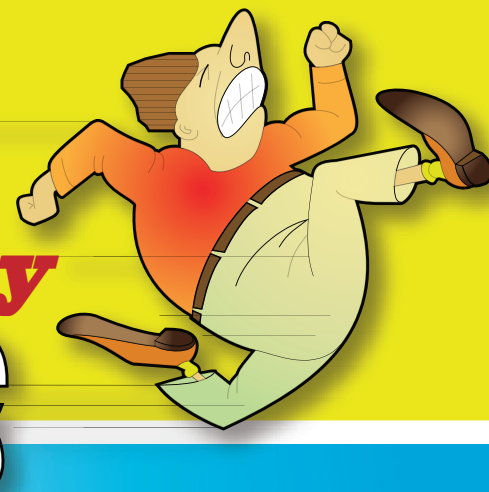




**Get
Ready
for an
*Emergency***



New Jersey Council on Developmental Disabilities
PO Box 700, Trenton, NJ 08625
www.njcdd.org
2010

*NEW JERSEY COUNCIL ON
DEVELOPMENTAL DISABILITIES*

MORE NOTES and REMINDERS for ME

Review this book every six months when changing water and updating medication list.

January

February

March

April

May

June

July

August

September

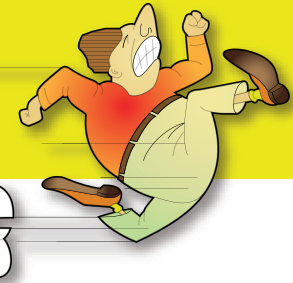
October

November

December



**Get
Ready
for an
Emergency**



This book is about Getting Ready for an Emergency.

WHAT IS AN EMERGENCY?

- An emergency is a sudden danger that needs action.

Types of emergencies that can happen to lots of people.

- Flood
- Ice Storm
- Blizzard
- Hurricane
- Fire
- Pandemic Flu (flu that can make many people sick in a short time)

How would you learn about an emergency?

- TV
- Radio
- Newspaper
- Friends & Neighbors
- Staff
- Phone
- 911

EMERGENCY PLANNING

EMERGENCIES HAPPEN ANYTIME AND ANYWHERE.

When emergencies happen you may not have much time to get ready. Take 3 steps to prepare ahead of time and you will always be ready.

Make A Plan

Discuss with family, friends and support people emergencies that could occur.

Build An Emergency Supply Kit

Have a kit for your house, and the place where you work. Be prepared to shelter in your home. This is what happens when you cannot leave your home during an emergency. Also be prepared to evacuate your home. This is what happens when you must leave your home during an emergency.

Get Trained

Know how to shelter 'in place' and how to turn off the power, gas and water in your home. Sometimes in emergencies you might need to remain in your home.

You, your friends and your roommates will best handle an emergency situation by preparing before an emergency happens.

NOTES and REMINDERS for ME



Fill this out - put a copy with your emergency kit.

Doctors:

Other:

Pharmacist:

Medical Insurance:

Homeowners/Rental Ins:

Vet/Kennel (for pets):

Police Non-Emergency:

Fire Non-Emergency:

In State Contact

Telephone:

Name:

Number(s):

E-mail:

Out of State Contact

Telephone:

Number(s):

Name:

E-mail:

Emergency Supply Kit

Another name for this is the Go Bag. Keep the items you would most likely need during an evacuation in an easy-to-carry container such as a back pack or duffle bag. These supplies are listed with a star*.

To prepare your kit

- Review the checklist in this book.
- Gather the supplies that are listed.
- Place the supplies you would most likely need for an evacuation in an easy-to-carry bag.

WATER Store water in plastic containers such as soda bottles. Do not use containers that will fall apart or break, such as milk cartons or glass bottles. People need to drink 2 quarts of water a day. Hot weather and a lot of physical activity can double that amount to 4 quarts of water per day. Children and people who are ill will also need additional water.

The supplies you will need for an evacuation are marked with a star*.

