

# Keep this for use during an emergency

While your neighbors at Seabrook Station work to ensure the facility remains one of the safest power plants in the nation, we want you to be aware of our plan to keep you safe in an emergency.

## Our commitment to safety

Seabrook Station has an outstanding record of safe operations. It is designed to withstand earthquakes and other natural events stronger than ever recorded in the region.

In addition, many layers of security protect the plant. The Nuclear Regulatory Commission, federal and local law enforcement, as well as NextEra Energy's own expert security team, are always on alert to ensure that plant facilities are protected and secure. As part of our commitment to safety, we test our emergency response system signals regularly. Siren tests are conducted by local emergency management officials on the first Wednesday of each month at approximately noon and last about one minute.

This guide contains important emergency planning information for people located within 10 miles of Seabrook Station. It was developed by emergency management officials and provides basic information about what to do in the event of a nuclear emergency.

## Emergency information

Planning is an important part of NextEra Energy Resources' strategy to protect you and your family. State and local officials, together with NextEra Energy Resources, have prepared a detailed emergency plan to protect people who live, work, visit or go to school within 10 miles of the plant. The plan, which is updated annually, is tested by drills, evaluated exercises and inspections. Conducting emergency drills improves the overall readiness of local authorities and enhances their ability to respond to emergencies.

## In an emergency

The area approximately 10 miles around Seabrook Station is called the emergency planning zone. New Hampshire communities in the emergency planning zone are: Brentwood, East Kingston, Exeter, Greenland, Hampton, Hampton Falls, Kensington, Kingston, New Castle, Newfields, Newton, North Hampton, Portsmouth, Rye, Seabrook, South Hampton, Stratham.

Sign up for Seabrook Station emergency planning zone alerts at:  
<https://public.coderedweb.com/cne/bf065f487535>

During an emergency, Seabrook Station will classify the level of the emergency. There are four levels:



An **Unusual Event** means a minor problem has occurred at the plant. Public officials would be notified, but people in the area would not need to take any special actions.



An **Alert** means plant safety could be affected. As a precaution, public officials 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.



A **Site Area Emergency** means a more serious problem has occurred. State and local officials will use the emergency alert system to keep people in the area fully informed. Sirens and CodeRed would notify persons in the area if the public needs to take any action.



A **General Emergency** is the most serious type of emergency. It could involve serious damage at the plant and the release of radioactive materials. Sirens and CodeRed would notify persons in the area. State and local officials will use the emergency alert system to issue public safety instructions to those in the area.

## How you will be notified

In the unlikely event of a nuclear emergency that requires you to take action, you will be alerted through mobile alerts, outdoor warning sirens and marine radio channels 16 and 22.

- » The outdoor warning sirens will make a steady three to five minute sound.
- » If you receive an emergency alert, go inside your home or a nearby building and turn to the emergency alert system station WOKQ 97.5 FM.
- » When you become aware of an emergency, check with your neighbors to make sure they are also aware of the event.

The emergency alert system 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.**

**HOMELAND SECURITY  
EMERGENCY MANAGEMENT  
NEW HAMPSHIRE DEPARTMENT OF SAFETY**

**EMERGENCY ALERT  
SYSTEM STATION**

**WOKQ  
97.5 FM**

**If you have questions  
during an emergency, call**

**2-1-1**

## What to do during an evacuation

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.

- » Only take what you will need, including:

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> extra clothing | <input type="checkbox"/> prescription medications and medical supplies | <input type="checkbox"/> baby supplies                      |
| <input type="checkbox"/> toiletries     | <input type="checkbox"/> checkbook, credit card, cash                  | <input type="checkbox"/> special dietary foods              |
| <input type="checkbox"/> blankets       |  | <input type="checkbox"/> driver's license or identification |
| <input type="checkbox"/> pillows        |  |   |
| <input type="checkbox"/> towels         |  |   |

- » **Take your pets with you.** Reception centers do accept household pets and service animals. Use a leash or pet carrier for each pet/service animal to make transportation easier.
- » **DO NOT** try to pick up children at their schools. The school will transport your child to the community's reception center where you can be reunited.
- » **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.
- » Stay tuned to your Emergency Alert System radio station WOKQ 97.5 FM.

## How to shelter in place

- » Stay inside. Keep all children and pets inside.
- » Close all doors and windows and turn off all sources of outside air.
- » Monitor the emergency alert station **WOKQ 97.5 FM**.
- » If sheltering in place is recommended during school hours, children will be sheltered at the school and cared for by school personnel.

## Children in school or child care

During emergencies, most schools in the emergency planning zone will release students early. If your community is instructed to evacuate before you have been able to pick up your child, the school will transport your child to the community's reception center where you can be reunited.

## If you go, they go

Pets (defined by FEMA as a domesticated animal, such as a dog, bird, rabbit, rodent, or turtle that is traditionally kept in the home for pleasure rather than for commercial purposes), can travel in commercial carriers and be housed in temporary facilities). Service Animals (defined by FEMA as any guide dog, signal dog, or other animal individually trained to provide assistance to an individual with a disability) are allowed in Reception Centers.

Take time now to locate a facility outside of the emergency planning zone that will accept your pet, if needed.

## Farmers

A fact sheet is available for farmers, food processors and food distributors located within 50 miles of the Seabrook Station Nuclear Power Plant.

**Go to: [ReadyNH.gov/rep](http://ReadyNH.gov/rep) or call the New Hampshire Department of Agriculture, Markets, and Food at 603-271-3551.**

## Reception Centers

Reception centers are opened to monitor evacuees for radiological contamination. After checking in at the reception center, short-term housing and food is available at mass care shelters.

### Community:

### Reception Center location:

Brentwood	(603) 642-8132	<b>Memorial High School</b> 1 Crusader Way (via S. Porter St.) Manchester
East Kingston	(603) 642-3141	
Exeter	(603) 772-3843	
Hampton Beach	(603) 926-3316	
Kensington	(603) 772-1047	
Kingston	(603) 642-3626	
Newfields	(603) 778-0311	
Newton	(603) 382-1610	
Seabrook	(603) 474-5772	
South Hampton	(603) 394-2011	
Stratham	(603) 772-5936	
Greenland	(603) 431-7111	<b>Dover Middle School</b> 16 Daley Dr. (off NH RT 108) Dover
Hampton	(603) 926-3316	
Hampton Falls	(603) 929-4611	
New Castle	(603) 436-1132	
North Hampton	(603) 964-7248	
Rye	(603) 964-5896	
Portsmouth	(603) 427-1580	<b>Rochester Middle School</b> 47 Brock St. Rochester

## Plan ahead

To save time and avoid confusion during an emergency, there are a few pieces of information that will help you and your family be prepared.

My emergency reception center is located at: \_\_\_\_\_

\_\_\_\_\_

My best evacuation route is: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I can pick my children up from their reception center at: \_\_\_\_\_

\_\_\_\_\_

My plan for my pets: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My local emergency management office phone number is: \_\_\_\_\_

\_\_\_\_\_

## Evacuation routes

### Brentwood

- » North Rd. west to Rte. 125 north to Rte. 101 west to I-93 south to I-293 north to Exit 1 (South Willow St.) in Manchester.
- » Middle Rd. (Rte. 111A) west to Rte. 107 north to Rte. 101 west to I-93 south to I-293 north to Exit 1 (South Willow St.) in Manchester.
- » South Rd. west to Rte. 107 north to Rte. 101 west to I-93 south to I-293 north to Exit 1 (South Willow St.) in Manchester.
- » Arrival in Manchester: Proceed north on South Willow St., through 5 sets of traffic lights, turn RIGHT onto Weston Rd, turn LEFT onto South Porter St. memorial High School (reception center) will be on your left.

### East Kingston

- » Main St. or Depot Rd. (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.) in Manchester.
- » Main St. or Depot Rd. (Rte. 107) north to Rte. 125 north to Rte. 107 north to Rte. 101 west to I-93 south to I-293 north to Exit 1 (South Willow St.) in Manchester.
- » Arrival in Manchester: Proceed north on South Willow St., through 5 sets of traffic lights, turn RIGHT onto Weston Rd, turn LEFT onto South Porter St. memorial High School (reception center) will be on your left.

### Exeter

- » Portsmouth Ave (Rte. 108) north to Rte. 152 west to US Rte. 4 west to I-393 west to I-93 south to I-293 north to Exit 1 (South Willow St.) in Manchester.
- » Epping Rd. (Rte. 27) west to Rte. 101 west to I-93 south to I-293 north to Exit 1 (South Willow St.) in Manchester.
- » Kingston Rd. (Rte. 111) west to Rte. 125 south to Rte. 111 west to I-93 north to I-293 north to Exit 1 (South Willow St.) in Manchester.
- » Court St. (Rte. 108) south to 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.) in Manchester.
- » Arrival in Manchester: Proceed north on South Willow St., through 5 sets of traffic lights, turn RIGHT onto Weston Rd., turn LEFT onto South Porter St. Memorial High School (reception center) will be on your left.

### Greenland

- » Portsmouth Ave. (Rte 33) east to I-95 north to Exit 4 for Route 16 (Spaulding Tpke.) north to Exit 7 for Rte. 108 south in Dover.
- » Portsmouth Ave. (Rte. 33) west to Squamscott Rd. west to Rte. 108 north (continue through Newmarket and Durham) to Dover.
- » Arrival in Dover: From Exit 7 off ramp, turn LEFT and proceed south on Route 108, through 4 sets of traffic lights. Just beyond the Dover Fire Station, turn RIGHT onto Daley Drive.

### Hampton Beach (visitors)

- » Ocean Boulevard (Rte. 1A) to Church St. west to Rte. 101 west to I-93 south to I-293 north to Exit 1 (South Willow St.) in Manchester.
- » Ocean Boulevard (Rte. 1A) north to High St. (Rte. 27) west to I-95 north to Exit 4 for Route 16 (Spaulding Tpke) north to Exit 6 for US. Rte. 4 west to I-393 west to I-93 south to I-293 north to Exit 1 (South Willow St.) in Manchester.
- » Ocean Boulevard (Rte. 1A) north to Rte. 111 west to Rte. 151 north to Rte. 33 east to I-95 north to Exit 4 for Route 16 (Spaulding Tpke. North to Exit 6 for US Rte. 4 west to I-393 west to I-93 south to I-293 north to Exit 1 (South Willow St.) in Manchester.
- » Arrival in Manchester: Proceed north on South Willow St. through 5 sets of traffic lights, turn RIGHT onto Weston Rd., turn LEFT onto South Porter St. Memorial High School (reception center) will be on your left.

### Hampton Beach (residents)

- » Ocean Boulevard (Rte. 1A) north to High St. (Rte. 27) west to Rte. 101 west to I-95 north to Exit 4 for Route 16 (Spaulding Tpke.) north to Exit 7 for Rte. 108 south in Dover.
- » Ocean Boulevard (Rte. 1A) north to Rte. 111 west to US Rte. 1 north to Rte. 1 Bypass north to Portsmouth traffic circle to Route 16 (Spaulding Tpke.) north to Exit 7 for Rte. 108 south in Dover.
- » Arrival in Dover: From Exit 7 off ramp, turn LEFT and proceed south on Route 108, through 4 sets of traffic lights. Just beyond the Dover Fire Station, turn RIGHT onto Daley Drive.

### Inland Hampton

- » East of I-95: High St. (Rte. 27) west to Rte. 101 west to I-95 north to Exit 4 for Route 16 (Spaulding Tpke.) north to Exit 7 for Rte. 108 south in Dover.
- » Lafayette Rd. (US Rte. 1) north to Rte. 1 Bypass north to Portsmouth traffic circle to Route 16 (Spaulding Tpke.) north to Exit 7 for Rte. 108 south in Dover.
- » West of I-95: Exeter Rd. (Rte. 27) west to Holland Way (Rte. 88) north to Portsmouth Ave. (Rte. 108) north (continue through Stratham, Newmarket and Durham) to Dover.
- » Arrival in Dover: From Exit 7 off ramp, turn LEFT and proceed south on Route 108, through 4 sets of traffic lights. Just beyond the Dover Fire Station, turn RIGHT onto Daley Drive.

