

## INFORMATION FROM THE SUPERINTENDENT

To: Parents: (Does not apply to Bagnall School in Groveland)

- **Schools in Merrimac** - Sweetsir School, Donaghue School
- **Schools in West Newbury** - Page School, Middle School and High School

From: Paul A. Livingston, Superintendent of Schools

Re: **Potassium Iodide (KI) Tablets – Seabrook Nuclear Plant – Informational Meetings – March 18, 2010 at 9:30 a.m. and 7:00 p.m.**

Date: March 1, 2010

The MA emergency Management Agency (MEMA) and the Federal Emergency Management Agency (FEMA) maintain control over all major emergencies that take place in our state. Since the towns of Merrimac and West Newbury are within the ten (10) mile radius of the Seabrook Nuclear Plant, Pentucket has maintained emergency plans for years with these agencies. The Bagnall School in Groveland is not part of this program because it falls outside the catchment area.

In the event a nuclear breach occurred at Seabrook, there are multiple levels of actions that must be adhered to. In all likelihood, the most severe action we would be directed by MEMA to take is to "shelter in place" which means remain inside our school buildings. However, if a severe event did occur during the school day, plans are in place to transport our students to schools in Tewksbury. During an emergency event, we must take our direction from MEMA and FEMA. These plans are available for review in our school offices and a calendar annually is mailed to all residents in the catchment area from MEMA listing all of these procedures. You may also find the information on our website under Potassium Iodide (K1) – Emergency Information. I encourage you to always be subscribed to our email list serves (sign up at [www.prsd.org](http://www.prsd.org)) because this is how we would communicate with families during an event. The actions that would be taken totally depend on the nature of the event, weather conditions (winds and tides), and other conditions overseen by MEMA and FEMA.

It has come to my attention that the other communities in Massachusetts within the ten mile catchment area have made provisions for potassium iodide (KI) pills to be distributed as soon as possible after receiving emergency notification and direction from the MA Department of Public Health and MEMA to dispense the tablets. The attached information sheet from the MA Department of Public Health details the purpose of the KI tablets. Parental permission is granted at the start of the school year for each child.

There is no direct financial cost associated with this program for the school system or the families of the district. It simply requires the time involved to secure the pills from the federal government, maintain parental permission records, and train non medical staff to distribute KI tablets. It is our school physician's recommendation, and I would concur, that this program be put in place for the safety of our students. Since the program was adopted by the School Committee for the 2010 – 2011 school year, **I have planned two parent information meetings on March 18, 2010 in the Middle School cafeteria, one at 9:30 a.m. and one at 7:00 p.m. to answer questions by myself, our nursing staff, our school physician, and representatives of the MA Department of Public Health.**

Enclosed are information materials specifically for schools from the Massachusetts Department of Public Health. I encourage you to discuss this distribution of KI tablets with your child's pediatrician. Our school nurses at each building are available to further discuss this program and service with you.

MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH  
Use of Potassium Iodide (KI) During Radiological Emergencies  
Information for the Public



*This fact sheet is about a new policy for people, especially those who live within ten miles of a nuclear power plant, who may be exposed to radiation from a nuclear plant emergency. In December 2001, the federal Food and Drug Administration (FDA) said if there was a radiological emergency, people should take a drug that would help protect them from thyroid cancer. This drug is called potassium iodide (KI). The Massachusetts Department of Public Health agrees. The questions and answers below will give you more information.*

**1. What is potassium iodide (KI) and what is it used for?**

If there is a radiological emergency from a nuclear plant, large amounts of something called radioiodine could be put into the air, and this could hurt your thyroid gland, or even cause thyroid cancer later on. You could breathe in the radioiodine or eat food that has some radioiodine in it. When you take the KI pill, it protects your thyroid gland from being harmed.

**2. How does potassium iodide work?**

When you take the KI pill, it fills your thyroid with a kind of iodine that prevents your thyroid gland from taking in any of the radioactive kind of iodine.

**3. What age group has the highest risk from exposure to radioiodine?**

Young children have the highest risk. We have learned this from looking at children in Russia and other areas who were exposed to the radioiodine from the Chernobyl nuclear power plant accident.

