace stored water and stored food every six months.
 - Test and recharge your fire extinguisher(s) according to manufacturer's instructions.
 - Test your smoke detectors monthly and change the batteries at least once a year.
5. If Disaster Strikes, remain calm and patient. Put your plan into action.
 - Check for injuries: Give first aid and get help for seriously injured people.
 - Listen to the TV or radio for news and instructions.
 - Check for damage in your home
 - Use flashlights. Do not light matches or turn on electrical switches, if you suspect damage.
 - Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows, and get everyone outside quickly.
 - Shut off any other damaged utilities.
 - Clean up spilled medicines, bleaches, gasoline, and other flammable liquids immediately.
 - Remember to:
 - Confine or secure your pets.
 - Call your family contact. Do not use the telephone again unless it is a life-threatening emergency.
 - Check on your neighbors, especially elderly or disabled persons.
 - Make sure you have an adequate water supply in case service is cut off.
 - Stay away from downed power lines.

** From "Family Disaster Plan." developed by the Federal Emergency Management Agency and the American Red Cross.*