- Store one gallon of water per person per day. (2 quarts for drinking, 2 quarts for food preparation and cleaning up)
- Keep at least a 3-day supply of water for each person. A 3-day supply is 3 gallons of water for each person.

FOOD

Store at least a 3-day supply of food that will not spoil. Choose foods that require no refrigeration, preparation or cooking and little or no water. If you must heat food, pack a can of sterno. Choose foods that are small and light weight.

- Ready to eat canned meats, fruits and vegetables*
- Canned juices, milk, soup (if any of these items are powdered, store extra water for mixing)
- Sugar, salt, pepper
- High energy foods, peanut butter, jelly, crackers, granola bars, trail mix* Vitamins*
- Food for special diets
- Comfort/stress food cookies, hard candy, sweetened cereal, lollipops, instant coffee, tea bags



COMMUNICATION PLAN

Update information every 6 months.

You may not be with your family or support people when disaster happens, so plan how you will contact one another and practice what you will do in different situations.

Fill this out - put a copy with your emergency kit.

Where to go in an emergency. Write down where you spend most of your time; work and other places you go. Then write the evacuation location for each of these places.

Home

Address: _____

Phone Number: _____

Neighborhood Evacuation Location: _____

Regional Evacuation Location: _____

Another place you go

Name of place: _____

Address: _____

Phone Number: _____

Evacuation Location: _____

Another place you go

Name of place: _____

Address: _____

Phone Number: _____

Evacuation Location: _____

SUGGESTIONS AND REMINDERS

Store your kit in a place known to everyone in your home. Keep a smaller version of the kit in your car.

- Keep items in air tight plastic bags.
- Change stored water every 6 months so it stays fresh.
- Get new stored food every 6 months.
- Rethink your kit needs at least once a year.
- Replace batteries, update clothes (maybe your size has changed), etc.
- Update medication list every 6 months.

REMEMBER;

Call 911 for all emergencies when you need help.



TOOLS

- Mess kits or paper cups, plates and utensils*
- **Battery operated**
- Radio and extra batteries*
- **Flashlight and extra batteries***
- Cash, travelers checks, change*
- **Non-electric can opener, utility knife***
- Map of the area (for locating shelters)*
- **Emergency Preparedness Manual***
- Fire extinguisher: small ABC type
- **Tent**
- Pliers
- Duct tape
- **Compass**
- Paper, pencil
- **Signal flare**
- Whistle
- **Plastic sheeting**
- Pocket knife
- **Medicine dropper**
- Matches in a waterproof container
- **Plastic storage containers, bags**
- Shut-off wrench, to turn off house gas and water
- **Sewing kits (needles, thread)**
- Aluminum foil

SANITATION

- Toilet paper, towelettes*
- **Soap, liquid detergent***
- Feminine supplies*
- **Plastic garbage bags, ties**
- Plastic bucket with tight lid
- **Disinfectant**
- Household chlorine bleach

CLOTHING AND BEDDING

- Include at least one complete change of clothing and footwear per person.*
- **Sturdy shoes or work boots***
- Rain gear and Hat and gloves*
- **Blankets or sleeping bags***
- Sunglasses
- **Thermal underwear**



FIRST AID KIT

Assemble a kit for your home and one for each car or van. A first-aid kit should include:

- Band-aids in different sizes.
- **2-inch sterile gauze pads (4-6)**
- 4-inch sterile gauze pads (4-6)
- **First aid adhesive tape**
- 2-inch roller bandages (3 rolls)
- **3-inch roller bandages (3 rolls)**
- Vaseline
- **Different sizes of safety pins**
- Moistened towelettes
- **Thermometer**
- Latex gloves
- **Sunscreen**
- Scissors
- **Needles**
- Tweezers
- **Antiseptic**
- Tongue blades (2)
- **Aspirin or non-aspirin pain reliever**
- Anti-diarrhea medication
- **Laxative**
- Antacid (for upset stomach)

