

# PREPARING FOR SUMMER WEATHER IN MAINE



*Brought to you by The Healthcare Coalition of Maine*

Summer weather in Maine can prove to be unpredictable at times with thunder and lightning storms, heat waves, drought, heavy winds, flooding and even hail. It is important to know about the severe summer weather resources available to you and how to best prepare. In this document, you will find links to information that will help you stay safe and informed.

## How Your Organization Can Prepare for Summer

- Check your insurance policy to see what is covered and the deductible you've chosen. Will your policy cover hail or wind damage and flooding?
- Acquire backup generators so you can keep your business running during extended power outages. Make sure things like refrigerators or patient equipment that needs power (oxygen tanks, dialysis machines, etc.) are connected to the generators. Do not assume—Test!
- Remind staff and patients to have emergency and back-up medical supplies and medications. If your patients anticipate needing more supplies (e.g. oxygen, etc.), encourage them to contact the company in advance and explain they are concerned about this season's severe weather and their supply may not last or expire.
- Update your communications plan with multiple ways to contact patients and staff. Also, remind staff and patients of the emergency/severe weather plan for your facility — this is especially important for dialysis or chemotherapy patients.

## About the Healthcare Coalition Maine



The Healthcare Coalition of Maine (HCCME) is a collaboration of health and medical partners working together to mitigate against, prepare for, respond to, and recover from emergencies through planning, training, exercising, communicating, and relationship building.

The HCCME brings together diverse healthcare organizations in the state to foster communication and coordination. This collaborative approach facilitates a more effective and efficient response within the healthcare system.

For more information about the Healthcare Coalition of Maine visit our website at [www.mehccs.com](http://www.mehccs.com).

# PREPARING FOR SUMMER IN MAINE

## Vehicle Preparedness

It's important to always keep your vehicle in top shape, even in the summer. High summer temperatures, flooding, or other hazards can put you, your passengers, and your vehicle in danger if you are not ready for them.

Make sure your battery is ready for high temperatures. Higher temperatures lead to faster evaporation of the battery fluid, which can corrode the terminals and connections. Before going on a long trip, check the connections for corrosion and have your battery tested.

It is very important to keep your engine cool. Always check the coolant level in your vehicle and ensure the coolant is topped off.

Keep your tires properly inflated. Driving with under-inflated tires on a hot road can result in a tire blowout. Check the tire pressure at least once a month.

Check your windshield wiper blades; severe hail or rainstorms can cause low visibility on the road, and damaged wipers only make the situation worse. It's important you are able to see what is in front of you at all times.

4-wheel drive does not mean your vehicle will not slide. Slow down and use caution when the roads are wet from rain.

If you do get stranded, do not leave your vehicle. Call 911 for assistance.

**For Current Road Conditions  
visit [New England 511](#)**



## Survival Kit for Your Vehicle

Consider carrying a Summer Survival Kit in your car. In an emergency, it could save your life and the lives of your passengers.

Here is what you may need:

- Water (one gallon, plus one bottle, per person)
- Pocket knife/Multi-tool
- Snacks (granola bars, nuts, dried fruit)
- Phone charger
- Emergency blanket
- Sunscreen
- Flashlight
- Extra batteries
- First-Aid kit
- Road flares
- Jumper cables
- Tire sealant
- Tire pressure gauge
- Duct tape
- Gloves
- Tool kit (screwdrivers, pliers, wrenches, etc.)
- Rags
- Large, empty can with toilet lid seat/cover and toilet paper
- Hand sanitizer/wet wipes
- Fire extinguisher

# PREPARING FOR SUMMER IN MAINE

## Maine Alert Systems

Before bad weather hits or an emergency strikes, register to receive alerts from the following systems:

- ⇒ [Maine DOT](#)
- ⇒ [Maine Citizen Alert System](#)
- ⇒ [Maine Health Alert System](#)

## Other Resources

- ⇒ FEMA Preparedness Information: [Extreme Heat Tips](#)
- ⇒ Red Cross Preparedness Information: [Heat Wave Safety](#)