**4. When should KI be taken?**

You need to take KI before or just after you are exposed to radioiodine. You can also take it 3 or 4 hours later, but it will not be as helpful.

**5. How will I know if I should take KI?**

If there is an emergency, you will hear an announcement from your local or state health officials. Your local health department will tell you when you should start taking KI and they will also tell you when you can stop taking it.

**6. Does KI work in all radiation emergencies?**

KI will only protect you from radioactive iodine. It does not protect you from other kinds of radioactive material. KI works very well to protect your thyroid gland. However, it protects only your thyroid, not other parts of your body.

**7. What will happen in an emergency?**

You will be told what, if any, actions you should take to protect yourself. This might include leaving the area, staying inside with your windows closed and/or taking KI.

**8. Can people have reactions to KI?**

In general, most people who have taken KI have not had any reactions (side effects). If people did have a reaction, it did not last very long. In a few cases, babies had a reaction in their thyroids. Adults who had reactions had stomach problems or a rash. The federal government thinks the benefits of taking KI are much greater than the risks.

**9. Are there some people who should not take KI?**

Most people can take KI, but you should talk to your doctor before taking it. Talk to your doctor before an emergency occurs. It is not a good idea to take it if you have certain medical conditions or problems. Babies need to be watched carefully if they take KI.

**10. How much KI do I take?**

The table below shows the smallest KI dose that different age groups can take which will protect the thyroid. At the moment, the pill only comes in a 130 mg tablet. In an emergency, it is safe for children at school or day care centers to take the whole pill.

For children or babies who cannot take pills, parents and caregivers can cut or crush the pill to make lower doses. For example, if a 130 mg pill were dissolved in 8 ounces of juice or other liquid, one ounce would contain 16 mg of KI.

Age Group	KI Dosage	Number of 130 mg tablets
Adults over 18 years	130 mg	1
Over 3 – 18 years	65 mg	1/2
Over 1 month to 3 years	32 mg	1/4
Birth-1 month	16 mg	1/8

**11. How often should KI be taken?**

The dose of KI shown in the above table is helpful for about 24 hours. You should keep

taking it until the health department says to stop, or you are out of the emergency area.

**12. Does KI come in liquid or pill form?**

KI is available in both tablet and liquid forms.

**13. If KI has been stored for a while, is it still OK to use?**

The manufacturers say KI stays “fresh” for 3-5 years. If you keep it in a dry, dark and cool place, it should last for many years.

**14. Do you need a prescription to get KI?**

No. You are allowed to get it over-the-counter.

**15. Can KI be purchased at local pharmacies?**

It is not widely available in drugstores yet, but since it is not a prescription drug, you can buy it over the Internet. We intend to pre-distribute KI to individuals living within 10 miles of a nuclear power plant in Massachusetts who want to have the pills available for emergencies.

**For additional information contact:**

Massachusetts Department of Public Health’s Radiation Control Program 617-242-3035

Or [www.state.ma.us/dph/rcp](http://www.state.ma.us/dph/rcp)

**Other sources of information:**

[www.fda.gov/cder/guidance/4825fnl.htm](http://www.fda.gov/cder/guidance/4825fnl.htm)

[www.health.state.ny.us/nysdoh/consumer/environ/homeenvi.htm](http://www.health.state.ny.us/nysdoh/consumer/environ/homeenvi.htm)

[www.healthvermont.gov](http://www.healthvermont.gov)

DECEMBER 2008

# 2010 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.

## 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

- 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.

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.

Massachusetts 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

<b>Boston</b>	<b>93.7 FM</b>
<b>Boston</b>	<b>1030 AM</b>
<b>Haverhill</b>	<b>92.5 FM</b>
<b>Newburyport</b>	<b>1450 AM</b>

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

# 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.
- Passports.

## 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.

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## 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.

# 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.

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## 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 one of the  
Emergency Alert System Stations at:  
93.7 FM, 92.5 FM, 1450 AM  
or 1030 AM for latest information.**

## 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

center for monitoring and, if necessary, decontamination. Then they would be taken to their predesignated facility where you could pick them up. Do not attempt to pick up your children at any other location.

