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## Important Local Emergency Operations Center Phone Numbers —

*The emergency telephone numbers and facilities listed in this calendar will only be activated in the event of an emergency at Seabrook Station or other event that threatens public safety.*

The NH Department of Safety, Division of Homeland Security and Emergency Management is prepared to help you in an emergency. If you are disabled or need assistance, first call your local Emergency Operations Center (EOC). In an emergency, these lines are for people in need of help.

Brentwood.....	642-8132
East Kingston.....	642-3141
Exeter.....	772-3843

## An Emergency Plan for You and Your Family's Protection

**If you hear a steady three to five minute siren tone, tune to the Emergency Alert System radio station – WOKQ 97.5 FM – for important information.**

This calendar explains emergency planning for the area around the Seabrook Station Nuclear Power Plant in Seabrook, New Hampshire and what to do in case of an emergency. Please take the time to carefully read the information in this calendar and keep it in a safe and handy place.

An emergency plan has been written for your community to protect you in the event of an incident at Seabrook Station. This calendar provides vital information for the safety and protection of you and your family.

If you will require individualized assistance during an emergency, please fill out the Emergency Assistance Card on the back cover of this calendar and return it. The information you provide will be used to ensure emergency personnel take the necessary actions to meet your needs.

### For Information During an Emergency

The NH Department of Safety, Division of Homeland Security and Emergency Management has an information line. If you have questions during an emergency call:

**(800) 458-2407 (voice only)**

**Relay New Hampshire (TDD/TTY) (800) 735-2964**

Or visit ReadyNH at [www.readynh.gov](http://www.readynh.gov)

Follow Seabrook Station on Twitter at [www.twitter.com/SeabrookNPP](http://www.twitter.com/SeabrookNPP). This feed will be used to share information on a regular basis, as well as in the unlikely event of an emergency.

### Non-Emergency Phone Numbers

If you have any questions during a non-emergency, call The NH Department of Safety, Division of Homeland Security and Emergency Management:

**(800) 852-3792 (voice only)**

**Relay New Hampshire (TDD/TTY) (800) 735-2964**

Or visit ReadyNH at [www.readynh.gov](http://www.readynh.gov)

Call the Seabrook Station Information Hotline **(800) 774-4771** to hear a recording regarding the status of the plant.

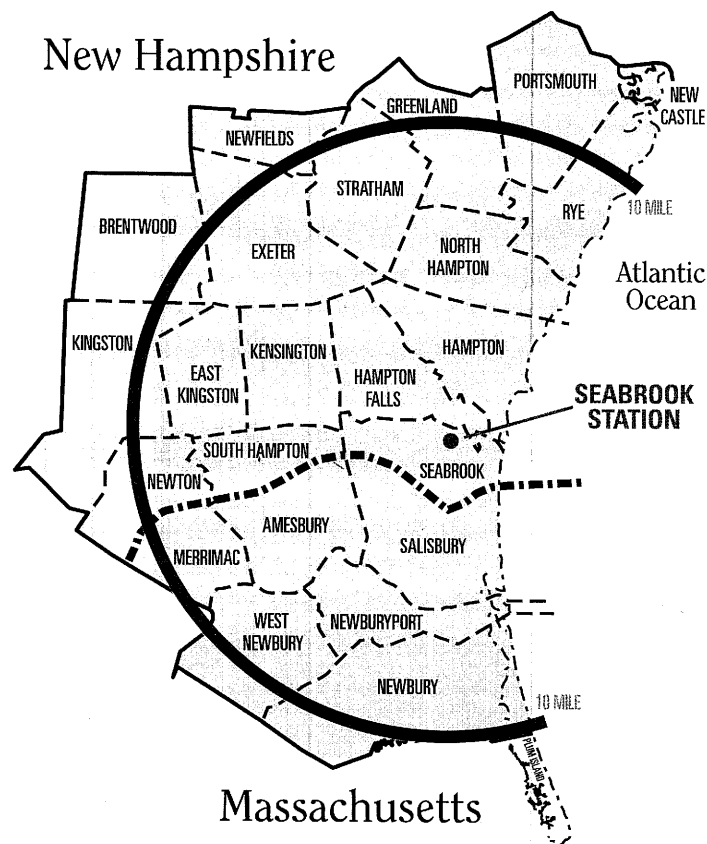
Greenland.....	431-7111
Hampton .....	926-3316
Hampton Falls .....	929-4611
Kensington.....	772-1047
Kingston.....	642-3626
New Castle.....	436-1132
Newfields .....	778-0311
Newton .....	382-1610
North Hampton .....	964-7248
Portsmouth.....	427-1580

Rye .....	964-5896
Seabrook.....	474-5772
South Hampton.....	394-0243
Stratham.....	772-5936

If you cannot reach your local EOC, call The NH Department of Safety, Division of Homeland Security and Emergency Management: (800) 852-3792 (voice only); Relay New Hampshire (TDD/TTY) (800) 735-2964.

# The Emergency Planning Zone (EPZ)

The EPZ is the 10-mile zone surrounding a nuclear power plant for which detailed planning is required to assure that prompt and effective actions can be taken to protect the public in the event of a radiological emergency. In a particular emergency, protective actions may be restricted to a small part of the EPZ, so it is not likely that everyone will need to take the same action. State public health and safety officials will continually review the situation and decide the best actions to protect you. **In case of an emergency, listen to the Emergency Alert System radio station WOKQ 97.5 FM for instructions.**



# How You Will Be Alerted of an Emergency

## Sirens and the Emergency Alert System (EAS)

The Emergency Alert System will provide you with official information in case of tornadoes, floods, earthquakes, acts of terrorism, nuclear power incidents, or other emergencies.

Emergency sirens will sound in your community in the event of a nuclear emergency. **The sirens will make a steady three to five minute siren tone.** If you hear a siren, go inside your home or a nearby building. Tune to the Emergency Alert System station WOKQ 97.5 FM. This station will broadcast an emergency message that will provide you with any actions you should take. Staying tuned to the radio might be all you will need to do. You may be told to take different actions if emergency conditions change.

Boaters in the area will be alerted by the US Coast Guard. **Channels 16 and 22 on marine radio will also give boaters information.**

The sirens will also be able to broadcast special emergency messages to alert people at the beaches.

## Unintentional Siren Activation

If the sirens are sounded unintentionally, you will be notified via a regular news broadcast. EAS tones and messages will only be used in the event of an actual emergency.

# Event Classifications

When an emergency happens at a nuclear power plant, the event is put into one of four classes. You may hear these terms during emergency broadcast messages:

**Unusual Event** Events are in process or have occurred which indicate a potential degradation in the level of safety of the plant or indicate a security threat to facility protection has been initiated. No releases of radioactive material requiring offsite response or monitoring are expected unless further degradation of safety systems occurs.