## Evacuation routes

### Hampton Falls

- » Exeter Rd. (Rte. 88) west to Rte. 27 east to Holland Way (Rte. 88) west to Portsmouth Ave. (Rte. 108) north (continue through Stratham, Newmarket and Durham) to Dover.
- » Kensington Rd. (Rte. 84) west to Rte. 150 north to Rte. 108 north through downtown Exeter. Turn right at bandstand onto Water St./High St., then turn left on Portsmouth Ave. (Rte. 108) Continue north on Rte. 108 (through Stratham, Newmarket and Durham) to Dover.
- » Arrival in Dover: Just before the Dover Fire Station, turn LEFT onto Daley Drive.

### Kensington

- » Amesbury Rd. (Rte. 150) north to Rte. 108 south to 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.) in Manchester.
- » South Rd. (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.) in Manchester.
- » Arrival in Manchester: Proceed north on South Willow St., through 5 sets of traffic lights, turn RIGHT onto Weston Rd, turn LEFT onto South Porter St. memorial High School (reception center) will be on your left.

### Kingston

- » Danville Rd. (Rte. 111) west to I-93 north to I-293 north to Exit 1 (South Willow St.) in Manchester.
- » Marshall Rd. (Rte. 107) north to Rte. 101 west to I-93 south to I-293 north to Exit 1 (South Willow St.) in Manchester.
- » Arrival in Manchester: Proceed north on South Willow St., through 5 sets of traffic lights, turn RIGHT onto Weston Rd., turn LEFT onto South Porter St. Memorial High School (reception center) will be on your left.

### New Castle

- » Wentworth Rd. (Rte. 1B) west to Sagamore Ave. (Rte. 1A) south to Foye's Corner roundabout to Elwyn Rd. west to Lafayette Rd. (Rte. 1) north to Rte. 1 Bypass north to Portsmouth traffic circle to Route 16 (Spaulding Tpke.) north to Exit 7 for Rte. 108 south in Dover.
- » Rte. 1B east to Portsmouth. Continue north on Marcy St. to Pleasant St. Turn LEFT on Congress St. then RIGHT on Maplewood Ave. proceed north to Woodbury Ave. (continue through Newington) to Route 16 (Spaulding Tpke.) north to Exit 7 for Rte. 108 south in Dover.
- » Arrival in Dover: From Exit 7 off ramp, turn LEFT and proceed south on Route 108, through 4 sets of traffic lights. Just beyond the Dover Fire Station, turn RIGHT onto Daley Drive.

### Newfields

- » Exeter Rd. (Rte. 85) south to Rte. 101 west to I-93 south to I-293 north to Exit 1 (South Willow St.) in Manchester.
- » Piscassic Rd. (Rte. 87) west to Rte. 125 north to Rte. 152 west to US Rte. 4 west to I-393 west to I-93 south to I-293 north to Exit 1 (South Willow St.) in Manchester.
- » Arrival in Manchester: Proceed north on South Willow St., through 5 sets of traffic lights, turn RIGHT onto Weston Rd., turn LEFT onto South Porter St. Memorial High School (reception center) will be on your left.

### Newton

- » North Main St. (Rte. 108) north to Rte. 107A west to Route 125 south to Rte. 111 west to I-93 north to I-293 north to Exit 1 (South Willow St.) in Manchester.
- » New Boston Rd. west to Route 125 south to Rte. 111 west to I-93 north to I-293 north to Exit 1 (South Willow St.) in Manchester.
- » South Main St. (Rte. 108) south into Massachusetts to Rte. 110 east to I-495 south to Rte. 213 west to I-93 north to I-293 north to Exit 1 (South Willow St.) in Manchester.
- » Newton Jct: West Main St. west, cross Rte. 125, proceed onto Hunt Rd. west to Brown's Hill Rd. north to Rte. 111 west to I-93 north to I=293 north to Exit 1 (South Willow St.) in Manchester.
- » Arrival in Manchester: Proceed north on South Willow St., through 5 sets of traffic lights, turn RIGHT onto Weston Rd, turn LEFT onto South Porter St. Memorial High School (reception center) will be on your left.

### North Hampton

- » Ocean Boulevard (Rte. 1A) to Atlantic Ave. (Rte. 111) west to Lafayette Rd. (US Rte. 1) north to Rte. 1 Bypass north to Portsmouth traffic circle to Rte. 16 north (Spaulding Tpke.) to Exit 7 for Rte. 108 south in Dover.
- » Exeter Rd. (Rte. 111) east to Post Rd. (Rte. 151) north to Rte. 33 east to I-95 north to Route 16 (Spaulding Tpke.) north to Exit 7 for Rte. 108 south in Dover.
- » Lafayette Rd. (US Rte. 1) north to Rte. 1 Bypass north to Portsmouth traffic circle to Route 16 (Spaulding Tpke.) north to Exit 7 for Rte. 108 South in Dover.
- » Arrival in Dover: From Exit 7 off ramp, turn LEFT and proceed south on Route 108, through 4 sets of traffic lights. Just beyond the Dover Fire Station, turn RIGHT onto Daley Drive.

## Evacuation routes

### Portsmouth

- » Lafayette Rd. (US Rte. 1) north to Rte. 1 Bypass north to Portsmouth traffic circle to Route 16 (Spaulding Tpke.) north to Exit 13 for US Rte. 202 in Rochester.
- » Maplewood Ave. OR Market St. north to Woodbury Ave. north (continue through Newington) to Route 16 (Spaulding Tpke.) north to Exit 13 for US Rte. 202 in Rochester.
- » Middle St. south to Middle Rd. south to Lafayette Rd. south to Rte. 1 Bypass north to Portsmouth traffic circle to Route 16 (Spaulding Tpke.) north to Exit 13 for US Rte. 202 in Rochester.
- » Islington St. or South St. west to Greenland Rd. (Rte. 33) west to I-95 north to Exit 4 for Route 16 (Spaulding Tpke.) north to Exit 4 for Route 16 (Spaulding Tpke.) north to Exit 13 for US Rte. 202 in Rochester.
- » Arrival in Rochester: From Exit 13 off ramp, turn RIGHT onto Washington St. (Rte. 202). At first set of traffic lights, turn RIGHT onto Brock St. Rochester Middle School (reception center) will be on your right).

### Rye

- » North of Rye Harbor State Park: Ocean Boulevard (Rte. 1A) north to Foye's Corner roundabout to Elwyn Rd west to Lafayette Rd. (US Rte. 1) north to Rte. 1 Bypass north to Portsmouth traffic circle to Route 16 (Spaulding Tpke.) north to Exit 7 for Rte. 108 south in Dover.
- » South of Rye Harbor State Park: Cable Rd. OR Central Rd. west to Grove Rd. west to Washington Rd. west (left at fork) to Lafayette Rd. (US Rte. 1) north to Rte. 1 Bypass north to Portsmouth traffic circle to Route 16 (Spaulding Tpke.) north to Exit 7 for Rte. 108 south in Dover.
- » Arrival in Dover: From Exit 7 off ramp, turn LEFT and proceed south on Route 108, through 4 sets of traffic lights. Just beyond the Dover Fire Station, turn RIGHT onto Daley Drive.

### Seabrook

- » Seabrook Beach: Ocean Boulevard (Rte. 1A) south to Rte. 286 west into Massachusetts. Continue west on Rte. 286 to I-95 south to I-495 south to Rte. 213 west to I-93 north to I-293 north to Exit 1 (South Willow St.) in Manchester.
- » Seabrook Inland: Lafayette Rd. (US Rte. 1) to Rte. 107 west to Rte. 125 south to Rte. 111 west to I-93 north to I-293 north to Exit 1 (South Willow St.) in Manchester.
- » Seabrook Inland: Lafayette Rd (US Rte. 1) to Rte. 107 west to I-95 south into Massachusetts to I-495 south to Rte. 213 west to I-93 north to I-293 north to Exit 1 (South Willow St.) in Manchester.
- » Arrival in Manchester: Proceed north on South Willow St, through 5 sets of traffic lights, turn RIGHT onto Weston Rd, turn LEFT onto South Porter St. Memorial High School (reception center) will be on your left.

### South Hampton

- » Main Ave. (Rte. 107A) north to Route 125 south to Rte. 111 west to I-93 north to I-293 north to Exit 1 (South Willow St.) in Manchester.
- » Hilldale Ave. west to right turn onto currier St. to left turn onto Dugway Rd to right turn onto Amesbury Rd. to Rte. 108 north to new Boston Rd. west to Route 125 south to Rte. 111 west to I-93 north to I-293 north to Exit 1 (South Willow St.) in Manchester.
- » Arrival in Manchester: Proceed north on South Willow St, through 5 sets of traffic lights, turn RIGHT onto Weston Rd., turn LEFT onto South Porter St. Memorial High School (reception center) will be on your left.

### Stratham

- » Bunker Hill Ave. west or Stratham Heights Rd. west to Portsmouth Ave. (Rte. 108) south to Rte. 101 west to I-93 south to I-293 north to Exit 1 (South Willow St.) in Manchester.
- » College Rd. (Rte. 108) north to Rte. 152 west to US Rte. 4 west to I-393 west to I-93 south to I-293 north to Exit 1 (South Willow St.) in Manchester.
- » Union Rd. or High St. to Winnicutt Rd. west to Rte. 33 west to Rte. 108 north to Rte. 152 west to US Rte. 4 west to I-393 west to I-93 south to I-293 to Exit 1 (South Willow St.) in Manchester.
- » Arrival in Manchester: Proceed north on South Willow St, through 5 sets of traffic lights, turn RIGHT onto Weston Rd., turn LEFT onto South Porter St. Memorial High School (reception center) will be on your left.



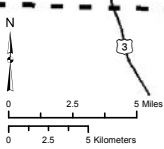
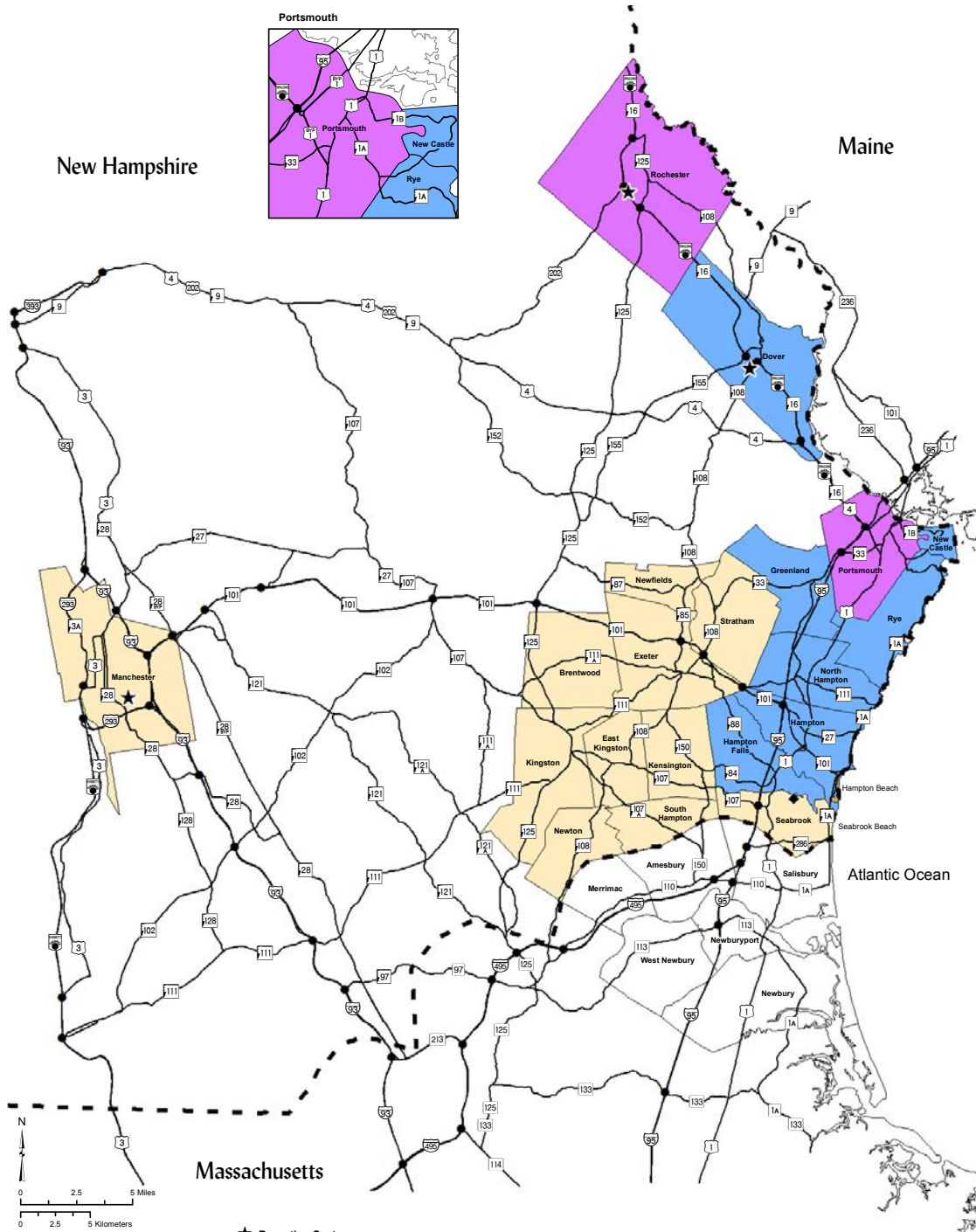
**EMERGENCY ALERT  
SYSTEM STATION**

