

ARE YOU PREPARED?



Be Informed / Make A Plan / Build a Kit / Get Involved

EMERGENCY PREPAREDNESS CHECKLIST:

- **Water** - a gallon per person/per day (three days worth), water purification tablets
- **Food** - A two-week supply of nonperishable and nutrient-dense items
- **Tools and supplies** - Can opener, radio, flashlight or lantern, extra batteries, cell phone with charger, multi-purpose tool or basic tools
- **Personal items** - Prescription medications (two-week supply), personal hygiene items, glasses, contact lenses, dentures, extra batteries or supplies for medical equipment, change of clothes, sturdy shoes, blanket
- **Important documents** - Insurance policy, IDs, medical and bank info, printed list of key contacts (family, friends, work)
- **Pet and/or baby items** - food, supplies, medical info, carrier, special toys
- **Cash** - ATMs may not work during a power outage
- **Other Items** - First-aid kit, emergency whistle, waterproof matches/lighter, maps

For neighbors of Seabrook Station:

Potassium iodide tablets: If you live near a nuclear power plant, these thyroid-protecting pills should be in your “go-bag,” and are available free from your local health department. To learn more, visit c-10.org/emergency-plans#KItablets.

Plastic sheeting, duct tape and scissors: FEMA recommends these supplies in case you are told to shelter in place after a nuclear accident, or if an evacuation is not possible.

Nearly 3 million Americans live within 10 miles of an operating nuclear power plant. Find more tips for preparedness at ready.gov/nuclear-power-plants.

Live within Seabrook's 10-mile emergency planning zone? Find out on how to be notified in case of a radiological emergency, get evacuation routes and other helpful information for residents of Massachusetts and New Hampshire at c-10.org/emergency-plans.

Through research, monitoring and advocacy, C-10 works to protect people and the natural environment in communities surrounding the Seabrook Station nuclear power plant, and beyond. We've been doing this important work since 1991.

C-10 Research and Education Foundation

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