**Alert** Events are in process or have occurred which involve an actual or potential substantial degradation in the level of safety of the plant or a security event that involves probable life-threatening risk to site personnel or damage to site equipment because of Hostile Action. Any releases are expected to be limited to small fractions of the US Environmental Protection Agency Protective Action Guideline exposure levels.

**Site Area Emergency** Events are in process or have occurred that involve actual or likely major failures in plant functions needed for protection of the public or Hostile Action that results in intentional damage or malicious acts: (1) toward site personnel or equipment that could lead to the likely failure of or (2) prevent effective access to equipment needed for the protection of the public. Any releases are not expected to result in exposure levels which exceed the EPA Protective Action Guideline exposure levels beyond the site boundary.

**General Emergency** Events are in process or have occurred which involve actual or imminent substantial core degradation or melting with potential for loss of containment integrity or Hostile Action that result in an actual loss of physical control of the facility. Releases can be reasonably expected to exceed EPA Protective Action Guideline exposure levels offsite for more than the immediate site area.

# Emergency Plan for Your Family

For additional emergency preparedness information visit [www.readynh.gov](http://www.readynh.gov).

## How to Shelter-In-Place

### For a Radiological Release Event:

The protective action of shelter-in-place will likely be given as a precaution if a situation at Seabrook Station escalates into an emergency. Shelter-in-place is the quickest and easiest way to protect your family. The points below are important things to remember if you are asked to shelter-in-place.

- Go inside until you are told that you can leave.
- Monitor the EAS station, WOKQ 97.5 FM.
- Close all doors and windows leading outside.
- Turn off all fans, air conditioners, and other sources of outside air.
- Avoid use of furnaces and fireplaces.
- Keep pets inside.
- Do not use the telephone except for emergencies.
- If you are not at home, take the best available shelter.
- If you are in your car, close the windows and turn the air to recirculate.
- If shelter-in-place is recommended during school hours, children will be sheltered at the school and cared for by school personnel.

### For a Hostile Action Event:

In the event of a Hostile Action at Seabrook Station, shelter-in-place involves staying inside and staying off the roads until you are told it is safe to leave. While law enforcement are addressing the situation and securing the area, it is vital that all civilians stay out of harm's way.

## If You Are Advised to Evacuate

In an emergency, you might be advised to evacuate the area. You should follow the instructions given on the EAS station. If you are at work outside the evacuation area but live inside it, you may be able to go home first to pick up family members and get things you need.

Do not try to take all of your belongings with you; take what you will need. You could be away from home for a few hours to a few days. Take these things, if you can:

- This calendar.
- Extra clothing and personal items for each person staying at a public mass care shelter: toiletries (soap, toothbrush, toothpaste), blankets, pillows, and towels.
- Medical supplies and equipment (first aid kit, medicine, prescriptions, and insurance card).
- Checkbook, credit card and cash, driver's license or identification.
- Lock all of the doors and windows in your house.

Note: Alcoholic drinks and recreational drugs are not allowed at reception centers or mass care shelters.

## How to Travel

- Keep the radio tuned to the EAS station, WOKQ 97.5 FM.
- Drive out of the area along one of the routes described on pages 34-35. Other routes may be suggested on the radio because of conditions at the time. Follow the EAS instructions.

## Where to Go

- Be monitored for the presence of radioactive contamination and have any such contamination removed.
- Get general information on the emergency.
- Register as an evacuee.

- Leave messages for family members.
- Be referred to a public mass care shelter if you need a place to stay.

## Reception Center Assignments

<b>Brentwood</b>	<b>Memorial High School, 1 Crusader Way Via South Porter Street, Manchester</b>
<b>East Kingston</b>	
<b>Exeter</b>	
<b>Hampton Beach</b>	
<b>Kensington</b>	
<b>Kingston</b>	
<b>Newfields</b>	
<b>Newton</b>	
<b>Seabrook</b>	
<b>South Hampton</b>	
<b>Stratham</b>	

<b>Greenland</b>	<b>Dover Middle School, 16 Daley Drive (off Route 108), Dover</b>
<b>Hampton</b>	
<b>Hampton Falls</b>	
<b>New Castle</b>	
<b>North Hampton</b>	
<b>Rye</b>	

<b>Portsmouth</b>	<b>Rochester Middle School, 47 Brock Street, Rochester</b>
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# Considerations for Evacuation

## If You Have Children in School or Child Care

As with other emergencies, most schools in the EPZ will be conducting an early release of students. If for some reason evacuation of a community is ordered and conducted before children can be reunited with their families, transportation to the identified reception center for the town will be arranged with the school.

**See page 55  
of this calendar  
for a quick reference  
guide to fill out to  
prepare your family  
for emergencies.**

**REMEMBER**  
stay tuned to the  
**EMERGENCY ALERT  
SYSTEM**  
station  
**WOKQ 97.5 FM**  
for latest information.

## If You Have Individualized Needs

- **Good Neighbor Assistance:** If your neighbors, relatives or co-workers might need help evacuating, please check on them. Do not use the telephone unless it is the only practical way to check.  
If they need help you cannot give, call your local EOC listed on page 2.
- **Patients in Hospitals and Nursing Homes:** There are emergency plans in place to protect patients in hospitals and nursing homes in the EPZ. Further information can be provided by the individual hospitals and nursing homes. Contact them prior to an incident to learn about their emergency plans.
- **People in Need of Transportation:** Buses will take people who do not have transportation to the reception center for their city or town. Information on bus routes is on pages 34-52 of this calendar.
- **People with Disabilities and Access/Functional Needs:** People with disabilities and access/functional needs who have sent in the Emergency Assistance Card to the NH Department of Safety, Division of

Homeland Security and Emergency Management this year will be notified by local emergency workers. Anyone who has not sent in the card requesting assistance should call their local EOC for help (See page 2 for phone numbers).

If you have a disability or access/functional need, please fill out and return the Emergency Access Card found on the last page of this calendar **each year** even if none of your information has changed. The information will be kept confidential and used for emergency planning only.

- **People at Beaches:** In an emergency, State and local beaches could be closed. People at the beach 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 are needed by the general public. Sirens will alert people at the beaches about the emergency procedures they should follow. Once in a safe place, people should tune into the EAS Station.

## Plan in Advance to Evacuate Your Pets

If you go, they go. Do not leave your pets behind. It is possible that only service animals will be allowed inside the reception center. Pet owners should be aware in advance of places outside of the emergency planning zone that will accept pets. There may be shelters available for household pets.

Prepare an emergency kit for your household pets: collar, leash, 3-day supply of food, bowls, litter boxes, current photos, and one-week supply of necessary medications for your pet. Proof of current rabies vaccination will be required for admission to any shelter. Use a pet carrier for each pet to make transport easier.