## Emergency Management By County

[Androscoggin County Emergency Management Agency](#)  
[Aroostook County Emergency Management Agency](#)  
[Cumberland County Emergency Management Agency](#)  
[Franklin County Emergency Management Agency](#)  
[Hancock County Emergency Management Agency](#)  
[Kennebec County Emergency Management Agency](#)  
[Knox County Emergency Management Agency](#)  
[Lincoln County Emergency Management Agency](#)  
[Oxford County Emergency Management Agency](#)  
[Penobscot County Emergency Management Agency](#)  
[Piscataquis County Emergency Management Agency](#)  
[Sagadahoc County Emergency Management Agency](#)  
[Somerset County Emergency Management Agency](#)  
[Waldo County Emergency Management Agency](#)  
[Washington County Emergency Management Agency](#)  
[York County Emergency Management Agency](#)

## Safety and Planning

Does your agency have a response plan?  
Have you communicated with your staff and / or your clients?  
Have you reviewed your plans for evacuation vs. sheltering in place?

### If you have to shelter in place, things to consider for your facility:

- ◇ Do you have a generator? Will weather affect your generator?
- ◇ If staff can't make it the facility, how will you sustain operations?
  - ◇ Rotating shifts, housekeeping, food service, etc.
  - ◇ Who are essential staff?
- ◇ Where can stranded staff and visitors sleep? How will you feed them?
- ◇ Do you have enough extra food, sheets, blankets, medical supplies, and water if a shipment cannot be made?
- ◇ What if the roof leaks?
- ◇ Does your staff have the proper equipment and clothing to work outside, if needed?
- ◇ How will this be budgeted/compensated? Will staff be given extra pay? Will their meals be compensated? Will stranded visitors have to pay for meals? Talk to your finance team and get it planned in advance.

Remember: Egress still needs to be considered during storms in the summer.

## Resources:

- ◇ [CMS Fire Safety Requirements for Certain Healthcare Facilities](#)
- ◇ [CMS LTC Checklist for Emergency Planning](#)
- ◇ [Keeping the Elderly Safe During Summer](#)

# PREPARING FOR SUMMER IN MAINE

## Prepping for a Power Outage:

How to prepare for a utility outage: including links to outage preparedness, gas safety, computer and internet protection, generator information and checklists.

### Electricity

- ◇ [Central Maine Power Outage Center](#)
- ◇ [Emera Maine Outage Center](#)

### Natural Gas Safety

- ◇ [Maine Natural Gas- Gas Leaks and Emergency Page](#)
- ◇ [Summit Natural Gas of Maine Safety Page](#)
- ◇ [Bangor Natural Gas Safety Information](#)
- ◇ [Natural Gas Emergency Procedures and Accident Prevention](#)

### Phone

- ◇ [Verizon Outages Page](#)
- ◇ [AT&T Outage Detector](#)

### Computer and Internet

- ◇ [Century Link Business Continuity and Disaster Recovery Planning](#)

### Generator

- ◇ Check the generator's fuel type and write it down by the generator.
- ◇ Run monthly maintenance tests.
- ◇ Have a back up plan if the generator fails.



## How to Prolong Your Phone's Life in a Power Outage

The first thing to do is to recharge anything that can be used to recharge your cellular device. An example of this is an external battery pack for your phone. Another example would be a laptop. Some laptops are able to charge devices through their USB ports even when the laptop is asleep or turned off.

Next try reducing your phone's battery drain as much as possible. [Apple](#) and [Google](#) both have general power management advice that can be reviewed. A key part for both is to check how much each app contributes to draining your phone's battery, in which case you should force the app to start or even uninstall it.

Turning off cellular data and then turning it on once an hour or two can further extend the phone's runtime by ensuring no apps can accelerate data usage while still letting you make phone calls and send and receive text messages. For an Android device, open Settings and tap Data Usage. In an IOS device, open Settings and tap Cellular.

Finally, both iOS and Android devices have low-power modes. You can verify this is enabled on either an iPhone or an Android device by opening Settings and tapping Battery. <https://nwhrn.org/wp-content/uploads/2017/11/Winter-Weather-Bulletin-2017-18-1.pdf>

