



FOR INFORMATION DURING AN EVENT

Call 2-1-1
 TDD/TTY: 800-735-2964
 www.ReadyNH.gov/rep
 https://public.codereadweb.com/cne/bf0651487535

NON-EMERGENCY PHONE NUMBERS

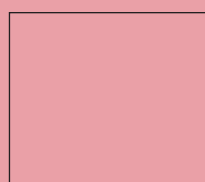
New Hampshire Department of Safety,
 Division of Homeland Security and Emergency Management
 800-852-3792
 TDD/TTY: 800-735-2964
 www.readynh.gov

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Seabrook Station Homepage
 SeabrookStation.com
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KEEP THIS FOR USE DURING AN EMERGENCY



MAILING PANEL

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.

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.

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:**
- extra clothing
 - towels
 - baby supplies
 - toiletries
 - prescription medications and medical supplies
 - special dietary foods
 - blankets
 - checkbook, credit card, cash
 - driver's license or identification
 - pillows

» **Take your pets with you.** Reception centers do not accept animals other than service animals. Plan in advance what you will do with your pets should you have to evacuate.

» **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.**

EMERGENCY ALERT SYSTEM STATION

WOKQ 97.5 FM

If you have questions during an event call

2-1-1

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

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.

PLAN FOR YOUR PETS NOW

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

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

FARMERS

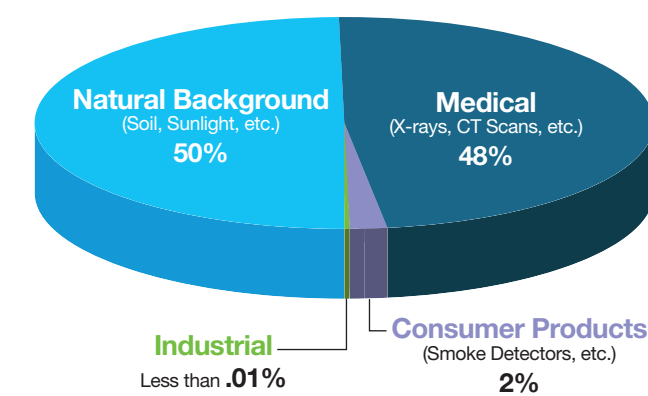
A fact sheet is available for farmers, food processors and food distributors located within 50 miles of the Seabrook Station Nuclear Power Plant. Go to: **ReadyNH.gov/rep** or call the New Hampshire Department of Agriculture, Markets, and Food at **603-271-3551**.

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 Emergency Assistance Card in the past, a new card should be sent in each year.

Complete online at: **www.ReadyNH.gov/rep**

Please cut along dotted line and mail. No postage is necessary.

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 _____ Type: _____ Weight: _____
 Address/City/Zip _____
 Phone (Home) _____
 Cell _____
 E-mail _____

Additional notes: _____

Please mark EACH box that applies to your need:

Residing at an assisted living facility
 Communication
 Vision
 Supervision
 Mobility
 Medical
 Service Animal
 Evacuation assistance will be needed out of home
 Transportation
 Bus
 Wheelchair Accessible Vehicle
 Ambulance

EMERGENCY ALERT SYSTEM

» 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 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.

My local emergency management office phone number is: _____

My plan for my pets: _____

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

My best evacuation route is: _____

My emergency reception center is located at: _____

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.

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>

- 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 release school children early 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 mobile alerts would notify persons in the area.
- 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 mobile alerts would notify persons in the area. State and local officials will use the emergency alert system to issue special instructions to those in the area.

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 I-293 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-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 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 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. 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 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 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.
- 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.
 - » Or, Rte. 108 North 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.
- 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 Exit 1/ South Willow St. (Rte. 28) in Manchester.

EMERGENCY BUS INFORMATION

If your community is evacuated and you do not have your own transportation, buses will travel along designated routes to pick you up and take you to your reception center.

Learn more:

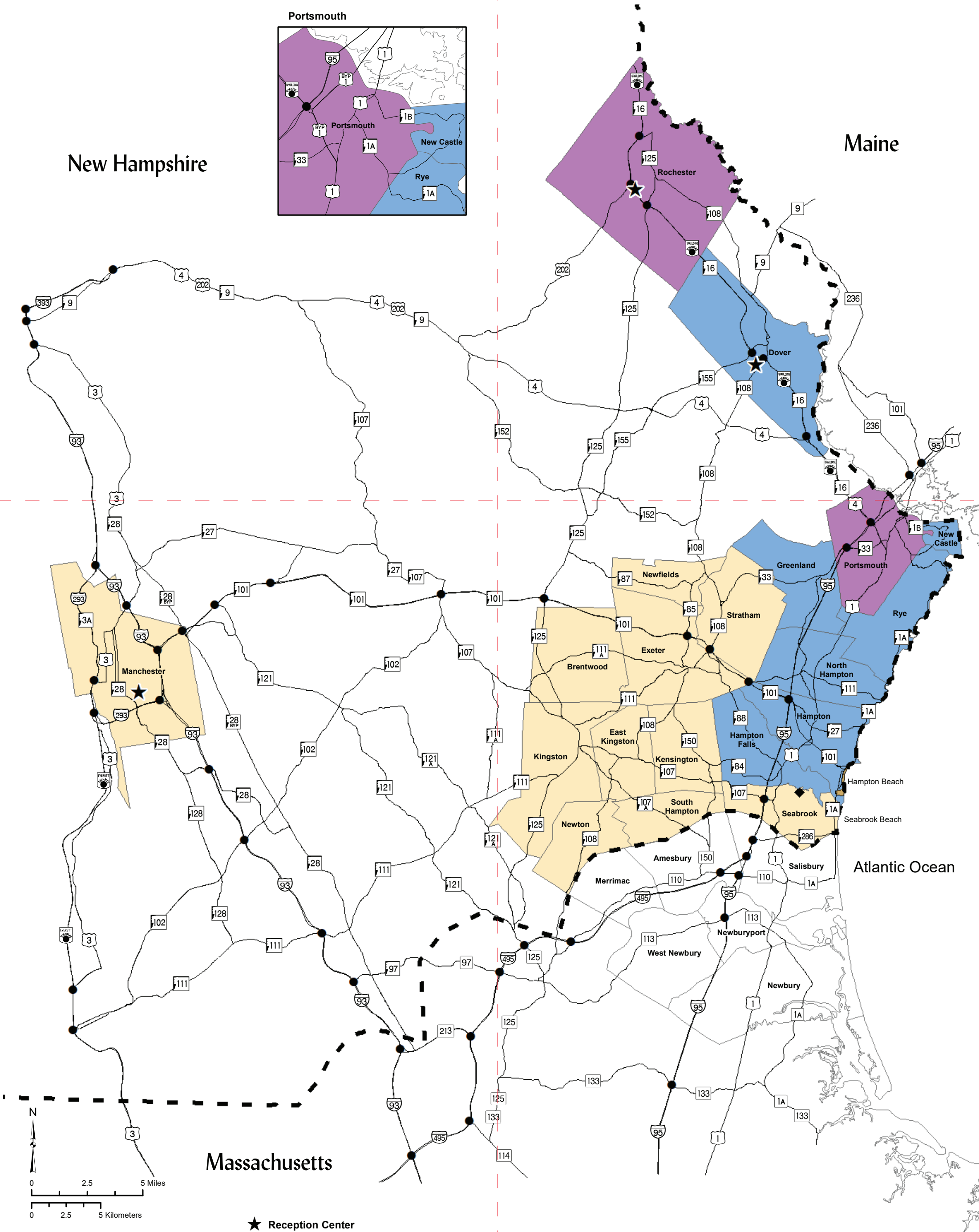
www.ReadyNH.gov/rep

EMERGENCY ALERT SYSTEM STATION

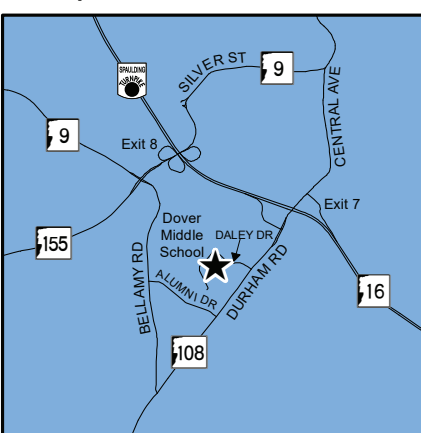
WOKQ 97.5 FM

If you have questions during an event call

2-1-1



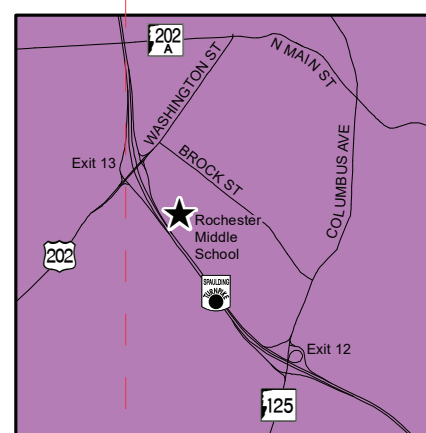
Reception Centers



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 Kensington Kingston Newfields Newton Seabrook South Hampton Stratham	Memorial High School, 1 Crusader Way Via S Porter St, Manchester	Portsmouth 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	Hampton Beach (Residents) Dover Middle School, (off NH RT 108), Dover
		Hampton Beach (Visitors) Memorial High School, 1 Crusader Way Via S Porter St, Manchester

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

NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES

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NH DEPARTMENT OF SAFETY
33 HAZEN DR
CONCORD NH 03305-9946

NEW HAMPSHIRE DEPARTMENT OF SAFETY
HOMELAND SECURITY
EMERGENCY MANAGEMENT

ReadyNH.gov
TAKE ACTION. BE SAFE.