*NH RSA 167-D:1: "Service animal" means any dog individually trained to do work or perform tasks for the benefit of an individual with a disability, including a physical, sensory, psychiatric, intellectual, or other mental disability. Other species of animals, whether wild or domestic, trained or untrained, are not service animals for purposes of this definition.*

Visit [www.readynh.gov](http://www.readynh.gov) for additional emergency preparedness information.

## Information for Farmers

Farmers, food processors and food distributors located within 50 miles of the Seabrook Station Nuclear Power Plant will have special considerations if there were an incident that caused a release of radiation. There is a fact sheet that gives information about actions for the protection of animals and crops in the event of such an accident at:

<http://www.readynh.gov/documents/farmers-info.pdf>

or you can call the New Hampshire Department of Agriculture, Markets, and Food at 603-271-3551.

**Do not use  
the phone  
or cell phone  
unless absolutely  
necessary.  
Leave the lines  
open for  
emergency  
personnel.**

## Plan Ahead

Everyone in your family should know what to do in an emergency. Go over the information in this calendar together. Decide who will pick up children at their school or child care, where to meet if you are apart in an emergency, and so on. Be sure children know what to do if they are alone and an emergency occurs. Talk with your friends and neighbors so you can help each other if necessary.

As in other emergencies, it is a good idea to keep some things handy in case of emergency: portable radio, flashlight and extra batteries; important papers; medicines and first-aid items; extra supplies for babies and pets; bottled water; non-perishable foods; cash; and a cell phone. Keep your car in good running order with your gas tank at least half full.

- Prepare an emergency plan now, just as you have a family plan for what to do if there is a fire in your home.
- Read the information in this calendar carefully with your family. It has been prepared to help you respond if there is an emergency at Seabrook Station as well as other emergencies.
- Locate the designated evacuation route listed for your community.
- If you think transportation may be a problem during an evacuation, check with neighbors to see if you can carpool. As a backup, check the Important Emergency Operations Center Phone Numbers listed for your community on page 2 of this calendar.

- Plan now to stay with a friend or relative outside the emergency planning zone if an evacuation is recommended. If that is not possible, go to your designated reception center to make other arrangements. This calendar contains a map with directions to your reception center.
- If you don't already know, call your child's school for information regarding early release or emergency procedures they have in place. Plan for where your children will go during an early release if you cannot be home to meet them.
- Be sure you know what reception center your children will go to if evacuation of the community is ordered and conducted before children can be reunited with their families.
- Keep an extra set of car keys handy.

Websites for additional information:

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

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

**Sign up for Seabrook Station EPZ Alerts at:**  
**<https://public.coderedweb.com/cne/bf065f487535>**





# About Potassium Iodide (KI)

## What is potassium iodide?

Potassium iodide is a chemical compound that contains iodine, a chemical necessary for the normal functioning of the thyroid gland. It is known by its chemical symbol, KI. It is manufactured in pill form to be used to prevent the thyroid gland from absorbing a radioactive form of iodine that might be released during an incident at a nuclear power plant. It is intended to protect against thyroid cancer.

## How does it work?

KI protects the thyroid gland by satisfying its requirement for iodine. If someone were then exposed to radioactive iodine after taking KI, the radioactive iodine will not be absorbed by the gland. KI has no effect on the radiation itself. It does not provide protection for other parts of the body.

## Who can take KI?

Most people can take KI without side effects. But it is a drug, and you should consult your doctor before taking any medication. A small number of people could have side effects. Anyone who is allergic to iodine should not take it.

## Where can I get KI?

KI is available free of charge from the State of New Hampshire to everyone who lives or works within the 10-mile Emergency Planning Zone around Seabrook Station. Instructions for ordering KI for yourself and your family can be found on the last two pages of this calendar. It may also be purchased over-the-counter in some pharmacies or ordered by telephone, mail or via the Internet. Please see the KI Application Form at the back of this calendar to learn more about obtaining KI for you and your family.

## How will I know when to take it?

To be effective, KI should be taken immediately before or within a few hours after exposure to radiation.

## What will happen if I take KI without direction from emergency officials?

It is very unlikely that you will suffer any ill effects if you take KI without direction from emergency officials.

## Should I have KI for my children?

Yes. Children are more susceptible to thyroid cancer than adults because they are growing rapidly. Doses should be given according to the child's weight or age, if possible. The pills can be cut with a sharp knife, and young children should receive their dose in milk, water, applesauce or pudding. See instructions provided with your KI for more details.

## Where should I store KI?

Like any other medication, KI should be stored at room temperature away from moisture. It should also be kept in an accessible location so you can remember where it is and get to it in case of emergency.

## Who assumes legal responsibility of use of KI?

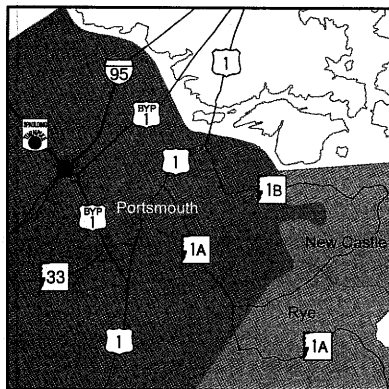
You do.

The use of KI is voluntary. No one is required to accept it or use it. If you choose to accept KI from the State distribution program, you will be required to sign an informed consent form on which you state that you understand its use and potential risks.