**WOKQ 97.5 FM**

**If you have questions  
during an emergency, call**

**2-1-1**

# Emergency planning map



★ Reception Center

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

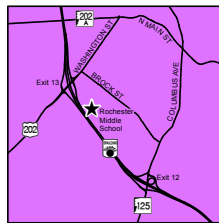
### Reception Centers



Dover



Manchester



Rochester

Brentwood East Kingston Exeter Kensington Kingston Newfields Newton Seabrook South Hampton Stratham	Rochester Middle School 47 Brock St. Rochester
Greenland Hampton Hampton Falls New Castle North Hampton Rye	Dover Middle School 16 Daley Dr. (off NH RT 108), Dover
Portsmouth Hampton Beach (Residents) Hampton Beach (Visitors)	Dover Middle School 16 Daley Dr. (off NH RT 108), Dover
	Memorial High School, 1 Crusader Way Via S. Porter St., Manchester



## Evacuation checklist:

If your area is instructed to evacuate, calmly and carefully pack necessities for up to one week. You can use the following checklist to prepare.

### Things to do:

- » Listen to local radio or television stations. Emergency officials will provide information and instructions.
- » Follow evacuation directions.
- » Secure your residence. Lock doors and windows.
- » Pet owners are reminded that pets require special consideration. Make arrangements for your pets to be housed outside of the emergency planning zone. Reception centers do not have places for pets. All service animals will be received.

- » If you are not within the declared evacuation area, you should not evacuate. Continue to monitor the event and follow the instructions from local authorities. Evacuating when not required has the potential to increase the risk to your family and others by impeding the outbound traffic flow and slowing the evacuation from the affected area.
- » If you require evacuation assistance, make arrangements now by contacting your local emergency management agency.



**HOMELAND SECURITY  
EMERGENCY MANAGEMENT  
NEW HAMPSHIRE DEPARTMENT OF SAFETY**

**EMERGENCY ALERT  
SYSTEM STATION**

**WOKQ 97.5 FM**

If you have questions during an emergency, call 2-1-1

## Things to pack:

### Medical items

- » Prescriptions
- » Eye glasses or contacts
- » Dentures
- » Special diet foods
- » Medical equipment
- » \_\_\_\_\_
- » \_\_\_\_\_
- » \_\_\_\_\_
- » \_\_\_\_\_
- » \_\_\_\_\_
- » \_\_\_\_\_

### Baby supplies

- » Baby food and formula
- » Diapers and wipes
- » Favorite toy and blanket
- » Bottled water
- » \_\_\_\_\_
- » \_\_\_\_\_
- » \_\_\_\_\_
- » \_\_\_\_\_
- » \_\_\_\_\_
- » \_\_\_\_\_

### Extra clothing

- » Enough clothing for several days for each person
- » Shoes
- » Coats or jackets depending on the weather
- » \_\_\_\_\_
- » \_\_\_\_\_
- » \_\_\_\_\_
- » \_\_\_\_\_

### Personal hygiene items

- » Toothbrush/toothpaste
- » Shaving items
- » Sanitary items
- » Special soaps/shampoo
- » \_\_\_\_\_
- » \_\_\_\_\_
- » \_\_\_\_\_
- » \_\_\_\_\_
- » \_\_\_\_\_

### Money

- » Cash and credit cards
- » Checkbook

### Identification and important papers

- » Driver's license
- » List of medications
- » Passport
- » \_\_\_\_\_
- » \_\_\_\_\_
- » \_\_\_\_\_
- » \_\_\_\_\_

### Bedding

- » Two blankets or a sleeping bag for each person
- » Pillows
- » Towels

### Miscellaneous

- » Portable radio with spare batteries
- » Flashlight with spare batteries
- » Cell phone charger
- » Extra car keys
- » \_\_\_\_\_
- » \_\_\_\_\_
- » \_\_\_\_\_

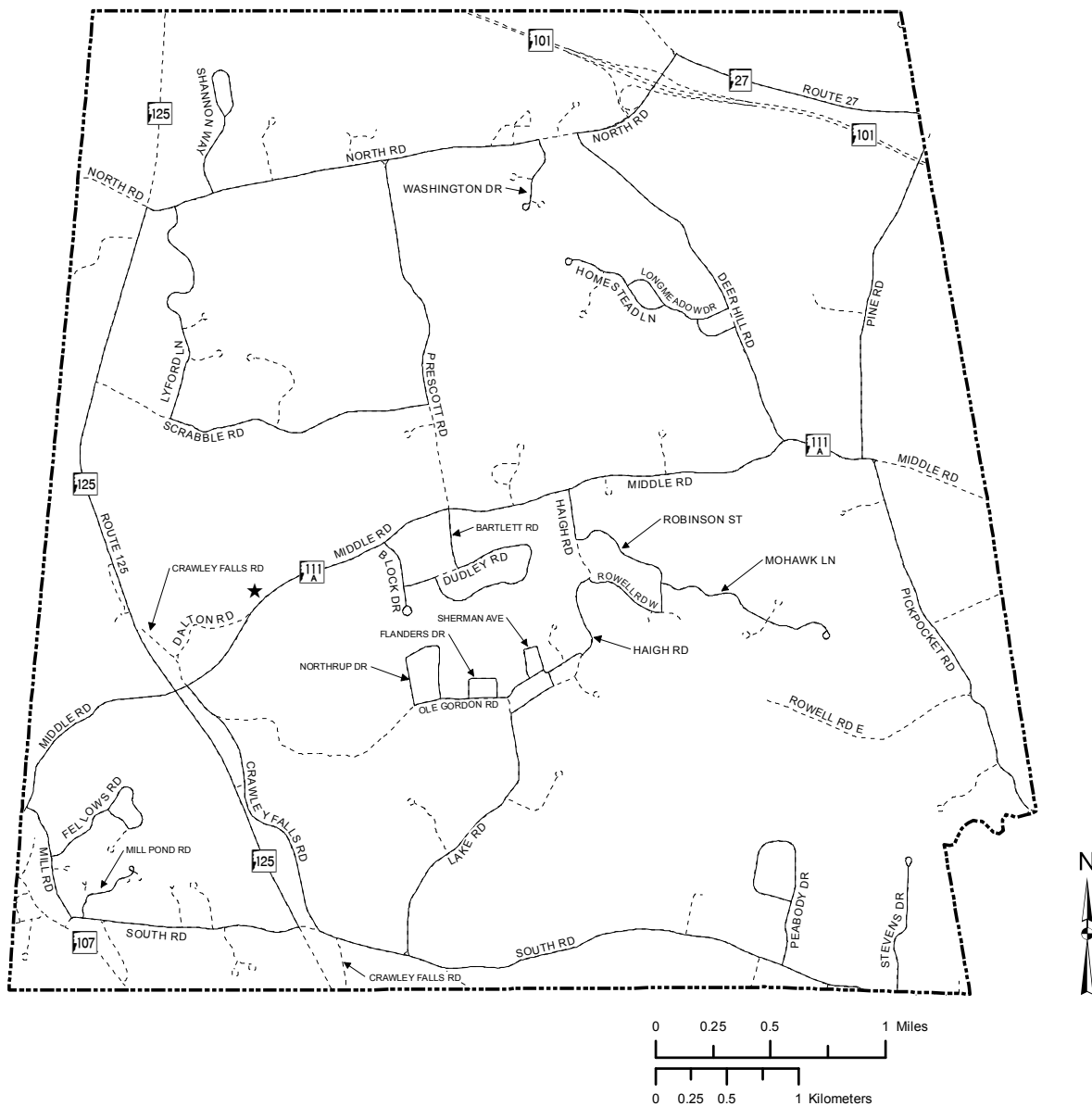
We hope you find this guide helpful. Please keep in mind it is not intended to be all-inclusive. You can find additional resources at [www.ReadyNH.gov/rep](http://www.ReadyNH.gov/rep).