**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.

Do not attempt to pick up your children at any other location.

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

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.

**Remember, tune in to one of the Emergency Alert System Stations at: 93.7 FM, 92.5 FM, 1450 AM or 1030 AM for latest information.**

## 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.

# Merrimac

## Emergency Bus Information

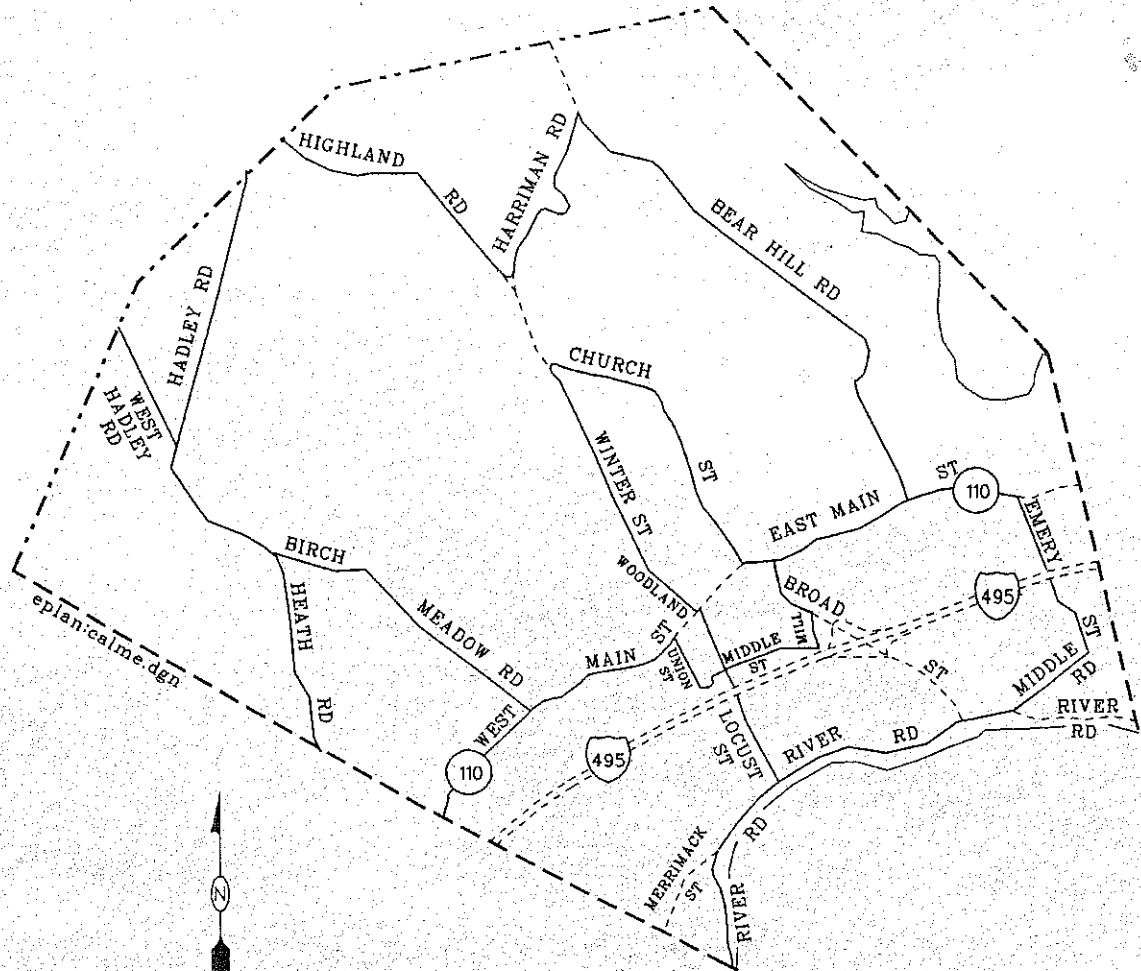
To get a ride in an emergency, walk to one of the routes shown as a solid line.

