

Emergency Guide

for Snyder Village Retirement Community Residents

Emergencies and natural disasters can strike at any time without warning and can force you to evacuate or be confined to your home. Use this guide to learn how to prepare and protect yourself from a disaster.

The Three Steps to Preparedness: Make a Plan, Build a Kit, Be Informed

EMERGENCY PREPAREDNESS



MAKE A PLAN



BUILD A KIT



BE INFORMED

Emergency Contacts

Mike Brownfield, Maintenance Director, 309-366-4109

Julie Beltramea, RC Director, 309-366-4111

Christine Adams, RC Assistant, 309-367-4300 ext 211

Fire Chief, 309-367-4693

Emergency 116/EMT/Ambulance, 9-1-1

Maintenance, 309-367-4300 ext 108 (Cottages)

Maintenance, 309-367-4300 ext 150 (Apartments)

Metamora Police Dept, 309-367-4115

Village of Metamora, 309-367-4044



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Make a Plan

If a disaster strikes, you may not have much time to plan or act. Planning now reduces anxiety and helps ease stress in the event of an emergency. Take the steps below to make an emergency plan.

Post Emergency Phone Numbers Near Your Phones

Post important phone numbers so they are easily accessible and visible. Include emergency numbers and those in your support network. Remember that in some emergencies, telephone lines might not be working. Pull-cords within the units may be used to notify staff in the event of an emergency.

Plan for Those with Disabilities

Keep necessary items like wheelchairs, oxygen tanks, and walkers in a designated place so they can be accessed quickly and easily.

Snyder Village Disaster Plans

In Case of Fire

Cottage Residents: All cottages are equipped with smoke alarms that will sound at the Nurses Station in the Health Center when activated. The nurses will attempt to contact you to verify if it is indeed a fire. If Maintenance is on campus, they will respond to the alarm to assist as needed. If it is a real fire emergency, evacuate your cottage as quickly as possible. If heavy smoke is in your residence, cover your mouth with a towel or piece of clothing and get as low to the ground as possible. Test any closed doors by touching the doorknob. If the doorknob is hot to the touch, do not open the door, as dangerous flames may be on the other side. If this is the case, try to exit out of a window or wait for emergency personnel if you are unable to exit on your own. If possible, call 9-1-1 immediately. Do not wait on someone from Snyder Village to make the phone call.

Apartment Residents: The apartments are also equipped with smoke alarms that will sound at the Nurses Station when activated. When an alarm is activated, an overhead siren will sound and a light outside your apartment door will turn on. At this time, all double fire doors will automatically close. When you hear the overhead siren, first check the door for heat. If the door feels cool to the touch, go out into the hall. If smoke is present, evacuate the building through the nearest exit. If you are able, call 9-1-1 to alert the fire department. Someone from the Snyder Village staff will respond.

In Case of Tornado/Extreme Weather

Cottage Residents: If a severe weather advisory is announced and you have time, put on your shoes, glasses, and put in your dentures. Grab any medications you may need and your purse or wallet. If a tornado is approaching, go as quickly as possible to the hallway or bathroom. If possible, get inside the bathtub or shower, kneel down and cover yourself with a mattress or blanket to protect yourself from any debris. If your cottage is damaged following a storm and you are able, get out of the cottage as soon as possible. Phones and cell phones may not work. If you are trapped, emergency personnel will respond to you as quickly as possible.

Apartment Residents: If a tornado is approaching, please go to your bathroom as quickly as possible. If you are able, get into your shower and cover yourself with a blanket or mattress to protect yourself from debris. Another option is to sit on the toilet and cover yourself.

In Case of an Active Shooter

The best suggestion in an active shooter event is to know your surroundings. Pay attention to where the nearest emergency exits are when you enter a building. There are three things you can do in the event of an active shooter: **RUN, HIDE, or FIGHT.**

If you are able, **RUN** out of the area of the active shooter. Leave your personal belongings and exit the area with your hands up so First Responders will not mistake you for the shooter. When you are safe, call 9-1-1 to report the situation.

If you are unable to run, **HIDE** in the best place you can find. Lock or barricade any doors that you can. Turn out the lights, silence and turn off the vibrate mode on your cell phone, and wait for help.

If all else fails, find whatever you can to **FIGHT** the shooter. It could be anything that is available to you - a fire extinguisher, a pot of hot coffee, or a cane or walker.

In Case of a Power Outage

The Health Center, apartments, SV Center, and the Assisted Living facility all are backed up by a generator. We have enough fuel to power everything for at least 36 hours. Most cottages are not backed up with generator power. In the event of a long power outage, cottage residents are welcome to come to the SV Center where they will be offered a comfortable environment until power is restored. Snyder Village will do everything possible to accommodate all of your needs during this time.

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Build a Kit

It is wise to prepare some critical items in case you are unable to leave your cottage or apartment for an extended amount of time. Having supplies of food, water, and medicine that you can take with you in the event of an evacuation will also help you be prepared.

- Assemble enough supplies to last for at least three days.
- Store your supplies in one or more easy-to-carry containers such as a backpack or duffel bag.
- Be sure your bag has an ID tag.
- Label any equipment, such as wheelchairs, walkers or canes, or oxygen tanks with your name, address, and phone number.
- Keeping your kit up-to-date is important. Review contents regularly and check expiration dates.

Kit Supplies

- Water - One gallon per person, per day (3-day supply recommended)
- Non-perishable food such as canned food or protein bars
- Flashlight with extra batteries (do not use candles)
- Emergency weather radio
- First aid kit with medications (7-day supply)
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and basic medical information, birth certificates, insurance policies, etc.)
- Cell phone and charger
- Emergency contact info
- Extra pair of glasses and hearing aides with batteries



Be Informed

Community Warning System

Residents are encouraged to use a battery-powered weather radio to stay abreast of any dangerous weather activity. Residents should also listen for community tornado sirens.

If Disaster Strikes

Remain calm and put your emergency plan into action.

Check for damage in your residence: Use a flashlight (do not light matches, use candles, or turn on electrical switches); Check for fires and fire hazards; Smell for gas leaks

Remember to: Confine or secure your pets; Call your family contact; Check on your neighbors if able; Stay away from downed power lines

If necessary, Snyder Village will notify you of important information by using the phone-call system or an in-person visit.

Hopefully we will never experience any of these issues, but the more we communicate, the more prepared we will be in case of any kind of emergency. If you ever have any questions, please feel free to contact me.

Thank you,

Mike Brownfield

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