

# Radiation Emergency Reference Sheet

## For Cape Cod Residents and Visitors



GET INSIDE



STAY INSIDE



STAY TUNED

 NOT SAFE

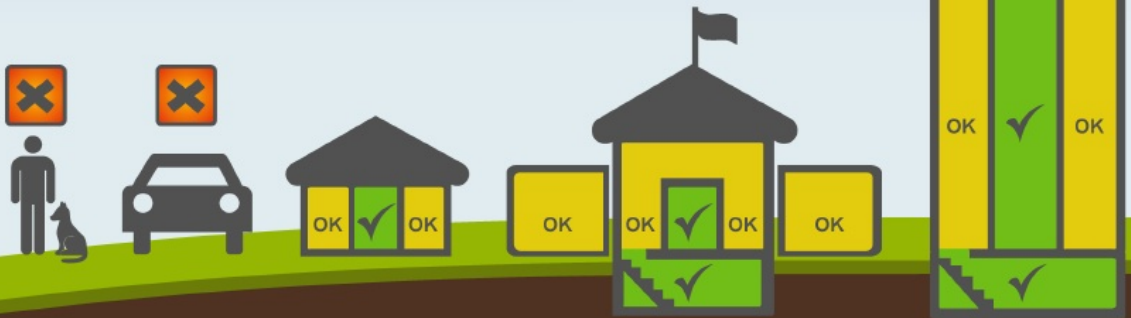
 SAFER

 SAFEST

If a radiation emergency happens in your area, you should get inside immediately.

No matter where you are, the safest action to take is to: **GET INSIDE. STAY INSIDE. STAY TUNED.**

- Close and lock all windows and doors.
- Go to the basement or the middle of the building. Radioactive material settles on the outside of buildings; so the best thing to do is stay as far away from the walls and roof of the building as you can.
- If possible, turn off fans, air conditioners, and forced-air heating units that bring air in from the outside. Close fireplace dampers.
- Bring pets inside.
- Stay tuned for updated instructions from emergency response officials.



### Cape Cod and the Pilgrim Nuclear Power Station

Over 50,000 Cape Cod residents live within 20 miles of the Pilgrim Nuclear Power Station (PNPS).

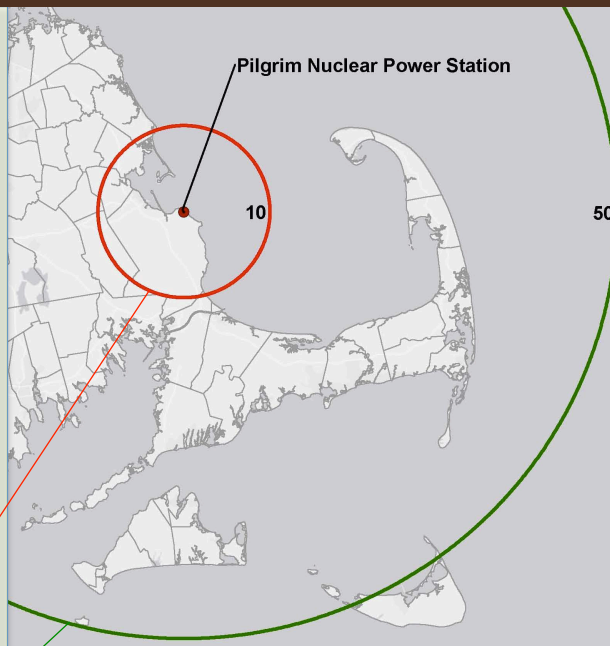
All 215,000 (Barnstable County) and 17,000 Martha's Vineyard (Dukes County) residents live within a 50-mile radius (see map at right). That number increases substantially in the summer months.

### Emergency Planning

For planning purposes, the Nuclear Regulatory Commission (NRC) defines two types of zones.

**1. The Emergency Planning Zone (EPZ)** is a 10-mile radius around a plant. Its primary concern is the exposure of the public to, and the inhalation of, airborne radioactive contamination.

**2. The Ingestion Pathway Zone (IPZ)** extends about 50 miles in radius around a plant. Its primary concern is the ingestion of food and liquid that is contaminated by radioactivity.



### No Plans for Cape Cod

Depending on the wind direction, Cape Cod could be subject to the effects of a general emergency at the PNPS.

Radioactive materials from a PNPS release could settle on buildings, crops and gardens, and water. Consuming contaminated materials could put you at risk.

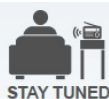
Federal regulations provide for emergency evacuation plans for areas within the 10-mile EPZ.