## Brentwood Emergency Bus Evacuation 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 Manchester.

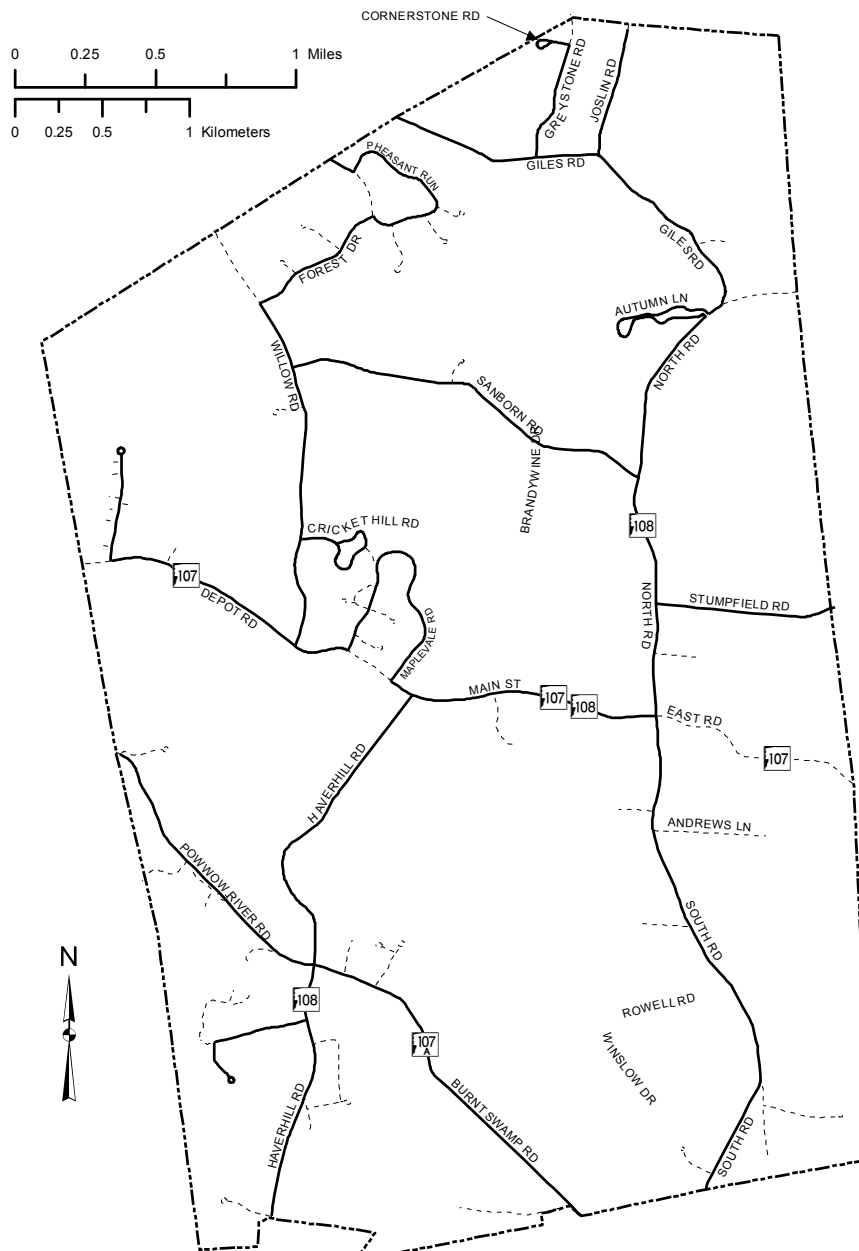
### BRENTWOOD



## East Kingston Emergency Bus Evacuation 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 Manchester.

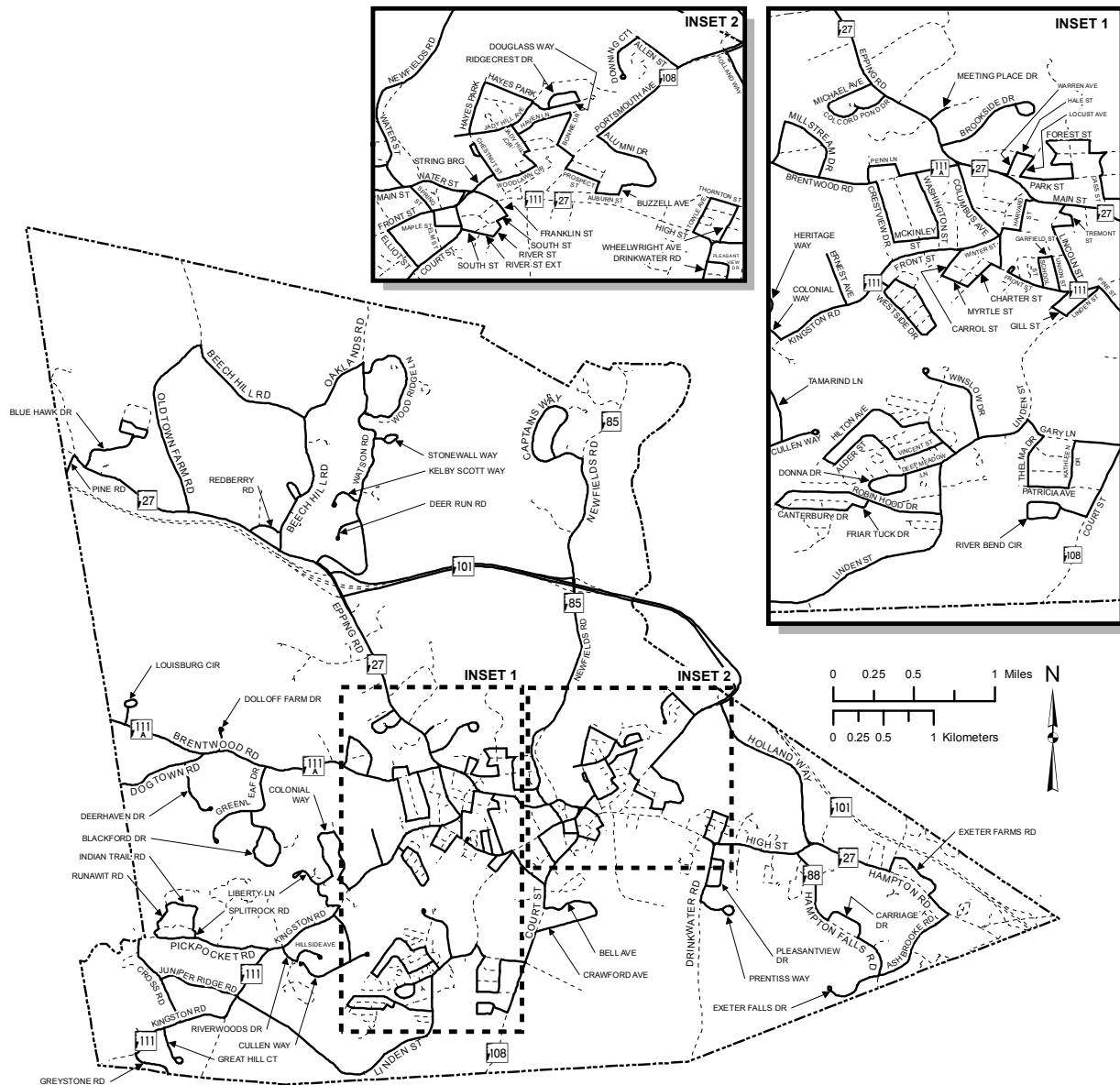
### EAST KINGSTON



## Exeter Emergency Bus Evacuation 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 Manchester.

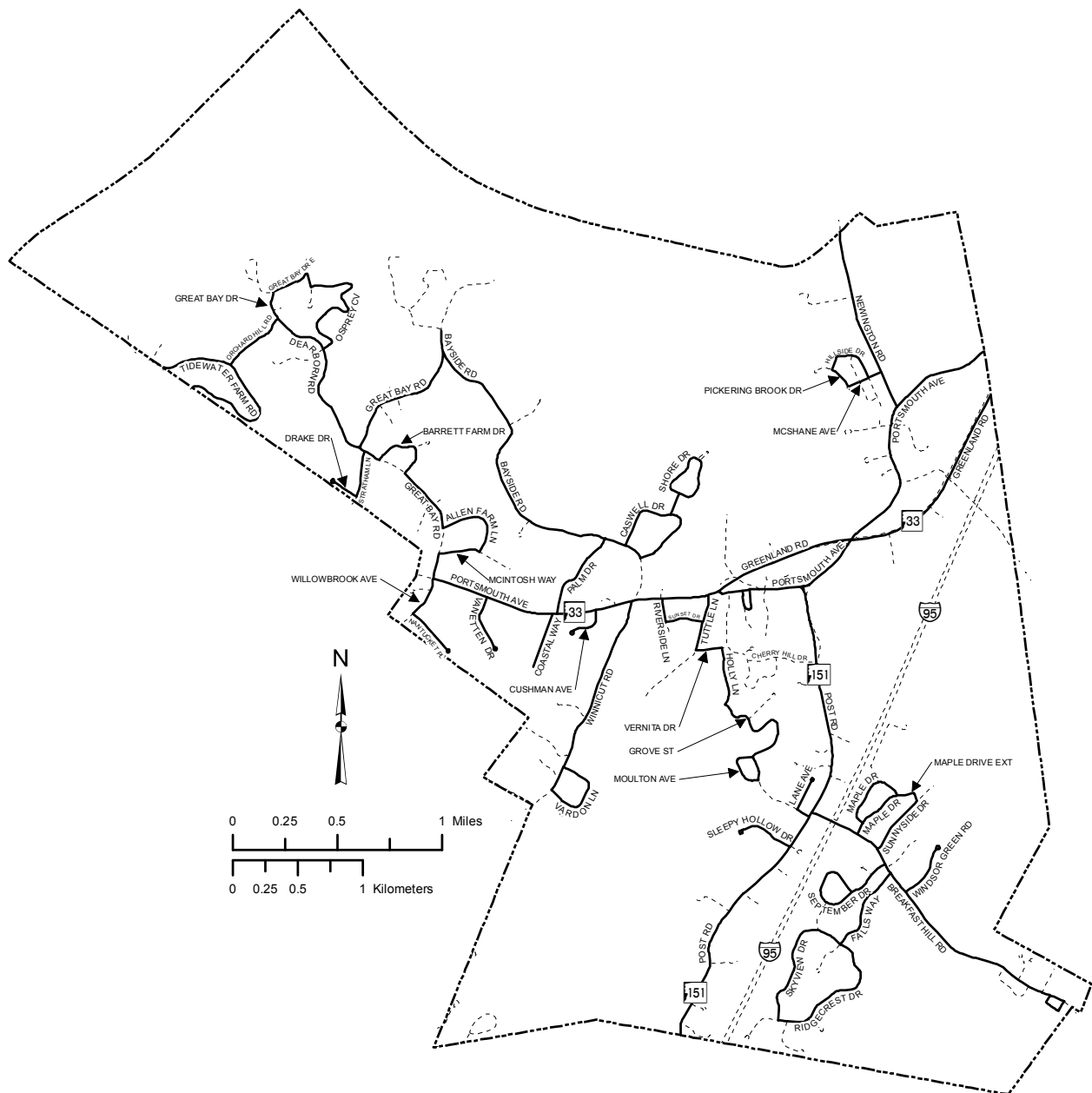
### EXETER



## Greenland Emergency Bus Evacuation 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

### GREENLAND



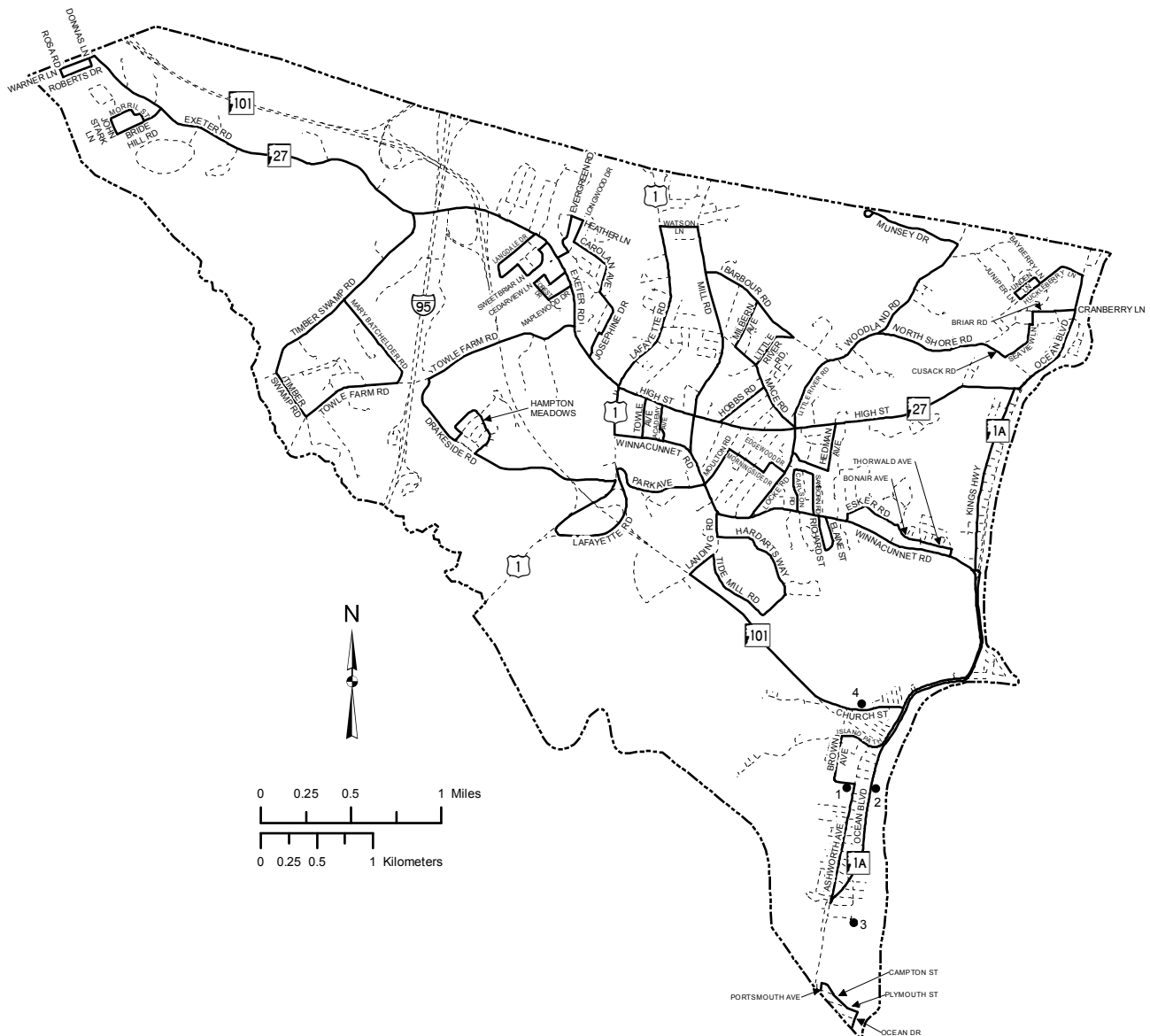
## Hampton Emergency Bus Evacuation Information

- » 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. (Hampton Beach visitors to Manchester reception center)

### Pick-up locations for Hampton Beach visitors who do not have their own transportation are:

- » **Hampton Beach Police Station**, 100 Brown Ave.
- » **State Beach Office** (across from casino), Ocean Blvd.
- » **State Park Facility**, at picnic area and campground.
- » **St. Patrick Church**, 40 Church St.

