

What you should know about **Emergency Preparedness**

Prepare a **Disaster Supplies Kit**

There are six basics you should have in your home in case of any emergency. They are water, food, a first aid kit, clothing and bedding, tools and supplies, and special items. Items you would need in case of an evacuation should be kept in an easy-to-carry container such as a large covered trash container, a backpack or a duffel bag. You also should keep a smaller version of a disaster supply kit in your car. Below are listed some of the items you may want to consider including from each of the basic categories.



Water

Store one gallon of water per person per day.

- Have a 3-day supply (replace supply every 6 months)

Clothing and Bedding

Include at least one complete change of clothing and footwear per person.

- Sturdy shoes or work boots
- Blankets and/or sleeping bags
- Thermal underwear
- Sunglasses
- Rain gear
- Hats & gloves



Special Items

Remember family members with special needs such as infants, elderly or disabled individuals.

For Children —

- Baby formula/food
- Diapers
- Bottles
- Powdered milk
- Medications
- Games/Activities

For Adults —

- Prescription drugs
- Heart and high blood pressure medications
- Insulin
- Denture needs
- Contact lenses & supplies
- Extra eyeglasses
- Playing cards & books



Food

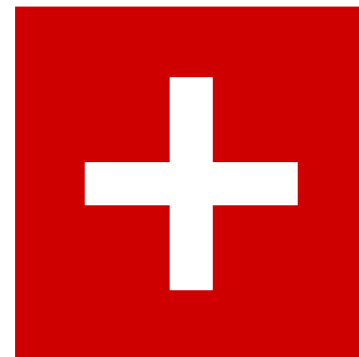
Store at least a 3-day supply of non-perishable food for each person. Select foods that require no refrigeration, cooking or preparation. Select food items that are compact and light-weight and rotate the food supply every six months.

- Ready-to-eat canned meats, fruits & vegetables
- Soups, bouillon cubes or dried soups
- Milk - powdered, boxed or canned requiring no refrigeration
- Baby formula/food
- Sugar cookies
- Hard candy
- Sugar
- Salt
- Pepper
- Juices - canned, boxed, powdered or crystallized
- Smoked or dried meats such as beef jerky
- Vitamins
- High-energy foods - peanut butter, nuts, trail mix



Tools and Supplies

- Mess kits or paper cups, plates, plastic utensils
- Battery or gyro-operated radio & extra batteries
- Small fire extinguisher
- Flashlight & extra batteries
- Paper & pencil/pen
- Non-electric can opener
- Utility knife
- Tent
- Plastic sheeting
- Duct tape
- Pliers
- Compass
- Signal flare
- Needles & thread
- Aluminum foil
- Matches
- Shut-off wrench for gas & water
- Work gloves
- Plastic storage containers
- Medicine dropper
- Cash or travelers checks & change
- Dust mask (for dust/debris)
- Toilet paper
- Personal hygiene items
- Feminine supplies
- Disinfectant
- Plastic garbage bags & ties
- Soap
- Household chlorine bleach
- Small shovel (to dig toilet, etc.)
- Plastic bucket with tight lid (indoor toilet)



First Aid Kit

You should have two first aid kits - one for your home and the other for your car. The kits should include:

- Sterile adhesive bandages - assorted sizes
- Gauze pads (2 & 3-inch)
- Triangular bandages
- Hypoallergenic adhesive tape
- Sterile roller bandages (2 & 3-inch)
- Scissors
- Tweezers
- Needle
- Safety razor blade
- Safety pins (assorted sizes)
- Bar of soap
- Moist towelettes
- Non-breakable thermometer
- Antiseptic spray
- Latex gloves
- Petroleum jelly or other lubricant
- Tongue blades & wooden applicator sticks
- Aspirin and non-aspirin pain reliever
- Antacid
- Laxative
- Eye wash
- Rubbing alcohol
- Antiseptic or hydrogen peroxide
- Anti-diarrhea medication



Family Disaster Plan

Emergency Meeting Place _____ (outside your home)

Meeting Place _____ Phone () _____ (outside your neighborhood)

Address _____

Family Contact _____ (name)

Phone () _____ day Phone () _____ evening

Fill out, copy and distribute to all family members



Emergency Preparedness



Important Information

Preparing For An Emergency

- Prepare a disaster supply kit for the home. Use the checklist on the other side of this sheet as a guide.
- Create an Emergency Communications Plan. Complete, remove and post this sheet in a prominent place.
- When in public places, locate stairways and emergency exits. Think ahead about how to evacuate a building, subway or congested public area in a hurry.
- Keep informed. Listen to Local Radio or TV.

For the Latest Info...

For more information, go to: www.co.somerset.nj.us and click on Emergency Preparedness

For additional information on preparing for emergencies, go to www.redcross.org

Find up-to-the-minute preparedness information, the current security alert, resources and related links at: www.NJHomelandSecurity.com or contact the New Jersey Office of Emergency Management at 609-538-6014.

For information about protecting pets in the event of a disaster, go to: <http://njhomelandsecurity.com/DSPTF-pet-bro-single.pdf>

Out-of-Area Contact is one of the most important concepts in your disaster plan. When disaster occurs, you will be concerned about the welfare of your loved ones.

In a disaster, local telephone service may be disrupted. However, long distance lines, because they are routed many different ways out of your community, may be open. It is also important to remember that the telephone company's emergency telephone network is the pay telephone system. They will restore it before the rest of the system. So, if you have change to make a pay telephone call and an out-of-area contact, you may be able to communicate with loved ones in the disaster area indirectly through your out-of-area contact.

Reunion Points outside your home

Location 1. Right outside of your home.

Location 2. Away from your neighborhood, in case you cannot return home.

Address _____

Phone _____

Route to try first _____

Reunion Points. After a disaster it may be impossible for family members to return home for one reason or another. It is very important that you select a meeting point in the community where you can once again join the members of your household.

Safe Room inside your home

Our Saferoom is _____

Notes: _____

Phone Numbers

Out-of-Area Contact

Name _____

City _____ State _____

☎ Day (_____) _____

☎ Evening (_____) _____

☎ Cell (_____) _____

Local Contact

Name _____

City _____

☎ Day (_____) _____

☎ Evening (_____) _____

☎ Cell (_____) _____

Nearest Relative

Name _____

City _____ State _____

☎ Day (_____) _____

☎ Evening (_____) _____

☎ Cell (_____) _____

Family Work Numbers

☎ Father (_____) _____

☎ Mother (_____) _____

☎ Other _____

(_____) _____

Emergency Services

In a life-threatening emergency, dial **911**
 Know your location when using a cell phone.

☎ Local Police _____

☎ Fire Department _____

☎ Hospital (_____) _____

Utilities

☎ Electric Co. (_____) _____

☎ Gas Co. (_____) _____

☎ Water Co. (_____) _____

☎ Telephone Co. (_____) _____

☎ Cable TV Co. (_____) _____

Family Physicians

☎ Name _____

Phone (_____) _____

☎ Name _____

Phone (_____) _____

☎ Name _____

Phone (_____) _____

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