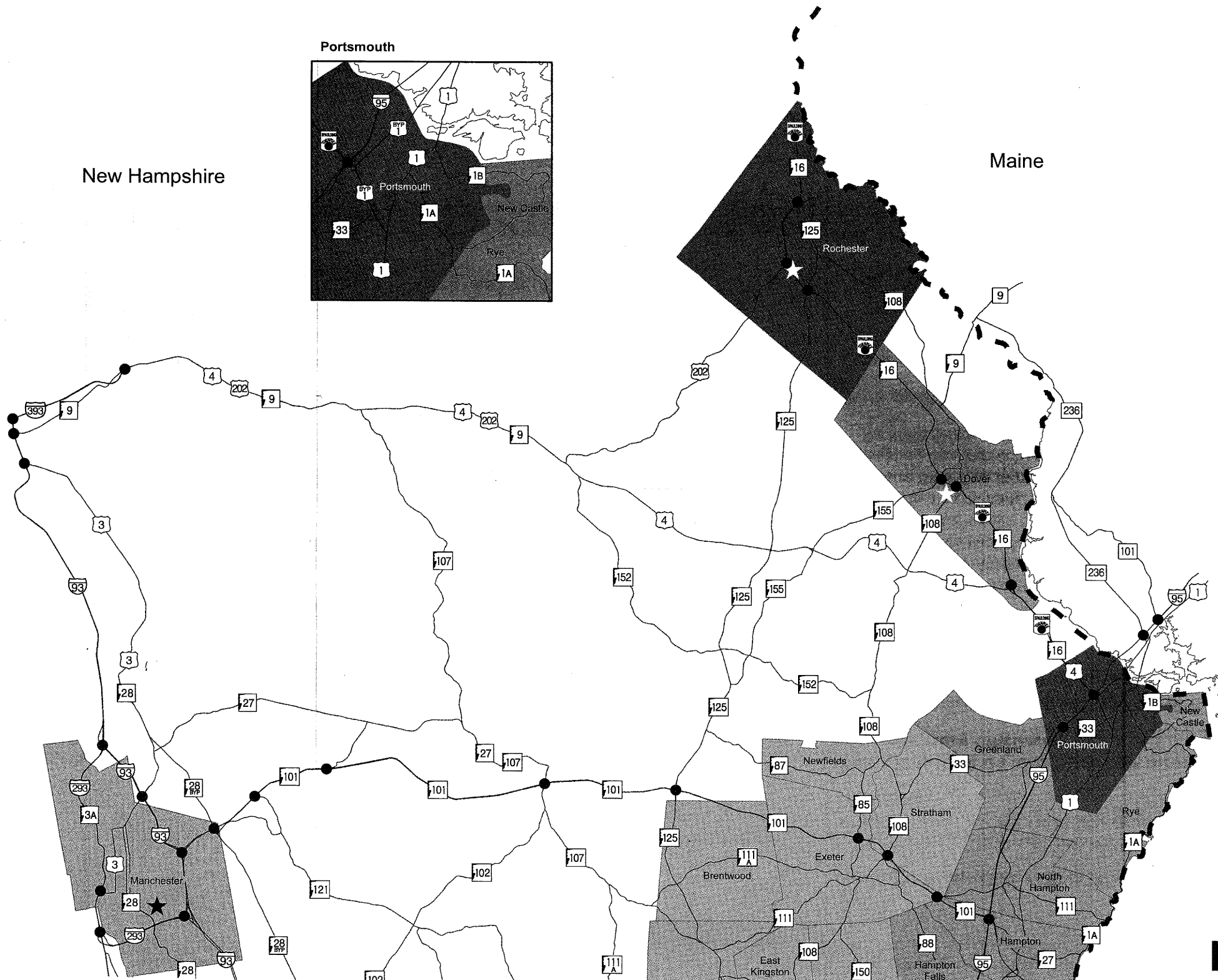
**To obtain  
potassium iodide  
(KI) for you and  
your family,  
please see the  
Application Form  
at the back of  
this calendar.**

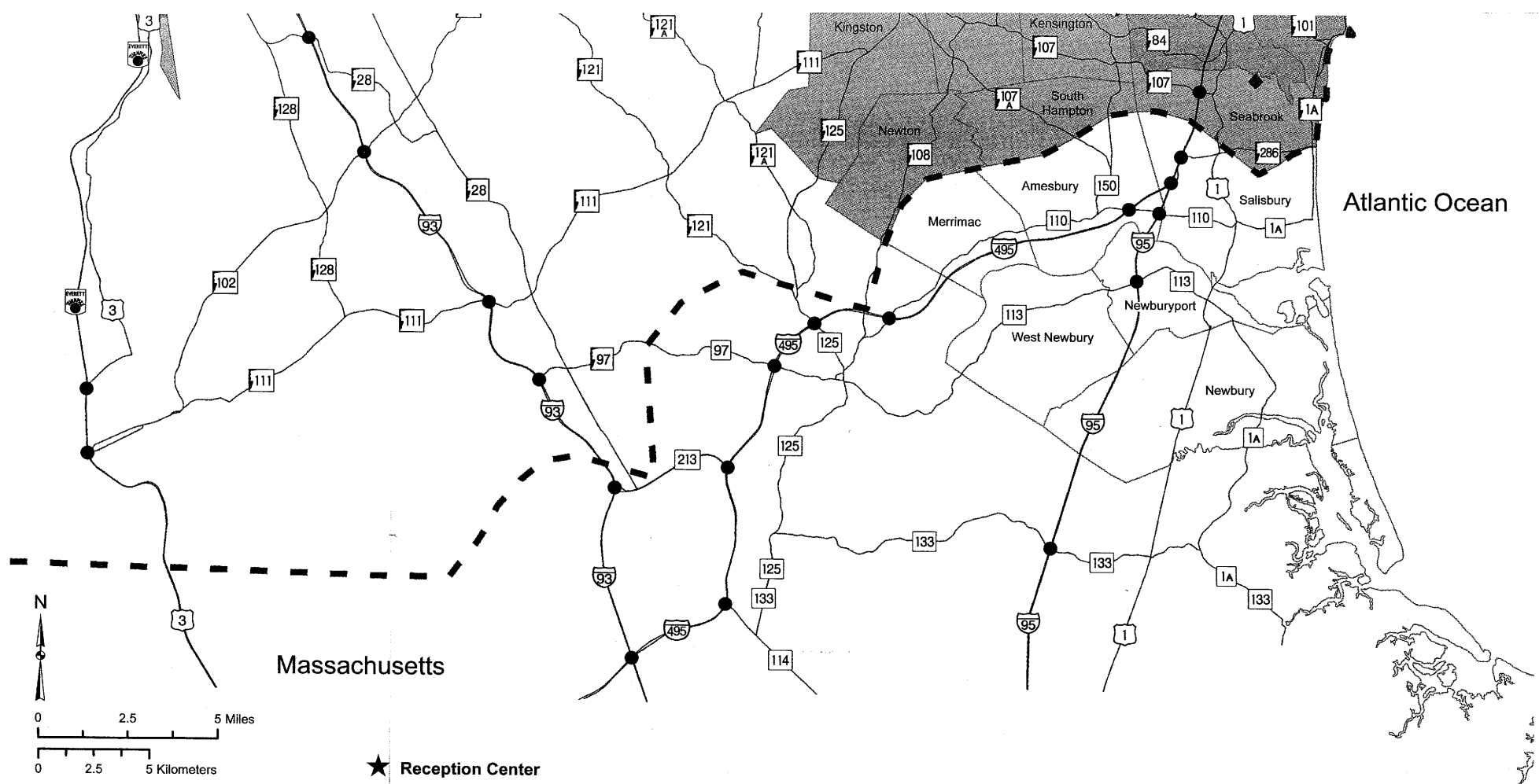
New Hampshire

Portsmouth

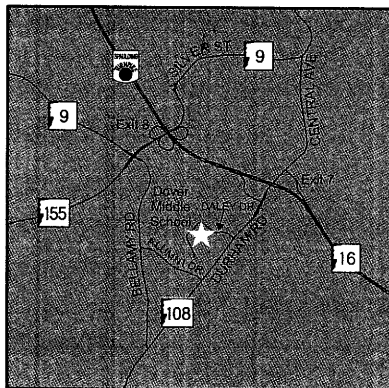


Maine

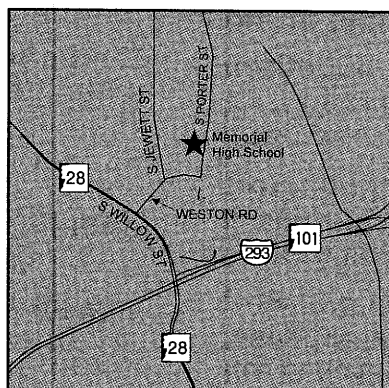




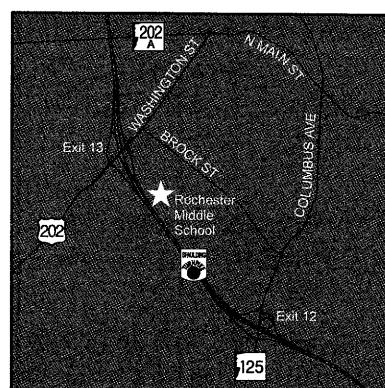
### Reception Centers



Dover



Manchester



Rochester

*In the map above, your community and the city where your reception center is located are the same color.*