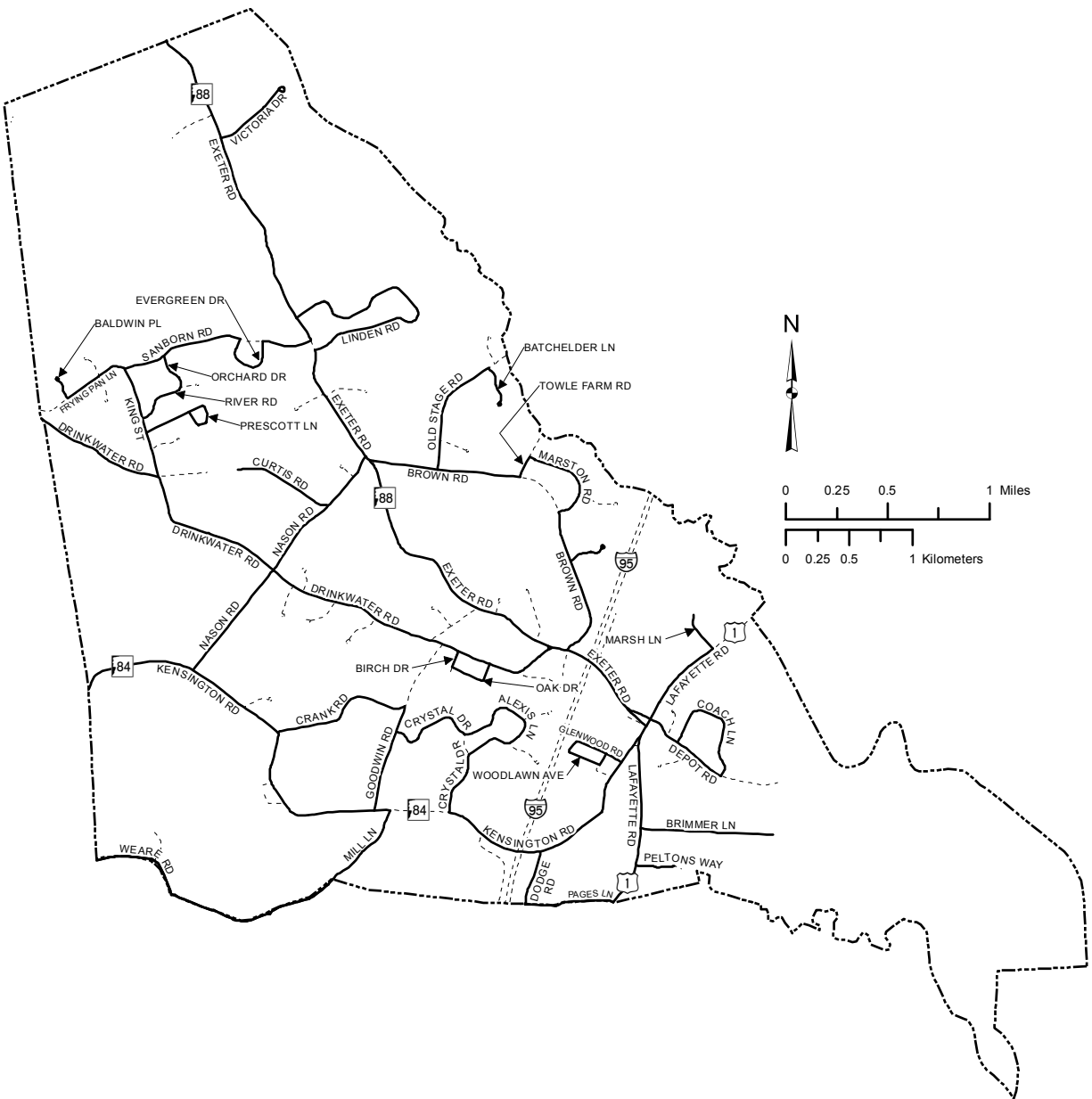
## HAMPTON



## Hampton Falls Emergency Bus Evacuation 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.

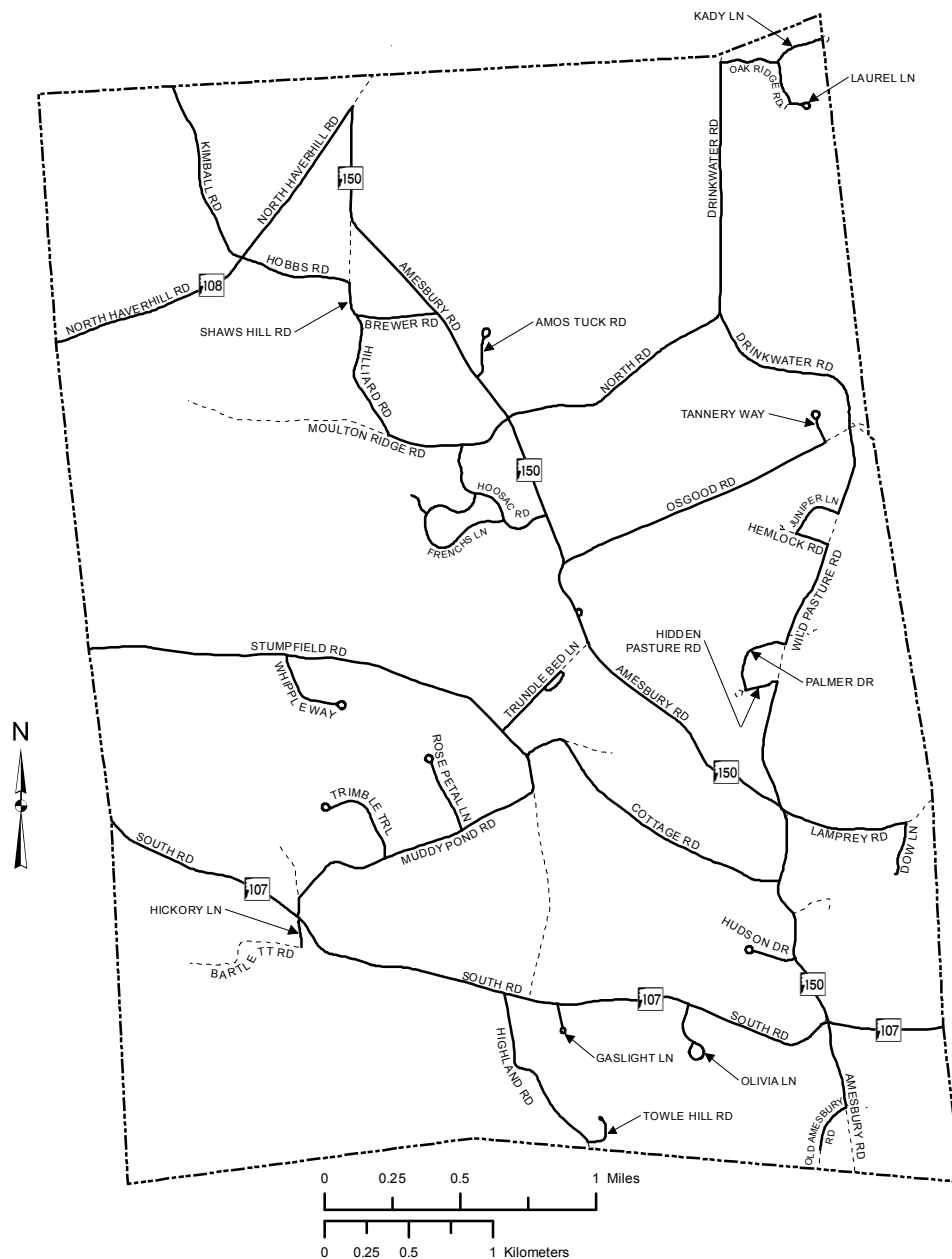
### HAMPTON FALLS



## Kensington Emergency Bus Evacuation 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 Manchester.

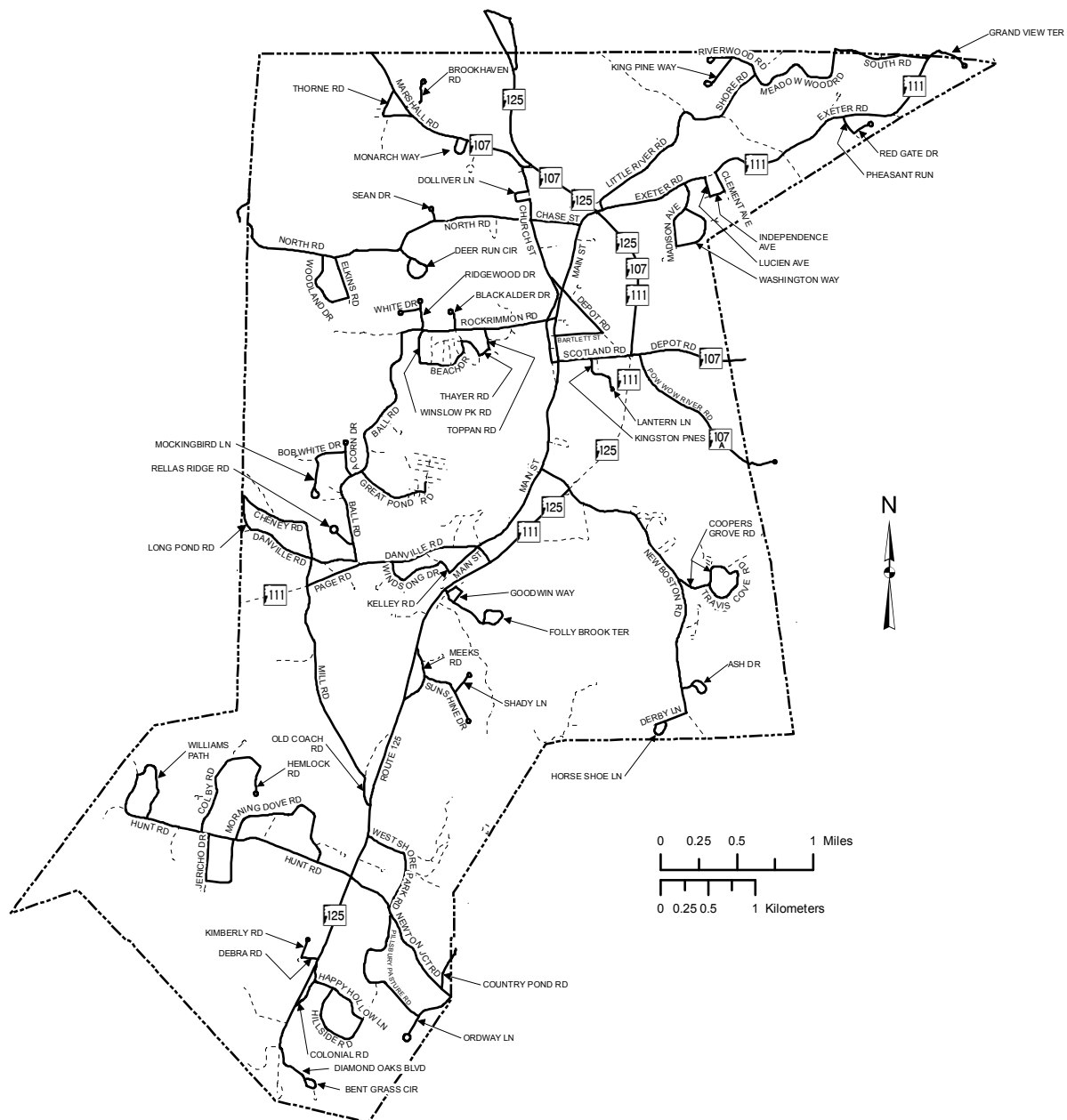
### KENSINGTON



## Kingston Emergency Bus Evacuation 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 Manchester.

### KINGSTON

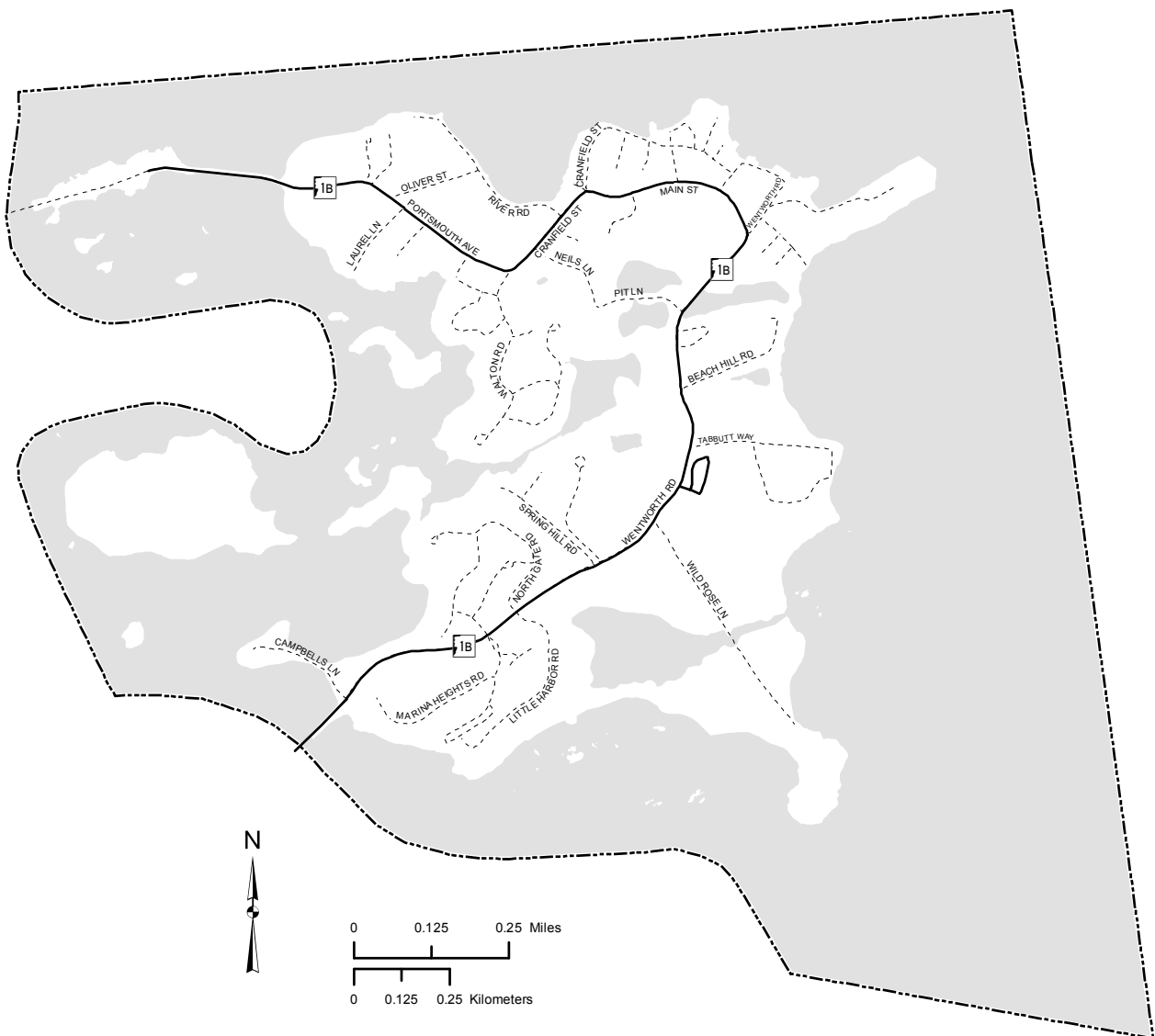




## New Castle Emergency Bus Evacuation Information

- » 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.