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.

## 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.*



# West Newbury

## Emergency Bus Information

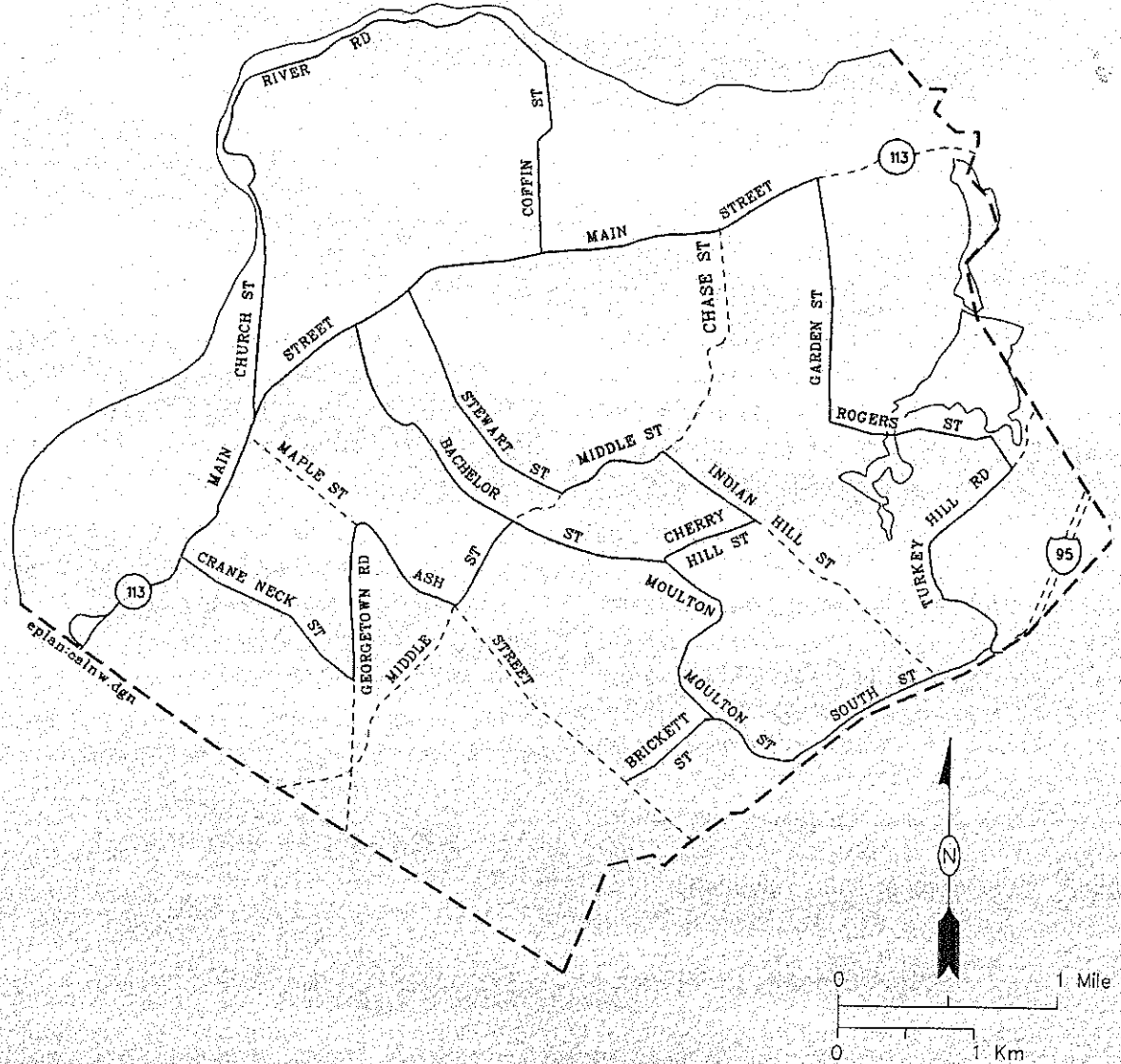