Brentwood
East Kingston
Exeter
Hampton Beach
Kensington
Kingston
Newfields
Newton
Seabrook
South Hampton
Stratham

Greenland
Hampton
Hampton Falls
New Castle
North Hampton
Rye

Dover  
Middle School  
16 Daley Dr.  
(off NH RT. 108)  
Dover

Portsmouth
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# Evacuation Routes

## Brentwood

- North Rd. West to Rte. 125 North to Rte. 101 West to Manchester.
- **Or**, South Rd. or Rte. 111A West to Rte. 107 North to Rte. 101 West to Manchester.

## East Kingston

- Rte. 107 North to Rte. 125 South to Rte. 111 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester

## Exeter

- **North:** Rte. 108 North (Portsmouth Ave.) to Rte. 152 West to US Rte. 4 West to I-393 to I-93 South to Exit 1/South Willow St. (Rte. 28) in Manchester.
- **Or**, Rte. 85 North (Newfields Rd.) to Rte. 87 West to Rte. 125 North to Rte. 152 West. Then US Rte. 4 West to I-393 to I-93 South to I-293 South to Exit 1/South Willow St. (Rte. 28) in Manchester.
- **South:** Rte. 111 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.
- **Or**, Rte. 108 South to Rte. 107 North to Rte. 111 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.
- **West:** Rte. 111A West to Rte. 107 North to Rte. 101 West to Manchester.

## Greenland

- Rte. 33 East to I-95 North. Exit I-95 at Spaulding Tpk. (Rte. 16) North to Rte. 108 South (Exit 7) in Dover.

## Hampton

- **Hampton Beach (residents) and North Beach:** Rte. 1A North to Rte. 27 West to Rte. 101 West to I-95 North. Exit I-95 at Spaulding Tpk. (Rte. 16) North or stay on I-95 to Maine.
- Hampton Beach (residents) and North Beach: If using Spaulding Tpk. (Rte. 16), take Tpk. North to Rte. 108 South (Exit 7) in Dover.
- If staying on I-95, go to Maine Rte. 236 North to Rte. 9 West to West High St. (right at light/sign for Rochester) to Rte. 108 South to Dover.
- **Or**, Rte. 1A North to Rte. 111 West, across US Rte. 1, to Rte. 151 North to Rte. 33 East to I-95 North. Exit I-95 at Spaulding Tpk. (Rte. 16) North or stay on I-95 to Maine.
- If using Spaulding Tpk. (Rte. 16), take Tpk. North to Rte. 108 South (Exit 7) in Dover.
- If staying on I-95, go to Maine Rte. 236 North to Rte. 9 West to West High St. (right at light/sign for Rochester) to Rte. 108 South to Dover.

## Hampton Beach (visitors only):

- Rte. 1A North (Ocean Blvd.), left on Highland Ave., to Rte. 101 West to Manchester.
- **Or**, Rte. 1A North to Rte. 27 West to I-95 North to US Rte. 4 West to I-393 to I-93 South to I-293 South to Exit 1/South Willow St. (Rte. 28) in Manchester.
- **Or**, Rte. 1A North to Rte. 111 West to Rte. 151 North to Rte. 33 East to I-95 North. Then Rte. 4 West to I-393 to I-93 South to I-293 South to Exit 1/South Willow St. (Rte. 28) in Manchester.
- **Or**, Rte. 1A North to South Rd. West to West Rd. Go north on West Rd. to Washington Rd. West to US Rte. 1 North to Rte. 1 Bypass to Portsmouth traffic circle to US Rte. 4 West. Then I-393 to I-93 South to I-293 South to Exit 1/South Willow St. (Rte. 28) in Manchester.

- **Or**, Rte. 1A North to Washington Rd. to Lang Rd. North to US Rte. 1 North to Rte. 1 Bypass to Portsmouth traffic circle to US Rte. 4 West. Then I-393 to I-93 South to I-293 South to Exit 1/South Willow St. (Rte. 28) in Manchester.

## Inland Hampton:

- East of I-95: Rte. 27 West to Rte. 101 West to I-95 North. Exit I-95 at Spaulding Tpk. (Rte. 16) North or stay on I-95 to Maine.
- If using Spaulding Tpk. (Rte. 16), take Tpk. North to Rte. 108 South (Exit 7) in Dover.
- If staying on I-95, go to Maine Rte. 236 North to Rte. 9 West to West High St. (right at light/sign for Rochester) to Rte. 108 South to Dover.
- **Or**, US Rte. 1 North to Rte. 1 Bypass to Portsmouth traffic circle to Spaulding Tpk. (Rte. 16), take Tpk. North to Rte. 108 South (Exit 7) in Dover.
- **Or**, US Rte. 1 North to Breakfast Hill Rd. West to Rte. 151 North to Rte. 33 East to I-95 North. Exit I-95 at Spaulding Tpk. (Rte. 16) North or stay on I-95 to Maine.
- If using Spaulding Tpk. (Rte. 16), take Tpk. North to Rte. 108 South (Exit 7) in Dover.
- If staying on I-95, go to Maine Rte. 236 North to Rte. 9 West to West High St. (right at light/sign for Rochester) to Rte. 108 South to Dover.
- West of I-95: Rte. 27 West to Rte. 108 North (Portsmouth Ave.) to Dover.

## Hampton Falls

- Rte. 84 West to Rte. 150 North to Rte. 108 North through Exeter (right on High St., left on Portsmouth Ave.) to Dover.
- **Or**, Rte. 88 West via Holland Way to Route 108 North (Portsmouth Ave.) to Dover.

## Kensington

- **North:** Rte. 150 North to Rte. 108 South to Rte. 107 North to Rte. 111 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.
- **South:** Rte. 107 North to Rte. 125 South to Rte. 111 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.

## Kingston

- Rte. 111 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.