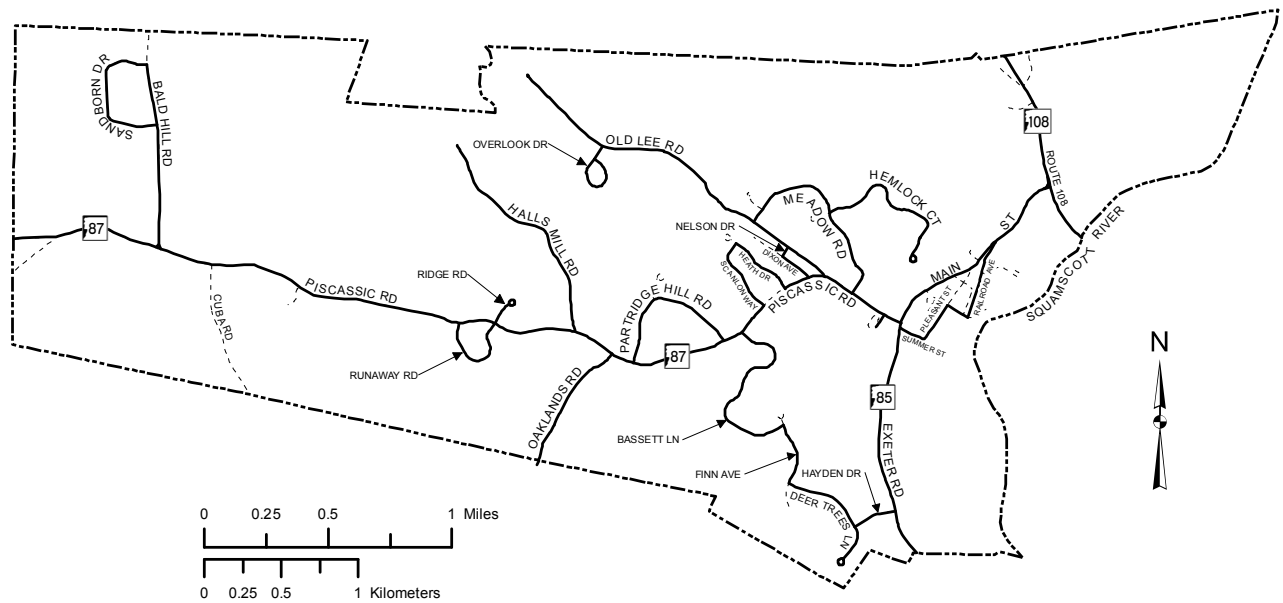
### NEW CASTLE



## Newfields Emergency Bus Evacuation 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 Manchester.

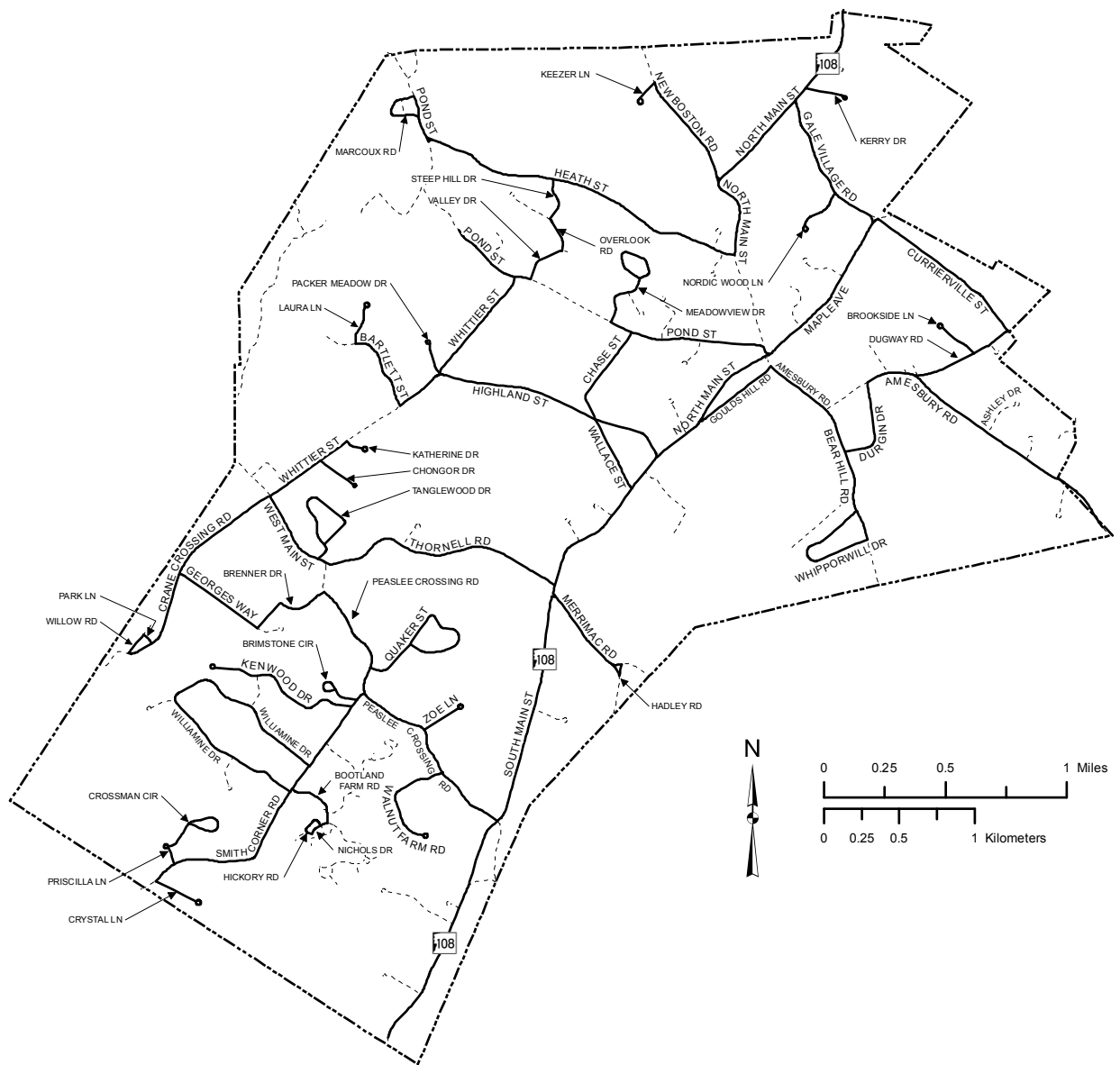
### NEWFIELDS



## Newton Emergency Bus Evacuation 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 Manchester.

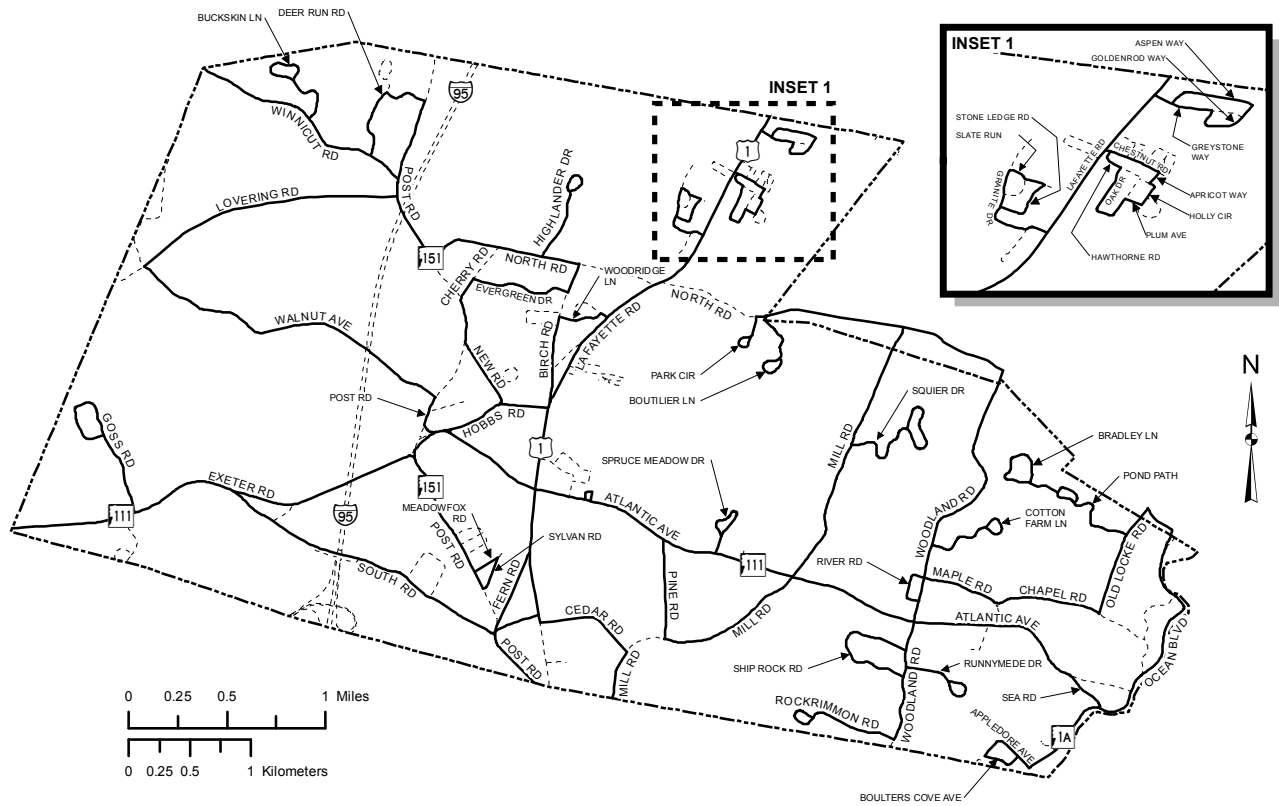
### NEWTON



## North Hampton Emergency Bus Evacuation 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.

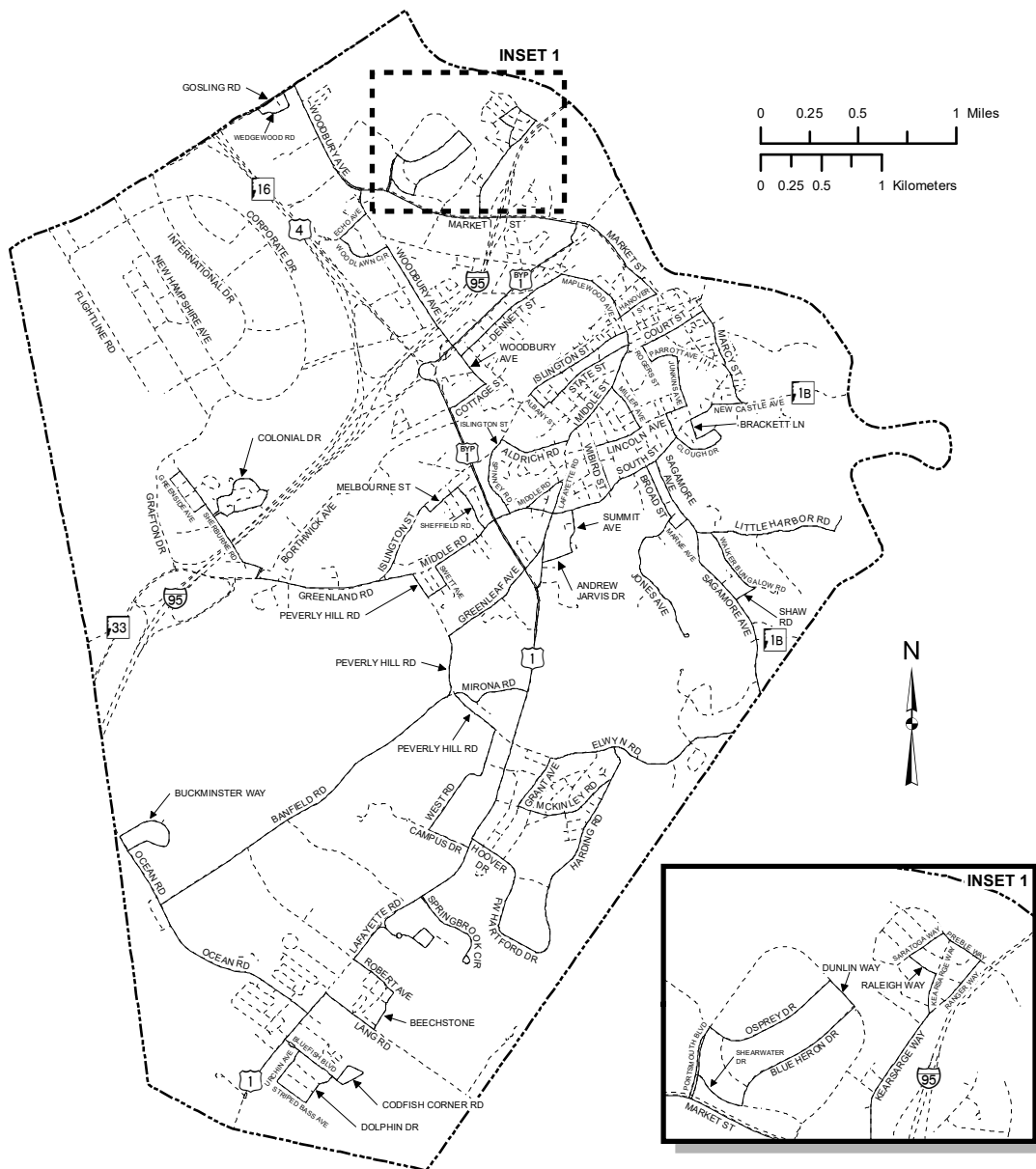