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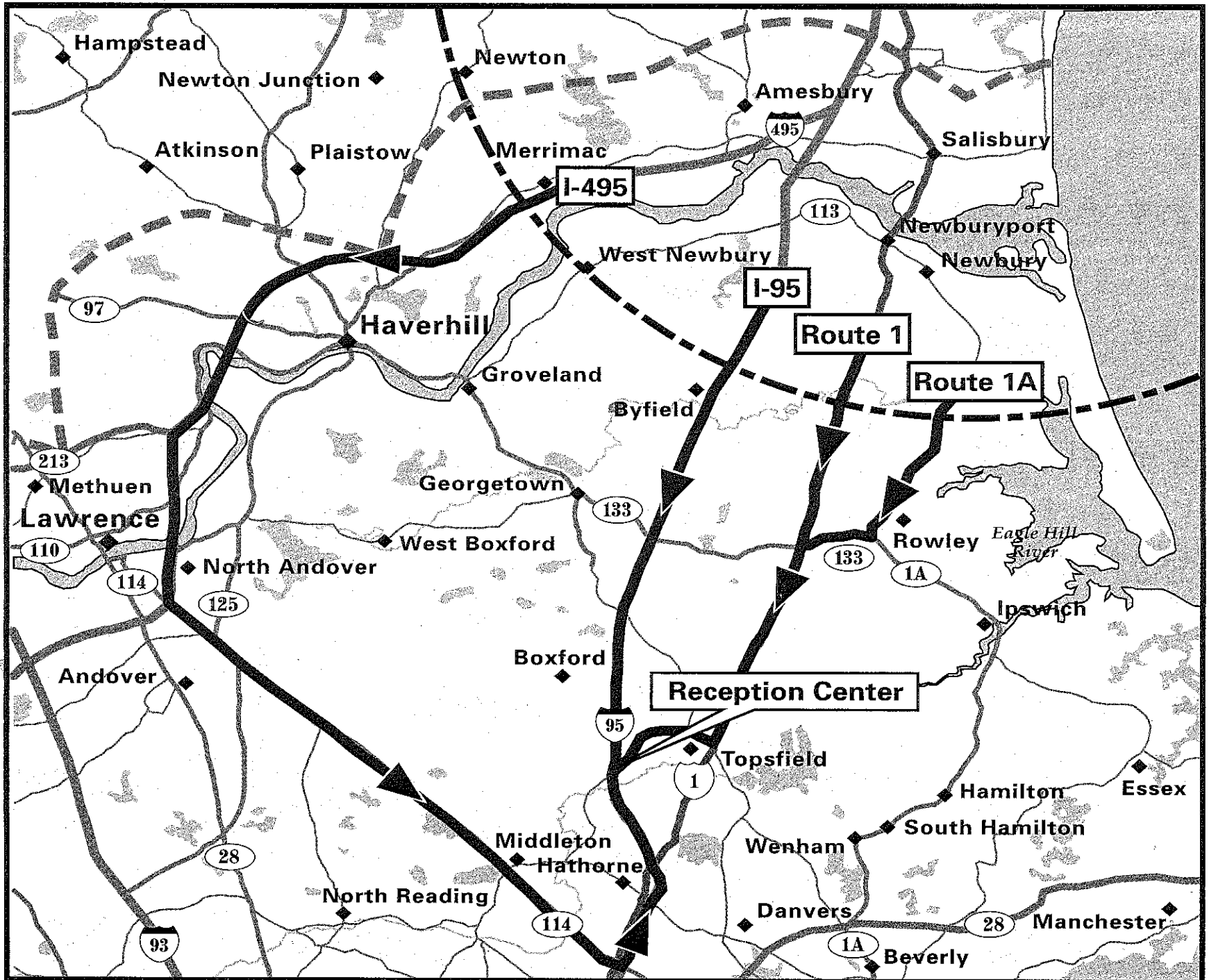
Buses will take riders to the reception center at the Masconomet Regional School in Boxford.