## New Castle

- Take Rte. 1B east to Portsmouth. Turn RIGHT on Marcy St. Turn LEFT on Pleasant St. Turn LEFT on Congress St. Turn RIGHT on Maplewood Ave. Turn LEFT on Cutts St. Turn RIGHT onto ramp for Route 1-Bypass (South/West). At the traffic circle, take the FIRST exit (SR 16, Spaulding Tpk.). Exit Spaulding Tpk. at Exit 7 (Route 108 South), Dover.

## Newfields

- Rte. 87 West to Rte. 125 North to Rte. 152 West to US Rte. 4 West to I-393 to I-93 South to I-293 South to Exit 1/South Willow St. (Rte. 28) in Manchester.

## Newton

- Rte. 108 South to Rte. 110 East to I-495 South. Then Rte. 213 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.

## North Hampton

- East of US Rte. 1: Rte. 111 West (Atlantic Ave.), across US Rte. 1 to Rte. 151 North to Rte. 33 East to I-95 North to Spaulding Tpk. (Rte. 16) North to Rte. 108 South (Exit 7) in Dover.
- **Or,** Mill Rd. North to Washington Rd. West to US Rte. 1 North. Then Rte. 1 Bypass to Portsmouth traffic circle to Spaulding Tpk. (Rte. 16) North to Rte. 108 South (Exit 7) in Dover.

- West of US Rte. 1: Rte. 151 North to Rte. 33 East to I-95 North to Spaulding Tpk. (Rte. 16) North to Rte. 108 South (Exit 7) in Dover.

## Portsmouth

- **South:** US Rte. 1 North to Rte. 1 Bypass to Portsmouth traffic circle to Spaulding Tpk. (Rte. 16) North to Rochester (Exit 12) to Rte. 125 North to Brock St. (left turn at 1st traffic light).
- **East:** Take Middle Street (US 1) South. Turn RIGHT on Greenleaf Ave. Turn RIGHT on Route 1-Bypass. At the traffic circle, take the SECOND exit Spaulding Tpk. (Rt. 16). Exit Spaulding Tpk. at Exit 12 (Route 125 North) to Brock Street (left at first light).
- **West:** Woodbury Ave. North. Left at shopping mall light to stay on Woodbury, to Spaulding Tpk. (Rte. 16) North to Rochester (Exit 12) to Rte. 125 North to Brock St. (left turn at 1st traffic light).

## Rye

- **North of Rye Harbor State Park:** Rte. 1A North (Sagamore Rd. in Portsmouth to Miller Ave.) to Middle St. (US Rte. 1 North), which becomes Maplewood Ave., to Woodbury Ave. North. Left at shopping mall light to stay on Woodbury, to Spaulding Tpk. (Rte. 16) North to Rte. 108 South (Exit 7) in Dover.
- **South of Park:** Grove Rd. West to Washington Rd. West (left at fork) to US Rte. 1 North to Rte. 1 Bypass to Portsmouth traffic circle to Spaulding Tpk. (Rte. 16) North to Rte. 108 South (Exit 7) in Dover.

## Seabrook

- **Beach:** Rte. 286 West to Forest St. to I-95 South to I-495 South. Then Rte. 213 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.
- **Inland:** Rte. 107 (New Zealand Rd.) to I-95 South to I-495 South. Then Rte. 213 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.

## South Hampton

- Hilldale Ave. West or Rte. 107A North, to Rte. 108 South to Rte. 110 East to I-495 South. Then Rte. 213 West to I-93 North to I-293 North to Exit 1/South Willow St. (Rte. 28) in Manchester.

## Stratham

- Rte. 108 North to US Rte. 4 West to I-393 to I-93 South to I-293 South to Exit 1/South Willow St. (Rte. 28) in Manchester.
- **Or,** Rte. 108 North to Rte. 152 West to US Rte. 4 West to I-393 to I-93 South to I-293 South to Exit 1/South Willow St. (Rte. 28) in Manchester.

## Emergency Buses

If you do not have your own transportation and need a ride, emergency buses will be available if evacuation is necessary for your community. The bus will take you to the reception center.

In most communities, buses will pick up riders along designated routes. The EAS radio station will tell you when buses will start running in your community. Announcements will be made when buses are about to stop running in each community.

If you think you missed the last bus, you can call the local Emergency Operations Center for your community (see page 2 of this calendar). Turn to the bus route map for your community on the following pages. Mark the map where you catch the bus. Make sure everyone in your family knows where they can catch the bus.