### NORTH HAMPTON



## Portsmouth Emergency Bus Evacuation 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 Rochester.

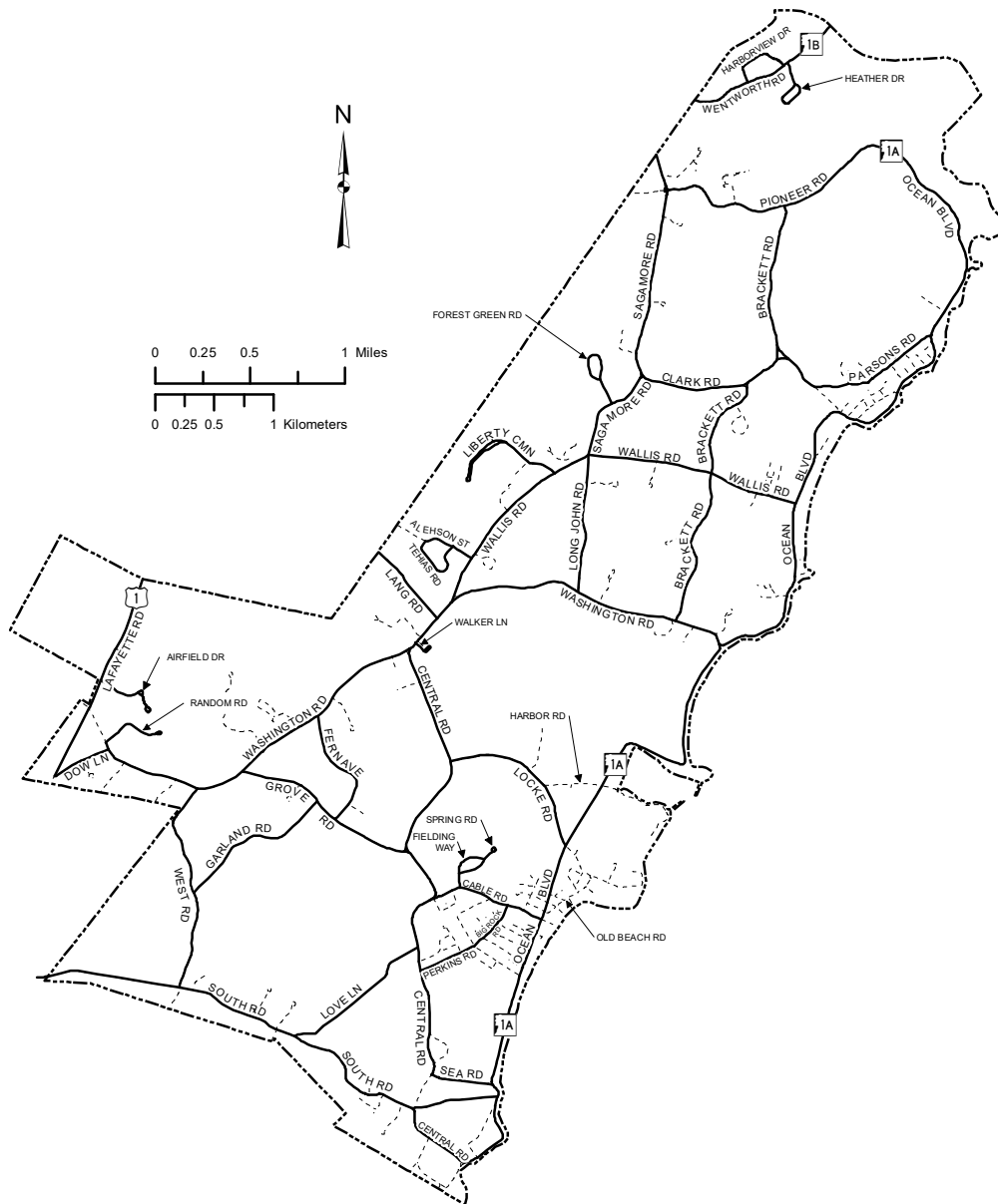
### PORTSMOUTH



## Rye Emergency Bus Evacuation 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.

### RYE



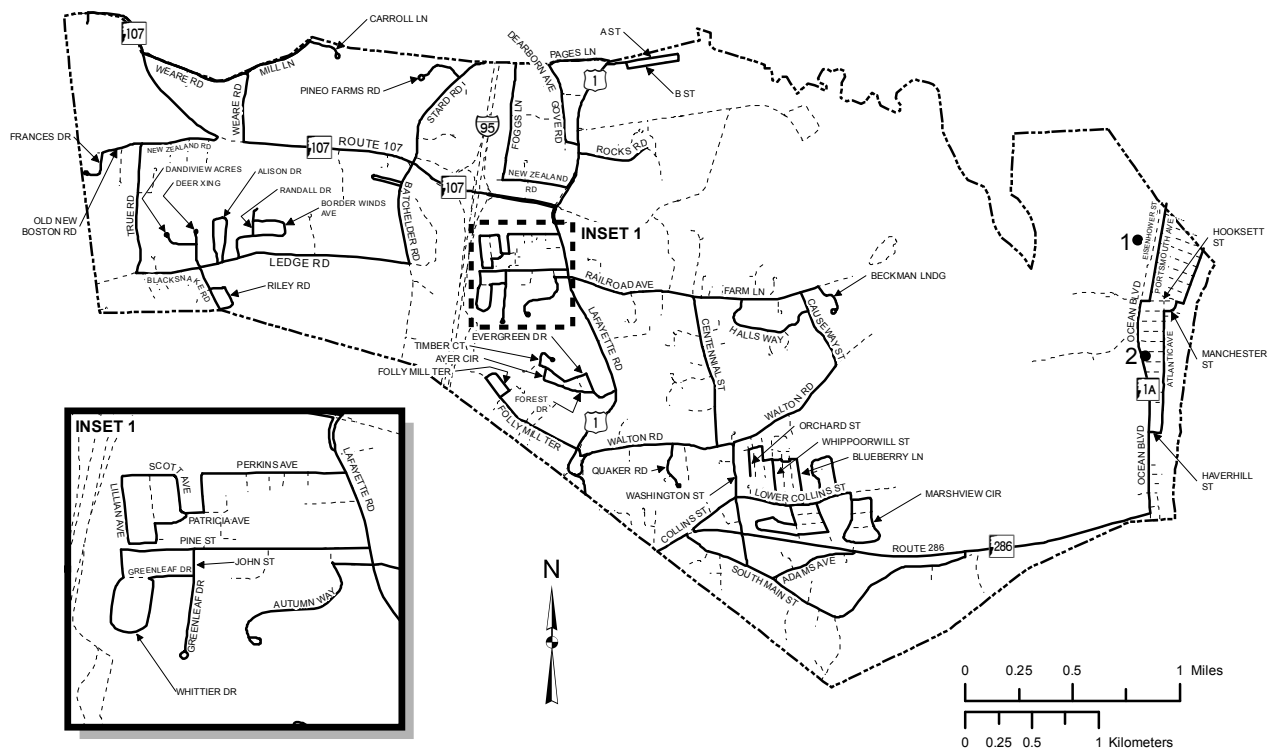
## Seabrook Emergency Bus Evacuation Information

- » 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 Manchester.