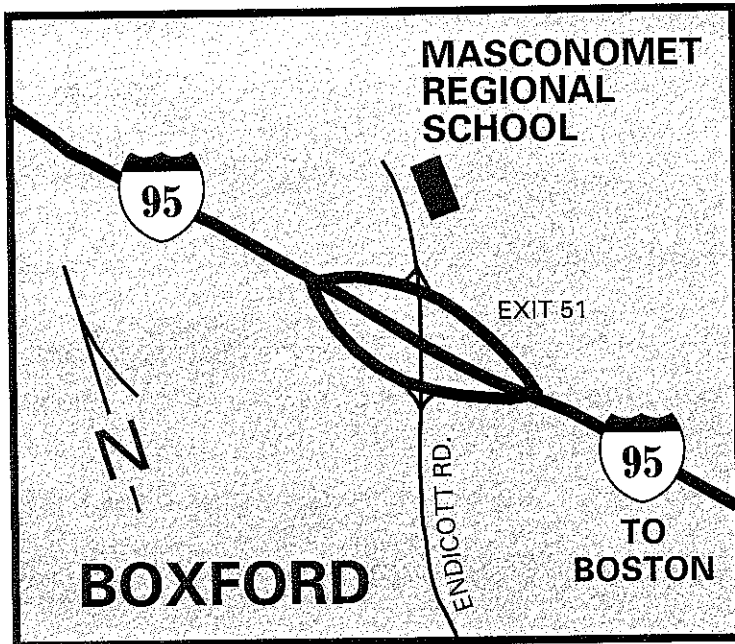
## Evacuation Route Descriptions

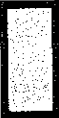


*Emergency buses would be available if evacuation should be necessary for your city or town. If you need a ride, a bus would take you to your reception center. Additional bus information could be given on the Emergency Alert System.*

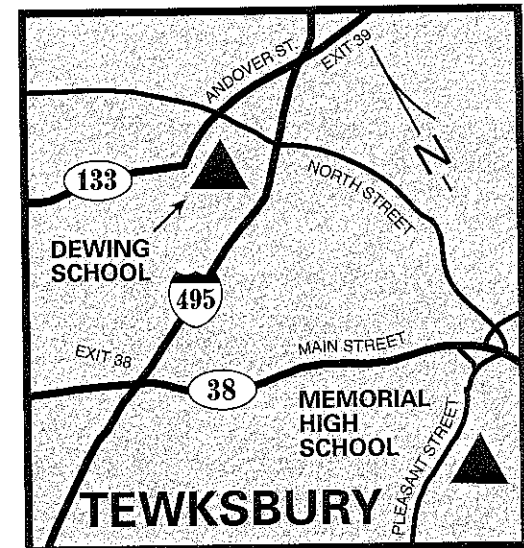
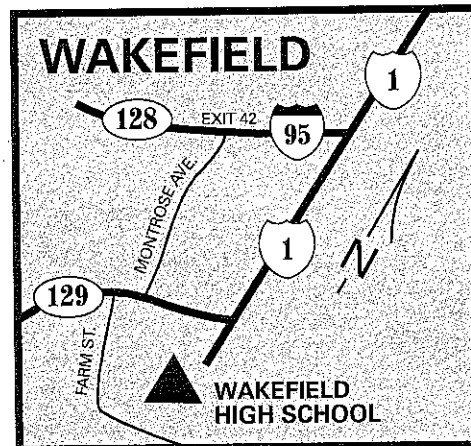
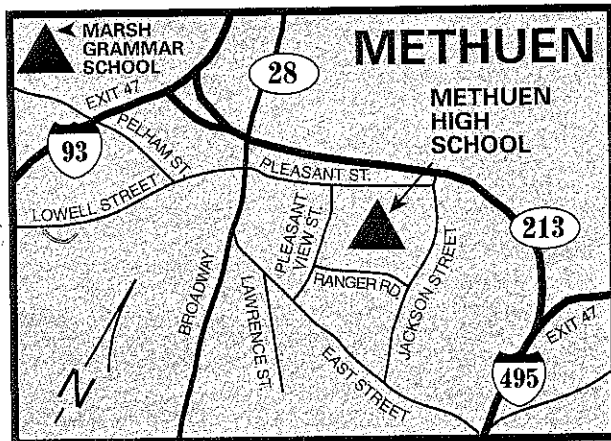
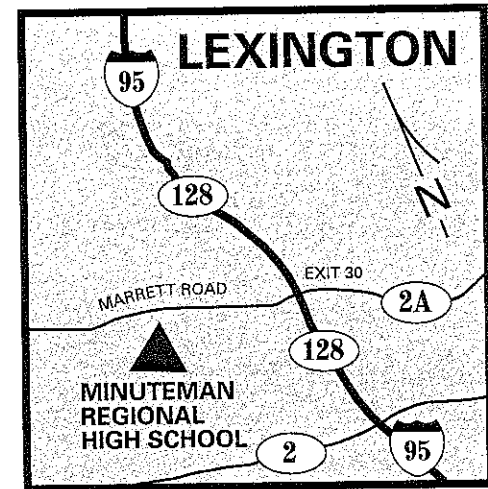