Cape Cod lies outside the 10-mile EPZ so no emergency evacuation is planned.

### Stay Calm. Stay Indoors.

In the event of a radiation emergency that affects Cape Cod, residents and visitors should

- Stay calm
- Stay indoors
- Stay tuned: monitor the Emergency Alert System for official information



STAY TUNED

### Stay Tuned

Cape Cod Emergency Alert System Radio Station

**WQRC 99.9 FM**

Follow the Barnstable County REPC on Twitter @bcrcpc



# Radiation Emergency Reference Sheet

## For Cape Cod Residents and Visitors

### Shelter in Place

Go inside 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.

Go to an interior space, basement, or lowest level possible. *Stay away from all windows – glass will not protect you.* If you must be in a room with windows, sit on the floor below window level.

Bring a radio with you. Listen to your Cape Cod Emergency Alert System radio station WQRC 99.9 FM. Keep pets indoors. If you have livestock, shelter them too.

**Stay inside until officials say otherwise.**

### People with Access and Functional Needs

Let your local Emergency Management Director know in advance if you or someone in your household needs any special assistance or notification during an emergency.

Your local Emergency Management Office is prepared to help you if you need assistance during a public emergency, but it is best planned before an emergency occurs.

If you are hearing-impaired and would need to be notified on a TTY of a public emergency, please notify your local Emergency Management Office.

### High Risk Groups

Infants, children, the elderly, pregnant women, and people with compromised immune systems are more vulnerable to radiation exposure.

### For Official Emergency Information



#### Emergency Alert System Radio Stations

In the event of an emergency, official information will be transmitted over these radio stations:

- Cape & Islands Primary Radio Station: **WQRC FM 99.9**
- State Primary Radio Station: **WBZ AM 1030, FM 98.5**
- State Alternate Radio Station: **WBMX FM 104.1**

#### Emergency Information via Cellphone

The Massachusetts Emergency Management Agency (MEMA) provides two methods to receive emergency information on your cellphone:

- **Massachusetts Alerts**, a free app for your Android or iPhone devices
- **Wireless Emergency Alerts (WEAs)**: If you have a WEA-enabled phone, you are automatically enrolled. If your device has the WEA logo (above right), then it is WEA-capable. To confirm WEAs are available in your area and your device is capable of receiving them, please check with your carrier.



### For more information about preparedness, sheltering, and radiation emergencies:

**Centers for Disease Control:** [www.bt.cdc.gov/radiation](http://www.bt.cdc.gov/radiation)

**MEMA:** [www.mass.gov/mema](http://www.mass.gov/mema)

**BCREPC:** [www.bcrepc.org/prepare](http://www.bcrepc.org/prepare)

Follow the Barnstable County REPC on Twitter @bcrepc

Follow MEMA @MassEMA

### Potassium Iodide (KI)

KI is a pill or liquid that can be used in radiation emergencies that involve radioactive iodine. KI helps prevent radioactive iodine absorption by the thyroid gland.

Only take KI on the advice of a physician or public health or emergency management officials. Children can benefit the most from KI. Dosages vary by weight and age.

Improper use of KI can have serious health risks.

To obtain KI, contact your local health department.

### Senior Citizens

Senior Citizens should seek the best possible shelter in their

- Home
- Retirement community
- Assisted living/care facility

and listen to Emergency Alert System radio stations for official information and instructions.

Seniors with special needs please refer to the "People with Access and Functional Needs" section of this document.

Hospitals, nursing homes and assisted living/care facilities should have emergency plans in place.

### Don't Drive

It is unwise and potentially dangerous to attempt to drive off Cape in the early hours of a serious radiological accident.

The traffic flow out of the Plymouth EPZ will make off-Cape travel over the Sagamore Bridge impossible, cause congestion at the Bourne Bridge, and create gridlock on Cape Cod.

Immediate evacuation will place individuals attempting to leave the Cape at higher risk for radiation exposure.

*Vehicles provide little to no protection.* If you are in a motor vehicle in an affected area, close the windows and all systems that let outside air in – vents, air conditioner, and heater.

**Seek shelter in the best, immediately available structure.**

### Children

Because children spend much of their time away from home during the school year, colleges, schools, and day cares should have emergency plans in place to keep children safe at the facility.

Parents and care givers should teach children to stay inside during an emergency.

Contact your college, school department, or day care to learn about their radiation emergency planning policy.

### At Work

Listen to official information and recommendations when making decisions about sheltering in place at your work location or traveling home.

If you are working outside, seek shelter indoors as quickly as possible.