### Pick-up locations for Seabrook Beach visitors who do not have their own transportation are:

- » Yankee Fishermans COOP, 750 Ocean Blvd.
- » St. Elizabeth Church, 1 Chelmsford St. at Route 1A

## SEABROOK

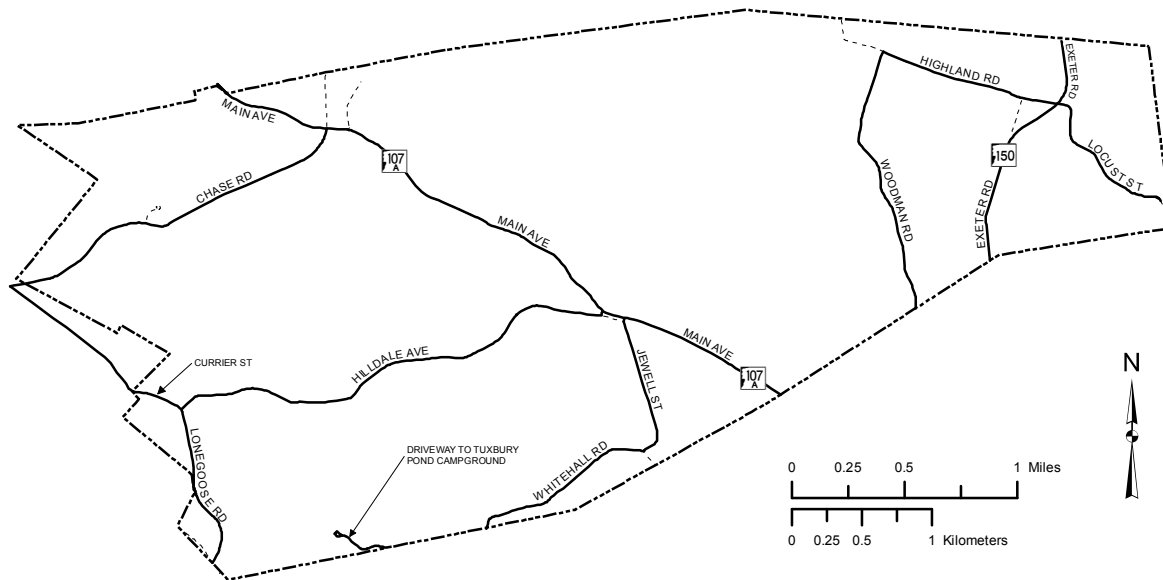


## South Hampton Emergency Bus Evacuation Information

- » 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 Manchester.

### SOUTH HAMPTON

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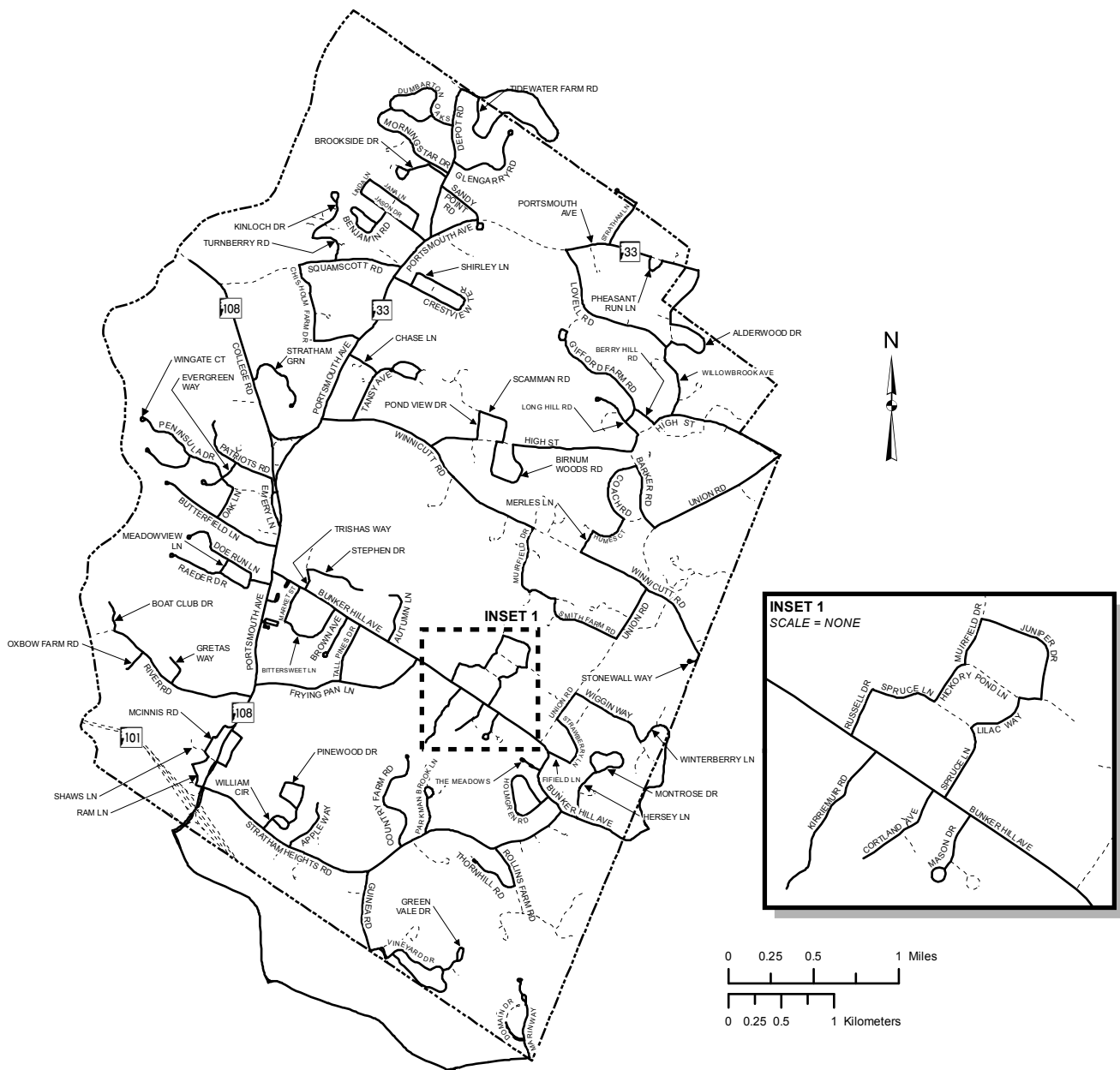




## Stratham Emergency Bus Evacuation Information

- » 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 Manchester.

### STRATHAM

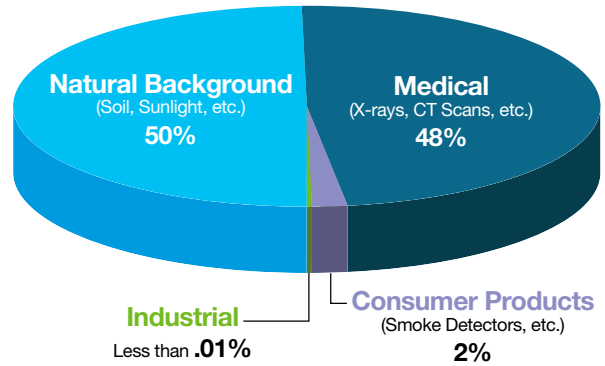


## Understanding radiation and potassium iodide

Radiation is not new or mysterious – it is a natural part of our environment. Radiation is energy that is given off as a particle or wave and radioactive elements are naturally occurring in small amounts throughout our environment. In the United States, natural sources account for most of the radiation we are exposed to each year. Radiation also comes from medical tests such as X-rays, CT scans and nuclear medicine studies. Less than 1% of the radiation to which people are exposed comes from nuclear power plants.

Exposure to large amounts of radiation can be harmful to human health. The State of New Hampshire has made potassium iodide, also known as KI, available to people who live or work in the emergency planning zone at no charge. In the unlikely event of a radiological emergency, the state may recommend individuals take KI. Go to **ReadyNH.gov/rep** to complete the potassium iodide application form.

## Average Annual Radiation Exposure



Source: National Council on Radiation Protection and Measurements Report 160 (2009)

### Emergency assistance card

This information will be kept confidential - for state and local official use only.

#### Do you require assistance in an emergency?

It is important that you make any access and functional needs known before hand. 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. Also, if you know someone in your area that may

require additional assistance in an emergency, please urge them to complete and return this card.

Even if you sent in an Access and Functional Needs Card in the past, **a new card should be sent in each year.**

**Complete online at [www.ReadyNH.gov/rep](http://www.ReadyNH.gov/rep).**

Please cut along dotted line and mail to: **Division of Homeland Security & Emergency MGMT, NH Department of Safety, 33 Hazen Dr., Concord, NH 03305-9946**

#### I/this person will need assistance in an emergency:

Name \_\_\_\_\_

Address/City/Zip \_\_\_\_\_

Phone (Home) \_\_\_\_\_

Cell \_\_\_\_\_

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

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

Name \_\_\_\_\_

Address/City/Zip \_\_\_\_\_

Phone (Home) \_\_\_\_\_

Cell \_\_\_\_\_

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

#### Mark EACH box that applies to your need:

- |  |   |
|--|---|
| <input type="checkbox"/> Communication | <input type="checkbox"/> Transportation |
| <input type="checkbox"/> Medical       | <input type="checkbox"/> Supervision    |

#### Maintaining Independence:

- I use an aid or device (i.e. for mobility, communication)  
 I receive Personal Assistance Services

#### Assistance needed:

- Transportation  
 Service Animal Species \_\_\_\_\_ Wt. of animal \_\_\_\_\_
- Wheelchair accessible transportation
- An ambulance
- Bus transportation
- Individualized notification:  
 TTY    Video Phone  
 Number \_\_\_\_\_
- Evacuation assistance out of my home
- Sheltering in place assistance
- Other \_\_\_\_\_

**NON-EMERGENCY PHONE NUMBERS:**

New Hampshire Department of Safety,  
Division of Homeland Security and Emergency Management:  
**800-852-3792**

TDD/TTY: 800-735-2964

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



Sign up for emergency  
alerts today.

<https://public.coderedweb.com/cne/bf065f487535>

**FOR STATION INFORMATION:**

Seabrook Station Homepage: [SeabrookStation.com](http://SeabrookStation.com)

 @SeabrookNPP



**EMERGENCY ALERT SYSTEM STATION**  
**WOKQ 97.5 FM**

If you have questions during an emergency, call **2-1-1**

If you need help during an emergency, call **9-1-1**

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

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