# Hampton Falls

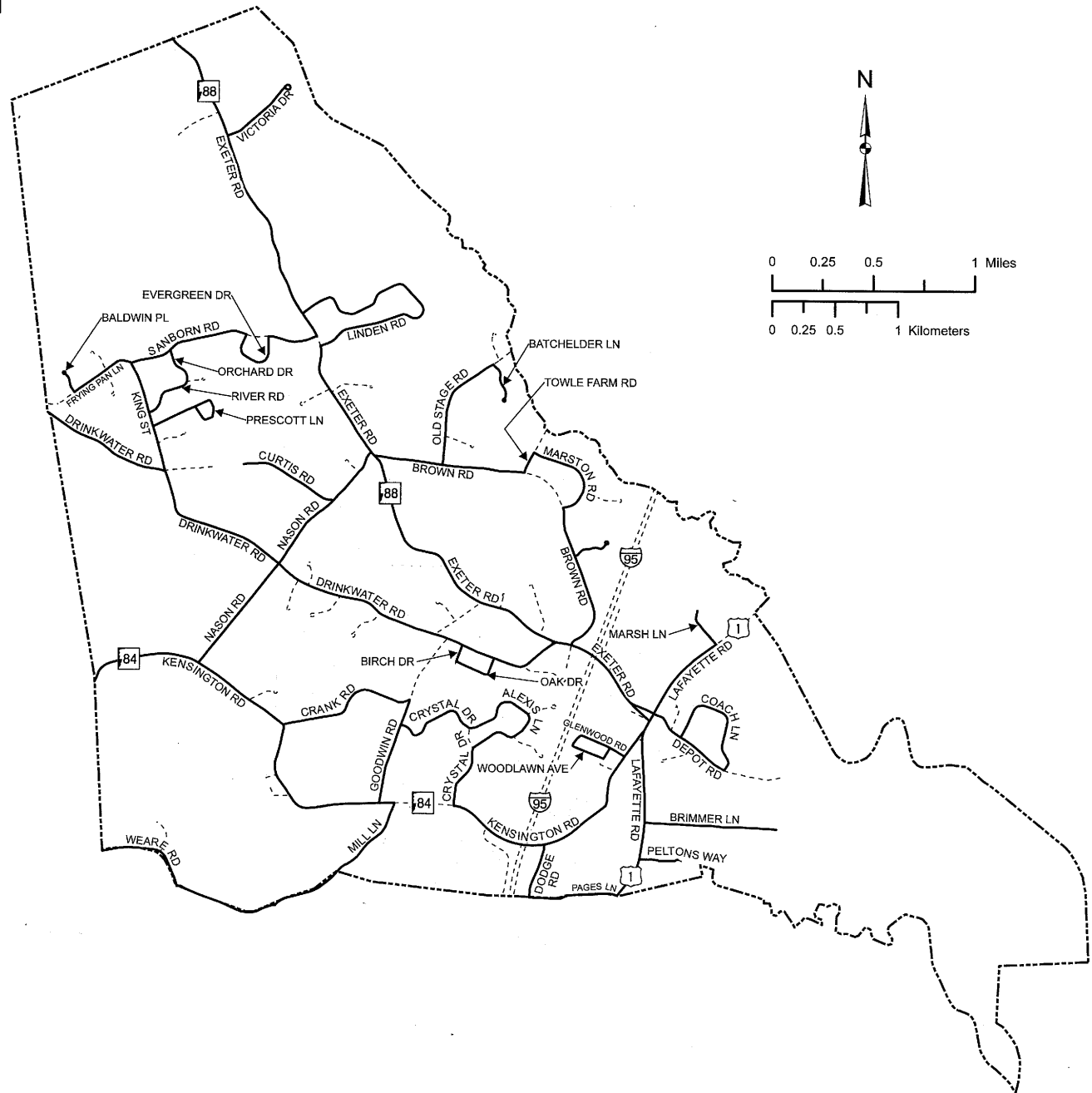
## Emergency Bus Information

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 in *Dover*.



## Security at Seabrook Station

***Nuclear power plants are the most secure industrial facilities in the United States. Since September 11, 2001, the nuclear energy industry has substantially enhanced security at nuclear plants. Security forces at nuclear plants have increased, security perimeters have been extended and fortified, new vehicle barriers have been added, additional high-tech surveillance equipment has been installed, and appropriate cyber-security measures have been put in place. In addition to these measures, the State of New Hampshire has established buffer zones around the plant to prevent boaters and others on the marshes from approaching too closely. The Federal Aviation Administration has issued rules to instruct pilots not to hover, circle or linger around sensitive installations, including nuclear power plants. The US Nuclear Regulatory Commission holds nuclear power plants to the highest security standards of any American industry.***

NextEra 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 works closely with local, state, and federal law enforcement officials ensuring the exchange of vital information and the ability to prepare for potential threats. Law enforcement agencies regularly participate in training exercises with the plant.

Every nuclear power plant in the country has a detailed plan for responding in the event of an emergency. 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 exercises with local, county, state, and federal agencies ensuring emergency preparedness. Both the State of New Hampshire and the Commonwealth of Massachusetts

administer comprehensive emergency plans through their emergency management agencies. In fact, the communities surrounding Seabrook Station benefit by having this established emergency plan in place as it could be utilized for any emergency conditions.

Working cooperatively with local, state and federal agencies, Seabrook Station's top priority is always the protection of public health and safety.

# About Seabrook Station and Radiation

**Q. What is radiation and where does it come from?**

**A.** Radiation is a natural part of our environment. It is in the air we breathe, the food we eat, the soil, our homes, sunshine, and even our bodies; this makes up background radiation. People are also exposed to radiation through medical and dental x-rays and appliances such as color television sets. See the chart below for the average yearly amount of some types of radiation the general public is exposed to. 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 US has a series of barriers to keep radiation inside the plant. Seabrook's containment building - a double containment - is one of the strongest in the US. This is because it has two steel-and-concrete domes with five feet of airspace in between, the inner layer being four and one-half feet thick and the outer being 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 jet or an earthquake right under the building.

**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 as it doesn't contain the type of fuel in the amount needed to make atomic bombs.

**Q. What if there was a major incident at Seabrook Station?**

**A.** In the event that all the safeguards failed, radiation could be released. The emergency plan described in this calendar will be put into action to protect you.

**Q. Will 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, leading the present recommendation for radiation safety to be to avoid unnecessary radiation exposure. Although most evidence shows that radiation doses in low levels do not cause observable health effects, it can increase the chance of health problems later in life. Shelter-in-place and evacuation recommendations will be used appropriately to protect you and your family with an ample margin of safety. Be sure to follow the instructions in this calendar and information provided on the Emergency Alert System.

**In an emergency,  
turn to the  
Emergency Alert System  
radio station:  
*97.5 FM***

**Sign up for Seabrook Station EPZ Alerts at:  
<https://public.coderedweb.com/cne/bf065f487535>**

<b>Sources and Amounts of Radiation</b> <i>(average amounts in millirem)</i>	
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 on such factors as how well a house is ventilated.	



# Family Preparedness Plan

Use this form to plan how your family will respond in the event of an emergency at Seabrook Station. Most of this information will also be useful for natural disaster preparedness. This form can be torn out and used as a quick reference guide for your family in the event of an emergency.

For more preparedness tips visit: [www.readynh.gov](http://www.readynh.gov).

## Evacuation Preparation

**Our community's Emergency Operations Center phone number is (see Page 2):**

*This number is only for emergency assistance.*

**The reception center for our community is at (see Pages 28, 32, and 33):** \_\_\_\_\_

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**The emergency contacts on file with our children's school(s) are:** \_\_\_\_\_

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**If I need transportation to the reception center I will call (see Pages 35 and 2):** \_\_\_\_\_

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**If we had to evacuate, our pets go to:** \_\_\_\_\_

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## **Things to Remember**

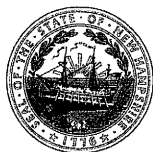
Refer to this list for quick tips from the calendar. It is not a substitute for the information in the calendar. Please read through the calendar for further explanation:

- **If you hear a steady three to five minute siren tone, tune to the Emergency Alert System radio station, WOKQ 97.5 FM, for important information.**
- Listen to the protective actions given on the EAS station and act accordingly.
- A cell phone, but only recommended to be used when absolutely necessary so lines can be open for emergencies.
- When sheltering in place:
  - Stay inside and keep all pets inside.
  - Close off all sources of outside air.
- When evacuating, bring with you:
  - This calendar.
  - Extra clothing and personal items for each person staying at a public mass care shelter: toiletries (soap, toothbrush, toothpaste), blankets, pillows, and towels.
  - Medical supplies and equipment (first aid kit, medicine, prescriptions, and insurance card).
  - Checkbook, credit card and cash, driver's license or identification.
- If you go, your pets go! Do not leave your pets behind.
- Lock all doors and windows before evacuating.
- Radiological screening and contamination removal is done at reception centers. Please see page 28 to find your community's assigned reception center.
- If you are a person with a disability or access/functional need, be sure to fill out the Emergency Assistance card on the back of this calendar annually and send it to NH Division of Homeland Security and Emergency Management.
- Stay tuned to the Emergency Alert System station WOKQ 97.5 FM throughout the emergency.