# Evacuation Route Map





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



# Evacuation Route Descriptions

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

## Amesbury

**North:** Route 107A North (South Hampton Road) to Route 108 South to Haverhill to Route 110 East 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.

**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 St. 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 St 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:** Plum Island Turnpike West, turn left on Ocean Avenue. South to Rolfe's Lane, South to Route 1A, South to Route 133 West. Route 133 West to

## Newbury, continued

I-95 South to Exit 51, Endicott Road. Left to Masconomet Regional School

Or Plum Island Turnpike West, turn left on Ocean Avenue, South to Rolfe's Lane to Hanover Street to U.S. Route 1 South to Route 133 West to I-95 South to Exit 51, Endicott Road. Left to Masconomet Regional School.

**Inland including Byfield:** U.S. Route 1 South to Route 133 West to I-95 South to Exit 51, Endicott Road. Left to Masconomet Regional School.

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

Or Rte.1A south to Route 133 West to I-95 South to Exit 51, Endicott Road. Left to Masconomet Regional School.

## Newburyport

**East of State St.:** U.S. Route 1 South to Route 133 to I-95 South to Exit 51, Endicott Road. Left to Masconomet Regional School.

**Between Broad & State Sts.:** Low Street to Graf Road, South to Scotland Road to I-95 South to Exit 51, Endicott Road. Left to Masconomet Regional School.

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

## Salisbury

**Salisbury Beach:** Route 1A South to Route 133, West to Route 1 South to Route 97 West to Washington Street, then to Endicott Road westbound to the Masconomet Regional School.

**South of Beach Rd.:** U.S. Route 1 South to Route 133 West to I-95 South to Exit 51, Endicott Road eastbound to the Masconomet Regional School.

**North of Beach Rd.:** Route 1 South to Route 97 West to Washington Street, then to Endicott Road westbound 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 St. or Bridge St. 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.

# 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. Each siren is tested silently every two weeks. Periodically, the sirens are sounded to demonstrate what people

would hear if the sirens were required to be sounded for an emergency.

## 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, 1450 AM and 1030 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](http://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 Maple Street. Putnam Pantry is on the right.
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. After September 11, the nuclear energy industry substantially enhanced security at nuclear plants—already the most secure facilities in the U.S. industrial infrastructure. Security forces at nuclear plants were increased by one-third to approximately 8,000 officers at 103 plants located at 64 sites. Overall, the industry has spent \$1.2 billion on security-related enhancements since September 2001.***

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 remains in regular contact 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 participate in training exercises with Seabrook Station officers.

Seabrook Station continues to be at the highest state of security awareness. Security measures taken at Seabrook since 9/11 include:

- extending and fortifying security perimeters
- increasing patrols within security zones

- installing new barriers to protect against threats from explosives in vehicles
- installing additional high-tech surveillance equipment
- strengthening coordination of security efforts with local, state and federal agencies to integrate approaches among the entities.

In addition to these measures, the State of New Hampshire established buffer zones around the plant to prevent boaters and others on the local marshes from approaching too closely. And, the Federal Aviation Administration has issued rules to instruct pilots not to hover, circle, or linger around sensitive installations, including nuclear power plants.