Please visit these websites for more information:

- [www.ready.gov](http://www.ready.gov)
- [www.readynh.gov](http://www.readynh.gov)
- Sign up for Seabrook Station EPZ Alerts at:  
<https://public.coderedweb.com/cne/bf065f487535>

# Potassium Iodide (KI)



## Application Form

The Nuclear Regulatory Commission has enabled each individual who lives or works in the Emergency Planning Zone (EPZ) surrounding the Seabrook Nuclear Station to receive one dose of potassium iodide (KI) from the State of New Hampshire to use in the event of a radiological emergency. Institutions and businesses in these areas may also request a supply of KI (see: Distribution Guidelines for Institutions Requesting Potassium Iodide).

Name of Individual/Institution \_\_\_\_\_

Physical Address \_\_\_\_\_

Mailing Address \_\_\_\_\_  
(Please provide, if different from physical address)

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone Number \_\_\_\_\_  
(Please provide extension number, if applicable)

- Number of adult doses of Potassium Iodide (130mg) requested for persons at this address: \_\_\_\_\_
- Number of pediatric doses of Potassium Iodide (65mg) requested for persons at this address: \_\_\_\_\_

By completing and submitting this application to receive potassium iodide tablets from the State of New Hampshire, I understand the following:

- ▼ The use of potassium iodide is voluntary. An individual is not required to accept it or use it.
- ▼ Potassium iodide is NOT a substitute for evacuation. Evacuation is the most effective protective action in the event of a radiological emergency.
- ▼ Potassium iodide protects only the thyroid gland from only radioactive iodine. In a radiological release, an individual would still be vulnerable to possible exposure to other forms of radiation.
- ▼ Children under 12-years of age are most at risk from the effects of radioactive iodines on the thyroid gland.
- ▼ Although KI is generally safe; it can cause health risks in persons with existing thyroid conditions and those allergic to iodine. Anyone considering using potassium iodide should consult with his/her health care provider.
- ▼ The undersigned assumes full liability for the distribution and/or use of potassium iodide and for replacing the tablets when they expire.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Mail This Form To: New Hampshire Department of Health and Human Services  
Division of Public Health Services  
Radiological Health Section  
29 Hazen Drive  
Concord, NH 03301-6504

More

## Other Sources OF KI

Potassium iodide is a non-prescription medication that can be ordered from some local pharmacies, as well as from a number of firms that sell KI directly over the Internet, including the following:

### ThyroSafe Tablets

*mfg by Recipharm Inc.*

<http://www.thyrosafe.com>

phone: 866-849-7672

### IOSAT Tablets

*mfg by Anbex, Inc.*

<http://www.anbex.com>

phone: 800-853-6535

NH DEPARTMENT of SAFETY  
DIVISION of HOMELAND SECURITY  
and EMERGENCY MANAGEMENT

33 Hazen Drive  
Concord, NH 03305



# ANNUAL EMERGENCY ASSISTANCE SURVEY

This survey is part of an annual program to identify persons who are unable to respond in their usual manner during an emergency. As indicated in the Emergency Public Information Calendar, you might be told to shelter-in-place or evacuate if there is an emergency at Seabrook Station or for other emergencies. The NH Department of Safety, Division of Homeland Security and Emergency Management, in conjunction with your local emergency management officials, will use the survey information on this form to provide specialized, individual emergency assistance to persons residing near Seabrook Station.

If you or someone you know needs individual help, it is important for you to let us know. Just fill in the information and return this form. If you have any questions concerning your need for individual help during an emergency or if you are concerned about someone you know who may need emergency help, call: NH Department of Safety, Division of Homeland Security and Emergency Management at 1 (800) 852-3792 (voice only) or 911 (TDD/TTY).

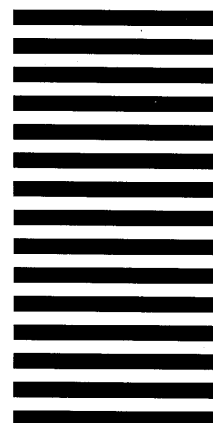
Remember, in an emergency, you will be better prepared if you know how to help yourself and others, as well as how to receive help from others. This survey is conducted ANNUALLY. If you have previously filled out a form, PLEASE DO SO AGAIN. This will ensure that we have up to date information on your need for help. Thank you.

**THIS INFORMATION IS FOR OFFICIAL USE ONLY  
AND WILL BE KEPT CONFIDENTIAL**  
(PLEASE COMPLETE)

Please fold here. ➔



NO POSTAGE  
NECESSARY  
IF MAILED  
IN THE  
UNITED STATES



**BUSINESS REPLY MAIL**

FIRST-CLASS MAIL

PERMIT NO. 2159

CONCORD NH

POSTAGE WILL BE PAID BY ADDRESSEE

DIVISION OF HOMELAND SECURITY & EMERGENCY MGMT  
NH DEPARTMENT OF SAFETY  
33 HAZEN DR  
CONCORD NH 03305-9946





**NH Department of Safety  
Division of Homeland Security  
and Emergency Management**

33 Hazen Drive, Concord, NH 03305

www.nh.gov/safety/divisions/hsem

**IMPORTANT INFORMATION ENCLOSED!**

Please read and save this calendar for reference in an emergency.

This material is provided by  
Seabrook Station, in cooperation  
with the NH Department of Safety,  
Division of Homeland Security and  
Emergency Management under the  
provisions of State Law RSA 107B.

Please fold here. ♣

♻ Printed on recycled paper.

**EMERGENCY ASSISTANCE CARD**

*This Information Will Be Kept Confidential- For State and Local Official Use Only*

**Even if you have previously sent a card,  
please send a card with your current information EACH YEAR**

**Do you require assistance in an emergency?** It is important that you make any access and functional needs known beforehand. If you have a need that may cause you to require additional assistance in an emergency, please fill out and return this card as soon as possible. If someone you know requires individual assistance during an emergency, please urge them to complete and return this card.

**Yes, I/this person will need assistance in an emergency:**

**Relative/person we can notify to assist you in an emergency:**

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Address: \_\_\_\_\_

City/Zip: \_\_\_\_\_

City/Zip: \_\_\_\_\_

Primary Phone: \_\_\_\_\_

Primary Phone: \_\_\_\_\_

Secondary Phone: \_\_\_\_\_

Secondary Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Below, please mark an "X" in each box that applies to your assistance needs:**

☐ Residing at an assisted  
living facility

☐ Mobility

☐ Evacuation assistance will be  
needed out of home

☐ Communication

☐ Medical

☐ Transportation

☐ Vision

☐ Service Animal

☐ Bus

☐ Supervision

Species: \_\_\_\_\_

☐ Wheelchair Accessible Vehicle

Weight: \_\_\_\_\_

☐ Ambulance

Other Comments: \_\_\_\_\_