In terms of emergency preparedness, 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 exercise with local, 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 surrounding communities of Seabrook Station benefit by having this established emergency plan in place as it can be utilized for any emergency conditions.

Protecting public health and safety is the top priority at Seabrook Station.

# 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** (pages 33-34):

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**My reception center is located at** (page 33):

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

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**Prescription medicines I will need:**

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**Important papers I will need** (page 30):

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

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

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

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

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**Other things to remember:**

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## 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](http://www.smart-mass.org)

**Remember, YOU GO, THEY GO. If you are told to evacuate, take your pets with you. DO NOT LEAVE YOUR PETS BEHIND.**

**The MASSACHUSETTS PUBLIC INFORMATION PHONE NUMBER is 211.**

**Additional public information can be found at: [www.mass.gov/mema](http://www.mass.gov/mema) and [www.mass.gov/dph/rcp](http://www.mass.gov/dph/rcp)**

# **HOW YOU WILL KNOW THERE IS AN EMERGENCY**

- The loud, steady tone of the outdoor emergency sirens, lasting 3 to 5 minutes.
- A voice message over beach loudspeakers
- Announcements from town harbormasters or an Urgent Marine Information Broadcast from the Coast Guard
- A message on teletypewriters (TTYs) if you have registered with a town Emergency Management Office to be notified over the TTY in case of an emergency
- Word of mouth

Tune to your local Emergency Alert System (EAS) radio station for emergency instructions. Instructions may be relayed day or night and will include recommendations on what to do for your protection. Follow instructions carefully. Information will be provided regularly.

## **LOCAL EAS STATIONS**

**Boston . . . . . 93.7 FM & 1030 AM**

**Haverhill . . . . . 92.5 FM**

**Newburyport . . . . . 1450 AM**

# **FAMILY EMERGENCY PLANNING GUIDE FOR A SEABROOK STATION EMERGENCY**

Keep a copy of your family emergency plan information in your car, briefcase or purse. Photocopy as needed for additional family members.

*Fill in the blanks now, and discuss this information with your family. Decide who would pick up your children and where to meet if you were apart in an emergency. Be sure your children know what to do if they are alone and the sirens sound. Talk to your neighbors so you can help each other.*

- My Emergency Alert System (EAS) radio stations are:  
**93.7 FM, 92.5 FM, 1030 AM and 1450 AM**
- My Reception Center is located at (see page 30):  
\_\_\_\_\_
- My children's Host Facility is located at (see page 31):  
\_\_\_\_\_
- Closest Emergency Bus Route is (see pages 33 - 40):  
\_\_\_\_\_
- My family's check-in phone number is: \_\_\_\_\_
- My family's meeting place is: \_\_\_\_\_
- My local Emergency Management Office emergency number is (see inside front cover): \_\_\_\_\_
- Pet Emergency Information (see page 30 and 45)
- My Potassium Iodide (KI) location is (see page 43):  
\_\_\_\_\_
- My prescription list is located: \_\_\_\_\_
- My important papers are located: \_\_\_\_\_
- My pet emergency kit is located: \_\_\_\_\_
- Pet friendly hotels/facilities are located: \_\_\_\_\_

NOTES: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# 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.**

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

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY AND ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ TTY \_\_\_\_\_

Please fold and seal closed with address facing out, and mail. No postage is necessary.

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

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY and ZIP \_\_\_\_\_

PHONE (home) \_\_\_\_\_ PHONE (work) \_\_\_\_\_

**Please mark an "X" in EACH box that applies to you.**

**I consider myself to be:**

- Hearing Impaired
- Sight Impaired
- Wheelchair User
- Confined to bed

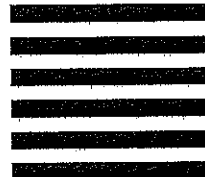
**Help needed:**

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

LIVE IN THE TOWN OF: \_\_\_\_\_



NO POSTAGE  
NECESSARY  
IF MAILED  
IN THE  
UNITED STATES



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P.O. BOX 116  
TEWKSBURY, MA 01876-0116**

